

Spring 2018

Be Well

Benefits of a
Medical Home

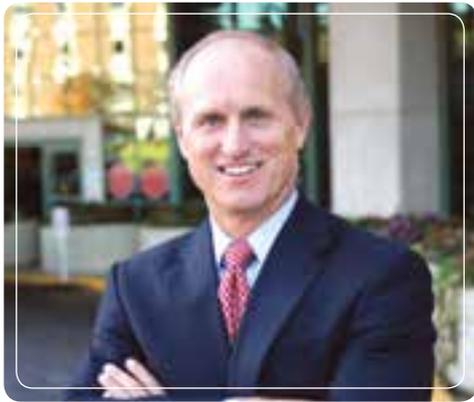
Keeping Tabs
on **Cancer**

Women Take on **Wellness**

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Hackensack
Meridian Health
Mountainside
Medical Center



Dear Friends,

Spring is here, and Mother's Day is just around the corner! From preventive care to childbirth and beyond, this edition of *Be Well* features timely information for women looking to make healthy decisions. In fact, the female physicians featured in this edition will be presenting at an upcoming women's health event entitled *Woman to Woman: Inspiring Better Health*. We invite women in our community and their loved ones to meet these physicians and learn about how their specialties relate to women's health.

Hackensack Meridian *Health* Mountainside Medical Center is proud to continue to provide world-class health care in a community setting, as we have since our founding in 1891, and as our community grows, so do we. This year, we are investing in significant capital improvements including Emergency Department expansion, parking upgrades and bed replacements. We will continue to upgrade our medical technology to include a state-of-the-art linear accelerator in our Radiation Oncology Department and a new biplane Cardiac Catheterization Lab unit, which will allow for cardiac and neurointerventional treatments. And, with our upcoming Epic electronic health record conversion, we will be better able to support connectivity across the continuum of care.

It has been Mountainside Medical Center's pleasure to serve the needs of our community, and we look forward to continuing our legacy of care for many years to come.

John A. Fromhold, FACHE
CEO, Hackensack Meridian *Health*
Mountainside Medical Center

Hackensack
Meridian *Health*

Network News

Hackensack Meridian *Health* is constantly evolving, growing and reaffirming its standing as the largest, most comprehensive, integrated care network in New Jersey. Here are some recent developments:

A New Addition

In January, Hackensack Meridian *Health's* network expanded to include 16 hospitals and 160 diverse facilities when JFK Health came on board with its 499-bed teaching hospital in Edison and nationally recognized pediatric and adult neuroscience and rehabilitation programs. Hackensack Meridian *Health* now serves residents across the entire state with a continuum of care that encompasses everything from acute inpatient and complex, specialty care to subacute home care and fitness centers.

Site Approval for Medical School

Hackensack Meridian *Health's* plan to partner with Seton Hall University to open the state's first private medical school in more than 50 years recently took a major step forward. The Nutley site designated for the school's campus, formerly occupied by Hoffman-LaRoche, cleared a regulatory hurdle when redevelopment approval was granted by the municipal planning board. Along with helping to ensure that New Jerseyans are adequately served by well-trained physicians in the future, the school will provide jobs and contribute to the economy.

Local Benefits

"We're fortunate to be part of a dynamic network that shares its resources with our community hospital," said John A. Fromhold, FACHE, CEO of Hackensack Meridian *Health* Mountainside Medical Center. "Through our affiliation with Hackensack Meridian *Health*, we're able to provide convenient, timely access to the highest quality, comprehensive care and cutting-edge breakthroughs."

Woman to Woman: Inspiring Better Health

Van Vleck House & Gardens
Montclair, New Jersey

Thursday, May 10, 6 to 9 p.m.

"Join us for this special event for women hosted by women physicians," said Valerie Allusson, M.D., SFHM, MMM, FACP, Chief Medical Officer at Hackensack Meridian *Health* Mountainside Medical Center. "I hope you will take this unique opportunity to learn more about medical issues and solutions from women providing care in your community."

