

## INTEGRATING LOCAL FOODS INTO YOUR DIET

Future Perfect:  
Welcome to Google Glass

One Patient's  
Bariatric Triumph

SUMMER  
2014

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



## DEAR FRIENDS,

Summer is finally here and, to stay in tune with the season, we're filling this issue with articles that will help you make the most of the warmer weather. Because we're all concerned about how healthy our food is, there's information about the benefits of eating locally grown produce. We'll also show you how to integrate other simple dietary changes into your current lifestyle to improve your health.

Our new Health Beat series keeps you informed about what's happening at your hospital and shares physician perspectives on current issues in health care. There are also two new technologies you'll surely want to check out: Atlantic Health System's Mobile App for your phone and Google Glass, an innovative new way to weave technology into your daily life.

Enjoy the sunshine!

**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@atlanticealth.org](mailto:well.aware@atlanticealth.org). Or write us at Atlantic Health System, Attn: *Well Aware*, P.O. Box 1905, Morristown, NJ 07962.

### Visit our blog

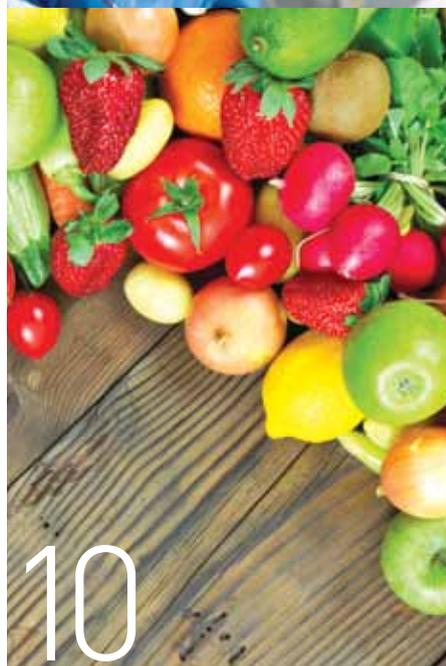
*Well Aware — Your Way* provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at [atlanticealthblog.org](http://atlanticealthblog.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@atlanticealth.org](mailto:well.aware@atlanticealth.org).



# contents



## DEPARTMENTS

- 4 In Brief
- 5 Health Beat
- 8 Calendar
- 12 Case Study: Bariatrics
- 15 Research/Foundation News

## FEATURES

- 3 Atlantic Health System Mobile App
- 6 Integrative Medicine
- 7 Out of This World: Google Glass
- 10 Local Produce for Healthy Living
- 14 Women's Heart Initiative

**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@atlanticealth.org](mailto:well.aware@atlanticealth.org)

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

For additional information, visit [atlanticealth.org](http://atlanticealth.org).



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

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

Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children's Hospital. The five medical facilities have a combined total of 1,599 licensed beds and more than 3,700 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in their respective fields.

OFFICIAL  
HEALTH CARE  
PARTNER



AN OFFICIAL HEALTH PROVIDER  
OF THE NEW JERSEY DEVILS



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



# Get App-Smart

## MAKING eHEALTH EASIER

“In the near future, personal devices such as smartphones and tablets will have a greater role in how people access the health care resources they need, as well as manage their health,” says Linda Reed, RN, vice president of Behavioral and Integrative Medicine and chief information officer for Atlantic Health System.

According to research from the Internet & American Life Project, an initiative of the Pew Research Center, one in five smartphone owners has downloaded a health app — so get on board with the new Be Well App from Atlantic Health System. The free app, available for both Apple and Android smartphones and tablets, lets users research health information, track their health and fitness and stay connected with their medical centers, from finding a doctor to managing their medications.

## HEALTHY CLICKS

Be Well includes many innovative features and functions that help you manage your health more effectively.

- The interactive **Track Your Health** function monitors all of your vital stats.
- Syncing directly with **Fitbit** activity trackers helps you tally daily exercise information.
- The **Medications** function is your electronic pharmacy, giving you a place to store information on doses and timing and to create alarms so you know when it is time to take each prescription.
- You can also check current wait times in the Emergency Department, choose and get directions to doctors’ offices and access the hospital services directory.

It also streams updates from social media channels and the *Well Aware — Your Way* blog so you can stay in tune with other members of the Atlantic Health System community.



## Simple Summer Hydration

Because you’ll most likely be spending more time outdoors now that the warmer weather is here, it’s important you remember to hydrate your body inside and out. Here are a few tips that will help you moisturize your skin and keep your body properly hydrated.

- 1. Chlorine in swimming pools can dry out your skin — but so can ocean water.** The salt causes your body to release water by a process scientists call *osmosis*. That’s why it’s important to moisturize your skin after you’ve been for a swim: It just wants its water back.
- 2. When choosing a moisturizer, try to select one that contains SPF.** This will give you the added protection of blocking UV rays. Read the label carefully — many but not all moisturizers come with an SPF of 15 or 18 now.
- 3. If spending time in the sun makes you thirsty, reach for a cool beverage.** Of course you do not want to load up on sugars, so one trick is to dilute juices and nectars when you serve them. Fill your glass halfway with juice/nectar, then add cool water and ice until the glass is full. You’ll get the healthy vitamins and great taste of fruit without consuming too much fruit sugar, or fructose.
- 4. You can even EAT your water.** Fruits like watermelon are made up of about ninety percent water, so when you consume them, you’re actually hydrating your body naturally — and deliciously.

*Our bodies run on water. Keep them happy with lots of liquid this and every summer.*



## New Pharmacy Opens at Morristown

**M**orristown Medical Center is excited to extend its services by offering patients the ability to fill prescriptions at a new pharmacy located in the gift shop on level one.

“The benefit is added convenience and support to our patients,” explains Cliff Moore, MS, RPh, pharmacy manager for Morristown Medical Center. “Now patients of Morristown Medical Center don’t have to make an extra stop for medications after they’re discharged — they can fill their prescriptions on-site, in a pharmacy dedicated to their needs.”

Specializing in working with patients to actively manage their medication therapies, pharmacists are available to explain medications and answer questions. “Since

we excel at providing education about medications, you’ll be sure to receive all the information you need to minimize side effects and drug interactions,” Moore explains.

