

# AtlanticView

at Overlook | Summer 2022



## A HEALTHIER HEART

READ BILL'S STORY, PAGE 6

## SAYING GOODBYE TO KNEE PAIN

PAGE 10



Atlantic Health System  
Overlook Medical Center

## LETTER FROM THE PRESIDENT

Summer is a time for outdoor family fun – hiking, camping, amusement parks, swimming, gardening, and more. The same summer activities that help build health and strength may also involve some risk. From stitches, to broken bones, to back pain – it’s good to know that Overlook Medical Center and our outstanding multispecialty team of caregivers are here for you when you need us.

I’m proud to report that Overlook Medical Center earned the Spine Surgery Excellence Award™ from Healthgrades and was named one of America’s 100 Best Spine Surgery hospitals, #1 for stroke care, and a top hospital for critical care and pulmonary care. In addition, we recently received the Advanced Total Hip & Knee Replacement Certification for our program from The Joint Commission.



**Stephanie Schwartz, FACHE**  
President,  
Overlook Medical Center

The stories in this issue of AtlanticView at Overlook are about helping patients hit their stride. You’ll meet Bill, who received a stent through the wrist to open his 90% blocked artery; Gregory, a former heavy smoker who received a clean bill of health through our lung cancer screening program; Lindsay, whose brain tumor needed immediate surgery and genetic analysis to determine follow-up treatment; Nancy, whose fibroid embolization granted her relief; and two physicians who turned to Overlook for total knee replacements.

Enjoy the season and remember that Overlook is your community health partner, all year round.

# AtlanticView

at Overlook | Summer 2022

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*AtlanticView at Overlook* is published for Atlantic Health System by **Wax Custom Communications.**

For additional information, visit [atlantichealth.org](http://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 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children’s Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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**OFFICIAL  
HEALTH CARE  
PARTNER**

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### WE WANT TO HEAR FROM YOU

Would you like to share your experience at Overlook? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

# CEO's corner

Fulfilling our mission to build healthier communities naturally requires Atlantic Health System to stay on the cutting edge of clinical innovation. Yet, we know a successful journey to better health calls for more than the occasional check-up and prescription.

That's why our team invests in creating lasting relationships with our friends and neighbors who entrust us with their care. By strengthening connections between caregivers and patients, we are empowered to support community members along every step of their wellness journeys – improving well-being during both the planned and unexpected.

The Atlantic Health team is working hard to expand our reach across Union County, Northern New Jersey and beyond. We look forward to touching more lives and making high-quality care more accessible for all through the talented team at Overlook Medical Center and our physician partners across the region.

As always, thank you for your interest in our ongoing efforts to provide extraordinary care for our communities.



*Brian A. Gragnolati*

**Brian A. Gragnolati**  
President & CEO,  
Atlantic Health System



## LEAPFROG RECOGNIZES OVERLOOK MEDICAL CENTER

Clinical excellence, teamwork, and our strong commitment to our patients who put their health in our hands allowed Overlook Medical Center to earn an A rating for patient safety. The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harms to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the spring and fall.



**14 YEARS IN A ROW**

## Atlantic Health System Marks 14<sup>th</sup> Consecutive Year on the *Fortune* '100 Best Companies to Work For<sup>®</sup> List

"For the last 14 years, the best team in health care has shown what's possible when it comes to building and sustaining a workplace culture founded on trust, respect and inclusion," says Nikki Sumpter, executive vice president and chief administrative officer. Driven by innovation, diversity and celebration,

Atlantic Health System team members enjoy sharing in each other's successes across the system's 400 sites of care. *Great Place to Work<sup>®</sup>* is the only company culture award in America that selects winners based on how fairly employees are treated.

## Give Back to Your Community

For over 100 years, The Overlook Auxiliary, a nonprofit volunteer organization, has supported the Overlook Medical Center community by cultivating a compassionate and comforting environment with active volunteering and imaginative fundraising. During the pandemic, the Auxiliary purchased much-needed pieces of equipment, PPE, and provided patient support programs. This year, our Art at Overlook event raised funds to support pediatric mental health. Learn more by visiting [oaux.org](http://oaux.org).

*Visit our Gift Shop & Bloom, our largest fundraiser, located in the lobby of Overlook, for custom floral arrangements and gift baskets with free local delivery.*



Pictured from left to right in a photo from the Art at Overlook Auction and Cocktail Reception are Stacy Beckett, 2021-22 Co-President of Overlook Auxiliary; Stephanie Schwartz, President of Overlook Medical Center; Lauren Yedvab, Chief Operating Officer; Rainnier Centeno, Atlantic Behavioral Health, Coordinator of Crisis Intervention; and Heather Speas, 2021-22 Co-President of Overlook Auxiliary.



**Chambers Center for Well-Being** is a state-of-the-art wellness center providing high-quality services in a calming, inclusive and supportive environment.

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**LIFESTYLE SERVICES:**

- Personal Training & Group Classes
- Nutrition Counseling
- Well-Being Coaching

## Immediate Care Urgent Care Now Located in Edison in Middlesex County

Immediate Care's urgent care locations offer a convenient alternative to patients with medical needs that are non-life threatening. The centers are staffed with medical professionals who are available to treat both acute and chronic illnesses as well as injuries on a walk-in basis. Patients also benefit from having radiology and laboratory services available on site. The center connects with Atlantic Health System's more than 400 sites of care. Immediate Care's talented caregivers play an essential role in keeping local residents healthy. The urgent care locations are the latest example of patient-centered progress in the growing partnership between CentraState and Atlantic Health. For a list of all Immediate Care locations, visit [atlantichealth.org/immediatecare](http://atlantichealth.org/immediatecare).

### IMMEDIATE CARE MEDICAL WALK-IN OF EDISON

**WICK PLAZA**

561 US Hwy 1 South, Edison, NJ 08817  
 Monday – Friday: 8:00am – 8:00pm  
 Saturday & Sunday: 9:00am – 3:00pm  
 732-944-0950

**LEARN MORE AT**  
[chamberscenterforwellbeing.org](http://chamberscenterforwellbeing.org)  
 435 South Street, Suite 160, Morristown, NJ 973-971-6301

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



## Gregory’s Story: The Importance of Annual Screenings

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

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

### CATCHING CANCER AT EARLIER STAGES

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

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

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

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

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

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

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

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### ATLANTIC MEDICAL GROUP

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

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# Bill G.'s Story: A Healthier Heart



**3D RECONSTRUCTION OF HEART AND CORONARY ARTERIES  
USING CARDIAC CTA**

**A**t age 58, Bill G. decided it was time to become healthier. “I wanted to start exercising again, but I started feeling very lethargic,” he says. “Just really blah.”

Concerned, he saw his primary care provider, Lisa Toffey, MD. She performed an electrocardiogram that showed something was not quite right with Bill’s heart. Dr. Toffey recommended Bill see interventional cardiologist David Bartov, MD, with Overlook Medical Center.

“I had a friend of mine who is 10 years younger than me and definitely more fit than I am, and he had a heart attack and needed a couple of stents put in,” says Bill, who also has diabetes, a precursor to heart problems. “I didn’t want to wait until I had a heart attack to find out that something was wrong with me.”

## **THE POWER OF ADVANCED CARDIAC IMAGING**

Bill met with Dr. Bartov, who ordered a stress test. When the results were inconclusive, Dr. Bartov recommended an advanced noninvasive cardiac imaging test, called coronary computed tomography angiography (CTA). Both tests were performed at Overlook Medical Center. A coronary CTA combines CT scan capabilities and contrast dye to take high-quality images of the coronary arteries, giving interventional cardiologists like Dr. Bartov the ability to identify potential blocked arteries.

