DEAR FRIENDS,

No matter what your age, women need the right care at the right time. At Atlantic Health System, we’re committed to offering the best in women’s health services, from maternity through menopause and all life stages. In this issue, Well Aware explores many cutting-edge women’s health services, including neonatal, obstetrics and gynecology, fertility and urogynecology.

Are you going out of town on summer vacation? Dr. William B. Felegi, medical director for Morristown Medical Center’s Travel MD® services, shares his tips for safe travel. And if you’re staying around, we’ve got some good ideas for healthy eating. At Atlantic Health System, we aim to be on the forefront of quality health care. We’d love to hear from you, too. Please email us at well.aware@atlantichealth.org.

Joseph A. Trunfio
President and CEO
Atlantic Health System

contents

FEATURES
4 New Geriatric Assessment Center
5 From Preconception to Newborn Care
10 Maternity Care With a Personal Touch
11 Easy Healthy Eating
12 Traveling This Summer? Safe Travels!
14 New Treatment for Abdominal Cancers
14 Electrophysiology and Cardiac Rhythm Management
15 Meet Your New Doctor

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/GoryebChildrensHospitalNJ

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

Disclaimer: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, website or the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of Well Aware in whole or in part without written permission from the publisher is prohibited. Copyright ©2013. All rights reserved.
Mindfulness-Based Stress Reduction Program

**Integrative Medicine at Atlantic Health System: Center for Well Being**

Develop a personal plan for your journey to a healthier lifestyle with the help of the Center for Well Being (formerly Healthy Lifestyles), which offers recommendations for your body, mind and spirit. Through lectures, classes and therapeutic services, the four innovative centers help promote stress management, proper dietary balance and the increase of activity for your overall well-being. Atlantic Integrative Medical Associates, our new physician’s practice, offers integrative cardiology, pediatric consultations, nutritional advice, women’s health and individual wellness coaching as part of the practice. Their prescriptions will combine the best evidence-based conventional and complementary treatment recommendations. Center for Well Being services include:

- Massage
- Acupuncture
- Jin Shin Jyutsu
- Yoga
- Meditation
- Menopause Consultations
- Tai Chi
- Tai Chi Chih
- Zumba and Dance Fit
- Reflexology
- Wellness Coaching
- Cooking Classes
- Strength Training
- Lectures
- Hypnosis
- Holistic Health Assessments

To sign up for classes, please visit atlantichealth.org/morristownintegrativemed.

Mindfulness-Based Stress Reduction (MBSR) is a structured complementary medicine program that uses mindfulness (focusing of attention and awareness) in an approach to treat different conditions.

Patients with the following conditions can benefit from this program: stress, anxiety, sleep disturbances, heart disease, cancer, chronic pain, headaches, high blood pressure, skin disorders, asthma or GI distress. Research has shown it to be effective in treating many ailments, including alleviating pain and improving physical and emotional well-being for individuals suffering from a variety of diseases and disorders. Jon Kabat-Zinn, PhD, established this highly acclaimed MBSR program at the University of Massachusetts Medical School.

**Program Structure**
The MBSR course consists of eight weekly 2½-hour classes and one daylong weekend retreat. The instructor is Judith Bernstein, PsyD, a licensed psychologist for more than 30 years. Participants will receive:

- guided instruction in mindfulness, meditation and mindful yoga practices
- individually tailored suggestions
- a range of exercises to enhance awareness in daily life
- methods to improve interpersonal communication skills
- daily assignments to reinforce techniques introduced in class
- four guided CDs and a workbook

**Want to Learn More?**
For more information, please attend one of our free introductory sessions on Wednesday, September 11, at 11:30am or Tuesday, September 17, at 6:30pm. The actual class series begins September 24 and runs through November 19, from 6:30 to 9:00pm.
Help for Older Adults to Meet Health & Life Goals

Geriatric Assessment Center to offer resources.

As we grow older, maintaining our health and independence becomes even more important," says Keerti Sharma, MD, a specialist in geriatric medicine for Morristown Medical Center. "When older adults develop problems with their memory and/or have medical conditions, their health care needs and goals become much more complex. These older adults and their families often need medical input and support and information from a variety of experts to achieve their health care goals. The Geriatric Assessment Center will offer all these services under one roof and will assist patients and their families with short-and long-term planning.”

For the frailest of older adults, this center will help them and their loved ones address the complex challenges that can come with aging — all at one location. This new facility and broad-reaching program is part of Atlantic Health System’s David and Joan Powell Center for Healthy Aging.

"Issues of aging can sometimes be overwhelming, and they’re often hard to define,” says Arthur Sheppell, MD, a specialist in geriatric medicine for Morristown Medical Center. “They can range from obvious health declines to not taking medicines properly, or changes in behavior. With so many different issues, it can be hard to even know where to go for help. This new center will be that place.”

The new center, now under construction on the third floor at 435 South St., in Morristown, will be a true “center.” There, older adults and their family members or caregivers can meet one-on-one with geriatricians, physicians who specialize in caring for older adults. Also part of the care team are a geriatric nurse practitioner, dietitian and clinical social worker, and others, all of whom specialize in caring for older adults.

For each person, a staff member will perform a thorough exam and extensive interview to identify health concerns and goals. They also evaluate specifically what each person can do — from basic meal preparations to managing several prescription medicines — and what they might need help with. Because of the details covered during the first visit, it can last up to 90 minutes.

“We evaluate and discuss each individual patient’s ability to perform each aspect of daily living as part of our initial evaluation,” Dr. Sharma says. “Hence we are not only evaluating our patients for their medical diagnosis but also attempting to understand how the diagnosis is affecting their ability to live independently and maintain an acceptable quality of life. We also evaluate their ability to understand and to do what they need to be healthy. This complete evaluation is one of the most important pieces of the care we offer.”

The center’s staff can also coordinate care between physicians, whether the patient is at home or transitioning between care in the hospital, at a rehabilitation center or in a nursing home, for example. Both patients and their loved ones value this aspect of care.

