

well aware

Atlantic Sports Health:
Spring Into Shape

A Healthy Approach to Pasta

New Melanoma Treatments
Show Promise

SPRING
2016

Morristown Medical Center
Overlook Medical Center
Newton Medical Center
Chilton Medical Center
✦ Goryeb Children's Hospital
Atlantic Rehabilitation



Atlantic
Health System

Trusted Network of Caring™

DEAR FRIENDS,



It's hard to believe a full year has passed since I joined Atlantic Health System. In the last issue of *Well Aware*, I mentioned

that we are creating our *Trusted Network of Caring*™. But what does that really mean? In this issue, you will read about the expansion of our services to provide more convenient access. For example, we have increased our physician network, extended hours and improved the ability to make online appointments.

Rehabilitation is another area where we have increased our number of locations. Currently we have over 10 different outpatient centers to provide more convenient access. And Atlantic Sports Health is building relationships with other sports organizations throughout the community to improve performance, expanding their services as well.

Our employees are the key to making Atlantic Health System what it is today. It is an honor and a privilege to be part of an organization that has made *Fortune* magazine's list of 100 Best Companies to Work For – eight years in a row. I'm proud our employees feel so strongly about the place they come to every day.

I hope you will start enjoying the warmer weather and join us at the many events highlighted in our calendar. Stay healthy.

Brian A. Gragnolati
President & CEO,
Atlantic Health System

Talk to us

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

Well Aware Kids

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



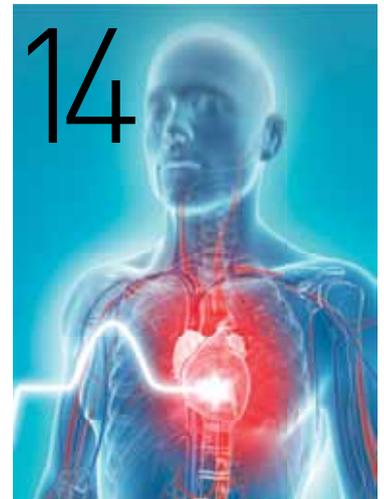
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Well Aware is published for Atlantic Health System by Wax Custom Communications.

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Morristown Medical Center
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Atlantic Rehabilitation
Atlantic Health System

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

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GET SOCIAL WITH US

Did you know Atlantic Health System is on social media? Fans and followers can discover the latest Atlantic Health System news and events, read patient stories and more across their favorite social networks.

On Facebook, fans can check out Atlantic Health System's five medical centers – Morristown Medical Center, Newton Medical Center, Overlook Medical Center, Chilton Medical Center and Goryeb Children's Hospital – as well as the Chambers Center for Well Being, to stay up to date on recent happenings.

At the @AtlanticHealth Twitter page, followers will find trending health news, wellness tips and other fun topics to encourage healthy habits. More interactive content is available on YouTube, where Atlantic Health System showcases new technologies, services and partnerships.

New to the social media mix is Atlantic Health System's Instagram page. This new account provides the community with yet another avenue for staying informed on Atlantic Health System news. Find it by searching for AtlanticHealth on IG.

For a full list of social media accounts, search "social media center" on atlantichealth.org.



WOMEN'S HEALTH PHILANTHROPY COUNCIL

Presents **Superwoman Is a Myth**
FEATURING New York Times Best-Selling
Author Lee Woodruff

Thursday, April 21, 2016; 10:30am-Noon
Morristown Medical Center
Malcolm Forbes Amphitheater
100 Madison Avenue, Morristown, NJ 07960

**Preregistration required. Call 1-800-247-9580.
OPEN TO THE PUBLIC. Admission is free.**

'Be Well' With Atlantic Health System's Mobile Apps



Have you checked out Atlantic Health System's Be Well apps lately? We recently made some changes that will help you better manage your health this year. Updates include:

- **Access to our patient portals – Atlantic Health Connect and MyChilton – so you can view lab results, health records and more when it's most convenient for you**
- **A map of all our urgent care and walk-in locations so you can find the service closest to you when you need it most**
- **A "Health Resources" tool that provides easy access to our classes and events calendar, clinical research trials and other helpful information**
- **A medication tracker that now has photos and dosage information for more than half of all the available prescription and over-the-counter medications in the United States**

If you do not yet have the app, you can download it by searching "Be Well" in the App Store or Google Play.

Stroke Camp Helps Survivors and Caregivers

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

The Stroke Camp takes place June 10-12 at Fellowship Deaconry Ministries in Liberty Corner. Attendees will enjoy three days of crafts and other fun activities.

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



TRAVEL MD®: HEALTHY TRAVELS AHEAD



When traveling abroad, native disease is usually a top travel concern. Travel MD® was created by Atlantic Health System to provide international travelers with a single source for travel-related health information so they can enjoy peace of mind.

Travel MD helps to protect individuals when they travel internationally – whether for business or pleasure.

Through this service, travelers can receive pre-trip and consultative services to deal with illness abroad. This includes vaccinations, medications and other preventive measures.

To take full advantage of these services, it's recommended that travelers book an appointment at least four weeks before their trip. Since vaccinations can take some time to be fully effective, the sooner you can make an appointment, the better.

Some immunizations offered through Travel MD include:

- hepatitis A
- typhoid
- yellow fever
- rabies

For more information about the Travel MD program, call 973-971-7291 .

CONNECT WITH AN ATLANTIC MEDICAL GROUP PHYSICIAN

Across northern and central New Jersey, we are your local family doctors and specialists. With over 600 physicians across 300 locations, Atlantic Medical Group provides an entryway to Atlantic Health System's *Trusted Network of Caring™* and its award-winning hospitals.

To find your Atlantic Medical Group provider visit atlanticmedicalgroupnj.org for more information or call 1-844-AMG (264)-2250.

