

AtlanticView

at Morristown | Spring 2022

LIVING WITH
HYPERTROPHIC
CARDIOMYOPATHY:
SARA'S STORY

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CONQUERING METASTATIC
BRAIN CANCER WITH
SURGERY AND CYBERKNIFE®

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Atlantic Health System
Morristown Medical Center

LETTER FROM THE PRESIDENT

As we enjoy these early days of Spring, it's wonderful to see so many people getting back to outdoor activities. We are grateful that so many people have received their COVID-19 vaccines and boosters. If you have not already done so, please consider getting vaccinated as soon as possible, and remember that everyone ages 5 and up are eligible.

For the seventh year in a row, Morristown Medical Center achieved Healthgrades 2022 America's Best Hospitals Award. Only two hospitals in New Jersey achieved this distinction, placing us in the top 1% of nearly 4,500 hospitals nationwide. We were also named one of *Newsweek's* World's Best Hospitals 2022, and top among all NJ hospitals. These recognitions are a tribute to our team members and physicians who dedicate themselves to providing extraordinary, high-quality patient care.

We continue to be recognized for achievements in patient safety and

quality. In addition to our "A" safety rating, the Leapfrog Group named Morristown a Top Teaching Hospital. We also earned "high performing" in maternity care by U.S. News & World Report, and the American Association of Critical Care Nurses awarded its highest gold level Beacon Award for Excellence to our ICU and the Cardiac Access Unit.

In this issue of *AtlanticView*, you'll learn about the expansion of our Emergency Department, our new Cardiovascular Rescue and Recovery Program, and a new study about valve replacement for patients with aortic stenosis. You'll also meet some of our patients: Sara, who discovered she has hypertrophic cardiomyopathy; Gregory, who learned the importance of screening for lung cancer; and Ed, who has conquered metastatic brain cancer.

Please be safe as you enjoy the outdoors. Morristown Medical Center proudly continues to serve our communities and we appreciate your ongoing support.



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

AtlanticView

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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 1,841 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
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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. Gagnolati

Brian A. Gagnolati
President & CEO,
Atlantic Health System

CRUCIAL CATCH RECAP

Thank you to the New York Jets for holding the Crucial Catch 50/50 raffle. Fans made the most of the opportunity to try their luck and support Goryeb Children's Hospital, bringing in \$54,796. Half of the money raised — \$27,398 — went to support Goryeb Children's Hospital as part of the NFL and American Cancer Society's Crucial Catch: Intercept Cancer campaign. Accepting the check are members of our leadership team at Atlantic Health System.



(l-r) Dr. Walter Rosenfeld, Dr. Steven Halpern, Joanna Wright, Dr. Douglas Arbittier, Nikki Sumpter and Kevin Lenahan

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 atlanticealth.org/inspire.

MORRISTOWN MEDICAL CENTER EARNS TWO PRESTIGIOUS RANKINGS



Named Among World's Best Hospitals and Best Hospitals for Infection Prevention by Newsweek, 4th year in a row



One of America's 50 Best Hospitals by Healthgrades 7th consecutive year

Get Involved With Camp Clover



Atlantic Visiting Nurse will once again sponsor its bereavement day camp for children, Camp Clover. The camp, which is free of charge, is available to children and teens grades 1 through 8 who have experienced the death of a close relative or friend. Dates are from August 15 through August 18, 2022, at Camp Riverbend in Warren, NJ. To register, volunteer or donate, please call 973-379-8444.



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.**

MORRISTOWN MEDICAL CENTER BEGINS \$26 MILLION EMERGENCY DEPARTMENT EXPANSION AND MODERNIZATION



Morrystown Medical Center started construction on the expansion and modernization of its Sameth Emergency Department (ED).

The project will optimize existing emergency department space to meet the community's current and future needs to continue to provide a clinically superior patient environment for better outcomes and improve operational flow.

The Sameth ED will be equipped with the best-in-class technology, such as advanced computed tomography (CT) scanners, new patient cardiac monitors and expansion of trauma elevators.

The physical expansion will accommodate additional beds and optimize the ED's interior footprint. The most significant undertaking is relocating the 17-room Gagnon Children's Emergency Department that is currently located next to the general ED. The dedicated pediatric emergency department will be moved to the first floor of Goryeb Children's Hospital, which will have a separate entrance. The project is expected to be completed in 2024.

