INTEGRATING LOCAL FOODS INTO YOUR DIET

Future Perfect: Welcome to Google Glass

One Patient’s Bariatric Triumph
DEAR FRIENDS,
Summer is finally here and, to stay in tune with the season, we’re filling this issue with articles that will help you make the most of the warmer weather. Because we’re all concerned about how healthy our food is, there’s information about the benefits of eating locally grown produce. We’ll also show you how to integrate other simple dietary changes into your current lifestyle to improve your health.

Our new Health Beat series keeps you informed about what’s happening at your hospital and shares physician perspectives on current issues in health care. There are also two new technologies you’ll surely want to check out: Atlantic Health System’s Mobile App for your phone and Google Glass, an innovative new way to weave technology into your daily life.

Enjoy the sunshine!

Joseph A. Trunfio
President and CEO
Atlantic Health System

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

Visit our blog
Well Aware — Your Way provides an open forum for patients, employees and friends of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center and Goryeb Children’s Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at atlantichealthblog.org.

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

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For additional information, visit atlantichealth.org.

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/ChiltonHealth
/GoryebChildrensHospitalNJ
Simple Summer Hydration

Because you’ll most likely be spending more time outdoors now that the warmer weather is here, it’s important you remember to hydrate your body inside and out. Here are a few tips that will help you moisturize your skin and keep your body properly hydrated.

1. Chlorine in swimming pools can dry out your skin — but so can ocean water. The salt causes your body to release water by a process scientists call osmosis. That’s why it’s important to moisturize your skin after you’ve been for a swim: It just wants its water back.

2. When choosing a moisturizer, try to select one that contains SPF. This will give you the added protection of blocking UV rays. Read the label carefully — many but not all moisturizers come with an SPF of 15 or 18 now.

3. If spending time in the sun makes you thirsty, reach for a cool beverage. Of course you do not want to load up on sugars, so one trick is to dilute juices and nectars when you serve them. Fill your glass halfway with juice/nectar, then add cool water and ice until the glass is full. You’ll get the healthy vitamins and great taste of fruit without consuming too much fruit sugar, or fructose.

4. You can even EAT your water. Fruits like watermelon are made up of about ninety percent water, so when you consume them, you’re actually hydrating your body naturally — and deliciously.

Our bodies run on water. Keep them happy with lots of liquid this and every summer.

Get App-Smart

MAKING eHEALTH EASIER

“In the near future, personal devices such as smartphones and tablets will have a greater role in how people access the health care resources they need, as well as manage their health,” says Linda Reed, RN, vice president of Behavioral and Integrative Medicine and chief information officer for Atlantic Health System.

According to research from the Internet & American Life Project, an initiative of the Pew Research Center, one in five smartphone owners has downloaded a health app — so get on board with the new Be Well App from Atlantic Health System. The free app, available for both Apple and Android smartphones and tablets, lets users research health information, track their health and fitness and stay connected with their medical centers, from finding a doctor to managing their medications.

HEALTHY CLICKS

Be Well includes many innovative features and functions that help you manage your health more effectively.

- The interactive Track Your Health function monitors all of your vital stats.
- Syncing directly with Fitbit activity trackers helps you tally daily exercise information.
- The Medications function is your electronic pharmacy, giving you a place to store information on doses and timing and to create alarms so you know when it is time to take each prescription.
- You can also check current wait times in the Emergency Department, choose and get directions to doctors’ offices and access the hospital services directory.

It also streams updates from social media channels and the Well Aware — Your Way blog so you can stay in tune with other members of the Atlantic Health System community.

Search “Be Well” available from the App Store.

Search “Be Well” available from the Google Play Store.

atlantichealth.org
**5 Health Benefits of Watermelon**

Nothing quite refreshes you on a hot summer day like a wedge of watermelon. Originally from southern Africa, it’s colorful, tasty and always satisfying, even though you have to do all that work spitting out the seeds.

But besides being delicious, watermelon is actually full of beneficial nutrients that keep you healthy year-round. It might just be summer’s superfood.

- Enhances prostate health because of its high concentration of the antioxidant lycopene.
- Is rich in vitamins A and C — and low in calories.

