

# well aware

**Make It  
a Safe  
Summer**

**New Women's  
Heart Program  
Tackles Gender  
Differences**

**When It's an  
Emergency**

**What You  
Need to Know  
About Joint  
Replacement**

SUMMER  
2012



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

ATLANTIC HEALTH SYSTEM

DEAR FRIENDS,

Inside, you'll find helpful information and advice from our world-class physicians on everything from gender differences in heart disease — and the launch of our new Women's Heart Program — to the effect of vitamin D on bone health, to staying safe and healthy during your summer vacation.

And be sure to read about a cutting-edge ovarian cancer screening trial. Atlantic Health System is one of only six health care providers nationwide that enroll women in this critical area of research. The information we gather could help determine a new standard of care to improve ovarian cancer detection rates and, in turn, improve the survival statistics for a disease that is highly treatable when found early enough.

Through the pages of *Well Aware*, we will keep you informed about the most important health news, and the latest developments throughout Atlantic Health System as we continue to expand programs and services for our community.

Sincerely,

**Joseph A. Trunfo**  
President and CEO  
Atlantic Health System

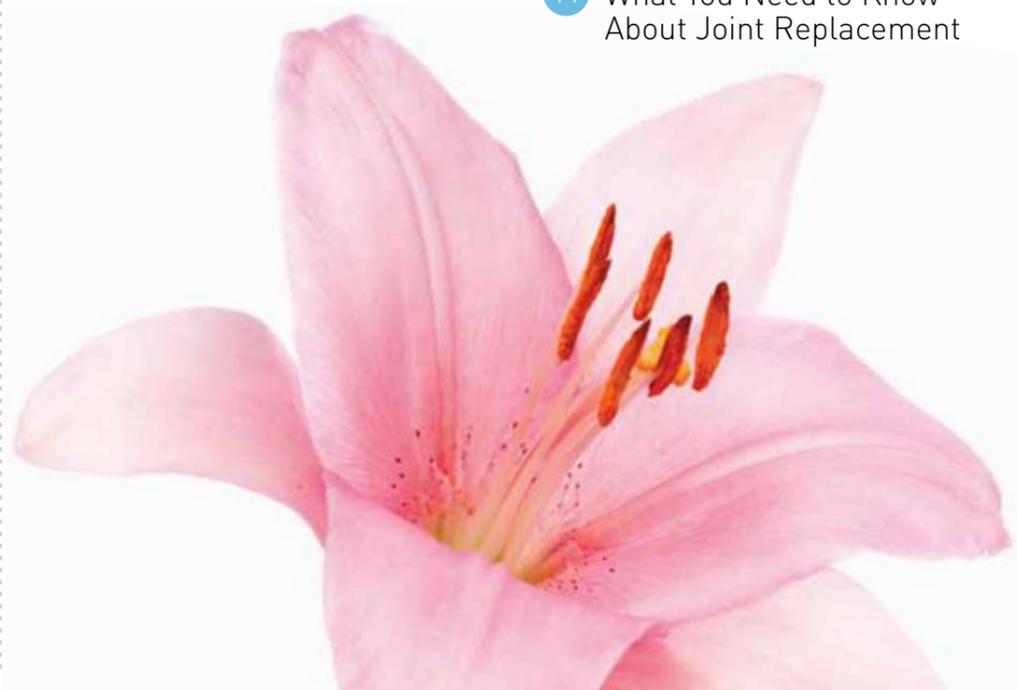
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## More Reasons to Get Your Vitamin D

It's no secret that vitamin D is vital for good bone health. Without it, your body can't absorb calcium, resulting in weak bones. Vitamin D may also boost muscle strength and even protect against type 2 diabetes and cancer, and it reduces the risk of osteoporosis in older adults. You get

vitamin D from exposure to the sun; some foods — fatty cold-water fish like salmon and mackerel and fortified milk, for example; and supplements. But are you getting enough? The Food and Nutrition Board recommends these average daily amounts, listed in international units (IU):

Life Stage	Vitamin D Recommended Daily Amount
Birth to 12 months	400 IU
Children 1-13 years	600 IU
Teens 14-18 years	600 IU
Adults 19-70 years	600 IU
Adults 71 years and older	800 IU
Pregnant and breastfeeding women	600 IU



Not sure if you're getting enough vitamin D? Check with your doctor.



One in five Americans (and one in three Caucasians) will develop some form of skin cancer in their lives, says board-certified plastic surgeon Renee Comizio, MD, who practices at Newton Medical Center and Morristown Medical Center.

The most common is basal cell cancer, which tends to occur in those areas typically exposed to the sun: the face, scalp, arms and chest. "It typically presents as a raised, pearly pink or red skin lesion with small vessels present on the surface," Dr. Comizio says. "It can, however, take on many appearances. It is sometimes believed to be

a pimple." But unlike an actual pimple, this one may fade away and then reappear in the same place. "Please note, there are many ways skin cancers can appear," Dr. Comizio adds. "The run-of-the-mill whitehead pimple does not mean you have skin cancer."

Avoiding midday sun and always wearing sunscreen (30 SPF or higher) remain the best defenses, but not all skin cancers result from sun exposure. "If you have a family history or personal history of skin cancer, or if you have suffered through many sunburns, you should be undergoing at least yearly skin cancer screenings performed by a dermatologist," Dr. Comizio says.

## Atlantic Health System Gets Top Rankings

Castle Connolly Medical Ltd., one of the nation's most respected health care research and information companies, ranked Atlantic Health System medical centers as No. 1 in the categories below:

- **MORRISTOWN MEDICAL CENTER** was ranked the Top Hospital in New Jersey for the second consecutive year and voted the No.1 hospital for coronary surgery, treatment of heart failure, hip and knee repair, and pediatric cancers.
- **NEWTON MEDICAL CENTER** ranked No. 1 for Top Hospital Overall in the 350 beds or fewer category.
- **OVERLOOK MEDICAL CENTER** was ranked the No. 1 Top Hospital for the Treatment of Neurological Disorders and for the Treatment of Stroke.

## study SLEEP LESS, EAT MORE

Do you stay up late into the night and find yourself snacking more? Sleep-deprived people ate more calories than those who got enough sleep, according to a recent study presented at an American Heart Association meeting. Researchers tested two groups of healthy young men and women. Half got their normal sleep time, while the others only got two-thirds of their sleep. The sleep-deprived group consumed an average of 549 extra calories per day. It was a small study, but it does suggest lack of sleep may be a preventable cause of weight gain.

Log on to [ahsleepcenters.com](http://ahsleepcenters.com) for information on Atlantic Health System's Sleep Centers or call 866-906-5666.

Talk to us

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

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 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](http://atlantichhealthblog.org).

