

# AtlanticView

at Morristown | Spring/Summer 2019



## BEST HOSPITALS

**U.S. News** & WORLD REPORT

NATIONAL  
RANKED IN 2 SPECIALTIES

2018-19

MOMENTS THAT MATTER

FEEL SOMETHING?  
SAY SOMETHING  
AND SEE YOUR  
PHYSICIAN  
Read Eileen's Story on Page 6  
Transforming Cancer Care

Ortho Team Saves Trauma Victims  
With Modern Techniques



Atlantic Health System  
Morristown Medical Center



## LETTER FROM THE PRESIDENT

Greetings,

As we continue our mission of building healthier communities, I am pleased to share with you some of our recent accomplishments that help ensure our neighbors have access to high-quality medical care close to home.

Morristown Medical Center is the only hospital in the state named as one of "America's 50 Best Hospitals" by Healthgrades. We were the only hospital in NJ to make the list for the fourth year in a row, and *U.S. News & World Report* named Morristown the No. 1 Hospital in NJ.

As an RN, I am proud to share that Morristown Medical Center has been redesignated as a Magnet® hospital for the fifth consecutive time by the American Nurses Credentialing Center. Less than 1 percent of hospitals in the nation have received this recognition. We will continue to expand our service offerings this year with a 72-private-patient-room expansion of the Gagnon Cardiovascular Institute, enhance our Carol G. Simon Cancer Center to add more clinical and practice space, and increase our capacity to care for our pediatric patients with an expansion at Goryeb Children's Hospital and The Valerie Center.

In this issue of *AtlanticView at Morristown*, you will discover that Morristown Medical Center created New Jersey's first cardiogenic shock team to enable quick action from a number of heart specialists when a patient experiences a heart emergency. Our orthopedic trauma team works together every day to treat single complex to multiple injuries that may combine orthopedic and non-orthopedic injuries. You'll learn the difference between bone cancer and bone tumors and meet our new chair of orthopedics. And, you will meet a patient who learned that you should always trust your body and see a doctor if you suspect something may be wrong. Finally, our Community Calendar will help you find classes, activities and support groups to keep you busy throughout the season.

On behalf of everyone at Morristown Medical Center, we wish you and your loved ones a healthy spring and summer.



TRISH O'KEEFE

President, Morristown Medical Center

**WE WANT TO HEAR FROM YOU**

Would you like to share your experience at Morristown? Please help us spread the word and help more people in our community.

Review us on Facebook, Google or Yelp.

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## AtlanticView

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Managing Editor, *AtlanticView at Morristown*: Vicki Banner  
 Assistant Editor: Beth Sisk  
 Contact information: **Atlantic Health System**,  
**475 South St., Morristown, NJ 07960**  
 Email: [atlanticview@atlantichealth.org](mailto:atlanticview@atlantichealth.org)  
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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 its respective field.

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OFFICIAL  
HEALTH CARE  
PARTNER

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**Moments That Matter: Feel Something? Say Something and See Your Physician**



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Research – Transforming Cancer Care

## Care on Consumers' Terms

When I joined Atlantic Health System, one of my highest priorities was to deliver a more convenient, seamless experience for every patient. Our team has worked tirelessly to make that goal a reality.

Harnessing technology and innovation, we are making it easier to find the care you need, schedule time with your physicians, and navigate our growing network of health and wellness services.

Our most recent advancement toward more convenient care puts you in the driver's seat. The easy-to-use Atlantic Anywhere mobile app lets you connect with us anytime, anywhere – right from your smartphone. Use it to access your medical records and test results through MyChart, book appointments with participating physicians, and even schedule a virtual visit to speak with a doctor 24/7 from the convenience of your phone or computer.

Atlantic Health System was built to provide you and your family with the highest quality care. Our entire team is dedicated to designing a more convenient future for health care, where we care for you on your terms.

In this edition, we share stories of real-life health and wellness journeys of people like you in our communities. We hope you enjoy the issue and as always, thank you for entrusting Atlantic Health System with your care.



Brian A. Gragnolati

President & CEO,  
Atlantic Health System



## MORRISTOWN MEDICAL CENTER ONLY HOSPITAL IN NEW JERSEY TO ACHIEVE AMERICA'S 50 BEST HOSPITALS AWARD™ FROM HEALTHGRADES

For the fourth consecutive year, Morristown Medical Center is the only hospital in the state to be recognized as one of "America's 50 Best Hospitals" for clinical performance. The distinction places Morristown Medical Center in the top 1 percent of hospitals in the nation.

## Morristown Medical Center Receives Fifth Consecutive Magnet Designation

The American Nurses Credentialing Center (ANCC), which recognizes health care organizations for quality patient care, nursing excellence and innovations in professional nursing practice, has redesignated Morristown Medical Center as a Magnet® hospital for the fifth consecutive time. Only 13 hospitals nationwide have received this designation five times.



