Well Aware

Good Health for All Ages

Back to School
Becoming a Grandparent
Images That Matter
Dear Friend,

Cancer remains a pervasive force throughout our communities and the nation. This year, almost 1.5 million Americans will be diagnosed with the disease, and more than half a million will die from it. Cancer can strike anywhere in the body, so it’s imperative that Atlantic Health does everything possible to keep you informed and offer the all-important screenings designed to detect the disease.

Throughout the year, cancer awareness campaigns highlight the damaging effects particular cancers can have on individuals and families. These campaigns are designed with multifaceted goals: raise awareness and research funding, provide care and support, and save lives.

When you encounter these messages, whether through message armbands or products offered in particular colors, use them as reminders that your health and the health of your loved ones are of utmost importance—schedule your cancer screenings.

Atlantic Health offers discounted and free health screenings throughout the year. It’s one way we strive to ensure everyone in our communities has access to the care he or she needs.

Sincerely,
Joseph A. Trunfio
President and CEO
ATLANTIC HEALTH

Dear Well Aware:

As the supervisor for health and physical education for the Parsippany-Troy Hills School District, I find this publication to be invaluable to me, as well as my staff. I frequently share your information and programs with them. Well Aware is very timely and appropriate for a particular course of study we offer, Careers in Medicine.

The feature articles consistently address medical topics that are discussed and researched in class. The availability of medical information, referrals and cutting-edge uses of technology for healing meet our students’ needs. The students easily applied the guidelines in your article, “Filling a Primary Need for Medical Care.” Knowing what specialist to see and how to locate that specialist was a great learning experience for the students.

On a more personal note, my husband took advantage of your hypnosis program for smoking cessation. It is critical to know the resources available at both Morristown Memorial and Overlook hospitals.

Please continue to provide teachers, students and the greater community with Well Aware, a valuable resource.

Sincerely,
Linda Guerrini,
Parsippany-Troy Hill Township
FROM SUPPLEMENTING YOUR daughter’s learning with summer reading lists to evenings spent reviewing your son’s homework, you place priority on your child’s education. This investment is well worth the effort, as you’re helping your child to flourish later in life. Teachers believe in this investment, and they often use creative methods to find the right teaching methods for each kid.

“Learning styles vary greatly,” says Tara Gleeson, MSN, pediatric nurse practitioner for the Atlantic Health Child Development Center. “A challenged student may need to be exposed to many multisensory learning experiences before finding which method works best.”

Finding the Right Method
In order to help kids absorb what’s being taught, teachers are employing a variety of new education methods. Some of these include:

• hands-on lessons, such as having children collect and analyze data
• interactive teaching by exposing a child to new ideas or a different way of problem solving through active dialog
• spaced learning, which combines physical exercise with short bouts of learning

“Using a student’s personal experience to help connect his current interests to a new task is often a benefit,” Gleeson says. “For example, reinforcing a difficult math concept with a relevant application, such as how to figure out a baseball player’s batting average or how to half a recipe, may help motivate an individual learner.”

On the Local Level
Local schools and teachers are also employing special teaching methods. James Caldwell Elementary School, for example, offers students an interactive experience through Overlook Hospital’s community education program, where children study general health and wellness as well as life inside the emergency department.

“A child who can think outside of the box often has strengths regarding creativity and problem solving. Students’ abilities may be stifled by trying to fit everyone into a one-size-fits-all learning experience. A consistently dynamic learning environment combining visual, auditory and hands-on teaching often reaches the special learner.” —Tara Gleeson, MSN, pediatric nurse practitioner for the Atlantic Health Child Development Center

For a referral to a pediatrician at Goryeb Children’s Hospital, call 888-766-2590 or visit atlantichealth.org.
Finding the Right Center
You have many things to consider when preparing for the arrival of a child. The Maternity Center at Overlook Hospital can assist you every step of the way.

Board-certified anesthesiologists, neonatologists, obstetricians, maternal-fetal specialists and nurse practitioners are trained in the newest diagnostic and therapeutic procedures and place emphasis on creating a family-centered environment. Each new mother is provided with a supportive, comfortable environment from the day she learns she is expecting until the day she delivers.

Mothers with high-risk pregnancies receive advanced care through the Maternal-Fetal Medicine Center.

“Equipped with the most sophisticated technology available, our neonatal intensive care unit and Level III Intensive Perinatal Center are ready to assist you with your high-risk pregnancy,” says Joe Ramieri, MD, chair of women’s health for Overlook Hospital.

“In addition to our dedicated staff, each child is watched via fetal monitors, ensuring the best care for every patient.”

YOU GUIDED YOUR children through the trials and tribulations of growing up and have seen them flourish in adulthood. Now, your child is becoming a parent, giving you the opportunity to play one of the greatest roles of your life: grandparent.

