

AtlanticView

at Overlook | Winter 2019



MOMENTS
THAT MATTER

HELICOPTER
TRANSPORT
SPEEDS ACCESS
TO LIFESAVING
TREATMENT

Read Ron's Story

Two Local Men Share a Pair
of Lungs from Same Donor

Preparing for Surgery?
We Can Help

Fighting the Winter Blues



Atlantic Health System
Overlook Medical Center

In life, we teach our children that if you learn the content, the good grades will follow. For health care professionals, this is even more accurate. We work hard to make a positive difference in the lives of people who entrust us with their care – not to win awards or accolades. So why do I start every issue telling you about all the awards and recognition given to Atlantic Health System and Overlook Medical Center? And why should you care?

You should care because delivering the best available, safest care is hard work and not as common as you might think. Our teams dedicate themselves to it every day for our patients. But without these awards, patients would have no measuring stick to gauge the quality of the care available and make important decisions. As we say at Atlantic Health System – *Where you go for health care matters.*

So, I'm so pleased to share with you that our team at Overlook has well-deserved recognition in many areas for putting our patients first and delivering excellent care in 2018. We just received another A from Leapfrog for hospital safety, and were again listed by Healthgrades as one of America's 100 Best Hospitals for 2019 in Critical Care, General Surgery and Stroke Care, in addition to multiple excellence awards in specialty areas. The American College of Surgeons has also recognized us with their top honors for surgical outcomes, placing us among elite academic medical centers across the country.

2018 was a great year at Overlook. We welcomed 154 physicians in various specialties to the Overlook staff, as well as a new director of orthopedic oncology for Atlantic Health System. And we have lots of plans to innovate and improve our care even more in 2019.



Alan Lieber

ALAN LIEBER
President,
Overlook Medical Center

I hope you enjoy this issue of *AtlanticView at Overlook*, which highlights many of the cutting-edge and beneficial treatments available to you right in your backyard – as well as some heart-warming stories. Please check out our calendar of events to help you keep busy and stay healthy this winter.

On behalf of the health care team here at Overlook Medical Center, thank you for your support in 2018 and we wish you and your loved ones a happy, healthy, and safe winter.

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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 1,747 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 their respective field.

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ON COVER: RON AND HIS WIFE GET BACK TO ENJOYING VACATIONS.



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Encouraging Your Health & Wellness Journey

Each new year, we have another chance to begin a journey toward better health. Whatever your wellness goals are for 2019, Atlantic Health System is here to support you.

Our experienced team is ready to help you improve mind, body and soul at a series of engaging events throughout the year. Building healthier communities is more than our mission, it is our promise to you.

We are fulfilling that promise every day at Overlook Medical Center through lifesaving care, research and technology. Right here in your own backyard, the Overlook team is ready to care for your family, day and night.

With so many exciting initiatives across our system, I am pleased to have a unique opportunity to serve as chairman of the American Hospital Association in 2019.

I look forward to sharing Atlantic Health System's best practices for protecting patients and caregivers with legislators and health care leaders from across the country, as I work to support the association's mission to ensure access to health insurance and high-quality care for all.

Wherever 2019 takes you, I wish you good health and much happiness. As always, thank you for entrusting the Atlantic Health System family with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

Atlantic Health System Makes *Fortune's* 'Best Workplaces for Women' List



Fortune has named Atlantic Health System No. 38 on its list of the Best Workplaces for Women. The list has been published four times, and this marks Atlantic Health System's fourth year on the list. In addition, Atlantic Health System is the only health care organization in New Jersey to be recognized.

With a dynamic workforce made up of more than 75 percent women, Atlantic Health System is proud of its culture of inclusion that ensures all our colleagues are treated equitably and are able to achieve their personal and professional goals in a caring and supportive environment. Atlantic Health System's Women's Leadership Council was developed last year to create further opportunities for women across the system.



Overlook Medical Center Earns 'America's 100 Best Hospitals' Honors

Healthgrades®, the leading online resource for comprehensive information about physicians and hospitals, has named Overlook Medical Center one of "America's 100 Best Hospitals" in three specialties: Critical Care, General Surgery and Stroke Care for 2019.

This is the third consecutive year that Overlook Medical Center received this honor for General Surgery (2017-2019), as well as the fourth consecutive year for Critical Care (2016-2019) and the sixth consecutive year for Stroke Care (2014-2019).



OVERLOOK RECOGNIZED FOR SURGICAL PATIENT CARE

Overlook Medical Center was again recognized as one of 83 hospitals to achieve meritorious outcomes for surgical patient care in the American College of Surgeons' National Surgical Quality Improvement Program (ACS NSQIP).

LEAPFROG GIVES OVERLOOK MEDICAL CENTER AN 'A' FOR HOSPITAL SAFETY, AGAIN

Overlook Medical Center again received an "A" grade for hospital safety from Leapfrog, a national leader and advocate in hospital transparency. This rating signifies that Overlook Medical Center meets the highest safety standards in the United States.



WE WANT TO HEAR FROM YOU

Did you have an excellent care experience at Overlook? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

ATLANTIC ANYWHERE: We're Here When You Need Us

Atlantic Anywhere allows you to connect to Atlantic Health System anytime, anywhere. Find doctors, manage your personal health information, track important health indicators, schedule a Virtual Visit and much more:



- Easily search and schedule appointments with health care providers in your area.
- Access and securely manage your Atlantic Health System medical information through MyChart: refill medications, communicate with your physician, view lab results and book appointments with participating physicians.
- Get easy directions and maps to any of our locations, as well as indoor GPS to help you navigate at Overlook and other select sites.
- Track common health indicators, including weight, blood pressure, sleep patterns, pregnancy and more.
- See a doctor 24/7 through a Virtual Visit.
- View information that can help you prepare for your visit.
- Connect to many activity devices and apps, including Nike+, Runkeeper, Fitbit and more.
- Keep track of your medications and dosing schedule.
- Access insurance information and/or pay your bill online.

And do not forget, you can easily share all this data with your doctors, family and friends. Download Atlantic Anywhere by searching "Atlantic Anywhere" in the iTunes Store or Google Play Store. ▲



Don't Forget Valet Parking

Got stuck in Summit traffic? Let our valet service keep you on time for your appointments at Overlook.

Great care starts in the parking lot. Pricing is \$8 to valet – discounted to \$4 for those who have a valid state-issued handicap placard or ID.

The cost to park in the garages without valet is \$4 for up to five hours and \$7 for over five hours. Hours of operation are Monday through Friday from 5:30am to 9:00pm.

Overlook Fights Opioid Abuse



Overlook makes significant strides to stem the tide of addiction

There was a time in medicine when pain was considered the "fifth vital sign," and the prevailing ideology was that it must be addressed aggressively. In response, companies introduced ever-more-potent pain medications, and physicians wrote more prescriptions for said medications. These are but two of the factors that contributed to the current opioid epidemic in America – there are numerous others – and now, says Chief Medical Officer John R. Audett, MD, "this country has a mess on our hands. All of a sudden, though, the pendulum has swung. Now everyone is talking about the opioid crisis, and we know, as a nation, that we've got to get serious about this problem."

Medical associations and governing legislatures alike have begun calling for more stringent guidelines for opioid prescriptions. At Overlook, reports Dr. Audett, there has been a 60 percent reduction over three years in the number of patients leaving the emergency department with a prescription for an opioid. "The ED is a primary place where many of these prescriptions are written, so we looked at that area and started thinking about what we could do," he says. "By increasing awareness while considering non-opioid solutions, we were able to achieve a significant reduction."

That increased awareness has spread. Dr. Audett commends other departments for making their own inroads against opioid use. By way of example, he cites orthopedics, where doctors are injecting medication directly into surgical wounds to drive down the need for opioids; and general surgery, where doctors are using multiagent "cocktails" of non-opioid medications such as nonsteroidal medicines (ibuprofen, etc.) as alternatives to opioids. He further points to the benefits of properly educating patients. "A patient who is informed is much better able to manage pain," he says. "The goal isn't necessarily zero pain; the goal is that a patient is going to be able to get up and move and be functional. We are setting realistic expectations for patients." ▲

Growth in Your Community

Introducing Oncology & Infusion at Overlook Medical Center Union Campus

Imaging | Emergency Department | Lab Services | Rehabilitation | Cardiology
Internal Medicine | Wound Care | Development Disabilities Center

ATLANTIC HEALTH SYSTEM CANCER CARE UNION COUNTY LOCATIONS

**Overlook
Medical Center**
99 Beauvoir Ave.
Summit, NJ 07901

**Overlook Medical
Center – Union Campus**
1000 Galloping Hill Rd.
Union, NJ 07083

**Overlook Medical
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Call 908-522-3692 for an appointment.



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HELICOPTER TRANSPORT TO OVERLOOK SPEEDS ACCESS TO **LIFESAVING TREATMENT**

Ron was just one of a handful of patients who arrived at Overlook Medical Center by helicopter for lifesaving neurocritical care. The time saved in the air helped save his life.

In fact, since the November 2016 opening of Overlook's rooftop helipad for rapid transport of patients with acute neurological emergencies, many more lives have been saved.

"That's something our community can feel very proud about," comments John J. Halperin, MD, chairman, Department of Neurosciences, Overlook Medical Center.

"We've built the region's premier neuroscience institute with an unparalleled breadth of neurological, neurosurgical and neurodiagnostic capabilities, and many of the best and brightest neuroscience practitioners in the nation. It is essential that a neuroscience institute of this caliber have a helipad to provide the highest quality of care when minutes matter most – as in the case of stroke or aneurysm," Dr. Halperin adds.

For someone suffering an ischemic stroke – an interruption of blood flow to the brain – every minute the brain is deprived of oxygen, two million brain cells die. For these patients, there is a 4.5-hour window of time from the onset of symptoms to administer alteplase – a powerful medicine that dissolves clots blocking

brain arteries – or risk permanent disability or possibly death. Beyond that 4.5-hour window, or in instances when the onset of symptoms is unknown, patients may be candidates for catheter-based procedures, which can extract blood clots mechanically, sometimes in conjunction with alteplase.

"Time is brain," says Edward Zampella, MD, neurosurgeon at Overlook Medical Center who personally benefited from the expertise of his Atlantic Neuroscience Institute colleagues when he suffered a stroke of his own several years ago. "Every minute lost could mean a permanent decline in mobility or cognitive function."

