

AtlanticView

at Overlook | Summer 2020

Don't delay care:
We are here with safety
measures in place
Begins on page 3

#ForwardTogether ❤️

The
Women's
Health Issue

MOMENTS
THAT MATTER

PHYSICIAN BECOMES PATIENT: TACKLING BREAST CANCER

READ NATALIE'S STORY ON PAGE 10

Women's Guide to Health,
Decade by Decade
PAGE 14

A Life Transformed,
Thanks to Bariatric Surgery
PAGE 24



 Atlantic Health System
Overlook Medical Center

CEO's corner

What a year it has been. While our team is always prepared for all sorts of emergencies and unexpected events, no one could have predicted the challenges we've faced during the coronavirus pandemic.

I have never been prouder of the Atlantic Health System team or more grateful to be here for our patients when they need us the most. Every day, I am in awe of our doctors and nurses working tirelessly around the clock; our caregivers preparing hot meals and keeping our facilities safe and clean; those who are transporting patients to our hospitals and home again; and countless others who stand ready to do whatever it takes to heal our community and restore our hope in brighter days soon to come.

You can help us beat the coronavirus by continuing to do a few simple things – stay 6 feet away from others, wear a mask when you go outside, wash your hands regularly with soap and hot water, and use hand sanitizer when soap is not available. We will get through this together if we all do our part.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

Now more than ever before, we thank you for entrusting Atlantic Health System to care for you and your family. Be well and stay safe.



ATLANTIC HEALTH SYSTEM RANKED NO. 89 IN 2020 FOR 12TH YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR' LIST



ATLANTIC HEALTH SYSTEM NAMED TO THE FORTUNE 100 BEST WORKPLACES FOR DIVERSITY LIST

AtlanticView

at Overlook | Summer 2020

Managing Editor, *AtlanticView at Overlook*: **Vicki Banner**
Assistant Editor: **Beth Sisk**
Contributing Writers: **Alyson Black and Renée Tesaro**
Contributing Editors: **Martha Baisch and Wendy Gottsegen**
Contributing Photographers: **Will Green and Dave Martin**

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

Email: atlanticviewoverlook@atlantichealth.org

AtlanticView at Overlook 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 1,841 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.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *AtlanticView at Overlook* in whole or in part without written permission from the publisher is prohibited. Copyright ©2020. All rights reserved.

Connect with us:

- Facebook: /OverlookMedicalCenterNJ
- Twitter: @AtlanticHealth
- Instagram: @AtlanticHealth
- Snapchat: @AtlanticHealth
- LinkedIn: Atlantic Health
- YouTube: Atlantic Health System



OFFICIAL HEALTH CARE PARTNER



WE WANT TO HEAR FROM YOU

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

Review us on Facebook, Google or Yelp.

CONTENTS

Departments

- 2** CEO's Corner
- 5** Health Briefs
- 27** Foundation News
- 28** Culinary Corner With Chef Todd
- 30** Community Calendar

Features

- 3** Special Message to Our Communities
- 4** Behind the Scenes With the Clean Team
- 6** Overlook Medical Center's Emergency Departments in Summit and Union Reconfigured to Minimize Exposure From COVID-19



10

Moments That Matter: Physician Becomes Patient

- 9** COVID-19 Anxiety: Not a Good Reason to Delay Getting Help for Stroke
- 10** Moments That Matter: Physician Becomes Patient
- 14** Women's Guide to Health, Decade by Decade
- 18** Ask the Experts: Let's Talk About Women's Health
- 22** More to Love at Overlook's Union Campus
- 24** A Life Transformed, Thanks to Bariatric Surgery

Special Message to Our Communities

Thank You

It is fair to say that 2020 has felt – simultaneously – like the longest and the shortest year I can remember. In February, I was thanking our teams and our communities for their support in achieving recognition from Healthgrades as one of America’s 50 Best Hospitals. Today, I am offering an even more profound thank you to the Overlook team and our communities for your roles in our stand against the surge of COVID-19 patients we treated in March, April and May.

At Overlook, our stated mission is to make a difference in the lives of the communities we serve. That mission was at the core of the commitment and bravery the team drew upon to treat more than 1,000 patients with the novel coronavirus.

The past three months have shown our communities also have a mission – to ensure that Overlook Medical Center can withstand an unprecedented time of medical need. From donations of thousands of meals, funds for employee relief, medical-grade masks, homemade masks, cards, signs, balloons, drive-by parades, videos, and so much more, it was abundantly clear to every Overlook team member that you were here with us. You made a huge difference in our lives. Every gesture was deeply felt and deeply appreciated.

Thankfully, the curve has flattened in Union County and we are again treating far more patients with other conditions than patients with COVID-19. As we keep a vigilant eye on the data in our area, I assure you that Overlook and Atlantic Health System care facilities are ready to resume treatment – safely – for emergency and planned care. We have implemented enhanced processes and procedures in every corner of the hospital and our clinics that you will see outlined in this magazine.

I urge you to not delay needed care. Putting off planned procedures prolongs discomfort and, in some cases, can risk permanent issues. Putting off urgent care can have even worse consequences. We are ready to get you the safe and effective care that earned us our 50 Best Hospitals award.

I wish you a safe summer – thank you again for your support of Overlook Medical Center and our care teams. ◀



Alan Lieber

ALAN LIEBER
President,
Overlook Medical Center



BEHIND THE SCENES

With the Clean Team

If you've postponed a scheduled procedure, such as a mammogram or surgery, we are here to take care of you.

"The health and safety of our communities have always been our highest priority," says Lauren Yedvab, chief operating officer, Overlook Medical Center. "Now more than ever, we want to reassure patients that it is safe to seek the care they need."

"Throughout the coronavirus pandemic, Overlook implemented numerous measures to isolate and properly care for COVID-19 patients, while keeping our caregivers and non-COVID-19 patients safe. Those measures – and more – are continuing," explains Yedvab.

THESE INCLUDE THE FOLLOWING:

- Temperature checks for all patients, visitors and care team members – Overlook has installed thermal cameras that take everyone's temperature upon entering the hospital.
- Reconfigured waiting areas/procedures to promote social distancing.
- Testing – patients scheduled for surgical procedures are tested for COVID-19 prior to their procedure and quarantined at home



Thermal scan image

- until their procedure day (*please follow your doctor's instructions*).
- All patients admitted to the hospital regardless of symptoms are tested. In-house testing results can be obtained in less than one hour.
- Separate operating and post-procedure rooms, elevators and health care teams are designated for COVID-19/non-COVID-19 patients.
- Stringent sanitizing procedures – enhanced cleaning standards and advanced robotic equipment, such as the Xenex Germ-Zapping Robot®, disinfect all areas of the hospital, including every inch of every patient room. When a COVID-19 unit is turned back to normal function, the entire room is emptied, everything is cleaned, pillows are thrown away, and Xenex, a robotic ultraviolet room disinfection system, does its job.



The Xenex Germ-Zapping Robot®

"The health and safety of our communities have always been our highest priority."

– Lauren Yedvab, Chief Operating Officer, Overlook Medical Center

"Our patient experience scores have soared throughout the pandemic because we've gone the extra mile," comments Yedvab. "Families appreciated the enhanced safety measures we implemented along with the care and compassion we provided their loved ones."

"Our communities stepped up in so many ways to support us through these last few months. Now, we want to reassure them that we can continue to deliver the extraordinary care they expect and deserve with the utmost safety." ▲

ATLANTIC HEALTH SYSTEM AND CENTRASTATE HEALTHCARE SYSTEM ARE CLINICALLY AFFILIATED

CentraState, a private not-for-profit health system based in Monmouth County, NJ, and Atlantic Health System will expand care in their respective communities by improving patient access to high-quality specialty care. The affiliation will kick off with joint clinical efforts in oncology and neuroscience.



NEW JOINT PARTNERSHIP WITH HUNTERDON HEALTHCARE

Atlantic Health System and Hunterdon Healthcare have announced a joint partnership to further expand health care services in Somerset County.

Together, our two organizations will share ownership of Bridgewater Physical and Occupational Therapy, Advanced Imaging at Bridgewater and Bridgewater Ambulatory Surgery Center.

This project further expands upon our already successful clinical affiliation with Hunterdon and strengthens our ability to reach new patients in Somerset County.

All three of the new services are located at 1121 Route 22 West in Bridgewater.

Practice Greenhealth Recognizes Overlook Medical Center

Overlook Medical Center once again earned Practice Greenhealth's highest honor, the Top 25 Environmental Excellence Award, for the third consecutive year. In addition to the top honor, Overlook also achieved Practice Greenhealth's Circle of Excellence awards in two categories. The Circles of Excellence honor up to 10 of the highest performing hospitals nationwide in each area of sustainability expertise:

- The **Food** category highlights leaders in sustainable food services, including meat and sugar-sweetened beverage reduction, healthier meat procurement, local sourcing, food waste prevention and management. Top contenders have written policies and an educational strategy that addresses the food system as a critical component in an overall sustainability plan – for human and planetary health.
- The **Greening the OR** category, which shows that the hospital is working in several areas on waste reduction and energy savings in the perioperative area.

