well aware

YOUR SUMMER PRODUCE GUIDE:
Bountiful Nutrients

New Advances in Heart Valve Repair
Cancer Patient Fights Back
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.

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.

Managing Editor, Well Aware:
Vicki Banner

Director of Marketing and Public Relations:
Michael Samuelson

Contact information:
Atlantic Health System
475 South St., Morristown, NJ 07960

Email:
well.aware@atlantichealth.org

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

For additional information, visit atlantichealth.org.

Follow us on Facebook:
/MorristownMedicalCenterNJ
/NewtonMedicalCenterNJ
/OverlookMedicalCenterNJ
/ChiltonHealth
/GoryebChildrensHospitalNJ

Follow us on Twitter for health and wellness tips at @WellAwareNJ.

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

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, on the website or on 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 ©2015. All rights reserved.
HEAT STROKE: Avoid Getting Burned

If the nice weather has you clamoring to go outside, be careful. Summer brings not only much-welcomed warmth but also the increased risk of heat stroke.

What Is Heat Stroke?
Heat stroke is the most severe form of heat injury. It’s caused by prolonged exposure to high temperatures. Heat stroke is a medical emergency. Symptoms include the following:
- Dizziness
- Rapid, shallow breathing
- Lack of sweat

Who’s at Risk?
Anyone exposed to a hot environment is at risk, as is anyone participating in physical activity. According to the Centers for Disease Control and Prevention, heat stroke is more likely to occur in people not used to high temperatures.

What Can You Do?
To help prevent heat illnesses, do the following:
- Avoid restrictive clothing
- Drink water regularly
- Wear sunscreen

Get more heat stroke information at cdc.gov/extremeheat.

DARE TO C.A.R.E.: FREE VASCULAR SCREENINGS AVAILABLE

Approximately 610,000 Americans will have a stroke for the first time this year, according to the Centers for Disease Control and Prevention.

Dare to C.A.R.E. is a national initiative designed to catch vascular disease — a leading cause of stroke — before it can lead to more serious problems. As part of the initiative, Atlantic Health System is offering free vascular screenings to everyone over the age of 60 and individuals over 50 with risk factors like smoking.

Here’s a list of screening locations:
- 1401 Broad Street
  Clifton, NJ
- 95 Madison Avenue
  Morristown, NJ
- 649 Morris Avenue
  Springfield, NJ
- 433 Central Avenue
  Westfield, NJ
- Morristown Medical Center
  Health Pavilion
  333 Mount Hope Avenue
  Rockaway, NJ

Call 973-759-6333 to schedule a free screening.
2015 IS THE YEAR OF WOMEN’S HEALTH AT NEWTON MEDICAL CENTER

Newton Medical Center wants to empower women to take charge of their health and be advocates for the health of women in their lives.

The following preventive screenings will go a long way in helping you take charge of your health:

- **Pap Smear** – The gold standard for detecting early cervical cancer and abnormalities, women should receive this test during their gynecology visit, beginning at age 21. Based on age, the screening should be repeated every three to five years.
- **Mammogram** – Healthy women age 40 and older, and younger women with elevated risk for breast cancer, should receive a mammogram each year.
- **Blood Pressure and Cholesterol** – These screenings measure your risk for heart disease. Blood pressure should be screened at least once every two years; cholesterol should be monitored regularly, based on your doctor’s recommendation.
- **Colonoscopy** – Go for your first screening at age 50, or earlier if you’re at high risk for colorectal cancer, then once every 10 years if results are normal. By finding and removing polyps, this test can prevent cancer.
- **Bone Density Test** – After menopause, women should be screened regularly for osteoporosis with a bone density test.

Learn more at atlantichealth.org/newton.

NOTE: These are general screening guidelines. Please consult with your physician for personalized recommendations.

MORRISTOWN MEDICAL CENTER RANKED STATE’S TOP HOSPITAL

Last fall, over 3,000 licensed physicians in New Jersey cast their votes for the state’s top hospitals. The results are in: Morristown Medical Center is New Jersey’s top hospital overall for the fifth straight year.

The survey, conducted by Castle Connolly Medical Ltd., separated results into two categories: hospitals with 350 beds or fewer and hospitals with over 350 beds. Morristown Medical Center took home the honors in the latter category.

The results also recognized the medical center as the top hospital for the treatment of several health conditions, including breast, prostate and pediatric cancers; congestive heart failure; and strokes.

SKIN CANCER: What You Should Know

As more people head to the beach or pool to cool off from the summer heat, it’s important to stay mindful of sun protection. According to the Centers for Disease Control and Prevention, skin cancer is the most common cancer in the United States, and extensive sun exposure is a leading cause.

Take the following precautions to protect your skin. First, always use sunscreen if you plan to be outside over an hour. The CDC recommends using a sunblock with at least an SPF of 15. Protective clothing like hats can be a big help, too.