"The helipad saves an estimated 20 or more minutes of transport time over either land transport or the previous two-step process of landing in a nearby location, followed by ground transport to Overlook Medical Center," says Dr. Halperin. "For patients with aneurysms, it means access to the state's finest team of experts, using the most sophisticated interventions available."

Each month, some six to eight patients suffering from stroke or subarachnoid hemorrhage (aneurysm) are transported from other hospitals throughout the region – via helicopter – to Overlook, a Joint Commission-certified Comprehensive Stroke Center. Physicians, nurses and technicians, who are trained in

"The helicopter ride was a blessing. It would have taken at least an hour to get to Overlook by ambulance, and the time saved made all the difference in his outcome."

– Betsy Guzenski

Betsy Guzenski took one look at her husband and knew something was very wrong. It was 4:00am, and Ron had fallen out of bed. The left side of his mouth drooped, and he could not use his left arm to push himself up.

Suspecting a stroke, Betsy called 911. Within minutes, the police, and then the paramedics arrived at the Guzenskis' Long Valley home and transported Ron to Hackettstown Medical Center. By the time Betsy caught up with them, minutes later, Ron was getting prepped to be secured inside a helicopter, awaiting transfer to Overlook Medical Center's Comprehensive Stroke Center.

Following a 15-minute flight to Summit, Ron was swiftly evaluated by neurosurgeon David Wells-Roth, MD, who explained that Ron had a spontaneous stroke, triggered by a dissection in his carotid artery, which led to a clot in his brain. Dr. Wells-Roth performed an advanced endovascular procedure to remove the clot – and within an hour, Ron had regained feeling on his left side and could wiggle his toes.

"The helicopter ride was a blessing," says Betsy. "It would have taken at least an hour to get to Overlook by ambulance, and the time saved made all the difference in his outcome."



treating critically ill neuroscience patients, meet the helicopter when it arrives on the medical center’s specially equipped rooftop helipad. The response team has more experience than any other center in the region.

Overlook is equipped with two neuroangiography suites along with the most advanced equipment and devices (essential for blood clot removal), the most advanced CT scanner available to rapidly and noninvasively assess brain artery blockage and the viability of damaged brain tissue, and a dedicated Neuro Intensive Care Unit. Ronald P. Benitez, MD, is the director of endovascular neurosurgery for Overlook, who specializes in both the surgical and endovascular management of cerebrovascular disease.

HELICOPTER ADDS SPEED TO TELESTROKE NETWORK

Overlook has a growing telestroke program, allowing stroke neurologists to evaluate and diagnose stroke patients quickly and remotely via two-way video communications software, similar to Skype. The telestroke program is in place at all five Atlantic Health System hospitals as well as others, including Hunterdon Regional Medical Center in Flemington.

“Telestroke enables us to swiftly evaluate stroke patients across a wide geographic area, and it can help guide the decision about which patients can benefit most from air transport to Overlook,” says Dave Petersen, manager, Atlantic Mobile Health/Atlantic Ambulance Corporation.

The number of helicopter flights per month is expected to remain at the original estimate of approximately two per week due to the neuroscience team’s ability to accurately diagnosis who needs a flight.

“Our helipad was built specifically to serve critically ill stroke patients, who can benefit from Overlook’s advanced level of care,” points out Alan Lieber, president of Overlook Medical Center.

“There were some serious concerns from members of the Summit community when we originally proposed the helipad project,” Lieber acknowledges, “but I believe that those concerns have been allayed after two years of successful lifesaving operations.”

Atlantic Air One – the primary helicopter used to transport patients to Overlook – is an EC-135 Eurocopter, one of the quietest

“The helipad saves an estimated 20 or more minutes of transport time over either land transport.”

– John J. Halperin, MD

in operation. It draws less attention than emergency vehicles with flashing lights and warning sirens.

Importantly, unlike news choppers or helicopters on TV – an air ambulance helicopter does not hover. It travels directly from one place to another, landing as swiftly and safely as possible with its precious cargo.

Despite these assurances, some might ask ... What is the impact of this program on a community, like Summit?

“Summit continues to be a highly desirable community in which to live, work and raise a family,” states Karen M. Canniffe, a realtor with Berkshire Hathaway HomeServices New Jersey Properties. “The real estate market here remains strong due to top-quality schools, accessibility to New York City with the Midtown-direct train, and a favorable quality of life. The fact that we have this amazing hospital in our backyard is an added bonus.”

ATLANTIC MEDICAL GROUP

Dr. Halperin is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

Visit atlanticealth.org/doctors to find out more information about Dr. Benitez and Dr. Zampella and Atlantic Health System-affiliated providers.

New Endoscopic Procedures Improve the Treatment of Gastrointestinal Disorders and Enhance Quality of Life

There was a time when the only way to address disorders and diseases of the gastrointestinal tract was with invasive surgeries. Many of these surgeries required days of recovery in the hospital or left patients with a diminished quality of life. Fortunately, the evolution of technologies and techniques means that doctors are able to do more investigative and therapeutic procedures noninvasively, with the use of endoscopy.

“Advancing a scope through the mouth is less invasive than cutting the skin,” says gastroenterologist Tamir Ben-Menachem, MD, interventional endoscopy lead for Overlook Medical Center. “Our ability to detect tiny cancers is vastly improved with modern endoscopes or colonoscopes equipped with ultra-high-definition cameras, and the use of magnifying lasers that allow us to see almost at the cellular level. Some of these devices are small and flexible enough to enter tiny canals in the liver and pancreas so we can treat conditions such as gallstones and pancreatitis nonsurgically. Perhaps the biggest game changer has been the development of endoscopic ultrasound. This technology allows us to evaluate and treat a multitude of conditions through the wall of the intestine without requiring skin incisions.”

Here, we take a closer look at some of the newer endoscopic procedures and techniques that allow our physicians to cure many benign and malignant diseases of the digestive tract, and treat previously untreatable conditions.

TUMOR RESECTION

Through interventional endoscopy at Overlook, doctors often are able to remove tumors of the stomach and esophagus that are



Advanced Gastrointestinal Interventional Endoscopy Team.
Left to right: Tamir Ben-Menachem, MD; Deborah Webber, RN; Susan Scott, RN. Far back: Gaye McLaughlin, RN.

too big to remove with standard endoscopes. With endoscopic submucosal dissection, these tumors can be removed without standard open surgery. With one technique, says Dr. Ben-Menachem, he is able to use endoscopic tools to “tent” the tumor, creating a little hill, and then slice it from the bottom. In another technique, he can create a cushion around the tumor and then “scoop out” the tumor; the cushion protects the surrounding area and isolates the tumor.

Sometimes, however, the tumor is too deep. In such an instance, the tumor can still be removed minimally invasively, though not completely endoscopically. “It becomes a combined approach,” says Dr. Ben-Menachem. “We remove the entire tumor with the endoscope, purposefully leaving a small defect in the wall of the stomach or intestine. The surgeon is with us in the operating room and then closes the small defect laparoscopically. Thus, we can completely resect a tumor of the stomach or intestine while preserving the majority of the organ.”

BARRETT’S ESOPHAGUS

Barrett’s esophagus is a precancerous condition of the esophagus that occurs as a result of long-standing reflux disease (heartburn). In some cases, tissue damage from acid exposure can progress from simple Barrett’s esophagus to precancerous lesions known as high-grade dysplasia. “We used to send people for surgery and often had to remove the esophagus for high-grade dysplasia, which diminishes quality of life,” says Dr. Ben-Menachem, one of few physicians in the state with extensive experience in endoscopic treatment of Barrett’s esophagus. “Now we don’t have to do that.”

If there are nodules on the esophagus, these are removed with endoscopic submucosal dissection techniques. If no nodules

are present, a magnifying laser is used to map the precancerous lesions and early stage cancers caused by Barrett’s esophagus; these are treated with heat, using radiofrequency ablation (RFA). For people with deeper lesions, or those for whom RFA has not been effective, cryotherapy – freezing the lesion, rather than heating it – is another option. Treatments are painless, says Dr. Ben-Menachem. “Our patients are back in business the next day.”

REFINING BARIATRIC SURGERY

Thousands of bariatric procedures are safely performed in New Jersey every year; unfortunately on rare occasions, surgical follow-up may be required. This could include addressing leaks in the digestive tract where connections are made, or scarring that prevents patients from swallowing properly. Many leaks can be treated with specialized endoscopic suturing devices, endoscopic stenting, adhesives and other techniques. For significant scarring, doctors can perform a series of dilations to stretch the scar tissue and open it, then put a temporary stent in the GI tract to prevent recurrence. “We try to make these fixes in the least invasive ways possible, in collaboration with Overlook’s team of gastroenterologists and bariatric surgeons,” says Dr. Ben-Menachem. “We couldn’t do a lot of what we do without good surgical backup. We make decisions together, not in a vacuum.”

PALLIATIVE TREATMENT FOR ADVANCED CANCERS

With advanced cancers of the gastrointestinal tract, it’s not uncommon for blockages to develop. As a result, patients often wind up with feeding tubes because they cannot eat, or with external drains because secretions pool and cause additional complications. Fortunately, with the latest generation of lumen-apposing metal stents (LAMS), doctors are able to create new internal bypasses instead of having to rely on external drains. The stent is put in with the aid of endoscopic ultrasound. Shaped like a dumbbell, it creates a bridge between the blocked organ and the intestine. “It makes such a difference in quality of life,” says Dr. Ben-Menachem. “It’s so gratifying to be able to help our patients in this way.” ▲

Visit atlantichealth.org/doctors to find out more information about Dr. Ben-Menachem and Atlantic Health System-affiliated providers. Dr. Ben-Menachem can be reached at 908-277-8940.

TWO LOCAL MEN SHARE A PAIR OF LUNGS FROM SAME DONOR

Meet Bob and Emanuel.

Their paths likely never would have crossed, but now they share a common bond: **their lungs.**

They do not live in the same town, do not come from similar backgrounds, and do not even speak the same language. But Emanuel DeJesus, from Union, and Bob Denning, from Westfield, now think of themselves as brothers from another mother, ever since each man received one half of a pair of donor lungs – Emanuel the right, Bob the left – during simultaneous transplant operations at Temple University Hospital in Philadelphia this past summer.