**Managing Editor, Well Aware:**  
Vicki Banner

**Director of Marketing & Public Relations:**  
Michael Samuelson

**Contact Information:**  
Atlantic Health System  
475 South Street, Morristown, NJ 07962

**Email:**  
[well.aware@atlantichhealth.org](mailto:well.aware@atlantichhealth.org)

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

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Atlantic Health System is one of the largest non-profit health care systems in New Jersey, comprised of Morristown Medical Center, Goryeb Children's Hospital, Overlook Medical Center in Summit and Newton Medical Center. The four medical facilities have a combined total of 1,310 licensed beds and more than 2,852 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. Atlantic Health System is the official health care partner of the New York Jets and an official health care provider of the New Jersey Devils.

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# Six Tips for a Safe Summer



## 1 STAY SAFE IN THE SUN

Outdoor activities are part of summer's pleasures, but it's crucial to remember to protect yourself during those long hours spent outside: When possible, stay out of the sun during midday, even on cloudy days. "UV radiation can pass through the clouds and can be reflected off of surfaces like sand, cement and water," says Jan Schwarz-Miller, MD, MPH, director of occupational health and safety, infection prevention, and pharmacy services for Atlantic Health System.

Always use a sunscreen with an SPF of 30 or greater. Make sure it protects against both UVA and UVB radiation, and apply 15 to 30 minutes before going outside. "Throw away expired sunscreen; if there is no date on the product, throw it away after three years," Dr. Schwarz-Miller says.

## 2 HYDRATE

Water is still the gold standard for staying hydrated during exercise, says Damion Martins, MD, director of Ortho & Sports Medicine for Atlantic Health System. "The only time to consider a drink with carbohydrates (Gatorade®, Powerade®, etc.) is with exercise bouts lasting longer than 60 minutes," he says. If you do choose those products, you can dilute them with water to decrease stomach issues.

Start hydrating even before exercising, Dr. Martins adds. Athletes should drink approximately two cups of water before starting their workout, and then continue to sip throughout. Ideally, the water should be just slightly cool: 59-72 degrees Fahrenheit.

## 3 The ABCDEs of Skin Cancer

If you have any unusual moles, have a dermatologist check them. "Early detection leads to improved survival," says Eric D. Whitman, MD, FACS, director for Atlantic Melanoma Center. "The incidence of melanoma is still going up, especially in younger people."

Watch for moles with these characteristics:

- Asymmetrical shape or color
- Border irregular
- Color uneven
- Diameter greater than 6 millimeters
- Elevated above skin's surface



## 4 SAFE SUMMER TRAVELS

IF YOU'RE PLANNING A SUMMER GETAWAY, A FEW SIMPLE PRECAUTIONS CAN HELP KEEP YOU SAFE AND HEALTHY ON THE ROAD.

**KEEP MOVING.** The biggest issue for travelers is blood clots, so move around every 60 to 90 minutes. If you're stuck in your seat on a plane, you can still exercise — pump your feet; move your shoulders. "And avoid putting stuff under the seat in front of you; more room is better," says William B. Felegi, DO, FACEP, medical director, Travel MD®.

**WATCH THE WATER.** If you're traveling internationally, unless you're in Europe, Australia or New Zealand, drink bottled water with no ice. For fruits and vegetables, Dr. Felegi's advice: "Peel it, boil it or throw it away."

**DRINK IN MODERATION.** "When people are traveling, they tend to imbibe. Under the influence, they may participate in risky behavior and increase their chance of injury," Dr. Felegi says. "That's the No. 1 health issue of travelers overseas: accidents."

**PREPARE YOUR FIRST-AID KIT.** In addition to a pain reliever such as Tylenol®, Advil® or Aleve®, pack Benadryl®, hydrocortisone cream, antiseptic ointment and bandages. Overseas travelers should have a list of their medications with the generic names. And carry a copy of an EKG if you're a cardiac patient, Dr. Felegi says.

**BE READY TO GET HOME QUICKLY.** In case of an emergency: "You really should have the wherewithal to get home quickly or have air evacuation insurance, especially if traveling internationally," Dr. Felegi says. "The cost of an emergency evacuation back to home can cost upward of \$50,000 without such insurance."



## Don't Miss the Signs of Heatstroke

Heatstroke results from prolonged exposure to high temperatures or physical activity in hot weather — either of which can happen easily during a New Jersey summer, so it's important to watch for the signs. "Heatstroke requires emergency treatment," Dr. Schwarz-Miller says. "Untreated, heatstroke can result in multiorgan damage and even death."

Symptoms of heatstroke include a body temperature over 104 degrees Fahrenheit, nausea and vomiting, flushed skin, rapid breathing and heart rate, headache, confusion and lack of sweating.

If you think someone might have heatstroke, call 911 immediately. Move the person to a cool location and place ice packs or wet towels on his or her head, neck, armpits and groin.



To keep ticks and mosquitoes at bay, use insect repellent — particularly between dusk and dawn — and reapply if you get sweaty or wet, Dr. Schwarz-Miller says. The CDC believes that repellents containing DEET or picaridin provide the longest lasting protection.

Check yourself by bathing or showering within two hours after coming indoors; check children and pets, too. If you do have a tick bite and you develop fever, aches, headache, fatigue, rashes or joint pain within the weeks following, consult your health care provider.

## New Women's Heart Program addresses gender differences



**WHEN IT COMES TO HEART DISEASE, MEN AND WOMEN ARE NOT THE SAME.** The major gender differences that exist between men and women when it comes to heart disease lead doctors to one conclusion: "It's very important for us to be able to provide gender-specific evaluation and management of women with known or suspected heart disease," says Linda Gillam, MD, MPH, chairperson of cardiovascular medicine for Atlantic Health System.

Heart disease continues to be the No. 1 killer of women across the United States and in the Tri-State Area. More than 400,000 women in this country die each year from cardiovascular disease, compared to 40,000 deaths from breast cancer. Among women 35-45, the incidence of cardiovascular disease is currently rising, says Bob Masci, MD, FACC, chief of internal medicine and a cardiologist for Newton Medical Center.

That's why Atlantic Health System has launched the Women's Heart Program. "We are lucky to have an integrative medicine program,

which has done a superb job of educating people about prevention," Dr. Gillam says. "We also have excellent clinical cardiologists. But we felt it was important to provide an integrated program, combining hospital-based cardiologists with integrative medicine and the people, facilities and programs of our community cardiologists."

The most important — and somewhat unusual — benefit women will receive from the program is gender-specific care. "Because gender differences are just starting to be understood, they're not widely appreciated," Dr. Gillam says. This program represents an effort to change that.

