

Well Aware

VOL. 4 NO. 4
FALL 2009

Good Health for All Ages

Back to School
Focus on Family
A Healing Light



Morristown
Memorial
Hospital

ATLANTIC HEALTH
THE PASSION TO LEAD

atlantichealth.org



from the CEO

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

We Want Your FEEDBACK!

Tell us how *Well Aware* is helping you make better health care decisions, and you will be eligible to win a \$100 Target gift card.

Along with your name, address and phone number, indicate which article made you want to share it with a friend or loved one or prompted you to further research a topic to find the best care for your needs. Email us at well.aware@atlantichealth.org or write to:

Atlantic Health, Attn: *Well Aware*
PO Box 1905
Morristown, NJ 07962

Must be 18 years or older to enter. Atlantic Health employees and their immediate families are not eligible for the drawing. *Well Aware* magazine welcomes your story suggestions. Any correspondence to the magazine may be reproduced in part or whole.

Linda Guerrini sent this issue's winning letter. Her note about using *Well Aware* as a teaching tool helped inspire our page 3 story.

WINNER'S LETTER



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

TEACHING Outside the Box

School can be stressful even for a child who enjoys learning and the company of other students. So what can be done to help a child with a developmental delay or a child who seems disinterested in school?

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.



For a referral to a pediatrician at Goryeb Children's Hospital, call 888-766-2590 or visit atlantichealth.org.

Morristown Memorial and Overlook hospitals are dedicated to providing programs for parents, teachers and students that offer hands-on educational opportunities.

These include:

- Live From the Cardiac Classroom
- Neonatal Intensive Care Unit Student Mentoring Program
- Pediatric Mini Med School
- Shadow Day

"We want to teach students and give them exposure to life in the hospital," says Ben H. Lee, MD, neonatologist for MidAtlantic Neonatology Associates and Morristown Memorial Hospital. "It's more than educating—we want to serve as mentors to the children of our community. Atlantic Health's programs allow us to reach these students and help them to think critically about the world around them."

"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





A LIGHT That Heals

Wear sunscreen. Don't spend too much time outside during the midday. Ultraviolet (UV) rays cause cancer. We often hear warnings about and the dangers of UV rays. However, we rarely hear about the powerful healing effects these same rays offer.

IT'S TRUE. OVEREXPOSURE to UV rays has been linked to skin cancer, premature skin aging, eye damage and even instances of immune system suppression. It's the immune system's response to UV rays that led to an innovative cancer treatment called photopheresis, which acts on the white blood cells to suppress reactions that allow certain disease progression.

Photopheresis treats immune-related diseases, including cutaneous T-cell lymphoma—a type of cancer arising from white blood cells—as well as graft-versus-host disease, a debilitating complication often occurring after bone marrow, stem cell or lung transplants. It is also being studied for the treatment of various other conditions.

A Journey to Relief

After being diagnosed with acute myeloid leukemia in 1998, Kathleen Leonard, 64, a retired schoolteacher from Pomona, New Jersey, received a bone marrow transplant. Since a match couldn't be found in Leonard's family, she experienced complications from the transplant, including the development of chronic graft-versus-host—a scleroderma-like condition that includes inflammation and thickening of the skin.

"My scleroderma was so painful that I could barely sit in the car or perform routine activities without wanting to cry," Leonard says. "When I began receiving photopheresis treatment at Morristown Memorial Hospital in 2000, my symptoms began to disappear. While the process has been ongoing, the staff at the Photopheresis Center has been remarkable during my treatment."

Expert Care

The Photopheresis Center at Morristown Memorial Hospital is one of only two centers in New Jersey that offers these innovative treatment options.

"Patients who are appropriate candidates for photopheresis don't have to travel out of the area to receive quality care from experienced professionals," says Emil Bisaccia, MD, director of the Photopheresis Center for Morristown Memorial and professor of clinical dermatology for Columbia University. "Since the U.S. Food and Drug Administration approval of the procedure in 1987, Morristown Memorial professionals have performed more than 17,000 photopheresis treatments."