When Tessie Casanova of Manalapan learned she was going to be a grandmother, she was thrilled. Feeling a bit rusty in the infant department, she decided to enroll in a grandparent education course at Overlook Hospital. After all, it’d been almost 30 years since Casanova diapered an infant.

“I wanted to give the very best to my first grandchild,” Casanova says. “The grandparent program at Overlook Hospital was an informative, fun and enjoyable sharing experience with other soon-to-be grandparents. We were all parents, so we got to bond over becoming grandparents. It was a wonderful refresher—we were clumsy at first with diapers, but it’s just like pedaling a bike. It comes back to you.”

Taught by a nurse educator, this one-day course helps grandparents get back into baby mode.

“Our classes focus on several areas,” says Amy Gole, manager of parent education for Overlook Hospital. “From pregnancy, labor and delivery to the general care of the baby, our goal is to prepare grandparents for their new roles.”

Focused on Family
In addition to the grandparent education course, Overlook also offers maternity tours for extended family members. These tours allow families to become acquainted with all aspects of the Maternity Center at Overlook Hospital, making their stay during labor and delivery comfortable and preventing feelings of being overwhelmed in a hospital setting.

“Extended family tours are a great resource for grandparents,” says Nancy DeFreest, manager of the Maternity Center for Overlook Hospital. “Our tours include a visit through the labor and delivery department, as well as the nursery viewing area and mother-baby room.”
The power of the pink ribbon reminds women to be proactive in their approach to breast cancer.

NATIONAL BREAST CANCER Awareness Month celebrates 25 years this October. Behind all the pink accessories, breast cancer awareness as a national phenomenon has value, as money is directed toward research and women take an active role in preserving their breast health.

Regular screening for breast cancer is a proven method to detect the disease in its earliest stages when it is most easily treated. Yearly mammograms are recommended for women ages 40 and older who have an average risk for the disease.

Becoming Aware
Knowing your risk of developing breast cancer is imperative to your health. Both men and women should review their family history of the disease and keep the following risk factors at top of mind when speaking with their physicians:
• age—risk increases for women age 55 and older
• ethnicity—Caucasian women have higher instances of the disease, but African-American women have higher mortality rates from it
• weight—being overweight or obese places a woman at higher risk

If you’re diagnosed with breast cancer, know the right treatment is nearby. "The supportive staff at Carol G. Simon Cancer Center not only provides screening and diagnostic imaging for the detection of breast cancer, but also takes every step possible to keep women comfortable during treatment," says Sue Jane Rivas Grosso, MD, radiologist, medical director of the Breast Center for Overlook Hospital. "We provide patient navigators to help with the non-medical aspects of treatment and remain at the forefront of cancer research to ensure the best course of treatment possible."

Breast Cancer Research
A study to refine treatment options for breast cancer, the Trial for Assigning Individualized Options for Treatment (TAILORx), is researching the benefit of chemotherapy for women considered to have an intermediate risk of breast cancer recurrence.

As of May 2009, almost 7,000 women were in the study nationwide, with almost a dozen at Morristown Memorial Hospital and nearly 50 at Overlook Hospital. Enrollment in the study at Overlook is within the top 13 in the nation and is still open.

Genetic testing to determine a woman’s risk for breast cancer enhances treatment decisions and prevention strategies. A three-hour comprehensive visit to the Women’s Cancer Center explores family history and lifestyle risk factors and includes genetic testing.

"While regular mammograms help us find breast cancer early when it is most easily treated, screening will not prevent anything," says Bonni Guerin, MD, director of breast services for the Carol G. Simon Cancer Center at Overlook Hospital. "Empowered with an accurate assessment of breast cancer risk, women can take action to preserve their current health.”

For a referral to an oncologist at Carol G. Simon Cancer Center, call 888-837-4659 or visit atlantichealth.org.
IN THE LAST DECADE, many health care facilities have employed hospitalists on staff to care for their hospitalized patients. Although a hospitalist’s primary focus is the general medical care of hospitalized patients, the physician serves many other functions within the facility. Because the hospital is the primary site of their practice, hospitalists can spend more time with patients (leading to less time spent in the hospital) and improved healing and outcomes for patients.

Who Are Hospitalists?
Hospitalists are physicians who typically specialize in internal medicine, family practice or pediatrics. They can be members of a medical practice or work with one or several physicians on their own. Demand for these physicians is constantly growing—with a projected 30,000 hospitalists by the end of 2010— with more jobs available for hospitalists than in any other aspect of internal medicine. However, it takes an exceptional person to specialize in this form of medicine.

