

AtlanticView

at Morristown | Fall 2019/Winter 2020

**BEST
HOSPITALS**

& WORLD REPORT
U.S. News

NATIONAL
RANKED IN 2 SPECIALTIES
2019-20

**#1
HOSPITAL
IN NJ
(AGAIN!)**

MOMENTS THAT MATTER
FIGHTING CANCER
FROM THE
INSIDE OUT

Read John's Story on Page 6

Heart-Saving Technology
Gives Twins a New
Lease On Life



Atlantic Health System
Morristown Medical Center

Greetings,

There are many exciting things happening at Morristown Medical Center that I am pleased to share with you — our neighbors.

For the second year in a row, Morristown Medical Center has been named the **No. 1 Hospital** in New Jersey, by *U.S. News & World Report*. In addition, it was nationally ranked in Cardiology & Heart Surgery and in Orthopedics. And, it received an "A" Hospital Safety Grade rating from Leapfrog for the eighth consecutive time.

Its physical footprint continues to expand with two new floors at the Gagnon Cardiovascular Institute, additional clinical space at Carol G. Simon Cancer Center, and more beds in the Pediatric Intensive Care Unit and inpatient units at Goryeb Children's Hospital.

Atlantic Health System and Kindred Healthcare have partnered on the recently opened Atlantic Rehabilitation Institute, a state-of-the-art inpatient rehabilitation hospital to help patients return to mobility and prepare them to resume everyday functions.

In this issue of *AtlanticView at Morristown*, we announce that the National Cancer Institute has designated Atlantic Health System as the first and only NJ-based National Community Oncology Research Program site of the Atlantic Health Cancer Consortium to help develop and implement cancer prevention, screening, care delivery, and treatment studies with leading healthcare systems across the state.

You'll meet a patient who traveled from Pennsylvania to take part in a clinical trial of an innovative melanoma treatment unavailable in his state, and twins with a progressive heart condition who have returned to normal functioning after receiving implanted heart pump assist devices. And our Community Calendar will help you find classes, activities and support groups to keep you busy throughout the season.

On behalf of everyone at Morristown Medical Center, we wish you and your loved ones a healthy and safe fall and winter.



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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 1,747 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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OFFICIAL HEALTH CARE PARTNER

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Moments That Matter: Fighting Cancer From the Inside Out



WE WANT TO HEAR FROM YOU

Would you like to share your experience at Morristown? Please help us spread the word and help more people in our community.

Review us on Facebook, Google or Yelp.

CEO's corner

Determined to Improve Health

What is the biggest factor in a person's life when it comes to staying healthy? Living near a world-class hospital? Access to exceptional physicians? Perhaps the key is good genes?

These components play a vital role in our health, but studies have shown the most important factor comes from the **conditions where we are born, grow, work, live and age**. These elements are known as social determinants of health, and caregivers are increasingly aware of the role they play in our well-being.

Atlantic Health System's **Transitions of Care program** is how we coordinate care to address social determinants of health. As you'll read in this issue, collaboration among our multidisciplinary teams of health professionals helps ensure physical, behavioral and social needs are considered in providing the right care, at the right time, in the right place.

While health systems play an important role in healing many of the problems caused by social determinants of health, we cannot alone repair the circumstances that create them. **That is something we must all do together.**

I hope you enjoy this edition of *AtlanticView*, and thank you for entrusting Atlantic Health System with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community



MORRISTOWN MEDICAL CENTER AGAIN RATED NO. 1 HOSPITAL IN NEW JERSEY BY U.S. NEWS & WORLD REPORT

Morristown Medical
Center Nationally
Rated in Cardiology
& Heart Surgery and
Orthopedics



The American Heart Association and American Stroke Association recognizes Morristown Medical Center and its continued success in using the **Get with the Guidelines®-Stroke and Target: StrokeSM** programs.



Now in its fourth year, **#AskHer** is a movement that has impacted thousands 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.

Book online at atlantichealth.org/askhernow, call 973-829-4263 or text ASKHER to 555-888.



MANSION IN MAY

The Women's Association for Morristown Medical Center announced that Tyvan Hill in New Vernon, New Jersey, has been chosen as the site of its 19th Mansion in May. Built in 1928, Tyvan Hill is a gracious country estate built by the Castles family of New York City. Mansion in May is the premier fundraising event for Morristown Medical Center and proceeds will benefit the expansion of the Gagnon Cardiovascular Institute.

For more information, visit www.mansioninmay.org.

For the New Diversity Officer, This Job Is Personal



Confidence in the care you receive is essential to your mental and physical well-being, says Atlantic Health System's new chief diversity officer, Armond Kinsey. He speaks from experience.

"At age 19, I lost my mother due, in part, to a lack of reliable health care," Kinsey says. "From that experience, I realized that no matter your age, language, beliefs or ZIP code, we all deserve access to great care."

Kinsey joins Atlantic Health System from Kaiser Permanente, where he was instrumental in initiatives that resulted in that organization's highest rankings on DiversityInc's list of "Top 50 Companies for Diversity and Inclusion."

As chief diversity officer, Kinsey will ensure that all team members at Atlantic Health System have the resources they need to care for, and communicate with, the system's diverse patient population.

"Identifying and removing barriers to great care will change lives," he says. "I am thrilled to lead our efforts to accomplish that goal. I'm also proud to announce that all our hospitals have been designated as a 2019 LGBTQ Healthcare Equality Leader from the Healthcare Equality Index 2019."

