

AtlanticView

at Overlook | Winter 2020

MOMENTS
THAT MATTER

MAKO ROBOT TAKES THE BITE OUT OF KNEE PAIN

READ NANCY'S STORY ON PAGE 8

Technology at Overlook
Attracts Region's Top Doctors

Awake Brain Surgery to
Battle Parkinson's Disease

Special Issue:
**THE LATEST
TECHNOLOGY**



AMERICA'S
50 Best
HOSPITALS™

2020



Atlantic Health System
Overlook Medical Center

It sure feels good when recognition follows a lot of hard work, innovation and dedicated caring. As I've mentioned before, people and organizations do not set goals or investigate big ideas to win awards. On February 11, Healthgrades, the leading online resource for comprehensive information about physicians and hospitals, named Overlook Medical Center one of America's 50 Best Hospitals. Simply put, the care we provide our patients is in the top 1% of hospitals nationwide.

Earning this award means that, out of the more than 4,500 hospitals in the United States, Overlook is delivering consistent, year-over-year superior clinical performance over a broad spectrum of inpatient procedures and conditions. For our patients and their loved ones, it means that you are receiving the top-tier care in New Jersey and in the U.S. For Overlook team members, it means we are truly fulfilling our mission to make a difference in the lives of the communities we serve.

Hopefully, as you read through this special Technology issue in the context of this award, it becomes clear that Overlook is delivering outstanding care to your community in addition to influencing standards of care nationally and worldwide. High-performing organizations are by nature innovative, and Overlook has evolved



into a regional technology hub, thanks to our leading doctors and clinical teams and their desire to deliver care that is more effective and enables patients to recover more quickly.

Thank you for your support of Overlook Medical Center and for entrusting us with your care.



ALAN LIEBER
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Overlook Medical Center

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Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 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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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

- 3** CEO's Corner
- 3** Health Briefs
- 21** Culinary Corner With Chef Todd
- 26** Foundation News
- 27** Community Calendar

Features

- 4** Technology at Overlook Attracts Region's Top Doctors
- 8** Moments That Matter: Mako Robot Takes the Bite Out of Knee Pain
- 11** Rheumatologist Elliot Rosenstein, MD, Honored by Arthritis Foundation

- 12** Awake Brain Surgery to Battle Parkinson's Disease
- 14** A Place Where Science Meets Hope – Gerald J. Glasser Brain Tumor Center
- 18** Ovarian Cancer Journey Inspires Advocacy for Screening
- 22** Born at Overlook!
- 25** Bigger, Better, Stronger

Cover Photo: Nancy Moy and her Canadian Atlantic Salmon guide, Danny Coughlan

CEO's corner

Providing Tomorrow's Care, Today

Fifty years ago, predictions about 21st-century life envisioned flying cars, entire meals in pill form and vacations in space. While not always accurate, imagining life in the future fills us with excitement about the fantastic possibilities that await.

That's the same feeling I experience when I imagine the future of health care. Pioneering treatments and clinical advancements are becoming realities every day at Atlantic Health System. For example:

- ROSA Brain Robot: a new surgical system changing epilepsy treatment at Overlook through pinpoint navigation and positioning technology
- 3T MRI with Artificial Intelligence: redefining MRI with unparalleled imaging that speeds diagnosis through higher-quality images in less time
- Artemis Neuro Evacuation Device: a progressive surgical treatment option that allows surgeons to remove large brain hemorrhages through tiny incisions in the skull

These are just a few of the groundbreaking medical technologies I hope you enjoy reading about inside this edition of *AtlanticView*. As you will see, the future of health care is already here in many ways ... filling us with great optimism for what's still to come.

I hope 2020 finds you and your family on many amazing adventures and a continuing journey toward better health. As always, 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

MODERN HEALTHCARE'S 100 MOST INFLUENTIAL PEOPLE OF 2019

Atlantic Health System President and CEO Brian Gragnolati has been selected as one of *Modern Healthcare's* 2019's 100 Most Influential People in Healthcare. His leadership at Atlantic Health System and as chair of the American Hospital Association is clearly having a recognizable impact throughout the nation.

This recognition program acknowledges and honors individuals who are deemed by their peers and the senior editors of *Modern Healthcare* to be the most influential individuals in the industry.

"Since joining Atlantic Health System in 2015, Brian has worked tirelessly to ensure that our patients experience extraordinary care and superior outcomes," says Dexter D. Earle, chairman, Atlantic Health System Board of Trustees.

Among the most recent accomplishments recognized by *Modern Healthcare* were the opening of Atlantic Rehabilitation Institute, a 38-bed rehabilitation hospital in Madison, New Jersey, and the awarding of a "2019 Healthcare Impact Award – Best Website Campaign" from *Modern Healthcare* for the launch of Atlantic Health System's new website. Those join a long list of new accomplishments to advance health locally, including the Breakthrough Oncology Accelerator, new options to access urgent care, unique collaborations to address the cost of care, and cultivating a supportive workplace environment recognized as a Best Place to Work by *Fortune* magazine, *Modern Healthcare* and others.

Modern Healthcare

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

Coming in at No. 52, this marks the fourth consecutive year the organization has earned this accolade. As a leading provider of health care in New Jersey with more than 17,000 team members, Atlantic Health System's focus on diversity and inclusion has created an environment where everyone is valued, engaged and respected.

"We celebrate the diversity and uniqueness of everyone entering our network. Our workforce is a dynamic mix of diversity of thought, experiences and perspectives, so we can deliver extraordinary care for our patients," says Armond Kinsey, chief diversity officer, Atlantic Health System. "We're focused on partnering with our communities to help close the gap on health disparities, so everyone has access to affordable, high-quality care."



OVERLOOK MEDICAL CENTER IS ANTIBIOTICS AWARE

Overlook Medical Center received the Gold Award in the first New Jersey Department of Health (NJDOH) Antimicrobial Stewardship Recognition Program (ASRP). The Gold Award is the highest level of recognition in the program, which acknowledges local health care facilities' efforts to enhance the appropriate, evidence-based use of antibiotics, prevent overuse and in turn, reduce antimicrobial resistance.



TECHNOLOGY AT OVERLOOK ATTRACTS REGION'S TOP DOCTORS

Overlook Medical Center has long been known for its top physicians. It's not surprising that the region's leading doctors work with Overlook leadership to bring in advanced technologies that greatly improve patient care. In fact, Overlook has become a technology hub – **and oftentimes the first in New Jersey to implement advances for patients.**

Here's a few of our most recent, and some of the physicians who use them.

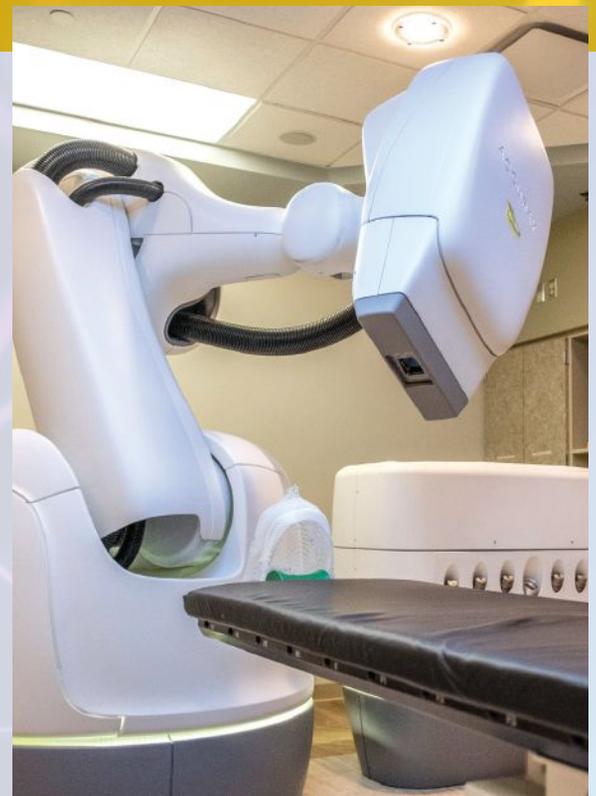
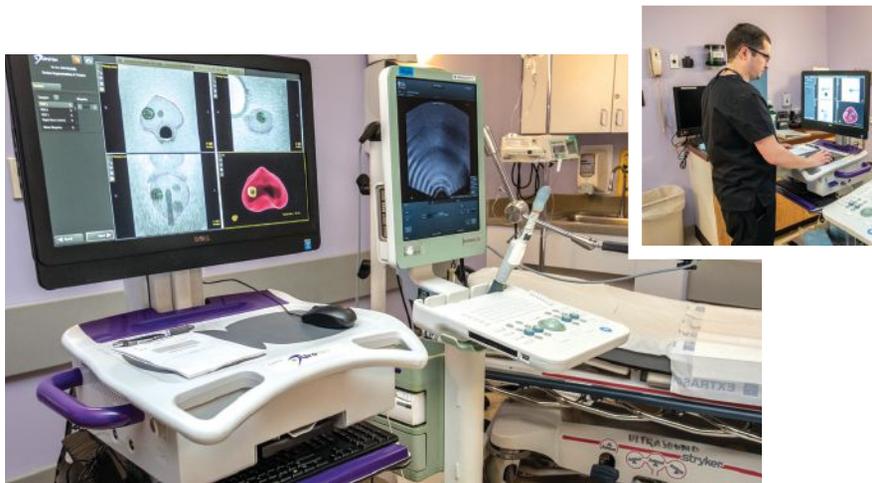
THE LATEST TECHNOLOGY FOR DIAGNOSING PROSTATE CANCER: URONAV

The UroNav Fusion Biopsy System fuses pre-biopsy 3T MRI of the prostate with ultrasound-guided 3-D images in real time, providing superior imaging of the prostate and significantly increasing the diagnostic accuracy of suspicious lesions. UroNav fusion biopsy is an outpatient procedure that takes about 20 minutes and can be performed following a diagnostic 3T MRI. Biopsies using MRI/ultrasound fusion can pinpoint suspicious areas much more accurately; reduce the number of tissue samples required during biopsy; reduce the risk of infection, bleeding and pain; shorten recovery after biopsy; and even eliminate the need for biopsy in some instances.

