

well aware

**MAKE YOUR
HOLIDAYS
HAPPIER**

Overcoming Roadblocks
to Healthy Eating

WINTER
2014

HEALTHY RHYTHMS
Improving Your
Digestive Health

BEATING THE ODDS
New Treatments for
Pancreatic Cancer

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



DEAR FRIENDS,

As we look ahead to 2014, it's a whole new year in health care in the United States — and a sharp focus of taking charge of your own health. We're here to help you with making healthy lifestyle changes, getting the screenings your doctor recommends, and finding the support you need. In every issue of *Well Aware* you'll find a calendar of events, classes and support groups on pages 8 and 9.

We are also enhancing our culture of healing as part of our mission to empower our communities to be the healthiest in the nation. We can do this more effectively if we hear from you. Please turn to page 3 to find out more.



Joseph A. Trunfio
President and CEO
Atlantic Health System

Talk to us

Tell us what you want to read about in *Well Aware*. Email us at well.aware@atlantichhealth.org. 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 and Goryeb Children's Hospital to foster a discussion about issues related to hospital experiences and current health topics. Check us out at atlantichhealthblog.org.

Well Aware Kids

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



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



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 partner of the New York Jets and an official health care provider of the New Jersey Devils.

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VISION CORNER

You may remember hearing about our new vision at Atlantic Health System: to empower our communities to be the healthiest in the nation. That's you ... and us.

One way we aim to accomplish this is by creating a healing culture. Healing is more than recovering from illness — it means ensuring your well-being by embracing physical, emotional and spiritual healing. Did you know that when patients come here, only fifteen percent of healing takes place within our walls? The rest depends on you and other factors — your family, your faith, your community.

At Atlantic Health System, we want to help you find the support you need. Support groups and self-help groups are some of the best ways to help you through recovery.

— William Neigher, PhD, Vice President, System Development, Chief Strategy Officer

For resources on health education, visit atlanticealth.org/healtheducation.



CLEAN HANDS? EASY AS A-B-C

Flu season is here, and Atlantic Health System wants to make sure everyone washes their hands properly to avoid the spread of germs.

“For over 150 years, hand hygiene has been proven to be the most effective and efficient manner of preventing germs from spreading,” says Laura Echols, manager of clinical epidemiology for Atlantic Health System. The Centers for Disease Control and Prevention recommends washing hands with soap and water for 20 seconds — about as long as it takes to sing the “ABC Song.” Echols says the same rule applies to alcohol-based hand sanitizers, which are even more effective than soap and water. Make sure to cover all parts of your hands, including the backs of your hands, palms and thumbs.



DON'T STOP Exercising This Winter

In most parts of the country, the weather outside is frightful. Winter is here and that means that most of us will stay indoors, abandoning our exercise programs until New Year's Day, when we jump back on the wagon, determined to do it this year. Instead of skipping it, challenge yourself to an outdoor exercise program. Try ice skating, jogging, cross-country skiing and skiing. Not only will you increase your energy, you'll bolster your immune system and burn calories. Studies show that moderate exercisers get twenty to thirty percent fewer colds than nonexercisers do. Make sure to check with your doctor before starting any exercise program. Experts say that almost everyone can exercise safely in the cold, including people with asthma and heart problems.



Understanding Minimally Invasive Surgery

Fewer stitches, faster recovery

Shomaf Nakhjo, DO, board-certified general surgeon with training in laparoscopic and minimally invasive surgery, and Cynthia M. Jones, MD, FACS, specialist in general, laparoscopic and breast surgery for Newton Medical Center, answer some frequently asked questions about the procedure.

Q: WHAT IS MINIMALLY INVASIVE SURGERY?

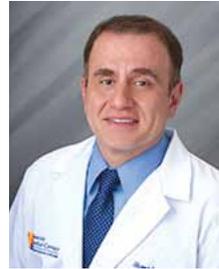
A: Dr. Nakhjo: Minimally invasive surgery uses a laparoscope. This is a long, thin tube with a miniature camera attached at the end. This tube is inserted into the body through a small incision. The image is sent to a screen that the surgeon watches to perform the operation.

Q: HOW DOES IT WORK?

A: Dr. Jones: Minimally invasive surgery has reached into virtually every specialty now. We try to obtain the most information we can in the least invasive way. For breast cases, if there's a lesion seen on an ultrasound or on mammogram images, we can do a quick procedure —



Cynthia M. Jones, MD, FACS



Shomaf Nakhjo, DO

sometimes it takes 10 minutes or less. In most cases, we can get definitive information in an incision that is 1 to 2 millimeters.

A: Dr. Nakhjo: You can perform the same surgeries you would do with an open (traditional) surgical procedure, but you make smaller incisions, about 5 to 10 millimeters. We use a port device — a cannula or tube placed into the incision and through the abdominal wall. The instruments we use to perform the surgery are placed through these cannulas.

Q: WHAT ARE THE ADVANTAGES?

A: Dr. Nakhjo: The recovery time for a patient is quicker. There's also less postoperative pain after minimally invasive surgery, which means less need for pain medication. There's less of a chance to develop pneumonia, blood clots in the legs or wound infections. Aesthetically, it looks better — the scarring is not as noticeable.

A: Dr. Jones: For most breast surgeries, if a patient does not need a mastectomy, we can do all the procedures as an outpatient. We do skin-sparing and nipple-sparing procedures. You can even remove the entire breast through a minimal incision. Such procedures can decrease complications and have faster healing.

Q: WHO'S A GOOD CANDIDATE?