ATLANTIC HEALTH SYSTEM, KINDRED HEALTHCARE CELEBRATE COMPLETION OF BRAND-NEW, TWO-STORY REHABILITATION HOSPITAL IN MADISON



Atlantic Rehabilitation Institute provides modernized home for inpatient rehab

Atlantic Health System and Kindred Healthcare marked the completion of Atlantic Rehabilitation Institute, a brand-new state-of-the-art inpatient rehabilitation hospital combining the expertise of two leaders in high-quality patient care. The new \$24 million, two-story, 38-bed rehabilitation hospital is located off Route 124 at Giralda Farms in Madison, NJ.

"Joining forces with a nationally recognized leader allows us to expand access to extraordinary rehabilitation services in our communities," says Amy Perry, senior vice president, Integrated Care Delivery, and CEO of Atlantic Health System's Hospital Division. "We are proud to partner with Kindred to provide top-caliber patient care in the exceptional healing environment that has been created at Giralda Farms."

The new, modernized hospital greatly expands the breadth of capabilities and resources available for treatment, to help return function to patients and better prepare them to resume everyday functions. It includes:

- Bionic, assisted movement systems, such as the motorized exoskeleton system by Ekso Bionics and the Bionik InMotion ARM, which help patients walk and to regain movement to their arms following stroke, spinal cord injury, orthopedic surgery, multiple sclerosis and more
- A state-of-the-art gym with new equipment such as a total body movement simulator
- A simulated home space, with a full kitchen, bathroom, and a washer and dryer, to practice return-to-home activities
- Bariatric rooms designed for obese patients and a specialty bathroom allowing chair-bound patients to be bathed
- A secured and monitored brain injury unit with a dedicated gym
- Multiple surfaces to practice real-world walking, a ramp, stairs, and a simulated curb with a wheelchair cutout

For more information, please visit atlanticrehabinstitute.com.



Atlantic Health System Hospitals Earn 'LGBTQ Healthcare Equality Leader' Designation in Healthcare Equality Index

Each of Atlantic Health System's six hospitals earned the "LGBTQ Healthcare Equality Leader" designation and a top score of 100 on the Healthcare Equality Index (HEI) from the Human Rights Campaign (HRC).

"At Atlantic Health System, being a diverse organization means that each team member feels included and can bring their whole self to work so we can provide unwavering and extraordinary caring to the communities we serve," says Armond Kinsey, chief diversity officer, Atlantic Health System. "Earning the LGBTQ Healthcare Equality Leader designation is a reflection of our mission to build healthier communities and illustrates our commitment to creating a safe environment where everyone is treated with respect, kindness and empathy."

Atlantic Anywhere MAKING HEALTH CARE MORE CONVENIENT

When was the last time you shopped online? Booked a ride from your phone? Texted a family member? The latest version of Atlantic Health System's mobile app, Atlantic Anywhere, offers the convenience we are used to experiencing through online scheduling, video visits with physicians, access to test results, the ability to communicate with your doctor, indoor GPS within hospitals, and so much more.

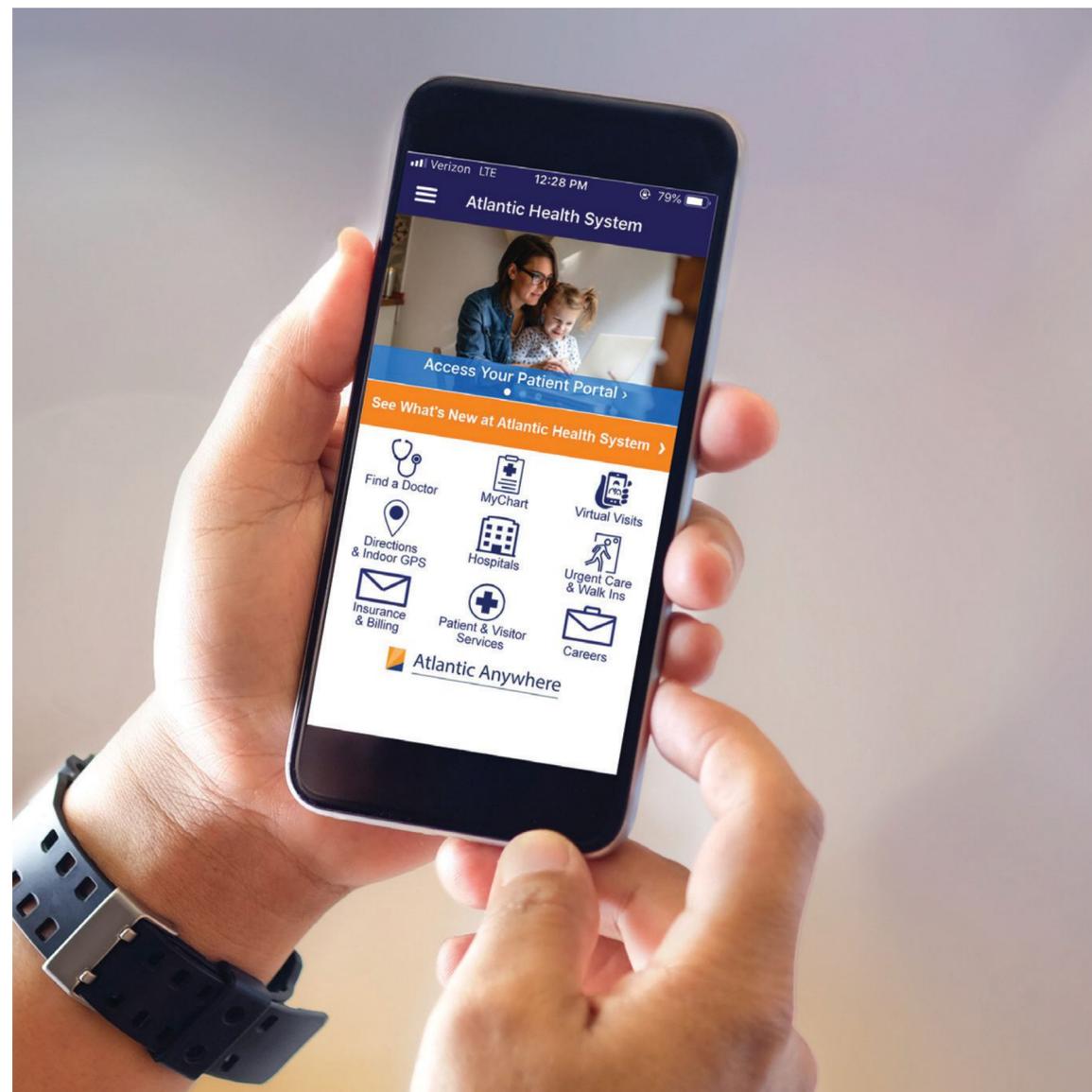
"Technology is an important member of our care team and can take away some of the pain traditionally associated with managing your health," says Valerie Simon, chief marketing officer, Atlantic Health System. "Atlantic Anywhere provides access to the care you need ... right from your phone."

