

# well aware

WINTER  
2013

**New Choices  
in Heart Repair**

**What You Need to  
Know About Head  
and Neck Cancer**

**WARD OFF  
WINTER WOES**  
Tips to Stay Healthy



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

ATLANTIC HEALTH SYSTEM

## DEAR FRIENDS,

Every day, we read about high-tech advances in medicine and health care. In this issue of *Well Aware*, we'll explore many of these outstanding new opportunities for treatment, in use at Atlantic Health System. For example, Morristown Medical Center is among only a few hospitals in the United States using nonsurgical options for repairing damaged heart valves. Both Morristown Medical Center and Overlook Medical Center have been using robotic surgery for some cardiac, gynecological, oral and urologic surgeries. At Carol G. Simon Cancer Center, endoscopic and robotic surgeries are among the less-invasive surgeries used for head and neck cancers, resulting in faster recoveries for many. And at Newton Medical Center, our new wound care center is truly a state-of-the-art facility.

At Atlantic Health System, we aim to be on the forefront of quality health care. We'd love to hear from you: [well.aware@atlantichhealth.org](mailto:well.aware@atlantichhealth.org).

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

## contents

## DEPARTMENTS

- 3 In Brief
- 8 Calendar
- 15 Our Foundations
- 16 Locations



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## FEATURES

- 4 Heart Repair
- 6 Robotic Surgery
- 10 Lifesaving Lung Cancer Study
- 12 Is Bariatric Surgery Right for You?
- 14 Less-Invasive Options for Head and Neck Cancer Patients
- 15 Pet Therapy



## Winter Health Tips

Winter weather — and the colds and flus that seem to be everywhere — present some ever-present health challenges.

## THESE TIPS CAN HELP YOU STAY HEALTHY ALL SEASON LONG

**Humidify.** Winter air tends to be dry, and heating systems can dry out the air even more which can cause cracks in the skin, cracks where colds and viruses can enter the body. Consider a whole-house humidifier or individual units for rooms where you spend the most time.

**Wear sunscreen.** Many people associate sunscreen with summertime, but UVA and UVB rays are still present in winter and on cloudy days (and can be intensified by reflecting off snow), so protect all exposed skin, including your lips, every day.

**Eat more garlic.** Many believe garlic boosts immunity, with 100+ sulfuric compounds that may improve production of antibodies.

**Detect carbon monoxide.** When windows are closed and stoves, ovens and fireplaces

may be in frequent use, it's more important than ever to have a carbon monoxide detector. The Consumer Product Safety Commission recommends installing them in the hallway outside the bedrooms in each sleeping area of a home.

**Wash your hands correctly.** Hand-washing is one of the most important steps to staying healthy, so do it right. Create a lather and rub for at least 20 seconds (say the alphabet) before rinsing.

## CHOOSE HEART-HEALTHY WINTER FOODS

It's Heart Health Month, a great time to consider the importance of diet on cardiac care. Add these wintertime foods to your menus to help protect your heart — and the rest of you, too.

**Acorn squash.** This relative of the melon is a good source of magnesium and potassium, which

play a role in blood pressure management.

**Red and black beans.** Besides being high in fiber, colored beans contain flavonoids, which can help lower blood pressure and LDL cholesterol.

**Grapefruit.** Red grapefruit in particular can help prevent heart disease because its pectins reduce LDL, or "bad" cholesterol.

**Oatmeal.** This great source of soluble fiber and omega-3 fatty acids can help reduce LDL cholesterol levels and fight blood clots. Choose the long-cooking or steel-cut varieties.

**Sweet potatoes.** These contain high levels of niacin, which boosts HDL, or "good" cholesterol.

**Tea.** Black and green tea are rich in flavonoids, which can lower the risk of heart disease.



## BLOOD DONATION IN NEW JERSEY

It's called "the gift of life" for good reason: One in every three people will require donated blood at some point in their lives. But of the 60 percent of Americans who are eligible to donate blood, only 5 percent actually do it. And in New Jersey, those numbers are even lower: About 3 percent of eligible people in the state give blood, meaning New Jersey faces an ongoing blood shortage.

The New Jersey State Department of Health has created a program — called New Jersey Save3Lives, because one donation of a pint of blood saves three lives — to raise awareness and encourage New Jersey residents to donate.

To learn more, or to schedule a donation, contact Atlantic Health System Blood Donor Services [atatlantichhealth.org/blooddonor](http://atatlantichhealth.org/blooddonor) or, call Blood Donor Services at 973-971-5621 or 908-522-3509.

## A New Home for the Newton Wound Care Center

Chronic wounds may be caused by diseases such as diabetes, or infections, or poor circulation. Their healing may be stymied by anemia, smoking or steroid medications. Whatever the cause, chronic wounds can create complicated health issues for millions of Americans. An emerging trend in healing chronic wounds is using the hyperbaric chamber, an environment of 100 percent oxygen, which speeds healing. In spring 2013, Newton Medical Center will become home to Sussex County's first hyperbaric chamber, housed in the new location of the Newton Wound Care Center, a state-of-the-art facility. "It's larger, more accommodating, more patient-centered," says Ardelle Bigos, MSN, RN, CMSRN, chief nursing officer for

Newton Medical Center. The center's function includes arranging visiting nurses and educating patients on the care, and sometimes the origin, of their wounds, says Janet Knight, RN, BSN, certified wound, ostomy and continence nurse for Newton Medical Center and a member of the North Central Jersey Partnership for Prevention of Pressure Ulcers. "Sometimes people get wounds and don't understand why." The Newton Wound Care Center will continue to grow and expand its services to meet their needs.

**A Partnership in Wound Care.** The North Central Jersey Partnership for Prevention of Pressure Ulcers provides a liaison between several hospitals and nursing homes, including Newton

Medical Center, Morristown Medical Center and Overlook Medical Center. This community partnership, aimed at protecting the patient's skin during their stay at the facility, is made up of members from long-term care, acute care, rehabilitation centers and home care. Because of the committee's work, communication pathways have been established between accepting agencies and the standardization of pressure ulcer best practices. "Education of patients and family, medical and nursing staff is focused on keeping the patient safe by protecting the integrity of the skin," says Toni McTigue, MSN, RN, APN, certified wound, ostomy and continence nurse for Morristown Medical Center. The partnership has led to improved communication, enhanced education and sharing of best practices across the continuum of care.

