

AtlanticView

at Overlook | Winter 2018

MOMENTS THAT MATTER
**BABIES
ON BOARD**

Overlook Helipad
Receives 100th Patient
Banish the Winter Blues

Are You at Risk
for Heart Disease?

Healthy Super
Bowl Sunday
Recipes



Atlantic Health System
Overlook Medical Center

A few months ago, Atlantic Health System launched a new campaign, "Moments That Matter." The men and women you see in these ads are actual patients from the communities we serve, and they are representative of the hundreds of people who turn to our medical centers every day. We feel privileged that they turned to us for care, and we are further honored to depict their experiences. In this issue of *Atlantic View at Overlook*, you can read about: a first-time mother who spent weeks on bed rest in our Frank and Mimi Walsh Maternity Center as she awaited the arrival of her twins, and a local firefighter who sought months of treatment at our Carole and Joseph Katz MD Wound Healing Center so that he could return to the job and the life he loves.



ALAN LIEBER
President,
Overlook Medical Center

At Overlook, every patient who comes through our doors will have a moment that matters. Many of these moments will be lifesaving or life-changing; many more will be smaller in scope but will nonetheless make a big difference. No one can predict what this new year will bring. But when it comes to your health, you can feel confident that your moments, are our moments, too, and every moment matters.

Happy and healthy new year from our Overlook family to yours,

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For additional information, visit atlantichealth.org.

Atlantic Health System, an integrated health care 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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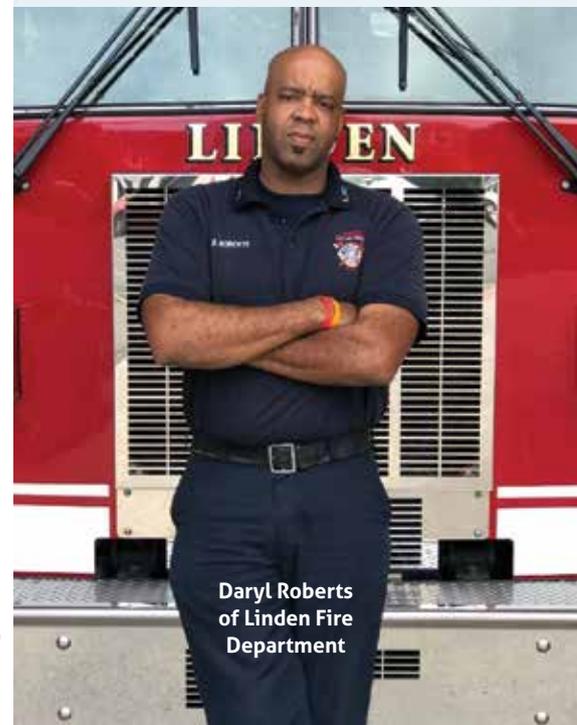
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Daryl Roberts
of Linden Fire
Department

2018: An Epic Year for Atlantic Health System

In past issues, we shared that we are streamlining medical records system-wide with a single electronic system. You may be wondering how this will affect you. I'd like to briefly explain the benefits of the new technology, known as Epic.

Epic will create a single, electronic health record for each patient. Records will securely share information, giving you improved access to your medical files and test results. With your permission, Epic also lets you share your record with your care providers. In this way, it connects practitioners at different types of locations, including physician offices, laboratories, imaging and acute care centers.

By delivering essential information to your care centers and providers, we will improve your experience as a patient. Information in Epic will simplify communication between you and your care team. I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips. You'll also find Epic saves time and money by eliminating duplicative activities. In short, Epic is the next step in keeping our promise to you – delivering the right care, at the right time, at the right cost.

Epic is already helping patients at many of our practices. It will become available in February 2018 at Atlantic Home Care & Hospice and Chilton and Overlook medical centers, in June at Morristown Medical Center, and November at Newton and Hackettstown medical centers.

We look forward to delivering this innovation to everyone who entrusts Atlantic Health System with their care.



I personally love having my test results right on my smartphone, keeping questions for my doctor at my fingertips.

Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health tips

WINTER SAFETY TIPS

Protect Yourself

Winter is here, and you know what that means: a lot more time spent indoors. To help keep you and your family safe this season, try these winter safety tips at home:



INSPECT YOUR SMOKE DETECTORS.

Check to see that any smoke detectors in your home are functioning properly. Test the batteries each month and swap them out at least twice a year.

UPDATE YOUR FIRST AID KIT.

Review the contents of your first aid kit and see whether any medications or supplies have expired. Throw out any old items and replace them.



USE GENERATORS OUTSIDE.

Never use generators indoors, including garages. Always use them outside to prevent carbon monoxide poisoning.

For more tips, visit nsc.org.

Overlook Medical Center



Among the top 2% of hospitals in the nation

Source: Healthgrades®



MAKE 2018 YOUR YEAR

3 RESOLUTION TIPS

“This year will be different.” This is a common thought when coming up with New Year’s resolutions. Unfortunately for most people, such resolve is short-lived. To increase your chances of success, consider these proven resolution strategies:

MAKE DETAILED GOALS. Saying that you want to lose weight is a vague resolution. Saying that you want to lose 15 pounds is better; defining your goal makes it easier to come up with different ways to achieve it.

MAKE MINI GOALS. Maybe you want to quit smoking or cut down your soft drink intake. Instead of quitting cold turkey, start by cutting out a certain amount each day. If you consume three Cokes a day, drop down to two a day and then reduce that number by one every other week (or every week, if you feel extra motivated).

HOLD YOURSELF ACCOUNTABLE. Whether your goal is to lose weight, save money or adjust another behavior, track your progress. Maintaining something like a food journal or budget spreadsheet can help you get closer to your goal.

WINTER BLUES

HOW TO BOOST YOUR MOOD

Even with cheerful holiday music blaring and old friends in town, there’s something about winter that can put a damper on one’s mood. Maybe it’s the lack of sunlight. Maybe it’s the freezing temperatures. Maybe it’s something else. Regardless of the reason, the winter blues do not have to be inevitable. Here are some ways to boost your mood and get in the holiday spirit:

PICK UP A NEW HOBBY. Distractions can help get your mind off whatever is stressing you out. If you’re cooped up at home because of the weather, curl up with a good book (and then another one). Another idea: Take an online class in a subject that interests you.

VITAMIN D. Sunlight can be in short supply, which in turn lowers your vitamin D (and your mood). Contact your primary care physician to determine what is best for you for getting enough vitamin D.

GO OUTSIDE. In addition to revamping your diet, consider spending some time outside – just be sure to bundle up. Although the sun may not be out, a brief change of setting can have a positive effect on your demeanor.



5 Tips to Help You Through Flu Season

THERE'S STILL TIME.

Just because we're already in the middle of flu season does not mean it's too late to take preventive measures. While getting your annual flu shot is one of the most effective ways to keep influenza at bay, there are many other ways you can minimize the risk of infection, according to Samantha Pozner, MD, who practices at Summit-Springfield Family Medicine:

- 1. WASH YOUR HANDS REGULARLY.** Your hands can be a breeding ground for the flu virus, so cleaning them thoroughly is of the utmost importance. This is especially true before touching your mouth and nose. Also, be sure to wipe down common areas and surfaces in your home and office.
- 2. GET ENOUGH REST.** If you tend to go to bed late, try hitting the sack a little earlier. Make sure to get any sleep-related health issues like sleep apnea treated as well. Sufficient rest is necessary for your body to function at its best and fend off infection.
- 3. EAT A HEALTHY DIET.** Vitamins and other nutrients are essential for a healthy immune system. If your diet is full of junk food, replace them with healthier fare like fruits and vegetables. Not only will you help boost your immunity, but you'll also feel better.
- 4. AVOID CLOSE CONTACT WHENEVER POSSIBLE.** If someone at home or at work is sick, try to keep close contact to a minimum. That way, you'll lower your risk of getting an infection. Conversely, stay away from others when you are sick.
- 5. DO NOT RUSH TO GET ANTIBIOTICS.** Antibiotics are meant to treat bacterial infection – not viruses like the flu or the common cold. Taking antibiotics for a virus will do nothing except increase your risk of antibiotic resistance. Talk to your doctor to see whether your symptoms are due to the flu or something else. ◀



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

Dr. Pozner can also be reached at 908-277-0050.