FIND AND SCHEDULE YOUR NEXT DOCTOR APPOINTMENT

Quickly and easily search all Atlantic Medical Group doctors along with all physicians on staff at each of our hospitals. Appointments with hundreds of our Atlantic Medical Group physicians can now be booked online in just a few clicks when it is most convenient for you.

RECEIVE ON-DEMAND MEDICAL CARE FROM YOUR PHONE THROUGH A VIRTUAL VISIT

The Atlantic Anywhere mobile phone app now features "Virtual Visits," an online consultation with a board-certified physician, for on-demand medical care. "Virtual Visits ensure that the doctor is always available ... whenever, wherever you need," says Carol Vargas, vice president of Integrated Care Delivery, Atlantic Health System.



ACCESS MYCHART, YOUR PATIENT PORTAL

Atlantic Anywhere offers access to MyChart, a secure online portal that offers access to your medical record. MyChart provides access to lab and test results, as well as the ability to make appointments, receive appointment reminders, communicate with your doctors' office, pay hospital bills and more.

LOCATIONS AND WAYFINDING

You'll never get lost again with Atlantic Anywhere. It includes maps for all Atlantic Health System locations and integrates with our "Take Me There" apps, which provide indoor GPS navigation for certain sites.

Atlantic Anywhere is just one of several digital doors open to the communities we serve. Connect with us today by downloading the app, visiting atlanticealth.org and joining the conversation on social media. ▲

The free app can be downloaded to a mobile phone by searching "Atlantic Anywhere" from the App Store or Google Play, or visiting atlanticealth.org/atlanticanywhere.



CATHY AND
JOHN SNYDER

FIGHTING CANCER FROM THE INSIDE OUT

Six years ago, John Snyder, 57, of south central Pennsylvania, learned he had melanoma, an aggressive and serious type of skin cancer. Last summer, he thought he had run out of options. He had almost run out of time.

“Nothing my doctors tried was working,” John says. “It was not looking good for me.”

Then he and wife, Cathy, got hopeful news. His local physicians told them that researchers three hours away, at the Atlantic Melanoma Center at Morristown Medical Center, were testing an experimental therapy for cancer like John’s.

Over the previous six years, John’s melanoma had spread from the skin of his back to his brain, liver and lung. Despite his local doctors’ efforts, it advanced to stage four, the highest and most dangerous level.

The new therapy in Morristown involves using part of a patient’s own blood to fight cancer, part of a promising field called “personalized medicine.” The therapy is available through a clinical trial, or research study, of “TIL therapy.” TIL stands for tumor-infiltrating lymphocyte.

Lymphocytes are white blood cells that help the body fight cancer. In John's case, these lymphocytes have "found" the cancer but have not been able to kill it. TIL therapy is not yet available to the general public, but research around the nation and world has been very encouraging.

"This therapy is intended for people like John, who have failed all standard forms of treatment and have run out of easy options," says Eric Whitman, MD, medical director of Atlantic Health System Cancer Care and principal investigator for the clinical trial there. "John opted to go for it."

With this move, John became one of the first patients in New Jersey to have this innovative treatment.

TIL therapy has several steps, with the overall goal being to stimulate the immune system so that it can finally defeat the melanoma. Dr. Whitman first performed surgery to remove a tumor. A special laboratory took lymphocytes (the TILs) from this tissue, grew them in a lab for several weeks, and stimulated them with special agents to "supercharge" them. After a few weeks, John received chemotherapy to eliminate most of his normal white blood cells. This step, researchers believe, helps the TIL cells work better. The team then used an IV to infuse the supercharged TILs back into his body. They also gave John several treatments with interleukin-2, a drug to stimulate his immune system.

"Within four weeks of a single treatment, we saw signs that it was working well for John," Dr. Whitman says. "His cancer is not growing or spreading. In fact, his tumors have shrunk almost completely."

"The Lord guided me to the right doctors at Morristown Medical Center and then led them to the right treatment," John says.

In the last year, Morristown Medical Center opened more than 50 clinical trials for cancer, Dr. Whitman says. Over the past 20 years, such trials have helped pave the way to FDA approval for new, exciting treatments for melanoma and other cancers.

"Even in late stage cancer, patients should seek clinical trials that are appropriate for their specific disease," Dr. Whitman says.

Morristown Medical Center is now the only site in New Jersey enrolling patients for the promising TIL therapy. With successes like John's as well as several other patients in the trial across the country, the hope is that this therapy will also soon gain FDA approval.

