

AtlanticView

at Morristown | Fall 2020

Morristown Medical Center

Ranked #1 Hospital, 3 Years in a Row!

**BEST
HOSPITALS**

U.S. News & WORLD REPORT

**NATIONAL
RANKED IN 3 SPECIALTIES
2020-21**

MOMENTS THAT MATTER

THE CARE YOU NEED,
WHEN YOU NEED IT

Patients share their COVID-19 stories
PAGE 8

9 Ways to Reduce Anxiety
During Unprecedented Times
PAGE 12



Atlantic Health System
Morristown 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 Morristown | Fall 2020

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

Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation 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.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *AtlanticView at Morristown* in whole or in part without written permission from the publisher is prohibited. Copyright ©2020. All rights reserved.

Connect with us:

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



OFFICIAL HEALTH CARE PARTNER

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 Morristown? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

CONTENTS

Departments

- 2 CEO's Corner
- 3 Letter From the President
- 5 Health Briefs
- 11 Oncology Corner
- 13 Foundation News
- 15 Community Calendar

Features

- 7 Patients Benefit From Simple Nursing Invention
- 8 Moments That Matter: The Care You Need, When You Need It
- 9 Scoliosis Advances: Getting It Straight
- 10 Urgent Care for Unexpected Medical Needs
- 12 9 Ways to Reduce Anxiety During Unprecedented Times



8 Moments That Matter: The Care You Need, When You Need It



LETTER FROM THE PRESIDENT

Greetings,

At Morristown Medical Center, our priority is keeping our patients, our team members and the public safe and healthy.

We are proud to have been ranked as the number one hospital in New Jersey, according to U.S. News & World Report's 2020 Best Hospitals for the third year in a row! In addition, we achieved three national rankings in Orthopedics, Gynecology and Cardiology and we are the only acute care hospital in New Jersey to be nationally ranked.

As a recognized leader in patient safety, our rigorous, enhanced safety standards ensure the quality care you receive reflects the latest and most innovative policies and protocols. We encourage you to review the important information below that outlines actions we are taking to keep you safe.

Please keep doing everything you can to protect your health, including washing your hands regularly, keeping socially distant, and

wearing a mask. Don't delay emergency care and remember to see your physician for regular check-ups and treatment.










We appreciate that you were here for us during these challenging times – and we are here for you. With your help we continue to service our communities and stand ready to deliver the safe and extraordinary care you have come to expect from us.




TRISH O'KEEFE, PhD, RN
President, Morristown Medical Center

*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

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



MORRISTOWN MEDICAL CENTER

#1 HOSPITAL IN NJ

3 YEARS IN A ROW!

Nationally Recognized



Top 30



Top 35



Top 40

High Performing



ABDOMINAL AORTIC ANEURYSM REPAIR



AORTIC VALVE SURGERY



COLON CANCER SURGERY



COPD



GASTROENTEROLOGY & GI SURGERY



GERIATRICS



HEART BYPASS SURGERY



HEART FAILURE



HIP REPLACEMENT



KNEE REPLACEMENT



LUNG CANCER SURGERY



NEPHROLOGY



PULMONOLOGY



UROLOGY



TRANSCATHETER VALVE REPLACEMENT





Expanded, Modernized Valerie Fund Children's Center Opens at Goryeb Children's Hospital

With a 28% increase in patient volume, The Valerie Fund Children's Center at Goryeb Children's Hospital was in dire need of more space. Thanks to generous donations in support of the Growing Forward Campaign, the center was expanded, renovated and relocated to the third floor of Goryeb Children's Hospital in June of 2020.

The new center includes eight open and private infusion bays for chemotherapy and blood work, four new exam and consultation rooms, a large procedure room, private family lounge and playroom. Team members, including social workers, dietitians, child life specialists, school liaisons and neuropsychologists, find the new space enhances patient-centric care and provides a healing environment.

While the Valerie Fund Children's Center is open to patients, we still need your help funding the expansion project. See a virtual tour of the new space or give online: f4mmc.org/valerie-center.



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.

