Well Aware

Honing in on Health

Specialized Senior Care
Saving Hearts, Saving Lives
A Diet to Keep Pace With Age

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atlantichealth.org
Dear Friend,

Medicine has always been about the individual and delivering one-on-one care based on each patient’s needs. Yet increasingly, in the news and in the many reports on health care trends today, the phrases “personalized medicine” or “individualized care” are being used to describe a new direction in health care.

What has changed? Hospitals and physicians are focusing more closely on what consumers truly want, and at the same time, scientific and social advances are providing more and better ways to “customize” medicine. At Atlantic Health’s Morristown Memorial and Overlook hospitals, personalized care can mean a newly built environment, such as a redesigned family waiting area, more private patient rooms, consultation space for caregivers, or private areas for parents of neonates. Or, it can mean embracing our family-centered care model in pediatric programs that assures open and improved communication among medical specialists and families. Patients who come to us for screenings at our breast centers will find the personalized care that means that if the diagnosis is cancer or more testing is required, a nurse navigator is there to help guide the process of further diagnostic services, sharing results and treatment planning. And if you’ve been rushed to the hospital for stroke, we’re here to provide the best emergency neurological treatment, and then shepherd you along a continuum of care (see “A Continuum of Care” on page 7) through rehabilitation and your full recovery.

In all our services, we aim to listen to you, our patients, families and visitors, and continually enhance how we care for you.

Sincerely,

Joseph A. Trunfio
President and CEO
AtLANtiC HeALtH
Work That Matters

You labor to provide for yourself and your family. However, a job also has the potential to satisfy you on intellectual and emotional levels—especially when your years of experience are used to benefit others.

IF YOU ARE seeking more job fulfillment and have a strong desire to help others, it may be the time to consider a career in the health care field.

Nurses, in particular, have been in short supply in the United States for most of the past 10 years, and additional shortages are projected in the coming years as large numbers of seasoned nurses from the baby boom generation retire. In many areas, efforts are underway to expand nursing school enrollments, delay nurse retirements and lure inactive registered nurses back to work.

The debate about health care reform may be complex, but one issue on which all parties agree is the consistent need for trained health care providers, particularly nursing professionals, in the future.

Time for a Change?

In other fields, some people in their 40s, 50s and 60s may feel devalued or pressured to make way for younger workers, but that is not the case in health care. Important workplace skills that transfer well to nursing from other professions include maturity, responsibility, solid work ethic and good judgment—all of which improve with experience.

One of the reasons Atlantic Health has been recognized as an excellent employer for mature workers is our impressive benefits package—on-site childcare, college planning workshops, prescription plans, working parent support, Medicare workshops, free annual physicals and gynecological exam for employees who work at least 22.5 hours a week, and elder care workshops, that proves especially important to members of the sandwich generation—those who must care for aging parents as well as growing or college-age children.

The American Health Care Association reports more than 135,000 registered nurses are now needed nationwide to fill open positions. As a preferred employer, Atlantic Health has responded to this national challenge by creating a locally meaningful work environment, which in turn supports a dedicated workforce. Taking care of employees is essential for quality patient care.

Atlantic Health Voted the Best

The results are in, and AARP—the nation’s largest membership organization for people over the age 50—has once again identified Atlantic Health as one of the best places to work for those older than 50.

This year, AARP has created a separate hospitals-health care list of Best Employers for Workers Over 50, and Atlantic Health ranked in at number one. AARP has recognized Atlantic Health as a top choice for workers over 50 for four consecutive years.

“We are pleased that AARP has taken notice of the relationship we have with our older workforce in years past,” said Andrew Kovach, vice president of Human Resources and Chief Administrative Officer for Atlantic Health. “We hope it brings a new light to the accomplishments of our 50-plus workforce and the daily contributions they make to Atlantic Health, our hospitals and our patients.”

For more information on career opportunities at Atlantic Health, visit atlantichealth.org.

Launch Your Career

Interested in finding out more about career opportunities at Atlantic Health? Log on to youtube.com/user/AtlanticHealthCareer or facebook.com and search “Atlantic Health Careers” to learn about new job postings and positions. When you become fan on Facebook, new job openings will appear in your news feed, meaning you’ll see the most recent postings each time you log in to your account.
Giving Seniors the Care They Deserve

People ages 65 and older comprise the fastest-growing segment of the U.S. population, and as individuals age, they increasingly turn to hospital emergency departments (EDs) for health care. How hospitals adapt to the influx of seniors in their EDs is one of the most important issues facing the health care industry.