Since 2015, Overlook has been consistently recognized by Practice Greenhealth, previously earning its Emerald Award, Partner for Change Award, and the Making Medicine Mercury-Free Award.



“The continued recognition by Practice Greenhealth highlights that our commitment to environmental sustainability is deeply integrated with the nationally recognized care delivered at Overlook. That commitment is stronger than ever and will offer new ways to bring sustainability to our operations as we move forward from the height of the COVID-19 pandemic.”
– Alan Lieber, President of Overlook Medical Center

In addition, Overlook's parent organization, Atlantic Health System, achieved a new level of recognition for its accomplishments in environmental sustainability from Practice Greenhealth, the System for Change Award.



Overlook Medical Center's Emergency Departments in Summit and Union Reconfigured to Minimize Exposure From COVID-19

Overlook Medical Center, home to New Jersey's first Comprehensive Stroke Center, as designated by The Joint Commission, has reconfigured its emergency departments in Summit and Union to optimize safety for patients as it continues to treat COVID-19 in its communities.

All care is delivered with stringent efforts and the utmost vigilance around social distancing, universal mask wearing, rigorously enforced hand hygiene, and advanced cleaning practices for every patient.

SUMMIT AND UNION EDs

At the Emergency Department in Summit, the facility has been divided into two units to continue to offer general emergency care for non-COVID-19 conditions. The second unit is designated to help patients with COVID-19.

A triage nurse and patient care technician greet and screen patients who are then escorted to the appropriate area.

At its Emergency Department in Union, the department uses the same process to screen patients outside of the facility entrance and escorts patients inside to designated treatment areas.



EMERGENCY CARE LOCATIONS:

Overlook Medical Center

📍 99 Beauvoir Ave., Summit, NJ 07901

📞 908-522-2232

Overlook Medical Center, Union Campus

📍 1000 Galloping Hill Road, Union, NJ 07083

📞 908-522-6300

Actions We Are Taking to Keep You Safe

Emergency Medical Care

Do not delay getting the care you need. We have implemented many safety measures to keep our patients safe in all our emergency rooms for both COVID-19 care and general emergency services. We will care for you when you know it's time to come to the ED.

The Following Precautions Are Being Taken at All Our Hospitals



Everyone wears a facemask at all times.



COVID-19 patients are treated in special rooms.



Care Team wear personal protective equipment (PPE).



Hand hygiene with soap and water or hand sanitizer gel is strictly enforced.



Frequent sanitization of all public and patient care areas and equipment.



Patients are screened before entering, including a temperature check.



Visitors are restricted. Visit atlantichealth.org/visitor for the most up-to-date information.

All EDs at Atlantic Health System have 24/7 phone lines for calling ahead, and to answer safety questions.

EMERGENCY CARE LOCATIONS:
Overlook Medical Center
 99 Beauvoir Ave.
 Summit, NJ 07901
 908-522-2232

Overlook Medical Center,
Union Campus
 1000 Galloping Hill Rd.
 Union, NJ 07083
 908-522-6300



Heart attacks, strokes, or appendicitis do not stop during a pandemic, so please...

as directed by your primary care physician, call 911 when you have an emergency.

"It's critical that patients with urgent medical issues continue to come to the ED for care. We have created processes and configured our facility to vastly minimize the risk of exposure to COVID-19," says Chris Amalfitano, medical director, Emergency Services at Overlook Medical Center.

"I cannot emphasize enough that the long- and short-term negative impacts of delaying urgent care are far greater than the risk of contracting COVID-19 in the hospital."

DO NOT DELAY URGENT MEDICAL CARE

Delays in seeking emergency care can result in more extensive care and longer recovery than might have been needed; may result in lifelong debilitation; or can be fatal in cases of sepsis, heart attack or stroke. In Union County and nationwide, health care providers have observed an alarming trend of delay of care for many non-COVID-19 conditions.

Overlook Medical Center, home to New Jersey's first Comprehensive Stroke Center, as designated by The Joint Commission, has reconfigured its emergency departments in Summit and Union to optimize safety for patients as it continues to treat COVID-19 in its communities.

Overlook Medical Center is recognized as one of America's 50 Best Hospitals by Healthgrades and has been named a Top Regional Hospital by *U.S. News & World Report* for nine consecutive years. ▲



**SPECIAL
DELIVERY**

“THIS IS A STORY WE’LL
NEVER STOP TELLING”



Atlantic Health System

Overlook Medical Center

LAURA AND QUINN’S STORY

“My husband, Quinn, and I just had our second baby! As you can imagine, we were very concerned about delivering our baby during the coronavirus pandemic. We had an absolutely amazing experience. It speaks volumes about the treatment we received when I tell you that the virus was the furthest thing from our minds. We have a beautiful, happy and healthy new daughter, and will be forever grateful.”

Providing exceptional medical care has always been our goal – and this has never been more true than now. In both new and familiar ways, the physicians and care teams at all locations throughout Atlantic Health System stand ready to keep you safe, and deliver the extraordinary care you have come to expect from us.

Learn how we are keeping you safe at atlantichealth.org/forward

#FORWARDTOGETHER



COVID-19 ANXIETY: NOT A GOOD REASON TO DELAY GETTING HELP FOR STROKE



John Hanna, MD, Vascular Neurologist and Medical Director of Atlantic Health System's Comprehensive Stroke Center at Overlook Medical Center

As a vascular neurologist, I'm concerned that people's fear of catching COVID-19 is stopping them from seeking health care, even those who may be gravely ill. Having a stroke is a major emergency that requires immediate medical intervention, yet people with symptoms erroneously believe the risk of coronavirus infection is a greater threat.

I assure you it is not.

EVERY SECOND COUNTS

Anyone who experiences symptoms of stroke must not test time. When you have a stroke, every minute that passes without treatment costs your brain millions of neurons. Stroke is the fifth leading cause of death in the U.S. Survivors can face lifelong disabilities. Quick intervention saves lives and can minimize – and in some cases reverse – serious damage to the brain and nervous system.

DESIGNATED STROKE CENTERS, REVAMPED PROTOCOLS

Atlantic Health System's five state- and Joint Commission-designated Stroke Centers are taking extraordinary precautions to minimize the risk of coronavirus exposure while continuing to provide swift treatment for each patient's best outcome. We revamped emergency department protocol so that patients who arrive with suspected stroke will have most, if not all, of their diagnostic evaluation and emergency treatment handled in one location.

A SCENARIO

- Getting to the hospital by ambulance is best because first responders know the location of the closest Joint Commission- and New Jersey-designated Stroke Centers and will relay vital signs and other key patient information to the medical staff ahead of arrival.
- The patient is greeted by emergency room staff in full protective gear (N95 masks, gloves and gowns), and the patient is given a mask and tested for COVID-19. The patient is brought directly to a room for a CT scan. A vascular neurologist uses a telestroke robot to review the CT scan results, ask questions of the patient, and conduct a remote examination with assistance from an ER nurse. The neurologist could also use the telestroke robot to talk to the patient's family member.
- The neurologist determines if a stroke occurred and, if so, whether it was ischemic, meaning caused by a blood clot that is blocking blood supply to the brain; or hemorrhagic, the rupturing of a blood vessel that causes bleeding in the brain.

KNOW THE SUDDEN SIGNS OF STROKE

BEFAST

Balance Difficulty Eyesight Changes Facial Droop Arm Weakness Speech Difficulty Time to Call 911



Every second counts. Call 911 when you see the signs.

The main goal is to decrease the risk of cross contamination by decreasing patient movement and staff around the patient without decreasing the quality of care. For instance, in cases in which patients may benefit from tPA, the clot-busting medication that can reverse damage caused by the stroke, the medication will be given in the same room where the patient had imaging, when appropriate. We call this process "bundling care." It further reduces the patient's and staff's potential exposure to the coronavirus.

The overarching goal is to provide the same quality of excellent care, no matter the setting in which it takes place. Placing the health of our patients and staff is a top priority on all occasions.

"I've treated people who had no risk factors for stroke yet suffered major strokes. At the hospital, they tested positive for COVID-19, despite having been asymptomatic to that point. Based on observation and reported case reports, it is believed that the virus causes a coagulopathy, a blood disorder that can cause excessive clotting or bleeding, in some people. How coagulopathy develops with COVID-19 is not yet fully understood, but immediate treatment is crucial for survival."

The bottom line is this: If you or a family member experience any of the BE FAST signs, call 911 immediately. It truly could be the difference between life and death. ▲

ATLANTIC MEDICAL GROUP

John Hanna, MD, is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Hanna can be reached at 908-522-5545.