## Talk to us

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

## Visit our blog

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

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

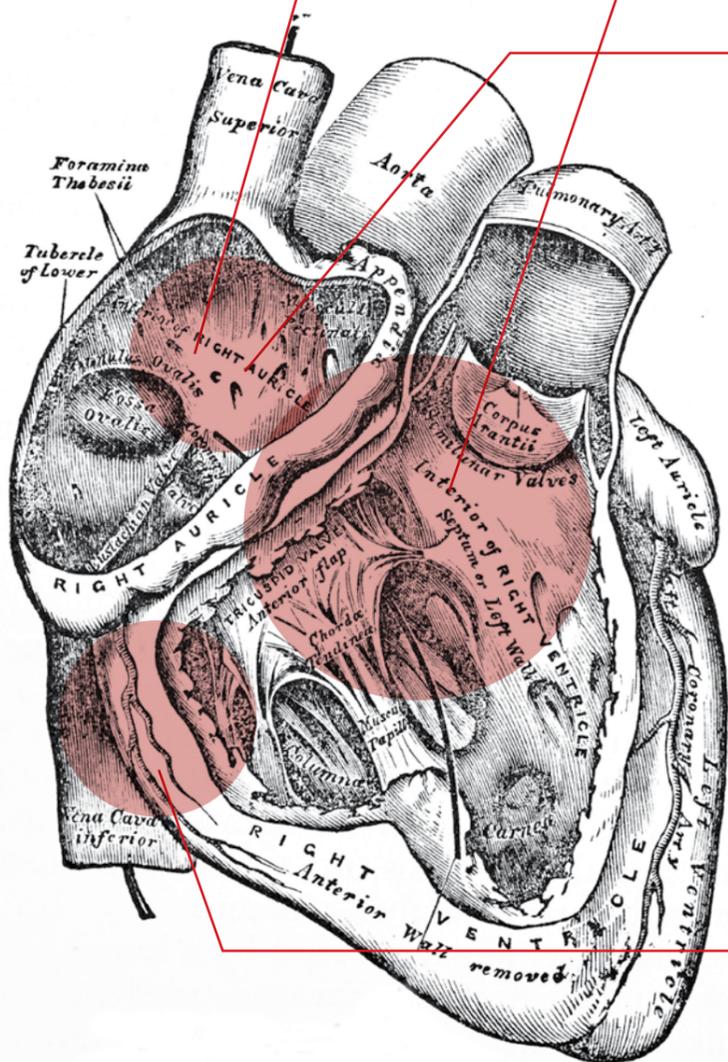


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Atlantic Health System is one of the largest non-profit health care systems in New Jersey, comprised of Morristown Medical Center, Overlook Medical Center in Summit, Newton Medical Center and Goryeb Children's Hospital. The four medical facilities have a combined total of 1,315 licensed beds and more than 3,123 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in their respective fields. Atlantic Health System is the official health care of the New York Jets and an official health care provider of the New Jersey Devils.

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# heart repair

Morristown Medical Center is among just a few hospitals in the country offering new options for treating common types of valvular disease.

**Y**our heart valves are remarkable devices, doing crucial (and irreplaceable) work: They ensure that blood always flows through your heart in the right direction, opening and closing constantly, creating the sound of your heartbeat. Although they're strong, resilient membranes, sometimes things go awry with heart valves. When that happens, it's most often in one of two ways: The aortic valve, which controls blood leaving the heart, can become narrow and restricted; or the mitral valve, which controls blood returning to the heart, can leak. Either scenario poses a serious health risk.

Three new methods of repairing those types of damaged valves — without surgery — now exist. Only 20 U.S. hospitals are offering all three options, and Morristown Medical Center is among those few. These new treatments are all the more important because no drugs effectively treat valvular heart disease, says Linda D. Gillam, MD, MPH, FACC, FAHA, FASE, chair, Cardiovascular Medicine Atlantic Health System. "Before these nonsurgical options were available, the traditional treatment for valvular disease had been open heart surgery. That approach, for the majority of patients, is still the way to go." But for some patients, especially those with

other medical conditions, open heart surgery is not an option. "Until the development of these transcatheter treatments, there was really no alternative for treating these patients," Dr. Gillam says. These treatments offer them new hope because they are much less invasive than surgery. All three involve inserting a catheter through the large blood vessels at the top of the leg, and then using ultrasound and x-ray guidance to correctly place the device — either a new aortic valve, or, in the case of mitral valve leakage, a clip — to stop the leak. Most patients feel better immediately. Two of the valve-repair devices are considered investigational, and the facilities that successfully competed to be involved in the

testing, such as Morristown Medical Center, had to have high surgical volumes for valvular heart disease as well as demonstrated surgical excellence plus highly skilled interventional cardiologists. The maker of the third device — called the SAPIEN aortic valve — has already released it commercially, but conditionally; the FDA determined that only sites with a demonstrated ability to use it properly could do so. "So the number of sites that have access to that valve is quite small," Dr. Gillam says.

Because all three devices have been available in Europe since 2007, there are already thousands of successful implantations and outcomes. "So it's clear that we have devices that do work, that have a relatively long track record, and that will provide an alternative to no intervention or surgical intervention for many people," Dr. Gillam says.

These catheter-based valve treatments are one piece of a larger valve program at Morristown Medical Center, designed to make sure patients with valvular heart disease get the best possible management. That starts with getting an accurate diagnosis. "In valve disease, that means understanding what's wrong, whether it's mild, moderate or severe, what the cause is and what treatment is appropriate," Dr. Gillam says. Following medical assessment using advanced imaging, the valve program offers surgery where needed, and nonsurgical options (such as these catheter-based valve treatments) where appropriate. The program has a particular interest in patients with mitral valve prolapse, in whom it may be challenging to get a correct assessment of how severe the leakage is.