“A hospitalist’s job extends well beyond patient care. In addition to providing patient care within a hospital setting, a hospitalist may also teach residents, perform research and develop improvement projects to benefit the community.”—Valerie Alusson, MD, director of inpatient services, supervisor for Atlantic Health’s hospitalist program

For a referral to an Atlantic Health physician, call 888-883-7538 or visit atlantichealth.org.
Choosing the Right Book Bag

Children often carry far too heavy loads in book bags with insufficient support.

“It is imperative for a child to have a properly designed book bag,” says Barbara Minkowitz, MD, pediatric orthopedist for Goryeb Children’s Hospital at Morristown Memorial and Overlook hospitals. “Carrying excessive weight in a bag can have serious consequences for a child, including chronic pain and fatigue. However, backpacks do not cause scoliosis. It’s a common myth that we work to dispel.”

Dr. Minkowitz recommends considering the following guidelines for your child when purchasing and carrying a book bag:

- Your child should utilize shoulder and chest straps on the bag, and the straps should be wide and well-padded to distribute the weight of the bag evenly.
- The weight of your child’s book bag should not exceed 15 percent of his or her body weight, with a maximum of 25 pounds. Unfortunately, children carry up to 40 pounds in their backpacks at times.
- Get a double set of books—one for school and one for home. If this is not possible, have your child use a wheeled backpack.
- Go through the backpack daily to help your child get organized. This may help prevent him or her from lugging home unnecessary books.
- It’s okay for older children to carry stylish messenger bags provided they do not overload them.

WHEN AN ERGONOMIC specialist makes a workstation evaluation, he or she considers the balance of three primary categories of risk—posture, force and repetition. In many workstation situations, the key to maintaining this balance begins with a chair.

“Having a well-designed, ergonomic chair and properly adjusting it are extremely important for those who sit at a desk,” says Paul Reichert, physical therapist, ergonomics manager for Atlantic Health. “The height and recline must be adjusted appropriately, and the chair must have sufficient lumbar support. Studies show that perching on the edge of a chair for a prolonged period of time elevates pressure on the spine and creates fatigue much more quickly than when leaning back in a chair and utilizing its lumbar support bar.”

Other ways to ensure an ergonomic balance while studying or completing homework include:

- getting up from your seat every 20 to 30 minutes for a micro-break, which may involve simply stretching or walking down the hallway
- positioning your computer monitor directly in front of you to avoid awkward neck postures
- using keyboard shortcuts whenever possible to avoid the repetition of mouse clicking, which can irritate the median nerve and contribute to carpal tunnel syndrome

“A well-designed workstation with properly adjusted equipment—chair, keyboard, mouse and monitor—will ensure safe and comfortable postures to help prevent pain and improve productivity,” says Barbara Minkowitz, MD, pediatric orthopedist for Goryeb Children’s Hospital at Morristown Memorial and Overlook hospitals.

For a referral to an orthopedist at Atlantic Health, call 888-886-4939 or visit atlantichealth.org.
To register for an event or program, visit atlantichealth.org or call 1-800-247-9580, unless otherwise listed. Programs are free of charge, unless a fee is listed. Registration is suggested, if not required, for all events and programs.

**HEALTH AND WELLNESS**

**Menopause Mania**
Learn the latest information about coping with the symptoms of menopause including information about Bio-identical hormone replacement. Registration is required.
Wednesday, October 21, 7:00 to 8:30 pm
Overlook Hospital, Wallace Auditorium

**The Cholesterol Controversy**
What do the numbers mean? Am I at risk? What can I do to lower cholesterol without medication? Learn the latest information from an Overlook Hospital Cardiologist.
Wednesday, November 18, 7:00 to 8:30 pm
Overlook Hospital, Wallace Auditorium

**Hypnosis for Weight Loss**
Tuesdays, October 13, November 10, 7:00 to 9:00 pm
Overlook Hospital, Conference Room 3
Fee: $70

**Hypnosis for Smoking Cessation**
Tuesday, October 27, 7:00 to 9:00 pm
Overlook Hospital, Conference Room 4
Fee: $70

**DIABETES WELLNESS**
Learn your blood sugar and risk factors for Type 2 diabetes with a non-fasting finger stick that gives immediate results. Registration is required.
Thursday, October 8, 10:00 am to Noon
5 Points YMCA, 201 Tucker Avenue, Union
Monday, October 12, 10:00 am to Noon
Fanwood-Scotch Plains YMCA, Martine Avenue

**Basic Life Support for the Healthcare Provider**
Designed to meet the needs of healthcare professionals who respond to cardiac and respiratory emergencies.
Tuesday October 13 and Wednesday October 14, 7:00 to 10:00 pm
Overlook Hospital
Fee: $85

**Exercise Class for Breast Cancer Survivors**
A safe and supportive exercise environment for breast cancer patients who have undergone treatments and/or procedures.
Wednesdays, 10:00 to 11:00 am
Overlook Hospital, MAC II building, Breast Center Conference Room
To register, call 908-522-5255

**American Heart Association First Aid**
This course covers basic first aid for common medical and traumatic emergencies.
Monday, September 28, 10:00 am to Noon
The Connection, 79 Maple street, Summit
For more information, call 908-522-5255

**CANCER CARE**

**Free Monthly Educational Lecture Services**
Series of free educational lectures for patients, family members and the general public.