DEMAND HAS INCREASED SUBSTANTIALLY

As a Level 1 ACS Trauma Center, Morrystown Medical Center's ED is among the busiest in the state of New Jersey, averaging over 100,000 patient visits per year.

"We are thrilled to bring a much-needed, newly expanded and modern emergency department to our community," says Trish O'Keefe, PhD, RN, president of Morrystown Medical Center. "During the last few years and throughout the pandemic, we have experienced an increased demand for

emergency medical and trauma services. We have exceptional medical specialists and subspecialists available to treat any illness that comes through our doors for adults and children. We continue to provide extraordinary, high-quality care; the latest technology; and modernized space to continue to serve our community now, and well into the future."

COMMUNITY SUPPORT

The Sameth ED renovation and expansion cost is an estimated \$26.9 million, and philanthropy will be crucial to help position the ED for the future.

"The Campaign for Building Excellence in Emergency Care was announced to the public in October 2021 and our community has already begun to show support for this vital initiative in a meaningful way – donating more than \$8 million toward our \$10 million philanthropic goal. We are truly grateful for the outpouring of heartfelt generosity from our donors," says William Marino, Campaign for Building Excellence in Emergency Care chairman and Foundation for Morrystown Medical Center trustee.

Generous contributions to the Campaign include a \$2.5 million commitment from the Margaret A. Darrin Charitable Trust as well as a \$500,000 grant from the Healthcare Foundation of New Jersey to support Pediatric Behavioral Health in the ED. ▲

To learn more or donate, please visit f4mmc.org/sameth-ed.

“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.

LIVING WITH HYPERTROPHIC CARDIOMYOPATHY: SARA'S STORY

As a working mom with two daughters — one of whom had health issues from an early age — Sara A. always put her children and her husband, Raul, first. Unfortunately, that meant she often ignored her own health concerns, which included shortness of breath, dizziness, heart palpitations and, at times, debilitating chest pains.

"I was just 26 years old, and I couldn't go up a flight of stairs without feeling extremely winded," says Sara, a certified medical assistant (CMA) from Newark. "It felt like I had run a whole mile." When she did seek medical help, doctors believed anxiety might be causing her symptoms.

FINALLY, A DIAGNOSIS

But she did not find the true cause of her discomfort until her brother, then 14, joined his high school football team. An electrocardiogram taken during his sports physical showed an abnormality. He eventually went to a New York City hospital, where he was diagnosed with hypertrophic cardiomyopathy (HCM), a type of genetic and life-threatening heart disease marked by thickening of the heart muscle, which makes it harder for the heart to pump blood.

"As his doctor is explaining the symptoms of HCM to my brother, I'm realizing I have all those symptoms, too," Sara says. Her whole family then underwent genetic testing for HCM. Both Sara and her oldest daughter, then age 7, tested positive.

At first, the news was devastating for Sara. Because HCM increases the risk for sudden cardiac death during high-intensity exercise, health care providers often recommend that people with HCM limit their physical activity. "Doctors in New York made me feel like I was going to die," Sara says. "They said I couldn't be active. I couldn't have any more kids. I felt like my future was over. I didn't know if I'd live to see my kids grow up."

FINDING THE RIGHT CARE TEAM

Then she received a referral to the Chanin T. Mast Center for HCM at Morristown Medical Center, New Jersey's only HCM Center of Excellence. The center, one of the largest on the East Coast, cares for more than 1,000 HCM patients a year.



"This was the first time I was told that I could still live a long life with HCM," Sara says. "I asked if I could

have kids again. My doctor said he didn't see why not, as long as I took my medication and followed my treatment plan."

Since that first visit to the HCM center five years ago, Sara's learned to live with HCM. "I'm able to go to the gym, work out, and I can even outrun my kids, which I couldn't do before," Sara says.

She's staying safe by following her treatment plan, which includes medications to help regulate her heartbeat and reduce fluid buildup around her heart. If her HCM worsens, she may need an implantable cardioverter-defibrillator (ICD), a mechanical device that helps control heart rate. Her brother, who has a more serious form of HCM, had an ICD implanted a few years ago. "He's living his best life, and I know he has the ICD to protect him," Sara says.

CARING FOR THE WHOLE PERSON

Throughout her HCM journey, Sara has forged deep connections with her care team. "They are not only my health care providers, but they are my counselors, my therapists, my everything," Sara says. "When my husband lost his job and we had no way to provide for our family, I cried for an hour. HCM nurse practitioner Deatrah Dubose hugged me, talked to me, consoled me. Their whole team treats you with love and care."

