

well aware

REHAB:
More than
Just Recovery

SPRING
2014

**The Skinny on
Managing Gluten
Sensitivity**

**New Program to Get You
TRIM & FIT for Spring**

Morristown Medical Center
Overlook Medical Center
Newton Medical Center
Chilton Medical Center
★ Goryeb Children's Hospital



DEAR FRIENDS,

No matter where you are in your health journey, caring for you is our mission at Atlantic Health System. In this issue of *Well Aware*, you'll find ways to help you get fit and stay healthy – like our TRIM & FIT program. You'll also discover how we deliver compassionate care inside our hospitals during and after a hospital stay, by treating mind and body together. There's also information on our rehab and home health care programs.

We welcome Chilton Medical Center in Pompton Plains to our Atlantic Health System family. With the addition of this outstanding facility and affiliated sites, our organization continues to grow stronger and better able to serve our community.

Joseph A. Trunfio
President and CEO
Atlantic Health System

Talk to us

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

Visit our blog

Well Aware — *Your Way* provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at atlantichhealthblog.org.

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.



contents



4



11

DEPARTMENTS

- 3 In Brief
- 8 Calendar
- 15 Our Foundations
- 16 Locations

FEATURES

- 4 25 Years of Cardiac Surgery at Morristown Medical Center
- 5 New Support for Getting TRIM & FIT
- 6 Treating Mind & Body during a Hospital Stay
- 7 Rehab: More than Just Recovery
- 11 Can 'Healthy' Foods Make You Sick?
- 13 Right at Home with Atlantic Home Care
- 14 Seeing Stroke in a New Way

Managing Editor, *Well Aware*:
Vicki Banner

Director of Marketing and Public Relations:
Michael Samuelson

Contact information:
Atlantic Health System
475 South St., Morristown, NJ 07960

Email:
well.aware@atlantichhealth.org

Well Aware is published for Atlantic Health System by Wax Custom Communications.

For additional information, visit atlantichhealth.org.



Follow us on Facebook:
[/MorristownMedicalCenterNJ](https://www.facebook.com/MorristownMedicalCenterNJ)
[/NewtonMedicalCenterNJ](https://www.facebook.com/NewtonMedicalCenterNJ)
[/OverlookMedicalCenterNJ](https://www.facebook.com/OverlookMedicalCenterNJ)
[/ChiltonHealth](https://www.facebook.com/ChiltonHealth)
[/GoryebChildrensHospitalNJ](https://www.facebook.com/GoryebChildrensHospitalNJ)

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



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 and Goryeb

Children's Hospital. The five medical facilities have a combined total of 1,599 licensed beds and more than 3,700 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 their respective fields.

OFFICIAL
HEALTH CARE
PARTNER



AN OFFICIAL HEALTH PROVIDER
OF THE NEW JERSEY DEVILS



Disclaimer: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, website or the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *Well Aware* in whole or in part without written permission from the publisher is prohibited. Copyright ©2014. All rights reserved.

EXPERIENCE THE HEALTH BENEFITS OF CYCLING

Everywhere you look, people are jumping on the bicycle craze. It's no surprise, given the thousands of miles of new bicycle lanes in cities across the United States. But riding a bike is good for more than saving the planet. From head to toe, cycling health benefits are hard to beat. Cycling can:

- Build strength and muscle tone
- Increase stamina
- Burn calories (75 and up)
- Develop coordination
- Improve heart health
- Reduce stress



Available from the
App Store

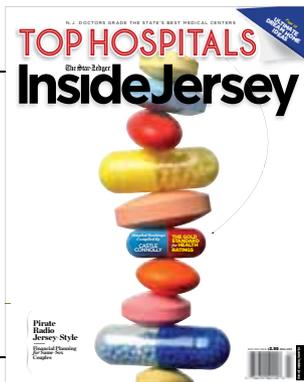
Download the Strava Cycling app from the iTunes store. And search for many other cycling apps that are available!

One Great House, Two Great Causes for Kids

Newspapers hailed Blairsdien as a feat of design and engineering when it opened in 1903 as the Peapack-Gladstone home of financier C. Ledyard Blair. This spring, the Women's Association of Morristown Medical Center will open its bronze entry doors to the public as the 17th Mansion in May Designer Showhouse and Gardens. The five-story, 62,000 square-foot Louis XIV Château-style mansion is the masterpiece of architects Carrère and Hastings of New York Public Library fame. Built for an estimated \$1.2 million, the mansion would cost roughly \$62 million if constructed today. Proceeds from the month-long fundraiser will help to fund an expansion of the Joan and Edward Foley Pediatric Intensive Care Unit and the Pediatric Inpatient Unit, as well as a new Autism Center. To visit Mansion in May, go to mansioninmay.org. Tours available from May 1 - 31.



For the fourth consecutive year, *Inside Jersey* has named Morristown Medical Center top hospital in New Jersey (for facilities with more than 350 beds) and Newton Medical Center top hospital in New Jersey (for facilities with fewer than 350 beds), for the third consecutive year.



WELCOME, CHILTON MEDICAL CENTER

Atlantic Health System and Chilton Hospital have completed a merger, joining two organizations that have established themselves as leaders in health care.

"Chilton and Atlantic Health System are focused on enhancing the scope and breadth of health care services available at Chilton while providing seamless access to Atlantic Health System's network of outstanding services," says Deborah K. Zastocki, DNP, president, Chilton Medical Center.