“We’ve been offering some of these services for older adults for a while, and it’s exciting for us to see how much they can help each person — and their families,” Dr. Sharma says. “When this facility opens, we’ll have a dedicated center and even more services for this population.”

PROGRAMS CURRENTLY AVAILABLE AT THE CENTER

Older adults can take advantage of the following:

- Consultative geriatric assessments for older adults with multiple medical or cognitive (memory) problems
- Evaluation and treatment of chronic and/or age-related health concerns, including falls, gait and mobility issues, pain and depression
- Social work consultation and linkage to community services
- Caregiver guidance, education and support
- Establishing goals of care
- Coordination of care with current physicians and care providers
- Primary care for older adults in poor health and at high risk for hospitalization

These services are currently available at Morristown Medical Center and at 435 South St. in the current space until the new location is complete. To schedule an appointment, please call 973-971-7022. For more information, visit atlantichealth.org/healthyaging.
Weighing barely 1.15 pounds at birth, Kaitlyn Grace Howarth came into the world as a “micro preemie” — so small that her mother’s wedding ring slipped easily over her tiny arm. Today, “Kaitlyn’s our miracle,” says mom Kara Howarth of Somerville, N.J. “She weighs more than 10 pounds, is super-smiley, props herself up and loves to coo.”

Kara and husband Scott Howarth credit their daughter’s health to the care mother and baby received at Morristown Medical Center — from before Kaitlyn’s birth through her 94-day stay in the hospital’s Neonatal Intensive Care Unit. “Kaitlyn was born 27 weeks and three days into my pregnancy,” Kara says. “We chose Morristown Medical Center once we learned that Kaitlyn was experiencing blood-flow problems. We wanted a high-level NICU. My maternal-fetal medicine doctor at Morristown, Carlos Benito, was very honest, direct and caring as he explained what was happening. We knew we were in good hands.”

Kara’s pregnancy took a sharp turn on September 21, 2012. On hospital bed rest due to concerns about her blood pressure, she learned that Kaitlyn’s heart rate was fluctuating. “Suddenly, it was time,” she says. As Kara gave birth to Kaitlyn by cesarean section, Scott — in scrubs — stroked her hair and heard his daughter’s first cries. “She was absolutely perfect,” he recalls. “Someone asked if we had a name picked out, so I proudly announced, ‘Her name is KAITLYN!’” As soon as I said it, she opened her little eyes and looked right into mine.”

During Kaitlyn’s NICU stay, Scott and Kara visited daily. “I got plenty of support pumping breast milk,” Kara says. “We were encouraged to do ‘kangaroo care’ — spending time in skin-to-skin contact with her. It helped us all bond. We’d come in for bath time, got prints of Kaitlyn’s feet and even took a picture for our Christmas card of Kaitlyn in a red dress with a big red bow.” Kaitlyn herself was the couple’s best Christmas present, ever — she came home on Christmas Eve.

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Tell me about the Maternity Center.

At all stages in a family’s journey, from preconception to newborn care, Morristown Medical Center delivers compassionate, cutting-edge care with a warm, personal touch. More than 4,000 babies are born at the hospital each year. In 2012, Becker’s Hospital Review named Morristown Medical Center’s outstanding women’s health services — including its state-of-the-art Maternity Center — one of the nation’s “100 Hospitals With Great Women’s Health Programs.” The Maternity Center at Morristown Medical Center also received a 2012 Excellence Award by HealthGrades.

“This latest of many recognitions further underscores the commitment we have made to truly understanding the services that women’s health calls for, and offering that high

continued on Page 6
level of care throughout our program,” says Joseph Ramieri, MD, chairperson of OB/GYN for Morristown Medical Center. Here’s what you’ll find.

A healthy pregnancy, a healthy birth — and a healthy mom and baby: It all begins with choosing the right care provider for you. More than 40 obstetricians are affiliated with the Maternity Center at Morristown Medical Center, linking their expertise with a wide variety of innovative, state-of-the-art labor, delivery and mom-and-newborn services.

“You want a center that’s ready to help you have the positive, meaningful birth experience you’ve dreamed of and the medical care you may need,” says OB/GYN Craig Bissinger, MD, FACOG. During labor, moms can receive massage, Reiki and aromatherapy treatments. The hospital also has a 24-hours-a-day, seven-days-a-week anesthesia service so you can have an epidural or other anesthesia when you need it. Prospective parents are reassured by the hospital’s advanced Neonatal Intensive Care Unit and by the fact that a labor and delivery hospitalist physician, a neonatologist and a neonatal nurse practitioner are in-house 24/7. The center is committed to breastfeeding support. And moms can keep their babies with them for most of the day.

An obstetrician with a practice based in Parsippany (he’s also author of the book Pickles and Ice Cream: A Father’s Guide to Pregnancy), Dr. Bissinger has delivered more than 3,500 babies at Morristown Medical Center. His three children were also born here — and his first son Josh needed neonatal intensive care services for the first 24 hours after his birth. “Josh received care right here — our son did not have to be rushed to a hospital in New York. That meant a lot to us. And it shows that this medical center is ready to deal with the unexpected.”

Behind this success, says Richard T. Scott, MD, FACOG, HCLD, director for embryology and scientific director for RMANJ, is the group’s pioneering research in groundbreaking areas, including:

**Blastocyst embryo transfer** — in which fertilized eggs are grown for six days before implantation. Eggs grow to 250 to 280 cells, smaller than the period at the end of this sentence, allowing for safe genetic testing and selection of the healthiest ones.

**Select CCS (Comprehensive Chromosome Screening)** — a gene check of the blastocyst prior to implantation. This safe test determines whether a fertilized egg has the correct number of chromosomes before implantation.

“Published data suggests that fifty to seventy percent of miscarriages are due to embryos with too few or too many chromosomes,” Dr. Scott says. “This rapid 24-chromosome screening process can identify which embryos have the correct number. Using this approach, we can then transfer only one healthy embryo if the patient chooses, eliminating the risk of multiple pregnancies and births, while maintaining high success rates.”