Now, Sara has joined their team. She works full time as a certified medical assistant at Atlantic Medical Group Hypertrophic Cardiomyopathy Associates and is studying nursing at Essex County Community College. "Working with HCM patients and letting them know they're not alone is my dream come true," Sara says. "I tell them not to let HCM define you. My brother and I are proof that you can have HCM and still live a normal life." ▲

For more information, visit atlantichealth.org/hcm

Chanin T. Mast Center for Hypertrophic Cardiomyopathy
111 Madison Avenue, Third Floor, Suite 301
Morristown, NJ 07960 | 973-971-5899

Your support of the Chanin T. Mast Center for Hypertrophic Cardiomyopathy can make a difference in someone's life today. Please consider giving today: f4mmc.org/hcm.

Conquering Metastatic Brain Cancer With SURGERY AND CYBERKNIFE®

“You are disease-free in the brain.”

Hearing these words nearly a year after discovering kidney cancer had spread to his brain brought 56-year-old Edward B. to tears. This triumph was his latest victory in a cancer journey that spans more than a decade.

In 2011, Ed discovered he had prostate cancer. Thankfully, it was caught early and, with the removal of his prostate, he returned to his normal life. He went years without any signs of the cancer returning, so when the avid softball player’s hip began bothering him in the summer of 2019, he did not think much of it.

“I thought I might have pulled a muscle or stretched incorrectly, but by the end of the summer softball season, I was on crutches and eventually couldn’t put any weight on my hip at all. I knew I had to get checked out,” says Ed.

He got an ultrasound at an urgent care, saw an orthopedist and had an X-ray done, but everything came back clear. It was not until he got an MRI scan of his hip that doctors detected a mass in his kidney. A CT scan confirmed Ed had kidney cancer that had spread to the ball and socket joint of his hip. Within a few days, Ed had a hip replacement. After that, he began immunotherapy treatment under the care of Charles M. Farber, MD, PhD, a fellowship-trained oncologist, board-certified in medical oncology by the American Board of Internal Medicine, which activated his



Hearing he is disease-free in the brain brought Ed, shown here with his daughter, to tears.

own immune system to attack the cancerous cells in his body — and had his kidney removed in early 2020.

“After I recovered from the surgery, things were good,” Ed recalls. “That summer I was down the shore living life — but one day I lost my balance, fell down and literally couldn’t figure out how to get myself up.”

DO NOT DELAY SEEKING CARE

At the recommendation of Ashley Day, a physician assistant on Dr. Farber’s team, Ed went in right away for an evaluation with his oncology team at Morristown Medical Center and had a full-body MRI. The scan detected two sizable masses in his brain. In 48 hours, he was in the operating room with Dr. Farber’s colleague, fellowship-trained neurosurgeon Yaron A. Moshel, MD, PhD, who is co-director of Gerald J. Glasser Brain Tumor Center and board-certified by the American Board of Neurological Surgeons.



An avid sports fan, shown here with his son, Ed is attending Mets Fantasy Camp this fall.

BEST COURSE OF ACTION TAKEN

"The tumors in Ed's brain were large enough that we needed to remove them as our first order of business," notes Dr. Moshel. "We typically don't remove multiple tumors at once, but sometimes that's the best course of action. Ed's was one of those situations, so we did a 'two for one' brain surgery. In one operation, we completely removed both tumors from different parts of the brain using a minimally invasive technique that reduced potential side effects and recovery time."

"To give Ed the best chance of being disease-free in the brain, we also treated the brain tumor resection margins with CyberKnife®," adds Joana S. Emmolo, MD, a radiation oncologist, board-certified by the American Board of Radiology, and director of radiation oncology at the Glasser Brain Tumor Center. "This delivers highly targeted stereotactic radiation that eliminates any remaining microscopic cancer cells and helps prevent cancer cells from recurring in those problem areas."

"When I chose to be a bone marrow donor 20 years ago and was selected as a match for a 19-year-old girl I didn't know, I went ahead with the transplant because I truly believe that what comes around, goes around."

— Edward B.

To stay proactive in controlling the potential recurrence of the disease in the brain, Ed receives follow-up brain scans every four months. To control the cancer elsewhere in his body, Ed is also on an oral chemotherapy and has PET scans every three months.