SPRING FORWARD: Adjusting to the Time Change



- Exercise regularly, preferably outdoors and early.
- Avoid late-day naps.
- Avoid heavy meals before bed.
- Resync your circadian rhythm with bright light during the day and dim lights at night.
- Do not imbibe. Alcohol can negatively impact sleep.

Contact Atlantic Health Sleep Centers at 1-866-906-5666 or visit atlantichealth.org/sleepcenters.

FORTUNE
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2016
8 YEARS IN A ROW!

Atlantic Health System, for the eighth year in a row, is honored to be one of the 2016 *Fortune 100 Best Companies to Work For*, according to global research and consulting firm *Great Place to Work®* and *Fortune Magazine*.

CULINARY MAKEOVER: A Healthy Approach to

Pasta

Pasta: It's one of the most popular foods out there, and it's one that tends to get a bad rap. In the wide world of nutrition, pasta is usually one of the first foods people cut from their diet when trying to eat healthier. Regular pasta is high in carbs and not very satisfying – which can later lead to overeating and some extra pounds.

But do not count pasta out of the nutrition game just yet. There's more to this beloved food than meets the eye.

"Many people think that pasta doesn't offer much nutritionally and can cause weight gain," says Sabrina Lombardi, clinical nutrition coordinator of Food and Nutrition Services for Newton Medical Center. "A lot of that has to do with the fact that pasta by itself isn't very filling, so we tend to eat too much just to get full. But there are ways to make it more satisfying and better for you."

TEST YOUR COOKING CHOPS

Getting creative in the kitchen can reap some big nutritional rewards, says Mary Finckenor, registered dietitian for Morristown Medical Center. According to Finckenor, throwing some protein into the mix is a great way to make pasta more filling.

"Protein can help promote satiety – you're going to feel more full than if you had pasta on its own," she says. "Just make sure that you're choosing lean cuts of meat to keep saturated fats to a minimum."

"Try new pastas and see which ones you like. It challenges you to be creative. You'll have fun coming up with your own healthy pasta ideas."

– Mary Finckenor

Vegetables like zucchini, butternut squash and peppers are other tasty additions for your favorite pasta dish, notes Finckenor. These items contain fiber, another nutrient that helps fill you up without filling you out.

"Take advantage of spring produce to make your dish tastier," says Finckenor.

"You can really get some great flavor and nutrition on your plate by experimenting with vegetables."

Just make sure to keep portion size in mind. According to Lombardi, even a seemingly healthy pasta dish can turn into a diet disaster if you overdo it.

"A cup to a cup and a half of cooked pasta is about right for most people – and that won't look nearly so little when you add in some lean protein and vegetables," she says.

THE ALTERNATIVES

For those with an adventurous palate, there are plenty of alternatives – and nutritious – pasta options at local grocery stores. Whole-wheat pasta is a popular pick, notes Finckenor, but it's an acquired taste for some. Other alternatives include spelt pasta, which is higher in protein and has a nutty taste, and brown rice pasta which is similar in color and texture to regular pasta, but is gluten-free. "Try new pastas and see which ones you like," says Finckenor. "It challenges you to be creative. You'll have fun coming up with your own healthy pasta ideas." ▶

Atlantic Rehabilitation's

Outpatient Services

An impressive range of care at a location near you

When Glenn Gerber, 69, of Scotch Plains, chose Atlantic Health System for double knee replacements last spring, he gained unexpected benefits from the outpatient rehabilitation team – both before and after surgery. “Atlantic Health System’s ‘pre-hab’ program [physical therapy focused on getting ready for joint surgery] made such a difference to my recovery and my life,” he says.

At almost a dozen locations, Atlantic Rehabilitation’s team of experienced specialists offers outpatient rehabilitation with similar results for an amazing variety of health issues. Need help recovering from an accident, surgery or an ongoing condition? Have trouble with dizziness or balance? Want to learn better ways to improve at sports and avoid injuries? Have a condition that makes you feel just not up to par? For these issues and others, at the heart of the services is a team of experienced therapists dedicated to getting you back in action.

“We work with people from ages five to 95, and for each one, our goal is simple: to help you return to the highest level of function possible – painlessly, safely and independently,” says Loretta Ritter, manager of rehabilitation services for Newton Medical Center.

Some patients visit their Atlantic Health System therapist once a week for several months, and others only need a few visits. At first, many do not understand the value of rehabilitation to their ongoing recovery or quality of life, therapists say. “We all work very hard to understand each patient’s conditions and goals,” says Donna Waliky, outpatient rehabilitation manager for Morristown Medical Center. “Once people see the benefits of rehabilitation, they’re sold on it.”



Find Us Near Your Work, Home or School

To schedule your outpatient rehabilitation at any of these locations, call us at 1-855-862-APPT (2778).

ATLANTIC REHABILITATION

95 Mount Kemble Avenue
Morristown, NJ 07960
973-971-4451

ATLANTIC SPORTS HEALTH

(physical therapy only)
111 Madison Avenue, Suite 110
Morristown, NJ 07960
973-683-2360

CAROL G. SIMON CANCER CENTER

100 Madison Avenue
Morristown, NJ 07960
973-971-4429

CHATHAM PHYSICAL THERAPY

14-B Roosevelt Avenue
Chatham, NJ 07928
973-635-6535

CHILTON MEDICAL CENTER

(speech pathology only)
97 West Parkway
Pompton Plains, NJ 07444
973-831-5023

MEDICAL ARTS CENTER FOR CONCUSSION

(physical therapy only)
33 Overlook Road
Summit, NJ 07901
908-598-7973

NEW PROVIDENCE CAMPUS

550 Central Avenue
New Providence, NJ 07974
908-522-2215

NEWTON MEDICAL CENTER

175 High Street
Newton, NJ 07860
973-579-8600

POMPTON PLAINS CAMPUS

242 West Parkway
Pompton Plains, NJ 07444
973-831-0717, Option 1

UNION CAMPUS

(physical therapy only)
1000 Galloping Hill Road
Union, NJ 07083
908-522-6420

WAYNE CAMPUS

One Pike Drive
Wayne, NJ 07470
973-720-9625

Gerber, for example, is back to work leading a large metal supply company and again enjoying activities with his grandchildren – including riding snowmobiles and ATVs. “Thanks to all my caregivers, 2015 was a great year for me,” he says. “I’m now pain-free.”

