A Publication of Goryeb Children’s Hospital

well aware

kids

SPRING 2016

A Closer Look at Spasticity and Gait Disorders

AUTISM CENTER: Experts at the Ready

SAFETY FIRST: Injury Prevention for Active Kids

Goryeb Children’s Hospital
ATLANTIC HEALTH SYSTEM
Trusted Network of Caring™
DEAR FRIENDS,
As we celebrate the warmer weather, it’s time to go outdoors, participate in sports and get active again. In our spring issue, we have several articles on sports that discuss health screenings, a new campaign called Safety First and our new pediatric sports medicine program, which addresses the specific needs of children and adolescents that are not the same as adults.

I’m proud of our physicians who make the time to volunteer to provide medical care to youths overseas. The most recent team went to Haiti and helped with malnutrition issues, injury treatment and general medical assistance.

This year, Goryeb Children’s Hospital has been named as a Leader in LGBT Healthcare Equality by the Human Rights Campaign Foundation. We’re proud of this designation, which means we meet nondiscrimination and training criteria to provide equitable, inclusive care for LGBT patients and their families.

We always want to hear from our readers, so please contact us at well.aware@atlantichealth.org if you have a story idea or a comment to share.

Walter D. Rosenfeld, MD
Chair of Pediatrics
Goryeb Children’s Hospital/Morristown Medical Center
Goryeb Children’s Center/Overlook Medical Center

Talk to us
Tell us what you want to read about in Well Aware Kids. Email us at well.aware@atlantichealth.org. Or write us at Atlantic Health System, Attn: Well Aware Kids, P.O. Box 1905, Morristown, NJ 07962.

Well Aware
Four times a year, Atlantic Health System publishes Well Aware, which includes informative articles on many different health-related topics. Issues are available online at atlantichealth.org/wellaware or email well.aware@atlantichealth.org to receive a hard copy.

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Making a Difference in Haiti

Safety First: Sports Injury Prevention

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Morristown Medical Center and Overlook Medical Center

Earn Recognition as Baby-Friendly Hospitals

Morristown Medical Center and Overlook Medical Center have announced that each facility earned the prestigious international designation as a Baby-Friendly hospital by Baby-Friendly USA. This elite designation reflects years of commitment by each hospital to developing and applying new policies and procedures that encourage breastfeeding for newborns, when appropriate, and promoting ongoing education and training for mothers to continue it,” says Fran Drigun, director, pediatric and women’s service lines, Atlantic Health System.

The Deskovick Maternity Center at Morristown Medical Center and the Frank and Mimi Walsh Maternity Center at Overlook Medical Center join only 314 other active Baby-Friendly hospitals in the nation, and four other Baby-Friendly hospitals in the state. The designation demonstrates each hospital’s commitment to implementing successful breastfeeding practices, and ongoing support for mothers and families. Based on the Ten Steps to Successful Breastfeeding – which includes measures for the hospital to have a written breastfeeding policy to help mothers initiate breastfeeding within one hour of birth, and to practice rooming-in, which encourages mothers and infants to remain together 24 hours a day – this prestigious international designation is attained after a rigorous on-site survey is completed.

The designation lasts for five years, and both hospitals will maintain their award by reporting breastfeeding statistics annually and continuing to practice the “Ten Steps.”

Road Trip Essentials: Health Edition

When packing for a trip, do not forget the essentials – the medical essentials, that is. Being prepared for minor health bumps on the road can really come in handy. When getting ready for your next trip, make room for these important items:

Thermometer: Using this convenient tool, you can tell whether your kid has a fever and then determine the best course of treatment.

Prescription medicines: Bring more than you might need in case your trip gets extended because of unexpected circumstances.

Antibacterial lotions/creams: In addition to bandages, store some antibacterial items to keep any cuts, scrapes and other common injuries clean and free of infection.

Atlantic Health System, for the eighth year in a row, is honored to be one of the 2016 Fortune 100 Best Companies to Work For, according to global research and consulting firm Great Place to Work® and Fortune magazine.