Though the men did not know each other, their path to transplant was similar. Each had suffered from lung disease for years, and their declining health prompted their physicians to recommend them for placement on the list of people waiting for donor lungs. "It's important to get on the list well before you need the transplant, because it can be a long process," explains pulmonologist Vincent Donnabella, MD, of Atlantic Medical Group's Pulmonary and Allergy Associates. Dr. Donnabella has treated Emanuel for five years, through multiple illnesses and hospitalizations and even a medically induced coma in 2016. "You want to get patients evaluated for transplant as early as possible, but also need to hold off on transplant as long as possible because the donated lungs will last only so long. Mr. DeJesus had rallied from each of his previous hospitalizations, but he was getting weaker and was on full-time oxygen. It was time."

Meanwhile, pulmonologist Robert Restifo, DO, also of Pulmonary and Allergy Associates, had come to the same decision for Bob, whom he had been treating since 2011. "His condition had become so drastic that there was no way to put off transplant any longer," says Dr. Restifo. "Temple University Hospital has a great program and great facilities for lung transplant. They are able to handle the most advanced lung disease, and I knew Mr. Denning would be in the most capable hands there."

(continued on page 12)



From left to right: Bob and Emanuel



BREATHING ROOM

Pulmonary patients gain strength, stability and independence at Atlantic Respiratory Institute

“People often give up when they find out they have lung disease. They think it’s the end of their life,” says Monica Gilles, RRT, MAS, NCTTP, pulmonary rehabilitation coordinator for Overlook Medical Center. “They don’t realize that we can help them. I tell patients, ‘You may not be able to do things the same way, but you can still do things.’”

Pulmonary rehabilitation is designed to help patients with lung disorders – COPD, pulmonary fibrosis, asthma, sarcoidosis and lung cancer among them – reduce symptoms, decrease disability and improve quality of life. Atlantic Respiratory Institute’s team of pulmonologists, respiratory therapists, nurses, dietitians and social workers partner with patients to develop plans customized to each patient’s needs and abilities.

Every eight weeks, Gilles ushers in a new group of pulmonary patients for rehabilitation at Overlook. She guides them through exercises utilizing equipment such as treadmills, stepping machines, stationary bicycles and free weights, and teaches patients energy-conserving techniques to make breathing – and living – easier. The duration and intensity of each session is increased over the course of eight weeks, until more activity can be achieved with less shortness of breath and fewer pauses. For patients who require more than eight weeks of rehabilitation, additional services are available.

“We tailor the program to each patient,” says Gilles. “There is no blame here. We get patients ready and comfortable enough to work out on their own, but we are always here if they need more help.”

Atlantic Respiratory Institute has multiple locations to best meet the needs of patients. For more information about pulmonary rehabilitation and other services, call 1-866-961-8006.

QUIT SMOKING PROGRAM

It’s not about quitting – it’s about living. This six-week program offers the tools and support you need to quit for good. Receive an individual assessment of your tobacco dependence by a certified tobacco treatment specialist, as well as nicotine-replacement products at no cost, and/or recommendations for medication to help you quit. Group meetings provide an outlet to learn techniques that will help you quit and remain smoke-free. **To register, call 908-522-2296.**

BETTER BREATHERS

Created by the American Lung Association, this is a welcoming support group for patients and caregivers affected by chronic lung diseases. Led by a trained facilitator, each session provides opportunities to learn better ways to cope with lung disease while enjoying the support of others in similar situations. **For more information about the Better Breathers group at Overlook Medical Center, call 908-522-2263.**



Overlook's pulmonary rehab coordinator, Monica Gilles, RRT, MAS, NCTTP, with Bob and Emanuel.

In theory, Bob, then 75, and Emanuel, 62, never should have met. While on the transplant list, Emanuel had twice received a call that a lung was available. But once at Temple, neither turned out to be viable. Bob, too, had received two calls about an available lung, neither of which resulted in a transplant. But on June 23, when the calls came in, the men and their wives raced back to Philadelphia yet again. This time, for each of them, the transplant was a go.

In the Temple University Hospital waiting room while their husbands underwent hours of surgery, Emanuel's wife, Maria, and Bob's wife, Carol, thought they recognized each other. Their paths had crossed at Temple months earlier, when their husbands were there for evaluation, and they struck up a conversation. They soon learned that they lived just a few towns apart and that, back home, their husbands were being treated at the same practice. Connecting the dots of time and place and happenstance, they came to realize that Emanuel and Bob were each receiving a lung from the same donor.

ROAD TO RECOVERY

For Emanuel and Bob, the road to recovery post-transplant included eight weeks of rehabilitation. Prior to surgery, both men had been in touch with Overlook's pulmonary rehabilitation coordinator, Monica Gilles, RRT, MAS, NCTTP, and while in the hospital had discovered yet another connection: They would be attending the same rehab program. Months away and miles away from their Temple University hospital rooms (they were just five doors apart from each other as they recovered from surgery), the men came together again, now back at Overlook, for pulmonary rehab to strengthen their new lungs. Bob's session would typically follow Emanuel's (Bob credits Gilles and "the whole crew in pulmonary rehab for going above and beyond" to fit the men into the rehab

schedule), and the two men would exchange smiles and laughs and nods of encouragement. "We're both doing well," says Bob. "I know what he's been through because I've been through it too, and it's good to see him getting stronger and doing better."

Looking back over the past several months, Bob also acknowledges how far he has come. "I couldn't walk 20 feet," he says. "I was on constant oxygen. I was so emotionally depressed that I couldn't do anything. At night, I would almost crawl up the stairs to go to bed. I'm not yet back to what I was six years ago. But I'm moving faster than I was a year ago, and I'm getting my life back."

Emanuel's experience has been quite the same. "Pre-transplant, he was barely able to walk, let alone go up the stairs," says his daughter, Jennifer. "He would walk 20 feet and would be huffing and puffing and would have to pause. Now, he's washing dishes, sweeping the floor, going up the stairs – all things he couldn't do before but wanted to do. We sold his car because he had no use for it; now we have to get him a car again. It's wonderful. He was an auto-body technician for years and was always such a hard worker. He hasn't had a vacation in his life. It would be nice if he could finally do that."

THE GIFT OF LIFE

Both men praise Gift of Life Family House for their services throughout the transplant process. The 501(c)(3) nonprofit charitable organization serves as a home away from home for transplant patients and their families by providing affordable lodging, meals and support services to those who travel to Philadelphia for transplant-related care. "What they do for families is tremendous," says Bob. "They make everything so much better and so much easier. I can't say enough about them."

Nor can he say enough about the gift of life he received from the donor and the donor's family. Years ago, in 1981, Bob was on the giving end when his first wife passed away and her eyes and heart were donated. "I know what that's like to make that decision, and now I know what it's like to receive this kind of a gift," he says. "It's a debt I'll never be able to pay back. I have a second chance at life."

Adds Jennifer, "We are all so appreciative. We are so sorry for the other person's loss, but we are so thankful for what we received. It's a gift." ▲

ATLANTIC MEDICAL GROUP

Pulmonary and Allergy Associates and Drs. Donabella and Restifo are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. They can be reached at 908-934-0555.

BONE CANCER vs. BONE TUMOR



Internationally recognized
orthopedic oncologist

When diagnosed with a bone tumor or bone cancer, some patients may not understand all of their options when determining which medical professional they should contact first.

“The terms bone cancer and bone tumors are very general terms,” says James C. Wittig, MD, chairman of Orthopedic Surgery, Morristown Medical Center and medical director of Orthopedics, Orthopedic Oncology and Sarcoma Surgery, Atlantic Health System. “Bone tumor refers to an abnormal growth in the bone. There are many different types of bone tumors, both benign and cancerous. A bone cancer is a malignant type of bone tumor.”

When a bone cancer arises directly from the bone, it is called a primary bone cancer or a sarcoma. When a different type of cancer spreads from another site, such as a breast cancer, to the bone, it is considered a secondary bone cancer, also called a metastatic bone cancer.

TAILORED CANCER TREATMENTS

Primary sarcomas are treated with specific chemotherapy regimens and often surgeries designed to save the limb (limb-sparing). Secondary bone cancers are treated according to where the cancer started. For instance, a breast cancer that spread to the bone would be treated with chemotherapy specific for breast cancers.

Common examples of cancers that can spread to the bone include breast cancer, lung cancer, prostate cancer, kidney cancer, thyroid cancer and gastrointestinal cancer. Both sarcomas and metastatic bone cancers can be debilitating if left untreated, or greatly impact mobility and lifestyle.

“It is important to differentiate between the various types of cancers that affect the bone because each has its own type of treatment and prognosis,” Wittig says.

CHOOSING THE RIGHT SPECIALIST

When any tumor involving the bones is diagnosed, patients have a number of options of which physician to contact first. An oncologist is a doctor who treats cancer and provides medical treatments for a person diagnosed with cancer. The field of oncology has three major areas: medical, surgical and radiation.

An orthopedist is trained in the diagnosis, treatment, prevention and rehabilitation of disorders, injuries and diseases of the

musculoskeletal (bones, joints, ligaments, muscles, nerves and tendons) system of the body.

Orthopedic oncologists are highly trained to treat cancers and other tumorous conditions of the musculoskeletal system. They are skilled in addressing benign or noncancerous tumors, bone and soft tissue sarcomas (primary musculoskeletal cancers), and pathologic fractures, which may result as a side effect from various cancers, Paget’s disease or osteoporosis.

ATLANTIC ORTHOPEDIC ONCOLOGY AND SARCOMA PROGRAM

Atlantic Health System recently launched its orthopedic oncology program for patients diagnosed with a bone tumor or soft tissue tumor. Led by Dr. Wittig, an internationally recognized orthopedic oncologist, Atlantic Health System’s new orthopedic oncology program treats both adults and children and is one of only a few programs in the region to offer limb-sparing surgery for sarcomas.

“Patients who believe they have bone cancer or a bone tumor should reach out to an orthopedic oncologist, who can clinically and critically assess the patient with a multispecialist team, ‘grade’ the tumor, and develop an understanding of how the tumor is impacting the patient’s musculoskeletal system and life,” Wittig says. “Almost all patients with a primary sarcoma can be successfully treated with a limb-sparing surgery instead of an amputation.”

The orthopedic oncology team develops an individualized, patient-specific approach taking diagnostic, clinical and lifestyle factors into consideration, and – in partnership with the patient and their support system – determine a tailored treatment plan.

