

well aware



NO MORE WHISPERS:
Speaking Up
About Mental
Health

FALL
2015

New Program to
Reverse Heart Disease

Screenings Save Lives

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



Atlantic
Health System

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Talk to us

Tell us what you want to read about in *Well Aware*. Email us at well.aware@atlantichealth.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@atlantichealth.org.



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Morristown Medical Center
Overlook Medical Center
Newton Medical Center
Chilton Medical Center
Goryeb Children's Hospital
Atlantic Rehabilitation
Atlantic Health System



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 Rehabilitation. 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.

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U.S. NEWS & WORLD REPORT RECOGNIZES MORRISTOWN MEDICAL CENTER

For the second year in a row, Morristown Medical Center made it onto the elite list of top five medical centers in the New York metro area, according to *U.S. News & World Report's* 2015-2016 "Best Hospitals" rankings. This is not surprising for patients of the hospital who have always received world-class care close to home.

The center also placed in the top 50 in the U.S. for the following four categories:

- Cardiology and Heart Surgery
- Geriatrics
- Orthopedics
- Pulmonology

What's more, the list ranked the hospital as high-performing regionally in the following:

- Gastroenterology and GI Surgery
- Gynecology
- Nephrology

- Neurology and Neurosurgery
- Urology

"Five years ago, Morristown Medical Center broke into the top 50 hospital designation with its rankings in Cardiology and Heart Surgery. Our efforts throughout the organization in bringing together top physicians to work collaboratively and our investments in facilities and technology have resulted in national and regional acclaim, but we strive for more," says Brian Gragnolati, president and CEO, Atlantic Health System. "I am working with leaders throughout Atlantic Health System to determine not only how to maintain our national recognition for Morristown Medical Center, but how to enhance other key services throughout our system that are critical to patients and their families."



NEWTON MEDICAL CENTER RECEIVES CERTIFICATION FROM THE JOINT COMMISSION

This past June, Newton Medical Center received its first disease-specific certification from The Joint Commission, an independent nonprofit that recognizes organizations that provide standard-setting care. The Advanced Primary Stroke certification is a reflection of Newton Medical Center's commitment to delivering quality services to the public.

NEW DIAGNOSIS CODES FOR OUTPATIENT HEALTH CARE SERVICES

Effective October 1, 2015, a new diagnosis code system will be implemented (called ICD 10). As a result, if you have a prescription for radiology, bloodwork, or other outpatient health care services, your prescription may need to be revised.

Please confirm with your physician or health care provider that your prescription reflects the new ICD 10 diagnosis code. You may not be able to have your procedure if your prescription is not updated to reflect the new diagnosis coding.

This change has been mandated by the federal government and affects all health care facilities throughout the U.S.

PREPARING FOR FLU SEASON: Better Safe Than Sorry

Flu season will be here before you know it. While flu activity in the states does not peak until around December and January, it's never too early to be prepared.

According to the Centers for Disease Control and Prevention (CDC), one of the best preventive measures is the flu vaccine. Starting in

September, the flu vaccine is available to the public and will protect you against the most common strains of the virus.

Since the vaccine does not protect you from all strains, you can still catch it. That's why it's important that you also follow these other tips from the CDC:

- **Wash your hands regularly with soap and water.**
- **Avoid touching your mouth, nose and eyes.**
- **Clean surfaces that may have come in contact with flu germs.**
- **Visit your doctor if you experience flu-like symptoms such as fever, chills, fatigue and cough.**

For more information on preparing for flu season, visit cdc.gov/flu.

BREAST CANCER: WHAT YOU NEED TO KNOW

Breast cancer is the second most common cancer in women, according to the American Cancer Society. By undergoing regular breast screenings, you can catch abnormalities before they become more serious.

Screenings Save Lives

Paul Friedman, DO, medical director of Carol W. and Julius A. Rippel Breast Center at Morristown Medical Center, stresses the importance of mammograms (x-rays of the breasts), starting at age 40 and continuing annually per American Cancer Society recommendations.

He's especially supportive of the newer 3D mammograms, which have gained ground over recent years.

"The 3D mammogram has been shown to increase detection rates by thirty percent and decrease callbacks for additional imaging by forty percent," he says. "It's really revolutionary."

A traditional mammogram is a 2D x-ray, which looks at breasts from a limited

number of angles. The 3D mammogram involves an x-ray arm that sweeps over the breast, capturing it in more detail. This allows physicians to catch lesions and other signs earlier and more easily.

"If it's an option, you should talk to your doctor about it," he says.

Lawmakers Show Support

Last year, New Jersey legislators made breast cancer prevention a priority by passing a law to educate women about breast density – a potential risk factor.

Since the law went into effect, every woman in New Jersey who undergoes a mammogram receives a letter advising her that she may have dense breasts (more connective tissue than fat).

Physicians and patients are encouraged to discuss additional breast imaging options as a precaution if breast density is high. ▶

To make an appointment, please call Rippel Breast Center at Morristown Medical Center at 973-971-5321 or get more information at atlantichealth.org/healthforwomen.



THE GERIATRIC ASSESSMENT CENTER: REINVENTING SENIOR CARE

When senior health problems arise, the Geriatric Assessment Center at Morristown Medical Center is there to help.

The center is a dedicated resource for older adults seeking quality care in a senior-friendly environment. At the center, patients can expect to see geriatricians (all physicians at the center are board-certified in geriatrics and have completed geriatric fellowships), nurse practitioners, social workers and other staff specializing in working with adults 65 years of age and over.

THE INITIAL VISIT

"Your first visit is a comprehensive geriatric assessment, which includes a medical evaluation and social and cognitive assessments," explains Catherine Owens, clinical social worker and coordinator for the Geriatric Assessment Center.

"You'll be seen by a doctor or nurse practitioner, undergo a physical and review your medical history and medications," she says. "You and your family will also have the opportunity to meet with a social worker to fully explore your own individual needs."

"This complete assessment, which can take up to two hours, allows the team to look at a patient and caregivers' unique situation, make the appropriate recommendations and better coordinate care with other providers," according to Owens.

NEW DEVELOPMENTS

The Geriatric Assessment Center recently expanded its offerings. As of June 1, the center provides primary care medical services to seniors.

"The model of most assessment centers usually involves an assessment and follow-up, and then the patient resumes care in the community," says Michelle Downing, MPA, RN-BC, nurse manager for the Geriatric Assessment Center. "We still do that through our assessments, but we recognized that patients loved our staff and wanted to keep coming back for ongoing care. So now they have that option." ▶

To schedule a geriatric assessment, contact the Geriatric Assessment Center at 973-971-7022.

