

AtlanticView

at Chilton | Fall 2021



THANKS TO
BARIATRIC
SURGERY, I'M
HEALTHIER
THAN I'VE
BEEN IN YEARS

PAGE 5



Atlantic Health System
Chilton Medical Center





LETTER FROM THE PRESIDENT

Welcome to the fall edition of *AtlanticView at Chilton*. In this issue, you will hear from our patient, Jim C. as he tells the story of his life-changing bariatric surgery at Chilton Medical Center, under the care of Dr. Channing Chin. After years of struggling with his weight, Jim is now facing the future with a fresh outlook, thanks to his successful bariatric procedure.

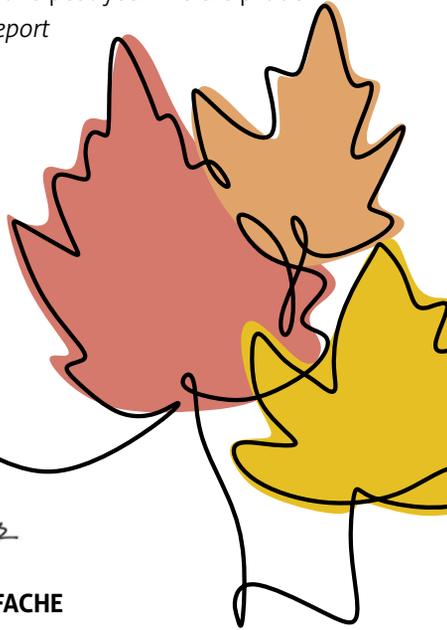
Michael Blakely, a retired teacher and coach, shares his inspiring journey through COVID-19 at Chilton Medical Center and his triumphant return to the people and activities he loves. We encourage all who are eligible to get their COVID-19 vaccine. You can now download your digital vaccine card on your mobile device for easy access.

I hope you will take a look at our latest awards, innovations and achievements that we have earned over this past year. We are proud to have earned five *U.S. News & World Report* high performing ratings and recognized by The Leapfrog group six times in a row for patient safety.

Our team is always here to help you take care of your health. Thank you for making Chilton Medical Center part of your community and part of your life.



Stephanie Schwartz, FACHE
President,
Chilton Medical Center



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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 1,841 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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**OFFICIAL
HEALTH CARE
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**WE HAVE A DEDICATED
RECOVERY PROGRAM
FOR PATIENTS WITH LINGERING
COVID-19 SYMPTOMS**

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CEO's corner



Extraordinary Caring, Expanded Access

A major element of our mission to build healthier communities involves expanding access to high-quality care for patients and families across New Jersey.

In this edition, you'll learn about Atlantic Health's strategies for making care more convenient and delivering innovative medicine close to home.

The latest development in our unique partnership with CentraState Healthcare does just that, welcoming nearly 50 new physicians and their teams to Atlantic Medical Group, providing primary care, women's health, respiratory and other specialties.

Our world-class care is also coming to the Atlantic Health Paramus Pavilion, currently offering physical therapy and rehabilitation, with new urgent care, imaging, orthopedics, laboratory and same-day surgery launching later this fall.

Improving access to lifesaving medicine was the inspiration for our promising new heart and liver transplant partnership with NYU Langone Health. It is also the driving force behind our pioneering clinical trials and investigational therapies, offering new hope to patients at the forefront of genomic medicine. We're working hard every day to make care more convenient for you and your loved ones.

On behalf of the entire Atlantic Health System family, thank you for entrusting us with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

Chilton Medical Center is raising the bar for top quality care in our community. We recently earned five high performing ratings by *U.S. News & World Report*.



ATLANTIC HEALTH SYSTEM MARKS 13TH CONSECUTIVE YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR' LIST

In a year like no other, Atlantic Health System has overcome unprecedented challenges to deliver innovative, high-quality care while maintaining an award-winning workplace.