Too often, geriatric patients are viewed like patients of any other age, a mistake that fails to account for the unique challenges that accompany elder care. In particular, seniors often communicate differently than members of other demographics, a distinction that can make a world of difference in diagnosis and treatment.

“Taking care of elderly patients can be a difficult balancing act,” says Michele Elkins, MD, PhD, medical director of geriatric services for Overlook Hospital. “Seniors often have multiple comorbidities and medications that must be taken into consideration to improve their quality of life.”

Overlook has a long history of caring for elderly individuals, and today, seniors represent a significant portion of all patients treated at the hospital. In order to build on a high standard of care and become more responsive to the needs of seniors, Overlook added a geriatric nurse practitioner to assist patients and families in the ED.

Jon Sugarman, geriatric nurse practitioner for Overlook Hospital, serves as an advocate for elderly patients by working closely with each patient and his or her family, physician, and living facility, when appropriate, to help determine the proper course of treatment.
Aiding the Aged

In a 2007 study, the American College of Emergency Physicians found that ED visits by patients ages 65 to 74 could increase from 6.4 million in 2003 to 11.7 million by 2013. Many of those patients may find an ED visit distressing or confusing without proper attention to their needs.

“Even a few hours in the ED for a person with dementia can result in severe disorientation,” says Jeffrey Brensilver, MD, chairman of the department of medicine for Overlook Hospital. “Our goal is to provide a comforting, supportive environment in which patients, families and health providers can make the best decisions possible about what type of care is needed.”

Jon Sugarman, geriatric nurse practitioner for Overlook, plays a key role in geriatric care as an advocate for elderly patients who visit the ED. Sugarman became interested in geriatric nursing after witnessing the physical, emotional and cognitive changes his parents underwent as they aged. Today, Sugarman speaks with patients and families who arrive in the ED, reads their charts, follows their diagnostic results and obtains supplemental information from patients’ residences, such as nursing homes. The information he gleans about patients’ medical histories proves invaluable to physicians in determining appropriate treatments.

“I interview and examine patients, drawing in family and friends as appropriate for elucidation or corroboration,” Sugarman says. “I often use humor to reduce patients’ apprehension. The most important thing I can do is answer patients’ questions and ensure families have the information they need.”

Sugarman works closely with a case manager in the ED to determine which patients might benefit from ancillary services outside the hospital. If a patient is to be admitted to Overlook, Sugarman also helps facilitate the process.

“Most geriatric patients I’ve met respond warmly and positively to genuine interest in their lives and problems,” Sugarman says. “I think they’re the best patients in the world.”

Doing Our Part

The March 2009 introduction of the geriatric nurse practitioner to the ED isn’t the only initiative undertaken to enhance geriatric care at Overlook. Other efforts include:

- preventing delirium in the hospital for patients older than age 80 by providing volunteers to sit with patients, minimizing noise and distributing activity kits to keep patients’ minds busy
- taking part in a national campaign to minimize falls in the hospital
- preventing bedsores
- participating in outreach programs, such as visits to homebound patients by individuals with the department of medicine

“At Overlook, we’ve always provided the highest levels of diagnosis and treatment,” Dr. Brensilver says. “Our goal now is to accomplish those tasks while providing safe, humane and holistic care to the elderly population.”
According to the American Red Cross, approximately five million Americans each year receive blood transfusions from donors across the country, and approximately 32,000 pints of blood are used each day.

**Why Blood Donation Is Important**

Without a stocked supply of donated blood, elective surgeries can be inhibited, and clinicians may experience a diminished ability to care for the ill. Unfortunately, the demand for blood often exceeds the supply.

Blood donors give health care providers the ability to treat a variety of medical conditions and, in many cases, keep someone alive.

“Blood donations are utilized for three major functions. Red blood cells are used to carry oxygen in the body, the plasma in blood is instrumental in the clotting process, and platelets are important in maintaining proper coagulation,” says Robert Katz, MD, medical director for the blood banks at Morristown Memorial and Overlook hospitals. “Patients with inadequate red blood cells often have trouble delivering oxygen to the tissue, and blood transfusions can help improve the oxygen-carrying capacity. Patients who have experienced blood loss from trauma and those with coagulation disorders are often in need of plasma, and the blood vessels of patients undergoing chemotherapy are often susceptible to damage and are in need of additional platelets. To bolster the banked blood, we host blood drives throughout the year to allow our community to give the gift of life.”

