Is Plain OJ Enough?
When You Need Added Nutrients—and When You Don’t

Qi Gong: Ancient Practice, Modern Benefit

4 Cancers Women Need to Watch Out For
Dear Friend,

This issue of Well Aware is focused on your health, from improving your body and spirit to keeping you healthy with regular screenings. We’ve included a special feature on Qi Gong, a therapeutic exercise that uses slow, gentle movements to improve balance and help ease joint stiffness and pain—and that’s just a few of the benefits of this ancient practice.

If you have children, you’ll be interested in our newly renovated Cardiac Classroom at the Liberty Science Center. Our partnership with this organization allows area children to learn about heart health in a unique way, by interacting with cardiac specialists during an actual surgery.

October is also National Breast Cancer Awareness Month. See the article on this page for three things you can do not just this month, but all year long.

Wishing you good health this fall,

Joseph Trunfio
President and CEO
ATLANTIC HEALTH

Are you a cancer patient wanting to learn more about the latest treatment options? Check out TrialCheck—a free, searchable database of clinical trials for cancer treatment affiliated with Atlantic Health.

1 Monthly breast self-exams are a woman’s best line of defense against an aggressive and little-known form of cancer called inflammatory breast cancer, which is most common among younger women. Self-exams are essential, because redness, swelling and warmth in the breast are often the only warning signs.

2 Clinical breast exams should be conducted every three years or as recommended by your physician.

3 Mammograms are an important screening tool to detect breast cancer and should be scheduled annually after age 40, or earlier if you have a family history or other risk factors for breast cancer.

Are you a Candidate for a Clinical Trial?

Are you a cancer patient wanting to learn more about the latest treatment options? Check out TrialCheck—a free, searchable database of clinical trials for cancer treatment affiliated with Atlantic Health.

Accessible online, TrialCheck is a valuable resource for cancer patients who are considering participation in clinical trials, which help further knowledge about specific diseases. Patients can fill out a form to see what trials they may qualify for, as well as learn different treatment options to discuss with their physicians.

Choose “Cancer” under “Patient Care Services” to access the database on atlantichealth.org. Click on “TrialCheck” under “Interested in Clinical Trials?” on the right to search by ZIP code for clinical trials near you.

For more information on TrialCheck, visit atlantichealth.org.
Qi Gong

**Qi, pronounced “CHEE”** is a Chinese word meaning life force or vital energy, which flows through all things in the universe. *Gong* means accomplishment through steady practice. Together, they represent a way to cultivate energy to connect and heal mind, body and spirit.

**East Meets Best**

The “mother” of T’ai Chi and Kung Fu, Qi Gong has slow, gentle movements from which everyone—young and old alike—can learn and see a benefit. Children can learn to channel their energy and improve concentration. Adults can practice Qi Gong to reduce stress, manage pain or recover from illness. Seniors may find that Qi Gong restores balance and helps alleviate joint and muscle aches.

“As part of our efforts to integrate alternative medicine into our traditional therapies, we have incorporated Qi Gong into daily therapy for our patients recovering from stroke,” says Kathleen O’Donnell, manager of inpatient rehabilitation and continuum of care for the Atlantic Rehabilitation Institute. “Many report an enhanced sense of well-being, are able to relax and sleep better and, at the same time, are energized for traditional therapy, seeing greater improvement.”

**Cultivating Qi**

The coordinated slow movements with breathing cultivate Qi and direct the energy for a purpose. The practice of Qi Gong can direct Qi for a spiritual purpose (T’ai Chi), prowess in martial arts (Kung Fu) or healing.

Working in the same way as acupuncture, Qi Gong allows you to actively participate in the restoration of balance within yourself by balancing the meridians, or pathways of energy in the body. Benefits of Qi Gong practice include:

- aiding in relaxation
- lowering blood pressure
- improving circulation
- optimizing the flow of oxygen and nutrients to cells throughout the body
- moderating pain
- reducing feelings of anxiety and depression
- neutralizing addictive cravings
- boosting the immune system
- promoting deeper sleep
- improving mental clarity

**Positive Energy**

The Atlantic Mind Body Center is the first facility in the nation to offer Qi Gong to patients while in the hospital.

