

AtlanticView

at Chilton | Spring 2022

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Atlantic Health System

Chilton Medical Center

Welcome to the spring edition of *AtlanticView at Chilton*. I'd like to introduce myself as the new president of Chilton Medical Center. Previously, I served as chief nurse and operations officer, and I've been a member of the hospital's leadership team since 2014.

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

In this issue, we're discussing important health screenings and focusing on your overall health. With your primary care physician, you can take charge of your health to reduce the risk of chronic illness like heart disease or diabetes, and screen for bone density and various cancers. You'll learn about the newest technology to identify and treat advanced prostate cancer, as well as the Atlantic Health System Lung Cancer Screening Program for smokers at high risk for lung cancer.

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

Yours in good health,



Maureen Schneider, PhD, MBA, RN, FACHE
President
Chilton Medical Center

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Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,841 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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CEO's corner

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

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

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

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

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

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



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System



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

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

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

Start your wellness journey today.

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



Atlantichealth.org en Español

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

New Treatment for Sleep Apnea

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

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

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

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

Screening Recommendations: An Ounce of Prevention ...

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



SCAN ME

Yearly Recommendations for Adults

COMPREHENSIVE PHYSICAL EXAM.

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

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

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

Screening Recommendations

Women

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

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

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

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

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

Men

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

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

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

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

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

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

Precision Test for Aggressive Prostate Cancer

Pylarify PET scan can find, treat life-threatening cancer

Diagnoses 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 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, Urology at Summit/Bridgewater, 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 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.”

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



Naeem Rahman, MD



David Taylor, MD

“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 Urologic 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.”

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. Dr. Rahman 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 atlanticealth.org/cancerhides.

“Lung cancer can be cured when it’s caught early. Annual screenings save lives.”

— Federico Cerrone, MD



Gregory's Story: The Importance of Annual Screenings

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

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

CATCHING CANCER AT EARLIER STAGES

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

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

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

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

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

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

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

ATLANTIC MEDICAL GROUP

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

From Theory to Practice

Chilton's New Nursing Research Initiative will turn caregivers' instincts into evidence-based best-practices

As a nurse on Chilton's Cardiac Care Unit, Meghan Keaveney pays close attention to her patients' weight. "Any fluctuation could be a sign of fluid retention," she says, "which could necessitate important and immediate medication changes."

But that's not always the case, she explains, and how each patient's weight is measured could make all the difference.

"Chilton's Nursing Research Council runs a Journal Review Club, teaching nurses to interpret the findings of patient care studies and share them with colleagues around the hospital," explains Keaveney, who recently became chair of the council. "That's why we modified our practices after reading newly published evidence that patients are weighed most accurately when they're in an upright standing position versus being seated or in bed."

According to Janelle Peters, interim nurse manager of Chilton's Emergency Department and immediate past chair of the Nursing Research Council, experiences like Keaveney's—where nurses incorporate new evidence-based knowledge into their practice—are just one component of the culture of research at Chilton, which is slated for an exciting expansion in 2022.

"Not only do we want our nurses to have the ability to interpret data generated by others; we also want to support them in conducting their own studies and making contributions to the practice of nursing," she says.

Maureen Schneider, PhD, MBA, RN, FACHE, President, is confident that other nurses around the country will benefit from knowledge created at Chilton.

"In 2020, we were recognized as a Magnet-certified hospital by the American Nurses Credentialing Center, which is the top honor for nursing excellence nationwide," says

Schneider, who began her career as a nurse and served as Chilton's Chief Nursing/Operations Officer before becoming President. "With such a prominent place on the national health care stage, I expect that Chilton will generate research projects that will inform the practice of nurses around the country."

According to Schneider, the goal of the Nursing Research Initiative (NRI) is "to expand on a commitment to research that has long been part of Chilton's culture."

One prior study—which looked at the calming effects of animal-assisted therapy on older adult inpatients—was published in a scholarly journal read by nursing experts from coast to coast, who are now able to use Chilton's findings when caring for their own patients. Additionally, this study was presented at the Atlantic Health System Research Symposium, where the primary nurse-researcher, Carnette Smith, received top honors for the study.

While research projects are taking shape, the Chilton Medical Center Foundation is working to ensure that they can launch as soon as possible with proper funding.

"Knowing that the NRI will have a positive impact on patient care at Chilton and beyond, the Foundation is proud to make it a top priority in 2022," says Michael Bressman, Foundation Director. "Since Chilton is a nonprofit hospital, charitable gifts at all levels are a source of strength. We are very excited about the role philanthropy will play in bringing this vision to life." ▲

For more information about Chilton's Nursing Research Initiative and how you can support it, please contact the Chilton Medical Center Foundation at (973) 831-5165 or email Michael.bressman@atlanticealth.org.

Community Calendar – Spring 2022 Many of our classes will be held virtually. Please visit atlanticealth.org/calendar for up-to-date information on Parent Education, Support Group, and Health & Wellness classes and more.

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risk of diabetes



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to test for
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and rectal cancers



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