

AtlanticView

at Newton | Fall 2020



Don't delay care:
We are here with safety
measures in place
#ForwardTogether ❤️

MOMENTS THAT MATTER
**A MIRACULOUS
RECOVERY**
Read Charles' Story
on Page 7

Healing From the
Inside Out

PAGE 8



Atlantic Health System
Newton Medical Center

CEO's corner

What a year it has been. While our team is always prepared for all sorts of emergencies and unexpected events, no one could have predicted the challenges we've faced during the coronavirus pandemic.

I have never been prouder of the Atlantic Health System team or more grateful to be here for our patients when they need us the most. Every day, I am in awe of our doctors and nurses working tirelessly around the clock; our caregivers preparing hot meals and keeping our facilities safe and clean; those who are transporting patients to our hospitals and home again; and countless others who stand ready to do whatever it takes to heal our community and restore our hope in brighter days soon to come.

You can help us beat the coronavirus by continuing to do a few simple things – stay six feet away from others, wear a mask when you go outside, wash your hands regularly with soap and hot water, and use hand sanitizer when soap is not available. We will get through this together if we all do our part.



Brian A. Gragnoli

Brian A. Gragnoli
President & CEO,
Atlantic Health System

Now more than ever before, we thank you for entrusting Atlantic Health System to care for you and your family. Be well and stay safe.



ATLANTIC HEALTH SYSTEM RANKED FOR 12 YEARS ON FORTUNE'S 100 BEST COMPANIES TO WORK FOR® LIST



ATLANTIC HEALTH SYSTEM NAMED TO THE FORTUNE 100 BEST WORKPLACES FOR DIVERSITY LIST

AtlanticView

at Newton | Fall 2020

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Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation Institute. The six medical centers have a combined total of 1,747 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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OFFICIAL HEALTH CARE PARTNER

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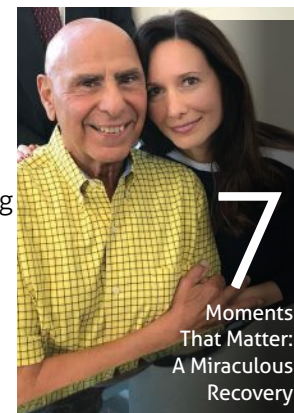
Please note: Some photos were taken before masking and social distancing guidelines were in effect.



WE WANT TO HEAR FROM YOU

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

Review us on Facebook, Google or Yelp.



7
Moments That Matter: A Miraculous Recovery



LETTER FROM THE PRESIDENT

Greetings,

At Newton Medical Center, our priority is providing the highest quality medical services in a safe and caring environment. We have implemented vigorous health and safety standards to ensure the care you receive is evolving for today's needs. In both new and familiar ways, our hospitals stand ready to deliver the extraordinary care you have come to expect from us.

I am proud to announce Newton Medical Center has been recognized by *U.S. News & World Report* as High Performing in COPD and by Healthgrades as one of America's 100 Best Hospitals for Stroke Care.

In this issue of *AtlanticView at Newton*, you'll hear about Charles and his miraculous recovery, and from our bariatric surgeon about a correlation between COVID-19 and obesity. For now, our community events are mostly online so please take a look on page 15.










We are here for you, to treat you, support you and answer your questions. Our physicians and health care professionals are here working diligently to keep you safe.



Robert Adams, FACHE
President, Newton and Hackettstown
Medical Centers

*Feel free to call your provider with any questions or concerns.
To learn more, visit atlanticealth.org/forward.*