Benefits of the merger include:

- Clinical and economic efficiencies to lower health care costs while providing quality services
- Expanded outpatient and preventive medicine services
- Broader patient access to coordinated primary, pediatric and specialty care; clinical trials, and the most immediate access to specialized emergency care

Visit atlantichealth.org/chilton.



Well Aware Is on Twitter

We love tweeting health and wellness tips, hospital happenings, fun facts — and connecting with you. Just follow @WellAwareNJ.

25 Years of Cardiac Surgery at Morristown Medical Center



Morristown Medical Center Opens the Chanin T. Mast Center for Hypertrophic Cardiomyopathy

A quarter of a century ago, Grant V.S. Parr, MD, physician-in-chief for Morristown Medical Center’s cardiac facility, performed the first open heart surgeries at Morristown — two cases, both coronary bypass procedures — with excellent results. The facility was designed for 400 heart operations a year. Today, with its expanded facility, Gagnon Cardiovascular Institute surgeons perform over 1,400 cases each year, with greatly improved outcomes, according to Linda Gillam, MD, MPH, Dorothy and Lloyd Huck chair of cardiovascular medicine for Atlantic Health System. “Patients who were considered inoperable or too high-risk 25 years ago can now be operated on safely with good outcomes. Incisions are smaller, healing is faster and recovery is much shorter.”

Morristown Medical Center’s Department of Cardiovascular Medicine encompasses the largest cardiovascular surgical program in New Jersey and has nationally recognized expertise in each of cardiology’s major disciplines, as well as integrated programs for treating heart failure, heart disease in women, rhythm disorders and valvular disease. “For more than two decades, we have been leading innovators, offering the highest quality and most up-to-date technology to our patients,” says John Brown III, MD, chief of cardiothoracic surgery for Morristown Medical Center. Adds Dr. Parr: “Everything about the Gagnon Cardiovascular Institute experience is designed to make an inherently stressful time more transparent, patient-centered, caring and supportive for patients and their families.” ▶

Hypertrophic cardiomyopathy (HCM) is a common hereditary medical condition that afflicts one in 500 Americans and is the most common cause of sudden death in young athletes. With HCM, the walls of the heart become excessively thick and may be accompanied by obstruction to blood flow from the heart to the body. Led by Martin S. Maron, MD, an internationally renowned HCM expert, Chanin T. Mast Center for Hypertrophic Cardiomyopathy is committed to providing nurturing, personalized care to patients with known or suspected HCM.

The team includes physician experts in cardiac imaging, rhythm disorders, cardiac surgery, catheter-based interventions and genetics, as well as nurses, nurse practitioners and social workers. Together, they provide individualized coordinated multidisciplinary evaluation, management and patient/family support.

BECKER’S HEALTHCARE NAMES MORRISTOWN MEDICAL CENTER TO LIST OF “100 HOSPITALS WITH GREAT HEART PROGRAMS”

Morristown Medical Center’s Gagnon Cardiovascular Institute was recognized by Becker’s Hospital Review in its list of hospitals with heart programs known for their quality of care, clinical

awards and research contributions to cardiovascular care. Morristown Medical Center’s Gagnon Cardiovascular Institute has also received national recognition by *U.S. News & World Report*.

For more information, contact Chanin T. Mast Center for Hypertrophic Cardiomyopathy, Gagnon Cardiovascular Institute, at 973-971-7001.

New Support for Getting TRIM & FIT

If you've ever started a fitness or weight-loss program, it might have seemed like an uphill battle.

“One of the biggest challenges with lifestyle transformation programs is just sticking with healthy changes,” says Carole Reifsnnyder, RN, a board-certified holistic nurse and manager of integrative medicine for Atlantic Health System. “Our new TRIM & FIT program offers a range of tools and information to keep participants focused and on track.”

Weight loss and higher energy levels are common results of programs like this, experts say, but benefits can be even greater.

“The goal of this program is to help prevent or reduce inflammation in the body that can lead to heart disease, stroke, cancer and many other dangerous and disabling diseases,” says Giovanni Campanile, MD, medical director of integrative medicine for Atlantic Health System. Dr. Campanile, a Harvard-trained cardiologist and clinical assistant professor of medicine for Rutgers New Jersey Medical School, heads up the program. “We help each patient customize the program for their needs and goals. It's very comprehensive.”

The TRIM & FIT program is based on the idea that proper eating, exercise, stress management and overall lifestyle can help prevent health issues from getting worse, or from developing at all. It's supervised by a cardiologist, holistic nurse coach, nutritionist and exercise physiologist.

“We help each participant to find what will best motivate them,” Reifsnnyder comments. “Over the 12 weeks of the program, we help you take the right steps to reach those goals.”

“People often think they can't change their way of eating or their lifestyle,” Dr. Campanile says. “But once they get into a program like this, they find they really can do it — and many are surprised not only by how much healthier they are, but by how much better they feel overall.”

MEET YOUR GOALS FOR HEALTH

Research shows that diet, nutrition and exercise are cornerstones to good health. Atlantic Health System's TRIM & FIT program brings these all together.

“This is a very thorough program,” Dr. Campanile glows. “It's one of the best and safest ways I know of to get people on the path to fundamentally change their health, and their lives.”

The 12-week program includes:

- Regular meetings with a physician
- Physical exams and detailed health reports to target health issues important to you
- Educational sessions on diet, nutrition and stress management
- Group exercise sessions
- Weekly group coaching, plus access to phone support
- Nutritional support products
- Follow-up medical tests to show your progress
- Monthly support group following graduation

Cost averages \$100 per week. To sign up for a free information session, call Atlantic Health System's Center for Well Being at 973-971-6301. Monthly sessions are held at either Morristown Medical Center or Overlook Medical Center.