**435 South Street, Suite 160
Morristown, NJ 07960
973-971-6301
chamberscenterforwellbeing@atlanticealth.org**

Mammograms Save Lives

Now in its fifth year, [#AskHer](https://www.ashkher.org) 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 atlanticealth.org/askher
- Call 1-844-343-3540



MORRISTOWN MEDICAL CENTER IS ANTIBIOTICS AWARE

Morristown 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 efforts to enhance the appropriate use of antibiotics, prevent overuse and, in turn, reduce antimicrobial resistance.



Morristown Medical Center Recognized as Top 1% in the U.S. **(Five years in a row!)**

source: Healthgrades®



10 Consecutive Times!

Morristown Medical Center Opens Radial Lounge, Enhancing Post-Procedure Experience for Heart Patients

New Recovery Lounge Is One of the First in New Jersey-New York Metro Area; First in a Top-Ranked New Jersey Teaching Hospital

Morristown’s Gagnon Cardiovascular Institute opened one of the region’s first radial lounges, which are specially designed to meet the needs of cardiac catheterization patients who have had their procedure performed through a catheter inserted into their radial (wrist) artery. The procedure has a shorter recovery period, less bleeding risk than traditional cardiac catheterizations done through the groin and is now an option for many patients. “Nearly half of all cardiac catheterizations are now done transradially, and there



is plenty of data to show it is very safe and can be done as an outpatient procedure,” said Jordan G. Safirstein, MD, FACC, FSCAI, director of transradial catheterization for Morristown Medical Center.

International Expert Joins Morristown Medical Center, Leads Hypertrophic Cardiomyopathy and Sports Cardiology Programs

Morristown Medical Center has expanded its Sports Cardiology and Hypertrophic Cardiomyopathy (HCM) programs with the addition of Matthew Martinez, MD, FACC. Named director of Sports Cardiology and co-director of the HCM Program, he will improve the already robust care provided for athletes and for patients with HCM, a hereditary medical condition where the walls of the heart become excessively thick. Atlantic Health System’s Sports Cardiology Program is designed to diagnose and manage cardiovascular conditions in athletes caused by genetic and acquired heart conditions.

“Dr. Martinez’s highly specialized training in both specialties is incredibly unique and will help enhance our already strong programs so more patients can access our world-class specialty care,” says Linda Gillam, MD, chair of cardiovascular medicine at Morristown Medical Center and medical director of the cardiovascular service line for Atlantic Health System. Our program strives to help those engaged in highly active sports safely achieve their athletic goals. Athletes or avid exercisers can benefit from our investigator-initiated research, inpatient consultation and full-time care for athletes.



MATTHEW MARTINEZ, MD, FACC

PATIENTS BENEFIT FROM SIMPLE NURSING INVENTION

A focus on patient safety plus encouragement to be creative has turned local nurses into inventors. One simple invention at Morristown Medical Center could end up shortening hospital stays and saving thousands of dollars.

"Most patients recover fastest when they are up and walking as soon as possible after a procedure," says Christine McCandless, RN, assistant nurse manager for Gagnon Cardiovascular Institute at Morristown Medical Center. "But medical devices that have wires and tubes can interfere with that mobility. In short, they can be a fall hazard."

Recently, nurses at Morristown Medical Center have been encouraged to find solutions for such issues, says Mildred (Milli) Kowalski, PhD, RN, Center for Nursing Innovation and Research. A series of classes has helped them learn to innovate and collaborate in ways that improve patient care.

"We thought about attaching all the wires and tubes to an IV pole, which has wheels on it and would, therefore, help patients move around," McCandless says. "But for catheter bags, for example, there was no easy way to attach the equipment."

So McCandless began experimenting. As she created early prototypes of the drainage bag hook, other nurses weighed in with ideas to make it more and more useful. A hook was created that does not move. It is placed in the IV pole that moves and provides a place to hang the bag to facilitate walking without holding the bag.

"We're still collecting ideas from staff here and at other Atlantic Health System hospitals, to make it better, but it's exciting to have found a solution that enables patients to move easily and safely," she says.



"Research shows that early mobility leads to quicker recovery and an earlier return home."