OUR AREAS OF EXPERTISE

At various Atlantic Rehabilitation locations, you’ll find therapists with expertise in physical, speech and occupational therapy plus audiology (hearing), and a physician who specializes in rehabilitation. “We have a very experienced staff, with many years of experience,” says John Diffily, rehabilitation services manager for Chilton Medical Center. And most have earned certifications and received training in these and other specialty areas, including:

- **amputation**
- **cancer**
- **child development**
- **concussion**
- **dizziness and balance**
- **facial pain**
- **hand therapy**
- **joint replacement**
- **pelvic floor disorders**
- **sports medicine**
- **stroke**

“So when you come to us, you’re getting experts who have a special interest in learning the latest proven techniques to care for your specific condition,” says Lawrence Nisivoccia, manager of Atlantic Sports Health in Morristown.

Further, because Atlantic Health System’s outpatient rehabilitation centers are part of the overall health system, they are part of the



regular reviews and accreditation of The Joint Commission, the national health care quality organization. “Being part of the system, we have the same high level of standards, even though we might not be located within a hospital,” says Dan Whelan, manager of the department of physical medicine and rehabilitation for Overlook Medical Center. ▶

See above for the closest outpatient rehabilitation location.

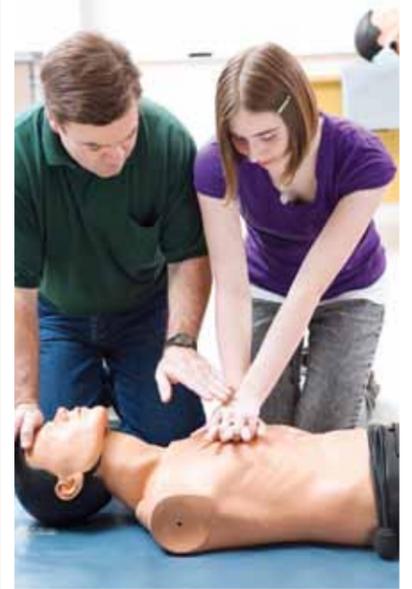
| CATEGORY | EVENT | DATE | TIME | TELEPHONE # |
|---|---|--|------------------------------------|----------------|
| NEWTON MEDICAL CENTER PROGRAMS 175 High St., Newton, NJ 07860 | DINNER & LECTURE SERIES, FEE: \$8 | | Dinner: 5:30pm; Lecture: 6:00pm | |
| | <i>Understanding Medication Safety</i> | Monday, April 18 | | |
| | <i>Preparing for an Emergency</i> | Monday, May 23 | | |
| | <i>The Anti-Inflammatory Diet</i> | Monday, June 20 | | |
| | Cancer Support Group | Thursdays, April, 28, May 26 and June 23 | 3:00-4:00pm | 973-579-8620 |
| | Stroke Support Group | Tuesdays, April 26, May 24 and June 28 | 6:00-7:00pm | 973-579-8620 |
| | Alzheimer's/Dementia Caregivers Support Group | Saturdays, April 23, May 21 and June 25 | 10:00am-Noon | |
| | Diabetes Support Group | Wednesday, April 6: <i>Senior Services: What Is Out There?</i> | 10:00-11:30am | |
| | | Wednesday, June 1: <i>Our Body's Armor: What Our Skin Needs From Us</i> | | |
| | Bariatric Support Group | Tuesdays, April 5, May 3 and June 7 | 6:00-7:00pm | |
| | Perinatal Loss Support Group | Tuesdays, April 12, May 10 and June 14 | 7:30-9:00pm | 973-940-8140 |
| | Safe Sitter Babysitting Classes (for kids 11-14 years), FEE: \$60 | Saturdays, April 9, May 14 and June 11 | 8:30am-3:30pm | 973-579-8340 |
| | Learn How to Use Personal Health Records on the Computer | Friday, April 15 | 10:00am-Noon | |
| | Caregiver's Conference: <i>Caregiving Across the Life Span</i> | Saturday, April 16 | 8:00am-12:30pm | 1-888-338-9227 |
| | <i>Communication Tips & Techniques in Alzheimer's Disease</i> | Tuesday, April 12 | 6:30-7:30pm | 973-586-4300 |
| <i>Early Stage Alzheimer's Disease: An Intensive For Caregivers</i> | Wednesdays, June 8 and 15 | 6:30-8:30pm | 973-586-4300 | |
| Mammograms Save Lives: <i>For those women who do not have insurance or not eligible through other screening programs; call 973-579-8622 to see if you qualify</i> | | | | |
| Joint Replacement Education Session | Wednesdays, April 6, May 4 and June 1 | Noon-2:00pm | | |
| Yoga for Everybody, FEE: \$90 per eight-week session | Mondays, March 14-May 2; May 9-July 11 (skip May 30 and July 4) | 6:30-7:50pm | 973-579-8340 | |
| Quit Smoking Program (six-week session) | Tuesdays, April 5-May 10 | 6:00-7:30pm | 973-579-8473 | |
| BEHAVIORAL HEALTH PSYCHOTHERAPY GROUPS Registration is required: 1-888-247-1400 For information: 973-579-8581 | | Tuesdays | 1:00-2:00pm | |
| | Co-Occurring Substance Abuse Group (16-week program) | Wednesdays | 1:00-2:00pm | |
| | | Thursdays | 8:00-9:00pm | |
| | Coping With Anxiety | Thursdays | 1:00-2:00pm | |
| | DBT Group: <i>A social skills program to learn cognitive and behavioral skills</i> | Mondays | 12:30-2:30pm | |
| | | Tuesdays | 6:00-8:00pm | |
| | DBT Group for Adults: <i>12 rotating sessions highlighting essential dialectical skills; must have active therapist</i> | Tuesdays; call for next start date | 11:30am-12:30pm | |
| | Depression Group | Thursdays | 10:30am-Noon | |
| | | Fridays | 12:30-1:30pm | |
| | Depression & Anxiety Recovery Group | Tuesdays | 7:00-8:00pm | |
| | Distinct Voices Group (for young adults 19-29) | Wednesdays | 11:30am-12:30pm | |
| | Living With Chronic Illness | Fridays | 11:00am-Noon | |
| | Psychotherapy Group | Thursdays | 6:00-7:00pm | |
| | Women's Anxiety & Depression Group | Mondays | 10:15-11:15am | |
| | Veterans' PTSD Group | Alternate Thursdays | 5:00-6:00pm | |
| Voices (12-week sessions) | Tuesdays; call for next start date | 6:00-7:00pm | | |
| Wellness & Recovery Group: <i>Life skills training for the chronically mentally ill in a social environment</i> | Alternate Tuesdays | 2:00-3:00pm | | |
| Adolescent DBT Group (12-week sessions): <i>Skills taught to teens to deal with challenges in their daily lives, as well as regulate emotions, ages 14-17 years</i> | Thursdays; call for next start date | 6:30-8:00pm | | |
| GROUPS NOT CURRENTLY IN SESSION: Anger Management, First Year Together, Postpartum Depression, Young Women's Psychoeducation | | | | |
| MATERNAL & CHILD HEALTH PROGRAMS Registration is required for all classes: 973-579-8340 | Prepared Childbirth Classes, FEE: \$120 | April 16, 23; June 4, 11 | 10:00am-3:00pm | |
| | Breastfeeding, FEE: \$40 | Tuesdays, April 12 and June 7 | 6:30-9:00pm | |
| | Newborn Parenting, FEE: \$40 | Saturday, May 14 | 9:30am-2:00pm | |
| | Sibling Preparation Class, FEE: \$15/child | Saturday, May 14 | 2:30-4:00pm | |
| | Pediatric Preoperative Preparation | Call if interested | | |
| | Maternity Center Tours | Wednesdays, April 20, May 18 and June 15 | 8:00-9:00pm | |
| SPARTA HEALTH & WELLNESS All events are held at Sparta Health & Wellness, 89 Sparta Ave., Sparta, NJ 07871 | Breast Cancer Support Group | Tuesdays, April 12, May 10 and June 14 | 6:00-8:00pm | 1-800-227-2345 |
| | Look Good Feel Better | Monday, May 16 | 2:00-4:00pm | 1-800-227-2345 |
| | Chair Exercise for Older Adults | Tuesdays, June 7 | 10:00-11:30am | 1-800-247-9580 |
| FREE NUTRITION LECTURES AT SUSSEX COUNTY YMCA Call 973-209-9622 for information and to register | Mediterranean Diet | Wednesday, April 6 Wednesday, April 13 | Noon 7:00pm | |
| | Basic Nutrition: What Nutrients Do I Need? | Wednesday, May 4 Wednesday, May 11 | Noon 7:00pm | |
| | Genetically Modified Organisms: What Are They? | Wednesday, June 1 Wednesday, June 8 | Noon 7:00pm | |