**What if I have a high-risk pregnancy?**

From preconception counseling to genetic testing to caring for health problems that can develop in mothers-to-be or in their developing babies, Morristown Medical Center’s Maternal-Fetal Medicine department offers advanced, coordinated care for high-risk pregnancies.

“The Atlantic Fetal Diagnostic and Treatment Center” organizes a baby’s medical needs well before birth,” says Carlos Benito, MD, director for Maternal-Fetal Medicine. “Parents know what to expect. And we can assemble the right medical team. When delivery happens, every specialist needed to care for a baby with special medical needs is ready. There’s no waiting.”

This coordination of care, a system in place at Atlantic Health System since 2011, takes advantage of the broad range of pediatric specialists affiliated with the health system’s Goryeb Children’s Hospital.

Maternal-Fetal Medicine services include genetic counseling; ultrasound testing; pregnancy-loss evaluations to help an expectant mother reduce risk for problems in her next pregnancy; consultations and treatments for health problems that can affect pregnant women, such as diabetes, high blood pressure and heart disease; as well as the care for health problems that can affect newborn babies and newborns.

Another of the center’s advances: noninvasive prenatal testing. “We offer invasive tests such as amniocentesis and chorionic villus sampling that take samples of amniotic fluid or the placenta to look for early signs of genetic disorders,” Dr. Benito explains. “But now we can also offer a noninvasive screening called ‘cell-free fetal DNA testing.’ This check looks at bits of the fetus’ genetic material floating in the

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We’re having trouble conceiving.

Couples who need extra help conceiving a child can turn to Reproductive Medicine Associates of New Jersey (RMANJ), Morristown Medical Center’s reproductive endocrinology division. A world-renowned leader in the field of Assisted Reproductive Technology (ART), RMANJ boasts a 64.4 percent live birth rate for in vitro fertilization in women under 35. In contrast, the national average is 40.1 percent.
mother’s blood. Performed after the 10th week of pregnancy, it can indicate risk for conditions like Down syndrome and two other genetic conditions called trisomy 13 and trisomy 18.”

**What about midwifery birth?**

More than ten percent of the babies born at Morristown Medical Center are brought into the world by a certified nurse midwife (CNM). “At Morristown, moms and babies have the best of both worlds. Women who want a midwifery birth get the support they need. Access to water births allows moms to stay on their feet during labor, even if they need fetal monitoring (thanks to wireless technology) and physician backup is there at all times,” says JoAnn Yates, certified nurse midwife, MS, Avalon Midwives of Caldwell and Morristown.

One notable birth option: labor and even delivery in a birthing pool. “The water is warm, which feels good,” Yates explains. “The water is the same temperature the baby experiences in the womb. Since newborns don’t take their first breath until they’re exposed to air after birth, the pool is safe for them.” Avalon Midwives is one of several midwifery groups affiliated with the center.

“The research is clear that women who have supportive women with them during labor and delivery have shorter labor times and fewer C-sections,” Yates says. “At Morristown, midwives work collaboratively with doctors and perinatologists in order to offer best of care to women who may be in higher-risk situations. That makes a midwife-assisted birth an option for more women.”

**What if we need a NICU?**

Designated a Level III Regional Perinatal Center by the New Jersey Department of Health, Morristown Medical Center’s NICU stands ready to care for newborns with a wide variety of health needs and conditions. “About half of the babies in the NICU are here because they’re premature,” says Lawrence Skolnick, MD, co-director for the division of neonatology. “We take care of babies as small as 500 grams (about 1.1 pounds) and as young as a gestational age of 24 weeks. The other half of the babies in the NICU have conditions including respiratory, cardiac, genetic, renal, neurological, hematological and metabolic issues.”

With 34 private and semiprivate rooms and accommodations for twins, triplets and quadruplets, the NICU is designed to provide customized care for each baby while making families welcome. Amenities such as recliners, breast pumps, privacy curtains and family areas in each room keep families comfortable.

Opened four years ago, this state-of-the-art NICU is designed to provide high-tech care in a setting that mimics, as much as possible, the womb’s dark, quiet environment, helping premies’ brains and bodies to grow. “Wireless technology lets us monitor the babies without keeping them all together in a big, bustling, noisy nursery,” Dr. Skolnick explains. “We also practice cluster care — bringing in doctors and therapists around the same time when possible, so that the babies aren’t disturbed over and over again. As a result, we see changes in the babies. They sleep more; their muscle tone and posture are more relaxed.”

The center encourages parents to visit anytime — and urges them to sit quietly with their newborn. “It’s a positive, healing experience for babies and their parents,” he says. “Newborns know their parents’ voices, touch, even their scents.”

New mothers who want to nurse receive plenty of support, as Kara Howarth discovered. “Breast milk contains important nutrients and something no formula has — anti-infective components, including live immune cells that help babies fight infection and that line the intestines for protection,” Dr. Skolnick says.

Visit atlantichealth.org/morristownwomenshealth for more information.

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**When You Need Surgery for Pelvic Floor Disorders**

At any age, women may face conditions that require surgery: incontinence, uterine fibroids and pelvic organ prolapse, including cystocele, rectocele, uterine prolapse and vaginal vault prolapse.

For such conditions, surgeons at Atlantic Health System turn to state-of-the-art procedures, including robotic surgery using Morristown Medical Center’s da Vinci® Surgical System.

The benefits are considerable. Robotic surgery “reduces pain, reduces blood loss so there’s less need for transfusions, reduces infection risk and scarring, and shortens hospital stays and recovery times,” says Patrick Culligan, MD, director of urogynecology and pelvic reconstructive surgery for Morristown Medical Center. “The movements of the robotic arm are gentle, and the surgeon can see the tissue he or she is working on more clearly — in better light, with better detail, in three dimensions — than it can often be seen during other types of surgery.”

Surgeons at Morristown Medical Center have performed more robotic sacrocolpopexy procedures for pelvic organ prolapse — which restores the proper position of the vagina, bladder and rectum — than any other center in the U.S., Dr. Culligan notes. Two indications of the program’s high quality: The hospital is a major training center for urogynecological surgery using robotics, and hospitals across the country are implementing a training protocol established by Dr. Culligan.