Woman to Woman: Inspiring Better Health is presented in partnership with the Montclair Ambulance Unit. To register, visit MountainsideHosp.com/WomanToWoman.



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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.

Hackensack Meridian *Health* Mountainside Medical Center 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 the link on our home page at MountainsideHosp.com or call 973-429-6000.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 973-429-6000.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 973-429-6000.

Community Calendar

Most events take place at our Mountainside campus, unless otherwise noted. To register for a program listed in this calendar, refer to registration instructions. All others, please register by calling 1-888-973-4MSH (4674) or visiting MountainsideHosp.com/Events.

Breathe to Live

Join **Steven Herman, M.D., FACS**, with the Mountainside Medical Center Lung Program, as he addresses the important role our lungs play in keeping us strong and well.

Date: Thursday, April 26
Time: 6 to 7 p.m.
Location: Montclair Public Library, 50 South Fullerton Ave., Montclair

Date: Thursday, May 10
Time: 10 to 11 a.m.
Date: Monday, May 14
Time: 6 to 7 p.m.
Location: Montclair YMCA, 25 Park St., Montclair

No Snooze, You Lose

Skimping on sleep can wreak havoc from head to toe. In fact, a study shows that just one week of sleeping fewer than six hours a night resulted in changes to more than 700 genes. Join us as we address what could be happening to your body when you don't get enough sleep, starting the very first night.

Date: Wednesday, May 9
Time: 6 to 7 p.m.
Location: Montclair Public Library, 50 South Fullerton Ave., Montclair

Bladder Control Is No Accident: A Woman's Guide of Managing Female Incontinence

Urinary incontinence (UI) is the loss of bladder control, resulting in the accidental loss of urine. It can be slightly bothersome or totally debilitating. For some women, the chance of embarrassment keeps them from enjoying many physical activities, including exercising. However, UI often can be controlled. Join **Nyarai Mushonga, M.D., FACOG**, as she discusses urinary incontinence.

Date: Wednesday, May 30
Time: 6 to 7 p.m.

Man UP: The Facts About Men's Health

Do you know the top men's health threats? The list includes heart disease, cancer and unintentional injury. Thankfully, most men's health threats are largely preventable. Make healthy lifestyle choices, such as eating a healthy diet and including physical activity in your daily routine. Presented by **Raghav Rastogi, M.D.**, Mountainside Medical Group.

Date: Monday, June 4
Time: 6 to 7 p.m.
Location: Montclair Council Chamber, 205 Claremont Ave., Montclair

Weight Loss: The Facts

Join **Karl Strom, M.D.**, director of the Bariatric Center of Excellence at Mountainside Medical Center, to learn the benefits of weight-loss surgery. All seminars begin at 7 p.m. Registration is required.

Dates: Wednesdays, April 18, May 16, June 20, July 11 and August 22
Location: Mountainside Medical Center
Dates: Tuesdays, April 17, May 15, June 19, July 10 and August 21
Location: Clifton Main Library, Conference Room, 292 Piaget Ave., Clifton

Becoming a Parent

Hands-on class for soon-to-be parents or caregivers covering the basics of care/appearance through the first month after delivery. Topics include comfort techniques, swaddling, diapering, bathing and more.

Fee: \$50 per couple
Dates: Thursdays, April 19, May 17, June 28, July 19 and August 16
Time: 7 to 9:30 p.m.

Childbirth Preparation Class

This class covers the birthing process, comfort techniques for labor, the role of the labor support person and more. **Fee:** \$80 per couple.

Dates: Sundays, April 22, May 20, June 24, July 15 and August 12
Time: 9 a.m. to 5 p.m.

Tour the Birthing Center

Tours of the Labor and Delivery, Mother-Baby and Nursery Units. Free of charge.

