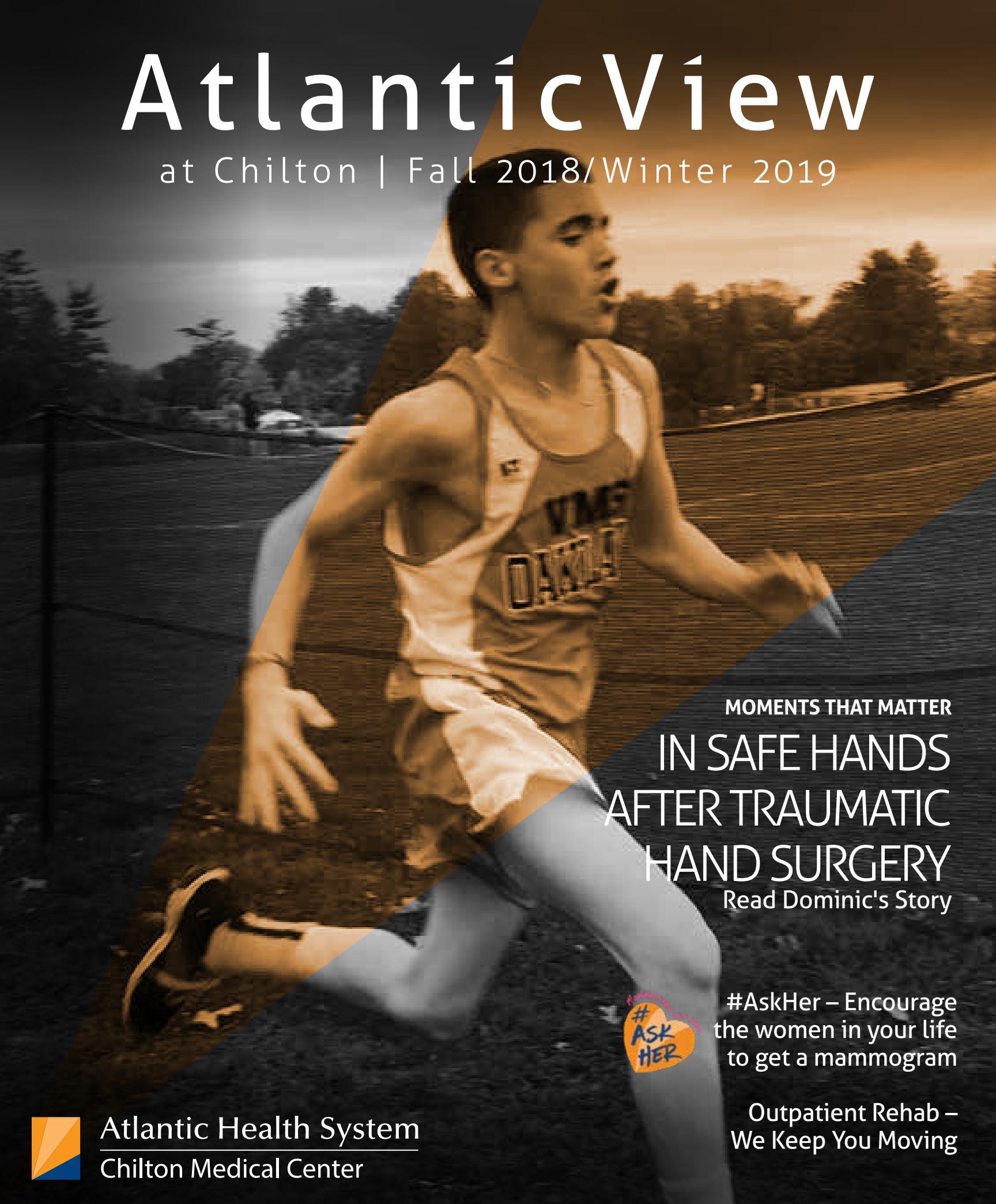


Atlantic View

at Chilton | Fall 2018/Winter 2019



MOMENTS THAT MATTER

IN SAFE HANDS
AFTER TRAUMATIC
HAND SURGERY

Read Dominic's Story



#AskHer – Encourage
the women in your life
to get a mammogram



Atlantic Health System
Chilton Medical Center

Outpatient Rehab –
We Keep You Moving



LETTER FROM THE PRESIDENT

Dear Friends,

Now that fall is upon us, this is a wonderful time to refocus on the health of your entire family. This issue of *AtlanticView at Chilton* offers articles of interest for all ages.

October signals the time once again to encourage the women in our lives to make their health a priority! Our #AskHer breast cancer awareness campaign provides the perfect opportunity to encourage the women you care about to schedule their annual mammogram. You'll also read about the region's only high-risk breast cancer program now available at Chilton's renowned Breast Center. Additionally, I hope you will take the time to patronize the many businesses throughout our community that are participating in the Paint the Towns Pink fundraiser to benefit the Breast Center.