For more information visit atlantichealth.org/urogynecology.
**NEWTON MEDICAL CENTER PROGRAMS**

175 High St.,
Newton, NJ 07860

**JUNE-AUGUST 2013**

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<thead>
<tr>
<th>CATEGORY</th>
<th>EVENT</th>
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<tr>
<td><strong>NEwTON MEDICAl CENTER ProGRAMs</strong></td>
<td>Better Breathers Club</td>
<td>July 16, August 20</td>
<td>Noon-1pm</td>
<td>973-579-8617</td>
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<tr>
<td></td>
<td>Cancer Support Group</td>
<td>June 27, July 25, August 22</td>
<td>3-4pm</td>
<td>973-579-8620</td>
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<tr>
<td></td>
<td>Stroke Support Group</td>
<td>June 25, July 23, August 27</td>
<td>6pm</td>
<td>973-579-8620</td>
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<tr>
<td></td>
<td>Diabetes Support Group</td>
<td>July 3: &quot;Diabetes and Heart Health&quot;</td>
<td>10-11:30am</td>
<td>973-579-8620</td>
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<tr>
<td></td>
<td></td>
<td>August 7: &quot;Diabetes Medications and How They Work&quot;</td>
<td>10-11:30am</td>
<td>973-579-8620</td>
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<tr>
<td></td>
<td>Yoga: Mixed Level — FEE: $90</td>
<td>Mondays, July 8-August 26</td>
<td>6:30-7:50pm</td>
<td>973-579-8340</td>
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<tr>
<td></td>
<td>Safe Sitter Baby-Sitting Classes [for kids 11-14 years] — FEE: $60</td>
<td>Saturday, June 22</td>
<td>8:30am-3:30pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td></td>
<td>Mammograms Save Lives Call 973-379-8340 to see if you qualify. For those women who do not have insurance or not eligible through other screening programs.</td>
<td></td>
<td></td>
<td>973-579-8340</td>
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**BEHAVIORAL HEALTH PSYCHOTHERAPY GROUPS**

Newton Medical Center 175 High St., Newton, NJ 07860 Registration is required: 973-579-8617

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<tr>
<td></td>
<td>Anger Management Group [12- to 16-week program]</td>
<td>Tuesdays</td>
<td>6-7pm</td>
<td>973-579-8617</td>
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<tr>
<td></td>
<td>Adjusting to Illness</td>
<td>Fridays</td>
<td>11:30am-12:30pm</td>
<td>973-579-8617</td>
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<td></td>
<td>Challenges of Aging Adults, 60 years of age and older</td>
<td>Alternate Thursdays</td>
<td>2-3pm</td>
<td>973-579-8617</td>
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<tr>
<td></td>
<td>Co-Occurring/Substance Abuse Group [16-week program]</td>
<td>Tuesdays and Wednesdays</td>
<td>8-9pm</td>
<td>973-579-8617</td>
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<td></td>
<td></td>
<td></td>
<td>1-2pm</td>
<td>973-579-8617</td>
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<tr>
<td></td>
<td>Coping With Anxiety</td>
<td>Alternate Thursdays</td>
<td>3-4pm</td>
<td>973-579-8617</td>
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<tr>
<td></td>
<td>Domestic Violence Education Group [26-week program]</td>
<td>Thursdays</td>
<td>3-4pm</td>
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<td></td>
<td>DBT Group: Skills to deal with daily challenges</td>
<td>Thursdays</td>
<td>Noon-2pm</td>
<td>973-579-8617</td>
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<td>DBT Teen Group: Teens taught to deal with challenges in their daily lives, as well as regulate emotion, ages 13-17 years</td>
<td>Thursdays</td>
<td>6:30-8pm</td>
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<td>Depression Group</td>
<td>Thursdays</td>
<td>10:30am-Noon</td>
<td>973-579-8617</td>
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<td>Men's Group</td>
<td>Alternate Mondays</td>
<td>6:30-7:30pm</td>
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<td>Veteran's Program</td>
<td>Alternate Tuesdays</td>
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<td>Women's Group</td>
<td>Mondays</td>
<td>10:15-11:15am</td>
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**MATERNAL & CHILD HEALTH**

Newton Medical Center 175 High St., Newton, NJ 07860 Registration is required for all classes: 973-579-8340

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<tr>
<td></td>
<td>2013 Prepared Childbirth Classes FEE: $120</td>
<td>Sunday, June 23 Tuesday, July 16-August 6 Saturday, August 10</td>
<td>9am-5pm</td>
<td>973-579-8340</td>
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<td></td>
<td>Saturday, August 10</td>
<td>9am-5pm</td>
<td>973-579-8340</td>
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<tr>
<td></td>
<td>Breastfeeding — FEE: $40</td>
<td>Tuesday, June 25 Tuesday, August 13</td>
<td>6:30-9pm</td>
<td>973-579-8340</td>
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<tr>
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<td>Newborn Parenting — FEE: $40</td>
<td>Saturday, July 27</td>
<td>9:30am-2pm</td>
<td>973-579-8340</td>
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<tr>
<td></td>
<td>Sibling Preparation Class — FEE: $15/child</td>
<td>Saturday, July 27</td>
<td>2:30-4pm</td>
<td>973-579-8340</td>
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<tr>
<td></td>
<td>Pediatric Preoperative Preparation Classes held on an as-needed basis.</td>
<td></td>
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<td>973-579-8340</td>
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<tr>
<td></td>
<td>Maternity Center Tours</td>
<td>Saturday, June 22 Wednesday, July 17 Saturday, July 20 Wednesday, August 21</td>
<td>10-11am</td>
<td>1-800-247-9580</td>
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<td></td>
<td></td>
<td>Wednesday, August 21</td>
<td>8-9pm</td>
<td>1-800-247-9580</td>
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</table>

**BASIC LIFE SUPPORT AND FIRST AID**

Please note that you are NOT registered until full payment has been received. Dress comfortably!