“I have found enormous benefit from practicing Qi Gong to reduce my chronic back pain and boost my energy level. Qi Gong helps all the systems of the body and can help people suffering from the effects of arthritis, cancer, chronic fatigue and fibromyalgia, while aiding rehabilitation for patients who have had a stroke or heart attack.”

—Nancy Cotter, MD, medical director for Atlantic Integrative Medicine

For more information about the Atlantic Rehabilitation Institute or how Qi Gong can help you, visit atlantichealth.org.
New Vaccine Offers a *Lifesaving Chance* to Beat Brain Tumors

A **NEW VACCINE** administered through a leading-edge trial led by Michael L. Gruber, MD, medical director for the Brain Tumor Center of New Jersey, may offer patients with certain types of brain tumors longer, fuller lives.

Physicians in the trial take a sample of the brain tumor and harvest a type of white blood cell with a machine. Then, those cells are mixed with the contents of a tumor cell to create a vaccine that stimulates the patient’s immune system, causing antibodies to form and attack the tumor cells. Overlook Hospital is the only area facility participating in this trial. All other study sites are major university medical centers.

“This new treatment may significantly improve survival and quality of life,” Dr. Gruber says. “In the pilot studies at the University of California in Los Angeles, the vaccine more than doubled patients’ two-year survival rates, and some patients are still alive after five to six years. Additionally, the vaccine is well tolerated by patients and causes very few side effects.”

*Dr. Gruber is currently accepting patients between the ages of 18 and 66 who have been newly diagnosed with high-grade glioblastoma multiforme and haven’t yet undergone surgery. For more information on the trial, call (908) 522-5914.*

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Do Added Minerals **Do the Body Good?**

Gone are the days of choosing skim or two percent milk or orange juice with pulp or without. Nowadays, a wide array of products boasting added calcium and vitamins and minerals are putting regular OJ and milk out to pasteurization.

But are they worth the extra cost?

*Added vitamins and minerals. Now with twice the protein. Fortified with zinc.*

**IT’S HARD TO** miss these labels as you weave through the grocery aisles, but what do these claims really mean? Should you buy these products for better health?

“Unfortunately, there are no magic bullets for good health,” says Gale Reed, RD, outpatient dietitian for Overlook Hospital. “Healthy living starts with basic nutrition.”

The typical American diet lacks adequate calcium and fiber. Therefore, foods enriched with these nutrients can be beneficial. Reed suggests reading the label before purchasing an enhanced food product. Sometimes drinks that boast added calcium are laden with unhealthy sugar or fat that can outweigh the benefit of the added calcium. Reed also recommends consumers not buy in to the thought that because a little is good, a lot is better, especially with vitamins and minerals. Excess amounts of these substances in the body can sometimes do more harm than good.

“The best thing to do is to ask yourself if you really need that vitamin- and mineral-enhanced food to be healthy,” Reed says. “If you’re already eating a balanced diet with a variety of foods and/or taking a multivitamin, the answer is likely, ‘no.’”
Say Goodbye to Pain…

Whether you’re experiencing pain from an old sports injury or you have a condition such as arthritis that causes ongoing pain, you know that chronic pain is real. Fortunately, many people with chronic pain can find relief with advanced treatment.

THE PAIN MANAGEMENT CENTER
at Overlook Hospital, which opened in July, offers state-of-the-art treatment for chronic pain. A variety of procedures are available to treat the source of the pain, which may be:
• disc pain
• low back pain and sciatica
• joint pain
• whiplash
• reflex sympathetic dystrophy
• adult and geriatric pain
• pediatric pain
• pain from cancer
• migraine headaches
• pelvic pain
• sports injuries

“When you’re in pain, it can be debilitating and can affect all areas of your health and life,” says Gerard A. Malanga, MD, board-certified pain medicine, physical medicine and rehabilitation physician and medical director of the pain management program. “Thankfully, our highly experienced group of pain management specialists can help sufferers overcome their pain, and can do so using minimally invasive techniques that require little or no recovery time.”

Patient-Centered Care
In addition to traditional methods of relieving chronic pain—such as physical therapy, massage, anti-inflammatory medication and injections—the Pain Management Center is pleased to offer leading-edge techniques and procedures. Currently, the following pain management procedures/treatments are available at the Pain Management Center:
• radio-frequency neuroablation
• sacroiliac joint injections
• discography
• joint injections
• epidurals
• spinal injections
• artificial joint fluid injections
• nucleoplasty
• removal of adhesions

“Our multidisciplinary team includes a complementary staff of behavioral health therapists, nutritionists, physical therapists and physicians to care for chronic pain sufferers,” says Andrew Kaufman, MD, board-certified anesthesiologist and pain management physician for Overlook. “The extensive array of minimally invasive procedures we offer can help sufferers overcome pain so they may live life to the fullest.”