**Fourth Wednesday of the month, Noon to 1:00 pm**
Overlook Hospital, Conference Rooms
To register, call 908-522-5255

**Look Good, Feel Better**
Women undergoing cancer treatment will learn how to look their best and manage appearance-related side effects.

**October 14, 7:00 to 8:30 pm**
Overlook Hospital, Conference Room 2
For a program schedule and to register, please call 908-522-5255

**I Cancer Vive**
This six-week program empowers cancer patients and their caregivers to take a mind-body approach to healing.
Overlook Hospital, Conference Rooms
For a program schedule and to register, call 908-522-5255

**Guided Imagery**
This program, for cancer patients and their support partners, uses visualization to enhance the immune system's ability to function and improve one's sense of emotional well-being.

**Tuesdays, 2:00 to 3:00 pm**
Overlook Hospital, Conference Rooms
To register, call 908-522-5255

**Exercise Class for Breast Cancer Survivors**
A safe and supportive exercise environment for breast cancer patients who have undergone treatments and/or procedures.

**Wednesday, October 14, 10:00 am to Noon**
Overlook Hospital, Conference Rooms
To register, call 908-522-5255

**Screenings**

**National Depression Screening Day**
Participants take a brief survey and speak to a mental health professional. No registration required.
Thursday, October 8, 2:00 to 6:00 pm
Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Avenue

**Blood Pressure**
Thursday, September 17, 10:00 am to Noon
Plainfield Library, 6 Rockview Avenue, North Plainfield

**Wednesday, October 7, 10:00 am to Noon**
The Connection, 79 Maple Street, Summit

**Westfield Area YMCA, 220 Clark Street**
Thursday, November 5, 10:00 am to Noon
5 Points YMCA, Tucker Avenue, Union

**Tuesday, November 10, 10:00 am to Noon**
Summit Area YMCA, 67 Maple Street

**CANCER CARE SUPPORT GROUPS**

**Ostomy**
Overlook Hospital, Conference Rooms
For more information, call 908-522-5552

**Bereavement Group**
For family and friends who have lost a loved one to cancer. Registration required.
Call 908-522-5255 for dates and times

**Hearts and Hands**
This drop-in support group offers patients and their caregivers the opportunity to discuss concerns as they work on crafts.

**Post-Treatment Group**
Second Thursday of the month, 7:00 to 8:30 pm
Overlook Hospital, Conference Rooms
To register, call 908-522-5349

**Post-Breast Surgery**
This program concentrates on the emotional as well as the physical support following a lumpectomy or mastectomy. The Connection, 79 Maple Street, Summit
For more information and to register, call 908-522-5255

**Bereavement Support Group**
For more information, call 908-522-5349

**Post-Non-Surgical Mastectomy Support Group**
For more information, call 908-522-5349

**Exercise Class for Breast Cancer Survivors**
A safe and supportive exercise environment for breast cancer patients who have undergone treatments and/or procedures.

**Wednesday, October 7, 10:00 am to Noon**
Overlook Hospital, Conference Rooms
To register, call 908-522-5255

**Now What: Post Treatment and Survivorship Lunch and Learn**
Now to 1:00 pm
Overlook Hospital
For more information, call 908-522-5255

**Scar Massage**
A one-hour private massage for post-mastectomy patients.
Overlook Hospital, Conference Rooms
For more information, call 908-522-5211

**Gentle Yoga**
Mondays, 1:30 to 2:45 pm
Overlook Hospital, Conference Room 3
CANCER CARE SUPPORT GROUPS

series of free educational lectures for patients, family members and the general public.

Fourth Wednesday of the month, Noon to 1:00 pm
For more information, call 908-522-5552

Bereavement Group

Look Good, Feel Better
Women undergoing cancer treatment will learn how to look their best and manage appearance-related side effects.
10:00 am to Noon
Overlook Hospital, Conference Room 2
For a program schedule and to register, please call 908-522-5255

this drop-in support group offers patients and their caregivers the opportunity to discuss concerns as they work on crafts.
Overlook Hospital, Conference Rooms

Post-Treatment Group

For a program schedule and to register, call 908-522-5349
Overlook Hospital, Conference Rooms
Second Thursday of the month, 7:00 to 8:30 pm

this program, for cancer patients and their support partners, uses visualization to enhance the immune system’s ability to function and improve one’s sense of emotional well-being.
Overlook Hospital, Conference Rooms
Tuesdays, 2:00 to 3:00 pm

Post-Breast Surgery

A safe and supportive exercise environment for breast cancer patients who have undergone treatments and/or procedures.