A: Dr. Jones: It depends on the patient's particular health history. If a patient has advanced breast cancer and we're managing the cancer, you do not want to leave cancer cells in the area if an open surgery could reach more of them.

A: Dr. Nakhjo: There's always a chance of converting a laparoscopic surgery to an open procedure, especially with a patient who has a very severe active disease and may have had multiple prior surgeries. There can be dense adhesions or scarring. But in most cases, it's only a challenge we can work through. At Newton, we have the latest technology, the training and the experience to do the latest in minimally invasive surgical procedures. ▶

Stay on Top of Your Medicines With My Medication Record

Now there's a handy way to keep tabs on all of your medications, dosages, supplements and drug allergies. *My Medication Record* is a wallet-sized resource to bring to doctors' appointments, show your pharmacist and use in case of emergency. Always carrying this list of what you're taking can prevent dangerous drug interactions and mistakes, says M. Veronica Daly, MD, MS, director of medical informatics for Atlantic Health System. "If you're in a car accident, the ER would want to know what medications you're taking," she says. You should list herbals and supplements that can have powerful effects on other drugs, she adds. The bottom line? Be proactive about your health. "Write down what you're taking, and how much, and mention to everyone who cares for you that you have that list in your wallet," says Dr. Daly. "It's about patient safety and empowerment." ▶

To download *My Medication Record*, visit atlantichealth.org/mymedicationrecord.

My Medication Record

List prescriptions, over-the-counter drugs, vitamins and herbal medicines. Bring this form to doctor's appointments, emergency department or hospital visits. If you have any complications with medications, immediately contact your doctor.

Date: ___/___/___ Patient name: First Last

Allergies:

Pharmacy name: Phone: (___)

Primary doctor name: Phone: (___)

Medication name/dose:	Medication treats (condition):	Medication frequency:	Notes/questions:

Atlantic Health System



Is Stress Affecting Your Health?

Try these tips and remain resilient

Before stress takes a physical toll, it usually takes an emotional one. When people feel overwhelmed, they often respond with anger, fear or depression. This can trigger the release of stress hormones, setting off nearly 1,400 chemical reactions in the body and brain that experts link to numerous health issues.

MANAGE YOUR STRESS

Have you ever noticed how you breathe when you feel relaxed? According to Mimi Guarneri, MD, senior advisor for Atlantic Integrative Medicine, deep breathing is one of the best ways to lower stress in the body. Try taking a breath in over four seconds and then slowly release it over seven seconds. Your body will go into a state of deep relaxation.

A good mantra can also help to relieve stress. A mantra is a repetition of a short phrase or single word such as "peace." Research shows

that this helps calm the mind and breaks the cycle of jumping from one thought to the next, which can provoke anxiety.

Meditating each day also helps build resilience by promoting clarity of thought and a calmer, more measured response to events. Meditation even lowers blood pressure and cholesterol, and decreases anxiety and pain.

GET SUPPORT

For many, the support of others is the best defense against stress. The Center for Well Being, located in Morristown, Summit and Montville, offers many ways to help people learn how to manage stress. "Stress reduction is a common need we see in many of our clients," says Emilie Rowan, director of programming for the Center for Well Being.

Some of the ways in which the center can help include individual services like acupuncture, Jin

Shin Jyutsu, Reiki or massage. These therapies help manage anxiety, stress and pain because they move stagnant energy in the body, release toxins and help you relax.

The center also offers group classes, including yoga, meditation, Singing Bowls and Emotional Freedom Technique (EFT), that teach people how to slow down, be present in the moment and be mindful with every breath.

A popular course at the center is the nationally acclaimed eight-week Mindfulness-Based Stress Reduction (MBSR) program. MBSR is a method of using meditation and yoga to cultivate awareness and reduce stress. ▶

For more information on the Center for Well Being, visit atlantichealth.org/centerforwellbeing.



make your
holidays
happier

Overcoming roadblocks
to **healthy eating**



No one wants the gift of a tight waistband. As the holiday season unfolds with parties, festive meals, more family time and treats like fruitcake and potato pancakes, it's a good time to eat mindfully and plan to tackle holiday-eating roadblocks.

✘ Every season, I feel pressured into eating the wrong foods.

✓ SET LIMITS.

If Aunt Becky wants you to take an extra helping of her latest cheesy creation when you're trying to cut down on fat, just say politely but firmly, "No, thank you." "As an adult, no one should make any comments about what you are or aren't eating," says Diane Delaney, registered dietitian for the outpatient Nutrition and Diabetes Self-Management Education Program at Newton Medical Center. "Just nicely keep repeating, 'No, thank you.' After three responses, they'll get the idea," she says.

Another tactic is to do what a child would do: Take a small bite, and then throw away the rest. "Just take a very small piece," says Mary Fincknor, registered dietitian for the Cardiac Health Center at Morristown Medical Center. "Because if you take a big piece, chances are you will finish it. Or just say you are too full, or that your doctor wants you on a special diet," she says.

✘ I want to eat everything.

✓ BE STRATEGIC.

Planning to go to a party where you know there will be a big buffet table? Snack on a piece of fruit or a small handful of almonds beforehand. That way, you will not arrive hungry, says Fincknor. Or start your meal with a salad or a non-cream-based soup, like minestrone, to fill you up and leave less room for the high-calorie stuff. It's a way to "be as good as you can as much as you can," says Fincknor. Are you are drinking most of your calories? "Watch your alcohol intake and

with every drink, pace yourself with a glass of water or club soda," she says.