"The future cures for cancer are going to be totally different than they've been in the past, thanks to research and researchers like these," John says. "So don't ever give up." ▲

ATLANTIC MEDICAL GROUP

Dr. Whitman is the medical director of Atlantic Health System Cancer Care and director of Atlantic Melanoma Center. He is part of Atlantic Medical Group, a multispecialty network of health care providers. He can be reached at 973-971-7111. For more information, visit atlanticealth.org/cancersurrounded.

"Even in late stage cancer, patients should seek clinical trials that are appropriate for their specific disease."

– Eric Whitman, MD



Heart-Saving Technology Gives Twins a New **LEASE ON LIFE**

At age 24, twins Edward and Edwin Roman of Summit, NJ, were diagnosed with a debilitating heart condition that had them both struggling with life. “I was exhausted walking up a flight of steps and could barely walk a block,” says Edwin. Edward, who led a very active life, noticed his ankles were swollen and that he could no longer ride his bike.

The twins credit the medical experts at the Heart Success Program of Morristown Medical Center with their life-changing road back to recovery. Edward and Edwin were suffering from hereditary dilated cardiomyopathy, a genetic condition that causes the heart to become enlarged, reducing its ability to pump blood throughout the body. Because of the progression of the disease, there were few options for treatment.

“They were exceptionally ill. Both had end-stage heart failure,” says cardiologist Marc Goldschmidt, MD, medical director of the Heart Success Program. “They were failing on oral medication and without advanced therapies, their one-year survival rate was approaching 50%.”

According to cardiologist Michael Weinrauch, MD, section chief of Cardiovascular Medicine at Overlook Medical Center, “When standard medication fails, you have to do something more aggressive, like a heart transplant.”

Unfortunately, the average wait time for a suitable heart donor for a transplant can be up to nine months, so doctors rely on technology called a left ventricular assist device (LVAD). The LVAD is surgically implanted below the heart, and it works by taking over the function of the main pumping chamber of the heart by pumping blood continuously from the left ventricle to the aorta.

“Everything is inside the patient except a ‘driveline’ that exits underneath the left ribs,” says surgeon James P. Slater, MD, surgical director of the Heart Success Mechanical Support Program. “The



EDWIN AND EDWARD
AT WORK AT THE
VILLAGE TRATTORIA
IN SUMMIT, NJ.

driveline connects to a controller that tells us what the device is doing. The controller, in turn, hooks up to a power source, either from batteries or from an electrical outlet.”

Edward underwent the lifesaving operation in December of 2018, followed by Edwin in February of 2019.

According to Linda Suplicki, APN, ventricular assist device coordinator, “the goal of this technology is to return patients to a quality of life that meets their needs. The goal for both of them is to give them as many years as possible with the LVAD before moving on to a transplant.”

Both twins have returned to work and say they have returned to a normal life.

“This is a huge team sport,” says Dr. Slater. “This required Dr. Weinrauch to recognize the situation and get them over to Heart Success, for Heart Success to do the right thing medically to have them best prepared for surgery, for me to do the surgery, and then back to the VAD team at Heart Success to provide ongoing care and support.” ▲

ATLANTIC MEDICAL GROUP

Dr. Goldschmidt and Dr. Weinrauch are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Goldschmidt can be reached at 973-971-4179. Dr. Weinrauch can be reached at 973-467-0005.

To find out more information about Dr. Slater and Atlantic Health System-affiliated providers, visit atlanticealth.org/doctors. For more information on the Heart Success Program, call 973-971-4179 or visit atlanticealth.org/vad.

MAKING THE TRANSITION COORDINATING MEDICAL NEEDS AFTER LEAVING THE HOSPITAL

Integration is the key when it comes to making sure patients get the best health care. To ensure that patients have optimal health results when they leave the hospital, Atlantic Health System offers the Transitions of Care program to patients.

"Our team includes physicians, nurses, care coordinators, social workers, and community health workers to support the physical, behavioral, and social needs of these patients," says Maureen Sweeney-McDonough, director of care coordination.

As part of the program, patients who are discharged from inpatient care or the emergency department are assisted in coordinating their medical needs. "We put patients at the center of their care," says Sweeney-McDonough. "Our goal is to ensure patients get the right care, at the right time, in the right setting."

A Transitions of Care coordinator meets with eligible patients while they are in the hospital to review the treatment plan established by the health care team. "We help in the management of chronic diseases by providing education, reviewing medications and connecting patients to the right level of care," says Sweeney-McDonough. "We look to get the patient back to their primary care provider's office within seven to 14 days."

The team also screens for social determinants of health (SDOH), non-clinical factors that can impact overall health outcomes. This may include the patient's ability to get food or transportation, or it may be assessing overall safety and social support. While care coordinators are working with a patient, they also enhance quality outcomes by making sure the appropriate preventive screenings have been done, such as a colonoscopy.

The first few days or weeks after a hospital stay can be overwhelming. In addition to making sure the patient's family is included in the patient's care, Sweeney-McDonough says, "We focus on helping

"We focus on helping patients understand what the next steps are in terms of follow-up with their doctor, getting their medications, taking care of themselves at home, just coordinating and navigating the system."

– Maureen Sweeney-McDonough



CARE COORDINATION TEAM

patients and their families understand what the next steps are in terms of follow-up with their doctor, ensuring patients have the necessary medications and develop confidence to take care of themselves at home. It's great to watch patients safely make the transition and ensure they are on the best track to reach their health goals." ▲

To schedule an eligibility screening for the Transitions of Care program, call the care coordination center at 1-855-226-7171.