Inside the Treatment

Your physician tells you you're a candidate for photopheresis. Now what? Here's a look inside treatment and its effects.

Treatments generally last four hours, and patients may require several to see effective results. During treatment, blood is removed from the body. The blood is placed in a specialized centrifuge, where it is separated into its individual components. Once separated, plasma and red blood cells are returned to the body, and white blood cells are coated with photosensitizing medicine and exposed to UV light. Once fully exposed, the cells are returned to the body.

Side effects are mild and generally limited to dizziness similar to that experienced when donating blood and the possibility of fever several hours after the procedure. Additionally, patients undergoing treatment have an increased sensitivity to light, making typical sun precautions all the more important.



For more information about the Center, call 888-841-6122 or visit atlantichealth.org.



Focusing on the FAMILY

Across the nation, patient- and family-centered medical care is a growing trend, particularly in pediatrics. Allowing parents and family members to be involved in the healing process, family-focused care is changing the role of relatives in the care of children.

"PATIENT- AND FAMILY-CENTERED care seeks to make family members an integral part of the care team," says Walter Rosenfeld, MD, chairman of pediatrics for Goryeb Children's Hospital at Morristown Memorial Hospital. "Patient- and family-centered care is more than just a 'feel good' initiative. Clinically speaking, the input of parents and family can help reduce medical errors and improve safety."

The theory surrounding family-focused care in pediatrics centers on one basic principle: Doctors and nurses are experts in medical care, and parents are often experts in regard to their children. By giving information from allergies to family history, parents can be a tremendous source of clinically useful details. The vital information provided by parents and the ability for them to recognize subtle changes in their child make their involvement essential.

A Parent's Perspective

For Stacey Rubinstein of Livingston, patient- and family-centered care played a vital role in the birth of her twins, Andrew and Alexis. Born three months premature, the twins required sophisticated medical care immediately following birth.

"Often common with preemie moms, I felt disconnected from my babies at first," Rubinstein says. "I couldn't care for them like I imagined, and that impacted my ability to feel like a mom. Because staff embraced patient- and family-centered care, I soon realized that my husband and I were critically important to our babies' care. Rather than feeling like visitors, we felt part of the care team. In a situation where we had little control, creating a

role for us helped us bond as a family and helped our babies thrive."

The importance of a parent's active role in the health care of children does not stop after a child is released from the hospital. At Goryeb Children's Hospital, the family advisory council provides guidance and oversight in order to maximize the benefits of parental involvement in the care process. Parents, bringing insight gained through hospital experiences, work with staff to strengthen collaborations and make the hospital the best possible place for all.

