

Summer 2015

Be Well

Seasonal Allergy
Strategies

Ladies,
Put Your Health First

Plan for a

safer
Summer



HackensackUMC
Mountainside



“Hearty” News!

Summer is here, and it's time for our favorite warm weather and vacation activities. However, before you head out to the latest blockbuster movie, please take a few minutes to view a miraculous true story at our hospital website, www.mountainsidehosp.com.

Although you may have read about Sgt. Fred Arnold last fall, his story takes on greater dimension when told on video by this remarkable police officer and the skilled cardiologists who saved his life. In fact, his story illustrates there are real-life heroes in our community and underscores the excellent caliber of cardiac care available at HackensackUMC Mountainside.

Along with the interventional cardiology and Arctic Sun® resources used to save Sgt. Arnold, we recently expanded our capabilities to include a Structural Heart Program that provides expert diagnosis, evaluation, and treatment of complex heart disorders. In-depth testing and consultations can now be completed right here in Montclair and coordinated with our network's flagship hospital, Hackensack University Medical Center, where those who require advanced treatment can be seamlessly transferred.

Summer, winter, spring, and fall, we're here to provide you with world-class cardiac care!

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.

Summer 2015

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, or call 1.888.973.4674.

Blood Pressure Screenings

Receive counseling and educational materials at these monthly events. No registration is required.

Fee: Free of Charge

Dates: Wednesdays, July 1 and August 5

Time: 9-11:30 a.m.

Location: West Caldwell Shop Rite, 540 Passaic Ave., West Caldwell

Dates: Thursdays, July 16 and August 20

Time: 10 a.m. to noon

Location: Brookdale Shop Rite, 1409 Broad St., Bloomfield

Glucose Screenings

Prediabetes and diabetes can only be diagnosed by a healthcare provider. Receive counseling and educational materials for glucose monitoring. Immediate results provided, and there's no need to fast or register.

Fee: Free of Charge

Date: Thursday, July 9

Time: 9:30-11:30 a.m.

Date: Monday, August 10

Time: 5-7 p.m.

Location: Montclair YMCA, 25 Park St., Montclair

Skin Cancer: Prompt Detection, Modern Treatment, and Improved Outcome

Minimizing sun exposure means making smart choices every day. Join us as we address skin cancer and melanoma, what you can do to protect yourself, and treatments available. Presented by **Ross I.S. Zbar, MD, FACS**, medical director of the Melanoma and Skin Cancer Center. Registration is required.

Fee: Free of Charge.

Date: Monday, June 22

Time: 10 a.m.

Parent Education

Be prepared and informed for your special delivery. From prepared childbirth classes to breastfeeding, becoming a parent to touring the birthing center, these sessions will make this joyful time even more rewarding. For Parent Education class schedule and fees, please call our call center or visit our website.

Wellness Nights at the New Jersey Jackals

HackensackUMC Mountainside partners with the New Jersey Jackals to keep you safe and healthy. Come by Yogi Berra Stadium and join us at any of the wellness nights below to take advantage of free blood pressure and glucose screenings and health counseling.

Dates: Wednesdays, June 24, July 29, and August 12

Time: 7 p.m.

Location: Yogi Berra Stadium on the campus of Montclair State University

It's a Win-Win!

Congratulations to Kaitlyn Chow, who won the drawing for a free iPad, and thanks to everyone who participated in our readership survey. Your feedback makes *Be Well* even better.



Healthy Garden, Healthy You

This summer, try gardening to harvest a better sense of well-being.



Research shows that gardening can have a powerful effect on your health and happiness. The sun is shining, and the days are long—it's time to grab a spade and get digging.

PERKS OF PLENTY

The Centers for Disease Control and Prevention classifies gardening as a moderate-intensity exercise, and getting two and a half hours of moderate-intensity exercise a week can promote heart health and reduce your risk of diabetes, osteoporosis, depression, and some types of cancer. Building muscles by working the soil also helps with joint health and balance.

