Dear Friends,

As another new year arrives, so do our resolutions. Whether your resolutions include losing weight, exercising more, eating healthier or just living life with a brighter outlook, we at Atlantic Health are here to help and encourage you to stick to those resolutions.

Atlantic Health is constantly looking for new and innovative ways to incorporate wellness into your everyday life and routine. Integrative medicine, a growing area within Morristown Memorial and Overlook hospitals, now offers new and unique programs that will assess your lifestyle and offer personalized alternative treatment plans to reach your wellness goals.

At Atlantic Health, we want to be your partner in health care, as well as a trusted neighbor and friend. Whether it’s rehabilitation for your recent knee replacement, advice for your teen’s growing pains or support for a frustrated caregiver, we are here for you.

All of us at Atlantic Health wish you and your family a healthy and prosperous new year.

Sincerely,
Joseph A. Trunfio
President and CEO
ATLANTIC HEALTH

In the last issue of Well Aware, we asked you to send in tips and healthy habits that were passed down from generation to generation in your family. We received everything, from recipes to how to teach your children good manners. Below, our letter winner Nancy Dean tells us how she recalls the basics her mother taught her about the value of everyday exercise.

Dear Well Aware,

Thank you, Well Aware, for providing me an unexpected opportunity to honor my mother. Many mornings I would awaken to the sound of Jane Fonda, and other celebrities, calling out directions and encouragement to her video class members—and my mom. For a half hour most mornings, our living room became a no-cost exercise room as my mother worked out with an aerobic VHS cassette to keep herself in shape. As a young teen, I thought the outfits on the attractive class members were cool, and soon began joining my mom in the workouts—sometimes still in my pajamas! If she wasn’t exercising at home, my mother would head outside for a half-hour walk or a gentle jog. Low-cost and convenient, stepping out the door provided fresh air, physical activity and contact in our small, shore community, all of which were good for our health.

Today, as a single, working mother with three children, I still love to free myself of the burdens of the day by getting out for a brisk walk. My beautiful, healthy mother is now in her 70s, and while she can no longer jog, she still walks most mornings. If it’s warm enough, she might finish up by putting her feet in the ocean.

Nancy R. Dean, Califon, New Jersey

For more health advice passed on from generation to generation, see page 10.

we want to hear from you.
Your stories inspire us as health providers. By sharing your story, you may see that your information helped shape topics in an upcoming issue of Well Aware, such as Nancy’s letter above and our story on page 10. Additionally, everyone who submits his or her story is eligible to win a $100 Target gift card. So tell us, what healthy steps have you taken so far this year?

If you want to see something in Well Aware, tell us about it. By sharing your thoughts with us, you can help us provide the health and wellness information that you want. You can:

e-mail us at well.aware@atlantichealth.org
send a note 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.
Having a cough can be irritating to your throat as well as to those around you. So what does it mean if the cough lingers, lasting for months or longer?

**CONSTANT COUGHING** can lead to a sore throat and larynx, often causing people to reach for cough medicine. While over-the-counter medicines may provide temporary relief that allows a person to get some rest, they generally are unnecessary for coughs caused by the common cold or flu. If a cough is chronic, a person should see a physician before taking medicine.

Chronic cough is a persistent cough that you can’t seem to get rid of. Although it is not a disease itself, chronic cough is often a symptom or clue of another disorder your body may be battling.

“A cough that remains for an extended period of time—more than six to eight weeks—should be evaluated by a specialist,” says Robert Sussman, MD, pulmonologist for Morristown Memorial and Overlook hospitals. “Because chronic cough can indicate a more serious problem than a simple, stubborn cold, a person should be evaluated to properly address any potentially serious conditions.”

**Delivering Cough-Conquering Care**

The Pulmonary Center of Excellence, located at both Morristown Memorial and Overlook hospitals, encompasses a multifaceted approach to care for adult and pediatric patients alike. Pulmonologists, thoracic surgeons and critical care specialists collaborate with a patient’s primary care physician to determine the best course of care for all pulmonary situations.

Physicians at the Pulmonary Center of Excellence specialize in a variety of medical fields to provide an all-encompassing look at underlying pulmonary conditions. Diagnostic capabilities include pulmonary function testing, exercise challenge, sweat testing, pulmonary exercise testing, allergy testing, bronchoscopy and video-assisted thoracoscopic surgery, genetic testing, imaging studies and aerosol challenge.

