

well aware



**Atlantic Medical Group:**  
Connecting Your Docs

Understanding Joint  
Replacement Surgery

SUMMER  
2015

WELCOME TO YOUR SUMMER  
**new vitality**  
COMMUNITY CLASSES  
AND CALENDAR



**Chilton  
Medical Center**  
ATLANTIC HEALTH SYSTEM

## DEAR FRIENDS,

We would like to take this opportunity to thank Deborah Zastocki, president of Chilton Medical Center and vice president of Atlantic Health System, for her 11 years of dedicated service to Chilton Medical Center. Debbie retired in May and we wish her and her family a healthy and happy retirement.

We're pleased to announce the launch of Atlantic Medical Group – a new organization of more than 600 community physicians.

As your partners in well being, we have many great events planned, so please take a look and participate. Have a happy and healthy summer,

With heartfelt thanks,



**Alan Lieber and Jan Schwarz-Miller,** interim leadership team for Chilton Medical Center, and vice presidents, Atlantic Health System

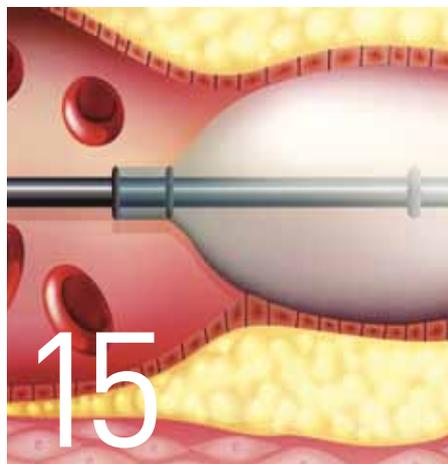
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Download our **Be Well** app for Chilton Medical Center



### Talk to us

Tell us what you want to read about in *Well Aware*. Email us at [well.aware@atlantichhealth.org](mailto:well.aware@atlantichhealth.org). Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

### Well Aware Kids

Twice a year, Goryeb Children's Hospital publishes *Well Aware Kids*. The publication has informative articles for those with kids ranging from newborns to teenagers. Want a copy? Please contact us at [well.aware@atlantichhealth.org](mailto:well.aware@atlantichhealth.org).



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For additional information, visit [atlantichhealth.org](http://atlantichhealth.org).



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Follow us on Twitter for health and wellness tips at [@WellAwareNJ](https://twitter.com/WellAwareNJ).

Morristown Medical Center  
Overlook Medical Center  
Newton Medical Center  
Chilton Medical Center  
Goryeb Children's Hospital  
Atlantic Medical Group



Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Goryeb Children's Hospital and Atlantic Medical Group. The five medical centers have a combined total of 1,599 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.

OFFICIAL HEALTH CARE PARTNER



AN OFFICIAL HEALTH PROVIDER OF THE NEW JERSEY DEVILS



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## HEAT STROKE: Avoid Getting Burned

If the nice weather has you clamoring to go outside, be careful. Summer brings not only much-welcomed warmth but also the increased risk of heat stroke.

### What Is Heat Stroke?

Heat stroke is the most severe form of heat injury. It's caused by prolonged exposure to high temperatures. Heat stroke is a medical emergency. Symptoms include the following:

- Dizziness
- Rapid, shallow breathing
- Lack of sweat

### Who's at Risk?

Anyone exposed to a hot environment is at risk, as is anyone participating in physical activity. According to the Centers for Disease Control and Prevention, heat stroke is more likely to occur in people not used to high temperatures.

### What Can You Do?

To help prevent heat illnesses, do the following:

- Avoid restrictive clothing
- Drink water regularly
- Wear sunscreen

Get more heat stroke information at [cdc.gov/extremeheat](http://cdc.gov/extremeheat).

## Stroke Camp Helps Survivors and Caregivers With Healing

To help improve the quality of life for stroke survivors and caregivers, Atlantic Health System, Overlook Foundation and the Kessler Foundation have designed a weekend retreat focused on relaxation, socialization and support.

The Retreat & Refresh Stroke Camp takes place October 2-4 at Fellowship Deaconry Ministries in Basking Ridge. Attendees will enjoy three days of crafts, speakers, music, integrative therapies and other fun activities. ▶

To register, visit [strokecamp.org](http://strokecamp.org) or call 309-688-5450.



## SKIN CANCER: What You Should Know

As more people head to the beach or pool to cool off from the summer heat, it's important to stay mindful of sun protection. According to the Centers for Disease Control and Prevention, skin cancer is the most common cancer in the United States, and extensive sun exposure is a leading cause.

Take the following precautions to protect your skin. First, always use sunscreen if you plan to be outside for a while. The CDC recommends using a sunblock with at least an SPF of 15. Protective clothing like hats can be a big help, too.

Fortunately, skin cancer is easily detectable. Performing a self-exam regularly is critical to early detection. Look out for the following irregularities:

- New skin growths
- Changes in existing ones
- Open sores

For more information, visit [cdc.gov](http://cdc.gov) and search for "skin cancer."





## INTEGRATED WELLNESS

### ARTHRITIS FOUNDATION AQUATICS PROGRAM (Joint-Friendly)

Exercise without putting excess strain on your joints. Bring a lock, towel and swim cap to the class.