LOOKING FORWARD TO THE FUTURE

Committed to living every day the best he can, Ed is attending Mets Fantasy Camp this fall and is planning a trip to Italy with his family next summer. He also believes everything happens for a reason.

"When I chose to be a bone marrow donor 20 years ago and was selected as a match for a 19-year-old girl I didn't know, I went ahead with the transplant because I truly believe that what comes around, goes around," he says. "I thought if I do this, if my kids or I needed something down the line, someone else would be there to take care of us. The phenomenal team at Morristown and Overlook medical centers has done that ... and so much more." ▲

Dr. Yaron Moshel, co-director of Gerald J. Glasser Brain Tumor Center, and Dr. Joana Emmolo can be reached at 973-993-7322.

ATLANTIC MEDICAL GROUP

Dr. Charles Farber is part of Atlantic Medical Group, a multispecialty network of health care clinicians. He can be reached at 973-971-7960.

ATLANTIC HEALTH SYSTEM

Launches Cardiovascular Rescue and Recovery Program at Morristown Medical Center, NJ's No. 1 Heart Hospital



Dimitrios Karpaliotis,
MD, PhD



Amirali Masoumi, MD

Atlantic Health System launched the **Cardiovascular Rescue and Recovery Program at Morristown Medical Center**. Under the leadership of world-renowned interventional cardiologists Dimitrios Karpaliotis, MD, PhD, FACC, FSCAI, and Amirali Masoumi, MD, FACC, the Cardiovascular Rescue and Recovery Program provides advanced treatment for patients in need of complex percutaneous coronary intervention (PCI) due to severe, total or multiple difficult-to-treat blockages of their coronary arteries (PCI is angioplasty with or without a stent). The program will also expand the advanced support capabilities for patients who are gravely ill with acute cardiac problems such as cardiogenic shock, in which the heart suddenly cannot pump enough blood to meet the body's needs.

TREATING COMPLEX PROBLEMS WITH ADVANCED SKILL

Serious and complex artery blockages are becoming more common and more difficult to treat. Therefore, highly specialized and experienced teams are needed to deliver lifesaving treatment. State-of-the-art technologies and teams with advanced training and technical skills are essential for optimal treatment for those who have complex cardiovascular problems. The program's philosophy is that every PCI, whether

simple or complex, should be assessed and performed at the highest level of precision. The Cardiovascular Rescue and Recovery Program establishes Morristown Medical Center as a national leader in complex coronary procedures.

The Cardiovascular Rescue and Recovery team will also address other serious cardiac conditions, including cardiogenic shock, enhancing Morristown's existing best-in-class care, as New Jersey's top heart hospital as named by *U.S. News & World Report*. Cardiogenic shock most commonly occurs after a heart attack, and is frequently lethal. But with coordinated, 24/7/365, multidisciplinary care, including mechanical support, PCI and surgical revascularization, Morristown provides improved outcomes for these complex patients. The Cardiovascular Rescue and Recovery Program will expand these capabilities at Morristown, which will be accessible to patients at all Atlantic Health System medical centers and will further support the program by expanding its advanced medical imaging tools and clinical trials for complicated heart conditions.

TREATING CRITICAL CASES THAT OTHERS COULD NOT

"World-class cardiac centers such as our Cardiovascular Rescue and Recovery Program continue to evolve to successfully care for patients who, just a few years ago, could not be treated,"



“We offer effective treatment options to patients who are not given options at most other medical centers.”

**Linda D. Gillam, MD, MPH, MACC, Dorothy and Lloyd Huck
Chair, Department of Cardiovascular Medicine, and medical
director, Cardiovascular Service Line, Morristown Medical
Center/Atlantic Health System**

says Linda D. Gillam, MD, MPH, MACC, Dorothy and Lloyd Huck Chair, Department of Cardiovascular Medicine, and medical director, Cardiovascular Service Line, Morristown Medical Center/Atlantic Health System. “We are increasing our capacity to treat critically ill patients as well as those with extremely serious chronic heart conditions. We offer effective treatment options to patients who are not given options at most other medical centers. In addition, comprehensive and personalized care remains the foundation of our approach.”