“Our comprehensive approach to the diagnosis and treatment of pulmonary disorders ensures the best outcomes possible,” Dr. Sussman says. “With the state-of-the-art care available at the Pulmonary Center of Excellence, our patients are able to significantly improve their symptoms and quality of life.”

**Tiny Coughs Could Be a Troubling Sign**

Because children in school and day care are surrounded by other youths daily, they’re especially vulnerable to becoming sick or developing a cough. “Coughing in children can mean different things depending upon the scenario,” says Arthur Atlas, MD, pediatric pulmonologist and director for the Respiratory Center for Children at Goryeb Children’s Hospital.

“A normal, healthy child experiencing a persistent cough lasting more than two weeks should be evaluated by a primary care or pediatric physician for signs of infection. If that cough lasts longer and cannot be controlled, then consider seeking the help of a pulmonologist. If the cough is in a child who has asthma, an uncontrollable cough is often the first indicator that something significant is wrong and care should be sought immediately—not two weeks later.”

A **pulmonologist** is a physician who diagnoses and treats disorders of the lungs and cardiopulmonary system.

To learn more about the Atlantic Health Pulmonary Center of Excellence, call 800-247-9580 or visit AtlanticHealth.org.
When Laura Parker, of Bedminster, was preparing for her left partial knee replacement, she was concerned about being able to navigate in her vehicle to get to her follow-up appointments. However, following her surgery on November 2, 2010, Parker was able to practice getting in and out of a car through Morristown Memorial Hospital’s rehabilitation facilities.

“Being able to maneuver in a vehicle during my rehabilitation really put me at ease,” Parker said. “I was able to practice getting in and out of the car, as well as how to hold the crutches. This program helped me feel much more confident about the recovery process and regaining my mobility.”

Parker, an equestrian enthusiast, says she looks forward to riding her bicycle and going to Bar Method exercise classes.

“My surgeon, Peter Blank [DO, orthopedic surgeon for Morristown Memorial], assured me I would get back on track right away,” Parker said. “The rehabilitation staff was bright, helpful and informative, and contributed to an excellent experience.”

If you’re planning to undergo total joint replacement, you may already have scheduled surgery, learned about rehabilitation and considered obstacles to overcome. It’s time to think about the car ride home.

GETTING IN AND OUT of a vehicle—especially a truck or SUV—may present challenges for patients following a total joint replacement procedure.

Through a Foundation grant, rehabilitation for total joint replacement patients includes a life-sized car that can duplicate the ride home—no matter what kind of vehicle is used for the trip.

“The car shell has been part of our physical therapy program since July 2010,” says Roberta D’Achille, physical therapist and manager of rehabilitation services for Morristown Memorial Hospital. “The vehicle has a hydraulic lift that allows therapists to adjust the height of the equipment to simulate a variety of automobiles.”

Wheelin’ for Patients

Many patients may not consider the obstacle of entering and exiting a car.

“This equipment gives patients with a total knee or hip replacement extra confidence to overcome obstacles,” says Reggie Puk, RN, certified orthopedic nurse and manager of orthopedic trauma for Morristown Memorial. “We bring patients the most comprehensive care after total joint surgery, and this includes preparing for tasks others may not think about.”
A Better Surgery Experience

If you’re told you require surgery, visible scarring may be a main concern beyond recovery. Here, Michael Most, MD, general surgeon for Morristown Memorial Hospital, answers common questions about surgical advances.

Q: I’ve heard of robotic surgery. What does the robot do?
Dr. Most: Robotic surgery is a bit of a misnomer. While robotic arms are used during these procedures, a surgeon is in control and determines what movements the robotic arms will make. The benefit of robotic surgery lies in the ability of the mechanical arms to operate in smaller spaces with much greater accuracy. Because of this precision, incisions can be smaller, leading to reduced scarring and healing times.

Q: Can patients tell a difference between normal surgery and one using the help of a surgical robot?
Dr. Most: Patients most certainly experience differences. Those who undergo robot-assisted surgery generally heal faster and have less scarring, but they also experience less blood loss, less pain following the procedure, fewer complications and less risk of infection at the surgical site. These patients usually can return home faster, which allows a patient to feel comfortable in familiar surroundings. It’s important to feel at ease following surgery to aid in the healing process.

