contents

DEPARTMENTS

3 In Brief
4 Health Beat
8 Calendar
12 Healing Complicated Wounds
15 Research/Foundation News
16 Locations

FEATURES

5 Heart Attacks: Assess Your Risk
6 New Advances in Heart Valve Repair
10 Summer Produce Guide
13 Integrative Medicine: The Benefits of Metronome Training
14 Radiology: Cancer Patient Fights Back

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

Well Aware Kids
Twice a year, Goryeb Children’s Hospital publishes Well Aware Kids. The publication has informative articles for those with kids ranging from newborns to teenagers. Want a copy? Please contact us at well.aware@atlantichealth.org.

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For additional information, visit atlantichealth.org.

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/OverlookMedicalCenterNJ
/ChiltonHealth
/GoryebChildrensHospitalNJ

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

Atlantic Health System is one of the largest nonprofit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Goryeb Children’s Hospital and Atlantic Rehabilitation. The five medical centers have a combined total of 1,599 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children’s Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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HEAT STROKE: Avoid Getting Burned

If the nice weather has you clamoring to go outside, be careful. Summer brings not only much-welcomed warmth but also the increased risk of heat stroke.

What Is Heat Stroke?
Heat stroke is the most severe form of heat injury. It’s caused by prolonged exposure to high temperatures. Heat stroke is a medical emergency. Symptoms include the following:
- Dizziness
- Rapid, shallow breathing
- Lack of sweat

Who's at Risk?
Anyone exposed to a hot environment is at risk, as is anyone participating in physical activity. According to the Centers for Disease Control and Prevention, heat stroke is more likely to occur in people not used to high temperatures.

What Can You Do?
To help prevent heat illnesses, do the following:
- Avoid restrictive clothing
- Drink water regularly
- Wear sunscreen

Get more heat stroke information at cdc.gov/extremeheat.

Stroke Camp Helps Survivors and Caregivers With Healing

To help improve the quality of life for stroke survivors and caregivers, Atlantic Health System, Overlook Foundation and the Kessler Foundation have designed a weekend retreat focused on relaxation, socialization and support.

The Retreat & Refresh Stroke Camp takes place October 2-4 at Fellowship Deaconry Ministries in Basking Ridge. Attendees will enjoy three days of crafts, speakers, music, integrative therapies and other fun activities.

To register, visit strokecamp.org or call 309-688-5450.

DARE TO C.A.R.E.: FREE VASCULAR SCREENINGS AVAILABLE

Approximately 610,000 Americans will have a stroke for the first time this year, according to the Centers for Disease Control and Prevention.

Dare to C.A.R.E. is a national initiative designed to catch vascular disease – a leading cause of stroke – before it can lead to more serious problems. As part of the initiative, Atlantic Health System is offering free vascular screenings to everyone over the age of 60 and individuals over 50 with risk factors like smoking.

Here’s a list of screening locations:
1401 Broad Street
Clifton, NJ

95 Madison Avenue
Morristown, NJ

649 Morris Avenue
Springfield, NJ

433 Central Avenue
Westfield, NJ

Morristown Medical Center Health Pavilion
333 Mount Hope Avenue
Rockaway, NJ

Call 973-759-6333 to schedule a free screening.
MORRISTOWN MEDICAL CENTER RANKED STATE’S TOP HOSPITAL

Last fall, over 3,000 licensed physicians in New Jersey cast their votes for the state’s top hospitals. The results are in: Morristown Medical Center is New Jersey’s top hospital overall for the fifth straight year.

The survey, conducted by Castle Connolly Medical Ltd., separated results into two categories: hospitals with 350 beds or fewer and hospitals with over 350 beds. Morristown Medical Center took home the honors in the latter category.

The results also recognized the medical center as the top hospital for the treatment of several health conditions, including breast, prostate and pediatric cancers; congestive heart failure; and strokes.

2015 IS THE YEAR OF WOMEN’S HEALTH AT NEWTON MEDICAL CENTER

Newton Medical Center wants to empower women to take charge of their health and be advocates for the health of women in their lives.