**TIME:** Noon to 12:45pm

**DATE:** Thursdays, July 9 to August 27

**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$40 for all eight weeks

### ARTHRITIS FOUNDATION EXERCISE PROGRAM (Joint-Friendly)

Gentle activities help increase joint flexibility and maintain range of motion.

**TIME:** 1:30 to 2:30pm

**DATE:** Mondays, July 13 to August 31

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$40 for all eight weeks

### GENTLE MOVEMENTS USING ELEMENTS OF NATURE

Find strength, steadiness and balance while gaining flexibility through gentle movement and meditation. Learn techniques to explore the elements of surrounding nature with grace and learn how to reenergize, rejuvenate and restore your connection to mind, body and spirit.

**TIME:** 11:00am to Noon

**DATE:** Thursdays, July 9 to August 27

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$40 for all eight weeks

### HATHA YOGA

Integration of body, mind and breath. Bring a yoga mat.

**TIME:** 6:30 to 7:30pm

**DATE:** Tuesdays, July 7 to September 8

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$80 for all 10 weeks



### QIGONG

Qigong coordinates the use of mind, intention, breath, qi and movement. Qigong is an excellent method of stress reduction.

**TIME:** 9:30 to 10:30am

**DATE:** Thursdays, July 9 to August 27

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$40 for all eight weeks



### T'AI CHI CHIH® JOY THRU MOVEMENT – BEGINNER (Joint-Friendly)

A series of simple, non-martial movements that anyone can do.

**TIME:** 9:45 to 10:30am

**DATE:** Thursdays, September 17 to December 10 (no class November 26)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$60 for all 12 weeks

### T'AI CHI CHIH® – INTERMEDIATE (Joint-Friendly)

This class will introduce Seijaku (advanced T'ai Chi Chih). Participants must complete at least two beginner sessions prior to taking this intermediate class.

**TIME:** 10:45 to 11:30am OR 11:45am to 12:30pm

**DATE:** Thursdays, September 17 to December 10 (no class November 26)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$60 for all 12 weeks

## LEARNING @ YOUR LEISURE

Learning @ Your Leisure will allow you to view recorded webinars from the comfort of your home. For information or to view the webinars, visit our website at [chiltonneighbors.org](http://chiltonneighbors.org).

### FREE SLEEP HEALTH SCREENINGS

Visit [chiltonhealth.org](http://chiltonhealth.org).

### PULMONARY REHABILITATION PROGRAM

This nine-week program is for people with various lung conditions. For information, call 973-831-5000, ext. 5685.

### DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

For information or to schedule an appointment, call 973-831-5216.

### YOGA – BEGINNER

Bring a small blanket and a mat for the floor.

**TIME:** 11:30am to 12:30pm

**DATE:** Tuesdays, July 7 to September 8

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks

### YOGA – INTERMEDIATE

Bring three yoga blankets and a mat. Participants must complete at least two beginner sessions prior to taking this intermediate class.

**TIME:** 10:00 to 11:00am

**DATE:** Tuesdays, July 7 to September 8

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$50 for all 10 weeks

## EXERCISE



### **AQUACISE, LEVEL 1 (Joint-Friendly)**

Cardiovascular fitness, endurance and flexibility in chest-deep water. Bring a lock, towel and swim cap.

**TIME:** Noon to 12:45pm

**DATE:** Mondays, July 13 to August 31  
*AND/OR*

**DATE:** Wednesdays, July 15 to September 2

**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$40 for each eight-week session

### **AQUACISE, LEVEL 2 (Joint-Friendly)**

Stretching and cardiovascular conditioning. Bring a lock, towel and swim cap.

**TIME:** 1:00 to 1:45pm

**DATE:** Wednesdays, July 15 to September 2

**PLACE:** New York Sports Club, 1481 Route 23 South, Butler

**FEE:** \$40 for all eight weeks

### **BETTER BONES – INTERMEDIATE**

For individuals who have already completed at least two sessions of Muscles in Motion. Bring 1-, 2- or 3-pound handheld weights.

**TIME:** 10:15 to 11:15am

**DATE:** Tuesdays, July 7 to September 8  
(no class July 14 and August 25)  
*AND/OR*

**DATE:** Thursdays, July 9 to September 10  
(no class July 16 and August 27)

**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne

**FEE:** \$48 for each eight-week session

### **CORE DYNAMIX**

Cardio, balance, standing (barre) work and mat floor exercises. Bring one pair of light weights (2 to 3 pounds) and a mat.

**TIME:** 5:30 to 6:15pm

**DATE:** Tuesdays, July 21 to September 29  
(no class July 28, September 15 and 22)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$40 for all eight weeks



### **MUSCLES IN MOTION – TWO LOCATIONS**

Increase your core strength. Bring a mat and handheld weights. We provide resistance equipment.

**TIME:** 4:30 to 5:30pm

**DATE:** Mondays, August 17 to October 12  
(no class September 7, 14 and 21)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$30 for all six weeks  
*AND/OR*

**TIME:** 11:30am to 12:30pm

**DATE:** Thursdays, July 9 to September 10  
(no class July 16 and August 27)

**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne

**FEE:** \$48 for all eight weeks

### **THE POWER HOUR**

Promotes muscular endurance, balance and bone strengthening. Bring a light set of handheld weights and a mat.