"As the president of Morristown Medical Center, and as a nurse, I am extremely proud of our commitment to excellent patient care, improvement in care delivery, focus on education and research, strong partnership with our medical staff and communities, and continued opportunities for nurse empowerment and innovation," says Trish O'Keefe, PhD, RN, president of Morristown Medical Center and nurse at the medical center for more than 30 years.

"Our fifth consecutive Magnet designation is a powerful testament that Morristown Medical Center nurses are committed to clinical excellence and exceptional patient care," says Carol Jones, MSN, RN, NE-BC, chief nursing officer, Morristown Medical Center.



## ATLANTIC HEALTH SYSTEM EARNS SPOT FOR 11TH YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR®' LIST

Proving that being extraordinary matters, Atlantic Health System, a leading provider of health care in New Jersey, was once again named to *Fortune's* "100 Best Companies to Work For®," for the 11th consecutive year on the prestigious annual list.

"Our culture of innovation, trust and respect drives our success," says Brian Gragnolati, president and CEO of Atlantic Health System. "Every member of our team is focused on quality and doing what is best for our patients and their families. As a result, we are delivering the best possible care and ensuring an innovative, collaborative workforce that is excited about the impact of their contributions."

## 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 Morristown.
- 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.

**Visit [atlantichealth.org/atlanticanywhere](http://atlantichealth.org/atlanticanywhere).**

### ATLANTIC HEALTH SYSTEM MAKES FORTUNE'S 'BEST WORKPLACES FOR WOMEN' LIST



Best Workplaces™  
for Women  
USA  
2018

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.

### MORRISTOWN MEDICAL CENTER: A 'BEST HEART HOSPITAL'

Reader's Digest has included Morristown Medical Center on their list of "best heart hospitals by state, offering award-winning diagnostic and treatment services for cardiovascular care. Its specialty is open-heart procedures, which it performs more often than any other hospital in New Jersey and which are done by some of the top cardiologists in the field."



### MORRISTOWN MEDICAL CENTER ACHIEVES COMPREHENSIVE CENTER ACCREDITATION FROM THE AMERICAN COLLEGE OF SURGEONS' METABOLIC AND BARIATRIC SURGERY ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM

"We are proud to provide patients in our community with a comprehensive weight management program that offers a metabolic medicine program to help patients better understand the medical reasons they may not be able to lose weight, and a bariatric surgery program that offers best-in-class surgical options for patients who need intervention," says Michael J. Nusbaum, MD, chair of bariatric section at Morristown Medical Center.

### MORRISTOWN MEDICAL CENTER RECEIVES GEDA ACCREDITATION

Morristown Medical Center's The Medicines Company Geriatric Emergency Department has earned Level 2 (silver) Geriatric Emergency Department Accreditation (GEDA) from the American College of Emergency Physicians.

The award recognizes emergency departments that provide excellent care for older adults. Morristown is the second hospital in NJ to earn this prestigious accreditation.

### ATLANTIC HEALTH SYSTEM RECOGNIZED FOR HAVING THE 'CLEANEST HANDS IN HEALTHCARE'

DebMed has awarded Atlantic Health System the 2018 Hand Hygiene Excellence Award for having the "cleanest hands in healthcare" due to its high level of sustained hand hygiene compliance.

With initial goals to decrease hospital-acquired infections and accurately measure hand hygiene compliance, Atlantic Health System introduced the DebMed Electronic Hand Hygiene Compliance Monitoring System in July 2015. Atlantic Health System expanded use of the DebMed program to its six hospitals, achieving a sustained 57 percent improvement over baseline during a 12-month period.

The DebMed Electronic Hand Hygiene Compliance Monitoring System is the only research-based, badge-free system able to track compliance based on the World Health Organization's "5 Moments" and the CDC's hand hygiene standards.

# BONE CANCER vs. BONE TUMOR



**James C. Wittig, MD, internationally recognized orthopedic oncologist**

**W**hen 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," Dr. 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," Dr. 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 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.**

To find out more information about Atlantic Orthopedic Oncology and Sarcoma and Dr. Wittig, visit [atlantichealth.org/orthooncology](http://atlantichealth.org/orthooncology). Dr. Wittig can be reached at 1-833-292-2663.



## FEEL SOMETHING? SAY SOMETHING AND SEE YOUR PHYSICIAN

When Eileen was faced with a large cyst attached to one of her ovaries, Atlantic Health System's gynecology team was there for her.

**P**atients know their own bodies better than anyone. At age 49, Eileen Lupo looked bloated and suspected early menopause, but something in the back of her mind said to see her doctor.

Her primary care physician listened to her symptoms, performed a physical examination, and ordered an ultrasound and computed tomography (CT) scan. When they came back with abnormal results, he advised Eileen to see a gynecologist.

Professional recommendations led her to Eric Liberman, DO, a gynecologist specializing in minimally invasive gynecologic surgery at Morristown Medical Center. He examined Eileen and recommended additional tests, which revealed a large cyst attached to one of her ovaries. Measuring slightly larger than the diameter of a basketball, Dr. Liberman said it required surgical removal. While there was a very low risk of cancer, based on its simple appearance, Eileen was naturally nervous.