An added benefit is that the pharmacy at Morristown Medical Center can arrange to have prescriptions transferred to a local pharmacy, so customers can refill their prescriptions closer to home. “We work with your existing pharmacy to bring all your prescriptions together to ensure patient care extends beyond our doors.”

Open to the community, the pharmacy at Morristown Medical Center works to fulfill its goal of improving the compliance of patients with things like dosing instructions. “Continuity of care is our objective,” remarks Moore, “and we’re off to a brilliant start.”

## TRANSFORMING HEALTH CARE. TRANSFORMING LIVES.

Today, hospitals nationwide are pressured to do more with less. We must keep up with rapid technological changes and maintain quality medical services despite increasing numbers of patients and decreasing reimbursements. In the face of these challenges, a collaborative process began between the hospital and the Foundation for Morristown Medical Center to uncover exactly where philanthropy could step in and help clinical service lines realize their long-range plans. The result is Campaign 3SIXTY.

Campaign 3SIXTY is a \$100 million effort to improve all aspects of Morristown Medical Center, making an organization defined by excellence even better. Our goal is simple and precise: to give members of our community the best care they can get — anywhere in the country. It means:

- Innovative clinical programs, services and technologies
- Integrative medicine initiatives to promote a healing culture and a healthier community
- Endowments to recruit and retain internationally respected medical leaders
- The transformation of inpatient floors into restorative patient-friendly environments

In short, it means treating patients and their families in ways that go beyond diagnosis and disease.

To learn more about Campaign 3SIXTY, call 973-593-2400 or visit [f4mmc.org](http://f4mmc.org).

## Sunburn Home Remedies



**If you soak up a little too much sun this summer and are feeling the burn, there are some common household items that can make you feel better quicker.**

It’s probably no surprise that dipping a washcloth in cool water and applying it to affected areas can help, but did you know that you should also drink plenty of water to hydrate the burn from the inside out?

### Here are four other simple suggestions:

- Add one-half to one cup plain, unflavored oatmeal to cool bath water, then soak. The oatmeal helps soothe the inflamed areas.
- Cut two washed and unpeeled potatoes up and add them to a blender with some water. Apply the thick mixture to the burn, patting it gently, and wait for it to dry. Then, wash it off with a cool shower.
- To ease postburn chafing in sensitive areas, apply a light dusting of cornstarch. It will not block pores, so your skin can breathe.
- You can even apply aloe vera directly to the burn by slitting open a leaf and letting the oil drip onto it.

If you do opt for an over-the-counter solution, look for products that contain lidocaine. It’s less likely than many other topical anesthetics to cause an allergic reaction.



# How to Find a Good Doctor:

A Hospital Insider Shares His Thoughts *David Shulkin, MD*

## The Question Everyone Is Asking

“Do you know a really good doctor?” That’s the most common question I’m asked when my phone rings these days,” says David Shulkin, MD, president of Morristown Medical Center, and author of *Questions Patients Need to Ask*.

“Usually the calls are from businesspeople and hospital board members, but even my fellow physicians struggle with choosing the right doctor for their own care,” Dr. Shulkin adds. The Internet makes everything more visible, which helps keep physicians on

their toes. Managed care companies and accreditation agencies have consequently become increasingly transparent. Ultimately, sites providing patient ratings of office visits are best at rating the consumer experience and thus most useful to patients seeking care.

## Personal Preferences Matter Most

People can piece information together from various public and private sources. Online communities can also offer valuable insights. Recommendations from trusted health care

professionals are always welcome, yet since finding the right doctor is a highly personal matter, it’s up to the individual to weigh all these sources of information and make a decision.

In the end, finding a doctor is not all that different from what some people experience with online dating: Until you meet someone in person, you never really know. That’s why for the foreseeable future, Dr. Shulkin thinks that selecting physicians will remain as much an art as a science. His only real prediction is that his phone will be ringing for years to come.

## THE HEALING TOUCH: Morristown Wound Care

An old proverb says that “time heals all wounds,” but the latest research tells a more complicated story. “As we age, we don’t heal as well or as quickly as we once did,” says Robert Skerker, MD, FAPWCA, medical director of the Wound Healing Center at Morristown Medical Center. And it is becoming increasingly clear that wound healing strikes a very delicate balance, no matter what your age.

“There has to be the correct combination of moisture and blood flow in the wound as swelling goes down,” Dr. Skerker explains. That’s because at least 20 different chemicals are at work in the wound healing process. “You have to get the mix right to promote optimal wound healing. And that isn’t as simple as it sounds,” Dr. Skerker observes.



some level of bacteria, and MIST may be helpful in breaking up those bacteria. MIST therapy encourages healthy new blood vessels to form. It does that without ever touching the wound.” That’s because MIST technology combines sound waves with a gentle spray of saline solution to reduce bacteria and promote the growth of healthy new cells.

## Collaborative Wound Care

At its core, the center’s team is interdisciplinary, including specialists in infectious diseases, internal medicine, rehabilitation, podiatry, plastic surgery, vascular surgery and more. “We are a multispecialty center,” Dr. Skerker says, “and because we are part of Morristown Medical Center, we have access to any specialty our patients could need.”

## Fighting Bacteria — With MIST

The Wound Healing Center provides specialty care to people of all ages who have complicated wounds that seem to resist healing. Things like diabetic foot ulcers or postsurgical wounds, for example, are conditions the center commonly treats.

Bacteria are a major source of the problem — they multiply and get in the way of wound healing. One new and particularly exciting antibacterial treatment option at Morristown Medical Center is MIST ultrasound therapy. “All wounds contain

For more information, visit: [atlantichealth.org/morristownwoundhealing](http://atlantichealth.org/morristownwoundhealing) or call 973-971-4550.

MIST technology combines sound waves with a gentle spray of saline solution to reduce bacteria and promote the growth of healthy new cells.

# Open Wide:

When food becomes medicine



**T**oday, experts at Atlantic Health System are giving much attention to the role foods play in overall health and even treatment.

“I use food as a fundamental part of patient care,” says Giovanni Campanile, MD, an integrative cardiologist and medical director for integrative nutrition. “It’s an important part of an overall ‘lifestyle’ approach to prevention and treatment of many conditions.”