PHYSICIAN BECOMES PATIENT TACKLING BREAST CANCER

As a busy wife, mother, and third-year family medicine resident at Overlook Medical Center, Natalie Rivera routinely put everyone else's needs before her own ... until a diagnosis of breast cancer turned the young doctor into a patient.

Natalie's days were a delicate balancing act. Working long hours as a medical resident while taking care of a home, a young daughter, and a husband with health issues, left little time for herself.

In the back of her mind, she knew that a family history of breast cancer might catch up with her. At 18, Natalie and her sister tested positive for BRCA1, a genetic mutation that increases risk for both breast and ovarian cancer.

"It was a lot to process at the time," says Natalie, who watched her mother successfully battle breast cancer at age 40, "but the information prompted me to start having regular mammogram and MRI screenings in my early 20s."

NOT ENOUGH HOURS IN THE DAY

Natalie kept up to date on the screenings through medical school and the birth of her daughter, Penelope. During her residency program at Overlook, Natalie's life became more hectic – with little time for sleep, let alone screenings. Her last clear mammogram was in 2017.

When Natalie felt a lump in her left breast in March 2019, she pushed it off, thinking that it was probably just like the benign cyst



discovered earlier in her right breast. However, as the mass grew and she began losing weight and having night sweats, she visited Overlook's Breast Center for a mammogram and ultrasound.

"I was focused on getting back to work that afternoon," recalls Natalie. "But when the radiologist wanted to speak to me, I knew it wasn't good."

THE DIAGNOSIS AND TREATMENT PLAN

A subsequent biopsy led to the diagnosis – stage 2, invasive, intraductal breast cancer that had spread to her lymph nodes. Natalie remembers feeling devastated and angry. "It was my last year of residency, and I'd worked so hard. I was only 29! I wondered,

“Dr. Guerin related to me as a physician, a wife and a mother. She completely understood my stress level and helped me reevaluate my priorities. She made me realize that by taking care of myself, I would be better equipped to give others the best version of me.”

– Natalie Rivera



‘How am I going to balance this with everything else on my plate? I don’t have time to be sick.’”

Medical oncologist Bonni Guerin, MD, who directs breast cancer treatment and prevention at Overlook’s Carol G. Simon Cancer Center, helped Natalie prepare herself physically and mentally for the journey ahead. The journey would entail 16 rounds of chemotherapy to help shrink the tumor in her breast and clear malignant lymph nodes of the disease; a double mastectomy and removal of 18 lymph nodes with breast surgeon Margaret Sacco, MD; reconstruction surgery with Eric Chang, MD; and 25 rounds of radiation under the guidance of Joana Emmolo, MD.

“Dr. Guerin related to me as a physician, a wife and a mother,” remarks Natalie. “She completely understood my stress level and helped me reevaluate my priorities. She made me realize that by taking care of myself, I would be better equipped to give others the best version of me.”

A SILVER LINING

Taking Dr. Guerin’s advice to heart, Natalie and her family moved to her mother’s central New Jersey home, where she received much-needed maternal support during her months of treatment. Her residency program director allowed her to modify her work schedule during chemotherapy and take a temporary leave of absence following surgery.

“I went from helping everyone else to being completely dependent upon others during my recovery from surgery,” comments Natalie. But the role reversal had a silver lining.

“Ironically, it took a diagnosis of cancer to make me slow down, eat three meals a day, sleep longer, and achieve more balance in my life,” she reflects.

At 30, Natalie also developed a passion for the breast cancer community and has become an outspoken advocate for young patients like herself. She started a blog and has enjoyed sharing her experience with other young breast cancer patients through

Continued on page 12

Types of BREAST CANCER

INVASIVE BREAST CANCER is cancer that spreads into surrounding tissues.

NONINVASIVE BREAST CANCER does not go beyond the milk ducts or lobules in the breast.

Ductal carcinoma
These cancers start in the cells lining the milk ducts and make up the majority of breast cancers.

Ductal carcinoma in situ (DCIS): This is cancer that is located only in the duct.

Invasive or infiltrating ductal carcinoma: This is cancer that has spread outside of the duct.

Invasive lobular carcinoma
This is cancer that starts in the lobules.

CURRENTLY, THERE ARE MORE THAN
3.5 million
WOMEN WHO HAVE BEEN DIAGNOSED WITH BREAST CANCER IN THE UNITED STATES

Average 5-Year Survival Rate: **90%**

Average 10-Year Survival Rate: **84%**

It is estimated that **42,690 deaths** (42,170 women and 520 men) from breast cancer will occur this year.

2020 U.S. Estimates

NEW CASES OF INVASIVE BREAST CANCER IN WOMEN:	NEW CASES OF SITU BREAST CANCER IN WOMEN:	NEW CASES OF BREAST CANCER IN MEN:
276,480	48,530	2,620

Continued from page 11

community speaking engagements. She has also given inspirational talks to high school women about the importance of breast cancer prevention through screening.

Although Natalie’s battle with breast cancer continues with the final stages of radiation treatment, she acknowledges that research is what gives her confidence in her cure and her daughter’s future. That’s why she is particularly proud to be chosen as an ambassador for the Breast Cancer Research Foundation (BCRF) – a role that has put her squarely in the forefront of a national campaign, including a half-page ad in the Sunday *New York Times*, informational videos, and fundraisers.

“These are my moments I would not change for anything,” says Natalie. “I have a new perspective on taking care of myself and being a good physician.”

The Breast Center at Overlook Medical Center

Medical Arts Center (MAC II)
11 Overlook Road, Ground Floor, LL103,
Summit, NJ

908-522-5762

ATLANTIC MEDICAL GROUP

Drs. Chang, Emmolo, Guerin and Sacco are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

WHEN SHOULD YOU USE ONLINE DOCTOR VISITS?

Atlantic Health Virtual Visit is a fast, convenient and affordable way to see a board-certified doctor online in minutes using your computer or mobile device.



When you're traveling or on vacation



You can't take time off from work



You have kids at home and don't want to take them all to the doctor



It's difficult to get to the doctor's office



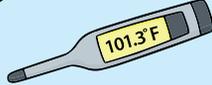
You live in an area with limited access to health care



You need a prescription refilled (when appropriate)



You aren't sure whether you should go to urgent care or wait until your doctor's office reopens



You don't feel well enough to leave the house



It's after hours, the weekend, or a holiday



Your doctor's office is closed

Why Online Visits?

- For only \$20 (for a limited time), it's the fastest, easiest way to talk to a board-certified doctor for non-emergency issues.
- You can access quality care 24 hours a day, seven days a week right from your phone, computer or mobile device.
- You can see the doctor from home, work or wherever you are. No need to wait or take time off. Follow-up care can take place with your primary care physician.

Common Conditions Treated

- Acne
- Allergies
- Cold & flu
- Cough
- Ear problems
- Fever
- Headaches
- Insect bites
- Pink eye
- Rashes
- Respiratory problems
- Sinus infection
- Sore throat
- Urinary problems and urinary tract infection (UTI)
- Vomiting

Download the app at atlantichhealth.org/telehealth



Atlantic Health System
Telehealth 

Women's Health Issue: Trends Come and Go

Trends come and go, fashion evolves, but looking and feeling your healthy best never goes out of style.

Well-being is more than just skin deep. Regular exercise, eating right, and getting a good night's sleep can help you feel energized and ready to take on the world. But do not forget to take the next step – getting regular checkups with your primary care physician, and having age-appropriate screening exams. Taking care of yourself is important for the ones you love and for your own peace of mind – not just for now but for the decades to come.

40s

YOU'RE IN YOUR 40s, AND YOU'RE FABULOUS. Atlantic Health System Women's Health intends to keep you that way. It's the decade to start paying attention to your body – it's time to set goals to ensure that fabulous 40s feeling lasts for decades to come.



FIND A DOCTOR



If you have not already, it's time to form a real relationship with a primary care physician in addition to your gynecologist. This partnership is critical to your health in this decade and the ones to come.

LET'S TALK ABOUT PREVENTION

An ounce of prevention is worth a pound of cure. We strongly believe your fabulous 40s can translate into fantastic 50s and sensational 60s (and so on). *Here's how:*

- Get an annual wellness exam, including basic screenings for blood pressure and other heart diseases, which can establish a baseline for your health.
- Review your vaccinations and keep them up to date. This includes the flu vaccine and tetanus.
- Get a Pap smear annually, or every 3 to 5 years, depending on your risk factors. Talk to your doctor about perimenopause.
- Speak to your doctor about getting a mammogram and discuss any changes in your breast(s) to prevent cancer.
- Get your first colonoscopy at 45.
- Go to the dermatologist for a mole and freckle check.
- Have an open conversation with your doctor about weight, nutrition and lifestyle.

