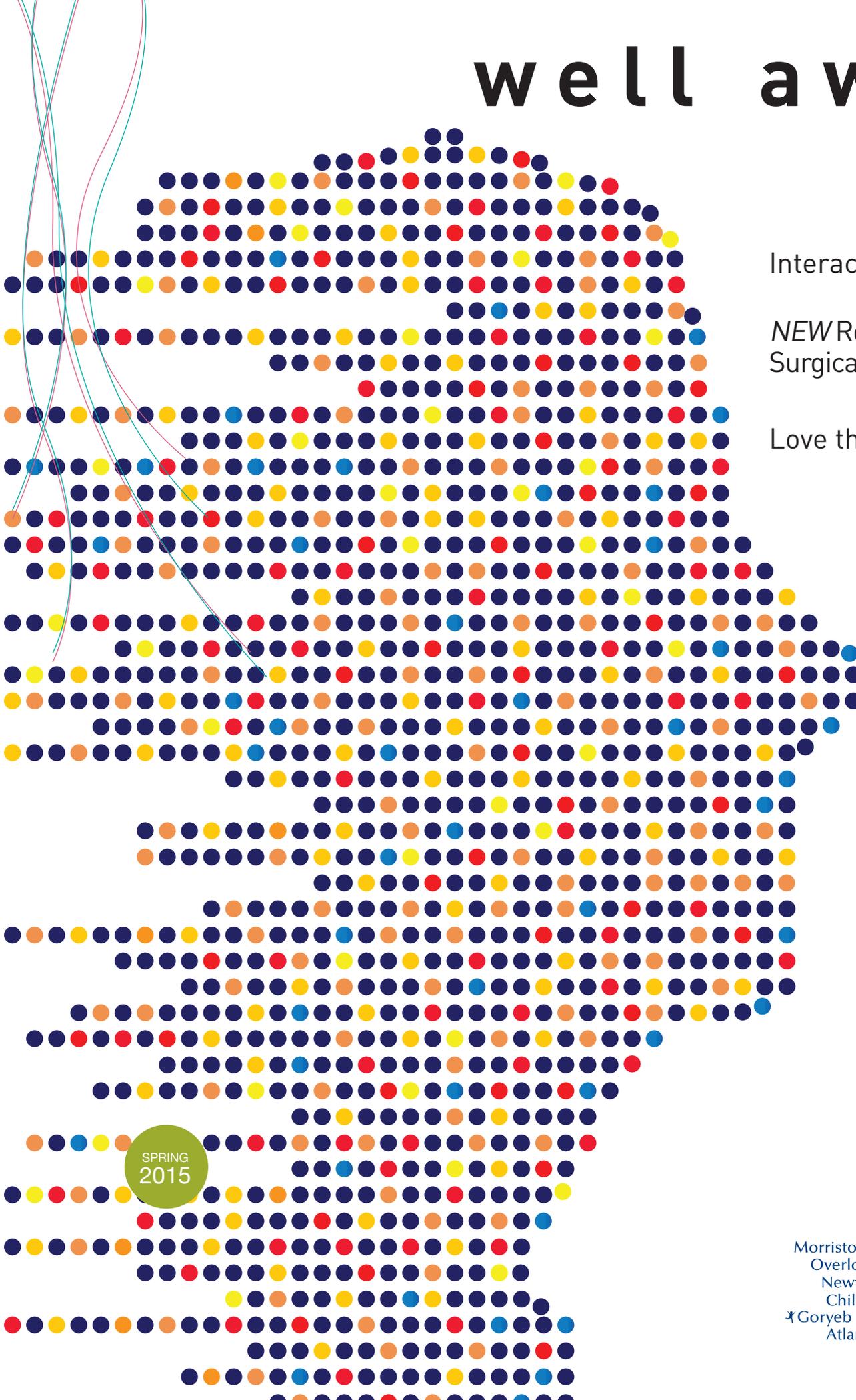


# well aware



Interactive Anatomy 101

*NEW* Robotic  
Surgical Options

Love the ARTICHOKE

SPRING  
2015

Morristown Medical Center  
Overlook Medical Center  
Newton Medical Center  
Chilton Medical Center  
✕ Goryeb Children's Hospital  
Atlantic Medical Group



Atlantic  
Health System

## DEAR FRIENDS,

In this issue of *Well Aware*, we're bringing you the information you need to get a jump on spring. Our Integrative Medicine Spotlight explains how simple lifestyle changes can add up to a healthier tomorrow. We're also highlighting some of the latest advances available at Atlantic Health System, where patients can now benefit from telemedicine and an advanced robotic surgery system.

There's also information about advance directives, which can help your family make health care decisions when you can't. Please check out the many activities going on throughout our communities on pages 8-9.

Enjoy the good weather!

**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@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, 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 [atlantichhealthblog.org](http://atlantichhealthblog.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@atlantichhealth.org](mailto:well.aware@atlantichhealth.org).



# contents



## DEPARTMENTS

- 3 In Brief
- 4 Health Beat
- 8 Calendar
- 12 Integrative Medicine Spotlight
- 15 Research/Foundation News
- 16 Locations



## FEATURES

- 5 Planning for a Healthy Future With an Advance Directive
- 6 Sports Medicine vs. Orthopedics
- 10 Meet the da Vinci® Robot
- 11 An Artichoke Affair
- 14 Just in Time: Telemedicine

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

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



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Follow us on Twitter for health and wellness tips at [@WellAwareNJ](https://twitter.com/WellAwareNJ).

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



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 its respective field.

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OF THE NEW JERSEY DEVILS



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## NEWTON MEDICAL CENTER COMMUNITY PHARMACY NOW OPEN

Newton Medical Center is excited to extend its services by offering patients the ability to fill prescriptions at a new pharmacy. Michele Sienkiewicz, pharmacy manager, describes the pharmacy experience: "Newton Medical Center patients no longer have to make an extra trip to the pharmacy once they leave the hospital — they can fill their prescriptions right here, in a pharmacy designed expressly with them in mind."



"Most of all, we want to have the opportunity to explain medications to our patients so they receive all the information they need about what

they're taking, a critical measure that helps minimize potential side effects and drug interactions," explains Sienkiewicz.

The pharmacy can arrange to have prescriptions transferred to a local pharmacy when refills need to be obtained closer to home. It's open to the public as well, and most insurance plans are accepted. "Making care continuous is our deepest desire. Our vision is to create healthier communities," remarks Sienkiewicz, "and operating a pharmacy right here in the hospital is the best way to make that happen. Our name says it all: Newton Medical Center Community Pharmacy." ▶

**FORTUNE**  
**100**  
**BEST**  
**COMPANIES**  
**TO WORK FOR**  
**2015**  
**7<sup>th</sup> YEAR IN A ROW**

**Atlantic Health System is honored to be among four companies in NJ on the elite Fortune 100 list.**

## Hit by Spring Fever?

Believe it or not, spring fever is very real. Do not worry, though: its only symptom is a surge in energy that your body may experience as days lengthen and you're exposed to more sunlight. This extra stimulation changes your hormone levels, resulting in an added boost of motivation to stay up a little later, take on more projects and enjoy more fitness and exercise activities.