ACTIONS WE ARE TAKING TO KEEP YOU SAFE

 <p>Clean, protected environments: All public areas are cleaned throughout the day, every day with hospital-grade disinfectant.</p> <p>All patient rooms, patient care areas and equipment are thoroughly cleaned between patients.</p>	 <p>Facemasks: Everyone must wear a facemask at all times.</p>	 <p>Hand sanitizer: Hand sanitizer is readily available.</p>
 <p>Emergency departments: EDs have been reconfigured to optimize safety.</p>	 <p>Temperature checks: All patients and team members are screened for COVID-19 symptoms prior to entering the hospital or office.</p>	 <p>Social distancing: Observed throughout the hospital, except as needed in treatment areas for care delivery.</p>
 <p>No wait times and express check-in: In many offices and departments, patients can wait in their cars, complete check-in procedures using a cell phone, and are escorted right to the exam room/treatment area when ready.</p>	 <p>Express checkout: Patients are discharged immediately, when possible. An after-visit summary will be sent digitally to your MyChart account.</p>	 <p>Limited Visitors: To see the latest information, visit atlanticealth.org/visitor.</p>

Feel free to call your health care professional with any questions or concerns. We are here for you.

MMC-41413-20

ATLANTIC HEALTH SYSTEM OPENS TRIO OF SERVICES IN BYRAM

Rehab, primary care and lab services find home in \$1.3 million renovated space

Atlantic Health System has brought a trio of much-needed services – primary care, rehab and laboratory – together in a prime retail location conveniently accessible to township residents as well as commuters traveling between Sussex and Morris counties.

The three services exist in an adjoining space in the Shop-Rite commercial plaza, on Route 206 North, a heavily traveled corridor leading into Sussex County from Morris County.

“Expanding patients’ access to needed services like these is a vital part of our overall efforts to build healthier communities,” said Paul Marmora, vice president, ambulatory care for Atlantic Health System. “We are excited to make access to high-quality care more convenient for Byram and the surrounding communities.”


PRIMARY CARE

Atlantic Medical Group Primary Care at Byram offers expert care provided by family physicians John C. Murphy, MD, and Noha A. Eltaki, MD. As part of Atlantic Medical Group, Primary Care at Byram is connected to a network of more than 1,000 health care providers, including specialists, throughout northern and central New Jersey.

REHABILITATION

Atlantic Rehabilitation at Byram will provide orthopedic and sports medicine rehabilitation services for a variety of conditions, including pre- and postoperative total joint replacement, rotator cuff repairs, ACL repairs, knee and ankle injuries, and back and neck pain. The location will offer evaluations within 24 to 48 hours and convenient follow-up appointments.

LAB

The lab will provide a convenient location where patients can get blood and specimens taken, whether it be as part of their primary care visit, employer-mandated testing, or other needs. 

For more information about any of the new services at Byram, call:

- **Primary Care: 973-500-4344**
- **Rehabilitation: 973-500-4340**
- **Lab: 973-971-5271**

90 Route 206, Suite 10A, Byram, NJ 07874



Newton Medical Center Recognized by U.S. News & World Report and Healthgrades®

U.S. News & World Report has recognized Newton Medical Center as High Performing in COPD. Healthgrades has also recognized Atlantic Health System’s Newton Medical Center as one America’s 100 Best Hospitals for Stroke Care and in the following specialty care areas:

- Stroke Care Excellence Award™ for two years in a row (2019-2020)
- Named among the top 10% in the nation for treatment of stroke for two years in a row (2019-2020)
- Five-Star recipient for treatment of stroke for two years in a row (2019-2020)

Newton Medical Center also received Five-Star ratings for treatment of the following conditions – heart failure, sepsis (both 10 years in a row) and respiratory failure (6 years in a row).

NEWTON MEDICAL CENTER IS ANTIBIOTICS AWARE

Newton Medical Center received the Gold Award in the first New Jersey Department of Health (NJDOH) Antimicrobial Stewardship Recognition Program (ASRP). The highest level of recognition in the program acknowledges local health care facilities’ efforts to enhance the appropriate use of antibiotics, prevent overuse and, in turn, reduce antimicrobial resistance.

LEAPFROG RECOGNIZES NEWTON MEDICAL CENTER

Newton Medical Center has once again earned an “A” grade in the Spring 2020 ranking – and the hospital’s eighth “A” overall. The Leapfrog Group released its list of Hospital Safety Scores, which uses 28 measures of publicly available hospital safety data to assign single grades to more than 2,600 U.S. hospitals twice per year. These grades represent a hospital’s overall performance in keeping patients safe from preventable harm and medical errors.