In addition to medical needs, Atlantic Health System patients also benefit from cryosurgery, access to clinical trials that offer the latest advancements in technology and treatments; lymphedema management; nutrition and dietary education; pain management; art therapy; integrative therapy, including reiki healing and energy work; and patient and caregiver support groups. ▲

ATLANTIC MEDICAL GROUP

Atlantic Orthopedic Oncology and Sarcoma and Dr. Wittig are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Wittig can be reached at 833-292-2663.

New Trend in Breast Cancer Surgery

Preserving body image and self-confidence

For women diagnosed with breast cancer, the overarching goal has always been a cure. Now, for women facing breast surgery, the emphasis has become twofold: Treat the cancer *and* leave the patient looking as natural and complete as possible. “In guiding patients from diagnosis through surgery, we have to make oncologically sound decisions, and we are able to achieve really beautiful cosmetic outcomes, whether preserving a breast or removing a breast with immediate reconstruction,” says Leah Gendler, MD, medical director of breast surgery for Morristown Medical Center.

Adds Rebecca Yang, MD, medical director of breast surgery for Overlook Medical Center, “Years ago, the thought was that we should remove the cancer and be thankful that the cancer is out. We take a multidisciplinary approach and work closely with oncologists and plastic surgeons to provide coordinated care so patients achieve the best possible outcomes.”

“Now, with improvements in technologies and surgical techniques, the trend is to not only get the cancer out but give the patient the best cosmetic result so she doesn’t have a constant reminder of her breast surgery.”
– Rebecca Yang, MD

Dana Holwitt, MD, breast surgeon for Morristown Medical Center, a breast cancer survivor herself who was diagnosed in 2009 and had reconstructive surgery, explains, “It is so important for women who are facing a diagnosis of breast cancer to be able to look in the mirror and feel whole after they have finished active treatment. Restoring feminine identity can be a huge stumbling block in the survivorship process, so it is vital, as breast surgeons, to have that discussion at diagnosis. It is a huge part of the healing process. Our role as breast surgeons is to explore all surgical options available to our patients, including reconstruction. We have to think about survivorship and reclaiming feminine identity because newly diagnosed patients typically are not able to process beyond their diagnosis initially.”

With oncoplastic surgery, form meets function; doctors take



Rebecca Yang, MD, discussing surgical options with patient.

a cosmetic approach to deliver the most beautiful result in conjunction with the best outcome. There are many ways to achieve this, and many factors to consider. Among them: Where is the cancer located? What is the size and stage of the cancer? Is the patient at increased risk for a future breast cancer? How much surgery does she want? “It’s like piecing together a puzzle that is unique to every patient,” says Dr. Gendler. “We get to know each woman and understand her relationship with her body. Each patient ends up with a personalized plan tailored to her unique situation.”

Whether that plan calls for a mastectomy or, as in most cases, a lumpectomy, there are ways to preserve or even improve the appearance of the breast. Scars can be hidden in “secretive” places, like the inframammary fold (where the breast naturally meets the chest wall), the crease of the armpit or the circumference of the areola. With “hidden scar surgery,” surgeons use special retractors – long, lighted instruments – that provide appropriate visualization and enable surgeons to remove the cancer with an improved rate of clean margins. “Surgery is then safer for the patient, with fewer complications,” says Dr. Gendler. “With mastectomy, we’re able to leave behind healthy, well-vascularized skin flaps, ready to cover the reconstructed breasts and heal with fewer complications.” Also available is BioZorb™, a special spiral implant that dissolves over time but helps to support the breast while it heals, providing a scaffold for scar tissue, and prevents the skin from collapsing into the lumpectomy bed.

Although cancer is usually confined to one breast, a matching surgery can be done on the opposite side to enhance cosmetic outcomes, explains Margaret Sacco, MD, medical director of breast surgery for Chilton Medical Center. For example, a lumpectomy may be combined with a bilateral reduction (especially for women who have larger breasts and have always wanted a reduction), or a plastic surgeon may insert implants to achieve a symmetrical result. “There are so many different ways

research



NEW PATHWAYS IN CANCER CARE

Immunotherapy uses the power of a patient's own immune system to attack tumors

At Atlantic Health System Cancer Care, doctors are harnessing the power of patients' own immune cells to fight back against certain blood cancers, including non-Hodgkin lymphoma (B-cell subtype) and some forms of acute leukemia (B-cell acute lymphoblastic leukemia). For patients who have especially hard-to-treat forms of these cancers or those who have relapsed after other forms of treatment, the availability of chimeric antigen receptor (CAR) T immunotherapy may prove to be lifesaving.

Approved by the FDA in 2017, CAR T cell therapy is a form of immunotherapy that stimulates the patient's own immune system to fight cancer, says Mohamad Cherry, MD, medical director of hematology for Atlantic Health System. "We take the patient's blood lymphocytes, just as if they were donating blood. The lymphocytes are extracted from the blood and sent to an off-site lab, where they are reengineered to express certain proteins that attach to specific antigens on cancer cells and destroy them," he explains.

The reengineering process takes approximately three weeks. During that time, patients receive chemotherapy to achieve a state of lympho-depletion. "The new cancer-fighting lymphocytes need to be introduced without competition, so we need to deplete any existing lymphocytes," says Dr. Cherry. "In this safe environment, the new cells are able to grow in number and attack whatever cancer cells the patient has. The beauty of this technology is that, because we are using the patient's own cells, the body won't reject them. Also, the thinking is that the new cells can grow and regrow over a long time and keep attacking cancer cells."

Adds Dr. Cherry, "This therapy has been restricted to very few sites in the United States. Even many large university hospitals do not have this. This is an advancement for Atlantic Health [System] – especially for our blood cancer program – and for the blood cancer patients in our region." ▲

For Atlantic Health System clinical trials and research, visit research.atlantichealth.org.

"Whereas the primary objective is to absolutely remove all of the cancer, the techniques that my colleagues described, used alone or in combination, have enabled us to help keep our patients feeling whole while having their cancer effectively treated. When indicated, our medical oncologists help in this endeavor by treating patients with chemotherapy first and shrinking the tumor to allow us to perform more conservative procedures. Medicine remains an art and a science!"

– Marc Mandel, MD, medical director of Community Oncology Development at Overlook and Cancer Liaison to the American College of Surgeons

to approach breast surgery," says Dr. Sacco. "Women need to pursue all options, and all options should be explained."

Adds Dr. Gendler, "As we better understand the biology of cancer, our expectation is that most of our patients are going to be living long, healthy lives. We want them to feel good about their bodies – proud and confident, and ready to embrace life after breast cancer." ▲

ATLANTIC MEDICAL GROUP

Atlantic Breast Associates is part of Atlantic Medical Group and Atlantic Health System Cancer Care. The physicians of the Atlantic Breast Associates medical team – Marcella Fornari, DO; Leah Gendler, MD; Dana Holwitt, MD; Margaret Sacco, MD; and Rebecca Yang, MD – are fellowship-trained, board-certified surgeons who specialize exclusively in breast surgery. For more information about the physicians and services highlighted, visit atlanticmedicalgroup.org/breast-associates.

Visit atlantichealth.org/doctors to find out more information about Dr. Mandel and Atlantic Health System-affiliated providers.

PREPARING FOR SURGERY? WE CAN HELP

A multidisciplinary team helps optimize patients for surgery

ENHANCED RECOVERY AFTER SURGERY

It has been said that surgery is like a marathon. Shouldn't it follow, then, that patients be pre-conditioned accordingly? Unfortunately, that is not necessarily the case. "After closely reviewing the pre-surgical processes and protocols already in place, we found that patients can be better prepared for the 'marathon' ahead," says Akanksha Sharma, MD, director of Overlook's Enhanced Recovery After Surgery (ERAS) program. ERAS is a multidisciplinary, evidence-based pathway to wellness that emphasizes the preparation of the surgical patient well in advance of his or her surgery. "We identified steps that could be taken to better support patients before and after surgery. This program was a collaborative effort among health care members – from the staff at the surgeon's office, the anesthesia team, nursing and administration leadership, to the pre-admission testing department, and the operating room and recovery room staffs, the hospital unit team, the ostomy care team, case management, physical therapy, nutrition, and pharmacy – all with a unique set of goals. That is what makes ERAS special."

HOW ERAS HELPS

The ERAS process begins two to four weeks prior to surgery, when the patient meets with a nurse to discuss plans for improving endurance, increasing lung capacity, smoking cessation and medication management. The nurse also reviews each patient's nutritional needs and sets the patient on a schedule for taking protein drinks before surgery (these continue after discharge

as well) and carbohydrate-loading drinks the night before and the morning of surgery. Dietary consultations and ostomy classes are coordinated as needed.

Pre-operatively, OR nurses check in with the patient on their preparation for surgery and implement physician orders pertaining to the prevention of blood clots and infection. During surgery, an anesthesiologist uses high-tech devices to deliver local anesthetics near nerves to block pain after surgery and to accurately monitor the patient's cardiac function to optimally deliver intravenous fluids. Additionally, the anesthesiologist enhances patient recovery by implementing a comprehensive protocol for reducing post-operative nausea and vomiting. Post-operatively, non-narcotic medications are administered intravenously to manage pain. The combination of technology and optimized clinical strategy encourages patient mobility and a progressive diet.

"The optimal time to empower patients with knowledge is well ahead of surgery."

– Akanksha Sharma, MD

ARMING PATIENTS WITH KNOWLEDGE

Education is a key component to the ERAS program. "The optimal time to empower patients with knowledge is well ahead of surgery," says Dr. Sharma. "We're starting that process early on, so patients understand how to optimize their health before surgery, identify which support systems they will need after surgery, and have time to ask questions. They become empowered. They are informed and prepared, and it works."

Adds Bertram Chinn, MD, chief of colon and rectal surgery for Overlook Medical Center, "Overlook has done an exceptional job with



The ERAS multidisciplinary team includes physicians and surgeons; nurses with specialties in pre-admission testing, ostomy care, perioperative, operating room, recovery room, inpatient, data analysis and case management; anesthesia team; physical therapists; nutritionists; pharmacists; and the Overlook administration team.

ERAS. Not all places use ERAS; those that do, generally use only parts of it. We use it comprehensively. The commitment by our teams – from before admission to after discharge – truly enhances surgery and is second to none.”

