

Summer 2013

# Be Well

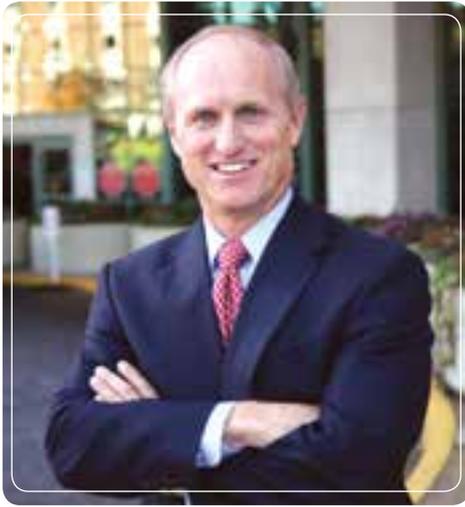
The Weight Is Over  
A Holistic Approach  
to Seniors' Mental Health



Better Health?  
Sleep on It!



Hackensack UMC  
Mountainside



## Thank You, Friends!

After seemingly endless debate about healthcare reform and the “fiscal cliff,” the dust is settling on those federal actions, and their impact is being felt at hospitals across the nation.

In March, payments we receive for treating Medicare patients were reduced, and more cuts may be forthcoming. Simultaneously, we are implementing new processes and procedures to prepare for a shift from “pay for service” reimbursement to a “pay for performance” model as a result of healthcare reform.

At this time of unprecedented transition, I want to reaffirm that HackensackUMC Mountainside is extraordinarily well-positioned to adapt to these changes.

In the past, all of our stakeholders—including physicians, staff, volunteers, patients, civic leaders, and the community at large—have worked together to help ensure the stability of our hospital, and we have overcome many hurdles. As we prepare to take on this new set of challenges, our team is mobilizing for another successful collaborative effort. I thank you all in advance for your unwavering support!

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.

# Assessing Cancer Risk

**While lifestyle choices** impact a person’s risk for cancer, individuals may be at risk for particular cancers due to their heredity. Genetic counselors at HackensackUMC Mountainside Cancer Center provide state-of-the-art testing and resources to help community members determine their personal risk and make informed choices about treatment—what types and whether it is warranted.

If you have a family history of a particular cancer or a close relative who has been diagnosed with multiple cancers, you might be at higher risk. Other factors to consider are relatives with early onset of cancer, cancer-related genetic mutations, or bilateral cancer—found in both breasts, kidneys, or ovaries.



**Ready to learn more?** To schedule an appointment, call 877.523.7787. For more information about the hereditary cancer risk assessment, please visit [www.mountainsidehosp.com/HCRA](http://www.mountainsidehosp.com/HCRA).

# Your Home for Breast Health

**Breast cancer** remains the second leading cause of cancer-related death in women, according to the American Cancer Society. As recommended by your physician, routine screenings such as mammograms can help find breast cancer when it’s most easily treated.

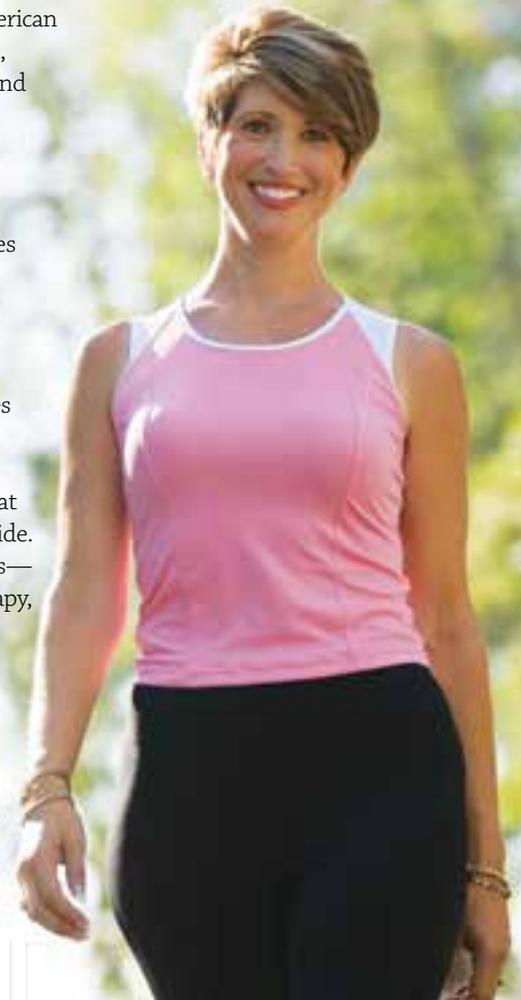
HackensackUMC Mountainside is excited to offer leading-edge diagnostic breast health services and comprehensive cancer care at the Richard F. Harries Ambulatory Care Pavilion.



