

AtlanticView

at Morristown | Fall 2018/Winter 2019

Outpatient Rehab –
We Keep You Moving



#AskHer –
Encourage the
women in your
life to get a
mammogram

MOMENTS THAT MATTER

WINNING THE
FIGHT AGAINST
LUNG CANCER

Read Kylene's Story



Atlantic Health System
Morristown Medical Center

Greetings,

I am pleased to share some exciting updates and new initiatives from Morristown Medical Center.

First, we were recognized as the **No. 1 Hospital in New Jersey** by *U.S. News & World Report*, which also rated us among the best 50 programs in the nation for Cardiology & Heart Surgery and Gastroenterology & GI Surgery. We were also rated the fourth Best Hospital in the New York Metro area.

We are fully operational on Epic, our new electronic medical record. Epic will help improve the coordination of your care, as all Atlantic Health System hospitals and Atlantic Medical Group practices now operate on a single system and connect to many of our community physicians, too. The intent is a seamless experience for our patients and community.

Our physical footprint continues to expand. Due to the increased demand for our cardiac services, we are in the process of adding a two-story expansion—with 72 individual patient rooms—to our Gagnon Cardiovascular Institute. We're expanding our Carol G. Simon Cancer Center to redesign care around the patient in a healing environment. At Goryeb Children's Hospital, we've added acute care beds and are expanding our Pediatric Intensive Care Unit and creating additional clinical and patient space for The Valerie Center.

In this issue of *AtlanticView at Morristown*, you will be introduced to Dr. James Wittig, our new Chairman of the Department of Orthopedics, and Medical Director of Orthopedic Oncology for Atlantic Health System, and learn how to participate in the #AskHer campaign, which reminds women to take care of their health and schedule mammograms. We will explain how the specialized therapists at our outpatient rehabilitation centers meet the needs of patients recovering from accidents, illnesses, surgeries or cancer. We will also share how our board-certified OB/GYN hospitalists meet the needs of moms-to-be and new moms throughout their hospital stay. Finally, the Community Calendar will help you find classes, activities and support groups to keep you busy throughout the season.

On behalf of everyone at Morristown Medical Center, we wish you and your loved ones a healthy fall and winter.



TRISH O'KEEFE
President, Morristown Medical Center

Managing Editor, *AtlanticView at Morristown*: **Vicki Banner**
Assistant Editor: **Beth Sisk**
Contact information: **Atlantic Health System, 475 South St., Morristown, NJ 07960**
Email: atlanticview@atlantichealth.org
AtlanticView at Morristown is published for Atlantic Health System by **Wax Custom Communications**. For additional information, visit atlantichealth.org.

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. The six medical centers have a combined total of 1,747 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.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *AtlanticView at Morristown* in whole or in part without written permission from the publisher is prohibited. Copyright ©2018. All rights reserved.

Connect with us:

-  Facebook: /MorristownMedicalCenterNJ
-  Twitter: @AtlanticHealth
-  Instagram: @AtlanticHealth
-  Snapchat: @AtlanticHealth
-  LinkedIn: Atlantic Health
-  YouTube: Atlantic Health System



CONTENTS

Departments

- 3 CEO's Corner | Health Briefs
- 9 Nutrition
- 12 Research
- 13 Foundation News
- 14 Community Calendar
- 16 Locations

Features

- 5 OB/GYN Hospitalists – Always Here for You
- 6 Leading the Charge | A Fundraising Force
- 7 Moments That Matter:
Winning the Fight Against Lung Cancer
- 8 New Shoulder Gives Patient a Pain-Free Life/Top Orthopedic Oncologist Joins Atlantic Health System
- 10 Outpatient Rehab – We Keep You Moving

9 Nutrition: Save Time Through Meal Prep



Moments That Matter: Winning the Fight Against Lung Cancer



8 New Shoulder Gives Patient a Pain-Free Life/Top Orthopedic Oncologist Joins Atlantic Health System

CEO's corner

Delivering Well-Connected, Coordinated Care

Over the last year, Atlantic Health System has streamlined medical records using an advanced technology known as Epic.

This online platform creates a single electronic health record for each patient. It also connects physicians and practitioners at different locations, simplifying communication between you and your care team.

Whether you visit Atlantic Health System hospitals, acute care centers, physician offices, laboratories or imaging centers, you now have access to your medical and prescription history—and test results—right on your phone.

Beyond providing greater convenience, Epic helps us deliver better coordinated care. With all of your caregivers securely linked to accurate, real-time information about your health and wellness, you benefit from better clinical decision making and reduced paperwork and testing.

2018 has truly been an Epic year for Atlantic Health System. We thank you and your family for entrusting us with your care, and we look forward to sharing this innovation with you.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

MORRISTOWN MEDICAL CENTER #1 HOSPITAL IN NJ!

With nationally recognized leadership in Cardiology & Heart Surgery and Gastroenterology & GI Surgery



MORRISTOWN MEDICAL CENTER EARNS AN 'A' IN PATIENT SAFETY

For the sixth consecutive time, Morristown Medical Center has earned an "A" rating from The Leapfrog Group, a national patient safety group.



Now in its third year, **#AskHer** is a movement that has impacted hundreds of lives in our communities. Speak up and start the conversation now about breast health. Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection literally saves lives.

Call **973-829-4263** or visit **AtlanticHealth.org/askhernow**.



CHILTON | HACKETTSTOWN | MORRISTOWN | NEWTON | OVERLOOK



Epic Propels Atlantic Health into a Truly Integrated System and Trusted Network of Caring

One patient, one record, one Atlantic Health System. That's the guiding principle behind Epic, the transformational endeavor that has propelled Atlantic Health System into a new era of patient care by providing innovation, staff collaboration and an enhanced patient experience ... system wide.