Experience Matters
Unlike other pain specialists, Overlook’s team of pain management specialists strives to find the root of the problem and then take the necessary steps to eliminate the problem—not mask the pain with medication.

“We want to get to the root of the problem, so if you’re suffering from chronic pain, we can help,” says Dr. Malanga. “Our team of pain specialists build a comprehensive treatment plan based on each individual’s need—that’s what makes our Pain Management Center unique.”

For a physician skilled in pain management, visit atlantichealth.org or call (866) 737-8179.

September is National Pain Management Month, and Overlook Hospital’s Pain Management Center reminds you that you don’t have to live in constant pain. There are ways to treat your pain and get you back on your feet so you can do the things you love to do, such as garden, play golf and spend time with family.
You’ve just completed treatment for cancer when you notice swelling and pain in your upper arm. A few days later, the pain progresses down to your wrist and you begin to lose sensation in your entire arm. You could have lymphedema, a disease of the lymphatic system that affects thousands of patients each year.

**Living with Lymphedema**

**The Lymphatic System** consists of lymph nodes, lymph vessels, lymph ducts and organs, and is responsible for keeping the body’s immune system at peak performance. When surgery, radiation therapy, trauma or cancer interfere with the function of the lymph vessels, excessive lymphatic fluid builds up and causes the soft tissues of the limbs—particularly the arms and legs—to swell, become painful, feel heavy or lose sensation.

“When people first experience symptoms of lymphedema, they often don’t realize what’s happening and incorrectly assume the swelling and pain will eventually go away on their own,” says Kathryn Ryans, PT, certified lymphedema therapist and coordinator of lymphedema services for Morristown Memorial Hospital. “Lymphedema is treatable, but it can’t be cured. The earlier you recognize the symptoms, the more positive the outcome will be.”

**Lymphedema Explained**

There are two types of lymphedema: primary and secondary. **Primary lymphedema** is a congenital problem that occurs when the lymphatic vessels are either missing or don’t function properly. **Secondary lymphedema** occurs when the lymph nodes have been removed during surgery or damaged during an accident or by treatment for another disease, such as cancer. When either form of lymphedema is left untreated, the protein-rich lymphatic fluid reduces the amount of oxygen that can move through the lymphatic transport system, which can lead to problems with wound healing and increase the risk of infection.

**Getting Treatment**

Treatment for lymphedema through Atlantic Health’s Lymphedema Therapy Program is a two-phase process. The first phase, which is known as complete decongestive therapy, involves using light massage (called manual lymphatic drainage) to move the lymphatic fluid to other areas.

The massage is followed by compressive bandaging, an exercise program and education about practices that can reduce the risk of future infections. Phase II of treatment—the maintenance phase— involves wearing a compression garment to prevent lymphatic fluid from building up in only one area.

Visit atlantichealth.org and search for “Complementary Therapies” to learn more about this and other programs available at Morristown Memorial and Overlook Hospitals.

“Lymphedema isn’t a topic that gets a lot of attention, yet many people have to deal with the consequences of this disease. By identifying the symptoms and getting prompt treatment, patients with lymphedema can live long and healthy lives.”

—Kathryn Ryans, PT, certified lymphedema therapist
“How does the patient stay alive while you’re cutting on his heart?” a student asks the cardiac surgical team assembled in the operating room at Morristown Memorial Hospital. Rather than just tell the students the answer, the kids in the Cardiac Classroom at the newly renovated Liberty Science Center gasp as the perfusionist turns on the heart-lung bypass machine, which instantly circulates the blood and oxygen that keep the patient alive during the operation.

IN A HEARTBEAT, surgeons from Morristown Memorial Hospital are changing the career paths of thousands of students, thanks to Liberty Science Center’s award-winning Live from the Cardiac Classroom program. During these classroom sessions—which have been conducted for about 10 years—students visiting the museum have the opportunity to watch live cardiac surgeries on a closed-circuit television monitor. They are also encouraged to ask questions of the operating room staff as the procedures are taking place.