Mammograms Save Lives

Now in its fifth year, **#AskHer** is a movement that has impacted thousands of lives in our communities. When it comes to breast cancer, early detection literally saves lives.

If you have delayed your mammogram, now is the time to schedule your appointment. Do not wait; our Breast Centers are here for you with safety measures in place.

Three easy ways to make an appointment:

- Text ASKHER to 555-888
- Visit atlantichealth.org/askher
- Call 1-844-343-3540



CHAMBERS CENTER FOR WELL-BEING NOW OPEN

At Atlantic Health System, we believe preventive care, wellness services and an integrated approach are the foundation for health. The Chambers Center for Well-Being offers high-quality, affordable services to keep you well and feeling your best, delivered with the same safety and level of care you trust at Atlantic Health – and in a beautiful, supportive environment.

The Center offers a comprehensive range of lifestyle and functional medicine, acupuncture, fitness, nutrition, spa, well-being, and therapeutic services to improve your overall wellness.

Visit chamberscenterforwellbeing.org to view our menu of services and book today. ◀

The 2020 WE SEE YOU CARE Awards honored 14 recipients for their individual, team and facility-wide dedication to delivering, in collaboration with Advanced ICU Care, the best of critical care to the patients they serve.

2020 WE SEE YOU CARE Award

Advanced ICU Care, the nation's leading independent provider, recognized and presented Newton Medical Center with a 2020 WE SEE YOU CARE Award. The accolade, now in its fifth year, highlights exemplary collaboration between the hospital's team and Advanced ICU Care's care team to support the treatment of the hospital's most critically ill patient population. Established in 2016, the WE SEE YOU CARE Award honors Advanced ICU Care telemedicine partners for their efforts in caring for patients, collaborating across geography, and leveraging technology-enabled care services to make a profound difference with respect to quality, safety, and access within their hospitals for the surrounding community.

Advanced ICU Care selected Newton Medical Center out of nominees from nearly 100 Advanced ICU Care partner hospitals and their employees across the United States. ◀



Hospital leadership along with cardiac cath lab physicians and team members celebrate the launch of its new PCI program at Newton Medical Center.

New Program Expands Hospital's Cardiac Services to Better Serve the Community

Newton Medical Center launched its percutaneous coronary intervention (PCI) program in its newly enhanced cardiac catheterization lab located in the Charles L. Tice Heart Center. This new service will allow patients to be treated on-site, thus leading to better patient outcomes. The Heart Center is also seamlessly connected to Atlantic Health System's Morristown Medical Center which is nationally recognized by *U.S. News & World Report* for cardiology and heart surgery.

An "ST" elevated myocardial infarction, also known as a STEMI heart attack, occurs when a major artery to the heart is completely blocked. When a PCI is performed within 90 minutes of arrival to the hospital, STEMI patients see a significant reduction in heart damage. Time translates into muscle loss, so patients suffering a STEMI are taken to the closest hospital that can treat this type of heart attack.

"As a community hospital, we continue to invest in services and technology that improve lifesaving patient care close to home," says Bob Adams, president, Newton Medical Center. "Launching the PCI program at Newton Medical Center further enhances our dedication to delivering exceptional cardiac services to the communities of Sussex County."

EMS also plays an important role in the care delivered to STEMI patients. Pre-activation of the Cath Lab by EMS in the field will dramatically reduce door-to-balloon times – the time it takes the physician to open the artery – by enabling the Cath Lab to prepare for the patient while they are still enroute to the hospital.

"The ability to provide primary PCI, which involves the placement of a small stent to open a blocked coronary artery in patients suffering from an acute heart attack, is a big step in the evolution of our cardiovascular services," says Gerald Cioce, MD, cardiac cath lab director, Newton Medical Center. "This capability allows us to provide lifesaving treatments for our local community without delay or need for transport to another facility.