In the winter, the extra darkness causes your melatonin levels to rise. Melatonin is a natural sedative, which

for most people just causes them to sleep more and maybe gain a little weight — a situation that experts identify with the hibernation behavior of our ancestors. For some people, however, the extra melatonin can trigger winter depression, also called seasonal affective disorder, and they require treatment with special lamps that simulate the effect of sunlight.

In the springtime, however, the extra sunlight causes a decrease in melatonin, which is why you never hear the expression "spring depression." As melatonin levels subside, the result is an increase in energy that leads to everything from spring cleaning to spring break. What is the best cure for spring fever? Use the energy to get things you've been putting off done, take a vacation or get back into a fitness regimen. ▶

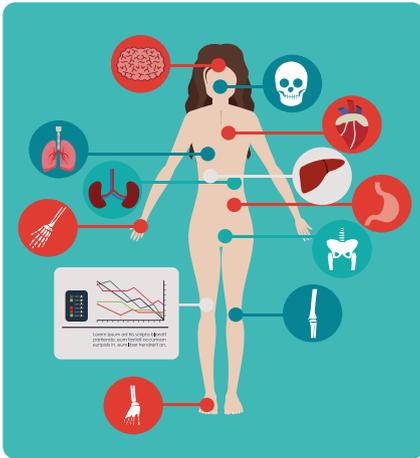
## SPRING BACK INTO FITNESS

Looking to lose the weight you put on during those dark, sleepy winter months? Here are three fun, nontraditional exercises that can help get you back in shape. Use them to supplement your existing routine — or start a new one.

- **Jump Rope** is an exciting fitness trend that you can enjoy both indoors and outdoors. It's not just a children's game anymore. Gyms across the country offer classes teaching new jump rope techniques that help people burn calories without the use of fancy equipment. It's the simple, fun, inexpensive way to shape up for summer.
- **Kettlebells** are the latest alternative to traditional dumbbells. They're shaped a

little differently: Each has a handle on the top, allowing exercise enthusiasts to swing them around for holistic movements that burn calories and tone muscles. Gyms offer kettlebell classes, but you can also use them solo, since most gyms now carry a rack of these innovative weights.

- **Exercise Balls** offer a fun and healthy way to tone abdominal muscles. These light, inflatable, often colorful balls are the perfect alternative to working out on a flat, stable surface. When you sit on an exercise ball, its curved surface causes your body to compensate for its small movements by engaging abdominal and back muscles to maintain balance. These result in increased tone and definition. ▶



## ANATOMY 101: Our Interactive Body Guide Makes Sense of Symptoms

**A**tlantic Health System's Body Guide is the new digital way to walk yourself through a map of the human body, so when you get sick, you can decipher your symptoms and see how they are rooted in basic biology. Our handy electronic anatomy lessons provide you with important information about the basics of the following systems:

- **Cardiovascular**
- **Digestive**
- **Endocrine**
- **Immune**
- **Lymphatic**
- **Muscular**
- **Nervous**
- **Reproductive**
- **Respiratory**
- **Skeletal**
- **Skin**
- **Urinary**

Visit [atlantichealth.adam.com](http://atlantichealth.adam.com) today to access our Body Guide and learn more about your body's basic setup. It's an engaging way to increase your knowledge about organs, muscles and bones so you can understand the information your doctor gives you during visits and might even give you the chance to break down a confusing diagnosis for a friend or family member. ▶

## '15 FOR WOMEN YEAR OF WOMEN'S HEALTH

### Announcing Newton Medical Center's 'Year of Women's Health — 15 for Women'

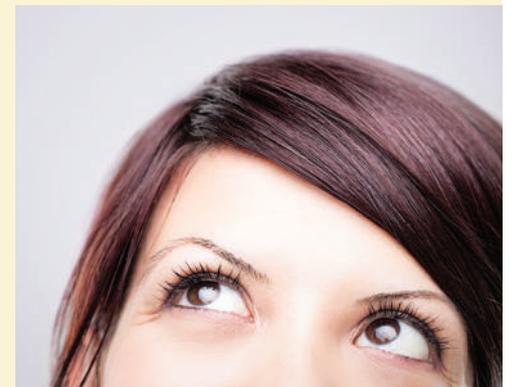
Newton Medical Center is making women's health one of its top priorities in 2015. That's because it recognizes the pivotal roles women play as health care decision makers for their families and as health care professionals serving the community.

To honor them, the Newton Medical Center Foundation has planned a special year filled with free screenings, wellness events and opportunities for women to share their stories, all kicked off by the 2015 construction of a special breast imaging center dedicated to making high-tech imaging services available locally. Jim Furgeson, director of the Newton Medical Center Foundation, explains: "Digital breast tomosynthesis, or DBT, is at the cutting edge of early detection, and it is our deepest honor to be in a position to make it available to the women in our community." Jane Brown, Hospital Advisory Board and Foundation member who has served Newton Medical Center for more than three decades, has signed on to chair the

"Year of Women's Health" campaign for the Newton Medical Center Foundation.

Construction of the new Center for Breast Health was made possible through a generous \$500,000 gift from the Newton Medical Center Foundation. It will be housed in the existing Radiology Department, but it will be a separate area offering women a spalike environment where they can be screened privately. Ultimately, the center plans to offer free screenings to uninsured and underinsured women.

Chief development officer of the Newton Medical Center Foundation Megan Sandow could not be more excited. "To dedicate a year to the health of women throughout Sussex County and beyond is an amazing testament to the fact that women are the cornerstone of health care," she glows. "They spend their lives taking care of us — now it's our turn to put them first."



For more information about the "Year of Women's Health — 15 for Women" campaign, including a calendar of events and updates on the Center for Breast Health, visit [atlantichealth.org/newton](http://atlantichealth.org/newton). ▶

# Planning for a Healthy Future With an *Advance Directive*

**M**edical care can sometimes seem like a roller coaster ride. You might not always feel in control, especially when an illness or health condition surprises you. This “roller coaster” could be the onset of a chronic health condition, an accident or an unexpected illness — basically any situation that compromises your ability to make your own health care decisions.

“That’s one way to think about your medical care when you can’t clearly communicate your wishes yourself,” says Jeanne Kerwin, DMH, coordinator for Atlantic Health System’s advance directives initiatives. “If serious illness or emergency medical treatments make it impossible for you to communicate, for example, others will have to make decisions for you. But you must decide now — in advance — who those people are.”

These future care decisions are called advance directives. They give your loved ones comfort if they face making difficult choices for your care and give you the confidence of knowing in advance who will act on your behalf.

It’s important to make your wishes known in advance, while you’re well enough to articulate them:

- 1** **Talk with your loved ones and share with them the things that are most important to you if you’re very sick or seriously injured. For example, you might want to be cared for at home as long as possible, or you might prefer to limit artificial life supports that require hospitalization.**
- 2** **Name the person — in writing — who agrees to make your wishes known. This individual could be a relative, neighbor or friend. Make certain that you have the conversation with whomever you choose.**
- 3** **Write your wishes down and circulate them among your loved ones and your physician and caregivers.**

Through a program called Anna’s Angels, Atlantic Health System offers free information and community talks about advance directives. Call us to find out how to take advantage of this important health care tool: 908-598-7906. ▶

Visit [atlanticealth.org/advancedirectives](http://atlanticealth.org/advancedirectives) for more information.





