well aware

Interactive Anatomy 101

NEW Robotic Surgical Options

Love the ARTICHOKE

SPRING 2015
DEAR FRIENDS,

In this issue of Well Aware, we’re bringing you the information you need to get a jump on spring. Our Integrative Medicine Spotlight explains how simple lifestyle changes can add up to a healthier tomorrow. We’re also highlighting some of the latest advances available at Atlantic Health System, where patients can now benefit from telemedicine and an advanced robotic surgery system.

There’s also information about advance directives, which can help your family make health care decisions when you can’t. Please check out the many activities going on throughout our communities on pages 8-9.

Enjoy the good weather!

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@atlantichealth.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, 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 atlanticehealthblog.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@atlantichealth.org.

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@atlantichealth.org

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

For additional information, visit atlantichealth.org.

Follow us on Facebook:
/MorrisstownMedicalCenterNJ
/NewtonMedicalCenterNJ
/OverlookMedicalCenterNJ
/ChiltonHealth
/GoryebChildrensHospitalNJ

Follow us on Twitter for health and wellness tips at @WellAwareNJ.

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 its respective field.

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, on the website or on 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 ©2015. All rights reserved.
Hit by Spring Fever?

Believe it or not, spring fever is very real. Do not worry, though: its only symptom is a surge in energy that your body may experience as days lengthen and you’re exposed to more sunlight. This extra stimulation changes your hormone levels, resulting in an added boost of motivation to stay up a little later, take on more projects and enjoy more fitness and exercise activities.

In the winter, the extra darkness causes your melatonin levels to rise. Melatonin is a natural sedative, which for most people just causes them to sleep more and maybe gain a little weight — a situation that experts identify with the hibernation behavior of our ancestors. For some people, however, the extra melatonin can trigger winter depression, also called seasonal affective disorder, and they require treatment with special lamps that simulate the effect of sunlight.

In the springtime, however, the extra sunlight causes a decrease in melatonin, which is why you never hear the expression “spring depression.” As melatonin levels subside, the result is an increase in energy that leads to everything from spring cleaning to spring break. What is the best cure for spring fever? Use the energy to get things you’ve been putting off done, take a vacation or get back into a fitness regimen.

SPRING BACK INTO FITNESS

Looking to lose the weight you put on during those dark, sleepy winter months? Here are three fun, nontraditional exercises that can help get you back in shape. Use them to supplement your existing routine — or start a new one.

- **Jump Rope** is an exciting fitness trend that you can enjoy both indoors and outdoors. It’s not just a children’s game anymore. Gyms across the country offer classes teaching new jump rope techniques that help people burn calories without the use of fancy equipment. It’s the simple, fun, inexpensive way to shape up for summer.

- **Kettlebells** are the latest alternative to traditional dumbbells. They’re shaped a little differently: Each has a handle on the top, allowing exercise enthusiasts to swing them around for holistic movements that burn calories and tone muscles. Gyms offer kettlebell classes, but you can also use them solo, since most gyms now carry a rack of these innovative weights.

- **Exercise Balls** offer a fun and healthy way to tone abdominal muscles. These light, inflatable, often colorful balls are the perfect alternative to working out on a flat, stable surface. When you sit on an exercise ball, its curved surface causes your body to compensate for its small movements by engaging abdominal and back muscles to maintain balance. These result in increased tone and definition.
Newton Medical Center is making women's health one of its top priorities in 2015. That’s because it recognizes the pivotal roles women play as health care decision makers for their families and as health care professionals serving the community.

To honor them, the Newton Medical Center Foundation has planned a special year filled with free screenings, wellness events and opportunities for women to share their stories, all kicked off by the 2015 construction of a special breast imaging center dedicated to making high-tech imaging services available locally. Jim Furgeson, director of the Newton Medical Center Foundation, explains: “Digital breast tomosynthesis, or DBT, is at the cutting edge of early detection, and it is our deepest honor to be in a position to make it available to the women in our community.”

For more information about the “Year of Women’s Health — 15 for Women” campaign, including a calendar of events and updates on the Center for Breast Health, visit atlantichealth.org/newton.
Planning for a Healthy Future With an
Advance Directive

Medical care can sometimes seem like a roller coaster ride. You might not always feel in control, especially when an illness or health condition surprises you. This “roller coaster” could be the onset of a chronic health condition, an accident or an unexpected illness — basically any situation that compromises your ability to make your own health care decisions.