Now you know what to serve poolside. It’s a guilt-free treat everyone will enjoy.

**FACTOID:** Botanists actually classify the watermelon as a special type of berry they call a *pepo.*

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**Sunburn Home Remedies**

If you soak up a little too much sun this summer and are feeling the burn, there are some common household items that can make you feel better quicker.

It’s probably no surprise that dipping a washcloth in cool water and applying it to affected areas can help, but did you know that you should also drink plenty of water to hydrate the burn from the inside out?

Here are four other simple suggestions:

- Add one-half to one cup plain, unflavored oatmeal to cool bath water, then soak. The oatmeal helps soothe the inflamed areas.
- Cut two washed and unpeeled potatoes up and add them to a blender with some water. Apply the thick mixture to the burn, patting it gently, and wait for it to dry. Then, wash it off with a cool shower.
- To ease postburn chafing in sensitive areas, apply a light dusting of cornstarch. It will not block pores, so your skin can breathe.
- You can even apply aloe vera directly to the burn by slitting open a leaf and letting the oil drip onto it.

If you do opt for an over-the-counter solution, look for products that contain lidocaine. It’s less likely than many other topical anesthetics to cause an allergic reaction.

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**DEET Summer SAFETY**

DEET is a pale yellow oil that is the active ingredient in many anti-insect products. It repels pests like mosquitoes so you do not become their dinner. Although it’s toxic to insects, studies show that it’s safe to humans. Still, there are some things you might want to consider before you spray some on.

- Generally, products containing DEET need only be applied once daily.
- Avoid using products that contain both DEET and sunscreen. Sunscreen needs to be applied more frequently than DEET, and you do not want to overapply DEET.
- Do not use concentrations above thirty percent, as they are not any more effective than lower concentrations. A concentration between ten and thirty percent is ideal.
- Be more sparing when applying DEET to exposed skin, as your body will absorb more of it directly.

And remember, if you use DEET in its popular aerosol form, its best to apply it in an open area so no one breathes it in. After all, you do not need insect repellent for your lungs.
New Advanced Care Rooms Make Shorter Hospital Stays More Comfortable

If you or your child visits the Emergency Department at Newton Medical Center or needs certain short-term treatments, you might find yourself in one of the newest, most modern rooms in the hospital. They’re located in the new Advanced Care Unit that opened in February, in an area on the main floor reserved for patients who need advanced medical care, but who do not require an extended stay. All six pediatric and six adult patient rooms are private.

Ardelle Bigos, chief nursing officer for Newton Medical Center, reports that “Newton Medical Center collected data to identify which patients need in-hospital care. With this information and feedback from our community, we realized that this short-term unit would serve our patients best.”

Located next to the emergency room, the unit allows physicians to perform tests and exams to determine whether a patient needs to be admitted to Newton Medical Center or Goryeb Children’s Hospital, for example, or if they can receive the care they need right in the unit and return home.

“This unit gives our patients a cost-effective way to draw on the high-quality resources of our full-service hospital,” Bigos says. “Patients and family members — especially parents — have told us how necessary and convenient this new service is.”

Focus on Kids: A Special Part of a Special Unit

Though the new Advanced Care Unit at Newton Medical Center is for everyone from infants to older adults, it includes features especially for children — and their families.

“In most cases, children who come to the hospital need care for several hours, instead of several days, but they also might require a different type of attention than what is provided in an emergency room,” says Ardelle Bigos, chief nursing officer for Newton Medical Center. “This new unit meets that need, and in a very comfortable setting.”

Child-friendly features include:
- Nurses trained in pediatrics
- Care for respiratory (breathing) conditions like asthma; infections and fever; intravenous fluids for dehydration; bilirubin (blood) monitoring for newborns
- Private rooms in a secure section that is reserved for children only
- Accessible location near the emergency room, where most patients are first seen, and on the main level of the hospital
- Built-in furniture that doubles as a bed for patients’ family members
- 24/7 visitation
- Child-friendly menu

“Patient satisfaction is a critical goal, and we designed the unit with that in mind,” Bigos says. “Our staff has been really gratified to see how well it’s working for our patients.”
Open Wide:
When food becomes medicine

Today, experts at Atlantic Health System are giving much attention to the role foods play in overall health and even treatment.