Treating Mind & Body During a Hospital Stay

Many medicines and medical conditions can cause anxiety, depression and other psychological problems during a hospital stay. That, in turn, affects both care and recovery.

“Leaving the mental health issues that often accompany acute medical problems untreated can lead to more time in the hospital, a longer recovery time and even the future need for emergency or hospital care,” says Thomas Zaubler, MD, chairman of the department of psychiatry for Morristown Medical Center. “If we don’t address these critical issues in the hospital, they can impact recovery in a significant way.”

A team of mental health experts including psychiatrists, nurse practitioners and social workers collaborate with the medical team. They identify the underlying cause of symptoms, which could be caused by physical changes in the body. These changes are directly linked to their medical condition, side effects of medicines or depression. Then they work with the medical team to design a treatment plan.

“By addressing both the psychological and medical needs of our patients, they’re better able to manage their own health care

needs and be active in their care,” says Mary Santorelli, advanced practice nurse and clinical nurse specialist for the Psychiatric Consult Service at Morristown Medical Center and Overlook Medical Center. “That, in turn, can help shorten their hospital stay and reduce the likelihood they’ll need hospital care later.”

One common mental health issue in the hospital is delirium, says Donna Hansbury, a licensed clinical social worker and network manager for Atlantic Behavioral Health. Causes include medicines, the confusion from a long stay in an unfamiliar hospital room and, surprising to many patients and family members, the effects of a seemingly unrelated medical condition, such as an infection. And it can cause a striking change in thinking, behavior or judgment.

“A hospital stay alone can cause normal anxiety that makes it very hard for a patient to be active in their treatment and recovery,”

says Joshua Braun, MD, psychiatrist for the Psychiatric Consult Service at Morristown Medical Center. “But the challenge is even more difficult when a patient is also depressed or delirious or has other mental health needs. Our team has the expertise to address these needs.”

Treatment options are as varied as the patient, says Gene Lui, DO, consultation-liaison psychiatrist for Overlook Medical Center. The team reviews both medical conditions and medications to see if side effects could be the cause of mood or behavioral changes. Solutions might include medicines, talk therapy and education about what to expect related to their medical condition, he says. “The goal is to help patients improve so that they are able to work with their caregivers to improve their health, in the hospital and once they’re at home,” he says. ▀

Visit atlantichealth.org/behavioralhealth.



REHAB: More than Just 'Recovery'

When physical rehab comes to mind, you probably just think about using it to help with recovery after an injury or surgery. But for patients at Atlantic Health System, physical rehabilitation is much more than that.

"Even for the sickest patient, rehabilitation is about learning what can be done to improve their quality of life," says Gregory Mulford, MD, chairman of rehabilitation medicine for Morristown Medical Center and medical director of the post-acute service line for Atlantic Health System. "We don't want our patients to settle for just 'getting by.' We want them to thrive and learn how to accomplish their personal goals."

For example, one person might want to return to competitive sports, and another might work on gaining enough strength for a wheelchair trip through Europe. For others, like Susannah Allen, 41, of Glen Gardner, NJ, the goal was returning to work and family life. Susannah had a double mastectomy and completed reconstructive surgeries at Morristown Medical Center in December 2013. Afterward, she participated in the center's Oncology Rehabilitation Program, designed to meet the needs of patients at various points in their cancer treatment when mobility and strength may be compromised. This program is part of the STAR Program®, which trains rehabilitation staff to identify and address the unique health and quality-of-life issues of cancer survivors who are undergoing treatment or living with its aftermath. Morristown Medical Center is one of the first STAR-certified programs in the region.

"Physical rehabilitation helped me recover more quickly after surgery," Susannah says. "But what I learned there also helped me avoid some of the side effects of my cancer treatment and to catch some warning signs early, before the problem got serious."

"I send many of my patients to physical therapy, both for therapeutic as well as preventive reasons. As a breast surgeon, I work with the physical therapists to try and restore every patient to their preoperative function and strength. The physical therapists help not only to prevent or treat lymphedema, but also to restore range of motion as well as alleviate chronic pain that can develop post-operatively after any type of surgery," says breast surgeon Leah Gendler, MD.

For example, when Susannah noticed signs of lymphedema, which can result in painful swelling, stiffness and even infections, she turned to her physical therapists to learn exercises to avoid it. She contacted them again when she felt early signs of another common side effect of treatment that made it hard to lift and stretch her arm normally.

"By being aware and working with my therapists, neither of these became big issues," she says.

Fatigue and loss of conditioning are also common results of cancer treatments and other health problems, experts point out.

"Many people assume there's nothing they can do about side effects like these, but there's a lot we can help them with," Dr. Mulford says. "The right exercises can loosen joints, help the body get rid of fluid that causes swelling and get their blood flowing so that they have more energy. Many of our patients are surprised by these benefits and how they affect their lives, even though they might be very sick."

They're also surprised by how much they're able to do, in time, he says.

"I had a very kind, very expert team at Atlantic Health," Susannah says. "They even helped me align my health and career goals, and I started a new full-time job in January. From diagnosis to treatment, education and rehabilitation, all systems work together here." ▸

To learn about Atlantic Health System's comprehensive rehabilitation and lymphedema programs, call 973-971-4659.