Epic elevates the health care experience for patients and providers by engaging patients as active partners in health care enabling collaboration among physicians, facilitating communication and improving access to information.

When you are treated by one Atlantic Health System physician, that information becomes accessible to all Atlantic Health System physicians. This translates into more streamlined care, less duplication of tests and enhanced communication. As an Atlantic Health System patient, you share ownership of your personal Epic record through MyChart, a patient portal that allows 24/7 access to portions of your electronic medical record. **To learn more, visit mychart.atlantichealth.org.**

New Study Shines Light on Breast Cancer Treatment Recommendations

Bonni Guerin, MD, medical director, Breast Cancer Treatment and Prevention, Overlook Medical Center, and her patients have helped demonstrate that many women with breast cancer do not need chemotherapy.

Results of the 10,000-participant TAILORx trial showed that up to 70 percent of women with the most common type of breast cancer may not benefit from chemotherapy. Dr. Guerin and researchers at nearly 1,200 sites on five continents randomly assigned breast cancer patients into two groups: One group received hormone therapy alone, while the second group received hormone therapy plus chemotherapy.

For this group of patients at intermediate risk, hormone therapy prevented their cancer from recurring or spreading to their lymph nodes as effectively as hormone and chemotherapy combined. While these results held true for women age 50 or older, some patients who were premenopausal and/or under 50 were found to benefit from chemotherapy.



Bonni Guerin, MD, in lab at Overlook Medical Center's Carol G. Simon Cancer Center

ATLANTIC MEDICAL GROUP

Dr. Guerin is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information about research and trials, visit atlantichealth.org/research.



MORE URGENT CARE CENTERS

Atlantic Health System Collaborates with MedExpress

Atlantic Health System and MedExpress, a neighborhood health care provider, have announced a collaborative initiative that will enable them to seamlessly coordinate care. MedExpress urgent care centers offer a broad scope of affordable walk-in care, employer health services, and basic wellness and prevention services. They also provide access to an Atlantic Health System facility if additional or more advanced care is needed.

MedExpress locations can also serve as an extension of the services available within Atlantic Health System. **Visit atlantichealth.org/medexpress for more information.**



Always Here for You

OB/GYN hospitalists help ensure moms and babies are safe

Having a baby is a joyous occasion, but it can also be unpredictable. Mothers who deliver their child at Morristown Medical Center can rest assured that should the need arise, a board-certified obstetrician/gynecologist (OB/GYN) hospitalist is on-site 24 hours a day, seven days a week.

"If there was an emergency and the patient's doctor/midwife can't get there in time, they don't need to be worried because there is a board-certified OB/GYN in-house all the time. Their primary role is to make sure everything is safe and going well for mom and baby," says Diana Contreras, MD, chairman of the department of Obstetrics, Gynecology and Women's Health for Atlantic Health System.

An OB/GYN hospitalist is a board-certified obstetrician/gynecologist who specializes in the care of women during labor. According to Dr. Contreras, "Hospitalists do not replace your provider. But if something needs to happen immediately, we're here to help."

The OB/GYN hospitalist is part of the health care team that includes the patient's primary care provider, hospital nurses and residents. They not only assist the patient's primary care doctor in case of an emergency, but they coordinate care supervision with the nursing staff and play a key role in promoting patient safety.

"Patients will meet the hospitalist soon after they're admitted. The hospitalists introduce themselves, so everyone knows the team," says Dr. Contreras.

Dr. Contreras adds, "Patients love the idea that they have somebody in-house who's watching over them. Things can change quickly in labor and delivery, and it's comforting to know someone is watching over things, 24/7, and there are extra sets of highly qualified hands available."

Dr. Contreras says, "It's our commitment to the moms and babies to make sure their entire experience is a really safe and positive one." ▀

For more information, visit atlanticealth.org/conditions-treatments/maternity.html.

Leading the Charge

Nationally recognized heart program celebrates 30 years of service



Thirty years ago, Grant Parr, MD, performed the first open-heart surgery at Morristown Medical Center. As physician-in-chief at Morristown's Gagnon Cardiovascular Institute, Dr. Parr has witnessed the introduction of many advances to its cardiovascular program. From state-of-the-art imaging and cath lab equipment to a dramatic rise in minimally invasive procedures, Morristown Medical Center's cardiovascular program has grown dramatically.

In 2008, a decade ago, the volume led to a brand new building to accommodate the growth, and the Gagnon Cardiovascular Institute was dedicated in November 2008.

As the demand for services continued, so did the demand for rooms. We are pleased to share that service continues to expand with a two-story addition that will house 72 private

patient rooms as well as new cardiac magnetic resonance imaging equipment. In addition to the physical growth, "we have expanded our approaches to the evaluation and treatment of every form of heart disease with our nationally recognized cardiac surgery and cardiology programs," says Linda Gillam, MD, MPH, Dorothy and Lloyd Huck Chair of the Department of Cardiovascular Medicine and medical director of cardiovascular services for Atlantic Health System.

Gagnon Cardiovascular Institute is the largest heart care program in the state of New Jersey, has the highest quality performance ratings from the Society of Thoracic Surgeons and is nationally ranked by *U.S. News & World Report*. ▲

Visit atlantichealth.org/cardiac for more information.

A Fundraising Force

The Women's Association for Morristown Medical Center has raised over \$30 million for hospital

If not for the bequest of one woman and the fundraising efforts of another more than 100 years ago, Morristown Memorial Hospital (as it was formerly known) may not have existed. Myra Brookfield's endowment required that the community raise \$15,000. With the help of Augusta Stone, the money was raised and the hospital came into being. To continue the community's support, the Women's Association was formed in 1893 and continues today. Over its 125-year history, the Women's Association for Morristown Medical Center (WAMMC) has funded hospital buildings, purchased the first ambulance and underwrote the training of nurses.