“That’s one way to think about your medical care when you can’t clearly communicate your wishes yourself,” says Jeanne Kerwin, DMH, coordinator for Atlantic Health System’s advance directives initiatives. “If serious illness or emergency medical treatments make it impossible for you to communicate, for example, others will have to make decisions for you. But you must decide now — in advance — who those people are.”

These future care decisions are called advance directives. They give your loved ones comfort if they face making difficult choices for your care and give you the confidence of knowing in advance who will act on your behalf.

It’s important to make your wishes known in advance, while you’re well enough to articulate them:

1. Talk with your loved ones and share with them the things that are most important to you if you’re very sick or seriously injured. For example, you might want to be cared for at home as long as possible, or you might prefer to limit artificial life supports that require hospitalization.

2. Name the person — in writing — who agrees to make your wishes known. This individual could be a relative, neighbor or friend. Make certain that you have the conversation with whomever you choose.

3. Write your wishes down and circulate them among your loved ones and your physician and caregivers.

Through a program called Anna’s Angels, Atlantic Health System offers free information and community talks about advance directives. Call us to find out how to take advantage of this important health care tool: 908-598-7906.

Visit atlantichealth.org/advancedirectives for more information.
Atlantic Sports Health brings comprehensive sports medicine experts together for your convenience. Physicians, physical therapists, pain management experts, chiropractors, psychologists and even acupuncturists offer care that keeps you moving:

- **IN MORRISTOWN**: 111 Madison Ave. (on-site x-ray and MRI), 973-971-6898
- **IN SPARTA**: 89 Sparta Ave., Suite 205, 973-971-6898

Sports medicine is a recognized subspecialty by the American Board of Medical Subspecialties and by Medicare.
I f you have an accident or illness that keeps you from being as active as you want or need to be, consider a visit to one of the experts at Atlantic Sports Health. That’s because sports medicine is not just for sports injuries — it’s for nonsurgically improving your movement and level of activity in general.

“We see athletes of all types, of course, but we also treat patients who have a variety of health conditions, from muscle and bone injuries to asthma and arthritis, to help them become as active as they can be,” says Damion Martins, MD, director of orthopedics and sports medicine for Atlantic Sports Health. “Our focus is on nonsurgical care, and our physicians have a wide range of experience and expertise to help return people to active, healthy levels of activity.”

Many people are surprised to find out that, in addition to being board-certified in this field, Atlantic Health System’s sports medicine physicians also specialize in a number of other areas, including family medicine, internal medicine, pediatrics, physical medicine/rehabilitation and emergency medicine, for example. Sports medicine physicians lead an interdisciplinary team, which also may include specialty physicians and surgeons, athletic trainers, board-certified physical therapists, coaches, other personnel and of course the patient. “Our goal is to use our experience to help you improve function and reduce disability, so you can get back quicker to those things that matter most to you,” Dr. Martins says.>

Sports Medicine or Orthopedics: Which Specialist Should I Choose?

According to American Medical Society for Sports Medicine (AMSSM), a sports medicine specialist is technically “a physician with significant specialized training in both the treatment and prevention of illness and injury” who helps patients maximize function and minimize disability and time away from sports, work or school.

“Whether you’re an athlete or not, a sports medicine specialist might be your best choice,” remarks Dean Padavan, MD, a sports medicine specialist for Atlantic Sports Health. “Most people are much more familiar with the role of an orthopedic specialist for muscle, bone and joint issues. And if surgery is necessary, the orthopedist is the specialist you need.”

But nine out of 10 musculoskeletal conditions are best treated without surgery, so a sports medicine specialist might be the ideal choice. “We use a broad range of tools — from rehabilitation to pain management, and even nutrition — to help people prepare for or return to a more active lifestyle,” he observes.