Hot Drinks:

They're Not Just for Warming Up

As the weather starts to cool down again, we're swapping the lemonade and other cool drinks for something a little warmer. Coffee and tea are great for heating us up, but did you know they could also be great for your health?

When most people think of coffee and tea, caffeine is one of the first things that comes to mind. After all, it's responsible for one of their most notable effects: increased alertness.

But there's more than meets the eye to these drinks.

Coffee: Chemistry in a Cup

Recent research has shown that coffee may reduce the risk of diseases such as Alzheimer's, Parkinson's and Type 2 diabetes, says Mary Finckenor, registered dietitian for Morristown Medical Center.

These benefits, however, are not directly linked to caffeine content. Instead, studies have linked these positive effects to coffee's other substances.

"Coffee is full of antioxidants known as flavonoids that benefit your body across the

board," says Finckenor. "Coffee is actually one of the biggest sources of antioxidants for Americans."

Tea: A Nutritional Powerhouse

What if coffee is not your cup of tea? Well, then a cup of tea can offer many of the same benefits.

Caffeine makes an appearance in green tea, black tea and other varieties as well, so you get that energy kick. Flavonoids are also abundant in tea, specifically a group of flavonoids known as catechins. These substances can help your heart tremendously, notes Finckenor.

"Catechins can help slow the growth of plaque, reduce inflammation in the arteries and lower your levels of bad cholesterol. They help keep your arteries nice and clean. Green tea has a much higher level of catechins than black tea, but even black tea has a beneficial amount."

Buyer Beware

While you might be tempted to buy out the nearest café, you need to be mindful of your

intake, notes Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center.

"People tend to focus on how many cups they drink without thinking about portion size," she says. "Your mug or the cup at your local café is usually bigger than the proper 8-ounce size."

Another concern: excess sugar, cream and other additives.

"When you put sugar and cream, it adds up over time," Lombardi says. "All that extra fat and calories can outweigh the benefits. In the end, you're better off keeping your drinks simple." ▶

Hot cocoa is another hot drink you should consider. Make your own at home with the following recipe to maximize antioxidant content:

8 ounces milk

2 tablespoons cocoa

1 tablespoon (more or less to taste) sugar

Whisk together and heat to a gentle simmer – enjoy.



listen

understand

share

trust

support

NO MORE WHISPERS:

Speaking Up About Mental Health

“**G**ood mental health is critical to well-being – it’s as important as physical, social and spiritual health,” says Roger Cherney, PsyD, manager of Atlantic Behavioral Health at Newton Medical Center. And Atlantic Health System has created a strong network of services to help adults and children with mental health issues, no matter what the cause.

The challenge for most people, however, is first to realize there’s an issue. The next challenge is then finding help.

“Just like other health concerns, there is help for mental health issues,” says Lori Ann Rizzuto, LCSW, director of Behavioral and Integrative Health Services at Atlantic Health System. “And also like other health conditions, catching it early is best. We can help you learn to take charge of your mental health, so you can enjoy your life.”

Is How I Feel Normal?

Sometimes, the cause for a mental health issue is obvious, like depression over the death of a loved one, an illness, or stress at work or school. Some medicines can affect mood, as well. Further, there's a strong tie between many common health conditions and depression. (See sidebar.)

Getting the right help starts by recognizing the issue – in yourself or those around you, Rizzuto says. Common to many are feelings of sadness, anxiety, worry, irritability or sleep problems, for example. A short time with such feelings can be normal. But if these feelings start to interfere with school, work, social gatherings and other things you've enjoyed in the past, it's time to ask a professional.

You're Not Alone

Atlantic Health System is highlighting four facts to reach mental health professionals and improve overall health.

The facts:

1. **Mental health issues are common.**
2. **They can affect your physical health.**
3. **You can get better.**
4. **We'll help you get started.**

"There's no need to whisper about mental health issues," says Carmen G. Vasto, MA, LPC, ACS, an Atlantic Behavioral Health clinician at Morristown Medical Center specializing in children and adolescents. "Whether you're experiencing something like anxiety, panic or depression, or someone around you is, the best help comes when you talk about it – especially with mental health professionals."

'Welcoming and Safe'

Speaking up can be especially important with complicated mental health issues, even when someone is already being treated.

"My mother had been in and out of various treatment centers for months this past spring because of a serious mental health disorder," says David Oliver. "Care she'd been getting was thoroughly disappointing. But within minutes of arriving at Newton Medical Center, that trend was finally broken! The staff made us feel welcome, safe and cared for. And they took charge immediately to review her medications and get her back on track. It's an outstanding facility. I'd recommend it to anyone in the area."

Getting Started

Getting started in finding care is a hurdle that

Atlantic Health System helps remove. Atlantic Health System's Access Center for Outpatient Care is one place that can help you figure out any out-of-pocket expenses, for example. And they can get you started with an appointment.

"Good health is not just about absence of disease. It's about a life well-lived," Cherney says. "Here at Atlantic Health System, we have the experience and services to help with a range of mental or behavioral health issues, no matter what the cause. We encourage you to start with a call." ▶

Get Help

Seek immediate assistance if you think your friend or family member is in danger of harming themselves. Call the National Suicide Prevention Line at 1-800-273-TALK (8255).

Atlantic Health System's Behavioral Health Access Center for Outpatient Care: 1-888-247-1400.

MENTAL HEALTH AND PHYSICAL HEALTH: WE TREAT THE ENTIRE PERSON

Research shows that health conditions like heart disease and diabetes have strong links to depression. It also shows that with the right health care team, patients can improve if they get care for all these inter-related issues. So at Atlantic Health System, mental health issues and physical issues are both addressed by a broad range of experts. It's a system of care called the "collaborative" model, and one that is at the cornerstone of Atlantic Health System's approach to caring for the whole person.

Atlantic Behavioral Health offers traditional mental health services and collaborates with other treating providers. (See feature.)

Mental health issues as common as anxiety and depression can make it harder for someone to understand or be motivated to care for themselves during normal day-to-day living. Patients with heart or lung disease, diabetes and cancer, for example, also might be more likely to have depression and anxiety.

"No matter what the reason for mental health issues, your ability to be an active member of your health care team is important to your overall care," says Lori Ann Rizzuto, LCSW, director of Behavioral and Integrative Health Services at Atlantic Health System. "So we have begun imbedding our mental health team in our patient's health care team, giving our patients a full range of care, so the mind, body and spirit can all be part of the treatment plan."

Cancer Care Through Integrative Medicine

Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For information/registration, please call 973-971-6514.