"We have clear-cut protocols for following patients to make sure there isn't an intervention before one is needed," Dr. Gillam says. "But when one is needed, we will identify that the time has

come, and we will be able to make sure they have either the best surgery that's available or access to these catheter-based options." The valve program is an integrated effort between clinical cardiology, imaging, interventional cardiology and cardiovascular surgery, and includes hospital- and community-based physicians. Because there are gender issues related to valvular disease (as well as coronary disease), the valve program works closely with the Women's

Heart Program, as well as integrative medicine and cardiac rehab, Dr. Gillam says. "It truly is coordinated care."

**If you are interested in being assessed through the valve program, contact 973-971-7416. If you have severe aortic stenosis or mitral regurgitation and are specifically interested in catheter-based aortic or mitral procedures, contact 973-971-7001.**

## ATLANTIC HEALTH SYSTEM HYPERTENSION TRIAL

**H**igh blood pressure is a major problem in this country. It's associated with stroke, coronary heart disease and heart failure. While many people can treat their high blood pressure with medication, for some, even multiple medications are inadequate.

Researchers selected Atlantic Health System — "based on the strength of our blood pressure program, the skill of our interventional cardiologists and the track record of our research team," Dr. Gillam says — to participate in a trial of a new device to treat patients with chronic, uncontrolled high blood pressure.

Called Symplicity, this catheter is placed into an artery to disrupt nerve communication to and from the kidneys. "Because the kidneys are an important part of the way the body regulates blood pressure, it's been shown that this approach can give normal blood pressure to people who have unacceptably high blood pressure even when on multiple medications," Dr. Gillam says.

The trial is still seeking participants who have uncontrolled high blood pressure despite taking three or more medications.

**To find out more, contact the Hypertension Clinic at 973-971-6515. Enrollment in the SYMPPLICITY HTN-3 study is ongoing. More information about SYMPPLICITY HTN-3 and renal denervation is available online at [atlantichealth.org/symplicitytrial](http://atlantichealth.org/symplicitytrial).**



Linda D. Gillam, MD, MPH, FACC, FAHA, FASE  
Chair, Cardiovascular Medicine  
Atlantic Health System

# robotic surgery

## Inside the Operating Room



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If the words “robotic surgery” conjure images of a space-age intelligent machine wielding a scalpel — think of something between *Star Wars’* R2D2 and *Star Trek’s* Data — then listen to Rolando H. Rolandelli, MD, chairman of surgery for Morristown Medical Center, describe what a robotic-assisted procedure is really like: “Robotics allows you to work very precisely in areas deep within the body — but the surgeon is always the one doing the work,” says Dr. Rolandelli, who specializes in gastrointestinal and colorectal surgery.

At Atlantic Health System’s Morristown Medical Center and Overlook Medical Center, surgeons use the da Vinci® Surgical System for a wide range of applications, including some cardiac, gynecological, oral and urologic procedures. It is often used for cancer surgeries of the bladder, cervix, endometrium, kidneys, ovaries and prostate. Atlantic Health System surgeons have performed over 2,300 robotic procedures — and were among the first East Coast teams to perform robotic surgery for pelvic prolapse.

What happens in the operating room? “The surgeon sits at a console where he or she sees brightly lit, high-resolution, three-dimensional, real-time images of the interior of the patient’s body sent from a videoscope with a pair of cameras on a robotic arm,” Dr. Rolandelli says. “To operate, you slide two fingers on each hand into little rings that control the movements of the surgical tools — micro-instruments —

with great precision in very small spaces. With your feet, you operate pedals that activate and switch instruments.”

“The visualization and optics with robotic surgery are truly groundbreaking,” says William Diehl, MD, and attending surgeon at Morristown Medical Center. “When we use a laparoscope to operate, we only have two-dimensional vision but with the robot, we have three-dimensional vision. During robotic surgery, we still introduce the instrument into the body, but through tiny tubes that just puncture the skin, leaving little scarring.”

Another doctor remains at the side of the surgical patient at all times during a procedure. Meanwhile, robotic arms hold the surgical site open. “Those arms don’t get tired the way human arms can during a longer procedure,” Dr. Rolandelli says. “And there are other advantages. If a surgeon is working on the esophagus, which is located behind the heart, a robotic arm can elevate the beating heart gently and steadily — the pulsing motion is transmitted upward and doesn’t disturb the surgeon.”

### THE PATIENT’S PERSPECTIVE

The benefit for the patient? Decreased risk of infection. Less scarring, blood loss and pain. Reduced risk of complications from injury to surrounding structures in the body. A faster recovery — and a shorter hospital stay.



Scan this QR code to watch a video on robotic surgery for hysterectomies.

Those benefits can make a big difference, says Madhu Kapoor, RN, a cardiac care nurse for Morristown Medical Center. When Kapoor’s uncle needed surgery to remove a cancerous kidney tumor, she says doctors at another facility planned to remove his entire kidney. “I knew that didn’t have to happen,” says Kapoor. “With robotic surgery at Morristown Medical Center, there was a good chance they could remove just the tumor and keep most of the kidney intact and working. I felt this was important for my uncle’s health because he is an older man with diabetes. I was able to stop the other procedure just in time.” Kapoor’s uncle came to Morristown Medical Center, where the tumor was extracted and his kidney reconstructed robotically. “My uncle speaks Hindi, not English, and Dr. Ayal Kaynan drew pictures on a whiteboard to explain the whole procedure,” she says. “It was so helpful. Today, my uncle is living a healthy, normal life — with both of his kidneys.”

Surgeon Ayal Kaynan, MD, director of minimally invasive and robotic surgery for Morristown Medical Center, says the ability to perform intricate reconstructions is a distinct robotic-surgery plus. “Most hospitals don’t have the technical expertise to perform robotic partial nephrectomy (removing just the tumor from a kidney), but we are doing them quite successfully,” he says. “Patient survival improves when you leave the kidney in place.”

