

AtlanticView

at Hackettstown | Fall 2018/Winter 2019

MOMENTS THAT MATTER
RIGHT FOOT
FORWARD
AFTER
TRAUMATIC
LEG INJURY

Read Nancy's Rehab Story



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



Atlantic Health System
Hackettstown Medical Center

Outpatient Rehab –
We Keep You Moving

Greetings,

We have much to be proud of at Hackettstown Medical Center. We earned the American Diabetes Association National Recognition Accreditation for diabetes self-management education, which recognizes that our staff of knowledgeable health professionals can provide state-of-the-art information about diabetes management. We are also finalizing our implementation of Epic, a streamlined medical records technology that will allow us to coordinate your electronic health record to connect Atlantic Health System hospitals, acute care centers, physician offices, laboratories and imaging centers to deliver better coordinated care.

In this issue of *AtlanticView at Hackettstown*, we're inviting you to #AskHer. This important annual campaign reminds the women in our lives to commit to scheduling their annual mammogram. So, be sure to ask her!

You'll read about the many ways that our specialized therapists at outpatient rehabilitation centers meet the needs of patients recovering from an accident, illness, surgery or cancer treatment. Speaking of rehab, in our Moments That Matter feature, you'll meet Nancy, a retired Hackettstown educator, who shattered her leg in a fall down the stairs. Following surgery and a two-month rehab stay, she regained mobility through the dedicated care of physical therapists at Hackettstown Medical Center and has joined the Atlantic Rehabilitation Community Fitness program.

You'll learn more about Atlantic Health Specialty Care – a new center providing Hackettstown and other area residents with quality medical services using a time-sharing model to meet local health care needs; how to prevent and treat kidney stones; and discover four new pancreatic cancer clinical trials.

In our Community Calendar, you'll find classes, activities and support groups to keep you busy throughout the fall and winter. I hope you enjoy the change of season, and know we are here for your health care needs.










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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. 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.

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Moments That Matter:
Right Foot Forward After
Traumatic Leg Injury

6

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Nutrition: Save Time Through Meal Prep



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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



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](https://atlantichealth.org/askhernow).



Atlantic Health System

CHILTON | HACKETTSTOWN | MORRISTOWN | NEWTON | OVERLOOK



Hackettstown Medical Center Receives Accreditation From the American Diabetes Association

Hackettstown Medical Center has joined the rest of Atlantic Health System's hospitals and obtained its American Diabetes Association National Recognition Accreditation for diabetes self-management education. This will allow the hospital to promote quality education for people with diabetes by following the American Diabetes Association's nationally recognized program, which endorses the National Standards for Diabetes Self-Management Education and Support.

Programs that achieve recognition status have a staff of knowledgeable health professionals who can provide state-of-the-art information about diabetes management for participants.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

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.

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 atlanticealth.org/research.



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



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).



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 Newton 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 and hospital nurses. 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 atlantichealth.org/conditions-treatments/maternity.html.

RIGHT FOOT FORWARD

With vigorous, effective therapy, Hackettstown teacher gets back in step

Nancy Miller will tell you there was a time when she could proudly do a split. But when the retired Hackettstown educator accidentally went “stair surfing” one night, it was more than her pride that was injured. “My right leg ended up four steps behind me, and my left leg was four steps ahead,” she recalls. The result was a femur shattered in 30 places, which required surgery and a 10-day stay at Morristown Medical Center. The wound was slow to heal, and complications set in, eventually requiring a bone graft and a two-month stint at a rehabilitation center.

HEALING HANDS

When it came time for physical therapy, Nancy was understandably anxious. She had not been able to bear full weight on her right leg for more than six months and arrived at her first appointment in a wheelchair. “She came in with a pretty significant impairment to her functional mobility,” recalls physical therapist Steven Tierney. “Given her surgical background, we had to carefully tailor her therapy.”

Over the course of 27 sessions on the Hackettstown Medical Center campus, Tierney worked with Nancy to restore her mobility with strengthening exercises and agility activities. “It was excellent therapy,” Nancy reports. “They were very careful. If I said something was hurting, the therapist immediately stopped and tried a different approach.”



FROM WHEELCHAIR TO GARDENING

Nancy is now walking and has joined the Atlantic Rehabilitation Community Fitness program at Hackettstown Medical Center to continue her progress. With her newfound mobility, Nancy is happily tending to the irises she planted this spring. “Last year, I couldn’t do anything; I was housebound,” she says.