ATLANTIC HEALTH SYSTEM AND KINDRED HEALTHCARE ANNOUNCE SITE FOR NEW Inpatient Rehabilitation Facility

Atlantic Health System and Kindred Healthcare have announced that their planned inpatient rehabilitation facility will be located at Giralda Farms in Madison, the first phase of a plan to develop a 40-acre parcel of land into a campus for health services.

The two-story, 38-bed rehabilitation facility will be built on approximately 46,000 square feet of land. Atlantic Health System and Kindred plan to break ground in the first quarter of 2018.

It will offer all-private rooms, supporting both enhanced clinical efficiency and an elevated patient experience, with targeted clinical programs that include neurological, spine, trauma and complex conditions. Such conditions include stroke and brain injury; spinal cord injury; neurological disorders; orthopedic disorders; multiple trauma; amputation; and other disabling conditions, injuries and disorders.



AtlantiCast is Atlantic Health System's very own newscast. Broadcast every two weeks, AtlantiCast is a local news source for all things happening at Atlantic Health System's hospitals and the communities we serve. It covers everything from our state-of-the-art facilities and groundbreaking treatments to healthy lifestyle tips and health care industry trends.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticast.org. It is also available on local news outlets.



Diversity

For Parents



2017

Best Workplaces™

2017

Best Workplaces™

Atlantic Health System Recognized by Great Place to Work® and Fortune

Atlantic Health System has been nationally recognized by Great Place to Work® and Fortune as being among the 2017 Best Workplaces for Parents and 2017 Best Workplaces for Diversity. This is the second year in a row that the organization's equitable, family-friendly work environments have earned a place on these exclusive lists.

In being chosen as one of the Best Workplaces for Parents, Atlantic Health System was credited with providing opportunities and benefits that allowed working parents to flourish. The Best Workplaces for Diversity recognition reflects the organization's commitment to building inclusive workplaces that bring together individuals from many backgrounds, ethnicities, ages and orientations.

Converting water into cleaning solutions

Overlook Medical Center's commitment to patient safety and innovation extends to every facet of care, and that includes infection prevention. "The No. 1 goal in our department is to protect everyone – patients, visitors and staff," says Gerry Durney, director of operations for Overlook Medical Center and Atlantic Health System. "Our patients are here to heal. We take that seriously."

Every effort is made to clean and disinfect in a manner that is thorough, safe and, whenever possible, environmentally friendly. One example of this is the hospital's use of ec-H₂O. With ec-H₂O, ordinary water is converted electrically into a cleaning solution that cleans effectively, saves money, improves safety and reduces environmental impact, compared to standard floor chemicals and methods.

"There is a difference between disinfecting and cleaning," Durney explains. "Cleaning removes soil, and ec-H₂O does this. Disinfecting removes germs, but we have to clean before we can disinfect. If you don't remove soil, you can't remove germs and bacteria."

Scrubbing with ec-H₂O effectively removes soil, and leaves no chemical residue. Additionally, ec-H₂O has been shown to significantly improve floor traction, which can reduce slip-and-fall accidents. Moreover, scrubbers equipped with ec-H₂O technology can scrub up to three times longer with a single tank of water and use up to 70 percent less water than conventional floor-scrubbing methods.

"There is science behind ec-H₂O," says Durney. "We are always looking for new technologies to make the environment more safe for our patients." ▲

A GREENER CLEAN





Call it mother's intuition. No sooner had Laura Bucher Angelo gotten a positive sign on a home pregnancy test last winter than she had a feeling that she was carrying twins. When an ultrasound confirmed her hunch a few weeks later, the first-time mom-to-be excitedly began to prepare for the babies' arrival. Her due date: September 14, 2017.

Laura and her husband, Patrick, knew it was not unusual for twins to arrive prematurely. So in July, they spent time getting things in order at home. They also took an Introduction to Childbirth class at Overlook, toured the hospital's Frank and Mimi Walsh Maternity Center, and Laura even packed a bag for the hospital. But when her water broke on July 12, one day shy of 31 weeks gestation, she admits she was not ready. In fact, she says, as they headed out to Overlook for evaluation, Laura told Patrick not to bother bringing the bag she had packed. "I didn't want it to be real," she explains. "I was holding out hope that it wasn't my water that had broken."

At the hospital, she received confirmation that one amniotic sac had in fact ruptured, and monitors showed that Laura was having regular contractions. She was administered antibiotics for infection and steroids to bolster the babies' lung development, just in case she went into full-blown labor.

Fortunately, that did not happen, and Laura remained carefully monitored on bed rest at Overlook for the next three weeks. "I just waited, knowing every day could be the day the babies were born." On August 2, one day shy of 34 weeks gestation, in the very same hospital where Laura had been born 30 years earlier, Theodore Michael and Amelia Noelle arrived.

Physicians consider babies born at 34 to 37 weeks to be of late-preterm gestation, explains neonatologist Thomas Murphy, MD. "Over the past decade, there has been an increased recognition that these are not just smaller full-term babies, but babies with a unique set of needs and vulnerabilities," he says. "The center



The early arrival of Laura Bucher Angelo's twins made for a special delivery indeed

nurse practitioner is available 24 hours a day in the event of an emergency. "Our neonatal team collaborates closely with our outstanding obstetricians and perinatologists, who start our patients on the right path. The NICU nurses are very experienced and have extraordinary compassion and clinical skill," says Dr. Murphy.

One of those veteran nurses just happens to be NICU clinical coordinator Lisa Bucher, Laura's mom; she, too, was born at Overlook.

Theodore and Amelia remained in the NICU for a couple of weeks after their birth, taking some time to grow. After the excellent care received at Overlook's NICU, Theodore and Amelia are thriving at home with their family. "They are just the happiest little babies," says Laura. "Theo loves a cozy blanket and never misses a chance to cuddle. Amelia is adorably independent and spends quite a bit of time practicing her dance moves and laughing with her toys. She loves music, especially when I sing her favorite Disney songs. Both babies think their five-year-old dog, Winnie, is funny, and they like examining her furry face and feeling how soft she is," says Laura. "We just love seeing their little personalities emerge and cannot wait to see what they will do next!" ▲

To find out more about Overlook Medical Center's NICU, visit atlantichhealth.org/overlookNICU.

HOW TO REACH OUR EXPERTS

To find out more information about Dr. Murphy and Atlantic Health System affiliated providers, visit atlantichhealth.org/doctors.

Overlook Medical Center has been recognized with The Joint Commission's Perinatal Care Certification. The certification focuses on achieving integrated, coordinated, patient-centered care for clinically uncomplicated pregnancies and births. It uses standards, guidelines and perinatal care core performance measures that are critical to improving and maintaining the health of newborns and their mother.



Extreme MDs

Four decidedly driven doctors talk about determination,
competition and camaraderie



Best Foot Forward

As a bariatric surgeon, **Muhammad Feteiha, MD**, who practices in Springfield and West Orange at Advanced Surgical Associates, helps patients take control of their bodies and their health every day. But he still recalls poignantly the day nine years ago when he decided to take better control of his own health. "I realized I had worked hard to get through medical school, start working, start a practice," he says, "and I realized I needed to take better care of myself." That set him on a path of regular exercise, which has led to a regular habit of bike races and marathons and even an Ironman competition – 2.4 miles of swimming, 112 miles of biking, and a 26.2-mile marathon, raced in that order and without breaks.