“A stress test is informative for diagnosing coronary artery disease, but the CTA goes one step further by showing exactly where a blockage is located and its severity. Knowing this information helps guide clinical decision making,” Dr. Bartov says.

The CTA showed that Bill had a 90% blockage in the left anterior descending artery (LAD), considered the most important of the three major arteries leading to the heart. Dr. Bartov recommended a cardiac catheterization, a procedure considered the gold standard for diagnosing coronary artery disease.

“Dr. Bartov laid out our plan of attack,” Bill says. “He told me this is what I recommend, but it’s ultimately your decision. He said it in a way that was easy to understand. He made me and my wife feel a lot more relaxed.”

## **GETTING FAST CARE FOR A TROUBLING HEART PROBLEM**

On February 2, 2022, Dr. Bartov performed Bill’s cardiac catheterization, inserting a catheter through the wrist in what’s called a transradial approach. The catheterization confirmed the blockage in Bill’s LAD, allowing Dr. Bartov to relieve the blockage through an elective angioplasty with a stent.

“I predominantly use the transradial approach for my catheterizations,” Dr. Bartov says. “It’s associated



“Dr. Bartov laid out our plan of attack. He told me this is what I recommend, but it’s ultimately your decision. He said it in a way that was easy to understand. He made me and my wife feel a lot more relaxed.”

— **Bill G.**

with improved patient comfort, shorter recovery time, and less bleeding and other vascular complications than the traditional approach of inserting a catheter through the groin.”

The procedure to reopen Bill’s blocked LAD took less than 60 minutes, and he was discharged home the same day. “I went into the hospital around 7:00am and was out before 5:00pm,” Bill says.

Less than two weeks after the procedure, Bill says, “I’m feeling great now.” He’s getting ready to start an exercise program and is making a commitment to take better care of his health. And he’s happy to have received quality heart care close to home.

“I’ve lived in this area for the past 50 years, and I’ve always had a great experience with Overlook Medical Center,” he says. “It made a big difference to have this done locally, where my wife could pick me up afterward and I could be back home in just a few minutes. ▲

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**ATLANTIC MEDICAL GROUP**

**Dr. David Bartov, medical director of Overlook's Cardiac Catheterization lab, is part of Atlantic Medical Group, a multispecialty network of health care clinicians. He can be reached at 908-464-4200.**

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# Precision Test for Aggressive Prostate Cancer

Pylarify PET scan can find, treat life-threatening cancer

**D**iagnoses of metastatic prostate cancer doubled between 2014 and 2018, following a decline in prostate screenings in the United States.

Atlantic Health System is among the first in the country to offer a new weapon against advanced prostate cancer. Pylarify® is a drug for a positron emission tomography (PET) imaging scan that identifies prostate-specific membrane antigen (PSMA) molecules on the outside of prostate cancer cells anywhere in the body.

"Often, we are not sure how extensive the disease is, because regular PET or MRI scans are not sensitive enough to find the small number of prostate cancer cells that have spread," says Naeem Rahman, MD, medical director, AMG Urology at Summit, located within Overlook Medical Center, who is a board-certified urologist by the American Board of Urology and a member of the American Urological Association. "With this test, we can see the cancer wherever it is."

## DIAGNOSTIC AND TREATMENT IN ONE

Pylarify can be used as a treatment as well — carrying radioactive particles "that can latch onto PSMA molecules" and kill cancer cells, Dr. Rahman says. "If you have a patient with advanced prostate cancer and Pylarify picks up activity, you know the cancer overexpresses PSMA and you can target it." Between 80% and 90% of advanced



Naeem Rahman, MD



David Taylor, MD

prostate cancers overexpress PSMA.

"There has been an explosion of new therapies for prostate cancer over the last few years, and Atlantic Health System is leading the charge," says David Taylor, MD, director of the Advanced Prostate Cancer Program at Morristown Medical Center, who is board-certified by the American Board of Urology and a member of the American Urological Association, as well as a fellow of the American College of Surgeons. "Pylarify was first approved by the FDA in August 2021, and we were operational December 1." Since then, more than 85 patients have been treated.

## A FASTER WAY TO IDENTIFY CANCER

Pylarify can also help doctors select the best treatment if cancer returns. One of Dr. Taylor's patients required surgery, radiation and hormonal therapy in 2004 for an aggressive prostate cancer. His PSA recently began to rise, with no evidence of tumor activity with conventional imaging, Dr. Taylor says. "In December, I did a Pylarify scan that showed uptake in the lymph node and vertebral body. It allowed me to offer the patient additional treatment, including immunotherapy and bone targeted therapy in addition to standard therapy. That might have taken us up to a year to figure out without this test, and these treatments are much more effective when given early." ▲



"There has been an explosion of new therapies for prostate cancer over the last few years, and Atlantic Health System is leading the charge."

— David Taylor, MD, director of the Advanced Prostate Cancer Program at Morristown Medical Center