Within the past 10 years, the Heart Center has grown from a small diagnostic lab into a full-service cardiac catheterization and peripheral vascular program. The Newton Medical Center Foundation embarked on a 1.4 million-dollar project earlier this year to fund a new Cardiac Cath Lab imaging system. This new imaging system offers a comprehensive suite of functionality customized for a wide range of procedures. ▲

To learn more about heart care at Atlantic Health System, visit www.atlantichealth.org/heartcare.

A MIRACULOUS RECOVERY

INSPIRATION AND HEALING

When Charles and Kristia Markarian promised “for better or for worse” when they married seven years ago, they well understood the “better” part of their vows. However, neither knew that “worse” would come before their first anniversary.

“That July, I became very sick and delirious, so Kristia drove me to the emergency room at Newton Medical Center,” says Charles, now 76, of Hardyston. The emergency room staff and specialists worked quickly to discover the cause: a rare and serious E. coli infection possibly caused by food. It was attacking his digestive tract, and more.

“His kidneys and three other internal organs had already shut down when he arrived,” says Lakshmi Sodagum, MD, a nephrologist, or specialist in kidney care, who is on the medical staff of Newton Medical Center. “He was in shock and critically ill. He would not be here today if he had not come in then.”

During emergency surgery, Sarwan Kahlam, MD, a gastroenterologist (who specializes in diseases of the digestive system) for Newton Medical Center, repaired the internal damage. But without better kidney function, it would be difficult for Charles’ body to heal.

Staff at Newton monitored Charles closely in intensive care, gave him a total of 14 blood transfusions and waited.

“Both kidneys were in such bad shape that it would be difficult for them to heal on their own,” Kristia says. “They thought it was highly likely that he would need dialysis or a transplant.”

HIGHEST LEVELS OF CARE

During those first days at Newton, Kristia learned that family, church members and even staff there were praying for him. His pastor became a regular visitor, as did the Rev. Randy Parks, chaplain and manager of spiritual care for the hospital.

“For patients and their loved ones who want us to visit, we help them see the hand of God in their rough times,” Parks says. “That can be an important part of their recovery.”

“I could tell everyone really, really cared about Charles and the whole family,” Kristia says. “Nurses always kept me updated, letting me know what was happening.”



With kidneys better able to do their job, his health and strength slowly improved. By day 11, he was able to return home.

What happened was unexpected.

“Mr. Markarian’s kidneys were functioning only at around 9%,” Dr. Sodagum says. “Usually at 10%, you need dialysis or a transplant. But then his kidneys began to improve.”

“That was the miracle part,” Charles says. With kidneys better able to do their job, his health and strength slowly improved. By day 11, he was able to return home.

After such a very serious illness, recovery took a while. But today, Charles has resumed his active lifestyle, and his kidneys are working fine.

“I can run again, shoot baskets, snow ski, golf – everything I want,” he says, smiling. “Considering how sick I was, this is a miracle. It was a great partnership between science, everyone at Newton Medical Center and God.” ▲

Visit atlantichhealth.org/moments to read more about our Extraordinary Caring Moments.

Healing From the Inside Out

Life on a farm can be exhausting. Handling the chores, tending to the animals, and keeping everything and everyone going takes a certain kind of toughness. And Chick Parr, 63, knows just what that's like. "I take care of the farm machinery, I lift heavy bales of hay, and enjoy feeding the animals," she says of her 75-acre family farm. "It's hard work, but it's work that I love."

Five years ago, Chick was diagnosed with breast cancer. Her treatment included a mastectomy and radiation. But, the radiation she received caused tissue damage, resulting in a wound that would not heal, even after multiple surgeries and years of doctor visits. She had never been a "sit around kind of person," Chick says, but this injury made it much harder to keep up with her active lifestyle.

Last spring, Chick was referred to the Newton Medical Center's Wound Healing Department, where she connected with Rosario Manalo, MD, and Rebecca Marsh, MD. Their collaboration led to a treatment plan for Chick that consisted of wound care and hyperbaric oxygen therapy.