WAMMC President Mary Courtemanche says the association has raised over \$30 million for the hospital through fundraising. "Our signature fundraiser is Mansion in May, which we do every other year," says Courtemanche. "In 2017, we raised \$1.5 million to create the new Center for Nursing Innovation and Research. And most recently, we raised over \$180,000 at our second Farm to Table event to benefit the programs and services of the Women's Health Clinic at Morristown Medical Center."

Now 500-plus members strong, the all-volunteer organization runs the hospital gift shops and The Bargain Box Thrift Boutique and provides services to patients and visitors. ▲



The Women's Association received honoree recognition by the New Jersey State Governor's Jefferson Awards in the Group Volunteer Organization category, highlighting the spirit of civic engagement of ordinary people doing extraordinary things.

Visit wammc.org/news for more information.

WINNING THE FIGHT AGAINST LUNG CANCER

Surgeons use video-assisted technique to remove lung tumor

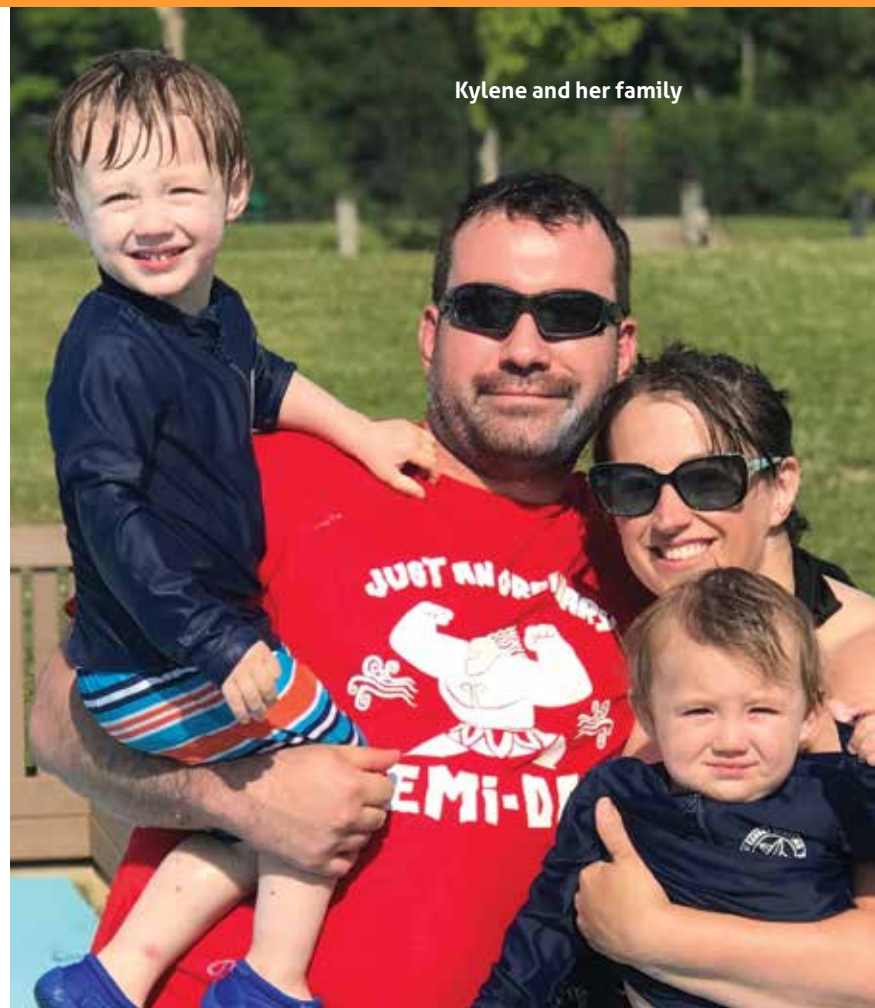
Four days after giving birth to her son in 2017, Kylene Miller began coughing up blood. After a series of tests revealed a mass on her lung, surgery was performed and she learned she had a rare form of lung cancer called colloid carcinoma.

"The first six months of my son's life was like a roller coaster of emotions," says Kylene. "I was happy and excited about the arrival of my son, but devastated and terrified for my health. I was in denial because I didn't think it was possible I could have lung cancer as a nonsmoker."

According to Mark Widmann, MD, chief of thoracic surgery for Morristown Medical Center, this type of cancer is rare, accounting for less than 1 percent of all primary lung cancers. "It often masquerades as a cyst," says Dr. Widmann. "Kylene underwent two procedures – one was diagnostic, where we removed the cyst in order to get complex pathology studies completed. In the second procedure, we took out the remainder of the affected lobe in order to prevent any recurrence."

Dr. Widmann says both procedures were done using video-assisted technology that allows surgeons to look through the rib space with a telescope attached to a high-definition video camera. "This allows us to see a magnified, well-illuminated view of the chest's contents," says Dr. Widmann. "In the first procedure, we were able to grab the nodule on the lung using a device that looks like a scissor that cuts and seals."

This minimally invasive technique eliminates the need to open the chest. "Now we can routinely do complex operations on the lungs



Kylene and her family

"I didn't think it was possible I could have lung cancer as a nonsmoker."

– Kylene Miller

and discharge patients within one to two days," says Dr. Widmann. Fortunately, in Kylene's case, she will not require chemotherapy; she will be monitored with CAT scans every six months for several years.

"The thoracic surgery team was excellent and their advanced treatment and support services are first-rate. Dr. Widmann and the team at Morristown Medical Center definitely saved my life," Kylene says. ▲

ATLANTIC MEDICAL GROUP

Dr. Mark Widmann is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.