**"My advice to any woman is to see your doctor regularly and talk with him or her about any changes you have noticed."**

**—Eileen Lupo**



**Eric Liberman, DO**

"I was scared, but Dr. Liberman was so caring and patient with my husband and me and answered all our questions, numerous times," Eileen says.

Dr. Liberman presented Eileen with two choices – remove the cyst using traditional open surgery, which would involve a large cut across the abdomen and hospitalization, or a minimally invasive approach using laparoscopy to deflate and remove the mass using a small incision, resulting in less scarring and a faster recovery.

Eileen chose minimally invasive surgery, and it was a complete success. It turned out she was not in menopause, and Dr. Liberman was able to preserve her remaining ovary.

"I recommended leaving the second ovary because she was not in menopause and the hormones it secretes would support her bone health as well as cardiovascular health, and it was completely normal appearing," explains Dr. Liberman.

Eileen was able to go home the same day and says: "I was soon on my way to a full recovery. I can't say enough about the excellent care I received at Morristown Medical Center and from Dr. Liberman."

The best news was that the cyst was noncancerous, and Eileen is thankful she paid attention to what her body was telling her.

"My advice to any woman is to see your doctor regularly and talk with him or her about any changes, even small ones, you have noticed," Eileen says. "We deserve the best life we can have, and there are excellent doctors associated with Atlantic Health System who can help!" ▲

### ATLANTIC MEDICAL GROUP

**Dr. Liberman is part of Atlantic Medical Group, a multispecialty group of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). Dr. Liberman can be reached at 973-971-7267.**

**To find out more about minimally invasive gynecologic surgery, visit [atlantichealth.org/migs](http://atlantichealth.org/migs) or call 1-800-247-9580 to schedule an appointment today.**

# Atlantic Digestive Health Institute Sees Record Growth

The Atlantic Digestive Health Institute, part of Atlantic Health System, has experienced record growth over the past few years, and *U.S. News & World Report* recently named Morristown Medical Center one of the top 50 hospitals in the country for gastroenterology and GI surgery.

Its gastrointestinal surgeons are dedicated to providing the most progressive surgical methods using the latest technology. This includes minimally invasive surgery programs that result in shorter hospital stays and faster recoveries. They surgically treat inflammatory conditions of the bowel, colorectal cancer and gastroesophageal disorders such as reflux disease.

In order to accommodate more patients, the center recently hired H. Scott Dinneen, DO; Ravish Parekh, MD; and Nnaemeka Anyadike, MD. Dr. Dinneen is board-certified in internal medicine and completed his fellowship in gastroenterology at Rutgers New Jersey Medical School. Dr. Parekh is a board-certified gastroenterologist and pursued his internal medicine residency at Henry Ford Hospital, Wayne State University in Detroit. Dr. Anyadike is board-certified in internal medicine and



gastroenterology and completed his internal medicine residency at Thomas Jefferson University Hospital, and gastroenterology & advanced endoscopy fellowships at Maimonides Medical Center.

The Inflammatory Bowel Disease (IBD) Center is a highly specialized center that only treats patients with ulcerative colitis and Crohn's disease. The center's multidisciplinary team — made up of gastroenterologists, surgeons, nurses, psychologists, pathologists, radiologists, techs and nutritionists — is dedicated to continuously improving patient outcomes through quality clinical care with cutting-edge treatments and technologies, research and education. ▀

**For more information, including locations and how to schedule an appointment, visit [atlantichealth.org/gastro](http://atlantichealth.org/gastro).**

## 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.**



LEFT TO RIGHT:  
BACK ROW – Dr. Slater, Dr. Blitz, Dr. Sidhu, Dr. Genereux  
FRONT ROW – L. Suplicki, Dr. Gillam, Dr. Goldschmidt, Dr. Cohen

## Emergency Response Team Acts Quickly to **SAVE HEART PATIENTS**

When the heart can no longer pump blood, the organs of the body quickly begin to fail, which most commonly occurs as the result of a heart attack. This condition is called cardiogenic shock, and Morristown Medical Center has created New Jersey's first dedicated medical team to address this life-threatening illness. According to Linda Suplicki, MSN, RN, APN, CCRN, program coordinator, "In spite of all the technology and advances we have in medicine, we haven't been able to improve the survival rate of this population."

Suplicki says that most people with this condition do not make it to the hospital in a timely manner. The new cardiogenic shock team hopes to create awareness of the signs of cardiogenic shock and how to get help faster. "Patients who have had other heart conditions are at higher risk of becoming sicker much more quickly. We have an integrated emergency response team where we can activate cardiac specialists to quickly diagnose and treat the patient with a single phone call," says Suplicki.