So, for the weekend warrior, the injured worker and the multisport athlete alike, sports medicine specialists can give them a healthy chance at returning safely to their activities of choice without surgery. >

Of the few groups of sports medicine specialists in New Jersey, Atlantic Sports Health offers the state’s largest number of experts in the field. We also paved the way for other professionals, offering fellowship training at Morristown Medical Center for students from a number of medical schools, as well as free seminars for area physicians, coaches and trainers. Our experts also consult for a number of teams, including the New York Jets, New Jersey Devils, plus various college and high school teams.

For the public, our experts hold over 60 educational programs a year. And we provide medical services for marathons and triathlons in the region.

“Our specialists understand how important it is to recognize injury and dysfunction quickly, and we want to share that information with both professionals and the public,” says Damion Martins, MD, director of orthopedics and sports medicine for Atlantic Sports Health. “In this way, we’re helping people of all ages return to their highest levels of activity possible so they feel great and stay healthy.”

For more information, visit atlantichealth.org/sports.
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>EVENT</th>
<th>DATE AND TIME</th>
<th>LOCATION</th>
<th>TELEPHONE #</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEHAVIORAL HEALTH</td>
<td>Coping With ADHD Through Art Therapy</td>
<td>Mondays</td>
<td>Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., 6th Floor, Morristown, NJ 07960</td>
<td>1-888-247-1400</td>
</tr>
<tr>
<td></td>
<td>Coping Solutions for Families</td>
<td>Thursdays, 6:00-7:00pm</td>
<td>Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., 6th Floor, Morristown, NJ 07960</td>
<td>973-971-4695</td>
</tr>
<tr>
<td></td>
<td>Managing Anxiety to Tweens</td>
<td>Thursdays (8-week cycle), 6:00-7:30pm</td>
<td>Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., 6th Floor, Morristown, NJ 07960</td>
<td>1-888-247-1400</td>
</tr>
<tr>
<td>INTEGRATIVE MEDICINE</td>
<td>Massage, Acupuncture, Jin Shin Jyutsu, Nutritional Counseling, Wellness Coaching, Yoga, Meditation, Cooking Classes, Strength Training, Zumba, Physician Lectures, Monthly Special Events and More</td>
<td>Daily appointments, Monday-Sunday; call for hours</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960</td>
<td>973-971-6301</td>
</tr>
<tr>
<td></td>
<td>Atlantic Integrative Medical Associates</td>
<td>Daily appointments, Monday-Friday; call for hours</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960</td>
<td>973-971-4686</td>
</tr>
<tr>
<td></td>
<td>Mindfulness-Based Stress Reduction (MBSR, 9-week program), FEE: $400</td>
<td>Ongoing programs throughout the year; call for dates and locations</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960</td>
<td>973-971-6301</td>
</tr>
<tr>
<td></td>
<td>Lifestyle Change (12-week program), FEE: $900</td>
<td>Free monthly lectures; call for dates, times and locations</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960</td>
<td>973-971-6301</td>
</tr>
<tr>
<td></td>
<td>Dean Ornish Program [please call for fees]</td>
<td>Free monthly lectures; call for dates, times and locations</td>
<td>Chambers Center for Well Being, 435 South St., Morristown, NJ 07960</td>
<td>973-971-7230</td>
</tr>
<tr>
<td>CHILDREN &amp; PARENTING</td>
<td>Aqua Aerobics, FEE: $100</td>
<td>Wednesdays, 6:45-7:45pm</td>
<td>Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td></td>
<td>Breastfeeding Your Baby, Part I, FEE: $50</td>
<td>Twice per month on Wednesdays, 6:00-8:30pm</td>
<td>Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td></td>
<td>Breastfeeding Your Baby, Part II, FEE: $50</td>
<td>Twice per month on Wednesdays, 6:00-8:00pm</td>
<td>Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td></td>
<td>ABCs of Going Home With Your Baby, FEE: $100</td>
<td>Twice per month; call for dates and times</td>
<td>Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td></td>
<td>Your Baby’s Birth at Morristown, FEE: $75</td>
<td>Once per month, 6:30-8:30pm; please call for dates</td>
<td>Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960</td>
<td>973-971-5027</td>
</tr>
<tr>
<td></td>
<td>2015 Pediatric Mini Med School (6 sessions), FEE: $50; Atlantic Health System Employees $30; individual sessions $10</td>
<td>Thursdays, April 9, 23, 30; May 7, 14, 21, 7:00 - 9:00pm</td>
<td>Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07902</td>
<td>973-971-5027</td>
</tr>
<tr>
<td></td>
<td>Diabetes Education Classes</td>
<td>Wednesdays, 5:00-7:00pm; Thursdays, 1:30-3:30pm</td>
<td>Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
</tr>
</tbody>
</table>

Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit atlantichealth.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.
NEW Smart Robotic Tool Arrives at Morristown Medical Center

No one likes the idea of undergoing surgery, but what if you could have less pain and a shorter hospital stay, all while returning to your daily activities more quickly? Now you can do just that at Morristown Medical Center with the addition of the new da Vinci Xi Surgical System, made possible by a generous $1 million grant from the Deskovick family.

Robotic surgery uses smaller incisions, leading naturally to less blood loss during surgery and fewer complications afterward. The new robotic system expands the types of complex minimally invasive surgeries performed at Morristown Medical Center, including procedures in urology, gynecology and general surgery. Its use for pancreatic, spleen, stomach and liver surgeries are new areas under development.

An Extension of the Surgeon’s Touch
According to Ayal Kaynan, MD, director of minimally invasive and robotic surgery for Morristown Medical Center, the goal of minimally invasive surgery is to complete the surgery in a closed fashion with an endoscope or telescope, thus eliminating the need to make large open incisions that can lead to other problems more easily.

“This isn’t ‘Star Wars,’” Dr. Kaynan remarks. “The robot is just a mechanical tool we use to perform these detailed surgeries with more finesse and under closed circumstances. It responds directly to the controls the surgeon is using at the console, essentially performing his or her actions directly.”

Minute by Minute
The da Vinci Xi is ideally suited for procedures in which range of access throughout the belly is at issue: for example, colon resection or partial kidney removal, operations in which a surgeon removes a cancerous tumor, leaving in place as much healthy tissue as possible.

“For a partial kidney removal, minutes count and the quicker you can get through the case, the better off the patient is going to be in terms of kidney function,” explains Dr. Kaynan.

Dr. Kaynan says the new robotic technology not only adds to the surgeon’s range of motion but also reduces critical length of time spent in the operating room — two benefits patients will surely want to consider. Ultimately, the Xi increases the range of procedures that may be done in a closed fashion, including more types of procedures and more complex cases.

Special Robotics Training for Surgeons and Staff
Morristown Medical Center offers an extensive robotic training program for its surgeons, residents and nursing staff, according to Trish O’Keefe, RN, chief nursing officer. “We have a core group of clinicians whose experience is in robotic surgery.”

They use robotic simulators, like those used by the Air Force to prepare pilots for flight, to train surgeons. “The drill sets that are executed with the simulators resemble very closely the kind of maneuvers and actions that are performed by the surgeon with a live patient,” says Dr. Kaynan. Since starting its robotic surgery program in 2005, surgeons have performed more than 4,500 procedures using this state-of-the-art technology, proof that the specialized training has been highly successful.

“When you need surgery, you want to find a place that is very busy and that is brimming with specialized expertise in the various areas that allow surgeons to undertake complex procedures with minimal invasiveness. I think Morristown Medical Center is unique in that we offer a roster of excellent surgeons who demonstrate clear judgment and prime technical skills, all using the finest equipment available,” describes Dr. Kaynan. “We operate in a high-traffic hospital staffed with numerous talented experts. What that all amounts to ultimately is an optimal experience for patients all around, who enjoy the cutting-edge benefits of robotic technology.”

For more information, visit atlantichealth.org/robotics.

After preparing for over a year, William Diehl, MD, completed Morristown Medical Center’s first robotic surgery for pancreatic cancer. A surgical oncologist, Dr. Diehl believes the procedure to be a major breakthrough in providing advanced surgical options for patients with pancreatic cancers. “The patient’s recovery was remarkable — and she was discharged only six days after surgery without even needing painkillers,” remarks Dr. Diehl.
Artichokes can be a little scary because you may not be sure which parts you’re supposed to eat. And to some, they’re not very attractive, with their hard leaves surrounding a bristly, hairy-looking center.