SCREENINGS

OVERLOOK
National Depression Screening Day
Overlook Hospital, MAC ii building, Breast Center Conference Room
Participants take a brief survey and speak to a mental health professional. No registration required.
Thursday, October 8, 2:00 to 6:00 pm
Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Avenue

COrE

Blood Pressure
Monday, September 28, 10:00 am to Noon
Scar Massage
Wednesday, October 7, 10:00 am to Noon
A one-hour private massage for post-mastectomy patients.

5 Points YMCA, Tucker Avenue, Union
5 Points YMCA, 201 Tucker Avenue, Union
Fanwood-Scotch Plains YMCA, Martine Avenue
Fanwood Library, 79 Maple street, Summit
Fanwood Senior Center, Forest Road, Park Recreation Center, Fanwood
Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Avenue

DVD SCREENING SERIES

* The Autumn Group
This group encourages seniors to express their thoughts, feelings and experiences.
Wednesdays, 2:30 to 3:30 pm
For more information, call 908-522-4853

Substance Abuse Family Support Group
Participants will learn ways to cope with substance abusing family members.
Tuesdays, 6:30 to 8:00 pm

Therapeutic Gambling Group
This weekly therapy group is for individuals who are concerned with their level of gambling.
Tuesdays, 8:00 to 9:00 pm

Women's Group
Participants will learn coping skills through examination of thoughts and behaviors.
Thursdays, 11:00 am to 12:30 pm

To register, call 908-522-5349

CHILD/BIRTH AND PARENTING

Children and Parenting programs are held at Overlook Hospital, 99 Beauvoir Avenue. A complete list of classes offered can be found on atlantichealth.org. To register for the classes listed below or for additional information regarding dates and times, please call 908-522-2946 or email overlook.parented@atlantichealth.org.

- Childbirth Mini Class
- Epidurals, C-Sections and More
- Your Baby's Birth
- Techniques and Teamwork for Labor and Birth
- Baby Signing: An Introductory Seminar
- Moms and Babies Together
- Building Blocks
- Hand in Hand
- Early Pregnancy
- Toddler Nutrition I & II
- Healthy Eating for Babies: Starting Solids and Beyond
- Calm Birth
- Postpartum Depression Group
- Go Baby Green—non-toxic products for your family

SUPPORT GROUPS

Bariatric Support Group
Call for dates and times: 908-522-5794
Overlook Hospital

Adults With Epilepsy and Their Caretakers
Second Thursday of every month, 6:30 to 8:00 pm
Overlook Hospital, Atlantic Neuroscience Institute, Conference Center

HIV
Second and fourth Thursday of each month, 7:00 to 9:00 pm
Overlook Hospital, Case Management Office
To register, call 973-971-8936

Stroke
First Tuesday of every other month, starting June, 6:00 to 7:00 pm
Overlook Hospital, Wallace Auditorium
To register, call 988-522-5349

SPEAKERS BUREAU FOR WOMEN'S HEART HEALTH
If you would like to have one of our cardiac nurses speak to your group or organization about the signs and symptoms related to women and heart disease, please call 908-522-5355.

Get the latest health and wellness news by signing up for your free, personalized e-health newsletter at atlantichealth.org.
Helping to Draft Disease Cures

Clinical trials and research studies allow patients to contribute to finding new treatments for diseases and to gain access to leading-edge health care options.

THROUGH INVOLVEMENT IN research studies or clinical trials of new treatment options, participants aid in the development of more effective medical treatments or treatments that have fewer side effects.

A clinical trial, sometimes referred to as clinical research, evaluates certain medications and procedures by examining their effectiveness on participants. Before undergoing clinical trials, researchers perform extensive laboratory work to determine the safety and potential outcomes in human trials.

Clinical research trials provide cutting-edge therapy and open doors to innovative medication and treatment. Clinical research studies also can very likely improve a patient’s chance of survival and help save the lives of others down the road.

Who Can Participate?

Prior to joining a clinical trial, a patient must qualify for the study. Some research studies seek participants with specific illnesses or conditions to be studied in the clinical trial, while others require healthy participants.

Additionally, participants must meet certain standards. Criteria for trial inclusion or exclusion are often related to:

- age
- existing medical conditions
- gender
- previous or current medications
- recent participation in a clinical trial
- type and stage of a disease

“While clinical trials are not meant to replace on-going treatment with a primary physician, they can provide new treatment options related to a designated illness or condition,” says Donald Casey Jr., MD, vice president of quality and chief medical officer for Atlantic Health. “Through our more than 70 ongoing cancer clinical trials and research studies, we hope to learn crucial data and information regarding this illness and symptoms that will continue our progress toward finding the best treatments that will improve outcomes and quality of life for all of our patients at the Carol G. Simon Cancer Center at Morristown Memorial and Overlook hospitals.”