"Considering that one in six men will be diagnosed with prostate cancer in their lifetime, this powerful new screening tool helps us more accurately target potential concerns in the prostate and to develop the most effective treatment plan if cancer is found."



DENNIS LOWENTHAL, MD
MEDICAL DIRECTOR
CAROL G. SIMON CANCER CENTER
OVERLOOK MEDICAL CENTER



CYBERKNIFE® M6™ SERIES FOR A PAIN-FREE, NONSURGICAL TREATMENT OPTION FOR CANCER

In 2004, Overlook opened the first CyberKnife Center in the Tri-State Area (and the 16th in the U.S.), providing a pain-free, nonsurgical treatment option for patients with inoperable or surgically complex tumors of the prostate, brain, spine, lung, pancreas and liver. Now, the radiation oncology team uses the latest generation CyberKnife M6 model to treat larger lesions with more accuracy, while reducing treatment times to just five visits or less. The CyberKnife's advanced image guidance software allows physicians to deliver high doses of radiation with pinpoint accuracy without damaging healthy surrounding tissue.

"Few hospitals have the experience, technology and volume of patients at Overlook's CyberKnife program. We have the longest running, most experienced CyberKnife program in the region."



LOUIS E. SCHWARTZ, MD
CHIEF, RADIATION ONCOLOGY
MEDICAL DIRECTOR, CYBERKNIFE CENTER
OVERLOOK MEDICAL CENTER

LESS-INVASIVE OPTION FOR TOTAL KNEE REPLACEMENT

The Mako Robotic Arm gives patients living with mid-stage osteoarthritis a less-invasive surgical option to total knee replacement. Using imaging technology in combination with robotics, the Mako Robotic Arm enables surgeons to create a virtual 3-D model of the patient’s anatomy and a presurgical plan that details the technique for bone preparation and customized implant positioning. The technology helps restore normal alignment to the arthritic knee with improved accuracy.

“Robotic-assisted partial knee replacement is ideal for those whose joint degeneration is limited to one or two areas of the knee. Patients can expect improved long-term outcomes, minimized pain, and a speedier recovery compared to traditional knee surgery.”



JEFFREY T. LEARY, MD
CHAIR OF ORTHOPEDIC SURGERY
OVERLOOK MEDICAL CENTER



LATEST TOOL FOR MINIMALLY INVASIVE SURGERY

More than a decade ago, Overlook led the way in adopting new minimally invasive surgery techniques when it acquired one of the state’s first da Vinci surgical robots. Today, the commitment to deliver better patient care continues with the latest generation of da Vinci surgical robotic systems – the da Vinci Xi. With enhanced instrumentation and 3-D high-definition views of the surgical area, it is the latest tool in facilitating minimally invasive surgery in specialties such as gynecology, urology, colon and rectal surgery, oncology and even cardiology.

The da Vinci robot does not perform surgery. The surgeon performs surgery using tiny instruments that he or she guides while seated at a console. The da Vinci system scales, filters and translates the surgeon’s hand movements to the surgical instruments, which move like a human hand, but with greater range of motion and precision.

“For patients, the da Vinci surgical system means smaller incisions, less pain, less blood loss, a shorter hospital stay and a faster return to normal daily activities. Patients undergoing many types of robotic surgery are typically discharged the day after the procedure, versus a multiple-day stay following traditional or ‘open’ surgery.”



BERTRAM T. CHINN, MD
CHIEF, COLON AND RECTAL SURGERY
OVERLOOK MEDICAL CENTER

Continued on page 6

Continued from page 5



REDEFINING STROKE SURGERY

Overlook is the only hospital in New Jersey and one of only 50 sites in the world participating in a global clinical trial – the MIND (Minimally Invasive Neuro Evacuation Device) Trial, comparing the use of the Artemis™ Neuro Evacuation Device to the best medical management for removing large, often lethal, brain bleeds. Using sophisticated imaging and technology, the Artemis device facilitates S.E.E.I.N.G. (Surgical Endoscopic Evacuation of Intracranial Hemorrhage with Neuro-navigational Guidance), allowing surgeons to remove large brain hemorrhages through tiny incisions in the skull.

“Using Artemis, I have successfully removed brain bleeds from patients in near-fatal conditions and I’ve seen patients enjoy tremendous recovery. By gathering data and examining real-life results from sound, progressive surgical treatment options, we can lead the way toward improving patient outcomes and saving more lives. This device is part of Overlook’s continuous efforts to redefine neurosurgical care.”



PAUL S. SAPHIER, MD
BOARD-CERTIFIED NEUROSURGEON AND OVERLOOK’S
PRINCIPAL INVESTIGATOR AND LEAD ENROLLER IN THE MIND TRIAL

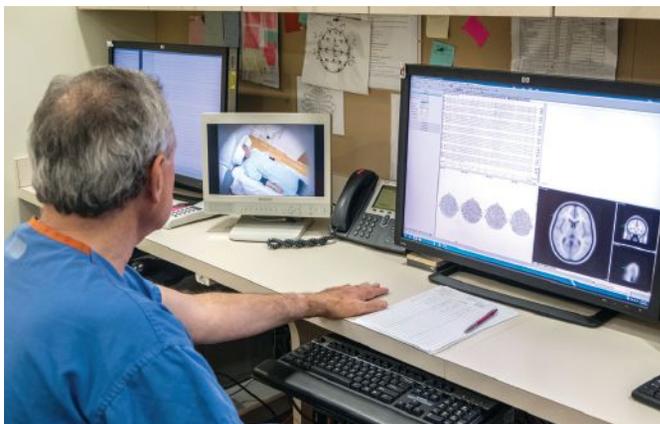
MAPPING THE BRAIN FOR EPILEPSY SURGERY

The Epilepsy Center at Overlook is the first and only in New Jersey to offer magnetoencephalography (MEG) for advanced diagnostics and surgical planning. The scan uses precise sensors to detect and record the magnetic fields associated with electrical activity in the brain. MEG, along with data from video-EEG, allows us to localize the location(s) of epileptic activity in the brain.

MEG is indicated for epilepsy and brain tumor patients who are surgical candidates. It can be used along with video-EEG to localize the epileptic zone(s) in the brain. MEG can also be utilized, along with functional brain mapping, and intracranial video-EEG to formulate a surgical plan.



JEFFREY M. POLITSKY, MD, FRCP(C)
MEDICAL DIRECTOR, COMPREHENSIVE EPILEPSY CENTER
ATLANTIC NEUROSCIENCE INSTITUTE
OVERLOOK MEDICAL CENTER



ARTIFICIAL INTELLIGENCE ADVANCES BRAIN IMAGING

Overlook Medical Center was the first hospital on the East Coast to install the MAGNETOM Vida, the most powerful 3T MRI with Artificial Intelligence of its kind.

Producing higher-quality images 25% faster than a standard MRI of the same field strength, it offers improved diagnostic capabilities as well as greater patient comfort. While a traditional MRI of the chest or abdomen often requires patients to hold their breath for long periods, the MAGNETOM Vida’s BioMatrix Technology detects individual breathing patterns and lung volumes, thereby minimizing breath holding and reducing the need for rescans. Patients also appreciate the wider opening, optional quiet mode and choice of soothing surroundings during the scan.

“We are able to see vital structures in a level of clarity we’ve never before experienced. This unparalleled technology vastly improves the patient experience during breast imaging; complex neurosurgical procedure planning; and prostate, colorectal, breast and cervical tumor staging.”



NEIL HORNER, MD
CHIEF OF NEURORADIOLOGY
OVERLOOK MEDICAL CENTER

NEW JERSEY'S FIRST ROBOT FOR NEUROSURGERY

Leading-edge technology, like New Jersey's first minimally invasive neurosurgical robot, ROSA®, will increase the number of patients who can benefit from epilepsy surgery at Overlook's Level IV Epilepsy Center. Featuring a robotic arm with six degrees of freedom, replicating the movements of a human arm, ROSA offers neurosurgeons precise real-time navigational guidance when millimeters make a difference.



"By combining ROSA with existing surgical procedures to identify areas of the brain where seizures originate, our team can better map the placement of depth electrodes in the brain and position them more quickly, safely, and accurately to effectively stop epileptic seizures and improve a patient's quality of life. This device is part of Overlook's continuous efforts to redefine neurosurgical care."



RONALD BENITEZ, MD
CHIEF OF ENDOVASCULAR NEUROSURGERY
OVERLOOK MEDICAL CENTER

SMARTER WAY TO MARK BREAST TUMORS

Women undergoing a lumpectomy following a diagnosis of breast cancer are now benefiting from a better presurgical process, thanks to the wire-free radar localization system SAVI SCOUT®. Previously, lumpectomy procedures involved wire localization – inserting a wire into the breast to tag the tumor. Then, with protruding wire and some bandaging, the patient would undergo surgery hours later. For many women, this was uncomfortable and carried the risk that the wire could become dislodged. The SAVI SCOUT uses a small reflector the size of a rice grain implanted in the breast days or weeks prior to surgery. Surgeons then use a handheld wand, which provides audio feedback, to locate the marker within one millimeter of the cancer during surgery.



REBECCA C. YANG, MD
FELLOWSHIP-TRAINED
BREAST SURGEON
DIRECTOR, BREAST
SURGICAL ONCOLOGY

CAROL G. SIMON CANCER CENTER
OVERLOOK MEDICAL CENTER

"SAVI SCOUT greatly improves the patient experience prior to breast surgery. It also allows us to more precisely pinpoint tumors, which means more successful surgeries, optimized breast conservation and improved cosmetic results."



3-D IMAGING IN LESS THAN A HEARTBEAT

The most advanced computed tomography (CT) technology on the market, the Aquilion™ ONE is the only system that can image an entire organ in a single rotation, allowing physicians to see not only a three-dimensional view of an organ, but also how the organ and surrounding blood flow are dynamically functioning in real time. It is fast enough to image the entire heart in less than a heartbeat. It can also perform a comprehensive neurological examination, providing arterial, venous and whole brain perfusion in a single study. This replaces the need for multiple diagnostic tests, saving time, resources, and reducing radiation exposure by more than 85%.