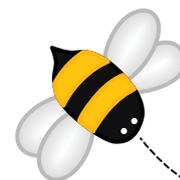
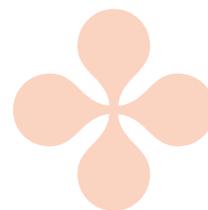
In addition, outdoor activities such as gardening help battle depression, provide a soothing environment for stress relief, and may help speed recovery for those who are ill. There are also more tangible fruits of your labor—eating nutrient-rich produce from your garden can be good for both your health and budget.

START YOUR SUMMER GARDEN

It's not too late to plant a summer vegetable garden or rows of colorful flowers. The HackensackUMC Mountainside community is located in U.S. plant hardiness zone 7a, with a growing season that extends from the last frost in mid-April until the first frost hits, typically in late October.

For a vegetable garden, choose a sunny, well-drained spot and select plants such as carrots, corn, summer squash, Brussels sprouts, quick-growing lettuces, and aromatic herbs, such as basil and dill. Hardy edible flowers, including nasturtiums and marigolds, make a bright splash in your garden-grown salad.

Do allergies make it tough to spend time outside? To find a HackensackUMC Mountainside primary care provider who can help you manage your seasonal allergies, call 1.888.973.4MSH (4674).



Local Honey

Some research has shown the benefit of consuming local honey to reduce allergy symptoms and coughs. Honeybee hives reside on a secure balcony atop the Harries Pavilion at HackensackUMC Mountainside and provide honey used in meals for employees, patients, and visitors.



Taking the Sting Out of Summer Allergies

To find relief this summer, Raghav Rastogi, MD, internal medicine physician with Mountainside Medical Group, suggests a combination of good housekeeping and medicine.



Raghav Rastogi, MD

“Limit your time outdoors during days when the pollen count is high, use air conditioning, and keep the windows in your car and at home closed to keep pollen out,” Dr. Rastogi says. “Pollen can stick to your clothes and body when you're outside, so when you return indoors, it is a good idea to take a shower and change your clothes. Antihistamines are an allergy sufferer's best friend, and many of the prescription medications are now available over-the-counter for daily use. I recommend starting antihistamines two weeks before the allergy season starts to be prepared when pollen counts begin to rise.”

Stay Safe This Summer



Before you break out the fireworks, go on a summer adventure, or pack for the pool, make sure you're prepared.

AT HOME

Between grilling savory entrees, munching on delicious side dishes, and setting up the fireworks for after the sun goes down, it can be easy to let certain safety concerns take a vacation. Keep these safety tips in mind when you spend time at home this summer.

- ❖ **Wash and sanitize.** The best way to prevent the spread of germs is to wash your hands with warm, soapy water for at least 20 seconds. Alcohol-based hand sanitizer can be used to eliminate germs if the hands are not visibly soiled or soap and water are not available. Always wash your hands before cooking food, and consider keeping a bottle of hand sanitizer near the start of any food lines.
- ❖ **Keep them separated.** Never mix utensils or plates for cooked and uncooked meats. Make sure refrigerated foods stay cooler than 40° F, and use a meat thermometer to ensure meats are grilled to a safe temperature.
- ❖ **Watch fireworks.** The safest way to enjoy fireworks is by attending any of the local firework displays in your surrounding communities. While sparklers may seem a kid-friendly option, sparklers burn as hot as 2,000° F—more than the melting temperature of gold. Always use fire-retardant gloves when lighting sparklers, and never give a sparkler to children younger than age 5.



Back to Basics

Whether you're spending time in the yard or out on the water with your family, back pain can make summer fun seem out of reach.

"Acute low back pain is a common problem, but it often responds favorably to conservative treatment, such as physical therapy," says Brian Owens, PT, DPT, lead physical therapist at HackensackUMC Mountainside. "A physical therapist may develop a treatment plan, which targets the source of the patient's symptoms.