GET MOVING, STRETCH OUT, AND GET SOME SLEEP

Time may seem to be the one thing you have least of this decade, but you'll thank yourself later if you do some of the following:

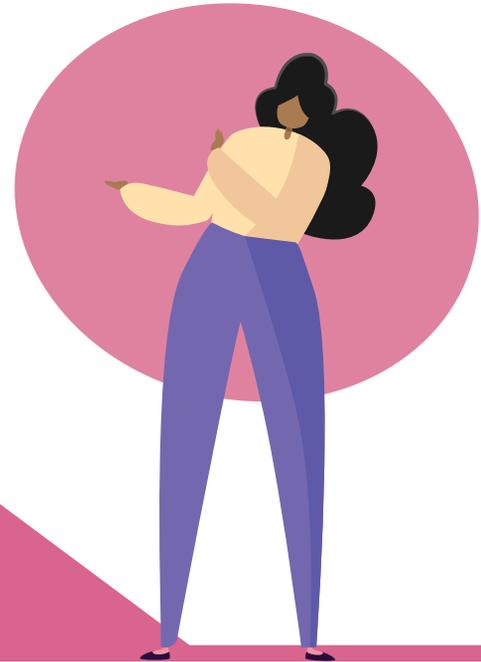
- Increase your intake of vegetables and fruits, and reduce meat and dairy products.
- Add cardio to your day, every day.
- Start weight/resistance training to maintain muscle mass.
- Consider meditation or mindfulness activities, and speak to someone if you're feeling blue.
- Get 7 to 8 hours of sleep a night.

WE'RE HERE TO HELP YOU NAVIGATE ALL YOUR DECADES. CALL 1-844-275-3627 TO DISCUSS THESE RECOMMENDATIONS WITH THE PHYSICIAN WHO IS RIGHT FOR YOU.

50s

YOUR 50s ARE FANTASTIC.

You're at the top of your game professionally, and you're celebrating many meaningful milestones with your family and in your personal life. If you have kids, they're likely more independent now, leaving you more time to focus on yourself again. Atlantic Health System Women's Health is here to help you make your health a priority in your 50s.



FIND A DOCTOR

If you have not already, there's still time to form a real relationship with a primary care physician in addition to your gynecologist. This partnership is critical to your health in this decade and the ones to come.

LET'S TALK ABOUT PREVENTION

- Get an annual wellness exam. In addition to regular screenings, talk to your doctor about managing the symptoms of menopause.
- Review your vaccinations and keep them up to date, including the shingles vaccine.
- Get your first colonoscopy. Those with normal risk only need to repeat every 10 years.
- Get a mammogram annually, or every 3 to 5 years, depending on your risk factors. Talk to your doctor about any changes you may notice during menopause.
- Go to the dermatologist for a mole and freckle check.
- Have an open conversation with your doctor about weight, nutrition and lifestyle.

GET MOVING, STRETCH OUT, AND GET SOME SLEEP

Perhaps you have a little more time for yourself this decade. We have the following thoughts on how to spend it:

- Take a daily low-dose aspirin to reduce your risk of stroke and colon cancer.
- Eat leafy greens and dairy, and exercise several times a week to prevent bone density loss.
- Start weight/resistance training to maintain muscle mass.
- Consider yoga, meditation or mindfulness activities – and speak to someone if you are feeling sad.
- Get 7 to 8 hours of sleep a night.

WE'RE HERE TO HELP YOU NAVIGATE ALL YOUR DECADES. CALL 1-844-275-3627 TO DISCUSS THESE RECOMMENDATIONS WITH THE PHYSICIAN WHO IS RIGHT FOR YOU.

Continued on page 16

Continued from page 15

60s

IT'S SENSATIONAL TO BE IN YOUR 60s.

Retirement may be in sight. If you have kids, they might be out of the nest and creating nests of their own. Whether the plan for your 60s is to work, travel or become a grandparent, Atlantic Health System Women's Health is here to help you stay healthy along the way.

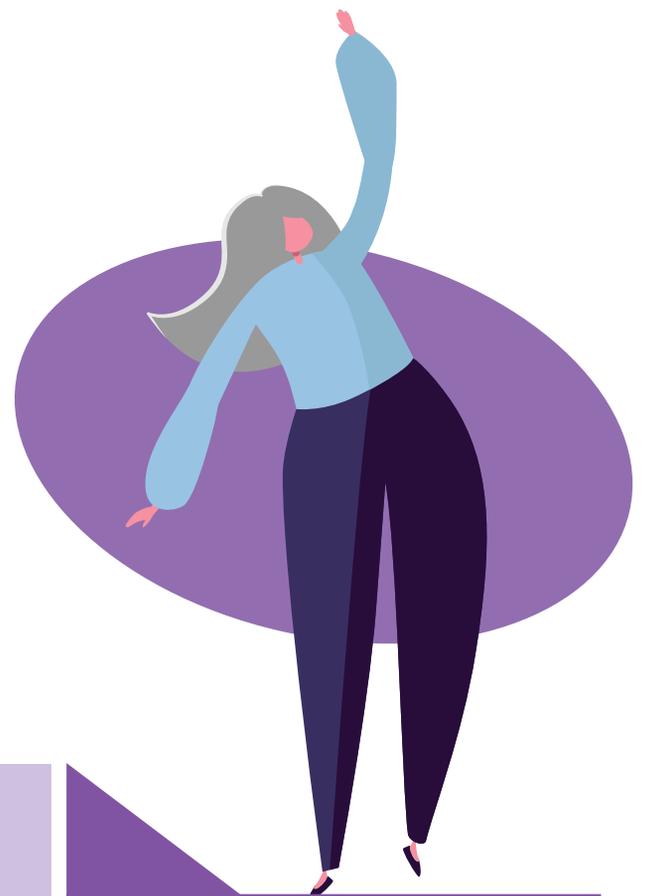


FIND A DOCTOR

There's still time to form a real relationship with a primary care physician in addition to your gynecologist. This partnership is critical to your health in this decade and the ones to come.

LET'S TALK ABOUT PREVENTION

- Get an annual wellness exam. In your 60s, you may not need as many screenings as you once did. Talk to your doctor about which ones are necessary.
- Review your vaccinations and keep them up to date. Get the shingles vaccine if you have not already and start the pneumonia vaccine series at age 65 or older.
- Go to the dermatologist for a mole and freckle check.
- Get a mammogram annually or every other year, depending on your risk category. Talk to your doctor about any changes in your breasts to prevent cancer.
- Take the Pap smear off your list at age 65 after three consecutive "normals" within 10 years.
- Get a bone density test at age 65 to screen for osteoporosis.
- Get a colonoscopy.
- Have an open conversation with your doctor about weight, nutrition and lifestyle.



GET MOVING, STRETCH OUT, AND GET SOME SLEEP

You have so much time to share, experience and enjoy this decade. Here's how to optimize it:

- Keep moving and try a new activity that involves exercise and social interaction like yoga, golf, Pilates or swimming.
- Try to get 7 to 8 hours of sleep a night, and sleep in a regular schedule as much as possible.
- Give back. Join clubs or volunteer at organizations that inspire and interest you.
- Make sure to talk to somebody if you're feeling sad.

WE'RE HERE TO HELP YOU NAVIGATE ALL YOUR DECADES. CALL 1-844-275-3627 TO DISCUSS THESE RECOMMENDATIONS WITH THE PHYSICIAN WHO IS RIGHT FOR YOU.

70s

YOU'RE IN YOUR 70s AND FEELING SASSY.

You may be retired now, leaving more time for volunteer and civic participation, spending time with your grandchildren and other loved ones, and traveling. Studies show women in their 70s have a happier attitude, more time for socialization, and group activities. Atlantic Health System Women's Health is here to help you stay as healthy as possible.

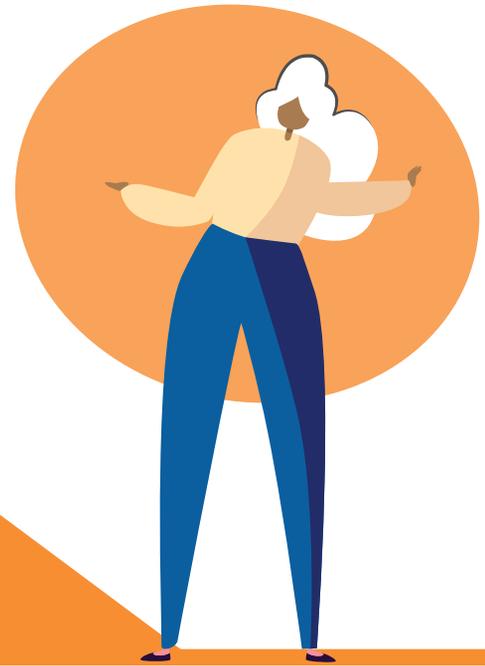
FIND A DOCTOR



If you have not already, you should consider transitioning from a primary care physician to a geriatrician. They specialize in keeping us healthy as we age and are a terrific source of information and resources for seniors. Having expert care is critical to your health in this decade and throughout the golden years.