Jan Huston, MD

“Unlike most hospitals and university centers, we have comprehensive breast services under one roof,” says Jan Huston, MD, FACS, medical director of the Breast Center at HackensackUMC Mountainside. “From diagnosis to treatments—including surgery, chemotherapy, radiation, and an infusion center—to survivorship support, the medical staff makes integrated plans for each patient, putting her at ease.”

**To learn about** the full range of services part of the Breast Health Program at HackensackUMC Mountainside, call 973.429.6120 or visit [www.mountainsidehosp.com/breastcenter](http://www.mountainsidehosp.com/breastcenter).



# How to Get to "Mommy, I Feel Better!"

Whether your child needs routine medical care or emergency treatment for an illness or injury, HackensackUMC Mountainside on the Montclair-Glen Ridge border has you covered.

**Every parent instinctively** wants to keep his or her child safe and well. A crucial first step in that process is establishing a relationship with a caring pediatrician—and 17 such specialists with offices in Montclair, Glen Ridge, and surrounding communities—are on staff at HackensackUMC Mountainside.

In fact, our pediatricians can help you prepare for the unexpected by providing valuable information about over-the-counter medicines and supplies to have on hand, as well as how to know whether to administer home care or seek professional intervention.

Most routine childhood medical needs, such as the treatment of colds, flu, ear infections, and minor injuries, can be handled with a visit to the pediatrician's office. However, if your child has an acute injury or a rapidly escalating medical concern, don't hesitate to come to the Emergency Department at HackensackUMC Mountainside. Our board-

certified emergency medicine physicians are trained and experienced in providing urgent care for children. Our nursing staff is certified in pediatric life support as well.

After a crucial local and thorough triage assessment at HackensackUMC Mountainside, young patients who require advanced, specialized treatment can be swiftly transferred to the Joseph M. Sanzari Children's Hospital at Hackensack University Medical Center, a nationally recognized, state-designated children's hospital in a state-of-the-art medical and surgical facility just 14 miles away in Hackensack, New Jersey. There, staff physicians and a healthcare team with more than 30 pediatric specialties will provide a level of child-focused care that is unsurpassed.

*Visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com) to locate a pediatrician affiliated with HackensackUMC Mountainside or learn more about our Emergency Services.*

## Special Delivery...Handle with Care



Elizabeth Pleickhardt, DO

Expectant parents want their hospital to be prepared for the unexpected when it's time to deliver an addition to the family. At HackensackUMC Mountainside, board-certified neonatologists are on hand 24 hours a day, seven days a week to support every infant who requires advanced medical care.

"Neonatologists are skilled in the diagnosis and treatment of conditions with the potential to endanger newborns, such as infections, low blood sugar, preterm birth, and respiratory distress," explains Elizabeth Pleickhardt, DO, medical director of Neonatology and co-division chief of Pediatrics at HackensackUMC Mountainside. "Our little patients, including premature babies and multiples who need assistance to increase their size and build their strength, receive personalized attention in our special care nursery."



*"Many childhood ailments are best managed in your local pediatrician's office. Build a relationship with the pediatrician and allow him or her to get to know your child and your family. You'll form a partnership of trust that is invaluable to your little one's health."*

—Elizabeth Pleickhardt, DO, medical director of Neonatology and co-division chief of Pediatrics at HackensackUMC Mountainside

# Tired of Being TIRED?

Do you wake up unrefreshed and struggle to stay awake throughout the day? If this happens even when you spend plenty of time in bed, you may have sleep apnea.