As you read through this issue, you will learn how our specialized therapists at Chilton's outpatient rehabilitation centers are helping adults and children recover from an accident, illness, or surgery. To raise awareness of men's health issues, urologists in our health & wellness section provide useful and informative tips for men. Finally, our Moments That Matter feature reveals how a young athlete who suffered a devastating hand injury was able to continue school and his sports activities thanks to the quick actions of an orthopedic surgeon at our Children's Center.

In closing, this issue – like Chilton itself – demonstrates that we are prepared and committed to providing the very best care for every member of your family. On behalf of the health care team at Chilton Medical Center, we wish you and your loved ones a happy, healthy fall and winter.



STEPHANIE SCHWARTZ, FACHE

President,
Chilton Medical Center



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Moments That
Matter: In Safe
Hands After
Traumatic Hand
Surgery



AtlanticView

at Chilton | Fall 2018/Winter 2019

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AtlanticView at Chilton is published for Atlantic

Health System by **Wax Custom Communications**.

For additional information, visit atlantichealth.org.

Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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Delivering Well-Connected, Coordinated Care

Over the last year, Atlantic Health System has streamlined medical records using an advanced technology known as Epic.

This online platform creates a single electronic health record for each patient. It also connects physicians and practitioners at different locations, simplifying communication between you and your care team.

Whether you visit Atlantic Health System hospitals, acute care centers, physician offices, laboratories or imaging centers, you now have access to your medical and prescription history—and test results—right on your phone.

Beyond providing greater convenience, Epic helps us deliver better coordinated care. With all of your caregivers securely linked to accurate, real-time information about your health and wellness, you benefit from better clinical decision making and reduced paperwork and testing.

2018 has truly been an Epic year for Atlantic Health System. We thank you and your family for entrusting us with your care, and we look forward to sharing this innovation with you.



Brian A. Gragnolati
President & CEO,
Atlantic Health System

Chilton Medical Center Receives Get With The Guidelines - Stroke Gold Plus and Target Honor Roll Elite Plus

This award recognizes our commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence and by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period.



Now in its third year, **#AskHer** is a movement that has impacted hundreds of lives in our communities. Speak up and start the conversation now about breast health. Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection literally saves lives.

Call 973-829-4263 or visit AtlanticHealth.org/askhernow.



Atlantic Health System

CHILTON | HACKETTSTOWN | MORRISTOWN | NEWTON | OVERLOOK



MORE URGENT CARE CENTERS

Atlantic Health System
Collaborates with MedExpress



Atlantic Health System and MedExpress, a neighborhood health care provider, have announced a collaborative initiative that will enable them to seamlessly coordinate care. MedExpress urgent care centers offer a broad scope of affordable walk-in care, employer health services, and basic wellness and prevention services. They also provide access to an Atlantic Health System facility if additional or more advanced care is needed.

MedExpress locations can also serve as an extension of the services available within Atlantic Health System. Visit atlantichealth.org/medexpress for more information.

New Study Shines Light on Breast Cancer Treatment Recommendations

Bonni Guerin, MD, medical director, Breast Cancer Treatment and Prevention, Overlook Medical Center, and her patients have helped demonstrate that many women with breast cancer do not need chemotherapy.

Results of the 10,000-participant TAILORx trial showed that up to 70 percent of women with the most common type of breast cancer may not benefit from chemotherapy. Dr. Guerin and researchers at nearly 1,200 sites on five continents randomly assigned breast cancer patients into two groups: One group received hormone therapy alone, while the second group received hormone therapy plus chemotherapy.

For this group of patients at intermediate risk, hormone therapy prevented their cancer from recurring or spreading to their lymph nodes as effectively as hormone and chemotherapy combined. While these results held true for women age 50 or older, some patients who were premenopausal and/or under 50 were found to benefit from chemotherapy.

ATLANTIC MEDICAL GROUP

Dr. Guerin is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information about research and trials, visit atlantichealth.org/research.



Renowned Orthopedic Oncologist Joins Atlantic Health System

Internationally recognized orthopedic oncologist James C. Wittig, MD, has been named chairman of the Department of Orthopedics, Morristown Medical Center, and medical director of orthopedic oncology for Atlantic Health System. Dr. Wittig is one of approximately 100 orthopedic oncologists in the nation. He is acclaimed for his work treating and researching pediatric and adult patients with bone and soft tissue cancers and benign and metastatic cancers. He will have oversight across Atlantic Health System's six hospitals and will focus on ensuring outstanding quality, academic excellence and optimal operational performance. Dr. Wittig says he is "honored to be selected as the new chairman for a truly accomplished department of orthopedic surgeons at one of the best medical systems in the United States. I look forward to continuing to build this premier department and expand the orthopedic oncology offerings."

Dr. Wittig can be reached at Atlantic Orthopedic Oncology and Sarcoma at 833-292-BONE (2663).



Bonni Guerin, MD, in lab at Overlook Medical Center's Carol G. Simon Cancer Center



Am I at Risk for Breast Cancer?

While all women are at risk for breast cancer, not all women have the same risk. Factors including your personal and family medical history, genetic predisposition and lifestyle are used to assess your risk, and help your doctor make recommendations for screening and risk management.

