Dear Friend,

The youth of today face challenges we never dreamed of 40 or 50 years ago. Between school, homework, sports, extra activities, social life demands and the pressure to excel at all of it, kids and teens feel stress that we as parents may not always understand. From the day a child starts kindergarten, he or she is preparing for college, postgraduate school and a brilliant career.

At Atlantic Health, we are here to help keep youngsters happy and healthy by caring for their bodies, minds and spirits. You’ll see some of the ways we do that in this fall issue of Well Aware. We look forward to hearing your feedback.

Sincerely,
Joseph A. Trunfio
President and CEO
Atlantic Health

Dear, Well Aware,

The article on healthy skin caught my attention [Well Aware summer 2010]. I came of age in the late-40s, a time when young people were “sun worshippers” and tanned skin was considered healthy-looking skin. Now, I am grateful for the availability of both a wealth of educational information on avoiding overexposure to the sun’s rays, and the medical expertise to treat sun-damaged skin. I will circulate this article among the young people in my family, in the hope that with proper care, they can preserve their youthful skin.

Audrey Wilson, Randolph

Have you recently been enlightened by something your mother or father taught you years ago? Healthy habits are passed down generation to generation, from grandparents and aunts and uncles to parents and grandchildren. Why not share your tips in the next issue of Well Aware?

Email us at well.aware@atlantichealth.org or write to Atlantic Health, Attn: Well Aware, PO Box 1905, Morristown, NJ 07962.

YOUR NOTE TO US WILL NOT ONLY HELP GUIDE STORY IDEAS FOR FUTURE ISSUES, IT WILL ALSO MAKE YOU ELIGIBLE TO WIN A $100 Target gift card.
Providing Expert Care for Young Athletes

IN 2008, ATLANTIC HEALTH partnered with the New York Jets to develop the Jets Training Center in Florham Park (pictured below). Today, Atlantic Sports Health physicians, including Damion Martins, MD, director of sports performance for Atlantic Health and director of internal medicine for the Jets, are translating their expertise as team physicians for the Green and White to state-of-the-art care for everyday athletes. By sharing with the community advanced screening, testing, training methods and knowledge used for elite athletes such as members of the Jets, Dr. Martins and his colleagues are providing the most progressive treatment available, whether through VO2 testing to determine performance potential or with leading-edge surgery.

Ask the Experts

Physicians who work with the New York Jets provide care to athletes of all abilities. Those who often benefit from expert training are some of the youngest athletes in the community: children and teens. Here, orthopedic surgeons for Atlantic Health Kenneth Montgomery, MD, and Andrew Willis, MD, and Joseph Rempson, MD, co-medical director for Atlantic Neuroscience Institute’s Concussion Center, answer your questions.

Well Aware: What are some of the most common high school sports injuries you see?

Dr. Willis: In the fall, I see mostly contact sports injuries, such as sprains, strains, fractures and muscle tears. Spring brings a mix of contact sports injuries and injuries from repetitive motion sports, such as baseball. Around half of all sports injuries I see are from overuse because many young athletes play one sport year round for multiple teams. Parents should encourage their kids to take time off to rest different parts of their bodies and to participate in different sports at other times of the year to reap the benefits of cross training.

Well Aware: What can young athletes do to prevent injury?

Dr. Montgomery: Playing through pain can lead to an overuse injury. Have any pain that lasts longer than 36 hours evaluated by a physician. To warm up before a game, spend five to seven minutes running at 30 percent to 40 percent speed and then stretch for five minutes while blood is flowing to the muscles. If you hit the field running at 80 percent right away, you put yourself at risk for muscle strain.

Well Aware: Which types of injuries beyond orthopedic issues should young athletes and their parents monitor?

Dr. Rempson: Concussion. What may seem like a simple bump to the head could actually be a traumatic injury. A parent and a child’s coach should monitor any young athlete who seems disoriented on the field after an impact and check for headache, confusion, slurred speech or nausea. These children should be evaluated at the Atlantic Neuroscience Institute’s Concussion Center. Improperly managed concussions can lead to long-term health consequences. Computerized testing such as Immediate Post-Concussion Assessment and Cognitive Testing is used as a part of our evaluation process.
If you are interested in becoming a nurse or becoming a nurse at Morristown Memorial Hospital, visit atlanticlehealth.org and click on “Careers.”