**Sleep apnea is a disorder** in which breathing is interrupted many times during sleep. These momentary pauses in breathing affect the quality of your sleep and can leave you feeling sleepy during the day. More than 18 million Americans have sleep apnea, and many are undiagnosed.

## WHAT IS SLEEP APNEA?

In obstructive sleep apnea—the most common type of apnea—the soft tissue at the back of the throat relaxes and collapses against the walls of the airway, momentarily stopping breathing.

Snoring is certainly one sign that a patient may have sleep apnea; however, not everyone who snores has the condition. If you suspect you have sleep apnea, you should talk with your physician.

Your bed partner may notice you stop breathing, or may complain of loud snoring. Some other signs that may point to sleep apnea include:

- ❖ daytime sleepiness
- ❖ headache in the morning
- ❖ high blood pressure that is difficult to control
- ❖ snoring or gasping
- ❖ waking up suddenly, short of breath
- ❖ waking up with a dry mouth or sore throat
- ❖ trouble staying asleep

## HEALTHY SLEEP AIDS

Many people with undiagnosed sleep apnea take over-the-counter sleep aids to fall asleep, then battle daytime sleepiness with coffee or energy drinks. Unfortunately, these substances only mask the symptoms.

Left untreated, the condition can cause serious health effects including high blood pressure, stroke, heart problems, depression, and diabetes. Fortunately, effective treatment can help restore regular breathing rhythm and help you get a good night's rest.

If you suspect you have sleep apnea, seeing your physician is the first step. He or she may recommend a sleep study. Depending on the results of sleep lab tests, your treatment options may include:

- ❖ **Continuous positive airway pressure (CPAP):** Gently pressurized air is delivered through a mask over or under the nose, keeping the airway open during sleep.
- ❖ **Nasal expiratory positive airway pressure (NEPAP):** A disposable, nightly use nasal device placed just inside the nostrils and held securely in place with a hypoallergenic adhesive. It creates pressure when you exhale to keep your airway open while sleeping.
- ❖ **Oral appliance therapy:** A customized mouthpiece made by a dentist moves the lower jaw slightly forward. This opens space in the airway, allowing you to breathe properly during sleep.
- ❖ **Surgery:** Surgical procedures permanently open airway space to permit free breathing.

*Are you getting the sleep you need?*

Visit [www.mountainsidehosp.com/sleep](http://www.mountainsidehosp.com/sleep) or scan this QR code to take our Sleep Wellness Assessment.



“Sleep apnea is a serious medical condition that requires close monitoring and follow-up care by a physician. Luckily, it is easily treatable. Patients are often leery of therapy, but once they start it, most people notice a significant improvement in their general health, well-being, and overall outlook on life. Some of my patients have derived such great benefit from treatment that they have become staunch advocates of therapy and have even brought friends and family members into the office for diagnosis and treatment.”

—Peter A. McGuire, MD, board-certified sleep physician  
at HackensackUMC Mountainside

### Tips for Restful Sleep

Adopt these good sleep hygiene habits to help you snooze more soundly.

- **Avoid naps.** Catching a few winks during the day can leave you lying awake at night.
- **Bed = sleep.** To help your body associate going to bed with sleeping, do not read, watch TV, or listen to music in bed.
- **Set a bedtime routine.** Go to bed and get up at the same time each day. Avoid stressful activities before bed. Make the bedroom a pleasant and relaxing environment. Put problems out of your mind before you slip between the sheets.
- **Skip stimulants and alcohol later in the day.** Coffee, cocktails, or cigarettes after dinner may lead to wakefulness later on.



### The Center for Sleep Medicine at HackensackUMC Mountainside

Located in the Hospital and accredited by the American Academy of Sleep Medicine, The Center for Sleep Medicine at HackensackUMC Mountainside combines the latest generation sleep technology with the comfort of a hotel, featuring cable television, recliners, and private bathrooms. With an evening snack and breakfast provided, all efforts are made to ensure that each patient's experience is comfortable.