Nancy is also appreciative that she received quality physical therapy so close to home. “They were so accommodating. If I had an emergency at home or was running late, there was never a ‘No, you can’t come in.’ It was always, ‘Let’s see when we can get you in.’ They paid attention to me as a person, not just a patient.” ▲

For more information on rehab services, visit atlantichealth.org/rehab.




(l-r): Greg Stewart, councilman and foundation board member for Hackettstown Medical Center, Ajay Goyal, MD, director of bariatric surgery, Hackettstown Medical Center; Dr. Cynthia Jones, Hackettstown and Newton medical centers; Dr. Sarah Chima, Hackettstown and Newton medical centers; Donna Watridge, chief nursing officer and director of operations at Hackettstown Medical Center; and Joe DiPaolo, president of Atlantic Health System's Western Region.

Atlantic Health Specialty Care Comes to Hackettstown

Earlier this year, Atlantic Health System opened a specialty care center to further provide Hackettstown and other local residents with quality medical services. At the new facility, Hackettstown Medical Center physicians help fill health care gaps in specialties facing a shortage of providers.

The center follows a “time-share” model, which allows physicians to come in as needed. For example, a doctor can come in for two days per week if needed and then another doctor can come in to use it at other times. This flexibility addresses various health care needs in the area that Atlantic Health System discovered after acquiring the hospital in 2016.

Doctors currently using the medical office are trained in areas such as general surgery, including breast surgery, endocrinology, allergy, rheumatology, bariatrics and nutrition, with plans to add more specialties in the future. In the end, the goal is seamless and comprehensive care: The same doctors at the hospital are the same ones at the new medical facility.

This is just the latest step that Atlantic Health System has taken to improve and expand services and locations in the area. Hackettstown Medical Center also recently introduced telemedicine, allowing doctors to see ICU patients remotely with the press of a button. Not only can doctors monitor their patients’ vital signs remotely, but telemedicine also allows physicians to consult from almost anywhere else in the country – or the world. 

In the end, the goal is seamless and comprehensive care: The same doctors at the hospital are the same ones at the new facility.

To learn more about our physicians, specialties and locations, visit findadoctor.atlantichealth.org.

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.

“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

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 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

"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


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 atlantichhealth.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: atlantichhealth.org/rehabstory.



Ask the Expert

Q: My doctor told me I have a kidney stone. How can I prevent and treat stones in the future?

A: If you suspect you have kidney stones, it is important to see your urologist. Larger kidney stones and stones in the ureter (the tube that drains the urine from the kidney to the bladder) need to be assessed for removal, as do stones causing pain, infection or obstruction.

TREATMENT OPTIONS

Once it has been determined that the stone will not pass or needs to be treated based on size, usually 5 millimeters (mm) or larger, there are three minimally invasive options for stone removal: percutaneous nephrolithotomy or PNL, which involves putting a scope through a small opening in the back and into the kidney to remove stones via ultrasound; ureteroscopy, where a small camera is placed up the ureter, then a laser is used to break the stones; and extracorporeal shock wave lithotripsy (ESWL), where ultrasound waves are used to break up stones from outside the body.

ESWL or ureteroscopy are good options for managing stones in the ureter. ESWL is the treatment of choice for most small kidney stones, while PNL is the preferred method of stone removal for larger renal stones.

PREVENTING STONES

A variety of medical treatments may help to prevent future stones. Dehydration is linked to 90 percent of stones. A patient's goal should be 100 oz. water daily as long as he or she has no medical contraindication. Your urologist will send you for a study to discover why you are forming stones. Some patients have elevated calcium in urine which may be treated with diuretics; low citrate in urine is treated with potassium citrate; and low urine pH is treated with sodium bicarbonate.

With medical treatment, more than 75 percent of stones can be prevented, however, medications do not dissolve preexisting calcium stones.

- Matthew Hall, MD, is a urologist at Atlantic Health System's Hackettstown and Newton medical centers

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

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)



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.

