

# Be Well

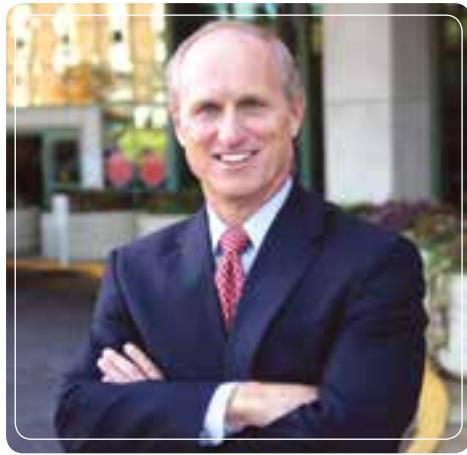
Finding  
Dr. Right

Are You  
Depressed?

**Pink  
Plus:**  
Comprehensive  
Breast Health



HackensackUMC  
Mountainside



# We Want to Testify!

**In support of more** convenient, cost-efficient access to percutaneous coronary intervention (PCI)—a treatment that widens arteries blocked by fatty deposits and alleviates some heart attack symptoms—patients who've had lifesaving emergency PCI (angioplasties) and cardiologists at HackensackUMC Mountainside joined CEO John Fromhold at a hearing of the State Health Planning Board this summer. Their testimony will help officials decide whether emergency angioplasty providers can also perform elective procedures.

By temporarily inserting and inflating a tiny balloon within an artery, elective PCI can improve blood flow to the heart before a heart attack occurs. Cardiologists Michael Horowitz, MD, and Louis Teichholz, MD, gave expert testimony about the quality and safety of the Hospital's 24/7 capabilities.



Patients expressed satisfaction with their emergency PCIs. Fromhold emphasized the community benefits of the procedure, and his comments were reinforced by representatives and patients from other New Jersey community hospitals.

Montclair Mayor Robert Jackson and Assemblyman Tom Giblin (D-34) lent their support through written testimony. More regional public hearings will be held this fall before the state renders its decision.



## The BUZZ on Our BEES

### The honeybees are here!

Earlier this year HackensackUMC Mountainside installed two hives in a secluded location on the property.

"Honeybee hives are great for the local ecosystem and the community," says Eric Hanan, the beekeeper from Bee Bold Apiaries and a Glen Ridge resident who installed the hives on a secure balcony atop the Harries Pavilion in June. "Not only do bees pollinate plants, each season you can harvest honey that is unique to the neighborhood."

Across the country, beekeepers began reporting the disappearance of entire hives starting in late 2006. While the causes of colony collapse disorder are being researched, the phenomenon has raised the awareness of the public about the importance of honeybees. This summer, HackensackUMC Mountainside will meet with local schools to discuss partnerships with science and business classes about curriculum and programs about bees.

Local honey is part of the Hospital's Healthy Mountainside initiative. When harvested later this year, the honey will be used in meals prepared for patients, visitors, and employees.



## Welcome, Fall

The arrival of crisp fall weather ushers in the start of school and increased activity for many families and organizations. HackensackUMC Mountainside is no exception.

While our mission is to provide the finest quality health care 24/7, year-round, our campus is reinvigorated in autumn. It's the start of a new academic semester at our distinguished School of Nursing. Patients who've delayed routine tests and elective procedures during the vacation season are scheduling, and there's increased interest in free and low-cost education and screening events.

With the change of season, it's also time for another quarterly edition of *Be Well*. From tips for choosing a primary care physician who's the right fit for you to recognizing the symptoms of depression and more, we've made an effort to tackle topics that impact your physical and emotional health and wellness.

We hope this issue is an enjoyable and informative read, and don't forget that our website, [www.mountainsidehosp.com](http://www.mountainsidehosp.com), is a timely healthcare information resource that's always available.

Be Well,

John A. Fromhold, FACHE  
CEO, HackensackUMC Mountainside



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.

# A Perfect Fit

Choosing a primary care provider (PCP) can sometimes feel like a guessing game. Here are a few steps to inform your selection process.