Q: What is one of the newest surgeries available with this method?
Dr. Most: I think a laryngectomy—the removal of part or all of the larynx in instances of a tumor—is one of the more impressive uses for a robotic surgical approach. These tumors can affect a person’s ability to speak, eat and breathe, so removal is vital. In the past, this consisted of a large incision in the throat. Care was taken to minimize the scar, but it would still be visible. A robotic-assisted laryngectomy is performed through the mouth, meaning we don’t leave a visible scar, and we have less of a chance of damaging the voice box or other surrounding structures. These patients heal faster and regain their ability to swallow much faster, too.
Increasingly, people with a wide range of medical problems and those who just want to feel better are choosing alternative routes to wellness that promote the body’s natural healing and protection.

APPROXIMATELY 50 PERCENT of adults age 18 and older use some form of complementary and alternative medicine—also known as integrative medicine—during their lifetimes, according to a survey by the National Center for Complementary and Alternative Medicine. Various forms of integrative medicine exist, including staples of Eastern medicine, such as yoga and acupuncture, as well as more familiar concepts such as proper nutrition.

Many integrative medicine modalities have a long history—yoga and acupuncture date back thousands of years in South and East Asia, respectively—but the concept itself remains relatively new to American medicine. An important 1993 study helped integrative medicine gain greater recognition by revealing that one-third of Americans had used a complementary modality, typically outside the boundaries of traditional medicine.

“At its core, integrative medicine is holistic,” says Nancy Cotter, MD, physiatrist and acupuncturist, medical director for Atlantic Integrative Medicine. “Its goal is to treat the entire patient on multiple levels—social, emotional, spiritual—rather than the disease itself. It’s often more important to know what type of person has a disease than what kind of disease the person possesses. We try to reinforce and augment the healing powers of each person’s own physiology.”

Healing Before You’re Ill
Integrative medicine is not just for those who are facing health conditions. Certain treatments are designed to relieve stress, while others can boost energy, promote relaxation or reduce muscle discomfort, such as in the back and neck.

“A healthy lifestyle can be enhanced with integrative medicine practices,” says Emilie Rowan, manager of Atlantic Integrative Medicine and Healthy Lifestyles. “Many integrative medicine therapies provide healing benefits, as well as the type of relaxation many people find at a high-end spa. What’s great about our services is they are backed by expert physician oversight, keeping a person’s primary care provider abreast of his or her overall health.”

To bring integrative medicine services to more people, Atlantic Health recently opened Healthy Lifestyles at Montville, a center designed to promote health and wellness. Beginning with a one-on-one lifestyle assessment, services and treatments include:

• acupuncture—an ancient system that’s been shown to alleviate chronic pain, reduce stress and anxiety, relieve

More Than a Spa Day
While the services and atmosphere of Healthy Lifestyles feel like those found in a luxurious spa, the science behind them ensures you receive more than relaxation.

If a person is diagnosed with cancer, for instance, integrative medicine can aid in the healing process. Guided imagery, a visualization method, may help a person undergoing chemotherapy reduce the side effects often associated with the curative treatment.

“Our goal is to always APPROACH MEDICINE FROM EVERY ANGLE POSSIBLE.

This extends beyond the walls of traditional medicine to CARE FOR PEOPLE WHILE THEY ARE HEALTHY.

We PROMOTE WELLNESS IN A HEALING CULTURE to reduce the effects daily life has on us all.

Basically, anyone who is interested in improving his or her health can BENEFIT FROM INTEGRATIVE MEDICINE.”—Emilie Rowan, manager of Atlantic Integrative Medicine and Healthy Lifestyles
headaches and migraines, lessen indigestion, among others.
• **massage**—a hands-on art that improves circulation and relieves stress.
• **craniosacral treatment**—a gentle system of touch and movements to aid the central nervous system.
• **Jin Shin Jyutsu**—acupressure treatments that can help lower blood pressure and improve energy levels.
• **reflexology**—hand and foot treatments designed to promote self healing and relaxation.

Additionally, Healthy Lifestyles staff provides nutrition assessments and counseling, as well as lifestyle coaching. “If a person requires additional help, we can step in with the guidance of physicians from Morristown Memorial and Overlook hospitals,” says Roye Evans, RN, integrative medicine coordinator in oncology and neurology for Overlook Hospital. “By having wellness services aligned with medical providers, we are providing the community with the tools needed to maintain wellness for years to come.”