The following preventive screenings will go a long way in helping you take charge of your health:

• **Pap Smear** – The gold standard for detecting early cervical cancer and abnormalities, women should receive this test during their gynecology visit, beginning at age 21. Based on age, the screening should be repeated every three to five years.

• **Mammogram** – Healthy women age 40 and older, and younger women with elevated risk for breast cancer, should receive a mammogram each year.

• **Blood Pressure and Cholesterol** – These screenings measure your risk for heart disease. Blood pressure should be screened at least once every two years; cholesterol should be monitored regularly, based on your doctor’s recommendation.

• **Colonoscopy** – Go for your first screening at age 50, or earlier if you’re at high risk for colorectal cancer, then once every 10 years if results are normal. By finding and removing polyps, this test can prevent cancer.

• **Bone Density Test** – After menopause, women should be screened regularly for osteoporosis with a bone density test.

Learn more at atlantichealth.org/newton.

NOTE: These are general screening guidelines. Please consult with your physician for personalized recommendations.

SKIN CANCER: What You Should Know

As more people head to the beach or pool to cool off from the summer heat, it’s important to stay mindful of sun protection. According to the Centers for Disease Control and Prevention, skin cancer is the most common cancer in the United States, and extensive sun exposure is a leading cause.

Take the following precautions to protect your skin. First, always use sunscreen if you plan to be outside over an hour. The CDC recommends using a sunblock with at least an SPF of 15. Protective clothing like hats can be a big help, too.

Fortunately, skin cancer is easily detectable. Performing a self-exam regularly is critical to early detection. Look out for the following irregularities:

• **New skin growths**
• **Changes in existing ones**
• **Open sores**

For more information, visit cdc.gov and search for “skin cancer.”
New Procedure Helps Assess Heart Attack Risk

Cindy Codispoti, DO, a cardiologist for Newton Medical Center discusses the latest technology in assessing a patient's risk for a heart attack. This test is then interpreted by Seth Uretsky, MD, medical director, cardiovascular imaging at Atlantic Health System medical centers.

Q: Besides traditional risk factors for heart disease and stress testing, is there any other test out there that could assess my risk of having a heart attack in the next several years?

The answer is yes. Coronary artery calcium (CAC) scanning has emerged as a unique tool to detect calcium in the heart arteries.

Cardiovascular disease remains steadfast as the leading cause of death worldwide. Health care providers are continually searching for better tools to manage patients at risk for heart disease and help reduce cardiovascular mortality.

Patients are increasingly aware of “traditional” risk factors of coronary heart disease, which include age/gender, tobacco use, high blood pressure, high cholesterol, family history and diabetes. However, I have often been asked if there is any other test that can help determine the risk of having a heart attack.

Conventional risk assessment tools may underestimate the risk of coronary heart disease, particularly in women and younger patients. Many patients ask if there is a way to look at their vessels for the presence or absence of coronary artery plaque buildup, the disease process that can lead to a heart attack. CAC can be measured using chest-computed tomography, available at Morristown and Newton medical centers.

The test takes about five minutes and uses a relatively low dose of radiation to detect the presence of calcium in the coronary arteries. Calcium in the heart arteries establishes the presence of the disease process called atherosclerosis. The volume of calcium measured by advanced software technology produces a score, which correlates highly with risk of future coronary heart events. A calcium score of zero assures a very low risk.

CAC scanning is an especially unique test. It has virtually no false positive rate – if the scan detects calcium, then it is there. And unlike traditional risk factors, coronary artery calcium is not a risk factor at all; it is an actual disease. The presence of coronary calcium should prompt providers to consider more aggressive management.

However, CAC scanning is not for everyone. To see if this test is right for you, contact your primary care physician or cardiologist. They will be able to determine whether CAC scanning is appropriate for your particular case.

For more information about this test, please call 973-971-6877 (Morristown Medical Center) or 973-579-8720 (Newton Medical Center).
“One of our patients who had a catheter-based valve replacement was able to get back to ballroom dancing when he never thought he’d be able to do that again.’’