Nursing That Makes a Difference

From administering medications to carrying out physician orders, nurses play a vital role in the delivery of safe health care.

MORRISTOWN MEMORIAL HOSPITAL has been recognized for the third consecutive time as a Magnet status facility—the highest level of recognition a hospital can attain—for its excellence in nursing services by the American Nurses Credentialing Center’s Magnet Recognition Program.

“The Magnet program provides consumers with the gold standard of quality patient care,” says Trish O’Keefe, RN, chief nursing officer for Morristown Memorial. “Through Magnet standards of excellence, our nurses incorporate evidence-based practice and research to deliver the best care to our patients.”

Demonstrating Excellence

To maintain Magnet status, nurses are committed to professional education and development, specialized training and certifications.

Suzanne Clark, RN, clinical coordinator of hyperbaric medicine for Morristown Memorial, recently received the Sodhani Foundation Award for Best Practices in Nursing for utilizing evidence-based practices when caring for patients. Clark also has participated in the RN Professional Advancement Clinical Tracks Program since 2006. She has contributed chapters to books about the Magnet Recognition program and has presented peer-reviewed papers on hyperbaric medicine at national conferences. (Read “Patient Profile” to learn more about the work these award-winning nurses perform in hyperbaric medicine.)

“In addition to providing exceptional care to patients in the hospital, our nurses play an active role in improving the health of our communities through health screenings, participation in specialty societies and volunteering for not for profit organizations,” O’Keefe says. “The Magnet Recognition program ensures our nurses always strive for improved ways to care for patients.”

After a fall left Robert Barile, 68, with a compound fracture in his right ankle last spring, the Marmora, N.J., resident was in a wheelchair for four months. While surgery helped him regain mobility, it also left Barile, who has Type 2 diabetes, with a wound that wouldn’t heal.

Barile began daily therapy sessions in a hyperbaric chamber at Morristown Memorial Hospital. His scar has started to heal and is showing gradual improvement. He says the clear, pressurized chamber for therapy made him feel very relaxed.

“My therapy felt like being in an airplane,” Barile says. “It was comfortable, and it was interesting to watch my foot become infused with oxygen.”

OXYGEN SATURATION

As a patient breathes in oxygen at a high concentration in the chamber, the blood becomes hyper-oxygenated. This enhances cell growth at the wound site and improves immune response.

“We use hyperbaric therapy for the care of diabetic wounds, arterial insufficiency, bone and skin infections, failing grafts and radiation tissue damage,” says Denise Fochesto, RN, manager of the hyperbaric department for Morristown Memorial. “The staff’s specialization contributes to our hospital’s Magnet status, hyperbaric certification with distinction and high quality of safe, effective care.”

All the staff and physicians are formally trained in hyperbaric therapy. In addition, the physicians are board certified in emergency medicine and also in hyperbaric medicine. The nursing staff is also certified in hyperbaric therapy. This guarantees our patients the highest quality and expert care.
ADVANCING THE SCIENCE of Cardiac Care

By the time a new medicine is available to treat a specific medical condition, it has gone through rigorous testing in laboratories to ensure it meets government standards. These same medications also undergo testing with patients.

**Clinical Trials Are** research studies with patients that are conducted to determine the effectiveness of a treatment.

**Improving Care at Home**

As the technology and procedures used to treat potentially deadly heart problems continue to improve, facilities such as Gagnon Cardiovascular Institute play a key role in refining these new medical practices. Participating in these medical trials not only helps advance care nationally, but also brings a higher level of care to local patients.

“Providing the highest quality of care possible is one of the continuing goals of Atlantic Health,” explains Donald Casey, MD, chief medical officer, vice president of quality and chief research officer for Atlantic Health. “Part of that goal is providing our patients at the Gagnon Cardiovascular Institute with access to comprehensive cardiac care, including access to new and innovative medical therapies and procedures. By offering the latest procedures, we reinforce the idea that our patients have access to comprehensive care at our hospitals.”

**Are Trials Safe?**

The utmost care is taken when determining which studies to perform. A team of researchers and physicians works tirelessly to ensure patients are safe and work is completed according to set protocols. Established guidelines are followed, and patients receive regular screenings to determine their health status.

“Participation in clinical trials serves to make Atlantic Health’s goal of achieving the highest quality of health care a reality,” Dr. Casey adds. “With each of the many research studies we undertake, we uncover valuable information that will change the future of medicine and, ultimately, improve the lives of the patients we serve.”