Women at a higher risk for breast cancer include:

- Having a known BRCA1 or BRCA2 gene mutation or having a relative with that mutation
- Patients with other genetic syndromes
- Having had radiation therapy to the chest between the ages of 10 and 30
- A breast biopsy showing abnormal cell growth
- Having a calculated risk of breast cancer greater than 20 percent

WHAT TYPE OF SCREENING IS BEST FOR ME?

Atlantic Health System facilities use digital breast tomosynthesis, or 3-D mammogram, which can detect small breast tumors and decrease false positive readings.

According to Lisa Bash, MD, medical director of The Breast Center at Chilton Medical Center, "The American College of Radiology recommends annual mammogram screenings beginning at age 40 for women of average risk. Women with dense breasts may benefit from a screening ultrasound in addition to mammography.

Higher-risk women may benefit from supplemental screening with a breast MRI. For women with genetics-based increased risk, with a calculated lifetime risk of 20 percent or more, or a history of chest or mantle radiation therapy at a young age, supplemental screening with contrast-enhanced breast MRI is recommended."

Higher-risk women with a known BRCA1 or BRCA2 mutation should consider a screening mammogram as early as age 30. Screening with contrast-enhanced breast MRI, is used for certain patients as young as age 25. And, clinical breast exams every six to 12 months are recommended.

The goal of screening examinations is to find cancers early, when they are most treatable, but they do not prevent breast cancer. Depending on your risk factors, there are some steps you can take to further reduce risk, including:

- Lifestyle modifications including diet and exercise
- Certain medications can decrease the risk of breast cancer in some higher-risk patients
- Preventive mastectomy for specific patients

At Chilton Medical Center's Breast Cancer Surveillance and Prevention Program, our physicians, nurses, genetic counselors, nutritionists and social workers will work with you to develop a plan designed for your individual risk and medical history. ■

To learn more or to schedule an appointment to discuss your personal breast cancer risk, call 973-831-5425.

IN SAFE HANDS

Oakland teenager undergoes finger-saving surgery at Chilton Children's Center

On Saturday, January 27, 15-year-old Dominic Lorenzo was pumping iron at the gym when he suffered a traumatic injury. During his workout, a 45-pound dumbbell crushed and partially severed one of his fingers, leaving the Oakland high school freshman stunned and in excruciating pain as his father rushed him to Atlantic Health System's Chilton Medical Center.

"I had multiple things racing through my mind," says Dominic, who remained calm but concerned about the impact of potentially losing a finger. "I thought about whether or not I'd be able to work out, play the drums, or even take my midterms at school. I worried about my future."

CHOOSING CHILTON

Over the years, the Lorenzo family has relied on Chilton for many health issues, from broken bones to asthma attacks. "We're equally close to two hospitals, but choose Chilton because they not only provide excellent care, but an extra level of compassion," asserts Dominic's father, Matthew.

The emergency at hand was no exception, prompting the family's first visit to Chilton's Children's Center, which opened last fall. As the only one of its kind in northern New Jersey, the new facility unites all pediatric services in a family-friendly space featuring a dedicated entrance, private emergency treatment rooms, inpatient suites, and a team of highly skilled doctors and nurses prepared for any type of childhood injury and illness.

Within minutes of arrival, an emergency medicine physician who evaluated Dominic recruited the expertise of Daniel Seigerman, MD, an orthopedic surgeon specializing in hand and upper-extremity surgery.

"Dr. Seigerman immediately gained our confidence," recalls Matthew. "He explained the situation and acted quickly to save Dom's finger."



SURGERY ON THE SPOT

"Dominic's finger was literally crushed, causing a complex laceration and bone fracture," notes Dr. Seigerman. "It's important to treat crush injuries expeditiously to preserve blood supply and prevent long-standing problems."

With that in mind, Dr. Seigerman elected to operate in the Children's Center, which is staffed and equipped for many procedures that do not require general anesthesia. He numbed Dominic's hand with a local anesthetic before cleaning the wound and reconstructing his finger.

"Chilton allows us to deliver pediatric care in one setting, from start to finish, which provides a better experience for our patients," states Dr. Seigerman.

The Children's Center certainly earned a "thumbs up" from Dominic, who was notably impressed. "Everyone was kind, reassuring and supportive," he says. "I felt safe and in good hands."

BACK ON TRACK

Hours after surgery, Dominic was on his way home and headed toward a complete recovery. "My wife and I are grateful that our son received the best possible care and won't have to live with an impairment," says Matthew.

The energetic teen is already back in the weight room, drumming and competing on the high school track team. (He even rocked his midterms.)

"I wish the injury didn't happen," adds Dominic. "But since it did, I'm glad I went to Chilton." ▲

For more information about the Children's Center at Chilton Medical Center, visit atlanticehealth.org/chilton.