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**One Patient Learns the Soothing Power of Yoga**

An 88-year-old woman who recently found relief from osteoporosis pain at Atlantic Integrative Medicine is proof you’re never too old to benefit from the movement and mental clarity offered by yoga.

The patient, whom we’ll call Jane, lives alone, but her life is by no means empty. She takes college courses and loves to be active, but compression fractures in her spine thwarted the latter passion until she turned to twice-a-week, one-on-one yoga sessions at Atlantic Integrative Medicine. After four to six weeks, Jane’s pain disappeared, and she found her memory and balance were improved. Today, Jane continues her yoga sessions and has made some diet modifications to further improve her well-being.

“As a home care nurse, I see a lot of older patients with spine problems, and I’d never thought of yoga as a modality for pain relief until I witnessed the difference it made in Jane’s life,” says Mary Jo Peay, RN, rehabilitation nurse for Atlantic Home Care. “Many times, when a patient like Jane opts not to have surgery, one doesn’t automatically think of a treatment like yoga to help him or her. Integrative medicine can truly help people in a noninvasive way, which is fantastic.”

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Healthy Lifestyles has a new location, 137 Main Road, Montville. To make an appointment, call 973-299-2133. For more information about Atlantic Integrative Medicine at Morristown Memorial and Overlook hospitals, call 800-247-9580 or visit atlantichealth.org.
calender of events

health and wellness

Second Annual Comedy Night
> Friday, February 18, 7:00 to 11:00 pm
Hanover Manor, 16 Eagle Rock Avenue, East Hanover
Support Morristown Memorial Hospital and Sam’s Neonatal Intensive Care Unit at Goryeb Children’s Hospital by attending this first-rate comedy show. Raffles and auctions and beer, wine, hors d’oeuvres, buffet dinner and desert will be offered. Tickets: $80 per person.
Call 973-319-8300, ext 208 for tickets.
Visit samsonicu.com

Lecture: What’s the Matter With My Bladder?
Pelvic Floor Disorders, Prevention and Treatment Options
> Thursday, January 20, 7:00 to 8:00 pm
95 Madison Ave, Suite 306, Morristown
Presenter: Charbel Salamon, MD

Lecture: Preventive Health Through the Ages
> Tuesday, January 25, 7:00 to 8:00 pm
Bernardsville Library, 1 Anderson Hill Road
Presenter: Alexander Christou, MD

Lecture: What You Need to Know Before You Travel
Immunizations, food safety and illness abroad are just a few of the topics covered.
> Tuesday, February 22, 7:00 to 8:00 pm
Parsippany Library, 449 Halsey Road
Presenter: William B. Felegi, DO, Medical Director, Travel MD

Hypnosis for Smoking Cessation
> Thursday, January 27 or March 10, 7:00 to 9:00 pm
95 Madison Avenue, suite 306, Morristown
Fee: $70

Heart Health Support
For heart disease patients and caregivers; meet with cardiovascular specialists monthly.
> Sunday, January 23, February 27, March 27, 1:30 to 2:30 pm
Gagnon Cardiovascular Institute, Level D, family-waiting area

WEIGHT LOSS

Hypnosis for Weight Reduction
> Thursday, January 20, February 10
March 10, 7:00 to 8:00 pm

cancer care

SUPPORT FOR CANCER PATIENTS AND THEIR FAMILIES

Look Good...Feel Better
For women who are undergoing treatment and striving 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, 7:00 to 8:00 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
Friday, 10:00 am to Noon

support groups

Autism
> Fourth Tuesday of the month, 6:00 to 7:30 pm
Child Development Center, Anderson D, Morristown Memorial Hospital

Fibromyalgia
> First Wednesdays of the month, 6:30 to 8:00 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, Morristown

*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.” Fees vary:

• 1, 2, 3, 4, Parents: Discipline That Works
• Moms and Babies Together
• Feeding Your Healthy Baby
• Breast-feeding
• Especially for Siblings
• Prepared Childbirth
• Calm Birth
• Happiest Baby on the Block
• Aqua Aerobics
• Prenatal and Postpartum Exercise
• Go Baby Green

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.