Fortunately, skin cancer is easily detectable. Performing a self-exam regularly is critical to early detection. Look out for the following irregularities:

- New skin growths
- Changes in existing ones
- Open sores

For more information, visit cdc.gov and search for “skin cancer.”
New Procedure Helps Assess Heart Attack Risk

Cindy Codispoti, DO, a cardiologist for Newton Medical Center discusses the latest technology in assessing a patient’s risk for a heart attack. This test is then interpreted by Seth Uretsky, MD, medical director, cardiovascular imaging at Atlantic Health System medical centers.

Q: Besides traditional risk factors for heart disease and stress testing, is there any other test out there that could assess my risk of having a heart attack in the next several years?

The answer is yes. Coronary artery calcium (CAC) scanning has emerged as a unique tool to detect calcium in the heart arteries.

Cardiovascular disease remains steadfast as the leading cause of death worldwide. Health care providers are continually searching for better tools to manage patients at risk for heart disease and help reduce cardiovascular mortality.

Patients are increasingly aware of “traditional” risk factors of coronary heart disease, which include age/gender, tobacco use, high blood pressure, high cholesterol, family history and diabetes. However, I have often been asked if there is any other test that can help determine the risk of having a heart attack.

Conventional risk assessment tools may underestimate the risk of coronary heart disease, particularly in women and younger patients. Many patients ask if there is a way to look at their vessels for the presence or absence of coronary artery plaque buildup, the disease process that can lead to a heart attack. CAC can be measured using chest-computed tomography, available at Morristown and Newton medical centers.

The test takes about five minutes and uses a relatively low dose of radiation to detect the presence of calcium in the coronary arteries. Calcium in the heart arteries establishes the presence of the disease process called atherosclerosis. The volume of calcium measured by advanced software technology produces a score, which correlates highly with risk of future coronary heart events. A calcium score of zero assures a very low risk.

CAC scanning is an especially unique test. It has virtually no false positive rate – if the scan detects calcium, then it is there. And unlike traditional risk factors, coronary artery calcium is not a risk factor at all; it is an actual disease. The presence of coronary calcium should prompt providers to consider more aggressive management.

However, CAC scanning is not for everyone. To see if this test is right for you, contact your primary care physician or cardiologist. They will be able to determine whether CAC scanning is appropriate for your particular case.

For more information about this test, please call 973-971-6877 (Morristown Medical Center) or 973-579-8720 (Newton Medical Center).
The Heart of Valve Repair

“One of our patients who had a catheter-based valve replacement was able to get back to ballroom dancing when he never thought he’d be able to do that again.’’

— Linda Gillam, MD, MPH, chair of Atlantic Health System’s Cardiovascular Medicine Department
Innovative program keeps hearts pumping with cutting-edge valve procedures

Your heart works hard every day, pumping much-needed oxygen and nutrient-rich blood through your body. It has four valves that make sure blood moves in the right direction, but these can become narrowed or leak at times due to factors like illness and age. This is known as heart valve disease, which affects nearly 5 million people each year. When the leakage or narrowing is mild, the patient may experience no symptoms. But the consequences of severe dysfunction may be catastrophic.

Serious Care for a Serious Problem
The specialists at The Heart Valve Program of Gagnon Cardiovascular Institute at Morristown Medical Center repair severely damaged heart valves with a range of surgical and catheter-based procedures. The surgical program is the largest in New Jersey and one of the largest in the Tri-State Area with excellent outcomes, as measured by quality review agencies. The Heart Valve Program has also been doing catheter-based procedures longer and with higher volumes than any other program in New Jersey.

According to Linda Gillam, MD, MPH, chair of Atlantic Health System’s Cardiovascular Medicine Department: “While surgery and catheter-based procedures are done at Morristown Medical Center, the valve program itself encompasses all of the hospitals in the system as well as our affiliated cardiologists.”

She notes that finding the right care is not a decision to be taken lightly. “If someone is a candidate for either surgery or a catheter-based intervention, you want to look for a hospital that does these sorts of things frequently, has been doing them for a long time, and has demonstrated excellent outcomes – that describes Morristown Medical Center.”

Advances Offer New Hope
Heart valves can face a number of different problems, which is why proper diagnosis is critical. The Heart Valve Program incorporates advanced imaging techniques like three-dimensional echocardiography, cardiac magnetic resonance and cardiac computed tomography to ensure that patients get necessary treatments and avoid unnecessary procedures.

“The imaging has gotten much better, so we really understand the processes that make valves malfunction and can more accurately assess the severity of that malfunction,” says Dr. Gillam. “We can provide images that look just like what the heart surgeon would see during a valve operation. With these pictures, we can better determine what the best treatment options are.”

These innovations have been instrumental in helping patients with severe heart valve disease take their lives back. “For example, one of our patients who had a catheter-based valve replacement was able to get back to ballroom dancing when he never thought he’d be able to do that again. The Heart Valve Program ensures that patients with valve disease receive coordinated expert evaluation and management.”