- Jin Shin Jyutsu Self-Help/ Individual Sessions*
- Group Acupuncture*
- Healing Touch Experience*
- IGM Therapeutic Acupressure**
- I Cancer Vive*
- Individual Spiritual Counseling*
- Imagery for Chemo/Radiation Massage*
- Meditation/Learn to Meditate*
- Qigong/Tai Chi
- Reiki Sessions
- Successful Surgery
- Therapeutic Touch (973-971-4063)
- Writing to Heal
- Yoga – Gentle/Restorative

Music Therapy

For information/registration, please call 973-971-5919.

- Somatron Session
- Sound Meditation
- Healing Through Drumming

Now What? Post-Treatment Programs

For more information on our post-treatment programs, please call 973-971-6299.

For general information on cancer center programs and services, please call 973-682-2146.

BEHAVIORAL HEALTH

Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, 6th Floor, Morristown, NJ 07960
1-800-242-7371

Managing Anxiety to Tweens

Thursdays (8-week cycle), 6:00-7:30pm

Anger Management for Kids

Mondays, September 28; October 5, 12, 19, 26; November 2 and 9, 6:00-7:00pm

Boosting Self-Esteem

Wednesdays, starting September 30 (no class on November 25; 10 weeks), 6:00-7:00pm

HEALTH & WELLNESS

December Annual Empowering Adaptive Communities Summit, **FEE: \$125; \$35 for students**

Wednesday, October 21, 1:00-3:00pm; Thursday, October 22, 8:00am-4:00pm; preconference workshops are available

atlantichhealth.org/adaptablecommunities

HIV Counseling, Testing (Rapid) and Referral
Monday-Friday, 8:00am-4:00pm; appointments recommended
200 South Street, Suite 342, Morristown, NJ 07960
973-889-6810

HIV Support Group: Beyond the Diagnosis
Second and fourth Thursdays of every month, 7:00-10:00pm
Overlook Medical Center, 99 Beauvoir Avenue, Summit, NJ 07902
973-971-8936

Alliance Center for Weight Management
Tuesdays, October 6, 20, 27; November 10, 17; and December 8, 6:30-7:30pm
Atlantic Rehabilitation Institute, Conference Room 563, 95 Mount Kemble Avenue, Morristown, NJ 07960
973-971-4555

Weight Loss Surgery Support Group
Third Tuesday of every month, 6:00-7:00pm
Metabolic Medicine Center, 435 South Street, Suite 330, Morristown, NJ 07960
1-877-664-9682

Approaches to Weight Loss
Tuesdays, October 20 and November 10, 6:00-7:00pm
435 South Street, Suite 330, Morristown, NJ 07960
1-877-664-9682

Hypnosis for Weight Reduction, **FEE: \$70**
Thursdays, October 8, November 12 and December 10, 7:00-9:00pm
95 Madison Avenue, Suite B06, Morristown, NJ 07960

Stroke Screening
Thursday, October 8, 4:30-7:00pm
Montville Health Department, 195 Changebridge Road, Montville, NJ 07045

Male Caregiver Support Group
First Thursday of every month, 7:00-9:00pm
95 Madison Avenue, Suite B06, Morristown, NJ 07960
Peter Flemming, 973-214-1572

Blood Pressure and Glucose Screening
Fridays, October 2 and December 4, Noon-3:00pm
ShopRite of Parsippany, 808 Route 46, Parsippany, NJ 07054

Blood Pressure Screening
Friday, November 6, Noon-3:00pm
ShopRite of Parsippany, 808 Route 46, Parsippany, NJ 07054

Mended Hearts Chapter 56
Fourth Sunday of every month, 1:30-3:00pm
Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Avenue, Morristown, NJ 07960

HEART HEALTH

Stroke Support Group for Survivors and Caregivers
Third Thursday of every month, 1:00-3:00pm
Atlantic Rehabilitation Institute, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Avenue, Ground Floor, Morristown, NJ 07960
973-971-4412

Support Group: After Stroke – Sharing With Families
Please call or email williamjdalle@gmail.com to make an appointment
Atlantic Rehabilitation Institute, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Avenue, Ground Floor, Morristown, NJ 07960
973-493-2233

Senior Fitness, **FEE: \$50**
Thursdays, beginning September 17 for 10 sessions (subject to change), 10:00-11:00am
435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960

Gentle Yoga (Chair or Floor), **FEE: \$30 for residents of Morris News; \$50 for community members**
Fridays, beginning September 18 for 10 sessions (subject to change), 10:00-11:00am
Morris News Senior Housing, 99 Ketch Road, Morristown, NJ 07960

Caregiver Health Series
Tuesdays, October 6, November 3 and December 1, 7:00-9:00pm
435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960

Win the Weight Loss Battle for Good
Thursdays, October 8, 15, 22, 29; November 5 and 12, 2:00-3:30pm
ShopRite of Flanders, 90 Bartley Flanders Road, Flanders, NJ 07836

2015 Healthy Aging Seminar
Thursday, October 15, 1:00-4:00pm
Frelinghuysen Arboretum, 353 East Hanover Avenue, Morristown, NJ 07960

Heart Health
Friday, November 6, 1:30-2:30pm
Rockaway Township Municipal Building, 65 Mount Hope Road, Rockaway, NJ 07866
973-983-2848

New Vitality Screening and Sign-Up
Tuesday, November 10, 1:00-4:00pm
Chester Area Senior Housing, 1 Cole Avenue, Chester, NJ 07930

Think F.A.S.T.: Stroke Health
Thursday, November 14, 1:00-4:00pm
435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960

Two O'clock Tea and Talk: Laughter Is the Best Medicine
Thursday, November 12, Noon-1:00pm
Madison Area YMCA, 111 Kings Road, Madison, NJ 07940

Tuesday, December 8, 2:00-3:00pm
435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960

SENIOR HEALTH

Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit calendar.atlantichealth.org or **call 1-800-247-9580**, unless an alternative phone number is listed. Find us on Facebook for updates on selected events and calendar listings.