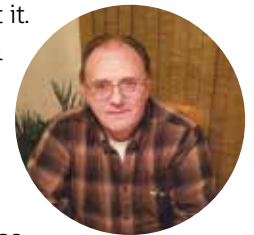
Thus far, patient outcomes indicate that the addition of the ERAS program has resulted in a significant decrease in length of hospital stay and readmission rates, a decrease in opioid use, reduced nausea and vomiting, fewer wound complications, and an increase in patient satisfaction. “The data show that planning for surgery is just as important as post-operative care,” says Mary Pat Sullivan, RN, MSN, CNS, chief nursing officer for Overlook Medical Center. “These are not small surgical cases. But by partnering with patients and giving them the opportunity to ready themselves for surgery, we are providing them with powerful tools for success.”

PATIENT PERSPECTIVES

When Arlene Levy found herself in need of surgery last summer, research led her up the parkway 45 miles from her home in southern Middlesex County to the office of Dr. Chinn. The 83-year-old was undaunted by the distance and by the prospect of surgery, especially when she became aware of the hospital’s ERAS program. “I heard about it and I said, ‘Fine, let’s give it a try,’ and I’m glad I did,” says Arlene. She credits the program’s regimen of protein shakes and medication management leading up to surgery for helping her to maintain her trademark boundless energy. She reports she was gardening and walking and doing all of her usual activities right up to the day of surgery, and she was able to return to those activities just a few weeks later. “I thought ERAS was exceptional,” she says, “and I would advise anyone

facing surgery to get on this kind of program. I think every part of the program contributed to me being able to handle surgery better than I would have.”

Harold Donovan Jr. of Clark was just as eager to become part of the ERAS program when he learned about it. Faced with surgery that necessitated the removal of part of his colon, he says he was unsure about what to expect but was open to trying anything that would aid in his recovery. Harold adds that he was especially grateful for all of the education and instructions he received prior to surgery. “It was a wonderful program, and Dr. Chinn was an excellent surgeon; and even he was surprised just how well I did with the surgery. Anything I was told to do, I followed to the letter.” In fact, Harold is so pleased with how well he is feeling, he has even continued with the program’s protein shakes on occasion, though he admits to making one small change: “I switched from vanilla to chocolate.” ▲



ATLANTIC MEDICAL GROUP

Associated Colon & Rectal Surgeons (908-522-2575) and Dr. Chinn are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

Visit atlantichealth.org/doctors to find out more information about Dr. Sharma and Atlantic Health System-affiliated providers.



DOUBLE THE LOVE

Preemie twins – and their parents, too – get off to a strong start in Overlook’s NICU



Dr. Gary Kaye, senior attending OB/GYN at Overlook, states, “Delivering babies at Overlook is always a strong collaboration between the obstetricians, perinatal specialists and the NICU; and for 30 years, I have enjoyed this support and teamwork. Overlook patients are lucky to have a NICU with outstanding nurses and physicians.”

ATLANTIC MEDICAL GROUP

Atlantic Maternal Fetal Medicine (908-522-5510) and Dr. Oyelese are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

Last spring, Divya Srinath and her husband, Srinath Srinivasan, were looking forward to the arrival of their twins – they just were not expecting to grow to a family of four quite so soon.

In Divya’s 32nd week of pregnancy, she was admitted to Overlook’s Frank and Mimi Walsh Maternity Center for about two weeks due to complications. She credits the doctors and nurses there for ensuring that all of her questions were answered and her mind was put at ease. “I never had to hesitate to ask even the smallest of queries,” she says. From her hospital room, Divya did not let her hospitalization prevent her from preparing for the babies’ arrival. “We weren’t expecting the babies to arrive so early, so we did not have much,” she admits. “However, we did have a baby registry. I started ordering stuff in those two weeks that I was in the hospital prior to their birth.” As box after box was delivered to their doorstep, Srinath rearranged the house and got the babies’ nursery set up.

At 34 weeks, on April 5, 2018, the couple welcomed to the world their daughter, Avni, and their son, Anay; the babies weighed just 4 pounds and 4.4 pounds, respectively. In Overlook’s Neonatal Intensive Care Unit, they received all of the support necessary in order to grow and thrive. The 15-bed NICU, designated as a Level 3 (Community) Intensive Perinatal Center by the New Jersey Department of Health, offers state-of-the-art treatment for a wide range of neonatal conditions and is equipped to care for the highest-risk mothers and babies. A neonatologist or neonatal nurse practitioner is available 24 hours a day in the event of an emergency, and the neonatal team works closely with the hospital’s obstetricians and perinatologists. “Overlook’s maternal fetal medicine team consists of eight highly trained specialists who are able to handle any pregnancy complication,” says Yinka Oyelese, MD, perinatologist at Atlantic Maternal Fetal Medicine.

“The partnership of expert obstetrical care and excellent neonatal support services ensures the best possible outcomes for our newborns and their families in the NICU,” says Elynne Margulis, MD, chair of OB/GYN and Women’s Health Services for Atlantic Health System. Divya and Srinath praise the NICU nurses for setting their whole family on the right path. “Being twins and preemies, my newborns were in the NICU for a couple of weeks,” says Divya. “As nerve-racking as it was for us as first-time parents, the nurses in the NICU took great care of the babies and me. They taught me everything about child care, from changing diapers to feeding and cleaning them. Going to Overlook Medical Center was the best decision I made during my pregnancy.”

For more information, visit atlanticealth.org/divya.

Get Up and MOVE

Overlook's mobility program helps patients get back on their feet



Forget everything you think you know about resting in the hospital. "Patients stuck in bed get out of shape in a hurry," says Chief Medical Officer John R. Audett, MD. "We do all of these wonderful things to treat the patient's pneumonia, diabetes, heart condition, etc., but then they are too weak to go home. Bed rest isn't a good thing – we need to get out of that mindset. Patients have to get up and move."

Overlook's mobility program was created to help patients do just that. Specially trained mobility technicians, working hand in hand with the hospital's physical therapists, help guard against deconditioning and promote healing by ambulating patients.

"It's a simple intervention that makes so much sense and makes a big difference," says Dr. Audett, citing benefits that include improved circulation and muscle strength. This translates to shorter hospital stays and more patients being discharged home instead of to subacute rehabilitation or skilled nursing facilities.

"Instead of viewing patients as being in a hospital and here to rest because they are sick, we're acknowledging patients are here to get better. So let's not rest," says Mickey Syrop, PT, manager of physical therapy at Overlook Medical Center. "We say, 'We've got you here. You're in good hands. We're taking care of your medical needs, and you should be feeling better.

"We do all of these wonderful things to treat the patient's pneumonia, diabetes, heart condition, etc., but then they are too weak to go home. Bed rest isn't a good thing – we need to get out of that mindset. Patients have to get up and move."

– John R. Audett, MD

So let's get you up and moving."

The mobility program was first introduced two years ago as an unfunded project, and Dr. Audett credits the Overlook Foundation for its help in expanding the program. He says that as more doctors and nurses have seen the benefits of the program, there has been a cultural shift toward movement. Patients, too, are embracing the program. "Some patients need reassurance and feel better having 'training wheels,' so to speak, which they have with the mobility techs," he says. "They are very motivated to get back on their feet under our watchful eye and go home." ▲



HIP CHECK

A multidisciplinary approach to treating hip fractures leads to better patient outcomes

It's an all-too-common scenario: An elderly person falls, fractures a hip, and must wait days for surgery. In the lead-up to surgery and in the weeks that follow, it can be just as common for the patient to experience an overall decline in health and function. At Overlook, however, our doctors have cultivated a greater culture of urgency for treating hip fractures. This has resulted in better patient outcomes, and mortality rates that are half the national average.

Unlike other parts of the body, hip fractures cannot be treated without surgical intervention. Through the hip fracture program at Overlook, these fractures are treated like emergencies and patients are operated on within 48 hours – most within 24 hours, says orthopedic surgeon Jeffrey Leary, MD, director of fracture services and lead physician for the comprehensive joint replacement program at Overlook Medical Center. A member of the hip fracture team is always on call to evaluate these patients when they come in through the emergency department. Additionally, an operating room is on hold for hip fracture surgery every afternoon, so that it is readily available if needed. "The sooner we get patients to the OR, the better they do. That's easy to say, but how do you do it? Most hospitals don't. You need a team approach."

To that end, says board-certified internist Gina LaCapra, MD, FACP, medical leader of the hip fracture program, Overlook created a team to improve communication and care with these patients. "One of the clear things we identified is that there are so many people in the mix: the emergency department, internal medicine, orthopedics, anesthesiology, physical therapy. We had to figure out best practices for who should do what and who should pull it all together," says Dr. LaCapra. "We mapped out a whole process from detail to detail to achieve the best outcomes. The team quickly identifies

the patient's medical problems and determines how these may impact the surgery. Treating those issues in an efficient manner enables patients to get their surgery as soon as possible. Closely following these patients afterward helps reduce complications. Getting patients back to functional life – that's the goal."

Because hip fractures tend to occur in elderly people who are fragile, and because this patient population is inherently more complicated to manage due to multiple medical conditions, it is often necessary to first get patients to the point where they are optimized for surgery. "The more we can optimize patients going into surgery, the better they will withstand surgery and the better they will do after surgery," says Dr. Leary.