For the 13th consecutive year, Atlantic Health System has once again been named to Great Place to Work® and *Fortune's* list of the "100 Best Companies to Work For," ranking No. 67, and is the only New Jersey-based health care company on *Fortune's* list.



Chilton Medical Center Nationally Recognized for Patient Safety

Chilton Medical Center earned the highest possible safety rating of "A" **six times in a row** by The Leapfrog Group, an organization dedicated to patient safety. Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent. Chilton Medical Center is proud to bring our best to the communities we serve.

School Safety: COVID-19 PREVENTION TIPS

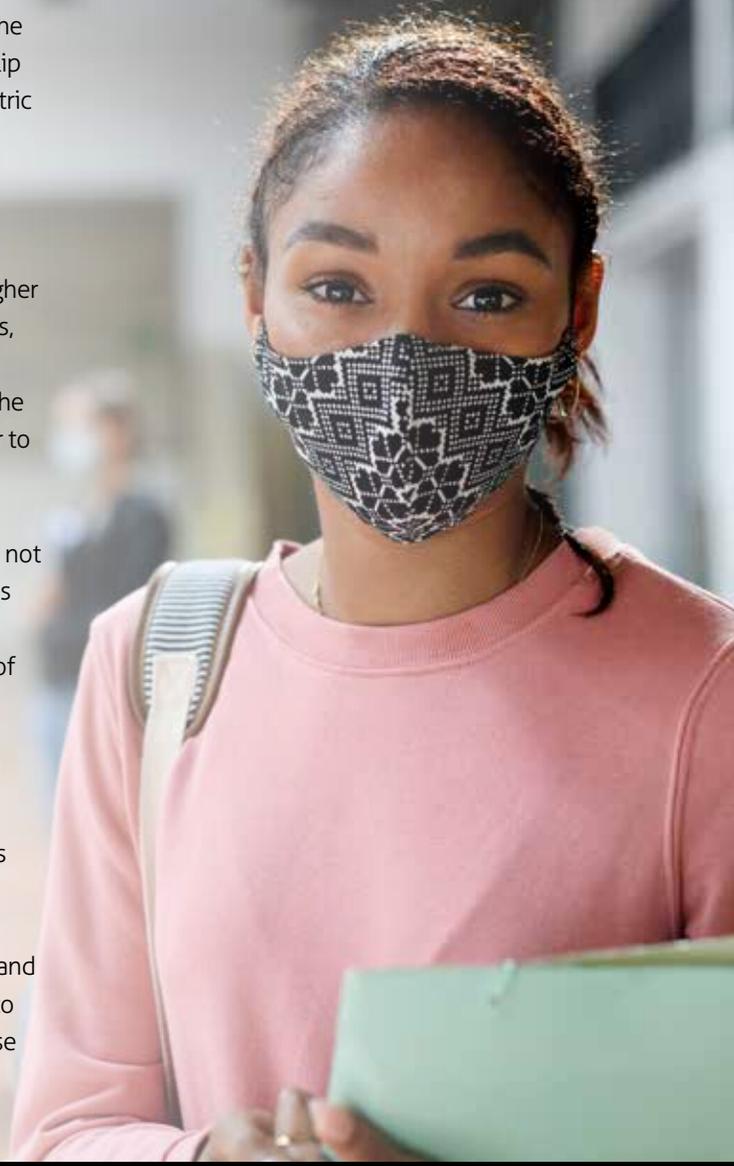
Kids are back in school, and keeping them safe during the COVID-19 pandemic is of the utmost importance. Phillip Devadan, MD, a board-certified pediatrician and Pediatric Emergency Director at Chilton Medical Center, offers some ways to minimize the risk of contracting – and spreading – coronavirus at school:

PERFORM A SYMPTOM CHECK BEFORE SCHOOL: A fever higher than 100.4, cough, nasal congestion, gastrointestinal distress, and the loss of smell or taste are all signs that your child should stay home. While other less-serious conditions like the common cold can share some of these symptoms, it's better to be safe than sorry during these unprecedented times.