We’re all familiar with the fact that eating less salt can bring down blood pressure, for example. But research shows vitamin D and fish oil supplements can help, too. A Mediterranean-style diet high in produce, beans and grains, little meat, and more cold-water fish, can also improve risks for heart

disease, as well as for cancer and some chronic conditions. Research also links foods or nutrients to digestive problems, autoimmune disease and depression. “We don’t look at just one medicine or one type of supplement,” Dr. Campanile says. “It’s the combination of eating good foods, taking the right supplements and avoiding some foods — all with other lifestyle choices like exercise and stress reducers — that work best to improve health.” For children, physicians at Atlantic Health System use foods and supplements for a range of issues, from attention deficit/hyperactivity disorder (ADHD) and autism to anxiety and depression.

### Striking the Right Balance

Using foods and supplements in this way is challenging, because it involves understanding

in detail how one person’s body responds to specific foods, nutrients and additives, says Annette Cartaxo, MD, integrative pediatrician for Atlantic Integrative Medicine.

“Each person’s needs will be different,” she says. “So we do detailed blood testing to see what supplements they might need, for example, or what foods they should limit or avoid.”

“It’s clear from research and our experience here at Atlantic Health System that using food as medicine is absolutely vital to health,” she says. ▶

---

For more information, visit [www.atlantichealth.org/aima](http://www.atlantichealth.org/aima).

## Fiber Focus

“Fiber is one of the most important parts of a healing diet,” says Kenneth Cartaxo, MD, a physician for Atlantic Integrative Medicine. “But most of us are missing out on the benefits.”

Fiber helps reduce cholesterol and control blood sugar. It helps good bacteria in the intestines and is a natural laxative.

Most of us get only about 15 grams a day, the amount in about one cup of beans. But women need 10 grams more, and men need more than twice that much: 38 grams total. For children up to age 18, add five to their age. So a seven-year-old needs about 12 grams each day.

Get your daily dose of fiber by eating more fruits, vegetables, whole grains and legumes (beans). Read the food nutrition label to see how much you’re getting, and add it to your diet slowly to avoid constipation.

---

Visit our blog at [atlantichealthblog.org](http://atlantichealthblog.org), where you can learn more from Dr. Campanile as he talks about “food as medicine.”



# Google Glass:

## TECHNOLOGY IN THE BLINK OF AN EYE

Jordan Safirstein, MD, FACC, FSCAI, assistant director of cardiac catheterization for Gagnon Cardiovascular Institute at Morristown Medical Center, is used to being on the cutting edge of health care — and technology. For more than a year now, he has helped Google’s tech wizards think through the future of health care as a member of Google’s Health Care Advisory Board.

That role helped Dr. Safirstein earn a spot in the company’s exclusive Glass Explorer program. For the past nine months, he has been using Glass, a wearable computer that looks like a pair of lens-less eyeglass frames. A small screen hovers over the wearer’s right eye, with a camera mounted on the reverse side to capture a first-person view. Glass responds to voice commands, can make voice and video calls and can handle many other smartphone-style functions — proving that it can occupy a useful new niche in health care.

### How do you use Google Glass with your patients?

We have been experimenting with Glass in a number of ways in the cardiac catheterization lab — specifically with a procedure known as coronary angiography. It uses thin, flexible tubes called catheters to look inside a patient’s cardiac arteries and to open blockages. Most often, we’re using Glass to videotape cases and give students and other operators a first-person view of how we perform a procedure. Cardiac catheterization through the wrist, which is my specialty, is attracting a lot of interest because of the benefits to the patients. With Glass, I can record a first-person view of what I’m doing for all these procedures and then use that as a teaching tool.

We’ve also been using it as a teaching tool in another sense — by starting a “video hangout,” I’ve been able to have students and others join me virtually during a case. People can ask questions continually as they are seeing what I am seeing. In the future, I could see this being used to obtain a second opinion when a surgeon would like assistance with a case.

### How do your patients respond to Google Glass?

Everyone seems very interested in Glass. Once I introduce them to the device, and explain how we are using it for educational purposes, I haven’t had a single patient decline to take part. Because Glass does have a camera, I don’t wear it around the hospital for privacy reasons — only with my patients, who have signed a special consent, in the catheterization lab.

### Does Google Glass have medical uses outside the hospital?

I was recently invited to take part in an idea challenge extended to all Glass



“Patients may benefit from the ability of Glass to call in a virtual consultant for a video conference and include the referring physician in a video-call, allowing them to directly visualize the procedure/surgery.”

— Jordan Safirstein, MD, FACC, FSCAI

Explorers in the medical realm. The point was to suggest ways in which Glass could change your medical specialty. I think that if first responders, like paramedics, had access to Glass, and if it was synced with other equipment in the ambulance, they could use it to give the medical staff in the hospital a better idea of what is going on — leaving their hands free to help patients. Time is muscle when it comes to a heart attack; anything we can do to save time is a potential benefit to the patient. ■

Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit [atlantichhealth.org/classes](http://atlantichhealth.org/classes) or call 1-800-247-9580, unless an alternative phone number is listed. Find us on Facebook for updates on selected events and calendar listings.

| CATEGORY                | EVENT   | DATE AND TIME  | LOCATION   | TELEPHONE #  |
|-------------------------|---|--|--|--------------|
| INTEGRATIVE<br>MEDICINE | Massage, Individual and Group Acupuncture, Jin Shin Jyutsu, Nutritional Counseling, Wellness Coaching, Yoga, Meditation, Cooking Classes, Physician Lectures and More | Daily appointments, Monday-Saturday; call for hours                          | Center for Well Being, 435 South St., Morristown, NJ 07960                           | 973-971-6301 |
|                         | Atlantic Integrative Medical Associates   | Daily appointments, Monday-Friday; call for hours                            | Center for Well Being, 435 South St., Morristown, NJ 07960                           | 973-971-4486 |
|                         | Mindfulness-Based Stress Reduction (MBSR)   | Ongoing programs throughout the year; call for dates and locations           | Center for Well Being, 435 South St., Morristown, NJ 07960                           | 973-971-6301 |
|                         | TRIM & FIT Medically Supervised 12-Week Therapeutic Lifestyle Program   | Free monthly lectures: Wednesdays, 6:30-7:30pm; call for dates and locations | Center for Well Being, 435 South St., Morristown, NJ 07960                           | 973-971-6301 |
|                         | Especially for Siblings   | Please call for dates and times  | Morristown Medical Center, Conference Room 3, 100 Madison Ave., Morristown, NJ 07960 | 973-971-5027 |