## STEP

### ESTABLISH YOUR “MUSTS.”

On a piece of paper, write a checklist of criteria that can be verified through a simple Internet search. Include these items on your checklist:

- **Is he/she in my network?** Make sure your PCP is identified as “in-network” on your health insurance plan. You can typically find a list of in-network providers on your insurance provider’s website.
- **Does he/she have the specialty I’m looking for?** Some women like to use gynecologists as their PCPs, while seniors may want to use a geriatrician.

## STEP

### ASK AROUND.

Which PCPs do your friends, family members, or coworkers use? Getting recommendations from people you trust can go a long way—but keep in mind that their criteria for the perfect PCP may not be the same as yours.

## STEP

### ASK QUESTIONS TO HELP YOU KNOW IF THE PCP’S STYLE MATCHES YOURS.

A get-to-know-you meeting can help you learn more about the PCP. Come prepared with a few questions, such as: What is your philosophy of patient care? What role do you feel medications should play in a patient’s overall care? Do you prefer communicating by email or phone? Do you provide your personal phone number to patients?

## STEP

### GO WITH YOUR GUT.

A PCP may give you all the right answers, but you may walk away feeling like the two of you just don’t “click.” It’s important to go beyond how a PCP performs on paper and trust your intuition. Even the best PCPs may not mesh with you personality-wise. That’s OK. Keep looking. Feeling comfortable and confident with your PCP is the most important factor.

To find a PCP near you, call 877.973.4674 or visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com) and click “Find a Doctor.”



Theresa Soroko, MD, FACP

*“You should feel comfortable with your primary care provider on a gut level. Ultimately, you’re entrusting your well-being into this person’s hands. Being able to share every aspect of your health with your physician will result in the best outcomes.”*

—Theresa Soroko, MD, FACP, chief medical officer at HackensackUMC Mountainside



# The Be in Bre



The cornerstones of successful breast cancer treatment are early detection and care based on thorough diagnostics and scientific evidence. HackensackUMC Mountainside offers this comprehensive approach, which caters to each patient. We are a comprehensive breast center offering diagnosis through healthy survivorship under one roof.

**One in eight women** develop breast cancer, so it is important for a woman to take an active role in her own health.

"To keep breast cancer numbers in perspective, I tell patients that more of us, men and women, die of a heart attack," says Jan Huston, MD, FACS, nationally recognized breast surgeon and medical director of the Breast Center at HackensackUMC Mountainside. "I'm a big advocate of overall women's health. Women need to take preventive measures such as regular screenings for breast cancer because the cure rate for early stage breast cancer is close to 100 percent. That rate decreases with later-stage cancer."

## TAKE ACTION

The first defense against breast cancer is a regular breast self-exam, which involves a woman knowing how her breast feels, so she can recognize a change. According to Dr. Huston, by age 30, all women should have annual breast exams performed by their physicians. Women who have risk factors for breast cancer, such as mutated BRCA genes, a family history of premenopausal breast cancer, or being of Ashkenazi Jewish descent, should begin medical screenings by age 35. If a woman is concerned she is at risk due to one of these factors, she should talk with her physician or a genetic counselor by age 25. At age 40, the American Cancer Society recommends beginning annual mammograms.

"There are two screening tests proven to increase survival from breast cancer: Mammogram and a clinical breast exam by your primary care physician," Dr. Huston says. "MRI, ultrasound, thermogram, etc.—none of those tests have been proven to increase survival, and false positives often occur."

Ultrasound is used to characterize an area of concern seen on a mammogram or felt during a physical exam.

## Knowledge Is Power

As part of its award-winning care, the Breast Center at HackensackUMC Mountainside offers women genetic testing and counseling. These services empower women by determining their breast cancer risks and developing a plan to prevent or halt the development of the disease.