— Linda Gillam, MD, MPH, chair of Atlantic Health System’s Cardiovascular Medicine Department
Innovative program keeps hearts pumping with cutting-edge valve procedures

Your heart works hard every day, pumping much-needed oxygen and nutrient-rich blood through your body. It has four valves that make sure blood moves in the right direction, but these can become narrowed or leak at times due to factors like illness and age. This is known as heart valve disease, which affects nearly 5 million people each year. When the leakage or narrowing is mild, the patient may experience no symptoms. But the consequences of severe dysfunction may be catastrophic.

Serious Care for a Serious Problem
The specialists at The Heart Valve Program of Gagnon Cardiovascular Institute at Morristown Medical Center repair severely damaged heart valves with a range of surgical and catheter-based procedures. The surgical program is the largest in New Jersey and one of the largest in the Tri-State Area with excellent outcomes, as measured by quality review agencies. The Heart Valve Program has also been doing catheter-based procedures longer and with higher volumes than any other program in New Jersey.

According to Linda Gillam, MD, MPH, chair of Atlantic Health System’s Cardiovascular Medicine Department: “While surgery and catheter-based procedures are done at Morristown Medical Center, the valve program itself encompasses all of the hospitals in the system as well as our affiliated cardiologists.”

She notes that finding the right care is not a decision to be taken lightly. “If someone is a candidate for either surgery or a catheter-based intervention, you want to look for a hospital that does these sorts of things frequently, has been doing them for a long time, and has demonstrated excellent outcomes – that describes Morristown Medical Center.”

Advances Offer New Hope
Heart valves can face a number of different problems, which is why proper diagnosis is critical. The Heart Valve Program incorporates advanced imaging techniques like three-dimensional echocardiography, cardiac magnetic resonance and cardiac computed tomography to ensure that patients get necessary treatments and avoid unnecessary procedures.

“The imaging has gotten much better, so we really understand the processes that make valves malfunction and can more accurately assess the severity of that malfunction,” says Dr. Gillam. “We can provide images that look just like what the heart surgeon would see during a valve operation. With these pictures, we can better determine what the best treatment options are.”

These innovations have been instrumental in helping patients with severe heart valve disease take their lives back. “For example, one of our patients who had a catheter-based valve replacement was able to get back to ballroom dancing when he never thought he’d be able to do that again. The Heart Valve Program ensures that patients with valve disease receive coordinated expert evaluation and management.”

Morristown Medical Center has been ranked a top hospital nationwide for cardiology and heart surgery by U.S. News & World Report.
**INTEGRATIVE MEDICINE**

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<tbody>
<tr>
<td>Massage, Acupuncture, Jin Shin Jyutsu, Nutritional Counseling, Wellness Coaching, Yoga, Meditation, Cooking Classes, Strength Training, Zumba, Physician Lectures, Monthly Special Events and More</td>
<td>Daily appointments, Monday-Sunday; call for hours</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960</td>
<td>973-971-6301</td>
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<tr>
<td>Atlantic Integrative Medical Associates</td>
<td>Daily appointments, Monday-Friday; call for hours</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960</td>
<td>973-971-4686</td>
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<tr>
<td>Mindfulness-Based Stress Reduction (MBRSR), FEE: $400 for the 12-week program</td>
<td>Ongoing programs throughout the year; call for dates</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960</td>
<td>973-971-6301</td>
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<tr>
<td>Lifestyle Change, FEE: $900 for the 12-week program</td>
<td>Free monthly lectures; call for dates, times and locations</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960</td>
<td>973-971-6301</td>
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<tr>
<td>Spa Services. Indulge in one of our new body therapies – a Vitalizing Body Wrap, a Warm Stone Massage or a Happy Feet Treat; please call for fees</td>
<td>Call for more information or to make an appointment</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960</td>
<td>973-971-6301</td>
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<tr>
<td>Interactive Metronome BMI: This is an interactive computer-based therapy that stimulates synchronization of timing in multiple regions of the brain; please call for fees</td>
<td>Call for more information or to make an appointment</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960</td>
<td>973-971-6301</td>
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<td>Dean Ornish Program</td>
<td>Free monthly lectures; call for dates, times and locations</td>
<td>Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960</td>
<td>973-971-7230</td>
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**CHILDREN & PARENTING**