LET'S TALK ABOUT PREVENTION

- Get an annual wellness exam and discuss a personalized prevention plan to keep you healthy. You may need fewer screenings now.
- Speak with your doctor about your weight, diet and activity level; any violence in your life; depression or other mental health concerns.
- You may still need a mammogram every other year, depending on your risk category.
- Review your vaccinations and keep them up to date. Get the flu shot yearly and shingles and pneumonia vaccine series if you have not already.
- Your dentist should perform a periodontal exam during one of your twice-yearly cleanings.
- Hearing loss is natural but treatable. You should get a hearing exam every 2 to 3 years.
- See a dermatologist once a year for a full-body exam to check moles and freckles.
- Do not forget an annual vision screening. Your ophthalmologist will check for eye diseases like cataracts or glaucoma.



GET MOVING, STRETCH OUT, AND GET SOME SLEEP

This is the time of your life to have the time of your life. Take advantage of senior discounts to do something exciting:

- Incorporate balance and strengthening activities into your routine.
- Try a new activity like dance or yoga from our New Vitality series.
- Eat healthy food, including protein, to maintain muscle mass.
- Never stop learning, attend lectures, read books, and try doing puzzles to keep your mind stimulated.
- Try to get 7 to 8 hours of sleep a night; turn off electronics close to bedtime.
- Stay socially active with friends, family and your community; let someone know if you are sad. ▀

WE'RE HERE TO HELP YOU NAVIGATE ALL YOUR DECADES. CALL 1-844-275-3627 TO DISCUSS THESE RECOMMENDATIONS WITH THE PHYSICIAN WHO IS RIGHT FOR YOU.

Ask the Experts: Let's Talk About WOMEN'S HEALTH

SPECIALTIES EXPLAINED

Obstetrics and Gynecology (OB/GYN)

Obstetrics refers to a doctor who cares for women during their pregnancy and just after the baby is born, as well as delivering babies, while a gynecologist specializes women's reproductive health throughout their life. An OB/GYN is trained to do all these things.

Gynecologic Oncologist

A gynecologic oncologist is a physician who specializes in diagnosing and treating women with cancer of their reproductive organs. Gynecologic oncologists have completed an OB/GYN residency and additional intensive training about surgical, chemotherapeutic, radiation, and research techniques to provide the best care for gynecologic cancers.

Breast Surgeon

A breast surgeon specializes in treating patients with benign (noncancerous) and malignant (cancer) breast disease by surgically removing tumors, lymph nodes, and other tissues based on the stage, size, location, and biology of the tumor, as well as other factors.

Colorectal Surgeon

A colorectal surgeon is a highly trained specialist who uses medical and surgical techniques to diagnose and treat many diseases of the colon, rectum, and anus, including infections, incontinence, inflammatory bowel disease, and colon cancer.

We asked four experts on obstetrics and gynecology, gynecologic oncology, breast health and colorectal care to share what women can do to help prevent women's cancer issues and how advances in treatment have progressed.

Q: HOW FREQUENTLY SHOULD WOMEN BE PURSUING SCREENING FOR CERVICAL CANCER?



**KAYLAH RONDON, MD,
OBSTETRICS AND GYNECOLOGY:**

Basic screening for the average-risk patient should start at age 21, and that's with a Pap screening. From ages 21 to 29, we screen every three years with Pap screening.

When women reach age 30, we start screening with what's called a co-test. That includes looking at the cells of the cervix but also human papillomavirus (HPV). When we do a co-test, if both tests come back negative, then the patient doesn't need screening again for five years, if we're only doing co-testing. Alternatively, women can be screened every three years after age 30 with just the Pap. And depending on those results, we would also screen for HPV.

**Dr. Rondon can be reached at
908-522-3688 or her two office locations:**

**AMG Women's Health at
Westfield (Summit location)
33 Overlook Road, Suite 405, Summit, NJ**

**Westfield Location
140 Central Ave., Westfield, NJ**



**WOMEN KNOW WHERE TO GO
FOR THE BEST CARE**

Q: FROM A PREVENTIVE STANDPOINT, ARE THERE THINGS WOMEN CAN DO TO MITIGATE THEIR RISK FOR CERVICAL CANCER?



NANA TCHABO, MD, GYNECOLOGIC

ONCOLOGIST: The biggest thing is to really know your body, to know if you have new symptoms of concern. Abnormal bleeding or abnormal vaginal discharge are more common symptoms of cervical cancer. It's important for women to

get their cervical screening. But if their Pap smear is abnormal, it's important to follow up with their gynecologist or potentially be referred to a gynecologic oncologist if there's a suspicion for cancer so it can be caught early. Because most cancers, if they're caught early, can obviously be treatable and curable.

Each year, about 12,000 women in the United States develop cervical cancer and worldwide, in developing countries, it's about half a million. It's less common in the United States because we have access to Pap smear screening. But it is important obviously to follow up if your Pap smear has a concern. Most women who develop cervical cancer are those who, unfortunately, have gone many years between their Pap screening or had abnormal results that weren't followed up on.

Q: WHAT ABOUT OVARIAN AND UTERINE CANCERS?

DR. TCHABO: HPV is not related to ovarian and uterine cancers. The only screening test we have for gynecologic cancer is a Pap smear screening for cervical cancer. But uterine cancer is actually the most common type of cancer that we treat – about 50,000 women are affected every year. And often the cancer is very related to your overall health. Overweight women are at a higher risk of developing uterine cancer because, even though they may be postmenopausal, they still have estrogen stored in their fat.

With regard to ovarian cancer, about 15% to 20% of cases are related to certain genes that we can carry in our body that can increase the risk of future development of ovarian cancer. But the majority of ovarian cancer is sporadic. Unfortunately, we don't know what causes it, and we don't have a very good way of finding it early. About 75% to 80% of patients are diagnosed at stages 3 and 4. The most common symptoms are persistent bloating that lasts like two weeks of a month, abdominal or pelvic pain, frequency of urination, changes in your bowel habits, or feeling full soon after you eat.

Dr. Tchabo can be reached at:

Atlantic Women's Cancer Associates

11 Overlook Road, Summit, NJ, 973-971-5900

100 Madison Ave., Morristown, NJ, 973-971-5900

784-792 Chimney Rock Road, Suite A, Martinsville, NJ, 973-971-5900

“I strongly encourage my patients to work on a healthy lifestyle, try to exercise at least 150 minutes a week, and focus on eating more fruits and vegetables to maintain a good weight. I also tell my patients that if it is possible, they should try to eat organic foods.”

– Rebecca Yang, MD

Q: ARE THERE ANY WAYS TO REDUCE THE RISK OF BREAST CANCER?



REBECCA YANG, MD, BREAST SURGEON:

What we talk to our patients about in terms of breast cancer screening and prevention basically boils down to your genes, your lifestyle, and screening. It's everything combined. As we get older, the risk of breast cancer goes up because

the No. 1 cause is estrogen exposure to the breast tissue. The longer the woman lives, the more likely she could develop breast cancer.

Obesity is also a risk factor for breast cancer because the more fat cells you have, the more estrogen you create. I strongly encourage my patients to work on a healthy lifestyle, try to exercise at least 150 minutes a week, and focus on eating more fruits and vegetables to maintain a good weight. I also tell my patients that if it is possible, they should try to eat organic foods.

Screening is extremely important because, like most cancers, if you catch breast cancer early, survival rates are excellent and we are able to treat patients with curative intent. We recommend starting screening mammograms at age 40 and annually. And something that you talk about with breast mammograms is breast density – the ratio of fatty breast tissue to active breast tissue. As we get older, breast tissue tends to get more fatty, so it's easier to read a mammogram. In addition to mammograms, we also have breast ultrasound screening, which enables us to look more closely at the breast tissue.

Breast density is an independent risk factor for breast cancer because it's twofold. If you have more breast tissue, there are more cells that have the potential to turn into breast cancer – and breast density reduces the radiologist's ability to look for subtle changes.

3-D mammograms have improved early detection, allowing us to scan through the breast in a three-dimensional way. And that has been shown to increase some early detection and reduce callbacks, since the earlier you catch your breast cancer, the better chance

Continued on page 20

Continued from page 19

of survival. Everyone who comes to the Overlook Breast Center gets a three-dimensional mammogram, and they don't charge extra if your insurance doesn't cover it.

In addition to mammograms and ultrasound, we are now able to evaluate the molecular genetics of a lot of breast cancer. If cancer is found, we can really personalize the treatment plan. Twenty years ago, there were many women whose breast cancer was a death sentence because we didn't know all the receptors and targeted therapies that we could use. Literally, in my world, things are changing on a weekly basis in terms of the options for women.

**Dr. Yang can be reached at:
Atlantic Breast Associates, 908-598-6576
11 Overlook Road, Suite LL102, Summit, NJ
896 Morris Ave., Suite 2, Union, NJ**

Q: WHAT ARE SOME OF THE CONDITIONS YOU SEE IN WOMEN?