The team includes a cardiac surgeon, an interventional cardiologist and an advanced heart failure cardiologist. The goal is to stabilize the patient within 90 minutes. Therapies used include stenting (using a small mesh balloon to open a blocked artery), cardiovascular bypass, and angioplasty to restore blood flow, or use of short- and long-term devices to help blood circulate through the heart's chambers.

According to Suplicki, there are about 100 hospitals across the country spearheading this national initiative. The team will be working with EMS and local community hospitals to escalate care quickly and transfer to a tertiary center such as Morristown. "We have the people necessary to make a quick decision utilizing the best technology to save lives. The goal of this initiative is to ensure the patient is receiving the right care at the right time." ▲

**For more information, visit [atlantichealth.org/vad](http://atlantichealth.org/vad) or call 973-971-4179.**

# Orthopedic Team Uses Modern Techniques to Save Trauma Victims

**E**ye-opening." "Life-defining." Although their accidents were different and nearly 16 years apart, Andrew and Jacques similarly describe the life-altering experiences that led them to the orthopedic trauma team at Morristown Medical Center.

Sixteen years ago, Jacques broke his left leg while bird-watching at the Great Swamp National Wildlife Refuge in Morris County. In April of 2018, Andrew broke his forearm, thigh and lower leg bone, and suffered from multiple internal injuries when a 15-passenger van on Route 206 in Sussex County hit his car head-on.

These injuries are just a few of the type seen every day by the orthopedic trauma surgery team at Morristown. "We treat bones, joints, ligaments, and tendons from the fingertips to the shoulders, to the spine, to the pelvis, to the lower extremities," says Richard Schenk, MD, director of orthopedic trauma. "We are trained to treat isolated complex injuries to multiple injuries that can be a combination of orthopedic and non-orthopedic injuries. We coordinate care with other specialties to maximize the patient's functional outcome."

In the case of Andrew, orthopedic trauma surgeon Craig Wright, MD, was part of the trauma team that treated the car crash victim. "He had some major internal injuries that required immediate attention," says Dr. Wright. "We stabilized the broken bones temporarily before the general surgery team worked to save his life in the operating room."

Patients with musculoskeletal injuries are seen in a dedicated orthopedic trauma room where severe injuries can be evaluated and treated promptly. "There's been tremendous revolution in the treatment and management of trauma patients," says Dr. Schenk. "We're seeing more complicated injuries than we've seen in the past."

Jacques has vivid memories of his accident. "About two hours into my hike, I came across a Canada goose sitting on her eggs,"

**Dr. Wittig and team perform fixation of fracture with plate and screws.**



he says. "Out of nowhere, the male protecting the female dive-bombed me. I slipped into the marsh; my left leg got stuck and did something it's absolutely not supposed to do." After calling 911, Jacques, unable to walk, dragged himself along the path amidst the dense foliage. Miraculously, a police officer heard Jacques yelling and came to his rescue.

Andrew says the only thing he remembers about his accident is the date, April 12, and time, 6:14am. After several months in the hospital and in rehab, Andrew spoke to the police detective who was on the scene of the crash. "I don't remember much. The officer told me he held my head stable for about 45 minutes, and we talked while they cut me out of the car. You go about your day-to-day business, and it can change literally in the blink of an eye." ▲

**For more information, visit [atlantichealth.org/orthotrauma](http://atlantichealth.org/orthotrauma).**

**To find out more about Drs. Richard Schenk and Craig Wright and Atlantic Health System-affiliated providers, visit [atlantichealth.org/doctors](http://atlantichealth.org/doctors).**

**Dr. Schenk can be reached at 973-599-9779.**

**Dr. Wright can be reached at 973-694-2690.**

## Reduce Meat and Increase Health With a Plant-Based Diet



In recent years, plant-based diets have grown in popularity. But you do not have to go completely meat-free to gain the health benefits. "Plant-based doesn't necessarily mean you are excluding meat from your diet," says Jane DeWitt, RD, manager, Food and Nutrition Services, Hackettstown Medical Center. "You can focus on getting some of your protein from plant-based foods like lentils, nuts, peanut butter or tofu." Sabrina Lombardi, dietitian for Newton Medical Center, adds, "Don't be afraid to experiment with different preparation methods of fruits or vegetables, such as grilling or roasting. This can enhance texture and bring out new flavors in foods."

Mary Finckenor, RD for Morristown Medical Center, agrees. "In a plant-based diet, meat and fish are not at the forefront of eating even though they can be included. A plant-based meal could include a smaller piece of fish, beef or pork, with more fruits and vegetables."

From a health standpoint, Finckenor says, "People who eat more plants are generally healthier. They have lower rates of cancer and heart disease, less obesity, better blood pressure, and reduce their risk of type 2 diabetes." Finckenor says fatty meat and animal products can increase inflammation in the body, which is linked to several chronic diseases.