One example of those differences is a condition that's turning out to be far more common in women than men: cardiac ischemia — inadequate oxygen reaching the heart muscle — accompanied by normal coronary arteries. "This is a problem that's often dismissed because the coronary arteries are normal," Dr. Gillam says. Women may be told that they are imagining their symptoms. This is incorrect, she says. "There are



### THE GENDER GAP IN HEART DISEASE

In general, women are more likely to experience a heart attack in an atypical way, Dr. Gillam says. Men will often have the "elephant-on-the-chest" feeling of enormous pressure, and may feel discomfort and pain radiating down the left arm.

Women may have those symptoms, too. But they can also experience other, less typical symptoms:

- Shortness of breath
- Intense anxiety
- Overwhelming fatigue
- Discomfort in the back, right side of the chest, neck or abdomen
- Nausea
- Unexplained, profound sweating

Don't ignore any symptom that comes on regularly with exercise, no matter where in the upper body it occurs.

Smoking is one risk factor that is far more serious for women than men. "Women who smoke experience their first heart attack 13 years earlier than women who don't smoke," Dr. Masci says. Another risk factor with a gender difference is having a low HDL (the "good" cholesterol) level. In fact, for women, a low HDL level is even more of a risk factor than having a high level of LDL (the "bad" cholesterol).

### HOLISTIC HEART ASSESSMENT

One of the strong points of Atlantic Health System's heart program is the holistic team, Dr. Gillam says. Someone who is presumably well and looking for risk factor assessment can come in and get a heart assessment from the team. This part of the program is all about prevention, providing nutritional advice, lifestyle coaching and exercise classes. Since it does not provide actual treatment or medical management for women who have heart disease, the Women's Heart Program team is here to provide care for women who are worried they might have heart-related symptoms, Dr. Gillam says.



Women's Heart Program  
908-522-7399



treatments for it. It requires certain protocols to identify the patients that have this problem, which we offer here."

Other heart disease risk factor differences can develop in women during pregnancy, Dr. Masci says. These require close monitoring of the woman's heart health and include preeclampsia, gestational diabetes and pregnancy-induced hypertension. "Those can increase heart disease incidence at a younger age," Dr. Masci says. Autoimmune diseases such as lupus can also increase the risks, and women are more likely to develop those diseases than men.

To help further explore these gender-driven differences, any willing patient of the Women's Heart Program will have her information anonymously captured for research purposes. "Our ability to have a structured program will allow us to participate in national trials related to heart disease in women, and find better ways of taking care of women in our program," Dr. Gillam says.

Such research is crucial for creating databases of women with heart disease. Women were generally not included in heart disease research

until Bernadine Healy, MD, as head of the National Institutes of Health, mandated their equal representation in NIH-funded trials.

A research knowledge base is also crucial for cardiologists learning to screen and treat women for cardiac issues, and for providing support and advocacy for women. One area of need is in equipment used to treat heart disease. Doctors know that women tend not to do as well with catheter-based treatments as men because the devices have traditionally been one-size-fits-all — and they're based on men's body sizes. "Women interventionalists and other cardiologists treating women are pushing to find partners willing to try to make devices designed specifically for women."

Dr. Gillam encourages women to come and get a heart assessment. "If you fall into an area where we know gender differences are very important, we are here with our team of cardiologists to make sure you get the best care," she says. "We want to improve health care outcomes for women in the community."

Visit [atlantichealth.org/womensheartprogram](http://atlantichealth.org/womensheartprogram).



## HEALTH AND WELLNESS

### Hypnosis for Smoking Cessation\*

Thursday, June 21 or August 16, 7-9pm  
95 Madison Ave., Suite 306, Morristown

### HIV Counseling, Testing and Referral Center

Monday-Friday, 8am-5pm (appointments recommended)  
973-889-6810 (973-889-6809 for Spanish)  
Morristown Town Hall, 200 South St., 3<sup>rd</sup> floor, Room 350

### Look in the Dermaview

The Dermaview allows you to see areas of permanent sun damage on your face. Information about skin cancer prevention and sun safety is available.

- Monday, June 4, 9-11:30am  
Madison YMCA, 111 Kings Rd., Madison
- Tuesday, June 5, 9-11am  
Greater Morristown YMCA, 79 Horse Hill Rd., Cedar Knolls
- Thursday, June 7, 9-11am  
Somerset Hills YMCA, 140 Mount Airy Rd., Basking Ridge
- Thursday, June 14, 10am-1pm  
Lakeland Hills YMCA, 100 Fanny Rd., Mountain Lakes (registration not required)

### Living Well With Fibromyalgia

Monday, June 18, 2-3pm  
Presented by Anthony Papciak, PhD  
NJRAC, 95 Madison Ave., Suite 306, Morristown

### 17th Annual Community Health Day

Day filled with resource vendors, health screenings, giveaways and demonstrations.  
Saturday, September 8, 9am-1pm  
Headquarters Plaza Complex, Speedwell Ave. and Spring St.

## WEIGHT LOSS

### Hypnosis for Weight Reduction\*

Monday, June 4; Thursday, July 19; Thursday, August 9; Thursday, September 19, 7-9pm  
95 Madison Ave., Suite 306, Morristown

### Eating Adjustment

**After Weight Loss Surgery**  
Tuesday, June 12, 7-9pm  
Wednesday, June 27, 6-7pm  
Tuesday, July 10, 6-7pm  
Tuesday, August 7, 6-7pm  
Tuesday, September 18, 7-8pm  
Wednesday, September 26, 6-7pm  
Metabolic Medicine/Weight & Wellness Center, 435 South St., Suite 330B

### Surgical and Nonsurgical Approaches to Weight Loss

For patients who have had laparoscopic gastric band surgery.  
Second Tuesday of the month:  
June 12, July 10, August 14, September 11, 6-7pm  
Metabolic Medicine/Weight & Wellness Center, 435 South St., Suite 330B

### Alliance Center for Weight Management

Free orientation discussing the various programs offered.  
Tuesdays: June 5, 12; July 10; September 4, 11, 18, 25, 6:30-8pm  
ARI, 95 Mount Kemble Ave.

### Surgical Options in Weight Loss

Wednesday, June 27, 7-8pm  
Parsippany Library, 449 Halsey Rd., Parsippany

## SUPPORT GROUPS

### Band Weight Loss Surgery Support Group

For patients who have had laparoscopic gastric band surgery.  
Second Tuesday of the month:  
June 12, July 10, August 14, September 11, 6-7pm

Metabolic Medicine/Weight & Wellness Center, 435 South St., Suite 330B

### Caregiver Support Group for Men

First Thursday of the month, 7-9pm  
973-214-1572  
95 Madison Ave., Suite 306, Morristown

### Fibromyalgia Support Group

Wednesday, June 6, 6:30-8:30pm  
973-971-4837  
ARI, 95 Mount Kemble Ave., Room 222

### Gastric Bypass Weight Loss Surgery Support Group

For patients who have had gastric bypass surgery.  
Third Tuesday of the month:  
June 19, July 17, August 21, September 18, 6-7pm  
Metabolic Medicine/Weight & Wellness Center, 435 South St., Suite 330B

### Hydrocephalus Support Group

Thursday, August 2, 6:30-9pm  
973-326-9000  
Overlook Medical Center, Wallace Auditorium, 99 Beauvoir Ave., Summit

## CANCER CARE

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

### Smoking Cessation

Six-week program that provides you with tools and strategies you need to quit successfully.  
Begins Tuesday, September 18, 6-7:30pm  
973-971-7971 or 973-971-5781  
Carol G. Simon Cancer Center

### Support Groups for Cancer Patients and Their Families

For information about counseling and social work services, call 973-971-5169.