### ADVANTAGES FOR MEN AND WOMEN

Another case in point: better outcomes after prostate cancer surgery.

“Robotic surgery allows us to do what we would normally do with an open procedure — and a six-inch incision — but with better outcomes,” Dr. Kaynan says. “The cancer is removed using tiny access ports, and the patient regains sexual potency and urinary control faster. With robotic surgery, a much finer repair of the junction between the bladder and the urethra is possible, greatly reducing the risk of scarring. Blood transfusions are rarely needed anymore. Thought leaders around the world who’ve performed open and robotic prostatectomies prefer robotic-assisted procedures for these reasons, and men with prostate cancer are asking for this.”

For women, Dr. Rolandelli says that robotic surgery has distinct advantages for prolapse of the rectum. “We pull the rectum up and attach it to the sacrum,” he explains. “There are so many little nerves

and blood vessels in that area that robotics is very helpful. You can see every detail, making sutures and tying knots very easily.”

The Woman’s Cancer Center, part of Carol G. Simon Cancer Center, performed over 500 robotic procedures in the past year. Robotics has changed the way surgery is performed, enabling patients with uterine and early-stage cervical cancers to be treated in a minimally invasive way. This usually means a one-night hospital stay, less blood loss and less postoperative pain. “Robotic surgery has really improved the overall quality of care for our patient population and provides access to the best technology available,” says Daniel Tobias, MD, director for the Women’s Cancer Center. Another benefit is for patients who have had previous surgeries or who are morbidly obese. These individuals often face an increased risk with open surgery. And for cancer patients who need additional therapy, treatment can usually begin sooner. “Based on the types of radical robotic surgeries we perform and our expertise with robots, we have been fortunate to enable patients from the tri-state area to take advantage of our services,” says Brian Slomovitz, MD, associate director for the Woman’s Cancer Center.



### AN OPTION FOR HEART SURGERY

Christopher J. Magovern, MD, cardiothoracic surgeon for Morristown Medical Center, says robotic surgery is often a top choice for minimally invasive coronary bypass procedures involving the left anterior descending artery. “Through a tiny incision, we take an artery from behind the breastbone using the robot; then use it to redirect blood flow to the area of the heart that’s not receiving adequate blood supply,” he says. “If we didn’t do it robotically, the conventional procedure involves a 10-inch incision and dividing the breastbone. This way, it’s a two-inch incision. Afterward, there’s less pain and discomfort for the patient, and they leave the hospital sooner.”

## Types of Robotic Surgery

At Atlantic Health System’s Morristown Medical Center and Overlook Medical Center, surgeons use the da Vinci® Surgical System to perform a wide range of robotic procedures, including:

- Cardiac surgery
- Colorectal surgery
- General surgery
- Gynecologic surgery, including gynecologic oncology
- Pediatric urologic surgery
- Transoral surgery
- Urologic and urogynecologic surgery

For more information on robotic surgery, visit: [atlantichealth.org/robotic](http://atlantichealth.org/robotic).

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

CATEGORY	EVENT	DATE	TIME	TELEPHONE #
<b>NEWTON MEDICAL CENTER PROGRAMS</b> 175 High St., Newton, NJ 07860	<b>Adding Fiber to Your Diet: Learn About Prevention and Early Detection of Colorectal Cancer</b> FEE: \$6, Conference Center	Monday, March 21	Dinner — 5:30pm Lecture — 6:15pm	1-800-247-9580
	<b>Arthritis, All You Need to Know</b> FEE: \$6, Conference Center	Monday, April 29	Dinner — 5:30pm Lecture — 6:15pm	1-800-247-9580
	<b>Integrative Medicine</b> FEE: \$6, Conference Center	May Call for details.		1-800-247-9580
	<b>Better Breathers Club</b>	March 19, April 16, May 21	Noon-1pm	973-940-8123
	<b>Cancer Support Group</b>	March 28, April 25, May 23	3-4pm	973-579-8620
	<b>Stroke Support Group</b>	March 26, April 23, May 28	6pm	973-579-8620
	<b>Diabetes Support Group</b>	March 6: "Carbohydrate-Counting Skills Update" April 3: "What's New in the World of Diabetes" May 1: "The Scope of Diabetes-Related Neuropathies"	10-11:30am 10-11:30am 10-11:30am	1-800-247-9580
	<b>Smoking Cessation Through Hypnosis</b> FEE: \$65	March 20, April 17, May 15	6:30-8pm	973-579-8340
	<b>Weight Loss Through Hypnosis — FEE: \$65</b>	March 21, April 18, May 16	6:30-8pm	973-579-8340
	<b>Yoga: Continuing Level — FEE: \$90</b>	March 11-April 29 (8 weeks)	5-6:15pm	973-579-8340
	<b>Yoga: Mixed Level — FEE: \$90</b>	March 11-April 29 (8 weeks)	6:30-7:50pm	973-579-8340
	<b>Radiant Heart, Gentle Yoga, Breath Work &amp; Meditation Reshape Your Life — FEE: \$90</b>	April 10-May 15	6:30-8pm	973-579-8340
	<b>Safe Sitter Baby-Sitting Classes (for kids 11-14 years) — FEE: \$60</b>	April 6 or May 11	8:30am-3:30pm	973-579-8340
	<b>Mammograms Save Lives</b> For those women who do not have insurance or not eligible through other screening programs.	Call 973-379-8340 to see if you qualify.		