“I use food as a fundamental part of patient care,” says Giovanni Campanile, MD, an integrative cardiologist and medical director for integrative nutrition. “It’s an important part of an overall ‘lifestyle’ approach to prevention and treatment of many conditions.”

We’re all familiar with the fact that eating less salt can bring down blood pressure, for example. But research shows vitamin D and fish oil supplements can help, too. A Mediterranean-style diet high in produce, beans and grains, little meat, and more cold-water fish, can also improve risks for heart disease, as well as for cancer and some chronic conditions. Research also links foods or nutrients to digestive problems, autoimmune disease and depression. “We don’t look at just one medicine or one type of supplement,” Dr. Campanile says. “It’s the combination of eating good foods, taking the right supplements and avoiding some foods — all with other lifestyle choices like exercise and stress reducers — that work best to improve health.”

For children, physicians at Atlantic Health System use foods and supplements for a range of issues, from attention deficit/hyperactivity disorder (ADHD) and autism to anxiety and depression.

Striking the Right Balance
Using foods and supplements in this way is challenging, because it involves understanding in detail how one person’s body responds to specific foods, nutrients and additives, says Annette Cartaxo, MD, integrative pediatrician for Atlantic Integrative Medicine.

“Each person’s needs will be different,” she says. “So we do detailed blood testing to see what supplements they might need, for example, or what foods they should limit or avoid.”

“It’s clear from research and our experience here at Atlantic Health System that using food as medicine is absolutely vital to health,” she says.

For more information, visit www.atlantichealth.org/aima.

Fiber Focus

“Fiber is one of the most important parts of a healing diet,” says Kenneth Cartaxo, MD, a physician for Atlantic Integrative Medicine. “But most of us are missing out on the benefits.”

Fiber helps reduce cholesterol and control blood sugar. It helps good bacteria in the intestines and is a natural laxative.

Most of us get only about 15 grams a day, the amount in about one cup of beans. But women need 10 grams more, and men need more than twice that much: 38 grams total. For children up to age 18, add five to their age. So a seven-year-old needs about 12 grams each day.

Get your daily dose of fiber by eating more fruits, vegetables, whole grains and legumes (beans). Read the food nutrition label to see how much you’re getting, and add it to your diet slowly to avoid constipation.

Visit our blog at atlantichealthblog.org, where you can learn more from Dr. Campanile as he talks about “food as medicine.”
Jordan Safirstein, MD, FACC, FSCAI, assistant director of cardiac catheterization for Gagnon Cardiovascular Institute at Morristown Medical Center, is used to being on the cutting edge of health care — and technology. For more than a year now, he has helped Google’s tech wizards think through the future of health care as a member of Google’s Health Care Advisory Board.

That role helped Dr. Safirstein earn a spot in the company’s exclusive Glass Explorer program. For the past nine months, he has been using Glass, a wearable computer that looks like a pair of lens-less eyeglass frames. A small screen hovers over the wearer’s right eye, with a camera mounted on the reverse side to capture a first-person view. Glass responds to voice commands, can make voice and video calls and can handle many other smartphone-style functions — proving that it can occupy a useful new niche in health care.

**How do you use Google Glass with your patients?**
We have been experimenting with Glass in a number of ways in the cardiac catheterization lab — specifically with a procedure known as coronary angiography. It uses thin, flexible tubes called catheters to look inside a patient’s cardiac arteries and to open blockages. Most often, we’re using Glass to videotape cases and give students and other operators a first-person view of how we perform a procedure. Cardiac catheterization through the wrist, which is my specialty, is attracting a lot of interest because of the benefits to the patients. With Glass, I can record a first-person view of what I’m doing for all these procedures and then use that as a teaching tool.

We’ve also been using it as a teaching tool in another sense — by starting a “video hangout,” I’ve been able to have students and others join me virtually during a case. People can ask questions continually as they are seeing what I am seeing. In the future, I could see this being used to obtain a second opinion when a surgeon would like assistance with a case.