**TIME:** 5:30 to 6:30pm

**DATE:** Wednesdays, August 19 to October 7  
(no class September 9 and 23)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$48 for all six weeks

## FREE MALL WALKER PROGRAM

Participants may walk from:

**TIME/DATE:** 7:00 to 10:00am,  
Monday through Saturday;  
9:00 to 11:00am, Sunday

**PLACE:** Willowbrook Mall

The Wayne Alliance for the Prevention of Substance Abuse, Chilton Cardiac Rehabilitation and CareOne at Wayne are co-sponsoring the Mall Walker Program. Call 973-831-5367 to register for this program.



### ZUMBA® GOLD (CHILTON)

For the Chilton location, instructors suggest that participants use slip-on bands or shoe sliders to pivot safely on carpeted floors.

**TIME:** 1:00 to 1:45 pm

**DATE:** Thursdays, July 23 to September 17 (no class August 13)

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$40 for all eight weeks

### ZUMBA® GOLD (WAYNE)

Improve balance, strength and flexibility.

**TIME:** 1:00 to 1:45pm

**DATE:** Mondays, July 20 to September 28 (no class August 17, September 7 and 14)

*AND/OR*

**TIME:** 10:00 to 10:45am

**DATE:** Wednesdays, July 22 to September 30 (no class August 12, 19 and September 23)

*AND/OR*

**TIME:** 10:00 to 10:45am

**DATE:** Fridays, July 24 to September 18 (no class August 14)



**PLACE:** Wayne Presbyterian Church, 1200 Alps Road, Wayne

**FEE:** \$48 for each eight-week session

### ZUMBA® TONING

This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. We use light weights to enhance rhythm, build strength and tone all the target zones.

**TIME:** 7:00 to 8:00pm

**DATE:** Wednesdays, July 8 to August 26

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$64 for all eight weeks



## Healthy Communities

Chilton Medical Center partners with many of your local health departments to provide important community health services. For information about upcoming health-related screenings, programs and events, call your town or visit your town's website.

POMPTON LAKES  
973-835-0143, ext. 225  
[pomptonlakesgov.com](http://pomptonlakesgov.com)

RINGWOOD  
973-962-7079  
[ringwoodnj.net](http://ringwoodnj.net)

WANAQUE  
973-839-3000, ext. 7122 or 7124  
[wanaqueborough.com](http://wanaqueborough.com)

WAYNE  
973-694-1800, ext. 3241  
[waynetownship.com](http://waynetownship.com)

WEST MILFORD  
973-728-2725  
[westmilford.org](http://westmilford.org)

## HEALTH EDUCATION



### UNDERSTANDING YOUR BLOOD PRESSURE

Learn what your blood pressure is telling you; what the numbers mean; the importance of managing your numbers; and why high blood pressure, or hypertension, is often called the “silent killer.” Milford Manor Nursing and Rehabilitation will provide a light breakfast.

**PRESENTER:** Arthur Calise, MD

**TIME:** 10:00am

**DATE:** Friday, July 10

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

### TAKING CONTROL OF YOUR HEALTH

Join us for this FREE six-week program, and take a more active role in your health by learning strategies for managing chronic conditions, working with health

care professionals, problem solving, handling difficult emotions, setting weekly goals, eating healthy and exercising safely and easily. Register early – limited to 20 participants.

**PRESENTER:** Shannon Maldonado, BS, CTRS

**TIME:** 10:00am to 12:30pm

**DATE:** Mondays, July 13 to August 17

**PLACE:** Chilton Health Network, 242 West Parkway, Pompton Plains

**FREE**

### FALLS RISK LECTURE AND BALANCE SCREENING

If you experience loss of balance, unsteadiness or frequent falls, be sure to join us for this falls risk and balance program. Screenings include a gait and balance assessment. Screenings are limited and require an appointment. Call 973-831-5367 to register for the screening.

**PRESENTER:** Chilton Medical Center physical therapist

**TIME:** 11:00am

**DATE:** Wednesday, August 12

**PLACE:** Wayne YMCA, Theater, 1 Pike Drive, Wayne

**FREE**

### IMMUNIZATIONS: NOT JUST FOR KIDS

Learn how vaccines although still underutilized among adults are a safe, effective and readily available way to protect against many vaccine-preventable diseases and their complications. The Chelsea at Bald Eagle will provide a light breakfast.

**PRESENTER:** Richard Krieger, MD

**TIME:** 10:00am

**DATE:** Friday, August 14

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**



### **CHOLESTEROL: THE GOOD, THE BAD AND THE UGLY**

Learn all about cholesterol, its function in the body, what the numbers mean and the risk factors of high cholesterol in cardiovascular health. Atrium Health and Senior Living will provide refreshments.

**PRESENTER:** Martin Tabaksblat, MD

**TIME:** 2:00pm

**DATE:** Wednesday, September 16

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

### **MYTHS OF MENOPAUSE**

Have you wondered if those symptoms are really menopause or something else? Join us to learn the myths and realities of menopause.