CATEGORY	EVENT	DATE	TIME	TELEPHONE #
<b>BEHAVIORAL HEALTH PSYCHOTHERAPY GROUPS</b> Newton Medical Center 175 High St., Newton, NJ 07860 Registration is required: 973-579-8617	<b>Men's Group — Support group for men</b>	Every other Monday	6:30-7:30pm	
	<b>Coping With Anxiety — Adults 18 years and older</b>	Every other Thursday	3pm	
	<b>DBT Group — Skills to deal with daily challenges</b>	Thursdays	Noon-2pm	
	<b>DBT Teen Group — Skills to help teens deal with daily challenges at home and school, ages 13-17 years</b>	12-week series Call for current start date.	6:30-8 pm	

CATEGORY	EVENT	DATE	TIME	TELEPHONE #
<b>MATERNAL &amp; CHILD HEALTH</b> Newton Medical Center 175 High St., Newton, NJ 07860 Registration is required for all classes: 973-579-8340	<b>2013 Prepared Childbirth Classes</b> FEE: \$120	Wednesdays, March 6-March 27 (SNOW DAY April 3) Saturday, April 13 Tuesdays, May 14-June 4	6:30-9pm 9am-5pm 6:30pm-9pm	
	<b>Breastfeeding</b> FEE: \$40	Sunday, March 17 (SNOW DAY Sunday, March 24) Tuesday, May 7	9:30am-Noon 6:30-9pm	
	<b>Grandparents Class</b>	Sunday, March 17 (SNOW DAY Sunday, March 24) Tuesday, April 30	1:30-3pm 6:30-8pm	
	<b>Sibling Preparation Class</b>	Thursday, March 21 (SNOW DAY Thursday, March 28) Sunday, April 21	6:30-8pm 3-4:30pm	
	<b>Pediatric Pre-Operative Preparation</b>	Classes held on an as-needed basis.		
	<b>Newborn Parenting</b>	Sunday, April 21	9:30am-2pm	
	<b>Prenatal Yoga</b>	Call for more information.		

CATEGORY	EVENT	DATE	TIME	TELEPHONE #
<b>SPARTA HEALTH &amp; WELLNESS CENTER SUPPORT GROUPS</b> All events are held at Sparta Health & Wellness Center, 89 Sparta Ave., Sparta, NJ 07871	<b>Breast Cancer Support Group</b>	March 12, April 9, May 14	6:30-9pm	1-800-227-2345
	<b>Look Good/Feel Better</b>	March 18, May 13	2-4pm	1-800-227-2345

CATEGORY	EVENT	DATE	TIME	TELEPHONE #
<b>MILFORD HEALTH &amp; WELLNESS CENTER PROGRAMS</b> All events are held at Milford Health & Wellness, 111 East Catharine St., Milford, PA 18337	<b>Diabetes Support Group</b>	Monday, March 4 — "Eat Right Your Way — Every Day" Monday, May 6 — "Diabetes & Obesity — Diabesity"	10-11am 10-11am	1-800-247-9580 1-800-247-9580
	<b>Smoking Cessation Through Hypnosis</b> FEE: \$65, Conference Room	March 27, April 24, May 22	6:30-8pm	973-579-8340
	<b>Weight Loss Through Hypnosis, Conference Room</b>	March 28, April 25, May 23	6:30-8pm	973-579-8340

CATEGORY	EVENT	DATE	TIME	TELEPHONE #
<b>FREE HEALTH SCREENINGS</b> Milford Health & Wellness, 111 East Catharine St., Milford, PA 18337 Pre-registration is required for all programs: 1-800-247-9580	<b>Colorectal Cancer (Occult Blood) Screening</b>	Thursday, March 14	9-11am	
	<b>Vision Screening</b>	Thursday, March 28	4-6pm	
	<b>Blood Pressure Screening</b>	April		
	<b>Blood Sugar/A1C Blood Testing</b>	April		
	<b>Depression/Anxiety Screening</b>	May		
<b>Mammograms Save Lives</b>	May			



**BASIC LIFE SUPPORT AND FIRST AID**

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association (AHA). Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the AHA.

**Health Care Provider CPR — New Provider**

- Tuesday, March 5 and March 12 7-10pm
- Saturday, March 9 9am-3pm
- Saturday, March 30 9am-3pm
- Saturday, April 6 9am-3pm
- Tuesday, April 9 and April 16 7-10pm
- Saturday, April 13 9am-3pm
- Saturday, April 27 9am-3pm
- Tuesday, May 7 and May 14 7-10pm
- Saturday, May 11 9am-3pm
- Thursday, May 16 and May 23 7-10pm
- Saturday, May 18 9am-3pm

**Health Care Provider Renewal**

- Saturday, March 2 9am-1pm
- Monday, March 4 6:30-10:30pm
- Monday, March 18 6:30-10:30pm
- Wednesday, March 20 6:30-10:30pm
- Wednesday, March 27 6:30-10:30pm
- Wednesday, April 3 6:30-10:30pm
- Friday, April 19 6:30-10:30pm
- Thursday, April 25 6:30-10:30pm
- Thursday, May 9 6:30-10:30pm
- Saturday, May 25 9am-1pm
- Wednesday, May 29 6:30-10:30pm

**Heartsaver CPR for Adults, Children and Infants With AED**

- Friday, March 1 7-10pm
- Wednesday, March 6 7-10pm
- Thursday, March 14 7-10pm
- Saturday, March 16 9am-1pm
- Tuesday, March 26 7-10pm
- Thursday, April 4 7-10pm
- Monday April 8 7-10pm
- Thursday, April 11 7-10pm
- Monday, April 22 7-10pm
- Tuesday, April 30 7-10pm
- Wednesday, May 1 7-10pm
- Friday, May 17 7-10pm
- Monday, May 20 7-10pm
- Friday, May 31 7-10pm

**Heartsaver First Aid With Adult, Child and Infant CPR and AED**

- Saturday, March 23 9am-3pm
- Saturday, April 20 9am-3pm
- Saturday, May 4 9am-3pm

- Newton Medical Center (NMC)
- Milford Health & Wellness Center (MHWC)
- Sparta Health & Wellness Center (SHWC)

Use form below to register.

Registration and payment are required before confirmation in class.

**Please Print**

Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Mailing Address \_\_\_\_\_ Eve. Phone \_\_\_\_\_

**Health Care Provider:**

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**Make checks out and send form to:**

**Newton Medical Center**  
175 High St., Newton, NJ 07860  
Attn: Community Health Fax: 973-383-4172

# a lifesaving lung cancer study

A 20-second lung scan, conducted at Morristown Medical Center as part of a landmark cancer study, saved Louise Levine's life.



