

Winter 2016

# Be Well

**Better Health**  
for the Next Generation

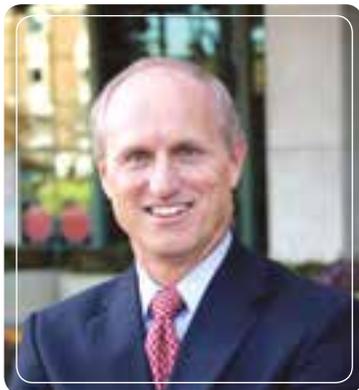
**Modern Moms,**  
We've Got You Covered

Women's  
Heart Health:

*Vive la*  
**Difference**



## Buzzing with Baby News!



Our Mother-Baby Unit has literally been buzzing with excitement!

This fall, astronaut and “moon walker” Buzz Aldrin returned to the hospital to tour the Maternity Department where he was born. That visit by a bona fide American hero was well-timed because we recently completed a major renovation—and, we didn’t stop with cosmetic changes.

We’ve added depth to the quality, safety and convenience of our program by hiring a

team of OB/GYN hospitalists. These experienced physicians are now on-site 24/7 to partner with expectant mothers and their personal OB/GYNs. In fact, we’re proud to be an early adopter of this emerging care model that’s been endorsed by prestigious national opinion leaders.

To further enhance access to comprehensive Mother-Baby care, we’ve added Drs. George and Peter Woroch to the Mountainside Medical Group. At their Glen Ridge office, OB/GYN care is a family affair, and we’re confident that your family will be in good hands there.

If you’re expecting or planning an addition to your family, we’re here to serve you. Come by for a free tour and see what all the buzz is about!

Be Well,

John A. Fromhold, FACHE  
CEO, HackensackUMC Mountainside



Winter 2016

## Community Calendar



Events take place at the HackensackUMC Mountainside campus, unless otherwise noted. For more information or to register for an event, please scan this QR code with your smartphone, visit [www.mountainsidehosp.com/events](http://www.mountainsidehosp.com/events), or call 1.888.973.4MSH (4674).

### Weight Loss Surgery: The Facts

Learn more about these effective and permanent weight loss options. Find out how these proven procedures can improve your health and lifestyle. Presented by **Karl W. Strom, MD**, medical director of the Center for Advanced Bariatric Surgery. Registration is required.

**Fee:** Free

**Time:** All seminars begin at 7 p.m.

**Date:** Tuesday, December 6

**Location:** Borough of Totowa Public Library, 537 Totowa Road, Totowa

**Date:** Wednesday, December 7

**Location:** Maplewood Memorial Library, 51 Baker St., Maplewood

**Date:** Tuesday, December 13

**Location:** Clifton Memorial Library, 292 Piaget Ave., Clifton

**Dates:** Wednesdays, January 18, February 15, and March 15

**Location:** HackensackUMC Mountainside

### PARENT EDUCATION

#### Prepared Childbirth

This one-day class will prepare you for the birth of your child. It includes the stages of labor and birth, coping strategies, relaxation and breathing techniques, medication options, and the adjustment to postpartum.

Weekend class. Registration is required.

**Fee:** \$80 per couple

**Date:** Saturday, December 10

**Time:** 9 a.m. to 5 p.m.

#### Tour of the Birthing Center

Tour the Labor & Delivery, Postpartum, and Nursery Units. You will feel comfortable knowing your baby will be born in a hospital whose primary concern is your health, comfort, and safety. All your questions and concerns will be answered during this tour. Registration is required.

**Fee:** Free

**Dates:** Every Monday

**Time:** 6:30–7:30 p.m.

#### Becoming a Parent

This class will prepare you for the realities of becoming a parent, with special emphasis on coping during the first three months of your baby’s life. Registration is required.

**Fee:** \$50 per couple

**Date:** Wednesday, December 21

**Time:** 7–9:30 p.m.

### OTHER

#### CPR for Friends and Family

This session is designed to teach CPR and relief of choking for adults, children, and infants. It will familiarize you with how to recognize and respond to common injuries and medical emergencies. Appropriate for new parents, grandparents, and those wanting to learn CPR but not needing a credential. For fees, registration, and more information, call 973.429.6491.



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HackensackUMC Mountainside complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at [www.mountainsidehosp.com](http://www.mountainsidehosp.com) or call 1.973.429.6000.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.973.429.6000.