A related program, Live from Neurosurgery, gives kids a chance to see brain surgery performed by physicians from Atlantic Neuroscience Institute.

“We as physicians and healthcare professionals play a part in keeping pace with the breathtaking advances in science, and it’s important to pass on that sense of thrill,” says William Tansey, MD, cardiologist for Morristown Memorial and Overlook Hospitals, home of the new Gagnon Heart Hospital. “We have the responsibility to expose children to real science when they’re most impressionable, and the Live from the Cardiac Classroom program fuels their interest in the healthcare field as a potential career.”

How Does It Work?

During the Live from the Cardiac Classroom program, students in seventh grade and up who visit the new Jennifer A. Chalsty Center at the Liberty Science Center are introduced to heart function and heart disease by the program facilitator, who also demonstrates surgical devices like those being used in the operation. The students can then interact with the surgical teams—including the physician, nurses, technologists and runners in the operating room, learning about everything from equipment to career choices. All of this is occurring during live surgery from the classroom.

“As we interact with the students during these procedures, it’s always a thrill to hear the different questions they ask,” says John Brown, MD, chief of cardiac surgery and vice chair of cardiovascular services at Morristown Memorial Hospital. “It certainly shows there is a true interest in science and learning, and that is encouraging.”
If you knew that just an hour each year could save your life, would you make time? Penciling in a yearly pelvic exam, clinical breast exam and mammogram is one of the best ways to safeguard your health without cluttering your already busy schedule. It’s easy to forego these exams, but skipping out could be a high-stakes health risk.

**Straight Talk About Women & Cancer**

**Each Year, 40 Percent** of women over age 40 skip mammograms, and even more miss their annual Pap smear. These screening tools are essential in detecting women’s cancers in the earliest, most treatable stages.

Here’s what you need to know about these four, potentially deadly cancers.

**The Protection of a Pap Smear**

“Pap smear abnormalities are among the most obvious red flags that alert physicians to investigate possible signs of gynecological cancer,” says Daniel Tobias, MD, gynecological oncologist for Overlook Hospital. “This exam provides the early detection critical to receiving timely, effective treatment.”

After you’ve scheduled your yearly pelvic exam, study up on the risk factors of common gynecological cancers, including:

**Uterine Cancer**—The biggest risk factor is excess or unopposed estrogen exposure, so taking supplemental estrogen without progesterone increases the risk of developing uterine cancer. Other significant risk factors include obesity, diabetes and taking tamoxifen (a medication used in the treatment of breast cancer).

**Ovarian cancer**—A family history of breast or ovarian cancer puts a woman at higher risk for developing ovarian cancer. Early childbearing, oral contraceptive pills and breastfeeding have been shown to reduce a woman’s risk of developing ovarian cancer. While there is no good screening test for either ovarian or endometrial cancer, most women will develop symptoms such as post-menopausal bleeding or bloating.

**Cervical cancer**—The main risk factors for cervical cancer are sexual activity before age 18, multiple sexual partners, HPV and other sexually transmitted diseases (especially genital warts), smoking, chronic immune suppression and medical treatments involving the use of prednisone.

**Battling Breast Cancer**

A woman’s chance of developing breast cancer—the second leading cause of cancer deaths among American women—is about one in eight. The good news is that only about one or two of every 1,000 mammograms leads to a diagnosis of cancer.

“Think of mammograms as routine screenings that are part of our basic
health care,” says Sue Jane Grosso, MD, medical director for the Breast Center at Overlook Hospital. “Women shouldn’t be anxious about mammograms because even if they are called back for extra testing, the results of those tests is normal more often than not.”

Further, early detection increases the chances that treatment will eliminate breast cancer. In fact, breast cancer survival rates are increasing due to better diagnostic tools and innovative treatments—but greater awareness is the key to taking advantage of modern medicine’s arsenal against breast cancer.

The American Cancer Society guidelines for early detection advise women age 20 and older to perform monthly breast self-exams and undergo yearly clinical exams. Women age 40 and older should also receive yearly screening mammograms. A magnetic resonance imaging (MRI) test is recommended for women who have or have had one or more of the following:

- a BRCA1 or BRCA2 mutation
- a first-degree relative with a BRCA1 or BRCA2 mutation
- a 20 to 25 percent (or higher) lifetime risk of breast cancer, based on an accepted risk assessment that examines family history and other factors

Taking Breast Health to Heart

Here are some new weapons in the fight against breast cancer available at the new Breast Center at Overlook Hospital.