Suite 340, Morristown, NJ 07960

Foot Screening
Friday, May 16, 1:00-4:00pm
(20-minute appointments)

Wound Healing Center, 435 South St.,
Suite 320, Morristown, NJ 07960

- Sexual and Cancer
973-971-4063
- Smoking Cessation Support
973-971-7971

**HIV Counseling, Testing (Rapid)
and Referral**
Monday-Friday, 8:00am-4:00pm;
appointments recommended

Morristown Town Hall, 200 South St., 3rd Floor,
Room 350, Morristown, NJ 07960

973-889-6810

Child Life Services

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

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

**HIV Support Group: Beyond the
Diagnosis**
Second and fourth Thursday of every
month, 7:00-10:00pm

Overlook Medical Center, 99 Beauvoir Ave.,
Summit, NJ 07902

973-971-8936

**Alliance Center for Weight
Management**
Tuesdays, April 1, 8, 22, 29; May 6,
20, 27; June 3, 10, 24, 6:30-8:00pm

Atlantic Rehabilitation, Conference Room 563,
95 Mount Kemble Ave., Morristown, NJ 07960

973-971-4555

**Eating Adjustment after Weight-
loss Surgery**
First Monday of every month,
10:00-11:00am

Metabolic Medicine Center, 435 South St.,
Suite 330, Morristown, NJ 07960

877-664-9682

**Weight-loss Surgery Support
Group**
Third Tuesday of every month,
6:00-7:00pm

Metabolic Medicine Center, 435 South St.,
Suite 330, Morristown, NJ 07960

877-644-9682

Approaches to Weight Loss
Third Tuesday of every month,
6:00-7:00pm

Metabolic Medicine Center, 435 South St.,
Suite 330, Morristown, NJ 07960

877-664-9682

**Hypnosis for Weight Reduction
FEE: \$70**
Thursdays, April 10, May 15,
June 12, 7:00-9:00pm

95 Madison Ave., Suite B06,
Morristown, NJ 07960

973-971-4514

**Hypnosis for Smoking Cessation
FEE: \$70**
Wednesdays, April 9, June 18,
7:00-9:00pm

95 Madison Ave., Suite B06,
Morristown, NJ 07960

973-971-4514

Male Caregiver Support Group
First Thursday of every month,
7:00-9:00pm

95 Madison Ave., Suite B06,
Morristown, NJ 07960

Peter Flemming,
973-214-1572

**Bone Density Screening
FEE: \$10/person**
Thursday, April 10, 5:00-7:00pm

Montville Health Department, 195 Changebridge
Road, Montville, NJ 07045

973-971-4514

Spring Hearing Aid Event
Monday, May 12, to Friday,
May 16; by appointment only

Atlantic Rehabilitation, 95 Mount Kemble Ave.,
2nd Floor, Morristown

973-971-4743

Skin Cancer Screening
Saturday, May 10, 9:00 to 11:00am

Carol G. Simon Cancer Center, Radiation
Oncology area, First Floor, Morristown, NJ 07960

973-971-4514

Stroke Screening
Tuesday, May 20, 1:00-4:00pm

Chester Library, 250 West Main Street, Chester,
NJ 07930

908-204-2520

Vascular Screening
Saturday, April 12, 8:30am-1:00pm

Gagnon Cardiovascular Institute,
Echo Cardiovascular Suite, 100 Madison Ave.,
Morristown, NJ 07960

973-971-4514

Mended Hearts Chapter 56
Fourth Sunday of every month,
1:30-3:00pm

Gagnon Cardiovascular Institute, Wilf Classroom,
100 Madison Ave., Morristown, NJ 07960

973-971-4514

Music Therapy

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

- Somatron Session
- Music Therapy Support Group
- Healing through Drumming

Now What? Post-treatment Programs

For more information on our
post-treatment programs,
please call 973-971-4063.

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

HEART HEALTH

**Art Therapy for Stroke Survivors
and Caregivers, FEE: \$5/class
(first class is free)**
First, second and third Tuesday of
every month, 1:00-2:00pm

Atlantic Rehabilitation Institute
Monsignor John F. Corr Stroke Center
95 Mount Kemble Ave., Ground Floor,
Morristown, NJ 07960

973-971-4412

**Stroke Support Group for
Survivors and Caregivers**
Third Thursday of every month,
1:00-3:00pm

Atlantic Rehabilitation Institute
Monsignor John F. Corr Stroke Center
95 Mount Kemble Ave., Ground Floor,
Morristown, NJ 07960

973-971-4412

SENIOR HEALTH

**Support Group: After Stroke —
Sharing With Families**
First Thursday and second Tuesday
of every month, 12:30-1:30pm

Atlantic Rehabilitation Institute
Monsignor John F. Corr Stroke Center
95 Mount Kemble Ave., Ground Floor,
Morristown, NJ 07960

973-971-4412

HEALTH AND WELLNESS

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*

- Guided Imagery to Prepare for
Surgery, Radiation, Chemotherapy*
- Individual Acupuncture*
- Healing Touch Experience*
- I Cancer Vibe*
- Individual/Group Spiritual
Counseling*
- Massage
(973-971-6301)
- Meditation/Learn to Meditate*
- Tai Chi
- Reiki Sessions
- Pilates
- Strength Building
- Therapeutic Touch
(973-971-4063)
- Writing to Heal

Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit atlantichhealth.org/classes 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, Individual and Group Acupuncture, Jin Shin Jyutsu, Nutritional Counseling, Wellness Coaching, Yoga, Meditation, Cooking Classes, Lectures and More	Daily appointments, Monday-Saturday; call for hours	Center for Well Being, Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Morristown, NJ 07960	973-971-6301
	Atlantic Integrative Medical Associates	Daily appointments, Monday-Friday; call for hours.	101 Madison Ave., Suite 202, Morristown, NJ 07960	973-971-4686
	Mindfulness-based Stress Reduction (8-week program) FEE: \$400 for the 8 weeks; \$200 for AHS employees	Tuesdays, April 8-June 17; Wednesdays, April 9-June 18; call for class times, locations and our free introductory classes.	Center for Well Being, Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Morristown, NJ 07960	973-971-6301
	TRIM & FIT (medically supervised 12-week therapeutic lifestyle program) FEE: \$100/week	Free monthly lectures: Wednesdays, 6:30-7:30pm; call for dates and locations.	Center for Well Being, Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Morristown, NJ 07960	973-971-6301
	2014 Pediatric Mini Med School FEE: \$50 for 6 sessions; \$10/session; \$30 for AHS employees	Thursdays, March 27; April 3, 24; May 1, 8; Wednesday, April 9, 7:00 to 9:00pm	Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901	973-971-7095
	Especially for Siblings FEE: \$50	Saturday, April 5, 9:30-11:00am	Morristown Medical Center, Conference Room 3, 100 Madison Ave., Morristown, NJ 07960	973-971-5027
	Aqua Aerobics FEE: \$100	Wednesday, April 9, 6:45-7:45pm	Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., Morristown, NJ 07960	973-971-5027
	Breastfeeding Your Baby, Part I FEE: \$50	Wednesday, April 9, 6:00-8:30pm	Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960	973-971-5027
	Breastfeeding Your Baby, Part II FEE: \$35	Wednesday, April 16, 6:00-8:00pm	Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960	973-971-5027
	Your Baby's Birth at Morristown FEE: \$75	Thursday, April 10, 6:00-8:30pm	Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960	973-971-5027
CHILDREN & PARENTING	Diabetes Education	Daily appointments; afternoon and evening group classes are available	Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960	973-971-5524
	Medical Nutrition Counseling	Daily appointments, Monday-Friday	Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960	973-971-5524
	Gestational Diabetes Education Classes	Tuesdays, 1:00-3:30pm	Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960	973-971-5524
	Diabetes Type 1/Pump Support Group	Thursdays, April 3, June 5, 7:00-8:00pm	Morristown Medical Center, Mo Town Café, 100 Madison Ave., Morristown, NJ 07960	973-971-5524
DIABETES WELLNESS	Diabetes Support Group	Thursday, April 17, 7:00-8:00pm	Diabetes and Endocrine Institute, 435 South St.,	973-971-5524



CANCER CARE Support for Cancer Patients and Their Families

All cancer programs are held at Carol G. Simon Cancer Center, 100 Madison Ave., Morristown, NJ 07960.

Ongoing Support Groups

- For information about counseling and social work services, 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
- Prostate Cancer Support Group
- Survivorship Support Group
- Drop-in Group for Family/Friends of Patients During Hospitalization

Educational Programs

For information/registration, please call the numbers listed below.

- Bereavement Program 973-224-6900
- Caregivers Presentation and Luncheon 973-971-4063
- Look Good, Feel Better Program 800-ACS-2345
- Post Breast Surgery Program 973-971-6299
- Preparing for Breast Cancer Surgery 973-971-6299
- Prostatectomy Pre-operative Class





food: how sensitive are you?

Food that's good for you might be a real problem for someone else. One example is gluten, found naturally in many breads and pastries. Nuts are another. Should you avoid these or other foods?

The facts might surprise you.

Going gluten-free? Not so fast. With "gluten-free" showing up on food packages and new FDA labels coming out this summer, people have suddenly become concerned that gluten is a problem. Some think it's the cause of extra weight. Is it something to avoid?

"For most of us, eating gluten-free is not a better or healthier way to eat," says Mary Finckenor, registered dietitian for the Cardiac Health Center of Morristown Medical Center. "Plus, foods labeled 'gluten-free' are usually higher in fat and more expensive."

Gluten is a natural part of wheat, barley and rye. Gluten-free diets omit many breads, cakes and cereals. "So when people lose weight eating gluten-free, it's probably because they're eating fewer cakes and pastries," Finckenor says.

On the other hand, about one of every 100 people has a very serious reason to avoid gluten. They have celiac disease, an autoimmune disease: gluten actually triggers the body to attack healthy tissue, causing serious damage.

"Even a speck of gluten can damage the intestines of those with celiac disease," Finckenor observes. "And over time, the body loses the ability to absorb certain nutrients."

Symptoms of the disease include diarrhea, gas and bloating. But these symptoms are the same in people who are "sensitive" to gluten. Their bodies react to gluten too, but their intestines are not being damaged.

To diagnose celiac disease versus gluten sensitivity, a doctor will first conduct a blood test, and then possibly take a biopsy (tissue sample) from the intestines. If someone has celiac disease, they along with their friends and family must take steps to avoid contaminating their food with gluten — even going as far as having separate toasters.

If you have problems with digestion, do not experiment yourself by adding or leaving foods out of your diet. You might end up avoiding foods you do not need to avoid, and experimenting can make diagnosing the cause harder. Talk to your doctor before making changes to your diet.

Continued on page 12

Continued from page 11

“The good thing about gluten-free and other food labels is that people with allergies or sensitivities can find more foods they can safely eat,” Finckenor says. “As for the rest of us, we can enjoy a variety of foods.”

ALTERNATIVES: WHEN FOOD MAKES YOU SICK

People with an allergy to a food must avoid it. But others are sensitive to certain foods, and so might be able to eat small amounts.