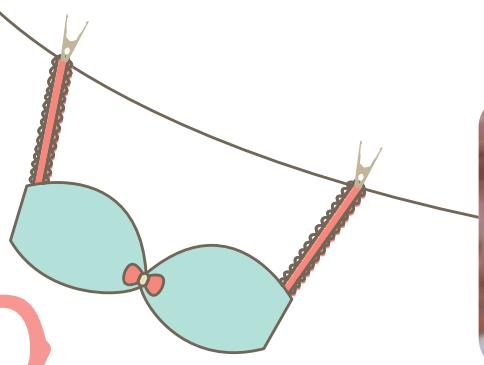
"Because genetics and family history can play a role in whether or not a woman will develop cancer, everyone should be as aware as possible," says Sivya Twersky, MS, CGC, certified genetic counselor at HackensackUMC Mountainside and manager of genetics services at HackensackUMC. "Coming in for counseling doesn't necessarily mean you need testing. Breast cancer often occurs without these established risk factors, so it is important to have an informed understanding of your health."



Sivya Twersky, MS, CGC

For more information or to schedule an appointment, call Central Scheduling at 877.523.7787.

# est ast Care



Jan Huston, MD, FACS

*"When breast cancer is caught in its early, most treatable stages, it can be a springboard toward better health. Finding and fighting cancer is a wake-up call for some patients who then modify their lifestyles."*

—Jan Huston, MD, FACS, medical director of the Breast Center at HackensackUMC Mountainside

Other preventive measures for women who are high risk include chemoprevention medication and more frequent screenings, possibly including MRI. A simple blood test or saliva sample can determine whether a woman carries the BRCA gene mutation, causing markedly increased risk for breast and ovarian cancer. Women with mutated BRCA genes are up to 80 percent more likely to develop breast cancer and 11 to 39 percent more likely to develop ovarian cancer than other women. Gene mutation related breast cancer represents only 5 percent of breast cancer diagnoses.

However, women with normal BRCA genes and no family history of breast cancer must be vigilant, because at least 60 percent of breast cancer cases are diagnosed without those risk factors. Age is a leading factor in breast cancer, as two-thirds of cases develop in women older than age 50.

If, during a screening, a physician finds a concerning change, a biopsy may be recommended to confirm or exclude a diagnosis of breast cancer.

## BEYOND SCREENING

In the event of a diagnosis, advanced, oncplastic surgical techniques for breast cancer are available at HackensackUMC Mountainside.

"If we detect breast cancer, the treatment for most women is a partial mastectomy [lumpectomy] and radiation," Dr. Huston says. "Except in rare cases, total mastectomy is no longer the necessary treatment for breast cancer."

For patients ineligible for oncplastic cancer removal, the highly trained physicians at HackensackUMC Mountainside are skilled in reconstructive surgery, including skin and nipple-sparing techniques, which help restore the appearance of the post-treatment breast.

## RECOVERY AND SUPPORT

Recovery counseling, follow-up care, and continued screenings are important steps as a woman moves on from cancer. HackensackUMC Mountainside offers support groups as well as patient and family education.

"I want women to achieve greater health after breast cancer than they had before their diagnosis," Dr. Huston says. "Our wellness perspective at HackensackUMC Mountainside Breast Center helps women succeed."

**For information about** the Breast Health Program at HackensackUMC Mountainside, call 973.429.6120.

## Breast Health: The Kernel of Truth

The cornerstone of successful breast cancer treatment is early detection and care based on thorough diagnostics and scientific evidence. Join us as we address what's new in breast cancer research, options, when to see a genetic counselor, and everything you wanted to know about breast health. Presented by Jan Huston, MD, FACS, medical director of the Breast Center, Mary Wiggins, RN, BSN, OCN, patient navigator of the Breast Center, and Sivya Twersky, MS, CGC, certified genetic counselor, at HackensackUMC Mountainside.

**Date:** Monday, October 21

**Time:** 6–7 p.m.

**Location:** Bayberry

*For more information or to register, call 1.888.973.4674, visit [www.mountainsidehosp.com/events](http://www.mountainsidehosp.com/events), or use your smartphone to read the QR code.*



Mary Wiggins, RN

## Step by Step

The expert physicians at the Breast Center at HackensackUMC Mountainside employ state-of-the-art resources to provide a personalized continuum of care for every woman.

"As a patient navigator, I am able to advocate for patients and provide individualized patient coordination of care," says Mary Wiggins, RN, BSN, OCN, patient navigator of the Breast Center. "Every woman who visits

the Breast Center will have a team of highly skilled specialists dedicated to every aspect of her health needs."