|                              |                                  |                                  |   |              |
|------------------------------|----------------------------------|----------------------------------|---|--------------|
| CHILDREN<br>AND<br>PARENTING | Aqua Aerobics                    | Please call for dates and times  | Atlantic Rehabilitation Institute, 95 Mount Kemble Ave., Morristown, NJ 07960   | 973-971-5027 |
|                              | Breastfeeding Your Baby, Part I  | Please call for dates and times  | Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960 | 973-971-5027 |
|                              | Breastfeeding Your Baby, Part II | Please call for dates and times  | Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960 | 973-971-5027 |
|                              | Your Baby's Birth at Morristown  | Please call for dates and times  | Morristown Medical Center, Auditorium A, 100 Madison Ave., Morristown, NJ 07960 | 973-971-5027 |
|                              | New Mom's Support Group          | Every other Friday, 9:30-11:30am | Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960               | 973-971-5027 |

Provides a safe, respectful, nonjudgmental environment where new mothers can find support and share the joys and challenges of living with a newborn. The group helps new mothers build connections and decrease isolation, normalize the challenges that all new moms face and improve parenting through self-awareness, confidence and competence. The group provides assistance and support to new mothers at risk for postpartum depression and anxiety.

|          |  |   |  |              |
|----------|--|---|--|--------------|
| DIABETES | Diabetes Education Classes             | Daily appointments; afternoon and evening group classes are available | Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960 | 973-971-5524 |
|          | Medical Nutrition Counseling           | Daily appointments, Monday-Friday                                     | Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960 | 973-971-5524 |
|          | Gestational Diabetes Education Classes | Tuesdays, 1:00-3:30pm   | Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960 | 973-971-5524 |

## Join Team Atlantic Health System for the 2014 Multiple Sclerosis Bike Tour

September 20 and 21, 2014

To register:  
[bikenjm.nationalmssociety.org](http://bikenjm.nationalmssociety.org)  
 (click "Morristown - County Challenge")  
[Contact cycle.teamatlantichhealth.org](http://Contact cycle.teamatlantichhealth.org).

Learn about what's new at Atlantic Health System at the Annual Public Meeting.  
**Date:** Wednesday, October 8, 2014  
**Time:** 5:30-7:00pm, Malcolm Forbes Auditorium

## CANCER CARE Support for Cancer Patients and Their Families

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

Speaker Gerelyn Lucas, author of *Then Came Life: A Memoir of Living with the Same Courage, Spirit, and Humor That Helped Me Survive Breast Cancer*.  
**Wednesday, October 8, 2014, at 7:00pm.**  
 Refreshments and registration start at 6:00pm at Malcolm Forbes Auditorium, Morristown Medical Center, 100 Madison Ave.  
 RSVP is necessary: 1-800-247-9580.

### Ongoing Support Groups

- For information about counseling and social work services, call 973-971-5169.
- Bereavement Support Group
  - Breast Cancer Support Group
  - Gynecological Cancer Support Group
  - Head and Neck Cancer Support Group
  - Lung Cancer Support Group
  - Oostomy Support Group
  - Pancreatic Cancer Support Group
  - Prostate Cancer Support Group
  - Survivorship Support Group
  - Drop-In Group for Family/Friends of Patients During Hospitalization

### Educational Programs

For information/registration, please call

## WELLNESS

|   |  |  |              |
|---|--|--|--------------|
| <b>Diabetes Type 1/Pump Support Group</b> | Thursday, August 7, 7:00-8:00pm                            | Morristown Medical Center, Mo Town Café, 100 Madison Ave., Morristown, NJ 07960                    | 973-971-5524 |
| <b>Diabetes Support Group</b>             | Thursday, July 17, 7:00-8:00pm                             | Diabetes and Endocrine Institute, 435 South St., Suite 340, Morristown, NJ 07960                   | 973-971-5524 |
| <b>Foot Screening</b>                     | Friday, August 15, 1:00-4:00pm<br>(20-minute appointments) | Morristown Memorial Hospital, Wound Healing Center, 435 South St., Suite 320, Morristown, NJ 07960 |              |

|   |   |   |              |
|---|---|---|--------------|
| <b>19th Annual Community Health Day</b>             | Saturday, September 6, 9:00am-1:00pm                    | Headquarters Plaza Complex, Intersection of Speedwell Ave. and Spring St., Morristown, NJ 07960 |              |
| <b>HIV Counseling, Testing (Rapid) and Referral</b> | Monday-Friday, 8:00am-4:00pm; appointments recommended. | 200 South St., Suite 342, Morristown, NJ 07960  | 973-889-6810 |
| <b>HIV Support Group: Beyond the Diagnosis</b>      | Second and Fourth Thursday of every month, 7:00-10:00pm | Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07902                                     | 973-971-8936 |

|  |  |  |                              |
|--|--|--|------------------------------|
| <b>Alliance Center for Weight Management</b> | Tuesdays, September 2, 9, 16, 23, 30, 6:30-8:00pm        | Atlantic Rehabilitation Institute, Conference Room 563, 95 Mount Kemble Ave., Morristown, NJ 07960 | 973-971-4555                 |
| <b>Weight Loss Surgery Support Group</b>     | Third Tuesday of every month, 6:00-7:00pm                | Metabolic Medicine Center, 435 South St., Suite 330, Morristown, NJ 07960                          | 877-664-9682                 |
| <b>Approaches to Weight Loss</b>             | Tuesdays, August 5, September 16, 6:00-7:00pm            | Metabolic Medicine Center, 435 South St., Suite 330, Morristown, NJ 07960                          | 877-664-9682                 |
| <b>Hypnosis for Weight Reduction</b>         | Thursdays, July 24, August 14, September 25, 7:00-9:00pm | 95 Madison Ave., Suite B06, Morristown, NJ 07960   |                              |
| <b>Hypnosis for Smoking Cessation</b>        | Wednesday, August 20, 7:00-9:00pm                        | 95 Madison Ave., Suite B06, Morristown, NJ 07960   |                              |
| <b>Male Caregiver Support Group</b>          | First Thursday of every month, 7:00-9:00pm               | 95 Madison Ave., Suite B06, Morristown, NJ 07960   | Peter Flemming, 973-214-1572 |