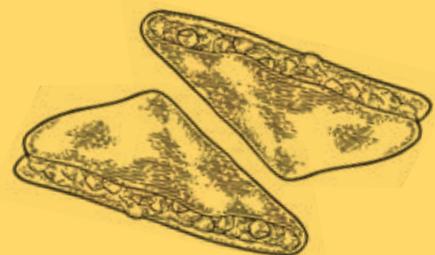
When changing to a plant-based diet, DeWitt says nutritional needs to be aware of include increasing calcium, vitamin D and iron. "You don't necessarily need to take supplements because you can get those nutrients by increasing your intake of leafy green vegetables, tofu, broccoli or chia seeds."

Making the switch to plant-based eating can be an easy process. "Once or twice a week, have a meatless meal," says Finckenor. DeWitt recommends keeping a record of foods eaten. "You can decide what you want to decrease or eliminate and have a plan of what is going to replace that."

DeWitt says focusing on plant-based foods is a matter of making better choices. "People are probably nervous because they are thinking about all of the food they can't have. But fortunately, today in grocery stores there are so many more items available. You just want to stay away from refined or processed food and focus more on whole foods." ▲

*Recipe from Mary Finckenor*

### Quesadillas



#### Ingredients

- 1 package flour tortillas (whole wheat if possible)
- 1 can refried beans
- Grated low-fat or 2 percent cheddar cheese
- Optional: cooked (sliced or ground) chicken, pork or beef
- Cooking spray
- Optional toppings: salsa, sour cream

#### Instructions

1. Spread a thin-medium layer of refried beans on one side of one tortilla. Top with optional chicken, pork or beef, and sprinkle cheese on top. Place another tortilla on top.
2. Spray a nonstick pan with cooking spray and place over medium heat.
3. Cook quesadilla 3-4 minutes on each side, or until tortillas are crispy and cheese has melted.
4. Remove from heat and cut into 8 wedges. Serve as is or with optional salsa and sour cream.

## ATLANTIC HEALTH SYSTEM TRANSFORMS CANCER CARE WITH GROUNDBREAKING PARTNERSHIP

To take advantage of new treatments that are available to cancer patients, Atlantic Health System has entered into a special partnership with the Translational Genomics Research Institute (TGen) and Origin Commercial Ventures. Together, they're developing a new platform to deliver economically viable immunotherapies and other breakthrough cancer treatments to the region.

### BETTER CARE AND COLLABORATION

The Breakthrough Oncology Accelerator flagship platform at Atlantic Health System will create a model to ultimately enable health systems around the country to provide faster access and better patient outcomes by enabling clinicians and researchers to share their knowledge and provide more options for patients.

Through the partnership, Atlantic Health System, TGen and Origin will leverage their proprietary platforms, expertise and collaborations to identify and deploy those resources that best help oncologists meet the needs of their patients.

"We're looking at an onslaught of really incredible medicine that's going to become available to cancer patients," says Cosmo Smith, managing partner, Origin CV. "It's our job to ensure that not only are there infrastructure, operating and clinical capabilities able to onboard these, but financing capabilities that put these therapies within reach of oncologists and their patients."

On the research side, TGen is hard at work investigating new therapies for cancer, neurological disorders, infectious disease and rare childhood disorders. Using advanced technology, TGen delves into the origins of cancer by exploring the human genome.

"TGen's genomic-based programs help develop cutting-edge therapies for patients whose tumors have progressed on all previous therapies," says Daniel Von Hoff, MD, TGen's distinguished professor and physician in chief. "We use all the science-based information we have to come up with a therapy that best fits that person."



Bringing everything full circle is Atlantic Health System. Eric Whitman, MD, medical director of Atlantic Health System Cancer Care, heads up the partnership's efforts at Atlantic Health System and has already seen interest from research companies. "We've brought on around 15 clinical trials as part of this partnership. This includes drugs and technologies that we never would have had access to in the past."

### PIONEERS IN HEALTH CARE DELIVERY

Atlantic Health System is the one health system selected by TGen and Origin to create this new platform. Why Atlantic Health System? Smith says Origin CV selected Atlantic Health System as a partner "because of its absolute undying desire to serve patients in a way that is not only compassionate but that provides the best options to those experiencing really complex cancers."

Another important element of the alliance is Atlantic Health System's pioneering approach. "I've rarely met such an entrepreneurial nursing and medical staff and business team across an organization," says Smith. "That's a credit to the leadership because in order to onboard these types of breakthrough medicine, you have to be willing to be innovative all the time."

TGen's Dr. Von Hoff concurs with Smith, "Atlantic [Health System] has a great developing center. They are anxious to bring new therapies to their patients, and their emphasis is clearly on patient care rather than just the science." ▲

See other clinical trials at our newly redesigned [atlantichealth.org/research](http://atlantichealth.org/research) site for clinical trials across Atlantic Health System that focus on various medical conditions.

# feel better, no appointment necessary

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Bloomfield – 135 Bloomfield Ave.  
Cedar Knolls – 118 E. Hanover Ave.  
East Brunswick – 418 State Route 18  
Hackettstown – 228 Mountain Ave.  
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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## Women's Health Clinic: Prenatal Family Counseling & Guidance

**L**avon Adams knew in an instant she was someplace special. With her pregnancy deemed high-risk at 16 weeks, she became a patient at the Women's Health Clinic (WHC). Doctors wasted no time treating her incompetent cervix with a cervical stitch. Then came weekly progesterone shots that also prevented preterm labor.