Pick up a salad-sized or other smaller plate before you approach the buffet. And if you know you tend to overeat a special holiday food, incorporate it into your diet year-round so you will not overeat it once a year. "If you like sweet potato casserole or pumpkin pie, make them all year long," says Delaney. "Have small portions of your favorite holiday foods frequently. A registered dietitian can help you learn how to get the pie, or any of your favorite foods, into your meal plan regularly."

✘ But I want to celebrate the holidays.

✓ REDEFINE HOW YOU CELEBRATE.

While celebrating is one part of the season, raised expectations are another. This time of year, "to-do lists get long and stress levels go way up," Fincknor says. "When you're stressed and busy, you're more likely to eat more and exercise less." Instead, make it easier to eat better. Fincknor suggests keeping office holiday gift baskets in a cabinet in the break room rather than out in the open where it's easy to grab a handful of goodies. "I make six batches of biscotti every year, and I put them in the back of the cabinet over the refrigerator to make them difficult to get to," she says. "If I kept them out on the counter, I'd eat them." As an alternative, she suggests cutting up vegetables and keeping them in front of the fridge, so they are easier to reach when you want a snack.

Know that the excess of the season does not need to translate to excess weight. You do not have to do everything — especially if "everything" involves making the perfect gingerbread house or decorating your house with the most lights. "The holidays will be fine whether you do all that stuff or not," says Fincknor. "Being together is what's important." ▶

Planning to go to a party where you know there will be a big buffet table? Snack on a piece of fruit or a small handful of almonds beforehand.

HEALTHY RECIPE

Roasted Sweet Potatoes

THIS IS ALSO AN EASY RECIPE FOR CHILDREN TO LEARN.

Cut 2 pounds of sweet potatoes into ½- to 1-inch cubes. Put them into a plastic bag along with:

2 tablespoons olive or canola oil

1 teaspoon salt

2 tablespoons dried rosemary

Shake until all pieces are covered with the mixture. Spray a cookie sheet with nonstick cooking spray. Place the sweet potato cubes in one layer on the cookie sheet. Bake at 400 degrees for 30 minutes, or until tender.

■ Diane Delaney



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

EVENT	DATE AND TIME	TIME	TELEPHONE #
Understanding Medication Safety FEE: \$6	Monday, Jan 13 (snow date, Jan 20)	Dinner: 5:30pm Lecture: 6:15pm	
Personal Health Records FEE: \$6	Monday, Jan 27	Dinner: 5:30pm Lecture: 6:15pm	
Heart Health FEE: \$6	Monday, Feb 24	Dinner: 5:30pm Lecture: 6:15pm	
The Myths of Diabetes FEE: \$6	Monday, Mar 31	Dinner: 5:30pm Lecture: 6:15pm	
Better Breathers Club	Tuesdays, Jan 21, Feb 18, Mar 18	Noon-1pm	973-940-8123
Cancer Support Group	Thursdays, Jan 23, Feb 27, Mar 27	3-4pm	973-579-8620
Stroke Support Group	Tuesdays, Jan 28, Feb 25, Mar 25	6-7pm	973-579-8620
Diabetes Support Group	Wednesday, Jan 8, "Mapping Your Weight to Healthier Eating"	10-11:30am	
	Wednesday, Feb 5, "What's the Point of Blood Sugar Testing?"	10-11:30am	
	Wednesday, Mar 5, "Virtual Supermarket Tour"	10-11:30am	
Perinatal Loss Support Group	Tuesdays, Jan 14, Feb 11, Mar 11	7:30pm	977-940-8140
Joint Replacement Education Session	Thursdays, Jan 9, 23; Feb 13, 27; Mar 13, 27	9:30am	
Yoga: Mixed Level FEE: \$90	Mondays, Jan 6-Mar 3 (no class Feb 17)	6:30-7:50pm	973-579-8340
Safe Sitter Babysitting Classes (for kids 11-14 years) FEE: \$60	Call for current dates or to schedule your school, church or scout group	8:30am-3:30pm	973-579-8340
Mammograms Save Lives For those women who do not have insurance or not eligible through other screening programs		Call 973-579-8622 to see if you qualify	

NEWTON MEDICAL
CENTER PROGRAMS
175 High St., Newton, NJ
07860



NEWTON MEDICAL CENTER
175 HIGH ST.
NEWTON, NJ 07860

Newton Medical Center is a fully accredited, acute care hospital serving Sussex and Warren counties in New Jersey, Pike County in Pennsylvania, and southern Orange County in New York. Specialty service areas include surgery, orthopedics, gastroenterology, cardiology, general and vascular surgery, oncology, neurology, mental health and sleep medicine.

As the premier medical facility in the region, Newton Medical Center has earned multiple accolades, including three-year accreditations by the American College of Surgeons' Commission on Cancer for cancer treatment and by the American College

Adjusting to Illness	Fridays	11am-Noon	
Anger Management Group (12- to 16-week program)	Tuesdays	6-7pm	
Challenges of Aging Adults (60 years of age and older)	Alternate Thursdays	2-3pm	
Co-Occurring Substance Abuse Group (16-week program)	Tuesdays and Wednesdays	8-9pm 1-2pm	
Coping With Anxiety	Wednesdays	2:15-3:15pm	
DBT Group: A social skills program to learn cognitive and behavioral skills	Multiple Groups	Call for times: 973-579-8666, ext. 2735	