## COORDINATED CARE

With a multidisciplinary approach, the award-winning HackensackUMC Mountainside Breast Center takes women through every step of breast health, including the following:

- ❖ Genetic testing and counseling
- ❖ Thorough screenings—digital mammography and MRI
- ❖ Stereotactic and ultrasound guided biopsy
- ❖ Oncoplastic surgery and plastic surgery
- ❖ Nurse navigator to help coordinate care and provide support
- ❖ Patient and family education
- ❖ Recovery counseling and support system



# Lifting Low Spirits

Everyone feels blue from time to time. But when feeling down interferes with your ability to function and enjoy daily life, you may be struggling with major depression.

**"Depression can range** from mild, periodic episodes of sadness or lethargy to persistent or major depression," says Ki Sook Yoo, MD, board-certified psychiatrist on the medical staff at HackensackUMC Mountainside. "Major depression can severely impair your ability to function at work or school or to participate in social activities."

## WHAT CAUSES DEPRESSION

Depression is related to changes in the balance of two brain chemicals, serotonin and norepinephrine. The reasons for the chemical imbalance are still being studied, but the imbalance likely results from a combination of genetic, physical, psychological, and interpersonal factors.

Major depression is marked by changes in a person's normal patterns of thinking. Simple, everyday activities can seem overwhelming and exhausting, and depressed people may view their inability to cope as a sign of weakness.

"Major depression is a medical illness," Dr. Yoo says. "Major depression affects one in six people in the United States at some point in life. Women are twice as likely as men to experience depression, possibly due to hormonal fluctuations before menstruation, during pregnancy, after giving birth, and in the years leading up to menopause."

## DIAGNOSIS AND TREATMENT

Watch out for the symptoms of depression, which include:

- ❖ Depressed mood most of the day, nearly every day, for two weeks or more
- ❖ Feeling worthless or hopeless
- ❖ Loss of interest or pleasure in activities
- ❖ Problems thinking, remembering, or concentrating
- ❖ Thoughts of self-harm, death, or suicide

"It is important to intervene as soon as possible after symptoms are noticed," Dr. Yoo says. "Depression does improve with appropriate treatment."

The choice of treatment depends on the severity of the illness, and may consist of a combination of therapies. Antidepressant medications may be prescribed to restore the normal balance of brain chemistry.

Individual counseling can ease depression symptoms and change the negative thought patterns and behaviors that trigger or worsen depression episodes. Family counseling may be needed to help loved ones understand the illness and learn coping strategies.



Ki Sook Yoo, MD



## Getting Help

You have felt miserable every day for what seems like ages. How do you know when it is time to seek help?