Registration Information:
To register for classes go to AtlanticAmbulance.org Click on "Education" and then go to "CPR/BLS."

In the event of absences, refunds will be made only to those students who call at least three business days in advance to notify us of an intended absence.

<table>
<thead>
<tr>
<th>Health Care Provider — New Provider</th>
<th>$70.00</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, June 19 &amp; June 26</td>
<td>7-10pm</td>
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<tr>
<td>Saturday, June 22</td>
<td>9am-3pm</td>
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<tr>
<td>Tuesdays, July 9 &amp; July 16</td>
<td>7-10pm</td>
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<td>Saturday, July 20</td>
<td>9am-3pm</td>
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<tr>
<td>Saturday, July 27</td>
<td>9am-3pm</td>
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<tr>
<td>Saturday, August 10</td>
<td>9am-3pm</td>
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<tr>
<td>Thursdays, August 15 &amp; August 22</td>
<td>7-10pm</td>
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<tr>
<td>Saturday, August 24</td>
<td>9am-3pm</td>
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**Health Care Provider Renewal**

$60

| Tuesday, June 18 | 6:30-10:30pm |
| Saturday, June 29 | 9am-1pm |
| Thursday, July 18 | 6:30-10:30pm |
| Monday, July 22 | 6:30-10:30pm |
| Wednesday, July 24 | 6:30-10:30pm |
| Tuesday, August 13 | 6:30-10:30pm |
| Monday, August 26 | 6:30-10:30pm |
| Wednesday, August 28 | 6:30-10:30pm |
**SPARTA HEALTH & WELLNESS CENTER SUPPORT GROUPS**

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

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Cancer Support Group</td>
<td>July 9</td>
<td>August 13</td>
<td>6-9 pm</td>
<td>1-800-227-2345</td>
</tr>
<tr>
<td>Look Good/Feel Better</td>
<td>Monday, July 8</td>
<td>2-4 pm</td>
<td>1-800-227-2345</td>
<td></td>
</tr>
<tr>
<td>Diabetes Support Group</td>
<td>July 1</td>
<td></td>
<td>10-11 am</td>
<td>1-800-247-9580</td>
</tr>
</tbody>
</table>

**MILFORD HEALTH & WELLNESS CENTER PROGRAMS**

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

<table>
<thead>
<tr>
<th>Program</th>
<th>Date</th>
<th>Time</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteoporosis Screening</td>
<td>Thursday, August 22</td>
<td>5-7 pm</td>
<td></td>
</tr>
<tr>
<td>Vision Screening</td>
<td>Friday, July 26</td>
<td>8-9 pm</td>
<td></td>
</tr>
<tr>
<td>Diabetes Screening</td>
<td>Monday, August 12</td>
<td>10 am-Noon</td>
<td></td>
</tr>
<tr>
<td>Blood Pressure Screening</td>
<td>Thursday, July 18</td>
<td>5:30-7 pm</td>
<td></td>
</tr>
<tr>
<td>Maternity Center Tours</td>
<td>Tuesday, August 13</td>
<td>6:30-10:30 pm</td>
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<tr>
<td>Prenatal Yoga</td>
<td>Wednesdays</td>
<td>6-7 pm</td>
<td>973-971-6301</td>
</tr>
<tr>
<td>Prenatal Yoga</td>
<td>Wednesday, August 21</td>
<td>6-7 pm</td>
<td>973-971-6301</td>
</tr>
<tr>
<td>Prenatal Yoga</td>
<td>Saturday, August 24</td>
<td>10-11 am</td>
<td>973-971-6301</td>
</tr>
<tr>
<td>Prenatal Yoga</td>
<td>Wednesday, August 28</td>
<td>6-7 pm</td>
<td>973-971-6301</td>
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<tr>
<td>Prenatal Yoga</td>
<td>Saturday, August 31</td>
<td>10-11 am</td>
<td>973-971-6301</td>
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<tr>
<td>Breast Cancer Support Group</td>
<td>July 9</td>
<td>August 13</td>
<td>6-9 pm</td>
</tr>
<tr>
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<td>Blood Pressure Screening</td>
<td>Thursday, July 18</td>
<td>5:30-7 pm</td>
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**BEREAVEMENT DAY CAMP**

AUGUST 26-30

Atlantic Home Care and Hospice will once again sponsor its bereavement day camp for children, Camp Clover. The camp, which is free of charge and open to children ages 7 through 15 who have experienced the death of a close relative or friend, will take place this year from August 26 through August 30 at Camp Riverbend in Warren, N.J.

The camp is open to children from all counties with free busing to certain geographic areas.

FOR INFORMATION, CALL 973-379-8444.

**Registration and payment are required before confirmation in class.**

**Please Print**

Name ___________________________ Day Phone ____________

Mailing Address ___________________________ Eve. Phone ____________

Health Care Provider:

___ New: $70   ___ Renewal: $60   If renewal, date current card expires: ___________________________

___ Heartsaver CPR for Adults, Children and Infants With AED — $50

___ Heartsaver First Aid With Adult, Child and Infant CPR and AED — $70

Date(s): ___________________________ Location: ___ NMC ___ MHWC ___ SHWC

**Important Information**

- Please note that you are NOT registered until full payment has been received.
- Refunds will not be issued for classes that are not attended; you may reschedule within six months.
- Dress comfortably!
- In inclement weather, listen to WSUS 102.3 FM or WNNJ 103.7 FM for cancellation information.
- Refunds will not be issued for classes that are not attended; you may reschedule within six months.
- Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

**Make checks out and send to:**

Newton Medical Center
175 High St., Newton, NJ 07860
Attn: Community Health  Fax: 973-383-4172
At Newton Medical Center, You — and Your Baby — Are in Expert Hands

Newton Medical Center’s state-of-the-art Maternity Center delivers nearly 700 babies each year in a comfortable environment that provides mothers, their significant others and families with highly skilled care that has a personal touch — and some notable new amenities.