BASIC LIFE SUPPORT & FIRST AID



ATLANTIC TRAINING CENTER

Visit atlanticambulance.org for classes and locations.



Use of the American Heart Association 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 materials, do not represent income to the AHA.



MILFORD HEALTH & WELLNESS/URGENT CARE

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

Diabetes Support Group

Monday, April 4: *Eye Health - I Can See Clearly Now*, 10:00-11:30am

Joint Replacement Education Session (video conference)

Wednesdays, April 6, May 4 and June 1, Noon-2:00pm

Assess Your Stress

Wednesdays, April 6, May 11 and June 15, 3:00-5:00pm
No appointment

Parent LifeSkills Training (five sessions)

Mondays, April 4-May 2; May 16-June 13, 5:00-6:15pm
570-409-8484, ext. 501

Middle School (7th-9th grades) LifeSkills Training (13 sessions)

Tuesdays, April 5-June 28, 4:15-5:30pm
570-409-8484, ext. 501

Savvy Caregiver (four sessions)

Wednesdays, April 13-May 4; May 25-June 15, 10:30am-Noon
570-409-8484, ext. 501

High School LifeSkills Training (10 sessions)

Thursdays, April 7-June 9, 3:30-4:45pm
570-409-8484, ext. 501

More Than Sad: For teens to understand depression

Wednesdays, April 13, May 18 and June 22, 4:00-5:00pm
570-409-8484, ext. 501

Parents for Prevention: Parent's group

Thursdays, April 21, May 19 and June 16, 5:15-6:30pm
570-409-8484, ext. 501

Blood Glucose/Hemoglobin A1C Health Screening

Saturday, May 14
8:00-11:00am

Atlantic Sports Health
Helps Athletes Get

Back on TRACK

When Parisi Speed School Founder Bill Parisi was looking for an organization to partner with, he looked for someone who could enhance the quality of his youth performance training school through education and outreach. “When I walked into Atlantic Sports Health, I saw a culture of people really enjoying their work and giving their best and thought this is an organization we want to be aligned with.”

Atlantic Sports Health, under the direction of Damion Martins, MD, offers one-stop shopping for child and adult athletes. “Everything’s under one roof,” says Dr. Martins. “You can come in and get imaging, therapy, lab work and an office visit in one location.”