– Carol Jones, RN, Chief Nursing Officer

"Research shows that early mobility leads to quicker recovery and an earlier return home," says Carol Jones, chief nursing officer, Morristown Medical Center. That translates into cost savings, according to a study conducted by a team of doctors and nurses at Morristown as well as other research.

"Next steps will be to expand use of this simple device to all Atlantic Health System hospitals and beyond," Jones says. ▲

THE CARE YOU NEED, WHEN YOU NEED IT

Patients share their experiences during COVID-19

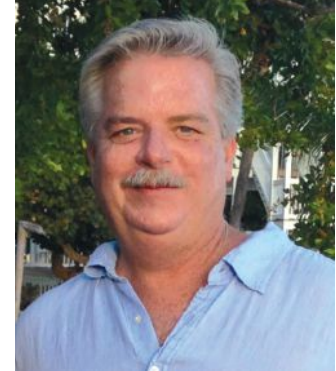


"I delivered my daughter in May and could not have been more impressed by how the Morristown maternity team stepped up to provide the highest standard of care during our stay! As first-time parents, my husband and I were so relieved when our fears and concerns regarding the pandemic were eased after seeing everyone being so friendly, supportive, and professional."

– Amna M.

"When my cardiologist told me I'd need to go to the hospital, I was very reluctant. Turns out, I needed open-heart surgery, quickly. From the moment I arrived at the Morristown Medical Center Emergency Department, I knew I was safe. We all see these heroes on television, but to experience what they do, to see their dedication firsthand, has been life-changing. Every step of the way, the personal care I received has been second to none."

– Thomas W.



"I had my mammogram and sonogram recently. It was my first outing to any facility or doctor's office during this pandemic ... I appreciated the clear signage and everyone was keeping their respective distance. I was taken promptly and felt safe in their care and direction."

– Jill C.

We're here with safety measures in place. #ForwardTogether 

Scoliosis Advances: Getting It Straight

For children with a severe curve of the spine caused by scoliosis, the best option for treatment has long been surgery: to implant a stiff, stabilizing rod. Since late last year, however, surgeons at Atlantic Health System can offer an exciting, new treatment. And the benefits over the traditional surgery are significant.

"We're now able to offer a novel procedure to correct the severe curves of the spine and still allow the child to move, bend and twist naturally," says Jason Lowenstein, MD, director of the Scoliosis and Spinal Deformity Center at Morristown Medical Center. "New techniques like this don't come around that often in the field of spine surgery, and it's exciting that our patients can benefit from it."

The new procedure is called "tethering," and the FDA approved it for children just last year. Dr. Lowenstein, a nationally recognized scoliosis specialist, was invited to become one of the first 75 surgeons in the country to receive the training necessary to perform it.

KEEPING THE SPINE FLEXIBLE

Scoliosis is when the spine curves from side to side in an "S" or "C" shape. When the curve gets greater over time and is not improving with other treatments, surgery is the best option.

Traditional surgery to correct the curve is called "fusion." It works by stiffening the spine into the right shape using a metal rod. Screws attach the rod to the vertebrae (bones in the spine). Over time, vertebrae grow together, or fuse, in place. Recovery can take several months.

With the new tethering surgery, Dr. Lowenstein uses a strong, flexible cord to pull the spine into the proper position. After the procedure, children have an immediate and permanent correction of the spine, he says, and great range of motion when compared to fusion surgery.

Recovery takes just a few weeks, and the child can return to sports and other activities.

"Typically, no further treatment or other surgery is needed," he says. "This is a big advancement that holds huge promise for our patients with severe scoliosis." ▲

Correcting a Curved Spine Without Surgery



Finding scoliosis early is important, experts say. For some children, it can cause serious back pain. Without care, the curve can also worsen to make the chest area cramped, which can eventually affect breathing and the heart.

An experienced team at Atlantic Health System offers a range of screenings and treatments to diagnose and correct the curve, no matter how mild or severe.

Most children need no treatment for scoliosis. Others benefit from special back braces and physical therapy. Some need surgery.