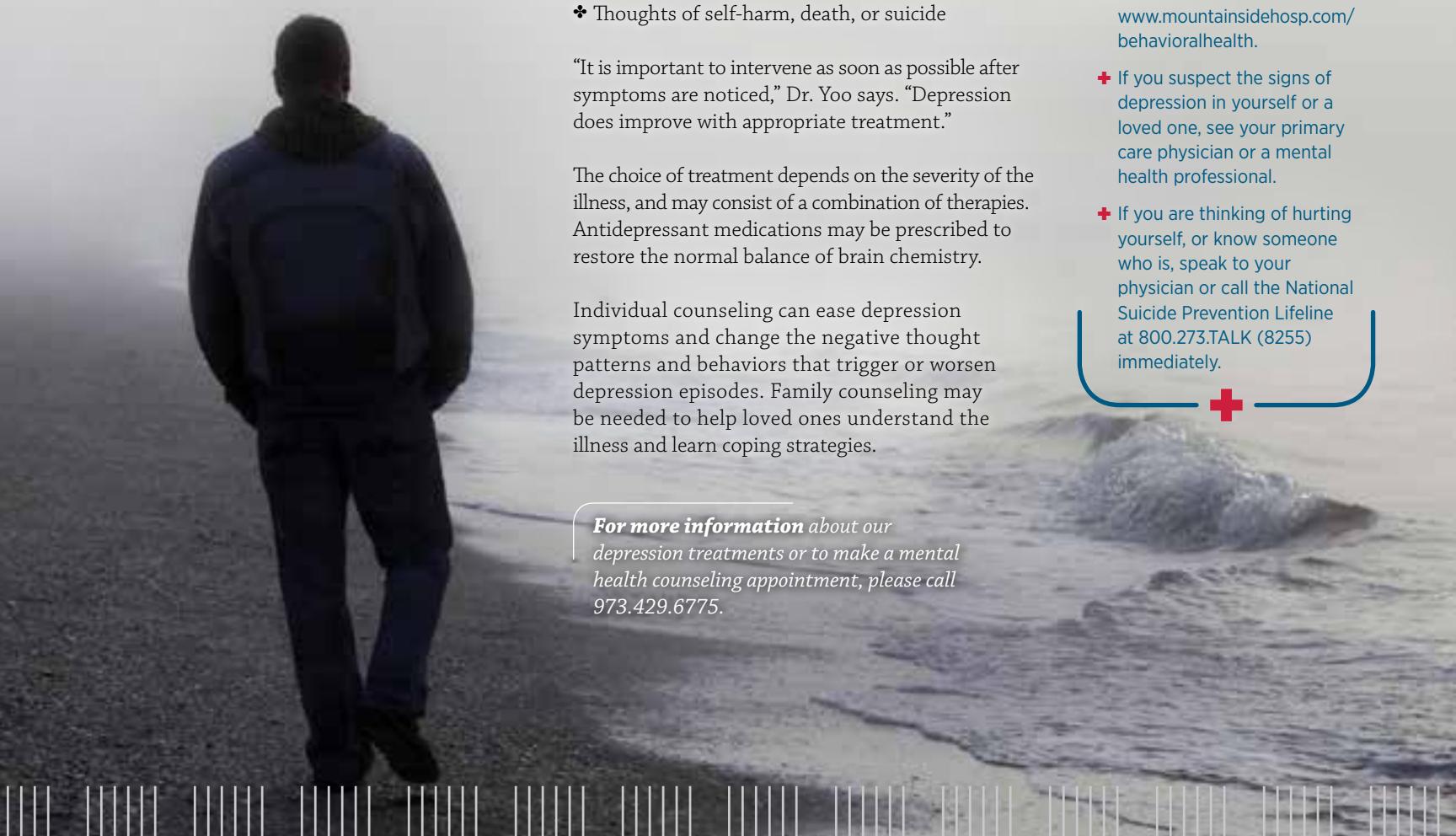
✚ A depression screening can help you determine if your symptoms are cause for concern. To take an online assessment, visit [www.mountainsidehosp.com/behavioralhealth](http://www.mountainsidehosp.com/behavioralhealth).

✚ If you suspect the signs of depression in yourself or a loved one, see your primary care physician or a mental health professional.

✚ If you are thinking of hurting yourself, or know someone who is, speak to your physician or call the National Suicide Prevention Lifeline at 800.273.TALK (8255) immediately.



**For more information** about our depression treatments or to make a mental health counseling appointment, please call 973.429.6775.



# Room to GROW

The third-phase expansion of HackensackUMC Mountainside's Emergency Department (ED) ensures more space and better resources.

**The HackensackUMC Mountainside's ED** is a designated Primary Stroke Center and is staffed by board-certified emergency medicine physicians who are trained to treat a full spectrum of emergency medical needs using cutting-edge technologies. ED construction is scheduled for completion by fall 2013.

According to Marjory Langer, MD, medical director of the Emergency Department at HackensackUMC Mountainside, the new space will help accommodate the growing need for emergency services.

"We are expanding our ED's services and facilities to meet the significant increase in patient volume," Dr. Langer explains. "In addition to four new rooms, this expansion will improve the speed of the triage process for all patients coming through our ED, allowing us to provide the most timely, compassionate care possible."



John Fromhold, CEO, and Marjory Langer, MD, medical director of the Emergency Department, initiate wall breaking for ED expansion.

**For more information** about Emergency Medicine at HackensackUMC Mountainside, visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com).