Atlantic Sports Health brings comprehensive sports medicine experts together for your convenience. Physicians, physical therapists, pain management experts, chiropractors, psychologists and even acupuncturists offer care that keeps you moving:

- **IN MORRISTOWN:** 111 Madison Ave. (on-site x-ray and MRI), 973-971-6898
- **IN SPARTA:** 89 Sparta Ave., Suite 205, 973-971-6898

Sports medicine is a recognized subspecialty by the American Board of Medical Specialties and by Medicare.

# SPORTS MEDICINE

## Reconsidered

If you have an accident or illness that keeps you from being as active as you want or need to be, consider a visit to one of the experts at Atlantic Sports Health. That's because sports medicine is not just for sports injuries — it's for nonsurgically improving your movement and level of activity in general.

"We see athletes of all types, of course, but we also treat patients who have a variety of health conditions, from muscle and bone injuries to asthma and arthritis, to help them become as active as they can be," says Damion Martins, MD, director of orthopedics and sports medicine for Atlantic Sports Health. "Our focus is on nonsurgical care, and our physicians have a wide range of experience and expertise to help return people to active, healthy levels of activity."

Many people are surprised to find out that, in addition to being board-certified in this field, Atlantic Health System's sports medicine physicians also specialize in a number of other areas, including family medicine, internal medicine, pediatrics, physical medicine/rehabilitation and emergency medicine, for example. Sports medicine physicians lead an interdisciplinary team, which also may include specialty physicians and surgeons, athletic trainers, board-certified physical therapists, coaches, other personnel and of course the patient. "Our goal is to use our experience to help you improve function and reduce disability, so you can get back quicker to those things that matter most to you," Dr. Martins says. ▶

## Sports Medicine or Orthopedics: Which Specialist Should I Choose?

According to American Medical Society for Sports Medicine (AMSSM), a sports medicine specialist is technically "a physician with significant specialized training in both the treatment and prevention of illness and injury" who helps patients maximize function and minimize disability and time away from sports, work or school.

"Whether you're an athlete or not, a sports medicine specialist might be your best choice," remarks Dean Padavan, MD, a sports medicine specialist for Atlantic Sports Health. "Most people are much more familiar with the role of an orthopedic specialist for muscle, bone and joint issues. And if surgery is necessary, the

orthopedist is the specialist you need."

But nine out of 10 musculoskeletal conditions are best treated without surgery, so a sports medicine specialist might be the ideal choice. "We use a broad range of tools — from rehabilitation to pain management, and even nutrition — to help people prepare for or return to a more active lifestyle," he observes.

So, for the weekend warrior, the injured worker and the multisport athlete alike, sports medicine specialists can give them a healthy chance at returning safely to their activities of choice without surgery. ▶

## Taking a Leadership Role in Sports Medicine

Of the few groups of sports medicine specialists in New Jersey, Atlantic Sports Health offers the state's largest number of experts in the field. We also pave the way for other professionals, offering fellowship training at Morristown Medical Center for students from a number of medical schools, as well as free seminars for area physicians, coaches and trainers. Our experts also consult for a number of teams, including the New York Jets, New Jersey Devils, plus various college and high school teams.

For the public, our experts hold over 60 educational programs a year. And we provide medical services for marathons and triathlons in the region.

"Our specialists understand how important it is to recognize injury and dysfunction quickly, and we want to share that information with both professionals and the public," says Damion Martins, MD, director of orthopedics and sports medicine for Atlantic Sports Health. "In this way, we're helping people of all ages return to their highest levels of activity possible so they feel great and stay healthy." ▶

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

SPRING  
2015

NEWTON  
MEDICAL  
CENTER  
PROGRAMS

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	TIME	TELEPHONE #
	<b>DINNER &amp; LECTURE SERIES, FEE: \$8</b> Dinner: 5:30pm; Lecture: 6:15pm			
	<i>Migraines and Headaches</i>	Monday, April 13		973-579-8620
	<i>Mediterranean Diet</i>	Monday, May 4		973-579-8620
	Pulmonary Center of Excellence Presents: <i>Healthy Lungs</i>	Monday, June 22		
	Cancer Support Group	Thursdays, April 23, May 21 and June 25	3:00-4:00pm	973-579-8620
	Stroke Support Group	Tuesdays, April 28, May 26 and June 23	6:00-7:00pm	973-579-8620
	Alzheimer's Support Group	Saturdays, April 25, May 30 and June 27	10:00am-Noon	
	Diabetes Support Group	Wednesday, April 15: <i>Foot Care: The Importance of Maintaining Healthy Feet</i>	10:00-11:30am	
		Friday, May 15: <i>Travel: What Do I Need to Pack and Know?</i>	10:00-11:30am	
		Monday, June 15: <i>Chair Yoga for Reducing Stress</i>	10:00-11:30am	
	Bariatric Support Group	Tuesdays, April 7, May 5 and June 2	6:00-7:00pm	
	Perinatal Loss Support Group	Tuesdays, April 14, May 12 and June 9	7:30-9:00pm	973-940-8140
	<b>ALZHEIMER'S PROGRAMS</b> For information or to register, please contact the Alzheimer's Association at: 973-586-4300			
	<i>Living With Alzheimer's for Caregivers: Early Stages</i>	Tuesdays, Part I: May 12; Part II: May 19	6:30-8:30pm	
	<i>Living With Alzheimer's for Caregivers: Middle Stages</i>	Thursdays, Part I: June 11; Part II: June 18; Part III: June 25	6:30-8:30pm	
	Safe Sitter Babysitting Classes (for kids 11-14 years), <b>FEE: \$60</b>	Saturday, April 11	8:30am-3:30pm	973-579-8340
		Saturday, May 16	8:30am-3:30pm	973-579-8340
		Saturday, June 13	8:30am-3:30pm	973-579-8340
	<b>Mammograms Save Lives: For those women who do not have insurance or are not eligible through other screening programs; call 973-579-8622 to see if you qualify</b>			
	Joint Replacement Education Session	Wednesdays, April 1, May 6 and June 3	Noon-2:00pm	973-579-8449
	Caregivers Conference: <i>Caregiving Across the Life Span, Tools for Your Journey</i>	Saturday, April 11	8:00am-12:30pm	Visit <a href="http://unitedwaynj.org">unitedwaynj.org</a> , email <a href="mailto:robin.ennis@unitedwaynj.org">robin.ennis@unitedwaynj.org</a> or call: 1-888-338-9227
	Vascular Screening, <b>FEE: \$50</b>	Saturday, April 18	8:00am	

NEWTON MEDICAL  
CENTER PROGRAMS

175 High St.,  
Newton, NJ 07860



**BASIC LIFE  
SUPPORT &  
FIRST AID**

**ATLANTIC  
TRAINING CENTER**

Visit [atlanticambulance.org](http://atlanticambulance.org)  
for classes and locations.