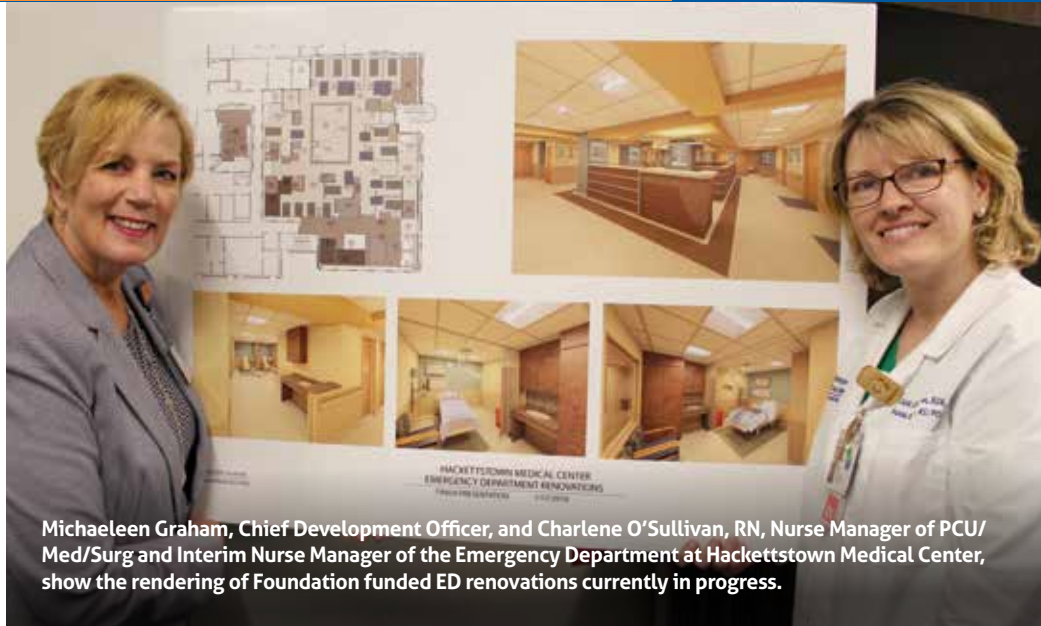
The studies enrolling patients include:

- 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 atlantichealth.org/pancreas.

FOUNDATION NEWS

What Does a Foundation Do?



As the fundraising arm of Hackettstown Medical Center, the foundation is dedicated to supporting the capital needs of Hackettstown Medical Center by raising funds to enhance the quality of health care available to those we serve. Examples of funding projects include clinical services, state-of-the-art technology, facility construction and modernizations, outreach initiatives and other vital programs.

Charitable gifts come to the foundation in several ways:

- Through event sponsorships and participation (such as the "Colors for Cancer Run/Walk" slated for September 29 at Riverfront Park in Hackettstown)
- From planned gifts (i.e., leaving a gift to Hackettstown Medical Center in a will or trust)
- Via annual employee giving campaigns and periodic, larger internal and external capital campaigns for specific, higher-level fundraising goals

All gifts to the foundation are tax-deductible, and every dollar raised stays here at Hackettstown Medical Center. For more information, visit atlanticealth.org/hmcf.

Recently, foundation funds have supported the following important projects at Hackettstown Medical Center:

- Emergency Department renovations, including a Results Waiting Area, Rapid Treatment/Triage Room and a new Nourishment Area, have recently been completed. Additional construction in the back of the ED will improve the layout of existing treatment rooms. These improvements will make for smoother, quicker patient flow, with the goal of providing the best possible ED experience.
- New technology in Hackettstown Medical Center's Intensive Care Unit, will allow a high-level critical care specialist to be at the patient's bedside at a moment's notice around the clock, via telemetry.
- Digital breast tomosynthesis (DBT), also referred to as a three-dimensional mammogram, is a diagnostic tool now available at Hackettstown Medical Center. DBT can detect small breast tumors, while decreasing false positives and the need for repeat mammograms.

Donations to the Foundation at Hackettstown Medical Center have been put to work in several important ways – look for more great news about foundation-funded projects in coming months. ◀

BEHAVIORAL HEALTH

STRESS AND YOU: KNOWING THE SIGNS

Learn how to recognize physical, emotional and behavioral warning signs of stress.

*Tuesday, September 25, 2:00-3:00pm
Hackettstown Medical Arts Building,
Center for Healthier Living, 108 Bilby Road,
Suite 101, Hackettstown, NJ 07840
Preregistration is required. To register,
call 1-844-472-8499.*

SUBSTANCE USE OUTPATIENT SERVICES

The following services and programs are available at Hackettstown Medical Center's Counseling and Addiction Center located at 112 East Avenue, Unit 9, Hackettstown, NJ. Each program consists of psychoeducation and counseling provided by experienced licensed clinical alcohol and drug counselors. For more information, call 908-441-1558.