A BARIATRIC Q+A

Get the facts about obesity
and weight loss surgery



Have questions about obesity and weight loss surgery? **Vadim Gritsus, MD, director of bariatric surgery for Chilton Medical Center,**

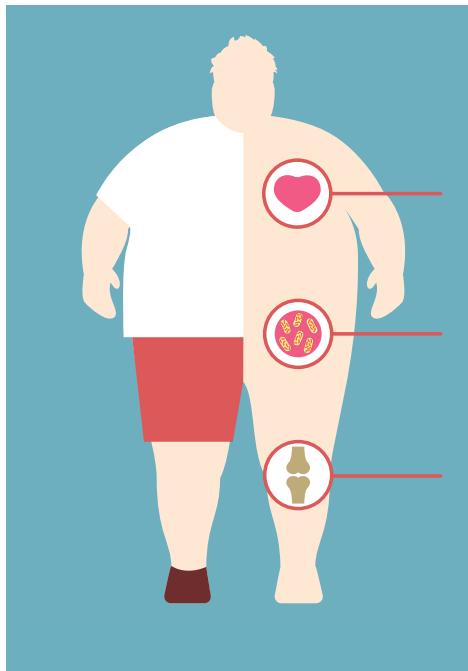
breaks down the truths about this growing health epidemic and different weight loss options. Dr. Gritsus is a recognized expert in bariatric surgery, laparoscopic and minimally invasive surgery, as well as surgical endoscopy.

WHAT IS OBESITY?

Obesity is among the most pervasive chronic diseases and a leading cause of mortality, morbidity, disability and rising health care costs in the United States today. Obesity is a complex disease involving genetic, environmental, physiological and emotional factors. When a person cannot lose weight through diet or exercise, or when obesity is causing serious health problems, medical help is available in the form of bariatric surgery – also known as weight loss surgery.

WHAT CAUSES OBESITY?

There are many environmental, physiological, genetic and emotional reasons why people become obese. Some of the most common causes include excess calorie consumption, sedentary lifestyles, insufficient sleep, commonly prescribed medications and having the obesity gene.



CAN OBESITY BE TREATED?

Treatment for obesity will vary from person to person, depending on the factors contributing to the disease. When you begin an obesity treatment program, there may be several different specialists involved in your treatment.

For example, an endocrinologist may treat thyroid conditions or type 2 diabetes; a dietitian or nutritionist provides guidance in developing healthier eating habits; and a bariatric surgeon will recommend weight loss surgery, if necessary.

AM I A CANDIDATE FOR WEIGHT LOSS SURGERY?

Obesity is a major risk factor for a number of life-threatening diseases such as diabetes, heart disease, hypertension (high blood pressure), cancer, obstructive sleep apnea and stroke. The good news is that significant weight loss can reduce or eliminate the risk of death. Within a matter of months after bariatric surgery, many patients are able to discontinue their medications for these serious conditions.

If you have tried other weight loss methods and they have not worked for you, weight loss surgery may be recommended if the following apply to you:

- You are more than 100 pounds overweight
- Your body mass index (BMI) is 40 or higher
- You have a BMI of 35 to 39.9 and also have a serious weight-related health condition
- You are committed to making lifestyle changes in combination with the surgery

Bariatric surgery is not a guarantee that you will lose all of your excess fat, or that you will keep it off long term. Success after the surgery depends on your commitment to changing your exercise and eating habits while maintaining those changes. ■

For more information, or to find a weight loss specialist, call 1-800-247-9580 or visit atlantichealth.org/weightloss.

WE KEEP YOU MOVING

Recovering from an accident, illness, surgery or cancer treatment can require weeks – or even months – of specialized care. That's where outpatient rehabilitation comes in. It helps restore mobility and independence – and it can be the single biggest factor influencing the quality of the rest of your life.

"Whether your goal is to get back your golf swing or learn to walk all over again, there are a wide variety of outpatient rehabilitation programs in every geographic region served by Atlantic Health System medical centers," says Dan Whelan, director of outpatient rehabilitation services. "We have a responsibility to make care accessible to patients in every community we serve and to maintain the same high standard of care throughout those facilities."

TALENT, TEAMWORK AND THE THERAPIST-PATIENT RELATIONSHIP

With more than 160 staff members working at more than a dozen outpatient rehabilitation locations, there are specialized therapists, programs and advanced therapeutic devices to meet every patient's unique needs. Multiple centers offer physical, occupational and speech therapy; audiology; stroke rehabilitation; lymphedema management; pelvic floor rehabilitation; and more.

"Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session."

– Dan Whelan, director of outpatient rehabilitation services

A commitment to excellence among Atlantic Health System outpatient rehabilitation facilities begins with the therapists, many of whom have earned specialty certifications in addition to advanced degrees from the American Board of Physical Therapy Specialties.

"Much emphasis is placed on the therapist-patient relationship, with therapists assigned to the same patient for each session," points out Whelan. "This systemwide strategy puts patients on a productive path to recovery under the supervision of therapists who become partners in that journey."

To help ease the transition from outpatient therapy to home, many Atlantic Health System outpatient facilities have established on-site fitness centers, which patients can join for a nominal monthly fee.

"Just because you're discharged, doesn't mean you're forgotten," remarks Paul Cuntala, PT, DPT, of Hackettstown Medical Center. "Our exercise physiologists understand your health history, can explain how to properly use the machines, and can assist your progress. Fifty percent of our joint replacement patients opt to join our fitness center because they feel more comfortable under our watchful eyes."