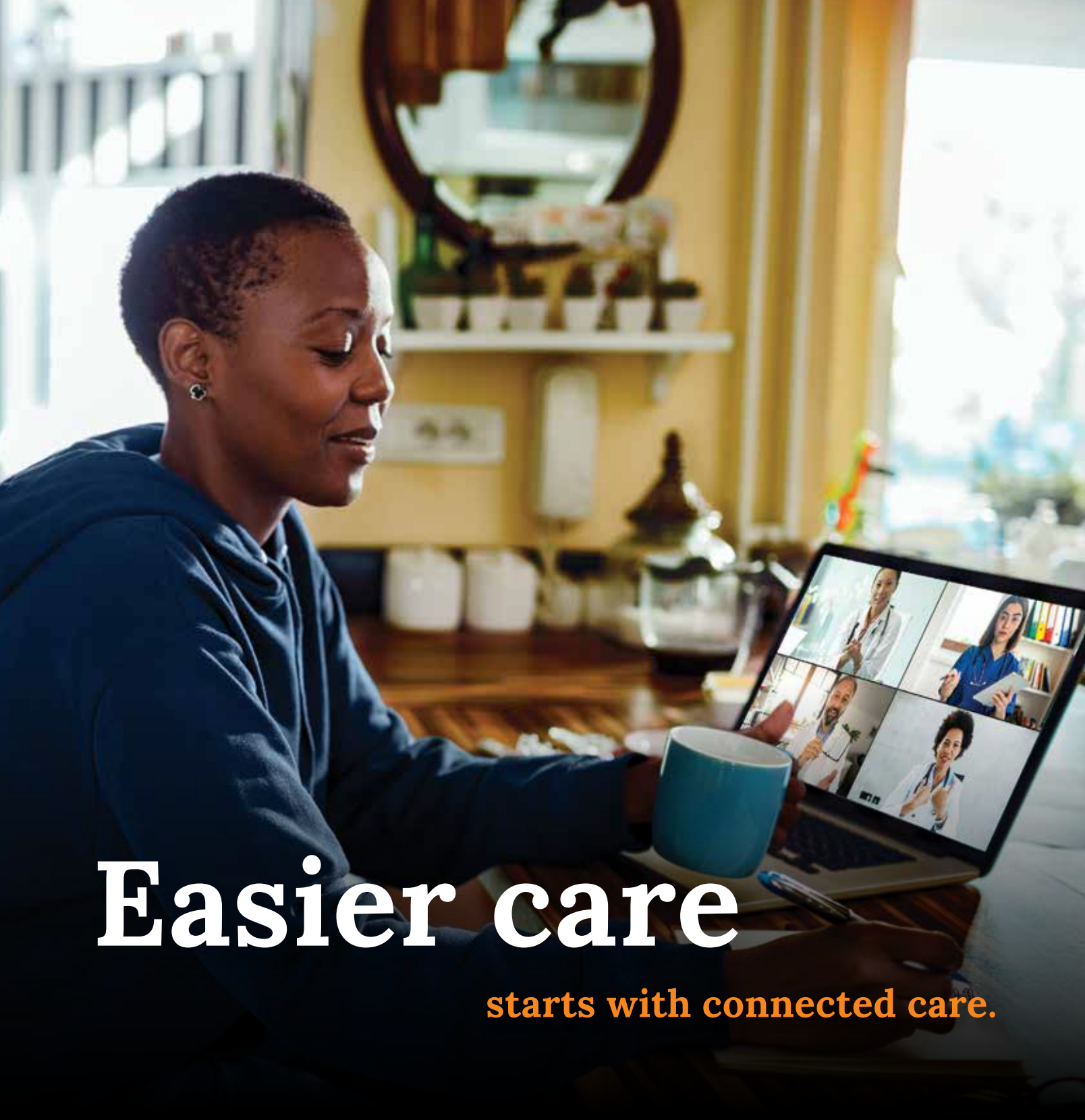
## ATLANTIC MEDICAL GROUP

Naeem Rahman, MD, and David Taylor, MD, are part of Atlantic Medical Group, a multispecialty network of health care clinicians. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org).

- Dr. Rahman and AMG Urology at Summit (and Bridgewater) can be reached at 908-522-5045.
- Dr. Taylor and Garden State Urology can be reached at 973-539-0333.

To learn more about health screenings at Atlantic Health System, visit [atlantichealth.org/cancerhides](http://atlantichealth.org/cancerhides).





# Easier care

starts with connected care.

Whether it's a yearly physical, an unexpected trip to urgent care, a hospital stay or home care, Atlantic Health System seamlessly connects our doctors to you, each other and your health records, making it easier to get and stay healthy.

Visit [atlantichealth.org/healthyeasier](https://atlantichealth.org/healthyeasier)



**Atlantic  
Health System**  
Making Healthy Easier

# SAYING GOODBYE TO KNEE PAIN

**A**t age 16, James Gardner, MD, tore the cartilage in his right knee. In high school, Daniel Woo, MD, tore the anterior cruciate ligaments in both his knees.

They did not know each other at the time. Yet decades later, the after effects of those teenage injuries would lead both doctors to seek total knee replacement surgery from one of their physician colleagues: orthopedic surgeon Jeffrey Leary, MD, chief of orthopedics for Overlook Medical Center who is board-certified by the American Board of Orthopaedic Surgery.

Before they chose surgery, both doctors wanted to ensure they could keep up with their active lifestyles.

Dr. Woo, an anesthesiologist at Overlook Medical Center who is board-certified by the American Board of Anesthesiology, enjoys hiking and golf, and he takes annual snowboarding and skiing trips with his teenage children. "I chose knee replacement surgery because I still enjoy taking vacations with my family, and I didn't want to be limited with the things I could do on those vacations," Dr. Woo says.

Dr. Gardner, chair of plastic surgery at Overlook Medical Center and board-certified by the American Board of Plastic Surgery, is a former competitive mountain biker whose accomplishments include conquering the Leadville 100, a 104-mile-long event in Colorado with over 14,000 feet of elevation gain at altitudes up to 12,600 feet. "When I started limping into the operating room (OR) and couldn't walk playing golf, I knew it was time to get my knee replaced," Dr. Gardner says.

## CHOOSING THE RIGHT SURGEON

Both doctors wholeheartedly trusted Dr. Leary and his team at Overlook Medical Center, which ranks as high-performing in knee replacement nationally by *U.S. News & World Report*. "As an anesthesiologist, I work with surgeons every day in the OR," Dr. Woo says. "I knew



Dr. Leary was top-notch in every aspect and really dedicated to his craft."

Dr. Gardner was wowed by the experience of his colleague, physical therapist Mickey S., who enjoyed fantastic results after knee replacement with Dr. Leary. "Mickey competed in a triathlon after his surgery and if he could do that, I knew I'd have good results, too," Dr. Gardner says.

Ironically, both doctors initially talked with Dr. Leary about partial knee replacement surgery, but their arthritis had progressed enough that they both needed total knee replacement. In August 2019, Dr. Gardner had his right knee replaced by Dr. Leary. Three months later, Dr. Woo had both of his aching knees replaced by Dr. Leary.

Both doctors followed similar post-surgery routines, starting with physical therapy (PT) at home, and then moving to outpatient PT. "I was back in the OR two-and-a-half weeks after my surgery," says Dr. Gardner, who



“As an anesthesiologist, I work with surgeons every day in the OR. I knew Dr. Leary was top-notch in every aspect and really dedicated to his craft.”

— Daniel Woo, MD



From left to right: Daniel Woo, MD; Jeffrey Leary, MD; and James Gardner, MD

estimates his total rehab time lasted about two to three months. Dr. Woo’s recovery from double knee replacement was about six to eight months. “Over the course of that year, I regained almost all my range of motion,” he says.

According to Dr. Leary, recent advances in pain control have dramatically shortened recovery time for nearly all knee replacement patients. “Today, we use multiple non-narcotic medications to reduce pain,” he says. “And the less pain you have after surgery, the quicker you can mobilize.”

### SAYING SO LONG TO KNEE PAIN

Knee pain is now a distant memory for both Drs. Woo and Gardner, who both have regained their active lifestyles. Dr. Woo, 52, is back to walking 18 holes on the golf course, he says. He even tried a new activity this summer. “I tried surfing for the first time,” he says.

Dr. Gardner, 60, is also rekindling his passion for mountain biking. “I was riding in Bend, OR, this summer,

and I regularly ride in Ringwood and in many places in New York state,” he says.

To show his appreciation to Dr. Leary, Dr. Gardner sent him a video. It showed Dr. Gardner completing a Greek dance with a backflip at a wedding, just three months after his knee replacement. “I’m just so grateful to live in a place where I don’t have to travel to get state-of-the-art care,” Dr. Gardner says. ▲

### JEFFREY LEARY, MD

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*“My life was completely normal — until it wasn’t. On a day like any other, I was getting ready for work and suddenly had a massive seizure on my bathroom floor.”*

— Lindsay V.



## LIVING WITH BRAIN CANCER:

# Attitude Is Everything

**A**t 43, Lindsay V. is no stranger to dealing with cancer. Her father passed away from the disease in 2015 at the age of 65, and one of the things she has carried with her since then is his insistence that attitude is everything — especially when it comes to cancer. Little did she know that saying would hit home again when she was diagnosed with brain cancer in 2018.

“My life was completely normal — until it wasn’t,” says Lindsay, who has been a principal in Morris Plains School District since 2007. “On a day like any other, I was getting ready for work and suddenly had a massive seizure on my bathroom floor. My daughter, who was just shy of three years old at the time, brought me my phone so I could call my husband. I told him I thought I was having a stroke and asked him to call 911.”

Emergency responders took Lindsay to Hackettstown Medical Center, where an MRI showed a large mass in her brain. She was immediately transferred to the Gerald J. Glasser Brain Tumor Center at Overlook Medical Center and had brain surgery the next day.

“At the time, Lindsay’s tumor was compressing her motor cortex, the part of the brain responsible for

controlling body movements. While we needed to preserve the motor cortex, we wanted to push to remove as much of the tumor as possible to have a better long-term outcome. Adding to the challenge, the tumor did not have clear boundaries separating it from healthy brain matter, making a gross total resection even more difficult to achieve,” explains Yaron A. Moshel, MD, PhD, co-director of the Gerald J. Glasser Brain Tumor Center, who led Lindsay’s surgical team.