READ THE LABEL

About ninety percent of allergic reactions to foods come from a short list of 10 items, according to the FDA. The good news is that the ingredients list of packaged foods must list these items. Manufacturers have to list if a food item contains wheat, peanuts, tree nuts, milk, eggs, fish, crustacean shellfish and/or soybeans. If manufacturers add extra gluten to a food, as they do to some breads, that’s listed in the ingredients list, too.

MAKE A SUBSTITUTION

- For peanut allergy, try edamame (whole soybeans) and SunButter, made from sunflower seeds, for snacks and recipes.
- For milk allergy, try soy, rice or almond milk — and foods labeled “nondairy.”
- If you’re lactose-intolerant, you have trouble digesting a type of sugar in dairy products, Finckenor says. So look for lactose-free or dairy-free foods, or enjoy dairy foods with a lactase enzyme supplement, like Lactaid.
- For alternatives to snacks and foods with peanuts, tree nuts or eggs: check out snacksafely.com for ideas.



KINGS AND ATLANTIC HEALTH SYSTEM TEAM UP FOR YOU

Atlantic Health System is proud to team up with Kings Food Markets, a gourmet market serving customers throughout New Jersey, New York and Connecticut, to promote health and wellness in our communities. Like Atlantic Health System, Kings is passionate about its community and committed to providing the highest quality products and services.

With the increasing demand for gluten-free products, Kings has sought out the very best.

To ensure everyone can enjoy the meal you prepare, simply serve naturally gluten-free foods like grilled meats and seafood with potatoes, quinoa or rice, and use olive oil-based dressings. For dessert, think poached pears, baked apples and mousses, meringues, custards and sorbets.

Visit: kingsfoodmarkets.com/unique-recipes.

FROM THE KINGS FOOD
MARKETS COOKING STUDIO



HEALTHY RECIPE

Gluten-free Crab Cakes

INGREDIENTS

- 1 lb. Jumbo lump king crab meat
- 1 large egg
- ¼ cup mayonnaise
- 1½ teaspoons grain mustard
- 1½ teaspoons Old Bay seasoning
- 1 teaspoon fresh lemon juice
- Salt
- Pepper
- 1 cup crushed corn flakes
- 1 tablespoon chopped fresh flat-leaf parsley
- 2 tablespoons unsalted butter
- 1 tablespoon olive oil



PREPARATION

1. Drain the crabmeat. Put the crab in a medium mixing bowl and set aside.
2. In a small bowl, whisk the egg, mayonnaise, mustard, Old Bay seasoning, lemon juice and ¼ teaspoon salt. Scrape the mixture over the crab and mix gently until well combined. Gently break up the lumps with your fingers, but do not overmix.
3. Sprinkle the crushed corn flakes and the parsley over the mixture, and mix them in thoroughly but gently; try not to turn the mixture into a mash — it should still be somewhat loose. Cover with plastic wrap and refrigerate for 1-2 hours.
4. Shape the crab mixture into 8 football-shaped cakes about 1-inch thick. In a large nonstick skillet, heat the butter with the olive oil over medium heat. When the butter is frothy, add the cakes to the pan (8 should fit comfortably). Cook until dark golden brown on the underside, about 4 minutes. Flip the cakes, reduce heat to medium low, and continue cooking until the other side is well browned, 4 to 5 minutes.

Take a look at all our featured gluten-free recipes here: kingsfoodmarkets.com/unique-recipes/gluten-free and be sure to try Kings’ and Atlantic Health System’s favorite picks. ▶

Right at Home With Atlantic Home Care

“If not for the people at Atlantic Home Care, I’d probably be in a nursing home right now,” says 74-year-old Paula K. of Parsippany, NJ. “I can’t go out of my house for doctors’ visits. So to have these professionals come right into my home, twice a week, it’s a godsend.”

Paula is talking about a type of medicine now making a comeback: the house call. But today, not only are physicians taking their expertise into the home — nurses and other providers are too.

“Many people aren’t aware of these home-based services and that this care is covered for Medicare patients who are homebound, as well as by some insurance plans,” says Steve Samandar, MD, a home health physician affiliated with Atlantic Health System. “For many older adults, treating them at home is not only ideal, it’s the only practical option.”

Like many of the 1,400 people using the services of Atlantic Home Care every day, Paula has several different health conditions that require regular, expert care. So home health professionals come right to her. Research shows that this type of care keeps patients out of the hospital and independent much longer.

“Atlantic Health’s home health program is an innovative service with staff specially trained in their field,” says Marc Goldschmidt, MD, who, as director of the Heart Success Program for Morristown Medical Center, works in tandem with home care staff. “They can monitor advanced therapies and treatments very efficiently in the home.

So even patients with critical illnesses can remain at home and enjoy a better quality of life.”

The home health program helps prepare patients for potential challenges they face in their daily recovery once they leave the hospital and return to their lives. “At Newton Medical Center, we work very closely with Atlantic Home Care,” says Anlyn Nieuzytek, RN, MSN, MBA, CCM, CPHQ, manager, case management at Newton Medical Center. “Over eighty percent of our patients who have been determined to need home care assistance use the service because it provides a seamless transition. Atlantic Home Care’s nurse liaison visits with our patients in the hospital to determine specific needs and to set expectations for their home care.”

The program features a remote option, too. Nieuzytek explains: “Atlantic Home Care also offers Telehealth, which electronically monitors vital signs that are transmitted via a wireless modem to a registered nurse at

Atlantic Home Care. The benefits of Telehealth enable us to determine if there may be early signs of complications. Plus, it also decreases unnecessary hospitalization and emergency room visits.”