**FREE NUTRITION LECTURES AT  
SUSSEX COUNTY YMCA**  
Call 973-209-9622 for information and to register  
Stretch Your Food Budget. Wednesday, April 1

Anger Management Group	Wednesdays	11:30am-12:30pm
Co-Occurring Substance Abuse Group (16-week program)	Wednesdays	1:00-2:00pm
Coping With Anxiety	Wednesdays	1:00-2:00pm

DBT Group: A social skills program to learn cognitive and behavioral skills	Mondays Tuesdays	12:30-2:30pm 6:00-8:00pm
Depression Group	Thursdays Fridays	10:30am-Noon 12:30-1:30pm
Depression & Anxiety Recovery Group	Tuesdays	7:00-8:00pm
Living With Chronic Illness	Fridays	11:00am-Noon
Men's Anxiety & Depression Group	Alternate Mondays	6:30-7:30pm
Postpartum Depression Group	Fridays	Noon-1:00pm
Psychotherapy Group	Thursdays	6:00-7:00pm
Substance Abuse/Dependence Treatment	Tuesdays	8:00-9:00pm
Teen DBT Group (12-week sessions): Skills taught to teens to deal with challenges in their daily lives, as well as regulate emotions, ages 14-17	Thursdays; call for next start date	6:30-8:00pm
Women's Anxiety & Depression Group	Mondays	10:15-11:15am
Veterans' PTSD Group	Alternate Tuesdays	5:00-6:00pm
Voices (12-week sessions): Self-discovery and empowerment for adolescent girls and young women	Thursdays; call for next start date	6:30-8:00pm
Wellness & Recovery Group: Life skills training for the chronically mentally ill in a social environment	Alternate Tuesdays	2:00-3:00pm

## BEHAVIORAL HEALTH PSYCHOTHERAPY GROUPS

Registration is required:  
1-888-247-1400  
For information:  
973-579-8581

7:30pm; Monday, April 20, 10:00am

**Portion Distortions**, Wednesday, May 6, 7:30pm; Monday, May 18, 10:00am

**How to Read a Food Label**, Wednesday, June 3, 7:30pm; Monday, June 15, 10:00am

## MILFORD HEALTH & WELLNESS/URGENT CARE

All events are held at Milford Health & Wellness, 111 East Catharine St., Milford, PA 18337

**Diabetes Support Group**, Monday, May 11: *The Gut and Its Role in Diabetes*, 10:00-11:30am

**Assess Your Stress**, Wednesdays, April 1, May 6 and June 3, 2:00-5:00pm; no appointment necessary

**Parent LifeSkills Training** (5 sessions), Mondays, April 6 to May 4 or May 18 to June 15, 5:00-6:15pm; 570-409-8484, ext. 501

**Middle School LifeSkills Training** (13 sessions, grades 7-9), Tuesdays, April 7 to June 30, 4:15-5:30pm; 570-409-8484, ext. 501

**Savvy Caregiver** (4 sessions), Wednesdays, April 1 to April 22 or May 27 to June 17, 10:30am-Noon; 570-409-8484, ext. 501

**High School LifeSkills Training** (12 sessions), Thursdays, April 2 to June 11, 3:30-4:45pm; 570-409-8484, ext. 501

**More Than Sad: For teens to understand depression**, Wednesdays, April 15, May 20 and June 17, 4:00-5:00pm; 570-409-8484, ext. 501

**Parents for Prevention: Parents Group**, Thursdays, April 16, May 21 and June 18, 5:15-6:30pm; 570-409-8484, ext. 501

**Lipid Profile**, Saturday, April 18, 8:00-11:00am

**Memory Screening**, Friday, May 15, 10:00am-Noon

**Blood Glucose, Hemoglobin A1C**, Saturday, June 13, 8:00-11:00am

## ADULT GROUPS NOT CURRENTLY IN SESSION:

First Year Together, Perinatal Mood Disorder, Young Women's Psychoeducation  
Call if interested: 973-579-8581

Prepared Childbirth Classes, <b>FEE: \$120</b>	Saturday, April 11	9:00am-5:00pm
<b>2-Day Class:</b> Saturdays, May 2 and 9		9:00am-2:00pm
<b>2-Day Class:</b> Tuesdays, June 9 and 30		6:30-9:00pm
Breastfeeding, <b>FEE: \$40</b>	Wednesday, April 22 and June 3	6:30-9:00pm
Newborn Parenting, <b>FEE: \$40</b>	Saturday, May 2	9:30am-2:00pm
Sibling Preparation Class, <b>FEE: \$15/child</b>	Saturday, June 6	9:30am-2:00pm
Pediatric Preoperative Preparation	Saturday, May 2	2:30-4:00pm
Grandparents Class, <b>FEE: \$25</b>	Call if interested	
Maternity Center Tours	Saturday, June 6	2:30-4:00pm
	Wednesdays, April 15, May 20 and June 17	8:00-9:00pm
	Saturdays, April 18, May 23 and June 20	10:00-11:00am
Breast Cancer Support Group	Tuesdays, April 14, May 12 and June 9	6:30-9:00pm
Look Good, Feel Better	Monday, May 11	2:00-4:00pm
Personal Health Records: Atlantic Connect	Tuesday, April 14	9:00-10:30am
Taking the Reins: Way to Live a Happy & Meaningful Life	Thursday, May 14	10:00-11:30am
Chair Exercise for Older Adults	Tuesday, June 9	10:00-11:30am

## MATERNAL & CHILD HEALTH

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

Registration is required for all classes: 973-579-8340

## SPARTA HEALTH & WELLNESS

All events are held at Sparta Health & Wellness, 89 Sparta Ave., Sparta, NJ 07871

# NEW Smart Robotic Tool

## Arrives at Morristown Medical Center

No one likes the idea of undergoing surgery, but what if you could have less pain and a shorter hospital stay, all while returning to your daily activities more quickly? Now you can do just that at Morristown Medical Center with the addition of the new da Vinci® Xi Surgical System, made possible by a generous \$1 million grant from the Deskovick family.

Robotic surgery uses smaller incisions, leading naturally to less blood loss during surgery and fewer complications afterward. The new robotic system expands the types of complex minimally invasive surgeries performed at Morristown Medical Center, including procedures in urology, gynecology and general surgery. Its use for pancreatic, spleen, stomach and liver surgeries are new areas under development.

### An Extension of the Surgeon's Touch

According to Ayal Kaynan, MD, director of minimally invasive and robotic surgery for Morristown Medical Center, the goal of minimally invasive surgery is to complete the surgery in a closed fashion with an endoscope or telescope, thus eliminating the need to make large open incisions that can lead to other problems more easily.