- **Digital mammography**—allows radiologists to view results immediately—eliminating the anxiety of waiting for films to be developed—and manipulate images to make it easier to see suspicious tissue. Additionally, digital mammography has proven more effective than traditional analog (film) mammograms for women younger than 50 years of age, women with dense breast tissue and premenopausal or perimenopausal women.

- **Computer-aided detection (CAD)**—complements the radiologist’s interpretation, providing a second set of eyes and flagging areas that need to be examined more closely.

- **Positron emission tomography and computed tomography (PET/CT)**—helps physicians stage a patient’s cancer after diagnosis to determine the most effective course of treatment.

Bonni Gearhart, MD, chair of the breast program for the Cancer Center at Overlook Hospital, is currently enrolling patients in the Trial Assigning Individualized Options for Treatment (TAILORx), the first study developed as a result of a program sponsored by the National Cancer Institute. Study participants will include patients with estrogen-receptor positive, axillary chemotherapy—a clinical scenario in which the majority of patients are often over-treated.

This trial takes a personalized approach to treating breast cancer by using a molecular test known as Oncotype DX in selecting treatment options. The test pinpoints whether 21 genes in the tumor are turned on or off and predicts the patient’s risk of cancer recurrence. Patients with high scores will receive the standard of care—a combination of chemotherapy and hormonal therapy—while those with a low score can avoid the side effects of chemotherapy by receiving only hormonal therapy.
From anxiety about their changing bodies, to frustration over bouts of acne and worry about weight gain, teenagers are in a constant state of adjustment as they transition from childhood into adulthood. A good relationship with a physician can help them successfully navigate these tumultuous years.

“THE RAPID CHANGES adolescents experience can lead to specific disorders like acne, scoliosis and menstrual problems,” says Walter D. Rosenfeld, MD, chair of the pediatrics department and director of adolescent medicine for Atlantic Health. “Other conditions, such as diabetes, heart disease and drug addiction, can have their origins in the teen years, and addressing those issues early often has a much greater impact than waiting until adulthood.”

Addressing Crucial Issues

Although adolescent medicine has been a specialty for over 50 years, very few physicians in the United States are specialists in this area. Adolescence is a time for teens to begin taking responsibility for their own health, and care designed specifically for this age group helps them do just that. In fact, the American Academy of Pediatrics recommends that primary care physicians address issues like drug and alcohol use, smoking, sexual activity, physical activity, nutrition and social issues with members of this age group.

Sensitive, Expert Care

The Adolescent/Young Adult Center for Health at Atlantic Health offers programs for ages 12 to 21 at the Goryeb Children’s Hospital and at Overlook Hospital’s Goryeb Children’s Center, including:
- **Girl Street**, a program for teen girls at Overlook that offers gynecological and other services to young women
- **TeenhealthFX.com**, a national award-winning website averaging a quarter million hits a month, gives teens a forum for finding accurate health information and answers to questions about common adolescent health issues
- **Project TeenFit**, a new website to promote fitness and nutrition for Morris County middle school students, funded by a grant from the Robert Wood Johnson Foundation
- **Eating Disorders Clinic**, where teens receive care for disorders like anorexia and bulimia
- **College health programs** at area colleges

“At Atlantic Health, we offer adolescent care that is often available only at large teaching hospitals,” says Dr. Rosenfeld. “Our multidisciplinary team of physicians, nurses, dietitians, social workers, psychologists and psychiatrists provides leading-edge care for the specific health concerns of adolescents.”

Visit atlantichealth.org to learn more about the Goryeb Children’s Hospital or to find a physician. Call (866) 735-8097 or search for child and adolescent services or pediatrics at atlantichealth.org.

Set the Stage for a Healthy Teen

Here are some things you as a parent can do to help your teen receive the health care he or she needs.
- Develop an open relationship with your child from a very young age to encourage him or her to come to you with health concerns.
- Help your teen find a provider who has experience with the sensitive issues of adolescence.
- Understand that while parents need to be included in the relationship between a health provider and adolescent, teens need some level of privacy and confidentiality with their provider.
Annual checkups and a healthy lifestyle work hand-in-hand to keep you healthy, but not all health maintenance exams are equally effective. You can help your physician ensure you get all the screenings you need by keeping a couple of tips in mind.