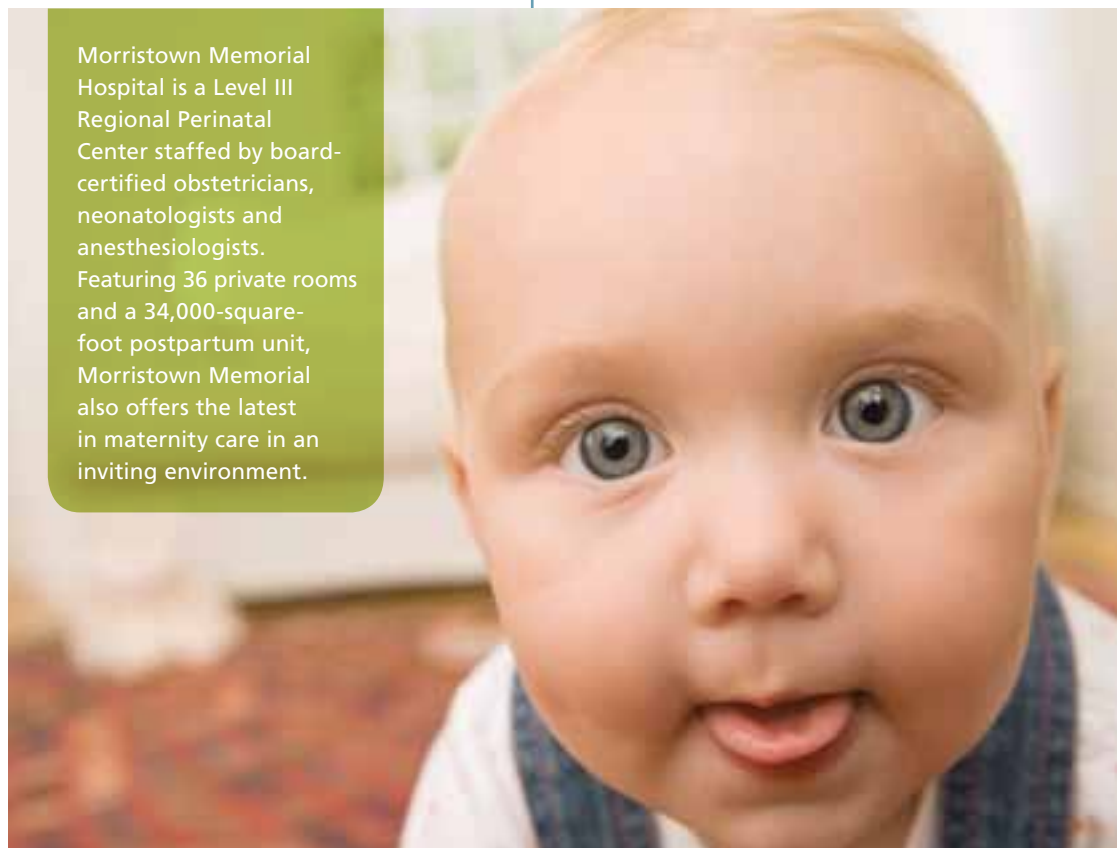
"Participating in the family advisory council provides an opportunity to

share the parent perspective, which is critical to discussion and decisions surrounding policies and procedures," says Rubinstein, a member of the neonatal intensive care unit and Goryeb Children's Hospital family advisory councils at Morristown Memorial. "I am appreciative of the excellent care my family received, and my involvement is a way for me to express that appreciation."



For a referral to a pediatrician at Goryeb Children's Hospital, call 888-291-1395 or visit atlantichealth.org.

Morristown Memorial Hospital is a Level III Regional Perinatal Center staffed by board-certified obstetricians, neonatologists and anesthesiologists. Featuring 36 private rooms and a 34,000-square-foot postpartum unit, Morristown Memorial also offers the latest in maternity care in an inviting environment.



HOSPITALISTS:

Helping You Heal

When you're in the hospital, your primary care physician may rely on an expert, called a hospitalist, within the hospital's walls to fully oversee your treatment.

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.

"Hospitalists are great

communicators, as they must be able to connect with their patients in addition to thoroughly providing updates to each patient's primary care physician," says Peter Roytman, MD, hospitalist for Morristown Memorial Hospital. "Often young, ambitious and inspired, hospitalists have a steadfast dedication to providing quality patient care."