**PRESENTER:** John Scian, MD

**TIME:** 7:00pm

**DATE:** Thursday, September 17

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

### **EXERCISE AFTER KNEE REPLACEMENT**

Will you have to stop or change your favorite exercise after knee replacement? Join us to hear an orthopedic surgeon discuss what you can expect after your surgery. There will be a question and answer session after the presentation.

**PRESENTER:** David Gold, MD

**TIME:** 7:00pm

**DATE:** Thursday, September 24

**PLACE:** Chilton Medical Center, Collins Pavilion

**FREE**

## SUPPORT GROUPS

**Alzheimer's Disease Caregivers Support Group:** 7:00 to 8:30pm the second Wednesday of the month from September to June – First Reformed Church of Pompton Plains, 529 Newark Pompton Turnpike, Pompton Plains. For information, call 973-831-5367.

**Arthritis Support Group:** 10:30 to 11:30am the fourth Tuesday of the month – 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

**Bereavement Support Group:** 1:00 to 2:30pm the fourth Tuesday of the month – 242 West Parkway, Pompton Plains. For information, call 973-831-5367.

**Diabetes Education and Support Group:** 10:00 to 11:00am the first Thursday of the month and from 7:00 to 8:30pm the third Wednesday of the month – 242 West Parkway, Pompton Plains. For information, call 973-831-5229.

**Family Caregiver Workshops:** For those caring for a loved one with Alzheimer's and other dementias. Presented by Andrea Sussman, MSW, executive director of Home Instead Senior Care. For information, call 973-970-9250.

**United Ostomates of North Jersey:** 7:00 to 8:30pm the second Monday of the month – Chilton Medical Center, Board Room. For information, call JoAnn Valent, RN, CWOCN, at 973-831-5168 or Susan Becker, RN, WOCN, at 973-831-5303.

**"Women to Women":** For women who are living with cancer, 1:00 to 2:30pm the first and third Tuesdays of the month – 242 West Parkway, Pompton Plains. For information, call 973-831-5311/5306.



## NUTRITION

### Healthy Eating on Vacation

It's hard to eat healthfully while on vacation. Dining out, boardwalk snacks, small, unfamiliar kitchens ... is healthy eating even possible? It is – join us to learn how.

**PRESENTER:** Allison Smith, MPH, RD,  
ShopRite of Lincoln Park

**TIME:** 7:00pm

**DATE:** Thursday, July 30

**PLACE:** Chilton Medical Center,  
Collins Pavilion

**FEE:** \$5

### Good for You BBQ

Learn the healthy way to enjoy barbecue season, lighten up your summer favorites, get smart grilling tips and sample healthy recipes.

**PRESENTER:** Allison Smith, MPH, RD,  
ShopRite of Lincoln Park

**TIME:** 11:00am

**DATE:** Friday, August 7

**PLACE:** Chilton Medical Center,  
Collins Pavilion

**FEE:** \$5

### Tea: A Cup of Good Health?

Learn about the many varieties of teas and a host of different preventive health benefits, including lowering the risk for heart disease, cancer and diabetes.

**PRESENTER:** Allison Smith, MPH, RD,  
ShopRite of Lincoln Park

**TIME:** 7:00pm

**DATE:** Thursday, September 10

**PLACE:** Chilton Medical Center,  
Collins Pavilion

**FEE:** \$5



## Special Events



### ANNUAL WOMEN'S EVENT

#### LAUGH LOUD, LIVE LONG

We all need a lot more laughter in our lives, so join us for a fun-filled evening as comedian Judy

Croon entertains us with her life stories and experiences. Enjoy a full-course dinner and a glass of wine. Cash bar is available. Spend time shopping at our boutique tables for your holiday gifts and enjoy a night out for yourself. Register early, as seating is limited.

**PRESENTER:** Judy Croon, comedian and motivational speaker (judycroon.com)

**TIME:** 5:30pm

**DATE:** Thursday, October 22

**PLACE:** Preakness Hills Country Club,  
1050 Ratzner Road, Wayne

**FEE:** \$51 per person

## SAVE THE DATE – ANNUAL CHILTON FOUNDATION GALA

The annual gala will feature an evening of dining, dancing, silent auction prizes and celebration as we recognize our honorees, Chilton Medical Center's achievements and all of the generous donors and community members who support the hospital throughout the year.



**DATE:** Saturday, November 14

**PLACE:** The Venetian, 546 River Drive, Garfield

For more information, call 973-831-5165 or visit [atlantichealth.org/chilton](http://atlantichealth.org/chilton).

## LIFE ENRICHMENT

### A SWINGIN' PLACE CALLED PALISADES PARK

Back by popular demand. This nostalgic walk down memory lane will chronicle the events and history of the park and re-create the thrills, laughter and joy that was Palisades Park.

**PRESENTER:** Vin Gargiulo, executive director, Palisades Park Historical Society

**TIME:** 10:00am

**DATE:** Wednesday, July 1

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$5

### HISTORY OF DINERS IN NEW JERSEY

Learn why New Jersey is universally proclaimed as the "Diner Capital of the World"; fascinating tales of noteworthy diners of the past and present; the origins and cultural significance of the Garden State's diner business; and information on the many 20th-century New Jersey diner builders that are now part of a forgotten chapter of New Jersey's history. Copies of the book will be available for \$20.