GROWING NEED FOR CANCER REHAB

"We are seeing a tremendous increase in the number of cancer patients coming for rehabilitation," observes Whelan. "The aftereffects of lifesaving cancer treatment can include pain, lymphedema, and problems with coordination, balance, range of motion, strength, endurance, and flexibility. An individualized and comprehensive rehabilitation program can help patients restore optimal physical functioning following cancer surgery, chemotherapy or radiation."

As the baby boom population ages and osteoarthritis rises, our outpatient therapists are helping a growing number of patients regain mobility following joint replacements. "We're not only helping people resume their daily lives, we're putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!" remarks Whelan.

SPECIALIZED OUTPATIENT REHABILITATION PROGRAMS

Aquatic Therapy (908-598-6594)

Patients with reduced mobility and limited strength who cannot tolerate weight-bearing exercises on land are buoyant over the aquatic therapy program, located at Berkeley Aquatic Club in New Providence. Therapists use the underwater treadmill, stairs, resistance jets, and other aids to help patients improve function, balance, strength, circulation, sensation, and motor control.

Neuro Rehab (908-522-2215)

Patients recovering from strokes, brain injuries, movement or vestibular disorders, neurodegenerative diseases, gait/balance dysfunction, and spinal cord injuries can receive specialized care at Atlantic Rehabilitation. The centers, including the new Gerald J. Glasser Center for Neuro Rehabilitation, offer physical therapy, occupational therapy, speech-language

"We're not only helping people resume their daily lives, we're putting more people in their 50s, 60s, 70s and 80s back on the ski slopes and tennis courts than ever before!"

– Dan Whelan

pathology, and audiology to improve physical functioning, communication, swallowing, visual/perceptual deficits, and cognitive dysfunction. There is also a working kitchen and washer and dryer for occupational therapy, private treatment rooms, and a biweekly prosthetic/orthotic clinic.

Amputee Walking School (multiple locations: 1-800-247-9580)

Patients of all ages and levels of lower limb amputation can attend this advanced gait training and running program, offered at many Atlantic Rehabilitation facilities. Those beginning the Amputee Walking School will learn basic exercises and stretches designed to improve their walking gait with their prosthetic devices. Training is customized to their individual needs.

Orthopedics and Sports Rehabilitation

Therapists work with patients and their doctors to create a customized rehabilitation treatment plan for arthritis and other chronic pain issues; exercise-related or sports injuries; overuse injuries; postsurgical rehabilitation, including joint replacement surgery, reconditioning after illness, and other spine and joint ailments.

Patients recovering from an injury or looking to improve their performance in their sport can benefit from Cybex and Arc machines; elliptical trainers; the AlterG Anti-Gravity Treadmill; concussion rehabilitation services; functional movement screening; sports-specific strengthening programs; yoga and Pilates; 3-D motion capture advanced motion analysis; Biodex isokinetic muscle assessment and rehabilitation; and Titleist golf swing analysis. ■

Visit atlantichealth.org/outpatientrehab for more information on our services.

REHAB WORKS – JUST ASK ME



Phil Glorioso works as a mate on a dive boat out of Brielle, NJ. But when the 75-year-old from Oakland strained a muscle doing home repairs, he turned to Chilton Medical Center's outpatient sports medicine facility, where he had been previously treated and knew he would again be in the best possible hands.



Born with club feet, 48-year-old Ron Conti wore leg braces through sixth grade and struggled with limited mobility and significant pain as he entered adulthood, got married and had a family. Determined to improve his quality of life, he and his doctors discussed a radical solution – amputation.



When a basketball game resulted in a fracture, 23-year-old Matt Eisenbud was left with a rod, plate and screws holding his lower left leg together following surgery at Overlook. Matt spent weeks on crutches, and then switched to aquatic therapy, which allowed him to perform movements more easily than on land.

**Read Phil's, Ron's and Matt's full stories here:
atlantichealth.org/rehabstory.**



Men's Health Matters

What men want to know (but are afraid to ask)



Men typically do not like to talk about their health. That's probably why men are less likely than women to schedule an annual checkup and more likely to avoid the doctor when faced with a medical concern.

To help raise awareness of men's health issues, urologists Propa Ghosh, MD, and Abraham Knoll, MD, are answering questions about prostate problems, kidney stones, erectile dysfunction and other urological issues that often arise as men age.

WHEN SHOULD I BE SCREENED FOR PROSTATE CANCER?

There are no early warning signs for prostate cancer, so it is important for men to be screened regularly. The American Urological Association recommends a yearly PSA (prostate-specific antigen) blood test and a digital rectal exam beginning at age 40. Men with a family history of prostate cancer or other risk factors should be screened earlier.

DOES AN ELEVATED PSA MEAN I HAVE CANCER?

Not necessarily. A lot of things can raise your PSA. While an abnormal level may indicate prostate cancer, it can also result from something less serious, such as urinary retention or prostate inflammation. A urologist can find the cause.

HOW IS PROSTATE CANCER TREATED?

Thanks to advances in medicine, patients have many treatment options, including surgery, chemotherapy, radiation and other therapies. Depending on your age and stage of disease, your doctor may even recommend watchful waiting. Our goal is to treat the cancer most effectively while minimizing the impact on your quality of life.