After patients' high-quality and accurate sleep studies are completed, our board-certified sleep specialist evaluates patients' conditions and develops tailored treatment plans to help them get the sleep they need and live full and active lives.

*For more information or to schedule an appointment, call 973.429.6858 or email [Sleep.Medicine@mountainsidehosp.com](mailto:Sleep.Medicine@mountainsidehosp.com).*





# Weight-Loss Success Story

Sheila Land lost more than 100 pounds and got her blood pressure under control, following the LAP-BAND® procedure at HackensackUMC Mountainside.

**At age 45, Sheila** weighed 310 pounds and was dependent on water pills and medication to manage her dangerously high blood pressure.

“My blood pressure was 140/90. It frightened me,” Sheila recalls. “My doctor said he was going to increase my medication if I didn’t get the weight off, and told me that I was dangerously close to having a stroke. It was time to make a change.”

## AN INFORMED DECISION

Like many who require weight-loss surgery, Sheila had tried multiple diets and weight-loss plans with little or no success. When it came to choosing surgery, Sheila had her reservations.

A free seminar about bariatric surgery options at HackensackUMC Mountainside’s Center for Advanced Bariatric Surgery helped put her mind at ease, and six months later she was ready for the surgery that changed her life.

“Four years after the procedure, my blood pressure is 120/70,” Sheila says. “I’m healthier, and shopping for a size 14 instead of a size 28 keeps me motivated. I’m changing my eating habits and following doctor’s orders. My weight-loss surgeon, Dr. Karl Strom, and the entire staff have been there to support me every step of the way. I couldn’t have lost the weight and turned my health around without them.”

*For more information, scan the QR code, or visit [www.mountainsidehosp.com/weightloss](http://www.mountainsidehosp.com/weightloss).*



*Karl Strom, MD*

Heart disease, Type 2 diabetes, sleep apnea, and hypertension are just some of the health risks associated with obesity. Weight-loss surgery, also known as bariatric surgery, has a solid track record of helping resolve these comorbidities and improving quality of life.

“Bariatric surgery is not only effective, but it is also safe,” says Karl Strom, MD, medical director of the Center. “It offers our patients the pathway to return to good health and regain self esteem and confidence.”

## We Got Your Back

Being overweight or obese can put increased strain on your spine. An estimated 80 percent of people will experience back pain at some point in their lives.

The new **We Got Your Back** educational series at HackensackUMC Mountainside is designed to help inform, empower, and provide local options for relief.

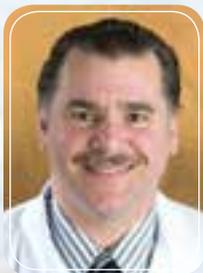
“HackensackUMC Mountainside offers a comprehensive and progressive set of back pain solutions under one roof,” says Timothy Mims, MD, medical director of the Back and Spine Center. “The **We Got Your Back** educational seminars are designed to give hope to help people with back pain by providing information about common causes, detailing treatment opportunities, and answering personal individual questions.”

*To register and learn more about the **We Got Your Back** series, visit [www.mountainsidehosp.com/backandspine](http://www.mountainsidehosp.com/backandspine).*

For seniors struggling with mental illnesses, behavioral issues, or cognitive disorders, HackensackUMC Mountainside's Geriatric Psychiatry inpatient program provides the highest level of treatment in a therapeutic environment.

# Peace *for the* Aging Mind

**According to a report** by the Substance Abuse and Mental Health Services Administration, one in five senior adults in the United States will experience some form of a psychiatric condition or mental illness.



Juan Riestra, MD

"The mental health needs of a 75-year-old patient can be very different and more complex than those of an 18-year-old," explains Juan Riestra, MD, board-certified geriatric and adult psychiatrist and medical director of the Department of Psychiatry at HackensackUMC Mountainside. "Our team of specially trained healthcare professionals at HackensackUMC Mountainside is exceptionally sensitive to the changing mental health and physical needs of

older adults. We holistically treat all underlying medical conditions and determine if medications or lifestyle could actually be causing or contributing to behavioral concerns."