Registered Dietitians Provide Nutrition Expertise to Support Patient Recovery

When you have had an illness or injury, your body works hard to repair itself. Choosing the right foods while you are in the hospital can be especially important for recovery and continued health after discharge. The registered dietitians of Atlantic Health System work in all areas of the medical system. Working with the multidisciplinary team, they provide individualized nutrition care to patients.

Registered dietitians are the experts in providing nutrition care. To become a registered dietitian, one must complete an undergraduate degree with an accredited program, complete an internship, and pass a national examination. They maintain their credentials with ongoing continuing education and many have specialty certifications in areas such as critical care and diabetes. The registered dietitians at Atlantic Health System are experts in medical nutrition therapy, preventive medicine, behavioral change strategies, mindfulness training, and the latest nutrition research.

DIETITIANS' ROLE IN THE HOSPITAL SETTING

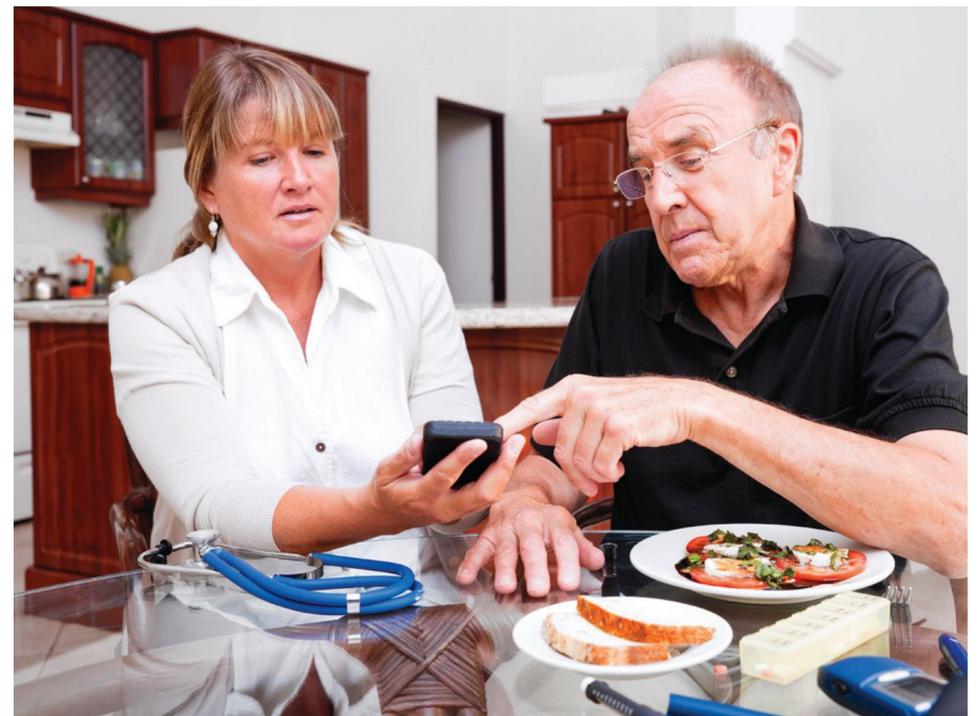
Many health conditions, such as wound healing, require increased calorie, protein, and vitamin and mineral intake. Types of interventions can include diet modification, provision of alternative foods, and supplementation of specific nutrients.

ROLE OF THE DIETITIAN FOR WHEN YOU ARE HOME

Outpatient nutrition counseling is available for a wide range of chronic health conditions to ensure patients have continued nutrition success.

Registered dietitians are also the go-to experts to help you with your day-to-day nutrition. "One of the things I do all the time is translate information people hear on the news or on social media that's misleading or just inaccurate," says Mary Finckenor, the dietitian at Morristown Medical Center's Cardiac Rehab. Outpatient dietitians provide nutrition counseling that can help you lose weight, improve your diet and create meal plans, and also help you make dietary changes to manage chronic diseases like high blood pressure or diabetes. ▲

For more information, please call Morristown Medical Center's outpatient dietitians at 973-971-5454.



FDA CHANGES NUTRITION FACTS ON FOOD LABELS

By January 2020, consumers will see a different nutrition label on foods when the FDA's new rules take effect for most packaged foods. In addition to larger type for serving sizes and calories, a new line item for "added sugar" will appear under the carbohydrate category.

Including added sugars is one of the best things on the new labels. Added sugars are those added during processing. They include obvious sugars like granulated sugar and syrups but also sugars from concentrated fruit juice.

Fruit juice concentrates are used to sweeten foods. The fruit they come from is healthy, but once you strip

out the water, fiber and nutrients, the remaining fruit juice concentrate is nothing more than a healthier sounding form of sugar. How much is too much? Women and children 2 and older should keep to no more than 25 grams of added sugar a day and men no more than 36 grams of added sugar a day.

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

New: added sugars

Change in nutrients required

Actual amounts declared

New footnote

NEW JERSEY'S FIRST NATIONAL CANCER INSTITUTE COMMUNITY ONCOLOGY RESEARCH PROGRAM (NCORP) AWARDED TO ATLANTIC HEALTH CANCER CONSORTIUM



A program of the National Cancer Institute
of the National Institutes of Health

The National Cancer Institute (NCI) has designated Atlantic Health System as a National Community Oncology Research Program (NCORP) site of the Atlantic Health Cancer Consortium (AHCC). Covering 73% of New Jersey's population, it is the first and only New Jersey-based NCORP. AHCC will help develop and implement NCI cancer prevention, screening, care delivery, and treatment studies with leading health care systems across the state. The major health systems and medical centers throughout New Jersey that make up the AHCC NCORP include:

- Atlantic Health System hospitals: Morristown, Overlook, Chilton, Newton and Hackettstown medical centers and Goryeb Children's Hospital
- CentraState Healthcare System
- Holy Name Medical Center
- Hunterdon Healthcare
- Saint Peter's Healthcare System
- Saint Peter's University Hospital, Saint Peter's Children's Hospital

Atlantic Health System will serve as the lead affiliate for NCORP Community Site activities, providing the scientific leadership and central support personnel necessary to accomplish the AHCC NCORP objectives. Atlantic Health System leadership includes experienced cancer investigators in both adult and pediatric cancers with unique expertise that spans the cancer continuum.