"I keep trying to top myself," says Dr. Feteiha, "and I keep motivating patients. I tell them to start small by staying local and doing shorter-distance races. Set goals. Do a 5K and walk it; then do a 5K and run it; then try a 10K. One of the things I stress to patients is that as you start to do more of these kinds of things, you start to develop a social network around these things as opposed to bad habits of the past."

Man ... or Machine?

Not many people can say they have traveled to all seven continents. Internist **Samir Patel, MD**, who practices in Warren at Berkeley Internal Medicine, can – and he can top it by adding that he has completed marathons in each of these places. He has run the "granddaddy of all races" – the 155-mile Marathon des Sables – in the blistering heat of the Sahara Desert, and also faced the brutal cold of the North Pole. He has run alongside wild animals through a game park in South Africa, and swam in the Irish Sea while completing an Ironman triathlon in Dublin. "You can't mimic a lot of these environments, so you prepare by putting in the training and the miles to get the distance under your belt," he says. "I'm the crazy person you see on the street, running in three layers of clothing on the hottest days or running through a blizzard."

What keeps Dr. Patel going? "The possibility," he says. "There is always something bigger, better, more challenging. What is the body capable of? Surprisingly, more than most people think. If you can survive a week self-supported in the Sahara Desert in 120-degree heat, worrying about a change in schedule or a long day is not such a big deal. You see, there is a lot more you can deal with and overcome." A love of racing, and the benefits it imparts, is something Dr. Patel is now passing along by coaching his kids and starting a running club at their elementary school. "I want to lead by example," he says. "Any way we can get kids running and active, it's good for their health, and it builds confidence and self-esteem. Never set limits on what you can do. That's the message I want to drive home. Anything is possible."



On the Go

Janice Baker, MD, who practices in Chatham at Chatham Family Medicine, is always in motion. As a family medicine physician and medical director of Overlook's hospice program, she is frequently bouncing from her office to patients' homes. When she's not practicing medicine, she's just as busy, swimming two or three days a week, bike riding and working out. In cold climates, she skis; in warm climates, she snorkels. Dr. Baker's athletic prowess dates back to her high school years in northern California, where she was a runner and competitive swimmer. In more recent years, she has channeled that drive into triathlons, often teaming up with colleagues in local races. "I like the sum of the sports. Most people who do triathlons don't have the swimming background, but I do. And I also run, so the only thing I had to pick up was the biking," she says. "I enjoy the camaraderie. It's great to be part of a team and I hate to lose."

An added bonus to all of Dr. Baker's activity is that she gets to be a role model to her patients. "I'm not just telling them to exercise; I'm doing it, too," she says. "The intrinsic benefits are obvious, but I also get to take a mental break from things when I'm focused on pushing my body."



Breathing Easy

Pulmonologist **Jaime Cancel, MD**, who practices in Cedar Knolls at Pulmonary and Allergy Associates, knows not to take a single breath for granted. But he feels most alive atop his bike, where he can be found most weekends, often racking up 60 to 80 miles at a time. "I can disconnect," he says. "I just enjoy the air, and the stress of the world is gone."

Dr. Cancel started riding as a child in his native Puerto Rico. "I didn't have a car, and I would want to see my grandmother. So I would take my BMX bike through mountains with plantains and gardens," he recalls. Years later, as a resident at Mount Sinai School of Medicine in New York City, he began riding long distances, often at high elevations. "A lot of my friends were riders. We would ride over the George Washington Bridge and over to Bear Mountain. Then we started looking at other things to do." That inner drive continues today. Dr. Cancel has been known to ride as much as 100 miles at a time, and completes at least one 107-mile Gran Fondo every year, a highly regarded long-distance ride that originated in Italy in 1970. "It's my favorite ride," he says. "Riding with friends is so fulfilling." ▲

HOW TO REACH OUR EXPERTS

Dr. Baker and Dr. Cancel are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.

To find more information about Drs. Patel and Feteiha and Atlantic Health System affiliated providers, visit atlanticealth.org/doctors.



Become Involved in Clinical Trials at Atlantic Health System

FOR LUPUS

Lupus is a chronic disease in which inflammation causes harm to tissues and organs.

"We're involved in several interesting and exciting studies for our patients with lupus that is difficult to treat," says Neil Kramer, medical co-director of the Institute for Rheumatic and Autoimmune Disease, or IRAD, at Overlook Medical Center. The studies involve new biologic drugs, which work in a targeted fashion at the cellular level, to prevent or limit tissue damage.

To learn more about the lupus studies, call 908-522-6156 or email concetta.lamore@atlanticealth.org.

FOR OVARIAN CANCER

Atlantic Health System is one of only 12 institutions in the nation to enroll volunteers for a 15-year study. The goal is to see if a specific screening test for ovarian cancer is better than others to detect the condition early. Modern medicine's most promising method of detecting early stages of ovarian cancer is by detecting high levels of the protein CA-125 in a woman's blood. "This study is unique because it looks at the rate of increase in CA-125 levels over time," adds Daniel Tobias, MD. "We want to know if a steady increase indicates an early stage cancer, before the levels are high and it's already a late stage cancer."

Study volunteers should be postmenopausal women, ages 50-74. There are currently about 800 women enrolled. Participation requires a simple blood test yearly and possibly an ultrasound, plus answering surveys.

To join this study, contact researchers at 973-971-6491 or ovarian.screening@atlanticealth.org.

FOR VASCULAR DISEASE (PAD)

Researchers at Overlook Medical Center are also involved in a new international clinical trial that holds promise for patients who have peripheral arterial disease (PAD). Vascular surgeons Clifford Sales, MD, and Mark Kumar, MD, are leading the trial here, at one of only five sites in the U.S. that is enrolling patients. The study involves implanting a new type of artificial blood vessel – derived from stem cells – to improve blood circulation in the leg. In an earlier, related study, researchers here successfully enrolled the third highest number of patients in the United States and the fourth highest in the world for patients with kidney failure in need of hemodialysis.

For more information on this study or other treatments for PAD, call 973-759-9000.

For more Atlantic Health System clinical trials and research, please visit research.atlanticealth.org.

BECOMING WHOLE AGAIN

As a member of the Linden Fire Department, 48-year-old Daryl Roberts is no stranger to dangerous situations. So in the summer of 2014, when he noticed a small blister on each foot after a day at a Maine water park, he was quick to patch himself up and move on. "I kept the cuts clean and just kept going," he says today.

Shortly after Daryl returned home from that trip, he began feeling ill. More alarming: One of his feet was changing color. "I didn't tell anyone what was going on, but I asked a firefighter friend the best hospital to go to," he says. On the friend's recommendation, Daryl drove himself to Overlook.

When he arrived, Daryl was exhibiting signs of sepsis, the body's massive immune response to a bacterial infection that gets into the bloodstream. The wound on his right foot had become infected, the infection had seeped into the bone, and two toes required amputation. That set into motion the need for a subsequent surgery, as well as months of complex wound healing. For that, Daryl turned to Overlook Wound Healing – Union Campus and Overlook Hyperbaric Medicine as part of the Carole and Joseph Katz MD Wound Healing Center.

"All of us have wounds throughout our lifetime, and most heal uneventfully," says Robert Roland, DO, medical director of the Carole and Joseph Katz MD Wound Healing Center and section chief of infectious disease for Overlook. A wound becomes a concern, however, when it does not significantly improve within a few weeks, or when infection sets in.

Overlook's wound healing program brings together a multidisciplinary group of physicians, including internists, infectious disease specialists, dermatologists, podiatrists, and vascular and plastic surgeons, as well as nurses with specialized training in wound care and ostomy care. "Each of us brings a unique perspective," says Dr. Roland. The majority of patients whom physicians treat through the program, even many of those who have had chronic wounds for years, heal successfully and resume daily activities faster. They achieve this through individualized treatment plans that may include special dressings, wraps and bandages, skin substitutes, ultrasound and hyperbaric oxygen therapy.