Morristown Medical Center recruited two leading physicians from Columbia University Irving Medical Center to help direct the program and provide exceptional patient care: Dr. Karpaliotis, who serves as medical director of the Cardiovascular Rescue and Recovery Program and of the Advanced Coronary Therapeutics and Chronic Total Occlusions Program; and Dr. Masoumi, who serves as medical director of the Cardiac Care Unit and medical and interventional director of the Cardiogenic Shock and Mechanical Support Program. Both are internationally renowned for treating heart diseases affecting seriously ill patients.

The new program will bring together Morristown Medical Center’s cardiac services with dedicated teams of experts in

treating coronary artery blockages and managing critically ill patients, especially those with life-threatening heart pump failure and cardiogenic shock. The program will ensure expert and consistent use of the medical center’s broad spectrum of highly specialized tools for managing serious heart disease, around the clock.

A WIDE RANGE OF SERIOUSLY ILL HEART PATIENTS WILL BENEFIT FROM THE PROGRAM

The Atlantic Health Cardiovascular Rescue and Recovery Program is supported in part by the generosity of donors in the community. Neil and Lois Gagnon, who have given consistently for nearly 30 years to all areas of Morristown Medical Center and helped establish the Gagnon Cardiovascular Institute at Morristown Medical Center in 2008, have continued their generosity and made a lead gift to facilitate the launch of this critical program. “We are thrilled to have a role in expanding the hospital’s capacity to treat those with serious heart conditions in our community and continue to be eager to support comprehensive and award-winning care provided by Dr. Gillam and her team,” says Neil Gagnon, Foundation for Morristown Medical Center honorary trustee. ▲

The program will ensure expert and consistent use of the medical center’s broad spectrum of highly specialized tools for managing serious heart disease, around the clock.

ATLANTIC MEDICAL GROUP

Drs. Karpaliotis and Masoumi are part of Atlantic Medical Group, a multidisciplinary network of health care clinicians. They can be reached at the Cardiovascular Rescue and Recovery Program at 973-971-8994.

Visit atlanticealth.org/crrp for more information.

Morristown Medical Center Randomizes **FIRST PATIENT IN WORLD** to New Study to Evaluate Treatment With TAVR for Moderate Aortic Stenosis



Philippe Généreux,
MD, FACC, FRCPC

Morristown Medical Center has enrolled the first patient in the world in the PROGRESS clinical trial (“A Prospective, Randomized, Controlled Trial to Assess the Management of Moderate Aortic Stenosis by Clinical Surveillance or Transcatheter Aortic Valve Replacement”), which has been given the approval of the U.S. Food and Drug Administration.

Philippe Généreux, MD, FACC, FRCPC, an interventional cardiologist, and a director of the Structural Heart Program for the Gagnon Cardiovascular Institute at Morristown Medical Center, serves as the trial’s principal (lead) investigator.

EARLY INTERVENTION MAY SAVE LIVES

Traditionally, patients with aortic stenosis (AS) — a narrowing of the aortic valve in the heart that keeps it from opening fully — are regularly followed and monitored by their cardiologist, with current cardiology society guidelines

recommending valve replacement only when they reach a critical or severe degree of stenosis. However, some patients with moderate AS may develop irreversible heart damage or even die before AS becomes severe. The PROGRESS trial will evaluate whether there is benefit from replacing the aortic valve via a minimally invasive, nonsurgical, catheter-based procedure (called a transcatheter aortic valve replacement, or TAVR) before patients progress to a severe degree of AS, as compared to the standard of care of clinical surveillance.

THE PROGRESS TRIAL

“The PROGRESS trial is an extremely important trial for the more than 2.5 million people who suffer from aortic stenosis. It may change the current paradigm of waiting until patients reach a severe or critical degree of stenosis before replacing their valves,” says Dr. Généreux. “The progression of aortic stenosis is unpredictable, and there may be a price to pay for waiting to treat — the goal of early intervention with valve replacement is to preserve the heart’s function, prevent further heart deterioration and, in some cases, prevent death.”

“We are excited to randomize the first patient to the PROGRESS trial,” says Linda D. Gillam, MD, MPH, MACC, Dorothy and Lloyd Huck Chair of Cardiovascular Medicine and medical director, Cardiovascular Service Line, Morristown Medical Center/Atlantic Health System. “This illustrates one of the many benefits of research at Morristown Medical Center and Atlantic Health System — giving our patients access to new approaches to their care.” ▲

For more information, call Cardiac Research at 973-971-5951 or visit atlantichealth.org/research.



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.



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.”



“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. 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 atlantichealth.org/cancerhides.