The connected team approach of the hip fracture program helps to facilitate optimal outcomes in a streamlined fashion. "We can see from the results that this is working," says Dr. Leary. "You can go to many other places for surgery, but you're going to sit for three or four days before you get fixed. That's suboptimal. We are doing this better than the best hospitals out there. Where you go for orthopedic care matters." ▲



Jeffrey Leary, MD and Gina LaCapra, MD

"You can go to many other places for surgery, but you're going to sit for three or four days before you get fixed. That's suboptimal. We are doing this better than the best hospitals out there. Where you go for orthopedic care matters."
– Jeffrey Leary, MD

ATLANTIC MEDICAL GROUP

Drs. LaCapra and Leary are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

DIG IN

Get involved with community gardening

If your New Year's resolutions include eating more vegetables or spending more time outdoors, try combining the two with gardening. Summer may be months away, but you can start sowing your plans now. It's easy to start your own garden at home, or take advantage of a community garden. At Overlook, the garden is managed by the not-for-profit organization ACHIEVE (Action Communities for Health, Innovation, and Environmental Change). The garden consists of 52 raised garden beds; Overlook retains two of them and uses the crops – tomatoes, peppers, cucumbers, herbs and more – in patient meals, café dishes and community programs. So get going, get growing, and start sowing. ◀



Butternut Squash & Apple Soup

This satisfying soup is gluten-free, and very popular in Overlook's café (approximate yield: four 8-ounce servings)

Ingredients for roasting butternut squash (prepped the day before to save time)

- 3 cups of peeled, deseeded and cleaned butternut squash, diced into 1-inch cubes
- 4 teaspoons olive oil

Ingredients for soup

- Nonstick cooking spray
 - 2 tablespoons olive oil
 - 1 tablespoon minced garlic
 - 1 tablespoon minced shallots
 - 1 tablespoon nutmeg
 - ¼ teaspoon clove
 - ½ teaspoon allspice
 - 4 cups vegetable broth
 - 1 cup heavy cream
 - 3 cups cinnamon-flavored applesauce
 - ¼ cup fat-free sour cream (optional)
 - 2 tablespoons cinnamon sugar (optional)
- Butternut squash (preroasted, cooled and pureed; if butternut squash is not available, substitute with a 16-ounce can of pumpkin puree)

Directions

1. Prepare butternut squash the day before cooking soup. Clean, peel and deseed; then dice into 1-inch cubes. Set aside until ready to use. Preheat oven to 350 F. Coat sheet pan with nonstick spray. Toss previously prepped squash with olive oil and place on sheet pan. Bake until tender. Cool squash for approximately 30 minutes; then puree until smooth. Store in refrigerator until ready to use for soup the next day.
2. Spray a soup pot set over medium heat with nonstick cooking spray. Add olive oil; heat on medium. Add the garlic, shallots, nutmeg, clove and allspice. Stir until the spices are fragrant, about 2 minutes. Add broth and heavy cream to the pot and bring it to a simmer.
3. Add the squash puree and stir until well blended. Then add applesauce and whisk well. Lower the heat and simmer gently for 10 minutes. Top with fat-free sour cream and sprinkle with cinnamon sugar, if desired.

Left Out in the Cold – Fighting Winter Blues

Has your mood dipped with the season's temperatures? You may be experiencing winter blues.

Flannel sheets, fireplaces and frosted windows are a few hallmarks of the season. But for many people, the “low light” days of winter bring about a sense of low energy or melancholy. These feelings, also known as the “winter blues,” are very common complaints, explains Peter Bolo, MD, chairman and medical director of the department of psychiatry for Overlook Medical Center.

“This is definitely a feature of northern climates,” he says. “People in warmer climates don’t experience this. The farther north you go, the more seasonal depression you see.” This has nothing to do with temperature, Dr. Bolo points out; rather, it is related to how much natural light hits one’s eye throughout the day. For this reason, many people affected by winter blues find some relief by seeking out the right types of light. The bulbs you have in your fixtures at home will not help, but a 10,000-lux full-spectrum light will, because it mimics the mood-enhancing effects of sunlight and therefore can affect circadian rhythms.

Of course, light in the winter months does not have to be artificial to be beneficial. “If you can go outdoors, even on an overcast day, just half an hour to an hour of daylight can have a positive effect on someone with winter blues,” says Dr. Bolo. He

suggests taking a walk (car windows block sunlight when driving) and shelving your sunglasses, as it’s the light source hitting the retina that signals the brain and affects mood. (Similarly, he cautions against using a tanning bed: “It will not make a difference, because it has nothing to do with light hitting the skin, and we know these beds can in fact damage skin.”)

Those with considerable symptoms for two weeks or more during winter months may be experiencing seasonal affective disorder (SAD), a medical diagnosis marked by a constellation of symptoms, including changes in sleeping and eating habits; difficulty maintaining relationships; a decreased level of interest and ability to experience pleasure; difficulty concentrating or focusing; and, if very severe, feelings of apathy toward existence and even suicide. “These symptoms are the same as those for any major clinical depression, but they present seasonally,” says Dr. Bolo. Antidepressant medications and psychotherapy likely would be helpful, in addition to light therapy.

Both the winter blues and SAD can be exacerbated by stresses of the holiday season. “This can be a difficult time for people and can contribute to seasonal depression,” Dr. Bolo adds. “Not everyone is joyous. Many people have lost loved ones, and this can be a somber time. It’s helpful not to feel constrained to spend the holidays in any culturally sanctioned, normative way. This may be the time to do something different and come up with new traditions.”

Call the Atlantic Behavioral Health Access Center at 1-888-247-1400 for information on treatment options.

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Ledgewood – 501 State Route 10
Linden – 415 W. Saint Georges Ave.

Lodi – 184 Essex St.
Nutley – 124 Washington Ave.
Rockaway – 346 Route 46
Springfield – 200 US Highway 22
Totowa – 225 US Highway 46
Watchung – 1569 US Highway 22

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JUST WALK IN

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HEALTH LITERACY TOTE BAGS HIT THE STACKS

Reading may be fundamental. But now health literacy is as well, thanks to an innovative partnership between the Libraries of Union County Consortium (LUCC) and the Overlook Medical Center library.

"We have a wealth of information about all sorts of health-related topics, yet lacked an efficient means for getting it out into the community," explains Pat Regenberg, who has served as Overlook's librarian since 2005. "Thanks to our new 'Health Totes,' anyone with a library card can now access this material quickly and easily."

The Health Literacy Tote Bag program, piloted this past summer, provides valuable information in the form of books, CDs and DVDs that help local residents take control of their health. Topics include:

- Alzheimer's disease
- Arthritis
- Autism
- Bereavement/grief
- Caregiver health
- Diabetes and prediabetes
- Fall and injury prevention
- Healthy weight
- Heart health
- Hospice/palliative care
- Mental health
- Opioid and substance abuse
- Parkinson's disease
- Strength improvement
- Stroke recovery

Backed by funding from the Chubb Foundation, Novartis, and other donors to the Overlook Foundation, people can find the "Health Totes" in the nonfiction section of nearby participating libraries in Clark, Cranford, Hillside, Kenilworth, Maplewood, New Providence, Plainfield, Roselle, Roselle Park, Scotch Plains, Springfield, Summit, Union, and Westfield.

"People who check out the totes find that many of their specific health-related questions are answered without them having to dig through the mounds of information that we have available in the stacks and online," says Susan Permahos, Summit library director. "It's a less intimidating way for them to learn more and take steps toward improving their overall health." ▲



Local library directors Susan Permahos (Summit), Megan Kociolek (Clark), and Kassundra Miller (Hillside) gather to discuss the success of the "Health Totes" with Overlook librarian Pat Regenberg.

For more information about the Health Literacy Tote Bag program, contact Pat Regenberg, manager of the Overlook Medical Center library, at 908-522-2886 or pat.regenberg@atlantichhealth.org.

Medicare Coverage for Home Care and Hospice

Did you know that Medicare pays for visiting nurses and rehabilitation therapists to help you heal at home? Medicare will pay for short-term, intermittent skilled care from a Medicare-certified home care agency such as Atlantic Home Care and Hospice. Often, your physician orders home care after a hospitalization or rehab stay. But he/she may also see a need to order these services from his/her office to prevent hospitalization. The focus of care is to return you to independence through rehabilitation and education.

In order to qualify for home care services under Medicare, your physician must order home care, you must be homebound (leave your home infrequently with the assistance of another person, usually for doctor's appointments), and you must have a skilled need. Skilled care refers to your need for the specialized services



of a visiting nurse or physical, occupational or speech therapist. If you qualify for these services, you also may be eligible for a medical social worker to assist you in obtaining community resources, a nutritionist and a certified home health aide to assist you with personal care.

Hospice care is also covered 100 percent under Medicare if you have a life-limiting illness. Specially trained hospice physicians,

nurses, social workers, volunteers, chaplains, and home health aides work as a team to provide comfort, dignity, and support to you and your family.

Most other insurance companies have a home care and hospice benefit also. We verify your insurance coverage and make the process of referral as easy as possible. ▲

For more information, call Atlantic Home Care and Hospice at 973-379-8472.

new vitality

WINTER 2019

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For more information about New Vitality, call 1-844-472-8499 or visit atlantichealth.org/newvitality.

Welcome to *New Vitality*, your source for health and wellness programs designed specifically for adults 65+, offered through Atlantic Health System at **Chilton Medical Center, Morristown Medical Center, Overlook Medical Center, Newton Medical Center and Hackettstown Medical Center.**

Atlantic Health System

PROGRAMS DESIGNED FOR YOU IN MIND

If you're over the age of 65 and are looking for new ways to enhance your health and social life, join New Vitality, an award-winning health and wellness program tailored to meet the needs of today's adults, 65 and older. Membership is free and offers access to classes, selected health screenings, a quarterly magazine, and special events.

New Vitality members benefit socially, physically, emotionally, mentally, and educationally from New Vitality's extensive roster of lectures, workshops, classes, support groups, and social events. "New Vitality offers just about every kind of program you can imagine to keep your mind sharp and your body in shape," says Michele McGrogan, program manager for New Vitality. "We have classes in the areas of health education, nutrition, exercise, life enrichment, and much more."

New Vitality programs are held at various locations throughout Atlantic Health System. Most programs are free; others may require a small fee. ▲

For complete listing of classes, activities and to join the New Vitality Program, call 1-844-472-8499 or visit atlantichealth.org/newvitality.

BEHAVIORAL HEALTH

CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM

Three evening programs are available for those trying to remain abstinent from all substances. Registration is required.

Mondays, Wednesdays and Thursdays, 6:00-9:30pm

Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM

Group, individual, and family counseling as well as medication management for those who need an intense, time-limited treatment to improve their emotional health. Participants attend three out of five days per week.

Monday-Friday, 10:30am-2:00pm

Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

POSTPARTUM GROUP

New mothers meet and learn coping and relaxation skills to help them with their new role.

Thursdays, 10:30-11:30am

Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

SUBSTANCE ABUSE FAMILY SUPPORT GROUP

Participants learn ways to cope with substance-abusing family members. No registration is required.

Tuesdays, 6:30-8:00pm

Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
For more information, call 908-522-4800.

BEREAVEMENT

BEREAVEMENT SUPPORT GROUPS

After the death of a loved one, it is not unusual to experience feelings of loss. In keeping with our mission to provide continued support, we offer support groups for spouses and for adult children who have lost a parent.

For more information, call 908-522-6347.

Registration is required for all programs at **1-800-247-9580** (unless otherwise noted).

CANCER CARE

All Cancer Care programs are free.