Improving Care for Patients

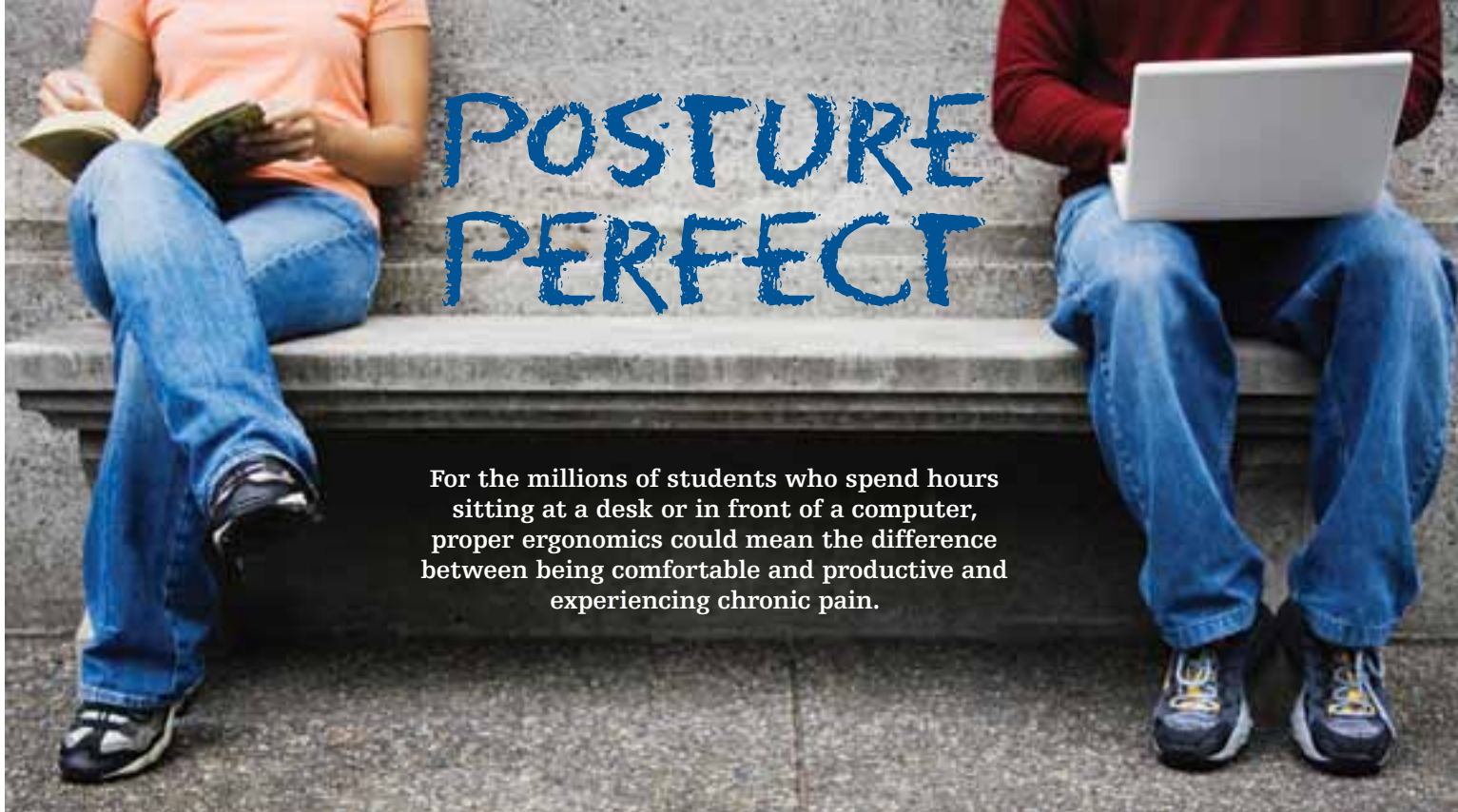
The hospitalist forms a partnership with a patient's primary care physician, ensuring each person caring for a patient remains up-to-date on the person's health.

"Hospitalists are physicians who are interwoven with the hospital," says Russell Hoffman, MD, director of the hospitalist OB/GYN program and chief of the department of OB/GYN for Overlook Hospital. "Because they know the hospital's systems and functions, they have connections within the hospital that create clear pathways to providing the quality care a patient's primary care physician might not be equipped to offer in this setting."

"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 Allusson, 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.



For the millions of students who spend hours sitting at a desk or in front of a computer, proper ergonomics could mean the difference between being comfortable and productive and experiencing chronic pain.

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.

Atlantic Health strives to keep its employees free from work-induced pain. Ergonomic specialists inspect workstations and special beds aid nurses when moving patients.



For a referral to an orthopedist at Atlantic Health, call 888-886-4939 or visit atlantichealth.org.