Morristown Medical Center has been ranked a top hospital nationwide for cardiology and heart surgery by U.S. News & World Report.
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>EVENT</th>
<th>DATE</th>
<th>TIME</th>
<th>TELEPHONE #</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEWTON MEDICAL CENTER PROGRAMS</td>
<td><strong>DINNER &amp; LECTURE SERIES, FEE: $8</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Easy, Affordable and Healthy Family Meals</td>
<td>Monday, September 28</td>
<td>Dinner: 5:30pm;</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lecture: 6:00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cancer Support Group</td>
<td>Thursdays, July 23, August 27 and September 24</td>
<td>3:00-4:00pm</td>
<td>973-579-8620</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6:00-7:00pm</td>
<td>973-579-8620</td>
</tr>
<tr>
<td></td>
<td>Stroke Support Group</td>
<td>Tuesdays, July 28 and September 22 (no meeting in August)</td>
<td>6:00-7:00pm</td>
<td>973-579-8620</td>
</tr>
<tr>
<td></td>
<td>Alzheimer’s/Dementia Caregivers Support Group</td>
<td>Saturdays, July 25, August 22 and September 26</td>
<td>10:00am-Noon</td>
<td>973-579-8600</td>
</tr>
<tr>
<td></td>
<td>Diabetes Support Group</td>
<td>Wednesday, July 1: <em>Pattern Management: Decoding Your Blood Glucose Results</em></td>
<td>10:00-11:30am</td>
<td>973-579-8600</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesday, August 5: <em>Being Prepared for a Hospital Stay: What You Need to Bring</em></td>
<td>10:00-11:30am</td>
<td>973-579-8600</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wednesday, September 2: <em>Medication Safety: Are You Taking Your Medication Correctly?</em></td>
<td>10:00-11:30am</td>
<td>973-579-8600</td>
</tr>
<tr>
<td></td>
<td>Bariatric Support Group</td>
<td>Tuesdays, July 7, August 4 and September 1</td>
<td>6:00-7:00pm</td>
<td>973-940-8140</td>
</tr>
<tr>
<td></td>
<td>Perinatal Loss Support Group</td>
<td>Tuesdays, July 14, August 11 and September 8</td>
<td>7:30-9:00pm</td>
<td>973-940-8140</td>
</tr>
<tr>
<td></td>
<td>Living With Alzheimer’s for Caregivers: Late Stages (Part 1)</td>
<td>Thursday, September 10</td>
<td>6:30-8:30pm</td>
<td>973-586-4300</td>
</tr>
<tr>
<td></td>
<td>Living With Alzheimer’s for Caregivers: Late Stages (Part 2)</td>
<td>Thursday, September 17</td>
<td>6:30-8:30pm</td>
<td>973-586-4300</td>
</tr>
<tr>
<td></td>
<td>Safe Sitter Babysitting Classes (for kids 11-14 years), FEE: $60</td>
<td>Wednesdays, July 29 and August 26; Saturday, September 26</td>
<td>8:30am-3:30pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td></td>
<td><strong>Mammograms Save Lives:</strong> For those women who do not have insurance or are not eligible through other screening programs; call 973-579-8622 to see if you qualify</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Joint Replacement Education Session</td>
<td>Wednesdays, July 1, August 5 and September 2</td>
<td>Noon-2:00pm</td>
<td>973-579-8449</td>
</tr>
<tr>
<td></td>
<td>Yoga for EveryBody</td>
<td>Mondays, July 6-August 24; September 14-November 2; Thursday, July 9-August 27; September 17-November 5</td>
<td>6:30-7:50pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td></td>
<td>Anger Management Group</td>
<td>Wednesdays</td>
<td>11:30am-12:30pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Co-Occurring Substance Abuse Group (16-week program)</td>
<td>Wednesdays</td>
<td>1:00-2:00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coping With Anxiety</td>
<td>Wednesdays</td>
<td>1:00-2:00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>DBT Group: A social skills program to learn cognitive and behavioral skills</td>
<td>Mondays, Tuesdays</td>
<td>12:30-2:30pm;</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6:00-8:00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Depression Group</td>
<td>Thursdays, Fridays</td>
<td>10:30am-Noon</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:30-1:30pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Depression &amp; Anxiety Recovery Group</td>
<td>Tuesdays, Wednesdays</td>
<td>7:00-8:00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:00-10:00pm</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Group</th>
<th>Days</th>
<th>Time</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recovery Group</td>
<td>Wednesdays</td>
<td>2:00-3:00pm</td>
<td></td>
</tr>
<tr>
<td>Living With Chronic Illness</td>
<td>Fridays</td>
<td>11:00am-Noon</td>
<td></td>
</tr>
<tr>
<td>Men’s Anxiety &amp; Depression Group</td>
<td>Alternate</td>
<td>6:30-7:30pm</td>
<td></td>
</tr>
<tr>
<td>Psychotherapy Group</td>
<td>Thursdays</td>
<td>6:00-7:00pm</td>
<td></td>
</tr>
<tr>
<td>Women’s Anxiety &amp; Depression Group</td>
<td>Mondays</td>
<td>10:15-11:15am</td>
<td></td>
</tr>
<tr>
<td>Veterans’ PTSD Group</td>
<td>Alternate</td>
<td>5:00-6:00pm</td>
<td></td>
</tr>
<tr>
<td>Wellness &amp; Recovery Group: Life skills training for the chronically mentally ill in a social environment</td>
<td>Alternate Tuesdays</td>
<td>2:00-3:00pm</td>
<td></td>
</tr>
<tr>
<td>Adolescent DBT Group [12-week sessions]: Skills taught to teens to deal with challenges in their daily lives, as well as regulate emotions, ages 14-17 years</td>
<td>Thursdays [call for next start date]</td>
<td>6:30-8:00pm</td>
<td></td>
</tr>
</tbody>
</table>