NEW SHOULDER GIVES PATIENT A PAIN- FREE LIFE

Seventy-six-year-old Beverly Sutter had shoulder pain for more than two years. Doctors told her she had acute progressive degenerative arthritis and prescribed her an anti-inflammatory medicine, and later a cortisone shot after the medication did not work. "The entire time the pain was getting worse, and my range of motion was really getting bad," she says. "It was very difficult to do personal hygiene things and I said, 'I can't do this anymore.'"

After a visit to Andrew Willis, MD, an orthopedic surgeon at Tri-County Orthopedics and a member of the Department of Orthopedics and Sports Health team at Atlantic Health System, she learned about a procedure that would replace the ball and socket of the shoulder. "A total shoulder replacement is an under-recognized treatment option for arthritis of the shoulder," says Dr. Willis. "It is one of the fastest growing procedures in replacement surgery in the body and can be an amazing 'quality of life' and pain-relieving procedure."

In a total shoulder replacement procedure, the rounded top end of the arm bone is replaced with an artificial stem that has a rounded metal head. The socket part of the shoulder blade is then replaced with a smooth plastic shell that is held in place with special cement.

"Patients who have this procedure often have immediate pain relief and very predictable improvement in function," says Dr. Willis. "You have to see it to believe it, because it's quite profound. Within six months, almost all patients are back to normal doing nearly 85 percent of what they want to do. As a physician, you feel like you can change someone's life very quickly."

The surgery normally takes between one to two hours, and the vast majority of patients go home from the hospital after only one day. Sutter says the first time she saw Dr. Willis he could virtually guarantee her this procedure would profoundly relieve her pain. "When I woke up from the anesthesia, I told my son and daughter I had no pain. I can use my arm now without any pain. I would 100 percent recommend it. I had such a wonderful experience and such a fantastic outcome. It was an answer to a prayer." ▲

Renowned Orthopedic Oncologist Joins Atlantic Health System

Internationally recognized orthopedic oncologist James C. Wittig, MD, has been named chairman of the Department of Orthopedics, Morristown Medical Center, and medical director of orthopedic oncology for Atlantic Health System. Dr. Wittig is one of approximately 100 orthopedic oncologists in the nation. He is acclaimed for his work treating and researching pediatric and adult patients with bone and soft tissue cancers and benign and metastatic cancers. He will have oversight across Atlantic Health System's six hospitals and will focus on ensuring outstanding quality, academic excellence and optimal operational performance. Dr. Wittig says he is "honored to be selected as the new chairman for a truly accomplished department of orthopedic surgeons at one of the best medical systems in the United States. I look forward to continuing to build this premier department and expand the orthopedic oncology offerings." ▲



Dr. Wittig can be reached at Atlantic Orthopedic Oncology and Sarcoma at 833-292-BONE (2663).



Save Time Through Meal Prep

Cooking in batches makes it easier for busy families to eat healthy

Attending football games, raking leaves and carving pumpkins makes fall a busy time for most families. Worrying about what to cook for dinner usually takes last place. But cooking in bulk, or “batch” cooking can save the day. “Batch cooking is cooking in greater quantities than for one meal, so you have more down the road that’s already pre-prepped or precooked,” says registered dietitian Mary Finckenor.

According to Finckenor, “It’s gaining in popularity. While you have to do some planning and cooking up front, in the end you save time, money and dishes.” Finckenor recommends several approaches, simply cooking in bulk. Soups and stews are great choices, as you can freeze meal-sized portions and just take them out when you need them.

Another method is to prepare double

A QUICK TIP

“Batch prep ingredients, such as cutting up produce and freezing it in freezer bags to help shorten cooking time down the road.”

– Sabrina Lombardi, clinical nutrition coordinator for Newton Medical Center



or triple the recipe and freeze the extra portions before you cook them. Meatloaf and slow-cooker meals work well for this technique, just take them out the day before to thaw before cooking. “You can even freeze chicken cutlets. After they are breaded, freeze on a baking pan. Once frozen, they are nice and flat and won’t stick together. You can slip them in a zip-top freezer bag and take out just what you need to eat later.”

One kitchen tool that has become popular lately is the combination pressure cooker and slow cooker marketed under the brand name Instant Pot®. “Food cooks much faster in a pressure cooker,” says Finckenor. “You can cook frozen food without defrosting. You can make rice and yogurt and can even bake in it.”

Batch cooking allows busy families to not only save time but to eat healthy meals. “Planning ahead can take time, but eating home-cooked versus fast food is a healthier alternative,” says Finckenor. ▲

Slow and Low Pulled Pork Loin

Ingredients

- 1/3 cup Kosher salt
- 1/3 cup brown sugar
- 2 tablespoons granulated sugar
- 3 tablespoons smoked paprika
- 1 tablespoon garlic powder
- 2 teaspoons ground black pepper
- 1 1/2 teaspoon cumin
- 1 teaspoon dry mustard
- 1 cup beer or water
- Whole, 8-10 pound pork loin (for a smaller amount, use 1-2 smaller pork loin roasts)
- Barbeque sauce

Instructions

1. Mix first 8 ingredients - Kosher salt through dry mustard - to make dry rub
2. Preheat oven to 225 degrees
3. Sprinkle dry rub all over pork loin and rub in (you will have extra if only making 1 or 2 pork roasts)
4. Place pork loin in a heavy roasting pan (cut into pieces if needed). Add beer/ water to pan and cover with foil (use 1/2 cup for 1-2 smaller roast)
5. Cook for 4-6 hours or until internal temperature is 200 AND roast shreds easily
6. Let cool for 30 minutes. Shred with forks and toss with barbeque sauce to desired sauciness
7. Optional – after shredding and mixing with barbeque sauce, stick under broiler to crisp up the edges of the pork (watch carefully and remove when browned enough for your liking)

WE KEEP YOU MOVING

Recovering from an accident, illness, surgery or cancer treatment can require weeks – or even months – of specialized care. That’s where outpatient rehabilitation comes in. It helps restore mobility and independence – and it can be the single biggest factor influencing the quality of the rest of your life.