Find us on Facebook for updates on all events and calendar listings.
WEIGHT LOSS AT ATLANTIC HEALTH WEIGHT & WELLNESS CENTER
95 Madison Avenue, Suite 201

Eating Adjustment Class
> First Monday of the month, 10:00 to 11:00 am

Band Weight-Loss Surgery Support
> Second Tuesday of the month, 6:00 to 7:00 pm

Gastric Bypass Support
> Third Tuesday of the month
Call 973-971-7166 for location, dates and times

Surgical and Nonsurgical Approaches to Weight Loss
> Each Tuesday of the month, 7:00 to 8:00 pm
To register, call 973-971-7166

DIABETES WELLNESS

Insulin Basics Education
> Appointments are available: Monday through Friday, 8:00 am to 4:00 pm

Medical Nutritional Counseling
> Appointments are available: Monday through Friday, 8:00 am to 4:00 pm

Gestational Diabetes Education Classes
> Each Thursday, 9:00 to 11:00 am

Diabetes Education Class
> Each Wednesday, 5:00 to 7:00 pm, or Thursday, 1:30 to 3:30 pm
Conference Room 2, B Level, Morristown Memorial Hospital

Diabetes Type 1 Pump Support Group
Learn more about living with Type 1 diabetes.
> Thursday, February 3, 7:00 to 8:00 pm
Department of Medicine Conference Room, First Floor, Morristown Memorial Hospital

Diabetes Support Group
> Each Thursday, January 20, 7:00 to 8:00 pm

UNLESS OTHERWISE NOTED, ALL DIABETES PROGRAMS ARE HELD AT THE ANDREW BUILDING 2, ADULT DIABETES CENTER, MORRISTOWN MEMORIAL HOSPITAL. TO REGISTER, CALL 973-971-5524.

Get the latest health and wellness news by signing up for your free, personalized e-health newsletter at atlantichealth.org.
LEARNING MORE ABOUT health and nutrition after leaving the nest can call into question Mom’s infinite wisdom or show she was on the right track. For instance, Warren reader Lonnie Miller’s mother served a colorful array of food that was aesthetically pleasing, and it just happened to be good for the family.

MYTH: Catching colds from overexposure to cold or damp conditions
Caused by viruses, colds are only transmitted through contact, such as inhaling infected droplets or touching infected surfaces and transferring the virus to your mouth or nose, not by wintry weather.

MYTH: Waiting 30 minutes after eating to go swimming
While it’s true that blood is diverted to digest food, this shift is not enough to cause cramps or drowning.

MYTH: Going to a gym and personal trainer are the only effective ways to lose weight
Exercising doesn’t take a big financial commitment. As this issue’s feedback letter winner Nancy R. Dean pointed out on page 2, all a person needs is drive and a pair of walking shoes. Exercise DVDs and interactive video game systems also provide less expensive outlets for getting moving.

MYTH: Eating an apple a day keeps the doctor away
High in antioxidants and fiber, research would suggest a cup of blueberries would be a better choice.

MYTH: Popping your knuckles causes arthritis
No correlation has been found between arthritis and knuckle cracking. The sound is caused when the separation of bones breaks the seal causing a gas bubble.

MYTH: Avoiding all fats is important for heart health
While fats should comprise a third of your daily calories, recommendations by the American Heart Association urge people to focus on heart-healthy fats found in seeds, nuts and fish, and to avoid bad fats in their diet, including meats, butter and whole-fat dairy products.

Mother Knows Best?

Pasta e Fagioli

Mary Finckenor, registered dietitian, shares this heart-healthy Pasta e Fagioli recipe with her patients at the Cardiac Health Center at Gagnon Cardiovascular Institute. Enjoy this delicious dish for better heart health from the Mediterranean.