Though healing is the foremost goal with any wound, Dr. Roland points out that it is often necessary to identify and manage underlying causes that contribute to a wound or inhibit healing. This was the case with Daryl, who had been diagnosed with diabetes years earlier but had not been diligent about managing his condition. "I felt fine, so I was in denial. I didn't really understand diabetes," he says. "The doctors at Overlook saved me from sepsis, they saved my foot and helped me to heal, and they helped me get control of my diabetes. I was able to go back to work, and I'm healthier now. This experience saved my life." ▲

Overlook
helps a
wounded
firefighter get
back to the
job he loves

ATLANTIC MEDICAL GROUP

Dr. Roland is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.





"This experience
saved my life."

– Daryl Roberts



TAKING FLIGHT

Overlook receives its 100th patient by air transfer

In a medical emergency, there is no such thing as being too prepared. Every measure – and every moment – counts; someone’s life is depending on it. As the region’s foremost provider of neuroscience services, Overlook Medical Center’s Atlantic Neuroscience Institute is equipped with an unparalleled breadth and depth of neurological, neurosurgical and neurodiagnostic services. Over the past decade-plus, Overlook has been steadfast in its commitment to ensuring that every piece is in place to diagnose and treat the full gamut of neurological disease.

The need for expert care delivered expeditiously is perhaps most evident in the case of stroke. Most strokes are caused by an interruption of the blood supply in part of the brain. This deprives the brain of oxygen, which causes brain cells to die at an alarming rate – two million per minute. Many hospitals in our region routinely transfer patients who require a higher level of care to Overlook, a Joint Commission-certified Comprehensive Stroke Center staffed with a team of stroke neurologists and nurses, as well as endovascular neurosurgeons who can remove brain blood clots through minimally invasive interventional procedures.

In November 2016, Overlook opened a helipad on the roof of the hospital to expedite the care of patients with acute neurological emergencies. “The majority of patients are suffering from a stroke, intracranial hemorrhage, or aneurysm, and are in need of highly skilled intervention

and care as fast as possible,” says John Halperin, MD, chair of neurosciences for Overlook Medical Center. “Having the helipad allows us to speed care of patients at greater distances from Overlook, placing more patients in the time-critical window of opportunity during which interventions can save brain and save lives. Minutes saved in transport can lessen the severity of brain damage.”

By October 2017, Overlook had received its 100th hospital-to-hospital transport of a critically ill neuroscience patient. Patients have come from as far as White Plains Hospital in New York, Jersey Shore University Medical Center in Neptune City, and Englewood Hospital and Medical Center, as well as Hunterdon Medical Center in Flemington. Among the first hundred patients was 69-year-old Kathryn Bellifemine, who suffered a stroke in her Wanaque home; her husband found her lying on the floor. A helicopter transferred her from Chilton Medical Center in Pompton Plains to Overlook, where endovascular neurosurgeon Ron Benitez, MD, performed a lifesaving intervention.

Says Kathryn, “I would not have had the outcome I did without this lifesaving stroke service. It was exactly four hours from the time I was on the floor until Dr. Benitez operated on me that night. How lucky am I to have been there and get, at midnight, one of the best surgeons in this field.” ▲

Visit atlantichealth.org/overlook for more information.

HOW TO REACH OUR EXPERTS

Dr. Halperin is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

To find out more information about Atlantic Health System affiliated providers, visit atlantichealth.org/doctors.

First Hospital on East Coast to Debut Technology

New MRI is faster, smarter, clearer, better

When Al Kerestes, manager of radiology services for Overlook Medical Center, describes the hospital's new MAGNETOM Vida MRI from Siemens Healthineers as "disruptive technology," he means it in the very best way. That's because the 3 Tesla scanner, the most powerful of its kind, is redefining MRI with its unparalleled imaging capabilities. "From a physician's point of view, they are seeing images they have never seen before," he says. This higher quality of images translates into improved diagnostic capabilities, and the improved imaging time, 25 percent faster than a standard MRI of the same field strength, translates into a better patient experience.

Since coming online at Overlook a few months ago, the MAGNETOM Vida has been instrumental in biopsies and tumor staging, cardiac imaging and planning complex neurological surgeries. The MAGNETOM Vida uses BioMatrix Technology to embrace the unique set of challenges each patient brings to the MRI exam. "The scanner detects the patient's breathing pattern, automatically making the procedure much easier for the patient," says Kerestes. The MAGNETOM Vida also builds an algorithm to figure out each patient's lung volume, which minimizes the need for breath holding during abdominal, cardiac

and chest imaging. With traditional MRI, patients must do long breath holds, which can be uncomfortable and, in some cases, not possible. Overcoming patient variability results in higher-quality, more personalized exams and reduces the need for rescans.

In addition to enhanced performance, the MAGNETOM Vida provides enhanced comfort for patients. The wide-bore opening provides better airflow and can accommodate patients up to 550 pounds. There is also the option of silent scanning, which eliminates the loud banging noises typically associated with MRI. Ambient technology allows patients to select colors and pictures that they find soothing; these can be projected onto the unit itself or onto the room's walls.

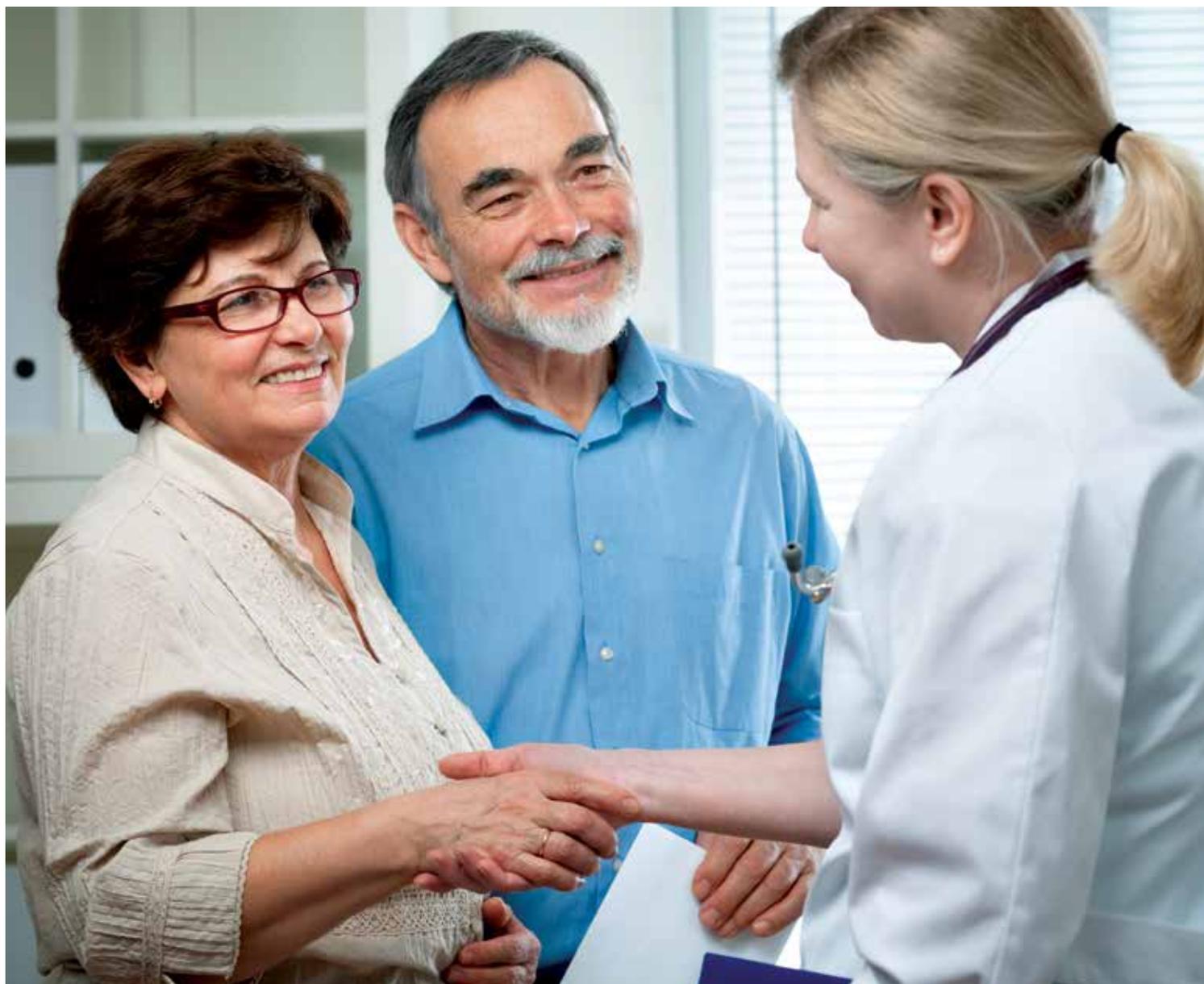
As the first hospital on the East Coast to debut the MAGNETOM Vida, Overlook has distinguished itself as a luminary site for Siemens Healthineers. As a result, Overlook may have opportunities to participate in select clinical trials being done by large academic institutions.