**BEHAVIORAL HEALTH
PSYCHOTHERAPY
GROUPS**

Newton Medical Center

Depression Group	Thursdays	10:30am-Noon
Domestic Violence Education Group (26-week program)	Thursdays	7:30-9pm
Men's Depression Group	Alternate Mondays	6:30-7:30pm
Postpartum Depression Group	Fridays	Noon-1pm
Psychotherapy Group	Thursdays	6-7pm
Teen DBT Group: <i>Skills taught to teens to deal with challenges in their daily lives, as well as regulate emotions, ages 13-17</i>	Thursdays	6:30-8pm
Women's Group	Mondays	10:15-11:15am
Veteran's Program	Alternate Tuesdays	5-6pm

175 High St.,
Newton, NJ 07860

Registration is required:
888-247-1400

For information:
973-579-8581

Prepared Childbirth Classes, FEE: \$120	Tuesdays, Jan 21-Feb 11 Thursdays, Mar 20-Apr 17 Saturdays, Mar 22 and 29	9am-5pm 6:30-9:30pm 9am-2pm	973-579-8340
Breastfeeding, FEE: \$40	Sunday, Feb 9	9:30am-Noon	973-579-8340
Newborn Parenting, FEE: \$40	Saturday, Feb 1	9:30am-2pm	973-579-8340
Sibling Preparation Class, FEE: \$15/child	Saturday, Feb 1	2:30-4pm	973-579-8340
Pediatric Pre-Operative Preparation	Classes held on an as-needed basis		973-579-8340
Grandparents Class, FEE: \$25	Sunday, Feb 9	1-4pm	973-579-8340
Maternity Center Tours	Wednesdays, Jan 22, Feb 19, Mar 19	8-9pm	
Prenatal Yoga, FEE: \$40/5 sessions or \$10/class	Saturdays, Jan 25, Feb 22, Mar 22 Wednesdays	10-11am 6-7pm	973-971-6301

MATERNAL & CHILD HEALTH
Newton Medical Center
175 High St., Newton, NJ 07860

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

Breast Cancer Support Group	Tuesdays, Jan 14, Feb 11, Mar 11	6:30-9pm	1-800-227-2345
Look Good, Feel Better	Mondays, Jan 6 (snow date, Jan 13), Mar 10	2-4pm	1-800-227-2345

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

Diabetes Support Group	Monday, Jan 13, "Mapping Your Weight to Healthier Eating" Monday, Mar 10, "Enjoy the Taste of Eating Right"	10-11:30am 10-11:30am	
Evaluate Your Stress Level	Thursdays, Jan 23, Feb 20, Mar 20	2-6pm	
Life Skills Training for 7-9th Grades	Tuesdays, Jan 7-Feb 25	4:30-5:30pm	973-409-8484, ext. 501
Parent Life Skills Training	Mondays, Jan 6 and 13	5:30-6:30pm	570-409-8484, ext. 501
"More Than Sad" (for teens)	Wednesday, Jan 8	4:30-5:30pm	570-409-8484, ext. 501
Lung Capacity Tests	Wednesday, Jan 15	9-11am	
Lipid Profile Blood Test	Saturday, Feb 22	8-11am	
Blood Sugar/A1C Blood Testing	Saturday, Mar 22	8-11am	

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

FREE SCREENINGS

treatment and by the American College of Radiology for digital mammography services. The hospital also received the 2012 *Outstanding Achievement Award* by the Commission on Cancer. The echocardiography services at the Charles L. Tice Heart Center for Diagnostic Services have been accredited three consecutive times by the Intersocietal Accreditation Commission (IAC).

Newton Medical Center in 2013 was named Top Hospital overall in New Jersey and No. 1 for treatment of prostate and breast cancers, congestive heart failure treatment, hip and knee repair, high-risk pregnancy and treatment of neurological disorders, among hospitals with 350 beds or fewer by *Inside Jersey* magazine partnered with Castle Connolly Medical Ltd. Newton Medical Center was awarded an "A" grade in the Fall 2013 update to the Hospital Safety ScoreSM, which rates how well hospitals protect patients from accidents, errors, injuries and infections.

The new Physical/Occupational Therapy Center and Wound Care Center, including a suite with two hyperbaric oxygen chambers, offer state-of-the-art technology and treatments for healing. The hospital also offers state-of-the-art imaging services, including a wide-bore magnetic resonance imaging (MRI) scanner.

Newton Medical Center's renowned emergency department provides state-of-the-art care to the region. Newton Medical Center's new Telemedicine Electronic Stroke System, a remote-presence robot, offers immediate access to stroke specialists in the emergency department.

Newton Medical Center also operates Sparta Health & Wellness and Vernon Health & Wellness/Urgent Care in New Jersey, and Milford Health & Wellness/Urgent Care in Pennsylvania, offering a variety of quality care services close to home, including Urgent Care at Vernon and Milford.

beating the odds

When it comes to pancreatic cancer, early detection and treatment are **key to improving your chances** of survival



Pancreatic cancer is the fourth most common cancer in the United States and one of the most deadly, responsible for more than 38,000 deaths a year, according to the American Cancer Society. The pancreas is a 6-inch-long organ located behind the lower part of the stomach. Its job is to make enzymes that help our bodies digest the food we eat, and produce hormones such as insulin that help control blood sugar. Pancreatic cancer is one of the most difficult types of cancer to treat because symptoms do not usually appear until the disease is at an advanced stage.

While scientists have made great strides in the fight against other cancers, the prognosis for patients diagnosed with pancreatic cancer has remained poor. But doctors at Morristown Medical Center are not giving up the fight. In fact, they've increased their efforts through a multidisciplinary team approach.