|  |  |   |  |
|--|--|---|--|
| <b>Mended Hearts Chapter 56</b>                    | Fourth Sunday of every month, 1:00-3:00pm              | Gagnon Cardiovascular Institute, Wilf Conference Room, 100 Madison Ave., Morristown, NJ 07960 |  |
| <b>For Your Family: Diabetes Education Program</b> | Mondays, September 15, 22, 29; October 6, 10:30am-Noon | Mount Olive Manor, 49 Flanders Bartley Road, Flanders, NJ 07836                               |  |
| <b>For Your Family: Diabetes Education Program</b> | Wednesdays, October 1, 8, 15, 22, 10:30am-Noon         | St. Patrick's Church, 85 Washington Ave., Chatham, NJ 07928                                   |  |

|  |  |  |              |
|--|--|--|--------------|
| <b>7th Annual Healthy Aging Seminar: Kickoff to New Vitality</b> | Wednesday, September 17, 1:00-4:00pm       | Morristown Medical Center, Malcolm Forbes Amphitheater, 100 Madison Ave., Morristown, NJ 07960 |              |
| <b>Stroke Support Group for Survivors and Caregivers</b>         | Third Thursday of every month, 1:00-3:00pm | 100 Madison Ave., Morristown, NJ 07960   | 973-971-4412 |

|   |   |   |              |
|---|---|---|--------------|
| <b>Art Therapy for Stroke Survivors and Caregivers</b>                                  | First, second and third Tuesday of every month, 1:00-2:00pm                       | Atlantic Rehabilitation Institute, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Ave., Ground Floor, Morristown, NJ 07960 | 973-971-4412 |
| <b>Support Group: After Stroke — Sharing With Families and Talking With a Caregiver</b> | Appointments only available Monday and Wednesday; please call for dates and times | Atlantic Rehabilitation Institute, Msgr. John F. Corr Stroke Center, 95 Mount Kemble Ave., Ground Floor, Morristown, NJ 07960 | 973-971-4412 |

- 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 973-971-6299
  - Prostatectomy Pre-Operative 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/registration, please call 973-971-6514.

- Jin Shin Jyutsu Self-Help/Individual Sessions\*
- Guided Imagery to Prepare for Surgery, Radiation, Chemotherapy\*
- Individual Acupuncture\* 973-971-6301
- Healing Touch Experience\*
- I Cancer Vive\*
- Individual/Group Spiritual Counseling\*

- Massage 973-971-6301
- Meditation/Learn to Meditate\*
- Tai Chi
- Reiki Sessions
- Pilates
- Strength Building
- Therapeutic Touch 973-971-4063
- Writing to Heal

### Music Therapy

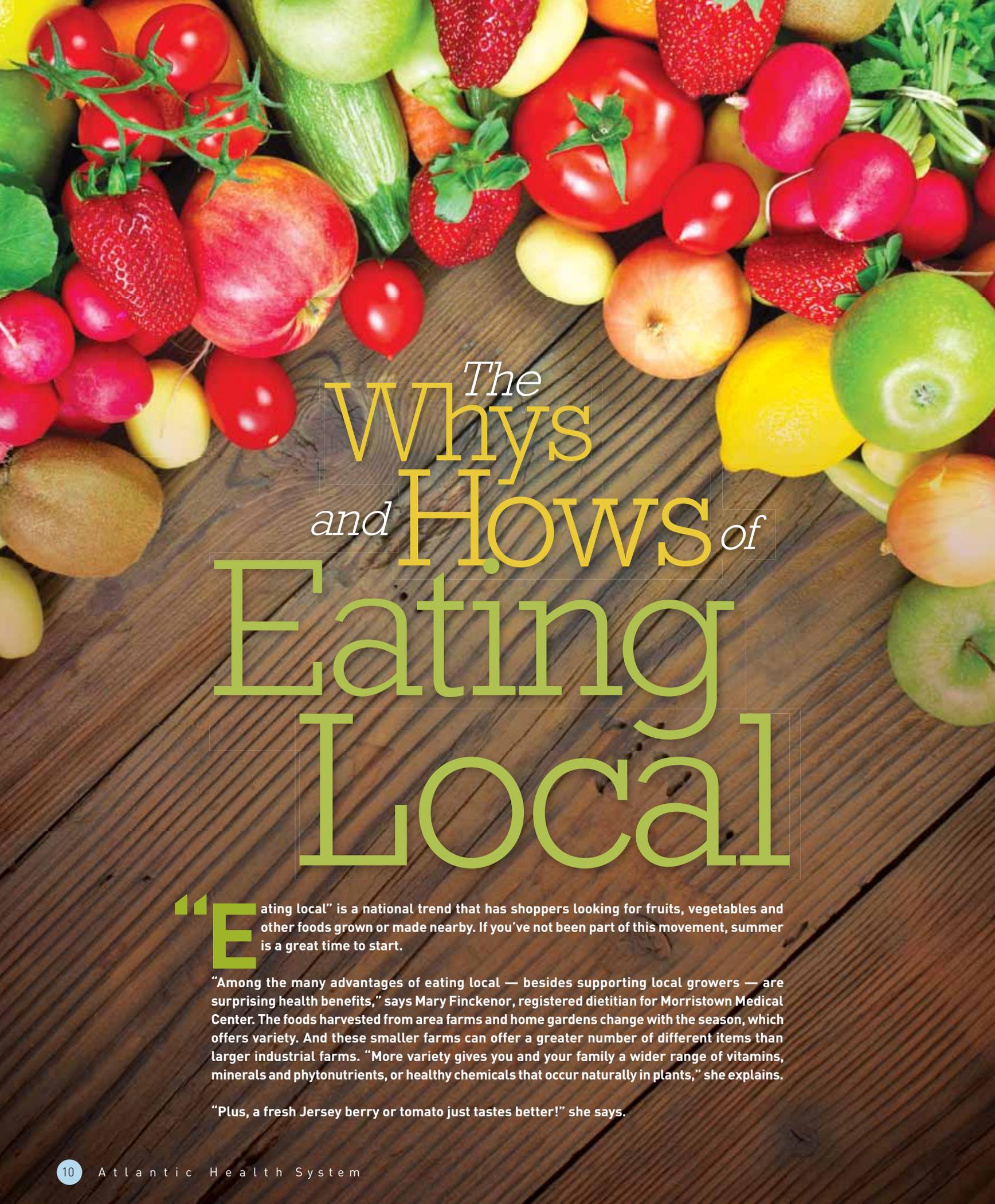
For information/registration, please call 973-971-6519.