"We are pioneering new ground with this machine," says Kerestes. As the MAGNETOM Vida redefines the limits of what is possible in diagnostic imaging, Overlook is further redefining what is possible in patient care. ▲





MAGNETOM Vida MRI
from Siemens Healthineers



An Ounce of Prevention ...

Talk to your doctor about screening
for colorectal cancers

Colon cancer knows no boundaries. It does not discriminate based on gender, age or ethnicity. In fact, the American Cancer Society estimates that more than 130,000 new cases of colorectal cancer will be diagnosed in the United States this year. After lung cancer, colorectal cancer is the second-leading cause of cancer deaths in America. "We are starting to see a younger trend," says Donna Seidman, RN, BSN, CHPN, gastrointestinal nurse navigator for Overlook Medical Center. "The majority of patients we see range in age from mid-40s and up. However, we're starting to see individuals in their late 20s to early 30s. No matter your age, have a conversation with your physician. Evaluation is critical if symptoms are present."

The news is not all grim, however. "Most colorectal cancers are preventable through screening," says Bertram Chinn, MD, chief of colon and rectal surgery for Overlook Medical Center who practices at Associated Colon & Rectal Surgeons in Edison, NJ. "Most cancers begin as benign polyps. With colonoscopy, these polyps can be removed before a cancer develops. If we can't prevent the cancer, then with screening, the cancers are generally found earlier and can be cured following surgery without the need of a colostomy."

WHO, WHAT, WHEN

Dr. Chinn points out that everyone is at risk for colorectal cancer (in fact, one in 17 people will develop colorectal cancer) and therefore, everyone should be screened. But when to be screened – and which screening modality is best for you – should be determined by your physician. For asymptomatic adults at average risk for developing colorectal cancer, the recommendation is to begin

screening at age 50. Those with a family history of the disease are encouraged to begin testing at age 40, or 10 years prior to the age at which a physician diagnosed the youngest family member. Other factors like a known family history of a hereditary predisposition generally require screening at an earlier age with more frequent follow-up exams.

Colonoscopy remains the gold standard for detecting colorectal cancer. Usually

performed under sedation, the procedure enables direct visualization of the colon with a scope. "If we see something, we can do something," says Dr. Chinn, citing the on-the-spot removal of polyps – abnormal growths of tissue – that may be malignant or may develop into cancer over time.

Other options include radiologic exams with a barium enema, or virtual colonoscopy with CT to create 3-D images of the colon. These studies are best utilized by patients with an anatomical narrowing or scarring of the colon, or those for whom sedation is not ideal. Still, Dr. Chinn cautions against the downside of these studies: If an exam visualizes a polyp, a physician cannot remove it at the time of screening; subsequent colonoscopy or surgery would then be necessary.

In recent years, at-home screening tests have been gaining in popularity for those

who have no symptoms of, or risk factors for, colorectal cancer. These tests require a prescription from a physician. Patients collect a stool sample at home; the sample is sent to a lab, where it is evaluated. "Not everyone with an abnormal at-home study will have a cancer," Dr. Chinn says, "but further evaluation with a colonoscopy would be required."

Regardless of which modality is used, the first step is to begin a dialogue with

"We can't do anything about family history, but we can try to prevent colorectal cancers through lifestyle choices."

– Dr. Bertram Chinn

your physician. "We can't do anything about family history, but we can try to prevent colorectal cancers through lifestyle choices," says Dr. Chinn. This includes eating a healthy diet, engaging regularly in moderate exercise and getting screened as recommended. Says Dr. Chinn, "Everyone can take steps to minimize their chance of developing these cancers." ▲

Contact your physician if you are over 50, have a family history of colon cancer or if you have a family history of cancer as some may increase your risk for colon cancer.

ATLANTIC MEDICAL GROUP

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

Dr. Chinn can be reached at 908-522-2575.

Are You at Risk for Heart Disease?



CORONARY ARTERY CALCIUM SCANS

A calcium scan detects calcifications in the coronary arteries, which can be an early sign of coronary heart disease. This fast and simple test is performed on a CT scanner and does not require blood draws or IV contrast. All scans are interpreted by a specialist in cardiac imaging affiliated with the Gagnon Cardiovascular Institute. The cost of the scan is \$99.

To schedule this test at one of the Atlantic Health System Radiology sites, please call:
Morristown Medical Center: 973-971-7750
Newton Medical Center: 973-940-8730
Overlook Medical Center: 908-522-2065
Morristown Medical Center Health Pavilion at Rockaway: 973-971-7750
Chilton Medical Center: 973-831-5089

Many people across the country take heart health for granted. Colleen Coughlin, MD, FACC, cardiologist for Atlantic Medical Group, and a leading specialist at the Gagnon Cardiovascular Institute, thinks it's time for some straight talk about cardiac health.

"We're seeing more and more patients with prediabetes, high cholesterol, hormonal disturbances, elevated blood pressure and excessive waist circumference," says Dr. Coughlin. "This is not a good sign. If you – or someone you know – is in one of these higher-risk groups, talk with your primary care physician about screening options."

Dr. Coughlin offers a simple test anyone can conduct at home. Grab a tape measure and wrap it around your waist at the belly button. If your waist measures above 35 inches for women or 40 inches for men, you are likely in a higher-risk category for metabolic syndrome and consequently, heart disease.

For starters, have your blood tested for cholesterol.

If you pass with flying colors, keep doing what you're doing and have it repeated every five years. If your waist circumference, blood sugar or blood pressure is elevated, your primary care physician will help you determine the best action plan.

"I would rather see people in our community focus on optimal heart health at a younger age," says Dr. Coughlin. "Eating healthier foods and exercising regularly will reduce your risk from a cardiovascular standpoint." If you smoke or have a family history of heart disease, being proactive with preventive measures can have a big impact in your long-term health. A CT coronary calcification score, a simple, inexpensive test, can identify individual risk.

February is Heart Health Month, so there's no time like the present to call your doctor to schedule an appointment to discuss your heart health. 

For more information, call 973-971-8900 or visit atlantichealth.org/gagnon.

ATLANTIC MEDICAL GROUP

Dr. Coughlin is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.



Healthy Super Bowl Sunday Eats

Thinking about what to dish out for the big game? Super Bowl Sunday is the perfect time to serve up these super bites.