- Bereavement
- Breast Cancer
- Gynecological Cancer
- Head and Neck Cancer
- Lung Cancer
- Metastatic Mind Body
- Ostomy
- Pancreatic Cancer
- Prostate Cancer

### Educational Programs

For information and registration, please call the numbers listed below.  
Bereavement Program: 973-224-6900

Caregivers Presentation and Luncheon: 973-971-4063

Look Good, Feel Better Program: 1-800-ACS-2345

Post Breast Surgery Program: 973-971-6299

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

### Cancer Care Through Integrative Medicine

Programs with an asterisk are available to Carol G. Simon Cancer Center patients only. For information and 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\*

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

- Imagery for Chemo/Radiation
- Massage\*
- Meditation/Learn to Meditate\*
- Qi Gong/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 973-971-4063.

## DIABETES WELLNESS

### Diabetes Education Classes

For the newly diagnosed, or someone who has never had diabetes education. You must register.  
Daily appointments, Monday-Friday; groups, Wednesday, 5-7pm and Thursday, 1:30-3:30pm  
435 South St., 3<sup>rd</sup> floor conference room  
973-971-5524

### Diabetes Support Group

Thursday, July 19, 7-8pm  
435 South St., 3<sup>rd</sup> floor conference room, 973-971-5524

### Gestational Diabetes Education Classes

For the newly diagnosed. You must register.  
Wednesdays, 1:30-3:30pm  
435 South St., 3<sup>rd</sup> floor conference room, 973-971-5524

### Medical Nutrition Counseling

Medical nutrition therapy conducted by a registered dietitian for people with diabetes and prediabetes.

Daily appointments, Monday-Friday, 8am-4pm  
435 South St., 3<sup>rd</sup> floor conference room, 973-971-5524

### Diabetes Type 1/Pump Support Group

Open to anyone interested in learning more about living with type 1 diabetes and the new technologies for people using insulin or insulin pumps.  
Thursdays, June 14 and August 9, 7-8pm  
Location TBA, 973-971-5524

## CHILDREN AND PARENTING

### Prenatal and Postpartum Aqua Aerobic Classes\*

Exercise in our heated pool and meet other moms and mothers-to-be. One-hour class meets once a week for six weeks.  
Monday or Wednesday, 5:30pm or 7pm  
973-971-5027  
ARI, 95 Mount Kemble Ave., Morristown

### Go Baby Green\*

Create a safe, nontoxic home for your baby and family.  
Saturday, June 17, 2-4:30pm  
973-971-5027  
Morristown Medical Center, Auditorium A

### Childbirth Mini-Classes\*

Choose one, two or all three: Teamwork for Labor and Birth; Epidural, C-Sections and More; Your Baby's Birth at Morristown Medical Center (includes tour).  
Tuesday, July 3, 6-8:30pm  
973-971-5027  
Morristown Medical Center, Auditorium B

### Moms and Babies Together (Hand in Hand)\*

Keeping baby safe and healthy, the art of baby massage, exercise for you and baby, baby signing, emerging language, and structured

play: stimulating the senses.  
Fridays, July 6, 13, 20, 9-11am  
973-971-5027  
Morristown Medical Center, Conference Room 3

### Mindful Pregnancy and Birth\*

Childbirth class series focusing on stress reduction, including Calm Birth, Calm Mothers, stages of labor and a hospital tour.  
Sundays, July 29, August 5 and 12, 10am-1pm  
973-971-5027  
Morristown Medical Center, Auditorium B

### Survival Skills for Feeding Your Child\*

Everything you need to know about nutrition for busy, picky, quirky kids 9 months to 4 years.  
Wednesday, August 8, 7-9:30pm  
973-971-5027  
Morristown Medical Center, Auditorium B

### The Happiest Baby on the Block\*

Based on the work of Harvey Karp, MD. Parents and caregivers learn new ways to calm crying using the five Ss of soothing.  
Thursday, September 13, 7-9pm  
973-971-5027  
Morristown Medical Center, Conference Room 3

## HEART HEALTH

### Blood Pressure and Diabetes Screening

Friday, June 1 and September 7, Noon-3pm  
Parsippany Shop Rite, 808 Route 46, Parsippany

### Vascular Screening\*

You may be at risk if you're over 55, have ever smoked or have a family history of cardiovascular disease. This ultrasound screening includes detection of carotid artery blockage, abdominal aortic aneurysm and peripheral arterial disease.

Saturday, June 16, 8:30am-1pm  
Gagnon Cardiovascular Institute, Echocardiographic Suite, Morristown

### Blood Pressure Screening

Fridays, July 6 and August 3, Noon-3pm  
Parsippany Shop Rite, 808 Route 46, Parsippany

### Mended Hearts Chapter 56, Morristown Support Group

Fourth Sunday of every month, 1:30-3pm  
Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Ave., Morristown (registration not required)

## SCREENINGS

### Prostate Cancer Screening

For men over 45 who do not have a urologist.  
Thursday, June 14, 4-6pm  
Men's Cancer Center, 3<sup>rd</sup> floor, Carol G. Simon Cancer Center, Morristown Medical Center

### Free Foot Screening

Friday, August 17 or November 16, 1-4pm (20-minute appointment)  
Morristown Medical Center, Wound Healing Center, Franklin 3

## SENIOR HEALTH

### Social Group at ARI\*

Every Wednesday, 10am-Noon  
1-888-247-1400  
ARI, 95 Mount Kemble Ave.

### My Aching Joints

Wednesday, September 5, 7-8pm  
Presented by James Kanellakos, MD  
Randolph Library, 28 Calais Rd., Randolph

### Fifth Annual Healthy Aging Seminar

Tuesday, September 11, 1:30-3:30pm  
Morristown Medical Center, Malcolm Forbes Amphitheater, B level

# treating cancer in women

## Atlantic Health System is on the leading edge of gynecologic surgery

For those cancers that strike women only, the Women's Cancer Center — part of Carol G. Simon Cancer Center at Morristown Medical Center and Overlook Medical Center — offers a level of expertise that stands alone in the Tri-State Area.