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<tr>
<td>Aqua Aerobics, FEE: $100</td>
<td>Wednesdays, 6:45-7:45pm</td>
<td>Atlantic Rehabilitation, 95 Mount Kemble Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<tr>
<td>Especially for Siblings, FEE: $50</td>
<td>Saturday, July 18, 9:30-11:00am</td>
<td>Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<tr>
<td>Breastfeeding Your Baby, Part II, FEE: $35</td>
<td>Wednesdays, July 8, 22; August 12, 26; September 9, 23, 6:00-8:30pm</td>
<td>Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<tr>
<td>ABCs of Going Home With Your Baby, FEE: $100</td>
<td>Mondays, July 6, 13; August 24, 31; September 14, 21, 6:00-8:30pm</td>
<td>Morristown Medical Center, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<tr>
<td>Your Baby’s Birth at Morristown, FEE: $75</td>
<td>Thursdays, July 15, August 13 and September 17, 6:00-8:30pm</td>
<td>Morristown Medical Center, Auditorium A, 100 Madison Avenue, Morristown, NJ 07960</td>
<td>973-971-5027</td>
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<tr>
<td>Diabetes Education Classes</td>
<td>Wednesdays, 5:00-7:00pm; Thursdays, 1:30-3:30pm; afternoon</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960</td>
<td>973-971-5524</td>
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**MEDICINE**

**Support for Cancer Patients and Their Families**

- GYN Cancer Survivorship Symposium
  - Saturday, September 26, 2015
  - 8:00am-2:00pm
  - Morristown Medical Center Auditoriums A and B
  - Registration: 1-800-247-9580

**Ongoing Support Groups**

- Bereavement Support Group
- Breast Cancer Support Group
- Gynecological Cancer Support Group
- Head and Neck Cancer Support Group
- Lung Cancer Support Group
- Ostomy Support Group
- Pancreatic Cancer Support Group
- Parenting With Cancer
- Post-Treatment Support Group
- Prostate Cancer Support Group

**Educational Programs**

- For information/registration, please call the numbers listed below.
  - Caregivers Presentation and Luncheon: 973-971-4063
  - Look Good, Feel Better Program: 1-800-ACS-2345
  - Post Breast Surgery Program: 973-971-5769
  - 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**

- Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960
  - chamberscenterforwellbeing.org or calendar.atlantichealth.org

- Chambers Center for Well Being, 435 South Street, Morristown, NJ 07960
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Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit calendar.atlantichealth.org 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.
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<tr>
<td>Two O’clock Tea and Talk: Osteoarthritis</td>
<td>Friday, July 31, 10:30-11:30am</td>
<td>CareOne at Madison Avenue, 151 Madison Avenue, Morristown, NJ 07960, 973-656-2700</td>
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<tr>
<td>How to Keep the Keys Longer</td>
<td>Friday, July 17, 1:00-4:00pm</td>
<td>435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960, 973-656-2700</td>
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<tr>
<td>Hypnosis for Smoking Cessation</td>
<td>Monday, August 24, 10:00am-1:00pm</td>
<td>435 South Street, 3rd Floor Conference Room, Morristown, NJ 07960, 973-656-2700</td>
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<tr>
<td>Intermediate Senior Fitness</td>
<td>Tuesdays, July 6, 13; August 24, 31; September 14, 21, 6:00-8:30pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Morristown, NJ 07960, 973-971-4412</td>
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<tr>
<td>Successful Surgery</td>
<td>Tuesdays, June 16, 23, 30; July 7</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Morristown, NJ 07960, 973-971-4412</td>
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<tr>
<td>Breastfeeding Your Baby, Part II</td>
<td>Thursday, July 16, 7:00-8:00pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960, 973-971-5524</td>
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<td>ABCs of Going Home With Your Baby</td>
<td>Thursdays, July 15, August 13 and September 17, 6:00-8:30pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960, 973-971-5524</td>
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<tr>
<td>Type 2 Diabetes Support Group</td>
<td>Wednesdays, 5:00-7:00pm; Thursdays, 1:30-3:30pm; afternoon and group classes are available</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960, 973-971-5524</td>
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<td>Lung Cancer Support Group</td>
<td>Tuesdays, July 14; September 22, 6:30-7:30pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960, 973-971-5524</td>
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<td>Prostate Cancer Support Group</td>
<td>Thursdays, August 6, 7:00-8:00pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960, 973-971-5524</td>
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<td>Prostatectomy Preoperative Class</td>
<td>Thursdays, August 31, 6:30-8:30pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960, 973-971-5524</td>
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<td>Preparing for Breast Cancer Surgery</td>
<td>Tuesday, September 14, 6:00-8:00pm</td>
<td>Diabetes and Endocrine Institute, 435 South Street, Suite 340, Morristown, NJ 07960, 973-971-5524</td>
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There are few things better than biting into a fresh peach or a ripe tomato. Summer brings a bounty of produce teeming with flavor and nutrition along with lots of opportunities to get it fresh from the farm.