**INGREDIENTS:**
- 1 13–14 oz. container lower sodium chicken broth
- 5–6 chopped sun-dried tomatoes (optional)
- 2 stalks (=1 cup) chopped celery, including leaves
- 1–2 cloves garlic—crushed, or 1–2 teaspoons jarred, minced garlic
- ¾ cup canned crushed tomatoes or fresh chopped tomatoes
- 1 (15–19 oz.) can undrained cannellini beans (white kidney beans)
- ½ cup cooked whole-wheat elbow or other short macaroni (Reserve 1 cup of cooking liquid.)
- ⅛ teaspoon red pepper flakes (to taste)
- 2 tablespoons chopped parsley

**DIRECTIONS:**
In medium saucepan, bring broth to a boil.
Add sun-dried tomatoes, celery and garlic; lower heat and simmer until celery is crisp yet tender (about 5 minutes). While tomatoes are simmering, remove about ¼ of the beans from the can and smash/crush them (this will help thicken the
When you experience a heart condition, physicians tell you to eat right and exercise. If you’re a patient in the Heart Success Program, your care goes far beyond health tips.

A PERSON’S RISK of heart disease increases with age, but there are steps individuals can take to lower their risk of heart attack. These include:

- avoiding trans fats
- exercising at least 30 minutes most days of the week
- managing diabetes
- minimizing alcohol intake to two drinks for men a day, and one drink a day for women
- reducing stress

Special Care for Hearts That Need It Most

The Heart Success Program at Atlantic Health helps patients dealing with cardiac conditions, including advanced heart failure, cardiomyopathy and pulmonary hypertension.

“Our expert heart failure team—made up of cardiologists, advanced nurse practitioners and other health care professionals—evaluates patients and develops a comprehensive plan for both the patient and family,” says Nancy L. Bonnet, APN-C, manager of the Heart Success Program for Atlantic Health. “We offer patients both inpatient and outpatient management programs that fit their individual needs.”

Health care providers with the program follow up with patients after a hospital discharge. This follow up can be as technologically advanced as monitoring a device that transmits data back to Atlantic Health, alerting specialists if something is amiss. However, it’s also as personal as simple phone calls following dinner to check in on a patient. These patients receive daily checks-ins, meaning help is always readily available should it be needed.

One Patient’s Journey

Sixty-eight-year-old engineer Henry Finkle began having heart problems in 1991. Throughout the years, he had stents placed to help his heart as well as a valve replaced, but he was still retaining fluid in his stomach and legs.

After consulting with William Tansey, MD, cardiologist for Atlantic Health, Finkle went to Gagnon Cardiovascular Institute and received care from Frank Smart, MD, Dorothy and Lloyd Huck chair, chief of cardiology for Gagnon Cardiovascular Institute.

“I had been fighting fluid build-up and Dr. Smart recommended I undergo a procedure to open up the right ventricular of my heart,” Finkle says. “The team of physicians who worked with me were so helpful. I wish I had known about this program sooner.”
WHEN A PERSON is injured, it becomes the responsibility of EMS to respond quickly and make the best decisions in the field to maintain the patient’s stability before transferring him or her for further care. Before, EMS contact with the patient ended there. Now, EMS personnel can follow the progress of their patients through the emergency department (ED), surgical intensive care unit (SICU) and beyond to receive confirmation that the services delivered in the field are successful.

Partnering for Health
Morristown Memorial Hospital provides an opportunity for advanced EMS professionals to learn more about the treatment and recovery of their patients. The Trauma Continuum of Care Program for Advanced Life Support Providers allows paramedics to meet with surgeons, physicians and nurses to understand the treatment of patients after they arrive at the hospital.

“I’ve been working in the medical field for 34 years, and through this program, I was invited into the SICU for the first time,” says Mary Grawehr, RN for Morristown Memorial Hospital and a paramedic. “Seeing the progression of a patient I cared for in the field reinforced what I had known all along—that care continues.”

The program helps EMS professionals feel more comfortable in hospital settings and understand the entire spectrum of care. Trauma physicians and staff at Morristown Memorial build relationships with EMS personnel, which ensures patients are transported to the most appropriate facility for their health needs. Learning what happens in critical situations after the trip to the ED inspired Grawehr to become a registered nurse. After spending more than five years working in the ED and six months in the ICU, Grawehr returned to the EMS field knowing that patients receive superb treatment at Morristown Memorial.

“Paramedics make vital decisions in the field, including choosing the right facility,” Grawehr says. “At Morristown Memorial, patients can rest assured knowing that they will receive the best in trauma care.”

Quality Care in the Air
Art Samaras, a flight paramedic, spends his workday caring for patients transported by helicopter. During the flight, Samaras controls the critical situations that help determine the patient’s recovery. After the flight ends, Samaras’ contact with the patient is finished, but he often finds himself wondering what happened next. Through the Trauma Continuum of Care Program for Advanced Life Support Providers at Morristown Memorial Hospital, Samaras is now able to follow a patient through the entire duration of care.