Dates: Tuesdays, April 24, May 1, 8, 15 or 22; June 5, 12, 19 or 26; July 10 or 24, August 7 or 21
Time: 6:30 to 7:30 p.m.

Breastfeeding 101

Breastfeeding is the best source of infant nutrition and it provides remarkable health benefits to mothers as well as babies. Taught by our lactation consultant, we focus on practical information and tips to promote successful breastfeeding.

Fee: \$50 per couple
Dates: Wednesdays, May 16 and July 11
Time: 7 to 10 p.m.

Bone Density Screenings

An ultrasound of the forearm. Registration required. To register, call **973-680-4058**.

Fee: \$12 per person
Date: Monday, June 4
Time: 10 a.m. to noon
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

Memory Assessments

Learn the signs, symptoms and treatments for memory loss. Memory screenings will be provided. Free of charge. Call **973-470-5773** to register for these events.

Date: Tuesday, April 17
Time: 1 to 3 p.m.
Location: Little Falls Township Building, 225 Main St., Little Falls
Date: Tuesday, April 24
Time: 2 to 4 p.m.
Location: Clifton Health Department, 900 Clifton Ave., Clifton

See You @ the Mall!

Join us at Willowbrook Mall, as we offer healthy body information and free health screenings.

Saturday, June 16, 9 a.m. to 6 p.m.
Bloomingdale's Exhibit Court

Skin Cancer Screenings

A full body examination of the skin is performed by a physician to detect changes in its appearance, especially changes in existing moles and blemishes. Registration is required. To register, call **973-284-4976**. Free of charge.

Date: Tuesday, May 8
Time: 10 a.m. to noon
Location: Nutley Health Department, 149 Chestnut St., Nutley

Stroke Screenings

Evaluate your risk for stroke. Registration is required. To register, call **973-509-4974**.

Fee: \$30 per person
Date: Tuesday, May 8
Time: 2 to 4 p.m.
Location: Montclair Health Department, 205 Claremont Ave., Montclair

Cardiac Assessments

Learn your cardiac risks. Includes total cholesterol, HDL, glucose and blood pressure screenings. Registration is required. Call **973-680-4058** to register.

Fee: \$30 per person
Date: Monday, May 14
Time: 10 a.m. to noon
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

Clinical Breast Exams

A clinical breast examination is a physical examination of the breast performed by a health professional. This screening is available for those women who are not under the care of a breast specialist. Registration required. To register, call **973-284-4976**. Free of charge.

Date: Tuesday, May 15
Time: 10 a.m. to noon
Location: Nutley Health Department, 149 Chestnut St., Nutley

Prostate Screenings

These cancer-related screenings, PSA blood test and digital rectal exam, are recommended for men ages 50 to 75 (45, if African American and/or have a family history). Registration is required. To register, call **973-509-4974**. Free of charge.

Date: Monday, June 11
Time: 4 to 6 p.m.
Location: Montclair Health Department, 205 Claremont Ave., Montclair



Long Live YOU

Health is a marathon, not a sprint. Are you ready to run the race of your life?

You have memories to make and milestones to achieve. To do it all, you have to prioritize and nurture your health, no matter your age. Read on to learn about several common medical conditions that affect women and how to handle them.

INCONTINENCE IN FOCUS

Urinary incontinence — involuntary urine leakage — can affect many aspects of women’s lives, from mood and self-esteem to daily functioning and socializing with friends and family. It isn’t just a problem for older women. Urinary incontinence can also affect young, active women, typically those who have had children. Pregnancy can weaken the pelvic floor muscles and make leaks more likely.



Nyarai Mushonga, M.D.,
FACOG

“The more bothersome type of incontinence seen in young women is stress urinary incontinence, which is leakage that happens when coughing,

sneezing or exercising,” said Nyarai Mushonga, M.D., FACOG, urogynecologist with Hackensack Meridian *Health* Mountainside Medical Center. “We see it often in runners. Kegel exercises — repeatedly tightening and relaxing the pelvic floor muscles — can help reduce leaks. Strengthening the core muscles with exercises, such as yoga, can also bolster those of the pelvic floor. Another potentially helpful strategy is to avoid fluids and foods that irritate the bladder.”