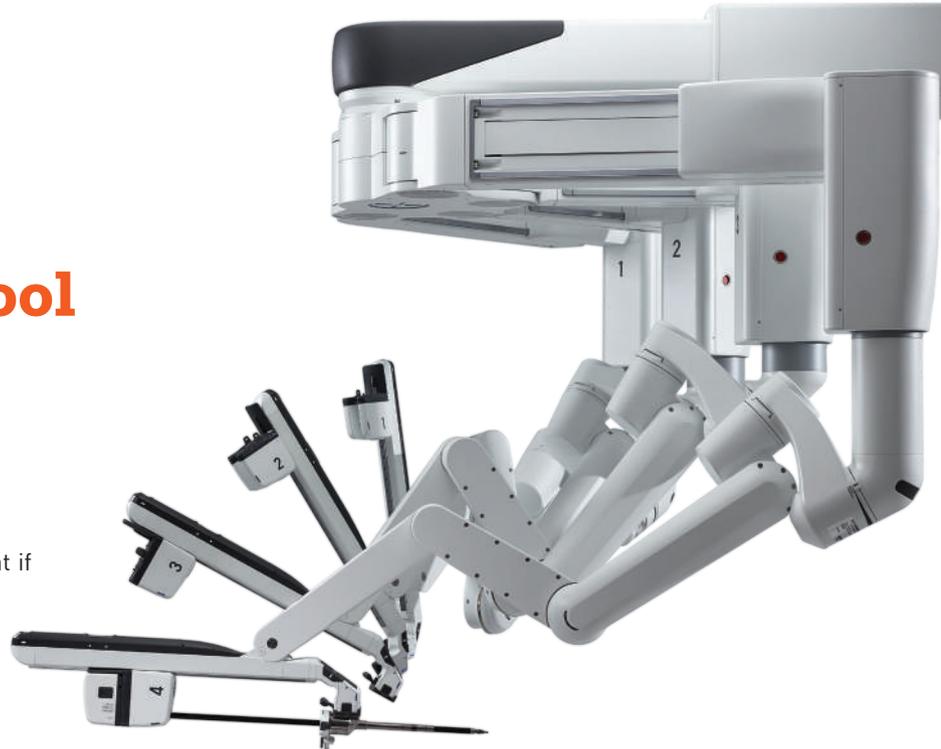
"This isn't 'Star Wars,'" Dr. Kaynan remarks. "The robot is just a mechanical tool we use to perform these detailed surgeries with more finesse and under closed circumstances. It responds directly to the controls the surgeon is using at the console, essentially performing his or her actions directly."

### Minute by Minute

The da Vinci Xi is ideally suited for procedures in which range of access throughout the belly is at issue: for example, colon resection or partial kidney removal, operations in which a surgeon removes a cancerous tumor, leaving in place as much healthy tissue as possible.

"For a partial kidney removal, minutes count and the quicker you can get through the case, the better off the patient is going to be in terms of kidney function," explains Dr. Kaynan.

Dr. Kaynan says the new robotic technology not only adds to the surgeon's range of motion but also reduces critical length of time spent in the operating room — two benefits patients will surely want to consider. Ultimately, the Xi increases the range of procedures that may be done in a closed fashion, including more types of procedures and more complex cases.



### Special Robotics Training for Surgeons and Staff

Morristown Medical Center offers an extensive robotic training program for its surgeons, residents and nursing staff, according to Trish O'Keefe, RN, chief nursing officer. "We have a core group of clinicians whose experience is in robotic surgery."

They use robotic simulators, like those used by the Air Force to prepare pilots for flight, to train surgeons. "The drill sets that are executed with the simulators resemble very closely the kind of maneuvers and actions that are performed by the surgeon with a live patient," says Dr. Kaynan. Since starting its robotic surgery program in 2005, surgeons have performed more than 4,500 procedures using this state-of-the-art technology, proof that the specialized training has been highly successful.

"When you need surgery, you want to find a place that is very busy and that is brimming with specialized expertise in the various areas that allow surgeons to undertake complex procedures with minimal invasiveness. I think Morristown Medical Center is unique in that we offer a roster of excellent surgeons who demonstrate clear judgment and prime technical skills, all using the finest equipment available," describes Dr. Kaynan. "We operate in a high-traffic hospital staffed with numerous talented experts. What that all amounts to ultimately is an optimal experience for patients all around, who enjoy the cutting-edge benefits of robotic technology." ▶

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

After preparing for over a year, William Diehl, MD, completed Morristown Medical Center's first robotic surgery for pancreatic cancer. A surgical oncologist, Dr. Diehl believes the procedure to be a major breakthrough in providing advanced surgical options for patients with pancreatic cancers. "The patient's recovery was remarkable — and she was discharged only six days after surgery without even needing painkillers," remarks Dr. Diehl.

# The Artichoke Is Your Friend:

## Getting Reacquainted With This Misunderstood Veggie

**A**rtichokes can be a little scary because you may not be sure which parts you're supposed to eat. And to some, they're not very attractive, with their hard leaves surrounding a bristly, hairy-looking center.

Artichokes are one of the oldest known foods, according to the California Artichoke Advisory Board. They are native to the Mediterranean region, dating back thousands of years. Today, California produces virtually all of the artichokes we eat in the United States. They're grown on California's central coast from south of San Francisco to Monterey, with the peak season lasting from March through May.

From a botanical perspective, they are actually the edible flower bud of a type of thistle and as far as nutrition goes, they're loaded with vitamins and nutrients. In fact, they actually rank up there with blueberries when it comes to antioxidants, those disease-fighting compounds found in food, particularly darker berries.

### AN UNEXPECTED NUTRIENT CLUSTER

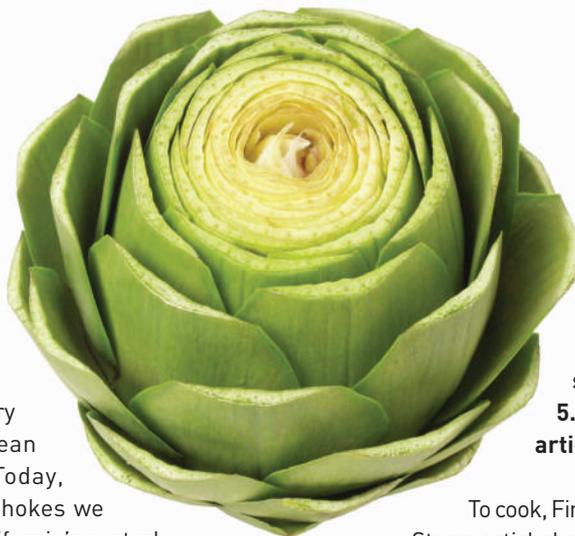
According to Mary Finckenor, registered dietitian for Morristown Medical Center, one medium artichoke has 60 calories and is packed with fiber and folate, the naturally occurring form of folic acid, but antioxidants are where they shine brightest. "When people think of which vegetables are nutrition superstars, they usually don't think of artichokes, but maybe they should," notes Finckenor. "One medium artichoke has more fiber than one cup of most raisin brans. Folate-rich foods help support healthy cardiovascular and nervous systems, and are essential to women who are pregnant for the prevention of neural tube defects in their developing babies."

Regarding the benefits of antioxidants, Finckenor says that they are thought to prevent or delay cellular damage relating to aging. "While it isn't clear exactly what role antioxidants play in keeping us healthy, one thing perfectly rings true: A diet rich in the fruits and vegetables that are high in antioxidants helps lower our risk for diseases like cancer and heart disease."