**Matters of the Heart**

Providers at Gagnon Cardiovascular Institute continually focus efforts on medical research to improve the science of treating cardiac conditions. Many clinical trials are currently underway. Examples include trials to:

- test feasibility of mitral valve repair through the groin
- test a resynchronization therapy defibrillator for patients with heart failure
- test an implantable device that monitors a heart failure patient’s heart data
- test the effectiveness of combining two advanced medications for patients with pulmonary arterial hypertension

“Top facilities nationwide participate in clinical studies,” says Frank Smart, MD, Dorothy and Lloyd Huck chair, chief of cardiology for Gagnon Cardiovascular Institute. “A hospital’s advanced standards of care can be seen through the types of research conducted, such as through clinical trials. The trials underway at Atlantic Health are true differentiators in the region.”
Relief FOR CHILDREN’S JOINT PAIN

What Is a Rheumatic Disease?

Certain diseases only occur in children and require the special care and treatments that a pediatric rheumatologist can provide. Pediatric rheumatic diseases include:
- arthritis related to inflammatory bowel disease
- chronic pain syndromes
- infectious causes of arthritis, such as Lyme arthritis
- inflammatory muscle diseases
- juvenile idiopathic arthritis/juvenile rheumatoid arthritis
- periodic fever syndromes
- systemic lupus erythematosus
- uveitis

“Children aren’t just little adults,” says Sivia Lapidus, MD, pediatric rheumatologist for Goryeb Children’s Hospital. “When they have a rheumatic condition, their growth, education and development must be taken into consideration.”

Special Training for Special Care

Pediatric rheumatologists use various tools and tests to arrive at the most appropriate diagnosis and treatment.

“We strive to remain on the cusp of children’s health care,” says Walter D. Rosenfeld, MD, chair of pediatrics for Goryeb Children’s Hospital. “Dr. Lapidus’ expertise complements our commitment to providing a full spectrum of care.”

Sore, painful or stiff joints; fevers, rashes or general weakness; or troubles in school or growth issues—each of these groups represents symptoms children with a rheumatic disease may experience.

For more information or for a referral to a pediatric rheumatologist at Goryeb Children’s Hospital, call 866-279-2052 or visit atlantichealth.org and click on “Find A Doctor.”

Meet Dr. Lapidus

Sivia Lapidus, MD, pediatric rheumatologist for Goryeb Children’s Hospital, brings her expertise to pediatric patients in need of rheumatic care.

A recent graduate of the fellowship program at the Jefferson Medical College/Alfred I. duPont Hospital for Children in Delaware, Dr. Lapidus participates in ongoing research through the National Institute of Arthritis and Musculoskeletal and Skin Diseases. In addition to treating pediatric rheumatic diseases, her specific areas of interest and research include periodic fever syndromes and systemic lupus erythematosus.

“My goal is to provide the best patient care I can,” Dr. Lapidus says. “My primary interest is to find opportunities at our center to advance understanding and therapy of pediatric rheumatic conditions, as well as contribute on a research level to advance the field.”

In her free time, Dr. Lapidus enjoys spending time with her family. She loves reading, walking and listening to music.

Goryeb Children’s Center at Overlook Hospital, which includes more than 100 pediatric specialists, recently opened a new pediatric subspecialty suite, encompassing all children’s care in an exceptional program with a variety of treatment options.
BULLYING:

TWEENS AND PRETEENS must meet multiple challenges when growing up. Some kids respond to pressures by bullying, while others become vulnerable to being picked on. The National Education Association estimates more than 160,000 children miss school each day as a direct result of bullying.

Is My Preteen a Victim?
Alan Robinson, director of protection and security services for Atlantic Health, shares some insight about behaviors that may signal your child is being bullied, including:

- avoiding social situations
- declining performance at school
- exhibiting signs of depression
- evading others during supervised time, such as recess, breaks or lunch
- losing or coming home with damaged clothes or property
- showing reluctance about school
- volunteering to work with teachers instead of socializing with others

“This issue is much more serious than many adults realize,” says Rosalie Greenberg, MD, child and adolescent psychiatrist for Overlook Hospital. “Being chronically bullied will interfere with a child’s social and academic development. It can have a dramatic psychological effect on a person’s life.”