CATEGORY EVENT DATE AND TIME LOCATION TELEPHONE #

INTEGRATIVE MEDICINE	Massage, Acupuncture, Jin Shin Jyutsu, Nutritional Counseling, Wellness Coaching, Yoga, Meditation, Cooking Classes, Stress Reduction, Physician Lectures, Monthly Special Events and More	Daily appointments: Monday-Sunday; call for hours	973-971-6301
	Atlantic Integrative Medical Associates	Daily appointments: Monday-Friday; call for hours	973-971-4686
	Mindfulness-Based Stress Reduction (MBSR), FEE: \$400 for the 9-week program (employees, please call for special rate)	Ongoing programs throughout the year; call for dates and times	973-971-6301
	Lifestyle Change Program, FEE: \$900 for the 12-week program	Free monthly lectures; call for dates and times	973-971-6301
	Dean Ornish Program	Free monthly lectures; call for dates and times	973-971-7230
	Spa Services	Call for more information or to make an appointment	973-971-6301
	Interactive Metronome	Call for more information or to make an appointment	973-971-6301
	Mindful Teens, FEE: \$200 for the 6-week program	Ongoing programs throughout the year; call for dates and times	973-971-6301
	Aqua Aerobics, FEE: \$100	Wednesdays, 6:45-7:45pm	973-971-5027
	Especially for Siblings, FEE: \$50	Saturdays, October 17, November 14 and December 12, 9:30-11:00am	973-971-5027

Chambers Center for Well Being,
435 South Street, Morristown, NJ 07960
chamberscenterforwellbeing.org or calendar.atlantichealth.org

CHILDREN & PARENTING	Breastfeeding Your Baby, Part II, FEE: \$35	Wednesdays, October 14, 28; November 11, 25; and December 9, 6:00-8:30pm	Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960	973-971-5027
	ABCs of Going Home With Your Baby, FEE: \$100	Sundays, October 4, November 15 and December 13, 8:00am-1:00pm Mondays, October 5, 12; November 2, 9; December 7 and 14, 6:00-8:30pm	Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960	973-971-5027
	Your Baby's Birth at Morristown, FEE: \$75	Thursdays, October 8, November 12 and December 10, 6:00-8:30pm	Morristown Medical Center, Auditorium A, 100 Madison Avenue, Morristown, NJ 07960	973-971-5027
	Diabetes Education Classes	Wednesdays, 5:00-7:00pm; Thursdays, 1:30-3:30pm; individual and group classes available	Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960	973-971-5524

DIABETES WELLNESS	Medical Nutrition Counseling	Daily appointments: Monday-Friday; call to schedule	Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960	973-971-5524
	Gestational Diabetes Education Classes	Tuesdays, 8:30-11:00am	Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960	973-971-5524
	Type 2 Diabetes Support Group	Thursday, October 15, 7:00-8:00pm	Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960	973-971-5524
	Type 1 and Insulin Pumpers Group	Thursdays, October 1 and December 3, 7:00-8:00pm	MoTown Café, Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960	973-971-5524

CANCER CARE Support for Cancer Patients and Their Families

GYN Cancer Survivorship Symposium
Saturday, September 26, 2015
8:00am-2:00pm
Morristown Medical Center
Auditoriums A and B
Registration: 1-800-247-9580

Ongoing Support Groups

- For information about counseling and social work services, please call 973-971-5169.
- Bereavement Support Group
 - Breast Cancer Support Group
 - Gynecological Cancer Support Group
 - Head and Neck Cancer Support Group
 - Lung Cancer Support Group
 - Ostomy Support Group
 - Pancreatic Cancer Support Group
 - Parenting With Cancer
 - Post-Treatment Support Group
 - Prostate Cancer Support Group

Educational Programs

- For information/registration, please call the numbers listed below.
- Caregivers Presentation and Luncheon: 973-971-4063
 - Look Good, Feel Better Program: 1-800-ACS-2345
 - Post Breast Surgery Program: 973-971-5769
 - Preparing for Breast Cancer Surgery: 973-971-6175
 - Prostatectomy Preoperative Class: 973-971-6800
 - Sexuality and Cancer: 973-971-4063
 - Smoking Cessation Support: 973-971-7971

Child Life Services

For information/registration, please call 973-971-4974.

- Children's Groups or Teen Groups
- Summer Teen Bereavement Group



Time for Change:

New Program at Chambers Center for Well Being Helps Reverse Heart Disease

Last December, 72-year-old Jim Cavanaugh was resting in bed when he began to experience shortness of breath. He thought his symptom might be due to his age and lack of exercise but five weeks later, an EKG showed that he had experienced an undetected heart attack.

“The doctors found a ninety-five percent blockage in what I learned is called the widow maker artery and put a stent in,” says Cavanaugh. “The doctors told me I was a lucky puppy and advised me to follow up with my cardiologist to address the three remaining blockages.”

An Eye-Opening Experience

After attending an open house on Dr. Dean Ornish’s Program for Reversing Heart Disease™ at the Chambers Center for Well Being,



The Dr. Dean Ornish Program for Reversing Heart Disease staff and participants are all smiles as they celebrate graduation.

Cavanaugh was ready to sign up. “I saw a slide of a severely clogged artery and realized that the program offered a means of reversing such situations through nutrition, exercise, stress reduction and lifestyle changes,” he says.

Cavanaugh is one of 11 people who recently completed the program at the Chambers Center for Well Being, located in Morristown, N.J., and the first facility to offer it in New Jersey. The 11 people met for nine weeks for a total of 18, four-hour sessions to learn about making lifestyle changes.

“The program is done in cohorts, and the whole emphasis is on the group and getting the group to know and support one another for this big lifestyle change,” says Carole Reifsnnyder, clinical manager of the Chambers Center for Well Being. “The group was overwhelmingly pleased with the program. We saw improvements in every area.”

After participating in a monitored exercise program; healthy meals; lectures on topics about exercise, stress management and nutrition; group support sessions; and yoga, the group saw a total weight loss of 102 pounds.

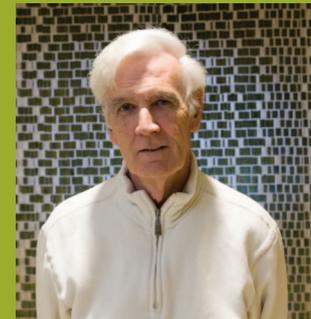
“We saw a decrease in their need for cardiac medicine, a decrease in their need for insulin, and an increase in overall well-being,” says Reifsnnyder. “The average weight loss per person was 9.2 pounds.”

Living Proof

And, Jim Cavanaugh is evidence that the program works. “Before the program, I got winded when walking or doing minor chores. Walking around the quarter mile in my neighborhood was unthinkable at the time. Now, I walk around the block three to four times daily.”

More importantly, Cavanaugh is living life fully. “I’m eating better, exercising and relaxing more often,” he says. “I’m holding my grandchildren, distributing communion at my church and doing volunteer work.”

The program is available to people who have had a heart attack in the last year or those who have had bypass surgery, a valve procedure, a stent, angioplasty or a heart transplant, without a time limit. Medicare and most private health plans cover the program. To see if you qualify, contact the center at 973-971-7230 or 973-971-6301.