**How do your patients respond to Google Glass?**
Everyone seems very interested in Glass. Once I introduce them to the device, and explain how we are using it for educational purposes, I haven’t had a single patient decline to take part. Because Glass does have a camera, I don’t wear it around the hospital for privacy reasons — only with my patients, who have signed a special consent, in the catheterization lab.

**Does Google Glass have medical uses outside the hospital?**
I was recently invited to take part in an idea challenge extended to all Glass Explorers in the medical realm. The point was to suggest ways in which Glass could change your medical specialty. I think that if first responders, like paramedics, had access to Glass, and if it was synced with other equipment in the ambulance, they could use it to give the medical staff in the hospital a better idea of what is going on — leaving their hands free to help patients. Time is muscle when it comes to a heart attack; anything we can do to save time is a potential benefit to the patient.

“Patients may benefit from the ability of Glass to call in a virtual consultant for a video conference and include the referring physician in a video-call, allowing them to directly visualize the procedure/surgery.”

— Jordan Safirstein, MD, FACC, FSCAI
Memories Screening
Catharine St.,

More Than Sad
Wednesdays, July 23; August 6, 27; September 10

September:
Health & Wellness, 111 East
All events are held at Milford High School
LifeSkills Training (12 sessions)
Thursdays, July 3 - September 18
3:15-4:30pm
570-409-8484, ext. 501

Parent LifeSkills Training (5 sessions)
Wednesdays, August 6
5:30-7:00pm
No appointment

Skinny on fats?
Wednesday, August 20, September 17
2:00-5:30pm
No appointment

Assess Your Stress
Monday, September 8:
“What’s the skinny on fats?”

Mammograms Save Lives at Milford Health & Wellness
July:
For women who do not have health insurance and do not qualify for other screening programs. Call 973-579-8622 to see if you qualify.

Mammograms Save Lives at Milford Health & Wellness, September:
8:00-9:00pm
10:00-11:00am

Mammograms Save Lives at Sparta Health & Wellness
Middle School (7-9th grades) LifeSkills Training (13 sessions)
Wednesdays, August 20, September 17
6:30-9:00pm
Breastfeeding, Fee: $40

Newborn Parenting, Fee: $40

Prepared Childbirth Classes, Fee: $120

Adolescent DBT Group (12-week sessions): Skills taught to teens to deal with challenges in their daily lives, ages 13-17 years
Thursdays; starts Thursday, August 11
6:30-8:00pm

Parent LifeSkills Training (5 sessions)
Wednesdays, August 22; September 19
2:30-4:30pm

Prepared Childbirth Classes
Wednesdays, July 22
3:00-5:00pm

Yoga: Mixed Level
Mondays, September 8 - October 27, (8 weeks), Fee: $90

Bariatric Support Group
Wednesday, September 3:
Understanding Vascular Disease

Living with Chronic Illness
Thursdays, July 24; August 28; September 25
3:00-4:00pm

Self-Discovery: Voices (12- to 16-week program)
Thursdays; starts Thursday, September 11
6:30-8:00pm

Bleeding Disorders
Wednesdays, August 27
10:30am-12pm

Healthy Relationships
Wednesdays, September 3
6:30-8:00pm

Co-Occurring Disorders and Substance Abuse Treatment Groups
Alternative Therapies for Adolescent Alcohol and Drug Use (12- to 16-week program)
Thursdays; starts Thursday, September 11
6:30-8:00pm

Adolescent DBT Group
Alternative Therapies for Adolecent Alcohol and Drug Use
Thursdays; starts Thursday, September 11
6:30-8:00pm

Young Women’s Recovery Group
Thursdays; starts Thursday, September 11
6:30-8:00pm

Anorexia
Thursdays; starts Thursday, September 11
6:30-8:00pm

Breast Cancer Support Group
Tuesdays, August 12; September 9
6:30-9:00pm

Maternity Center Tours
Wednesdays, August 20; September 17
6:00-7:00pm
973-579-8340

Wellness & Recovery
Monitoring and Pharmacological Management of Mood and Movement for Obsessive-Compulsive and Related Disorders
Thursdays; starts Thursday, September 11
6:30-8:00pm