MARIE AUDETT, MD, COLORECTAL SURGEON AND GENERAL SURGERY:

One of the big things I treat is colon cancer. Colon cancer can be asymptomatic, maybe a little bit of bloating, a little bit of weight loss, maybe just not feeling right. When patients have bleeding, that can be one of the symptoms of colon cancer.

The guidelines have changed recently to starting a screening colonoscopy at the age of 45. The reason that's important is because we can detect colon cancer early. We know that it starts as polyps. The gold standard that we use for screening is a colonoscopy, but there are also other less invasive means that patients like to explore, like checking their stool for blood.

Genetic Testing for Cancer Risk

Genetic testing helps estimate your chance of developing cancer in your lifetime. It does this by searching for changes in your genes called mutations.

Genetic tests are available for different types of cancer. Some of these include:

- Breast cancer
- Ovarian cancer
- Colon cancer
- Thyroid cancer
- Prostate cancer
- Pancreatic cancer
- Melanoma
- Sarcoma
- Kidney cancer
- Stomach cancer

Genetic testing may help:

- Predict your risk of a particular disease
- Find if you have gene mutations that may pass increased cancer risk to your children
- Provide information to guide your health care and management

No genetic test can say if you will develop cancer for sure. But it can tell you if you have a higher risk than most people.

Only some people with a gene mutation will develop cancer. What does this mean? A woman may have a 45% to 65% chance of developing breast cancer. But she may never develop the disease. Meanwhile, a woman with a 25% chance may develop breast cancer.

Questions to ask yourself about genetic testing

Before having genetic testing, learn about its risks and limitations. Identify your reasons for wanting a test. And consider how you will cope with a positive test result.

Here are some questions to help you make a decision:

- Do I have a family history of cancer?
- Have I developed cancer at an earlier-than-average age?
- Will the test results affect my medical care? The medical care of my family?
- If I have a genetic condition, can I lower my cancer risk?

A genetic counselor can help you answer these questions. He or she can give you advice and information about the risks and benefits of genetic testing. A genetic counselor also helps people through the genetic testing process, as well as reviews how this information could impact your family members.

For more information, call our Cancer Genetic Counseling Program, located in Carol G. Simon Cancer Center at Overlook: 973-971-6672.

Sources: cancer.net; Atlantic Health System Cancer Genetic Counseling Program

A lot of times patients will come in and say they saw something on TV that they want to explore. A less invasive test, like Cologuard®, may be used for people at average risk. But if you've got a close relative who had colon cancer at a young age, Cologuard would not be for you. The whole point of screening is to find out if you have any polyps that can be taken out before they grow into cancer. That's why it's important to have a conversation with your physician about when to begin screening, which test is right for you, and how often to get tested.

Dr. Audett can be reached at:

**Atlantic Medical Group Associated Colon and Rectal Surgeons
33 Overlook Road, MAC1, Suite 211, Summit, NJ, 908-522-2575
3900 Park Ave., Suite 101, Edison, NJ, 732-494-6640**

ATLANTIC MEDICAL GROUP

Drs. Audett, Rondon, Tchabo and Yang are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org.

What Are BRCA1 and BRCA2?



EVERY HUMAN HAS BRCA1 AND BRCA2 GENES,

but they do not cause breast cancer. When either of these genes become mutated or damaged, they don't function correctly and can cause cancer. Gene mutations can be inherited from your mother or father.

WHAT IS BRCA?
BRCA stands for BReast CAncer gene. BRCA1 and BRCA2 are two different genes that can impact a person's chances of developing breast cancer.

BRCA1
BRCA2

CERTAIN RACIAL AND/OR ETHNIC POPULATIONS ARE MORE PRONE TO CARRYING MUTATIONS IN THEIR BRCA GENES. For instance, people of Ashkenazi Jewish descent have a higher prevalence of harmful BRCA1 and BRCA2 mutations than people in the general U.S. population. Harmful BRCA1 and BRCA2 mutations may vary among other racial and ethnic groups in the United States.

BY AGE

80

72% of women who inherit BRCA1 mutations will develop breast cancer
69% of women who inherit BRCA2 mutations will develop breast cancer

44% of women who inherit BRCA1 mutations will develop ovarian cancer
17% of women with BRCA2 mutations will develop ovarian cancer

Sources: cancer.gov; cancer.net; nationalbreastcancer.org



More to Love at Overlook's Union Campus

In just over a year, Overlook has more than doubled the health care services offered at its Union Campus, located at 1000 Galloping Hill Road (at Five Points) in Union, NJ, transforming the site into a multispecialty medical complex. The addition of the surgical center represents a large addition to this effort.

The work at the Union Campus, combined with plans to expand outpatient services in Clark, Westfield, and New Providence are part of a larger effort to extend Overlook's "arc of care" beyond the hospital's main campus.

The surgical center, another large tenant of the building, had operated independently and, under the agreement, is now jointly owned by North Jersey Health Ventures, a subsidiary of Atlantic Health System, and 23 individual community physicians. The center includes four operating rooms, two gastrointestinal procedure rooms and two minor procedure rooms. Physicians at the surgery center perform various surgical procedures, endoscopies and pain management.

The addition of the center will streamline access to ambulatory surgical services at the site with the other health care services, including pulmonology, offered through Atlantic Health System, specifically Overlook Medical Center.

Over the last 12 years, Overlook has continually added new services to the Union campus. In the past year or so, Overlook sought to more aggressively enhance the campus in response to the needs of the community, adding outpatient services, diverse physician services and advanced imaging services.

"What brought Overlook to Union over a decade ago was a very clear need by the community for high-quality care," says Overlook Medical Center President Alan Lieber. "That hasn't changed and, in fact, has guided us to take an even larger role in delivering the services that patients need directly to their community, in one convenient location." ▲

Overlook Medical Center Union Campus

📍 **1000 Galloping Hill Road, Union, NJ**

📞 **908-522-3770**

🌐 **atlantichealth.org/unioncampus**

OVERLOOK MEDICAL CENTER UNION CAMPUS

ALL NEW FACILITIES. MORE SERVICES.

Cardiology	Nephrology & Diabetes Management
Developmental Disabilities Center	Neurology
Emergency Department	Oncology
Hematology	Outpatient Surgery
Imaging	Primary Care
Infusion Therapy	NEW Pulmonology Rehabilitation
Internal Medicine Residency	NEW Surgical Oncology
Laboratory Services	Wound Healing



GREAT CARE FOR EVERY BODY

Don't Delay Care. We Are Here With Safety Measures in Place.



Overlook Medical Center has more than doubled the services available to patients in Union at Five Points. Call 908-522-3770, visit atlantichealth.org/unioncampus or come see us at 1000 Galloping Hill Road in Union.



Atlantic Health System

A Life Transformed, Thanks to Bariatric Surgery

Thirty-two-year-old Michelle Meyer is the picture of good health. Fit and trim at 5 feet 3 inches and 123 pounds, she exercises regularly and follows a diet centered around fish and plant-based products.

Seeing Michelle today, it's hard to imagine that she once weighed 225 pounds.

"Although I was always physically active, I was obese throughout my childhood and early adulthood," she says, "and I assumed that's how I'd be forever."

Michelle tried numerous weight loss programs – losing as much as 70 pounds in one year. But the pounds gradually crept back, and she gradually became more unhappy and less self-confident.

INVESTIGATING BARIATRIC SURGERY

In 2017, Michelle attended a weight loss seminar and learned about bariatric surgery. Everything she heard about yo-yo dieting – and the struggle to maintain weight loss – resonated with her and triggered a series of steps to determine if she was a good candidate for the surgery. Michelle underwent a complete evaluation with a bariatric surgeon, nutritionist, psychologist and a gastroenterologist, which revealed – unbeknownst to her – that she had high blood pressure, high cholesterol and a stomach ulcer.

A NEW BEGINNING

Although Michelle was about to turn 30 that August, she considers July 11, 2017, her second birthday – the day her life began anew, thanks to a vertical sleeve gastrectomy performed at Overlook Medical Center. The surgery reduces the stomach's capacity by more than 85% to resemble a slim banana. Using their "new smaller stomach" as a tool, patients relearn the fundamentals of eating by decreasing portion sizes to consume fewer calories and, ultimately, lose weight. Long-term success requires the commitment to maintain a new relationship with food ... something Michelle has wholeheartedly embraced.

Eager to educate herself and others about healthy eating, Michelle recently earned her master's degree in nutrition and food science. "I'm so grateful I was given this opportunity to transform my life, and now I'd like to help others on their journey, too." ▲



"Being overweight can be a struggle, especially when faced with other health issues such as diabetes, high blood pressure, sleep apnea or infertility. Diet and exercise alone may result in temporary results but over time, the weight usually comes back."