Jim Cavanaugh is one of 11 participants in the first program group who saw noticeable results after completing the course.



Upcoming Programs:
 Wednesdays through Fridays,
 October 7 to December 9, Noon to 4:00pm

Surgery Underneath the Skull

“Like something out of a movie”

“My eye doctor said if I didn’t get treated, I would be blind in months,” says Ellie McLean, 67, of Far Hills, N.J. The diagnosis: a large, growing tumor in the pituitary gland – inside and at the base of her skull. Several physicians, including her husband, discovered that both the technology and trained experts she needed were just down the street at Morristown Medical Center.

Physicians at Morristown Medical Center have highly specialized training to reach areas at the base of the skull and underneath the brain. It’s called “skull base” surgery.

“Our unique team of skilled surgeons is among only a handful in the state to perform these complicated surgeries using endoscopes,” says Yaron Moshel, MD, PhD, a neurosurgeon for Morristown Medical Center who specializes in brain tumor surgery.

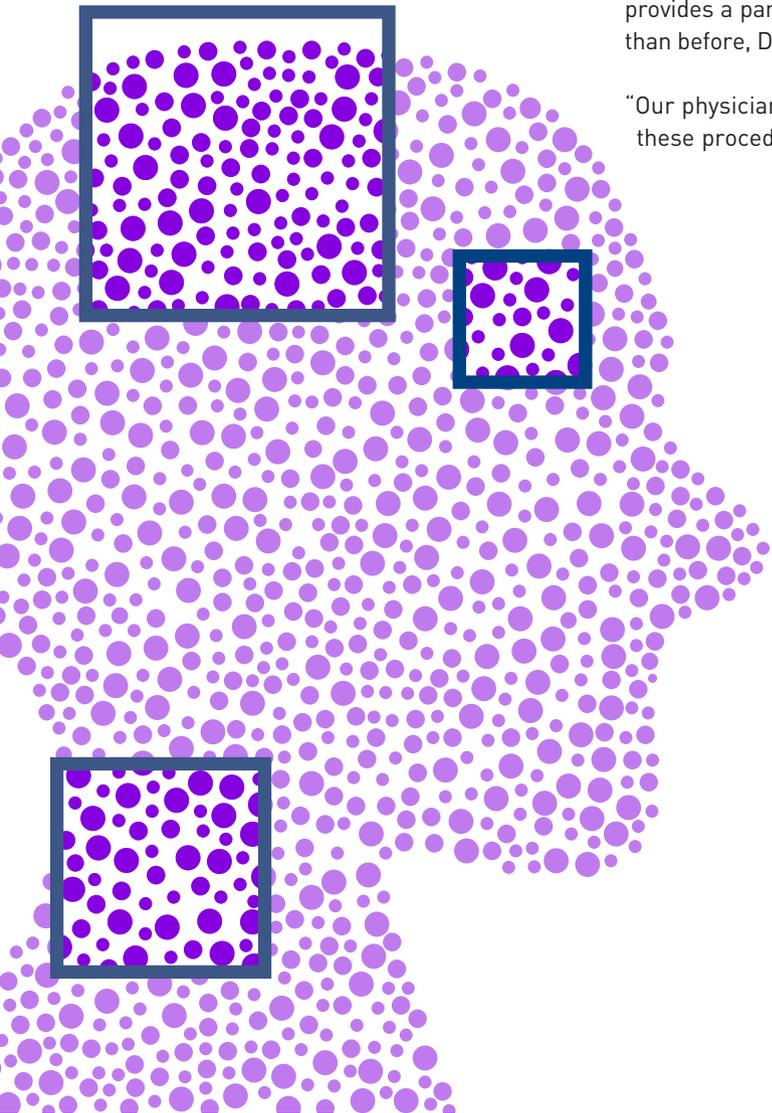
Until several years ago, treatment required major brain surgery, where surgeons cut through the skull and moved the brain aside to reach a tumor. Today at Morristown Medical Center, surgeons can instead reach the area through the nose, using thin, flexible endoscopes and tiny tools. And a tiny camera provides a panoramic view that’s much better than before, Dr. Moshel notes.

“Our physicians work as a close team during these procedures,” says Seth Kanowitz, MD,

an otolaryngologist specializing in endoscopic sinus (nose) surgery. “And using the latest versions of computer-guided equipment and powerful cameras, we can treat skull base conditions and leave no visible scar.” Considering that this procedure helps patients avoid major skull surgery, results are dramatic.

“I took the bandage off right after surgery, and I couldn’t believe it,” patient Ellie McLean says, choked up with emotion. “I could see my husband right there. And I could see everything else more clearly than I had for years. The change was so dramatic – it was almost like something out of a movie.” ▶

[Visit atlanticealth.org/skullbasesurgery](http://atlanticealth.org/skullbasesurgery) to learn more about the Skull Base Surgery Program.



Head and Neck Cancer: Highly Specialized Medicine

Consider how many important functions are centered within the head and neck: seeing, hearing, tasting, eating ... This concentration makes head and neck surgery a highly specialized field of medicine. So, cancer in the larynx, mouth, throat and thyroid is the focus of the experts at Atlantic Health System’s Leonard B. Kahn Head and Neck Cancer Institute at Morristown Medical Center.

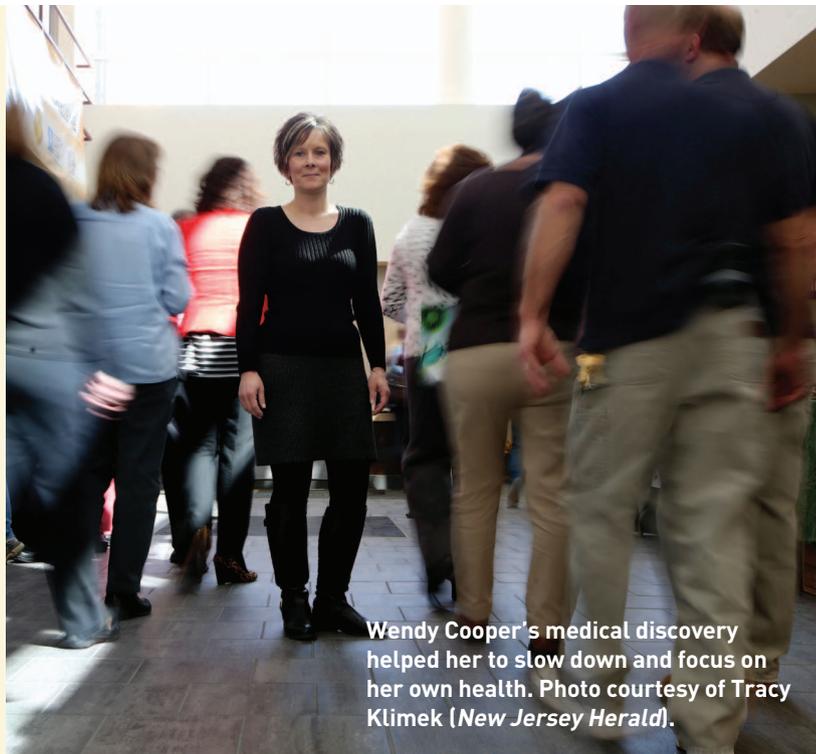
“When we catch many of these cancers very early, we can expect a ninety percent cure rate, often using a combination of surgery and radiation,” says James Wong, MD, chairman of radiation oncology for Morristown Medical Center.