More than half of all Americans are eligible to donate blood, but only about five percent do. In the state of New Jersey, that percentage is even smaller. This Valentine’s Day, give the gift that saves lives through blood donation.

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Regardless of whether you are inspired by a loved one’s illness, or simply choose to give blood for your own reasons, you have potential to save three lives. At Atlantic Health, blood donation is easy and convenient with a variety of operating hours, valet parking and a beautiful new facility at Overlook Hospital.

**Morristown Memorial Hospital hours**

- Monday, Tuesday and Wednesday, 9:00 am to 7:30 pm
- Thursday, Friday and Saturday, 8:30 am to 3:30 pm

*For more information, please call 888-679-0690. Walk-in donors are welcome.*

**Overlook Hospital hours**

- Monday, Wednesday, Thursday and Friday, 8:15 am to 3:00 pm
- Tuesday, Noon to 6:30 pm
- Alternate Saturdays, 8:15 am to 3:00 pm

*For more information, please call 888-362-1667. Walk-in donors are welcome.*

“I generally donate about four times a year. I started because something so easy to do has the potential to save someone’s life. My daughters grew up watching me donate, and now that they are adults, they also donate regularly.” —**Mickie Stueben**, regular blood donor from Roselle Park
A Continuum of Care

When stroke occurs, you may first find yourself in an emergency department, but treatment for stroke is in fact a continuum of care, from emergency department to hospital via critical transport, to rehabilitation and finally to outpatient, in-home care.

IRENE MAURER, AN 80-year-old resident from Morristown, traveled such a stroke journey. Irene initially was taken to Morristown Memorial Hospital, designated as a Comprehensive Stroke Center, but was quickly transferred to Overlook Hospital for surgery to remove her clot, which eventually passed on its own.

“I was transferred to Overlook and learned I had suffered a stroke,” Irene said. “The left side of my body was paralyzed. After initial treatment, I was transferred to Atlantic Rehabilitation Institute.”

Atlantic Rehabilitation Institute is a 78-bed rehabilitation facility for inpatient, sub-acute and outpatient rehab. Since it’s affiliated with Atlantic Health, specialists at Atlantic Rehabilitation Institute provide an unsurpassed continuum of care for patients from Morristown Memorial and Overlook hospitals.

Focus on the Positive
Irene began rehabilitation, working to regain regular function through occupational, physical and other integrated therapies. Her neural pathways were damaged, causing her left arm to spasm whenever she tried to move it.

“Thinking about movement is an important first step, sparking neurons on the affected side,” says Rebecca Thomas, registered occupational therapist for Morristown Memorial Hospital’s inpatient rehabilitation department and at Atlantic Rehabilitation Institute. “As Irene practiced the breathing and controlled movements of Qi Gong, one of our many therapies, she found she could move her arm with ease.”

The Healing Process Continues
Irene worked with therapists at least three hours each day as she transitioned from acute to subacute care to at-home therapy with Atlantic Home Care and, finally, to outpatient care. She has maintained a positive attitude, which she attributes to the supportive staff.

“Recovering from a stroke is overwhelming, and at first I felt in a hurry to do everything I did before,” Irene says. “The therapists have been very encouraging. With hard work, the ability to control my movements is coming back.”

“People who have suffered a stroke receive excellent care through a complete continuum of services within Atlantic Health—a dedicated stroke center, inpatient care, home care, outpatient rehabilitation, support groups and an exercise program to minimize a person’s risk of recurrence. Our personalized stroke recovery program continues long after the initial hospital discharge.”

—Peggy Meade, director of the post-acute service line and integrative medicine for Atlantic Health

For a referral to an Atlantic Health physician or to learn more about our services, call 888-270-8238 or visit atlantichealth.org.
To register for an event or program, visit atlantichealth.org or call 1-800-247-9580, unless otherwise noted. Programs are free of charge, unless a fee is listed. Registration is suggested for all events and programs.