## AN INTEGRATED APPROACH

Certain conditions, such as dementia, Alzheimer's, or other behavioral disorders, can impede elderly people's quality of life or create safety issues for them or their caregivers. For seniors living in nursing facilities, mental health centers, or assisted living facilities, the HackensackUMC Mountainside Geriatric Psychiatry program provides short-term, intensive treatment for:

- ❖ severe depression caused by multiple losses or medical problems
- ❖ memory problems, confusion, agitation, paranoia, combativeness, or anxiety

"Old age is a time of loss," Dr. Riestra says. "While it is thought that many seniors can deal with losing a spouse, friend, or family member, many cannot. Intense grief or depression triggers a host of emotional disturbances that can evolve into psychosis. Having a geriatric psychiatry program readily available to our patients and their caregivers is an indispensable part of helping care for our community's aging population. It gives me great joy to treat patients and watch them get better and return to a healthy, happy life."

*HackensackUMC Mountainside's geriatric nurse case managers and social workers are available to work with patients, their families, physicians, nursing homes, Medicare, and private insurance carriers to expedite admission for inpatient treatment. For more information call 973.429.6963 or visit [www.mountainsidehosp.com/geriatrics](http://www.mountainsidehosp.com/geriatrics).*

## Medication Review Matters

An estimated 85 percent of people 65 years and older take multiple prescription drugs. Medications prescribed to treat a variety of medical conditions or diseases can potentially exacerbate behavioral problems in senior adults when taken improperly or in certain combinations.

"We conduct a full polypharmacology or medication review for all patients admitted to the inpatient Geriatric Psychiatry Program," says Juan Riestra, MD, board-certified geriatric and adult psychiatrist and medical director of the Department of Psychiatry at HackensackUMC Mountainside. "We look for possible drug interactions and side effects. If any mental health concerns are identified, they are addressed by transitioning the patient from certain medications to viable alternatives."



# DIALYSIS PATIENTS DESERVE MORE.

More flexibility, more convenience, and more compassionate, comprehensive service—it's waiting for you at the Dialysis Center at HackensackUMC Mountainside.

All because we're committed to your quality of life.

All because *dialysis patients deserve more.*

## COMPLETE, FULL-SERVICE DIALYSIS TREATMENT

- Quick and Easy Dialysis Scheduling
- Extended, Flexible Hours
- Free, Easy, and Convenient Parking
- No-Stress, Ground-Floor Location
- 24-Hour Access to Expert Physicians and Specialists
- Caring Team of Experienced Experts

Summer 2013

# Community Calendar

**H** HackensackUMC  
Mountainside

## 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:** Thursdays, July 18, August 15, and September 19  
**Times:** 10–11 a.m. and 6:30–7:30 p.m.  
**Location:** Cancer Center Conference Room

### Look Good... Feel Better®

A FREE program that teaches beauty techniques to women who are 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.

**Date:** Monday, September 9  
**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

### Diabetes Support Group

Learn more about diabetes education, updates, and concerns for those living with diabetes. New topics and speakers each month. For more information, please call 973.429.6305.