Urinary incontinence becomes more common as women age due to the effects of childbirth, excess weight and, possibly, weakening of muscles in the urethra that may occur with post-menopausal estrogen loss. If Kegels or other conservative measures fail to control stress incontinence or urge incontinence, also known as overactive bladder, other treatments are available.

“Stress incontinence can be treated with both nonsurgical and surgical options,” Dr. Mushonga said. “The surgical option most commonly performed for this condition is an outpatient procedure to place a

sling around the urethra and restore lost support. Surgical options to treat urge related incontinence include BOTOX® injections in the bladder or placing an InterStim™ device that sends mild electrical pulses to the nerves that control the bladder to stimulate the nerves that control urination.”

DON'T SLEEP ON DIGESTIVE HEALTH

The health of your digestive system can easily be taken for granted, but it can have a significant effect on overall wellness. To promote healthy digestion, start with what you put in your body.



Cecilia Minano, M.D.

“We recommend a high-fiber diet for most people, which helps prevent constipation and diverticulosis,” said Cecilia Minano, M.D., MPH, gastroenterologist with Mountainside Medical Center. “Other healthy digestive practices include limiting red meat and alcohol consumption and avoiding tobacco. Obesity is associated with several cancers including colorectal cancer, so it is important to exercise regularly to maintain a healthy weight.”

Around one in 24 women will develop colorectal cancer, according to the American Cancer Society. Early detection is key, and that’s where having a colonoscopy comes in. The procedure is the gold standard for colorectal cancer screening because physicians can diagnose cancer and find and remove cancerous and precancerous polyps. Be sure to have your first colonoscopy at age 50, or sooner if you are African American or have a family history of colorectal cancer.

Colorectal cancer is not the only digestive condition that affects women. Gastroesophageal reflux disease (GERD), which frequently causes heartburn symptoms, is common and often first recognized during pregnancy.

“We always start with lifestyle modifications to treat GERD,” Dr. Minano said. “Typically, the most important one for women is weight loss, but other steps can also help, such as avoiding spicy and acidic foods, not eating late at night, avoiding constipation and elevating the head of the bed. We can prescribe medications if symptoms continue.”

MAKE TIME FOR BREAST HEALTH

Timing matters when it comes to detection and treatment of disease, especially breast cancer, the most common non-skin cancer in women in the United States. As with most cancers, breast cancer is easiest to treat when found early. That is why Michelle O’Shea, M.D., FACS, breast surgeon and director of the breast program at Mountainside Medical Center, recommends women follow the guidelines of the National Comprehensive Cancer Network (NCCN) and start having annual screening mammograms at age 40.



Michelle O’Shea, M.D., FACS

“Women ages 40 to 50 gain the most years of life from screening mammograms that find breast cancer, according to the NCCN, which is why I follow their guidelines with my patients,” Dr. O’Shea said. “Women should continue having annual screening mammograms as long as they’re healthy enough to receive treatment if early breast cancer were found.”

Most women diagnosed with breast cancer undergo lumpectomy to remove the tumor, followed by radiation therapy to kill remaining cancer cells in the surrounding tissue. If the tumor is large, chemotherapy may be necessary prior to surgery to shrink the tumor to a more manageable size or after surgery to prevent cancer from spreading to other parts of the body.

Exercise is a vital part of breast cancer prevention, especially in middle age and later.

“After menopause, when the ovaries stop producing estrogen, fat cells become the main estrogen producers,” Dr. O’Shea said. “The more fat cells we have, the more estrogen we have, and estrogen exposure over a lifetime increases risk for breast cancer. Women need to exercise, even if it’s just walking for 30 minutes a day.”