Hyperbaric oxygen therapy (HBOT) delivers oxygen to damaged tissue, which can improve the healing process. HBOT can be beneficial in treating bone infections, diabetic ulcers and wounds created from radiation oncology treatments, like Chick's. Most HBOT treatment plans are 30 to 60 treatments, taking around two hours per treatment. Chick's deep wound required 60 treatments, requiring her to come to the Newton Medical Center's Wound Healing Department and Hyperbaric Oxygen Center for 12 weeks during the summer of 2019.

Chick knew she was in good hands from

her first visit to Newton Medical Center. "Every one of the doctors and nurses are great. The trip and appointments took half my day, but was worth every moment," she says. "It became something I looked forward to, because they were like a family. Their positive outlook changed my life."

Chick is especially thankful for her two hyperbaric nurses, Lisa Pyper, CHRN, and Judith Osterhoudt, RN, whom she credits for such a life-changing experience. She nominated both for a DAISY Award, an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day.

"Lisa and Judith's care and compassion for me can never be forgotten in my lifetime," she says. "If they treat everyone as they treated me, there are a lot of lucky patients to have them for their care."

Chick's wound was healed at the completion of her wound care and hyperbaric oxygen therapy treatment plan. In addition, she made another important milestone ... she's five years from her cancer diagnosis and remains cancer-free. ▲

To nominate an extraordinary nurse, visit atlantichhealth.org/daisy.



(left to right) Wendy Lynch, Janet Knight, Loretta Ritter, Judith Osterhoudt, Dorcas (Chick) Parr, Lisa Pyper, Martha (Meg) Gardner, Bethany Lichtenwalner

ABOUT THE DAISY AWARD® FOR EXTRAORDINARY NURSES

The DAISY (Diseases Attacking the Immune System) Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the autoimmune disease ITP in 1999. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. Nurses are nominated by anyone in the organization – patients, family members, other nurses, physicians, other clinicians and staff – anyone who experiences or observes extraordinary, compassionate care being provided by a nurse. Through this, we honor the superhuman work nurses do for patients and families every day.

Ideas. Commitment. **ACTION.**



What happens when you shine a spotlight on one local community seeking solutions to improve residents' health? Over the last two years in Franklin Borough, the result has been an action-packed effort called "Forward Franklin."

"Health and a sense of belonging are connected, and they're both important for a community to thrive," says Laura Hawkins, project manager for Forward Franklin, who also serves as manager of community health for Atlantic Health System. These are the goals of recent efforts.

Funding from the national "BUILD Health Challenge" kick-started "Forward Franklin," one of only 19 projects in the nation – and the only small town – to earn the grant.

"It began just two years ago, and the benefit of our work is just now beginning to snowball," Hawkins says.

You can literally see how their hard work has played out in town:

- A focus on the Franklin Pond recreation area, including safety equipment for swimming, fitness stations, and updates to the girls' softball field and playground
- Improved public spaces at Franklin Borough Library and the American Legion Hall, to encourage people to meet and get to know each other
- Updates at the Franklin Mineral Museum, plus a new "Franklin Finds Scarecrows" activity to bring local history to life
- Improved emergency helicopter landing pad at Fireman's Field

Projects in progress include an outdoor classroom, repairs to a future community center, a walking tour and app, and a mural project.

"Health and a sense of belonging are connected, and they're both important for a community to thrive."

– Laura Hawkins, Project Manager, Forward Franklin

To accomplish all this, dedicated residents and 25 local organizations worked side by side, Hawkins says.

"Our efforts have helped build community and inspire health in Franklin," she says. "Residents and organizations continue to meet monthly, working together for a healthier Franklin, and new members are welcome to help!" ▲



To join Forward Franklin, email forwardfranklinalliance@gmail.com or visit [@ForwardFranklinNJ](https://www.facebook.com/ForwardFranklinNJ) on Facebook.

BARIATRIC Q&A

Q. If I am interested in weight loss surgery, what are my options and how will it affect my overall health and lifestyle?

Ashish Padnani, MD, FACS, FASMBS, medical director, Bariatric Surgery, Morristown Medical Center, and bariatric surgeon for Newton Medical Center, provides the answers.