New Research for Cancer Treatment

Atlantic Health participates in and conducts a variety of clinical trials. One such study, International Early Lung Cancer Action Program (IELCAP), focuses on improving the rate for the early detection of lung cancer.

Lung cancer remains the top cancer killer among men and women. Unfortunately, most lung cancer cases are detected in late stages, once the disease has progressed to a point that makes a cure difficult. Researchers in the IELCAP study are working on ways to increase the odds of early detection and better identify the at-risk population.

“Patients over age 40 with a 10-pack year history—smoking half a pack of cigarettes a day for 20 years, a pack a day for 10 years or two packs a day for five years—and those over 40 with exposure to second-hand smoke or other carcinogens are eligible to participate,” says Mark Widmann, MD, surgical director of the lung cancer program for Carol G. Simon Cancer Center. “Participants can greatly impact the lives of people at risk for lung cancer.”

If you need help kicking your smoking habit for good, turn to the calendar on pages 8 and 9 to learn more about Atlantic Health’s smoking cessation programs.

For more information about TrialCheck, a free database of current Atlantic Health clinical trials of which you might qualify, visit atlantichealth.org and search “Trial Check.” For a referral to an Atlantic Health physician, call 888-210-0424.

“Atlantic Health employs a professional research staff that works to ensure patient questions regarding trials and what is needed for participation are answered. Additionally, they serve as patient resources, helping patients understand the clinical trial options available to them.” —Mark Widmann, MD, surgical director of the lung cancer program for Carol G. Simon Cancer Center.
Don’t let your mood be affected by the changing weather. Take steps now to make your senses and your mind happy.

“Studies show millions of people tend to feel sad or depressed during the wintertime,” says Peter Bolo, MD, chairman and medical director of the department of psychiatry and behavioral health for Overlook Hospital. “This is due to the lack of sunlight. When we’re confined indoors and not exposed to enough ambient light, it causes us to feel gloomy.”

While shorter days and less sunshine biologically get us down, the holiday hustle and bustle can also wear on our emotional strings.

**Stress Management**

Between regular workloads, shortened timeframes on projects due to vacation, and the added commitments to holiday events, it’s no wonder people develop seasonal depression. As the leaves change and the air turns crisp, remember to keep your schedule from overfilling to manage stress a bit better.

While consistency at work is part of the emotional equation, it’s only part of the steps to take for a happy holiday. An upbeat attitude is dependant on being social, whether that socialization comes from walks in the park with your best friend to absorb the crisp autumn smells that fill the air or a potluck gathering with family.

“It is common to feel stressed and overwhelmed around the holidays,” says Thomas Zaubler, MD, MPH, chairman and medical director of the department of psychiatry for Morristown Memorial Hospital. “The holidays may have bitter-sweet associations for many people as they reflect on both pleasurable memories of past holidays and wistful recollections of family, friends or loved ones who are deceased or absent, as well as unfulfilled personal expectations or goals. It is important for people to pace themselves during the holidays. This can be accomplished by striking an appropriate balance between time spent with extended family and friends and time spent alone or with a significant other or close friend. People must also balance time devoted to chores, work and entertaining versus time spent on things that may help them to relax and decompress, such as exercising, reading, getting a massage or going for a good meal or to a movie.”

“During the holidays, many people feel obligated to entertain, see family and attend parties, and may be put in a financial bind.

Seeking counseling can help control and manage the resulting feelings.” — Donna Hansbury, licensed clinical social worker, network manager for Atlantic Behavioral Health

For a referral to an Atlantic Health psychiatrist, call 888-211-3861 or visit atlantichealth.org.
Neurology and radiology are two fields that are rapidly and synergistically evolving. As engineers develop technology that allows clinicians to learn more about the brain, physicians develop more treatment and diagnostic modalities. New health care equipment has allowed clinicians and surgeons to see more, diagnose faster and treat more neurological conditions than ever before.

Neuroradiology, a specialty of radiology, involves the diagnosis of disorders affecting the brain and spine. Specialists use advanced diagnostic equipment to detect everything from brain aneurysms and strokes to tumors and Alzheimer’s disease.

“Because the brain and spinal cord are completely encased in bone, for many years neurologists had only very limited or invasive tools to diagnose nervous system disease,” says John Halperin, MD, medical director for Atlantic Neuroscience Institute. “Only when technology advanced were we able to develop powerful imaging approaches to help diagnose and treat neurological conditions.”
Early detection of the condition can affect as many as 5.3 million Americans. A New Alzheimer’s Diagnostic Tool

Alzheimer’s disease is a degenerative and ultimately fatal brain condition that affects as many as 5.3 million Americans. Early detection of the condition can lead to a jump-start in drug therapy, which may help delay the onset of the often-debilitating symptoms that tend to accompany the disease such as changes in mood and behavior, decreased judgment, difficulty performing tasks related to everyday life and, eventually, the inability to care for oneself.