"As the first National Cancer Institute NCORP site based in New Jersey, we will expand the NCORP network coverage by 6.5 million people," said Missak Haigentz, MD, medical director of Hematology and Oncology for Atlantic Health System and principal investigator for AHCC NCORP. "We are proud to partner with these leading health care organizations, each of which has its own unique

strengths and patient populations. This will be an exceptional and unprecedented cancer care consortium for New Jersey, which has a diverse population and higher rates of adult and childhood cancer than the nation as a whole."

The grant will enable all sites in the AHCC NCORP to participate in additional cutting-edge research from the NCI and National Clinical Trials Network (NCTN), and will significantly enhance access to these trials for cancer patients throughout New Jersey. The clinical trials will focus on cancer control, prevention, screening, care delivery, treatment and medical imaging, and many will include a quality-of-life component. These studies will also incorporate the needs of diverse populations and will be integrated with cancer disparities research.

SPECIFIC GOALS OF THE CONSORTIUM INCLUDE THE FOLLOWING:

- Increasing adult and pediatric participation in the above-referenced types of NCI and National Clinical Trials Network clinical trials, including members of groups that are currently underrepresented in clinical trials, such as ethnic and racial minorities.
- Enhancing community involvement and physicians in cancer control, prevention and care delivery research through a variety of targeted community outreach and engagement efforts.
- Supporting and mentoring community oncologists and other medical specialists.

The consortium will also help develop and implement clinically significant studies that incorporate the unique research needs of New Jersey's diverse population. A special emphasis will be placed on involving non-English-speaking individuals. ▲

For information on current Atlantic Health System Cancer Care clinical trials, visit atlanticealth.org/research.

PREECLAMPSIA RISK DURING AND SOON AFTER PREGNANCY

Preeclampsia is a serious disease related to high blood pressure that can cause seizures, stroke, organ damage, and even death of the mother and premature birth or death of the unborn baby. Affecting 5% to 8% of all pregnancies, preeclampsia typically occurs after 20 weeks gestation and up to six weeks after delivery, though in rare cases can occur earlier.

Diagnosing preeclampsia early is important because it can affect both the mother and the baby. In addition to high blood pressure, symptoms include protein in the urine; nausea after mid-pregnancy; swelling of the face, eyes and hands; sudden weight gain of more than five pounds; headaches; changes in vision; and difficulty breathing.

Pregnant women are at higher risk if they previously delivered preterm, had low birth weight babies, or suffered from severe preeclampsia before. Preeclampsia doubles a woman's risk for developing heart disease or having a stroke over the next five to 15 years, and African-American women are four times as likely to die as a result of preeclampsia. According to Colleen Coughlin, MD, a cardiologist at the Women's Heart Program at Morristown Medical Center, "having preeclampsia can be viewed as a failed stress test, and increases the risk of high blood pressure, stroke or heart attack later on, so we recommend women stay engaged in their health care to keep their blood pressure under control. For ongoing risk assessment, a cardiovascular specialist may be helpful."

POSTPARTUM PREECLAMPSIA

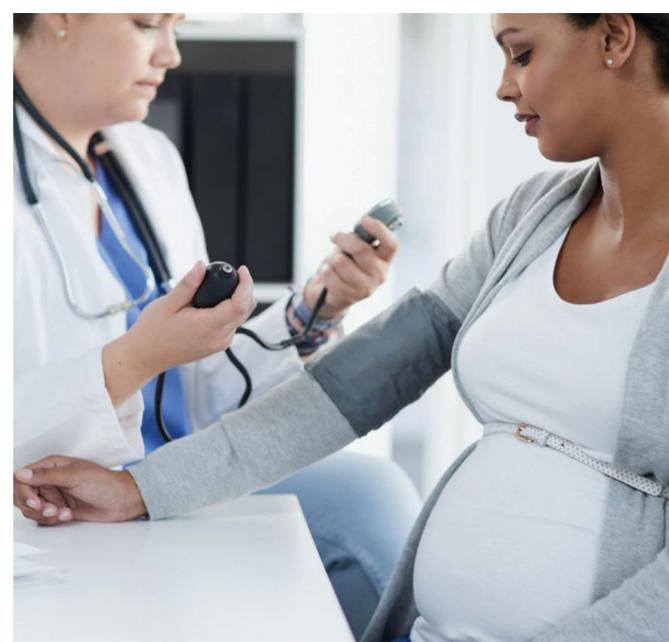
Postpartum preeclampsia can happen to a woman who has just had a baby up to six weeks after the baby's birth, whether she experienced high blood pressure during her pregnancy or not. New mothers should monitor their health after delivery; keep all follow-up appointments; and contact their health care provider right away if they experience blood pressure at or greater than 140/90, severe headache, vision changes, stomach pain/nausea, or swelling in hands and face. Call 911 if blood pressure is at or exceeds 160/100; or if they have trouble breathing, begin seeing spots, or experience seizures; and make sure to report that they have been pregnant.