QUALITY CARE YOU CAN TRUST

Atlantic Sports Health is the only sports department in the country designated a Center of Excellence in sports medicine by the Atlantic ACO, an accountable care organization focused on the Triple AIM of higher care quality, enhanced patient experience and health care affordability. “Patients can be assured that when they come here they’re getting great quality care because we use evidence-based medicine in a meticulous and thoughtful, cost-effective way,” Dr. Martins says.

Research and education, along with strategic partnerships, form the foundation of the program. Clinical research projects run the gamut, from looking at the effect of structured exercise to the use of special exercise equipment to increase strength and stamina in older adults.

BUILDING STRONGER RELATIONSHIPS

In addition to the partnership with Parisi’s youth sports school, Atlantic Sports Health serves as the education partner of the New Jersey State Interscholastic Athletic Association (NJSIAA),



the governing body of high school athletes. According to NJSIAA Assistant Director Jack Dubois, Atlantic Sports Health “provides in-person evidence-based workshops for athlete coaches and trainers on student athlete safety issues.”

A partnership with Cybex International, a fitness equipment manufacturer, includes research and education initiatives. “We work with Atlantic Sports Health to conduct outcomes research and co-develop educational programs for clinical and fitness professionals to help them better understand the science and art of helping people be more healthy and effective,” says Cybex Chief Science Officer Paul Juris, EdD.

From people wanting to prevent sports injury to the injured athlete, Atlantic Sports Health, with locations in Morristown and Sparta, provides a network of caring for all ages in the community. ▶

For more information on Atlantic Sports Health, call 973-971-6898 (Morristown) or 973-971-6898 (Sparta).

ACUPUNCTURE TREATMENT

After decades of trying to find relief from regular headaches, retired physical therapist Dorothy Willis of Basking Ridge, received what she thought was an unusual referral from her doctor: "Try acupuncture."

When East meets West for better health

Licensed acupuncturists at Atlantic Health System's Chambers Center for Well Being regularly use this traditional Chinese treatment with success.

"For almost my whole life, I tried many different types of prescription medicines and saw different specialists for headache pain. Nothing really helped," she says. But to her amazement, acupuncture worked. "It was really quite remarkable. Relief was instant," she says. "It's even relaxing." Today, seven years after her first treatment, regular visits for acupuncture at the Chambers Center for Well Being continue to keep her headaches at bay.

Cecile Mosberg, 89, of Morris Plains, shares a similar experience. She's visited

the Chambers Center for Well Being for acupuncture off and on for years. And over time, she's learned to trust the licensed acupuncturists there for a variety of issues, including back and hip pain.

So she was not surprised when her doctor recently recommended acupuncture for the extreme pain of shingles on her head. After a couple of treatments, the pain went from a high of 10 on a 10-point scale down to 2 or 3, she reports.

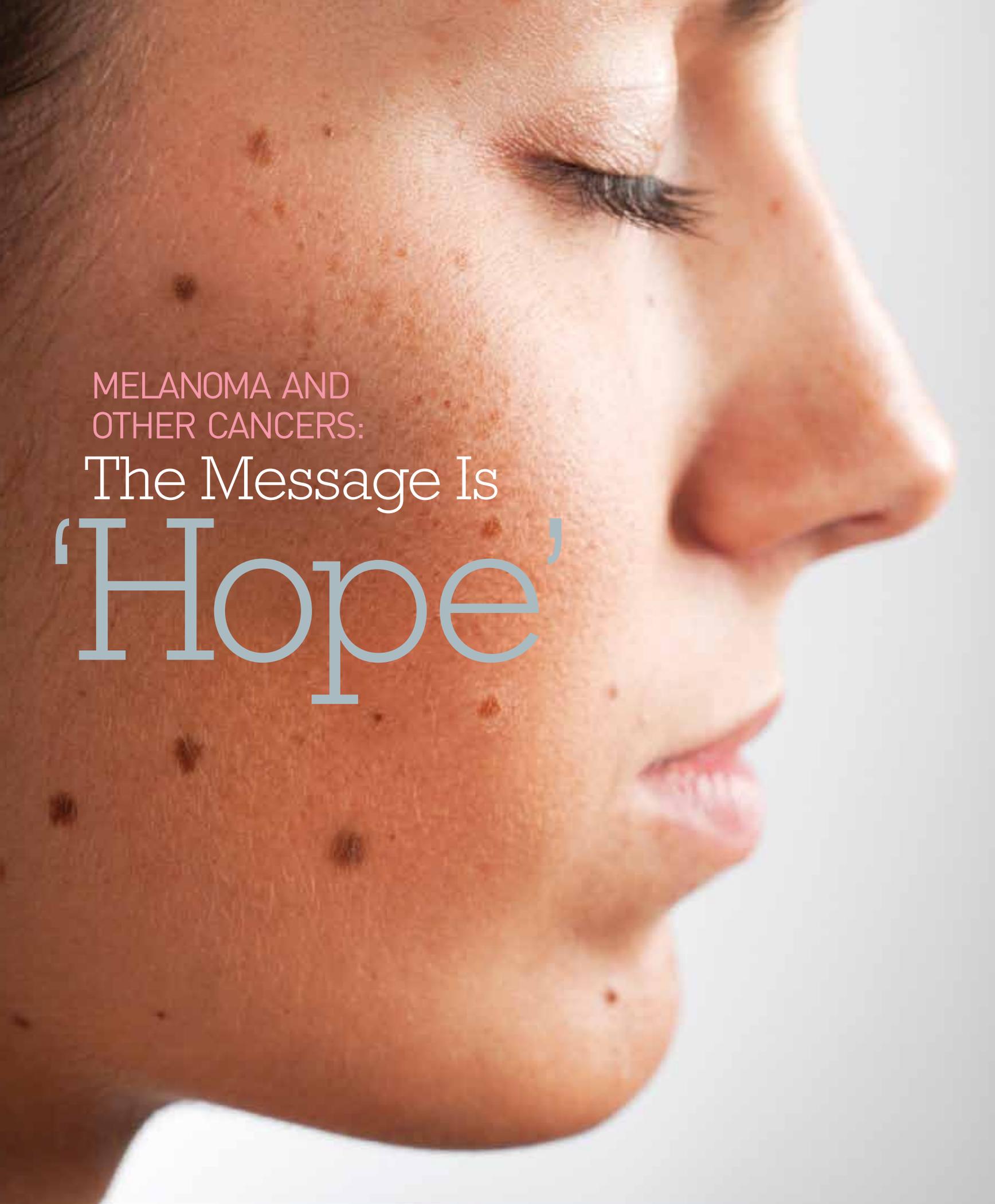
"Pain relief is a common reason people turn to acupuncture," says Jutta Gassner, Diplomat of Oriental Medicine for Atlantic Health System and licensed acupuncturist, who also has a master's degree in oriental medicine. And research bears out this benefit, according to