- Somatron® Session
- Music Therapy Support Group
- Healing Through Drumming

### Now What? Post-Treatment Programs

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

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



*The*  
Whys  
*and* Hows *of*  
Eating  
Local

**“E**ating local” is a national trend that has shoppers looking for fruits, vegetables and other foods grown or made nearby. If you’ve not been part of this movement, summer is a great time to start.

“Among the many advantages of eating local — besides supporting local growers — are surprising health benefits,” says Mary Finckenor, registered dietitian for Morristown Medical Center. The foods harvested from area farms and home gardens change with the season, which offers variety. And these smaller farms can offer a greater number of different items than larger industrial farms. “More variety gives you and your family a wider range of vitamins, minerals and phytonutrients, or healthy chemicals that occur naturally in plants,” she explains.

“Plus, a fresh Jersey berry or tomato just tastes better!” she says.

## THE BENEFITS OF CHOOSING LOCAL PRODUCE

With the variety of fresh fruits and veggies now ripening in our region, it's easy to enjoy the health benefits of eating local:

**FRESHNESS** Foods grown locally are usually as fresh as they get — often picked just down the street a day or less before you buy them, versus being loaded on a transport truck for days or flown in from another country.

**RIPENESS** Because local foods have only a relatively quick trip from farm to home, you can choose foods that are ripe and ready to eat. "You can buy a peach any time of year and wait for it to ripen at home," Finckenor says. "But that fruit can't compare to biting into a juicy, fresh peach or other produce that ripened on the plant and was then harvested at the peak of the season."

**VARIETY** Out of hundreds of varieties of tomatoes or apples, for example, large,

industrial farms choose to grow just a few — based on non-nutritional factors, like how well they travel, for example. So if you limit your grocery shopping only to national producers, you might be missing out on a variety of nutrients that local produce offers.

**TASTE** Taste might not be a health benefit by itself, but it can certainly affect how many fruits and vegetables you and your family eat. Enjoy the better taste of fresh, ripe foods and the treat of discovering new varieties you can get only at certain times of the year.

**MAKING NEW FAVORITES** By looking for locally grown foods, you're bound to stumble upon something new and different. "Ask the grocer or farmer how to prepare new fruits or vegetables, and how to know if they're ripe," Finckenor says. "I've found they're always ready with a recipe." ▶

---

*Finckenor shares a colorful summer recipe for her Summer Peach and Tomato Salad using local ingredients.*



# KINGS

## FRESH PICKED AT KINGS

Beginning Friday, May 23, and running throughout the summer, Kings Food Markets offers shoppers a new definition of freshness through its 24-Hour Just Picked Promise. What this means is that Kings commits to making locally grown, farm-fresh produce available to customers within 24 hours of being hand-picked — conveniently giving customers all the benefits of a local farm stand with the convenience of their neighborhood food market where they shop for their families.

"To get the taste, crisp and nutrition that only comes from genuine freshness, all shoppers have to do is look for the '24 hour Just Picked' seal at Kings," announces Paul Kneeland, vice president of Produce, Meat, Seafood and Floral for Kings Food Markets. "Those fruits, vegetables and herbs have been hand-picked on a local New Jersey farm and delivered to Kings' stores within 24 hours, so you know they're at the peak of freshness and can serve them with confidence."



---

For more information, visit [kingsfoodmarkets.com/farm-fresh](https://kingsfoodmarkets.com/farm-fresh).

## HEALTHY LOCAL RECIPE

# Summer Peach and Tomato Salad

### INGREDIENTS

- ¼ cup sliced red onion
- ½ pound ripe peaches, pitted and cut into wedges
- ½ pound tomatoes — any type, cut into bite-sized pieces
- 1 tablespoon apple cider or balsamic vinegar
- 1 teaspoon olive oil
- 1 teaspoon honey
- ⅛ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- ¼ cup (1 ounce) crumbled feta or goat cheese
- 2 tablespoons chopped basil
- ¼ cup toasted chopped pecans (optional)



### PREPARATION

1. Combine first 3 ingredients in a large bowl.
2. Combine vinegar, olive oil, honey, salt and pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over peach mixture; toss well to coat. Sprinkle with cheese, basil and pecans (optional).

Serves 4

# • A Bariatric victory

**A**t about this time last year, Deborah Van Dyk, 57, of Andover Township, N.J., could hardly walk down the street. She avoided mirrors and cameras, she says, and would not consider doing many of the things that were once part of her very active life.

*She weighed 360 pounds. What a difference a year can make.*



Before



After



Deborah Van Dyk

"I tried twice over many, many years to find a surgical weight loss program that was right for me," she says. "Then in June 2013, I called Atlantic Health System. I guess third time's the charm. They took me right in, and the results have been amazing."

Over the next several months, Van Dyk met with Michael J. Nusbaum, MD, chief of bariatric surgery for Atlantic Health System, and attended educational sessions at Sparta Health & Wellness Center. She lost 40 pounds with the staff's help, and then in October had "gastric sleeve" surgery at Newton Medical Center.

"I'm now closing in on 200 pounds, and I'm still losing weight," she says, delighted. "It's the very best thing I've ever done to feel better and become healthier."

#### Surgery and Beyond

Experts in bariatrics (from "bar," the Greek word for "weight") at Atlantic Health System specialize in controlling and treating obesity and diseases related to excess weight. Thousands of

individuals from New Jersey, surrounding states and even other countries have had successful bariatric surgery at Atlantic Health System, making this program one of the leaders in the state.

"In addition to surgical expertise, we have the follow-up that all of our patients need to be successful after the surgery," says Shomaf Nakhjo, MD, bariatric surgeon for Newton Medical Center. "That's a key component to their success."