Valley Health System for the 2014 Multiple Sclerosis Bike Tour
Join Team Atlantic Health System for the 2014 Multiple Sclerosis Bike Tour

Young woman’s psychoeducation group
Thursdays; starts Thursday, September 11
6:30-8:00pm

Women’s Support Group
Thursdays; starts Thursday, September 11
6:30-8:00pm

Females
Thursdays; starts Thursday, September 11
6:30-8:00pm

Verona’s Program
Thursdays; starts Thursday, September 11
6:30-8:00pm

Women’s Emotional Issues Group
Thursdays; starts Thursday, September 11
6:30-8:00pm

Wellness & Recovery
### Wellness Programs

#### Catharine St.
- **More Than Sad**
  - Wednesdays, July 23; August 6, 27; September 10
  - 4:00-5:00pm
  - 570-409-8484, ext. 501

#### Therapies
- **Savvy Caregiver (4 sessions)**
  - Wednesdays, July 2 - July 23, or August 13 - September 3
- **Middle School (7-9th grades) LifeSkills Training (13 sessions)**
- **Parent LifeSkills Training (5 sessions)**
  - 5:00-6:15pm
  - 570-409-8484, ext. 501
- **Assess Your Stress**
  - Wednesdays, August 20, September 17
  - 2:00-5:30pm
  - no appointment
  - 10:00-11:30am

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

#### NJ 07860
- **175 High St., Newton, Newton Medical Center & Child Health**

### Support Groups
- **Breast Cancer Support Group**
- **New Mom’s Support Group: First Year Together**
- **Grandparents Class, Fee: $25**
- **Sibling Preparation Class, Fee: $15**
- **Prepared Childbirth Classes, Fee: $120**

### Behavioral Health
- **Adolescent DBT Group (12-week sessions): Skills taught to teens to deal with challenges in their daily lives, as well as regulate emotions, ages 13-17 years**
- **Young Women’s Psychoeducation Group**
  - A social skills program to learn cognitive and behavioral skills
- **Women’s Emotional Issues Group**
  - Multiple groups; call for days and times
- **Co-Occurring Disorders and Substance Abuse Treatment Groups**
- **Challenges of Aging (60 years of age and older)**
  - Alternate Thursdays; 2:00-3:00pm
- **Anger Management Group**
  - Alternate Tuesdays; 2:00-3:00pm
- **Living With Chronic Illness**
- **Joint Replacement Education Session**
  - Wednesdays, July 23, August 27, September 24
  - Part I: Tuesday, September 16; Part II: Tuesday, September 23
- **Cancer Support Group**
  - Thursdays; starts Thursday, September 11
  - 6:00-7:00pm

### Other Programs
- **Child & Infant CPR & AED $70**
- **Child and Infant CPR & AED $50**
- **HeartSaver CPR for Adults, Provider $60**
- **HeartSaver First Aid with Adult, Provider $70**
- **Child & Infant CPR & AED $70**
- **HeartSaver First Aid with Adult, Provider $70**
- **HeartSaver CPR for Adults, Provider $60**
- **HeartSaver First Aid with Adult, Provider $70**
- **HeartSaver CPR for Adults, Provider $60**
- **Child & Infant CPR & AED $70**

### Additional Information
- Visit [atlanticambulance.org/newcprbls.html](http://atlanticambulance.org/newcprbls.html) for more information on CPR and AED classes.
- Mail forms to: Newton Medical Center, 175 High St., Newton, NJ 07860
- Registration is required for all events and programs. To register for an event, program, or class, please visit the website or contact the Newton Medical Center.

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**NOTE:** Unless otherwise noted, registration is required for all events and programs. To register for an event, program, or class, please visit the website or contact the Newton Medical Center.
“Eating local” is a national trend that has shoppers looking for fruits, vegetables and other foods grown or made nearby. If you’ve not been part of this movement, summer is a great time to start.

“Among the many advantages of eating local — besides supporting local growers — are surprising health benefits,” says Mary Finckenor, registered dietitian for Morristown Medical Center. The foods harvested from area farms and home gardens change with the season, which offers variety. And these smaller farms can offer a greater number of different items than larger industrial farms. “More variety gives you and your family a wider range of vitamins, minerals and phytonutrients, or healthy chemicals that occur naturally in plants,” she explains.