The Many Faces of Bullying
Bullying styles tend to differ between genders. Boys are typically more physical such as through taunting and physical fights, while girls can be psychologically demoralizing to one another. Girls practice exclusion, spread rumors, and give dirty looks or tease.

Because of social media’s prevalence, children are now less able to retreat from their bullies.

“Social media sites and texting have opened a new method of persecution—cyberbullying,” says Michele San Giovanni, lead clinician at the adolescent intensive outpatient program for Morristown Memorial Hospital. “A preteen can log on to his or her online profile to find cruel, personal remarks. Because communication and physical expression are lost on the Internet and when texting, bullies can be more vicious with their harassment.”

How You Can Help
The single most important thing a parent can do is listen to your child’s problems. Never brush off teasing and avoid using phrases that downplay a potential problem, such as “you’ll get over it.” Talk discreetly with teachers, school counselors and your pediatrician about your concerns.
**calendar of events**

**health and wellness**

2010 Annual Cummins Adolescent Program: Do Teenagers Need Parents?
Emerging evidence proves parents can have a strong effect on the behavior of adolescents.
> Thursday, October 28, 7:00 to 9:00 pm

Common Forms of Arthritis Affecting the Hands and Wrist
> Thursday, November 4, 1:30 to 2:30 pm
95 Madison Avenue, Suite 306, Morristown
Presenter: Michael Baskies, MD, Orthopedic Surgeon

Inaugural Clinical Research Education Day
Learn what it means to be a research patient and the role of clinical trials in finding new treatments and access to cutting-edge therapy.
> Saturday, November 6, 10:00 am to 2:00 pm
Malcolm Forbes Amphitheater, Morristown Memorial Hospital

Options in Care: Mid- to Late-Stage Dementia
Learn about medications and the differences between palliative and hospice care.
> Wednesday, November 10 (snow date, November 17), 6:30 to 8:30 pm
Presenters: Karen Knops, MD, Palliative Care
Michele Cameron, Atlantic Homecare and Hospice
Amy Matthews, Alzheimer’s Association

Stroke Prevention
Learn the signs and symptoms and know what to do.
> Wednesday, November 10, Dinner 5:30 to 6:00 pm, Lecture 6:00 pm
Lincoln Park Care Center Community Room
499 Pine Brook Road

18th Annual Wellness Lecture
Free lecture on the topic of genomics and the evolution of personal medicine.
> Thursday, November 11, 7:00 to 8:30 pm
Malcolm Forbes Amphitheater, Morristown Memorial Hospital
Presenter: Kevin Davies, PhD, author of “Cracking the Genome”

**cancer care**

**SUPPORT FOR CANCER PATIENTS AND THEIR FAMILIES**

Look Good...Feel Better
For women who are undergoing treatment and strive to manage their appearance.
Third floor Conference Room
Call 800-ACS-2345 for dates and times.

Gynecological
> First Monday of the month, Noon to 1:30 pm
Women’s Center Conference Room

Breast
> First Thursday of the month, 7:00 to 8:30 pm
First floor Conference Room

Ostomy
> Third Wednesday of the month, 7:30 to 9:00 pm
First floor Radiation Oncology

Prostate: US TOO
> First Tuesday of every month, 7:30 to 9:00 pm
Malcolm Forbes Amphitheater, Morristown Memorial Hospital

Head and Neck
> Third Wednesday of every month, 1:30 to 3:00 pm
Third floor Conference Room

Bereavement
> Third Tuesday of each month, 5:30 to 7:00 pm
Third floor Conference Room
To register, call 973-224-6900

Pancreatic
> Third Thursday of the month, 11:00 am to 12:30 pm
Third floor Conference Room

Lung
> Fourth Wednesday of the month, 2:00 to 3:30 pm
Third floor Conference Room

I Cancer Vive
An eight-week class that empowers cancer patients.
> Fridays, 10:00 am to Noon

**support groups**

Stroke Survivor and Caregivers
> Third Thursday, 1:00 to 3:00 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, Conference Room 222

Hydrocephalus
> Thursday, December 2, 6:30 to 9:00 pm
Morristown Memorial Hospital, Auditorium B
To register, call 973-326-9000

**screenings**

Diabetes

**children and parenting**

Children and Parenting programs are held at Morristown Memorial Hospital. For more information or to register, call 973-971-5027 or visit atlantichealth.org and click on "Classes & Events" then "Parent Education." Classes: Morristown Memorial Hospital Fee: varies
- 1, 2, 3, 4, Parents: Discipline That Works
- Moms and Babies Together
- Feeding Your Healthy Family
- Going Home With Your Baby
- Breastfeeding
- Especially for Siblings
- Prepared Childbirth
- Calm Birth
- Happiest Baby on the Block
- Aqua Aerobics
- Prenatal and Postpartum Exercise
- Go Baby Green

Find us on Facebook for updates on all events and calendar listings.