### Cancer Care

#### Free Monthly Educational Lecture Services
Series of free educational lectures for patients, family members and the general public.
- **Overlook Hospital, Conference Rooms**
- For more information or 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.
- **Overlook Hospital, Conference Room 2**
- For a schedule and to register, 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 schedule and to register, call 908-522-5349

#### Guided Imagery
Uses visualization to enhance the immune system's ability to function and improve one's sense of emotional well-being when diagnosed with cancer.
- **Tuesdays, 2:00 to 3:00 pm**
- **Overlook Hospital, Conference Rooms**
- To register, 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.
- **Wednesdays, 10:00 to 11:00 am**
- **Overlook Hospital, MAC II building, Breast Center Conference Room**
- To register, call 908-522-5255

### Cancer Care Support Groups

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

#### Bereavement Group
For those who have lost a loved one to cancer.
- **To register, call 908-522-5255**

#### Hearts and Hands
Open discussion while participating in crafts.
- **Thursdays, 2:00 to 4:00 pm**
- **Overlook Hospital, Conference Rooms**
- To register, call 908-522-5349

#### Post-Treatment Group
For patients who have completed their cancer treatment.
- **Second Thursday of the month, 7:00 to 8:30 pm**
- **Overlook Hospital, Conference Rooms**
- To register, call 908-522-5349

### Screenings

#### Blood Pressure
- **Friday, January 8, 10:00 am to Noon**
- **Home Depot, Springfield, Avenue, Union**

#### Diabetes
- **Wednesday, December 16, 10:00 am to Noon**
- **Berkeley Heights YMCA, Springfield Avenue, Berkeley Heights**
- **Tuesday, January 5, 10:00 am to Noon**
- **Fanwood-Scotch Plains YMCA, Martine Avenue**
- **Thursday, January 21, 11:00 am to 1:00 pm**
- **Whole Foods Market, 2245 Springfield Avenue, Vauxhall**
- **Tuesday, February 2, 10:00 am to Noon**
- **Fanwood-Scotch Plains YMCA, Martine Avenue**
- **Tuesday, February 9, 10:00 am to Noon**
- **Summit Area YMCA, 67 Maple Street, Summit**
CHILDREN AND PARENTING

Children and Parenting programs are held at Overlook Hospital. A complete list of classes offered can be found on atlantichealth.org. To register for classes or for more information, 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
- Feeding Your Healthy Family
- Calm Birth
- Postpartum Depression Group
- Go Baby Green—non-toxic products for your family

SUPPORT GROUPS

Bariatrics and Weight Loss
Overlook Hospital
For more information, call 908-522-5794

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

COMMUNITY HEALTH Women's Heart Awareness Programs

Nurses and health educators will offer screenings that will help identify your risk for cardiovascular disease. Screenings include risk assessment, lipid profile, diabetes, blood pressure, BMI and metabolic syndrome screening. Each participant will receive one-on-one counseling. Overlook also offers a Women's Heart Practice, staffed by female nurses, a cardiologist and a nurse practitioner. For an appointment, please call 908-522-7399.

Fee for some screenings: $10
Registration is required.

Get the latest health and wellness news by signing up for your free, personalized e-health newsletter at atlantichealth.org.
Psychosomatic medicine provides comprehensive care and a unique treatment plan for each patient’s overall well-being.” —Fatimah Tahil, MD, associate medical director for psychosomatic medicine for Overlook Hospital

HEALTH CARE WORKERS are becoming increasingly aware of the role the mind plays in each patient’s recovery. Twenty-two percent of patients who have physical issues, for example, also have an emotional problem. Psychosomatic medicine has developed during the last 50 years to address the psychiatric changes that illness or extended hospitalization can effect in patients.

The clinical liaison program at Morristown Memorial Hospital and the consultation liaison program at Overlook Hospital—jointly known as the CLP—offer the expertise of psychosomatic physicians to assess patients’ psychiatric symptoms and recommend courses of treatment.

**Bridging the Medical/Psychological Divide**

Any patient hospitalized at Morristown Memorial or Overlook Hospital is eligible to be seen by a psychosomatic physician. A patient enters the CLP when his or her attending physician notices symptoms that warrant psychiatric evaluation.

A psychosomatic physician visits the patient, conducts an evaluation and interviews family members for information regarding the patient’s psychiatric history. Based on the findings, the physician recommends a course of treatment.

“Growing scientific data demonstrate that not treating depression or anxiety may increase the progression of underlying medical illnesses,” says Christine Skotzko, MD, director of the psychosomatic medicine service for Morristown Memorial Hospital. “The CLP plays an important role in helping patients get back to living their lives.”

