

AtlanticView

at Newton | Spring 2022



**A DRAMATIC ESCAPE FROM
A DEADLY INFECTION**

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**GREGORY'S STORY:
THE IMPORTANCE OF
ANNUAL SCREENINGS**

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Atlantic Health System
Newton Medical Center

LETTER FROM THE PRESIDENT

Greetings,

As spring arrives and everyone can more easily participate in outdoor activities, we are encouraged that so many people have already gotten their COVID-19 vaccination series. If you have not yet done so, we encourage everyone ages five and up to get their vaccine and everyone 12 and up to get their booster as soon as possible.

We're proud to announce that Newton Medical Center's critical and pulmonary care has been recognized by Healthgrades with its 2022 Excellence Care Award™, placing it among the top 10% in the nation for both services, as well as five-star ratings for treatment of heart failure (12 years in a row), heart attack (three years in a row), COPD, pneumonia, bowel obstruction, sepsis, respiratory failure, stroke and diabetic emergencies in 2022.

In this issue of *AtlanticView*, you'll meet a patient who survived a life-threatening bacterial meningitis infection diagnosed by a quick-thinking infection disease specialist. You'll learn about the newest technology to identify and treat advanced prostate cancer, as well as the Atlantic Health System Lung Cancer Screening Program for smokers at high risk of lung cancer.

We hope you enjoy the spring and summer. Know that Newton Medical Center will continue to be here for your needs, whatever they may be.



Robert Adams, FACHE
President, Newton and
Hackettstown Medical Centers

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Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation Institute. The six medical centers have a combined total of 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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**OFFICIAL
HEALTH CARE
PARTNER**

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WE WANT TO HEAR FROM YOU

Would you like to share your experience at Newton? Please help us spread the word and help more people in our community.

Review us on Facebook, Google or Yelp.

4 A DRAMATIC ESCAPE FROM A DEADLY INFECTION



CEO's corner

Now in our third year of the pandemic, we have all created strategies for coexisting with COVID-19. Whether by masking and distancing or through regular testing and boosting our immunity, we have worked hard to find our new normal and live life more fully in these unpredictable times.

Sadly, some strategies for protecting ourselves actually put us at greater risk.

While many have experienced how effectively physicians and hospitals are providing COVID-safe care, others continue to delay annual checkups, preventive screenings, and treatments for chronic conditions.

Our well-being depends on timely primary and preventive care and visiting labs for the imaging and testing we need. Too often, our caregivers are now supporting patients through delayed healing and unnecessary suffering caused by a lack of routine care.

Do not put your health at the bottom of your to-do list. We have perfected our protocols to ensure that, even in these uncertain times, your care is safer, easier and more convenient than ever before.

As always, thank you for entrusting the Atlantic Health System family with caring for you and your loved ones.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System



Introducing a Fresh New Look and Enhanced Services to Help You Embrace Self-Care

Now more than ever, Atlantic Health System believes self-care should be a part of everyone's health and wellness journey.

To help make that journey easier, Chambers Center for Well-Being, located in Morristown, NJ, is excited to unveil a fresh new logo, added services, and an easier-to-navigate website with online booking — all designed to help you look and feel your best.

Start your wellness journey today.

Call us at 973-971-6301 or visit chamberscenterforwellbeing.org to view our menu of services and book today.



Atlantichealth.org en Español

Atlantichealth.org has expanded its Spanish translated web pages. Consumers can now access the website in Spanish to learn more about Atlantic Health System, its health care programs and services, language assistance options, locations, patient and visitor information, and health and wellness articles. **Check it out at espanol.atlantichealth.org.**

New Treatment for Sleep Apnea

When you cannot breathe well through your nose at night, you naturally end up breathing through your mouth. Many mouth breathers experience a sleep condition called obstructive sleep apnea (OSA), which collapses the airway, causing the tongue to fall into the throat. This can lead to snoring, restless sleep, daytime fatigue and morning headaches. Over time, poor sleep can also contribute to diabetes, liver disease and heart failure.