“MEDICINE IS A CONSTANTLY changing field, and exams may change a little from one physical to the next,” says Jean Randazzo, MD, internist for Morristown Memorial Hospital. “That’s why it’s helpful for patients to stay current with the standard tests using research from reliable sources and bringing any questions they may have to their primary care physicians.”

Nationally respected organizations such as the U.S. Centers for Disease Control and Prevention and the National Institutes of Health provide authoritative screening recommendations. Visit these organizations on the Web at cdc.gov and nih.gov to get up-to-date information about the tests you need, depending on your age and sex.

Straight Talk with the Doc
With the national shortage of primary care physicians, some doctors are extremely busy. Despite their best efforts, they may speed up yearly exams out of necessity. Asking the following questions, however, may serve as a gentle reminder to perform some of the less common tests you may need:

» Do my medical records show that I’ve been getting all the recommended screenings based on my age and sex?
» Will I need any screenings this year that I haven’t had previously?
» Do I need to begin any screenings earlier based on my family history, personal medical history or other risk factors?

“In addition to being proactive about staying healthy through diet, exercise and awareness about preventive screenings, it’s essential to find a doctor you feel comfortable talking to,” says Joseph Schulman, DO, family practice physician for Overlook Hospital. “Asking questions during a yearly exam is a great way to build a relationship with your physician and make these checkups as thorough as possible.”

To find a physician at Morristown Memorial or Overlook hospitals who can help meet your health maintenance needs, call the Physician Referral line at (866) 737-7530.

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<thead>
<tr>
<th>Age Group</th>
<th>Screenings for Males (by Age)</th>
<th>Screenings for Females (by Age)</th>
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<tbody>
<tr>
<td>Young adults</td>
<td>• 18—monthly testicular self-exams, yearly testicular exam in physician’s office</td>
<td>• 18—monthly breast self-exams, yearly Pap smear</td>
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<td></td>
<td>• 21—cholesterol checks</td>
<td>• 21—cholesterol checks</td>
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<tr>
<td>Middle Age</td>
<td>• 50—yearly prostate exams and a PSA (earlier if recommended by physician); first colonoscopy (then once every 10 years)</td>
<td>• 40—yearly mammograms (earlier if recommended by physician)</td>
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<td>and Beyond</td>
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<td>• 50—first colonoscopy (then once every 10 years)</td>
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<td></td>
<td></td>
<td>• 65—bone mineral density test</td>
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Ready, Set, Screen
Clip out this chart of age- and sex-specific screening recommendations and stay abreast of changing guidelines.
Please call 1-800-247-9580 to register for any of these programs. All programs are free unless otherwise indicated. Atlantic Health also offers a wide range of parenting classes on topics including prepared childbirth, infant care and nutrition. For more information, dates and times, please call 908-522-2946.

HEALTH AND WELLNESS

Hypnosis for Weight Loss
Learn how to permanently lose weight using hypnotic suggestions and proven behavior modification techniques.
Fee: $70.
Tuesdays; September 18, October 16, November 20 and December 11
7:00 to 9:00 pm
Overlook Hospital
99 Beauvoir Avenue, Summit
Presenter: Barbara Van Duyne, Certified Hypnotherapist

Stroke Awareness Lecture
Learn about the latest information on stroke care and treatments. Educational materials and question and answer time with the stroke team from Neuroscience and Community Health will be available.
Wednesday, September 19
10:00 am to Noon
Long Hill Senior Center
769 Valley Road, Gillette

Breast Awareness Program
This breast health education program is provided by an outreach educator and co-sponsored by Susan G. Komen Race for the Cure North Jersey (event in English and Spanish).
Thursday, September 20
5:00 to 7:00 pm
Westfield YMCA, Second Floor Conference Room
220 Clark Street, Westfield

Hypnosis for Smoking Cessation
Learn how to quit smoking for good using hypnosis and behavior modification techniques.
Fee: $70.
Presenter: Barbara Van Duyne, Certified Hypnotherapist
Thursday, September 27
7:00 to 9:00 pm
Overlook Hospital, Wallace Auditorium
99 Beauvoir Avenue, Summit