the National Institutes of Health. "We also use acupuncture to treat symptoms of menopause, nausea and other side effects of cancer treatment," she says.

As Mosberg and Willis discovered, the fact that acupuncture involves needles should not be a major concern. "We're trained in the proper techniques, and the needles are so fine and thin that pain from them is a nonissue," Gassner says. "Acupuncture is a great complement to traditional medicine. It's exciting to have this tool that can really improve our patients' quality of life." ▶

Visit chamberscenterforwellbeing.org for more information on acupuncture services or contact us at 973-971-6301.



A close-up, profile view of a woman's face, focusing on her skin. She has several freckles and moles scattered across her forehead, cheeks, and chin. Her eyes are closed, and her expression is serene. The lighting is soft and natural, highlighting the texture of her skin.

MELANOMA AND
OTHER CANCERS:

The Message Is
'Hope'

“Effective medicines are now available to treat melanoma that no one even heard of two or three years ago,” says Eric D. Whitman, MD, medical director of Atlantic Health System’s Carol G. Simon Cancer Center. “So the outlook for patients with melanoma has improved unbelievably.”

Melanoma is a type of skin cancer that’s more likely than other types to spread to different parts of the body. That makes treatment more difficult. But because of exciting, new and upcoming medicines, the specialists at Atlantic Health System can offer assurance and encouragement.

These medicines plus ongoing research and advanced treatment at the cancer center’s Atlantic Melanoma Center, located at both Morristown and Overlook medical centers, means greater hope for hundreds of patients each year.

YESTERDAY AND TODAY

In the past, the main treatments for melanoma included surgery to remove cancer cells plus chemotherapy or radiation to kill any remaining cells. The new treatment now available is a group of drugs that bolsters the body’s own immune system.

“The way ‘immunotherapy’ works is completely different than other treatments, because it helps the body to attack cancer cells,” Dr. Whitman says. “The most successful melanoma drugs today focus on immunotherapy.”

BEING PART OF THE FUTURE

“We and our patients were part of the clinical trials that studied them,” Dr. Whitman says. “So when they first became widely available in 2013 to patients outside the trials, we were ahead of the game. We already had experience in using them.” And to make sure patients in the region continue to have access to up-and-coming immunotherapies for melanoma, Atlantic Health System is actively bringing more clinical trials to its patients.

“There are many more of these drugs in the pipeline, so our patients at the Atlantic Melanoma Center have access to the latest therapies as they’re being developed, not just when they’ve been approved [by the FDA],” he says.

AN EXPERIENCED TEAM, A RANGE OF CARE

In addition to experience using new therapies, the specialists at the Atlantic Melanoma Center offer the full range of cancer care, from prevention to treatment. As a group, they combine the expertise of experienced surgeons, medical oncologists, pathologists, radiation oncologists and nurses. And they treat all forms of melanoma, including those in the skin, mucous membranes and eyes.

As a point of further hope, immunotherapy drugs hold promise for other types of cancer, too, Dr. Whitman says.

“It’s the future of treatment for many types of cancer,” he says. “And so we’re leveraging our experience and expertise in melanoma clinical trials by bringing similar studies here to our patients with other types of cancer.”

Contact the Atlantic Melanoma Center at 973-971-7111 or visit atlanticealth.org/melanoma.



Save the Date:

Saturday, May 21, 8:30am to 1:00pm at Malcolm Forbes Amphitheater, Morristown Medical Center

The Atlantic Melanoma Center and AIM at Melanoma, a nonprofit organization that supports melanoma research and promotes melanoma prevention and education, will host the Melanoma Patient and Caregiver Symposium. Leading melanoma experts will discuss emerging therapies, the importance of clinical trials and innovations in research.

Contact Samantha Guild at AIM for more information: sguild@aimatmelanoma.org, phone: 916-706-0599.

MRI Gives Cardiologists a 3D View of the Heart

Cardiologists use many tools to view the heart. One of these tools is an echocardiogram, which lets physicians see images of the heart muscle.

Now imagine if they could view a 3D picture that allowed them to rotate around the heart and see not only the length and width but also the depth.

“With an echocardiogram, you can get 3D images of the heart, but you must make geometric assumptions,” says Seth Uretsky, MD, medical director of cardiovascular imaging for Atlantic Health System. “With magnetic resonance imaging (MRI), we can look at the actual size and shape of the heart, see if there is fluid in the heart or if there is scar tissue.”

A VALUABLE TOOL

MRI uses a magnetic field and pulses of radio wave energy to make pictures of organs and structures inside the body. Dr. Uretsky says while MRI is not a first-line test in cardiology, “it’s becoming a useful and vital tool in the diagnosis and management of a wide spectrum of cardiac diseases, which include coronary artery disease, congenital heart disease, valvular heart disease and cardiac masses.”

Dr. Uretsky says an MRI allows physicians to determine the type of tissue of the heart. “We get cases where the patient had a heart



attack, and we don’t know if it’s worthwhile doing a bypass surgery or putting stents in. The MRI can show us what tissue is dead or alive. In another case, the physician saw a mass in the heart. We were able to noninvasively tell them whether it was benign or malignant and what it was made of.”