“The advanced treatments we offer, alongside significant support services before and after treatment aren’t available everywhere,” says Erik Cohen, MD, an otolaryngologist specializing in head and neck cancer surgery. “But this range of care is an important element of the comprehensive care we provide to every patient.” ▶

To learn more about the Head and Neck Cancer Institute, call 973-971-7355.

A Shocking Diagnosis

Patient's experience stresses importance of screenings



Wendy Cooper's medical discovery helped her to slow down and focus on her own health. Photo courtesy of Tracy Klimek (*New Jersey Herald*).

Some women procrastinate when it comes to the yearly gynecology appointment. Not Wendy Cooper. In fact, for as long as she can remember, this 42-year-old Vernon resident has embraced the annual ritual – taking the day off from work and even pampering herself with a pedicure.

However, in 2013, Cooper was so focused on her husband's health that she forgot to schedule her own doctor visit. She missed her routine checkup, along with the opportunity to detect a dangerous, sometimes deadly, medical condition.

Fortunately, Cooper got back on track the following year. "I was feeling great ... no pain or concerns," asserts Cooper. "So I was shocked when the doctor found an abnormality."

Doctor's Orders

During the exam, obstetrician/gynecologist Anandhi Nadarajah, MD, MBBS, MS, discovered a mass in Cooper's pelvic area, prompting

her to recommend a pelvic ultrasound. "I was tempted to say 'no' ... but Dr. Nadarajah convinced me to get the test," admits Cooper. A few days later, she underwent the procedure at Newton Medical Center and received some alarming news: She had a tumor.

Cooper was eventually diagnosed with a dermoid cyst, a type of tumor that is present at birth but often not discovered until later. According to Dr. Nadarajah, these tumors, also called teratomas, originate from germ cells that are accidentally embedded in the ovary and continue to grow. "We usually find them during a woman's 20s or 30s, as they generate pelvic pressure," she notes. "Sometimes, however, as in Wendy's case, the cysts are asymptomatic and may go unnoticed for years."

The day before Thanksgiving, Cooper went in for surgery. It went smoothly, although the cyst had grown and required Dr. Nadarajah to remove both the tumor and the ovary. Pathology reports confirmed that the cyst was benign.

Lesson Learned

Cooper recovered quickly, feeling relieved and thankful for Dr. Nadarajah and Newton Medical Center's staff. Above all, she's grateful for her own vigilance. "I'm so glad I didn't let another year go by before scheduling that checkup," she states; the tumor could have eventually developed into cancer.

Today, Cooper is thrilled to be back on her yoga mat – and back to her wellness routine.

"From now on, I won't be missing any doctors' appointments," affirms Cooper. ▶

For referral to a Newton Medical Center physician, call 1-800-247-9580 or visit atlantichealth.org/newton.

Spine Surgery – Now Available in 3D

The spine protects delicate nerves that communicate information from the brain to the entire body and back to the brain. It also supports the torso and upper body. If there's an issue with these nerves, the spine or the back, your physicians need both experience and highly precise tools to treat you.

CUTTING-EDGE CARE

At Atlantic Health System, one of the exciting advancements that surgeons now use is the Medtronic O-arm® Intra-operative Imaging System with StealthStation® Surgical Navigation System, a technology designed specifically for spine surgery.

The new technology, used at both Morristown and Overlook medical centers, creates enlarged, 3D images of the area of surgery in real time, which allows for exact placement of tools to repair this delicate part of the body.

"The O-arm gives us precision to operate on any spine condition, such as scoliosis or an injury, for example," says John J. Knightly, MD, chief of neurosurgery for Morristown Medical Center. "But it's especially useful when a patient's spine is significantly abnormal, as it can be with a tumor or after an accident. It's really a leap forward in patient care."

Several features of the advanced equipment made this leap possible, such as the following:

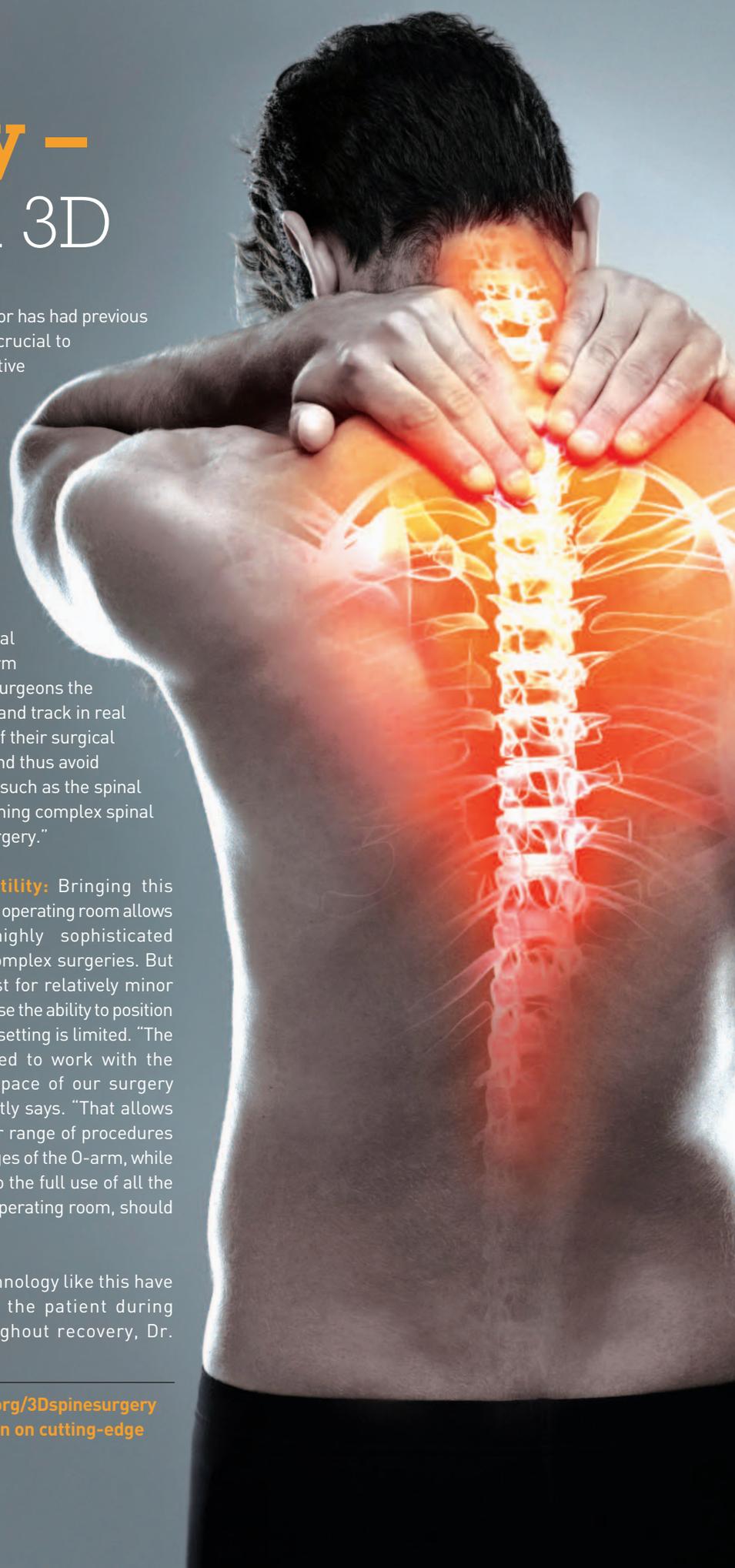
- **Increased Clarity:** The three-dimensional computed tomography (CT) images are so clear and large that the surgeon can easily see where to place tiny instruments and hardware, and avoid injuring nearby structures like nerve roots. "The O-arm allows visualization of the intricate anatomy of the spinal segments, especially when the