“Plus, a fresh Jersey berry or tomato just tastes better!” she says.
THE BENEFITS OF CHOOSING LOCAL PRODUCE
With the variety of fresh fruits and veggies now ripening in our region, it’s easy to enjoy the health benefits of eating local:

FRESHNESS Foods grown locally are usually as fresh as they get—often picked just down the street a day or less before you buy them, versus being loaded on a transport truck for days or flown in from another country.

RIpeness Because local foods have only a relatively quick trip from farm to home, you can choose foods that are ripe and ready to eat. “You can buy a peach any time of year and wait for it to ripen at home,” Finckenor says. “But that fruit can’t compare to biting into a juicy, fresh peach or other produce that ripened on the plant and was then harvested at the peak of the season.”

VARIETY Out of hundreds of varieties of tomatoes or apples, for example, large, industrial farms choose to grow just a few—based on non-nutritional factors, like how well they travel, for example. So if you limit your grocery shopping only to national producers, you might be missing out on a variety of nutrients that local produce offers.

TASTE Taste might not be a health benefit by itself, but it can certainly affect how many fruits and vegetables you and your family eat. Enjoy the better taste of fresh, ripe foods and the treat of discovering new varieties you can get only at certain times of the year.

MAKING NEW FAVORITES By looking for locally grown foods, you’re bound to stumble upon something new and different. “Ask the grocer or farmer how to prepare new fruits or vegetables, and how to know if they’re ripe,” Finckenor says. “I’ve found they’re always ready with a recipe.”

Finckenor shares a colorful summer recipe for her Summer Peach and Tomato Salad using local ingredients.

HEALTHY LOCAL RECIPE
Summer Peach and Tomato Salad

INGREDIENTS
¼ cup sliced red onion
½ pound ripe peaches, pitted and cut into wedges
½ pound tomatoes—any type, cut into bite-sized pieces
1 tablespoon apple cider or balsamic vinegar
1 teaspoon olive oil
1 teaspoon honey
½ teaspoon salt
½ teaspoon freshly ground black pepper
¼ cup (1 ounce) crumbled feta or goat cheese
2 tablespoons chopped basil
¼ cup toasted chopped pecans (optional)

PREPARATION
1. Combine first 3 ingredients in a large bowl.

2. Combine vinegar, olive oil, honey, salt and pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over peach mixture; toss well to coat. Sprinkle with cheese, basil and pecans (optional).

Serves 4

FRESH PICKED AT KINGS
Beginning Friday, May 23, and running throughout the summer, Kings Food Markets offers shoppers a new definition of freshness through its 24-Hour Just Picked Promise. What this means is that Kings commits to making locally grown, farm-fresh produce available to customers within 24 hours of being hand-picked — conveniently giving customers all the benefits of a local farm stand with the convenience of their neighborhood food market where they shop for their families.

“To get the taste, crisp and nutrition that only comes from genuine freshness, all shoppers have to do is look for the ‘24 hour Just Picked’ seal at Kings,” announces Paul Kneeland, vice president of Produce, Meat, Seafood and Floral for Kings Food Markets. “Those fruits, vegetables and herbs have been hand-picked on a local New Jersey farm and delivered to Kings’ stores within 24 hours, so you know they’re at the peak of freshness and can serve them with confidence.”

For more information, visit kingsfoodmarkets.com/farm-fresh.
At about this time last year, Deborah Van Dyk, 57, of Andover Township, N.J., could hardly walk down the street. She avoided mirrors and cameras, she says, and would not consider doing many of the things that were once part of her very active life. She weighed 360 pounds. What a difference a year can make.
Atlantic Health System physicians who specialize in weight loss have performed thousands of weight loss surgeries in total, including gastric sleeve, the most common procedure, plus adjustable gastric band surgery and stomach “stapling” gastric bypass (the Roux-en-Y procedure).

Patient support includes education and counseling from bariatric surgeons, psychotherapists, nutritionists, anesthesiologists, nurses, technicians and exercise physiologists, plus monthly support groups after the surgery.