"We have a variety of treatments that can help children avoid the need for surgery and continue with normal activities," says Laura Taylor, physical therapist at Atlantic Rehabilitation in Morristown.

For example, Taylor recently began teaching patients how to use exercises and breathing techniques to help return the spine to a more natural position and ease symptoms. It's a specific therapy for scoliosis called the "Schroth Method."

SIGNS OF SCOLIOSIS

- One shoulder sticks out more or is higher than the other
- Hips are not even
- Spine rotates
- Back pain
- Problems breathing

To find out more information about Dr. Lowenstein and Atlantic Health System-affiliated providers, visit atlanticealth.org/doctors. Dr. Lowenstein can be reached at 973-538-0900.



Urgent Care for Unexpected Medical Needs

MAUREEN'S STORY: NOT JUST ANY URGENT CARE ... ADVANCED URGENT CARE

Maureen's 16-year-old son, Mac, experienced severe upper body pain after playing soccer. "He didn't have any sort of collision or fall, but had pain in his shoulder blade, under his arm and sternum," says Maureen. She took him to AdvancED Urgent Care after being uncomfortable with another urgent care's diagnosis the night before. They had sent him home with ibuprofen for what they believed to be a muscle strain. "Since he hadn't improved by the following morning, I brought him to AdvancED."

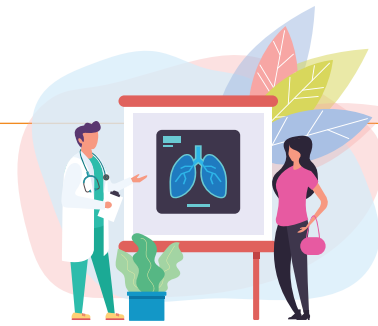
Maureen says when they went to AdvancED Urgent Care, the physician immediately assessed that it was more than muscle pain and performed an EKG and chest X-ray. The doctor determined he had a partially collapsed lung and, within minutes, he was rushed to Morristown Medical Center, where a team had been alerted in advance and was waiting for him.

"The things that stood out for us were the speed and accuracy with which they addressed and diagnosed my son's serious medical issue," says Maureen. "They were very thorough in the testing and had a solid plan to get him the help he needed. And, the physician's sincere caring and empathy is something I'll never forget." ▲

Staffed with board-certified emergency medicine physicians, the walk-in center's medical professionals diagnose and treat minor injuries to complex conditions in adults and children one year and up.



The AdvancED Urgent Care center, located at 333 Route 46 West in Mountain Lakes, is open Monday through Friday, 8:00am to 8:00pm and weekends, 8:00am to 5:00pm. No appointment is necessary, and there is convenient, free parking. The center can be reached at 973-939-6220.



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

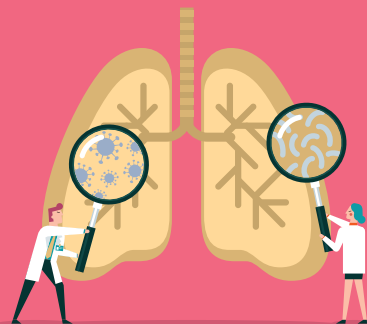
Tom Thomas, MD, MPH, is director of head and neck reconstructive surgery and transoral robotic surgery at Morristown Medical Center. He is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at Atlantic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

Growing Forward Campaign: Help Morristown Medical Center Go Beyond #1

For more than 125 years, Morristown Medical Center has accomplished its goal of delivering high-quality and innovative health care due, in part, to loyal donors. The impact of philanthropy is one of the main reasons the hospital earned the No. 1 ranking in New Jersey by *U.S. News & World Report* for the third year in a row, as well as recognition as a national leader for cardiology, orthopedics and gynecology.

With every success comes the need for improvement. The Growing Forward Campaign, a \$38.5 million capital investment, is enabling the hospital to revamp its centers of excellence in heart, cancer and pediatrics.

"As a nonprofit hospital, support for new capital projects, innovative research, equipment, and the expansion and development of programs comes from our generous donors," says Trish O'Keefe, PhD, RN, president of Morristown Medical Center.