Because Ms. Adams was overweight, she qualified for the clinic's Prenatal Family Counseling & Guidance (PFC&G) program, where she learned about healthy nutrition and lifestyle choices. The clinic's health educator, Magali Aguilar, taught her about upping exercise; reducing screen time; eating fresh produce; drinking more water and sleeping at least seven hours a night.

All outcomes proved successful. Ms. Adams gave birth to a son and by the end of her 40-week pregnancy, she'd lost – not gained – two pounds. She credits the medical staff, as well as the PFC&G program, for keeping her and her baby healthy.

"Mrs. Aguilar encouraged me every step of the way," says Ms. Adams. "She taught me about the food groups and bad fats and exercise." Ms. Adams has lost 20 pounds and counting.

Offering high-quality OB/GYN medical services to a growing population of underserved women in the Morristown area, the WHC is one of the few regional high-risk pregnancy centers for women without insurance. The clinic sees 1,000 patients a

month, delivers 600 babies a year, and employs 16 nurses and four staff members. Through the hospital's OB/GYN Residency Program, 20 residents treat patients under the supervision of attending physicians.

The donor-funded PFC&G program was launched five years ago, prompted by research that found that excessive pregnancy weight gain places children at risk for childhood obesity. "Instead of waiting for the child to become obese, we're starting in the womb – it's preventative," says Ms. Aguilar.

Changing eating habits is not always easy. "Part of the problem is that many dishes in Italian and Spanish cultures are high in carbohydrates," says Frank Centanni, MD, staff physician at the clinic. "It's difficult to change old patterns, but not impossible." Last year, 77 percent of participants stayed within their weight gain range.

The hope is that future generations will also benefit. "We're teaching the moms how to use lots of fresh fruits and vegetables, and they, in turn, are teaching their families," says Nursing Coordinator Joanne Strauss, RN. ▶

Support for the PFC&G program is provided by the Johnson & Johnson Community Health Care Fund. Last June, the Women's Association for Morristown Medical Center's Farm to Table Evening raised \$180,000 for much-needed clinic renovations, given that patient volume has nearly tripled in the past decade. In 2017, the Women's Health Philanthropy Council raised \$115,000 for renovations and equipment and the hospital's Employee Basket Raffle yielded another \$50,000.



**Health educator Magali Aguilar counsels Yachi Montalvo through the Prenatal Family Counseling & Guidance program.**

*Photo credit: Edmund M. Kramer Photographers, Inc.*

WOMEN'S HEALTH PHILANTHROPY COUNCIL PRESENTS

## Heart to Heart: A frank discussion about women's heart health

**Friday, April 26, 2019**

**10:30am to Noon**

*Presented with generous support from  
Quest Diagnostics*

**OPEN TO THE PUBLIC**

Admission is free. Seating is limited.

**Morristown Medical Center**  
**Malcolm Forbes Amphitheater**  
**100 Madison Avenue**  
**Morristown, NJ**

**All Parking at Ginty Pool**  
**35 Fanok Road, Morristown**

**Free Shuttles Provided**

**Pre-registration required**  
**Call 800-247-9580**  
**Monday - Thursday:**  
**8:30am to 8:00pm/**  
**Friday: 8:30am to 4:30pm**

**Questions:**  
**Contact Leslie Perry**  
**leslie.perry@atlantichealth.org**  
**or 973-593-2431**



**FEATURING**  
**C. Noel Bairey Merz, MD,**  
**FACC, FAHA, FESC**

*Director, Barbra Streisand  
Women's Heart Center  
Cedars-Sinai Medical Center,  
Los Angeles, California*