#### More Than Just Weight Loss

The support also includes a metabolic center, with experts to help evaluate and educate patients who have health conditions caused by or made worse by excess weight.

"Three out of four of our patients have diabetes, high blood pressure, sleep apnea, metabolic syndrome or other conditions that are related to weight," Dr. Nusbaum says. "Obesity can also cause joint pain, migraines and infertility. It's been gratifying to see so many of our patients cured of these problems, just by losing the excess weight."

Dozens of research studies report similar results, showing that weight loss surgery can cut the risk of heart attack in half and cure diabetes as quickly as 12 weeks after surgery, for example. With the recent expansion of this service at Atlantic Health System, even more people will be able to reap the important health benefits of bariatric weight loss surgery, Dr. Nusbaum adds.

#### Healthy Surprises

"From helping me understand what the best surgery was for me, to providing support even now, they led me to success," Van Dyk says. "The only surprise has been how much more energy I have and that my knees no longer hurt."

Van Dyk now easily walks three miles every day. And she's looking forward to trying new activities, like kickboxing, yoga and Nautilus machines.

"I just want to do it all, now that I can!" she says, clearly having found her new lease on life. ▶

## Bariatric Weight Loss at Atlantic Health System

Atlantic Health System physicians who specialize in weight loss have performed thousands of weight loss surgeries in total, including gastric sleeve, the most common procedure, plus adjustable gastric band surgery and stomach "stapling" gastric bypass (the Roux-en-Y procedure).

Patient support includes education and counseling from bariatric surgeons, psychotherapists, nutritionists, anesthesiologists, nurses, technicians and exercise physiologists, plus monthly support groups after the surgery.

Patients can come to a free informational session or visit the office to learn more about their options.

**To learn more:**

**For free educational seminars, call 1-800-247-9580.**

**For additional information, visit [atlantichealth.org/weightloss](http://atlantichealth.org/weightloss).**

# Especially for Women

New program targets heart disease.

**F**or women, having heart disease is quite a different experience when compared with men. On average, women develop coronary heart disease much later in life — about 10 years later — than men do. Signs of a heart attack can be more subtle and can be confused with other health conditions. And women are much more likely to worry about having cancer than about their heart health, even though more women die from heart disease each year than all forms of cancer combined.

“This is the kind of information we want women to know, so they can take steps to improve their health and quality of life if they have heart disease,” says Claire Boccia, MD, a cardiologist and director of the Women’s Heart Program for Atlantic Health System.

To accomplish this goal, Atlantic Health System recently joined with WomenHeart, the national coalition of women with heart disease, as partners in a national program to provide education and support to women with heart disease. The program will also give women in the community a chance to share their experiences and knowledge with others.

Women who are survivors of heart disease run regional and local WomenHeart programs, Dr. Boccia explains. They know the challenges women face and, through this national program, connect women with the resources they need.

## Recruiting Local Volunteers

“We’ll be reaching out to women with all types of heart conditions, from coronary artery disease with chest pain syndromes called angina, to those with irregular heart beats, valve disorders, pregnancy-related heart complications, as well as to those who have survived strokes and heart attacks,” Dr. Boccia says.

Volunteer “WomenHeart Support Network Coordinators” receive comprehensive training for Atlantic Health System’s WomenHeart programs at one of two large, national events each year. The health system’s first Support Network Coordinator completed her training in May, at a three-day, all-expenses-paid Science & Leadership Symposium in Washington, D.C.

“The training is intense, and volunteers learn from nationally recognized physicians, psychologists, nurses and other experts in women’s heart disease and education,” Dr. Boccia notes. “Once back home, Network Coordinators have the tools they need to start reaching out to women with heart disease. It’s a very exciting program, one we’re proud to be part of because of what it offers the women in our community.” Understanding gender differences in all types of heart disease is so important. This will complement the gender-optimized care provided by the doctors and nurses at Atlantic Health System’s Women’s Heart Program.

“Our volunteers learn from nationally recognized physicians, psychologists, nurses and other experts in women’s heart disease and education.”

— **Claire Boccia, MD, cardiologist and director of the Women’s Heart Program for Atlantic Health System**



## How to Get Involved

To get news of upcoming events and support group meetings, or to learn more about becoming an Atlantic Health System WomenHeart Network Coordinator, contact us weekdays, 9:00am to 5:00pm at 973-971-8811. Please leave a message after-hours. Or you can email us anytime at: [women.heart@atlantichealth.org](mailto:women.heart@atlantichealth.org). ▶

**For more information on the Women’s Heart Program, visit: [atlantichealth.org/womensheart](http://atlantichealth.org/womensheart).**

## UPDATES at the Atlantic Center for Research New Treatment Alternatives for Melanoma Skin Cancer

Despite prevention efforts, skin cancer and melanoma rates continue to rise. According to the National Cancer Institute (NCI), there will be 76,100 new cases of melanoma, a type of skin cancer, in 2014. Some types of melanoma are difficult to treat, especially if patients are diagnosed with late stage cancer.

Melanoma comprises only five percent of skin cancer cases, but accounts for seventy-seven percent of skin cancer-related deaths, due in part to a lack of effective therapies for advanced disease. With recent advances in the development of new treatment options for melanoma, clinical trials should be strongly considered.

Melanoma that has spread to other parts of the body is often incurable, but two types of

treatments have demonstrated promise by helping patients live longer: immunotherapy and targeted therapies. At the Atlantic Melanoma Center, clinical trials are under way that are evaluating how well these therapies stop the spread and prevent the return of melanoma.

“Late stage melanoma can be challenging to treat, but now we have more options and are able to provide patients with treatment that is suitable for their specific type of melanoma,” explains Eric Whitman, MD, director of the Atlantic Melanoma Center and medical director for Carol G. Simon Cancer Center. “Clinical trials are advancing what we know about the most aggressive forms of melanoma and are ways for patients to access options that are not yet commonly available.”

**If you are interested in learning more about clinical trials for melanoma, visit [atlantichealth.org/research](http://atlantichealth.org/research) or email [research@atlantichealth.org](mailto:research@atlantichealth.org).**



You can also hear about new studies and keep up with the latest medical research nationwide, with a new Twitter feed from Atlantic Health System. Follow [@NJResearch](https://twitter.com/NJResearch).