Unless otherwise noted, registration is required for all events and programs.
To register for an event, program or screening, visit atlantichealth.org or call 800-247-9580, unless an alternative phone number is listed. *A fee is associated with this program or screening.
**CANCER CARE THROUGH INTEGRATIVE MEDICINE**

**Guided Imagery**
Techniques to help ease anxiety.
- Tuesdays, 2:00 to 3:00 pm

**Successful Surgery With Guided Imagery**
First Tuesday and Third Monday of every month
- Tuesdays, 10:00 to 11:30 am
- Mondays, 6:00 to 7:30 pm

**Gentle Yoga**
- Tuesdays, 5:30 to 6:30 pm
- Wednesdays, 11:00 am to 12:15 pm
- Thursdays, 1:00 to 2:15 pm

**Restorative Yoga**
- Thursdays, 1:00 to 2:15 pm
First floor, Mind/Body Conference Room

**Balanced Bodies**
Combines Yoga, Tai Chi and Pilates.
- Wednesdays, 5:30 to 6:30 pm

**Therapeutic Touch**
- Tuesdays, November 2, 9 and 16, 4:00 to 6:00 pm
To register, call 973-971-4063

**Qigong/Tai Chi**
- Mondays, 6:00 to 7:00 pm
First floor Mind/Body Conference Room

**Meditation**
- Mondays and Tuesday, Noon to 12:45 pm

**Sound Meditation**
- Tuesday, October 26, 11:00 to 11:45 am
To register, call 973-971-5919

**Healing Through Drumming**
- Tuesday, October 26, November 23, 7:00 to 8:30 pm
To register, call 973-971-5919

**Somatron Sessions**
A vibroacoustic musical massage designed to reduce anxiety and pain.

**Body Image: Who’s that woman in the mirror?**
November topic: Infertility

All cancer programs are held at Carol G. Simon Cancer Center, Morristown Memorial Hospital, unless otherwise noted. For information, call 973-971-6514.
Bill Smith, 41, a sports marketing executive and father of three, had a severe case of bronchitis last spring. His physician ordered an X-ray, which revealed a mass in Smith’s chest.

*WHEN SMITH’S PHYSICIAN* shared the inconclusive results of a follow-up computed tomography (CT) scan by phone, he suggested Smith find a thoracic surgeon. Smith was referred to Mark D. Widmann, MD, chief of thoracic surgery for Morristown Memorial Hospital, who helped to put his mind at ease.

When an imaging scan reveals a mass in the lungs, a patient has several options. One, which was the route taken by Smith and his surgeon, is called video-assisted thoracic surgery (VATS), which is a less invasive way of inspecting and removing tumors in the lungs.

“I went to his office the next day,” Smith says. “I was familiar with Dr. Widmann and VATS because he had used it to treat my mother’s lung cancer in 2008. The procedure removed the mass and showed it was not lung cancer. I was home the next day and back to work in a week.”

*World-Class Care Next Door*

Thoracic surgeons at the Carol G. Simon Cancer Center at Morristown Memorial and Overlook hospitals coordinate with specialists in related fields—cardiology, medical oncology, pulmonary medicine and radiation oncology—to help patients optimize their recovery. Access to clinical trials helps ensure patients receive the highest level of care available.

“Patients who are diagnosed with a mass or lung cancer should go to a center that offers the entire spectrum of treatment, including the latest standards of care such as VATS. This technology allows physicians to look inside the chest cavity using small incisions to diagnose infections and tumors in the lungs or chest wall and remove masses that may be cancerous,” Dr. Widmann says. “Minimally invasive techniques like VATS are often great options, offering a rapid recovery, quick return to full activity and an opportunity for long-term success.”

