



Children's Heart Center

THE HEART BEAT

Goryeb Children's Hospital
Morristown Medical Center
100 Madison Ave.
Morristown, NJ 07962

Goryeb Children's Center
Overlook Medical Center
99 Beauvoir Ave.
Summit, NJ 07901

Newton Medical Center
175 High Street
Newton, NJ 07860

Flemington Specialty Ped. Care
194 Route 31
Flemington, NJ 08822

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Aparna Prasad, MD
Leonardo Liberman, MD-EP
Consultant

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Megan Dickinson, RN, BSN
Andrea Winner, RN, BSN

Technologists

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PE-FE, Lead Clinician
Alexis Terlaje, RCS, RDCS-PE-FE,
Lead Technologist
Bhavisha Pandya, RDCS-PE-FE
Ashley DeRosa, RCCS
Kelli Vranich, RDCS-AE-PE-FE
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Anna Maddalena, RCS, RDCS-PE
Mechelle Ellerbee, RDCS-AE-PE
Brittany DiPasquale, RDCS

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Social Worker

Margaret Micchelli, LCSW

Administrative Staff

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Sandy Segreto
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THE DIRECTOR'S CUT CHRISTINE DONNELLY, MD

Heart History: A "Profile in Courage"- Dr. Helen Brooke Taussig: Achievement "Against the Odds"



Thirty years ago, just shy of her 88th birthday, a car accident ended the life of the founder of pediatric cardiology, Dr. Helen Brooke Taussig. But what a life it was!

Born in 1898 in Cambridge, Mass., her father, an economist at Harvard University helped her overcome dyslexia through hard work and determination, qualities that would characterize her life. Her grandfather, a physician specializing in the treatment of children with eye problems, may have influenced her decision

to enter medicine. After graduating from the University of California at Berkley in 1921, her father encouraged her to consider the public health field as a career. She entered the School of Public Health at Harvard University but met with gender discrimination. When the Dean informed her that she could take courses but not earn a degree, she queried "Who wants to study for four years and get no degree at all for all that work?" The Dean replied "Nobody, I hope." Not one to disappoint, Helen Taussig left Harvard and eventually earned her MD from The Johns Hopkins University in 1927. Fortunately, her talent was recognized and after completing her pediatric training and pursuing her interest in heart disease, she was appointed chief of the Pediatric Cardiac Clinic of the Harriet Lane Home at Hopkins by Dr. Edward Park, the Chairman of Pediatrics and a mentor. The rest is history.

Helen Taussig continued her work at Hopkins for over 30 years. During that time she developed, with Alfred Blalock and Vivien Thomas, the most significant surgical procedure to help children born with cyanotic congenital heart disease, the Blalock-Taussig shunt, which not only saved thousands of children's lives but paved the way for the modern era of pediatric cardiac surgery. With the influx of patients to Johns Hopkins following the report of this lifesaving procedure, Helen Taussig needed assistants, resulting in a training program for this new specialty of pediatric cardiology. Her fellows dubbed themselves the "Knights of Taussig" and went on to head pediatric cardiology programs throughout the world. Her 1947 textbook, Congenital Malformations of the Heart, became the bible in the field for generations.

And all this from a woman who was nearly deaf! She overcame this incredible handicap by using a specialized amplified stethoscope and learning, as she urged her fellows, to "Listen with your fingers", detecting and characterizing the heart vibrations in her patients.

In this historic year of "firsts", it is only fitting to remember some of Dr. Taussig's. She was the first woman president of the American Heart Association in 1965, the first female full professor of Pediatrics at John Hopkins in 1959, the first female recipient of the Passano Foundation Award. In addition, she received the Medal of Freedom in 1964 from President Lyndon B. Johnson not only for her work in the treatment of children with heart disease but for her vital role in the prevention of the sale of thalidomide in the USA, a drug that had been used in Europe as a sedative and which she suspected to be the cause of severe limb deformities in newborns (phocomelia) reported there. But despite these recognitions, helping her patients was her greatest reward. What she kept framed on her mantelpiece was a letter from a French boy with severe congenital heart disease, thanking her for how her Blalock-Taussig shunt gave him a new life: "I can now play with my friends."

Helen Taussig shattered a "glass ceiling" in medicine and in so doing made the lives of her heart patients and of those to come all the better for it. A remarkable life indeed - "against the odds."

NURSES' NOTES

Why Learn CPR?