“Whether your goal is to get back your golf swing or learn to walk all over again, there are a wide variety of outpatient rehabilitation programs in every geographic region served by Atlantic Health System medical centers,” says Dan Whelan, director of outpatient rehabilitation services. “We have a responsibility to make care accessible to patients in every community we serve and to maintain the same high standard of care throughout those facilities.”

TALENT, TEAMWORK AND THE THERAPIST-PATIENT RELATIONSHIP

With more than 160 staff members working at more than a dozen outpatient rehabilitation locations, there are specialized therapists, programs and advanced therapeutic devices to meet every patient’s unique needs. Multiple centers offer physical, occupational and speech therapy; audiology; stroke rehabilitation; lymphedema management; pelvic floor rehabilitation; and more.

A commitment to excellence among Atlantic Health System outpatient rehabilitation facilities begins with the therapists, many of whom have earned specialty certifications in addition to

advanced degrees from the American Board of Physical Therapy Specialties.

“Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session,” points out Whelan. “This systemwide strategy puts patients on a productive path to recovery under the supervision of therapists who become partners in that journey.”

To help ease the transition from outpatient therapy to home, many Atlantic Health System outpatient facilities have established on-site fitness centers, which patients can join for a nominal monthly fee.

“Just because you’re discharged, doesn’t mean you’re forgotten,” remarks Paul Cuntala, PT, DPT, of Hackettstown Medical Center. “Our exercise physiologists understand your health history, can explain how to properly use the machines, and can assist your progress. Fifty percent of our joint replacement patients opt to join our fitness center because they feel more comfortable under our watchful eyes.”

GROWING NEED FOR CANCER REHAB

“We are seeing a tremendous increase in the number of cancer patients coming for rehabilitation,” observes Whelan. “The aftereffects of lifesaving cancer treatment can include pain, lymphedema, and problems with coordination, balance, range of motion, strength, endurance, and flexibility. An individualized and comprehensive rehabilitation program

“Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session.”

– Dan Whelan, director of outpatient rehabilitation services



ATLANTIC HEALTH SYSTEM AND KINDRED BREAK GROUND ON STATE-OF-THE-ART ATLANTIC REHABILITATION INSTITUTE

The new two-story, 38-bed inpatient rehabilitation facility will provide patient-focused care dedicated to the treatment and recovery of individuals through intensive specialized rehabilitation services.

Features include:

- all-private rooms
- a secured acquired brain injury unit with private dining and therapy gym
- large interdisciplinary gyms
- a therapeutic courtyard with golf, basketball and varied surfaces
- a dialysis suite
- specialty programs dedicated to neuro, stroke, brain injury, spinal cord injury and amputation.

The building will also include a transitional living apartment. Once completed, it will provide a modern home for the inpatient rehabilitation services that continue to be offered at the Atlantic Rehabilitation site on Mount Kemble Avenue in Morristown.

For more information, visit atlanticealth.org/news.

“We’re not only helping people resume their daily lives, we’re putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!”

– Dan Whelan

can help patients restore optimal physical functioning following cancer surgery, chemotherapy or radiation.”

As the baby boom population ages and osteoarthritis rises, our outpatient therapists are helping a growing number of patients regain mobility following joint replacements. “We’re not only helping people resume their daily lives, we’re putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!” remarks Whelan.

SPECIALIZED OUTPATIENT REHABILITATION PROGRAMS

Aquatic Therapy (908-598-6594)

Patients with reduced mobility and limited strength who cannot tolerate weight-bearing exercises on land are buoyant over the aquatic therapy program, located at Berkeley Aquatic Club in New Providence. Therapists use the underwater treadmill, stairs, resistance jets, and other aids to help patients improve function, balance, strength, circulation, sensation, and motor control.

Neuro Rehab (908-522-2215)

Patients recovering from strokes, brain injuries, movement or vestibular disorders, neurodegenerative diseases, gait/balance dysfunction, and spinal cord injuries can receive specialized care at Atlantic Rehabilitation. The centers, including the new Gerald J. Glasser Center for Neuro

Rehabilitation, offer physical therapy, occupational therapy, speech-language pathology, and audiology to improve physical functioning, communication, swallowing, visual/perceptual deficits, and cognitive dysfunction. There is also a working kitchen and washer and dryer for occupational therapy, private treatment rooms, and a biweekly prosthetic/orthotic clinic.

Amputee Walking School (multiple locations: 1-800-247-9580)

Patients of all ages and levels of lower limb amputation can attend this advanced gait training and running program, offered at many Atlantic Rehabilitation facilities. Those beginning the Amputee Walking School will learn basic exercises and stretches designed to improve their walking gait with their prosthetic devices. Training is customized to their individual needs.

Orthopedics and Sports Rehabilitation

Therapists work with patients and their doctors to create a customized rehabilitation treatment plan for arthritis and other chronic pain issues; exercise-related or sports injuries; overuse injuries; postsurgical rehabilitation, including joint replacement surgery, reconditioning after illness, and other spine and joint ailments.

Patients recovering from an injury or looking to improve their performance in their sport can benefit from Cybex and Arc machines; elliptical trainers; the AlterG Anti-Gravity Treadmill; concussion rehabilitation services; functional movement screening; sports-specific strengthening programs; yoga and Pilates; 3-D motion capture advanced motion analysis; Biodex isokinetic muscle assessment and rehabilitation; and Titleist golf swing analysis. ▲

Visit atlantichealth.org/outpatientrehab for more information on our services.