**L**evine, 59, of Parsippany, is a homemaker, mother of three and former smoker who puffed 2½ packs a day for 20 years. She quit cold turkey 24 years ago. "My children were taking my cigarettes out of my purse and breaking them to get me to stop," she says. "I decided it would be selfish not to quit!"

Concerned about smoking's long-term effects, Levine began getting annual chest x-rays 10 years ago. But in the summer of 2012, she asked her doctor, Edward Dimitry, MD, pulmonologist, about a computed tomography (CT) scan, which takes a detailed, cross-sectional x-ray picture of the lungs. "I had heard that CT scans were more sensitive than x-rays," she says. "My lung doctor told me about a study (called the International Early Lung Cancer Action Program — I-ELCAP) that was offering reduced-cost CT scans at Morristown Medical Center. I think it saved my life."

Levine's scan revealed an abnormality. Further tests confirmed that there was cancer in her right lung. But the scary news had a silver lining: The

"There are only two ways to stop lung cancer from killing people," he says. "One way is to never smoke. The other way is to catch cancers as early as possible. That's what we're trying to do here."

— Mark Widmann, MD, FACS  
Chief, Thoracic Surgery, Morristown Medical Center  
Director, Lung Cancer Program, Atlantic Health System  
Affiliated with Morristown and Overlook Medical Center



CT scan had caught Levine's cancer at an early and very treatable stage. "I didn't have any symptoms, and I don't know whether an x-ray would have found it the way the scan did," she says. "I had a moment of anxiety when I found out about the cancer, of course, but then resolved that it just had to be removed. I have a life to live. I wanted to get on with it."

Levine's surgeon, Mark Widmann, MD, removed the cancer in a surgical procedure at Morristown Medical Center in October 2012. She needed no additional treatment. "I'm walking regularly and even went to California for a big wedding recently," she says. "I hope to start taking care of my 9-month-old granddaughter soon, too. I would recommend this screening program 1,000 percent to anyone at risk for lung cancer."

## Why Early Detection Matters

Levine's success story underscores the benefits of early lung cancer screening — and of the I-ELCAP study, says Dr. Widmann, surgical director of the lung cancer program at Carol G. Simon Cancer Center for both Morristown Medical Center and Overlook Medical Center. "The best hope for curing lung cancer is detecting it as early as possible," he says. "The I-ELCAP study is looking at the best ways to use low-dose CT scans to do that."

Lung cancer causes more deaths in the United States than any other cancer — and more deaths than breast, cervix, colon and prostate cancer combined. Why? "Most lung cancer patients discover their disease in later stages — when they have symptoms like coughing, shortness of breath or pain," says Dr. Widmann, who is I-ELCAP's principal investigator at Atlantic Health System. "But these are usually late-stage lung cancers that are more challenging to treat."

Early detection, he says, makes the difference. "There are only two ways to stop lung cancer from killing people," he says. "One way is to never smoke. The other way is to catch cancers as early as possible. That's what we're trying to do here." Research has shown that regular CT scans pick up 85 percent of cancers in their earliest, most treatable stages — when the cure rate is as high as 92 percent. 

## Joining I-ELCAP: a Win-Win Situation

**A**tlantic Health System is one of 48 medical institutions in nine countries collaborating on I-ELCAP research. By pooling their data, the project has made important discoveries about this killer cancer. For example, a 1999 I-ELCAP study found that chest x-rays miss 85 percent of the small, treatable, early-stage cancers detected by CT scans. And a 2006 I-ELCAP study involving 17,000 people, published in the *Journal of the American Medical Association*, found that women smokers face an even higher risk for lung cancer than men who smoke.

Joining the study can help reduce cancer deaths for others — and for you, Dr. Widmann says. "So far, we've screened 364 people and found three early-stage lung cancers," Dr. Widmann notes. "All three people have been treated and are doing just fine. It's very gratifying."

You may be a candidate for CT scanning through the I-ELCAP study if you are over age 40 and have a 10 pack-year smoking history — defined as smoking half a pack of cigarettes a day for 20 years, one pack a day for 10 years, or two packs a day for five years. You may also be a candidate if you are over age 40 and have had significant exposure to secondhand smoke or to other airborne carcinogens.

If you are accepted, you will receive a CT scan. The scans use a low dose of radiation, which exposes you to a fraction of the radiation you would receive from a standard chest x-ray or conventional abdominal CT scan. "Most people will not have cancer," Dr. Widmann says. "About one in four may have small nodules, but most of those will not be cancers, either. But by scanning people at high risk, you find those who can receive lifesaving treatment."

**For more information on the trial, please call 908-522-6104.**



## Is Bariatric Surgery Right for You?

# The Surprising Answer

Until recently, weight-loss surgery was reserved for people battling extreme obesity — those needing to lose 100 pounds or more. Today, bariatric procedures are a real option at lower weights for people with life-threatening health conditions such as diabetes, heart disease or severe sleep apnea.

"I don't think people or their doctors realize they may be candidates," says Michael Nusbaum, MD, chief of bariatric surgery and surgical director for the Atlantic Health Weight & Wellness Center at Morristown Medical Center. "Losing excess weight is wonderful for your appearance and quality of life, but the health benefits can be immeasurable. When you see diabetes go into remission within 72 hours after some procedures, for example, that's a real benefit."

"Being overweight can also affect fertility," says Ajay Goyal, MD, director of bariatric surgery for Overlook Medical Center. "Many bariatric patients are women who are in their childbearing years. Weight loss may enable a woman to conceive without fertility treatments."

According to the American Society for Metabolic and Bariatric Surgery (ASMBS), weight-loss procedures may also improve health conditions such as sleep apnea, asthma, migraines, nonalcoholic fatty liver disease, polycystic ovarian syndrome, stress urinary incontinence and gastroesophageal reflux disease.