A simple sleep study from the comfort of your own bed can help determine if you have obstructive sleep apnea. The most common bedtime treatment is continuous positive airway pressure (CPAP), but there's a new FDA-approved implant device, called Inspire, that stimulates the nerve to open the airway — and normalizes breathing. It is an appropriate alternative to CPAP for:

- Ages 18 or older
- Body mass index (BMI) ideally less than 35
- Inability to tolerate or use CPAP

To schedule a sleep study or learn more about OSA, visit atlantichealth.org/inspire.

A Dramatic Escape From a Deadly Infection

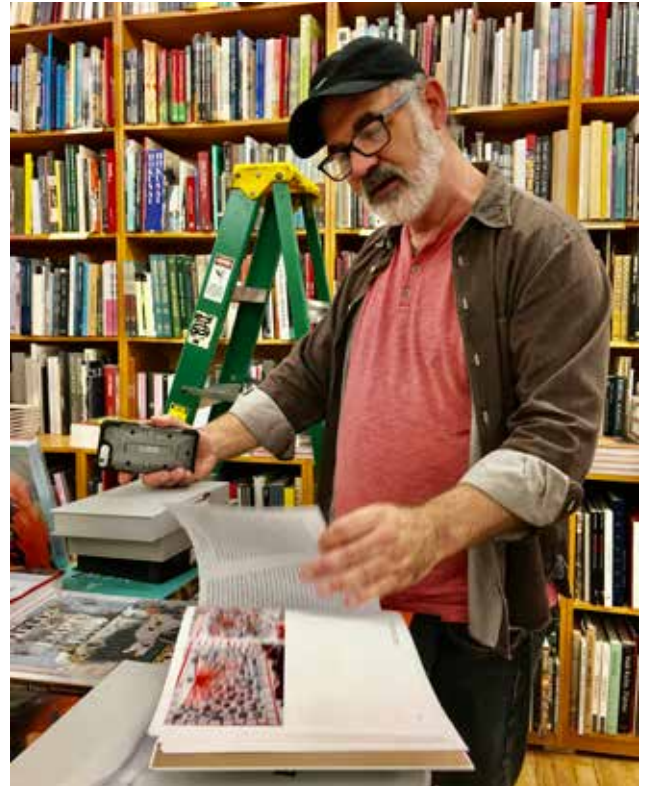
Sean E. was at home in Ogdensburg when, suddenly, everything changed. "The pain was worse than anything I had ever experienced in my life," says Sean, 58, a filmmaker and professor at NYU. "Everything hurt."

Just in time, he called a friend. "If I had waited any longer, I wouldn't have remembered how to work the phone," he says. His friend called the police, who arranged for an ambulance. Every bump in the road caused him to cry out in pain. By the time the ambulance arrived at Newton Medical Center, Sean was terrified and confused. "At one stage, I decided that I had been kidnapped by the CIA, who I imagined were using pain therapy to alter my personality," he says. "I couldn't see properly and was in so much pain that any stimulus set me off."

A DEADLY CRISIS AVERTED

Sean was actually suffering from life-threatening bacterial meningitis. "I was lucky because one of the hospital's infectious disease specialists knew of a cluster of cases similar to mine in New York City, where I worked," Sean says. "His knowledge and quick thinking undoubtedly saved my life. If the team at Newton hadn't put me on the right treatments immediately, I would have died within a day."

The entire care team "offered more of themselves than their jobs demanded, or I had any right to expect," Sean



says, "from the nurses who came and put in the port, which I would need for the injections I would get for the next three months ... to the ICU nurse who kept me informed about what was happening every day."

His family could not be with him, Sean says, "but during that week and a half, the staff and doctors at Newton were my family. I will never forget their kindness and generosity."

LEARNING HOW LUCKY HE WAS

During his recovery, Sean was interviewed by experts from the Centers for Disease Control and Prevention, which investigates dangerous disease outbreaks. "Almost half of the people who had my illness passed away," he says. "The fact that I was able to walk away from this terrible illness whole is an incredible gift."

Today, Sean is back teaching, making films and has founded a nonprofit, The Flower Project, with the mission of connecting artists with wider communities. "I am lucky to be here," he says. "I am committed to making the most of this new phase of my life." ▲

To find a primary care doctor near you, visit atlanticmedicalgroup.org/primarycare or call 844-264-2250.



Creating site-specific care in Reykjavik

Screening Recommendations: An Ounce of Prevention ...