“We offer high-quality care and because we’re a smaller hospital, we also offer plenty of personal attention,” says Donald Rubino, MD, OB/GYN for Women’s Health Care Associates of Sussex County. “Mothers are cared for by the same team of dedicated nurses from before delivery until they go home with their babies. And with our immediate availability of anesthesia, in-house obstetricians and pediatricians skilled in neonatal care, Newton Medical Center provides compassionate care in a safe environment close to home. Our goal is a really great experience for every mom and every family, every time.”

One of the center’s newest offerings: a Maternity Passport that allows each expectant mother and her partner to bypass registration and go right to her room on her due date (see below). That’s not the only reason expectant mothers choose Newton Medical Center. Other recently added services that will make your birth experience even sweeter include:

- **A complimentary massage** for you (and often, for dad, too) during your stay. “Our massage therapist comes three times a week, so that all moms can enjoy this relaxing service before or after their baby is born,” says Donna Ahearn-Dowling, RNC, BSN, clinical nurse coordinator for maternal-child services for Newton Medical Center.
- **Complimentary meals** throughout your stay for your spouse or significant other.
- **A one-time party tray** for your guests with your choice of pizza, cookies or fruit. “It’s great when relatives or siblings of the new baby visit,” Ahearn-Dowling says.
- **A shop on wheels** that brings items from the lobby gift shop to the maternity center. “We have gifts new moms really love, like ‘Big Brother’ and ‘Big Sister’ T-shirts so that siblings of the new baby feel special, too,” she says.

The Maternity Center’s medical team and facilities maintain the highest standards of care for mothers and babies in many ways. Eleven of the center’s 17 single-room suites are equipped for labor and delivery, so most expectant mothers can remain in one completely private, beautifully appointed room for their entire stay,” says Ahearn-Dowling.

For more information on maternity services at Newton Medical Center, please visit atlantichealth.org/newtonmaternity.

**NEWTON MEDICAL CENTER INTRODUCES MATERNITY PASSPORT**

At the Maternity Center at Newton Medical Center, you can now preregister up to six weeks in advance of your delivery date. You will receive a Maternity Passport, which means you can go right up to the Maternity Center on the day of your delivery. Simply show your passport at the Guest Services desk. You will not need to register on your delivery date. Think of it as fast access to our single-room maternity suites.

To preregister, just stop in the Patient Reception Center, located in the front lobby, a few weeks before your delivery date. You will need your photo ID and insurance cards.

If you have any questions, please call us at 973-579-8705.
Summer Plans?

MAKE HEALTHY EATING EASY

Vacations. Poolside parties. Just plain relaxing. The lazy days of summer might mean a break in routine. But they do not have to mean a break in healthy eating.

Our bodies need food every four to six hours, so plan for that,” says Diane Delaney, registered dietitian for Newton Medical Center. “Take along healthy snacks as you do summertime activities.”

With healthy snacks on hand, it’s much easier to avoid the extra fats and calories of fast food or snack machines, she says. And when you make fresh fruits of the season your go-to snack, you get whole foods at their peak of nutrition. That’s a double win, she says.

Picnics and other outdoor events can be a chance to eat healthy, too, if you think ahead, says Gauri Navare, registered dietitian and clinical nutrition coordinator for Atlantic Health System. Instead of hot dogs and burgers on the grill, try marinated chicken using salad dressing, citrus juice or even salsa.

“We all like to nibble on crunchy foods, too,” she says. “But you can substitute high-calorie, low-nutrition foods like chips and dips with healthier options. Try hummus with tortilla chips or low-fat sour cream with pretzels. And if you prefer chips, get the baked variety.”

On especially hot days or for trips to the beach, Navare also suggests looking for foods that are high in water content: watermelon, peaches, cucumbers and cantaloupe. But still drink water (six 8-ounce glasses) all throughout the day. If you or your family are active outdoors, add protein and carbohydrates to the mix, too, Delaney says. Good-to-go proteins that are not too filling include ham or turkey roll-ups, cheese sticks, peanut butter and yogurt. For carbs, whole-wheat crackers and trail mix are nutritious without being too heavy.

As our nutrition experts show, healthy eating can mean tasty, satisfying foods. But should you also avoid summertime staples like ice cream and apple pie?

“It’s all about balance,” Delaney says. “So treat yourself to a dessert once in a while. Just choose other, healthier foods most of the time.”

TAKE A COOL DIP

With plenty of fresh-from-the farm fruits and vegetables around in the summer, dips are the way to go. Nutrition experts at Atlantic Health System offer two recipes below: one for veggies and the other for fruit. Grab a cooler or some ice, and you can take them both along to the pool or beach.

CREAM CHEESE MOUSSE GREEK DIP
The scallions and pepper might surprise you, but give this treat a try.

- ¼ cup low-fat whipped cream cheese, room temperature for easier blending
- ¼ cup fat-free plain yogurt
- 2 tablespoons chopped scallions
- 1 tablespoon lemon juice
- ½ teaspoon ground black pepper

Mix together. Serve with strawberries, sliced apples or pears. Use immediately, or refrigerate for use later.

TUSCAN WHITE BEAN DIP
This dip is great for vegetables and crackers.

- 1 cup rinsed cannellini beans
- ¼ cup low-sodium chicken broth
- 2 tablespoons chopped onions
- 1 tablespoon olive oil
- 1 tablespoon chopped garlic (about 3 cloves)
- 1 tablespoon fresh parsley, chopped (or 1 teaspoon dried)
- 1 teaspoon fresh oregano, chopped (or ¼ teaspoon dried)

Puree and serve with crackers or fresh vegetables. Use immediately, or refrigerate for use later.
Taking Off This Summer?

safe travels!

Summer vacation is around the corner. Whether you’re planning a weekend at the Jersey Shore or an exotic, once-in-a-lifetime adventure, William B. Felegi, DO, medical director for Morristown Medical Center’s Travel MD® services, says the passport to nonstop fun is simple: Keep it healthy.