That’s a sentiment to which Yvonne*—who’s in her 80s and lives with diabetes—can attest. Her family brought her to Morristown Memorial after they noticed her losing weight and neglecting her favorite activities. When no medical cause could be found for her symptoms, a psychosomatic physician evaluated Yvonne and prescribed an antidepressant, vitamin supplements and temporary care from a home health aide. As a result, Yvonne improved dramatically and is once again enjoying time at church and with her loved ones.

*The patient’s name has been changed for her privacy.

If a member of your family must spend time in a hospital to recover from an illness or surgery, your first concern is ensuring her physical recovery is adequately addressed. What happens, however, if she becomes depressed, agitated or anxious during the course of her stay?

**A Recognition of Excellence**

In May 2009, Fatimah Tahil, MD, associate medical director for psychosomatic medicine for Overlook Hospital, was awarded the 2009 Physician Clinical Excellence Award for her stellar performance in medicine and patient care by Peter Bolo, MD, chairman and medical director of the department of psychiatry and Atlantic Behavioral Health for Overlook.

Dr. Tahil made psychosomatic medicine her life’s work after observing depression in her husband’s roommate during a hospital stay.

“My receipt of the Physician Clinical Excellence Award is a recognition of the role of psychosomatic medicine at Overlook,” Dr. Tahil says. “The fact that a psychiatrist received this honor speaks to a new level of acceptance of psychosomatic medicine by the medical-surgical community for their patients.”

For a referral to a behavioral health specialist at Atlantic Health, call 888-270-8238 or visit atlantichealth.org.
Enhancing Heart Care

For cardiac patients, the muscle lost during a myocardial infarction (MI) heart attack may eventually lead to heart failure due to a poorly pumping heart. Physicians at Gagnon Cardiovascular Institute are working to change this.

**Patients with heart failure** are now facing new options for a better quality of life with a miniature parachute-like device that partitions off the affected area of the heart—offered at just eight facilities nationwide.

These hospitals are participating in the PARACHUTE™ Feasibility Trial, a clinical trial designed to measure effectiveness of a device intended to increase blood flow and heart performance in MI heart attack patients. As the only facility in the Northeast participating in the study, Gagnon Cardiovascular Institute remains on the forefront of advanced care for cardiac patients across the community.

**The PARACHUTE Procedure**

The PARACHUTE cardiac device consists of a synthetic material stretched over a nickel and titanium wire frame. Inserted into the left ventricle of the heart via the femoral artery, the PARACHUTE device creates a barrier between damaged heart muscle—caused by lack of blood during a heart attack—and healthy heart muscle. With the formation of a wall between healthy and damaged muscle, the volume of the left ventricle is reduced by almost 20 percent and blood pumping becomes more efficient.

“Once the PARACHUTE device is implanted, it reshapes the left ventricle to ease the stress placed on the heart’s walls,” says Frank Smart, MD, chairman of the department of cardiovascular medicine for Atlantic Health. “In the initial test phases, the PARACHUTE procedure has proved to be a safe and effective way to help heart attack patients improve cardiac performance and ease symptoms of heart failure.”

**Clinical Implications**

Courtesy of programs such as the PARACHUTE trial, improved cardiac care has the potential to change the lives of MI patients across the country. "In our area, the work being done at Gagnon Cardiovascular Institute remains on the forefront of care for cardiac patients across the community.

Gagnon has the potential to restore quality of life for many people,” Dr. Smart says. “Initiatives such as the PARACHUTE study are a tremendous asset to Gagnon as well as its patients. Our commitment to offering advanced care never ends."

**The Heart of the Matter**

Pumping nearly 2,000 gallons of blood every day, the human heart is a truly amazing organ. In the event of a heart attack, however, valuable heart muscle can be damaged, preventing the heart from beating efficiently.

The left ventricle, located in the lower left side of the heart, is responsible for delivering oxygen-rich blood to the rest of the body through the aorta. When this chamber of the heart is damaged, the rest of the body is affected.

For a referral to a cardiologist at Gagnon Cardiovascular Institute, call 888-845-3295.
A Ray of Hope for Cancer Patients

Inoperable cancerous tumors can be terrifying for oncology patients who feel as if they have no options. The latest incision-free radiosurgical option, CyberKnife®, is opening treatment doors for many of these patients.