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# Eyes on Tomorrow, Hands-on Today



At HackensackUMC Mountainside, providing forward-thinking care that puts patients at ease is what we do best.

**As part of the** newly formed Hackensack Meridian Health, HackensackUMC Mountainside is in an unprecedented position to offer our patients the full continuum of care.



John A. Fromhold,  
FACHE, CEO

“Hackensack Meridian Health combines Meridian Health’s ability to give patients access to care outside of the acute setting, such as skilled nursing, home health, and urgent care, with Hackensack University Health Network’s outstanding specialty services,” says John A. Fromhold, FACHE, CEO of HackensackUMC Mountainside. “Greater access to care puts HackensackUMC Mountainside in a better position to connect patients with the services they need. We think of our Hospital as being more comprehensive now than it’s ever been.”



## DOCTORING DAY AND NIGHT

A perfect example of this evolving comprehensiveness is the way HackensackUMC Mountainside cares for hospitalized patients. For years, hospitalists and intensivists have provided around-the-clock management to patients in the medical/surgical and intensive care units, respectively.



Zaza Cohen, MD

“Patients have been so pleased with the hospitalist/intensivist model, and it’s been so beneficial to their care, that HackensackUMC Mountainside is applying it to other individuals whom it hasn’t traditionally covered, such as women in labor and behavioral health patients,” says Zaza Cohen, MD, division chair of Critical Care Medicine at HackensackUMC Mountainside. “Our broader hospitalist coverage is unusual for most hospitals.”

Earlier this year, HackensackUMC Mountainside became one of the first hospitals in New Jersey to establish a laborist program. OB/GYNs oversee expectant mothers’ labor and delivery in our Maternity Unit when their regular obstetricians are unavailable. The laborist model has lowered the Hospital’s Caesarean section rate and made numerous other quality and safety improvements.

## MORE OPTIONS FOR PATIENTS

As HackensackUMC Mountainside continues to adapt to meet the needs of our patients, one of the most important things we can do is bring more providers to our community. With the recent additions of a gynecologic oncologist and a colorectal surgeon, Mountainside Medical Group (MMG) now features more than 20 physicians. In the next two to three years, many MMG physicians will begin practicing in a new, 60,000-square-foot medical office building slated to open on our campus—just one more way we’re growing for you.

*Want to stay up to date with what’s happening at your hospital? Visit [www.mountainsidehosp.com/news](http://www.mountainsidehosp.com/news).*

## Radiology Renewal

It’s been a big 18 months for imaging services at HackensackUMC Mountainside. Since the spring of 2015, the hospital has replaced its magnetic resonance imaging unit, computed tomography/positron emission tomography machine, and telemetry system with new versions. This state-of-the-art equipment enhances the Hospital’s ability to provide our patients with services that are crucial to the diagnosis and treatment of many illnesses and injuries.

# Ladies, Listen to Your Hearts



Heart disease kills more women than men, and the symptoms and timing can be different.



## A Funny Feeling That Kept Her Alive

On a busy Saturday in January 2016, 46-year-old Audrey Anderson nearly wrote off symptoms of dizziness, clamminess, and chest pressure, thinking she was under the weather.

"I had climbed a flight of stairs to pick up my daughter, Olivia, who was 7 at the time," Audrey remembers. "I just didn't feel right and thought I was getting the flu. I didn't want to wait until Monday to go see my doctor, so I went to the Emergency Room at HackensackUMC Mountainside."

That decision probably saved Audrey's life. She went into cardiac arrest in an exam room.

The Emergency Room team leapt into action, restarting Audrey's heart with electric shocks and putting her on a respirator. From there, she was transferred to the cardiac

catheterization lab, where doctors discovered extreme spasms, known as vasospasms, in her coronary arteries were cutting off blood flow to her heart.

Cardiologists at the Hospital stabilized Audrey. A few days later, the medical director of the catheterization lab oversaw the insertion of an automatic defibrillator in Audrey's heart.

Today, Audrey is getting healthy and stays busy with her daughters, Olivia, now 8, and 14-year-old Lena. The Cardiac Rehab Department's program and staff have been an integral part of her recovery, both physically and emotionally. Audrey is doing well because she didn't ignore a funny feeling and went to the Emergency Room at HackensackUMC Mountainside.

**Not too long ago**, heart disease was considered a man's disease. This fact simply isn't accurate. Now, one in three women lose their lives to heart disease—more than one in four men.