The road to long-term health begins with your primary care doctor who oversees your preventive health screenings throughout your life. With your doctor's help, you can take proactive steps to delay, alleviate and even prevent chronic illness. The more your primary care doctor knows about you, the greater their ability to provide you with insights about your overall health.



Yearly Recommendations for Adults

COMPREHENSIVE PHYSICAL EXAM.

An annual wellness visit is recommended for all adults. Your doctor will measure your blood pressure and your height and weight. They'll also answer any questions about your health concerns.

ROUTINE BLOOD WORK. Your doctor may order a complete blood count (CBC), a basic metabolic panel (BMP) and based on your symptoms, risk factors, or family history, they may order specific blood tests. A hepatitis C screening is also recommended for adults at least once in their lifetime.

IMMUNIZATIONS. Vaccines help your immune system fight disease and provide protection for many years. They also help stop the spread of infections from one person to another.

Screening Recommendations

Women

COLORECTAL CANCER Speak with your doctor about which colon cancer screening is right for you. *Starts at age 45 through 75 for those at average risk*

LUNG CANCER Screening with low-dose computed tomography (LDCT). *Annually for age 50 to 80 years who have a smoking history or currently smoke*

OSTEOPOROSIS Bone measurement test. *For those younger than 65 years who are at increased risk of osteoporosis; all women 65 and older should be screened once*

CERVICAL CANCER Cervical cytology (Pap smear) and high-risk human papillomavirus testing (hrHPV). *Screening beginning at age 21*

BREAST CANCER Mammography or breast ultrasound every two years. *Ages 50 to 74; screenings before age 50 or after 74 are a shared decision between patient and practitioner*

Men

PROSTATE CANCER Prostate-specific antigen (PSA) blood test to screen for prostate cancer. *Begins at ages 50 to 75; for those at higher risk, recommended start at age 40*

ABDOMINAL AORTIC ANEURYSM One-time screening with ultrasonography for men. *Ages 65 to 75 who have smoked*

COLORECTAL CANCER Speak with your doctor about which screening for colon cancer is right for you. *Starts at age 45 through 75*

LUNG CANCER Screening with low-dose computed tomography (LDCT). *Annually for ages 50 to 80 years who have a smoking history or currently smoke*

This list of screenings for women and men is based on current recommended guidelines. For patients at increased risk due to family history, health issues or lifestyle, your primary care doctor may recommend earlier or additional screenings. Remember, early detection can save lives.

**To find an Atlantic Medical Group doctor near you, call 1-844-264-2250
or schedule online at atlanticmedicalgroup.org.**

“Lung cancer can be cured when it’s caught early. Annual screenings save lives.”
— Federico Cerrone, MD



Gregory's Story: The Importance of Annual Screenings

Gregory E. smoked cigarettes for four decades. The 74-year-old says he gave them up for three months in 1994, until he happened upon a full pack of Marlboro Lights lying on the Atlantic City boardwalk. It would be another 12 years before he stopped cold turkey.

Three years ago, Gregory became one of the first patients to take part in the Atlantic Health System Lung Cancer Screening Program for people at high risk for developing lung cancer. The population is defined as adults ages 50 to 77 who've smoked at least a pack a day on average over 20 years. Former heavy smokers who quit within the past 15 years are also eligible.

CATCHING CANCER AT EARLIER STAGES

Gregory's pulmonologist, Federico Cerrone, MD, urged him to have the low-dose computed tomography (LDCT) scan, which can catch cancer early.

“Lung cancer can be cured when it’s caught early. Annual screenings save lives,” says Dr. Cerrone, the program’s medical director, who is board-certified in internal medicine, critical care, pulmonary disease and sleep medicine by the American Board of Internal Medicine. Screening is crucial because “most people with lung cancer aren’t symptomatic until it has spread.”

Of the more than 200 LDCT scans Atlantic Health System conducts monthly, about 2% detect small malignant

tumors that can be removed by surgery. “That’s 40 patients cured in a given year,” Dr. Cerrone says. Most people who are screened have no growths, he notes. The scan takes one minute, and the cost is covered by health insurance.