"By replacing several tests with one comprehensive exam, we now have the information we need to treat patients with life-threatening conditions, such as heart disease and stroke, faster, safer and more accurately." ▲



BENJAMIN SCHNEIDER, MD
CHAIRMAN OF RADIOLOGY
OVERLOOK MEDICAL CENTER

MAKO ROBOT TAKES THE BITE OUT OF KNEE PAIN

Nancy Moy loved her 20-plus-year career as a maternal-fetal ultrasound technician as well as her newly found pastime, fly-fishing. But each required long hours on her feet, which became increasingly challenging by the time she was in her early 50s. Psoriatic arthritis – a condition Nancy inherited from her father – was taking an incredible toll on her right knee.

“My knee was killing me,” says the effervescent and adventurous Montville resident. “It was swollen; it hurt to bend; and I was having trouble walking.”

At the suggestion of her rheumatologist, Sneha Pai, MD, Nancy sought the help of Jeffrey Leary, MD, an Atlantic Medical Group orthopedic surgeon, who is fellowship-trained in orthopedic trauma as well as adult reconstruction and arthritis surgery, and did two combat tours of Afghanistan as a member of a select special operations surgical team.

After an initial evaluation, Dr. Leary administered a cortisone shot, which brought Nancy relief for just six weeks.

When Nancy returned to Dr. Leary’s New Providence office, he offered a permanent, customized solution to Nancy’s knee pain, utilizing Overlook’s Mako Robotic Arm for partial knee replacement.

WHAT IS MAKO?

Using imaging technology in combination with robotics, the Mako Robotic Arm enables surgeons to create a virtual 3-D model of the patient’s individual anatomy and a presurgical plan that details the technique for bone preparation and customized implant positioning.

During the actual joint replacement procedure, the surgeon guides the robotic arm to make very precise bone cuts and position the prosthetic implant according to the patient’s preoperative plan.

“The technology allows us to achieve more accurate placement and alignment of the implant, which increases the stability and longevity of the joint,” observes Dr. Leary, who is pioneering the technique at Overlook Medical Center.

According to clinical studies, patients can expect better long-term outcomes, minimized pain, and a speedier recovery compared to traditional knee surgery.

NANCY’S EXPERIENCE

“I trusted Dr. Leary implicitly,” recalls Nancy. “I have had several family members serving in the U.S. Armed Forces, and I respected Dr. Leary’s military service as well as his joint replacement expertise. If he could put knees back together on the battlefield, he could put mine back together at Overlook with the best available technology.”

Three weeks following Mako partial knee replacement surgery on June 4, 2018, Nancy was leading a dozen people on a fly-fishing expedition on the Missouri River in Montana. Seven weeks after surgery, she was knee-deep in the rock-lined riverbeds of Sweden and Norway, salmon fishing.

“I was discharged from the hospital after just one night,” Nancy says, “and the recovery was fairly quick with minimal pain. I only used a walker for a day or two, and I completed physical rehabilitation in two weeks.”

Thanks to Dr. Leary, Nancy travels the world, sharing her enthusiasm and passion for fly-fishing and Spey casting for trout, salmon, steelhead, bass, tarpon, and bonefish with anyone willing to cast a line. ▲

IS MAKO PARTIAL KNEE REPLACEMENT RIGHT FOR YOU?

- ✓ Do you have early to mid-stage osteoarthritis that has not progressed to all three compartments of the knee – medial, lateral and patella?
- ✓ Have you tried conservative treatment options, like bracing, medication or joint fluid supplements without adequate relief?

Consult an orthopedic surgeon. You may be eligible for a Mako partial knee replacement.



JEFFREY T. LEARY, MD
ORTHOPEDIC SURGEON

THE MAKO DIFFERENCE

Clinical studies show that Mako partial knee replacement offers the following potential benefits as compared to traditional knee surgery:

- ✓ Improved outcomes and better knee function
- ✓ Less pain following surgery
- ✓ Shorter hospital stay
- ✓ Quicker recovery (nine out of 10 patients walk without an aid three weeks after surgery)



“Robotic-assisted partial knee replacement is ideal for those whose joint degeneration is limited to one or two areas of the knee.”

– Jeffrey Leary, MD

ATLANTIC MEDICAL GROUP

Dr. Leary is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Leary can be reached at 908-795-1192.



“I respected Dr. Leary’s military service as well as his joint replacement expertise. If he could put knees back together on the battlefield, he could put mine back together at Overlook with the best available technology.”

**OVERLOOK
MEDICAL CENTER
TOP 1%
IN THE U.S.**



NATIONALLY RECOGNIZED, LOCALLY LOVED.



Atlantic Health System

atlanticealth.org/overlook

Rheumatologist **Elliot Rosenstein, MD**, Honored by Arthritis Foundation

The Arthritis Foundation's New Jersey Chapter recognized Elliot Rosenstein, MD, co-director of the Institute for Rheumatic and Autoimmune Diseases (IRAD) at Overlook Medical Center, with the foundation's lifetime achievement award, Champion of Yes, given to those who help people living with arthritis lead better lives and find everyday victories.

*"I am very thankful to Dr. Rosenstein for his dedication, knowledge and compassionate care, which allowed me to fulfill my dream of having a career as a professional harpist," Cecilia Chartoff says. "Music is extremely important to me. **As a Champion of Yes, Dr. Rosenstein has made it possible for me to 'say yes' to the thing that I love most!**"*

"This event is ultimately not about the honorees," Dr. Rosenstein said in his acceptance speech. "It's about the patients. Every day my patients remind me how resilient the human spirit can be; how adversity can be met and overcome; and how my personal concerns pale in comparison to those of someone who must face each day accommodating to an emotionally and physically challenging illness."

*"He is a humble man who amazes me with his prowess as an extraordinary clinician and diagnostician," says Peggy Lotkowitz. "But it is his humanity that truly sets him apart. Working with patients, many of whom experience pain on a daily basis, **Elliot guides them to a place where they can live their best life in spite of the pain and limitations of their disease.**"*

The praise of Dr. Rosenstein from many of those patients, some of whom were in the audience, was highlighted at the gala. Overlook's IRAD is the only hospital-based facility of its kind in New Jersey, where doctors take a comprehensive approach to delivering concise and accurate diagnoses and treatment plans.

*"With your unconditional compassion, amazing listening skills and brilliant knowledge of rheumatic diseases, **you give me HOPE every day. I do not feel alone. I am so grateful to you. Mazel tov on your well-deserved honor.**"*



Elliot Rosenstein and family at the Arthritis Foundation event.



"Without Dr. Rosenstein's dedication and expertise, my last 13 years of treatment would not have been so remarkably successful."

*"It's about the patients. Every day my patients remind me how resilient the human spirit can be."
– Elliot Rosenstein, MD*

"These diseases regularly affect multiple organ systems, so our team of rheumatologists coordinates the diagnosis and treatment of our patients with specialists in those areas," explains Dr. Rosenstein. "Atlantic Medical Group has made it easy to ensure that all of those pathways to care are in place and that our patients are seen by quality specialists." ▲

"Dr. Rosenstein not only treats the disease, he treats the patient's spirit as well."

ATLANTIC MEDICAL GROUP

The Institute for Rheumatic and Autoimmune Diseases (IRAD) and Dr. Rosenstein are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlantichhealth.org/irad. He can be reached at 908-598-7940.

AWAKE BRAIN SURGERY to Battle Parkinson's Disease

When medication was no longer effective in managing Christine Treger's painful and debilitating symptoms of Parkinson's disease, she decided to meet her movement disorder head-on – with brain surgery. Specialists at the Movement Disorders Program at Atlantic Neuroscience Institute at Overlook Medical Center – one of a select few centers in the region performing **deep brain stimulation (DBS)** – surgically implanted electrodes, which deliver electrical pulses to targeted areas of Christine's brain. The therapy immediately transformed Christine's quality of life. Her tremor and rigidity are completely under control, and she has dramatically reduced her reliance on medication.

A CANDIDATE FOR DBS

Under the care of neurologist Marcie Rabin, MD, Christine was initially taking medication to control the tremors in her right hand. Over time, her symptoms included stiffness and impaired movement in her right arm and leg and difficulty walking.

"There was no time off from the Parkinson's. It was completely controlling my quality of life," says Christine.

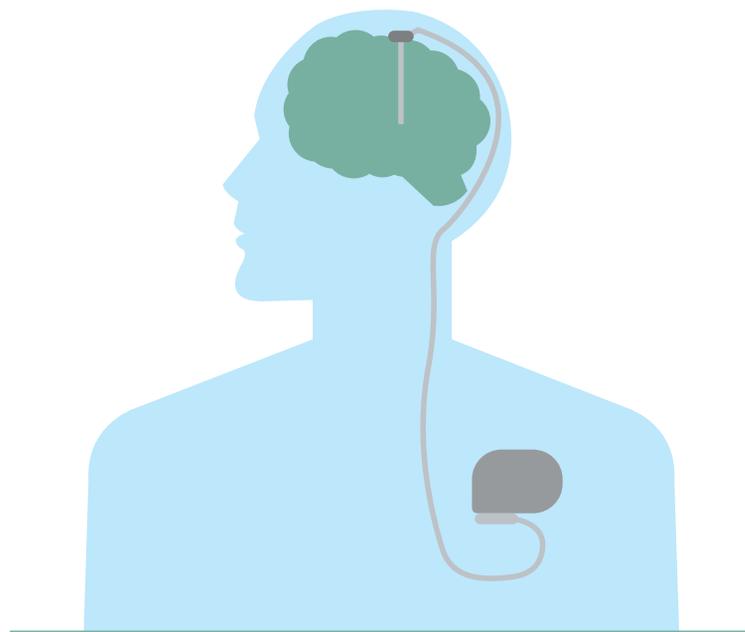
As Christine's disease worsened, Dr. Rabin introduced additional medications, which gradually needed to be taken more frequently and at higher doses.