Megan Dickinson, RN,
BSN

- ♥ Most cardiac arrests happen outside of a hospital, so it can involve us as bystanders at any time.
- ♥ Sudden cardiac arrest is often the 1st sign that a person of any age has a heart problem.
- ♥ Only 1/3 of the people who have a sudden cardiac arrest receive CPR from bystanders.
- ♥ You don't have to do mouth-to-mouth resuscitation. Guidelines changed in 2010 since hands-only CPR has been shown to be effective.
- ♥ CPR saves lives when administered within 6-7 minutes after blood stops flowing through the body.
- ♥ It does not actually restart the heart, but it does keep oxygenated blood circulating to vital organs, such as the brain.
- ♥ Performing CPR buys valuable time until paramedics or trained personnel arrive.
- ♥ Check out your local American Red Cross as one training option for CPR and learning how to use an AED.
- ♥ In 2007, Congress passed a resolution and declared every June 1 – 7 to be National CPR and AED Awareness Week.

STAFF HIGHLIGHT STUART KAUFMAN, MD

After 3 years of a pediatric cardiology fellowship at Columbia Presbyterian Medical Center, Dr. Kaufman joined the staff at MMC in 1986. He was the first pediatric cardiologist hired after Dr. Donnelly established the program in 1984. Dr. Kaufman is the medical director of the echo lab.



When did you first become interested in being a heart doctor?

When I was a child, my doctor suspected that I had rheumatic fever because of a heart murmur. That led me to wanting to know more about the heart. So my friend and I went to the local butcher shop and got a cow's heart. We had a great time dissecting it, seeing the chambers, valves and vessels. I was totally hooked from that point on and knew what I wanted to do. (And it wasn't to become a butcher.)

Any other early experiences?

I have a favorite memory of when I was in AP biology class in high school. My lab partner and I had a fetal pig for dissection, but I ended up performing a PDA ligation on it! The teacher was very impressed. On another note, all of my friends in that class wanted to go into medicine and we all did end up being physicians of one sort or another.

What is the best part of your job now?

The best part is being able to care for children as newborns and then see them grow up. It's very special to watch them grow and be healthy and then head off to college or work. You get to know the family and to see all the important milestones. And in some cases, I've even had the experience of seeing the children of children I've cared for.

HEALTHY HEART APARNA PRASAD, MD

CARDIAC CONDITIONS AND EATING DISORDERS



Cardiovascular complications are common among adolescents with eating disorders, such as bulimia nervosa and anorexia nervosa, and contribute to the high mortality rate in this population. Due to the disease process, these patients may develop abnormal cardiac rhythms, fluid around the heart, functional abnormalities of the heart and valve leakage.

At Goryeb Children's Hospital, there are approximately 150-200 young people each year who are newly diagnosed and treated in our Eating Disorders Program. The program involves a diverse range of health professionals and specializes in fami-

ly-based treatment that focuses on normative adolescent development within the patient's home and community.

We in the division of pediatric cardiology are pleased to announce that the department of pediatrics has received a \$50,000 grant from the Foundation for Morris-town Medical Center to study new methods of assessing cardiac function to improve care of children and adolescents diagnosed with eating disorders. The current standard strategies for the early detection of cardiac disease involve an examination and an echocardiogram. In our proposed study, we are utilizing a novel non-invasive cardiac imaging technique called two-dimensional speckle tracking echocardiography to characterize global and regional left heart function in these adolescents. The goal is to identify patients with early markers of cardiac dysfunction and to provide them with the appropriate treatment and surveillance that is needed before long-term cardiac damage occurs.

This study brings together an outstanding interdisciplinary research team from Goryeb Children's Hospital. The primary investigators are Dr. Aparna Prasad (faculty, Pediatric Cardiology); Dr. Reshmi Morris (faculty, Adolescent Medicine); and Dr. Philip Levy (faculty, Neonatology). We will be recruiting patients this fall and look forward to seeing what new insights can be gained from this important research opportunity.

“SKYPE ON WHEELS” COMES TO GORYEB



No, the unusual-looking object in this photo is not E.T.’s cousin. It’s the newest technology available to school children who are recovering from heart surgery. VGo is a robotic telepresence in the classroom that allows the child at home to see, hear, talk, and move around at school as if he/she were actually there. It’s remotely controlled by the child from the home computer. Do you want to participate in English class? No problem. Do you want to “walk” down the hall and talk with your friends? No problem. And best of all, there are no charges or fees for the family.

We received wonderful feedback from our first pediatric cardiology family to use the VGo robot when their 6 year old son was recently recovering from open heart surgery. Initially, everyone was unsure about what to

expect, but Mark’s mother writes:

“That all changed on the first day when he saw his teacher, his principal and his classmates waving to him from the classroom. Mark was so happy and truly felt like part of his class again! During the time he was home, he would log on three different times throughout the day where he was actively engaged and participating in the lessons the students were working on in school.

The VGO allowed Mark to not only keep up with the academic lessons, but it also allowed him to keep a social connection with this teachers and friends. It helped us build up his stamina and get back into a routine, all making the transition much easier when he did return to the classroom. Most importantly, it made Mark happy and excited – he smiled and looked forward to seeing his friends and teachers each day. During a time when his world was turned upside down, the VGO helped put a sense of normalcy back into our son’s life. For that, we will always be grateful.”