Gregory says he started smoking a few cigarettes a day as an 18-year-old providing security at Naval operations during the Vietnam War. His smoking increased to a pack a day when he was 21. Gregory, who retired after 38 years with the Rahway Valley Sewerage Authority, kicked the habit in 2006 at his daughter’s insistence.

The widower had lost both his parents to cancer, his mother to lung cancer. Having the LDCT annually “gives me peace of mind,” Gregory says, “So far, I’ve been clean: no cancer!” ▲

For more information or to schedule an appointment, please call 1-844-228-5864. A prescription or order from your physician is required for the LDCT. We offer multiple screening locations for your convenience.

ATLANTIC MEDICAL GROUP

Federico Cerrone, MD and Pulmonary and Allergy Associates are part of Atlantic Medical Group, a multidisciplinary network of health care providers. Dr. Cerrone can be reached at his Summit, NJ location: 908-934-0555 or in Bridgewater: 732-667-1123.

FOUNDATION NEWS

The Beehive Thrift Shop

For over 45 years, the Beehive Thrift Shop, located on the corner of Spring Street and Moran in Newton, has been serving customers in the community. The Beehive is chock-full of donated furniture, pictures, jewelry, toys, small electronics, books, arts and crafts, dishes, glassware, curtains, comforters, pocketbooks, and vintage items. What's more, there is a large selection of clothing for the whole family, including new wedding and prom dresses.

Operated by the Auxiliary of Newton Medical Center, the Beehive functions completely on volunteer hours donated by the 22 dedicated volunteers who oversee the daily operation. Proceeds from the Beehive directly benefit Newton Medical Center and allow the hospital to stay on the forefront of medical technology while supporting our mission to deliver high-quality, safe, affordable patient care within a healing culture.

Donations are always welcome and can be dropped off during business hours. Please call ahead prior to dropping off furniture to ensure that the items can be received and there



is room on the floor. Tax receipts are offered for all donations. The Beehive is open Tuesday through Friday from 10:00am to 3:00pm and Saturday from 10:00am to 2:00pm. ▲

To learn more about how you can donate to the Beehive Thrift Shop or become a volunteer, please call 973-383-1228 or visit atlanticealth.org/newtonfoundation.

community calendar Spring 2022

Welcome to your Newton Medical Center Community Calendar. Many of our classes will be held virtually. Call the telephone number listed or email the contact person for more information. Please visit atlanticealth.org/calendar for up-to-date information and a full listing of classes and events.

BEHAVIORAL HEALTH

For up-to-date information on Newton Medical Center events, call 1-888-247-1400.
For up-to-date information on Milford Health and Wellness Center events, call 570-409-8484, ext. 4.

DIABETES AND NUTRITION

For up-to-date information, call 973-579-8341

First Tuesday and second Thursday of the month, 9:00am-Noon	DIABETES EDUCATION CLASSES
Third Tuesday of the month, 11:00am-Noon	DIABETES SUPPORT GROUP
First Wednesday of the month, 6:00-7:00pm	WEIGHT LOSS SURGERY GROUP

PARENTING AND CHILDBIRTH

Newton Parent Ed now has Childbirth Education, Breastfeeding, and Baby Care on ZOOM (various dates). Register online at atlanticealth.org/classes.

Third Saturday of every month, Noon	VIRTUAL MINDFUL PREGNANCY
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PULMONARY

For up-to-date information on tobacco cessation classes and Better Breathers Support Group, call 973-579-8588.

ORTHOPEDICS

For up-to-date information, call Mia Turro at 201-247-7478.	TOTAL JOINT REPLACEMENT EDUCATION CLASS
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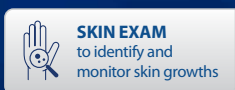
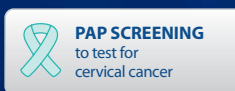
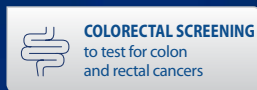
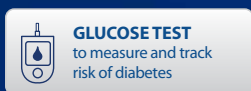
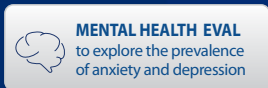
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Morristown, NJ 07960-6459

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an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlantichhealth.org/doctors.



TAKE CHARGE OF YOUR HEALTH

Make an appointment to see your primary care doctor



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