"Farmers’ markets start to open up at the end of spring into summer, where you’ll have all your farms selling local produce. It’s a great way to support your community, plus you’re getting produce at its freshest point and getting maximum nutritional value," says registered dietitian Sabrina Lombardi, clinical nutrition coordinator for Newton Medical Center.

Filling up on fresh produce is easier in the summer. "If you’re trying to make half of your plate fruits and vegetables, that goal is much more attainable in summer when everything is local and available. Oftentimes, the price can be a little bit better, too," says Lombardi.

**Fruit Is Bursting With Health**

Berries are at their peak in the summer months, and the selection is endless. "Berries are an excellent source of antioxidants, fiber and vitamin C," says Lombardi. "If you’re stocking up on fresh berries, they freeze well and keep their nutritional value when frozen. Frozen berries are great to use to make smoothies, or frozen blueberries are a nice cool treat in summer."

Peaches are another healthy summer fruit. "They have a lot of free radical-arresting properties," says Mary Finckenor, registered dietitian for Morristown Medical Center. "They’re really potent antioxidants, which help block the activity of free radicals that may lead to many diseases."

When it comes to tomatoes – yes, tomatoes are a fruit – there are literally thousands of varieties. "They’re super high in antioxidants and have a good amount of vitamin C. A medium-sized tomato is going to give you a third of your day’s worth of vitamin C," says Finckenor. "They’re also high in carotenoids like lycopene, zeaxanthin and beta-carotene, which help decrease the risk of certain cancers and diseases of the eyes."

**Summer Vegetables Await**

From beans to peas to sweet corn, summer veggies are varied and plentiful. Lombardi recommends grilling vegetables to add flavor.

"Salad greens come in different varieties like red and green leaf lettuces or romaine and can be mixed. Lettuce varieties have many vitamins and minerals, including most of the
B vitamins, and are good sources of fiber,” says Lombardi. “More fiber promotes good heart health.”

And do not forget about fresh herbs. “Herbs during the summer months are more available, and they are easy to grow,” says Lombardi. “It’s fun to experiment with fresh herbs when cooking.”

**Go Local**
Going local is a breeze when it comes to purchasing fresh produce. Check out jerseyfresh.nj.gov for pick-your-own locations and farmersmarketonline.com for a list of local markets.

If you’re trying to make half of your plate fruits and vegetables, that goal is much more attainable in summer when everything is local and available.
Specialized Healing for Complicated Wounds

Danilo Q., 66, of Rockaway, was quite pleased this spring to be healthy enough to celebrate his 39th wedding anniversary with his wife. And given his condition, he was delighted that he could soon return to his twice-weekly Ping-Pong matches.