“Learning what happens with my patients helps reinforce the importance of my interaction while in flight,” Samaras says. “This program contributes to the continuum of care throughout Morristown Memorial and shows patients that their quality care begins when emergency medical services arrives at the scene of the crisis.”

For more information about emergency services at Morristown Memorial, call 800-247-9580 or visit atlantichealth.org.
Women’s Health:
What’s New at Morristown Memorial Hospital

Women’s health is an important facet of medicine that requires both compassion and advanced care. It also is an ever-expanding field, constantly providing more options for women.

Vaginal Birth After Caesarean (VBAC)

Many mothers who have had a caesarean are now considering giving birth vaginally, which includes risk of complication. While the option is feasible and many physicians welcome VBAC, make certain you’re at a hospital that has adequate backup support, a NICU and qualified staff around the clock.

“We have safety mechanisms in place, such as 24-hour anesthesiologists and in-house board-certified OB/GYNs who are prepared and available for delivery emergencies,” says Joseph Ramieri, MD, board-certified OB/GYN for Morristown Memorial and Overlook hospitals. “We have the advanced technology and protocols needed to meet any health care need—emergent or otherwise.”

Recurrent Fetal Loss Program

The emotions associated with a miscarriage can be overwhelming. Repeatedly trying to have a healthy pregnancy can take its toll on a couple.

“The purpose of the program is to provide preconception evaluation, counseling and treatment,” says Carlos Benito, MD, director of Atlantic Maternal Fetal Medicine and director of recurrent fetal loss services for Atlantic Health. “Once we’ve identified the cause of the losses, whether infection-related, uterine, cervical, environmental or metabolic, we can then determine a proper method of prescribed therapy to help sustain the pregnancy.”

For more information about women’s health services at Morristown Memorial, call 800-247-9580 or visit atlantichealth.org.

Urogynecology

Wrestling with bladder control is a common issue. In fact, nearly 20 million American women have bladder control issues, also known as urinary incontinence.

“Urinary incontinence is an embarrassing, difficult condition to have, but women don’t have to live with it,” says Patrick Culligan, MD, urogynecologist specializing in reconstructive pelvic surgery for Morristown Memorial. “The field of urogynecology has come a long way, and about 80 percent of bladder control cases are treatable. Women have a right to know their options for improving their health and quality of life.”

Hydrotherapy

Water’s relaxing and supportive nature makes it a soothing element for some women during the birth of their babies.

“Women can choose to have waterbirth, both labor and deliver in the birthing tub, or simply utilize the tub’s benefits during labor,” explains Donna Roosa, certified nurse midwife who has privileges at Morristown Memorial Hospital. “The partners are encouraged and allowed in the birth tubs with the mothers to provide comfort and support if so desired.”
Consider Primary Care

Health care reform means more Americans could be seeing physicians on a regular basis. This translates into an immediate need for primary care physicians.

IS YOUR COLLEGE-BOUND son or daughter considering pre-med? The next time you hear your child express interest in medicine, be sure to mention primary care. Doctors trained in internal medicine are the major source of primary care for Americans. However, in recent years, an overwhelming majority of medical students have pursued more financially lucrative careers or subspecialties of internal medicine, such as cardiology or oncology, due to the tremendous cost of receiving a medical education.

As the health care reform law comes into effect and millions of Americans are newly insured, medical demands will rise. Experts believe that the greatest demand will be for primary care physicians—a group whose numbers are already at a low.

Making a Change

Because of an urgent need, efforts are being made to ensure the current and future medical needs of the nation’s population are met by providing incentives to individuals entering the medical field. The Association of American Medical Colleges (AAMC) is advocating this increase by making a medical education more accessible to students. It is estimated that by increasing accepted quotas at medical colleges in a given year, medical school enrollment will increase 20 percent to 25 percent by the year 2012. By expanding enrollment and re-evaluating the educational requirements needed to practice medicine, the AAMC hopes to produce 5,000 new physicians each year.

Atlantic Health’s loan repayment program was created to assist primary care physicians in repaying their education debt. Through this program, Atlantic Health provides qualified graduates of their primary care, internal medicine and family medicine residency programs up to $100,000 of medical education loan repayment in annual installments of $25,000 after each year of full-time primary care practice in an Atlantic Health community.