Thursday, October 25
7:00 to 9:00 pm
Westfield YMCA
220 Clark Street, Westfield

Thursday, November 8
7:00 to 9:00 pm
Overlook Hospital, Conference Room 4
99 Beauvoir Avenue, Summit

Reiki
This ancient therapy offers relief from stress and pain while balancing the body’s energy centers and promoting the body’s natural ability to heal.
Fee: $40.
Tuesdays; October 2, 9, November 6, 13 and December 4 and 11
Noon, 1:20 pm and 2:30 pm
Overlook Hospital, Nursing Education office, Eighth Floor
99 Beauvoir Avenue, Summit
Presenter: Ann Formichella, Certified Reiki Master

Diabetes Triathlon—Reaching for Physical, Emotional and Nutritional Fitness
Celebrate National Diabetes Month. Experts will discuss managing stress, incorporating convenient foods into healthy meal planning and keeping happy and fit. Registration is required; free glucose screenings to first 50 people who register.
Saturday, November 10
Screening: 8:00 to 9:00 am;
Program: 9:00 am to 12:30 pm
Overlook Hospital
99 Beauvoir Avenue, Summit

SCREENINGS

Bone Density Screenings
Find out if you are at risk for developing osteoporosis with a noninvasive ultrasound that provides immediate results. Counseling and educational materials will be provided. Registration is required.
Fee (for all dates): $10.
Tuesday, September 11
10:00 am to Noon
Summit YMCA
67 Maple Street, Summit

Monday, October 1
10:00 am to Noon
Home Depot
1515 Route 22, Watchung

Friday, October 26
10:00 am to Noon
Summit Health Department
512 Springfield Avenue, Summit

Thursday, November 1
10:00 am to Noon
5 Points YMCA
201 Tucker Avenue, Union

Thursday, November 29
10:00 am to Noon
Westfield Health Department
425 East Broad Street, Westfield

Tuesday, December 4
10:00 am to Noon
Scotch Plains YMCA
Martine Avenue, Scotch Plains

Bone density screenings
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201 Tucker Avenue, Union

Thursday, November 29
10:00 am to Noon
Westfield Health Department
425 East Broad Street, Westfield

Tuesday, December 4
10:00 am to Noon
Scotch Plains YMCA
Martine Avenue, Scotch Plains
Hearing Screenings
Have your hearing tested for potential problems.
Friday, September 28
10:00 am to Noon
Summit Health Department
512 Springfield Avenue, Summit

Thursday, October 4
10:00 am to Noon
5 Points YMCA
201 Tucker Avenue, Union

Thursday, October 25
10:00 am to Noon
Westfield Health Department
425 East Broad Street, Westfield

National Depression Screening Day
Attendees will take a brief written survey and speak with a licensed therapist. Educational materials will be available. Registration is not required.
Thursday, October 11
2:00 to 6:00 pm
Atlantic Behavioral Health Outpatient
46-48 Beauvoir Avenue, Summit

SUPPORT GROUPS

Adult Diabetes Support Group
For adults living with diabetes.
No registration required.
First Monday of each month
7:00 to 8:30 pm
Overlook Hospital
99 Beauvoir Avenue, Summit

Substance Abuse Family Support Group
Participants will learn ways to cope with substance abusing family members. No registration required.
Tuesdays
6:30 to 8:00 pm
Atlantic Behavioral Health Outpatient
46-48 Beauvoir Avenue, Summit

For a referral to an Atlantic Health physician, call 1-800-247-9580.
Get the latest health and wellness news by signing up for your free, personalized e-health newsletter at atlantichealth.org.
Diabetes—Are You Aware?

Diabetes affects approximately 20 million Americans each year, yet many do not know how to properly manage the condition.

Diabetes is a disease in which a person’s body either produces or uses insulin improperly. Insulin—the hormone used to break down glucose, starches and sugars from foods—is essential for the body to function.

The disease can strike with little or no warning, but there are some common symptoms that many people experience, including:

- excessive thirst
- frequent urination
- fatigue
- blurred vision
- constant hunger
- numbness and tingling in feet
- frequent infections
- slow healing process
- weight loss

Am I at Risk?
Anyone can develop diabetes, but those most at risk are persons who are overweight, those over 40 and those with a family history of the disease. Other risk factors include:

- being overweight
- living a sedentary lifestyle
- having a blood relative with diabetes
- being 40 years of age or older
- being of African, Hispanic or Native American descent
- having a history of gestational diabetes
- having a baby weighing more than nine pounds at birth
- having a history of hypertension
- being overly stressed or having had a recent surgery or illness

Although there is no cure for diabetes, doctors do know that diabetes can lead to serious health conditions, including death, when it is not properly monitored and controlled.