“Because of diabetes, I’ve had many toes amputated,” he says. “But between the employees at the Hyperbaric Center at Morristown Medical Center, my family and the Lord, I’m healing well. I drive by many hospitals to get care with Atlantic Health System. And there’s good reason why.”

Healing of tissue after amputation can be a challenge, and success requires a team experienced in specialized treatments, including hyperbaric oxygen therapy.

“The patients we see often have health conditions that are complex,” says Marilyn Althoff, MD, medical director of hyperbaric medicine for Morristown Medical Center and the state’s only fellowship-trained physician in this subspecialty. “So we work closely with each patient, their family and many different specialists. It’s this whole package over time that gets patients back to better health.”

During hyperbaric treatments, patients like Danilo enter a specialized chamber that holds purified oxygen, which promotes wound healing. Morristown Medical Center has the state’s first accredited hyperbaric center, recognized by a national organization for its quality and safety.

“Wound care healing takes time, and it’s hard work for patients,” Dr. Althoff says. “So we focus not just on the medicine, but on providing support and encouragement to help our patients get back to what’s important to them.”

Wounds in people who have diabetes, poor circulation, radiation treatment for cancer or pressure ulcers (bedsores) often do not heal well or quickly enough. The Wound Healing Center at Morristown Medical Center offers wound care experts working as a team to identify the cause and best course of treatment for our patients.

Our wound care experts provide the following:

- Advanced services to diagnose the underlying cause of wounds
- Minor surgery to remove unhealthy tissue and promote healing
- Coordination of care with home health care agencies
- Family education and counseling
- Hyperbaric oxygen therapy (see feature story)

Danilo’s family, friends and colleagues are happy to have him back, including church members at El Shaddai Assembly of God, Wharton, where he serves as senior pastor, and his Ping-Pong teammates.
Keeping the Beat
High-tech metronome improves attention and thinking

How good are you at clapping to a musical beat? It turns out that this practice not only helps to improve rhythm, but also so much more.

"With the right kind of practice, improvements in rhythm and timing can help you with concentration and attention, schoolwork and jobs, and even behavior and sports," says Carole Reifsnyder, RN, clinical manager for Atlantic Health System’s Chambers Center for Well Being. "There’s a body of research that shows significant improvements in all these areas."

Atlantic Health System is now offering a new program to make the “right kind of practice” available to the public. During a series of 17 sessions, a registered nurse who is board-certified in holistic health guides a participant through a computer-based training called the Interactive Metronome. A metronome, as you might recall from childhood piano lessons, is a device that helps keep time and tempo. Health professionals have effectively used a computer-based version for years to help children and adults with a variety of health conditions, including attention-deficit hyperactivity disorders. They also use it for everyday activities.

“Research shows that this training can improve reading-related skills of elementary school children by up to twenty percent, and reading comprehension in high school students by up to ten percent,” Reifsnyder says. “Another study found that it helped golfers improve accuracy and precision. Our goal here at the Chambers Center for Well Being is to make similar benefits available to anyone, adult or child, who wants to improve their performance at home, work or play.”

How It Works
Interactive Metronome training stimulates the “executive” parts of the brain, the areas responsible for memory, problem solving, planning and completing tasks, Reifsnyder says. During each one-hour session, a participant works with a holistic health nurse who is trained and certified in this therapy. The computer guides the participant to match hand and foot exercises with a metronome beat. The nurse adjusts the speed and difficulty of the activities and matches a variety of games in the computer program with the person’s goals and interests.

Benefits come in many areas and can last for years. These include the following:
• Better “working memory,” or the ability to store and retrieve information
• Greater ability to focus on specific tasks and ignore distractions
• Improved ability to manage time and follow directions, such as a recipe or complicated instructions
• Improvements in physical movements, such as those needed for various sports

“This is an exciting new option for people who want to improve memory or performance at school and sports,” Reifsnyder says.

For more information, visit chamberscenterforwellbeing.org or call 973-971-6301.
For most patients, radiologists and other imaging experts work behind the scenes as part of the health care team. But for some people, like Lisa Ferenc, 57, of Lafayette, their role is front and center. And for Ferenc, that role spans decades.