GAGNON CARDIOVASCULAR INSTITUTE

Gagnon Cardiovascular Institute often operated at close to capacity. What's more, outpatient labs were regularly full and patients needing noninvasive imaging procedures waited up to six weeks. With demand only expected to increase, an expansion proved the necessary remedy. The 55,400-square-foot addition recently created 72 new private rooms. And with the new cardiac MRI scanner, cardiologists can now scan up to 12 patients a day.

CAROL G. SIMON CANCER CENTER

Each year, nearly 40,000 patients receive expert care at Carol G. Simon Cancer Center. An anticipated increase in a variety of cancers will draw even more patients, putting further strain on already high


patient volumes. On top of this, patients must navigate services and treatments on different floors, adding stress to visits. A much-needed redesign will create 20% more useable space. Improvements to the new Infusion Center promote a healing environment, and infusion bays increased from 24 to 36. Reconfiguring the lobby into a Patient Access Center will also streamline registration.

GORYEB CHILDREN'S HOSPITAL

In the last decade, Goryeb Children's Hospital's patient volume increased by 80%. Thanks to the Growing Forward Campaign, these critical units supporting our youngest patients have room to grow.

The Valerie Fund Children's Center, which opened this summer on the third floor of Goryeb Children's Hospital, has eight open and private infusion bays for chemotherapy and blood work, four new exam and consultation rooms, a large procedure room, private family lounge and playroom.

The expanded Joan and Edward Foley Pediatric Intensive Care Unit opened in fall 2019 with six additional beds. The Ryan Family Pediatric Inpatient Unit South, which opened previously, added eight private rooms. These rooms, combined with the 26-bed Vanech Family Pediatric Inpatient Unit, boosted inpatient (non-critical care) to 34 beds.

For more information on the Growing Forward Campaign or any of Morristown Medical Center's needs, please visit f4mmc.org. From the Women's Health Clinic to hospice care, you can make an impact in any area of the hospital. 

For more information, visit f4mmc.org.

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
- Allergies
- 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 Morristown 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.

CANCER CARE

For more information, visit atlanticealth.org/cancerclass.

Begins September 16 for six weeks via Zoom, 12:30-1:30pm	QUIT SMOKING PROGRAM Nicotine replacement products provided at no cost and/or recommendations for medication to help you quit.	For more information, contact Lisa Picciuti, LCSW, OSW-C, NCTTP at 973-971-6358 or Joan Corasaniti MSN, RN, CEN, NCCTP at 973-971-6358.
----------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------

COMMUNITY HEALTH

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

DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Monday-Friday, 8:00am-4:00pm and by appointment	HIV TESTING/PrEP	To schedule an appointment, call 973-971-5524.

DIABETES AND WELLNESS

DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Various dates and times	THERAPY APPOINTMENTS Virtual and in-person diabetes and medical nutrition therapy appointments are ongoing.	To schedule an appointment, call 973-971-5524.

PARENTING AND CHILDBIRTH

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

SUPPORT GROUPS

DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Monthly	HEART FAILURE GROUP AND MILRINONE SUPPORT GROUP	For schedule details and more information, call Kathy Hollasch or Ellen Berry at Heart Success at 973-971-4179.
First Thursday of the month, 2:00-3:00pm (all members); Third Thursday of the month, 1:00-2:00pm (caregivers); Third Thursday of the month, 2:00-3:00pm (survivors)	STROKE SUPPORT (VIA ZOOM)	For more information, contact Lauren Yobs at lauren.e.yobs@atlanticealth.org .

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

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



MyChart GIVES YOU ONLINE ACCESS TO YOUR MEDICAL RECORD.

- Manage your appointments
- Download your record
- Access your test results
- Communicate with your doctor
- Request prescription refills
- View and pay your hospital bill online

• **NEW: Reduce in-person contact with eCheck-In**

*One Patient, One Record,
One Atlantic Health System.*



To learn more, go to atlantichealth.org/mychart

MyChart Support: 1-800-205-9911

Whether you need help enrolling, resetting your password, general technological support, or troubleshooting of any kind – call toll-free 24 hours a day, 7 days a week!



Atlantic Health System