A. If you are interested in weight loss surgery, your next step is to talk to your primary care physician and/or your family and friends who have had weight loss surgery, and get a consultation with a weight loss/bariatric surgeon.

SURGERY OPTIONS

Laparoscopic sleeve gastrectomy, laparoscopic Roux-en-Y gastric bypass, intra-gastric balloon, and laparoscopic duodenal switch are some of the bariatric surgeries. Depending on your weight and weight-related comorbid conditions, your surgeon will discuss with you and decide which surgery is best for you.

Laparoscopic sleeve gastrectomy is the most common weight loss surgery performed in the country. About 70% to 80% of primary weight loss surgeries performed these days are sleeve gastrectomies. It is one of the safest and one of the most effective bariatric surgeries.

As you start losing weight after surgery, you will see significant changes in your overall health. Most patients feel an increased sense of self-esteem, confidence and energy. Studies show improvement in high blood pressure, high cholesterol, diabetes, obstructive sleep apnea, heart disease and most of the weight-associated comorbid conditions. Most patients come off or are able to reduce dose/number of medications for diseases mentioned above. So, it is important to follow up with your primary care practitioner since you may need changes in the dosage of medications after surgery. Studies also show improved life expectancy after weight loss surgery. ▲

For more information, visit atlantichealth.org/bariatrics.



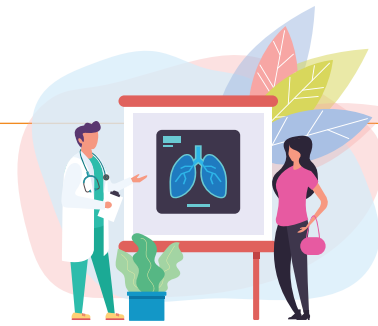
ATLANTIC MEDICAL GROUP

Dr. Ashish Padnani is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Padnani can be reached at 732-667-1123.

Q: Is there a correlation between COVID-19 and obesity?

A. COVID-19 disproportionately affects patients with obesity, independent of other risk factors such as type 2 diabetes and heart disease. Studies suggest that patients with severe obesity (body mass index over 35) have significantly higher chances of contracting severe COVID and its complications. Patients with severe obesity have a higher chance of ICU admission, mechanical ventilation and death.

Obesity is a pro-inflammatory state where there are low levels of inflammation in the body. COVID-19 virus causes a dysregulated immune response that causes "cytokine storm" and complications associated with COVID-19 infection, which may not be seen commonly in patients with a normal BMI. Weight loss after bariatric surgery helps reduce inflammation in the body, thereby improving overall immunity.



OVERCOME THE STIGMA OF HPV AND THROAT CANCER

The FDA is to be applauded for its recent approval of the expanded use of a human papillomavirus (HPV) vaccine for individuals up to age 45.

We need to overcome the misunderstanding, embarrassment and stigma associated with head and neck cancers caused by HPV – the most common sexually transmitted disease. We must do this not just for the sake of those who suffer today, but for the next generation.

“HPV” includes a family of over 200 viruses. It is transmitted through direct contact. Most of us are exposed to these viruses once we become sexually active. A vast majority of us, through our immune system, clear the HPV without even realizing its presence. In a minority of us, the virus can evade our detection system and stay inside our cells for years.

It may then cause warts, benign tumors or, on rare occasions, cancer. HPV-associated cancers of the head and neck have tripled in the past several decades, while other types of head and neck cancers have been declining. Cancer of the oropharynx (back and side of the tongue and the tonsils) used to affect older men – longtime heavy smokers or drinkers. Many of today’s patients with HPV-associated throat cancer are men in their 40s and 50s.

According to the National Cancer Institute, HPV is now responsible for 70% or more of oropharyngeal cancers. The incidence of head and neck cancers associated with HPV will, if not already, outnumber that of cervical cancer in 2020.