MORRISTOWN MEMORIAL HOSPITAL CALENDAR OF EVENTS

September 16 through December 2, 2009

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

Open House: Changing Lifestyles

Open house will feature screenings for cardiac risk factors and an introduction to all of our areas of change.

Saturday, September 26, 9:00 am to 4:00 pm

Gagnon Cardiovascular Institute at Morristown Memorial Hospital

Celebrating Women

Nonsurgical Options for Facial Rejuvenation

Wednesday, October 7, 7:00 to 8:30 pm

Morristown Memorial Hospital, Auditorium A

Presenter: Brian S. Glatt, MD, Board-certified Plastic Surgeon

Changing Lifestyles

Learn how to prevent heart disease.

Thursday, October 8, 7:00 to 9:00 pm

Gagnon Cardiovascular Institute, Morristown Memorial Hospital

Totally Into You: Empowering Women to Take Charge

With humor and advice, speaker Greg Behrendt talks about relationships with family, friends, partners and co-workers. He is the co-author of "He's Just Not That Into You" and a consultant to "Sex and the City." Book signing will follow.

Saturday, October 10, 9:00 am to Noon

Morristown Memorial Hospital, Malcolm Forbes Amphitheater

Heart Disease in Women

Tuesday, October 13, 7:00 to 8:30 pm

Morristown Memorial Hospital, Auditorium A

Presenter: Charles J. Marotta, MD, Board-certified Cardiologist

Taking Charge of Your Relationship

Wednesday, October 14, 7:00 to 8:30 pm

Morristown Memorial Hospital, Auditorium A

Presenter: Janet DiGiorgio-Miller, Ph.D., Psychologist

Two O' Clock Tea and Talk: My Aching Joints

Common arthritis symptoms can be inflammation, pain and stiffness. Learn the importance of an accurate diagnosis.

Thursday, October 29, 2:00 to 3:00 pm

CareOne at Livingston, 459 Passaic Avenue, West Caldwell

Sponsor: CareOne at Livingston

To register, call 973-758-4100

Mind and Medicine—Celebrating Integrative Medicine at Atlantic Health

Thursday, November 12, 7:00 to 8:00 pm

Malcolm Forbes Amphitheater, Level B

High Cholesterol and Blood Pressure: What You Can't See Can Hurt You

Monday, November 2, Noon to 1:30 pm

Chester Library, 250 West Main Street, Chester

To register, call 908-879-7612 or visit chesterlib.org

Hypnosis for Smoking Cessation

October 21 or December 16, 7:00 to 9:00 pm

95 Madison Avenue, Suite B06, Morristown

Fee: \$70

Arthritis Foundation Exercise Program

Mondays, beginning September 28 for eight weeks, 10:00 to 11:00 am

Arthritis Center, 95 Madison Avenue

Fee: \$24

WEIGHT LOSS

Alliance Center for Weight Management

Tuesdays, September 22, 29, October 20, 27 and November 10,

6:30 to 8:00 pm

Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue

To register, call 973-971-4555

Medical Metabolic Weight Loss

Explore your weight-loss options.

Tuesdays, October 13, November 10 and December 8, 7:15 to 8:15 pm

To register, call 973-971-7053

Hypnosis for Weight Reduction

Wednesdays, October 14, November 11 or December 9,

7:00 to 9:00 pm

95 Madison Avenue, Room B06, Morristown

Fee: \$70

WEIGHT LOSS SUPPORT GROUPS

LAP-BAND® Weight-Loss Surgery Support

Second Tuesday of every month, 6:00 to 7:00 pm

Gastric Bypass

Third Tuesday of each month, 6:00 to 7:00 pm

Eating Adjustment After Weight-Loss Surgery

Every Monday, 10:00 am

The above weight-loss programs are held at the Metabolic Medicine & Weight Control Center, 95 Madison Avenue, Suite 304, Morristown. To register, call 973-971-7053