**Dates:** Every third Wednesday  
**Time:** Noon to 1 p.m.  
**Location:** Hospital Conference Room #1

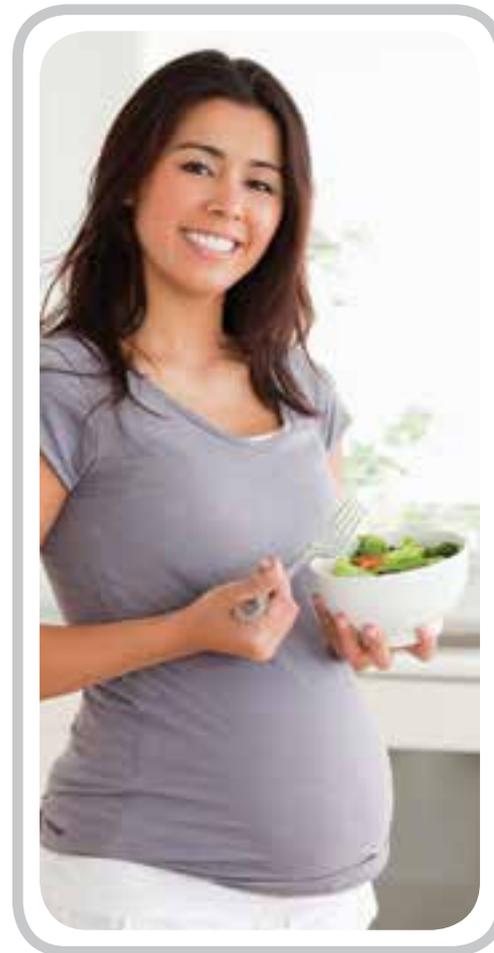
## WOMEN'S HEALTH

### Fertility: Preparing Your Body for Pregnancy

Learn about optimizing your chances for a natural pregnancy, common myths associated with conception, and available options for managing infertility from **Adam Fechner, MD**, reproductive endocrinologist and infertility specialist at HackensackUMC Mountainside.

**Date:** Monday, July 29  
**Time:** 7–8 p.m.  
**Location:** Private Dining Room

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



## 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 consecutive weeknights or all-in-one-day sessions available.

**Fee:** \$150 per couple  
**Date:** Saturday, July 13  
**Time:** 9 a.m.–4:30 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  
**For exact dates and times**, please visit [www.mountainsidehosp.com/parenteducation](http://www.mountainsidehosp.com/parenteducation).

### 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  
**For exact dates and times**, please visit [www.mountainsidehosp.com/parenteducation](http://www.mountainsidehosp.com/parenteducation).

### Especially for Siblings

Becoming a big brother or sister is an exciting time, but also a confusing one. Children are invited to see where mom will be staying, view a film, and talk about their feelings in

a class that emphasizes they are special, too. Bring a doll or stuffed animal to diaper.

**Fee:** \$40 per first child and parents.  
Additional children: \$5 each  
**For exact dates and times**, please visit [www.mountainsidehosp.com/parenteducation](http://www.mountainsidehosp.com/parenteducation).

### Big Latch On

All nursing mothers, expectant mothers interested in nursing their infants, and their families are invited to HackensackUMC Mountainside for “The Big Latch On,” celebrating the benefits of breastfeeding and World Breastfeeding Week. The event will feature prizes and refreshments. Admission and parking are free. Advance registration before August 1 is required. For more information, visit [www.biglatchon.org](http://www.biglatchon.org), or RSVP by emailing [megan.voytus@mountainsidehosp.com](mailto:megan.voytus@mountainsidehosp.com) or calling 973.429.6964.

**Date:** Saturday, August 3  
**Time:** 9:45 a.m., registration;  
10:30 a.m., Latch On  
**Location:** School of Nursing Living Room



**HackensackUMC**  
Mountainside

## 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.

**Dates:** Friday, July 26; Tuesday, August 6; Thursday, September 12

**Time:** 1-3 p.m.

**Location:** Hospital Conference Room #1

### 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.

**Dates:** Wednesday, July 31; Friday, September 6

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

**Location:** Bayberry

## 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, July 11, August 8, and September 12

**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, July 18, and September 19

**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 weight-loss surgery, an 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, August 27

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

**Dates:** Wednesdays, July 24, August 21, and September 18

**Location:** Bayberry

**Dates:** Tuesdays, July 30, August 20, and September 24

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

**Dates:** Tuesday, July 23, and Wednesdays, August 28 and September 25

**Location:** Clifton Public Library  
Allwood Branch, 44 Lyall Road, Clifton

**Dates:** Wednesday, July 31, and Tuesday, September 17

**Location:** YMCA of Wayne  
1 Pike Drive, Wayne

### GERD: Putting out the Fire

For many people, gastroesophageal reflux disease (more commonly known as GERD, acid reflux, or heartburn) is a chronic condition that causes intense pain much more than an infrequent event triggered by overindulgence in certain foods and beverages. Join **Nirav Rana, MD**, as he addresses the advances in GERD treatment.

**Date:** Tuesday, September 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:** Thursday, August 29

**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 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, September 18

**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.