Patients can come to a free informational session or visit the office to learn more about their options.

To learn more:
For free educational seminars, call 1-800-247-9580.
For additional information, visit atlantichospital.org/weightloss.

Bariatric Weight Loss at Atlantic Health System

“I tried twice over many, many years to find a surgical weight loss program that was right for me,” she says. “Then in June 2013, I called Atlantic Health System. I guess third time’s the charm. They took me right in, and the results have been amazing.”

Over the next several months, Van Dyk met with Michael J. Nusbaum, MD, chief of bariatric surgery for Atlantic Health System, and attended educational sessions at Sparta Health & Wellness Center. She lost 40 pounds with the staff’s help, and then in October had “gastric sleeve” surgery at Newton Medical Center.

“I’m now closing in on 200 pounds, and I’m still losing weight,” she says, delighted. “It’s the very best thing I’ve ever done to feel better and become healthier.”

Surgery and Beyond
Experts in bariatrics (from “bar,” the Greek word for “weight”) at Atlantic Health System specialize in controlling and treating obesity and diseases related to excess weight. Thousands of individuals from New Jersey, surrounding states and even other countries have had successful bariatric surgery at Atlantic Health System, making this program one of the leaders in the state.

“In addition to surgical expertise, we have the follow-up that all of our patients need to be successful after the surgery,” says Shomaf Nakhoj, MD, bariatric surgeon for Newton Medical Center. “That’s a key component to their success.”

More Than Just Weight Loss
The support also includes a metabolic center, with experts to help evaluate and educate patients who have health conditions caused by or made worse by excess weight.

“Three out of four of our patients have diabetes, high blood pressure, sleep apnea, metabolic syndrome or other conditions that are related to weight,” Dr. Nusbaum says. “Obesity can also cause joint pain, migraines and infertility. It’s been gratifying to see so many of our patients cured of these problems, just by losing the excess weight.”

Dozens of research studies report similar results, showing that weight loss surgery can cut the risk of heart attack in half and cure diabetes as quickly as 12 weeks after surgery, for example. With the recent expansion of this service at Atlantic Health System, even more people will be able to reap the important health benefits of bariatric weight loss surgery, Dr. Nusbaum adds.

Healthy Surprises
“From helping me understand what the best surgery was for me, to providing support even now, they led me to success,” Van Dyk says. “The only surprise has been how much more energy I have and that my knees no longer hurt.”

Van Dyk now easily walks three miles every day. And she’s looking forward to trying new activities, like kickboxing, yoga and Nautilus machines.

“I just want to do it all, now that I can!” she says, clearly having found her new lease on life.

CASE STUDY

Before After

Deborah Van Dyk

Atlantic Health System physicians who specialize in weight loss have performed thousands of weight loss surgeries in total, including gastric sleeve, the most common procedure, plus adjustable gastric band surgery and stomach “stapling” gastric bypass (the Roux-en-Y procedure).

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Especially for Women

New program targets heart disease.

For women, having heart disease is quite a different experience when compared with men. On average, women develop coronary heart disease much later in life — about 10 years later — than men do. Signs of a heart attack can be more subtle and can be confused with other health conditions. And women are much more likely to worry about having cancer than about their heart health, even though more women die from heart disease each year than all forms of cancer combined.

“This is the kind of information we want women to know, so they can take steps to improve their health and quality of life if they have heart disease,” says Claire Boccia, MD, a cardiologist and director of the Women’s Heart Program for Atlantic Health System.

To accomplish this goal, Atlantic Health System recently joined with WomenHeart, the national coalition of women with heart disease, as partners in a national program to provide education and support to women with heart disease. The program will also give women in the community a chance to share their experiences and knowledge with others.

Women who are survivors of heart disease run regional and local WomenHeart programs, Dr. Boccia explains. They know the challenges women face and, through this national program, connect women with the resources they need.

Recruiting Local Volunteers

“We’ll be reaching out to women with all types of heart conditions, from coronary artery disease with chest pain syndromes called angina, to those with irregular heart beats, valve disorders, pregnancy-related heart complications, as well as to those who have survived strokes and heart attacks,” Dr. Boccia says.