Women are actually more likely to get certain types of heart disease, including coronary artery disease of the heart's small arteries and a condition called broken heart syndrome. Broken heart syndrome shares many symptoms with heart attacks, but instead of being caused by a blocked artery, it's caused by stress and strong, upsetting emotions.

Thankfully, most cases of broken heart syndrome are reversible if treated in time. That doesn't mean women should ignore symptoms of a heart attack and blame it on a broken heart. Heart attacks are serious, life-threatening events, and women need to know how to identify them and how to get the help they need to survive them.

### THE TELL-TALE HEART

Doctors aren't completely certain why, but heart attack symptoms are often different for women than they are for men. Chest pain is still one of the most common symptoms of a heart attack in both women and men, but women may experience subtler heart attack symptoms, such as:

- ❖ shortness of breath
- ❖ cold sweats
- ❖ nausea
- ❖ dizziness
- ❖ neck, back, or jaw pain
- ❖ exhaustion
- ❖ stomach discomfort

### HEART-SMART RESPONSE

If you or a loved one is exhibiting symptoms of a heart attack, you should call 911. Getting in the car and driving



“Don’t be afraid to call 911 if you think something is wrong. Don’t put off treatment. It could save your life. I’d rather see 99 patients who wind up being fine than miss the one person who needs emergency help for his or her heart.”



Christopher DiGiorgio, MD

—Christopher DiGiorgio, MD, cardiologist, HackensackUMC Mountainside

to the Emergency Department (ED) can be dangerous and delay life-saving care.

Emergency responders can diagnose many heart problems en route. They may be able to start treatment and can alert the ED about the patient’s condition so everything is ready to go when the patient arrives.

**HEAD START ON A HEALTHY HEART**

Higher estrogen levels help protect women from heart disease in their youth. Once women experience menopause, that protection disappears. As a result, women typically develop heart disease about 10 years later than men.

Ideally, women will have lived heart-healthy lives, so when the shield of estrogen is gone, their hearts will still be well. That starts at home with heart-smart eating habits and avoiding lifestyle choices that damage the heart and blood vessels, such as smoking cigarettes and being overweight.

Routine physical activity, even if it’s just walking 30 minutes a day, can help keep hearts well, too. So does talking with doctors at regular intervals to check for and treat high cholesterol, elevated blood pressure, and other heart disease risk factors.

*Talk with your physician before starting an exercise plan. Need a physician? To find a physician associated with our facility, please call 1.888.973.4MSH (4674).*

*Healing Hearts—Fast*

Getting the right help quickly kept HackensackUMC Mountainside patient Audrey Anderson alive. At the Hospital, cardiologists work with Emergency Department staff to fast-track care of patients like Audrey whose hearts stop working.



Kenneth Miller, MD, FACC, FSCAI

Kenneth Miller, MD, FACC, FSCAI, cardiologist and medical director of the cardiac catheterization lab at HackensackUMC Mountainside, heads a team that uses imaging to find and repair blocked arteries.

“We take patients from check-in to the catheterization lab and have a balloon stabilizing their blocked artery in 90 minutes or less,” Dr. Miller says. “Then, supportive services, rehabilitation, and continued management help keep them healthy.”



# Modern-day Motherhood

Many women are waiting until they're 35 or older—advanced maternal age (AMA)—to start families. Here's what modern moms need to know.

**Between 2000 and 2014**, first-time mothers ages 35 and older rose nearly 25 percent, according to a January 2016 report released by the U.S. Department of Health and Human Services. This number continues to increase, as women are waiting to start families for a variety of reasons, including focusing on growing their careers.

## WEIGHING THE RISKS

While modern medical advances make waiting a more viable option, there are still a number of risks involved in the great wait, including:

- ❖ delivering a premature or low-birth-weight baby
- ❖ having a multiple pregnancy
- ❖ developing pregnancy-related medical conditions, such as high blood pressure or gestational diabetes—a type of diabetes that occurs only during pregnancy
- ❖ miscarrying
- ❖ needing a Cesarean section due to pregnancy-related complications
- ❖ having a baby with a chromosomal condition, such as Down syndrome
- ❖ taking more time to get pregnant

Though there are a number of increased risks involved, having a baby at an advanced maternal age isn't out of the question. Preconception counseling can help first-time AMA mothers boost their preconception health as well as help patients determine whether they might benefit from genetic counseling—which can help diagnose, confirm, or rule out genetic conditions. If you're 35 and older and newly pregnant, or plan to become pregnant, don't wait—schedule a preconception counseling visit today.