“Early detection of Alzheimer’s disease can allow a person affected by the condition to be an active participant in the decisions regarding care and treatment and what the person’s wishes are,” says Michelle Papka, PhD, psychologist for the Memory and Cognitive Disorders Program at Atlantic Neuroscience Institute. “In addition, having a diagnosis empowers patients and families with time as well as the possibility of participating in a clinical trial. Furthermore, having the diagnosis often helps reduce anxiety about the presenting symptoms, which ultimately improves quality of life.”

At Atlantic Neuroscience Institute, which provides comprehensive testing and care to patients, Cortex ID can be used to diagnose Alzheimer’s. The diagnostic tool combines computed tomography (CT) and positron emission tomography (PET) scanning, comparing patients’ images to a huge storehouse of normal data to enable more accurate diagnoses.

“Cortex ID allows us to use information about how much energy neural nerve cells are burning, which is a measure of how active they are,” says Neil Horner, MD, neuroradiologist for Atlantic Neuroscience Institute. “This tool is superb for diagnosing conditions such as Alzheimer’s.”

For a referral to a neurologist at Atlantic Neuroscience Institute, call 888-802-0297 or visit atlantichealth.org.

Decoding Neuroscience

Atlantic Neuroscience Institute experts are improving the lives of Alzheimer’s disease patients through the use of advanced imaging equipment. However, patients with other neurological conditions are also benefiting from these advancements.

STROKE

Stroke—a condition in which bleeding or blood clots cause damage to the brain by restricting blood flow—is one of the biggest areas of focus at Atlantic Neuroscience Institute. When it comes to ischemic strokes, physicians have a three-hour window during which clot-busting medication can be administered to try and save brain tissue. The national average for that kind of intervention is about three to four percent of strokes—Atlantic Health maintains closer to a 15 percent intervention rate. A new 320-slice computed tomography (CT) scanner at Overlook Hospital is improving patients’ odds.

The 320-slice CT scanner does the scan in just a few minutes—not only does this let physicians treat patients more quickly, but it identifies additional patients who could benefit from clot-removing therapy. Even once physicians are outside that window, there’s still a lot of brain tissue that might be hanging in the balance. A 320-slice CT scanner let’s clinicians see that and also shows how the patient might benefit from treatment.

ANEURYSM

An aneurysm is a bulge found in an artery, often the aortic artery, which carries blood from the heart throughout the body. According to the National Heart, Lung and Blood Institute, approximately 14,000 Americans die from aortic aneurysms annually.

Atlantic Neuroscience Institute recently made equipment investments to reduce this number. One of our most significant investments is the biplane angiography suite, which produces crisp, high-resolution images of the blood vessels in the brain and can be used to diagnose and guide treatment of stroke and aneurysm among other procedures.

A second biplane angiography suite was added in June.

Atlantic Neuroscience Institute also houses a 3 Tesla magnetic resonance imaging (MRI) scanner that brings unparalleled clarity to neuroradiology imaging. MRIs can be used to diagnose internal injuries or conditions and to monitor the effect of treatments on conditions such as dementia.
Moderate exercise for 30 minutes most days of the week is part of the prescription for an adult’s healthy lifestyle. Unfortunately, as we age, arthritis and joint pain can interfere with everything from daily tasks to running marathons.

Hip replacement surgery has offered relief for decades by replacing damaged bone with a new joint. Conventional hip replacement is recommended for many patients ages 60 and older because it is a good match for people with a reduced activity level, and the device may last throughout their lifetimes.

Until now, people in their 40s and 50s with hip pain and arthritis have had to wait to reach 60 for surgical relief. Hip resurfacing, a new alternative to total joint replacement, is extending relief to younger patients.

Birmingham Hip Resurfacing

In 2006, the U.S. Food and Drug Administration approved the Birmingham Hip Resurfacing System, which is ideal for younger patients. The metal-on-metal design is more durable than previous hip resurfacing technologies.

“Although new to the United States, hip resurfacing is well-established around the world with clinical studies showing its long-term efficacy,” says Stuart Fischer, MD, orthopedic surgeon for Overlook Hospital. “For the right candidate, hip resurfacing will alleviate pain and allow a return to recreational activities.”

How It Works

Like hip replacement surgery, the damaged hip socket is fitted with a metal prosthesis. With hip resurfacing, unlike total joint replacement, the “ball” of the hip is reshaped and capped with metal rather than being completely replaced with a metal or ceramic “ball” and metal stem.