**Groups Not Currently in Session:** First Year Together, Postpartum Depression, Young Women’s Psychoeducation, Voices

### Maternal & Child Health

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
<th>Time(s)</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepared Childbirth Classes, <strong>FEE: $120</strong> 1-day class: Saturday, August 15</td>
<td>9:00am-5:00pm</td>
<td>973-579-8340</td>
<td></td>
</tr>
<tr>
<td>2-day class: Saturdays, July 11 and 18</td>
<td>9:00am-2:00pm</td>
<td>973-579-8340</td>
<td></td>
</tr>
<tr>
<td>4-day class: Tuesdays, September 1, 8, 15 and 22</td>
<td>6:30-9:00pm</td>
<td>973-579-8340</td>
<td></td>
</tr>
<tr>
<td>Breastfeeding, <strong>FEE: $40</strong></td>
<td>Tuesday, July 28</td>
<td>6:30-9:00pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td>Newborn Parenting, <strong>FEE: $40</strong></td>
<td>Sunday, August 2</td>
<td>9:30am-Noon</td>
<td>973-579-8340</td>
</tr>
<tr>
<td>Sibling Preparation Class, <strong>FEE: $15/child</strong></td>
<td>Sunday, August 2</td>
<td>2:30-4:00pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td>Classes held on an as-needed basis</td>
<td>Sunday, September 20</td>
<td>1:00-2:30pm</td>
<td></td>
</tr>
<tr>
<td>Pediatric Preoperative Preparation</td>
<td>Classes held on an as-needed basis</td>
<td>973-579-8340</td>
<td></td>
</tr>
<tr>
<td>Grandparents Class, <strong>FEE: $25</strong></td>
<td>Sunday, September 20</td>
<td>2:30-4:00pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td>Maternity Center Tours</td>
<td>Wednesdays, July 15, August 19 and September 16</td>
<td>8:00-9:00pm</td>
<td>973-579-8340</td>
</tr>
<tr>
<td></td>
<td>Saturdays, July 18, August 22 and September 19</td>
<td>10:00-11:00am</td>
<td></td>
</tr>
</tbody>
</table>

### Sparta Health & Wellness

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
<th>Time(s)</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Cancer Support Group</td>
<td>Tuesdays, July 14, August 11 and September 8</td>
<td>6:30-9:00pm</td>
<td></td>
</tr>
<tr>
<td>Look Good, Feel Better</td>
<td>Mondays, July 13 and September 14</td>
<td>2:00-4:00pm</td>
<td></td>
</tr>
<tr>
<td>Chair Good, Feel Better</td>
<td>Wednesday, September 9</td>
<td>10:00-11:30am</td>
<td></td>
</tr>
</tbody>
</table>

### Diabetess Support Group

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date(s)</th>
<th>Time(s)</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supermarket Savvy</td>
<td>Monday, July 13</td>
<td>10:00-11:30am</td>
<td></td>
</tr>
<tr>
<td>Yoga &amp; You</td>
<td>Monday, September 14</td>
<td>10:00-11:30am</td>
<td></td>
</tr>
<tr>
<td>Assess Your Stress</td>
<td>Wednesday, July 8; Tuesdays, August 11 and September 8</td>
<td>3:00-5:30pm</td>
<td>No appointment</td>
</tr>
<tr>
<td>Parent LifeSkills Training [5 sessions]</td>
<td>Mondays, July 6-August 3 OR August 17-September 14</td>
<td>5:00-6:15pm</td>
<td>570-409-8484, ext. 501</td>
</tr>
<tr>
<td>Middle School [7th-9th grades] LifeSkills Training [13 sessions]</td>
<td>Tuesdays, July 7-September 29</td>
<td>4:15-5:30pm</td>
<td>570-409-8484, ext. 501</td>
</tr>
<tr>
<td>High School LifeSkills Training [10 sessions]</td>
<td>Thursdays, July 2-September 3</td>
<td>3:30-4:45pm</td>
<td>570-409-8484, ext. 501</td>
</tr>
</tbody>
</table>