MASK UP: Having your kids wear a mask indoors protects not only themselves, but others as well. The highly contagious Delta variant has compelled the Centers for Disease Control and Prevention to recommend masks regardless of vaccination status.

LIMIT CLOSE CONTACT: Continue to encourage social distancing whenever possible. Your kids should sit as far away as possible from others in the classroom, on the bus and in other close quarters.

ESTABLISH A ROUTINE: Activities like proper masking and hand washing are easier to remember if you work with your kids to establish a daily routine. The more your children repeat these healthy habits, the more likely they are to maintain them.



GET YOUR DIGITAL VACCINE CARD

Atlantic Health System patients can now download a verified digital version of their vaccine card from their mobile device. It's free, fast and secure.

And through our free partnership with CLEAR, you can seamlessly gain access to CLEAR Lanes at participating sports stadiums, events and venues nationwide.

Learn more at atlanticealth.org/vaccinecard.



QR code will take you to digital proof of vaccination options.

THANKS TO BARIATRIC SURGERY, I'M HEALTHIER THAN I'VE BEEN IN YEARS

I can't wait for my golfing buddies to see me.

Two years ago, Jim C., now 60, of Little Falls, was obese, suffering from diabetes, high blood pressure and high cholesterol. He had trouble enjoying his favorite sport – golf – because it was hard to get around. After bariatric surgery and losing nearly 150 pounds, Jim is back in the swing of things and has learned that when you have your health, you have everything.

Jim and his wife, Lisa, married for 30 years, tried various diets to lose weight together. While WW worked well for Lisa, Jim struggled. "I just couldn't maintain it," he says. "I lost a little bit but not enough to make it help my health."

"At my highest weight of 345, I had been diabetic for about eight years, and I was on three different medications," Jim says. "I also had high blood pressure and was on two medications for the blood pressure. My A1C was over 9. My cholesterol was high. And it was all due to my weight."

Knowing that he had to do something, Jim spoke to his primary care physician about his frustration with his weight and his worries about the long-term effects of all his medications. He asked whether weight loss surgery might work for him. His doctor advised, "You've been trying different diets for the last 15 years, I think the benefits would outweigh any possible risks right now for you."

Jim began his research, went online and watched a webinar about the various forms of bariatric surgery and how the procedure could help him. He looked into the New York Bariatric Group because he heard it had a very good reputation, and he was willing to go to New York.

"As I looked into it further, I found out that Dr. Channing Chin was opening up a branch in New Jersey, so that made it a lot easier. His office in Wayne is literally 10 minutes from my house," Jim says.

Upon meeting Dr. Chin and his staff, Jim says, "I was just impressed with his demeanor and the whole program. So, I learned a lot about it online. And then I went into the program and lost some weight before surgery."

Based on Jim's many health issues, Dr. Chin recommended a Roux-en-Y gastric bypass. In this form of bariatric surgery,



the surgeon staples off the upper section of the stomach to a small pouch about the size of an egg, and then attaches this pouch directly to part of the small intestine.

Jim had the surgery at Chilton Medical Center in November of 2019. Now down 145 pounds, the results have been life-changing for him.

"I am no longer considered a diabetic, so that's fantastic," Jim exclaims. "I don't take any medication at all for diabetes. My blood pressure has been normal since the first couple of months after surgery, so I take no medication for blood pressure. My A1C is 5.1, which is great. And, I have no cholesterol problem."

An inside retail sales rep for a construction tool manufacturer where he's held a variety of sales and logistics positions for 34 years, Jim says his customers no longer recognize him. "In my work, I don't see some customers sometimes for six months and I would say hello to them, and they would just look at me. I'd have to take my mask off to show them who I was. And then I explained that I did it for health reasons."

Jim is enthused about his experience at Chilton. "It was excellent. Everybody did their job efficiently, and everything went well. The staff was very attentive to everything. It was a very positive experience at Chilton."