## Foundation NEWS

### A Heartfelt Thank You to Our Donors

You've heard of Christmas in July, but what about Thanksgiving all year long? Throughout Atlantic Health System, 2014 is being celebrated as the Year of Gratitude — 365 days to be more appreciative in our work and personal lives. At the foundations, we see it as 365 opportunities to thank our donors, the people whose generosity has helped our medical centers be the best they can be.

When we consider the magnitude of their support, even a daily “thank you” hardly seems enough. Our benefactors have helped us build and refurbish buildings, purchase latest-generation equipment and fund essential new positions. They have helped us provide education, screenings and scholarships. In truth, they have helped us save lives and have given patients and their families hope at a time they have needed it most.

*How do you begin to thank someone for that?*

We'll start by continuing to offer compassionate care to everyone who comes to our medical centers and by empowering our communities to be the healthiest in the nation. And, of course, by saying thank you from the bottom of our hearts.

Please consider joining our esteemed group of donors, by reaching out to one of our foundations. For Morristown Medical Center, visit [f4mmc.org](http://f4mmc.org) and select Donate Now or call 973-593-2400. For Newton Medical Center, visit [newtonmedicalcenterfoundation.org](http://newtonmedicalcenterfoundation.org) and select Online Donation or call 973-579-8309. For Overlook Medical Center, visit [overlookfoundation.org](http://overlookfoundation.org) and select Donate Now or call 908-522-2840.

## Atlantic Health System

475 South St.  
 Morristown, NJ  
 07960-6459

NON-PROFIT  
 US POSTAGE  
 PAID  
 PERMIT 148  
 SARATOGA  
 NY 12866

For a referral to  
 an Atlantic Health System  
 doctor, call 1-800-247-9580  
 or visit [atlantichealth.org](http://atlantichealth.org).



### Atlantic Health System Main Locations

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

---

- 2 Outpatient Medicine**  
 435 South St., Morristown, NJ 07960

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

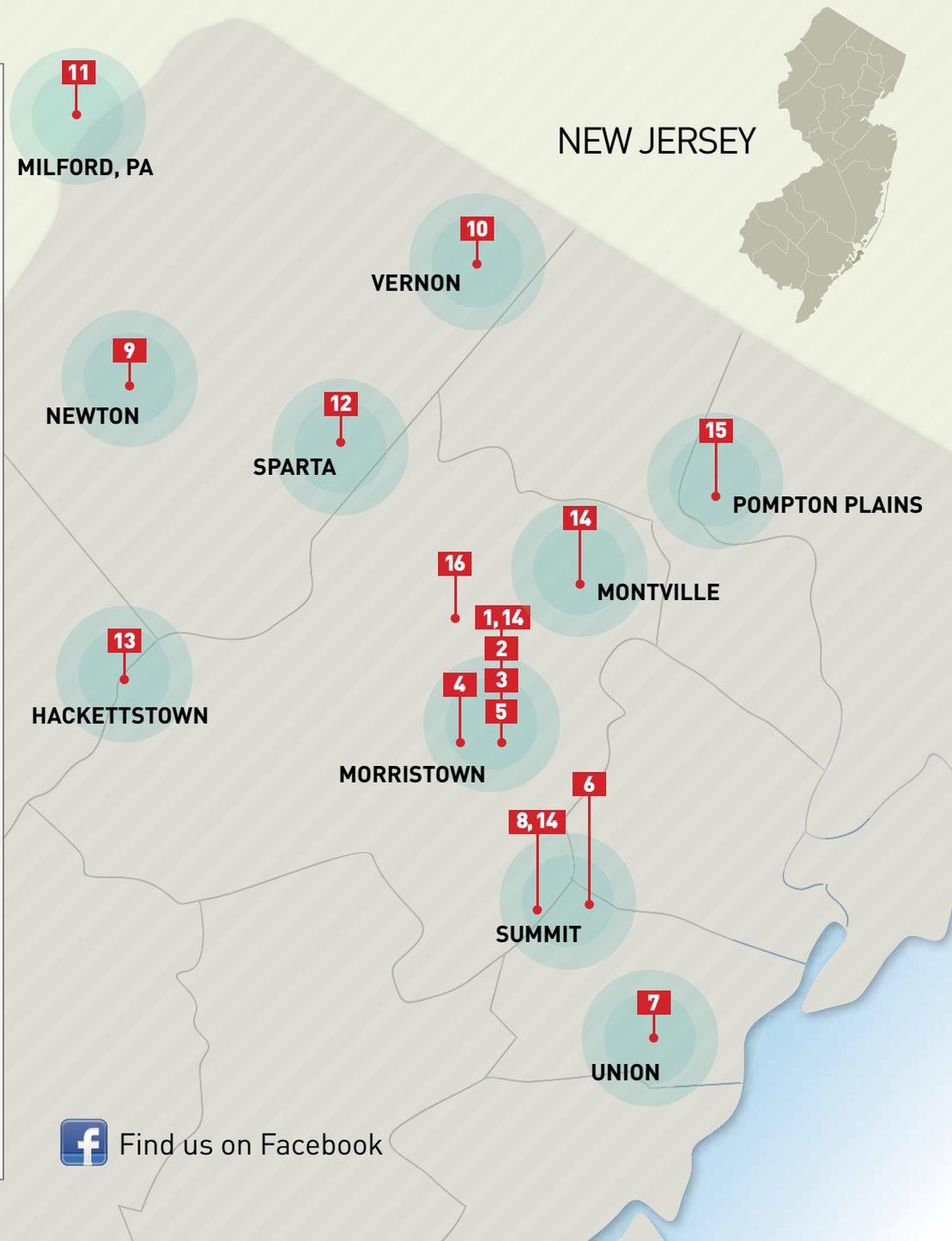
- 14 Center for Well Being**  
 100 Madison Ave., Morristown, NJ 07960  
 357 Springfield Ave., Summit, NJ 07901  
 137 Main Road, Montville, NJ 07045

---

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

---

- 16 Medical Institute of New Jersey**  
 100 Saddle Rd.  
 Cedar Knolls, NJ 07927



 Find us on Facebook