### TASTY TIPS ON COOKING AN ARTICHOKE

Finckenor offers the following advice on prepping an artichoke before you cook it:

**1. Wash the artichoke under cold water.**



**2. Remove any leaves that are small or discolored.**

**3. Cut off the stem. The stem is actually an extension of the heart — the meaty part of the artichoke. If you want, you can peel and cook it to eat along with the artichoke.**

**4. Cut off the top inch and use scissors to snip off the thorny tip of the leaves.**

**5. Give it a squeeze of lemon juice to keep the artichoke nice and green.**

To cook, Finckenor recommends steaming or microwaving. Steam artichoke, bottom up, for 20 to 30 minutes. To microwave, put in a microwave-safe bowl with one-half inch of water in the bottom. Place the artichoke in the bowl, bottom up, and cover with plastic wrap. Microwave seven to eight minutes per artichoke. Whether steaming or microwaving, the artichoke is done when a knife inserts into the base easily.

### SAVORING THE ARTICHOKE

Now that you've cooked the artichoke, what do you do with it? There are several edible parts of the vegetable. Pull off a leaf and scrape the meat off the tender end with your front teeth. Finckenor says you can dip the leaves in some olive oil and garlic or mayonnaise mixed with balsamic vinegar or one of the dip recipes listed below.

Once the leaves are gone, you'll come to the hairy-looking center, or "choke." The choke is not edible and should be scraped out and discarded. At the base is the meatiest part of the artichoke, the heart. Cut it in bite-sized pieces, dip and enjoy. Finckenor shares two personal recipes for simple artichoke dips:

#### GARLIC-LEMON ARTICHOKE DIP

**¼ cup regular or low-fat mayonnaise**

**1 clove garlic, minced (or 1 teaspoon jarred, minced garlic)**

**1 tablespoon lemon juice**

**1 tablespoon Worcestershire sauce**

#### YOGURT-DILL ARTICHOKE DIP

**½ cup plain low-fat or fat-free Greek yogurt**

**1 tablespoon lemon juice**

**1 teaspoon chopped fresh dill**

Now that the artichoke has been demystified, enjoy this nutrient-rich, ancient vegetable as a way to vary your diet and increase your intake of antioxidants. ▶

# Lifestyle Change Gets Personal at the Chambers Center for Well Being



**S**ixty-six days — that’s all it takes to replace bad old habits with healthy new practices, according to a recent study released in the *European Journal of Social Psychology*. Making changes in your health just got simpler with the Lifestyle Change program at the Chambers Center for Well Being. This 12-week program includes biweekly two-hour sessions that include supervised exercise, nutrition with food sampling and stress reduction in a small group setting.

“We want to help people proactively participate in their own health,” says Emilie Rowan, LCSW, director of the Chambers Center for Well Being. “The goal is to create a lifetime of change, not just during a brief 12-week period. The program is structured to help people look and feel their best while meeting their unique health goals.”

According to Rowan, the program, led by a coach-trainer, benefits anyone who wants to create a healthier lifestyle. It is also suited to people who are managing health conditions such as diabetes or heart disease.

### Improve Your Food Attitude

“The nutrition portion of the program is provided by a nutritionist and will focus on the Mediterranean diet, which is a well-studied diet with optimal health outcomes overseas,” explains Rowan. “By tasting healthy food *entrées* and learning how to cook them, you

stand the best chance of striking a healthier relationship with food, hopefully forever.”

### Lighten Up With Exercise and Stress Management

Sessions on stress reduction include meditation, relaxation and group support. “Studies show that group support is one of the most important factors in success,” says Rowan. “Camaraderie not only helps you sustain your healthy activities but allows you to form relationships with people to support you.”

Exercise sessions, supervised by an exercise trainer, include workouts using cardiovascular equipment, along with weights and strength-training bands. “Unlike going to a gym, where you’re just another anonymous person, you benefit from developing a personalized relationship that supports you,” describes Rowan, “so you can move and exercise at your own pace.”

### Sustain Lifelong Change — and Pass the Knowledge Along

In addition to the in-person sessions, participants have access to an interactive computer program that offers educational

modules and at-home activities. Once participants have completed the entire program, there are several options to help maintain the good habits they've developed. "Program graduates can become a member of the center, which offers group or individual coaching several times a year. We also have movement, yoga and meditation classes to help keep them on track." Another option is to work with a health coach on an individual basis to focus on specific areas such as nutrition or exercise. ▀

## Enroll in Change

If you're ready to change your life, call the center at 973-971-6301 to enroll in the Lifestyle Change program. The cost for the 12-week program is \$900 per person, and enrollment is limited to 12 people per class. The center offers classes a variety of times throughout the week to accommodate interested parties.



## New Massage Experiences

The Chambers Center for Well Being is launching a complete spa experience. The new services will include 90-minute aromatherapy treatments, warm stone massages and body treatments. Clients will be able to enjoy the ambience of a destination spa that includes music, tea, robes, slippers and other personal touches to create a new model of taking care of the mind and body.



Here are a few of the new treatments:

### TOTAL BLISS CUSTOM MASSAGE EXPERIENCE

An all-inclusive massage that includes scalp, hand and feet. Warm aromatherapy oil of your choice is applied with rhythmic strokes to relieve the body of stress and renew your spirit.

60 min. \$90  
90 min. \$120

### WARM STONE MASSAGE

The ancient healing tradition of utilizing warm stones to increase the body's natural healing ability. Massage and aromatherapy oils are customized to your needs.

60 min. \$100  
90 min. \$140

### JOURNEY TO REVITALIZATION

Start with gentle exfoliation, followed with a nurturing body wrap. A scalp or foot massage complements your treatment during the wrap. To complete the journey enjoy a body massage with aromatherapy oil of choice.

90 min. \$140

### HAPPY FEET TREAT

Feet are gently exfoliated and then your choice of lotion is applied during an energizing reflexology foot massage. This refreshing and invigorating foot treatment may be added to any massage.

30 min. \$45  
60 min. \$90

For prices and specials, visit [www.chamberscenterforwellbeing.org](http://www.chamberscenterforwellbeing.org) or call 973-971-6301.

# Just in Time

Telestroke technology helps save a life

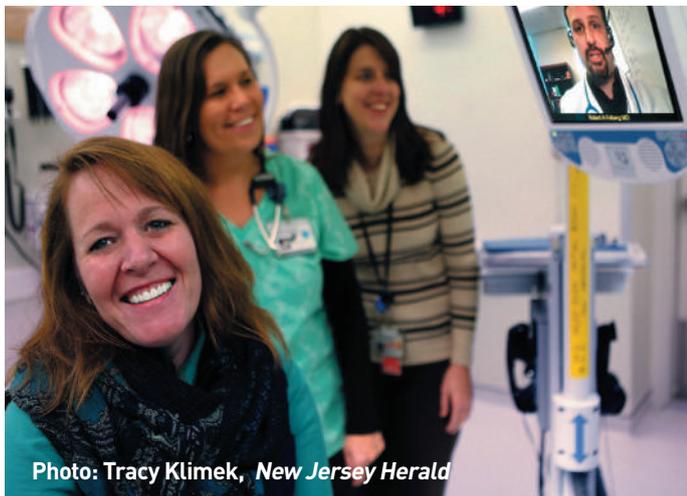


Photo: Tracy Klimek, *New Jersey Herald*

Stroke survivor Peggy Keith smiling in one of the rooms in Newton Medical Center's emergency room with Debbie Cordon, RN, stroke coordinator; Annemarie Schlomann, BSN; and neurologist Robert Felberg, MD, who is using TESS.