WAYS TO LOWER RISK

There are a few ways for women to lower their risk of high blood pressure. Attend all prenatal and postpartum appointments; monitor blood pressure and weight regularly and contact their health care provider immediately if either becomes unexpectedly high; get treatment for high blood pressure, blood sugar, cholesterol and obesity; and do not smoke. ▲

ATLANTIC MEDICAL GROUP

Dr. Colleen Coughlin is part of Atlantic Medical Group, a multispecialty network of health care providers. She can be reached through the Women's Heart Program at 973-971-8900.



Warning Signs of Preeclampsia – High Blood Pressure Related to Pregnancy

Preeclampsia, high blood pressure related to pregnancy, can cause damage to the kidneys and other organs. Call your doctor immediately if you have these signs:

- Shortness of breath
- Changes in vision
- Feeling dizzy
- Little to no urine (pee)
- Pain in the abdomen (belly)
- Rapid weight gain, or swollen hands or feet, which is due to a buildup of fluid
- Severe headaches
- Extreme vomiting or nausea

These symptoms are especially important warning signs for women who have diabetes, kidney disease or high blood pressure, and for those who are obese or are expecting twins or triplets.

Working with your obstetrician or midwife, a maternal-fetal medicine specialist can help most women have the healthiest pregnancy and birth possible.



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& THE FUTURE OF OUR MEDICAL CENTERS.



CAROL G. SIMON CANCER CENTER

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community calendar Fall 2019/Winter 2020

Registration is required for all programs through Morristown Medical Center's Health Information Services at **1-800-247-9580** (unless otherwise noted).

CANCER CARE	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	EDUCATIONAL PROGRAMS
	Wednesdays, 6:00-7:00pm	SMOKING CESSATION PROGRAM You must preregister and have a smoking assessment done in order to participate in this six-week program. Morristown Medical Center, Carol G. Simon Cancer Center, Radiation Conference Room, 100 Madison Ave., Morristown, NJ 07960	For start dates and more information, call Lisa Picciuti at 973-971-7971. FEE: FREE	Various dates and times All events located at Carol G. Simon Cancer Center. FEE: FREE Bereavement Program: 973-971-5585 Caregivers Presentation and Luncheon: 973-971-4063 Head and Neck Cancer Care Program: 973-971-4063 Post Breast Surgery Program: 973-971-5169 Preparing for Breast Cancer Surgery: 973-971-6175 Prostatectomy Pre-Operative Class: 973-971-6800 Smoking Cessation Support: 973-971-7971
	Call for dates	PATHWAY TO WELLNESS Morristown Medical Center, Mind-Body-Spirit Sanctuary, 100 Madison Ave., Morristown, NJ 07960	For more information, call 973-971-6514. FEE: FREE	
	First Tuesday of the month, 5:30-7:00pm	POST-TREATMENT SUPPORT GROUP Support and resources for people who have completed cancer treatment. Morristown Medical Center, Mind-Body-Spirit Sanctuary, 100 Madison Ave., Morristown, NJ 07960	For information, call facilitator Diane Haley at 973-971-6299. FEE: FREE	
	Second Wednesday of the month, Noon-1:00pm	DROP-IN WEIGHT MANAGEMENT DISCUSSION AND STRATEGIES Morristown Medical Center, Carol G. Simon Cancer Center, Radiation Oncology Conference Room, 100 Madison Ave., Morristown, NJ 07960	For more information, email kathryn.hamilton@atlanticealth.org. FEE: FREE	
	Various dates and times	CANCER SCREENINGS (NJCEED) Morristown Medical Center, Carol G. Simon Cancer Center, 100 Madison Ave., Morristown, NJ 07960	For more information, call 973-971-5952. FEE: FREE	
	Various dates and times	INTEGRATIVE MEDICINE <ul style="list-style-type: none"> • Healing Touch Experience* • Imagery for Chemo/Radiation • Individual Spiritual Counseling* • Jin Shin Jyutsu Self-Help/Individual Sessions* • Meditation/Learn to Meditate* • Qigong/Tai Chi • Reiki Sessions* • Therapeutic Touch: 973-971-4063* • Writing to Heal • Yoga – Gentle/Restorative <i>*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only.</i>	For more information, call 973-971-6514. FEE: FREE	
	Various dates and times	MUSIC THERAPY <ul style="list-style-type: none"> • Healing Through Drumming • Somatron Session* • Sound Meditation <i>*Programs with an asterisk are available to Carol G. Simon Cancer Center patients only.</i>	For more information, call 973-971-5919. FEE: FREE	
PEER TO PEER Various dates and times FEE: FREE National Ovarian Cancer Coalition: newjersey@ovarian.org, 973-841-4313 Ostomy Group: 973-971-5522 Platelet Disorder Self-Help Support Group: 973-971-1819				

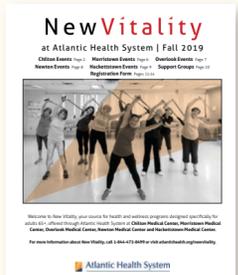
COMMUNITY HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE
	Tuesdays, Call for dates 6:00-8:00pm	CAREGIVER CAFÉ Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., Third Floor Community Room, Rockaway, NJ 07866	For more information and to register, call 973-993-1160, ext. 534, or email stephanie.howland@unitedwaynj.org. FEE: FREE	Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase. \$10.66 per set (includes tax)
	First Friday of the month, Noon-3:00pm	BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Parsippany, 808 Route 46 W, Parsippany, NJ 07054	FEE: FREE	
	Second Friday of the month, Noon-3:00pm	BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Bernardsville, 93 Morristown Rd., Bernardsville, NJ 07924	FEE: FREE	
	Third Friday of the month, Noon-3:00pm	BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Wharton, 314 Route 15, Wharton, NJ 07885	FEE: FREE	
	Fourth Friday of the month, Noon-3:00pm	BLOOD PRESSURE AND GLUCOSE SCREENINGS ShopRite of Greater Morristown, 178 E. Hanover Ave., Cedar Knolls, NJ 07927	FEE: FREE	
	Monday-Friday, 8:00am-4:00pm	HIV RAPID TESTING/PrEP 200 South St., Third Floor, Suite 342, Morristown, NJ 07960	For more information, call 973-889-6810. FEE: FREE	