- Comprehensive Substance Use Evaluations
- Adult Intensive Outpatient Programs (IOP)
*Mondays, Tuesdays, and Thursdays,
9:00am-12:00pm OR Mondays, Wednesdays
and Thursdays 6:00pm to 9:00pm
Includes a Family Group component for family
members of clients attending IOP. Monday
evenings, 6:00pm-9:00pm*
- Aftercare Program
*Wednesdays, 6:15pm-7:45pm
Relapse Prevention Program for individuals
who complete the Adult Intensive Outpatient
Program*
- Adult Outpatient Program
*Mondays and Thursdays, 6:00-7:30pm
Serves adults 18 and older who meet criteria for
mild substance use disorders.*
- Adolescent Outpatient Program
Mondays and Thursdays, 5:00-6:00pm

CANCER CARE

BREAST HEALTH - WHAT TO EXPECT FROM THE UNEXPECTED

Join breast surgeon Dr. Cynthia Jones and radiologist, Dr. Zarine Patel, to learn what to expect if you have a concern about your breast health.

*Thursday, October 25, 6:00-7:00pm
Hackettstown Medical Arts Building,*

*Center for Healthier Living, 108 Bilby Road,
Suite 101, Hackettstown, NJ 07840
Preregistration is required. To register,
call 1-800-247-9580.*

CANCER THRIVING AND SURVIVING WORKSHOP

Cancer survivors who have completed treatments and their caregivers will learn how to address common survivorship problems, such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty. Our team of peer leaders will also discuss exercise tips, treatment decision-making, complementary therapies, effective communication tactics, nutrition and setting priorities. This free course, which is based on Stanford University's chronic disease self-management model, meets two-and-a-half hours per week for six weeks. Sponsored by the Sussex Warren Chronic Disease Coalition.

*Tuesdays, September 25th through October
30th, 10:00am-12:30pm
Hackettstown Medical Arts Building, Center for
Healthier Living, 108 Bilby Road, Suite 101,
Hackettstown, NJ 07840
For more information and to register, please call
908-387-9888 or 908-475-7960.*

COMMUNITY HEALTH & SCREENINGS

GET FIT EXERCISE PROGRAM

Receive a fitness assessment and individualized exercise program, including access to the Fitness Center within Hackettstown Medical Center's Therapy Department.

*Hackettstown Medical Center, 651 Willow
Grove Street, Hackettstown, NJ 07840
For a fee schedule, Fitness Center hours, and to
schedule an appointment, call
908-441-1348.*

IS BARIATRIC SURGERY RIGHT FOR ME?

This is a live webinar presented by New Jersey Bariatric Center where you will learn whether bariatric surgery is right for you. Both surgical and non-surgical options will be discussed, and you can ask your own questions.

*Various dates and times
For more information or to register,
call 908-481-1270.*

MANAGING MENOPAUSE WITH AND WITHOUT HORMONES

Join Dr. Omoikhefe Akhigbe, of Atlantic Medical Group Women's Health at Hackettstown, who will discuss managing some common symptoms experienced during menopause, such as hot flashes, night sweats, weight gain, and sleep disturbance. The program is free, but registration is required.

*Tuesday, October 9, 6:30-7:30pm
Sussex County Library, 21 Stanhope Sparta
Road, Stanhope, NJ 07874
For more information, call 1-844-472-8499.*

MEDICAL NUTRITION COUNSELING

Individual sessions are available by appointment.

*Hackettstown Medical Center, 651 Willow
Grove Street, Hackettstown, NJ 07840
For more information and to schedule an
appointment, call 908-441-1482.*

SLEEP CLINIC

For more information on snoring, sleep apnea, or other sleep-related disorders or to arrange a free consultation with a board-certified sleep specialist.

*Hackettstown Medical Center, Sleep Lab,
West Wing, 3rd Floor, 651 Willow Grove St.,
Hackettstown, NJ 07840
For information and to make an appointment,
call 908-850-7744.*

SMOKING CESSATION

A six-week program led by a certified tobacco treatment specialist. A smoking assessment is required to participate.

*Various dates, 5:00-6:00pm
Hackettstown Medical Center, 651 Willow
Grove St., Hackettstown, NJ 07840
For more information, call 1-844-472-8499.*

TOTAL HIP AND KNEE REPLACEMENT

Learn the many reasons for a joint replacement and what to expect from the day you decide to have a joint replacement through rehabilitation.

*Tuesday, September 18, 11:00am-12:30pm
Hackettstown Medical Arts Building, Center for
Healthier Living, 108 Bilby Road, Suite 101,
Hackettstown, NJ 07840
Preregistration is required. For more
information, call 1-844-472-8499.*

DIABETES WELLNESS

DIABETES SELF-MANAGEMENT EDUCATIONAL SERIES

These classes are designed for individuals diagnosed with diabetes and provide education about living a healthy life managing this disease. Topics include understanding the disease process, medication options, blood glucose monitoring, nutrition management, and exercise. Classes are taught by certified diabetes educators and registered dietitians. *Wednesdays, October 10, 17, 24; 6:30-8:30pm Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ 07840*
For more information and to register, call 908-979-8848.