## Accolades for Safety

HackensackUMC Mountainside joins other Hackensack University Health Network hospitals in receiving top rankings from *Consumer Reports*.

**HackensackUMC Mountainside** earned one of only four positive rankings among New Jersey hospitals in *Consumer Reports'* 2013 Surgery Ratings. Drawn from 2009–2011 Medicare claims for 27 commonly scheduled surgeries, as well as individual categories for back surgery, hip and knee replacement, angioplasty and carotid artery surgery, these rankings inform consumers about the frequency of preventable complications at a hospital based on how long patients had to stay in the hospital after their procedures. Patient mortality was also taken into account.

"Now more than ever, patients are empowering themselves through research," says Robert C. Garrett, president and CEO of Hackensack University Health Network.

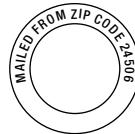
"These surgery ratings, from a reputable agency such as *Consumer Reports*, truly reflect the high level clinical excellence performed at both HackensackUMC and HackensackUMC Mountainside."

**To learn more** about HackensackUMC Mountainside, visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com).

*"Consumer Reports' independent affirmation of the quality of our surgical program underscores that our community hospital is delivering on its goal of providing world class care in a convenient, suburban setting. This recognition positions our hospital, our very talented surgeons, and our surgical support staff among the best in the entire state."* —John A. Fromhold, FACHE, CEO, HackensackUMC Mountainside



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## A mammogram can find it before you can feel it.

The truth could save a life. **Yours.**

All the breast cancer detection resources you need are right here—have your questions answered, read about the experiences of others, and even connect with us online to schedule your mammogram.

**[thekerneloftruth.org](http://thekerneloftruth.org)**



*Dr. Jan Huston and her expert team at the HackensackUMC Mountainside Breast Center are widely respected for providing calm, kind, and personal care. Now you're just one click or phone call away from compassionate, comprehensive diagnostics and treatment.*

*Extraordinary Care and Support. State-of-the-art Imaging. All Close to Home.*

Jan Huston, MD  
Medical Director of the Breast Center

## SUPPORT GROUPS

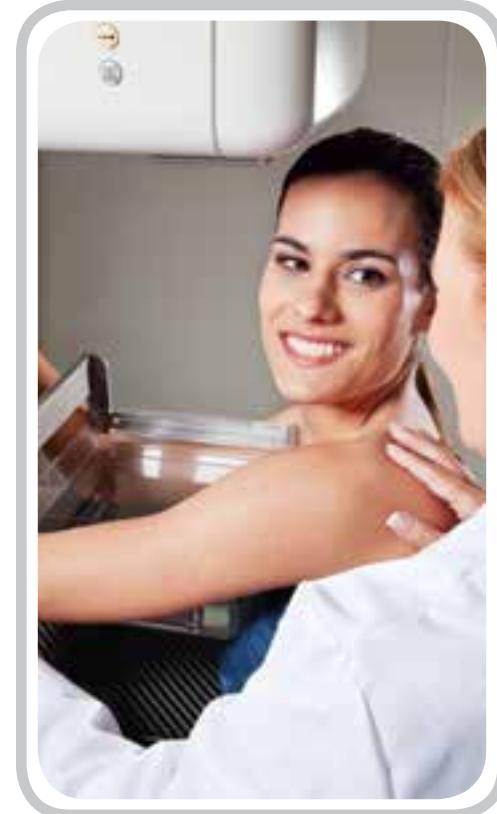
### Living with Cancer Support Group

A support group for cancer patients, families, and friends to further educate, facilitate sharing among peers, and promote positive coping skills to handle the practical and emotional challenges of living with cancer. For more information, please call **Regina Hemsey, MA**, at 973.429.6098.

**Dates:** Third Thursday of every month

**Times:** 10-11 a.m. and 6:30-7:30 p.m.

**Location:** Cancer Center Conference Room



**HackensackUMC**  
Mountainside



### Look Good... Feel Better®

A FREE program that teaches beauty techniques to women who are actively undergoing cancer treatment to help them combat the appearance-related side effects of radiation oncology and chemotherapy. Pre-registration two weeks prior to event is required. Call 1.800.227.2345 to register.