REHAB WORKS – JUST ASK ME



Phil Glorioso works as a mate on a dive boat out of Brielle, NJ. But when the 75-year-old from Oakland strained a muscle doing home repairs, he turned to Chilton Medical Center’s outpatient sports medicine facility, where he had been previously treated and knew he would again be in the best possible hands.



Born with club feet, 48-year-old Ron Conti wore leg braces through sixth grade and struggled with limited mobility and significant

pain as he entered adulthood, got married and had a family. Determined to improve his quality of life, he and his doctors discussed a radical solution – amputation.



When a basketball game resulted in a fracture, 23-year-old Matt Eisenbud was left with a rod, plate and screws holding his lower left leg together

following surgery at Overlook. Matt spent weeks on crutches, and then switched to aquatic therapy, which allowed him to perform movements more easily than on land.

Read Phil's, Ron's and Matt's full stories here: atlantichealth.org/rehabstory.



A New Collaboration Announced for Clinical Trials

Six regional health systems have announced the founding of a nonprofit clinical research consortium – Partners in Innovation, Education and Research (PIER Consortium™) – a streamlined clinical trial system that will span New Jersey and Pennsylvania.

The founding members of PIER Consortium include Atlantic Health System, Drexel University, Einstein Healthcare Network, Geisinger, including AtlantiCare, Main Line Health and Thomas Jefferson University.

Clinical trials have traditionally been offered at academic medical centers and through affiliated hospitals to ensure patients are treated safely and effectively with the best standard of care. Unfortunately for patients, this can mean traveling many miles, sometimes across the country, for novel treatment. The PIER Consortium will bring new clinical trial sites to larger numbers of patients, while also bringing new treatments to market faster.

“Atlantic Health System has a long history of conducting clinical trials, enabling many of our patients to participate in new cutting-edge treatments in their community,” says Jan Schwarz-Miller, MD, MPH, SVP, chief medical and academic officer for Atlantic Health System. “PIER will allow Atlantic Health System to add to its portfolio and assist in moving research studies along faster. We also have the opportunity to work within the consortium to develop and lead studies that will have greater impact to the patients we serve. With all of the health systems participating in PIER, the needed number of study participants can be identified faster and the benefit of the treatment can be determined sooner.”

Visit pierconsortium.org for more information.

Now Enrolling Patients in Four Pancreatic Cancer Clinical Trials

Atlantic Health System is currently enrolling patients in four pancreatic cancer clinical trials. Angela Alistar, MD, a nationally known expert on pancreatic cancer, serves as national principal investigator (PI) on the first trial and as local PI on the other three.

“We are fortunate to be able to offer these studies to people with this difficult-to-treat, aggressive cancer,” says Dr. Alistar, who serves as director of GI medical oncology for Carol G. Simon Cancer Center at Morristown Medical Center. “Our pancreatic cancer program is unique, and our ability to provide access to these clinical trials is one important aspect of our uniqueness. New and more effective treatments are desperately needed.”

Five-year survival rates for pancreatic cancer are low, and pancreatic cancer is now the third leading cause of cancer-related deaths in the U.S.

The studies enrolling patients include:

- A Phase I combination drug therapy designed for patients with locally advanced or metastatic pancreatic cancer never treated with systemic chemotherapy. **Atlantic Health System is the only one in the nation to offer this promising study.**
- A Phase II study to examine the safety and effectiveness of an antioxidant/chemotherapy intravenous infusion in advanced pancreatic cancer patients.
- A Phase II trial of immunotherapy maintenance in patients with stage IV pancreatic cancer who are in remission or partial remission.
- A study to compare chemotherapy against a combination of chemotherapy and radiation therapy prior to surgery. ▲

To learn more about these studies, please call the Atlantic Center for Research at 973-971-6608 or visit atlanticealth.org/pancreas.

A Life-Changing Program

When George and Leticia Izara brought their daughters to the Family Health Center (FHC) for pediatric care, the girls received much more than routine doctor visits. After joining the clinic's Family Counseling & Guidance (FC&G) program, the entire family found their lives forever changed.

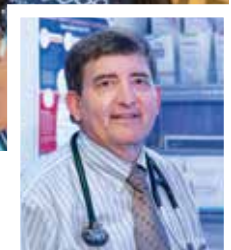
It all started with mom. First, Mrs. Izara learned about good nutrition when Alexandra D'Emidio, LSW, FC&G coordinator, brought her to the grocery store and taught her how to read food labels. For Mrs. Izara, a native of Guatemala, it was eye-opening: "I was in total shock – no more juice, no more soda. I was eating how my mom taught me. I didn't know about drinking water, eating fruits and salad, or portion control. I grew up eating lots of white rice and tortillas. Now I know better."

Mrs. Izara then guided her family to healthier habits. That's exactly how the FHC's donor-funded program is designed to work. A charity clinic of the hospital, the FHC provides high-quality medical care to pediatric patients from underserved families from Morris County and beyond. As a principal training site for internal medicine, 20 residents complete weekly rotations for the 13,000 patients who visit the clinic each year. Approximately 33 percent of these children are overweight.



ABOVE: Forefront (l-r) Social worker and family counseling & guidance coordinator Alexandra D'Emidio high fives Susan Izara, while sisters Wendy and Victoria Izara look on with health educator Magalia Aguilar.

Photo credit: Shelley Kusnetz. RIGHT: Donald Hoelzel, MD, medical director, Family Health Center



The FC&G program, started in 2012, seeks to combat high rates of type 2 diabetes, obesity and related health complications. Support has been generously provided by the Johnson & Johnson Community Health Care Fund, Celgene Corporation, Kemmerer Family Foundation, The Provident Bank Foundation and The Ralph M. Cestone Foundation.