NEW PATHS TO SURGERY

Because pancreatic cancer is often found so late and after it has spread, it is one of the leading causes of cancer death in the United States, says oncologist Stephen Schreiber, MD, an expert in pancreatic cancer for Carol G. Simon Cancer Center at Morristown Medical Center. But several advances in medical therapies and surgery are offering new hope.

"Beating pancreatic cancer depends on removing it surgically, before it has spread to other areas of the body," Dr. Schreiber explains. "Unfortunately, many patients are ineligible for surgery because the cancer is wrapped around the major blood vessels," he says. One way to deal with this problem is to shrink the tumor with chemotherapy. A special chemotherapy regimen — a combination of three different chemo drugs — developed by a team at Morristown Medical Center and Columbia University can make fifty percent of these patients operable, according to Dr. Schreiber. The researchers are now beginning a clinical trial of a new regimen with the goal of improving the numbers even more.

SUPPORTIVE CARE

The NanoKnife® is a promising new weapon against pancreatic cancer, but it is only really valuable in combination with a multidisciplinary approach to treating the disease, Aaron Chevinsky, MD, chief of surgical oncology for Carol G. Simon Cancer Center at Morristown Medical Center, points out. "You need a whole team of doctors and allied specialists."

Dr. Schreiber agrees. "We bring an entire team to bear on pancreatic cancer, including surgeons, medical and radiation oncologists,

interventional radiologists, nutritionists, social workers and more," he says. That team offers extensive experience he notes. In fact, "**Morristown Medical Center sees more patients with pancreatic cancer than any other community hospital in the United States,**" Dr. Schreiber says. One reason is Morristown's Pancreatic Cancer Support Fund, which means that "any patient will be treated for his/her pancreatic cancer as well as their medical and social needs, irrespective of finances and insurance."

This includes nutritional support, with a dietitian on staff specifically for pancreatic cancer patients, and a pancreatic cancer support group that holds monthly meetings to discuss treatments, share advice and more.

"Pancreatic cancer is a devastating disease," Dr. Chevinsky says. "But we've been making great strides." ▶

NANOKNIFE®: NEW OPTION FOR CANCER TREATMENT

Morristown Medical Center is the first hospital in New Jersey to offer the NanoKnife. This surgical device, developed especially to kill tumors that are wrapped around blood vessels and other sensitive areas, is not really a knife at all, explains Aaron Chevinsky, MD, chief of surgical oncology for Carol G. Simon Cancer Center at Morristown Medical Center. "The technology involves running electric current through tumor cells, which causes the pores of the cell to open," Dr. Chevinsky says. "This allows electrolytes from the extracellular fluid to come into the cell, causing cell death." Because it does not harm the surrounding blood vessels, nerves and ducts, you can treat around necessary structures that you can't remove.

Led by Dr. Chevinsky, other surgeons at Morristown Medical Center who are trained in the NanoKnife are Matthew Y. Suh, MD, MPH; Brian Shrager, MD, FACS; and Kai Bickenbach, MD.

Almost all patients who will be candidates for the NanoKnife could not have traditional surgery because of the location of their tumors, Dr. Chevinsky notes.

For more information, visit atlantichealth.org/nanoknife.

"We bring an entire team to bear on pancreatic cancer, including surgeons, medical and radiation oncologists, interventional radiologists, nutritionists, social workers and more."

— Stephen Schreiber, MD, an expert in pancreatic cancer for Carol G. Simon Cancer Center at Morristown Medical Center

healthy rhythms

When it comes to wellness, **digestive health** is important

Everyone has digestive problems from time to time. But the good news is that, for most people, good digestive health is a matter of taking simple preventive steps. “Like the rest of your body, your digestive system craves routine,” says Josef Shehebar, MD, a surgeon specializing in colon and rectal surgery at Morristown Medical Center. Relatively simple steps can help with common complaints such as constipation, diarrhea and hemorrhoids.

“Regularity is the word here,” Dr. Shehebar says. “Having three square meals a day — not skipping breakfast, for example — regulates bowel movements and can make them more predictable.”

What you eat is as important as when, he adds. “Snacking on sugary content like candy doesn’t provide the bulk you need, which can lead to constipation. High-fat foods can do the same.”

BENEFITS OF FIBER

Fiber is key to a digestive-friendly diet. High-fiber diets help in improving both constipation and diarrhea.

Fiber comes in two varieties: soluble and insoluble. Soluble fiber, such as oatmeal, apples and beans, attracts water and forms a gel, which slows down digestion. Soluble fiber delays the emptying of your stomach and makes you feel full, which can help control your weight. Insoluble fiber — whole grains, nuts and vegetables such as carrots — is considered gut-healthy fiber because it may have a laxative effect and add bulk to the diet, helping prevent constipation. These fibers do not dissolve in water, so they pass through the gastrointestinal tract relatively intact, and speed up the passage of food and waste through your gut.

“Both types act similarly,” says Kelly Krueger, MD, gastroenterologist for the Center for Digestive Health at Morristown Medical Center. “They absorb excess fluid into the colon, increasing the bulk of the stool.”

Because fiber keeps you fuller longer, another advantage of eating a high-fiber diet is it can help in weight control. Women should eat 25 grams or more of fiber per day, and men should aim for 30 or more. Fiber supplements are also a good option. “Just like dietary fiber, they draw fluid into the colon, increasing the bulk of stools and decreasing the pushing necessary,” says Dr. Krueger.