To define the tumor boundaries during surgery, the team used three-dimensional stereotactic imaging, which combines multiple types of MRIs and 3-D images of the tumor, as well as GPS-like technology. They also performed electrical stimulation brain mapping to detect the precise locations of Lindsay’s brain functions. With this high-tech approach, Dr. Moshel was able to remove all of Lindsay’s tumor, and he kept all of her neurological functions intact.

Pathology confirmed Lindsay’s tumor was an anaplastic oligodendroglioma, a cancerous and rare type of glioma with a high likelihood of recurrence. She went through chemotherapy and radiation therapy. However, one-and-a-half years later, the tumor returned.

“Lindsay’s treatment course highlights





Lindsay and her husband Fabio and daughter Renata.



the importance of treating patients individually and tailoring their care to their specific needs," says Nicholas Metrus, MD, a neuro oncologist at Overlook Medical Center and one of only three neuro-oncologists in New Jersey who are board-certified by the United Council for Neurologic Subspecialties.

Lindsay's previous chemotherapy had a side effect of reducing her number of platelets, a vital blood component that prevents bleeding. She needed a second surgery, but having low platelets made this far too dangerous. Dr. Metrus gave her a medication that helped boost her platelet level so she could have surgery. The team then analyzed the tumor tissue from both surgeries to determine which mutations her tumor may or may not have.

"In the past, it was routine to analyze tumor tissue under a microscope and classify it based on its appearance. With our ever-growing knowledge of brain tumors, we now understand this is only a piece of the puzzle," Dr. Metrus continues. "Molecular information — coming from the presence or absence of different mutations at the DNA level — can tell us so much more about how a tumor may behave and respond to different treatments."

Genetic testing revealed Lindsay's tumor had an IDH1 mutation. Using that knowledge to determine the best course of maintenance treatment, Dr. Metrus narrowed his focus on medications that have shown promise in targeting this specific mutation. He selected a drug called olaparib based on preclinical and clinical trial data that

*"In the past, it was routine to analyze tumor tissue under a microscope and classify it based on its appearance. With our ever-growing knowledge of brain tumors, we now understand this is only a piece of the puzzle."*

— Nicholas Metrus, MD

shows IDH-mutant tumors could be vulnerable to this type of medication.

"Lindsay has done incredibly well on this medication," he adds. "The collaborative effort between neurosurgery, neuropathology and neuro-oncology, backed by cutting-edge technology, played a huge role in controlling Lindsay's disease for the long term."

Lindsay says having this expertise at her disposal has been extremely valuable. She has been stable for two years since her second surgery and has not let cancer hold her back. She has been back at school working with students and colleagues she adores. She recently got back from a three-week vacation with her family to her husband's homeland in Brazil and has several trips planned for the future. Lindsay also serves as a mentor for families who are dealing with the same type of cancer through the Cancer Hope Network. ▲

The Gerald J. Glasser Brain Tumor Center is located at Overlook and Morristown medical centers.  
908-522-5914; [atlantichealth.org/braintumor](http://atlantichealth.org/braintumor)

Hopefully you won't need it all.  
But it's nice to know it's all here.

## OVERLOOK MEDICAL CENTER UNION CAMPUS

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- Cancer Care – Hematology, Oncology
- Cardiology
- Developmental Disabilities Center
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- Internal Medicine
- Laboratory Services
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- Neurology
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- Pulmonology
- Rehabilitation/Physical Therapy
- Wound Healing



Atlantic Health System  
Overlook Medical Center

# Pediatric Eating Disorders Center Meets Growing Demand

## Unique Program Treats Young Women and Men

A recent report by the Centers for Disease Control and Prevention showed that weekly visits to the ER among adolescent girls (ages 12-17) with eating disorders doubled during 2020, 2021, and January 2022 compared to 2019. The National Eating Disorders Association (NEDA) Helpline recorded a 58% increase in calls, texts, and chats from March 2020 to October 2021.

### The Perfect Storm

"The pandemic provided the perfect storm for eating disorders," comments Meghan Feehan, Psy.D., program director of Atlantic Health System's Pediatric Eating Disorders Center, which has expanded to treat an exponential increase in young patients.

"Anxiety, the core of many eating disorders, was rampant as many hardworking, perfectionistic adolescents and teens were suddenly put into an isolated environment with less structure and predictability," she explains. "Add to that, a bombardment of messages to be thin and exercise as much as possible during quarantine along with increased social media engagement among very vulnerable young people."

All these factors exacerbated an already dangerous and growing problem among our nation's youth. Hospitalizations for eating disorders in children under age 12 increased by 119% in less than a decade. Anorexia is now the third most common chronic illness among adolescents, after asthma and obesity. According to the NEDA, eating disorders have the second highest risk of death (next to opioid addiction) among mental illnesses, claiming the lives of 10,200 people each year (one person every 52 minutes).

### Pathway to Recovery

Adolescent medical and mental health professionals

at the Pediatric Eating Disorders Center are skilled at diagnosing and treating patients 8-21 years of age with eating disorders such as anorexia nervosa, bulimia nervosa, and avoidant restrictive food intake disorder. Located at Overlook Medical Center, the Eating Disorders Center is staffed by a multidisciplinary team of adolescent medicine physicians, child and adolescent psychiatrists, nurse practitioners, registered nurses, psychologists, licensed mental health professionals, registered dietitians, and creative arts therapists.

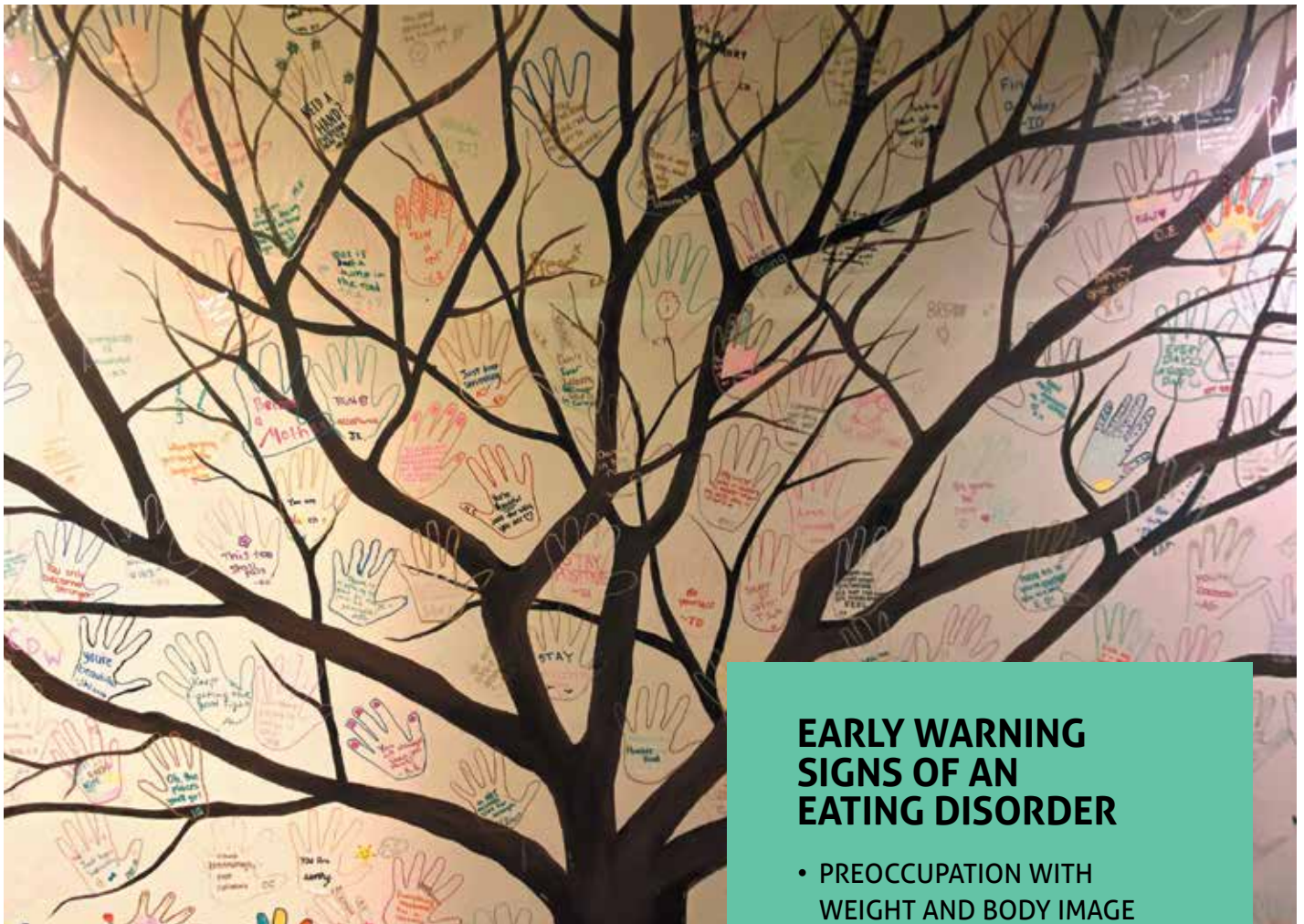
"The path to recovery begins with a phone call," states Feehan. "We do an initial assessment by phone to determine whether patients meet the criteria for services, followed by a full assessment with an adolescent medicine physician and a behavioral health clinician. Some patients may require inpatient admission for medical stabilization before they can participate in our Partial Hospitalization Program (PHP) and transition to outpatient care." Ongoing family involvement in the care of the patient is a key element to its success.