– **Ajay Goyal, MD, Medical Director of Bariatric Surgery at Overlook**

Atlantic Health Weight & Wellness Center Overlook Medical Center (MAC 1)

📍 33 Overlook Road, Suite 206, Summit, NJ

📞 908-522-5794



Medical Director, Bariatric Surgery:
Ajay Goyal, MD

Obesity & Coronavirus

Early data suggests that people with obesity are more likely to become severely ill if diagnosed with COVID-19, the disease caused by the novel coronavirus. The Centers for Disease Control and Prevention (CDC) now lists severe obesity (having a body mass index of 40 or above) as a risk factor for severe COVID-19.

In China, where the outbreak began, data from 383 patients showed that having obesity was associated with a 142% higher risk of developing severe pneumonia associated with COVID-19. A larger study of over 4,000 patients with COVID-19 in New York City found that severe obesity was a major risk factor for hospitalization, second only to age.

"We know that obesity is a metabolic and inflammatory disease that compromises a person's immune system, making it harder to fight off a viral infection," comments Muhammad Feteiha, MD, a bariatric and general surgeon, who serves as director of minimally invasive surgery for Overlook Medical Center. "Severely obese people, with underlying diabetes, diagnosed with COVID-19 are two to three times more likely to be admitted to the hospital or end up in the ICU."

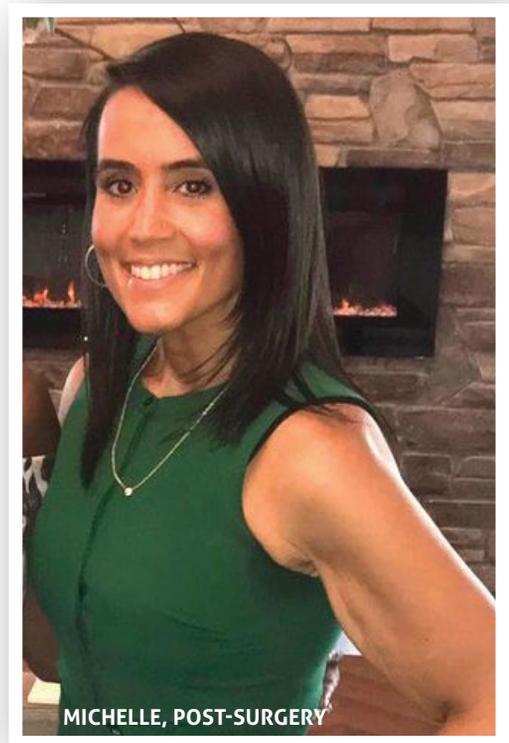
"At Overlook, we have also seen borderline obese patients fare poorly in the face of COVID-19," Dr. Feteiha adds. "This suggests that patients with BMIs in the 30-35 range may also be more vulnerable than anticipated and deserve closer scrutiny by the medical community."

At Atlantic Health Weight & Wellness Center at Overlook Medical Center, health professionals are studying the benefits of bariatric surgery for patients with serious obesity-related medical conditions, such as type 2 diabetes, but whose BMIs fall below the current minimum for surgery.

To calculate your BMI and learn more about weight management options, including bariatric surgery, visit atlantichealth.org/conditions-treatments/bariatrics.html.

ATLANTIC MEDICAL GROUP

Dr. Feteiha is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 908-522-5794.



In 2017, Michelle attended a weight loss seminar and learned about bariatric surgery. Everything she heard about yo-yo dieting – and the struggle to maintain weight loss – resonated with her and triggered a series of steps to determine if she was a good candidate for the surgery.



Overlook Medical Center is the recipient of the Bariatric Surgery Excellence Award and is a Five-Star Recipient for Overall Bariatric Surgery by Healthgrades, as well as ranked among the top 5% of hospitals evaluated for bariatric surgery.

Overlook Medical Center



**WORLD'S
BEST
HOSPITALS**
2020

Newsweek

POWERED BY

statista 



Atlantic Health System



AT THE RECENT OPENING OF ITS SPRINGFIELD STORE, THE WAWA FOUNDATION PRESENTED ITS LOCAL HERO AWARD AND A \$1,000 CONTRIBUTION TO OVERLOOK IN GRATITUDE FOR THE HOSPITAL'S COMMITMENT TO THE COMMUNITY DURING THE COVID-19 PANDEMIC. ACCEPTING THE AWARD ARE CLINICAL TEAM MEMBERS JACKIE BASTOS AND JILL CARRATALA, RN, WITH CLELIA BIAMONTI.

A Community Steps Up and Stands With Us

Each day for weeks, then months, people from the Overlook community and beyond arrived at the foundation's front door. Some were old friends, many were new ... but all were eager to help fulfill our mission to support Overlook Medical Center in ways we never could have imagined.

The phones rang constantly during the peak of the COVID-19 pandemic, with offers of everything from medical supplies to food for our frontline workers. People arrived with carloads of boxes to leave on our front porch to be inventoried and delivered where they were needed at the hospital. Friends and neighbors in the community, fire and police departments, area college and high school students, local businesses, construction companies, major corporations, and our own physicians all stepped up to help.

Members of the Chinese-American communities in surrounding towns donated thousands of masks, gowns, gloves, goggles, and face shields – some driving hours to purchase the items from suppliers with available stock. Front Line Appreciation Groups

(FLAGs) from Summit and neighboring towns partnered with local restaurants to deliver individually wrapped sandwiches to both the day and night shifts at Overlook. And foundation trustees sent caseloads of bottled water and snack bars for hospital workers who could barely spare time for a meal.

This spring, as the novel coronavirus swept through our area, monetary donations totaling some \$1.6 million also helped address such high-priority needs as ventilators, critical care beds, and Xenex Germ-Zapping™ Robots.

While the immediate crisis has abated, the pandemic highlighted the incredible partnership between Overlook and those it serves. "Over the years, we have never taken for granted the generosity and kindheartedness of our friends in the community," says Clelia Biamonti, executive director of the Overlook Foundation. "Now more than ever, we are grateful for the overwhelming support for our health care professionals who worked tirelessly to save lives while putting their own health in jeopardy." ▲

FOR MORE INFORMATION OR TO DONATE, VISIT OVERLOOKFOUNDATION.ORG OR CALL 908-522-2840.

Chef Todd H. Daigneault, ASCS, CEC, is executive chef for Overlook Medical Center. He is devoted to helping people incorporate healthy eating into their daily lifestyle. He has worked for prominent restaurants and resorts across the country, and has won numerous chef challenges. For more recipes, check out cookingwithcheftodd.com or follow him on Twitter @ChefDaigneault.

CULINARY CORNER With Chef Todd



Summer Greening



Take a cue from the Garden State. Spruce up your plate with delicious greens that are fresh, flavorful, and packed with fiber and vitamins.

ASPARAGUS

- Look for tight, compact leaves and fresh-cut stem ends.
- **Try this:** To keep asparagus fresh, trim the ends when you get home. Bunch together with a rubber band, with asparagus standing upright and stem down, and place in 1-2 inches of water and cover loosely. Replace the water as it becomes cloudy.

PEAS

- Look for closed pods that are firm to the touch.
- **Try this:** For maximum flavor, eat as soon as possible after purchasing (or better yet, picking from your own garden). The sugar in peas turns to starch after harvesting, which reduces sweetness.

ARUGULA

- Look for leaves that are vibrant and green, without any trace of yellowing.
- **Try this:** To preserve freshness, store in a plastic bag with damp paper towels. Add to salads, use as a pizza topping or blend into pesto for added flavor.