Buffalo-Style Cauliflower Bites

ROSTER (Ingredients)

- 8 cups of 1½-inch cauliflower florets
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon chopped fresh tarragon
- ¼ teaspoon kosher salt
- 2 tablespoons hot sauce (e.g., Frank's RedHot)



HOT SAUCE INGREDIENTS

- 1-2 tablespoons Sriracha hot sauce
- 1 tablespoon butter, melted
- 1 tablespoon lemon juice
- 1 tablespoon white vinegar
- 1 teaspoon crushed red pepper flakes

PLAYS (Preparation)

Preheat oven to 450 F. Coat a large rimmed baking sheet with cooking spray.

Toss cauliflower, oil, tarragon and salt in a large bowl. Spread on the prepared baking sheet; reserve the bowl. Roast the cauliflower until it's starting to soften to al dente and brown on the bottom, about 15 minutes.

Meanwhile, combine hot sauce and Sriracha to taste, butter, lemon juice, vinegar and red pepper flakes in a large bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.

Easy Slow Cooker Enchilada Dip

ROSTER (Ingredients)

- 2 cups chopped fresh plum tomatoes (about 2 medium)
- 1 cup chopped onion (Vidalia)
- 2 cloves garlic, minced
- 1 fresh jalapeno pepper, stemmed
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- 1 pound boneless, skinless chicken breast
- 8 ounces reduced-fat cream cheese
- 1 15-ounce can black beans, rinsed
- 1 cup corn, fresh or frozen (thawed)
- 1 cup shredded sharp cheddar cheese
- 2 tablespoons sliced scallions

Lime-infused nacho chips, as needed for dipping

PLAYS (Preparation)

Combine tomatoes, onion, garlic, jalapeno, chili powder, cumin and salt in a blender. Puree until smooth. Pour the sauce into a 5- or 6-quart slow cooker. Nestle chicken into the sauce. Cover and cook on High for 3 hours or on Low for 6 hours.

Remove the chicken and shred using two forks. Stir the chicken back into the sauce in the slow cooker. Add cream cheese, beans, corn and cheddar. Stir to combine. Cover and cook on High until the cheese is melted and the sauce is hot, 10 to 15 minutes.

Serve the dip topped with scallions and cilantro.



Chef Todd H. Daigneault, ASCS, CEC, is executive chef for Atlantic Health System. He is devoted to helping people incorporate healthy eating into their daily lifestyle. He has worked for prominent restaurants and resorts across the country, and has won numerous chef challenges. For more recipes, check out cookingwithcheftodd.com or [@ChefDaigneault](https://twitter.com/ChefDaigneault).

ATLANTIC NEUROSCIENCE INSTITUTE AT OVERLOOK OPENS NEW BRAIN TUMOR CENTER



Joining in the late fall ribbon-cutting ceremony for the Gerald J. Glasser Brain Tumor Center at Overlook were family members (center front) Marlene Glasser, Laura Glasser-Baker, Margie Ticknor, Anne Glasser, Rebecca Glasser-Baker, Meg Glasser, (center rear) Jack Ticknor, Mark Ticknor, and Sam Ticknor. Also on hand for the festivities were Kurt Jaeckle, MD, and Yaron Moshel, MD, co-directors of the center; Joana Emmolo, MD, radiation oncologist; John Halperin, MD, director, Atlantic Neuroscience Institute at Overlook; Alan Lieber, president, Overlook; and Brian Gragnolati, president and chief executive officer, Atlantic Health System.

Thanks to a generous gift from the Westfield-based Glasser Foundation, the Gerald J. Glasser Brain Tumor Center is expanding the progressive, groundbreaking neurological care already provided at Overlook through continued investment in the area of neuro-oncology.

Renowned neuro-oncologist Kurt Jaeckle, MD, and neurosurgeon Yaron Moshel, MD, serve as co-directors of this comprehensive brain tumor center, located in the heart of the Atlantic Neuroscience Institute at Overlook. With the adjacent Neuroscience Outpatient Center and Inpatient and Critical Care units, the fifth-floor area near the hospital's main entrance allows patients to receive consultations, testing and care in one convenient location.

Gerald J. Glasser Brain Tumor Center features a multidisciplinary panel of experts who, together, review each patient's medical history and create individualized treatment plans to address

benign and cancerous tumors of the brain, skull base, spine and spinal cord.

"A brain tumor diagnosis is a traumatic event," acknowledges Dr. Jaeckle. "We understand that, and we're always working to give patients the chance to stay one step ahead of their disease."

Currently, more than \$2 million has been raised toward a \$5 million goal to fund the relocation and expansion of the dedicated outpatient center; a conversion and relocation of a dedicated neuro-operating room; an advanced practice nurse, nurse navigator, research nurse and data coordinator; support programs, including integrative medicine, palliative care and social work; and educational outreach.

Drs. Jaeckle and Moshel are also dedicated to building a robust research program that will provide patients with the best access to groundbreaking medical trials and treatments. As a member of the National Cancer Institute Cooperative

Group System and the Alliance for Clinical Trials in Oncology, the center is able to offer the latest cutting-edge treatments and most novel therapies available.

For the more than a 1,000 patients cared for each year, Gerald J. Glasser Brain Tumor Center delivers state-of-the-art care while easing minds, comforting families and keeping hope alive. On a national and even global level, countless patients stand to benefit from ongoing research that looks to revolutionize the field of neuro-oncology for years to come. ◀

HOW TO REACH OUR EXPERTS

Dr. Jaeckle is part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

To find more information about Dr. Moshel and Atlantic Health System affiliated providers, visit atlantichealth.org/doctors.



URGENT AND SPECIALTY CARE IN CLARK

Expert care when you need it most

Life happens. And when it does, Urgent and Specialty Care is there for you. At Urgent and Specialty Care in Clark, our expert medical team takes care of patients ages two and older and provides immediate care for non-life-threatening emergencies and other health needs. Here are just a few of the services we provide and conditions we treat:

- Wound care
- Physicals
- Vaccines
- Fracture injury assessments
- On-site X-rays, lab testing and electrocardiograms (EKG)
- Sexually transmitted disease (STD) testing
- Burns
- Stomach ailments
- Eye and ear infections
- Colds, coughs and sore throats

Urgent and Specialty Care is open seven days a week and offers evening hours, so you can get reliable care when you need it the most. We can also refer you to on-site specialists in cardiology, orthopedics, podiatry and other medical fields (by appointment only). We are located at 100 Commerce Place, Clark, NJ 07066.

For more information, visit urgentandspecialtycare.org or call 732-499-0606. Walk-ins are welcome.



Atlantic Health System
Overlook Medical Center

Community Calendar

WINTER 2018

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. Registration is required.

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.

MINDFULNESS GROUP

Men and women can learn how to use the power of the mind to help cope with illness. Registration is required.

Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901

For dates and times, call 908-522-4853.

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 Marian Teehan, MSW, LCSW, at 908-522-6347.

CANCER CARE

All Cancer Care programs are free.

ART THERAPY

Art therapy for adults with cancer.

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901

For more information, call Michele Wadsworth at 908-522-6168.

BEREAVEMENT GROUP

Support group for family and friends who have lost a loved one to cancer. Registration is required.

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901

For dates and times, call Maggie Brady at 908-522-5255.

BREAST CANCER SUPPORT GROUP: YOU ARE NOT ALONE

A group for women in their first year of breast cancer treatment. Facilitated by a registered nurse and a licensed social worker. The goal is to provide a supportive environment where women can share their feelings and concerns and find the strength in others as they walk the journey through breast cancer treatment.

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 more information, call Sandra Wrigley at 908-522-6210.

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. Registration is required.

Mondays, 10:00-11:00am

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901

To register, call Michele Wadsworth at 908-522-6168.



LOOK GOOD, FEEL BETTER

Women who are undergoing cancer treatment learn how to look their best and manage appearance-related side effects. Registration is required.