"Although Christine had an excellent response to the medication, over time – as brain chemistry changes – the drugs lost their effectiveness," says Dr. Rabin.

The good news, however, was that Christine was still in the early stages of the disease and had responded to medication. She was also in good physical and psychological health, aside from her tremors. All of this made her an excellent candidate for DBS.

WHAT IS DEEP BRAIN STIMULATION?

Deep brain stimulation (DBS) is a minimally invasive, highly effective neurosurgical procedure during which a medical device called a neurostimulator is implanted in areas of the brain to deliver an electrical pulse to improve patients' motor functions. It can treat symptoms of Parkinson's disease, dystonia and essential tremors. Atlantic Neuroscience Institute at Overlook Medical Center's Movement Disorders Program has a multidisciplinary team of neurology specialists and neurosurgeons who specialize in customized DBS treatments that suit individual needs.



PARKINSON'S DISEASE

Approximately one million Americans are living with Parkinson's disease, a neurological movement disorder that causes tremors, stiffness, slowness of movement and impaired balance. As in Christine's case, the symptoms of Parkinson's usually begin as minor twitches; but they gradually worsen over time. There is no cure, but symptoms may be controlled with medication, physical therapy, exercise and – at select centers like Overlook – neurosurgery.

Christine's preoperative care included neuropsychological testing, an assessment of her symptoms with and without medication, and detailed brain scans. She also met other DBS patients and met with neurosurgeon Paul R. Gigante, MD. Dr. Gigante had been performing deep brain stimulation for more than eight years and is one of a select few neurosurgeons in the Tri-State Area using a frameless technique that improves patient comfort during the operation.

"Dr. Gigante and the entire movement disorders team were very positive about my potential outcome from the surgery," says Christine. "Their experience and confidence, my faith in God, and the support of my family and friends were guiding forces throughout the entire process. I felt as if I was part of a tremendous team."

AWAKE BRAIN SURGERY

During the first part of the two-part DBS surgery, Dr. Gigante implanted a thin wire lead with electrodes at the tips into targeted areas on both sides of Christine's brain. He then backed



Christine Treger and her husband

off the anesthesia, so that she was awake and he could assess her symptoms while applying electrical stimulation. This helped ensure that the electrodes were in the optimal location.

"There was no pain or discomfort as I hovered in a semi-awake state and Dr. Gigante began giving me tasks to do," says Christine. "I remember him asking me to tap my pointer finger to my thumb and to repeat the phrase 'two yellow lilies.'"

"Christine's tremors and rigidity were immediately improved during stimulation testing in the operating room," says Dr. Gigante. "With functional mapping, 3-D navigation and audio recording technology allowing us to hear the distinct rhythmic ring of brain cells, we could place electrodes within a millimeter of the target area."

In the second stage of DBS surgery, Dr. Gigante placed a battery-operated, medical device called an implantable pulse generator (IPG) near Christine's clavicle. The IPG is roughly the size of a stopwatch and is connected to the electrodes in

Christine's brain via an insulated wire passed under her skin.

The IPG, when activated, delivers electrical current to the areas of the brain and helps regulate the circuits that control motor function – similar to the way a cardiac pacemaker controls heart rhythm.

Christine stayed just one night in the neuro intensive care unit following the surgical procedure. She later returned to Overlook Medical Center, where Dr. Rabin turned on the IPG. The tremors stopped shortly thereafter and, with additional DBS adjustments over time, Christine's medication was reduced from 1,170 mg to 190 mg, taken two times a day, instead of five.

Christine has come a long way since the day her friends threw her a head-shaving party before her surgery. She now functions better at work, walks with ease and has much more energy to play with her young granddaughters, all made possible by Overlook Medical Center's movement disorders team. ▀

THE MOVEMENT DISORDERS TEAM, led by Tasneem Peeraully, MD, includes two movement disorders neurologists who are fellowship-trained in DBS, fellowship-trained specialists in neurosurgery and neuropsychology, a nurse coordinator dedicated to patients in the Movement Disorders Program, and a neuro-ICU staffed with highly trained nurses who care for movement disorder patients.

For more information, visit atlantichealth.org/movementdisorders or call 908-522-6144.

A PLACE WHERE SCIENCE MEETS HOPE GERALD J. GLASSER BRAIN TUMOR CENTER

WHERE WOULD YOU TURN IF YOU WERE DIAGNOSED WITH A BRAIN TUMOR?

Each year, more than a thousand families turn to the Gerald J. Glasser Brain Tumor Center in the heart of Atlantic Neuroscience Institute at Overlook Medical Center. The institute, the flagship of Atlantic Health System's neuroscience capabilities, has been ranked No. 1 for neurosurgery in NY, NJ, CT and PA, and among the top 5% of the nation's neuroscience programs five years in a row.

Here, patients and their loved ones navigate the journey from diagnosis through treatment. Throughout each step, they are surrounded by the support and guidance of a multidisciplinary team of experts who deliver state-of-the-art care with state-of-the-heart compassion.

"Being diagnosed with a brain tumor instantly transforms a person's life ... and the lives of those close to them. It carries shock, fear and fundamental worry about if things will ever be the same again. We understand that and treat patients as we would our own family," says Robert Aiken, MD, co-director of the Gerald J. Glasser Brain Tumor Center. "We provide a nearly unmatched host of programs and resources to help ease the worry, offer comfort and keep hope alive, all while focusing on delivering cutting-edge neuro-oncological care that may include participation in clinical trials."

"We have designed a program that puts patients and families at the center of everything – the nation's top medical experts, the latest minimally invasive and image-guided neurosurgical techniques, functional and awake brain mapping, neuro-oncologists dedicated to the treatment of brain tumors, molecular diagnostics in neuropathology that plays a key role in developing personalized

tumor treatment plans, the region's largest and most experienced CyberKnife® program, advanced clinical trials, and complementary integrative therapies," explains Yaron Moshel, MD, PhD, co-director of the Gerald J. Glasser Brain Tumor Center.

EXPERT TUMOR BOARD

Every patient has access to a multidisciplinary panel of experts who specialize in neurosurgery, skull base surgery, neuro-oncology, radiation oncology, neuroradiology, neuropathology, neurology, and head and neck oncology. Together, they review each individual patient's story, medical history, images and lab results. Then, they collaboratively develop individualized treatment plans that address benign or cancerous tumors of the brain, skull base, spine and spinal cord.

PATIENT NAVIGATOR

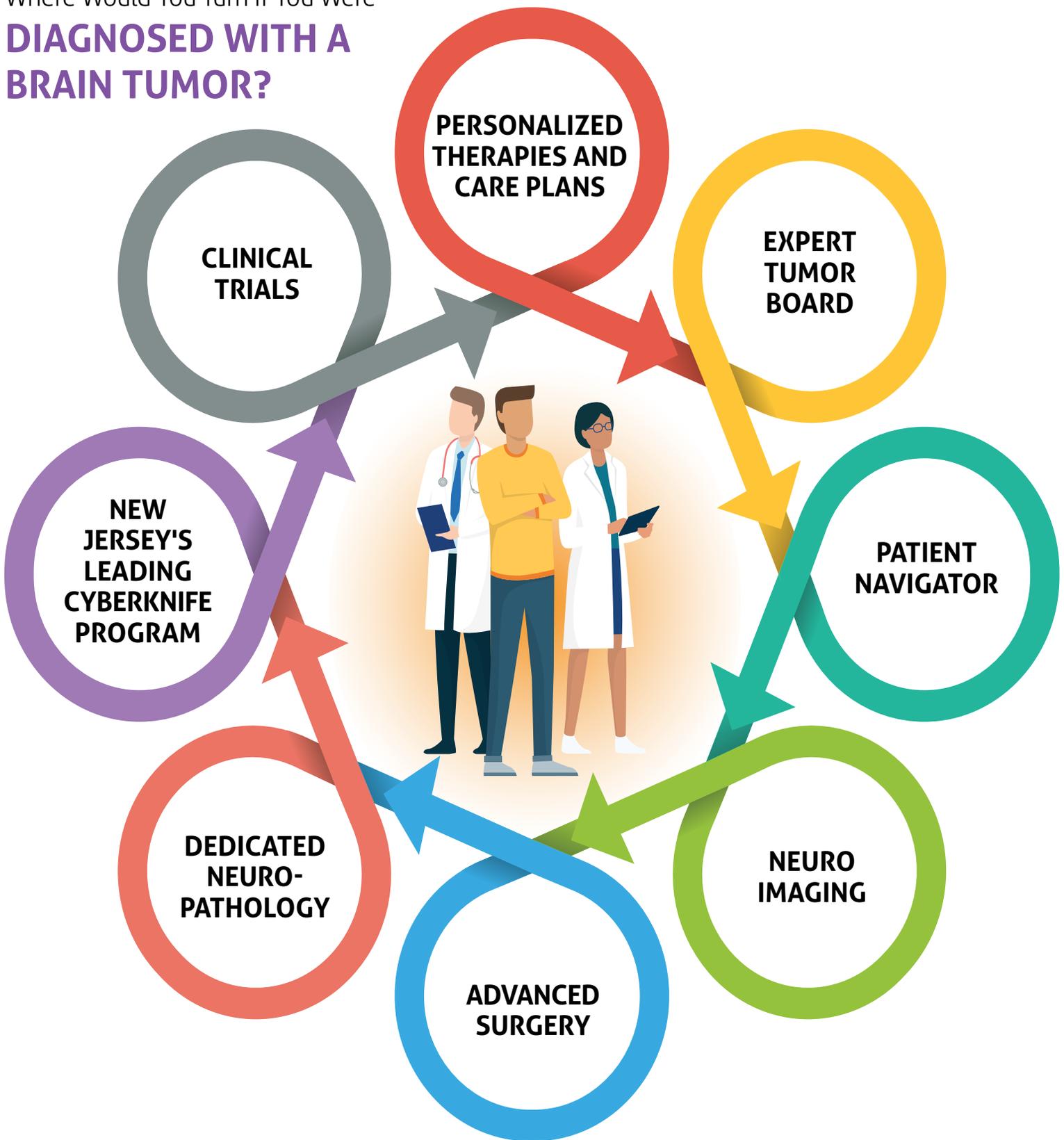
A patient navigator ensures every detail of the patient's treatment plan is followed. They schedule all tests and imaging; coordinate follow-up appointments, surgery and treatments; handle logistical details such as insurance and disability claims; and connect patients and families to a host of resources designed to provide comfort and support.