**PRESENTER:** Michael Gabriele, author of *The History of Diners in New Jersey*

**TIME:** 10:00am

**DATE:** Friday, August 28

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$5

### LIGHTHOUSES

The history of lighthouses from the ancient to the modern world; how they were built and work; and stories of some of the brave men and women who tended the lights, guiding sailors into safe harbors and warning them of coastal hazards.

**PRESENTER:** Kevin Woyce

**TIME:** 10:00am

**DATE:** Friday, September 18

**PLACE:** Chilton Medical Center, Collins Pavilion

**FEE:** \$5



## AUXILIARY EVENT



### QUEENS TEA

The Chilton Medical Center Auxiliary is presenting a "Queens Tea." The menu includes choice of tea, quiche with soup or salad, scones, lemon curd and clotted cream, assorted savories, delectable sweets and plated dessert. Proceeds from this event will benefit The Breast Center at Chilton Medical Center. There will be two seatings on each date.

**TIME:** 12:00pm AND 6:00pm

**DATE:** Thursdays, October 1 AND October 8

**PLACE:** High SocieTea House, 20 Old Newark Pompton Turnpike, Wayne

**FEE:** \$40

**For reservation information, contact the Auxiliary office at 973-831-5345.**



# Thinking About Joint Replacement Surgery?

**J**oint pain – especially in the knees and hips – can be severe enough to keep people out of work, interfere with sleep, and prevent them from doing even the small things they want and need to do.

“All these are good reasons to find solutions to joint pain,” says David Gold, MD, fellowship-trained knee replacement specialist and orthopedic surgeon of the Total Joint Center at Chilton Medical Center. “Many different types of treatments can help people feel better and avoid surgery. In fact, surgery should be the very last option.”

Any kind of surgery has risks, including infection and painful scarring. Plus, if you have joint replacement surgery, he says, it’s important to understand that in some rare cases, the replacements can wear out. Then you might need a second surgery (called revision surgery) to replace all or part of an artificial joint. That procedure is even more complex and more difficult for the patient.

The most common reason for someone to have a joint replacement is the pain and stiffness caused by osteoarthritis, where cartilage covering the joints wears away and spurs grow on the bone. So the bones in the joint rub directly against each other. Injury and lifestyle – such as playing some types of sports or jobs that require heavy lifting – can also lead to osteoarthritis in the knees and hips over time. Falls can also lead to broken hips, and sometimes to hip replacement surgery as well.

For most people, whether or not you need joint replacement surgery often comes down to your ability to manage the pain.

Sometimes, just finding the right combination of treatments is all it takes to manage the pain.

Depending on the cause, you might find relief through the following:

- **Using anti-inflammatory medicines and pain relievers better**
- **Getting several different types of joint injections**

- **Making the muscles that support the joint stronger**
- **Relieving pressure on the area through weight loss**

## THE LAST SOLUTION

If other treatments have not allowed you to return to normal activities, a new joint can be the right choice, Dr. Gold says. Even then, you have some control over its success.

- **Before surgery, make sure you’re as healthy as possible by controlling any other medical conditions**
- **Stop smoking**
- **Do activities to get fit physically**

“Whether you try medicines, injections, exercise, or need joint replacement surgery, find out all you can from your doctor,” Dr. Gold says. “Knowing what you can do and what to expect can improve your overall satisfaction and success.” ▶

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**For referral to an orthopedic surgeon at Chilton Medical Center, please call 1-800-247-9580.**



**PREREGISTRATION IS REQUIRED FOR ALL PROGRAMS.**  
*Please return entire page.*

**TO REGISTER FOR ALL CLASSES:**

1. Tear out and complete this registration form. Check box for class(es) desired.
2. Make your check payable to **Atlantic Health System**. Mail the completed form along with your check to:  
 NEW VITALITY  
 Chilton Medical Center  
 97 West Parkway  
 Pompton Plains, NJ 07444

*(You will **not** receive a confirmation notice – be sure to mark your calendar accordingly.)*

3. If you are registering for other people, please list their addresses and telephone numbers as well. If you are only registering for FREE classes, please call Chilton Medical Center at 973-831-5367 or register at **chiltonhealth.org/calendar**.
4. If a class is full when we receive your check, you will be issued a refund, placed on a waiting list

and notified if an opening occurs. Refunds cannot be made once a class has begun.

5. The \$5 program fees are non-refundable. If you are unable to attend any of our \$5 classes, please be sure to call us **prior to the date of the program** and we will issue you a voucher to be used toward any future \$5 class during the current year.

Name(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Cellphone \_\_\_\_\_

Email Address \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

**RELEASE OF RESPONSIBILITY FOR PARTICIPATION IN CHILTON MEDICAL CENTER'S EXERCISE PROGRAMS**

I, \_\_\_\_\_, hereby consent to become a participant in the New Vitality classes offered by Chilton Medical Center. I understand that this program is centered on exercise and health.