CANCER CARE

Genetics and Risk for Cancer: What You Know Can Make a Difference

Monday, October 5, Noon to 1:30 pm

Chester Library, 250 West Main Street, Chester

To register, call 908-879-7612 or visit chesterlib.org

Reinventing Your Life After Cancer

Wednesday, October 7, 7:00 to 9:00 pm

SUPPORT GROUPS

Gynecological

First Monday of the month, Noon to 1:30 pm

Breast

Third Tuesday of the month, 7:00 to 8:30 pm

Ostomy

Third Wednesday of the month, 7:30 to 9:00 pm

Prostate: US TOO

Tuesdays, October 6, November 3, December 1, 7:30 to 9:00 pm

Head and Neck

Wednesdays, October 21 and November 18, 1:30 to 3:00 pm

Bereavement

Thursdays, call for dates, 5:00 to 6:30 pm

Pancreatic

Third Thursday of the month, 11:00 am to 12:30 pm

Lung

Wednesdays, September 23 and October 28, 2:00 to 3:30 pm

I Cancer Vibe

Empowers patients through mind, body and spirit.

Fridays, call for dates, 10:00 am to Noon

To register, call 973-971-6514

Fighting Prostate Cancer With Robotics

Learn about the da Vinci prostatectomy.

Tuesday, November 17, 7:00 to 8:00 pm

To register, call 877-666-1112

CARE THROUGH INTEGRATIVE MEDICINE

Gentle Yoga

Wednesdays, 11:00 am to 12:15 pm

Sound Meditation

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.

"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



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.

Love the Sights and Sounds of the Season

The winter months and holiday season are approaching. Although it's often joyous, this time of year can be stressful and emotional for many.

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 overflowing 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."

Your Mood and Senses



SMELLS GOOD

While studies have yet to find a link between smells and physical health, researchers have learned that certain scents trigger your olfactory system to soothe your brain.

To get some bad-mood-busting effects from your nose, try smelling:

- **lemon oil**—sniff through a room diffuser to think of hot summer days filled with lemonade, possibly lifting your mood with thoughts of sunshine
- **peppermint**—take a whiff of peppermint-scented candles or lotion if you're feeling groggy
- **lavender**—try taking a bath with this scent to decompress after a long day

TASTES EVEN BETTER

While aromatherapy can help lift your spirits, don't neglect the power of food. Don't binge on sweets to enhance your emotional well-being. This overeating is likely to cause additional depression. Rather, add some spice to your meals or snacks.

Cinnamon helps you feel alert by possibly increasing blood flow to the brain. Try adding the spice to a morning cup of tea.

Vanilla helps calm cravings for sweets, enabling you to avoid the extra helpings of dessert at family gatherings. Try vanilla-flavored coffee or hard candy to curb your sweet tooth.



For a referral to an Atlantic Health psychiatrist, call 888-211-3861 or visit atlantichealth.org.

"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



Turning *Teal* Into Healing

Breast cancer makes most headlines when concerning cancer and women. However, a campaign colored in teal each fall is raising awareness for ovarian cancer.

YOU SEE TEAL

RIBBONS and products every September. Last year, celebrities could be found in public service announcements airing during prime time. The facts and dangers of ovarian cancer are spreading—now you can do your part and spread the message to every woman you know.

Just as breast self-exams can help women alert physicians

if an abnormality develops, knowing the symptoms for ovarian cancer can help your physician detect the disease as early as possible.

Ovarian cancer is not as common as breast cancer, affecting one in 68 women versus one in seven women, but it can be more life-threatening. Early diagnosis is difficult because symptoms are subtle, vague and quite similar to benign conditions. Symptoms to look for include:

- abnormal vaginal bleeding
- constipation, diarrhea or frequent urination
- early satiety
- gas, indigestion or nausea
- pain during intercourse
- persistent and progressive abdominal discomfort

“Without a wide-net screening test for ovarian cancer, it is important for women to consult their physicians when symptoms occur,” says Daniel Tobias, MD, board-certified OB/GYN, gynecologic oncologist, director of the Women’s Cancer Center for Morristown Memorial Hospital. “When ovarian cancer is diagnosed, novel treatments through our research group provide patients access to the leading edge of health care.”