As more and more scientific research documents the health advantages, the profile of the ideal candidate for weight-loss surgery has changed, Dr. Nusbaum says. "We follow the U.S. Food and Drug Administration (FDA) guidelines. A person with a body mass index (BMI) of 35 or higher (a weight of 230 if you are 5 feet 8 inches tall) and a serious, weight-related medical condition may be a candidate. And in 2011, one type of gastric band — the LAP-BAND® — was approved by the FDA for people with a BMI as low as 30 (a weight of 197 pounds if you're 5 feet 8) if they also have a weight-related health condition."

### THREE OPTIONS — PLUS ONGOING SUPPORT

Bariatric surgery is recognized by the American Heart Association and the American College of Surgeons and endorsed by the National Institutes of Health as a safe path to weight loss and to minimizing or even eliminating some

health risks. Atlantic Health System offers three bariatric procedures:

**Laparoscopic Roux-en-Y Gastric Bypass:** In this procedure, a surgeon first uses surgical staples to divide your stomach into a smaller upper pouch (about the size of a walnut) and a larger bottom section. The surgeon then connects the small pouch directly to your small intestine. This limits the amount of food you can comfortably eat (the pouch holds about one ounce) and also reduces the amount of fat and calories your body absorbs.

**Vertical Sleeve Gastrectomy:** A surgeon staples the stomach to create a long, slim pouch that looks like a slim banana. This pouch holds one to five ounces of food and helps with weight loss by limiting the amount of food you can eat comfortably.

**Laparoscopic Adjustable Gastric Band (LAP-BAND® or REALIZE® Band):** This option places a band near the top of your stomach, creating a small pouch and a narrow opening into the rest of the stomach. The surgeon fills the band with saline to tighten it. This limits the amount of solid or dense food you can eat.

The results? "With the bypass and the sleeve, I've seen people lose 70 to 80 percent of their excess weight and maintain the loss," Dr. Nusbaum says. "With the gastric band, about 60 to 70 percent of excess weight or more can come off and stay off."

But surgery is just the start. It takes careful, healthy eating and regular exercise to lose weight afterward. That's where Atlantic Health System's bariatric surgery program offers an

important advantage: long-term support in the months and years after surgery.

"Each patient is seen by a metabolic physician and a dietitian after surgery," says Michael Rothkopf, MD, director of metabolic medicine for Atlantic Health System. "A series of specialized lab tests, called a bariatric profile, is ordered. The staff then follows the patients every three to six months. It's important that we confirm that the patients are losing weight safely, getting to their goal and being taken off their medications for diabetes, hypertension, cholesterol, etc., as they lose weight." Dr. Goyal also stresses the positive emotional aspects as a result of bariatric surgery. "Patients see themselves so differently after weight loss. Day-to-day activities that used to be nearly impossible are now possible, such as playing with one's kids and shopping for clothing in a regular store."

### "I'm the Same Size as My Teenage Son!"

Charles Wade of South Orange, N.J., opted for a gastric bypass procedure in December 2011 after his weight reached 354 pounds. "My cholesterol and blood pressure were heading in the wrong direction; I had sleep apnea,

### THE SELF-PAY OPTION

Health insurance often covers bariatric surgery procedures, but not always. That's no reason to miss out on the benefits if you meet weight and health guidelines. The private-pay option for the REALIZE® Band or the LAP-BAND® may be for you. This \$14,000 package includes surgery, consultations before and after the procedure, a one-hour postoperative nutritional counseling session, free access to support groups and an eating adjustment class.

For more information about bariatric surgery, contact:

Atlantic Health Weight & Wellness Center at Morristown Medical Center, 973-971-7166

Atlantic Health Weight & Wellness Center at Overlook Medical Center, 908-522-5794

which kept my wife awake at night due to my snoring; and the pain in my right knee was keeping me from playing golf," says Wade, who is in his 50s.

In 11 months he's lost 150 pounds — and now wears the same size clothing as his teenage son, a lean, fit, nationally ranked soccer player. "I'm wearing one of his shirts right now," Wade said in an interview in late November. "Purple and green plaid. I would have never worn plaid before — I was just too big."

He now runs three miles, three times a week for exercise, and recently entered a 5K race with wife Joyce and daughter Ali, 12. "I used to love ice cream, but now we're all eating fat-free Greek yogurt instead," he says. "My biggest challenge has been eating out, which I do a lot for my job in sales. I just ask a lot of questions, make healthy choices and eat small portions." His cholesterol and blood pressure are back in healthy territory. "But my daughter says the best part is she can get her arms all the way around me when she gives me a hug now," he notes.

For more information on bariatric surgery, visit [atlantichealth.org/weightloss](http://atlantichealth.org/weightloss).



Before and after: Charles Wade and wife Joyce before his weight loss (far left). Today, after gastric bypass surgery, he is healthy and fit.

## Less-Invasive Options for Patients With

# HEAD AND NECK CANCER



Thanks to Atlantic Health System's state-of-the-art technologies and medical team, doctors can tailor treatments to each patient's needs.

**F**acing a cancer diagnosis today is not nearly as bleak as it once was. More treatment options exist than ever before, opening up an array of choices. For patients with head and neck cancers, such as larynx, mouth/oral cavity, throat and thyroid, Carol G. Simon Cancer Center is offering more options, all in one location. "Rather than recommending the same treatment for every patient with the same diagnosis, we can individualize the treatment," says Erik Cohen, MD, an

otolaryngologist specializing in head and neck surgical oncology who joined Atlantic Health System in 2012. Dr. Cohen's expertise covers cancers in the mouth and throat, and may involve the voicebox, lymph nodes and thyroid (but not the brain, which falls under the purview of neurosurgery).

Dr. Cohen is driven by the size and location of the tumor, as well as what will be most likely to cure the cancer and offer the best functional outcome for the patient. In these cases, this means preserving maximum swallowing function and speech quality.

Among the causes of these cancers is the HPV virus, which has also been linked to cervical cancer in women. Physicians now see it as an increasingly common cause of cancer of the base of the tongue and tonsils. The good news, Dr. Cohen says, is that those cases usually have a better prognosis than smoking-related head and neck cancers.