DIABETES SUPPORT GROUP

The Diabetes Support Group is filled with opportunities to learn about diabetes self-management. *Fourth Monday of the month, 7:00-8:00pm Hackettstown Medical Center, West Wing Conference Center, 651 Willow Grove Street, Hackettstown, NJ 07840*
Call 908-979-8848 for information or to register.

LIFESTYLE CHANGES FOR PREDIABETES AND DIABETES MANAGEMENT

Get information on steps you can take to prevent diabetes. *Thursday, September 13, 11:00am-12:30pm; Wednesday, November 7, 1:00-2:00pm Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840*
For more information, call 1-844-472-8499.

HEART HEALTH

HEALTHY HEARTS GROUP

This group is for individuals with cardiac disease such as congestive heart failure, high blood pressure and coronary artery disease. *First Wednesday of the month, 12:30-1:30pm Hackettstown Medical Center, Dining Room Conference Center, 651 Willow Grove Street, Hackettstown, NJ 07840*
Call 908-850-6819 for information and to register.

HEART HEALTH PROGRAMS

- AHA e-Learning Option
- BLS for Healthcare Provider
- CPR for Family and Friends
- Heartsaver CPR AED
- Heartsaver First Aid
- Pediatric First Aid CPR AED

Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840
For more information and registration, visit atlanticambulance.org.

PATH TO A HEALTHY HEART

Join interventional cardiologist, Dr. Sapan Talati, to learn about preventative measures for a healthy heart and how lifestyle can impact your heart health. *Tuesday, October 30, 6:30pm-7:30pm Mt. Olive Public Library, 202 Flanders-Drakestown Road, Flanders, NJ*
Pre-registration is required. To register, please call 1-800-247-9580.

PARENTING & CHILDBIRTH

BREASTFEEDING CLASS

Expectant mothers and their support person will learn various aspects of breastfeeding. Registration is required for mom and one guest. *Tuesday, September 11, 6:30-9:00pm \$40 per couple. Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840*
For more information, call 1-844-472-8499.

SENIOR HEALTH

CHAIR EXERCISES FOR OLDER ADULTS

This three-class series can help improve stamina and strength. *Various dates and times Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840*
To register, call 1-844-472-8499.

FALL RISK SCREENING

Screening can identify potential balance problems that may increase your risk of falling. Participants are evaluated at Hackettstown Medical Center's Therapy Department and receive evaluation results and information on how to improve their balance.

Hackettstown Medical Center, 651 Willow Grove Street, Hackettstown, NJ 07840
To schedule an appointment, call 908-850-6925.

MEDICARE OPEN ENROLLMENT

Join Richard Grabowsky, a Medicare counselor from the Warren County Division of Aging and Disability Services, to learn about the Medicare open enrollment process. *Tuesday, September 18, 2:00-3:30pm Hackettstown Medical Arts Building, Center for Healthier Living, 108 Bilby Road, Suite 101, Hackettstown, NJ 07840*
To register, call 1-844-472-8499.

SUPPORT GROUPS

BETTER BREATHERS CLUB

A discussion about pulmonary diseases such as COPD and asthma. *Second Thursday of the month, 1:30-2:30pm Hackettstown Medical Center, Dining Room Conference Center, 651 Willow Grove Street, Hackettstown, NJ 07840*
Call 908-441-1192 to register.

MULTIPLE SCLEROSIS

Second Monday of the month, 7:00-9:00pm Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840
For more information, call 1-844-472-8499.

POST-TREATMENT CANCER SUPPORT GROUP

Open to patients who have completed cancer treatment and their caregivers. *First Wednesday of the month, 10:00am-11:30am OR 5:30-7:00pm Hackettstown Medical Center, Joan Knechel Radiation Cancer Center Conference Room, 651 Willow Grove Street, Hackettstown, NJ 07840.*
Call 908-800-4308 to register.

THE ARC OF NEW JERSEY

Council One is a self-advocacy group representing Warren, Hunterdon, Sussex and Morris counties. Meetings are open to all adults with intellectual and developmental disabilities. *Meets the third Thursday of the month, 5:00-7:00pm Hackettstown Medical Center, 651 Willow Grove St., Hackettstown, NJ 07840*

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

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