*Mondays (call for exact dates), 12:30-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For more information, call Maggie Brady at 908-522-5255.*

MINDFUL MOVEMENT AND MEDITATION DROP-IN

This drop-in session includes a period of mindful movement (gentle yoga or Qi Gong), followed by a guided mindfulness meditation.

*Third Monday of the month, 11:30am-1:30pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For more information, call Michele Wadsworth at 908-522-6168.*

MINDFULNESS TOOLS FOR 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-TREATMENT SUPPORT GROUP

For patients who have completed their cancer treatment. The open support group explores issues and concerns related to survivorship. Registration is required.

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),

*99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Lee Anne Caffrey 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 postoperative recovery.

*Third Monday of the month, 3:00-4:30pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
To register, call Sandra Wrigley at 908-522-6210.*

QI GONG FOR HEALING

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.*

CAREGIVERS

CONNECTING CAREGIVERS

A monthly support group at the Thomas Glasser Caregivers Center at Overlook Medical Center.

For more information, call Marian Teehan, MSW, LCSW, at 908-522-6347.

CHILDREN & PARENTING

ABCs OF GOING HOME WITH YOUR BABY

Learn about a newborn's appearance, capabilities, wardrobe, equipment needs, daily care and bottle-feeding.

*Two-part series classes: Wednesday, January 10 and 17, 7:00-9:30pm; Wednesday, February 7 and 14, 7:00-9:30pm. One-day classes: Saturday, January 13, 8:00am-1:00pm; Saturday, February 10, 8:00am-1:00pm
Overlook Medical Center, Medical Arts Building (Mac II), Conference Room LL104,
11 Overlook Road, Summit, NJ 07901
To register, please visit www.atlantichealth.org/overlookparented or 908-522-2946.*



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, 10:00-Noon

Overlook Medical Center, Medical Arts Building (Mac II), Community Classroom, 11 Overlook Road, Summit, NJ 07901
For more information, call 908-522-2946.

BREASTFEEDING YOUR BABY: GETTING STARTED

Our goal is to assist you and your baby in having a successful breastfeeding experience. Various aspects of breastfeeding will be covered, including breast milk production, positioning and latch on. We encourage partners to attend.

Wednesday, January 24, 6:30-9:00pm

Overlook Medical Center, Medical Arts Building (Mac II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901
For more information, visit atlanticealth.org/overlookparented or call 908-522-2946.

MINDFUL PREGNANCY AND BIRTH

Program covers: ways to develop or enhance inner resources for managing stress or anxiety in pregnancy, birth, early parenting and daily life; experiences in breath work to tap into inner reservoirs of courage, strength and confidence; understanding the process of labor; and learning coping strategies and comfort measures to use during labor. (Combines information from Prepared Childbirth.) Includes Calm Birth and Calm Mother audio guide CD, plus a hospital tour.

Series: Fridays, January 12, 19 and 26, 6:30-9:30pm; Individual class: Sunday, January 21, 8:00am-4:00pm

Overlook Medical Center, Medical Arts Building (Mac II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901
For more information, visit atlanticealth.org/overlookparented or call 908-522-2946.

POSTPARTUM GROUP

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

Thursdays, 10:30-11:30am

Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Ave., Summit, NJ 07901



Preregistration 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 hospital tour.

All-day classes: Saturdays, January 6 and 27, 8:00am-4:00pm; Series: Sundays, January 7 and 14, Noon-4:00pm, Evening series:

Thursdays, January 11, 18 and 25, 6:30-9:30pm

Overlook Medical Center, Medical Arts Building (Mac II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901

For more information, visit atlanticealth.org/overlookparented or call 908-522-2946.

YOUR BABY'S BIRTH AT OVERLOOK MEDICAL CENTER

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.

Tuesday, January 9, 6:30-9:30pm

Overlook Medical Center, Medical Arts Building (Mac II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901
To register, please visit www.atlanticealth.org/overlookparented or call 908-522-2946.



Visit preventionworks-nj.org/car-seat-inspection-stations for information on where to get free car seat inspections.

COMMUNITY HEALTH

Please call 1-800-247-9580 for more information and to register.

BMI SCREENINGS AND CERVICAL HEALTH EDUCATION

Come and learn more about HPV and cervical cancer prevention as well as body mass index. You will receive individual counseling and education materials.

Various times and dates

Multiple locations

For more information, call 1-800-247-9580

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 times and dates

Multiple locations

For more information, call 1-800-247-9580.



KNOW YOUR NUMBERS

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. Mondays, Tuesdays and Wednesdays, various times
Multiple locations
For more information, call 1-800-247-9580.

PUMP IT UP: HABITS FOR A HEALTHY HEARTS

Heart health is not just about exercise. Bring your children to this interactive health fair and learn fun ways for healthy cooking with seasonal vegetables, discover how oral health impacts the heart, and find out about the importance of physical activity. Thursday, February 8, 10:00-11:00am and 12:30-1:30pm
Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901

TEA TIME

Join us for a tea social as we learn more about HPV and cervical cancer prevention. Thursday, January 11, 6:00-8:00pm
Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901

HEALING ARTS

EXPRESSIVE WRITING GROUP

A four-week expressive writing group for caregivers. This group offers communal peer

support and a creative outlet to help reduce stress.

Tuesdays, January 9, 16, 23 and 30, 1:30-3:00pm
Overlook Medical Center, Caregiver Conference Room, 99 Beauvoir Ave., Summit, NJ 07901
For more information, please call Valerie Gagliano at 908-522-6348.

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. To leave a confidential message and receive a return call, please call 973-714-3988 or email sue.calcara@atlantichealth.org. Thursdays, 7:00-10:00pm
Overlook Medical Center, Conference Room 1 (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901

SENIOR HEALTH: 'NEW VITALITY'

FEED YOUR HEART

Come join ShopRite of Union's in-store registered dietitian for an interactive program about diet and nutrition for a healthy heart. You will learn how diet impacts your heart health and how to read a food label. Wednesday, February 14, 10:30-11:30am
ShopRite of Union, 2401 US Highway 22 West, Union, NJ 07083
For more information, call 1-800-247-9580.

NATIONAL NUTRITION MONTH WORKSHOP

Come join Lauren, ShopRite of Clark's in-store registered dietitian, in celebrating National Nutrition Month with an interactive workshop focused on healthy eating for older adults. Includes blood pressure and diabetes screenings. Wednesday, March 14, 10:00-11:00am
ShopRite of Clark, 76 Central Ave., Clark, NJ 07066

ORAL CANCER SCREENINGS

Oral cancer is most often found in places that are not readily seen, like under the tongue. The Dental Care Center will perform a risk assessment and a visual screening of your mouth. Space is limited; register for an appointment today. Thursday, March 1; Saturday, March 3; and Monday, March 5, 10:00-11:00am
Clark Health Department, 430 Westfield Ave., Clark, NJ 07066

READING, WRITING AND REFLECTING TO EXPLORE GRACEFUL AGING

An exploration of narrative, medicine, introspection and reflection. The session uses text to explore the human condition. Participants will closely read a text; harvest it for its literacy, intellectual and emotional elements; and write to a prompt, which will engage their thoughts about what is important as we gracefully age. Wednesday, January 24, 12:30-2:00pm
Westfield YMCA, 220 Clark St., Westfield, NJ 07090

STROKE

STROKE SUPPORT GROUP

This stroke support group provides emotional and educational support to stroke survivors and caregivers. The support group is a forum where stroke survivors and their families can share experiences and concerns related to stroke. 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

Atlantic Medical Group

Looking for a primary care doctor?

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.