NEURO IMAGING

Diagnosing and treating brain tumors require top talent and top technology. With most tumors, the first line of treatment is to surgically remove the tumor without impacting other critical functional areas of the brain. Overlook neuroradiology has the latest intraoperative functional brain mapping that utilizes real-

Continued on page 16

Where Would You Turn If You Were
**DIAGNOSED WITH A
BRAIN TUMOR?**



"We have designed a program that puts patients and families at the center of everything – the nation's top medical experts, the latest minimally invasive and image-guided neurosurgical techniques, functional and awake brain mapping, neuro-oncologists dedicated to the treatment of brain tumors, molecular diagnostics in neuropathology that plays a key role in developing personalized tumor treatment plans, the region's largest and most experienced CyberKnife® program, advanced clinical trials, and complementary integrative therapies," explains Yaron Moshel, MD, PhD, co-director of the Gerald J. Glasser Brain Tumor Center.



“More than 1,100 brain tumor patients have been treated at Overlook’s CyberKnife Center, the largest, most experienced program in the region.”

– Yaron Moshel, MD, PhD

time 3-D image reconstructions. Neurosurgeons can see the location of the tumor and the areas of functionality – which vary from person to person – in real time during surgery.

ADVANCED SURGERY

Thanks to advances in anesthesia, Overlook neurosurgeons are performing a greater number of awake brain surgeries for functional language and motor mapping. “Every brain – just like every person – is unique and requires a customized approach to surgery,” adds Dr. Moshel. Many surgeons are hesitant to aggressively remove a tumor if it’s too close to critical brain structures that control important cognitive functions. Overlook neurosurgeons go into surgery with anatomical MRI images showing where the tumor is located, and with functional data showing how that tumor relates to the individual’s ability to speak, see, move, and think. Testing a patient’s cognitive functions while still in the operating room has led to improved outcomes for patients with otherwise inoperable brain tumors.

DEDICATED NEUROPATHOLOGY

Pathology plays a huge role in the diagnosis and treatment of brain tumors, and it begins while the patient is on the operating table. Overlook’s John-Paul Bouffard, MD – one of only about 1,000 physicians in the U.S. who are board-certified in neuropathology – performs intraoperative consultations and makes recommendations to the surgeon based upon what he sees microscopically. He also arranges a full histology and molecular genetic profile of every patient’s tumor to deliver personalized medicine and individually tailored post-surgical treatments.

THE CYBERKNIFE ADVANTAGE

CyberKnife® combines image guidance and robotics to deliver high doses of radiation with pinpoint accuracy. For patients with brain tumors, it can be used to treat the cavity that is left behind after the tumor is removed, or it can be utilized to treat a tumor deemed inoperable. More than 1,100 brain tumor patients have been treated at Overlook’s CyberKnife Center, the largest, most experienced program in the region.

CLINICAL TRIALS

As a member of the National Cancer Institute (NCI) Cooperative Group System, the Gerald J. Glasser Brain Tumor Center offers patients access to novel therapies currently under investigation. Innovative clinical trials that target molecular abnormalities driving cancer growth as well as brain tumor vaccines, gene-directed treatments, and immunotherapies targeting brain tumors, are available to Overlook patients.

SUPPORTIVE SERVICES AT THE GLASSER CENTER

- ▲ Thomas Glasser Caregivers Center
- ▲ Social Services
- ▲ Nutritionist
- ▲ Palliative Care
- ▲ Behavioral Health
- ▲ Physical Rehabilitation
- ▲ Support Groups
- ▲ Spiritual Counseling
- ▲ Integrative Therapies
(art therapy, massage, Reiki, pet therapy, music therapy)

THE BRAINS BEHIND THE GERALD J. GLASSER BRAIN TUMOR CENTER



CO-DIRECTOR

Robert D. Aiken, MD, is co-director of the Gerald J. Glasser Brain Tumor Center. A fellowship-trained neuro-oncologist, Dr. Aiken has years of expertise in academic, clinical and administrative roles. Board-certified in neurology and neuro-oncology, he specializes in the diagnosis and management of brain tumors and tumors of the spinal cord and nerves – as well as the management of paraneoplastic disorders involving the brain and nervous system. He was fellowship-trained at Memorial Sloan Kettering Cancer Center, and held academic appointments in neurology, neurosurgery, and oncology at Jefferson Medical College, Mount Sinai School of Medicine in NYC and Rush University Medical Center in Chicago. He is the author of many professional research journal articles. He is annually named a Castle Connolly America's Top Doctor and America's Top Doctor for Cancer and has been a Top Doctor in Philadelphia, New York, Chicago and New Jersey.



CO-DIRECTOR

Yaron A. Moshel, MD, PhD, a neurosurgeon at Atlantic NeuroSurgical Specialists, is co-director of the Gerald J. Glasser Brain Tumor Center and a clinical assistant professor of neurosurgery at NYU Langone Medical Center. Dr. Moshel is one of a select few surgeons who specialize in removing deep-seated brain tumors using computer-guided navigation, awake intraoperative brain mapping, endoscopy, and microsurgery. He also specializes in microsurgical approaches to skull base and spine tumors as well as endoscopic transnasal surgery for pituitary and skull base lesions. Dr. Moshel completed advanced fellowship training in neuro-oncology, stereotactic surgery and skull base surgery at New York University Medical Center. He further completed a research fellowship in minimally invasive endoscopic skull base surgery at New York-Presbyterian Hospital/Weill Cornell Medical Center. A *New Jersey Monthly* "Top Doc," Dr. Moshel has received numerous awards for his clinical excellence and dedication to his patients. He is actively involved in the Center for Hope Foundation, a nonprofit group that provides support for patients suffering from brain tumors, and their loved ones.

THE TEAM

NICHOLAS METRUS, MD, is a board-certified, fellowship-trained neuro-oncologist specializing in the diagnosis and treatment of brain tumors. Dr. Metrus pursued his fellowship training in neuro-oncology at MD Anderson Cancer Center in Houston, TX.

BRIAN D. BEYERL, MD, is a neurosurgeon at Atlantic NeuroSurgical Specialists. He completed his neurosurgical residency at Massachusetts General Hospital, Harvard Medical School in Boston.

LOUIS E. SCHWARTZ, MD, is the founder of the radiation oncology department at Overlook Medical Center, and a pioneer. He is responsible for the development of the CyberKnife radiosurgery program in Atlantic Health System.

JOANA S. EMMOLO, MD, is the medical director of radiation oncology at Overlook Medical Center. She is a 2016 Overlook Medical Center Clinical Excellence Award recipient.

NEIL B. HORNER, MD, FACR, is chief of neuroradiology for the Department of Radiology at Overlook Medical Center and chief of neuroradiology for Atlantic Health System. He is triple-board-certified by the American Board of Radiology and a past recipient of the "Brilliance in Our Committee Award" by the American Cancer Society. In 2015, Dr. Horner was elected a fellow of the American Board of Radiology for his history of service.

JOHN-PAUL BOUFFARD, MD, is a member of Morristown Pathology Associates and the chief neuropathologist for Atlantic Health System. Dr. Bouffard is board-certified in anatomic, clinical and neuropathology by the American Board of Pathology; he serves on the Executive Committee of the New Jersey Society of Pathologists. ▲

For more information on all physicians, visit atlantichealth.org/findadoc.

Ovarian Cancer Journey Inspires

ADVOCACY FOR SCREENING

Toward the end of the summer of 2004, Lynn Franklin had just completed several routine screenings and tests, including her annual pelvic exam. Her results were normal. So when the former teacher headed back to the classroom in September, she was focused on her students and not worried about her health.

But a few weeks later, the Watchung resident began feeling an unfamiliar internal pressure after she urinated. Although her gynecologist was not able to detect anything out of the ordinary and told her the feeling probably would go away, Lynn was not so sure. "It persisted, and I knew it was something that was not right for my body," she says.

Searching for answers, Lynn – who at 54 had not yet had a colonoscopy – visited a gastroenterologist. After palpating her abdomen, the gastroenterologist told her he wanted her to have a CT scan – immediately.

The CT and an ultrasound revealed a mass on Lynn's left ovary. The doctor referred her to Atlantic Women's Cancer Associates, part of Atlantic Medical Group, and she underwent surgery at Overlook Medical Center.

Lynn was diagnosed with stage 1a ovarian cancer, a very early stage that has a 93% five-year survival rate. Unfortunately, ovarian cancer typically is not discovered until it is much more advanced, and women diagnosed at these later stages do not fare nearly as well: Just 5% of women diagnosed at stage 4 survive past five years.

Lynn endured three rounds of chemotherapy. But rather than feeling sorry for herself, she realized most women are not as lucky as she is.

Soon after finishing chemotherapy, Lynn began volunteering with a few organizations, including New Jersey-based



Kaleidoscope of Hope Ovarian Cancer Foundation. Now its president, Lynn oversees the all-volunteer staff as it raises money for ovarian cancer research and awareness.

AHEAD OF THE PACK ON SCREENING

Atlantic Health System has been at the forefront of ovarian cancer screening. The health care organization is one of only a dozen institutions nationwide enrolling women in a study testing whether a rise in the blood protein CA-125 is an accurate indicator of ovarian cancer. The presence of CA-125 in a woman's blood holds some promise as a marker of ovarian cancer. (However, CA-125 can appear due to other factors, and some women who have ovarian cancer never express CA-125 in their blood at all; so the test is far from fail-safe.) In fact, it was at Lynn's urging that her friend since college days, Valerie Fornelius, enrolled in the Atlantic Health System screening in 2012; a gradual uptick in Valerie's CA-125 levels ultimately led to a diagnosis of stage 1 ovarian cancer in 2019. Had she not been enrolled in the study, it's possible the diagnosis would have come at a later date and a much later stage.