Volunteer “WomenHeart Support Network Coordinators” receive comprehensive training for Atlantic Health System’s WomenHeart programs at one of two large, national events each year. The health system’s first Support Network Coordinator completed her training in May, at a three-day, all-expenses-paid Science & Leadership Symposium in Washington, D.C.

“The training is intense, and volunteers learn from nationally recognized physicians, psychologists, nurses and other experts in women’s heart disease and education,” Dr. Boccia notes. “Once back home, Network Coordinators have the tools they need to start reaching out to women with heart disease. It’s a very exciting program, one we’re proud to be part of because of what it offers the women in our community.” Understanding gender differences in all types of heart disease is so important. This will complement the gender-optimized care provided by the doctors and nurses at Atlantic Health System’s Women’s Heart Program.

“Our volunteers learn from nationally recognized physicians, psychologists, nurses and other experts in women’s heart disease and education.”

— Claire Boccia, MD, cardiologist and director of the Women’s Heart Program for Atlantic Health System

How to Get Involved

To get news of upcoming events and support group meetings, or to learn more about becoming an Atlantic Health System WomenHeart Network Coordinator, contact us weekdays, 9:00am to 5:00pm at 973-971-8811. Please leave a message after-hours. Or you can email us anytime at: women.heart@atlantichealth.org.

For more information on the Women’s Heart Program, visit: atlantichealth.org/womensheart.
Despite prevention efforts, skin cancer and melanoma rates continue to rise. According to the National Cancer Institute (NCI), there will be 76,100 new cases of melanoma, a type of skin cancer, in 2014. Some types of melanoma are difficult to treat, especially if patients are diagnosed with late stage cancer.

Melanoma comprises only five percent of skin cancer cases, but accounts for seventy-seven percent of skin cancer-related deaths, due in part to a lack of effective therapies for advanced disease. With recent advances in the development of new treatment options for melanoma, clinical trials should be strongly considered.

Melanoma that has spread to other parts of the body is often incurable, but two types of treatments have demonstrated promise by helping patients live longer: immunotherapy and targeted therapies. At the Atlantic Melanoma Center, clinical trials are under way that are evaluating how well these therapies stop the spread and prevent the return of melanoma.

“Late stage melanoma can be challenging to treat, but now we have more options and are able to provide patients with treatment that is suitable for their specific type of melanoma,” explains Eric Whitman, MD, director of the Atlantic Melanoma Center and medical director for Carol G. Simon Cancer Center. “Clinical trials are advancing what we know about the most aggressive forms of melanoma and are ways for patients to access options that are not yet commonly available.”

If you are interested in learning more about clinical trials for melanoma, visit atlantichealth.org/research or email research@atlantichealth.org.

You can also hear about new studies and keep up with the latest medical research nationwide, with a new Twitter feed from Atlantic Health System. Follow @NJResearch.

A Heartfelt Thank You to Our Donors

You’ve heard of Christmas in July, but what about Thanksgiving all year long? Throughout Atlantic Health System, 2014 is being celebrated as the Year of Gratitude — 365 days to be more appreciative in our work and personal lives. At the foundations, we see it as 365 opportunities to thank our donors, the people whose generosity has helped our medical centers be the best they can be.

When we consider the magnitude of their support, even a daily “thank you” hardly seems enough. Our benefactors have helped us build and refurbish buildings, purchase latest-generation equipment and fund essential new positions. They have helped us provide education, screenings and scholarships. In truth, they have helped us save lives and have given patients and their families hope at a time they have needed it most.

How do you begin to thank someone for that?

We’ll start by continuing to offer compassionate care to everyone who comes to our medical centers and by empowering our communities to be the healthiest in the nation. And, of course, by saying thank you from the bottom of our hearts.

Please consider joining our esteemed group of donors, by reaching out to one of our foundations. For Morristown Medical Center, visit f4mmc.org and select Donate Now or call 973-593-2400. For Newton Medical Center, visit newtonmedicalcenterfoundation.org and select Online Donation or call 973-579-8309. For Overlook Medical Center, visit overlookfoundation.org and select Donate Now or call 908-522-2840.

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