‘Be Well’ With Atlantic Health System’s Mobile Apps

Have you checked out Atlantic Health System’s Be Well apps lately? We recently made some changes that will help you better manage your health this year. Updates include:

• Access to our patient portals – Atlantic Health Connect and MyChilton – so you can view lab results, health records and more when it’s most convenient for you
• A map of all our urgent care and walk-in locations so you can find the service closest to you when you need it most
• A “Health Resources” tool that provides easy access to our classes and events calendar, clinical research trials and other helpful information
• A medication tracker that now has photos and dosage information for more than half of all the available prescription and over-the-counter medications in the United States

If you do not have the app, you can download it by searching “Be Well” in the App Store or Google Play.
CONNECT WITH AN ATLANTIC MEDICAL GROUP PHYSICIAN

Across northern and central New Jersey, we are your local family doctors and specialists. With over 600 physicians across 300 locations, Atlantic Medical Group provides an entryway to Atlantic Health System’s Trusted Network of Caring™ and its award-winning hospitals.

To find your Atlantic Medical Group provider visit atlanticmedicalgroupnj.org for more information or call 1-844-AMG (264)-2250.

TRAVEL MD®:
HEALTHY TRAVELS AHEAD

When traveling abroad, native disease is usually a top travel concern. Travel MD® was created by Atlantic Health System to provide international travelers with a single source for travel-related health information so they can enjoy peace of mind.

Travel MD helps to protect individuals when they travel internationally – whether for business or pleasure.

Through this service, travelers can receive pre-trip and consultative services to deal with illness abroad. This includes vaccinations, medications and other preventive measures.

To take advantage of these services, it’s recommended that travelers book an appointment at least four weeks before their trip. Since vaccinations can take some time to be fully effective, the sooner you can make an appointment, the better.

Some immunizations offered through Travel MD include:
- hepatitis A
- typhoid
- yellow fever
- rabies

For more information about the Travel MD program, call 973-971-7291.

Goryeb Children’s Hospital Named as “Leader in LGBT Healthcare Equality” by National Survey

Goryeb Children’s Hospital has been recognized as a “Leader in LGBT Healthcare Equality” by the Human Rights Campaign (HRC) Foundation, the educational arm of the country’s largest lesbian, gay, bisexual and transgender (LGBT) civil rights organization.

The honor is given to facilities that meet LGBT-inclusive benchmarks that are part of the HRC Foundation’s Healthcare Equality Index, a unique survey that encourages equal care for LGBT Americans by evaluating inclusive policies and practices related to LGBT patients, visitors and employees.

Goryeb Children’s Hospital earned top marks in meeting nondiscrimination and training criteria that demonstrate its commitment to equitable, inclusive care for LGBT patients, and their families, who can face significant challenges in securing the quality health care and respect they deserve.

Walter Rosenfeld, MD, chairman of pediatrics for Goryeb Children’s Hospital states, “It’s a privilege to be honored amongst such a select group of children’s hospitals across the country to make the lives of LGBT patients and their families better. It is a basic right to be treated equally, and we’re proud to be recognized.”

For more information about the Healthcare Equality Index or to download a free copy of the report, visit hrc.org/hei.
When Kei Wong, MD, a third-year pediatric resident at Goryeb Children’s Hospital, went to Haiti as part of a mission trip through the Global Child Health Program, she knew the experience would be eye-opening.

“It’s a whole different world,” Dr. Wong says. “It makes you aware of just how fortunate we are to have basic things like clean water. It was really rewarding to make an impact in the community over there.”

She was one of three pediatric residents who provided care to people living in a group of remote villages in the north of Haiti this past January. The Atlantic Health System team, comprised of physicians and nurses from Goryeb Children’s Hospital and Overlook Medical Center, worked together to treat everything from malnutrition issues to infections and injuries.

