New Women’s Heart Program Tackles Gender Differences

What You Need to Know About Joint Replacement

Make It a Safe Summer

When It’s an Emergency

well aware

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.

In brief
Atlantic Health System is one of the largest non-profit health care systems in New Jersey, comprised of Morristown Memorial Medical Center, Goryeb Children’s Hospital, Overlook Medical Center in Summit and Newton Medical Center. The two main facilities have a combined total of 1,310 licensed beds and more than 2,922 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 rankings 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.

Dear Friends,

Sincerely,

Joseph A. Trunfio
President and CEO
Atlantic Health System

visit our blog: all about skin cancer

SPEAKING OF SKIN CANCER

no 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 growth,” Comizio says. “It’s a cancer that’s easy to detect and easy to get rid of.”

There’s also squamous cell skin cancer, which tends to occur in areas that get a lot of sun exposure, like the ears, back of the neck and hands. “It starts off as a raised, white scaly patch,” Comizio says. “It can then grow and look like 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 sun exposure 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.

Health topics

New Women’s Heart Program Tackles Gender Gap

Tackling Cancer

What If It’s an Emergency?

What You Need to Know About Joint Replacement

Atlantic Health System Gets Top Rankings

Atlantic Health System is 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 Strokes.

visit our blog: all about sleep

BRIEF IN BRIEF

- 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 ahssleepcenters.com for information on Atlantic Health System’s Sleep Centers or call 866-906-5666.

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A T L A N T I C   H E A L T H   S Y S T E M

Visit our blog: all about vitamin d

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
Children 1-13 years
Teens 14-18 years
Adults 19-70 years
Adults 71 years and older
Pregnant and breastfeeding women

IU
600 IU
600 IU
600 IU
600 IU
800 IU
600 IU

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

visit our blog: all about sleep

Sleep less, eat more

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Well Aware is published by Atlantic Health System for our community.

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 atlantichealthblog.org.

Talk to us

Tell us what you want to see in Well Aware. Email us at well-aware@atlantichealth.org. Write us at Atlantic Health System, Attn: Well Aware, P.O. Box 1905, Morristown, NJ 07962.

Visit our blog

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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 Damian 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. If you are traveling in- or overseas: accidents.”

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 Cancer 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. Felagi, 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. Felagi’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. Felagi 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, anesthetic 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. Felagi 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. Felagi says. “The cost of an emergency evacuation back to home can cost upward of $50,000 without such insurance.”

5. **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.

6. **Ban Bug Bites**
   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, rash 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 600,000 women in this country die each year from cardiovascular disease, compared to 60,000 deaths from breast cancer. Among women 25-45, 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,” Dr. Masci 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, tackle, 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 these 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 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).

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 heart care outcomes for women in the community.”

Visit atlantichealth.org/womensheartprogram.
Hypnosis for Smoking Cessation*  
Monday, June 4 or Thursday, June 14, 6-7pm  
973-971-5524 or 973-971-5525  
Atlantic Health System, Frelinghuysen Auditorium, 99 Beauvoir Ave., Summit

DIABETES MELLITUS  
Diabetes Education Classes  
For the newly diagnosed, or someone who has never had diabetes education. You must register.  
Daily appointments, Monday-Friday; group, please call 973-971-4063.

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Childbirth Mini-Classes*  
Create a safe, nonoxic home for your family and baby.  
Thursday, June 17, 4:30-7pm  
973-971-5027

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Go Baby Green*  
A four-week program that provides information on our products and programs, please call 973-971-4063.

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Treating Cancer in Women

For those cancers that strike women only, the Women’s Cancer Center — part of the Atlantic Health System — provides 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 at Morristown Medical 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 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.”

For ovarian cancer, 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 65-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.”

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Probable Fifty percent of what OB/GYN do is well-woman care,” says Daniel 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 procurement counseling, menopause and sexual issues are just a few of the topics which may be discussed at an annual visit.”

First Step to Women’s Health: Annual Exams

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

Ovarian Cancer Screening Trials Seek 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 indicator than just looking at whether it’s normal or abnormal,” Dr. Slomovitz says.

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.

Diagnosis is made in the office and usually treated surgically at Newton Medical Center.

Prone ovarian cancer is more difficult. There’s 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 early-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 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 tell 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 atlantichealth.org/womenscancercenter.

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 for any other from 27-year-old Allison Bradley. She had begun her usual morning routine, getting ready to head to her job as a human resource 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 drove down her door and rushed her to Morristown Medical Center.

“Because doctors could not assign a time of onset for the stroke, they could not try ‘dist”ischarging’ medications, which must be administered within 4½ hours. She was taken to surgery, where Dr. Saphier placed 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.

“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 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 you 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 just 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: Troubling speaking or understanding
• Time: Call 911 and note the time of onset.

To find out more, call 973-971-6491, email ovarian.screening@atlantichealth.org or go to atlantichealth.org/ovariancancertrial.
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 and 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.
Atlantic Health System

What you need to know about joint replacement again

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 Glenn 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 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.”

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Morristown Medical Center
Includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute
100 Madison Ave., Morristown, NJ 07960

Atlantic Sports Health
111 Madison Ave., Morristown, NJ 07960

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

Goryeb Children’s Hospital
100 Madison Ave., Morristown, NJ 07960

Overlook Medical Center
Includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children’s Center
99 Beauvoir Ave., Summit, NJ 07901

Overlook, Union Campus
Includes Emergency Department, Overlook Imaging and Outpatient Laboratory Services
1000 Galloping Hill Rd., Union, NJ 07083

Overlook Downtown
Includes Atlantic Healthy Lifestyles — Integrative Medicine and Overlook Medical Center Community Health
397 Springfield Ave., Summit, NJ 07901

Newton Medical Center
175 High St., Newton, NJ 07860

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

Milford Health & Wellness
111 Catherine St., Milford, PA 18337

Sparta Health & Wellness
89 Sparta Ave., Sparta, NJ 07871

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