As with any exercise, there is a slight possibility of injury and I understand that if I am concerned about the appropriateness of these exercises I will inform the instructor, consult my physician and follow his/her instructions.

I recognize that there is a possibility that I may incur some injury or develop or aggravate some medical problem as a result of my participation in the session(s) and I wish to assume the risk. Accordingly, I agree that I will not hold New Vitality, Chilton Medical Center, Atlantic Health System or the instructor liable or seek any legal recourse of any kind for any injury or aggravation of a pre-existing condition resulting from my participation in this program.

I have read this Consent and Waiver carefully, I understand it, and I have signed it with the understanding that it is legally binding upon me.

Witness \_\_\_\_\_

Signature of Participant \_\_\_\_\_

Date \_\_\_\_\_



# Registration Form Summer 2015

Please refer to calendar for class dates, times and locations, and make sure to complete both sides of this registration form.

AQUACISE, LEVEL 1

MONDAYS *AND/OR*

WEDNESDAYS

**FEE:** \$40 PER SESSION

AQUACISE, LEVEL 2

**FEE:** \$40

ARTHRITIS FOUNDATION

AQUATICS PROGRAM

**FEE:** \$40

ARTHRITIS FOUNDATION

EXERCISE PROGRAM

**FEE:** \$40

BETTER BONES – INTERMEDIATE

TUESDAYS *AND/OR*

THURSDAYS

**FEE:** \$48 PER SESSION

CORE DYNAMIX

**FEE:** \$40

GENTLE MOVEMENTS USING

ELEMENTS OF NATURE

**FEE:** \$40

HATHA YOGA

**FEE:** \$80

MUSCLES IN MOTION (CHILTON)

**FEE:** \$30

MUSCLES IN MOTION (WAYNE)

**FEE:** \$48

THE POWER HOUR

**FEE:** \$48

QIGONG

**FEE:** \$40

T'AI CHI CHIH® JOY THRU

MOVEMENT – BEGINNER

**FEE:** \$60

T'AI CHI CHIH® – INTERMEDIATE

10:45AM *OR* (CHECK ONE)

11:45AM

**FEE:** \$60 PER SESSION

YOGA – BEGINNER

**FEE:** \$50

YOGA – INTERMEDIATE

**FEE:** \$50

ZUMBA® GOLD (CHILTON)

**FEE:** \$40

ZUMBA® GOLD (WAYNE)

MONDAYS *AND/OR*

WEDNESDAYS *AND/OR*

FRIDAYS

**FEE:** \$48 PER SESSION

ZUMBA® TONING (CHILTON)

**FEE:** \$64

CHOLESTEROL: THE GOOD, THE

BAD AND THE UGLY

**FREE**

EXERCISE AFTER KNEE

REPLACEMENT

**FREE**

FALLS RISK LECTURE AND

BALANCE SCREENING

**FREE**

GOOD FOR YOU BBQ

**FEE:** \$5

HEALTHY EATING ON VACATION

**FEE:** \$5

HISTORY OF DINERS IN NEW

JERSEY

**FEE:** \$5

IMMUNIZATIONS: NOT JUST FOR

KIDS

**FREE**

LAUGH LOUD, LIVE LONG

**FEE:** \$51

LIGHTHOUSES

**FEE:** \$5

MYTHS OF MENOPAUSE

**FREE**

A SWINGIN' PLACE CALLED

PALISADES PARK

**FEE:** \$5

TAKING CONTROL OF YOUR

HEALTH

**FREE**

TEA: A CUP OF GOOD HEALTH?

**FEE:** \$5

UNDERSTANDING YOUR BLOOD

PRESSURE

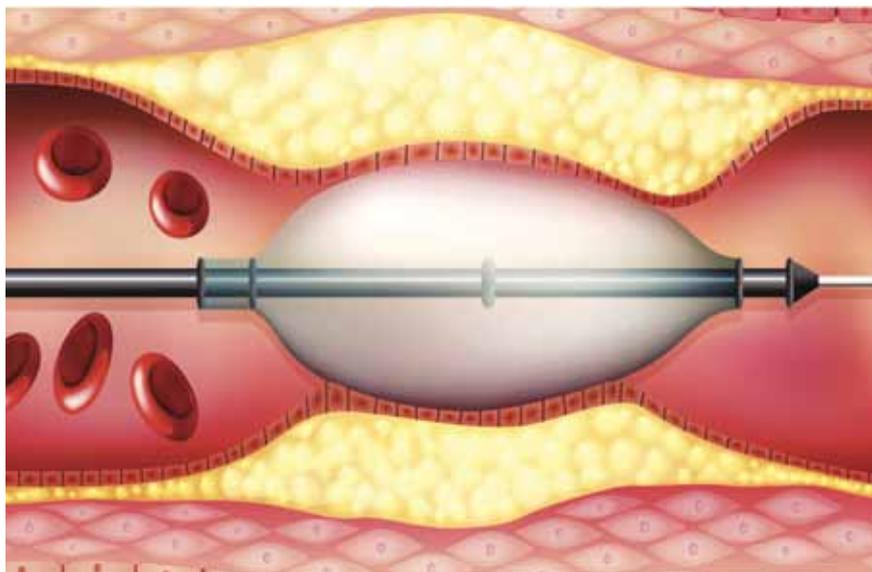
**FREE**

Classes are held in various locations. For directions or information about any of these classes, call 973-831-5367.