SYMPTOMS AND TREATMENTS

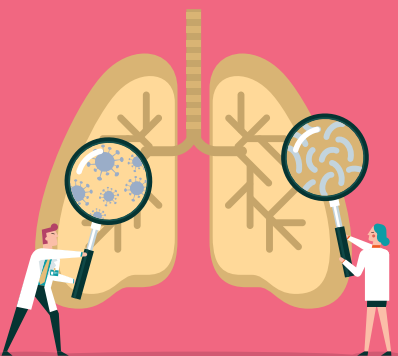
If a physician discovers a lump or ulceration in your throat, he or she should refer you to a specialist such as an otolaryngologist (ENT) or head and neck surgeon. If you do not have these symptoms, but you or someone you have been intimate with has a history of sexually transmitted diseases, ask your physician to examine your throat and neck area carefully. Dentists can also detect suspicious-looking lumps or ulcers in the mouth. Treatments for these cancers have significantly improved in recent years. Therapies may include minimally invasive robotic or laser surgery done through the mouth, targeted radiation therapy that spares healthy tissue, and tried-and-true chemotherapy.

The best treatment for HPV-associated head and neck cancer is prevention. We have effective HPV vaccines that prevent infection with cancer-causing HPV types. In general, the vaccine must be given before a person has become sexually intimate. We are many years into this growing silent epidemic, and the stigma shows no signs of abating. If you get HPV-associated cancer, or suspect you may have it, you are not alone. Do not be afraid to speak with your physician and your significant other. More importantly, get your children vaccinated. ▀



ATLANTIC MEDICAL GROUP

Tom Thomas, MD, MPH, is director of head and neck reconstructive surgery and transoral robotic surgery at Morristown Medical Center. He is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at Atlantic Head & Neck Surgery, 973-971-7355.



November Is Lung Cancer Awareness Month
LUNG CANCER SCREENING

In the United States, lung cancer is the second most common cancer in both men and women. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. This test uses low-dose computed tomography (LDCT) that only takes a few minutes to complete and may identify lung cancer at earlier, more curable stages. Research has shown that using LDCT scans to screen people at higher risk of lung cancer saved more lives compared to chest X-rays. For higher-risk people, getting yearly LDCT scans before symptoms start helps lower the risk of dying from lung cancer.

Contact the Atlantic Health System Lung Cancer Screening Program at 1-844-228-LUNG (5864).

9 WAYS TO REDUCE ANXIETY DURING UNPRECEDENTED TIMES

Staying calm during challenging times such as the novel coronavirus (COVID-19) pandemic is not easy, but it's possible



REDUCE YOUR STRESS WITH THESE NINE TIPS:

- 1 MEET YOUR BASIC NEEDS.** Create a new daily schedule. Prioritize healthy eating. Hydrate regularly. Aim for seven to nine hours of sleep per night. "A new routine will help ease the chaos," Dr. Bolo says.
- 2 PRIORITIZE YOUR HEALTH.** Manage any current medical conditions. It will help you feel better and will offer greater protection if you get sick. Avoid alcohol or drugs, which can heighten anxiety.
- 3 STAY INTENTIONALLY CALM.** An occasional outburst is OK. But staying composed most of the time will benefit you and others. Free apps like Calm and Headspace have brief meditation exercises to help you self-soothe.
- 4 GET OUTDOORS.** Walk, hike, bike or jog.
- 5 BE KIND TO YOURSELF.** "You're probably already doing a good job under this very stressful situation, so give yourself a pat on the back," Dr. Bolo says.
- 6 CONNECT WITH OTHERS.** Use online messaging and video apps to talk with family members and friends. Host virtual game nights or family dinners.
- 7 USE UPLIFTING WORDS.** Remind loved ones you appreciate them. "Reassuring language soothes unsettled feelings," Dr. Bolo says.
- 8 LIMIT MEDIA EXPOSURE.** Stay informed with reputable media sources but take screen breaks so every "breaking news" banner does not create stress.
- 9 GET CREATIVE.** "Any major crisis is an opportunity for creativity," Dr. Bolo says. Turn hand-washing into a 20-second "spa" for your hands. Create a pandemic playlist on Spotify or other streaming services. ▲



"Having some fear and anxiety over coronavirus is perfectly normal. But if anxiety begins to impede your ability to care for yourself or others, it's a problem," says Peter Bolo, MD, Interim Medical Director, Atlantic Behavioral Health; Chairman of Psychiatry, Overlook Medical Center; and Resiliency Advocate, Atlantic Health System.