USING A PRECISELY targeted beam of radiation that comes from multiple angles, CyberKnife can treat malignant and benign tumors throughout the body, even those once considered hard to reach. Unlike traditional procedures that restrict a patient’s movement, CyberKnife adjusts to a patient’s movements during treatment by using image-guided software.

Customized Plans
Before treatment, a patient undergoes either high-resolution computed tomography scanning or magnetic resonance imaging to pinpoint the location, size and shape of the tumor. A physician will then use this information to create an individualized CyberKnife plan. The pain-free outpatient session usually lasts 30 to 90 minutes, and often patients receive regular treatments for one week or less.

Because each cancer is different, each patient requires a customized and optimal dosage of radiation to ensure only the tumor is destroyed. In treating early stages of prostate cancer, for example, physicians can target tumors while sparing healthy tissue around the bladder and rectum. This advanced targeting helps prevent some of the side effects associated with prostate cancer treatment, including erectile dysfunction.

“Part of providing the best care to patients is offering the latest technology and physicians specially trained to utilize this advanced equipment,” says Louis Schwartz, MD, board-certified radiation oncologist and director of radiation oncology and the CyberKnife program for Overlook Hospital. “CyberKnife packs a punch—patients get a powerful dose of radiation without pain or other side effects associated with cancer treatments.”

What If I Have Cancer?
The radiosurgery procedure, available at Overlook since 2004, can target tumors in multiple areas throughout the body. It allows physicians to provide care to patients who were previously thought to be untreatable.

“We’re able to treat inoperable lung cancers in people who don’t have enough lung function for surgery, or in those patients who can’t spare any more lung tissue,” Dr. Schwartz says. “CyberKnife offers a way to give high doses of radiation, which are usually necessary to cure the tumor, while sparing the surrounding tissue and the risk of damage.”

For a referral to an oncologist at Carol G. Simon Cancer Center or to learn more about CyberKnife, call 888-310-9653 or visit atlantichealth.org.
“The 320-slice computed tomography scanner being used at Overlook Hospital to scan the heart and coronary arteries is one of the most advanced heart scanners used in the country. It can take a snapshot of the heart. Getting a better quality scan creates major advantages for patients with irregular heartbeats or problems holding their breath.”

—Daniel Schwartz, MD, director of the catheterization laboratory for Overlook Hospital

TECHNOLOGICAL ADVANCEMENTS HAVE made huge progress in diagnosing and treating medical conditions of the heart.

“Imaging of the heart began in the 1950s with echocardiography, and then in the 1980s, nuclear cardiology was developed,” says Daniel Schwartz, MD, director of the catheterization laboratory for Overlook Hospital. “In the 1990s, computed tomography [CT] and magnetic resonance imaging [MRI] of the heart began.”

Thanks to the improved imaging, CT scans can effectively diagnose blockages in the heart and help physicians determine if a patient is at risk for heart disease.

The Future Is Now

Today, a new option in imaging is available to patients. The Aquilion ONE™, a 320-slice CT scanner, can scan a person’s heart within one heartbeat—roughly one or two seconds.

The shorter scan time reduces the risk of a motion artifact, or an irregularity in an image caused by a patient’s movement, or a heart rhythm irregularity during the scan. Patients who formerly could not be imaged with CT angiography can now be scanned with almost the same accuracy and detail as an optimal candidate patient.

Better Technology = Better Diagnosis

Currently, Overlook is one of a few hospitals in the country with access to the 320-slice CT scanner, which means patients can be treated quicker and more accurately.

“With the 320-slice CT scanner, we are able to see down to the tips of the blood vessels and their branches,” says Ogei Yar, MD, cardiologist, advanced imaging specialist and director of the Women’s Heart Program for Gagnon Cardiovascular Institute. “Now, we can expect to examine the whole artery with better resolution of calcium and stents, a function that we could not count on in previous generation scanners.”
WE ARE WHAT we eat. Once we’re adults, it’s hard to change our ways. But increasingly, older people are seeking advice on adjusting a lifetime of eating habits. Remember, every food choice requires special consideration.

As your metabolism naturally slows with an aging body, follow these pointers from the experts.

40s and 50s
You may experience a shift in your metabolism and eating habits. Combat vitamin deficiencies in your 40s and 50s by adding more fiber-rich whole grains to your diet to improve digestive health, lower cholesterol levels and reduce your risk of coronary heart disease.