Sidestepping safety risks — from sunburn and insect bites to traveler’s diarrhea and more serious germs that may lurk in far-flung locales — requires advance planning, Dr. Felegi says. That might mean picking up prescriptions and over-the-counter remedies at your local drugstore (see sidebar for Dr. Felegi’s top travel kit picks) or scheduling a consultation with a travel medicine specialist.

“Pleasure trips are usually planned many months in advance,” Dr. Felegi says. “Don’t leave health questions and concerns for the last minute. If you’re traveling in the United States, Europe, New Zealand or Australia, you probably don’t need any special vaccines, for example, but you should still follow smart safety steps. For travel to other destinations — such as Central and South America, China, Africa and India — you may need specific vaccines or other preventive medications for threats like yellow fever and malaria. It’s wise to consult a doctor four to six weeks ahead of time.”

It pays to have a relationship with a travel medicine doctor. Dr. Felegi once helped a traveler in Vietnam get proper treatment for a skin bumps that turned out to be a parasitic infection. “He emailed photos back home to his dad, in New Jersey, who forwarded them to me,” he recalls. “The young man thought it was just a rash, but there were actually tiny worms under his skin. We advised him about seeing a doctor, and it was cleared up. He went on to enjoy the rest of his trip.”

The Travel MD® services help protect the health of business and pleasure travelers headed to regions around the world. Using the most current information from the Centers for Disease Control and Prevention, the World Health Organization and the International Association for Medical Assistance to Travelers, the program creates a customized health plan based on your itinerary. This can include immunizations, medications to pack as well as advice on foods and drinks to avoid.

“We see more and more families traveling to places that might require precautions — including India, South America, Central America, Africa and China,” he says. “We also see young people and families heading out for service work, such as with the Peace Corps or on mission trips. Your health needs will vary with the location and with what you plan to do once you’re there.”

Heading for a safari in Kenya or a journey down the Amazon River in Brazil? You may need a yellow fever vaccine. Visiting the interior of Vietnam? You may need to take medicines to prevent malaria. Headed across the U.S. or on a special trip to Europe, Canada or another developed country? Dr. Felegi recommends that you — and all travelers — make sure regularly recommended vaccinations are current.

“It’s good to be up-to-date on your tetanus vaccine,” he says. “You could always get a shot if you step on a rusty nail, but it’s better to be immunized. And if you’re not sure you’ve been vaccinated against measles, mumps, rubella or chickenpox — and aren’t sure you’ve ever had these illnesses — it’s good to get those vaccines, too. They’re still an issue in some countries.” For example, there were measles outbreaks in 2010 and 2011 in Europe that have since settled down.
A cross the state or around the globe, these steps will keep you and your family safe:

**STAY HYDRATED.** Bring water bottles for the family. (Carry empty bottles through airport security, and then fill.) If you’re traveling in an area where traveler’s diarrhea is a risk, use only commercial bottled water. Skip tap water and ice cubes.

**SLIP, SLAP, SLOP AND SPRAY.** Sunburn and insect bites — including tick and mosquito bites in the U.S. that could transmit illnesses like Lyme disease and West Nile virus — do not take a vacation when you do. Slip on sunglasses, slap on a brimmed hat, slop on sunscreen and spray or apply bug repellent (see recommendations in sidebar).

**PACK SOME SEALED SNACKS.** Energy bars, trail mix, dried fruit and nuts are great to have on hand when you or the kids get hungry. If you’re far from home, having safe snacks on hand may tide you over when you do not have fast access to “safe” food. “The No. 1 health risk for foreign travelers is diarrhea,” Dr. Felegi says. “To avoid it, be careful with the water you drink and don’t eat anything that hasn’t been peeled or cooked.” Wherever you are, a healthy snack can keep kids satisfied till the next meal, avoiding junk food and unfamiliar options that could cause bellyaches, too.

**PLAY IT SAFE.** “People try new things on vacation — like Jet Skiing, surfing, boating,” Dr. Felegi says. “Injuries are the second biggest safety risk for travelers. Follow the rules, don’t get in over your head and also be careful driving in other countries. The road conditions may be bad, you may not understand the signs, or people may just drive differently around you than they do at home. And don’t mix alcohol with any of these activities!”

Be sure you’re covered. Check with your health insurer to see if your policy covers you on your journey. If not, look into a short-term travel health policy. For trips to areas without top-notch medical care, Dr. Felegi says buying coverage for medical evacuation can also be wise.

Find out more at atlantichealth.org/travelmd.

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**YOUR HEALTHY TRAVEL KIT**

Pack these to prevent and treat illnesses and other mishaps while you and your family are away from home, Dr. Felegi suggests:

**Prescription drugs:** Keep in original containers. If you’re flying, pack medications in your carry-on.

**Over-the-counter remedies:** Allergy medicine such as Benadryl® (adult and children’s formulas). Pepto-Bismol® or Imodium® for diarrhea. Acetaminophen or ibuprofen (adult and children’s formulas) for pain and fever. Antacid for heartburn.

**Preventive products:** Sunscreen. Insect repellent (adult and children’s formulas containing DEET, no higher than thirty-five percent DEET for adults, Dr. Felegi recommends). Pyrethrin-based insect repellent (applied to clothing). Motion sickness remedy if needed.

**First aid supplies:** Antibacterial cream or gel (such as bacitracin or Neosporin®). Band-Aids. One percent hydrocortisone cream for rashes. Ant-itch product for insect bites, poison ivy. Digital thermometer.
New Treatment for Cancer: What You Need to Know

A new cancer treatment at Carol G. Simon Cancer Center at Morristown Medical Center is offering people with cancers limited to the abdominal (peritoneal) cavity a chance for longer survival and possibly a cure. The procedure, which is only available in about 100 hospitals in the U.S. and Europe, could benefit thousands of people each year who have cancers of the appendix, colon, rectum, stomach, peritoneum and ovaries that are limited to the abdominal cavity and reappear or spread even after other cancer treatments have been unsuccessful.

“This procedure offers an opportunity to deliver much higher doses of anticancer medications directly into the abdominal cavity, while limiting the systemic toxicity previously associated with these medications,” says Brian Shragar, MD, surgical oncologist for Morristown Medical Center. “In addition, it can be delivered all in one operative setting over the course of only 90 minutes.”