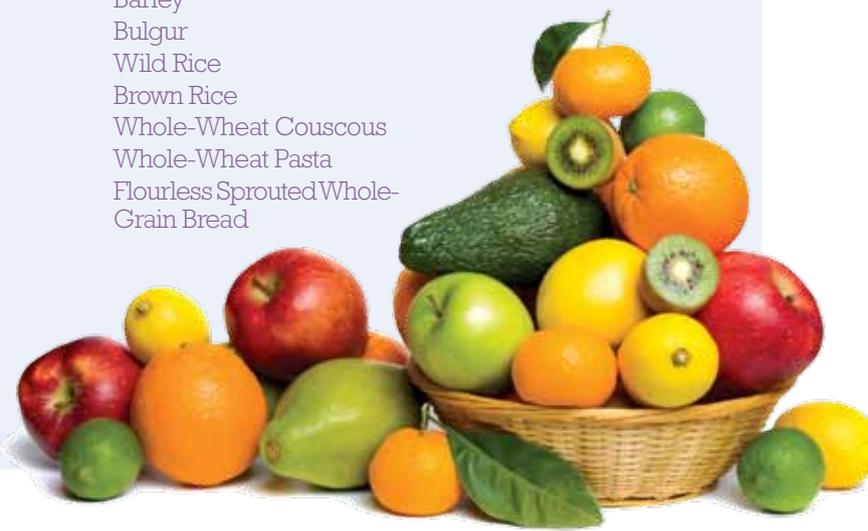
Equally important is the hydration necessary to keep the stool soft. Therefore, 1 to 2 liters of water should be ingested every day.

MOVING THE PROCESS

Excessive pushing, from either constipation or diarrhea, is the major cause of hemorrhoids, says Dr. Shehebar. Most of the time they’re not dangerous (unless they bleed), but they can be irritating, bothersome and sometimes painful. In addition to a high-fiber diet, avoiding hemorrhoids is a matter of limiting time on the toilet. “Don’t do your reading in the bathroom,” he says.

There are many benefits to incorporating high-fiber foods into your diet. High-fiber foods help you stay fuller longer, keep you regular and boost colon health. For many people, getting enough fiber can be a challenge, but one certainly worth taking. Women should aim for 25 grams or more of fiber per day, and men should aim for 30 or more. Below are some high-fiber foods you should consider adding to your daily diet.

- | | | |
|-----------------|--------------------------------------|---------------------------------------|
| Prunes | Swiss Chard | Popcorn, air-popped |
| Raisins | Asparagus | Beans (Red, Pinto, Black, Navy, etc.) |
| Figs | Carrots | Edamame |
| Pear | Artichokes | Nuts |
| Avocado | Broccoli, cooked | Nut Butter |
| Mango | Brussels Sprouts, cooked | |
| Apple | Oatmeal | |
| Raspberries | Quinoa | |
| Blackberries | Barley | |
| Strawberries | Bulgur | |
| Blueberries | Wild Rice | |
| Oranges | Brown Rice | |
| Banana | Whole-Wheat Couscous | |
| Kiwi | Whole-Wheat Pasta | |
| Peaches | Flourless Sprouted Whole-Grain Bread | |
| Pumpkin, canned | | |
| Spinach | | |
| Collard Greens | | |
| Acorn Squash | | |
| Winter Squash | | |
| Green Beans | | |
| Sweet Potatoes | | |



FINDING BALANCE

“Many people think they need to have a bowel movement every day, but technically we don’t call it constipation unless it’s less than three times per week and causes the patient distress,” says Michael Samach, MD, director of the Center for Digestive Health at Morristown Medical Center. If bowel movements are becoming more infrequent, or you have extreme difficulty in evacuating the movements, report these signs to your doctor, he adds.

WARNING SIGNS

“If there is blood in the stool or you are having pain when having a bowel movement, see the doctor immediately,” says Isaac Galandauer, MD, gastroenterologist for the Center for Digestive Health at Morristown Medical Center. These could be caused by a painful but less serious condition called anal fissures — tears in the lining of the anus. “But they can also be signs of colorectal cancer, and that’s the thing we want to avoid missing the most,” Dr. Galandauer says. ▶

This winter, the Center for Digestive Health at Morristown Medical Center will begin offering colonoscopies on Sundays. This will allow people to do the necessary cleansing prep work on Saturday, in the comfort of their homes, rather than at work,” says Beverly Natale, manager for the center. By making it easier to fit a colonoscopy into busy schedules, this new option should encourage more people to get this lifesaving screening test. A colonoscopy should be performed on all patients beginning at age 50; patients with a family or personal history of colorectal polyps and colorectal cancer may need earlier screening. Call 973-971-5088 to schedule an appointment.

AFTER THE HOSPITAL:

Transitions of Care

To help smooth the journey from hospital patient to living at home or elsewhere in the community, Newton Medical Center offers the Transitions of Care program for patients on Medicare. Developed to help keep people from being readmitted to Newton for care that could be handled at home, the hospital works with a team from the Sussex County Department of Human Services to make sure patients can get to follow-up doctors' appointments, fill, reconcile and take prescribed medications, and educate patients and families to keep them healthy at home.

Ardelle Bigos, chief nursing officer for Newton Medical Center, and Sarah Balzano, RN, transitional care coordinator for the Sussex County Transitional Care Program (TCP) discuss the details of the Newton program, which began in April 2013.

What is Transitions of Care?