ART THERAPY

Art therapy for adults with cancer.
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901

BEREAVEMENT GROUP

A support group for people who have lost a spouse or partner to cancer.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
Registration is required. For dates and times, call Maggie Brady at 908-522-5255.

BREAST CANCER SUPPORT GROUP

A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for newly diagnosed breast cancer patients. The group provides a supportive environment where breast cancer patients can share any of their thoughts, feelings and concerns.
Second and fourth Monday of the month, 1:00-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For dates and to register, call Kerry Ricci or Jannine Valledor at 908-522-5925.

GENTLE YOGA FOR CANCER PATIENTS

Yoga can improve energy, concentration and the emotional well-being of cancer patients. A brief meditation period will be included at the end of classes to calm, soothe and focus the busy or stressed mind. Class will last for 60 minutes and is for cancer patients ONLY.

Mondays, 10:00-11:00am

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
Registration is required. To register, call Michele Wadsworth at 908-522-6168.

MINDFULNESS TOOLS FOR CANCER RECOVERY

This six-week program offers an introduction to mindfulness practices. Mindfulness is a particular way of paying attention to the present moment, without judgment. Mindfulness has been shown to reduce stress and improve quality of life.

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

ONCOLOGY MASSAGE

Thirty-minute private sessions with a certified massage therapist are available, FREE of charge, to patients of Carol G. Simon Cancer Center at Overlook Medical Center. Massage has been shown to improve circulation, reduce stress and anxiety, and relieve pain. By appointment only.

Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

POST-CANCER TREATMENT GROUP

Open support group for individuals who have had a diagnosis of cancer and have completed their treatment. This group offers the opportunity to support one another as we discuss issues and concerns related to survivorship.

Second Thursday of the month, 7:00-8:30pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349.

PREPARING FOR BREAST CANCER SURGERY

A breast cancer patient education class given by a breast nurse navigator, social worker and physical therapist to help prepare patients for upcoming breast surgery and post-operative recovery.

Third Monday of the month, 3:00-4:00pm
Overlook Medical Center, Oncology Conference

community calendar

Winter 2019

Registration is required for all programs at **1-800-247-9580** (unless otherwise noted).

Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For dates and to register, call Kerry Ricci or
Jannine Valledor at 908-522-5925.

QIGONG AND TAI CHI FOR WELLNESS

Through the practice of gentle movement, breathing, self-applied massage and meditation, you will learn to activate the self-healing capability of the body, mind and spirit.
Wednesdays, 1:00-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

SCAR MASSAGE

This program is for post-mastectomy patients who have chosen not to undergo breast reconstruction, or who have other oncology-related surgical scars. Thirty-minute private sessions with a certified massage therapist are available to patients of Carol G. Simon Cancer Center at Overlook Medical Center. The purpose is to help prevent adhesions, improve blood flow to the area, and maintain or improve movement in the tissue post-surgery. Must be at least six weeks post-surgery.
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

YOGA AND MEDITATION

This drop-in session includes 45 minutes of yoga followed by a 45-minute guided mindfulness meditation. Some yoga experience is recommended.
Fridays, 9:30-11:00am
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

CAREGIVERS

CONNECTING CAREGIVERS

A monthly support group at the Thomas Glasser Caregivers Center at Overlook Medical Center.
Overlook Medical Center, Thomas Glasser Caregivers Center, 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Marian Teehan, MSW, LCSW, at 908-522-6347.

MUSIC FOR THE CAREGIVER

A weekly group for caregivers to enjoy opportunities for development of new coping strategies and self-expression. No prior musical experience is needed.
Mondays, 3:00pm
Overlook Medical Center, Thomas Glasser Caregivers Center, 99 Beauvoir Ave., Summit, NJ 07901
To register, call Valerie at 908-522-6348.

QIGONG FOR FAMILY CAREGIVERS

This weekly workshop is open to anyone providing care for a family member or friend. Qigong is an ancient Chinese practice of self-care using gentle movement, breath and meditation to reduce stress and improve one's emotional and physical health.
Tuesdays, 1:00-2:00pm
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901
To register, call 908-522-6348 or 908-522-6347.

CHILDREN & PARENTING

ABCs OF GOING HOME WITH YOUR BABY

Topics include basic infant care, diapering, dressing, bathing, swaddling, holding, soothing, when to call the baby's doctor, and how to manage with pets at home. Safety issues will also be addressed, including sleeping, cribs, car seats, baby products and baby-proofing your home.
Saturdays, January 12, February 9, March 9 or April 13, 8:00am-1:00pm
OR
Two-part series: Wednesdays, January 9 and 16; February 6 and 13; March 6 and 13; and April 3 and 10, 7:00-9:30pm
\$100 per couple
Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104,
11 Overlook Road, Summit, NJ 07901
For more information, email overlook.parented@atlanticealth.org.

BREASTFEEDING: GETTING STARTED AT OVERLOOK

Learn various aspects of breastfeeding, including breast milk production, positioning and latching on, to get your breastfeeding experience off to the best start.
Saturdays, January 19 or March 16, 10:00am-12:30pm
OR

Wednesdays, January 23, February 20, March 20 or April 17, 6:30-9:00pm
\$50 per couple
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,
11 Overlook Road, Summit, NJ 07901
For more information, email overlook.parented@atlanticealth.org.

BREASTFEEDING SUPPORT GROUP

A program for mom and baby to help you breastfeed successfully. Focus on issues or problems that may arise. Review the logistics of going back to work, proper use of a breast pump and breast milk storage. Engage in open discussions with other breastfeeding moms and their babies.
Tuesdays, 10:00am-Noon
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,
11 Overlook Road, Summit, NJ 07901
For more information, call 908-522-2946.

MINDFUL PREGNANCY AND BIRTH AT OVERLOOK

Learn about mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management and more. Includes Calm Birth and Calm Mother audio guide CD as well as a hospital tour.
Sunday, January 20 OR Saturdays, February 23, March 30 and April 27, 8:00am-4:00pm
OR
Three-part series: Fridays, January 4, 11 and 18; February 8, 15 and 22; March 8, 15 and 22; or April 5, 12 and 19, 6:30-9:30pm
\$200 per couple
Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104,
11 Overlook Road, Summit, NJ 07901
For more information, email overlook.parented@atlanticealth.org.

POSTPARTUM GROUP

New mothers meet and learn coping and relaxation skills to help them with their new role.
Thursdays, 10:30-11:30am
Atlantic Behavioral Health Outpatient Services,
46-48 Beauvoir Ave., Summit, NJ 07901
Registration is required. To register, call 1-888-247-1400.

PREPARED CHILDBIRTH CLASS

Topics include stages of labor, breathing and relaxation techniques, medication options, hospital stay and cesarean birth. Includes a maternity center tour.

Registration is required for all programs at **1-800-247-9580** (unless otherwise noted).

*Various dates and times
Overlook Medical Center, Medical Arts Center
Building (MAC II), Conference Room LL104,
11 Overlook Road, Summit, NJ 07901
For dates and times, visit
atlanticealth.org/overlookparented or
call 908-522-2946.*

YOUR BABY'S BIRTH AT OVERLOOK

Topics include the childbirth process, signs and stages of labor, and when to go to the hospital. Participants will also view a birthing video and take a tour of our maternity center, which provides an overview of the labor, delivery and postpartum experience at Overlook Medical Center.
*Thursdays, February 7 OR April 4, 6:30-9:30pm
Overlook Medical Center, Medical Arts Center
Building (MAC II), Conference Room LL104,
11 Overlook Road, Summit, NJ 07901
For more information, email
overlook.parented@atlanticealth.org.*

COMMUNITY HEALTH

DIABETES AND BMI SCREENINGS

Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results, and how your body fat percentage and BMI impact your health.
*Various dates and times
Multiple locations
For more information, call 1-844-472-8499.*

DIABETES EDUCATION

What does the systolic and diastolic value in your blood pressure really mean? Discuss basic information about risk factor reduction related to heart disease and taking control of your health. Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results. Blood pressure and diabetes screenings.
*Various dates and times
Multiple locations
For more information, call 1-800-247-9580.*

HEALING YOUR GRIEVING HEART

A five-week bereavement group for those who have experienced a recent death of a spouse or partner within the last year.
*Tuesdays, March 19 and 26; April 2, 9 and 16,
2:00pm
Overlook Medical Center, 99 Beauvoir Ave.,
Summit, NJ 07901*

*To register, call 1-844-472-8499,
908-522-6348 or 908-522-5255.*

HEALTH & WELLNESS

HIV SUPPORT GROUP

This support group offers support and information regarding HIV. Meet others with HIV who face the same fears and questions, and find solutions. Meetings are held in a confidential and private environment.
*Thursdays, 7:00-10:00pm
Overlook Medical Center, Conference Room 1
(5th floor, off the main lobby), 99 Beauvoir Ave.,
Summit, NJ 07901
To leave a confidential message and receive a
return call, please call 973-714-3988 or email
sue.calcara@atlanticealth.org.*

OSTOMY SUPPORT GROUP

Supported by the Union County Chapter of the OAA. This is free and registration is not required.
*Second Tuesday of the month, 2:00-3:00pm
Overlook Medical Center, Medical Arts Center
2 (MAC II) Conference Room, 11 Overlook Rd.,
Summit, NJ 07901
Call 908-522-0552 for questions.*

ORTHOPEDICS

TOTAL JOINT REPLACEMENT PRE-OPERATIVE CLASSES

This class is offered by Overlook Medical Center's certified and trained orthopedic nurses and physical and occupational therapists, for patients undergoing elective joint replacement surgery. Our goal is to provide education that will leave you feeling confident as you prepare for your upcoming surgery and returning home.
*Four Mondays a month, 1:00-3:00pm
Overlook Medical Center, Bouras Auditorium,
99 Beauvoir Ave., Summit, NJ 07901
For dates and times or to register,
call 1-800-247-9580.*

PAIN MANAGEMENT

PAIN SUPPORT GROUP

This group is for those afflicted with chronic pain. Guest speakers provide different perspectives on the subject.
*First Monday of the month, 5:30-7:30pm
Overlook Medical Center, Neuroscience
Community Conference Room (NCCR), 5th floor,
main hospital in Neuroscience Administration,*

*99 Beauvoir Ave., Summit, NJ 07901
For more information and to register, call
Pat Hubert at 908-665-1988.*

STROKE

STROKE SUPPORT GROUP

Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Light refreshments will be served.
*Second Thursday of the month, 11:30am-1:00pm
Overlook Medical Center, Conference Room 4
(located off the main lobby), 99 Beauvoir Ave.,
Summit, NJ 07901
Registration is required. For more information
and to register, call 1-800-247-9580.*

WEIGHT MANAGEMENT

BARIATRIC SUPPORT GROUP

Learn how to prepare and manage for lifestyle changes to maximize your surgery's success.
*Third Monday of every month, 12:45-1:45pm
MAC 1, Suite 206, 33 Overlook Rd.,
Summit, NJ 07901
Please call 908-522-5794 for more
information and to register.*

OPTIONS FOR WEIGHT LOSS

Learn about available weight loss treatments.
*Third Monday of every month, 6:00-7:00pm
(not in January)
Overlook Medical Center, Conference Room 2,
99 Beauvoir Ave., Summit, NJ 07901
Registration is required. For more information
and to register, call 1-800-247-9580.*



community calendar Winter 2019

To help keep you on top of your health, we've put together a list of education and screening events near you. Below, you'll find dates and times for upcoming Community Health activities in January, February and March 2019.