spine is deformed or has had previous surgery, which is crucial to the safe and effective performance of the procedure," says Jason E. Lowenstein, MD, orthopedic surgeon and specialist in scoliosis and spinal deformity surgery for Morristown Medical Center. "The O-arm technology gives surgeons the ability to visualize and track in real time the position of their surgical instrumentation and thus avoid critical structures such as the spinal cord when performing complex spinal reconstruction surgery."

- **Improved Versatility:** Bringing this technology into the operating room allows easy access to highly sophisticated imaging during complex surgeries. But that setting is best for relatively minor procedures, because the ability to position the patient in that setting is limited. "The O-arm is designed to work with the equipment and space of our surgery suites," Dr. Knightly says. "That allows us to do a broader range of procedures using the advantages of the O-arm, while giving us access to the full use of all the resources of the operating room, should the need arise."

The features of technology like this have great benefits for the patient during surgery and throughout recovery, Dr. Knightly notes. ▶

Visit atlantichealth.org/3Dspinesurgery for more information on cutting-edge surgical services.



RESEARCH NEWS

A BREATH OF FRESH
AIR IN PULMONARY
RESEARCH

Breathing is such a natural function that we often take it for granted. But for people with a respiratory disease, breathing can be a challenge. Doctors at Atlantic Health System are working to ease the symptoms of those with chronic pulmonary diseases through clinical research trials.

“We’ve been involved in trials that resulted in many of the drugs that are out today for people with chronic obstructive pulmonary disease (COPD),” says Robert Sussman, MD, medical director of Atlantic Health System’s Pulmonary Center for Research. The center’s health care providers have participated in more than 150 major clinical trials for conditions such as COPD, asthma and allergies.

Until late 2014, one of the deadliest conditions – pulmonary fibrosis (a progressive scarring of the lungs) – had no treatment. “Pulmonary fibrosis, although less common than COPD, is a focus for us right now because it’s so deadly,” says Dr. Sussman. “We were one of the major research sites for one of the two drugs approved in October 2014 that helps slow the progression.”

The goal of researchers is to find new ways to treat those with debilitating chronic diseases. “My dream clinical trial would be studying a drug that can completely reverse the effects of COPD or pulmonary fibrosis. I think we’re a number of years off from that, but it will eventually happen.”

For more information about Atlantic Health System’s Pulmonary Center for Research, contact 1-866-961-8006.

GivingTuesday Is December 1

#GivingTuesday follows Black Friday and Cyber Monday, though it is not defined by super sales and best deals. #GivingTuesday is a day dedicated to giving back. On this #GivingTuesday, December 1, our foundations will join over 30,000 worldwide charities, families, businesses,

community centers and students from around the world, and come together for one common purpose – to celebrate generosity and to give.

Please join us and consider a gift to one of our foundations. Visit atlanticealth.org/givingtuesday.

Saving Lives
Through Cutting-Edge Services

An estimated 7,000 women in New Jersey will discover sometime this year that they have breast cancer. However, there is tremendous hope: Mammography has helped reduce breast cancer mortality by nearly one-third since 1990. And when detected early, it has a ninety-eight percent cure rate. For these reasons, annual mammography is vital. The goal is to detect breast cancer early, when it is one centimeter or less, which is often before a patient can feel it. Studies show that mammography can help reduce the number of deaths from breast cancer among women ages 40 to 70, especially for those over age 50.

Within Atlantic Health System, Carol G. Simon Cancer Center at Morristown Medical Center, the Breast Center at Overlook Medical Center, Chilton’s Breast Center and the Center for Breast Health at Newton Medical Center all offer an unsurpassed level of personalized care from the region’s top breast specialists using advanced diagnostic tools, including:

- Digital 2D and 3D Tomosynthesis Mammograms
- Ultrasonography
- Bone Density Screenings

- Stereotactic and Ultrasound-Guided Core Needle Biopsies
- Breast Magnetic Resonance Imaging

Philanthropic support is what helps us continue to provide these state-of-the-art breast services to women in our communities. During Breast Awareness Month, please consider making a donation to one of our breast centers. Our medical center foundations will help you make a gift online, via mail or by phone.

For Morristown Medical Center, visit f4mmc.org and select “Donate Now” or call 973-593-2400.

For Newton Medical Center, visit newtonmedicalcenterfoundation.org and select “Online Donation” or call 973-579-8309.

For Overlook Medical Center, visit overlookfoundation.org and select “Donate Now” or call 908-522-2840.

For Chilton Medical Center, visit atlanticealth.org/chiltonfoundation or call 973-831-5265.