AB: The point is to transition patients from the hospital for acute care to when they are discharged. When patients leave the hospital there is a plan already in place to ensure processes are followed for additional care. We make sure the patient's medication list is reviewed, and we facilitate transportation and a follow-up doctor's appointment. The Sussex County team will work in collaboration with Newton and Atlantic Health System representatives for the patient's care.

SB: Transitions of Care ensures the patient transitions back home successfully and makes it easy for the patient to connect with community primary care physicians for great outpatient care. My team at Sussex County includes three social workers and a nurse who provide all Transitions of Care services to the residents of Sussex County. It's an effective and cost-saving way to keep patients independent and in their own homes; for patients, shared decision making and increased quality of life are key.

Why was it implemented?

SB: Patients at high risk for readmissions tend to be older, have several medical problems happening together and/or do not know or understand what they need to do to maintain their health at home. We have used transitional

care programs with large physician groups in the community since January 2012. Administration at Newton saw how effective the outcomes were for patients receiving our services and decided to partner with our program for all admitted high-risk Medicare patients in 2013.

How successful has it been in reducing hospital readmissions?

SB: For the first half of 2013, TCP enrolled 346 patients who were at high risk of being readmitted. According to data from the Centers for Medicare & Medicaid Services, Sussex County's readmission rate at the end of 2012 was seventeen percent, compared to 3.4 percent for patients enrolled in the transitional care program. Since April 2013, the preliminary data suggest there have been four patients readmitted.

AB: Preventing readmissions is the goal while helping patients feel cared for and safe. For example, they may need clarification or review of their medications. The Transitions of Care program will help with understanding the relationship of proper medication regimen and symptom control. ▀

To learn more about TCP, contact Sarah Balzano at 973-579-0559, ext. 1247.



“It’s about the quality of care and how our community stays healthy.”

— Ardelle Bigos, MSN, RN, CMSRN, Chief Nursing Officer,
Chief Experience Officer, Newton Medical Center



**INNOVATIONS
IN CARDIAC
RESEARCH — THE
COREVALVE® TRIAL**

Over the years, South Jersey resident Walter Sheiman had undergone several back and hip operations and quadruple bypass surgery with a pacemaker implanted. His prognosis was grim, and

his heart health was deteriorating. But all hope had not been lost. A friend learned of the Transcatheter Aortic Valve Replacement (TAVR) program at Morristown Medical Center. Within days, Sheiman had CoreValve replacement.

Morristown Medical Center recently achieved another milestone in advancing cardiac care. Early last summer, Gagnon Cardiovascular Institute treated its 100th patient, using either the Medtronic CoreValve or the Edwards SAPIEN® valve. These innovative devices use a catheter-based technology — Transcatheter Aortic Valve Replacement — to insert a new valve in high-risk patients with severe aortic stenosis. The SAPIEN valve was recently approved by the U.S. Food and Drug Administration (FDA), but clinical trials are still open for CoreValve.

“People tend to underestimate how brave you have to be as a patient to be able to go through this,” says Linda Gillam, MD, Dorothy and Lloyd Huck Chair of Cardiovascular Services for Morristown Medical Center. “The Transcatheter Aortic Valve Replacement is still a new technique. Anybody who undergoes this procedure is absolutely a pioneer.”

For more information, call the Valve Center at 973-971-7001.

**TACKLING RARE NEUROLOGICAL CONDITIONS: TRIALS
AVAILABLE AT ATLANTIC HEALTH SYSTEM**

Atlantic Neuroscience Institute continues to explore therapies in treating an aggressive type of brain cancer known as glioblastoma multiforme (GBM), cervical dystonia, Tourette’s syndrome and Parkinson’s disease. Michael Gruber, MD, is exploring the efficacy of immunotherapy in treating GBM, a technique that uses the patient’s own immune system to target and kill tumor cells after surgery and chemotherapy. For cervical dystonia — a painful movement disorder of the neck — Marcie Rabin, MD, is assessing the long-term safety and efficacy of a treatment for adults.

If you’re interested in a clinical trial at Atlantic Neuroscience Institute, call 908-522-5901.

Ask your doctor if you’re eligible for any trials at Atlantic Health System. Or you can visit our website, atlantichealth.org/research.



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.**

Make Giving Back a Part of Your Holidays

During the holiday season many people find themselves reflecting on the year — the challenges, the accomplishments and the many blessings in their lives. It is also a time where many people take the opportunity to “give back” and support an important and meaningful cause. There are many ways you can support your local community medical system this holiday season.

Perhaps you are tired of giving the same old presents year after year. What if your gift could help a newborn breathe easier, alleviate anxiety in the emergency room or provide transportation to a chemotherapy session for a needy cancer patient? There are more than 300 foundation funds that directly help patients at Morristown Medical Center. The Foundation for Morristown Medical Center can you help you select one for a tribute gift in honor of that hard-to-buy-for person on your list.

Many members of Atlantic Health System also find holiday and year-end donations a perfect way to celebrate the people and the programs that are such an important part of their lives. Throughout the year, the Overlook Foundation rolled out a special campaign encouraging employees to give back to their “second home” in a way that might be meaningful to them. This holiday season consider helping the Overlook Foundation raise funds that are used to purchase state-of-the-art equipment and fund special programs to help Overlook Medical Center remain on the forefront of medical care.

You can also help support the medical services and programs that benefit you, your family and your neighbors by supporting Newton Medical Center Foundation’s Annual Fund. We ask you to please consider partnering with us in our efforts to keep up with medical and technological advances, enhance our clinical programs and promote health and wellness initiatives in our community. The Annual Fund helps ensure that Newton Medical Center is well-positioned to continue to provide quality health care services close to home.