"We offer a multidisciplinary approach, from initial screening through surgery," says Brian Slomovitz, MD, associate director of the Women's Cancer Center and director of oncology research for Carol G. Simon Cancer Center. "We lead the patient care from the surgical diagnosis through chemotherapy and radiation and provide long-term follow-up."

And they remain on the leading edge of technology, both in screening and in treatment. They've been practicing robotic surgery since the technology was FDA-approved, says Daniel Tobias, MD, director of the Women's Cancer Center and director, division of gynecologic

oncology, Atlantic Health System, and they are one of the busiest robotic centers in the Tri-State Area. "It's transformed our practice," he says. "Previously, many patients with malignancies or adhesions from previous surgeries couldn't have laparoscopic surgery, but they can now get the benefits."

For surgeons, the benefits are many. "It gives us three-dimensional visualization; it gives us four arms instead of two; it gives complete wrist dexterity," Dr. Slomovitz says. It's also more precise — the robot's "hands" are smaller than a surgeon's.

Patients experience less blood loss, less postoperative pain, fewer complications and a quicker return to normal function. Debbie Sherwood, a 45-year-old math professor, was home the day after Dr. Slomovitz performed her hysterectomy. "I came home Tuesday," she says. "Thursday I went outside for a walk."

### First Step to Women's Health: Annual Exams

"Probably fifty percent of what OB/GYNs do is well-woman care," says Donald Rubino, MD, FACOG, president of the medical staff for Newton Medical Center and board-certified in obstetrics and gynecology. "An annual physical with follow-up diagnostic screening is the best method for early detection of cancers, infections and other diseases. Contraception and procreation counseling, menopause and sexual issues are just a few of the topics which may be discussed at an annual visit."

For cervical cancer, recommendations for screening and management have changed, as we now have a better understanding of its connection to the human papilloma virus (HPV). The United States Preventive Services Task Force and the American Cancer Society agree that most women should have a Pap smear every three years. "A woman's family history and her own medical history may necessitate having a Pap smear more frequently," says Dr. Rubino. "This is one of the many conversations a woman needs to have with her OB/GYN physician."

Breast cancer presents a one-in-eight lifetime risk for women. In addition to mammograms, he counsels high-risk patients and tests for the BRCA breast cancer gene. Women suspected of having breast cancer are referred to the surgical and medical specialists at Newton Medical Center.

"Endometrial cancer usually makes itself known because of postmenopausal bleeding. The body provides the sign," says Dr. Rubino. Diagnosis is made in the office and usually treated surgically at Newton Medical Center.

"Ovarian cancer is more difficult. There's a less than one percent lifetime risk, but it's often diagnosed late because there are no clear warning signs; and there's no clear diagnostic test. Symptoms may present as abdominal pain, bloating or a change in bowel habits," he says. "However, these symptoms do not always mean cancer. Ultrasound and the CA-125 blood test may be helpful in clarifying the diagnosis, but ultimately the diagnosis is made surgically — usually by laparoscopic removal of the ovary."

Many later-stage cancer surgeries, especially those involving the lymph nodes, require additional medical expertise from the oncology team at Morristown Medical Center. "We've used the Carol G. Simon Cancer Center team of medical experts for years — they are excellent."

"Coming in for an annual physical exam is critical to staying healthy. For screening, diagnosis and general OB/GYN care, Newton Medical Center offers everything a woman needs. When you look at the quality indicators for Newton Medical Center, they are very high," he adds. "I want to let the community know this. Women in the area know us; they come here and are very happy. People new to the area might not realize there is top-notch physician care right here in their backyard."

For more information, please go to [atlanticealth.org/womenscancercenter](http://atlanticealth.org/womenscancercenter).

## People new to the area might not realize there is top-notch physician care right here in their backyard.

### Ovarian Cancer Screening Trial Seeks Participants

The five-year survival rate for ovarian cancer is over ninety percent when it's treated early. Unfortunately, only fifteen percent of cases are found early.

Now, Morristown Medical Center and Overlook Medical Center are participating in a study exploring early detection of the disease. It tracks levels of blood protein CA-125 in normal-risk women between 50 and 74.

The study looks at CA-125 in a new way, Dr. Slomovitz explains, because it watches the rate of change over time. "We're finding that's a better screening tool than just looking at whether it's normal or abnormal," Dr. Slomovitz says.

That's because one snapshot may not tell the real story. "CA-125 can be falsely elevated from noncancerous conditions," Dr. Tobias says. "And half of women with early-stage disease have normal levels of CA-125. This is a way to see if the low-risk, typical patient will benefit from regular screening."

To find out more, call 973-971-6491, email [ovarian.screening@atlanticealth.org](mailto:ovarian.screening@atlanticealth.org) or go to [atlanticealth.org/ovariancancertrial](http://atlanticealth.org/ovariancancertrial).



## An Ideal Outcome

Alarming symptoms, a call to paramedics and an unusual diagnosis for a very young woman

The morning of February 23, 2012, seemed no different from any other for 27-year-old Allison Bradley. She had begun her usual morning routine, getting ready to head to her job as a human resources analyst. "The next thing I remember is being on the bedroom floor," she says. "I couldn't get back up."

She crawled to her cellphone and called 911. Paramedics broke down her door and rushed her to Morristown Medical Center.

That's where Paul Saphier, MD, an endovascular and cerebrovascular neurosurgeon, first saw her. He knew she was having a stroke — a major one. "Allison was suffering from as severe a stroke as you can have," he says. "She had absolutely no function on the left side of her body." Brain imaging revealed a complete blockage of the main blood vessel to the right side of her brain.

Because doctors could not assign a time of onset for the stroke, they could not try "clot-busting" medications, which must be administered within 4½ hours. She was taken to surgery, where Dr. Saphier reached the blockage using the MERCI device — a catheter and wire combination — guiding it all the way up from a blood vessel in her leg to her brain.

"I engaged that clot and pulled it out," he says. "Within a few moments, she started to return to normal." Morristown Medical Center is

one of only a few hospitals in the state with the resources and the endovascular neurosurgeons to perform this procedure, Dr. Saphier says. "Our group has more neurosurgeons trained in this area, performing more cases than any other group in the tri-state region."

Doctors could identify only one risk factor for Allison's stroke: oral contraceptives, which are rarely associated with strokes. "Not everyone on them will have a stroke, but it is a risk factor, and it's one that people should recognize. If they mistake the symptoms, they may risk a golden opportunity to save their lives," Dr. Saphier says.

For Allison, who says she feels "very lucky," it was only a matter of days before she returned to her normal activities: working, running, planning her wedding. "She will make a complete recovery," Dr. Saphier says. "When she was leaving my office, she said, 'Thanks to you, I'll walk down the aisle.'"