In addition to medical care, home care providers educate patients about their medications and other treatments; make sure they’re eating well and exercising, and ensure that the home is safe, such as being free from fall hazards, says Michele Gilbert, RN, nurse practitioner for the Heart Success Program and Atlantic Home Care.

Another important benefit of Atlantic Home Care’s providers is the training and tools they use to recognize early warning signs of health conditions before they become major health issues.

“These nurses give me my independence,” Paula says. “And they’re some of the finest people you’d ever want to meet.”

Patients with Atlantic Home Care can be any age, from children through adults, but most are over 65. Many need short-term care while recovering from an injury or surgery, for example. Others need longer-term help with wound care, or chronic conditions like heart or lung disease. Home care experts also offer pain management and end-of-life care. ▶



Atlantic Home Care serves Essex, Morris, Somerset, Sussex, Union and Warren counties in New Jersey, plus Pike County in Pennsylvania. Contact them at 973-379-8400. Or visit atlantichealth.org/homecare.

Seeing Stroke in a New Way

'Stroke Robot' at Newton Medical Center speeds treatment.



After a stroke, speed is everything. "Time lost is brain lost," says David Stuhlmiller, MD, director of the Department of Emergency Medicine for Newton Medical Center.

Strokes happen when a clot blocks a blood vessel in the brain (ischemic stroke) or when a vessel bursts open (hemorrhagic stroke). Ischemic stroke accounts for eighty-five percent of strokes. The only approved treatment is alteplase, a drug often referred to as tissue plasminogen activator, or "t-PA," which actively dissolves blood clots. But patients must get t-PA within three hours of the clot forming. And "t-PA can lead to bleeding, and even to a hemorrhagic stroke, if it is given to the wrong patient or at the wrong time,"

Dr. Stuhlmiller says. That's why stroke neurologists are on call around the clock at Newton Medical Center to help emergency physicians decide — quickly — whether a patient should get t-PA.

In October 2013, Newton Medical Center added a new member to its stroke team: TESS (Telemedicine Electronic Stroke System). TESS is a robot, equipped with a high-definition camera and screen, microphone and speakers to allow stroke neurologists to diagnose patients instantly — without racing to the ER or listening to symptoms described over the phone. "TESS allows the neurologist to be in the room with the patient at a moment's notice," says Dr. Stuhlmiller.

A member of the ER team "brings TESS to the foot of the patient's bed," explains Lisa Arbolino, RN, MSN, stroke program coordinator for Newton Medical Center. "The neurologist opens a computer with a secure application, and they 'beam in.' The patient and family members can see and interact with the physician, and a nurse is always there to assist."

TESS is a hit with patients and families, Arbolino says. "They act as if the doctor was in the room with them." ▶

FOR STROKE, THINK FAST

"We're doing everything we can to be as fast as we can in our decision making, but everyone needs to be aware of the signs of stroke" to get to the hospital as quickly as possible, Dr. Stuhlmiller says. Use the

FAST TEST:

Face — Does one side droop?

Arms — Have person raise them both. Does one drift downward?

Speech — Is it slurred or strange?

Time — If you see any of these signs, call 911 immediately.

FAST ACTION

Several years ago at a fair, Cathy Blumig of Somerset, NJ, picked up a card that described the symptoms of a stroke using the FAST acronym and stuck it to her refrigerator. Last year, she recalled those symptoms when her 84 year-old mother suddenly stopped talking en route to a doctor's appointment. When her mother could not raise both arms, Blumig decided her mother was having a stroke. The hospital was alerted to their arrival, and the team administered t-PA, which she responded to favorably. Blumig says: "It amazes me how the simple act of picking up a little information card in a plastic sleeve at a county fair many years ago had such a profound influence on our family."

GO WITH THE GLOW FIREFLY System Pinpoints Cancer Tissue for Removal

Patients with endometrial cancer (a cancer that starts in the endometrium, the inner lining of the uterus) at Morristown Medical Center can now receive precisely tailored treatment with the FIREFLY visualization system.

Endometrial cancer is the most common gynecologic cancer, says Brian Slomovitz, MD, gynecologic oncologist for Morristown Medical Center and director of research for Carol G. Simon Cancer Center. "Most women do well with treatment," Dr. Slomovitz says. "The most important thing is to identify women with advanced stage disease.

Typically we remove the uterus, womb and ovaries, and we also do a lymph node dissection, because the cancer most often spreads through the lymph nodes," he says.

The FIREFLY system, in use for more than a year, has fluorescent dyes to identify nodes most likely to be involved with disease — the so-called "sentinel" nodes — but leaves healthy nodes intact, explains Daniel Tobias, MD, director of gynecologic oncology for Morristown Medical Center. "Where we may have removed 10-15 lymph nodes in the past, now we can only take out one to four," Dr. Tobias says.

That's important, because "removing nodes always raises a patient's risk of bleeding and swelling, although that risk is small," Dr. Tobias says.

"Morristown Medical Center is a pioneer in using FIREFLY, and data shows it may produce better outcomes for patients. This is a much more sensitive technique. We're using it every week now and for many of our uterine cancer patients, too," Dr. Tobias says.

Visit atlanticealth.org/firefly for more information.