Atlantic Health System

475 South St.
 Morristown, NJ
 07960-6459

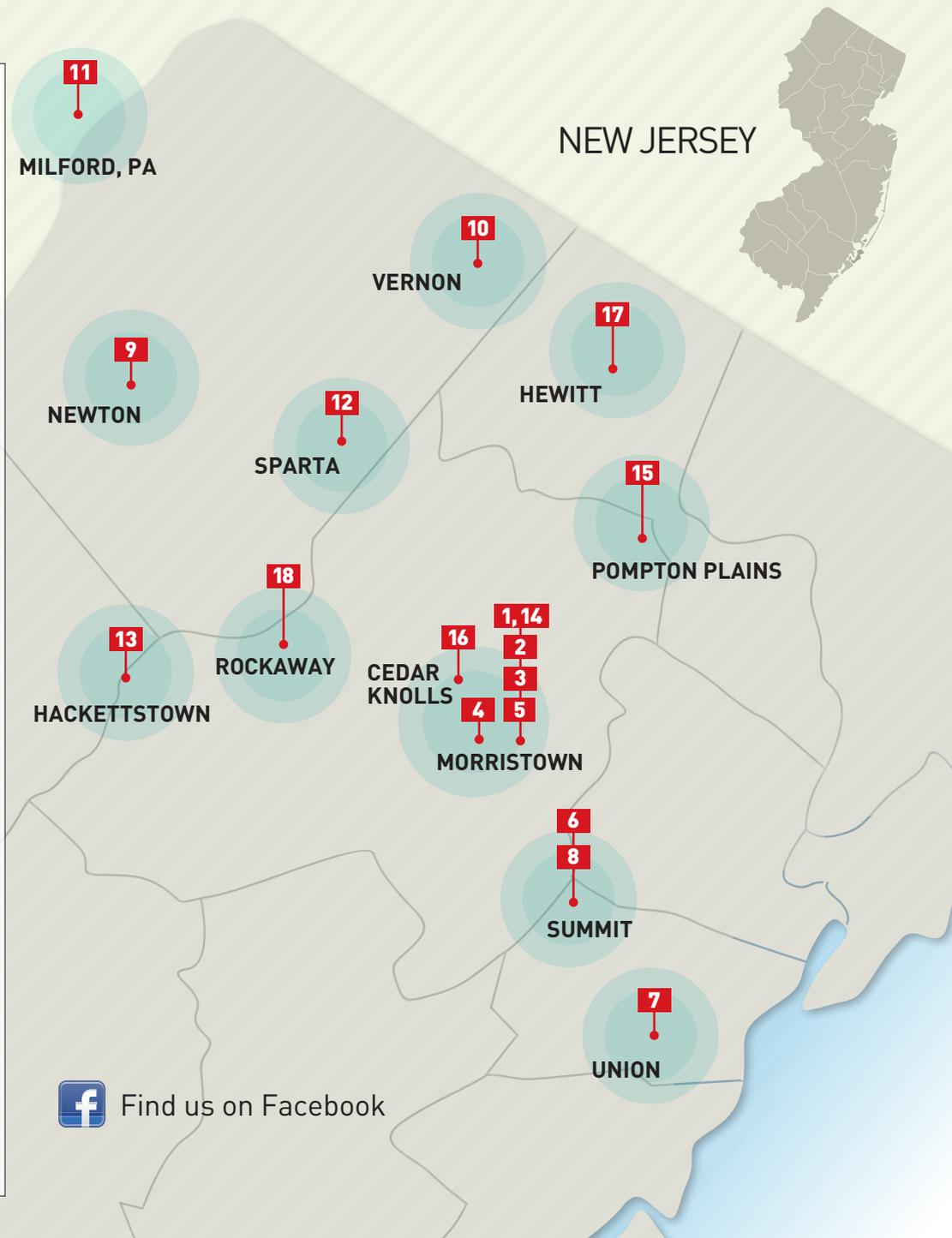
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For a referral to
 an Atlantic Health System
 doctor, call 1-800-247-9580
 or visit findadoctor.atlantichealth.org.



Atlantic Health System Main Locations

- | | |
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| <p>1 Morristown Medical Center
 <i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i>
 100 Madison Ave.,
 Morristown, NJ 07960
 973-971-5000</p> <p>2 Outpatient Medicine
 435 South St.,
 Morristown, NJ 07960
 973-660-3105</p> <p>3 Atlantic Sports Health
 111 Madison Ave.,
 Morristown, NJ 07960
 973-971-6898</p> <p>4 Atlantic Rehabilitation
 95 Mount Kemble Ave.,
 Morristown, NJ 07960
 973-971-4481</p> <p>5 Goryeb Children's Hospital
 100 Madison Ave.,
 Morristown, NJ 07960
 973-971-5000</p> <p>6 Overlook Medical Center
 <i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i>
 99 Beauvoir Ave.,
 Summit, NJ 07901
 908-522-2000</p> <p>7 Overlook, Union Campus
 <i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i>
 1000 Galloping Hill Road,
 Union, NJ 07083</p> <p>8 Overlook Downtown
 <i>(includes Center for Well Being - Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i>
 357 Springfield Ave.,
 Summit, NJ 07901
 908-598-7997</p> | <p>9 Newton Medical Center
 175 High St.,
 Newton, NJ 07860
 973-383-2121</p> <p>10 Vernon Health & Wellness Urgent Care
 123 Route 94,
 Vernon, NJ 07462
 973-209-2260</p> <p>11 Milford Health & Wellness Urgent Care
 111 E. Catharine St.,
 Milford, PA 18337
 570-409-8484</p> <p>12 Sparta Health & Wellness
 89 Sparta Ave.,
 Sparta, NJ 07871
 973-726-4232</p> <p>13 Urgent Care at Hackettstown
 57 Route 46, Suite 100,
 Hackettstown, NJ 07840
 908-598-7980</p> <p>14 Chambers Center for Well Being
 435 South St.,
 Morristown, NJ 07960
 973-971-6301</p> <p>15 Chilton Medical Center
 97 W. Parkway,
 Pompton Plains, NJ 07444
 973-831-5000</p> <p>16 Medical Institute of New Jersey
 11 Saddle Road,
 Cedar Knolls, NJ 07927
 973-267-2122</p> <p>17 Chilton Ambulatory Care Center
 <i>(includes Chilton Imaging and Outpatient Laboratory Services)</i>
 1900 Union Valley Road,
 Hewitt, NJ 07421
 1-855-862-2778</p> <p>18 Morristown Medical Center Health Pavilion
 333 Mount Hope Ave.,
 Rockaway, NJ 07866
 973-895-6604</p> |
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