HOW MANY TIMES A DAY SHOULD I URINATE?

It is normal to urinate three or four times during the day while sleeping through the night. Urine should be voided in a strong, steady stream, and you should feel "empty" when you're done. Weak or more frequent urination could signal an underlying medical problem, such as an enlarged prostate or obstruction.

SHOULD I WORRY IF I SEE BLOOD IN MY URINE?

Possibly. There are several conditions that cause blood in urine. Most of them are benign, such as kidney stones and infections. However, blood can also be a sign of bladder or kidney cancers. If you see blood in your urine, promptly schedule an appointment with a urologist.

HOW DO I KNOW IF I HAVE KIDNEY STONES?

Kidney stones may cause back pain that radiates into the groin, blood in urine and/or frequent urination – although those symptoms may be related to other conditions, and some stones do not trigger symptoms. A radiology test will confirm your diagnosis. While most kidney stones do not require treatment, a urologist may need to remove larger stones by performing a minimally invasive procedure. You can lower your risk for developing kidney stones by staying hydrated and reducing your intake of sodium and animal protein. ■

ATLANTIC MEDICAL GROUP

Drs. Ghosh and Knoll are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org.



PAINT THE TOWNS *Pink*

Please support these participating businesses
during the month of October.

*These local establishments have generously donated to
Chilton Medical Center to benefit The Breast Center:*

GOLD SPONSOR

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PINK SPONSORS

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Gary's Wine & Marketplace

Wayne • 973-633-3900

Good Food Café

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Grasshopper Too Bar & Restaurant

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High SocieTea House

Wayne • 973-696-8327

Laurie's Homemade Candies

Wayne • 973-696-7255

Pizza One

Haskell • 973-835-1600

Positano Restaurant

Wayne • 973-628-6863

ShamRock School of Music

Pompton Plains • 973-839-0100

Sunset Pub & Grill

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Health System
Chilton Medical Center
Foundation

For more information call the Foundation at **973-831-5165**
or Community Outreach at **973-831-5367**

Chilton Medical Center Foundation
97 West Parkway • Pompton Plains, NJ 07444
973-831-5000 • atlantichealth.org/chilton



A New Collaboration Announced for Clinical Trials

Six regional health systems have announced the founding of a nonprofit clinical research consortium – Partners in Innovation, Education and Research (PIER Consortium™) – a streamlined clinical trial system that will span New Jersey and Pennsylvania.

The founding members of PIER Consortium include Atlantic Health System, Drexel University, Einstein Healthcare Network, Geisinger, including AtlantiCare, Main Line Health and Thomas Jefferson University.

Clinical trials have traditionally been offered at academic medical centers and through affiliated hospitals to ensure patients are treated safely and effectively with the best standard of care. Unfortunately for patients, this can mean traveling many miles, sometimes across the country, for novel treatment. The PIER Consortium will bring new clinical trial sites to larger numbers of patients, while also bringing new treatments to market faster.

"Atlantic Health System has a long history of conducting clinical trials, enabling many of our patients to participate in new cutting-edge treatments in their community," says Jan Schwarz-Miller, MD, MPH, SVP, chief medical and academic officer for Atlantic Health System. "PIER will allow Atlantic Health System to add to its portfolio and assist in moving research studies along faster. We also have the opportunity to work within the consortium to develop and lead studies that will have greater impact to the patients we serve. With all of the health systems participating in PIER, the needed number of study participants can be identified faster and the benefit of the treatment can be determined sooner." ▲

Visit pierconsortium.org for more information.

Now Enrolling Patients in Four Pancreatic Cancer Clinical Trials

Atlantic Health System is currently enrolling patients in four pancreatic cancer clinical trials. Angela Alistar, MD, a nationally known expert on pancreatic cancer, serves as national principal investigator (PI) on the first trial and as local PI on the other three.

"We are fortunate to be able to offer these studies to people with this difficult-to-treat, aggressive cancer," says Dr. Alistar, who serves as director of GI medical oncology for Carol G. Simon Cancer Center at Morristown Medical Center. "Our pancreatic cancer program is unique, and our ability to provide access to these clinical trials is one important aspect of our uniqueness. New and more effective treatments are desperately needed."

Five-year survival rates for pancreatic cancer are low, and pancreatic cancer is now the third leading cause of cancer-related deaths in the U.S.

The studies enrolling patients include:

- A Phase I combination drug therapy designed for patients with locally advanced or metastatic pancreatic cancer never treated with systemic chemotherapy. **Atlantic Health System is the only one in the nation to offer this promising study.**
- A Phase II study to examine the safety and effectiveness of an antioxidant/chemotherapy intravenous infusion in advanced pancreatic cancer patients.
- A Phase II trial of immunotherapy maintenance in patients with stage IV pancreatic cancer who are in remission or partial remission.
- A study to compare chemotherapy against a combination of chemotherapy and radiation therapy prior to surgery. ▲

To learn more about these studies, please call the Atlantic Center for Research at 973-971-6608 or visit atlantichealth.org/pancreas.