Vernon resident Peggy Keith was celebrating her 25th wedding anniversary while planning two graduations and a family trip to Alaska when life threw her a curve ball. On April 7, 2014, she collapsed on her bathroom floor. She could not get up or move the left side of her body. Fortunately, Keith's husband came to her aid quickly. "My face was drooping and I couldn't walk," she explains. "Still, I really thought that I was fine." But her husband suspected otherwise and called 911.

Upon arrival, paramedics Robert Kiefer and Jack Negri recognized the signs of stroke. Assisted by the Vernon Township Ambulance Squad, they rushed Keith to Newton Medical Center, the closest primary stroke center with the right medical resources, expertise and continuum of stroke care.

## Because Every Brain Cell Counts

Stroke occurs when a blood clot or ruptured blood vessel prevents blood and oxygen from reaching the brain. "Millions of brain cells die with each passing minute and once they're lost, they're not replaceable," states Anthony Brutico, MD, medical director of Newton Medical Center's emergency department.

With this reality in mind, in October 2013 Newton Medical Center added an innovative robot affectionately named **TESS** (Telemedicine Electronic Stroke System) to its emergency stroke team, as we shared in our spring 2014 issue of *Well Aware*. The first FDA-cleared telemedicine robot, TESS provides patients with direct, instantaneous access to a neurologist at Atlantic Neuroscience Institute, a nationally renowned stroke program based at Overlook Medical Center.

Thanks to TESS, Keith was immediately evaluated by neurologist Robert Felberg, MD, medical director of Overlook Medical Center's stroke program. Dr. Felberg connected to the robot through his iPad, allowing him to review test results and perform a virtual neurological examination while communicating with Keith through a secure, two-way digital video camera.

"The technology is so amazing that it feels as though the neurologist is in the room," asserts Dr. Brutico. "The consulting neurologist and our emergency physicians evaluate the patient together, allowing us to begin treatment much sooner to achieve the best possible outcome."

## Multidisciplinary Care Is the Key

Based on their findings, they gave Keith tPA, a time-sensitive clot-busting medication. Although it only took 24 minutes following her arrival at Newton Medical Center to receive tPA, she did not respond initially and was airlifted to Overlook Medical Center for more advanced stroke care.

There, an interventional neuroradiologist extracted the clot with a device called the Penumbra System™. "It works much like a vacuum cleaner, suctioning the clot from the blocked artery and allowing us to expand the treatment window for acute ischemic stroke from three to eight hours."

But Keith's remarkable journey did not end there: Additional tests revealed that her stroke was actually caused by a hole in her heart, so Keith underwent cardiovascular surgery at Morristown Medical Center. "That's the benefit of being part of an exceptional health system," adds Dr. Brutico. "Although Newton Medical Center is a community hospital, we share the resources of larger institutions, and our patients have access to a vast network of specialties."

Just one month after her stroke, Keith proudly attended her son's college graduation at Monmouth University, and then cruised along the picturesque shores of Alaska with her entire family. "I'm so lucky that the ambulance took me to Newton and so thankful they had the technology and experts available. If not for that robot, I'd probably be paralyzed, but here I am, living my life just like I originally planned." ▶

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

## KNOW THE SIGNS OF STROKE

Remember **F.A.S.T.**

- F Face drooping** Ask the person to smile. Is the smile uneven?
- A Arm weakness** Ask the person to raise both arms. Does one arm drift downward?
- S Speech difficulty** Ask the person to repeat a simple sentence. Is speech slurred or hard to understand?
- T Time to call 911** If you notice ANY of these symptoms, call 911 and get the person to the nearest hospital. Check the time to note when symptoms first appeared.

Source: American Heart Association/American Stroke Association

## FOUNDATION NEWS

## DA VINCI AND BEYOND

As we explain on page 10, thanks to a generous gift from Morristown residents Robert “Dick” and Louise “Jackie” Deskovick, Morristown Medical Center has paired the expertise of its award-winning, regionally recognized surgical team with the most advanced robotic surgical system available, the da Vinci® Xi. This minimally invasive robotic system will allow surgeons of the hospital to operate robotically in a number of complex surgeries that would otherwise need to be performed through open methods.

Thanks to many donations to the Newton Medical Center Foundation’s Oncology Fund, Newton Medical Center is constructing a new Center for Breast Health, which will provide the highest level of diagnostic breast services for the Sussex, Warren and Pike counties. The highlight of these new services will be digital breast tomosynthesis (DBT), a three-dimensional mammogram that can detect small breast tumors, while decreasing false positives and the need for repeat mammograms.

The Atlantic Neuroscience Institute at Overlook Medical Center will soon open a third neurointerventional radiology suite, following closely on the heels of a second suite funded through the efforts of the Overlook Foundation. There, physicians perform complex procedures using a catheter inside blood vessels to treat life-threatening strokes, aneurysms and other issues of the brain and spinal cord. Key to their success is the Integrated 3D Neuro Biplane and its flat screen

technology that can integrate CT images for a three-dimensional effect, while providing clear image detail of the tiniest of treatment devices.

As health care technology, programs and innovation expand, donations to Atlantic Health System’s hospital foundations are more important than ever. Our medical center foundations will help you make a gift online, via mail or by phone. ▶

**Support Our Foundations**

- Morristown Medical Center, visit [f4mmc.org](http://f4mmc.org) and select “Donate Now” or call 973-593-2400.
- Newton Medical Center, visit [newtonmedicalcenterfoundation.org](http://newtonmedicalcenterfoundation.org) and select “Online Donation” or call 973-579-8309.
- Overlook Medical Center, visit [overlookfoundation.org](http://overlookfoundation.org) and select “Donate Now” or call 908-522-2840.



## Updates From the Atlantic Center for Research: Participating in Clinical Trials

Through involvement in research studies, or clinical trials, participants aid in the discovery and development of new innovative therapies. Participation in clinical trials is also a way for patients to access advanced treatment options that are not yet available to the public.

Clinical trials evaluate new medications and procedures by examining their effectiveness on participants. Before conducting clinical trials, researchers perform extensive laboratory work to determine the safety and potential outcomes in human trials. Extensive federal regulations are designed to protect all patients enrolled in research studies. Agencies such as the Food and Drug Administration (FDA) and National Institutes of Health (NIH) oversee much of the medical research in the country.

Prior to joining a clinical trial, you will be presented with all your treatment options by your physician in order to see if you qualify for the study. Some research studies seek participants with specific illnesses or conditions, while others require healthy participants. Participants must meet certain standards, called inclusion and exclusion criteria, such as existing medical conditions, current medication or age. While clinical trials are not meant to replace ongoing treatment with a primary physician, they may provide new treatment options related to a designated illness or condition.

The Atlantic Center for Research has recently launched a new clinical trials website that features information about open and enrolling trials at all Atlantic Health System sites. Visitors can search for clinical trials and research studies by disease area, keywords or the names of the physicians conducting the trials. The website is compatible with mobile devices to support conversations patients may want to have with their doctors about clinical trials while in the office.

By participating in a clinical trial, you help to advance cutting-edge therapies and open doors to new medications and treatments. To learn more about clinical trial offerings at Atlantic Health System, speak with your physician and visit [atlantichealth.org/research](http://atlantichealth.org/research).