Artichokes are one of the oldest known foods, according to the California Artichoke Advisory Board. They are native to the Mediterranean region, dating back thousands of years. Today, California produces virtually all of the artichokes we eat in the United States. They’re grown on California’s central coast from south of San Francisco to Monterey, with the peak season lasting from March through May.

From a botanical perspective, they are actually the edible flower bud of a type of thistle and as far as nutrition goes, they’re loaded with vitamins and nutrients. In fact, they actually rank up there with blueberries when it comes to antioxidants, those disease-fighting compounds found in food, particularly darker berries.

AN UNEXPECTED NUTRIENT CLUSTER

According to Mary Finckenor, registered dietitian for Morristown Medical Center, one medium artichoke has 60 calories and is packed with fiber and folate, the naturally occurring form of folic acid, but antioxidants are where they shine brightest. “When people think of which vegetables are nutrition superstars, they usually don’t think of artichokes, but maybe they should,” notes Finckenor. “One medium artichoke has more fiber than one cup of most raisin brans. Folate-rich foods help support healthy cardiovascular and nervous systems, and are essential to women who are pregnant for the prevention of neural tube defects in their developing babies.”

Regarding the benefits of antioxidants, Finckenor says that they are thought to prevent or delay cellular damage relating to aging. “While it isn’t clear exactly what role antioxidants play in keeping us healthy, one thing perfectly rings true: A diet rich in the fruits and vegetables that are high in antioxidants helps lower our risk for diseases like cancer and heart disease.”

TASTY TIPS ON COOKING AN ARTICHOKE

Finckenor offers the following advice on prepping an artichoke before you cook it:

1. Wash the artichoke under cold water.
2. Remove any leaves that are small or discolored.
3. Cut off the stem. The stem is actually an extension of the heart — the meaty part of the artichoke. If you want, you can peel and cook it to eat along with the artichoke.
4. Cut off the top inch and use scissors to snip off the thorny tip of the leaves.
5. Give it a squeeze of lemon juice to keep the artichoke nice and green.

To cook, Finckenor recommends steaming or microwaving. Steam artichoke, bottom up, for 20 to 30 minutes. To microwave, put in a microwave-safe bowl with one-half inch of water in the bottom. Place the artichoke in the bowl, bottom up, and cover with plastic wrap. Microwave seven to eight minutes per artichoke. Whether steaming or microwaving, the artichoke is done when a knife inserts into the base easily.

SAVORING THE ARTICHOKE

Now that you’ve cooked the artichoke, what do you do with it? There are several edible parts of the vegetable. Pull off a leaf and scrape the meat off the tender end with your front teeth. Finckenor says you can dip the leaves in some olive oil and garlic or mayonnaise mixed with balsamic vinegar or one of the dip recipes listed below.

Once the leaves are gone, you’ll come to the hairy-looking center, or “choke.” The choke is not edible and should be scraped out and discarded. At the base is the meatiest part of the artichoke, the heart. Cut it in bite-sized pieces, dip and enjoy. Finckenor shares two personal recipes for simple artichoke dips:

GARLIC-LEMON ARTICHOKE DIP

½ cup regular or low-fat mayonnaise
1 clove garlic, minced (or 1 teaspoon jarred, minced garlic)
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce

YOGURT-DILL ARTICHOKE DIP

⅓ cup plain low-fat or fat-free Greek yogurt
1 tablespoon lemon juice
1 teaspoon chopped fresh dill

Now that the artichoke has been demystified, enjoy this nutrient-rich, ancient vegetable as a way to vary your diet and increase your intake of antioxidants.
Sixty-six days — that’s all it takes to replace bad old habits with healthy new practices, according to a recent study released in the *European Journal of Social Psychology*. Making changes in your health just got simpler with the Lifestyle Change program at the Chambers Center for Well Being. This 12-week program includes biweekly two-hour sessions that include supervised exercise, nutrition with food sampling and stress reduction in a small group setting.

“We want to help people proactively participate in their own health,” says Emilie Rowan, LCSW, director of the Chambers Center for Well Being. “The goal is to create a lifetime of change, not just during a brief 12-week period. The program is structured to help people look and feel their best while meeting their unique health goals.”

According to Rowan, the program, led by a coach-trainer, benefits anyone who wants to create a healthier lifestyle. It is also suited to people who are managing health conditions such as diabetes or heart disease.