The procedure, called Hyperthermic Intraperitoneal Chemoperfusion, or HIPEC, involves a two-step approach, all done during a single surgery. First, cancer surgeons remove as much of the cancer tissue as possible. Then they bathe the abdominal cavity with a heated chemotherapy (hence the term “hyperthermic”), using a pump similar to the one used for heart bypass operations.

“This procedure requires a multidisciplinary team of experts in cancer care, including surgical oncologists, medical oncologists, radiologists, pathologists, gastroenterologists and a team of cancer professionals to support these patients, in addition to the technical expertise and specialized equipment,” says Aaron Chevinsky, MD, chief of surgical oncology and co-director of Carol G. Simon Cancer Center, Morristown Medical Center. “We’ve made that investment of resources so we can offer additional options to our patients who may have few other alternatives.”

Since the drug remains in the abdomen, physicians are also able to use higher doses than what a patient could tolerate during systemic chemotherapy treatment. As a result, side effects are dramatically lessened.

For every patient with cancer, a team of up to 15 experts works together closely to determine the best options for care,” Dr. Chevinsky says. “As a group, we are always looking for new procedures like this one to add to our already-broad range of treatments.”

For more information about the program, please contact Mary Mason, RN, GI nurse navigator at 973-971-4975 or visit atlantichealth.org/cancer.

NEVER SKIP A BEAT

“Most of the time, we’re not aware of our own heartbeat,” says Stephen L. Winters, MD, FACC, director of the cardiac rhythm management team for Gagnon Cardiovascular Institute at Morristown Medical Center. “So when someone notices palpitations (a fast heartbeat) or the heart seems to skip a beat, it can be alarming.”

There’s often no explanation for skipped beats, and most people don’t need treatment, he says. They simply need reassurance. Conversely, people with some potentially serious heart conditions have no symptoms at all before they experience a life-threatening event. But knowing their family history can be a lifesaver.

“If someone in your immediate family died suddenly or unexpectedly at a young age or had unexplained fainting spells, share that with your doctor,” Dr. Winters says. “That family history could be the only clue to a serious heart rhythm condition.”

To determine if someone has such serious risks, experts with the cardiac rhythm management team at Atlantic Health System often start with an EKG, or electrocardiogram. It’s a painless test to measure the electrical activity of the heart.

Sometimes, to pinpoint the best treatment, they recommend genetic testing or may perform an electrophysiology (EP) study. During this study, a heart rhythm specialist, or electrophysiologist, inserts electrical cables, referred to as catheters, via veins, into the heart chambers. Then he or she can determine the mechanism of many abnormal heart rhythms.

Treatments to correct abnormal heart rhythms range from medicines to implanted “rhythm control” devices like pacemakers and automatic defibrillators, as well as curative catheter ablation procedures. In addition, through research and clinical trials, the team can offer many patients some of the most advanced treatments available anywhere.

“We have expertise in state-of-the-art treatments,” Dr. Winters says, “so our experts can treat people with both the simplest and most complex electrical problems of the heart.”

For more information about the electrophysiology and cardiac rhythm management team at Gagnon Cardiovascular Institute at Morristown Medical Center, call 973-971-4261 or visit atlantichealth.org/ep.
Headed to the Hospital?
Meet Your New Doctor

If you or a close relative have not stayed overnight in a hospital lately, you might not be aware of a physician called the “hospitalist.” As the name suggests, the sole focus of this physician is to coordinate all aspects of care during your entire hospital stay. As with any specialist, the hospitalist has access to all medical records and test results available and can order tests and treatments.

“Due to the serious nature of today’s hospitalized patients, having a physician in the hospital to attend to a patient at a moment’s notice benefits everyone,” says Stanley B. Fiel, MD, regional chairman for the department of medicine, Atlantic Health System. Primary care providers, or PCPs, cannot usually visit them as often or for as long as they would like. So the role of the hospitalist is becoming increasingly important.

“A patient’s condition can change quite a lot over a day, or even a few hours,” Dr. Fiel says. “Our 30 hospitalists work only in the hospital, so they’re available for their patients around the clock.”

The hospitalist communicates with the PCP about each patient’s care and progress. Once someone leaves the hospital, he or she returns to the PCP’s care.

This specialty field of medicine is about 10 years old, so it’s not really new. But if you haven’t heard of it, you’re in good company.

“I’m actually quite surprised when patients are familiar with hospitalists,” says Gina Puglisi, MD, one of about 15 hospitalists for Newton Medical Center. She’s also the interim director for the hospitalist program there. “Since most people don’t need to stay overnight in a hospital, this is a new concept for them. But the care we provide is an important extension of the care their PCP gives.”

Visit www.atlantichealth.org/hospitalist for more information.

YOUR GIFT MATTERS

To hear a newborn’s cry after the rush of an emergency C-section.
To save the grandfather who collapsed at home. To give a beloved sister a second chance after breast cancer. This is why your gift matters.

Their lives mean the world to you — and they mean everything to us. We pride ourselves on staying up on the latest technology, medical breakthroughs and clinical trials so that, whatever the situation may be, we can do our job to the best of our ability. Your gift — no matter its size — helps us do just that.

Many people don’t know that our physicians, nurses and technicians treat each person regardless of his or her ability to pay. And yet our medical centers are reimbursed only pennies for every dollar spent. That means fewer dollars are available for building upgrades, programs, equipment and education. That’s why your gift matters.

Whether it’s through an outright donation, your company’s matching gift program, a planned gift or a transfer of stock, you can make a real difference.

Help us help those you love — give today.

Our medical center foundations will help you make a gift online, via mail or by phone.
For Morristown Medical Center, visit f4mmc.org and select Donate Now or call 973-593-2400.
For Newton Medical Center, visit nmhnj.org/DonateToNMC.aspx or call 973-579-8456.
For Overlook Medical Center, visit overlookfoundation.org and select Donate Now or call 908-522-2840.