### Free Nutrition Lectures at Sussex County YMCA

Call 973-209-9622 for information and to register

- The Mediterranean Diet, Wednesday, July 1, 7:30pm; Monday, July 20, 10am
- Eating on the Go, Wednesday, August 5, 7:30pm; Monday, August 17, 10:00pm
- Cancer Prevention, Wednesday, September 2, 7:30pm; Monday, September 21, 10:00am
There are few things better than biting into a fresh peach or a ripe tomato. Summer brings a bounty of produce teeming with flavor and nutrition along with lots of opportunities to get it fresh from the farm.

"Farmers’ markets start to open up at the end of spring into summer, where you’ll have all your farms selling local produce. It’s a great way to support your community, plus you’re getting produce at its freshest point and getting maximum nutritional value," says registered dietitian Sabrina Lombardi, clinical nutrition coordinator for Newton Medical Center.

Filling up on fresh produce is easier in the summer. "If you’re trying to make half of your plate fruits and vegetables, that goal is much more attainable in summer when everything is local and available. Oftentimes, the price can be a little bit better, too," says Lombardi.

Fruit Is Bursting With Health
Berries are at their peak in the summer months, and the selection is endless. "Berries are an excellent source of antioxidants, fiber and vitamin C," says Lombardi. "If you’re stocking up on fresh berries, they freeze well and keep their nutritional value when frozen. Frozen berries are great to use to make smoothies, or frozen blueberries are a nice cool treat in summer."

Peaches are another healthy summer fruit. "They have a lot of free radical-arresting properties," says Mary Finckenor, registered dietitian for Morristown Medical Center. "They’re really potent antioxidants, which help block the activity of free radicals that may lead to many diseases."

When it comes to tomatoes – yes, tomatoes are a fruit – there are literally thousands of varieties. "They’re super high in antioxidants and have a good amount of vitamin C. A medium-sized tomato is going to give you a third of your day’s worth of vitamin C," says Finckenor. "They’re also high in carotenoids like lycopene, zeaxanthin and beta-carotene, which help decrease the risk of certain cancers and diseases of the eyes."

Summer Vegetables Await
From beans to peas to sweet corn, summer veggies are varied and plentiful. Lombardi recommends grilling vegetables to add flavor.

"Salad greens come in different varieties like red and green leaf lettuces or romaine and can be mixed. Lettuce varieties have many vitamins and minerals, including most of the
B vitamins, and are good sources of fiber,” says Lombardi. “More fiber promotes good heart health.”

And do not forget about fresh herbs. “Herbs during the summer months are more available, and they are easy to grow,” says Lombardi. “It’s fun to experiment with fresh herbs when cooking.”

**Go Local**

Going local is a breeze when it comes to purchasing fresh produce. Check out jerseyfresh.nj.gov for pick-your-own locations and farmersmarketonline.com for a list of local markets.

If you’re trying to make half of your plate fruits and vegetables, that goal is much more attainable in summer when everything is local and available.
Danilo Q., 66, of Rockaway, was quite pleased this spring to be healthy enough to celebrate his 39th wedding anniversary with his wife. And given his condition, he was delighted that he could soon return to his twice-weekly Ping-Pong matches.

“Because of diabetes, I’ve had many toes amputated,” he says. “But between the employees at the Hyperbaric Center at Morristown Medical Center, my family and the Lord, I’m healing well. I drive by many hospitals to get care with Atlantic Health System. And there’s good reason why.”

Healing of tissue after amputation can be a challenge, and success requires a team experienced in specialized treatments, including hyperbaric oxygen therapy.

“The patients we see often have health conditions that are complex,” says Marilyn Althoff, MD, medical director of hyperbaric medicine for Morristown Medical Center and the state’s only fellowship-trained physician in this subspecialty. “So we work closely with each patient, their family and many different specialists. It’s this whole package over time that gets patients back to better health.”

During hyperbaric treatments, patients like Danilo enter a specialized chamber that holds purified oxygen, which promotes wound healing. Morristown Medical Center has the state’s first accredited hyperbaric center, recognized by a national organization for its quality and safety.

“Wound care healing takes time, and it’s hard work for patients,” Dr. Althoff says. “So we focus not just on the medicine, but on providing support and encouragement to help our patients get back to what’s important to them.”

Wounds in people who have diabetes, poor circulation, radiation treatment for cancer or pressure ulcers (bedsores) often do not heal well or quickly enough. The Wound Healing Center at Morristown Medical Center offers wound care experts working as a team to identify the cause and best course of treatment for our patients.