“The bone-preserving technique better maintains the anatomy and mechanics of the hip, lessening, in particular, the complications of dislocation and limb length discrepancy,” says Wayne Colizza, MD, fellowship-trained joint replacement surgeon and section chief of sports medicine for Morristown Memorial Hospital. “Should the patient require an additional procedure in the future, conventional hip replacement surgery is still an option.”

Talk With Your Physician

Although hip resurfacing is a great option, it’s not for everyone. Work with your Morristown Memorial Hospital or Overlook Hospital orthopedist to find the optimal solution to resolve your chronic hip pain.

If you have one of the following conditions, hip resurfacing may not be the right option for you:

- age—older than 60
- extensive areas of dead bone due to avascular necrosis
- impaired kidney function or obesity
- metal hypersensitivities
- osteoporosis

Wayne Colizza, MD, fellowship-trained joint replacement surgeon and section chief of sports medicine for Morristown Memorial Hospital, performed the first hip resurfacing procedure at Morristown Memorial in 2007. He also performed the most hip resurfacing procedures in the state last year.
Staying AHEAD of the Virus

The news is filled with reports of viruses and vaccines. Here, John Salaki, MD, and Lawrence Nastro, MD, infectious disease physicians from Morristown Memorial and Overlook hospitals, answer your questions.

Q: What do epidemiologists and infectious disease specialists do?
Dr. Salaki: We try to identify what infections are a problem in the community, investigate the circumstances and give instructions to the community on how they can avoid infection and help us work on controlling it.

Q: How are vaccines created?
Dr. Nastro: Live and dead vaccines are produced to resemble microorganisms. That microorganism mimic promotes the body’s immune system to respond to and develop antibodies that ward off similar infections in the future. Some vaccines, such as those for bacterial infections, are bioengineered. The flu virus cannot yet be bioengineered and is grown in a tedious project in which the virus is injected into egg products and cultivated until it can be used in a vaccine.

Q: What can you tell us about virus hunters at the Centers for Disease Control and Prevention (CDC)?
Dr. Nastro: Their ability to investigate epidemiology is extremely sophisticated. They may be in Asian or African rain forests studying disease transmission or in an urbanized environment, staying ahead of the curve of the next major outbreak.

Q: What steps has Atlantic Health taken to prevent infection?
Dr. Salaki: We have an antibiotic stewardship program and a screening process that has led to a 15 percent improvement in two major hospital pathogens in terms of their susceptibility to antibiotics. We’ve also achieved a 30 percent reduction in Methicillin-resistant Staphylococcus aureus bacteremias (MRSA) related to central lines. MRSA is an antibiotic-resistant bacterium that often is considered a hospital-acquired infection because of its prevalence in health care settings.

Flu Shot for You?
Anyone under age five or over age 65, people who are immunosuppressed, pregnant women and anyone with a nutritional concern should absolutely get a flu vaccination. It’s also important for young, healthy people who have more contact with the community to get vaccinated.
People who are allergic to egg products should first talk with their physicians.

Wash Your Hands the Right Way
“Please wash your hands whenever they’re visibly soiled, before and after you eat, and after using any restroom facilities,” says Karen Williams, manager of infection prevention for Morristown Memorial Hospital. “You should also wash after you sneeze or cough into your hand, if you handle animals, after doing yard work, and when you return to your home after being in a store or at a social activity.”
Always use running water and soap. Wet your hands, apply soap and rub the soap into your hands for at least 15 to 20 seconds. Be sure to wash the crevices between your fingers, your wrists and the back of your hands—then rinse and dry with a towel, which you can use to turn off the faucet.

To learn more about how you can protect yourself this winter, visit atlantichealth.org and click on the link to the CDC, or go directly to their Web site at cdc.gov. For a referral to an Atlantic Health physician, call 888-840-2204.

WELL AWARE 15
We’re your best defense against breast cancer.

Our breast centers are here to protect your breast health with the most advanced screenings, diagnosis and treatments.

Walk into our breast center at Morristown Memorial Hospital or Overlook Hospital, and you’ll be surprised. Not by the all-digital mammography and other cutting-edge screening technologies. But by the fact they’re available in such a soothing, comfortable, spa-like environment. You’ll find cloth robes, soft lights and personal attention from our highly-skilled physicians, nurses and technologists. They’re part of a comprehensive team that includes surgeons, radiologists and radiation and medical oncologists who deliver seamless, complete care.

Fast, accurate diagnosis. Swift, effective treatment. It’s your best defense against breast cancer. And it’s right here at our breast centers.

To schedule an appointment at Morristown Memorial Hospital call 866-487-0845 or Overlook Hospital in Summit, call 866-485-5046.

For our convenient weekday and Saturday hours, visit atlantichealth.org.