### COULD IT BE STROKE?

Think FAST to remember the warning signs of stroke:

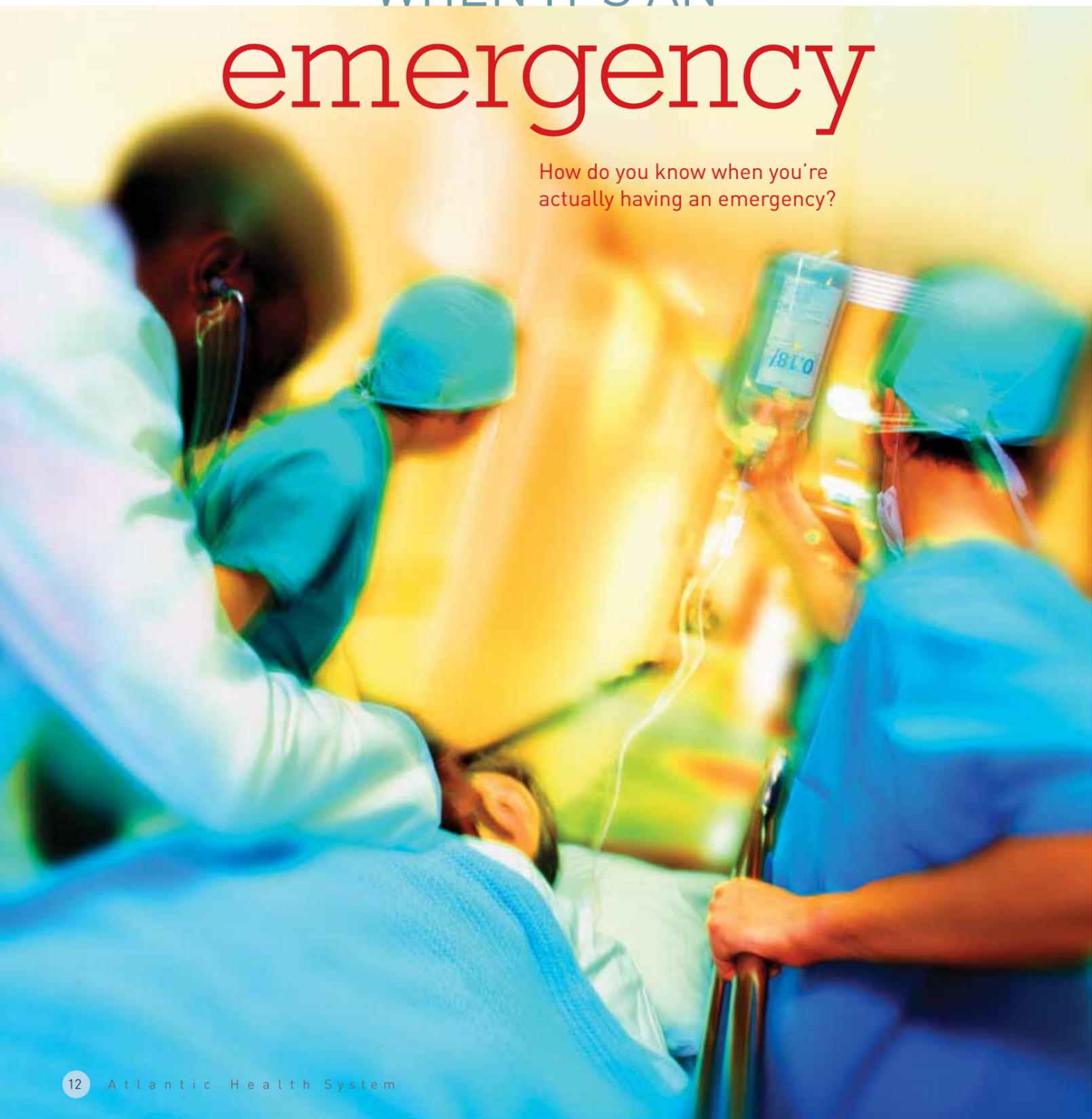
- **Face:** Numbness, weakness, one side drooping
- **Arms/legs:** Weakness, numbness
- **Speech:** Trouble speaking or understanding speech
- **Time:** Call 911 and note the time of onset

For more information, please go to [atlanticealth.org/strokecenters](http://atlanticealth.org/strokecenters).

**Stroke Screening:** Saturday, September 15, 9am to Noon  
Camp Jefferson, 81 Weldon Road,  
Jefferson Township, Lake Hopatcong  
1-800-247-9580

# WHEN IT'S AN emergency

How do you know when you're actually having an emergency?



Yes, certain complaints are probably always an emergency, he says, but it can depend on the person's age. "For somebody over the age of 30, it's probably always an emergency if they're having chest pains or if they're having difficulty breathing or if they're confused. It's best to call 911 for these complaints."

Not every laceration needs to be seen — but of course, many do. "We see lacerations where patients probably didn't need to come to the emergency room, and we see lacerations where they come a day later and they probably should have come right away," he says. "Any laceration

"The best thing is for people to come in and let us look," Dr. Mandell says.

of the hand that is potentially dirty, like a bite, should probably be seen. Most people who have facial lacerations will probably want to be seen. If a person isn't sure, it's probably best to be seen."

Someone with no history of headaches who develops the worst headache of his or her life should go to the emergency room, he says.

"The best thing is for people to come in and let us look," Dr. Mandell says. "We don't mind seeing things that turn out not to be that serious. Patients come in because they don't know, and we're happy to take care of them."

If you're concerned enough to seek emergency treatment, it makes sense to go to the best hospital in your area, one with the expertise to handle emergencies of any kind.

Ardelle Bigos, RN, MSN, CMSRN, chief nursing officer for Newton Medical Center, agrees. "We see every patient, from automobile accidents to snakebites. Our Emergency Department provides full-service emergent care, with access to the latest diagnostic technology.

The newly renovated emergency room at

"It's impossible for people to know exactly what constitutes an emergency when they don't have the training or experience," says Mark Mandell, MD, chairperson, Department of Emergency Medicine, Morristown Medical Center.

Morristown Medical Center offers a high level of expertise, Dr. Mandell says. "We have orthopedics with multiple subspecialties. We have over 20 different pediatric subspecialists. We have cardiologists who subspecialize in interventional work and electrophysiology. If you have something potentially serious, a full range of specialty backup can make the difference between life and death."

Morristown Medical Center is also a major trauma center, treating more than 1,200 major traumas a year. Many are flown in by helicopter. Morristown Medical Center's physicians are uniquely qualified among emergency physicians,

Dr. Mandell says. "We have people on staff with training in toxicology, hyperbaric medicine, pediatric emergency medicine and ultrasound. We are the site of the first emergency medicine training program in New Jersey."