Lynn is also involved in a cancer support group at Overlook Medical Center, as she's a strong believer that it helps women whose lives have been affected by the condition. Her main goal, however, remains raising awareness of ovarian cancer symptoms before the disease progresses. Pay attention to things that do not seem right, she urges, which may include bloating, fatigue,

“We need to educate women and educate men, too. If you know something is not right with your body, follow through on it and get it checked out.”

– Lynn Franklin

feeling full after eating just a small amount, and urinating with more frequency or urgency. Symptoms also can include pelvic or back pain, changes in bowel habits and even leg pain. “We need to educate women and educate men, too. If you know something is not right with your body, follow through on it and get it checked out.”

Lynn took her own advice, and it saved her life. ▲

The Women’s Cancer Center is evaluating periodic blood tests for early detection of ovarian cancer.

Learn more by calling 973-971-6491 or emailing ovarian.screening@atlanticealth.org. You can also find out more on our website at atlanticealth.org/research.



Top: Valerie and Lynn during their college days. Bottom: Lynn, Valerie and their husbands today.



OVARIAN CANCER SIGNS/SYMPTOMS TO LOOK FOR

Ovarian cancer is the second most common gynecologic malignancy, but it is the leading cause of death among women with gynecologic cancers. It has been historically referred to as the “silent killer” because doctors diagnose most women at an advanced stage. Currently, we still do not have any standard screening methods to diagnose ovarian cancer early.

Symptoms of ovarian cancer can mimic other common, less serious, benign (noncancerous) conditions.

Most commonly reported symptoms can include:

- abdominal pain/discomfort
- abdominal swelling/bloating

Dr. Leda Gattoc, with Atlantic Women’s Cancer Associates, says that “many women tend to experience more symptoms when the cancer has spread beyond the ovaries.”

Symptoms of advanced ovarian cancer can include, but not be limited to:

- abdominal distention
- nausea
- decreased appetite
- feeling full quickly after eating
- bloating
- shortness of breath due to fluid in the abdomen or the lungs

Other symptoms can include back pain, abnormal vaginal bleeding, fatigue, or changes in bowel or urinary habits.

“Any woman experiencing such symptoms that are persistent, recurrent and not improving should consult with her physician. Routine gynecologic care and annual pelvic exams should be part of every annual well woman evaluation,” says Dr. Gattoc.



**DR. LEDA A. GATTOC, FACOG
GYNECOLOGIC ONCOLOGY
ATLANTIC WOMEN'S CANCER ASSOCIATES**

ATLANTIC MEDICAL GROUP

Atlantic Women's Cancer Associates and Dr. Gattoc are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Gattoc can be reached at 973-971-5900.

Leading Care in New Jersey



Personalized Cancer Care for Women



Nana Tchabo, MD
Gynecologic Oncologist,
Minimally Invasive
Robotic Surgeon



Leda Gattoc, MD
Gynecologic Oncologist,
Minimally Invasive
Robotic Surgeon

Talk with the experts. Our gynecologic oncologists are part of a multi-specialty team that work with you to create a personalized care plan for cancer and its side effects. To schedule a consultation, please call us at **908-522-5262**.

Atlantic Women's Cancer Associates

part of the Women's Cancer Center at Overlook Medical Center
11 Overlook Road, Suite LL 102, Summit, NJ, 908-522-5262



Atlantic Health System
Atlantic Medical Group



BEST
HOSPITALS
WOMEN'S

CHOICE AWARD

CANCER CARE
2018-2020

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



Tastes of the Season

During the cold-weather months, the farmers' markets of summer seem both too long ago and too far away. Do not let that stop you from making healthy choices. Instead, feel like a winter warrior when you follow these suggestions from Michael Atanasio, manager of Overlook's Department of Food and Nutrition.

- Start your day with oatmeal, which provides a slow release of energy to keep you going until lunch. For a sweet treat, top the oatmeal with a winter fruit, such as apples, pears, cranberries or dates.
- Give your immune system a boost with fruits and vegetables that are higher in vitamin C (sweet potatoes, tomatoes, red peppers and citrus fruits), zinc (spinach and legumes) and iron (lentils and leafy green vegetables).
- Add fish, eggs and cheese to your diet. These are rich in vitamin B12, which increases energy levels and bolsters immunity.
- Winter months can sometimes push us to comfort foods, which are often higher in sugar. To maintain health and weight, replace these foods with sweet, healthier alternatives. For example, soups chockful of roasted vegetables – butternut squash, sweet potatoes, carrots and beets among them – are not only comforting but satisfying. ▲

PASTA WITH ROASTED BUTTERNUT SQUASH & FRESH SAGE

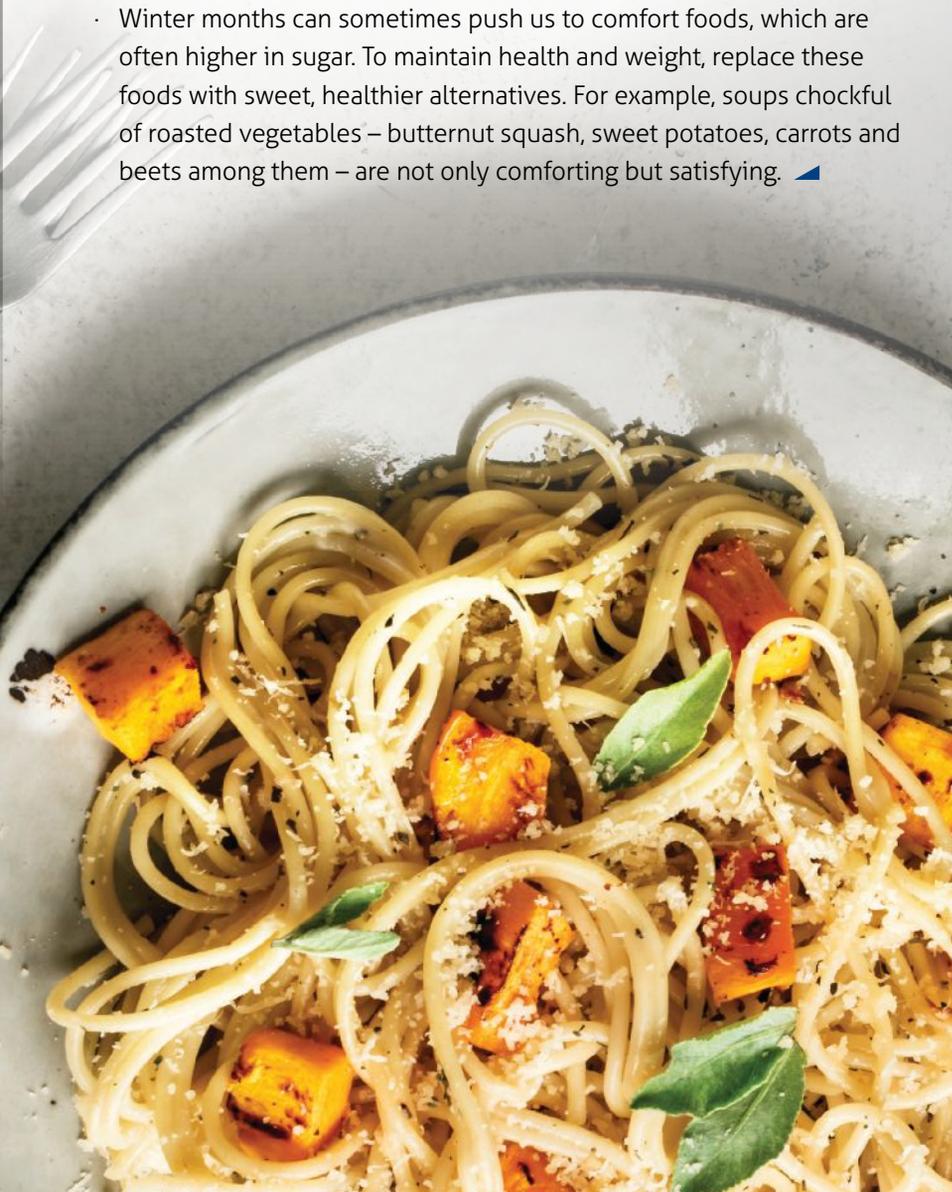
(yields four 8-ounce servings)

INGREDIENTS

- ¼ cup olive oil (for roasting squash)
- 4 cups ¾-inch diced pre-roasted butternut squash
- 2 teaspoons fresh rosemary, destemmed
- 8 ounces plum tomatoes, peeled, seeded and chopped
- ½ cup vegetable broth
- 2 roasted red peppers, finely diced
- 2 tablespoons fresh parsley, chopped
- 12 ounces linguine (regular, whole wheat or gluten-free)
- 2 tablespoons olive oil (to coat pasta after cooked)
- ¾ cup Parmesan cheese, ground or grated
- 1 teaspoon fresh sage, minced
- ¼ cup Parmesan cheese, shaved (for garnish)
- 6 tablespoons fresh sage leaves, destemmed (for garnish)

PREPARATION

1. Preheat oven to 350 degrees. In a large bowl, combine olive oil with squash and rosemary; toss well. Place on a cookie sheet and brown in oven until browned but slightly firm, about 10 minutes. Set aside until ready to sauté.
2. Add browned squash, tomatoes and vegetable broth to sauté pan. Bring to a simmer. Reduce heat to medium low. Cover and simmer until squash is tender to the bite, about 15 minutes. Stir in roasted peppers and parsley.
3. Meanwhile, cook pasta in a large pot of boiling salted water until just tender but still firm to bite. Drain pasta and return to same pot. Add olive oil to coat recently cooked pasta. Add squash mixture and Parmesan to pasta; toss. Season with salt and pepper. Transfer to bowl. Sprinkle with ¼ cup shaved Parmesan and sage leaves.



Born at Overlook!

At our Frank and Mimi Walsh Maternity Center, every birth is a special delivery. Will your baby be next? Meet the Mullanes of Cranford: Olivia, Mike, and baby Brian, who was born at Overlook on January 29, 2019. Though he entered the world during the Polar Vortex – one of the coldest days of the year – Olivia has only warm memories as she looks back on her Overlook experience.