Patients who have been diagnosed with cancer of the head and neck might have the option of endoscopic surgery (which uses a tube with a small camera on the end), or robotic surgery if the tumor is small to medium-sized. In the future, Dr. Cohen expects to do more robotic surgeries because they mean a far less invasive experience for the patient, resulting in fewer complications and faster recoveries. "You can take the tumor out through the

mouth, without doing an open surgical procedure," he says. In the case of a larger or more advanced tumor, robotic surgery may not be possible; chemotherapy and radiation might be the best options for those patients.

No matter what course of treatment patients choose after a cancer diagnosis, they may have various needs outside of that treatment. Carol G. Simon Cancer Center at Morristown Medical Center provides many support services free of charge to all patients. "If people need help dealing with the emotional impacts or financial or transportation issues, social workers and support groups can be helpful," Dr. Cohen says. "During treatment, a lot of patients have difficulty swallowing temporarily, so having the support of a dietitian is helpful."

Such support can make all the difference during cancer treatment. "Those services aren't necessarily available everywhere," Dr. Cohen says. But they're an important element of total patient care, and they allow Atlantic Health System to provide cancer management that is truly comprehensive, while being individualized for every patient, too. 🐾

## Call the Dogs

Pets can be a healing presence — and research proves it.

**A** few months ago, Newton Medical Center admitted a man, diagnosed with dementia and depression, who refused to leave his bed or speak. One day, a therapy dog and handler walked by his room. He got up and followed the dog into the lounge.

"He was petting the dog and interacting with everyone on a level we'd never seen," says Barbara Matthews, RN, inpatient psychiatric nurse coordinator for Newton Medical Center. "For that brief moment, it brought him out. It moved us all to tears."

It was a real-life example of the benefits of animal-assisted therapy that inspired the creation of Atlantic Health System's "Healing Paws" program, which arranges pet therapy visits to patients through certifying agencies such as Creature Comforts, St. Hubert's and The Bright and Beautiful Therapy Dogs. The agencies make sure the dogs (and sometimes cats and rabbits) have health documentation and are suitable for their main job: interacting with patients.

Pet therapy encourages patients to take part in physical and speech therapy — and it distracts them from pain, according to research.

"It decreases stress hormones and blood pressure," says Denise Fochesto, MS, RN, CCRN, manager of ICU/Medical ICU/Hyperbaric/Nursing Resource Center for Morristown Medical Center. "In research with children, the benefit of petting an animal lasted three to four hours in terms of pain reduction." That makes pet-assisted therapy an important part of the overall healing culture Atlantic Health System cultivates, she adds.

Pet therapy falls into two categories, says Mary Beth Leaton, MS, RN, CCRN, clinical nurse specialist for Morristown Medical Center ICU/Medical ICU. Animal-assisted activity is simply socialization with a pet to induce the relaxation response and aid healing. But a physician may also integrate the dog into the patient's plan of care: Walking the dog, for example, might provide therapy for stroke victims; this is called animal-assisted therapy.

At Morristown Medical Center, a study is under way to examine the effects of pet therapy on postoperative joint replacements including a patient's pain level, the amount of pain medication used and overall sense of well-being. Those patients who continue their therapy at Atlantic Rehabilitation



### Pet Therapy Visits

"We know that pets are like family," says Jennifer Hammerle, BSN, nurse educator for Newton Medical Center. Patients may be able to arrange a visit from their own pets — if the physician approves the request, and the patient or family provides the appropriate documentation. "If we can make that visit happen, it can make a big difference in the patient's morale and their whole recovery period," she says.

### WANTED Therapist Pets and Owners

Does your pet need a new career as a therapist? Healing Paws is looking for dogs and owners to get certified in pet-assisted therapy. For more information, contact:

Atlantic Health System Healing Arts  
atlantichealth.org/  
pettherapy

Institute will also continue in the study to determine the impact of pet therapy through the rehabilitation phase. Future studies are planned to examine the impact of pet therapy on the geriatric population and The Women's Association of Morristown Medical Center has generously donated to the program for expansion and future research in all aspects of pet therapy. Leaton hopes these research efforts will one day lead to a symposium on animal-assisted therapy hosted by Atlantic Health System, growing their reputation as leaders in the field. In the meantime, pet therapy teams regularly visit some Atlantic Health System units, and all patients and families can request a pet visit and experience for themselves the benefits of Healing Paws.



Scan this QR code to see a video on pet therapy.

## Planning a Legacy Gift

When you think "bequest," what comes to mind? If you picture an elderly person of means making an end-of-life plan, please think again. Whether you are young or old, wealthy or middle-class, a bequest can ensure that your legacy lives on and that you can continue to make a difference in the organizations that matter most to you. Whether you choose to include a bequest when creating your will or add it later with a codicil, to begin your legacy, use this language:

"I give, devise and bequeath to the (insert either Foundation for Morristown Medical Center, a charitable corporation located in Morristown, N.J., or Newton Medical Center Foundation, a charitable corporation located in Newton, N.J.) the sum of \_\_\_\_\_ dollars (\$\_\_\_\_) (or percent of the residue of my estate) or (other personal or real property appropriately described) to be used for \_\_\_\_\_ (or as its Board of Trustees shall deem advisable) to best promote (insert Morristown Medical Center's or Newton Medical Center's objectives and mission."

Questions? At the Foundation for Morristown Medical Center, contact Cynthia W. O'Donnell, JD, director of gift planning, at 973-593-2418 or [cynthia.odonnell@atlantichealth.org](mailto:cynthia.odonnell@atlantichealth.org). At the Newton Medical Center Foundation, contact Megan Sandow, chief development officer, 973-579-8456 or [megan.sandow@atlantichealth.org](mailto:megan.sandow@atlantichealth.org).

**Atlantic Health System**

475 South Street  
 Morristown, NJ  
 07960-6459

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

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

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

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

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

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

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

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

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

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

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

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

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