With all that expertise available close by, there's no reason to try to diagnose yourself. "There's an emotional component of all this, Dr. Mandell says. We've all heard of the physician having a heart attack who didn't come into the emergency room because he was denying what was happening. Years ago, when I was at the Mayo Clinic, the head of the Mayo Clinic coronary care unit sat at home while he was having a heart attack, drinking Maalox®." Dr. Mandell says he couldn't accept that he was having a heart attack.

The lesson? "It's really important for family members to intervene if they think someone may be practicing denial," Dr. Mandell says. "Just call the ambulance."

Then, in the emergency room, you can let an expert assess the problem. "The large proportion of things we see are fine, and that's what we're there for," he says. "It feels good for us to reassure people things are going to be OK."

## Atlantic Health System's Broad Network of Emergency Care

The hospitals of Atlantic Health System are fully integrated and able to quickly get a patient to the right physician when seconds count. "When entering an Emergency Department, a patient meets with a triage nurse to determine the severity of the medical emergency. With this information, the Emergency Department team of physicians and nurses take action," says Ardelle Bigos, MSN, CMSRN, chief nursing officer for Newton Medical Center. "For injuries, such as simple lacerations, the team will perform stitches. For fractures, x-rays or other imaging scans will be completed and treatment will begin."

For truly urgent medical emergencies, a comprehensive diagnostic assessment is performed. The individual may be admitted to Newton Medical Center for ongoing care and treatment. For the extremely severe emergency situation requiring extensive tertiary care or trauma, an individual may be transferred to one of the sister medical centers at Atlantic Health System. Once the patient has come into the Emergency Department at Newton Medical Center, he or she is part of Atlantic Health System, with easy access to all expert subspecialty care provided by Morristown Medical Center, Overlook Medical Center and Goryeb Children's Hospital. Using the Atlantic Ambulance medevac helicopters, Morristown Medical Center is only eight minutes away.

"Like any emergency room, the majority of our patients at Newton Medical Center are treated here and sent home," adds Bigos. "At Newton, there are over 32,000 Emergency Department visits a year. Our goal is to provide a healing environment and make our patients well."

For more information, please go to [atlantichealth.org/morristownemergency](http://atlantichealth.org/morristownemergency).

# Making It New Again

What you need to know about  
joint replacement



Anthony Radano put off knee replacement as long as he could. “I’ve been struggling with this knee since I was 18,” says Radano, now 69. Ten years ago, an orthopedic surgeon said he’d need a replacement, but Radano stalled. “Over the next 10 years, the knee deteriorated so far, I was concerned that it would continue. So I finally felt it would be better to have the surgery now.”

He visited surgeons around New Jersey and New York. Then a friend told him about William Dowling, MD, FAAOS, FACS, chairperson of the Department of Orthopedics for Morristown Medical Center and medical director of Orthopedic Services for Atlantic Health System. “He was the key,” Radano says. “It was a no-brainer — I wanted to go with him.”

Radano is now back home in Flemington, doing therapy three times a week. He was so pleased with his experience, he recently wrote a letter to the president of Morristown Medical Center to let him know.

That high standard of care at Atlantic Health System — where more than 2,000 hip and joint replacements are performed annually, the most in New Jersey — has just helped Morristown Medical Center to earn a recertification as a Gold Seal Center of Excellence for total joint and spine programs, says Dr. Dowling. It’s one of about 30 places in the country to have both orthopedic Joint Commission certifications.

“We’ve got a cadre of joint replacement surgeons who are fellowship trained at some of the best training programs in the United States, with a broad variety of techniques and approaches that you wouldn’t find most places in this country,” Dr. Dowling says.

State-of-the-art equipment also contributes to their excellent track record, says Glen Bradish, MD, FAAOS, chief of surgery and an orthopedic surgeon for Newton Medical Center. “We have all the latest technology here. We use MRI-generated custom implants,” he says. “There’s nothing in any hospital anywhere in New Jersey or in New York that we don’t have here.” That includes the latest technology in postoperative pain control, too — a combination of spinal and regional anesthetics means less need for narcotics. Atlantic Health System’s comprehensive program starts long before the procedure, with classes to educate patients about the operation and the services, and a meeting with the personnel, from nurses to occupational therapists. Following surgery, Atlantic Health System continues with rehab and home health care aligned with the program.

Judith Pasnik is a retired physical therapist, so she knew how things would go after she had both knees replaced in early February. In late March, she took a trip to Florida and walked for miles on the beach.

She’s extremely pleased with the way the entire process, before surgery through therapy, went at Morristown Medical Center. “The nursing staff, the aides, the assistants — everybody who came in the room was very caring,” she says. “That type of milieu makes you feel better. I think you heal faster.”

For more information, please go to [atlantichealth.org/jointreplacement](http://atlantichealth.org/jointreplacement).

## YOUR JOINT HEALTH

### WHAT LIFESTYLE HABITS AFFECT JOINT HEALTH?

**Dr. Dowling:** Weight reduction, having an active lifestyle and avoiding an excess of impact loading on the lower extremities. Some running is OK. It’s excessive, repeated running that’s an issue.

### WHAT ARE SOME OF THE RISK FACTORS FOR JOINT PROBLEMS?

**Dr. Bradish:** Activity level is one. Athletes involved in running and jumping, manual laborers — these people are at more risk for osteoarthritis, the most common reason for joint replacement. Inflammatory arthritis can also be a risk factor, though not as common as degenerative arthritis. There is not always a cause. Sometimes it’s just genetic programming that causes the joint to wear out.

### WHAT ARE SIGNS OF JOINT PROBLEMS?

**Dr. Dowling:** If you’re running into difficulty with a hip, the most common sign is pain in the groin. The other is stiffness. With the knee, it’s stiffness and swelling, so you lose mobility and see a difference in appearance. Most people are slightly bowlegged or knock-kneed. If that gets worse, that’s a sign the joint is deteriorating as well.

### WHEN IS JOINT REPLACEMENT INDICATED?

**Dr. Dowling:** Everybody should have a fair trial at managing their problem nonoperatively. The first thing to try is Tylenol®; the second would be an anti-

inflammatory, something over the counter, like Advil® or Aleve®. When you have to do it every day, other options start to present themselves. Injections of cortisone are temporary measures to relieve some of the discomfort. Unfortunately, nothing we have right now alters the underlying disease state; they treat the symptoms. You also have to weigh the risks associated with taking the medications.

So it’s a sequential progression in terms of what you require. It leads you to replacement. It’s not based on the x-ray; it’s based on how you feel. I’ve never had a patient yet who did not come back and say, “I know it’s time now.”