HOW DO YOU DESCRIBE YOUR OVERLOOK BIRTH EXPERIENCE?

Overlook just feels like you're in a safe place to give birth, versus feeling like you're in a hospital. I never felt like a patient number – it doesn't feel like you're there to give birth and then someone is going to whisk off your baby and you're done. It's very humanizing. Plus, there are all of the creature comforts to keep you at ease.

WHAT WERE SOME OF YOUR FAVORITES?

We were in a big room with a bed and a tub. I was able to walk for as long as I felt comfortable, and I bounced on the exercise ball. The celebration dinner was so nice, and the massage I got the morning we went home ... The nurse made sure I got it, and I felt like, "This is heaven."

HOW DID THE NURSES HELP YOU DURING YOUR TIME AT OVERLOOK?

The nurses are phenomenal. The attention that was paid to us from the moment we got there until we left was incredible. They gave us a feeling of ease and comfort during a nerve-racking time. Breastfeeding didn't come easily for me, but the nurses were very supportive and helpful and got me in touch with a lactation consultant.

WHAT ADVICE WOULD YOU GIVE OTHER MOMS-TO-BE?

Know ahead of time the things that are important to you. Whether you have a birth plan or not, some things will be more important to you – like when to do the baby's first bath, or how much skin-to-skin contact you want, or letting oxygenated blood flow



"Overlooks just feels like you're in a safe place to give birth, versus feeling like you're in a hospital. I never felt like a patient number."

– Olivia Mullane

before cutting the umbilical cord. Knowing Overlook supported these things made me feel like I had more control. Overlook makes the birth experience feel warmer and more organic, versus a very clinical feeling. Birth didn't feel like something that was happening to me; I felt like I owned the process

For more information or to book a tour, call 908-522-4838 or email overlook.parented@atlanticealth.org.



Overlook Medical Center



Providing Extra Care for Women

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 \$49, 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



Bigger, Better, STRONGER

Atlantic Rehabilitation at Union Campus opens its doors to a larger space with the latest technology



In its newly expanded space, Atlantic Rehabilitation at Overlook Medical Center Union Campus is delivering even more of the high-quality, personalized care for which it is known. At 4,000 square feet, the redesigned physical therapy center has doubled its previous capacity and now can provide even better access to care.



The recent expansion of Overlook Medical Center Union Campus to include Atlantic Medical Group Primary Care at Union – as well as numerous specialists and such ancillary services as a fully operational Emergency Department, radiology, infusion and a full-service lab – helped to spur the Atlantic Rehabilitation extension. “The expansion at Union Campus necessitated the expansion in physical therapy,” says April Goncalves, PT, DPT, supervisor of Atlantic Rehab Union. “We’re able to accommodate more patients and keep up with the demand from the addition of Atlantic Medical Group practices in the building and within the community.”

The team of physical therapists at Atlantic Rehab Union treats a variety of conditions, including general orthopedic injury, post-operative care, post-concussion management, post-stroke care and neurological conditions. The center has 15 treatment tables and a variety of rehabilitative equipment, such as stationary bikes and various forms of resistive training. **The center also features the cutting-edge AlterG® Anti-Gravity Treadmill™, developed with NASA technology, for anyone who might have pain with full weight-bearing activity. With the AlterG, rehabilitation can begin sooner regardless of limited mobility or weight-bearing restrictions.**

Goncalves reports that in coming months, Atlantic Rehab Union will offer occupational therapy in addition to physical therapy.



The AlterG® Anti-Gravity Treadmill™

Regardless of all of the changes and growth, one thing that remains the same is the personalized attention patients receive. “We strive to offer the best one-to-one care,” says Goncalves. “Being a part of Atlantic Health System allows us to provide personalized care of the highest quality.”

LOOK FOR THE GREEN AWNING

Atlantic Rehabilitation at Overlook Medical Center
Union Campus is located at:

1000 Galloping Hill Road, Suite 203

Union, NJ 07083

908-598-6575

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smart medicine
and
extraordinary
care to our
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**We thank
you for your
generosity
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FOUNDATION**

46-48 Beauvoir Avenue
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www.overlookfoundation.org
info@overlookfoundation.org

community calendar

Winter 2020

Welcome to your Overlook Medical Center Community Calendar. Below, you'll find wellness events for Winter 2020, including BMI/glucose screenings. Pages 29-31 contain the usual programming you've come to expect.

For more information about any of the events listed, call 1-800-247-9580 unless otherwise noted.

MARCH – COLON CANCER AWARENESS MONTH

| | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES |
|---|----------------------------------|--|---|
| <p>MARCH March is National Colon Cancer Awareness Month.</p> <p>Are you at risk? Join us and learn the risk factors associated with colon cancer prevention.</p> | Tuesday, March 3, 11:00am-2:00pm | BMI/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07076 | <p>All programs are FREE.</p> <p>For more information, call 908-522-2842.</p> |
| | Thursday, March 5, 10:00am-Noon | BMI/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076 | |
| | Monday, March 9, 11:00am-1:00pm | BMI/GLUCOSE SCREENINGS ShopRite of Garwood, 563 North Ave., Garwood, NJ 07027 | |
| | Tuesday, March 10, 10:00am-Noon | BMI/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083 | |
| | Thursday, March 12, 10:00am-Noon | BMI/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091 | |
| | Tuesday, March 17, 10:00am-Noon | BMI/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040 | |
| | Thursday, March 19, Noon-2:00pm | BMI/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083 | |

COMMUNITY HEALTH SCREENING EVENTS

APRIL – ALCOHOL AWARENESS MONTH

| | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES |
|---|----------------------------------|---|---|
| <p>APRIL April is National Alcohol Awareness Month.</p> <p>Did you know that excessive alcohol use has immediate effects that increase the risk of many harmful health conditions?</p> <p>Join us and learn how alcohol use affects your overall health and leads to the development of chronic diseases and other serious problems.</p> | Tuesday, April 7, 11:00am-2:00pm | BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960 | <p>All programs are FREE.</p> <p>For more information, call 908-522-2842.</p> |
| | Thursday, April 9, 10:00am-Noon | BLOOD PRESSURE/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076 | |
| | Monday, April 13, 11:00am-1:00pm | BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Garwood, 563 North Ave., Garwood, NJ 07027 | |
| | Tuesday, April 14, 10:00am-Noon | BLOOD PRESSURE/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083 | |
| | Thursday, April 16, 10:00am-Noon | BLOOD PRESSURE/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091 | |
| | Tuesday, April 21, 10:00am-Noon | BLOOD PRESSURE/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040 | |
| | Thursday, April 23, Noon-2:00pm | BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083 | |

MAY – STROKE AWARENESS MONTH

| | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES | COMMUNITY HEALTH SCREENING EVENTS |
|---|--------------------------------|---|---|-----------------------------------|
| <p>MAY May is National Stroke Awareness Month.</p> <p>Know what to do in the event you or your loved one has a stroke.</p> | Tuesday, May 5, 11:00am-2:00pm | STROKE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960 | <p>All programs are FREE.</p> <p>For more information, call 908-522-2842.</p> | |
| | Thursday, May 7, 10:00am-Noon | STROKE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076 | | |
| | Monday, May 11, 11:00am-1:00pm | STROKE SCREENINGS ShopRite of Garwood, 563 North Ave., East Garwood, NJ 07027 | | |
| | Tuesday, May 12, 10:00am-Noon | STROKE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083 | | |
| | Thursday, May 14, 10:00am-Noon | STROKE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091 | | |
| | Tuesday, May 19, 10:00am-Noon | STROKE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040 | | |
| | Thursday, May 21, Noon-2:00pm | STROKE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083 | | |

Overlook Medical Center Named

One of '100 Great Community Hospitals'

by Becker's Healthcare for 2nd Year

Based in Summit, NJ, Overlook is again the sole Garden State hospital on the list



A SPECIAL CAMP FOR GRIEVING AND HEALING

June 22 through June 25, from 9:00am-3:00pm, at Camp Riverbend in Warren

Children are coping with grief more often than most people realize. Talking with and guiding a child who has experienced the death of a loved one can be challenging. Atlantic Home Care and Hospice is pleased to announce its 10th annual Camp Clover – a special bereavement day camp for kids in grades 1-8.

Grief work is balanced with traditional camping activities like arts and crafts, swimming and sports, with opportunities for children to share their experiences of loss in a safe and nurturing setting, guided by trained counselors, volunteers and bereavement specialists.



It is Atlantic Home Care and Hospice's hope that children will emerge from this experience with new coping skills to help in their journey through grief. Camp Clover is funded by donations and is free to all children. Busing and lunch also provided.

To register, volunteer or donate, contact Diane Coloney at 973-379-8444 or at diane.coloney@atlantichealth.org.