Our wound care experts provide the following:

· Advanced services to diagnose the underlying cause of wounds
· Minor surgery to remove unhealthy tissue and promote healing
· Coordination of care with home health care agencies
· Family education and counseling
· Hyperbaric oxygen therapy (see feature story)

“Because of diabetes, I’ve had many toes amputated,” he says. “But between the employees at the Hyperbaric Center at Morristown Medical Center, my family and the Lord, I’m healing well. I drive by many hospitals to get care with Atlantic Health System. And there’s good reason why.”

Healing of tissue after amputation can be a challenge, and success requires a team experienced in specialized treatments, including hyperbaric oxygen therapy.

“The patients we see often have health conditions that are complex,” says Marilyn Althoff, MD, medical director of hyperbaric medicine for Morristown Medical Center and the state’s only fellowship-trained physician in this subspecialty. “So we work closely with each patient, their family and many different specialists. It’s this whole package over time that gets patients back to better health.”

During hyperbaric treatments, patients like Danilo enter a specialized chamber that holds purified oxygen, which promotes wound healing. Morristown Medical Center has the state’s first accredited hyperbaric center, recognized by a national organization for its quality and safety.

“Wound care healing takes time, and it’s hard work for patients,” Dr. Althoff says. “So we focus not just on the medicine, but on providing support and encouragement to help our patients get back to what’s important to them.”

WOUND MANAGEMENT

Wounds in people who have diabetes, poor circulation, radiation treatment for cancer or pressure ulcers (bedsores) often do not heal well or quickly enough. The Wound Healing Center at Morristown Medical Center offers wound care experts working as a team to identify the cause and best course of treatment for our patients.

Our wound care experts provide the following:

· Advanced services to diagnose the underlying cause of wounds
· Minor surgery to remove unhealthy tissue and promote healing
· Coordination of care with home health care agencies
· Family education and counseling
· Hyperbaric oxygen therapy (see feature story)

“Because of diabetes, I’ve had many toes amputated,” he says. “But between the employees at the Hyperbaric Center at Morristown Medical Center, my family and the Lord, I’m healing well. I drive by many hospitals to get care with Atlantic Health System. And there’s good reason why.”

Healing of tissue after amputation can be a challenge, and success requires a team experienced in specialized treatments, including hyperbaric oxygen therapy.

“The patients we see often have health conditions that are complex,” says Marilyn Althoff, MD, medical director of hyperbaric medicine for Morristown Medical Center and the state’s only fellowship-trained physician in this subspecialty. “So we work closely with each patient, their family and many different specialists. It’s this whole package over time that gets patients back to better health.”

During hyperbaric treatments, patients like Danilo enter a specialized chamber that holds purified oxygen, which promotes wound healing. Morristown Medical Center has the state’s first accredited hyperbaric center, recognized by a national organization for its quality and safety.

“Wound care healing takes time, and it’s hard work for patients,” Dr. Althoff says. “So we focus not just on the medicine, but on providing support and encouragement to help our patients get back to what’s important to them.”

WOUND MANAGEMENT

Wounds in people who have diabetes, poor circulation, radiation treatment for cancer or pressure ulcers (bedsores) often do not heal well or quickly enough. The Wound Healing Center at Morristown Medical Center offers wound care experts working as a team to identify the cause and best course of treatment for our patients.

Our wound care experts provide the following:

· Advanced services to diagnose the underlying cause of wounds
· Minor surgery to remove unhealthy tissue and promote healing
· Coordination of care with home health care agencies
· Family education and counseling
· Hyperbaric oxygen therapy (see feature story)

“Because of diabetes, I’ve had many toes amputated,” he says. “But between the employees at the Hyperbaric Center at Morristown Medical Center, my family and the Lord, I’m healing well. I drive by many hospitals to get care with Atlantic Health System. And there’s good reason why.”

Healing of tissue after amputation can be a challenge, and success requires a team experienced in specialized treatments, including hyperbaric oxygen therapy.

“The patients we see often have health conditions that are complex,” says Marilyn Althoff, MD, medical director of hyperbaric medicine for Morristown Medical Center and the state’s only fellowship-trained physician in this subspecialty. “So we work closely with each patient, their family and many different specialists. It’s this whole package over time that gets patients back to better health.”

During hyperbaric treatments, patients like Danilo enter a specialized chamber that holds purified oxygen, which promotes wound healing. Morristown Medical Center has the state’s first accredited hyperbaric center, recognized by a national organization for its quality and safety.

“Wound care healing takes time, and it’s hard work for patients,” Dr. Althoff says. “So we focus not just on the medicine, but on providing support and encouragement to help our patients get back to what’s important to them.”

WOUND MANAGEMENT

Wounds in people who have diabetes, poor circulation, radiation treatment for cancer or pressure ulcers (bedsores) often do not heal well or quickly enough. The Wound Healing Center at Morristown Medical Center offers wound care experts working as a team to identify the cause and best course of treatment for our patients.