**Improve Your Food Attitude**

“The nutrition portion of the program is provided by a nutritionist and will focus on the Mediterranean diet, which is a well-studied diet with optimal health outcomes overseas,” explains Rowan. “By tasting healthy food *entrées* and learning how to cook them, you stand the best chance of striking a healthier relationship with food, hopefully forever.”

**Lighten Up With Exercise and Stress Management**

Sessions on stress reduction include meditation, relaxation and group support. “Studies show that group support is one of the most important factors in success,” says Rowan. “Camaraderie not only helps you sustain your healthy activities but allows you to form relationships with people to support you.”

Exercise sessions, supervised by an exercise trainer, include workouts using cardiovascular equipment, along with weights and strength-training bands. “Unlike going to a gym, where you’re just another anonymous person, you benefit from developing a personalized relationship that supports you,” describes Rowan, “so you can move and exercise at your own pace.”

**Sustain Lifelong Change — and Pass the Knowledge Along**

In addition to the in-person sessions, participants have access to an interactive computer program that offers educational...
modules and at-home activities. Once participants have completed the entire program, there are several options to help maintain the good habits they’ve developed. “Program graduates can become a member of the center, which offers group or individual coaching several times a year. We also have movement, yoga and meditation classes to help keep them on track.” Another option is to work with a health coach on an individual basis to focus on specific areas such as nutrition or exercise.

Enroll in Change
If you’re ready to change your life, call the center at 973-971-6301 to enroll in the Lifestyle Change program. The cost for the 12-week program is $900 per person, and enrollment is limited to 12 people per class. The center offers classes a variety of times throughout the week to accommodate interested parties.

New Massage Experiences

The Chambers Center for Well Being is launching a complete spa experience. The new services will include 90-minute aromatherapy treatments, warm stone massages and body treatments. Clients will be able to enjoy the ambience of a destination spa that includes music, tea, robes, slippers and other personal touches to create a new model of taking care of the mind and body.

Here are a few of the new treatments:

TOTAL BLISS CUSTOM MASSAGE EXPERIENCE
An all-inclusive massage that includes scalp, hand and feet. Warm aromatherapy oil of your choice is applied with rhythmic strokes to relieve the body of stress and renew your spirit.
60 min. $90
90 min. $120

WARM STONE MASSAGE
The ancient healing tradition of utilizing warm stones to increase the body’s natural healing ability. Massage and aromatherapy oils are customized to your needs.
60 min. $100
90 min. $140

JOURNEY TO REVITALIZATION
Start with gentle exfoliation, followed with a nurturing body wrap. A scalp or foot massage complements your treatment during the wrap. To complete the journey enjoy a body massage with aromatherapy oil of choice.
90 min. $140

HAPPY FEET TREAT
Feet are gently exfoliated and then your choice of lotion is applied during an energizing reflexology foot massage. This refreshing and invigorating foot treatment may be added to any massage.
30 min. $45
60 min. $90

For prices and specials, visit www.chamberscenterforwellbeing.org or call 973-971-6301.
Vernon resident Peggy Keith was celebrating her 25th wedding anniversary while planning two graduations and a family trip to Alaska when life threw her a curve ball. On April 7, 2014, she collapsed on her bathroom floor. She could not get up or move the left side of her body. Fortunately, Keith’s husband came to her aid quickly. “My face was drooping and I couldn’t walk,” she explains. “Still, I really thought that I was fine.” But her husband suspected otherwise and called 911.

Upon arrival, paramedics Robert Kiefer and Jack Negri recognized the signs of stroke. Assisted by the Vernon Township Ambulance Squad, they rushed Keith to Newton Medical Center, the closest primary stroke center with the right medical resources, expertise and continuum of stroke care.

Because Every Brain Cell Counts
Stroke occurs when a blood clot or ruptured blood vessel prevents blood and oxygen from reaching the brain. “Millions of brain cells die with each passing minute and once they’re lost, they’re not replaceable,” states Anthony Brutico, MD, medical director of Newton Medical Center’s emergency department.