JANUARY

CERVICAL HEALTH AWARENESS EDUCATION | BMI/GLUCOSE SCREENINGS

<p>January is Cervical Health Awareness Month. Join us to learn the importance of cervical cancer and HPV disease prevention.</p> <p>BMI Screenings: Learn how your body fat percentage and BMI impact your heart health.</p> <p>Glucose Screenings: Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results.</p>	DATE	TIME	LOCATION	TELEPHONE
	Tuesday, January 8, 2019	11:00am-1:00pm	ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	For more information, call 908-522-2842.
	Wednesday, January 9, 2019	Noon-2:00pm	Vita Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, January 10, 2019	10:00am-Noon	Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Tuesday, January 15, 2019	10:00am-Noon	Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Wednesday, January 16, 2019	9:30-11:30am	Livingston Community Center, 204 Hillside Ave., Livingston, NJ 07039	
	Thursday, January 17, 2019	10:00am-Noon	Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Monday, January 21, 2019	10:00am-Noon	Overlook Downtown (storefront), 357 Springfield Ave., Summit, NJ 07901	
	Tuesday, January 22, 2019	1:00-3:00pm	North Plainfield Library, 6 Rockview Ave., North Plainfield, NJ 07060	
	Wednesday, January 23, 2019	12:30-1:30pm	UTCAO, 2410 Springfield Ave., Vauxhall, NJ 07088	
	Thursday, January 24, 2019	10:00am-Noon	Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
	Friday, January 25, 2019	Noon-3:00pm	Overlook, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901	
Tuesday, January 29, 2019	Noon-2:00pm	ShopRite of Union, 2401D, US-22, Union, NJ 07083		

FEBRUARY

HEART HEALTH EDUCATION | BLOOD PRESSURE/GLUCOSE SCREENINGS

<p>February is Heart Health Awareness Month. Join us to learn the risk factors associated with heart disease and prevention tips.</p> <p>Blood Pressure/Glucose Screenings: What does the systolic and diastolic value in your blood pressure really mean? Discuss basic information about risk factor reduction related to heart disease and how to take control of your health. Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results.</p>	DATE	TIME	LOCATION	TELEPHONE
	Tuesday, February 5, 2019	11:00am-1:00pm	ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	For more information, call 908-522-2842.
	Wednesday, February 6, 2019	Noon-2:00pm	Vita Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, February 7, 2019	10:00am-Noon	Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Friday, February 8, 2019	10:30am-12:30pm	Livingston Community Center, 204 Hillside Ave., Livingston, NJ 07039	
	Tuesday, February 12, 2019	10:00am-Noon	Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Thursday, February 14, 2019	10:00am-Noon	Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Monday, February 18, 2019	6:00-8:00pm	Downtown Overlook (storefront), 357 Springfield Ave., Summit, NJ 07901	
	Thursday, February 21, 2019	10:00am-Noon	North Plainfield Library, 6 Rockview Ave., North Plainfield, NJ 07060	
	Tuesday, February 26, 2019	Noon-2:00pm	ShopRite of Union, 2401D, US-22, Union, NJ 07083	
	Wednesday, February 27, 2019	Noon-3:00pm	Overlook, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901	

MARCH

COLON HEALTH EDUCATION | BMI/GLUCOSE SCREENINGS

<p>March is Colon Health Awareness Month. Let's join forces and raise awareness of colorectal cancer together to prevent future cases and save lives.</p> <p>BMI Screenings: Learn how your body fat percentage and BMI impact your heart health.</p> <p>Glucose Screenings: Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results.</p>	DATE	TIME	LOCATION	TELEPHONE
	Friday, March 1, 2019	10:30am-12:30pm	Livingston Community Center, 204 Hillside Ave., Livingston, NJ 07039	For more information, call 908-522-2842.
	Wednesday, March 6, 2019	Noon-2:00pm	Vita Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, March 7, 2019	10:00am-Noon	Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Tuesday, March 12, 2019	10:00am-Noon	Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Thursday, March 14, 2019	10:00am-Noon	Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Tuesday, March 19, 2019	10:00am-Noon	Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
	Thursday, March 21, 2019	10:00am-Noon	DeCorso Community Center, 15 East 4th St., New Providence, NJ 07974	
	Monday, March 25, 2019	6:00-8:00pm	Overlook Downtown (storefront), 357 Springfield Ave., Summit, NJ 07901	
	Tuesday, March 26, 2019	Noon-2:00pm	ShopRite of Union, 2401D, US-22, Union, NJ 07083	

Atlantic Medical Group | Looking for a doctor?

Now offering online scheduling for most primary care physicians.

Across northern and central New Jersey, we are your local family doctors and specialists. With more than 900 physicians, practitioners and medical specialists at 300+ locations, Atlantic Medical Group is your entryway to Atlantic Health System's Trusted Network of Caring® and its award-winning hospitals.

Your Primary Care Physician Is Your Medical Home

Prevention, intervention, coordination and care – all working in harmony – are at the center of every primary care doctor-patient relationship. Think of your primary care physician as your first point of access to health care – the doctor who knows you best, keeps you well, refers you to specialists, and facilitates communication relating to your health to ensure efficient, effective, patient-centered care. Find a medical home in your neighborhood.

Meet Our New Doctors



Chloe Acevedo
Obstetrics and Gynecology
at Westfield
Westfield: 908-522-3688



John Erickson, MD
Orthopedics at
New Providence
908-795-1192



Niv Mor, MD
ENT at Summit
Summit: 908-795-1194



Hema Sivasubramanian, MD
Millburn Family Practice
Millburn: 973-379-3051



Douglas Bennett, DO
Medical Diagnostic
Associates
Westfield: 908-233-0895
Summit: 908-273-1493



Alyssa Hernandez, MD
Medical Diagnostic Associates
(Family Medicine)
Scotch Plains:
908-322-7786



Tasneem Peeraully, MD
Neurology/Movement
Disorders
908-522-6144



Jody Skariah, MD
Medical Diagnostic
Associates
(Family Medicine)
Westfield: 908-232-5333



James Chen, MD
Thyroid Center at Summit
Summit: 908-522-6995



Sejal Jain, DO
Village Family Medicine
Summit: 908-522-5700
South Orange:
973-630-8989



Andrew Robinson, MD
Overlook Surgical Associates
Summit: 908-608-9001



Lara Von Berg, MD
Medical Diagnostic
Associates
(Family Medicine)
Scotch Plains:
908-322-7786



Krissy Choi, DO
Institute for Rheumatic and
Autoimmune Diseases
Summit: 908-598-7940



Fariba Kharazi, DO
Village Family Medicine
South Orange:
973-630-8989



Kaylah Rondon, MD
Women's Health at Westfield
Summit and Westfield:
908-522-3688



Rebecca Yang, MD
Atlantic Breast Associates
(Breast Surgery)
Summit: 908-598-6610



Ved Desai, DO
Advanced Care Oncology
and Hematology Associates
Springfield: 973-379-2111



Stephanie Levine, DO
Adolescent Medicine
Summit: 908-522-5757



Danielle Schehr-Kimbel, DO
Primary Care at Millburn
973-912-7273



Janine Doneza, MD
Gynecology at Summit
908-522-7335



Priscilla Miguez, DO
Maplewood Family Medicine
908-598-6690



Saurabh Sharma, MD
NJ Neurological Specialists
Summit: 908-522-2829

Atlantic Medical Group Primary Care in Your Community

Alpha Health Associates
Millburn: 973-912-8400
West Orange: 973-731-7868

Maplewood Family Medicine
Maplewood: 908-598-6690

**Overlook Family
Medicine**
Summit: 908-522-5700

**Roselle Park Medical
Associates**
Roselle Park: 908-241-0044

Village Family Medicine
South Orange:
973-630-8989

**Associates in Integrative
Medicine**
Summit, Warren,
West Orange:
908-769-9600

Maplewood Primary Care
Maplewood: 973-763-5010

Primary Care at Millburn
Millburn: 973-912-7273

**Summit Springfield
Family Medicine**
Summit: 908-277-0050

Warren Primary Care
Warren: 908-598-7970

Chatham Family Medicine
Chatham: 973-635-2432

Medemerge
Green Brook: 732-968-8900
**(evenings, weekends,
walk-ins)**

**Primary Care
at Scotch Plains**
Scotch Plains:
908-378-7200

**Union Plainfield Medical
Associates**
Union: 908-686-9330

West Orange Primary Care
West Orange: 973-736-2290

Healthfirst Associates
Newark: 973-344-5379

**Medical Diagnostic
Associates**
Millburn: 973-379-3051
Scotch Plains:
908-322-7786
Summit: 908-273-1493
Westfield: 908-232-5333

Primary Care at Union
Union: 908-688-4845

**Urgent & Specialty Care
(evenings, weekends,
walk-ins)**
100 Commerce Place
Clark: 732-499-0606

Women's Health at Westfield
Summit, Westfield:
908-522-3688

**Internal Medicine
Residency Practice
at Union**
Union: 908-598-7950

Primary Care at Westfield
New Providence & Westfield:
973-829-4632

Atlantic Medical Group accepts most major insurance plans. To find an Atlantic Medical Group provider, visit atlanticmedicalgroup.org for more information, or call 1-844-AMG-2250 (1-844-264-2250).



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or visit atlantichealth.org/doctors.