Get more information about the health issues that matter to you at the *Woman to Woman: Inspiring Better Health* event on Thursday, May 10, presented in partnership with the Montclair Ambulance Unit. To register, call 1-888-973-4MSH (4674) or visit MountainsideHosp.com/WomanToWoman.

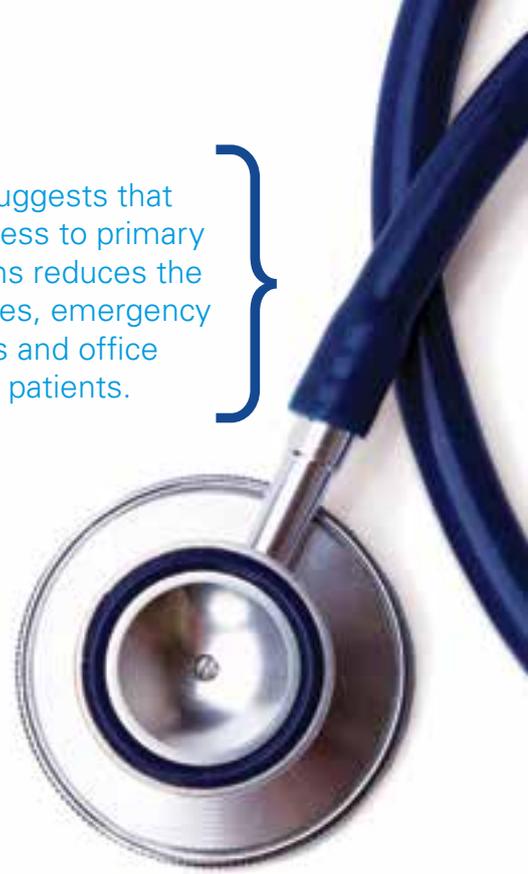




No Place Like

Home

Research suggests that increased access to primary care physicians reduces the rate of surgeries, emergency room visits and office visits for patients.



Keep your family on a healthy path for life. Establish a medical home.

Fun in the Sun

You can lower your family's risk for skin cancer year-round by following these tips:

- Check your skin and your children's skin for texture or pigment changes once a month.
- Cover up with clothing and a wide-brimmed hat while in the sun.
- Never use tanning beds.
- Try to stay out of the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Wear sunscreen with sun protection factor (SPF) 30 or higher on all exposed skin daily, no matter what season it is.

Your medical home is not a place but the collection of your medical history, treatment schedules and referrals. Led by a dedicated primary care provider (PCP), a medical home can help you manage the health care needs of your family.

From regular visits in the office to emergency care, establishing a medical home ensures that you can access information when you need it. Central to this model of care is a strong relationship with your PCP.



Gayon Hyatt, M.D., MPH

"PCPs do more than give you an annual checkup," said Gayon Hyatt, M.D., MPH, family medicine physician at Hackensack Meridian Health Mountainside Medical Group. "They know you and your history, keep screenings and immunizations on track, and are best prepared to find specialists and other providers as your health needs change or expand."

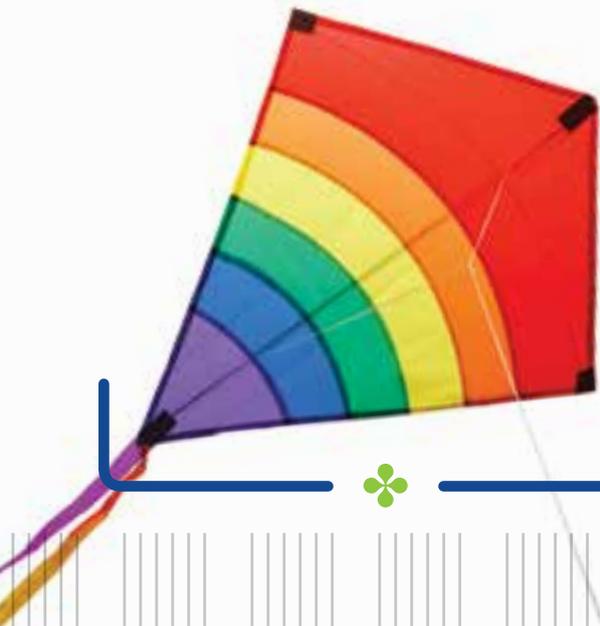
AN EXPERT ON YOU

By treating both you and your family, your family medicine PCP may notice trends that can help him or her diagnose, treat or prevent certain conditions. If you or your family members develop severe joint pain, your PCP will account for your preferences in the referral process.