**Dates:** Mondays, September 9 and November 11

**Time:** 10 a.m. to noon

**Location:** Cancer Center Conference Room

### Breastfeeding Support Group

This weekly support group is for nursing mothers. For more information, please contact Parent Education at 973.429.6264.

**Dates:** Every Wednesday

**Time:** 1 p.m.

**Location:** Labor and Delivery Conference Room

## WOMEN'S HEALTH

### Breast Health: The Kernel of Truth

The cornerstone of successful breast cancer treatment is early detection and care based on thorough diagnostics and scientific evidence. Join us as we address what's new in breast cancer research and options, when to see a genetic counselor, and everything you wanted to know about breast health. Presented by **Jan Huston, MD, FACS**, medical director of the Breast Center, **Mary Wiggins, RN, BSN, OCN**, patient navigator, and **Sivya Twersky, MS, CGC**, certified genetic counselor. **Date:** Monday, October 21

**Time:** 6-7 p.m.

**Location:** Bayberry

*For a variety of health screenings offered in your area, please visit [www.mountainsidehosp.com/events](http://www.mountainsidehosp.com/events).*

# Community Calendar

**H** HackensackUMC  
Mountainside

## PARENT EDUCATION

### Prepared Childbirth

The stages of labor and birthing, coping strategies, relaxation and breathing techniques, medication options, and the adjustment of postpartum will be addressed. Three weeknights or all-in-one Saturday sessions available.

### Weekend Saturday Class

**Fee:** \$175 per couple

**Dates:** Saturdays, October 19, November 16, and December 14

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

### Weeknight Classes

**Fee:** \$150 per couple

**Dates:** Monday through Wednesday, September 16-18; Thursday, October 3, Wednesday, October 9, and Thursday, October 10; Wednesday, November 6, Thursday, November 7, and Monday, November 11

**Time:** 7-9:30 p.m.

### Tour of the Birthing Center

Tour Labor and Delivery, Mother-Baby, and Nursery units. All your questions and concerns will be answered during this tour.

**Fee:** Free of charge

**Dates:** Thursdays, September 12, October 10, November 14, and December 12

**Time:** 6:30-7:30 p.m.

**Location:** Bayberry



### Breastfeeding

Although breastfeeding is a natural process, it is not instinctive. Taught by lactation consultants, this class will provide the information and support needed for a positive nursing experience.

**Fee:** \$50 per couple

**Date:** Tuesday, September 17

**Time:** 7-10 p.m.

### Breastfeeding and the Working Mother

Join us for a discussion on topics and concerns that working mothers face. Learn about the breastfeeding basics, how to plan for working and pumping, and how to talk about breastfeeding with your employer. Other topics addressed: Breast milk storage and handling, pumping basics, planning your first day back at work, and choosing a pump. Presented by **Laurie Barbalinardo, RN, BSN**, certified breastfeeding specialist.

**Fee:** Free of charge

**Date:** Tuesday, November 12

**Time:** 6-7 p.m.

**Location:** Private Dining Room

### Becoming a Parent

This two-day 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. Grandparents are invited to attend the second class.

**Fee:** \$80 per couple

**Dates:** Wednesdays and Thursdays, September 25 and 26; October 23 and 24; and November 20 and 21; and Monday, December 9, and Tuesday, December 10  
**Time:** 7-9:30 p.m.

## CPR AND FIRST AID

### 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, babysitters, and those wanting to learn CPR who do not need a credential.

**For fees,** registration, and more information, call 973.429.6491.

**Date:** Sunday, October 27

**Time:** 2-5 p.m.

### Community CPR and First Aid

Our CPR Training Center offers a variety of CPR courses to meet the needs of community members. This program is designed to teach CPR, relief of choking, automated external defibrillator (AED) usage, etc. The Basic First Aid class is designed to familiarize you with how to recognize and respond to common injuries and medical emergencies. Upon completion, a certification card will be issued.