Jim used to visit Las Vegas once a year with his friends on a golf trip, which got canceled in 2020 due to COVID-19. This year, he says, "I'm looking forward to that. I haven't been on a plane since the surgery, so I'm sure traveling is going to be much easier." And his friends have not seen him except for an occasional photo on Facebook, so he knows they will be surprised at the change in him.

Jim says if anyone is contemplating bariatric surgery, "You have to eat differently. But it's a great tool to help you not overeat. I haven't had pasta in a year and a half, and I don't miss it because of the benefit that I've achieved healthwise. I just eat less of everything; I walk, which I didn't do; and I try to get out and play golf as much as I can." ▲

Visit atlantichhealth.org/bariatric for more information.

Your Gynecologist Is One of Your Most Valued Health Partners

It's time to start taking care of you

The pandemic disproportionately impacted women's health. Along with a decrease in women getting regular health screenings, there was an increase in women – especially mothers – putting their own physical health and mental well-being on the back burner. “Women already had a lot on their plate and then all these other things happened, caused by the pandemic,” says Diana Contreras, MD, medical director of OB/GYN and Women's Health, Atlantic Health System. She is dual board-certified in both gynecology oncology and obstetrics and gynecology. “Women had to leave some of their previous roles and take on different ones. The stress from that was tremendous.”



GET BACK ON TRACK

Dr. Contreras says there has been a drop-off in women getting routine screenings. “From mammograms to visiting the dentist, it's time to start taking care of you,” she says. Take stock of which appointments and screenings you've missed. Neelam Sharma, MD, a board-certified OB/GYN on staff at Chilton Medical Center, suggests making an inventory of your health; then start working on that list slowly. Small goals like beginning to walk for exercise can have a huge impact and similarly breathing and mindfulness exercises.

TURN TO YOUR GYN

Your gynecologist can discuss most of the issues that affect



your overall health. For that reason, Dr. Sharma advises women to turn to their gynecologist for much more than routine Pap smears. “For a lot of women, the gynecologist is their primary care physician,” she says. “The conversation should go beyond sexual health and reproduction. We need to empower women to talk about nutrition/weight loss, osteoporosis, breast health, anxiety and depression. It should encompass the whole woman – her emotional and medical needs.”



KNOW THE FACTS

Getting vaccinated is one proactive thing women can do to take charge of their health, and Dr. Contreras says that many of the fears surrounding COVID-19 vaccines are unfounded. “I think it's really important that women get science-based information. There's no science behind the whole idea of infertility and the vaccine,” she says. “We do know that millions of women have been fully vaccinated in the U.S., and that it's safe and effective. We are here if you have any personal concerns about getting vaccinated,” says Dr. Sharma.



DO A MENTAL HEALTH CHECK-IN

When it comes to our mental health, Elana Monchar, MD, Department of Psychiatry, Atlantic Health System, says there are a few things we can all do to feel better. “Setting a routine and sticking to it – that's really necessary in a world where we feel out of control,” she says.

What you put in your body can affect your mental health, too. “Fuel your body with nutritious, well-balanced foods,” says Dr. Monchar, who is board-certified in psychiatry. She also suggests prioritizing sleep. “It's hard to function at your optimum when you're sleep-deprived.”



FIND HEALTHY WAYS TO MANAGE STRESS

Therapy can be the right choice for some women and has become even more accessible due to telehealth, says Dr. Monchar. Activities such as coloring, kickboxing, gardening or going out for a stroll can also help keep stress in check.

“It's going to take time to get back to a lot of things we did pre-pandemic,” she says. “You don't have to do everything today. Give yourself time. Women have gone through a lot.” ▲

ATLANTIC MEDICAL GROUP

Dr. Sharma is part of Atlantic Medical Group, a multispecialty network of health care providers.

Dr. Sharma can be reached at Women's Health of North Jersey in Pompton Lakes. Call 201-416-4346.