"If your provider notices that both you and your husband come from families with a history of Type 2 diabetes, she can make recommendations to help prevent or manage the development of diabetes in your children," Dr. Hyatt said.

Perhaps most importantly, your PCP is someone who you can build a close relationship with. As you use the same provider for an extended period of time, he or she can take into account your family dynamics and school, life and career choices to further personalize your care.

Do you need a provider to manage your health care? To make an appointment with Dr. Hyatt, call **973-338-0935**.



PRIORITIZING Well-woman Visits

Check in with your OB-GYN annually to stay on top of screenings and stay aware of your own health needs.



Daniella Montemurro, M.D., FACOG

“A lot goes into a well-woman visit, from reviewing family and personal medical history to discussing any problems related to your gynecological health,” said Daniella Montemurro, M.D., FACOG, OB-GYN with Hackensack Meridian Health Mountainside Medical Center. “Your well-woman exam is not just about a cervical cancer screening, it is also the perfect time to discuss potentially sensitive topics, such as pain with intercourse or intense symptoms during menstrual cycles. You should use this opportunity to discuss any overall health issues you may be concerned about with your OB-GYN.”

Other topics discussed during this visit may be age-related. In your late 40s, this visit can be a review of perimenopausal symptoms, including

periods occurring less often, hot flashes, irritability, and skin and sleep issues. Your OB-GYN may also discuss topics specific to family history and overall wellness, including bone, breast and colon health, as well as weight loss or gain, or sexual health concerns.

While your OB-GYN can help you keep track of your health, Dr. Montemurro reminds her patients to regularly see their primary care provider (PCP).

“While it’s great to establish a close relationship with your OB-GYN, it’s just as important to find a PCP for further screenings, such as for high cholesterol and blood pressure, and to manage any chronic conditions you may have,” Dr. Montemurro said. “If you don’t have a PCP, ask your OB-GYN for a recommendation.”

Looking for a new OB-GYN? Call 1-888-973-4MSH (4674).



Launch Your Defense

Cervical cancer doesn’t always cause recognizable symptoms. Thankfully, Pap tests and human papillomavirus (HPV) screenings can help detect cervical cancer early, when it’s usually easiest to treat.

A Pap test allows physicians to look for precancerous or cancerous cells within your cervix, and the American College of Obstetricians and Gynecologists recommends you get this screening every three years starting at age 21. Beginning at 30, you can have a combined Pap test and HPV test — a screening that evaluates cervical cells for strains of the HPV virus that can cause cervical cancer — every five years as long as your last three Pap tests were normal, according to Merieme Klobocista, M.D., gynecologic oncologist at Hackensack Meridian Health Mountainside Medical Center.

Cervical cancer is the third most common gynecologic cancer in women. Screenings aren’t available for the two most common gynecologic cancers — endometrial and ovarian cancers — so you should alert your doctor if you have symptoms, such as abnormal bleeding or pelvic pain, and keep up with annual appointments.

“Seeing your gynecologist every year gives your doctor a chance to possibly identify cancer early, before it’s spread to other areas of the body,” Dr. Klobocista said. “I also highly recommend children receive the HPV vaccine.”

To learn more, register for *Woman to Woman: Inspiring Better Health*. Call 1-888-973-4MSH (4674) or visit MountainsideHosp.com/WomanToWoman.



Merieme Klobocista, M.D.



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