A Bumpy Start
According to Mary Ann LoFrumento, MD, pediatrician and director of the Global Child Health Program at Goryeb Children’s Hospital, the team’s journey hit a snag before they even left for the island; the airport canceled flights due to the major blizzard affecting the Northeast U.S. at the time.

“They had to sleep in the airport,” she says. “Their Sunday flight was canceled, and then their Monday flight was canceled. It was really hectic at first.”

It all worked out in the end: Despite that initial setback, the team was no less motivated to do some good in the community – and that they did. The team used a guesthouse as their main base and visited multiple villages during their time on the island.

Focused Care
Hemant Kairam, MD, a pediatrician and the team leader, says the pediatric residents focused on two aspects of care: treatment and education. Not only did doctors help patients with their ailments, but they also helped with sex education as well as information on other health topics.

“We worked to dispel a lot of health myths,” Dr. Kairam says. “Because the community there doesn’t have easy access to medical care or information, there are a lot of misconceptions spreading among villagers. Being able to teach them and care for them was such a gratifying experience.”

The program was started six years ago by Dr. LoFrumento and Dr. Kairam, and the trips are coordinated by Hands Up for Haiti, a nonprofit that arranges medical missions. Support for residents to attend the missions to Haiti is funded in part from the department of pediatrics medical staff fund. To date, 23 pediatric residents from Atlantic Health System have traveled to Haiti to both learn and provide care to those in need. The next trip is planned for May 2016.

For more information about the Global Child Health Program, call 973-971-7802.
ATLANTIC HEALTH SYSTEM’S AUTISM EXPERTS
HELPING KIDS GET THE VERY BEST START
By her 18-month checkup, Katia Soubra had not started talking much – and her mother was concerned. “Our pediatrician confirmed she wasn’t interacting the way other children her age typically do,” says her mom, Maria Soubra, of Belleville. “He also gave us direction.”

The pediatrician referred Katia to Atlantic Health System’s Child Development and Autism Center at Goryeb Children’s Hospital. “I’m a nurse with Atlantic Health [System], so I knew I was going to the right place,” she says.

For over a decade, the center has provided important care and research for children with autism spectrum disorder, a condition that can affect communication, behavior and social interaction. These services meet an important need in New Jersey, where autism affects one in every 45 children – the highest ratio in the country. Nationally, the figure is one in 68.

**RIGHT TIME, RIGHT PLACE**

Atlantic Health System’s specialists diagnosed Katia with autism. In addition to the comprehensive services through the NJ Early Intervention Program, Katia was referred for specific therapy proven to be effective for autism. Researchers call it applied behavioral analysis (ABA), and it focuses on helping a child with specific behaviors that will allow him or her to learn and to communicate better, for example.

“Research shows that early diagnosis and ABA intervention is important to effectively treat autism,” says Bernard Maria, MD, director of child neurology and developmental medicine for Goryeb Children’s Hospital. “With our years of experience and specialized staff, we are well-positioned to bring this therapy to children as young as 18 months old. This is a major focus of our center.”

“We’ve modeled our services on successful programs elsewhere, where many of our staff have also trained,” says Tara Gleeson, pediatric nurse practitioner and manager of the center. The team offers a wide range of care and includes a pediatrician, a behavioral therapist, occupational and speech therapists, a nurse practitioner, a neurologist, a geneticist, a psychologist, a sleep specialist and an education specialist. With support from the Foundation for Morristown Medical Center last year, the center now offers centralized care at a new facility, which greatly helps families who might have many different appointments in a day.

**PROVIDING NATIONAL LEADERSHIP**

It’s important to share advances in the field, so we can all help connect patients with the services they need, Dr. Maria says. So the center participates in research and leads national conferences. “Because of our experience with autism spectrum disorder, we’re uniquely positioned to coordinate these efforts to help national and international experts learn from each other.”

And patients like Katia and her family reap the benefits. “She hardly babbled 18 months ago,” her mother says. “But now we have that back-and-forth [communication], like every kid should have. It’s been very encouraging.”