Our wound care experts provide the following:

· Advanced services to diagnose the underlying cause of wounds
· Minor surgery to remove unhealthy tissue and promote healing
· Coordination of care with home health care agencies
· Family education and counseling
· Hyperbaric oxygen therapy (see feature story)

“Because of diabetes, I’ve had many toes amputated,” he says. “But between the employees at the Hyperbaric Center at Morristown Medical Center, my family and the Lord, I’m healing well. I drive by many hospitals to get care with Atlantic Health System. And there’s good reason why.”

Healing of tissue after amputation can be a challenge, and success requires a team experienced in specialized treatments, including hyperbaric oxygen therapy.

“The patients we see often have health conditions that are complex,” says Marilyn Althoff, MD, medical director of hyperbaric medicine for Morristown Medical Center and the state’s only fellowship-trained physician in this subspecialty. “So we work closely with each patient, their family and many different specialists. It’s this whole package over time that gets patients back to better health.”

During hyperbaric treatments, patients like Danilo enter a specialized chamber that holds purified oxygen, which promotes wound healing. Morristown Medical Center has the state’s first accredited hyperbaric center, recognized by a national organization for its quality and safety.

“Wound care healing takes time, and it’s hard work for patients,” Dr. Althoff says. “So we focus not just on the medicine, but on providing support and encouragement to help our patients get back to what’s important to them.”
Keeping the Beat

High-tech metronome improves attention and thinking

How good are you at clapping to a musical beat? It turns out that this practice not only helps to improve rhythm, but also so much more.

“With the right kind of practice, improvements in rhythm and timing can help you with concentration and attention, schoolwork and jobs, and even behavior and sports,” says Carole Reifsnyder, RN, clinical manager for Atlantic Health System’s Chambers Center for Well Being. “There’s a body of research that shows significant improvements in all these areas.”

Atlantic Health System is now offering a new program to make the “right kind of practice” available to the public. During a series of 17 sessions, a registered nurse who is board-certified in holistic health guides a participant through a computer-based training called the Interactive Metronome. A metronome, as you might recall from childhood piano lessons, is a device that helps keep time and tempo. Health professionals have effectively used a computer-based version for years to help children and adults with a variety of health conditions, including attention-deficit hyperactivity disorders. They also use it for everyday activities.

“How It Works
Interactive Metronome training stimulates the “executive” parts of the brain, the areas responsible for memory, problem solving, planning and completing tasks, Reifsnyder says. During each one-hour session, a participant works with a holistic health nurse who is trained and certified in this therapy. The computer guides the participant to match hand and foot exercises with a metronome beat. The nurse adjusts the speed and difficulty of the activities and matches a variety of games in the computer program with the person’s goals and interests.

Benefits come in many areas and can last for years. These include the following:
- Better “working memory,” or the ability to store and retrieve information
- Greater ability to focus on specific tasks and ignore distractions
- Improved ability to manage time and follow directions, such as a recipe or complicated instructions
- Improvements in physical movements, such as those needed for various sports

“This is an exciting new option for people who want to improve memory or performance at school and sports,” Reifsnyder says.

For more information, visit chamberscenterforwellbeing.org or call 973-971-6301.
For most patients, radiologists and other imaging experts work behind the scenes as part of the health care team. But for some people, like Lisa Ferenc, 57, of Lafayette, their role is front and center. And for Ferenc, that role spans decades.

"Almost 30 years ago, radiologists here at Morristown Medical Center were part of my medical team to diagnose and treat non-Hodgkin’s lymphoma," she says. "That’s a type of cancer that affects the lymph nodes and other parts of the immune system. It came back six months later, and they helped me beat it again. Today, I wouldn’t choose anyone else to help me with my current fight. I know from experience they’re going to help me beat it again."

In the spring of 2014, Ferenc’s medical team discovered lung cancer. But the mother of two, grandmother of one and wife of 36 years did not skip a beat when deciding where she wanted treatment: Morristown Medical Center.

TRUST, REWARDED
Ferenc has paid close attention to the hospital’s commitment to bringing advanced equipment and expert radiology staff to Morristown Medical Center over the years, she says. But she was pleased, if not surprised, to learn that in today’s fight, she also has the chance to be part of a clinical trial to test promising cancer-fighting drugs.

"People are often surprised by the broad spectrum of options and technology, including clinical trials, that we have to care for our patients, as well as our focus on quality," says April Dixon, manager of radiology for Morristown Medical Center.

For example, Morristown Medical Center’s radiology specialists have advanced training in a variety of areas, including pediatrics, cardiac CT and MR, nuclear imaging, interventional radiology, sports health, breast and neuroradiology. They have made sure their patients have state-of-the-art technology, including specialized equipment – for breast and heart, for example – some of which few hospitals offer. And the staff has consistently earned a number of top certifications and accolades: They are a Diagnostic Center of Excellence, Breast Imaging Center of Excellence and “Designated” Lung Screening Center, all through the American College of Radiology.