FOUNDATION NEWS

A Former Wrestling Coach Takes COVID-19 to the Mat

Before he retired, Michael Blakely – a physical education teacher and wrestling coach – often shared inspirational sayings with students. Quoting wrestler Dan Gable, he used to tell them: “Once you’ve wrestled, everything else in life is easy.”

“But having COVID-19,” he says, “tested me both mentally and physically.”

The Pompton Lakes resident did not fight alone, though. After receiving his initial diagnosis at a local urgent care center, he was told he needed a level of care that could only be offered in a hospital setting.

“Good thing Chilton Medical Center was just a few minutes away,” he says. “That’s where I got the care I needed.”

In all, Blakely spent a month at Chilton in the Intensive Care Unit (ICU), where he says he experienced the hospital’s commitment to providing state-of-the-art medicine with warmth and compassion.

“The staff monitored me constantly and gave me the medical care I needed,” he explains. “They also supported

me and my family in other ways, like when I couldn’t be with my wife on our 40th wedding anniversary and one of the nurses helped me FaceTime with her, our daughter, and grandchildren.”

After spending a month as an inpatient at Chilton, Blakely returned home to his family. That’s where he decided to take on a new role at the hospital: donor.

“I owe my life to the great care I got at Chilton,” he says of his decision to join the President’s Club by making a \$1,000 charitable gift.

“None of us knows what health care crisis might suddenly overtake us,” explains Blakely. “What we do know is how lucky we are to have Chilton Medical Center so close by.”

For more information about philanthropic opportunities to support Chilton, please contact the Chilton Medical Center Foundation at 973-831-5165, email chilton.foundation@atlanticealth.org

Community Calendar – Fall 2021 Due to COVID-19, many of our classes will be held virtually or rescheduled. Please visit atlanticealth.org/calendar for up-to-date information.

10 Things You Should Know About Chilton Medical Center

1. **Voted #1 Hospital** Six Years in a Row by NJ Doctors – *Castle Connolly Medical Ltd., hospitals with less than 350 beds*
2. **“A” in Patient Safety** – *The Leapfrog Group; Patient Safety Excellence Award – Healthgrades™; Nationally Recognized for High Quality Care – U.S. News & World Report*
3. **Magnet® Recognition** for Nursing Excellence – *American Nurses Credentialing Center*
4. Nationally Recognized **Emergency Department** – *American College of Emergency Physicians*
5. Region’s only combined **pediatric emergency and hospital care center**, with a pediatrician available 24/7; seamlessly connected to Goryeb Children’s Hospital at Morristown Medical Center
6. **All-private maternity suites** in a Baby-Friendly USA-designated maternity center
7. **Primary Stroke Center** connected to NJ’s 1st Stroke Telemedicine program at Overlook Medical Center
8. From life-saving coronary angioplasty to cardiac rehabilitation, we offer **advanced heart care** conveniently connected to Morristown Medical Center.
9. Our **Breast Center** is dedicated to every aspect of breast health, offering a full continuum of preventive, diagnostic and support services. The Center provides the latest imaging technology and the region’s top breast specialists and surgeons who are at the forefront of advanced breast care.
10. Our new, **state-of-the-art da Vinci Xi Surgical System** offers a spectrum of minimally invasive surgical procedures in the areas of gynecology, urology, thoracic, cardiac, and general surgery.



Atlantic Health System

To learn more, visit atlanticealth.org/chilton

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 atlanticehealth.org/doctors.

AskHer Because:

She should know the
major risk factors for
developing breast cancer.



*Schedule your
Annual Mammogram*

Risk Factors:

- Being female
- Getting older
- Family history
- Combined hormone therapy
- Dense breasts
- Being overweight or obese
- Drinking alcohol

Did you know that the main factors that influence your risk of getting breast cancer include being a woman and getting older? Mammograms can help detect cancer early.



**Don't wait, book your
mammogram online,
or call 973-829-4263**