## Atlantic Health System

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 07960-6459

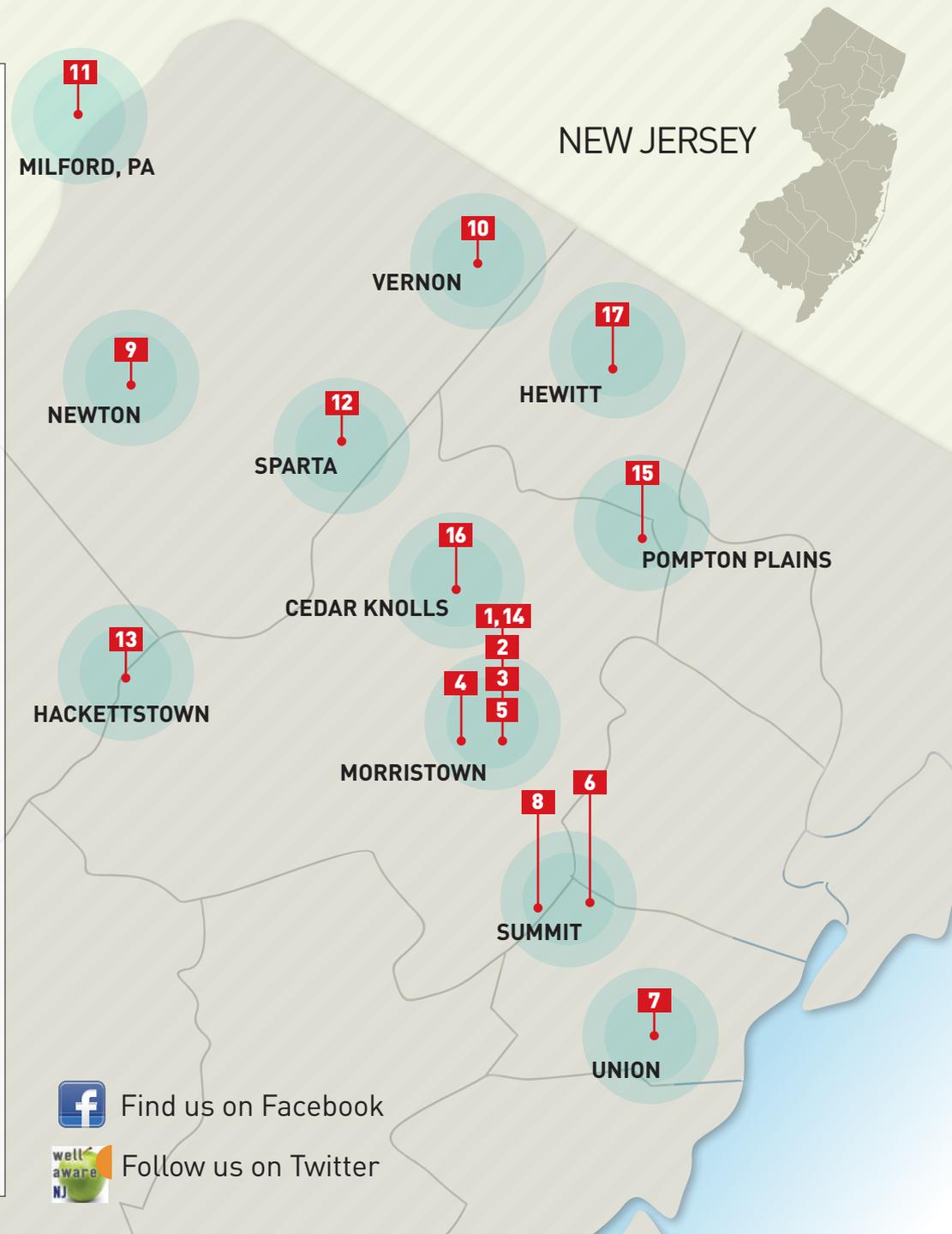
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 doctor, call 1-800-247-9580  
 or visit [findadoctor.atlantichealth.org](http://findadoctor.atlantichealth.org).



### Atlantic Health System Main Locations

- |  |   |
|--|---|
| <p><b>1 Morristown Medical Center</b><br/> <i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i><br/>       100 Madison Ave.,<br/>       Morristown, NJ 07960<br/> <b>973-971-5000</b></p> <p><b>2 Outpatient Medicine</b><br/>       435 South St.,<br/>       Morristown, NJ 07960<br/> <b>973-660-3105</b></p> <p><b>3 Atlantic Sports Health</b><br/>       111 Madison Ave.,<br/>       Morristown, NJ 07960<br/> <b>973-971-6898</b></p> <p><b>4 Atlantic Rehabilitation</b><br/>       95 Mount Kemble Ave.,<br/>       Morristown, NJ 07960<br/> <b>973-971-4481</b></p> <p><b>5 Goryeb Children's Hospital</b><br/>       100 Madison Ave.,<br/>       Morristown, NJ 07960<br/> <b>973-971-5000</b></p> <p><b>6 Overlook Medical Center</b><br/> <i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i><br/>       99 Beauvoir Ave.,<br/>       Summit, NJ 07901<br/> <b>908-522-2000</b></p> <p><b>7 Overlook, Union Campus</b><br/> <i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i><br/>       1000 Galloping Hill Road,<br/>       Union, NJ 07083</p> <p><b>8 Overlook Downtown</b><br/> <i>(includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i><br/>       357 Springfield Ave.,<br/>       Summit, NJ 07901<br/> <b>908-598-7997</b></p> | <p><b>9 Newton Medical Center</b><br/>       175 High St.,<br/>       Newton, NJ 07860<br/> <b>973-383-2121</b></p> <p><b>10 Vernon Health &amp; Wellness Urgent Care</b><br/>       123 Route 94,<br/>       Vernon, NJ 07462<br/> <b>973-209-2260</b></p> <p><b>11 Milford Health &amp; Wellness Urgent Care</b><br/>       111 E. Catharine St.,<br/>       Milford, PA 18337<br/> <b>570-409-8484</b></p> <p><b>12 Sparta Health &amp; Wellness</b><br/>       89 Sparta Ave.,<br/>       Sparta, NJ 07871<br/> <b>973-726-4232</b></p> <p><b>13 Urgent Care at Hackettstown</b><br/>       57 Route 46, Suite 100,<br/>       Hackettstown, NJ 07840<br/> <b>908-598-7980</b></p> <p><b>14 Chambers Center for Well Being</b><br/>       435 South St.,<br/>       Morristown, NJ 07960<br/> <b>973-971-6301</b></p> <p><b>15 Chilton Medical Center</b><br/>       97 W. Parkway,<br/>       Pompton Plains, NJ 07444<br/> <b>973-831-5000</b></p> <p><b>16 Medical Institute of New Jersey</b><br/>       11 Saddle Road,<br/>       Cedar Knolls, NJ 07927<br/> <b>973-267-2122</b></p> <p><b>17 Chilton Ambulatory Care Center</b><br/> <i>(includes Chilton Imaging and Outpatient Laboratory Services)</i><br/>       1900 Union Valley Road,<br/>       Hewitt, NJ 07421<br/> <b>1-855-862-2778</b></p> |
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