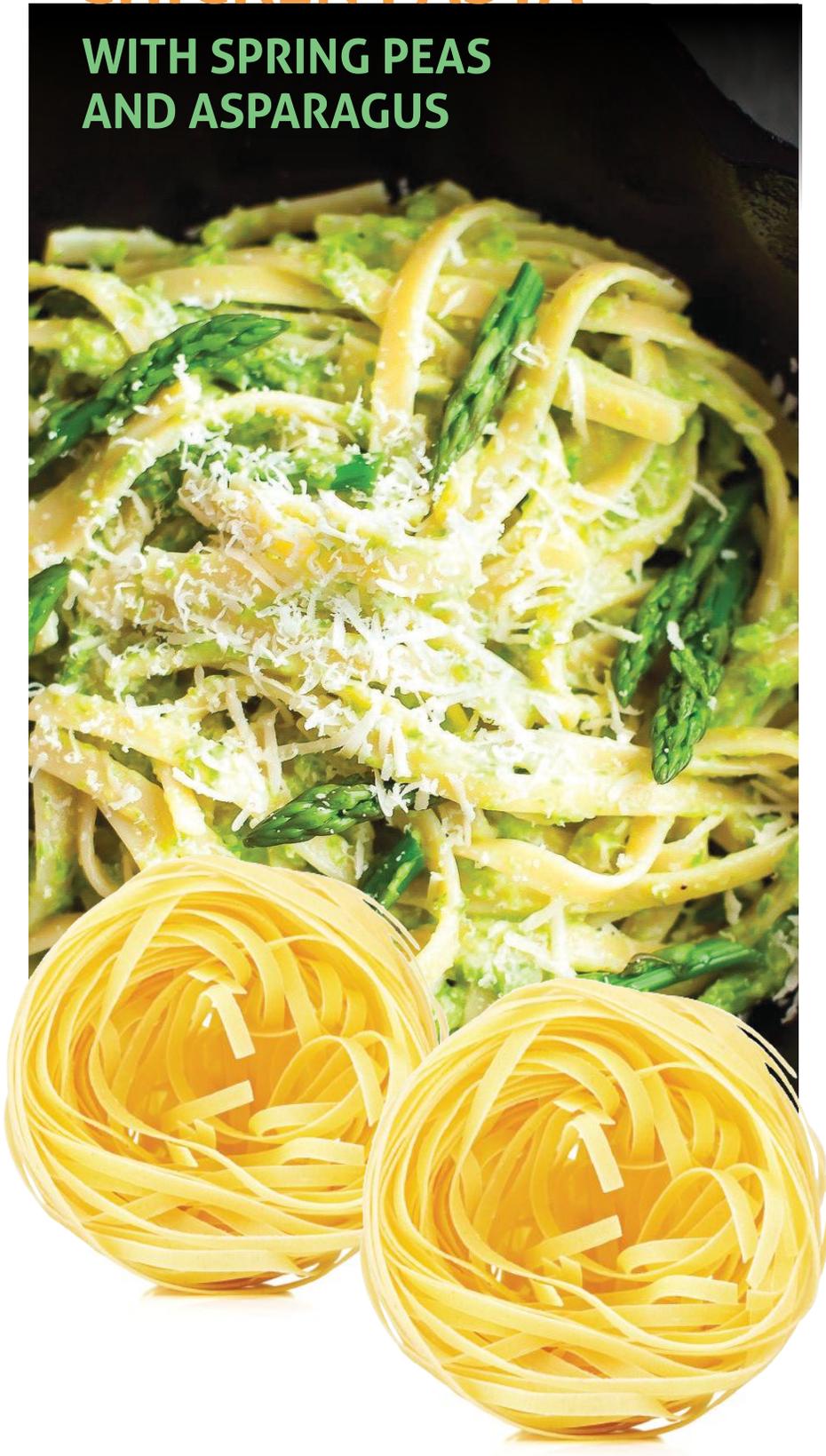
ARTICHOKES

- Look for tightly packed leaves.
- **Try this:** Steam or boil whole, and then separate leaves and use them in lieu of chips. Dip in hummus, vinaigrette, salsa and more. ▲



CHICKEN PASTA

WITH SPRING PEAS AND ASPARAGUS



INGREDIENTS

- 2 quarts boiling water (to cook pasta)
- 2 tablespoons kosher salt
- 1 pound linguine or spaghetti
- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breasts
- 4 teaspoons fresh chopped herbs (combination of fresh sage, parsley and thyme) for seasoning
- 2 tablespoons butter
- 1 small red onion, chopped
- 1 pound asparagus, stalks trimmed and cut into thirds or quartered if large
- $\frac{1}{4}$ cup fresh spring garden peas (frozen optional)
- $\frac{3}{4}$ cup heavy cream
- $\frac{1}{2}$ cup low-sodium chicken broth
- 2 tablespoons lemon juice
- 3 cloves garlic, minced
- $\frac{3}{4}$ cup shredded mozzarella
- $\frac{1}{2}$ cup freshly grated Parmesan, plus more for garnish
- 1 lemon sliced into half-moons
- Freshly chopped parsley, for garnish

PREPARATION

1. In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain and return to pot.
2. In a skillet over medium to high heat, heat olive oil. Add chicken and season with salt, pepper, and herb seasoning. Cook until golden and no longer pink, 8 to 10 minutes per side. Transfer to a plate to let rest, and then thinly slice.
3. To skillet, add butter and melt over medium heat. Add red onion and asparagus and season with salt and pepper. Cook until tender, 5 minutes, and then add peas. Cook additional 2 to 3 minutes, and then add heavy cream, chicken broth, lemon juice, and garlic. Simmer 5 minutes.
4. Stir in cheeses and let cook until melted, and then add lemon slices and cooked pasta. Top with sliced chicken and garnish with more Parmesan and parsley. ▀

community calendar

Summer 2020

Welcome to your Overlook Medical Center Community Calendar.

Due to COVID-19, many of our classes will be held virtually or rescheduled.

Please call the telephone number listed or email the contact person for more information.

Please visit atlanticealth.org/calendar.

COMMUNITY VIRTUAL PROGRAMS

For any virtual programming-related information, please email Lisa.Leonard@atlanticealth.org or call 908-522-2842.

BEHAVIORAL HEALTH

Call 1-888-247-1400 for up-to-date information.

CANCER CARE & SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Please visit atlanticealth.org/cancercaresupport or call 1-800-247-9580 for up-to-date information on classes, support groups and events.		
Second and fourth Thursdays of the month, 10:00am (currently meeting through Zoom)	BREAST CANCER SUPPORT GROUP A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for women with breast cancer.	For more information and to register, please call Kerry Ricci at 908-522-5925.
INTEGRATIVE PROGRAMS The following Integrative Programs will be virtual. Please contact Michele Wadsworth at 908-522-6168 or email michelle.wadsworth@atlanticealth.org . Chair Yoga Expressive Writing Mat Yoga Mindful Movement & Meditation Mindfulness Tools Music Therapy Quijiong for Wellness Reiki Circle		
Fourth Wednesday of the month, 2:30-3:30pm (currently meeting through Zoom)	LIVING WITH CANCER SUPPORT GROUP Registration is required.	Contact Maggie Brady, MSW, LCSW at 908-522-5255 for details.
Second Thursday of the month, 2:30-3:30pm (currently meeting through Zoom)	POST-CANCER TREATMENT GROUP Open support group for individuals who have had a diagnosis of cancer and have completed their treatment. This group offers the opportunity to support one another as we discuss issues and concerns related to survivorship.	For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349.
		FREE: FREE

CAREGIVERS

Are you caring for a family member or loved one? The Caregivers Center is coming to you virtually, offering therapeutic services such as Music Therapy, Taiji Fit and Expressive Writing. Come Zoom with us for a small dose of comfort, healing and self-care. Please email valerie.gagliano@atlanticealth.org or call 908-522-6348 for up-to-date information.

NEUROSCIENCE

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
TBD	THIRD ANNUAL DAY TO REMEMBER This event is for patients, care partners and community members to come together and learn about different aspects of memory loss; research; receive inspiration and information on helpful resources. This event is being rescheduled as a virtual meeting.	For more information, email sandra.pressimone@atlanticealth.org .

ORTHOPEDICS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Various dates and times	TOTAL JOINT REPLACEMENT PREOPERATIVE CLASSES	For dates and times, call 1-800-247-9580.

PARENTING & CHILDBIRTH

Please visit atlanticealth.org/overlookparentedcalendar for an up-to-date schedule of classes.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Tuesdays, 10:00-11:00am	NEW: VIRTUAL BREASTFEEDING SUPPORT GROUP	Contact Rose Ann at 908-522-2946 or email overlook.parented@atlanticealth.org .

SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Various dates and times	HEALING YOUR GRIEVING HEART Bereavement support group for those who have experienced a recent death. The group will provide a safe environment to share feelings and experiences. Our groups are time limited, so please call for details regarding the schedule.	Contact Marian Teehan, MSW, LCSW at 908-522-6348 for details.
Second Tuesday of the month, 2:00-3:00pm	OSTOMY SUPPORT GROUP Supported by the Union County Chapter of the International Ostomy Association. This is free and registration is not required. Overlook Medical Center, Medical Arts Center Building (MAC II) Conference Room, 11 Overlook Road, Summit, NJ 07901	For more information, call 908-522-4652.
Second Thursday of the month, Noon-1:00pm (currently meeting through Zoom)	STROKE SUPPORT GROUP Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Registration is required.	For more information, email megan.ewing@atlanticealth.org or call 908-522-5933.

WEIGHT LOSS

Call 908-522-5794 for up-to-date information at the Atlantic Health Weight & Wellness Center.

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

NONPROFIT ORG
US POSTAGE
PAID
KENT, OH
PERMIT #15

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



MyChart GIVES YOU ONLINE ACCESS TO YOUR MEDICAL RECORD.

- Manage your appointments
- Download your record
- Access your test results
- Communicate with your doctor
- Request prescription refills
- View and pay your hospital bill online

• **NEW: Reduce in-person contact with eCheck-In**

*One Patient, One Record,
One Atlantic Health System.*



Available on the
App Store

GET IT ON
Google play

To learn more, go to atlantichealth.org/mychart

MyChart Support: 1-800-205-9911

Whether you need help enrolling, resetting your password, general technological support, or troubleshooting of any kind – call toll-free 24 hours a day, 7 days a week!



**Atlantic
Health System**