IN CASE OF SEVERE INCLEMENT WEATHER, IT IS THE RESPONSIBILITY OF THE REGISTRANT TO CALL 973-831-5367 FOR A RECORDED MESSAGE INDICATING CANCELLATION OF CLASS/PROGRAM.

# Chilton Introduces New Therapy for Peripheral Artery Disease

Treatment lowers risk for  
heart attack and stroke



Most people recognize the dangers of high blood pressure and high cholesterol. However, more than 8 million Americans are walking around with another harmful yet less familiar condition: peripheral artery disease (PAD). Caused by plaque buildup in the limbs, PAD clogs the arteries – and can lead to life-threatening complications.

Those afflicted can find new hope at Chilton Medical Center. In February, Chilton Medical Center became one of the first hospitals in New Jersey to pioneer a promising new PAD therapy.

PAD occurs when fatty deposits accumulate inside the arteries, resulting in narrowed passageways or blockages. Doctors most frequently find the disease in the upper legs, where individuals may experience painful cramping while walking or climbing stairs. Without proper medical treatment, PAD dramatically increases the risk for amputation, sudden heart attack and stroke.

According to Lawrence Blitz, MD, medical director of the Cardiovascular Interventional Lab (CVIL) at Chilton Medical Center, doctors

can treat many patients with lifestyle modifications and medication. When those options fail, the next step is interventional therapy to open the arteries mechanically.

Interventional treatments include balloon angioplasty, during which a physician inflates a tiny balloon inside the artery to clear the blockage, and may permanently implant stents, meshlike tubes, in the artery. “These techniques are effective, but not perfect,” says Dr. Blitz. “Both treatments carry a high rate of recurrence.”

That’s why Chilton Medical Center physician are excited about the latest advancement in PAD care: drug-coated balloons. Early studies suggest that this new technique offers patients the most promising outcomes yet.

Drug-coated balloons are designed to restore blood flow in the upper leg by reopening narrowed or blocked arteries and delivering medication to the artery walls. During the minimally invasive procedure, the device creates a channel for blood flow by pushing the plaque away, while medication on the balloon’s

surface is then absorbed into the artery. “The technique prevents scar tissue from developing after the intervention and avoids the risks associated with implanting a foreign entity, such as a stent,” notes Dr. Blitz, who pioneered the procedure at Chilton Medical Center.

Most importantly, drug-coated balloons appear to keep the arteries open longer than other available treatments. “Studies show that patients receiving this particular therapy have an eighty-two percent chance that the artery remains open a year later, compared to a fifty percent chance for those receiving standard balloon angioplasty,” says Dr. Blitz.

Dr. Blitz points out that early detection and treatment are critical, as research links PAD to other life-threatening vascular problems.

“With drug-coated balloons, Chilton Medical Center has one more option to help individuals successfully manage their disease and lead a healthier life.”

**For more information, visit [chiltonhealth.org/heart-and-vascular-care](http://chiltonhealth.org/heart-and-vascular-care) or call 973-831-5070.**