### Partial Hospitalization Program

Patients in the PHP spend seven hours per day, five days per week at Overlook, where they receive daily medical monitoring, psychiatric care, individual and family therapy, supervised meals and snacks, music and creative arts therapy, medical and nutritional education, dialectical behavior therapy, and cognitive behavioral therapy. The children receive at-home instruction facilitated by their school while on medical leave.

"We have the only PHP in New Jersey, offering medical monitoring and a team dedicated exclusively to children and adolescents," points out Feehan. "Our PHP employs a family-based treatment model of therapy, the only PHP in the state using this evidence-based approach."





Wall in the Center with patients' handprints

Parents, Feehan explains, are critical to their child's recovery. "We put parents in charge of refeeding their child. They take over meal prep, supervise eating, and renourish their child by reintroducing foods that were cut out during the eating disorder. When patients return to normalized eating and their physical and mental health is restored, they gradually learn to feed themselves."

Following an average five weeks in the PHP, patients transition to outpatient care and continue to be followed by the center's health care providers. This continuity of care, says Feehan, is another unique feature of our Pediatric Eating Disorders Center and integral to its overall success.

"Patients are typically back on track within 9-12 months," she says proudly. ▲

**Atlantic Health System Pediatric Eating Disorders Center  
Medical Arts Center (MAC) II, Overlook Medical Center  
33 Overlook Road, Summit, NJ  
908-522-5757**

## EARLY WARNING SIGNS OF AN EATING DISORDER

- PREOCCUPATION WITH WEIGHT AND BODY IMAGE
- UNHEALTHY RELATIONSHIP WITH FOOD
- SECRETIVE WITH FOOD
- PICKY EATING THAT PROGRESSIVELY WORSENS
- EVIDENCE OF BINGE EATING OR PURGING
- EXCESSIVE EXERCISE
- WEARING LOOSE CLOTHING
- WITHDRAWAL FROM FRIENDS AND ACTIVITIES
- MOOD SWINGS

# The Future of Imaging Is Here

## Human and Artificial Intelligence Team Up to Improve Patient Care

**M**ost of us never meet the radiologists reading our X-rays, CT scans, or mammograms. Yet, these physicians play a critical role in interpreting images that lead to an accurate diagnosis, effective treatment, and a successful outcome.

“Where you go for imaging matters,” says Devon A. Klein, MD, MPH, MBA, chairman of Radiology and Radiation Oncology, Overlook Medical Center. “Our radiologists at Atlantic Health System medical and imaging centers are physicians who use cutting-edge imaging technology to diagnose and treat injuries and diseases. They include board-certified, fellowship-trained radiologists, who specialize in interpreting images of the breast, brain, heart, neck, abdomen, and musculo-skeletal system. There are also radiologists specialized in nuclear medicine and pediatric imaging, as well as interventional radiologists trained in diagnosing and treating diseases through minimally invasive, image-guided procedures in CT, ultrasound, MRI, and fluoroscopy.

“Our patients have the added confidence of knowing that our radiologists’ skills are supported by artificial intelligence (AI)/algorithm-based technology to assist in making quick, accurate diagnoses that will further expedite care and improve overall patient outcomes.”

### **PUTTING CRITICAL CASES FIRST**

Aidoc – one of Atlantic Health System’s newest AI-based decision-support software tools – analyzes and triages medical images directly after a patient is scanned, alerting physicians of potential critical situations such as brain bleeds, cervical spine fractures, blood clots in the lungs, rib fractures, and bowel injury. By automatically moving up these scans to the top of the reading list, radiologists can quickly notify and activate multispecialty care teams for expedited treatment. More timely interventions result in better patient outcomes.