For more information, call the center at 973-971-5227.
According to Walter Rosenfeld, MD, chair of pediatrics, "children and adolescents have very specific needs that are not the same as adults. This program is meant to address those needs by having people who are trained and knowledgeable."

For instance, Dr. Martins says, while the program is an extension of the nationally recognized adult sports medicine program, they have tailored it to children’s needs. Specialists use imaging techniques with lower-dose radiation, and therapists have developed a specialized physical therapy program that caters to children.

"Every treatment is different," says Dr. Leier. "Seeing the child as a whole is very important. We can’t just look at an ankle injury as an isolated incident. We need to look at the biomechanics, the structure, the age and the history to optimize treatment."

Research: A Core Component
In addition to clinical services for children, the program focuses on research projects such as concussions, how shoes and cleats may increase the risk of injury, and pediatric pain, according to Dr. Martins.

"We’re dealing with a population eager and interested in sports, but sometimes have limited insight into the risks; so we focus on prevention and education for the athletes, coaches and trainers," says Dr. Leier. From a treatment standpoint, "the big focus is to guide the athlete, medically, as well as personally, through their injury."

For more information, call Atlantic Sports Health at 973-971-6898.
Although sudden death in young athletes is rare, with about 100 cases reported yearly in the United States, the rarity means nothing to the community that suffers the loss of one of its own.

What causes sudden cardiac arrest in most young athletes is a rhythm disturbance of the heart, which does not allow the heart to effectively pump blood to the body and that ultimately leads to death. According to Christine Donnelly, MD, director of pediatric cardiology for Goryeb Children’s Hospital, the most common underlying reason for this is a condition known as hypertrophic cardiomyopathy, where there is an abnormal thickening of the wall of the bottom chambers of the heart, which can lead to rhythm abnormalities during certain situations like sports. Other problems such as coronary artery abnormalities and abnormalities of heart rhythm are also of concern.

A Comprehensive Approach
Since 2013, the New Jersey Scholastic Student-Athlete Safety Act has mandated that all public and non-public school students in grades 6 through 12 undergo a health screening prior to participating in school-sponsored sports. “The purpose of preparticipation screening is to increase the detection of underlying cardiac conditions in children that could predispose them to sports-related sudden cardiac arrest,” says Dr. Donnelly.

Warning Signs
The screening, which is conducted by a licensed physician, advanced practice nurse or physician assistant who has completed the Student-Athlete Cardiac Assessment professional development module includes a detailed personal and family history questionnaire and focused physical examination to uncover “red flags” that would require further evaluation by a pediatric cardiologist prior to sports participation. These include exertional chest pain, fainting, palpitations or shortness of breath; a family history of early sudden death or known genetic cardiac conditions; and physical examination findings of elevated blood pressure, unusual heart murmurs or rhythm abnormalities.

“There are limits to our best screening efforts, however,” says Dr. Donnelly, “and our children need a safety net in the event that sudden cardiac arrest occurs.” With Janet’s Law that went into effect in September 2014, all New Jersey public and private schools K-12 are mandated to have an automated external defibrillator (AED) on-site and accessible for school athletic events, school employees trained in CPR and an emergency plan in place for treatment of a sudden cardiac event.

Dr. Donnelly encourages everyone to learn CPR and become part of the chain of survival. Improved preparticipation screening may identify more children at risk. But in the case of a cardiac event, CPR and prompt AED use will have the greatest impact on preventing sudden cardiac arrest from progressing into sudden cardiac death.

For more information, call the Children’s Heart Center at 973-971-5996.
Safety First
Campaign aims to prevent sports injuries

Each year, 2.6 million children under age 19 receive medical treatment for sports or recreation injuries. The Northern NJ Safe Kids/Safe Communities coalition hopes to reduce that number with the grassroots sports safety campaign “Learn it. Share it. Go for it.”

“We want to educate players, parents and coaches about sports safety by sharing information through sports organizations,” says K.J. Feury, RN, APNc, injury prevention coordinator for Northern NJ Safe Kids/Safe Communities. “We also encourage everyone to work with their health care provider to make sure they are prepared to play and that they have an updated medical history.”