EXTRAORDINARY CARING



(left to right) Sally Jo Dutkis, Morgan Graham, Emily Chayka, Afton Werner, Julia Van Nieuwland, Amanda-Rose Tanzola, Melanie Sumski, Amanda Lambert

Recently, the Newton Medical Center Foundation received a generous \$5,000 gift from the wife of a grateful patient. Angela's husband, Robin, was a patient on One South in Newton Medical Center before passing away from cancer shortly after leaving the hospital under hospice care.

Angela shared specifically that the nurses, nursing assistants, respiratory therapists, palliative care team, food service representatives and environmental aides always went above and beyond to ensure that Robin and her family were comfortable. She designed a plaque to ensure future families and visitors on One South will know that their loved ones are in good hands. The plaque reads, "Our family is thankful to the nurses and entire staff for their kindness and compassion during Robin's last days of his life. Robin was a loving husband, father and grandfather."

Julia Van Nieuwland, nurse manager for One South, and Stephen Flynn, donor relations manager, accepted her gifts. Julia then presented the plaque at the unit's team huddle. ▲

For more information on how you can give, visit atlanticealth.org/newtonfoundation or call 973-579-8309.



(left to right) Stephen Flynn, donor relations manager; Angela, wife of grateful patient; Julia Van Nieuwland, MSN, RN, nurse manager for One South

The nurses, nursing assistants, respiratory therapists, palliative care team, food service representatives and environmental aides always went above and beyond to ensure that Robin and her family were comfortable.

WHEN SHOULD YOU USE ONLINE DOCTOR VISITS?

With a secure telehealth visit, you can consult with an experienced Atlantic Health physician from anywhere.



When you're traveling or on vacation



You can't take time off from work



You have kids at home and don't want to take them all to the doctor




It's difficult to get to the doctor's office




You live in an area with limited access to health care



You need a prescription refilled (when appropriate)



You aren't sure whether you should go to urgent care or wait until your doctor's office reopens



You don't feel well enough to leave the house



It's after hours, the weekend, or a holiday



Annual Wellness Visits

Why Online Visits?

- It's the fastest, easiest way to talk to a board-certified doctor for non-emergency issues.
- You can access quality care 24 hours a day, seven days a week right from your phone, computer or mobile device.
- You can see the doctor from home, work or wherever you are.

Common Conditions Treated

- Acne
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- Cold & flu
- Cough
- Ear problems
- Fever
- Headaches
- Insect bites
- Pink eye
- Rashes
- Respiratory problems
- Sinus infection
- Sore throat
- Urinary problems and urinary tract infection (UTI)
- Vomiting



community calendar

Fall 2020

Welcome to your Newton Medical Center Community Calendar.
Due to COVID-19, many of our classes will be held virtually or rescheduled.
Call the telephone number listed or email the contact person for more information.
Please visit atlanticealth.org/calendar for up-to-date information.

BEHAVIORAL HEALTH

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

COMMUNITY HEALTH

For information on virtual health education programs, call 973-579-8340.

Health & wellness programs specifically for adults 65+. All programs are virtual.
To register, visit atlanticealth.org/NVclasses or call 1-844-472-8499.

DIABETES AND NUTRITION

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

PARENTING AND CHILDBIRTH

Maternity tours, childbirth education, baby care classes and breastfeeding classes are currently canceled due to COVID-19.
Call 1-800-247-9580 or visit atlanticealth.org/classes for updates.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Third Saturday of the month, Noon	VIRTUAL MINDFUL PREGNANCY	To register, visit atlanticealth.org/classes .

PULMONARY

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

ORTHOPEDICS

DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Various dates and times	TOTAL JOINT REPLACEMENT EDUCATION CLASS	For more information, call Mia Turro at 201-237-7478.

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