CLEAR RESULTS

When an answer is not readily available through other testing, Dr. Uretsky says the team turns to MRI. Such was the case with Morristown Medical Center patient Ronny Difranto, who had been having

chest pains for a few years. She went through several tests, including a stress test that was inconclusive. “My doctor wanted me to do an MRI, and he found that there was nothing wrong with my heart. I was very relieved.”

The program now continues to grow, extending its reach beyond the local community. Dr. Uretsky says the cardiac imaging program receives patients from across the region. “We’ve been very successful in the two years since we’ve grown the program. We have a high-volume, high-quality program that can help patients improve the quality of their care.”

Get more information about cardiac imaging by calling 973-971-7007.

NEW RESEARCH

GIVES HOPE TO PATIENTS
WITH TOURETTE SYNDROME

A physician diagnosed 42-year-old Kim Rice with Tourette syndrome (also known as Tourette's syndrome), a neurological disorder characterized by repetitive involuntary movements called tics, at age 17. "When I was growing up, I felt like I was the only person in the whole world who had this. Now, there's so much progress in research and development. Recently, before I started taking a new medication, my vocal and motor tics were so severe it was unbearable. Now it's been night and day for me."

Rice's physician, Roger Kurlan, MD, director of the Movement Disorders Program, Atlantic Neuroscience Institute, says Tourette syndrome affects one percent of children. According to Dr. Kurlan, the first line of treatment is often habit reversal therapy, which includes mental mechanisms to hold back the tics. If that is not successful, medications are typically used to manage symptoms.

"We are carrying out what we believe is the world's first formal dietary treatment study for Tourette's syndrome."

– Roger Kurlan, MD

Currently, Dr. Kurlan is involved in three research studies for the condition. "We are carrying out what we believe is the world's first formal dietary treatment study for Tourette's syndrome," he says.

As part of the dietary study, participants follow a three-pronged approach for eight weeks: a dietary cleanse to eliminate toxins in the body; an organic whole foods diet to avoid processed foods, coloring agents and food additives; and supplements that may help normalize certain chemical imbalances in the brain.

A 15-year-old girl saw results from the study. "My tics have always bothered me and after doing this, I felt more alert and not as tired. I think it had an impact because I could tell my tic was less frequent."

Two other studies involve experimental medications that act on chemicals in the brain to reduce tics. "A lot of the medicines we use now have quite a few side effects. The newer approaches are not about just coming up with medicines that reduce tics but coming up with treatments that are better tolerated than the ones we have now."

For more information on Tourette syndrome research, call 908-598-7991 or visit atlanticealth.org/neuroresearch.

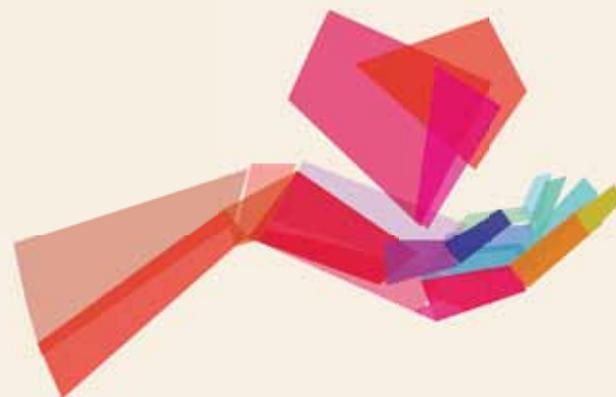
From the Heart,
For the Heart

Through the American Heart Association, we know that heart disease is the top cause of death in the United States, taking over 370,000 lives each year. In women, heart disease takes more lives than all forms of cancer combined. Currently, over 85 million Americans are living with some form of cardiovascular disease or the aftereffects of stroke.

Atlantic Health System is creating a *Trusted Network of Caring™* and takes pride in utilizing the most effective techniques and latest equipment to provide comprehensive cardiovascular care delivered by highly skilled and caring professionals. Advanced cardiac imaging is one of the most accurate diagnostic techniques and employs new, noninvasive and minimally invasive radiology technology to produce three-dimensional images of the heart. The hospitals of Atlantic Health System offer our patients access to the most advanced cardiac imaging technology available.

Thanks to the generosity of our communities, Atlantic Health System hospitals are able to remain on the forefront of medical and technological advances; enhance our programs, services and facilities; and provide award-winning cardiovascular care. Contact one of our hospital foundations to make a gift from your heart that can help keep the hearts of your family, friends and neighbors healthy.

- **Morristown Medical Center**, visit f4mmc.org and select "Donate Now," or call 973-593-2400.
- **Overlook Medical Center**, visit overlookfoundation.org and select "Donate Now," or call 908-522-2840.
- **Newton Medical Center**, visit newtonmedicalcenterfoundation.org and select "Online Donation," or call 973-579-8309.
- **Chilton Medical Center**, visit atlanticealth.org/chiltonfoundation and select "Make A Gift," or call 973-831-5165.