# community calendar

Spring/Summer 2019

## CANCER CARE

DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	EDUCATIONAL PROGRAMS
Tuesdays, April 16- April 23 OR May 7-June 1, 6:00-7:30pm	<b>SMOKING CESSATION PROGRAM</b> You must preregister and have a smoking assessment done in order to participate in this program. Morristown Medical Center, Carol G. Simon Cancer Center, Radiation Conference Room, 100 Madison Ave., Morristown, NJ 07960	For more information, call Lisa Picciuti at 973-971-7971 or Joan Corasaniti at 1-866-961-8006.  FEE: FREE	Various dates and times. All events located at Carol G. Simon Cancer Center. FEE: FREE
Tuesdays, April 23 and 30, 6:00-7:30pm	<b>SNAP &amp; CHAT</b> Morristown Medical Center, Carol G. Simon Cancer Center, 100 Madison Ave., Morristown, NJ 07860	For more information, email kristy.case@atlantichealth.org.  FEE: FREE	<b>Bereavement Program:</b> 973-971-5585 <b>Caregivers Presentation and Luncheon:</b> 973-971-4063 <b>Head and Neck Cancer Care Program:</b> 973-971-4063 <b>Post Breast Surgery Program:</b> 973-971-5169 <b>Preparing for Breast Cancer Surgery:</b> 973-971-6175 <b>Prostatectomy Pre-Operative Class:</b> 973-971-6800 <b>Smoking Cessation Support:</b> 973-971-7971
Fridays, May 10-June 28 OR August 2- September 25	<b>I CAN-CER VIVE</b> Registration required. Morristown Medical Center, Mind-Body-Spirit Sanctuary, 100 Madison Ave., Morristown, NJ 07960	For more information, call 973-971-6514.  FEE: FREE	
First Tuesday of the month, 5:30-7:00pm	<b>POST-TREATMENT SUPPORT GROUP</b> Support and resources for people who have completed cancer treatment. Morristown Medical Center, Mind-Body-Spirit Sanctuary, 100 Madison Ave., Morristown, NJ 07960	For information, call facilitator Diane Haley at 973-971-6299.  FEE: FREE	
Second Wednesday of the month, Noon-1:00pm	<b>DROP-IN WEIGHT MANAGEMENT DISCUSSION AND STRATEGIES</b> Morristown Medical Center, Carol G. Simon Cancer Center, Radiation Oncology Conference Room, 100 Madison Ave., Morristown, NJ 07960	For more information, email kathryn.hamilton@atlantichealth.org.  FEE: FREE	
Various dates and times	<b>CANCER SCREENINGS</b> Morristown Medical Center, Carol G. Simon Cancer Center, 100 Madison Ave., Morristown, NJ 07960	For more information, call 973-971-5952.  FEE: FREE	
Various dates and times	<b>INTEGRATIVE MEDICINE</b> <ul style="list-style-type: none"> <li>• Healing Touch Experience*</li> <li>• Imagery for Chemo/Radiation</li> <li>• Individual Spiritual Counseling*</li> <li>• Jin Shin Jyutsu Self-Help/Individual Sessions*</li> <li>• Meditation/Learn to Meditate*</li> <li>• Qigong/Tai Chi</li> <li>• Reiki Sessions*</li> <li>• Therapeutic Touch: 973-971-4063*</li> <li>• Writing to Heal</li> <li>• Yoga – Gentle/Restorative</li> </ul> <small>*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only.</small>	For more information, call 973-971-6514.  FEE: FREE	<b>PEER TO PEER</b> Various dates and times. FEE: FREE
Various dates and times	<b>MUSIC THERAPY</b> <ul style="list-style-type: none"> <li>• Healing Through Drumming</li> <li>• Somatron Session*</li> <li>• Sound Meditation</li> </ul> <small>*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only.</small>	For more information, call 973-971-5919.  FEE: FREE	<b>National Ovarian Cancer Coalition:</b> newjersey@ovarian.org, 973-841-4313 <b>Ostomy Group:</b> 973-971-5522 <b>Platelet Disorder Self-Help Support Group:</b> 973-971-1819

## COMMUNITY HEALTH

DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE
Tuesday, June 11, 6:00-8:00pm	<b>CAREGIVER CAFÉ</b> Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., Third Floor Community Room, Rockaway, NJ 07866	For more information and to register, call 973-993-1160, ext. 534.  FEE: FREE	Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase. \$10.66 per set (includes tax)
Thursdays, 7:00-9:00pm	<b>HYPNOSIS FOR WEIGHT MANAGEMENT</b> Morristown Medical Center, 435 South St., Third Floor Conference Room, Morristown, NJ 07960	For more information and to register, call 1-800-247-9580.  FEE: \$75	
First Friday of the month, Noon-3:00pm	<b>BLOOD PRESSURE AND GLUCOSE SCREENINGS</b> ShopRite Parsippany, 808 Route 46 W, Parsippany, NJ 07054	FEE: FREE	
Third Friday of the month, Noon-3:00pm	<b>BLOOD PRESSURE AND GLUCOSE SCREENINGS</b> ShopRite Wharton, 314 Route 15, Wharton, NJ 07885	FEE: FREE	
Fourth Friday of the month, Noon-3:00pm	<b>BLOOD PRESSURE AND GLUCOSE SCREENINGS</b> ShopRite of Greater Morristown, 178 E. Hanover Ave., Cedar Knolls, NJ 07927	FEE: FREE	<b>COMMUNITY HEALTH DAY</b> Saturday, September 7 8:00am-1:00pm Headquarters Plaza, 2 Speedwell Ave., Morristown, NJ 07960

Registration is required for all programs through Morristown Medical Center's Health Information Services at **1-800-247-9580** (unless otherwise noted).