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DIABETES WELLNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	ADA RECOGNIZED DIABETES SELF-MANAGEMENT EDUCATION PROGRAMS AND MEDICAL NUTRITION THERAPY Individual, group, weekday and Saturday classes available. For more information, call 973-971-5524.
	Thursdays, December 5, 2019, and February 6, 2020	TYPE 1 AND INSULIN PUMPERS No registration is required. Morristown Medical Center, Mo'Town Café, 100 Madison Ave., Morristown, NJ 07960	For time and more information, call 973-971-5524. FEE: FREE	
	Thursday, January 23, 2020, 7:00-8:00pm	TYPE 2 DIABETES SUPPORT GROUP No registration is required. Morristown Medical Center, 435 South St., Suite 340, Morristown, NJ 07960	For more information, call 973-971-5524. FEE: FREE	

PARENTING & CHILDBIRTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	MATERNITY CENTER TOUR The Maternity Center Tour gives an overview of labor, delivery and postpartum. Various dates and times. YOUR BABY'S BIRTH AT MORRISTOWN MEDICAL CENTER Registration required. Various dates and times, 6:00-8:30pm. For more information, call 973-971-5027. New Moms Support Group Meets bimonthly. Fridays, 10-11:30 am. Call Sandye Rudnitzky, LCSW, at 973-971-6791 for dates and to register.	
	All Parenting & Childbirth events listed below take place at Morristown Medical Center, 100 Madison Ave., Morristown, NJ 07960. For more information on these events, call 973-971-5027.				
	Various dates, 8:00am-1:00pm or 6:00-8:30pm	ABCs OF GOING HOME WITH YOUR BABY Registration required.	FEE: \$100 PER COUPLE		
	Various dates, 6:00-8:30pm	BREASTFEEDING YOUR BABY, PART I Registration required.	FEE: \$50 PER COUPLE		
	Various dates, 6:00-8:00pm	BREASTFEEDING YOUR BABY, PART II Registration required.	FEE: \$35 PER COUPLE		
	Various dates, 6:00-8:00pm	BREATHING AND RELAXATION TECHNIQUES Registration required.	FEE: \$50 PER COUPLE		
	Various dates, 9:30-11:00am	ESPECIALLY FOR SIBLINGS AT MORRISTOWN Registration required.	FEE: \$50 PER FAMILY		
	Various dates, 8:00am-4:00pm or 9:00am-5:00pm	PREPARED CHILDBIRTH CLASS Registration required.	FEE: \$250 PER COUPLE		
Various dates, 6:30-9:30pm	PREPARED CHILDBIRTH CLASS (LAMAZE) Registration required.	FEE: \$150 PER COUPLE FOR A THREE-CLASS SERIES			

SUPPORT GROUPS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	STROKE SUPPORT GROUP Third Thursday of the month. 1:00-3:00pm • Education sessions • Caregiver and survivor support group sessions STROKE CAREGIVERS MEETING Third Thursday of the month, 2:00-3:00pm For more information and to register, call 973-971-4412. Monsignor John F. Corr Stroke Center Atlantic Rehabilitation 6 Saddle Road, Cedar Knolls, NJ 07927
	Tuesdays, November 12, December 10, January 14, February 11 and March 10, 12:30-2:00pm	NAVIGATING THE HEART FAILURE MILRINONE JOURNEY Registration required. Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Wilf A Conference Room – Level C, Morristown, NJ 07960	For more information, call 973-971-7901 or email kathleen.hollasch@atlanticealth.org. FEE: FREE	
	Thursdays, 11:30am-12:45pm	BETTER BREATHERS CLUB Registration required. Morristown Medical Center Health Pavilion, 333 Mount Hope Ave., Third Floor Community Room, Rockaway, NJ 07866	For more information, call 1-800-247-9580. FEE: FREE	
	Mondays, 7:00-8:00pm	OVEREATERS ANONYMOUS 435 South St., Third Floor Conference Room, Morristown, NJ 07960	For more information, call 973-960-1564. FEE: FREE	
Tuesdays, December 3, January 28, February 25 and March 24, 12:30-2:00pm	HEART FAILURE SUPPORT GROUP Morristown Medical Center, Gagnon Cardiovascular Institute, 100 Madison Ave., Wilf A Conference Room – Level C, Morristown, NJ 07960	For more information, call 973-971-7901. FEE: FREE		

NEW VITALITY	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Various dates and times	NEW VITALITY PROGRAM If you're over the age of 65 and are looking for new ways to enhance your health and social life, join New Vitality. Membership is free and offers access to classes, selected health screenings, a quarterly magazine, and special events. New Vitality programs are held at various locations throughout Atlantic Health System. Most programs are free; others may require a small fee.	For complete listing of classes, activities and to join the New Vitality Program, call 1-844-472-8499 or visit atlanticealth.org/newvitality . FEE: MEMBERSHIP IS FREE	

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Morristown, NJ 07960-6459

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