THE PROPER PRECAUTIONS

Feury says the most common injuries are overuse, acute injuries, concussions, and heat- and hydration-related illnesses. To prevent such injuries, Feury says warming up and stretching before and after games are important. “We seem to do that once you get to high school, but at our young youth levels, that doesn’t always occur,” says Feury.

Adequate hydration is also key. Feury recommends drinking 30 minutes before an activity and every 15 to 20 minutes during an activity. “In New Jersey, we are a winter state, and we have lots of children playing ice hockey, skiing and snowboarding. You sweat in the winter, too, so that hydration formula carries over into winter months.”

A HEADS UP ON HEADGEAR

Sports gear, such as helmets, pads, mouth guards and shoes, should be up-to-date and fitting properly, advises Feury.

It’s also critical that coaches and parents be able to recognize the signs and symptoms of concussion. “Observe the player for a change in orientation, complaints of a headache, fatigue, or difficulty processing or remembering things. A good rule is when in doubt, sit them out.”

According to Feury, the best way to prevent injuries is to “be in the best shape possible, be fit and rested, have proper nutrition, know the rules of the game, and play on a safe surface.”

Parents should look to their child’s sports organization for more information.

Go to preventionworks-nj.org for additional safety tips.
Clearing Up ‘Strawberry’ Birthmarks

Medication successfully treats hemangiomas

Looking at two-year-old Hailey Sinclair today, you would never imagine that she was born with a large, red birthmark over her eye. “When she was born, they told us it was capillaries, and we didn’t think much of it until our pediatrician was concerned,” says Hailey’s mother, Alexis Sinclair. “It was diagnosed as a hemangioma, and the doctor talked to us about treatment options. She would be fine with it, but we were concerned long term about what it would do for her self-esteem.”

‘Strawberry’ Birthmarks

Hemangiomas, sometimes called strawberry birthmarks, are a collection of cells that normally form blood vessels but instead develop into a lump under the skin with a superficial red discoloration. They typically appear the first few weeks to months after birth and grow progressively more noticeable, says John Gregory Jr., MD, pediatric hematologist and oncologist for Goryeb Children’s Hospital. “They gradually shrink over the next five years and tend to resolve on their own totally or leave a subtle skin change.”

These birthmarks, more common in girls and in premature babies, occur in up to five to ten percent of infants. Most patients have a single hemangioma located on the head or neck, but they can occur anywhere on the body.

“They are not cancerous and don’t turn into cancer,” says Dr. Gregory. Most children do not require treatment, but if the hemangioma is causing medical problems, treatment should be started. Examples of this are hemangiomas near the eye affecting vision, hemangiomas on the tip of the nose, very large hemangiomas and hemangiomas that develop ulcerations (open sores).

An Effective Solution

Dr. Gregory says early evaluation by experienced physicians is important and if treatment is needed, a medication called Propranolol is effective in stopping growth and shrinking the hemangioma.

“Hailey was given Propranolol when she was diagnosed at three weeks,” says Alexis. “Dr. Gregory followed her for over a year, and it’s amazing; now that she’s two, the hemangioma is almost completely gone. It’s really a miracle drug. I see it but as far as anyone else is concerned, she doesn’t have anything there.”

For more information, please call 973-971-6720.

These birthmarks, more common in girls and in premature babies, occur in up to five to ten percent of newborns and increase up to twelve percent by one year of age.
Spasticity and Gait Disorders
Navigating a course to the right specialists
Children who have health conditions that affect the muscles and movement are the focus of Atlantic Health System’s Spasticity and gait disorder Center. Spasticity refers to muscle movements that might be slow, jerky and uncontrollable. Gait refers to walking. Common causes of these disorders are cerebral palsy, spina bifida and other conditions children are born with, as well as injury.

Based at Goryeb Children’s Hospital, this unique service helps children gain greater control and independence, and helps families understand their options for care. Specialists here have expertise in a variety of areas, including neurology, neurosurgery, physiatry, orthopedic surgery, spine surgery, developmental pediatrics, physical therapy, orthotics, nursing and social work.