<b>DIABETES WELLNESS</b>	<b>DATE AND TIME</b>	<b>EVENT DETAILS AND LOCATION</b>	<b>CONTACT AND FEES</b>	<b>ADA RECOGNIZED DIABETES SELF-MANAGEMENT EDUCATION PROGRAMS</b>
	Thursdays, June 6 and August 8, 7:00-8:00pm	<b>TYPE 1 AND INSULIN PUMPERS</b> No registration is required. Morristown Medical Center, Mo'Town Café, 100 Madison Ave., Morristown, NJ 07960	For more information, call 973-971-5524. No registration is required.  FEE: FREE	Individual, group, weekday and Saturday classes available.
	Thursdays, April 25 and July 25, 7:00-8:00pm	<b>TYPE 2 DIABETES SUPPORT GROUP</b> No registration is required. Morristown Medical Center, 435 South St., Suite 340, Morristown, NJ 07960	For more information, call 973-971-5524. No registration is required.  FEE: FREE	For more information, call 973-971-5524.

<b>FITNESS</b>	<b>DATE AND TIME</b>	<b>EVENT DETAILS AND LOCATION</b>	<b>CONTACT AND FEES</b>	
	Friday, June 7-Sunday, June 9	<b>USA TRACK &amp; FIELD LEVEL 1 COACHING CLINIC</b> Morristown Medical Center, Malcolm Forbes Amphitheater, 100 Madison Ave., Morristown, NJ 07960	For more information, visit <a href="http://atlantichealth.org">atlantichealth.org</a> .  FEE: \$205-\$255	

<b>PARENTING &amp; CHILDBIRTH</b>	<b>DATE AND TIME</b>	<b>EVENT DETAILS AND LOCATION</b>	<b>CONTACT AND FEES</b>	<b>MATERNITY CENTER TOUR</b>
	All Parenting & Childbirth events listed below take place at Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960. For more information on these events, call 973-971-5027.			
	Various dates and times	<b>ABCs OF GOING HOME WITH YOUR BABY</b> Registration required.	FEE: \$100 PER COUPLE	
	Various dates, 6:00-8:30pm	<b>BREASTFEEDING YOUR BABY, PART I</b> Registration required.	FEE: \$50 PER COUPLE	Various dates and times. For more information, call 1-800-247-9580.
	Various dates, 6:00-8:00pm	<b>BREASTFEEDING YOUR BABY, PART II</b> Registration required.	FEE: \$35 PER COUPLE	Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960
	Various dates, 6:00-8:00pm	<b>BREATHING AND RELAXATION TECHNIQUES</b> Registration required.	FEE: \$50 PER COUPLE	
	Various dates, 9:30-11:00am	<b>ESPECIALLY FOR SIBLINGS AT MORRISTOWN</b> Registration required.	FEE: \$50 PER FAMILY	
	Various dates and times	<b>PREPARED CHILDBIRTH CLASS</b> Registration required.	FEE: \$250 PER COUPLE	
	Various dates and times	<b>PREPARED CHILDBIRTH CLASS (LAMAZE)</b>	FEE: \$150 PER COUPLE FOR A THREE-CLASS SERIES	
	Various dates, 6:00-8:30pm	<b>YOUR BABY'S BIRTH AT MORRISTOWN MEDICAL CENTER</b> Registration required.	FEE: \$75 PER COUPLE	

<b>SUPPORT GROUPS</b>	<b>DATE AND TIME</b>	<b>EVENT DETAILS AND LOCATION</b>	<b>CONTACT AND FEES</b>	<b>STROKE SUPPORT GROUP</b>
	Tuesdays, May 14, June 11, July 9 and August 13, 12:30-2:00pm	<b>NAVIGATING THE HEART FAILURE MILRINONE JOURNEY</b> Registration required. Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Wilf A Conference Room – Level C, Morristown, NJ 07960	For more information, call 973-971-7901 or email <a href="mailto:kathleen.hollasch@atlantichealth.org">kathleen.hollasch@atlantichealth.org</a> .  FEE: FREE	Third Thursday of the month 1:00-3:00pm
	Thursdays, May 16, June 20, July 18 and August 15, 11:30am-12:45pm	<b>BETTER BREATHERS CLUB</b> Registration required. Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., Third Floor Community Room, Rockaway, NJ 07866	For more information, call 1-800-247-9580.  FEE: FREE	Third Thursday of the month 2:00-3:00pm
	Mondays, 7:00-8:00pm	<b>OVERTEATERS ANONYMOUS</b> 435 South St., Third Floor Conference Room, Morristown, NJ 07960	For more information, call 973-960-1564.  FEE: FREE	For more information and to register, call 973-971-4412.
	Fourth Tuesday of the month, 12:30-2:00pm	<b>HEART FAILURE SUPPORT GROUP</b> Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Wilf A Conference Room – Level C, Morristown, NJ 07960	For more information, call 973-971-7901.  FEE: FREE	Monsignor John F. Corr Stroke and Neuro Education, Treatment and Research Center Atlantic Rehabilitation 95 Mount Kemble Avenue Morristown, NJ 07960

**Atlantic Health System**  
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or visit [atlantichealth.org/doctors](http://atlantichealth.org/doctors).



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