Care Is Here

If you are diagnosed with ovarian cancer, help is available at Morristown Memorial. Experts at the Carol G. Simon Cancer Center are dedicated to helping not only healing patients physically, but also mentally and emotionally. Free services include nutritional and financial counseling. In addition to cancer treatments, mind-body services, including massage, music therapy, yoga and Reiki therapy, are available to ensure no one has to battle cancer unprepared.

Knowledge Is Power

The New Jersey Cancer Education and Early Detection (NJCEED) program connects area men and women who qualify with the preventive screenings and follow-up care they need to fight cancer. Those who qualify—individuals or families who make up to 250 percent of the poverty level, do not have any health insurance, or are not enrolled in Medicaid or Medicare—can receive mammograms, Pap tests or colorectal and prostate screenings free of charge.

“Screening for cancer is key for the NJCEED program, but it’s only the beginning,” says Pat Bonder, RN, nurse case manager for Morristown Memorial Hospital. “Our larger mission is the introduction of preventive care to a segment of the population who did not think they could afford it.”



For a referral to an oncologist at Carol G. Simon Cancer Center, call 888-211-7615 or visit atlantichealth.org.



Advanced Treatment for GALLSTONES

If you have steady pain in the right side of your abdomen, you may have gallstones.

GALLSTONES ARE FORMED when liquid bile contains too much cholesterol or bilirubin and these substances harden in the gallbladder. These stones vary in size from small stones, one large stone or a variety of both and create intense pain for sufferers. In the past, treatment of migrated gallbladder stones required contrast injections or even surgeries.

Today, patients have a new option. The new SpyGlass™ Direct Visualization System allows physicians to better view the inside of a patient's biliary system, where bile is released to aid in the digestion of food. Having a clearer visual leads to a faster and more precise diagnosis. The SpyGlass system also uses sound waves to break up gallstones and easily remove them.

SpyGlass is considerably less invasive than traditional treatments, and it can save a patient from undergoing more procedures or unnecessary surgeries. It also can aid physicians in differentiating between certain benign and malignant conditions. Once the treatment is complete, most people are able to go back to work the next day.

Remaining on the Leading Edge

Morristown Memorial Hospital is the first hospital in the northern New Jersey area to use the SpyGlass system, which has been in use at the hospital since 2008.

"This new technology shows Morristown Memorial has a commitment to providing the most advanced treatment for gallstones and that we strive to provide the community with the best care possible," says Michael Samach, MD, head of endoscopy for Morristown Memorial Hospital. "It's important to us to improve patients' lives, and using the SpyGlass system will enable us to do that."

Keeping Your Digestive System on Track?

At Morristown Memorial Hospital, our goal is to ensure patients receive the best care possible for any condition, including digestive diseases.

The staff at the Center for Digestive Health cares for patients with a variety of problems, including gastrointestinal, liver and pancreatic or nutritional disorders. In addition to offering SpyGlass™ to treat gallstones, some of the other technologically advanced procedures available to the community include:

48-Hour Bravo pH study: This procedure allows a physician to observe the acidity level in the esophagus of patients dealing with heartburn by implanting a pH sensor in the esophagus. Information is transmitted to an external data recorder.

Endoscopic ultrasound: This procedure allows a physician to take images of the internal organs in the chest and abdomen by using a combination of ultrasound and endoscope.

Small bowel capsule procedure: This procedure allows the whole small intestine to be examined using a pill-sized video capsule. The ingestible capsule features its own camera and light source.



For a referral to an Atlantic Health gastroenterologist, call 888-210-1063 or visit atlantichealth.org.

Greater Flexibility With New Hip Option

When hip pain limits your activities, it may be time for surgical intervention. Today, hip resurfacing is offering active adults an end to hip pain and a return to activity.

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."



For a referral to an orthopedist at Atlantic Health, call 888-883-7514 or visit atlantichealth.org.

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

Wash Your Hands the Right Way

"You should 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.

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.



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.

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



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.



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