From fitness classes for children to employment assistance for parents, the FC&G program addresses the underlying triggers causing poor health. "The group gatherings of exercise and nutrition classes fit into a plan that includes personalized sessions on whatever may be pressing for a particular family – from housing needs to anxiety issues," says Donald Hoelzel, MD, medical director at FHC. "These efforts dovetail into their medical care. It all fits together."

For the Izaras, everything did, indeed, fit together. Mrs. Izara lost 20 pounds and now creates meal plans filled with fresh produce. Daughter Wendy, 14, enjoys cooking with her parents, while Victoria, 9, loves playing ball at the Parisi Speed School in Morristown. Mrs. Izara and her daughters also ran a 5K, through Girls on the Run. On weekends, the family picks vegetables at Grow It Green's community garden. Susan, a fifth grader, says, "Salads are my favorite food."

Watching her kids grow up healthy is a dream come true for Mrs. Izara. She hopes this starts a new family tradition. "I told my daughters, 'When you have kids, you're doing it this way,'" she says. ▀

To offer your support of this program, please contact Julie Kimmel at the Foundation for Morristown Medical Center at 973-593-2427 or email julie.kimmel@atlantichhealth.org.

CANCER CARE

CANCER CENTER 3-WEEK STRESS MANAGEMENT CLASS

Mondays, October 15, 22 and 29, 6:00-8:00pm
Morristown Medical Center, Carol G. Simon Cancer Center, Mind/Body Sanctuary, 100 Madison Ave., Morristown, NJ 07960

CANCER CENTER CANDLELIGHT SERVICE

Wednesday, December 12, 6:00-7:30pm
Morristown Medical Center, Carol G. Simon Cancer Center, Mind/Body Sanctuary, 100 Madison Ave., Morristown, NJ 07960

CANCER CENTER THANKSGIVING CELEBRATION

Monday, November 19, 6:00-8:00pm
Morristown Medical Center, Carol G. Simon Cancer Center, Mind/Body Sanctuary, 100 Madison Ave., Morristown, NJ 07960

CANCER SURVIVORSHIP SYMPOSIUM

Tuesday, October 16, 5:00-8:00pm
Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., Rockaway, NJ 07866

EDUCATIONAL PROGRAMS

- Bereavement Program: 973-971-5585
 - Caregivers Presentation and Luncheon: 973-971-4063
 - Head and Neck Cancer Care Program: 973-971-4063
 - Look Good Feel Better: 1-800-ACS-2345
 - Post Breast Surgery Program: 973-971-5169
 - Preparing for Breast Cancer Surgery: 973-971-6175
 - Prostatectomy Pre-Operative Class: 973-971-6800
 - Smoking Cessation Support: 973-971-7971
- All events located at Carol G. Simon Cancer Center at Morristown Medical Center. For more information, call the numbers listed.

INTEGRATIVE MEDICINE

- Healing Touch Experience*
- I Can-Cer Vive* (eight-week mind-body-spirit program)
- Imagery for Chemo/Radiation
- Individual Spiritual Counseling*
- Jin Shin Jyutsu Self-Help/Individual Sessions*
- Meditation/Learn to Meditate*
- Qigong/Tai Chi
- Reiki Sessions*
- Therapeutic Touch: 973-971-4063*
- Writing to Heal
- Yoga – Gentle/Restorative

*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. All events are located at Carol G. Simon Cancer Center at Morristown Medical Center. For more information, call 973-971-6514.

LABYRINTH PEACE WALK

Friday, September 21, Noon-12:30pm,
Morristown Medical Center, Carol G. Simon Cancer Center, Rooke Plaza Labyrinth, 100 Madison Ave., Morristown, NJ 07960

MUSIC THERAPY

- Healing Through Drumming
 - Somatron Session*
 - Sound Meditation
- *Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For more information, call 973-971-5919.

ONGOING SUPPORT GROUPS

- Living With Advanced Cancer Support Group
 - Post-Treatment Support Group
 - Tips & Tools Treatment Support Group
- For information about counseling, social work services or post-treatment programs, call 973-971-6299.

PEER TO PEER

- National Ovarian Cancer Coalition: newjersey@ovarian.org, 973-841-4313
- Ostomy Group: 973-971-5522
- Platelet Disorder Self-Help Support Group: 973-971-1819
- Us Too – Prostate Cancer Self-Help Support Group: 973-971-2135

SMOKING CESSATION PROGRAM

Tuesdays, 6:00-7:30pm
Morristown Medical Center, Radiation Conference Room, 100 Madison Ave., Morristown, NJ 07960
Sessions are also available at Rockaway. For more information, call 973-971-7971.

SUPPORT THE GIRLS

Monday, October 1, 5:00-8:00pm
Morristown Medical Center, Carol G. Simon Cancer Center, 100 Madison Ave., Morristown, NJ 07960

CHAMBERS CENTER FOR WELL BEING

DEAN ORNISH PROGRAM

Ongoing
For more information, call 973-971-7230.

HEALTHY COOKING CLASS

Monthly classes, \$25 per person

INTERACTIVE METRONOME

For more information, call 973-971-6301 and then press #1.

JIN SHIN JYUTSU SELF-HELP

Ongoing, \$20

LIFESTYLE CHANGE PROGRAM

Day and evening programs
\$775 for the 12-week program
Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890.

MINDFULNESS-BASED STRESS REDUCTION

Day and evening programs
\$400 for the eight-week program
Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890.

OPEN LEVEL YOGA

Ongoing, \$15 per person

STRESS REDUCTION GROUP

Ongoing, \$15 per person

TAI CHI

Ongoing, \$20 per person

VIBRATIONAL SINGING BOWLS

Ongoing, \$20 per person
Chambers Center for Well Being, 435 South St., Morristown, NJ 07960
For more information, call 973-971-4890.