“Almost 30 years ago, radiologists here at Morristown Medical Center were part of my medical team to diagnose and treat non-Hodgkin’s lymphoma,” she says. That’s a type of cancer that affects the lymph nodes and other parts of the immune system. “It came back six months later, and they helped me beat it again. Today, I wouldn’t choose anyone else to help me with my current fight. I know from experience they’re going to help me beat it again.”

In the spring of 2014, Ferenc’s medical team discovered lung cancer. But the mother of two, grandmother of one and wife of 36 years did not skip a beat when deciding where she wanted treatment: Morristown Medical Center.

TRUST, REWARDED
Ferenc has paid close attention to the hospital’s commitment to bringing advanced equipment and expert radiology staff to Morristown Medical Center over the years, she says. But she was pleased, if not surprised, to learn that in today’s fight, she also has the chance to be part of a clinical trial to test promising cancer-fighting drugs.

“People are often surprised by the broad spectrum of options and technology, including clinical trials, that we have to care for our patients, as well as our focus on quality,” says April Dixon, manager of radiology for Morristown Medical Center.

For example, Morristown Medical Center’s radiology specialists have advanced training in a variety of areas, including pediatrics, cardiac CT and MR, nuclear imaging, interventional radiology, sports health, breast and neuroradiology. They have made sure their patients have state-of-the-art technology, including specialized equipment – for breast and heart, for example – some of which few hospitals offer. And the staff has consistently earned a number of top certifications and accolades: They are a Diagnostic Center of Excellence, Breast Imaging Center of Excellence and “Designated” Lung Screening Center, all through the American College of Radiology.

‘IT’S PERSONAL’
Patients are equally appreciative of how they’re cared for, Dixon says. The staff takes pride in providing competent and compassionate care. Every week, a dozen or more patients write notes and emails, just to thank staff for their positive experiences during tests or treatments.

“I could go to any number of places for radiology tests and treatment, and I actually pass by many of them on my way here,” Ferenc says. “But Morristown Medical Center is my hospital.

“With the staff in radiology, it’s personal,” she says. “That’s why I chose them to help me beat cancer one more time.”
Forget Sticks and Stones ...  
It’s Low Vitamin D That Can Harm You

Last year, a local lacrosse player broke a leg after a simple misstep. Another child broke a hip while ice-skating. A third, Matthew Messina, then 11, broke his leg badly after a fall from his bike. All three children had the same hidden health issue — one with serious consequences.

“Matthew was in the hospital five days after surgery and out of school a large part of the year,” says mom Amalia Duarte, of Mendham Township. “He needed rehabilitation for a year. And the cause was easily avoidable.”

“Kids with healthy bones shouldn’t have breaks like these,” says Barbara Minkowitz, MD, medical director of pediatric orthopedics for Atlantic Health System. “Low vitamin D was the cause of these breaks and hundreds of others, but there were no outward symptoms. And it could impact a child throughout life.”

Research at Atlantic Health System
Calcium builds strong bones, but it’s vitamin D that helps get that calcium into the bone. In a review of 1,000 children’s medical records for a study to be published in the Journal of Pediatric Orthopaedics, Dr. Minkowitz and her team found a strong relationship between broken bones and low vitamin D.

“The odds of having a severe break caused by a fall were six times greater in children who have vitamin D levels under 20,” she says. A level of 40 is the goal. “And if levels were under 12, children were over 50 times more likely to have a severe break.” And the lower the level, the more likely the break would require surgery.

Solution: Supplements
A simple blood test is all that’s needed to check vitamin D levels. When it’s low, children need large doses of vitamin D to build and maintain bone — much more than they can get through foods or even a multivitamin, Dr. Minkowitz says.

The earlier physicians identify low levels, the better. After age 25, the body takes stored calcium from the bones. “So having enough vitamin D to help build up calcium early in life will impact you through your entire life,” Dr. Minkowitz says.
For a referral to an Atlantic Health System doctor, call 1-800-247-9580 or visit findadoctor.atlantichealth.org.