“The student loan repayment program is a great option for those interested in a career in primary care but who are concerned about financial burden,” says Susan Kaye, MD, medical director of Academic Affairs for Atlantic Health and program director for the Atlantic Health Primary Care Loan Repayment Program. “In a time when many medical professionals can’t fathom entering a career in primary care due to significant student loan debt, Atlantic Health offers a solution.”

Do I Need a Primary Care Doc?

Primary care physicians offer comprehensive health care to people regardless of age or medical condition. They also serve to coordinate health care by arranging referrals and diagnostic testing with other specialists if needed. In addition to assessing, diagnosing and treating illnesses, primary care physicians also provide preventive care measures such as routine examinations, health-risk assessments, immunizations and screenings.

College students interested in pursuing medicine can get hands-on experience in Summit. The Overlook Hospital Internship Program is a four-week course that allows students to shadow physicians in a variety of specialties. Call 908-522-5926 or email OHIP@atlanticlehealth.org to learn more and for information about applying.
Stories of Hope and Survival

When Barbara Minkowitz, MD, medical director of pediatric orthopedics for Atlantic Health, accompanied a medical team to Port-au-Prince, Haiti, in August 2010, she encountered poverty and devastation at every turn. Equally as prevalent, however, were inspirational encounters with young Haitians, including those described below.

• Three-year-old Rachel came to the Atlantic Health team’s clinic in Haiti with her family from across the island nation. The young girl had clubfeet and knees stuck in a bent position that prevented her from standing. During the course of a week, Rachel returned to the clinic several times, and Dr. Minkowitz applied a series of casts to her legs and performed Achilles tendon releases. By the end of the week, Rachel stood upright for the first time. She will require further casting and possibly surgery, but Dr. Minkowitz says, “She is well on her way to walking.”

• Janet was struck by a car one week before the Atlantic Health team arrived in Haiti. The 12-year-old suffered open fractures to her right and left legs, which were placed in external fixators before Dr. Minkowitz and her colleagues arrived. The team worked with a group of international physicians to help Janet battle infection in her legs. Thanks to diligent cleaning and a course of antibiotics, Dr. Minkowitz says, “She was much improved and smiled when she saw us during the last day of rounds.”

FOR 10 DAYS, Barbara Minkowitz, MD, medical director of pediatric orthopedics for Atlantic Health, and two other Atlantic Health providers worked with a pre-med student from Rutgers University at Adventiste Hospital in Haiti’s capital, Port-au-Prince. Their mission was to treat children with clubfoot, a congenital deformation that causes the foot to turn inward. Caring for children with the potentially disabling condition, however, became just one part of their service.

The team spent its time working in cramped quarters in a severely understaffed facility, using supplies donated by Atlantic Health and miscellaneous items from the sizable donations received by Adventiste Hospital. They treated practically all comers, no matter their condition, and held classes to educate Haitian medical staff about proper care techniques.

“We provided instruction on how to prepare patients for treatment and perform procedures,” Dr. Minkowitz says. “By the end of our stay, we were gratified to see staff that had once known nothing about treating clubfoot help train their colleagues.”

If all goes according to plan, it won’t be the last visit to Haiti for Dr. Minkowitz and the team. They plan to join an international group of orthopedists in an effort to organize care for clubfoot patients and hope to return to the country with the group in the future.
Your child’s health is so important, we’ve dedicated an entire hospital to it.

Goryeb Children’s Hospital in NJ. 100 pediatric specialists, who treat kids, and only kids.

The Goryeb Children’s Hospital at Morristown Memorial and the Goryeb Children’s Center at Overlook Hospital are built around children — which is why we have nationally recognized, board-certified pediatric specialists in 20 concentrated areas of pediatric medical and surgical care, including the largest team of pediatric pulmonologists in the state. You won’t find another hospital right here in New Jersey that offers more highly specialized pediatric care, or one better equipped to treat every aspect of every child. And because children have better outcomes when their parents are involved in decision-making, we offer a unique, family-centered approach to treatment. Together, we can care for your child better than anyone else.

To find a pediatric specialist, visit atlantichealth.org/Goryeb
Or call 1-888-4AH-DOCS.