Have YOU Had the Conversation? Chilton Medical Center Foundation Raises Funds for Palliative Care in 2018

Palliative care focuses on providing patients with relief from the symptoms and stresses of chronic illness, whatever the diagnosis – helping to enhance the quality of life for our patients and their families, assist with establishing patients' preferences, and provide emotional and spiritual support.

Although some people who use palliative care may subsequently enroll in hospice care, *palliative care is not simply a precursor to hospice.*

Chilton's Palliative Care team, established in 2015, currently includes one collaborating physician, a full-time advanced practice registered nurse (APRN), a part-time social worker and a part-time palliative chaplain. Since the majority of Chilton's patient population is over the age of 65, the need for palliative care services is critical. However, the current staffing structure has reached its maximum potential and work rate.

Investing in the growth and expansion of Chilton's Palliative Care program will allow more services, interventions and resources to be available to our patients and families, while improving patient satisfaction, and enhancing quality of life, as well as reducing mortality and readmission rates.



In 2018, Chilton Medical Center Foundation is embarking on a Palliative Care Initiative. The initiative costs a total of \$400,000 and will be two-pronged:

- Secure philanthropic support to hire a full-time palliative care nurse (RN). The cost is \$230,000 (\$115,000 annually with benefits) to cover a two-year salary.
- Launch a community-based conversation project called, "Open the Door: Conversations Matter," designed to educate the community about palliative care and help people begin the conversation about this often challenging topic. The cost is \$170,000 to initiate this program.

To donate to this important initiative or to find out more information, please contact Mary Ellen Loranger, director of development, Chilton Medical Center Foundation, at 973-831-5363.

While Some Donations Address the Needs of Today, Others Look Toward the Promise of Tomorrow

Have you remembered Chilton Medical Center in your estate plan? *Please let us know.*

Join Chilton Medical Center in planning for the future by including a bequest in your estate plans. By letting us know of your planned gift, you will be recognized in our Legacy Circle, while ensuring that Chilton is here for generations to come. *Your membership involves no dues or obligations, but it does allow us to thank you for the plans you have made – and it may inspire generosity in others.*

**Contact Mary Ellen Loranger,
director of development,
at 973-831-5363 to find out more.**

Chilton Medical Center Foundation's 14th Annual Wine Tasting event

was held on Friday, April 27, at the Preakness Hills Country Club. This year's VIP tasting was a variety of Pinot Noir wines and aged tequilas. The Pinot Noir was sourced from regions such as France, Argentina, New Zealand and the United States, while Patron provided an assortment of tequilas.

With over 300 people in attendance, the event raised over \$118,000 between sponsorships, ticket sales, donations, on-site raffles and the silent auction, which will be used to support the general needs of the hospital.

This year we had live music from the duo "A Day in the Life," which provided an electric background for an already incredible evening.

A special thank you to ShopRite Liquors of Lincoln Park and our event sponsors, CareOne at Hanover Township, CareOne at Madison Avenue, CareOne at Morris, CareOne at Livingston and Care One at Wayne.



(l-r) Dr. Brett Ferdinand, Stephanie Schwartz, Robert Schwartz, Amy Perry, Dr. Ross Mondshine and Janine Mondshine

community calendar

Fall 2018/Winter 2019

COMMUNITY HEALTH

ACUPUNCTURE FOR EVERY BODY

Wednesdays, September 26, 10:00-11:00am
Atlantic Health Pavilion, 1st Floor
Conference Room, 242 West Parkway,
Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.

BARIATRIC SEMINAR AT CHILTON MEDICAL CENTER

Third Thursday of the month, 6:30-8:30pm
Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

IS BARIATRIC SURGERY RIGHT FOR ME?

This is a live webinar presented by New Jersey Bariatric Center where you will learn whether bariatric surgery is right for you. Both surgical and non-surgical options will be discussed and you can ask your own questions.
Thursdays, September 13, October 11, November 8 and December 13, 6:00-7:00pm
For more information or to register, call 908-481-1270.

MEDITATION FOR MINDFUL WELL-BEING

The art of meditation is to center the mind toward one focus. Come experience various mindful contemplative exercises to discover what a sense of well-being means to you.
Mondays, October 22-December 10, 6:30-7:30pm
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.

THE PATH TO BETTER HEALTH

This free four-part series is geared to help those ages 40-64 struggling with chronic illness by providing support and education around different aspects of disease (and life!) management. Healthy dinner will be provided.
Thursdays, October 4, October 11, October 25 and November 1, 6:00-7:30pm
Atlantic Health Pavilion, 2nd Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
Preregistration is required. For information or to register, call 973-831-5475.

STROKE: ACT F.A.S.T.

A stroke is a medical emergency; learn the risk factors and how to identify the signs

n e w v i t a l i t y is Atlantic Health System's unique health and wellness program tailored to meet the needs of today's adults 65 and over. At Atlantic Health System, our vision is to improve lives and empower communities through health, hope and healing.

For more information about **New Vitality**, call toll-free 844-472-8499 or visit atlantichealth.org/newvitality.

and symptoms associated with a stroke. Know what to do in the event you or a loved one has a stroke, and how to act F.A.S.T.