Community Members Donate More Than \$24.6 Million to Morristown Medical Center

“The generosity I witnessed in 2021 — following the outpouring of support for the Growing Forward Campaign (which supported the renovation and expansion of Carol G. Simon Cancer Center, Gagnon Cardiovascular Institute and Goryeb Children’s Hospital) and COVID-19 Support Fund — has been astonishing,” says Jennifer L. Smith, chief development officer for the Foundation for Morristown Medical Center.

This generosity — more than \$24.6 million in donations to support Morristown Medical Center and Goryeb Children’s Hospital —



Front-line team members show their gratitude for meals provided by FLAG (Front Line Appreciation Group of Chatham and Madison)

In addition, donations from the community helped care teams remain energized throughout the extended months of the global pandemic.

will help expand clinical excellence, fuel research initiatives, introduce new technologies and add innovative programs. Additionally, in-kind donations — from dinners to donuts — helped care teams remain energized throughout the extended months of the global pandemic.

The community’s deep investment leverages the hospital’s ability to deliver extraordinary care and elevates Morristown Medical Center’s recognition nationally. In return, this vibrancy, fueled by philanthropy, touches everyone in the community. ▀



A Goryeb Children’s Hospital patient participates in a donor-funded horticulture therapy program

The Foundation for Morristown Medical Center is extremely grateful to our community of donors. To learn more about donor impact or how to support our nonprofit hospitals, visit f4mmc.org.

community calendar Spring 2022

Welcome to your Morristown Medical Center Community Calendar. Many of our classes will be held virtually. Call the telephone number listed or email the contact person for more information. Please visit atlanticealth.org/calendar for up-to-date information and a full listing of classes and events.

COMMUNITY HEALTH

Community Health offers a variety of health and wellness programs across the lifespan. For a complete list of offerings, please visit atlanticealth.org/calendar. For more information, please call us at 1-844-472-8499.

DIABETES AND WELLNESS

Classes and Support Groups are available. Call 973-971-5524 for more information.

ADULT DIABETES EDUCATION CENTER

PARENTING AND CHILDBIRTH

Third Saturday of every month, Noon

VIRTUAL MINDFUL PREGNANCY

SUPPORT GROUPS

Second Wednesday of the month, 12:30-1:30pm. Call Ellen Berry to register at 973-971-4179 or ellen.berry@atlanticealth.org. Meetings are virtual.

HEART FAILURE GROUP AND MILRINONE SUPPORT GROUP

Third Wednesday of every month, 7:00-9:00pm. Call George Salamy at 908-400-3311 or email gfsalamy@comcast.net.

OSTOMY SUPPORT GROUP (VIRTUAL)

Third Thursday of the month,
1:00pm – Caregivers
2:00pm – Survivors
(currently meeting through Zoom)

STROKE SUPPORT (VIA ZOOM)

Fourth Monday of the month, 6:30-8:00pm. New members must register by calling 973-971-5699.

THRIVE – AFTER THE ICU RECOVERY SUPPORT GROUP (VIRTUAL)

ONCOLOGY

Fridays, 11:00am-12:30pm. Call 973-971-7287 for more information.

ART THERAPY GROUP

Call for more information: 973-971-6514

CAREGIVERS GROUP

First Monday of the month, 3:00-4:00pm. Call 908-522-5347 for more information.

CAROL G. SIMON CANCER CENTER NUTRITION AND WELLNESS

Every Wednesday, Noon-12:30pm

GUIDED MEDITATION

Third Wednesday of the month, 1:30-3:00pm. Call 973-971-4063 for more information.

HEAD AND NECK SUPPORT GROUP

Call 973-971-7971 or 973-971-6358 for dates and times and to enroll.

QUIT SMOKING PROGRAM

First Tuesday of the month, Noon-1:30pm. Call 973-971-6514 for more information.

POST TREATMENT GROUP

Third Wednesday of the month, 1:00-2:00pm. Call 973-971-5169 for more information.

SURVIVORSHIP SERIES

Donating your time as a health care volunteer is a rewarding experience and a great way to give back to your community. We are currently looking for individuals who want to make a difference and assist our health care heroes in serving our patients. If you are interested in learning about our volunteer opportunities or joining our team, visit <https://www.atlanticealth.org/patients-visitors/donate-volunteer/volunteer.html>

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 atlanticehealth.org/doctors.



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*Tie, 2021-2022



To learn more visit atlanticehealth.org/usnews