As a woman transitions into perimenopause, she may experience a change in the foods that she can easily tolerate. However, this can happen as men age, too. If your favorite food begins to cause indigestion, it does not necessarily mean you are sick. Unfortunately, food allergies can develop at any age, meaning the shrimp and scallop dish you enjoyed in your younger years may be off your menu permanently. This often is normal with aging, as our digestive systems tend to slow with age, meaning foods that once passed through the body with ease may cause you discomfort or pain.

60s and Older
Two of the most important nutrients at every age are calcium and vitamin D. Insufficient calcium can lead to osteoporosis, and vitamin D helps the body absorb calcium. By age 60, women and men should get 1,200 milligrams of calcium daily. In addition to commonly known sources of calcium, such as milk and cottage cheese, try adding some less-known sources, including canned salmon, raw broccoli and soybeans. Additionally, you may notice yourself eating less at each meal. Appetites change with age, so it’s important to ensure you’re getting all the nutrients you need. If a big breakfast is no longer appealing, break it up between a smaller breakfast and a mid-morning snack of fresh fruit.

When to See a Nutritionist
If you think you’re getting sufficient nutrients but still aren’t either maintaining or losing weight, or if you feel run down, consider enlisting the help of a nutritionist to aid in your pursuit of improved health.

“A nutritionist can accurately identify vitamin deficiencies and help diagnose metabolic conditions that may be impeding weight loss,” says Michael Rothkopf, MD, medical director of the Metabolic Medicine & Weight Control Center and internal medicine physician for Morristown Memorial Hospital. “We can assist you in creating a therapeutic lifestyle to aid in weight loss, increasing exercise and changing unhealthy eating behaviors.”

Water: The Miracle Skin Fix
Press down on your skin with your finger. Does it bounce back? If not, this is a simple way to tell if you’re dehydrated and if your skin is crying out for a drink. Hydration is a key component in vitamin absorption and digestion, and it also provides cosmetic benefits.

Water works to flush toxins out of your skin that can lead to acne and other blemishes. Boost your intake to eight to 10 glasses of water a day, or until your urine is a clear or light color to see benefits.

For a referral to a dietitian at Atlantic Health, call 888-452-8012 or visit atlantichalth.org.
IF PAIN HAS been keeping you off the golf course, you may be able to take simple sports medicine steps to improve your condition and get back on the green.

In many cases, the pain golfers experience during play can be linked to improper posture or a lack of muscle flexibility and strength. With help from the Swing Away program offered at Atlantic Rehabilitation Institute in Morristown, physicians and Titleist- and Back-to-Golf-certified therapists can help you pinpoint what causes your pain and find out how to fix it.

The program is designed to evaluate a golfer’s swing and stance to determine if they’re placing too much strain in certain areas. Therapists then teach golfers what they can do to increase flexibility and strength.

Step by Step
The Swing Away program has several steps, each designed to maximize positive outcomes. Upon enrollment, a golfer will have a total physical therapy evaluation, during which medical history is reviewed and pain, posture, flexibility, strength and balance are assessed. In addition, the golfer’s swing will be recorded using a video motion analysis system.

“A golfer’s swing is specific to his or her physical limitations,” says Nathalie McMorland, physical therapist for Atlantic Rehabilitation Institute. “For example, if a golfer demonstrates decreased lumbar flexibility during the physical therapy evaluation, the body’s compensations will be noted on the video analysis. Since areas of compensation are often the source of pain for our patients, the video analysis system is a great learning tool.”

Following these analyses, golfers in the program are shown individualized exercises they can continue outside of therapy to effectively address their specific pain issues.

“When pain is left untreated, it often worsens until more severe damage is done,” says Suzanne Bowen, physical therapist assistant for Atlantic Rehabilitation Institute. “Our program helps golfers avoid more serious conditions like torn ligaments or muscles, tendinitis and disk herniations.”

Go to the Pro
To round out the treatment process, once golfers have addressed posture, stability, and muscle strength and flexibility issues in therapy, they are referred to local golf professionals to work on improving their game.

“We let the pros know what types of issues our patients are having, and they use this information to address technical issues, such as swing, grip or stance, that could be contributing to pain,” says Joseph Rempson, MD, board-certified internal medicine and physical medicine and rehabilitation physician for Overlook Hospital. “Having participation from the golf pros is a great conclusion to the program and helps our patients fine-tune their game.”

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