With this reality in mind, in October 2013 Newton Medical Center added an innovative robot affectionately named TESS (Telemedicine Electronic Stroke System) to its emergency stroke team, as we shared in our spring 2014 issue of Well Aware. The first FDA-cleared telemedicine robot, TESS provides patients with direct, instantaneous access to a neurologist at Atlantic Neuroscience Institute, a nationally renowned stroke program based at Overlook Medical Center.

Thanks to TESS, Keith was immediately evaluated by neurologist Robert Felberg, MD, medical director of Overlook Medical Center’s stroke program. Dr. Felberg connected to the robot through his iPad, allowing him to review test results and perform a virtual neurological examination while communicating with Keith through a secure, two-way digital video camera.

“The technology is so amazing that it feels as though the neurologist is in the room,” asserts Dr. Brutico. “The consulting neurologist and our emergency physicians evaluate the patient together, allowing us to begin treatment much sooner to achieve the best possible outcome.”

Multidisciplinary Care Is the Key
Based on their findings, they gave Keith tPA, a time-sensitive clot-busting medication. Although it only took 24 minutes following her arrival at Newton Medical Center to receive tPA, she did not respond initially and was airlifted to Overlook Medical Center for more advanced stroke care.

There, an interventional neuroradiologist extracted the clot with a device called the Penumbra System™. “It works much like a vacuum cleaner, suctioning the clot from the blocked artery and allowing us to expand the treatment window for acute ischemic stroke from three to eight hours.”

But Keith’s remarkable journey did not end there: Additional tests revealed that her stroke was actually caused by a hole in her heart, so Keith underwent cardiovascular surgery at Morristown Medical Center.

“Although Newton Medical Center is a community hospital, we share the resources of larger institutions, and our patients have access to a vast network of specialties.”

Just one month after her stroke, Keith proudly attended her son’s college graduation at Monmouth University, and then cruised along the picturesque shores of Alaska with her entire family. “I’m so lucky that the ambulance took me to Newton and so thankful they had the technology and experts available. If not for that robot, I’d probably be paralyzed, but here I am, living my life just like I originally planned.”

For more information on stroke, visit atlantichealth.org/newton.

**Know the Signs of Stroke**

Remember F.A.S.T.

F  **Face drooping** Ask the person to smile. Is the smile uneven?  
A  **Arm weakness** Ask the person to raise both arms. Does one arm drift downward?  
S  **Speech difficulty** Ask the person to repeat a simple sentence. Is speech slurred or hard to understand?  
T  **Time to call 911** If you notice ANY of these symptoms, call 911 and get the person to the nearest hospital. Check the time to note when symptoms first appeared.

Source: American Heart Association/American Stroke Association
Participating in Clinical Trials

Through involvement in research studies, or clinical trials, participants aid in the discovery and development of new innovative therapies. Participation in clinical trials is also a way for patients to access advanced treatment options that are not yet available to the public.

Clinical trials evaluate new medications and procedures by examining their effectiveness on participants. Before conducting clinical trials, researchers perform extensive laboratory work to determine the safety and potential outcomes in human trials. Extensive federal regulations are designed to protect all patients enrolled in research studies. Agencies such as the Food and Drug Administration (FDA) and National Institutes of Health (NIH) oversee much of the medical research in the country.

Prior to joining a clinical trial, you will be presented with all your treatment options by your physician in order to see if you qualify for the study. Some research studies seek participants with specific illnesses or conditions, while others require healthy participants. Participants must meet certain standards, called inclusion and exclusion criteria, such as existing medical conditions, current medication or age. While clinical trials are not meant to replace ongoing treatment with a primary physician, they may provide new treatment options related to a designated illness or condition.

The Atlantic Center for Research has recently launched a new clinical trials website that features information about open and enrolling trials at all Atlantic Health System sites. Visitors can search for clinical trials and research studies by disease area, keywords or the names of the physicians conducting the trials. The website is compatible with mobile devices to support conversations patients may want to have with their doctors about clinical trials while in the office.

By participating in a clinical trial, you help to advance cutting-edge therapies and open doors to new medications and treatments. To learn more about clinical trial offerings at Atlantic Health System, speak with your physician and visit atlantichealth.org/research.
For a referral to an Atlantic Health System doctor, call 1-800-247-9580 or visit findadoctor.atlantichealth.org.