Atlantic Health System

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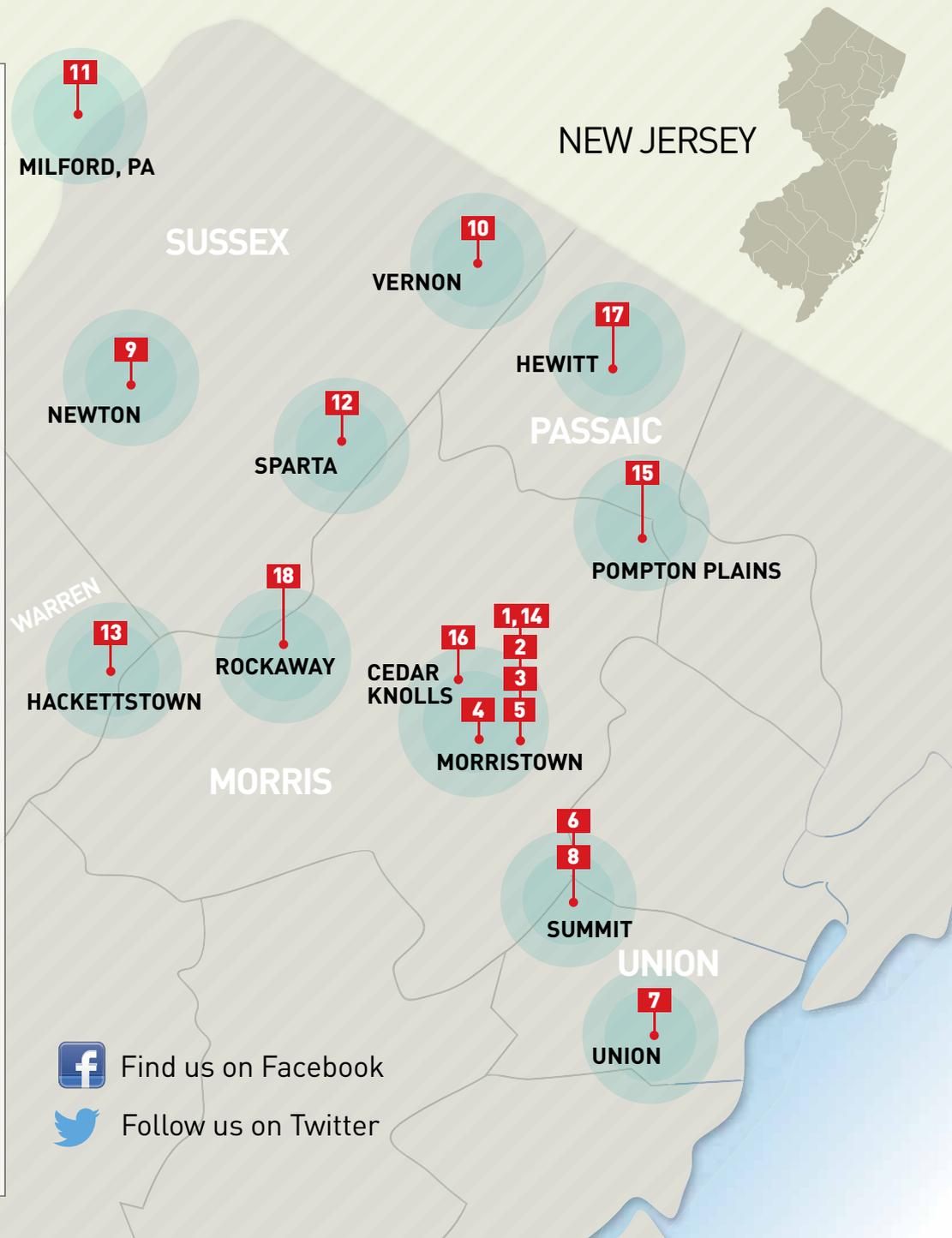
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 an Atlantic Health System
 doctor, call 1-800-247-9580
 or visit findadoctor.atlantichealth.org.



Atlantic Health System Main Locations

- | | |
|---|---|
| <p>1 Morristown Medical Center <i>(includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)</i> 100 Madison Ave., Morristown, NJ 07960 973-971-5000</p> | <p>9 Newton Medical Center 175 High St., Newton, NJ 07860 973-383-2121</p> |
| <p>2 Outpatient Medicine 435 South St., Morristown, NJ 07960 973-660-3105</p> | <p>10 Vernon Health & Wellness Urgent Care 123 Route 94, Vernon, NJ 07462 973-209-2260</p> |
| <p>3 Atlantic Sports Health 111 Madison Ave., Morristown, NJ 07960 973-971-6898</p> | <p>11 Milford Health & Wellness Urgent Care 111 E. Catharine St., Milford, PA 18337 570-409-8484</p> |
| <p>4 Atlantic Rehabilitation 95 Mount Kemble Ave., Morristown, NJ 07960 973-971-4481</p> | <p>12 Sparta Health & Wellness 89 Sparta Ave., Sparta, NJ 07871 973-726-4232</p> |
| <p>5 Goryeb Children's Hospital 100 Madison Ave., Morristown, NJ 07960 973-971-5000</p> | <p>13 Urgent Care at Hackettstown 57 Route 46, Suite 100, Hackettstown, NJ 07840 908-598-7980</p> |
| <p>6 Overlook Medical Center <i>(includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)</i> 99 Beauvoir Ave., Summit, NJ 07901 908-522-2000</p> | <p>14 Chambers Center for Well Being 435 South St., Morristown, NJ 07960 973-971-6301</p> |
| <p>7 Overlook, Union Campus <i>(includes Emergency Services, Overlook Imaging and Outpatient Laboratory Services)</i> 1000 Galloping Hill Road, Union, NJ 07083</p> | <p>15 Chilton Medical Center 97 W. Parkway, Pompton Plains, NJ 07444 973-831-5000</p> |
| <p>8 Overlook Downtown <i>(includes Center for Well Being – Atlantic Integrative Medicine and Overlook Medical Center Community Health)</i> 357 Springfield Ave., Summit, NJ 07901 908-598-7997</p> | <p>16 Medical Institute of New Jersey 11 Saddle Road, Cedar Knolls, NJ 07927 973-267-2122</p> |
| | <p>17 Chilton Ambulatory Care Center <i>(includes Chilton Imaging and Outpatient Laboratory Services)</i> 1900 Union Valley Road, Hewitt, NJ 07421 1-855-862-2778</p> |
| | <p>18 Morristown Medical Center Health Pavilion 333 Mount Hope Ave., Rockaway, NJ 07866 973-895-6604</p> |



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