BEHAVIORAL HEALTH

| DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES | SUBSTANCE ABUSE FAMILY SUPPORT GROUP Participants learn ways to cope with substance-abusing family members. No registration is required. Wednesdays, 6:30-8:00pm For more information, call 908-522-4800. Overlook Medical Center, Outpatient Services, 2 Walnut St., Summit, NJ 07901 FEE: FREE |
|--|---|---|--|
| All Behavioral Health events take place at Overlook Medical Center, Outpatient Services, 2 Walnut St., Summit, NJ 07901. | | | |
| Mondays, Wednesdays and Thursdays, 5:30-9:00pm | CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM Three evening programs are available for those trying to remain abstinent from all substances. | To register, call 1-888-247-1400. Fee is based on the cost of the individual's health insurance copay, deductible or coinsurance. | |
| Tuesdays, 1:00-2:00pm | DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUP Our DBT Skills Group teaches you the skills needed to manage emotions and change harmful behaviors. DBT skills can help free you from a roller coaster of emotions. | To register, call 1-888-247-1400. | |
| Monday-Friday, 9:30am-1:00pm OR 11:30am-3:00pm | MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM Group, individual, and family counseling as well as medication management for those who need an intense, time-limited treatment to improve their emotional health. Participants attend 3 out of 5 days per week. | | |
| Thursdays, 10:30-11:30am | POSTPARTUM GROUP New mothers meet and learn coping and relaxation skills to help them with their new role. | | |
| Monday-Friday, 9:30am-3:00pm | MENTAL HEALTH ACUTE PARTIAL HOSPITAL PROGRAM As a step down from the hospital or to avoid hospitalization. Services include: group, individual, and family counseling as well as medication management for those who need an intense, time-limited treatment to improve their emotional health. Participants attend 5 days a week, 5 hours per day. | | |

CANCER CARE

| DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES | SCAR MASSAGE A program for post-mastectomy patients who have chosen not to undergo breast reconstruction, who have other oncology-related surgical scars. For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE |
|--|---|--|--|
| All Cancer Care events take place at Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901. | | | |
| Tuesdays, 10:00-11:30am | ART THERAPY Art therapy for adults with cancer. | For dates and to register, call Michele Wadsworth at 908-522-6168. FEE: FREE | |
| Various dates and times | BEREAVEMENT GROUP A support group for people who have lost a spouse or partner to cancer. | For more information and to register, call Maggie Brady at 908-522-5255. FEE: FREE | |
| Second and fourth Thursday of the month, 10:00am | BREAST CANCER SUPPORT GROUP A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for newly diagnosed breast cancer patients. Fourth Thursday of the month for patients in their first year of treatment, and second Thursday for patients over one year of diagnosis. | For more information and to register, call Kerry Ricci at 908-522-5925. FEE: FREE | |
| Mondays, 10:00-11:00am | GENTLE YOGA FOR CANCER PATIENTS Yoga can improve energy, concentration and the emotional well-being of cancer patients. A brief meditation period will be included at the end of classes to calm, soothe and focus the busy or stressed mind. Class will last for 60 minutes and is for cancer patients and survivors ONLY. | To register, call Michele Wadsworth at 908-522-6168. FEE: FREE | |
| Various dates and times | MINDFULNESS TOOLS FOR CANCER RECOVERY An introduction to mindfulness practices. Mindfulness is a particular way of paying attention to the present moment, without judgment. Mindfulness has been shown to reduce stress and improve quality of life. This weekly group includes meditation instruction, practice and discussion. | For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE | |
| Various dates and times | ONCOLOGY MASSAGE Thirty-minute private sessions with a certified massage therapist are available, FREE of charge to patients of Carol G. Simon Cancer Center at Overlook Medical Center. | For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE | |
| Second Thursday of the month, 7:00-8:00pm | 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. FEE: FREE | |
| Various dates, 3:00pm | PREPARING FOR BREAST CANCER SURGERY A breast cancer patient education class given by a breast nurse navigator, social worker and physical therapist to help prepare patients for upcoming breast surgery. | For dates and to register, call 908-522-6210. FEE: FREE | |
| | | | QIGONG FOR WELLNESS Through the practice of gentle movement, breathing, self-applied massage and meditation, you will learn to activate the self-healing capability of the body, mind and spirit. Mondays, 11:15am-12:15pm FEE: FREE |
| | | | YOGA AND MEDITATION This drop-in session includes 45 minutes of yoga followed by a 45-minute guided mindfulness meditation. Some yoga experience is recommended. Participants can choose to stay for both practices or just choose one of the 45-minute sessions. Fridays, 10:00-11:30am FEE: FREE |

community calendar Winter 2020

| CAREGIVERS | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES | |
|------------------|--|---|---|--|
| | All Caregivers events take place at Overlook Medical Center, Thomas Glasser Caregivers Center (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901. | | | |
| | Tuesdays, Noon | ART THERAPY FOR THE CAREGIVER Art workshop, offering communal peer support and providing a creative outlet to help reduce stress. | To register, call the caregiver liaison at 908-522-6348. FEE: FREE | |
| Mondays, 10:30am | MUSIC SELF-CARE FOR THE CAREGIVER Music therapy sessions in our Caregivers Center encourage caregivers to take time for self-care and enjoy opportunities for relaxation, development of new coping strategies and self-expression. No prior musical experience is needed. | To register, call the caregiver liaison at 908-522-6348. FEE: FREE | | |

QIGONG FOR CAREGIVERS

This group meets weekly to practice mindful movement.

Wednesdays, 1:00pm
For more information and to register, call Marian Teehan at 908-522-6347 or Valerie Gagliano at 908-522-6348.
FEE: FREE

| COMMUNITY HEALTH | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES |
|------------------|----------------------------------|--|---|
| | Tuesdays | HEALING YOUR GRIEVING HEART A bereavement group for those who have experienced a recent death of a spouse or partner within the last year. Overlook Medical Center, Caregivers Conference Room (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901 | To register, call Marian Teehan at 908-522-6347 or Maggie Brady at 908-522-5255. FEE: FREE |
| | Saturday, March 7, 8:00am-1:00pm | 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. Overlook Medical Center, Bouras Auditorium (5th floor), 99 Beauvoir Ave., Summit, NJ 07901 | Registration is required. To register, call 1-800-247-9580. FEE: FREE |



SPRING RUMMAGE SALE

The Visiting Nurse Association of Somerset Hills, which recently joined with Atlantic Health System and is now Atlantic Visiting Nurse, will hold its spring rummage sale at Far Hills Fairgrounds. The two acres and 26 departments of merchandise will include adult and children's clothing, appliances, antiques, pet supplies, electronics, lighting fixtures, holiday decorations, sporting goods, furniture, jewelry, toys, books, kitchen goods, and more.

May 1-3, 9:30am-3:30pm (Friday and Saturday); 12:30-3:30pm (Sunday). Rain or shine

| 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, an award-winning health and wellness program tailored to meet the needs of today's adults. 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 atlantichealth.org/newvitality . FEE: MEMBERSHIP IS FREE |

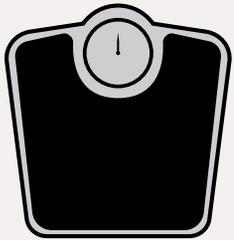


| ORTHOPEDECS | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES |
|-------------|--|---|---|
| | Mondays, 1:00-3:00pm; Tuesdays, 10:00am-Noon (see registration form on atlantichealth.org/classes for dates) | TOTAL JOINT REPLACEMENT PREOPERATIVE CLASSES This class is given by the staff of Overlook Medical Center's orthopedic unit, for patients undergoing elective joint replacement surgery. Our goal is to provide education that will leave you feeling confident as you prepare for your upcoming surgery and return home. Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901 | For more information and to register, call 1-800-247-9580. FEE: FREE |



| PARENTING & CHILDBIRTH | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES | MATERNITY CENTER TOURS Various dates and times For more information, email overlook.parented@atlanticealth.org . Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901 | |
|--------------------------------|--|--|---|---|--|
| | All Parenting & Childbirth events take place at Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901. | | | | |
| | Various dates and times | ABCs OF GOING HOME WITH YOUR BABY Topics include basic infant care, diapering, dressing, bathing, swaddling, holding, soothing, when to call the baby's doctor, and how to manage with pets at home. One-day class or two-part series. | For more information, email overlook.parented@atlanticealth.org . FEE: \$100 PER COUPLE | | |
| | Various dates and times | BREASTFEEDING: GETTING STARTED AT OVERLOOK Learn various aspects of breastfeeding, including breast milk production, positioning and latching on, to get your breastfeeding experience off to the best start. | For more information, email overlook.parented@atlanticealth.org . FEE: \$50 PER COUPLE | | |
| | Various dates and times | MINDFUL PREGNANCY AND BIRTH AT OVERLOOK Mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management, hands-on practice and tour. One-day class or three-part series. | For more information, email overlook.parented@atlanticealth.org or call 908-522-2946. FEE: \$200 PER COUPLE | | |
| Thursday, April 9, 6:30-9:30pm | YOUR BABY'S BIRTH AT OVERLOOK MEDICAL CENTER Topics include the childbirth process, signs and stages of labor, and when to go to the hospital. Participants will also view a birthing video and take a tour of our maternity center, which provides an overview of the labor, delivery and postpartum experience at Overlook Medical Center. | For more information, email overlook.parented@atlanticealth.org . FEE: \$75 PER COUPLE | | | |

| SUPPORT GROUPS | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES | BARIATRIC SURGERY SUPPORT GROUP Learn how to prepare for and manage lifestyle changes to maximize your surgery's success. Third Monday of the month, 12:45-1:45pm For more information and to register, call 908-522-5794. Weight & Wellness Center 33 Overlook Road, MAC I, Suite 206, Summit, NJ 07901 |
|----------------|--|--|---|--|
| | Second Tuesday of the month, 2:00-3:00pm | OSTOMY SUPPORT GROUP Supported by the Union County Chapter of the OAA. 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. FEE: FREE | |
| | First Monday of the month, 5:30-7:30pm | PAIN SUPPORT GROUP This group is for those afflicted with chronic pain. Guest speakers provide different perspectives on the subject. Overlook Medical Center, Neuroscience Community Conference Room (NCCR), 5th floor, main hospital in Neuroscience Administration, 99 Beauvoir Ave., Summit, NJ 07901 | For more information and to register, call Pat Hubert at 908-665-1988. FEE: FREE | |
| | Second Thursday of the month, 11:30am-1:00pm | STROKE SUPPORT GROUP Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Light refreshments will be served. Registration is required. Overlook Medical Center, Conference Room 4, 99 Beauvoir Ave., Summit, NJ 07901 | For more information and to register, call 1-800-247-9580. FEE: FREE | |

| WEIGHT LOSS | DATE | EVENT DETAILS AND LOCATION | CONTACT AND FEES |  |
|-------------|--|---|---|---|
| | Third Monday of the month, 6:00-7:00pm | APPROACHES TO WEIGHT LOSS AT OVERLOOK Learn about available weight loss treatments. Registration is required. Overlook Medical Center, Conference Room 2, 99 Beauvoir Ave., Summit, NJ 07901 | For more information and to register, call 1-800-247-9580. FEE: FREE | |

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