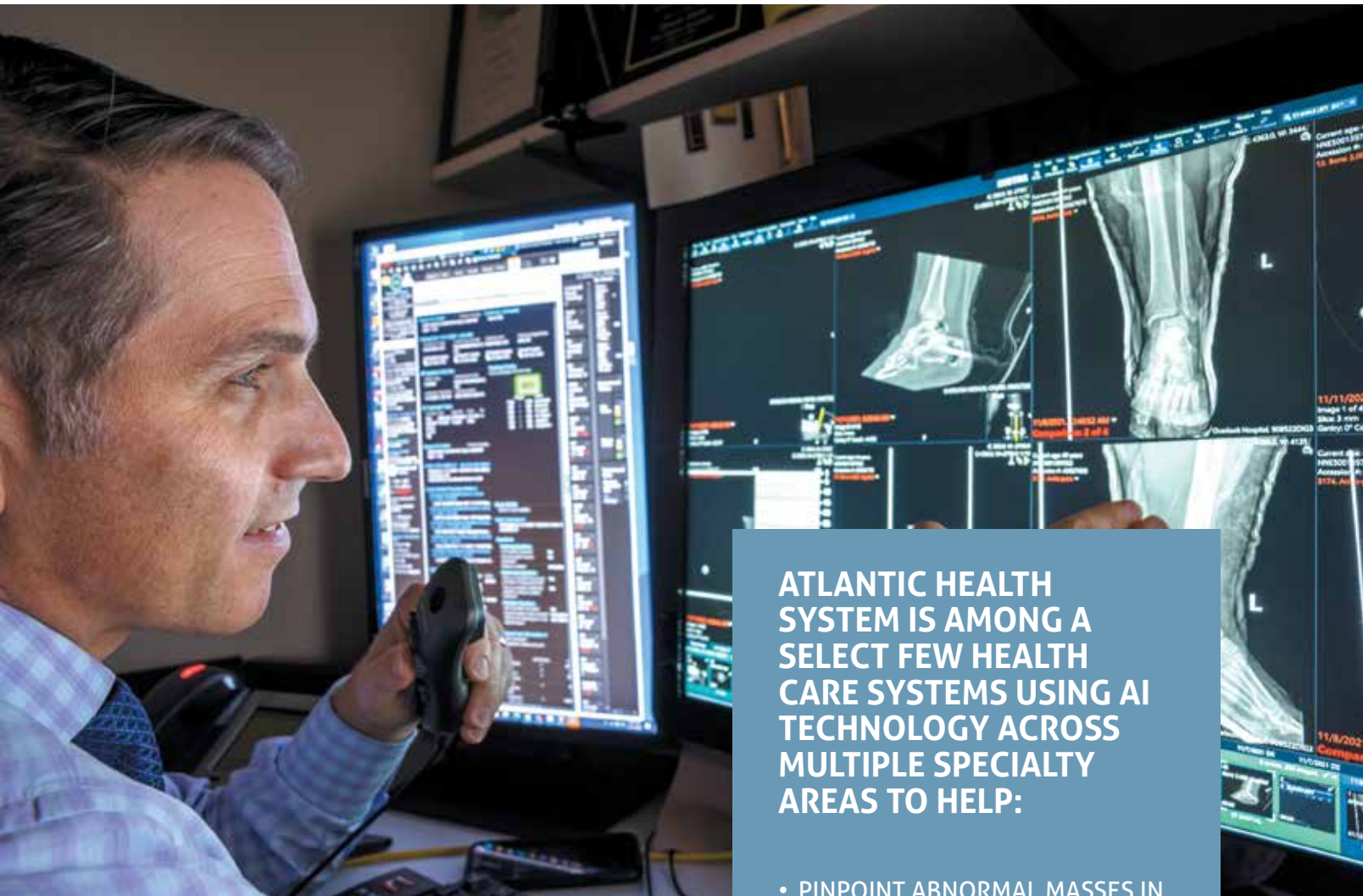
“Aidoc is particularly helpful in our emergency departments, where there are multiple patients being scanned and when minutes count for those in life-threatening situations,” observes Anthony Mungo, director of Radiology at Overlook Medical Center, noting that Atlantic Health System was recognized for “enterprise excellence” by Foundry’s CIO for its use of an artificial intelligence tool to analyze radiological images and flag those that warrant expedited attention and lifesaving care.

### **UNCOVERING HIDDEN HEALTH ISSUES**

AI technology is also useful ensuring that incidental ( unsuspected ) findings are communicated with referring physicians. The patient may never have had symptoms, but the incidental findings can prompt an evaluation with the appropriate specialist and a path to treatment.

“Advances in medical imaging, coupled with digital and communication technologies have had a huge impact on the diagnosis and treatment of disease,” comments Lauren Yedwab, chief operating officer, Overlook Medical Center. “The future of imaging is human talent coupled with AI-enabled software. We’ve allocated significant resources to both areas to deliver the highest quality of care to our patients. By merging the experience and brain power of our highly trained radiologists with the power of big data and machine learning throughout our network of hospitals and imaging centers, we are elevating the standard of care for more than half the state’s population.” ▲

***Atlantic Health System has radiology services at Chilton, Hackettstown, Morristown, Newton and Overlook medical centers, along with Goryeb Children’s Hospital and a variety of outpatient locations. Services vary by location. For a complete list of our imaging centers, visit [atlantichhealth.org/radiology](http://atlantichhealth.org/radiology).***



Devon A. Klein, MD, chairman of Radiology and Radiation Oncology at Overlook reviewing images.

“Advances in medical imaging, coupled with digital and communication technologies have had a huge impact on the diagnosis and treatment of disease.”

– Lauren Yedwab, COO, Overlook Medical Center

## ATLANTIC HEALTH SYSTEM IS AMONG A SELECT FEW HEALTH CARE SYSTEMS USING AI TECHNOLOGY ACROSS MULTIPLE SPECIALTY AREAS TO HELP:

- PINPOINT ABNORMAL MASSES IN MAMMOGRAMS
- IDENTIFY PATIENTS AT HIGHER RISK FOR BREAST CANCER
- CREATE 3-D IMAGES OF THE HEART TO ANALYZE THE IMPACT OF BLOCKAGES ON BLOOD FLOW
- EVALUATE RISK OF HEART DISEASE
- DIAGNOSE STROKE, ANEURYSMS, PULMONARY EMBOLISM, LUNG AND THYROID NODULES, SPINE AND RIB FRACTURES, AND MORE

# Fibroids Are Common, But You Don't Have to Put Up With Them

**A**s a fitness fanatic, Nancy H. knows her body well. So, when she started seeing a tiny bulge around her belly two years ago, she grew concerned. Four years earlier, her OB/GYN diagnosed her with fibroids, non-cancerous growths in the uterus. But at that time, her fibroids weren't causing any problems. "My OB/GYN felt they'd go away when I got to menopause," says Nancy, 54.

By early 2021, Nancy's "stomach pooch" grew a bit larger. She also developed another troubling problem: she needed to make frequent trips to the bathroom in the middle of the night. "I literally didn't feel like I had enough time to get to the bathroom or even relieve myself," she says. "It was making me feel older than I was."

Nancy wanted answers. To get them, she scheduled an appointment with Amish Patel, MD, a fellowship-trained interventional radiologist with the Atlantic Fibroid Center at Overlook Medical Center. He performed imaging that showed the root cause of Nancy's symptoms. She had four fibroids, the largest one measuring the size of a large grapefruit.

Nancy had three options. She could wait until she reached menopause, when fibroids typically shrink. "But nobody has a magic number on what day or year that will happen," she says. She could get a hysterectomy, a surgical procedure, or she could try uterine fibroid embolization (UFE), a newer, less-invasive treatment.

## CHOOSING THE RIGHT FIBROID TREATMENT

UFE shrinks fibroids while preserving normal uterine tissue. Dr. Patel performs it using a catheter inserted through the wrist. The procedure takes less than an hour, and most people make a full recovery within five to 10 days. "Dr. Patel felt that I'd have very good results with UFE," she says. "It seemed like the right choice to make."

Nancy had her UFE on Friday, Oct. 29, 2021. She checked into Overlook Medical Center before 8 a.m. and was discharged by 3:30 p.m. that same day. "The incision was microscopic," she says. "I had the teeniest little dot on my wrist." Nancy used the weekend to recover. By Tuesday, she was back at the gym.



**"If something's affecting  
your life, you should be your  
own advocate, do research,  
ask questions and learn  
your options."**

**– Nancy H.**

Three months later, Nancy had seen a vast improvement in her quality of life. "I'm not getting up at night at the frequency I was, which is huge," she says. "I don't have that sense of urgency, and my stomach pooch has come down."

When first she told her friends at the gym about her journey, she quickly gathered a crowd around her. "A lot of women overheard me, told me they had fibroids and that they were excited that this type of procedure could help them," Nancy says. Her advice to them: "Painful, heavy periods aren't the only signs of fibroids. If something's affecting your life, you should be your own advocate, do research, ask questions and learn your options." ▲

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### ATLANTIC MEDICAL GROUP

Dr. Amish Patel and the Atlantic Fibroid Center are part of Atlantic Medical Group, a multispecialty network of health care providers. The Center can be reached at 908-522-5130. Visit [atlantichealth.org/fibroids](https://atlantichealth.org/fibroids).

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Now Open!