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*Counseling and Support*

Because giving up smoking is crucial for those with pulmonary problems, Lisa Picciuti, oncology social worker and certified tobacco treatment specialist for the Carol G. Simon Cancer Center, helps patients and their families to quit smoking. An approach combining medication and counseling in a non-judgmental environment has proved most effective for those who need help with smoking cessation.

The program is available to patients at Carol G. Simon Cancer Center. These people may be referred by their physicians or self-refer to the program. Speak with your physician for more information.

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*Pulmonary Excellence*

Physicians at Morristown Memorial and Overlook hospitals collaborate to provide care that is delivered in the “Pulmonary Center of Excellence,” where a nurse navigator facilitates coordinated care from multiple departments.

“We provide patients access to multiple specialists in one visit,” says Stanley Fiel, MD, regional chair of the department of medicine for Atlantic Health and professor of medicine at Mount Sinai School of Medicine. “Specialists treat a variety of pulmonary problems, including sleep disorders, asthma, chronic obstructive pulmonary disease, cystic fibrosis, lung cancer, rare genetic lung diseases and end-stage lung disease.”
The Power of a Good Night’s Rest

Young athletes who don’t get enough shut-eye may experience difficulty getting into the game.

ACCORDING TO THE National Sleep Foundation, as many as two-thirds of children suffer from sleep problems. “For child athletes, lack of sleep can affect performance from both physical and cognitive standpoints,” says Federico Cerrone, MD, system director for Atlantic Health Sleep Centers. “Not getting enough rest can slow muscle recovery, and cognitive problems may include difficulty concentrating and delayed thinking or reaction time.”

Focus on Sleep
Most people associate sleep problems with adults, but kids can experience them, too; these disorders affect people at all stages of life. “One culprit behind sleep problems for both children and adults is overstimulation,” Dr. Cerrone says. “Exercising too late in the evening or too close to bedtime can hinder your ability to get a full night of rest. If your child likes to exercise, suggest he or she rise earlier to exercise before school.”

Specialized Care
Atlantic Health Sleep Centers offer comprehensive testing and advanced treatment options to help you get the sleep your body needs. “A sleep disorder should be evaluated like any other illness,” Dr. Cerrone says. “If it’s affecting your lifestyle or daily functioning, seek help from a sleep professional.”

For patient convenience, Atlantic Health Sleep Centers provide services at Morristown Memorial Hospital, Overlook Hospital and Goryeb Children’s Hospital. With 24 beds in all, it is one of the largest accredited sleep centers in the tri-state area and operates seven days and nights a week in three newly renovated locations for your convenience. All the sleep-testing rooms are mini-suites with private bathrooms, and they look and feel like a four-star hotel room.

“We now have a dedicated Sleep Lab at Goryeb Children’s Hospital designed specifically for pediatric patients and their unique needs,” Dr. Cerrone says. “Whether your child is having trouble sleeping or you need help treating a sleep disorder, our board-certified sleep physicians can provide the treatment you need.”

Helping TACKLE Sleep Problems
Vyto Kab, a former NFL professional, noticed a lack of sleep interfered with his performance on the field. Today, Kab dedicates his time to helping fellow football players from the New York Jets, the New York Giants and other teams overcome sleep problems at Atlantic Health Sleep Centers.
When the Mercury Dips

When your child’s sports season wraps up at the end of fall, it may be difficult to get him or her active outside with winter knocking at the door. A little creativity may do the trick.

• Make your garage a recreation center. Back the car out and set up an obstacle course, jump rope or have an aerobic dance session.
• Clear the way. Arrange a space in your home where a child has plenty of room to move around and perform exercise videos geared specifically toward his or her age group.
• Find an indoor activity center. These centers have climate-controlled areas to play soccer, basketball or other sports. If this is too pricey, take your child to the local mall and see how many laps you can complete.

Although Lauren Turi’s daughter, Angela, had been slightly overweight for several years, it wasn’t until she was entering fifth grade that Angela became more aware of her weight. At 10 years old and 116 pounds, Angela and her mother knew it was time to find help.

ANGELA’S PEDIATRICIAN REFERRED her to the Kid-FIT program at Goryeb Children’s Hospital at Morristown Memorial Hospital. The program is designed to help children attain a healthy weight through individual intervention, lectures and psychosocial support that encourage healthy lifestyle choices.

In August 2009, Turi and her daughter attended an orientation session. David Scott, exercise physiology coordinator and Kid-FIT program coordinator for Goryeb Children’s Hospital, led a discussion about the program.