Thursday, September 27, 7:00-8:00pm
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.

FITNESS

HATHA YOGA AT CHILTON

Hatha Yoga is the integration of body, mind and breath. Bring a yoga mat and water.
Tuesdays, October 16-December 18, 6:30-7:30pm
\$80 for all 10 weeks
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 973-831-5367.

NUTRITION

GUIDE TO FALL PRODUCE

Monday, October 15, 7:00-8:00pm
\$5
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.

HEALTHY EATING: MYPLATE FOR OLDER ADULTS

Wednesday, September 12, 10:00-11:00am
\$5
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.

HEALTHY THANKSGIVING NUTRITION TIPS

Thursday, November 8, 7:00-8:00pm
\$5
Atlantic Health Pavilion, 1st Floor Conference Room, 242 West Parkway, Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.

PARENTING & CHILDBIRTH

BABY BASICS AT CHILTON

Thursdays, September 13, October 11, November 8 and December 13, 7:00-9:30pm
Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.

BREASTFEEDING

Expectant mothers and their partners will learn all about breastfeeding, including health benefits for mom and baby, proper positioning and good nutrition. Having a partner is important to the success of breastfeeding.

Thursdays, September 27, October 25 and November 29; Wednesday, December 19, 7:00-9:30pm
Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444

CHILDBIRTH PREPARATION (INTENSIVE)

Expectant mothers and their partners can learn about the stages of childbirth, the role of the partner, coping and breathing techniques, and the postpartum period. A tour of our Maternity Center is included. This class should be completed approximately six to eight weeks before the baby's due date.
Saturdays, October 13, November 3 and December 15, 9:00am-3:00pm
Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains, NJ 07444

CHILDBIRTH PREPARATION SERIES

*Wednesday, October 3, 7:00pm-9:30pm
Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains, NJ 07444*

MATERNITY CENTER TOUR

Join us for a tour of our Maternity Center. Mom must register for herself and is allowed one guest.
*First Wednesday of the month, 7:00-7:30pm
Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444*

MATERNITY CENTER TOUR WITH MEET AND GREET

These tours are designed for mothers in their second trimester.
*Third Saturday of the month, 11:00am-Noon
Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444*

PRE-POST NATAL HEALTHY LIVING: MENTAL WELLNESS

*Saturday, November 10, 10:00-11:00am
Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444*

PRE-POST NATAL HEALTHY LIVING: PRE & POST-NATAL YOGA

*Saturday, October 13, 10:00-11:00am
Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444*

SIBLING CLASS

This class helps to ease older brothers and sisters into this new phase of their lives.
*Saturday, September 15, 9:00-10:30am
Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains, NJ 07444*

SPECIAL CARE NURSERY UNION

*Saturday, November 17, 1:00-3:00pm
Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains, NJ 07444*

SUPPORT GROUPS

ALZHEIMER'S DISEASE

CAREGIVER SUPPORT GROUP

*Second Wednesday of the month,
7:00-8:30pm
First Reformed Church of Pompton Plains,
5209 Newark Pompton Turnpike,
Pompton Plains, NJ 07444
For more information or to register,
call 973-831-5367.*

ARTHRITIS SUPPORT GROUP

*Fourth Tuesday of the month, 10:30-11:30am
Atlantic Health Pavilion, 242 West Parkway,
Pompton Plains, NJ 07444
For more information or to register,
call 973-831-5367.*

BEREAVEMENT SUPPORT GROUP

*Fourth Tuesday of the month, 10:30-11:30am
Chilton Medical Center, 2nd Floor,
97 West Parkway, Pompton Plains, NJ 07444
For more information or to register,
call 973-831-5367.*

BREASTFEEDING SUPPORT GROUP

*Every other Monday, 11:00am-Noon
Chilton Medical Center, 97 West Parkway,
Pompton Plains, NJ 07444
For more information or to register, call
973-831-5367.*

OSTOMY SUPPORT GROUP OF NEW JERSEY

*Second Monday of the month, 7:00-9:00pm
Chilton Medical Center, Board Room, 97 West Parkway, Pompton Plains, NJ 07444
For more information or to register,
call 973-831-5367.*

MISCELLANEOUS

CYBERSECURITY THREATS

*Wednesday, September 26, 5:30-7:00pm
Chilton Medical Center, Collins Pavilion,
2nd Floor, 97 West Parkway, Pompton Plains,
NJ 07444
For more information, call 1-844-472-8499.*

HEALTH INSURANCE IN RETIREMENT

*Thursday, October 18, 5:30-7:00pm
Chilton Medical Center, Collins Pavilion,
2nd Floor, 97 West Parkway, Pompton Plains,
NJ 07444
For more information, call 1-844-472-8499.*

NEW JERSEY: THE PERSONALITY STATE

This lecture will cover the Garden State's most famous, notorious and unlikely characters that come from right next door: actors and actresses, authors, legislators, philanthropists, even ghosts.

*Monday, September 14, 10:00-11:00am
Atlantic Health Pavilion, 1st Floor
Conference Room, 242 West Parkway,
Pompton Plains, NJ 07444
For more information, call 1-844-472-8499.*



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