Atlantic Health System

475 South St.
 Morristown, NJ
 07960-6459

NON-PROFIT
 US POSTAGE
 PAID
 PERMIT 148
 SARATOGA
 NY 12866

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



Atlantic Health System Main Locations

- 1 Morristown Medical Center**
(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)
 100 Madison Ave., Morristown, NJ 07960

- 2 435 South St.**
(includes clinical practices for Center for Advanced Medicine, Department of Family Medicine, Department of Internal Medicine, Department of Surgery, Diabetes Center, Madison Pediatrics, Maternal-Fetal Medicine, Metabolic Medicine, and OB and URO/GYN)
 435 South St., Morristown, NJ 07960

- 3 Atlantic Sports Health**
 111 Madison Ave., Morristown, NJ 07960

- 4 Atlantic Rehabilitation**
 95 Mount Kemble Ave., Morristown, NJ 07960

- 5 Goryeb Children's Hospital**
 100 Madison Ave., Morristown, NJ 07960

- 6 Overlook Medical Center**
(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)
 99 Beauvoir Ave., Summit, NJ 07901

- 7 Overlook, Union Campus**
(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)
 1000 Galloping Hill Road, Union, NJ 07083

- 8 Overlook Downtown**
(includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health)
 357 Springfield Ave., Summit, NJ 07901

- 9 Newton Medical Center**
 175 High St., Newton, NJ 07860

- 10 Vernon Health & Wellness/Urgent Care**
 123 Route 94, Vernon, NJ 07462

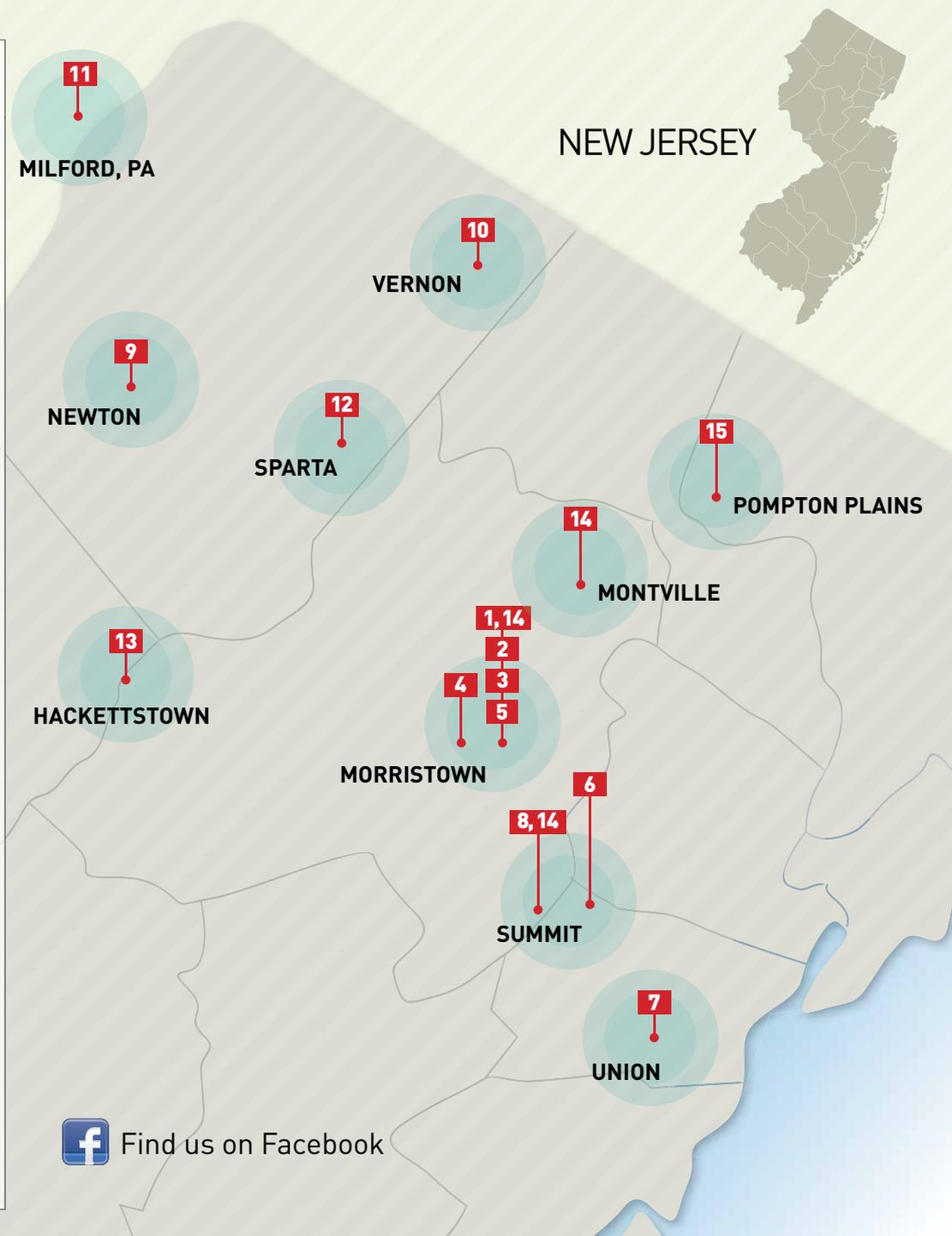
- 11 Milford Health & Wellness/Urgent Care**
 111 E. Catharine St., Milford, PA 18337

- 12 Sparta Health & Wellness**
 89 Sparta Ave., Sparta, NJ 07871

- 13 Urgent Care at Hackettstown**
 57 Route 46, Suite 100, Hackettstown, NJ 07840

- 14 Centers for Well Being**
 100 Madison Ave., Morristown, NJ 07960
 357 Springfield Ave., Summit, NJ 07901
 37 Main Road, Montville, NJ 07045

- 15 Chilton Medical Center**
 97 W. Parkway, Pompton Plains, NJ 07444



 Find us on Facebook