“He is candid about the course of healthy lifestyle impacted my daughter,” Turi says. “After hearing Scott speak, Angela and I both knew this program would be a good fit for her. She’s such a driven kid, she’d already actually started on her own—she was already cutting out sweets and trying to be more active.”

Taking Action

Angela was given an individualized nutrition and exercise plan. Just a few months later, cutting out sweets and junk food and exercising have helped Angela lose 30 pounds. Turi says Angela now loves broccoli and fruit.

“Scott was mine and Angela’s motivating force,” Turi says. “He gave easy instructions and let participants know that if they followed them, they’d be able to achieve their goals.”

After seeing the effects participation in the program had on Angela’s self-esteem and health, Turi says she would recommend that any parent use the program to achieve success.

“Being supportive of your child and helping him or her attain goals is vital to your child’s success,” Turi says. “As Angela gets older, I know she will have the knowledge and drive to continue making healthy choices.”
Living a Full Life
With Barrett’s Esophagus

Agnes Egan knew something wasn’t right when she got food caught in her throat. She never expected to be diagnosed with Barrett’s esophagus.

AFTER PERFORMING AN X-ray and endoscopy, physicians determined she had a hiatal hernia and ulcer in her esophagus. In June 2007, Egan was diagnosed with Barrett’s esophagus.

Defining Barrett’s Esophagus
Currently, one percent of adults in the United States are affected by Barrett’s esophagus, which occurs when the tissue in the esophagus forms tissue similar to the lining of the intestine. While this condition is more common in men, people dealing with gastroesophageal reflux disease (GERD) can develop Barrett’s.

Can’t Stomach It? Help Is Here
Are you experiencing heartburn after every meal? Are stomach problems beginning to control your life? Morristown Memorial Hospital’s Center for Digestive Health offers comprehensive services for gastrointestinal, liver, pancreatic and nutritional disorders, including:
• 48-hour Bravo esophageal pH test, where a pH sensor is implanted in the lower esophagus and information is recorded to monitor the acidity of the esophagus for patients suffering from heartburn.
• SpyGlass®, an innovative procedure that allows a physician to look at a patient’s bile ducts and take tissue samples.
• Upper endoscopy, which allows a physician to examine the esophagus, stomach and duodenum and diagnose conditions with symptoms such as difficulty swallowing, nausea, vomiting, reflux indigestion, and abdominal and chest pain.

Common symptoms of GERD that can indicate Barrett’s include:
• chest pain
• heartburn
• regurgitation
When left untreated, this condition may result in a form of rare cancer.

A Less-Invasive Approach
Morristown Memorial Hospital’s Center for Digestive Health offers HALO technology, a less-invasive technique that removes premalignant tissue while encouraging new, healthy cell growth within the esophagus.

“I began treatment for Barrett’s esophagus in January,” Egan says. “I have had the HALO procedure done twice now, and the medical staff was very attentive and answered any questions I had.”

Having already battled ovarian cancer, Egan is thankful this service is available.

“It is such a breakthrough,” Egan says. “Before this technology was available, I would have had to undergo major surgery. Now I have peace of mind that everything is under control.”

For more information about the Center for Digestive Health at Morristown Memorial Hospital, call 866-345-4875 or visit atlantichealth.org.
Care in the Comfort of Home

When Union’s Malcolm Hermele, MD, a physician for Overlook Hospital, underwent a partial knee replacement in June 2009, he and his wife, Susan, knew he would need help at home before he was ready to undergo outpatient rehabilitation.

Within 24 Hours of returning home from the hospital, Dr. Hermele began working with a physical therapist from Atlantic Home Care to get back on his feet. When Susan, a registered nurse, underwent a total knee replacement in January 2010, she knew she wanted the same care her husband had received, specifically, physical therapy provided by Hazel Lauron.

“The home care services provided through Atlantic Health are top-notch,” Susan says. “My husband and I have medical backgrounds, and we were pleased everyone involved in our care took the time to thoroughly explain procedures and answer any questions we had.”

Your Continuum of Care

Atlantic Health has a full complement of home health options, including:

Atlantic Home Care—provides a full range of homecare services including visiting nurses, physical, occupational and speech therapists, and consultations with nutritionists and social workers

Atlantic Private Care Services—provides private duty home health aides and private duty nursing and physical therapy visits, 24-hour care, and live-in services

Atlantic Health outpatient rehab services—are available when patients are able to access care outside of their homes. Locations include Overlook Hospital, Atlantic Rehabilitation Institute and 310 Madison Avenue in Morristown.