‘IT’S PERSONAL’
Patients are equally appreciative of how they’re cared for, Dixon says. The staff takes pride in providing competent and compassionate care. Every week, a dozen or more patients write notes and emails, just to thank staff for their positive experiences during tests or treatments. "I could go to any number of places for radiology tests and treatment, and I actually pass by many of them on my way here," Ferenc says. "But Morristown Medical Center is my hospital.

"With the staff in radiology, it’s personal," she says. "That’s why I chose them to help me beat cancer one more time."
BROKEN BONES?

Forget Sticks and Stones ... It’s Low Vitamin D That Can Harm You

Last year, a local lacrosse player broke a leg after a simple misstep. Another child broke a hip while ice-skating. A third, Matthew Messina, then 11, broke his leg badly after a fall from his bike. All three children had the same hidden health issue — one with serious consequences.

“Matthew was in the hospital five days after surgery and out of school a large part of the year,” says mom Amalia Duarte, of Mendham Township. “He needed rehabilitation for a year. And the cause was easily avoidable.”

“Kids with healthy bones shouldn’t have breaks like these,” says Barbara Minkowitz, MD, medical director of pediatric orthopedics for Atlantic Health System. “Low vitamin D was the cause of these breaks and hundreds of others, but there were no outward symptoms. And it could impact a child throughout life.”

Research at Atlantic Health System

Calcium builds strong bones, but it’s vitamin D that helps get that calcium into the bone. In a review of 1,000 children’s medical records for a study to be published in the Journal of Pediatric Orthopaedics, Dr. Minkowitz and her team found a strong relationship between broken bones and low vitamin D.

“The odds of having a severe break caused by a fall were six times greater in children who have vitamin D levels under 20,” she says. A level of 40 is the goal. “And if levels were under 12, children were over 50 times more likely to have a severe break.” And the lower the level, the more likely the break would require surgery.

Solution: Supplements

A simple blood test is all that’s needed to check vitamin D levels. When it’s low, children need large doses of vitamin D to build and maintain bone — much more than they can get through foods or even a multivitamin, Dr. Minkowitz says.

The earlier physicians identify low levels, the better. After age 25, the body takes stored calcium from the bones. “So having enough vitamin D to help build up calcium early in life will impact you through your entire life,” Dr. Minkowitz says.
Atlantic Health System
475 South St.
Morristown, NJ
07960-6459

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

Atlantic Health System Main Locations

1 Morristown Medical Center
   (includes Carol G. Simon Cancer Center and Gagnon Cardiovascular Institute)
   100 Madison Ave., Morristown, NJ 07960
   973-971-5000

2 Outpatient Medicine
   435 South St., Morristown, NJ 07960
   973-660-3105

3 Atlantic Sports Health
   111 Madison Ave., Morristown, NJ 07960
   973-971-6898

4 Atlantic Rehabilitation
   95 Mount Kemble Ave., Morristown, NJ 07960
   973-971-4481

5 Goryeb Children's Hospital
   100 Madison Ave., Morristown, NJ 07960
   973-971-5000

6 Overlook Medical Center
   (includes Atlantic Neuroscience Institute, Carol G. Simon Cancer Center and Goryeb Children's Center)
   99 Beauvoir Ave., Summit, NJ 07901
   908-522-2000

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

8 Overlook Downtown
   (includes Center for Well Being — Atlantic Integrative Medicine and Overlook Medical Center Community Health)
   357 Springfield Ave., Summit, NJ 07901
   908-598-7999

9 Newton Medical Center
   175 High St.,
   Newton, NJ 07860
   973-383-2121

10 Vernon Health & Wellness Urgent Care
    123 Route 94,
    Vernon, NJ 07462
    973-209-2260

11 Milford Health & Wellness Urgent Care
    111 E. Catharine St.,
    Milford, PA 18337
    570-409-8484

12 Sparta Health & Wellness
    89 Sparta Ave.,
    Sparta, NJ 07871
    973-726-4232

13 Urgent Care at Hackettstown
    57 Route 46, Suite 100,
    Hackettstown, NJ 07840
    908-598-7990

14 Chambers Center for Well Being
    435 South St.,
    Morristown, NJ 07960
    973-971-6301

15 Chilton Medical Center
    97 W. Parkway,
    Pompton Plains, NJ 07444
    973-831-5000

16 Medical Institute of New Jersey
    11 Saddle Road,
    Cedar Knolls, NJ 07927
    973-267-2122

17 Chilton Ambulatory Care Center
   (includes Chilton Imaging and Outpatient Laboratory Services)
   1900 Union Valley Road,
   Hewitt, NJ 07421
   1-855-862-2778

Find us on Facebook
Follow us on Twitter