“We’re an anchor for parents and children, and we help them navigate the complicated issues that arise from these health conditions,” says Michelle Sirak, MD, director of pediatric physiatry for Goryeb Children’s Hospital.
When it comes to acne, specialists at Atlantic Health System’s new Acne Treatment and Research Center at Morristown Medical Center want parents and patients to understand three things:

- Preventing both physical scars and emotional scars should be part of any treatment plan.
- The best treatment covers many years, not simply a few weeks on a short course of medicines.
- Dermatologists at Atlantic Health System offer a wide range of effective care. This includes lifestyle changes, medicines and even clinical trials to address the various issues that moderate and severe acne can cause.

“Researchers aren’t sure exactly what causes acne, but we do know that the psychological effects like embarrassment and low self-esteem can be enormous for some people,” says Hilary Baldwin, MD, the medical director of the new center, which opened late last year. “To get acne under control, and especially if it’s causing scars, it’s important to get the right care immediately.”

A specialist in dermatology, Dr. Baldwin brings over two decades of experience as a researcher and instructor at medical schools, and has published studies in national and international journals. She’s also a founding board member and past president of the American Acne and Rosacea Society.

**MORE THAN JUST CARE**
The center focuses on both advanced care as well as research. So patients here have access to some of the latest medicines and other treatments available anywhere.

So, if over-the-counter medicines are not working or if other treatments do not keep acne under control, it’s time to see a specialist. Find one who will take the time to help create a customized plan for care and has experience in using a variety of treatments.

“Get this care early,” she says. “That’s the best way to ensure that the effects of acne will not have a lifelong impact.”

To make an appointment and for more information on an upcoming clinical research trial, please call 973-630-2200.
REACHING OUT TO THE COMMUNITIES WE SERVE

The hospitals of Atlantic Health System have a commitment not just to treat illness, but to empower our communities to be the healthiest in the nation by preventing illness. “And our vision for healthier communities begins with offering every child an equal opportunity for a bright future,” says Chris M. Kirk, PhD, director, Mission Development for Atlantic Health System.

Outreach efforts coordinated by the community health departments at each of our hospitals provides such preventive services as screenings, health awareness programs and nutrition education. Partnering with local schools, civic groups and other community organizations, we connect with the young people in our areas to bring wellness initiatives right to their doorstep.

In 2014 alone, Atlantic Health System contributed more than $150 million to improve the health and well-being of the people it serves. Gifts from generous donors help us implement and sustain many of the programs that are making a difference in the lives of our children. Join us in our efforts to meet their needs by contacting one of our hospital foundations:

- **Morristown Medical Center**, visit f4mmc.org and select “Donate Now,” or call 973-593-2400.
- **Overlook Medical Center**, visit overlookfoundation.org and select “Donate Now,” or call 908-522-2840.
- **Newton Medical Center**, visit newtonmedicalcenterfoundation.org and select “Online Donation,” or call 973-579-8309.
- **Chilton Medical Center**, visit atlantichealth.org/chiltonfoundation and select “Make A Gift,” or call 973-831-5165.

# Specialty Referral Info

GORYEB CHILDREN’S HOSPITAL

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<td>Adolescent Medicine</td>
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<td>Allergy/Immunology</td>
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<td>Brain Tumor/Neuro-Oncology Program</td>
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<td>Craniofacial Program</td>
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<td>Eating Disorders Program</td>
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<td>Rheumatology</td>
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<td>Surgery</td>
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# KEY PHONE NUMBERS

- **ADMISSIONS** 973-971-6718
- **EEG** 973-971-5124
- **EMERGENCY ROOM** 973-971-6102
- **LABORATORY** 973-971-7805
- **RADIOLOGY** 973-971-4163
For a referral to a Goryeb Children’s Hospital doctor, call 1-800-247-9580 or visit atlantichealth.org.