For more information about diabetes, visit atlantichealth.org.

Back to School Basics

Make this year the healthiest and best so far with these helpful tips.

It’s another school year and as a parent you want to know how to make it a great one. Follow these tips to help:

▷ Brown bag it. Packing your child’s lunch can help reduce her temptation to eat high-fat or high-sugar foods, provide nutritious options such as fruits and vegetables and save you money.

▷ Practice safe backpack etiquette. Backpacks can lead to harmful back, neck and shoulder conditions if not used properly. Be sure your child wears his backpack over both shoulders with wide, padded straps to evenly distribute the weight and that it doesn’t weigh more than 10 to 15 percent of his body weight.

▷ Beware of germs. To avoid multiple missed days of school due to colds and other contagious infections, wash lunchboxes and backpacks once a week. Pack disinfectant wipes in lunches and bags so children can clean their eating areas and wipe their hands throughout the day. Also, teach your child to hang her backpack or purse on a hook in the bathroom as opposed to setting it on the floor.
Healthy Tailgating?
It's possible.

While many think of beer and hotdogs, tailgating doesn’t have to add extra pounds through those extra innings. Try this healthy checklist to keep the party fun and fit.

- Opt for grilled chicken and shrimp, veggie burgers or tofu dogs instead of hamburgers and hotdogs.
- Bring along mushrooms, sliced zucchini, cherry tomatoes, baby carrots, broccoli and other healthy finger foods. Serve with fat-free dressing or hummus.
- Fill up on water, which is good for your body and can help you avoid sugary soft drinks and fattening alcohol.
- Watch those condiments. With one tablespoon of mayonnaise comes 100 calories and 11 grams of fat. Choose mustard and ketchup, which have less calories and fat, or try light or fat-free mayonnaise.
- Make a pot of healthy chili using ground turkey, a variety of vegetables and different types of beans, such as black, kidney, navy and red.
- Choose sandwiches made with whole-grain breads, lean meats and lots of vegetables, including cucumbers, lettuce, tomatoes, yellow and red peppers and sprouts.
- Try a fresh-fruit pizza with low-fat cream cheese, a frozen yogurt parfait or grilled pears and pineapples for dessert.

Another way you can help make tailgating healthier is to bring a dish that’s low fat, filling and delicious. Try these recipes that will wow tailgaters and chefs alike.

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**Gumbo on the Grill**

**Ingredients**
- 6½-ounce can chopped clams, undrained
- 4½-ounce can tiny whole shrimp, undrained
- ½ cup medium salsa
- ½ cup instant rice
- 14½-ounce can salt-free stewed tomatoes, undrained

**Instructions**
Light grill to medium-high heat. In an 8” square disposable aluminum pan, mix all the ingredients. Cover with aluminum foil and place on the grill. Close grill and cook for about 8 minutes. Stir, then recover and cook for another 2 to 4 minutes, or until rice is thoroughly cooked.

**Nutrition Facts**
Servings: 4 to 6
Calories: 2
Total Fat: 0g
Carbohydrates: 13g
Fiber: 1g
*Source: Men’s Health*

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**Turkey Joes**

**Ingredients**
- 1 tablespoon vegetable oil
- 1 pound ground turkey
- 1 cup onion, chopped
- ½ cup celery, chopped
- ½ cup green bell pepper, chopped
- 2 garlic cloves, minced
- 12-ounce can diced Italian tomatoes
- 2 tablespoons Worcestershire sauce
- 8-ounce can salt-free tomato sauce
- 1 teaspoon salt
- black pepper to taste

**Instructions**
Heat oil in large skillet. Add turkey, stirring to break it up, and cook until browned. Add onion, celery, bell pepper and garlic. Sauté for 5 minutes, stirring often. Mix in the remaining ingredients and simmer for 30 minutes, stirring occasionally. Serve on toasted buns.

**Nutrition Facts**
Servings: 6
Calories: 180
Total Fat: 9g
Saturated fat: 2g
Carbohydrates: 10g
Fiber: 2g
*Source: Men’s Health*
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