Atlantic Health—Leading the Way Home Your Comprehensive Provider for Home Care and Rehabilitation Services

With You Every Step of the Way

After a breast cancer diagnosis, a person probably feels an overwhelming set of emotions.

From the Diagnosis to the proposed treatment schedule, a breast cancer patient is overcome with information. As treatment continues, difficult physical and emotional changes may occur.

Nurse navigators provide help at the Carol G. Simon Cancer Center. These nurses are available to provide an extra layer of care to help patients gain a sense of control through this difficult phase of their lives. Nurse navigators follow up with patients through their course of treatment and post-treatment so they can focus on healing, knowing that some of the details are managed.

“Often, patients are unaware of the services available to them,” says Sarah Mandel, RN, breast cancer nurse navigator for Overlook Hospital. “Nurse navigators are able to coordinate that care and services to help make the treatment process as smooth as possible.”

Multifaceted Care

In addition to connecting patients with a variety of resources, nurse navigators ensure patients’ families get the emotional support they need.

“Nurse navigators are available for patients from initial diagnosis through the completion of treatment,” says Renee Trambert, RN, patient care coordinator for the Carol W. and Julius A. Rippel Breast Center at Morristown Memorial Hospital. “We are here to help patients gain control and assist them with easy and fast access to their health care team.”

For more information about Atlantic Health’s comprehensive home care and rehabilitation services, call 866-394-7017.

October is National Breast Cancer Awareness Month. Use the pink items you see as reminders to schedule your annual mammogram and to encourage the women in your life to do the same.
COCHLEAR IMPLANTS ARE small, electronic devices consisting of two main parts: one that rests behind the ear and another that is surgically placed within the ear. Cochlear implants—which consist of a microphone, speech processor, transmitter and other components—can effectively end deafness or severe hearing loss.

“Cochlear implants are extremely effective at combating hearing conditions,” explains Christine Hoffman-Payne, lead audiologist for Atlantic Health Rehabilitation Institute. “The procedure to implant the device is relatively simple and can provide life-changing results for patients who are born deaf or have lost hearing through illness.”

A Patient’s Perspective
Ellen Pelka-Cook, a practice manager for Morristown Memorial Hospital, enjoyed perfect health until an autoimmune condition robbed her of her ability to hear in her mid-40s. Hearing loss proved a dramatic disability for Pelka-Cook and affected her capacity to work, despite her learning new ways to communicate.

Pelka-Cook’s first implant procedure at Overlook Hospital took place in 2006 and her second in August 2009. Thanks to an intensive rehabilitation program and firm resolve, Pelka-Cook has regained her hearing completely, with virtually normal levels in both ears.

“Cochlear implants have changed my life,” Pelka-Cook says. “Because I was not born deaf, my hearing loss affected everything I did—I wasn’t sure how to handle it. Now, I go about my day as if I had never lost my hearing. It is incredible.”

For more information about cochlear implants, call the Atlantic Rehabilitation Institute at 866-395-4118.
You can’t play with the kids. Or dance with your spouse. You’re suffering from high cholesterol and diabetes. And you could lose years off your life. As many as 13.*

It’s time to contact us. We’re the Atlantic Health Weight and Wellness Center at Morristown Memorial and Overlook Hospitals. We’re the most comprehensive hospital-based center of its kind in New Jersey. With a highly qualified support team of metabolic physicians, nurses, dieticians, psychologists, exercise specialists and bariatric surgeons, we offer a full range of surgical and nonsurgical solutions. Nationally, 70% of bariatric patients reduced their cholesterol, 86% have seen an improvement in their diabetes and 78% have lowered their blood pressure.**

Let us help you add years to your life.

Isn’t It Time You Weighed The Real Consequences Of Being Dangerously Overweight?

To Attend Our Free Seminar On Weight And Health, Go To atlantichealth.org/loseit Or Call 877-664-9682.

*According to the Journal of the American Medical Association, life expectancy of a 20-year old morbidly obese male is 13 years shorter than a normal weight male of the same age.

**Statistics From American Society For Metabolic & Bariatric Surgery.