# Taking pediatric hospital care to the next level.

## Hersh Children's Center

Bringing Inpatient Pediatric Care and Pediatric Emergency Care Together

The Hersh Children's Center at Overlook Medical Center, one of only a few of its kind in northern NJ, offers an innovative approach to pediatric care. While pediatric emergency services, staffed by doctors specializing in pediatric medicine 24/7, and inpatient hospital care are separated within the center, their close proximity allows for continuity of care and unmatched quality. With sleeping accommodations for parents, a playroom and family lounge, our team of experienced and compassionate pediatric physicians and caregivers will put your family's needs first.

We are seamlessly connected to Goryeb Children's Hospital with access to over 100 pediatric specialists who provide advanced expertise at Goryeb Children's Hospital at Morristown Medical Center and the Hersh Children's Center at Overlook Medical Center.



Atlantic Health System  
Overlook Medical Center

Visit [atlantichealth.org/overlookkids](https://atlantichealth.org/overlookkids) | 99 Beauvoir Ave, Summit, NJ

## How Sweet it Is!

You can buy strawberries all year, but they somehow taste sweeter in the summer. They may seem like an indulgence (and they are!), but these little red gems burst with nutritional benefits. Strawberries are an excellent source of vitamin C, and may help to control blood sugar and reduce risk factors for heart disease. When selecting strawberries, whether you're picking them yourself at one of the many berry farms throughout the state, or selecting them off the shelf from your local supermarket, look for fruit that is red from top to bottom and unbruised. Strawberries store well in the refrigerator for about three days, so don't hold off—dig in! ▲



### **STRAWBERRY TERIYAKI GLAZED SALMON** (YIELDS 16 PORTIONS)

#### **INGREDIENTS**

##### **FOR THE STRAWBERRY JAM**

1 lb. strawberries  
4 cups sugar  
3 Tbsp. lemon juice

##### **FOR THE SALMON**

1 cup strawberry jam  
4 oz. soy sauce  
4 cloves garlic, minced  
1 Tbsp. ground ginger  
16 salmon filets, 4 oz. each  
salt  
pepper

#### **PREPARATION**

1. Wash berries and let dry.
2. In a wide bowl, crush strawberries until you have 4 cups of mashed berry.
3. Combine berry mash, sugar, and lemon juice in a saucepan. Stir over low heat until sugar dissolves. Then increase heat and bring to a boil. Boil for 10 minutes to reach desired consistency.
4. Preheat broiler or grill.
5. In a small saucepan, combine the strawberry jam with soy sauce, garlic, and ginger. Cook uncovered until mixture comes to boil. Reduce heat; simmer uncovered for 8 minutes until mixture reduces by half.
6. Season salmon with salt and pepper. Broil or grill 4 to 6 minutes until just flaking.
7. Brush salmon with jam mixture during the last 2 minutes of cooking. Before serving, brush remaining jam mixture over salmon.

Serving suggestion: Serve the finished Strawberry Teriyaki Glazed Salmon atop a bed of butterhead lettuce, along with Manchego cheese, walnuts, and grilled lemon. Then garnish with the strawberry jam glaze.

## Off to the Races with Overlook Ahead Campaign

Gathering at The Ryland Inn just days before the actual Churchill Downs event, guests donned their finest Kentucky Derby attire to launch the public phase of a \$169 million campaign to fund sweeping upgrades to Overlook Medical Center.

Designated by Healthgrades as one of the nation's top 50 hospitals for clinical excellence, Overlook is home to some of the region's most well-respected physicians, offering the most advanced technology and treatments.

Now, with generous philanthropic support, 90% of Overlook's patient care spaces will be restructured with new medical infrastructure in every room, triple the number of private rooms, several brand-new units, and additional operating rooms.

"For more than a century, Overlook has stood ready to assist those in need," remarked Overlook Foundation Executive Director Clelia Biamonti at the event. "Rarely has our commitment to and impact on the community been tested as it has in the past two years. Yet through the compassion and resilience of our team members, Overlook



has emerged stronger. We have learned new ways to care for patients and, through this campaign, are preparing ourselves for whatever the future has in store."

Other speakers at the *Off to the Races* event included Nikki Sumpter, executive vice president and chief administrative officer for Atlantic Health System; Dr. Jack Audett, chief medical officer at Overlook; Dr. Muhammad Feteiha, chief of surgery and president of the medical staff executive committee at Overlook; and William Crane, president of the Summit-based Bouras Foundation.

Guests also heard from Dr. Walter Rosenfeld, chair of pediatrics for Goryeb Children's Hospital and Overlook, and medical director of children's health for Atlantic Health, who was honored with the foundation's 2022 Medical Marvel Award.

Personalizing Overlook's impact on the community, 26-year-old Owen Faecher thanked the clinicians who saved his life when, as a newborn, he was brought to the emergency department with a previously undiagnosed congenital heart defect. "When a tragic, scary emergency is unfolding, you'd better believe that the quality of the hospital you're on your way to is absolutely crucial," Owen stressed.

"As we embark on this campaign, we're giving our world-class teams the facility, tools, and resources to complement the incredible work they do," summed up Overlook President Stephanie Schwartz. "I look forward to continuing our tradition of excellence and taking it to the next level." ▀



**ABOVE:** Enjoying the Off to the Races celebration were Peter and Dr. Megan Rosenstein, Clelia Biamonti, and Robert and Stephanie Schwartz. **TOP RIGHT:** Dr. Jack and Ellen Audett, and Stella Visaggio were among the guests embracing the Kentucky Derby theme as Overlook Foundation kicked off the public phase of its campaign to fund a multi-phase expansion and enhancement plan for the hospital.

# community calendar

## Community Health for Summer 2022

Welcome to your Overlook Medical Center Community Calendar.

Many of our classes will be held virtually.

Please call the telephone number listed or email the contact person for more information.

Please visit [atlanticealth.org/calendar](http://atlanticealth.org/calendar).

### CANCER CARE & SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Please visit <a href="http://atlanticealth.org/cancercaresupport">atlanticealth.org/cancercaresupport</a> or call 1-800-247-9580 for up-to-date information on classes, support groups and events.		
Second and fourth Thursdays of the month, 10:00am (currently meeting through Zoom)	<b>BREAST CANCER SUPPORT GROUP</b> A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for women with breast cancer.	For more information and to register, call Kerry Ricci, MSW, LSW, at 908-522-5925.
<p align="center"><b>INTEGRATIVE PROGRAMS</b></p> <p align="center">Most programs are currently virtual. Contact Lauren Curtis at 908-522-6168 or email <a href="mailto:lauren.curtis@atlanticealth.org">lauren.curtis@atlanticealth.org</a>.            Chair Yoga   Expressive Writing   Jin Shin Jyutsu Self-Care   Mindfulness Meditation   Guided Meditation            Qigong for Wellness   Reiki Circle   Sound Meditation with Singing Bowls   Yoga Nidra</p>		
Tuesdays, September 27 and November 22, 3:00-4:00pm	<b>INTEGRATIVE THERAPIES SURVIVORSHIP SAMPLER SERIES</b> Join us as we explore how outward creative expression and inward contemplation can support your healing and well-being. This program is ideal for people who have completed treatment and are moving forward.	Contact Lauren Curtis, MA, LMT at 908-522-6168 for details.
Fourth Wednesday of the month, 2:30-3:30pm (currently meeting through Zoom)	<b>LIVING WITH CANCER SUPPORT GROUP</b> Registration is required.	Contact Maggie Brady, MSW, LCSW, at 908-522-5255 for details.
First Monday of the month, 3:00-4:00pm (currently meeting through Zoom)	<b>NUTRITION AND WELLNESS</b> Each month, our oncology dietitian will present on a different topic in the nutrition realm. This program is ideal for patients who have completed treatment or have stable disease.	Contact Johannah Sakimura, MS, RD, at 908-522-5347 for more information.
Tuesdays, September 13 and November 29, 10:00am (currently meeting through Zoom)	<b>PARENTING THROUGH CANCER</b> Educational program on <i>Talking to Children about Difficult Topics</i> . Presented by a Licensed Social Worker, this program will help parents who have cancer talk to their children about their diagnosis, prognosis, and treatment with an opportunity for discussion as well.	For more information, call Kerry Ricci, MSW, LSW, at 908-522-5925.
Thursdays, 4:30-6:00pm	<b>QUIT SMOKING PROGRAM</b>	Call 908-522-2296 for more information or to enroll.
Second Thursday of the month, 2:30-3:30pm (currently meeting through Zoom)	<b>POST-CANCER TREATMENT GROUP</b> Open support group for individuals who have had a diagnosis of cancer and have completed their treatment. This group offers the opportunity to support one another as we discuss issues and concerns related to survivorship.	For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349.