**Need a trusted OB/GYN to walk alongside you on your pregnancy journey? To find an OB/GYN associated with our facility, please call 1.888.973.4MSH (4674).**

## A Place Like Home

HackensackUMC Mountainside Hospital's Mother-Baby Unit aims to provide the comforts of home to mothers and newborns. To help promote a calm, safe, and comfortable environment, the Hospital's Mother-Baby Unit underwent major renovations, which finalized in August 2016. The newly updated unit features 14 private rooms made for couplet care of mothers and newborns, providing overnight accommodations for fathers and other family members, as well.

"These renovations serve to reinforce our family-centered care approach," says Debra Regen, BSN, MS, NEA-BC, Vice President of Nursing and Chief Nursing Officer at HackensackUMC Mountainside. "At Mountainside, we encourage and educate our staff to keep mothers and newborns together—emphasizing skin-to-skin contact and breastfeeding—from the time of delivery, which is very important for both mothers' and babies' well-being."



Debra Regen, BSN, MS, NEA-BC

*Women of advanced maternal age have increased risk factors, but with proper monitoring and care throughout the pregnancy, a healthy outcome can be achieved.*

—George Woroch, MD, FACOG, OB/GYN at HackensackUMC Mountainside



George Woroch, MD, FACOG, OB/GYN



Peter Woroch, MD, OB/GYN

*A preconception counseling visit is ideal for mothers, especially those of advanced maternal age, as these visits with your OB/GYN help him or her get an idea of your full medical history, address medical problems, and provide education on available services—such as genetic counseling and testing—that can help you achieve a healthy pregnancy.*

—Peter Woroch, MD, OB/GYN at HackensackUMC Mountainside

# Family Bonding to the Max

For many families, the holiday season is the one time of year almost everyone can see one another. Use these tips to take full advantage of your time together and strengthen family bonds:

## ❖ Get out of the house.

The best bonding can happen over a shared activity. Whether it's bowling, playing tourist in your hometown, or volunteering for a charity organization, find a block of time to spend together outside the home.

## ❖ Create together.

Set up a craft station for homemade holiday cards, tree ornaments, or letters. If crafting isn't your family's cup of tea, try cooking together. Baking cookies (complete with a cookie-decorating station) creates a delicious, customized treat everyone can enjoy.

## ❖ Pass on screens.

Watching a movie or television show as a group can foster togetherness, but if everyone's focused on their phones, it can be easy to be separated while still in the same room. Set phone-free hours during mealtimes and for a couple of hours every day to curb the desire to live on your phone.

*Talk with your doctor if you are concerned about the mental health of a family member. To learn more about specialized care at HackensackUMC Mountainside, visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com) and search for "Behavioral Health."*

Don't let the stress and time crunch of the holiday season keep you from strengthening family ties.

## Why Family History Matters

Catching up with family is a part of the holidays. Take the opportunity this year to talk about your family's health history when everyone gets together.



Gayon Hyatt, MD, MPH

"Many patients don't think knowing their family history is important or just assume everyone's healthy," says Gayon Hyatt, MD, MPH, family medicine physician with Mountainside Medical Group.

"However, knowing your family's history can help prevent disease. If we know you are at risk for a certain disease, we can start screening sooner and detect it before it becomes severe. This helps with healthcare costs and prevents chronic disease or premature death."

## Tips for Togetherness

Spending time with family can be a great bonding experience—or it can lead to extra stress. To avoid family burnout during the holiday season, remember to set realistic expectations.

- A holiday doesn't have to be greeting-card-perfect to be meaningful and important.
- Don't expect family members to change their typical behaviors over the course of the few days you spend together.
- Remember it's always okay to say "no" if you're feeling overwhelmed.
- Schedule some time apart from your family to de-stress and recover.



Hackensack University Health Network

## Mountainside Medical Group



**George Woroch, M.D.**

**Peter Woroch, M.D.**

### NOW WELCOMING NEW OB/GYN PATIENTS

*Introducing Mountainside Medical Group's OB/GYN Team.* Dr. George Woroch and Dr. Peter Woroch see patients at 200 Highland Avenue in Glen Ridge, NJ., and deliver at Mountainside's newly renovated Mother/Baby Unit.

Call (973) 748-7953 to schedule an appointment for your annual well-woman visit. The annual visit is your time to receive personal advice about maintaining a healthy lifestyle and minimizing health risk.