DONATIONS APPRECIATED

The division of pediatric cardiology was the grateful recipient of 100 Beanie Babies, courtesy of the Kids Care Club at Pines Lake Elementary School in Wayne. This group, organized by parents of 4th and 5th graders, selects a charity to help each month. In February, which is Heart Month, they decided to target their fundraising efforts for pediatric cardiology. One of the mothers had a positive experience as an adult receiving services at Gagnon, so Morristown Medical Center came to mind.

The Beanie Babies are a welcomed gift for us because we can give them to children when they’re undergoing EKG test-

ing and echocardiograms. After all, it’s hard staying still for a long time when you’re little. So a big “thank you” to Pines Lake Elementary School!



FAMILY CONNECTION



Travis Howie, a 2016 graduate of Newton, H.S., is the proud recipient of a \$2,000 scholarship from the Congenital Heart Defect Coalition. Travis’ essay for the scholarship application shows his tenacity, resiliency and maturity. He writes: “My personal

life experience with a congenital heart defect has helped shape who I am. While having Hypoplastic Left Heart Syndrome is always going to be part of me, I do not allow it to get the best of me...Hopefully by my actions, I have inspired others to overcome their own challenges after they see what I can do with what I have been given in life. I look ahead of my defect and don’t let it limit me.”

Did you know??

- ♥ The FDA has authorized a change in food labeling to make it easier to choose healthier food options.
- ♥ The amount of calories in a serving will be in LARGE type for quick identification.
- ♥ “Added sugars” by the manufacturer will be included to distinguish them from the naturally occurring sugars in the item.
- ♥ Corn syrup, fruit juice concentrate, fructose, maltose, evaporated cane juice, beet sugar and agave are examples of added sugars.
- ♥ The recommended daily level of sodium (salt) has been lowered.
- ♥ Serving sizes, by law, will be more realistic now to reflect how much people typically eat or drink at one time.
- ♥ Package size affects what people eat. So for packages between 1-2 servings, such as a small bag of potato chips, they will now be labeled as a single serving.
- ♥ The list of required nutrients will now include Vitamin D and potassium.
- ♥ For products that are larger than a single serving, but are often consumed in a single sitting, there will now be two columns: per serving and per package.

♥ The new nutrition label will be in use by July 26, 2018.

♥ How many teaspoons of sugar are in a 12 oz. can of Coke?

Answer: 9.2 Teaspoons
(39 gms)

SOCIAL WORK CORNER MARGARET MICCHELLI, LCSW

GET INVOLVED! TWO CHD FUNDRAISING WALKS COMING UP THIS FALL

September 25, 2016 - The CHD Coalition is sponsoring their 9th annual congenital heart defect awareness walk and family fun day at Darlington Park in Mahwah, NJ. The Atlantic Health System is a platinum-level sponsor this year and will have a presence at the event. The pediatric cardiology staff will be there as team "Heart Throbs". For details, please contact walk@chdcoalition.org.



October 23, 2016 – This New York City walk will benefit the Adult Congenital Heart Association and The Children’s Heart Foundation. It will be held at Riverbank State Park, 679 Riverside Drive on the west side of Manhattan. For more information, please contact info@congenitalheartwalk.org.

DR. SUZANNE MONE HONORED



The Somerset Hills “Twig” of the Women’s Association of Morristown Medical Center has dedicated this year’s fundraising activities to pediatric cardiology in honor of Dr. Suzanne Mone. She provided excellent care for one of the member’s children and this sparked their interest in giving to our division. Way to go, Dr. Mone!

The kickoff event was “Bourbon and Burgers in the Barn” at Tranquility Farm in Chester on 3/12/16. At this well-attended event, Dr. Mone read a moving poem that captured the feelings that a physician can have for her patients. Then it was on to good food and lively conversation amid a beautiful equine setting. The funds will be used to provide continuing education for all pediatric cardiology staff to keep current with best practices and the latest skills.

2016 VALENTINE’S DAY AND CHD AWARENESS

Our 7th annual Valentine event on February 14th was a big success. Over 200 people joined us in raising awareness about congenital heart defects and celebrating as a heart community. It’s a chance for kids to come to the hospital to have a good time and for families to meet others who understand their experience with living with a CHD.

Many thanks to all the volunteers who made this event happen, including staff, parents, teens, family and

friends, especially the Schmidt family. Thank you to Erin from the Adult Congenital Heart Association and to the volunteers from the Make-A-Wish Foundation.

We especially want to give a big “thank you” to Lisa at Parties Are Us Rentals, Bennett at CTC Party Entertainment, Kris at Garden State Quilters, the enCourage Kids Foundation and the CHD Coalition for their generous donations.

Please mark your calendar for next year’s event on Sunday, February 12, 2017!