## CAREGIVERS

Are you caring for a family member or loved one? The Caregivers Center is coming to you virtually, offering therapeutic services such as TaijiFit and Expressive Writing. Come Zoom with us for a small dose of comfort, healing and self-care.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Wednesdays, 2:00pm	<p><b>EXPRESSIVE WRITING FOR CAREGIVERS</b></p> <p>The practice of expressive writing allows us to process our feelings from many different perspectives. Please join us via Zoom for lively readings and writing prompts. Everyone has a story, and this offers you a chance to share your story in a safe and supportive way. You do not have to be a writer or poet to participate.</p>	For more information, call 908-522-6348.
Mondays and Thursdays, Noon	<p><b>TAIJIFIT</b></p> <p>What is TaijiFit? It is a body/mind workout that combines the best elements of fitness, meditation, Qigong and traditional Tai Chi. There is no routine or choreography to memorize. All you have to do is open your mind, heart and breath while following the instructor's lead.</p>	For more information, call 908-522-6348.

## HEALTH & WELLNESS

All events take place at Atlantic Behavioral Health Outpatient, 2 Walnut Street, Summit, NJ 07901.  
Registration is required; call 1-888-247-1400.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Tuesdays, 1:30-2:30pm	<p><b>DIALECTICAL BEHAVIORAL OUTPATIENT THERAPY</b></p> <p>DBT group aiming to build the following life skills:  <b>Mindfulness:</b> the practice of being fully aware and present in the moment; <b>Distress Tolerance:</b> how to tolerate pain in difficult situations; <b>Emotion Regulation:</b> how to manage your emotions so they do not manage you.</p>	For more information, call 1-888-247-1400 (Mary Colman). Registration is required.
Monday-Friday, 9:00am-12:15pm (morning programs); 12:30-3:45pm (afternoon programs)	<p><b>MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM</b></p> <p>Group, individual, and family counseling as well as medication management for those who need an intense, time-limited treatment to improve their emotional health. Participants attend 3 out of 5 days per week. Aftercare groups available to graduates of the Mental Health Intensive Outpatient Program. Registration required.</p>	For more information, call 1-888-247-1400.
Tuesdays, 10:30-11:30am	<p><b>POSTPARTUM DEPRESSION GROUP</b></p> <p>New mothers meet and learn coping and relaxation skills to help them with their new role.</p>	For more information, call 1-888-247-1400. (Viviana Villalobos).

## PARENTING & CHILDBIRTH

To view our classes online, visit [atlanticealth.org/prenatalclasses](http://atlanticealth.org/prenatalclasses) and scroll to "Overlook."  
To register online, visit [atlanticealth.org/overlookparented](http://atlanticealth.org/overlookparented).

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Mondays and Tuesdays, 10:00-11:00am	<p><b>AFTER YOUR BABY IS BORN: VIRTUAL BREASTFEEDING SUPPORT GROUP</b></p> <p>A program for mom and baby to help you breastfeed successfully. Focus on issues/problems that may arise. Review logistics of going back to work, proper use of a breast pump and breast milk storage. Engage in open discussions with other breastfeeding moms and their babies. Expecting moms may also join.</p>	For more information, email <a href="mailto:overlook.parented@atlanticealth.org">overlook.parented@atlanticealth.org</a>
Second Tuesday of the month, 10:00am (currently meeting through Zoom)	<p><b>PARENTING THROUGH CANCER</b></p> <p>Educational program on <i>Talking to Children about Difficult Topics</i>. Presented by a Licensed Social Worker, this program will help parents who have cancer talk to their children about their diagnosis, prognosis, and treatment with an opportunity for discussion as well.</p>	For more information, call Kerry Ricci, MSW, LSW, at 908-522-5925.

## SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Third Thursday of the month, 5:00-6:00pm	<b>GLASSER BRAIN TUMOR SUPPORT GROUP</b> The group will include presentations by experts with advice on a variety of topics; a chance to “ask us anything,” with your questions fielded by a doctor and nurse practitioner; and an opportunity to share your thoughts and feelings. One family member or friend is invited to participate with you.	For more information, contact Janet LeMonnier, MSW, LSW, at <a href="mailto:janet.lemonnier@atlantichealth.org">janet.lemonnier@atlantichealth.org</a> or 908-522-5159.
Third Thursday of the month, 6:00-7:00pm	<b>BRAIN TUMOR SUPPORT GROUP</b> An opportunity for new and existing patients to share their experiences and an education session with monthly speakers/activities.	Contact Claire Weiss, APN, coordinator for the Center for Hope Foundation at 1-833-425-8247.
Various dates and times	<b>HEALING YOUR GRIEVING HEART</b> Bereavement support group for those who have experienced a recent death. The group will provide a safe environment to share feelings and experiences. Our groups are time-limited, so call for details regarding the schedule.	Contact Marian Teehan, MSW, LCSW, at 908-522-6348 for details.
Second Tuesday of the month, 2:00-3:00pm (currently meeting through Zoom)	<b>OSTOMY SUPPORT GROUP</b> Supported by the Union County Chapter of United Ostomy Association of America. This is free and registration is required.	For more information, email Ellyn Mantell at <a href="mailto:ellynmantell@aol.com">ellynmantell@aol.com</a> .
Second Monday of the month, 7:30-8:30pm	<b>PERINATAL BEREAVEMENT SUPPORT GROUP</b>	Registration is required. For more information, call 908-522-2946.
Third Thursday of the month, 1:00pm – caregivers; 2:00pm – survivors (currently meeting through Zoom)	<b>STROKE SUPPORT GROUP</b> Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Registration is required.	For more information, contact 973-971-4412 or email <a href="mailto:MMCstrokesupport@atlantichealth.org">MMCstrokesupport@atlantichealth.org</a> .

## WEIGHT LOSS

Call 908-522-5794 for up-to-date information at the Atlantic Health Weight & Wellness Center.

### Northern NJ Safe Kids/Safe Communities Car Seat Inspection Stations

Visit [preventionworks-nj.org](http://preventionworks-nj.org) for locations and dates.





**We treat brain tumors**  
**like no one else can.**

The Gerald J. Glasser Brain Tumor Center at Morristown Medical Center and Overlook Medical Center uses a multidisciplinary approach that ensures you get more than a doctor. You get an entire team to help guide and support you with confidence and compassion. Atlantic Health System is a nationally recognized leader in neuroscience and neurosurgery, treating all types of brain tumors with the latest tools and technology and, the finest minds.



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*Making Healthy Easier*

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an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [atlanticehealth.org/doctors](http://atlanticehealth.org/doctors).



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Visit [atlanticehealth.org/overlook](http://atlanticehealth.org/overlook)