This holiday season why not give a gift that truly keeps on giving?

For **Morristown Medical Center**, visit f4mmc.org and select “Donate Now” or call 973-593-2400.

For **Overlook Medical Center**, visit overlookfoundation.org and select “Donate Now” or call 908-522-2840.

For **Newton Medical Center**, visit nmhnj.org/donatetonmc.aspx or call 973-579-8456.

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 doctor, call 1-800-247-9580
 or visit 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

- 2 435 South St.**
(includes clinical practices for IT Staging, OB and URO/GYN, Department of Surgery, Center for Advanced Medicine, Department of Internal Medicine, Diabetes Center, Metabolic Medicine, Madison Pediatrics and Maternal-Fetal Medicine)
 435 South St., Morristown, NJ 07960

- 3 Atlantic Sports Health**
 111 Madison Ave., Morristown, NJ 07960

- 4 Atlantic Rehabilitation**
 95 Mount Kemble Ave., Morristown, NJ 07960

- 5 Goryeb Children's Hospital**
 100 Madison Ave., Morristown, NJ 07960

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

- 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

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

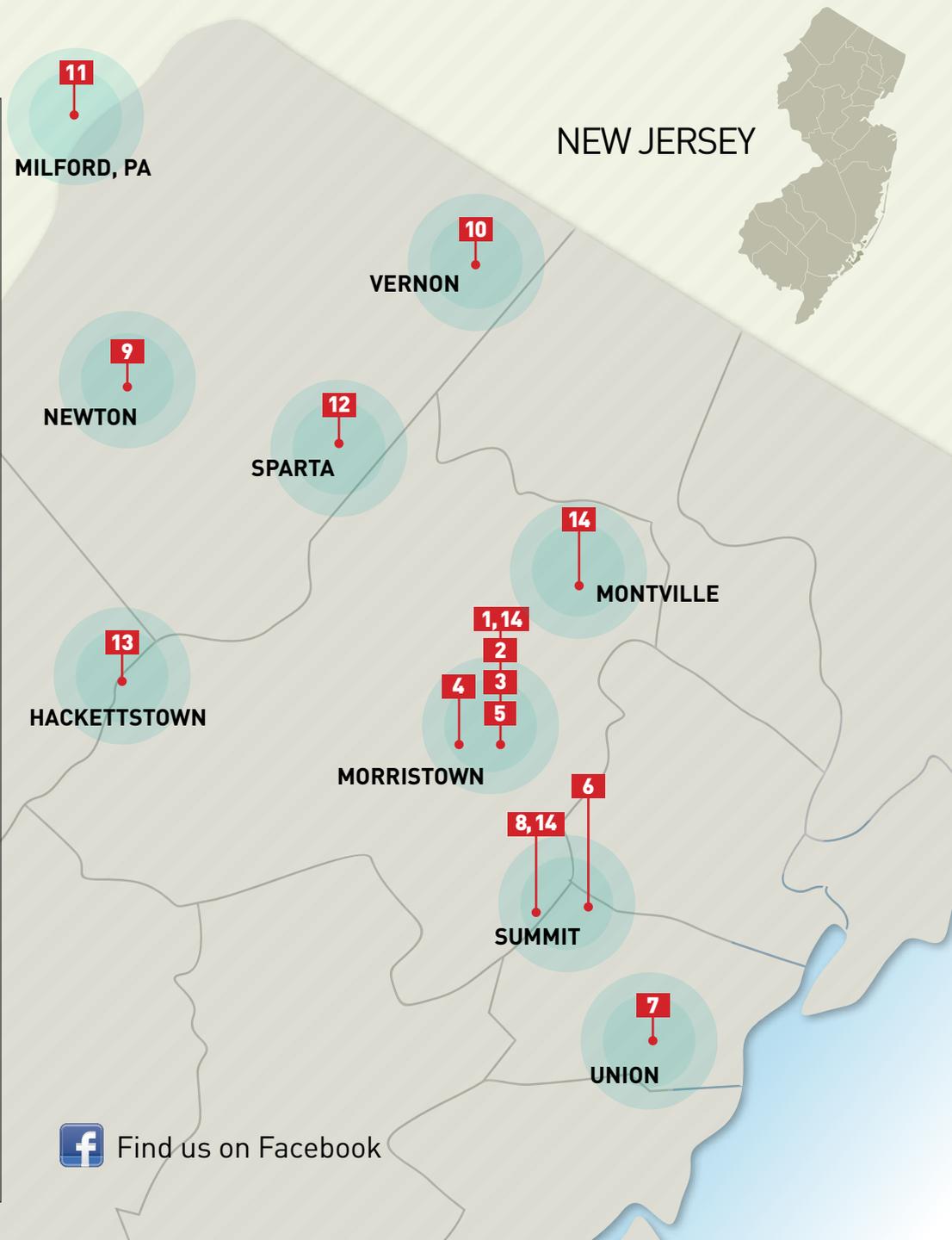
- 10 Vernon Health & Wellness/Urgent Care**
 123 Route 94, Vernon, NJ 07462

- 11 Milford Health & Wellness/Urgent Care**
 111 E. Catharine St., Milford, PA 18337

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

- 13 Urgent Care at Hackettstown**
 57 Route 46, Suite 100, Hackettstown, NJ 07840

- 14 Centers for Well Being**
 100 Madison Ave., Morristown, NJ 07960
 357 Springfield Ave., Summit, NJ 07901
 37 Main Road, Montville, NJ 07045



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