**For fees,** registration, and more information, call 973.429.6491.

**Date:** Saturday, October 5

**Time:** 9 a.m.-4 p.m.

### Defensive Driving

This defensive driving course is a six-hour comprehensive awareness course covering road hazards, following distances, braking effectiveness, and other common driving issues. This course is approved for a two-point reduction on your DMV license and a 5 percent discount on personal insurance premiums.

**Date:** Sunday, October 20

**Time:** 9 a.m.-3:30 p.m.

## HEALTH AND WELLNESS

### Hypnosis for Weight Reduction

No diets, restrictions, or feelings of denial. Through hypnotic suggestions, you will make subtle changes to permanently reduce your weight. Taught by a certified hypnotherapist. Unlimited reinforcement sessions up to one year.

**Fee:** \$70 per person

**Dates:** Thursdays, September 12, October 3, November 7, and December 5

**Time:** 7-9 p.m.

**Location:** Private Dining Room

### Hypnosis for Smoking Cessation

Learn to overcome the desire to smoke and stop psychological cravings, using group hypnosis and behavior modification techniques. Taught by a certified hypnotherapist. Unlimited reinforcement sessions up to one year.

**Fee:** \$70 per person

**Dates:** Thursdays, September 19 and November 14

**Time:** 7-9 p.m.

**Location:** Private Dining Room

### Weight-Loss Options: The Facts

Exercise and healthy eating are considered the best solutions to lose weight, but some people cannot do it on their own. Obesity and other comorbidities can keep someone from achieving their ideal weight. Learn more about this effective and permanent weight-loss solution. Find out how these proven procedures can improve your health and lifestyle. Presented by **Karl Strom, MD**, medical director of the Center for Advanced Bariatric Surgery.

**Time:** All sessions are from 7-9 p.m.

**Date:** Tuesday, October 15, and Wednesday, December 4

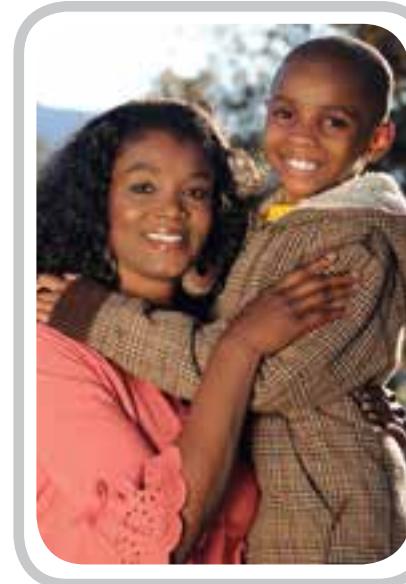
**Location:** Secaucus Public Library  
1379 Paterson Plank Road, Secaucus

**Date:** Wednesdays, October 16, November 20, and December 11

**Location:** Bayberry

**Date:** Wednesday, October 23, and Tuesdays, November 19 and December 10

**Location:** Fairfield Community Center  
376 Hollywood Avenue, Fairfield



in certain foods and beverages. Join **Nirav Rana, MD**, as he addresses the advances in GERD treatment.

**Date:** Tuesday, December 10

**Time:** 6-7 p.m.

**Location:** Hospital Conference Room #1

### We Got Your Back

The Back and Spine team at HackensackUMC Mountainside know that every patient and every back issue are unique. If you or someone you love suffers from chronic back pain, join **Timothy Mims, MD**, as he addresses the symptoms and treatments available.

**Date:** Monday, November 18

**Time:** 5:30-6:30 p.m.

**Location:** Bayberry

### Joint Pain and Arthritis

Get back to what you love. If joint pain and lack of mobility are keeping you from activities you used to enjoy, our Joint Replacement program can help. This seminar by **John Mendes, MD**, chief of the Division of Orthopedic Surgery at HackensackUMC Mountainside, will highlight the latest non-surgical and joint replacement options for relieving pain and arthritis through our highly skilled staff of orthopedic surgeons.

**Date:** Wednesday, November 13

**Time:** 5-6 p.m.

**Location:** Hospital Conference Room #1



For more information or to register for an event, please scan the QR code with your smartphone, visit [www.mountainsidehosp.com/events](http://www.mountainsidehosp.com/events), or call 1.888.973.4674.