Atlantic Medical Group Primary Care in Your Community

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

Associates in Integrative Medicine
908-769-6900
Warren, Summit, West Orange

Atlantic Medical Group Internal Medicine
Summit: 908-598-6531

Atlantic Medical Group Internal Medicine at Westfield
973-829-4632

Chatham Family Medicine
Chatham: 973-635-2432

Fanwood Primary Care
Fanwood: 908-889-4700

Healthfirst Associates
Newark: 973-344-5379

Hillside Family Practice
Hillside: 908-353-7949
Kenilworth: 732-529-0445

Maplewood Family Medicine
Maplewood: 908-598-6690

Maplewood Primary Care
Maplewood: 973-763-5010

Medemerge
Green Brook: 732-968-8900

Medical Diagnostic Associates
Millburn: 973-788-5011
Scotch Plains: 908-322-7786
Summit: 908-598-6531

Summit: 908-273-1493
Westfield: 908-232-5333

Overlook Family Medicine
Summit: 908-522-5700

PASE Healthcare
Millburn: 973-912-7273

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

Roselle Park Primary Care
Roselle Park: 908-241-4200

Summit Springfield Family Medicine
Summit: 908-277-0050

Union Plainfield Medical Associates
Union: 908-686-9330

Union Primary Care
Union: 908-688-4845

Village Family Medicine
South Orange: 973-630-8989

Warren Primary Care
Warren: 908-598-7970

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

Meet Our New Primary Care Doctors and Specialists



Emmanuel Apor, MD
Medical Diagnostic Associates (Oncology)
Overlook Medical Center
908-608-0078



Matthew Biernat, MD
PASE Healthcare (Family Medicine)
Millburn
973-912-7273



Jeanine Bulan, MD
Internal Medicine at Westfield
New Providence
973-829-4632



Jed Calata, MD
Associated Colon & Rectal Surgeons
Edison, 732-494-6640
Summit, 908-522-2575



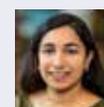
Leda Gattoc, MD
Women's Cancer Center (Gynecology/Oncology)
MAC Building at Overlook Medical Center
908-522-5262



Michelle Hoang, MD
Warren Primary Care (Family Medicine)
Warren
908-598-7970



Chantal M. Lisik, MD
Atlantic Medical Group (Internal Medicine)
Summit
908-598-6531



Hema Sivasubramanian, MD
Medical Diagnostic Associates (Family Medicine)
Millburn
973-379-3051



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



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



Erika Wasenda, MD
Atlantic Urogynecology Associates
MAC Building at Overlook Medical Center
908-522-7335

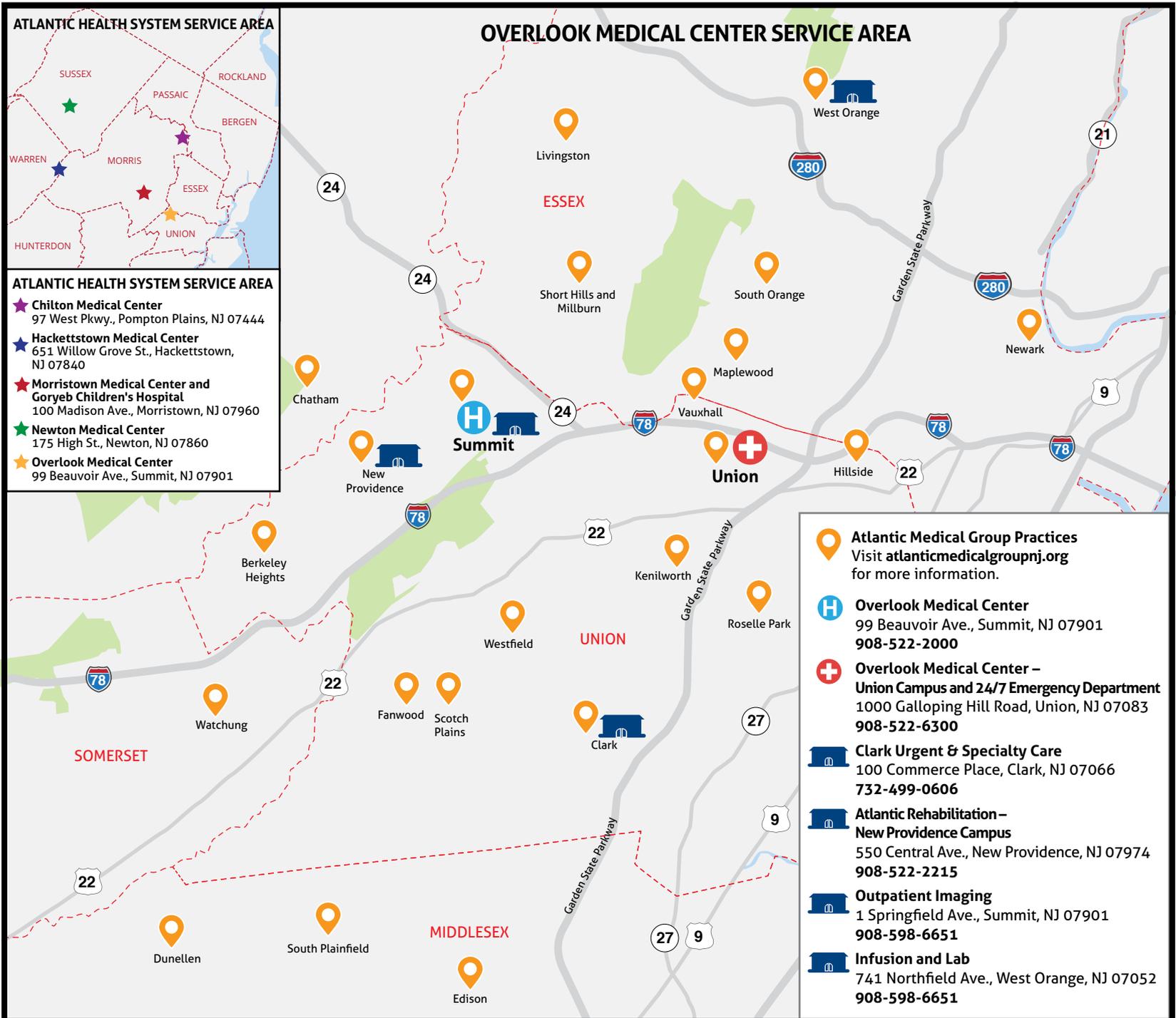


To find an Atlantic Medical Group provider, visit atlanticmedicalgroupnj.org for more information, or call 1-844-AMG-2250 (1-844-264-2250).

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

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PERMIT 148
SARATOGA
NY 12866

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



ATLANTIC HEALTH SYSTEM SERVICE AREA

SUSSEX, ROCKLAND, PASSAIC, BERGEN, WARREN, MORRIS, ESSEX, HUNTERDON, UNION

ATLANTIC HEALTH SYSTEM SERVICE AREA

- ★ **Chilton Medical Center**
97 West Pkwy., Pompton Plains, NJ 07444
- ★ **Hackettstown Medical Center**
651 Willow Grove St., Hackettstown, NJ 07840
- ★ **Morristown Medical Center and Goryeb Children's Hospital**
100 Madison Ave., Morristown, NJ 07960
- ★ **Newton Medical Center**
175 High St., Newton, NJ 07860
- ★ **Overlook Medical Center**
99 Beauvoir Ave., Summit, NJ 07901

- Atlantic Medical Group Practices**
Visit atlanticmedicalgroupnj.org for more information.
- Overlook Medical Center**
99 Beauvoir Ave., Summit, NJ 07901
908-522-2000
- Overlook Medical Center – Union Campus and 24/7 Emergency Department**
1000 Galloping Hill Road, Union, NJ 07083
908-522-6300
- Clark Urgent & Specialty Care**
100 Commerce Place, Clark, NJ 07066
732-499-0606
- Atlantic Rehabilitation – New Providence Campus**
550 Central Ave., New Providence, NJ 07974
908-522-2215
- Outpatient Imaging**
1 Springfield Ave., Summit, NJ 07901
908-598-6651
- Infusion and Lab**
741 Northfield Ave., West Orange, NJ 07052
908-598-6651