**Atlantic Health System**

475 South St.  
Morristown, NJ  
07960-6459

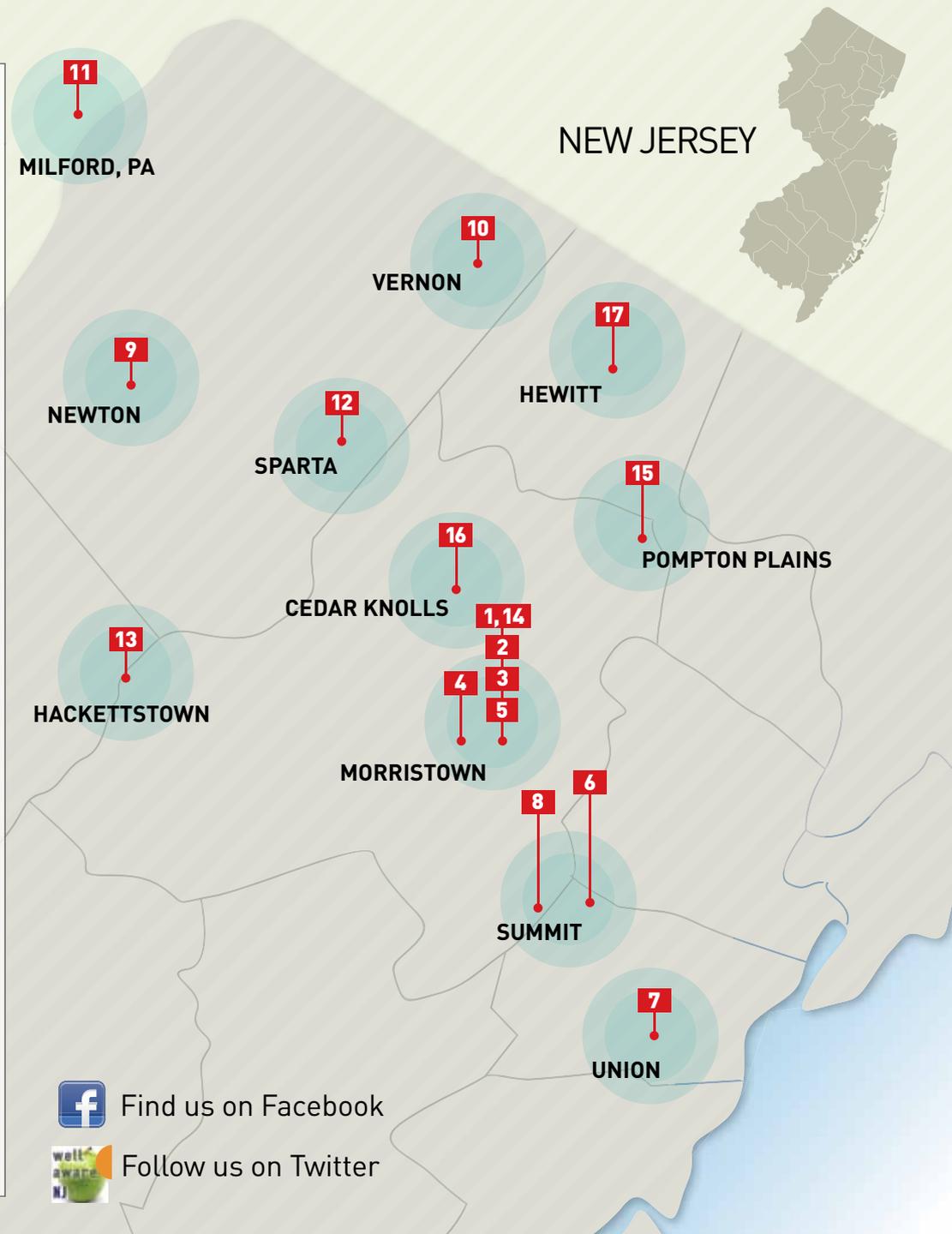
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For a referral to  
an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [findadoctor.atlantichealth.org](http://findadoctor.atlantichealth.org).



Atlantic Health System **Main Locations**

- |   |   |
|---|---|
| <p><b>1 Morristown Medical Center</b><br/><i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i><br/>100 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-5000</b></p> <hr/> <p><b>2 Outpatient Medicine</b><br/>435 South St.,<br/>Morristown, NJ 07960<br/><b>973-660-3105</b></p> <hr/> <p><b>3 Atlantic Sports Health</b><br/>111 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-6898</b></p> <hr/> <p><b>4 Atlantic Rehabilitation</b><br/>95 Mount Kemble Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-4481</b></p> <hr/> <p><b>5 Goryeb Children's Hospital</b><br/>100 Madison Ave.,<br/>Morristown, NJ 07960<br/><b>973-971-5000</b></p> <hr/> <p><b>6 Overlook Medical Center</b><br/><i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i><br/>99 Beauvoir Ave.,<br/>Summit, NJ 07901<br/><b>908-522-2000</b></p> <hr/> <p><b>7 Overlook, Union Campus</b><br/><i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i><br/>1000 Galloping Hill Road,<br/>Union, NJ 07083</p> <hr/> <p><b>8 Overlook Downtown</b><br/><i>(includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i><br/>357 Springfield Ave.,<br/>Summit, NJ 07901<br/><b>908-598-7997</b></p> | <p><b>9 Newton Medical Center</b><br/>175 High St.,<br/>Newton, NJ 07860<br/><b>973-383-2121</b></p> <hr/> <p><b>10 Vernon Health &amp; Wellness Urgent Care</b><br/>123 Route 94,<br/>Vernon, NJ 07462<br/><b>973-209-2260</b></p> <hr/> <p><b>11 Milford Health &amp; Wellness Urgent Care</b><br/>111 E. Catharine St.,<br/>Milford, PA 18337<br/><b>570-409-8484</b></p> <hr/> <p><b>12 Sparta Health &amp; Wellness</b><br/>89 Sparta Ave.,<br/>Sparta, NJ 07871<br/><b>973-726-4232</b></p> <hr/> <p><b>13 Urgent Care at Hackettstown</b><br/>57 Route 46, Suite 100,<br/>Hackettstown, NJ 07840<br/><b>908-598-7980</b></p> <hr/> <p><b>14 Chambers Center for Well Being</b><br/>435 South St.,<br/>Morristown, NJ 07960<br/><b>973-971-6301</b></p> <hr/> <p><b>15 Chilton Medical Center</b><br/>97 W. Parkway,<br/>Pompton Plains, NJ 07444<br/><b>973-831-5000</b></p> <hr/> <p><b>16 Medical Institute of New Jersey</b><br/>11 Saddle Road,<br/>Cedar Knolls, NJ 07927<br/><b>973-267-2122</b></p> <hr/> <p><b>17 Chilton Ambulatory Care Center</b><br/><i>(includes Chilton Imaging and Outpatient Laboratory Services)</i><br/>1900 Union Valley Road,<br/>Hewitt, NJ 07421<br/><b>1-855-862-2778</b></p> |
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