### WHAT’S LIFE LIKE AFTER JOINT REPLACEMENT?

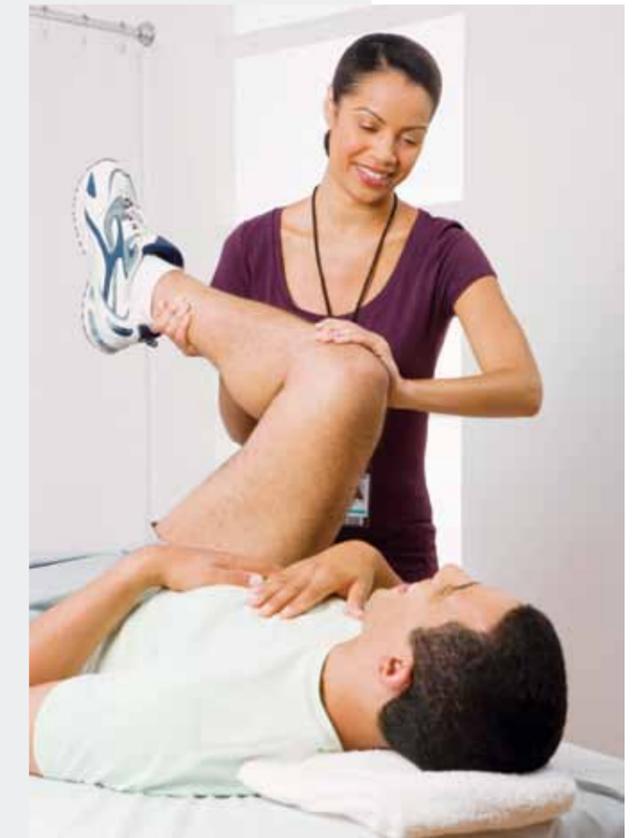
**Dr. Bradish:** There’s a very high success rate in pain relief and increased function, but it’s not recommended to run or jump after joint replacement. Activities such as doubles tennis, low-grade skiing and weight training are OK. These recommendations are to increase the longevity of the implant.

### WHAT MYTHS ABOUT JOINT HEALTH/REPLACEMENT WOULD YOU LIKE TO DISPEL?

**Dr. Dowling:** One of the most common is that the replacement joint will last 15 to 20 years. On the average, that’s true, but it does not mean they cannot last a whole lot longer — or unfortunately, not that long. It’s the average, but it does not mean it’s where you’ll be.

Another is about taking glucosamine and chondroitin. There’s probably very little supportive evidence that it restores the joint. But a small group of people feel it provides an alleviation of symptoms, and there’s relatively low risk.

**Dr. Bradish:** Most people think the surgery removes a segment of the knee. It is really a resurfacing of the ends of the bones. It’s not replacement at all; it’s like a cap on your tooth. That’s why a more accurate term than replacement is arthroplasty.



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 an Atlantic Health System  
 doctor, call **1-800-247-9580**  
 or visit [atlanticealth.org](http://atlanticealth.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

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

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

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

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

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

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

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

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

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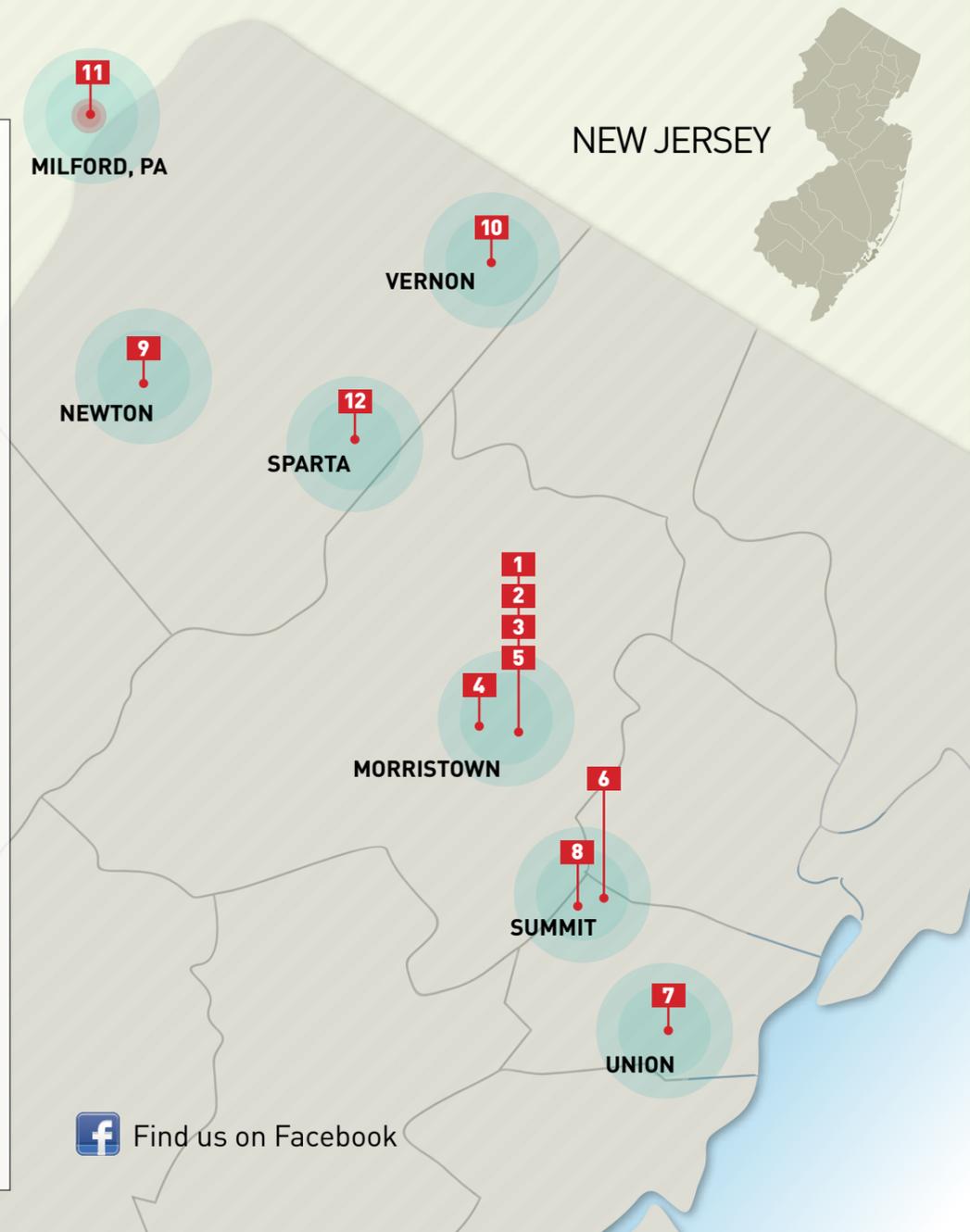
- 10 Vernon Urgent Care**  
 212 State Route 94, Suite 1A, Vernon, NJ 07462

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- 11 Milford Health & Wellness**  
 111 Catherine St., Milford, PA 18337

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



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