COMMUNITY HEALTH

A DAY TO REMEMBER

Saturday, September 15, 8:30am-12:30pm
Hilton Garden Inn, 375 Mount Hope Ave., Rockaway, NJ 07866

HYPNOSIS FOR SMOKING CESSATION

Thursdays, September 13 and November 15, 7:00-9:00pm
\$70
435 South St., 3rd Floor Conference Room, Morristown, NJ 07960

ORIGAMI

Friday, September 21, 1:30-3:00pm
Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., 3rd Floor Community Room, Rockaway, NJ 07866

DIABETES WELLNESS

DIABETES EDUCATION CLASSES

Various dates and times
435 South St., Suite 340, Morristown, NJ 07960
For dates and times, call 973-971-5524.

DIABETES HEALTH EDUCATION

Thursday, November 8, 10:00am-Noon
ShopRite of Clark, 76 Central Ave., Clark,
NJ 07066

GESTATIONAL DIABETES EDUCATION CLASSES

Mondays, 4:00-6:30pm
435 South St., Suite 340, Morristown, NJ 07960
For more information, call 973-971-5524.

MEDICAL NUTRITION COUNSELING

Various dates and times
For more information, call 973-971-5524.

TYPE 1 AND INSULIN PUMPERS GROUP

Thursdays, October 4 and December 6,
7:00-8:00pm
Morristown Medical Center, MoTown Café,
100 Madison Ave., Morristown, NJ 07960

TYPE 2 DIABETES SUPPORT GROUP

Thursday, October 25, 7:00-8:00pm
435 South St., Suite 340, Morristown, NJ 07960
No registration required.

PARENTING & CHILDBIRTH

ABCs OF GOING HOME WITH YOUR BABY

Sundays, 8:00am-1:00pm; Mondays, 6:00-8:30pm
\$100 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For dates and times, call 973-971-5027.

AQUA AEROBICS (6-WEEK SERIES)

Wednesdays, September 5-October 10
6:45-7:45pm
\$100 for all six classes
Atlantic Rehabilitation, 95 Mt. Kemble Ave.,
Morristown, NJ 07960

BREASTFEEDING YOUR BABY, PART I

Wednesdays September 19, 6:00-8:30pm
\$50 per couple
Morristown Medical Center,
100 Madison Ave., Morristown, NJ 07960

BREASTFEEDING YOUR BABY, PART II

Wednesday, September 26, 6:00-8:00pm
\$35 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960

BREATHING AND RELAXATION TECHNIQUES

Thursday, September 20, 6:00-8:00pm
\$50 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For more information, call 973-971-5027.

ESPECIALLY FOR SIBLINGS AT MORRISTOWN

Saturday, September 15, 9:30-11:00am
\$50 per family
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For more information, call 973-971-5027.

GREAT EXPECTATIONS AT MORRISTOWN

Monday and Tuesday, October 29 and 30,
6:00-8:30pm
\$100 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
The two-part class is offered once every other
month. This is a prepared childbirth class for
moms with twins or more.

MATERNITY CENTER TOUR

Various dates and times
Morristown Medical Center, Simon A,
100 Madison Ave., Morristown, NJ 07960
For dates and times, call 973-971-5027.

PREPARED CHILDBIRTH CLASS

Various dates and times
\$250 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For more information, call 973-971-5027.

PREPARED CHILDBIRTH CLASS (LAMAZE)

Various dates and times
\$150 per couple for three-class series
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
For dates and times, call 973-971-5027.

YOUR BABY'S BIRTH AT MORRISTOWN MEDICAL CENTER

Thursday, September 13, 6:00-8:30pm
\$75 per couple
Morristown Medical Center, 100 Madison Ave.,
Morristown, NJ 07960
To register, call 973-971-5027.

SUPPORT GROUPS

BETTER BREATHERS CLUB

Thursdays, September 20, October 18 and
November 15, 11:30am-12:45pm
Morristown Medical Center Health Pavilion,
333 Mount Hope Ave., 3rd Floor Community
Room, Rockaway, NJ 07866

CAREGIVERS CAFE

Thursday, September 13, 10:30am-12:30pm
Gagnon Cardiovascular Institute, Level C,
Wilf A Conference Room, 100 Madison Ave.,
Morristown, NJ 07960

HEART FAILURE SUPPORT

Fourth Tuesday of the month, 12:30-2:00pm
Gagnon Cardiovascular Institute, Level C,
Wilf A Conference Room, 100 Madison Ave.,
Morristown, NJ 07960

NAVIGATING THE MILRINONE JOURNEY

Various dates and times
Gagnon Cardiovascular Institute,
100 Madison Ave., Morristown, NJ 07960
For dates and times, call 973-971-7901.

NEW MOMS SUPPORT GROUP

Fridays (twice a month), 10:00am-11:30am
Morristown Medical Center, Parent Education
Room, Simon A, 100 Madison Ave., Morristown,
NJ 07960
For dates, call 973-971-6791.

THRIVE: ICU SURVIVORS PEER SUPPORT GROUP

Wednesdays, September 26, October 24,
November 28 and December 26
435 South St., 3rd Floor Conference Room,
Morristown, NJ 07960
For more information, call 973-971-5699.

WEIGHT LOSS

ALLIANCE CENTER FOR WEIGHT MANAGEMENT

Various dates, 6:30-7:30pm
95 Mt. Kemble Ave., Room 561,
Morristown, NJ 07960
For dates, call 973-971-4555.

IS BARIATRIC SURGERY RIGHT FOR ME?

Thursdays, September 13, October 11,
November 8 and December 13, 6:00-7:00pm
This is a webinar. To register, call
908-481-1270.

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlanticehealth.org/doctors.