"A growing body of evidence suggests effective treatment strategies for our patients include manual therapy, progressive strengthening, and endurance training. If you are having pain, especially following outdoor activity, contact your primary healthcare provider or a spine specialist and seek guidance from a skilled physical therapist."

HELP FOR CHRONIC PAIN

"When someone comes to me for pain that has lasted longer than three months, we work through both conservative options and interventional treatments," says Ravi Naik, MD, anesthesiologist and pain management physician with HackensackUMC Mountainside. "Treating chronic back pain can take time and multiple therapies before patients experience positive results, but we work with each patient individually to ensure they get the help they need."



Ravi Naik, MD

ON THE GO

When enjoying outdoor activities, take steps to avoid dehydration and heat stroke, such as venturing out when temperatures are cooler and drinking plenty of fluids. If you wait until you are thirsty to drink, you are already mildly dehydrated.

Other signs of mild dehydration include dry mouth, headache, and darker urine. If you are with someone who is having symptoms of dehydration or heat sickness, have them lie down in a cool place, elevate their feet about 12 inches in the air, and drink a sports drink or water (about half a cup every hour).

Symptoms of severe dehydration and heatstroke include:

- ❖ Dizziness
- ❖ Irritability or confusion
- ❖ Seizures
- ❖ Dry, shriveled skin
- ❖ Unconsciousness
- ❖ Fever
- ❖ Rapid breathing and heartbeat

If you think someone has heatstroke, call 911 immediately, as this is a medical emergency.

ON THE WATER

Before you go to the pool, lake, or beach, identify who can and cannot swim. If you're spending time in a boat, New Jersey law requires one wearable life jacket for each person on board. Not wearing a life jacket can lead to fines and cause death.

Avoid consuming alcoholic beverages while spending time on the water—staying alert and aware is the best way to prevent drowning. Victims rarely thrash around or make noise. Instead, swimmers in distress will bob up and down in an instinctive response to stay alive.

If you have a medical emergency, call 911 right away. The Emergency Department at HackensackUMC Mountainside is open 24/7 to provide emergency care close to home.

During the summertime, my patients can have back pain after they lift, push, or pull a heavy object. It's common for me to see patients who have problems following outdoor activities, such as sports, gardening, or running. It's important



Brian Owens, PT, DPT

for a patient to seek guidance sooner rather than later—trying to work through the pain is not a good strategy for easing back discomfort.

—Brian Owens, PT, DPT, lead physical therapist at HackensackUMC Mountainside

Well in Hand

Chronic symptoms in wrists and hands could be due to a previous injury. If you have had a wrist fracture from rollerblading, bicycling, or skateboarding, you may be more at risk for developing carpal tunnel syndrome (CTS).

"The most defining characteristic of carpal tunnel is numbness in the fingers," says Evan Fischer, MD, orthopedic hand surgeon and chief of the Hand Division at HackensackUMC Mountainside. "When symptoms are advanced, surgery is the best treatment option. We can use a minimally invasive technique with local anesthetics to provide quick healing time and good outcomes for even the most medically frail CTS patients."



Evan Fischer, MD



Hospital Happenings

New programs at HackensackUMC Mountainside aim to detect lung cancer earlier and determine the best approach to treat a common neck problem.

LOOKING INSIDE THE LUNGS

The Lung Center recently established the Lung Cancer Screening and Nodule programs.

“Our goal is to move the timeline of interventions for lung cancer forward through the use of national guidelines-based computed tomography [CT] imaging exams to monitor abnormalities,” says Nazly Shariati, MD, MSJ, FACS, FCCP, chief of thoracic surgery at HackensackUMC Mountainside. “Candidacy for the Lung Cancer Screening Program is based on age and smoking history. Anyone with a lung nodule that has been detected in previous imaging studies can enter the Nodule Program.”



Nazly Shariati, MD, MSJ, FACS, FCCP

“Once patients enter the Nodule Program, a radiologist, pulmonologist, and thoracic surgeon follow their CT scan results for two years and meet weekly to discuss each case,” says Lopa Patel, MD, pulmonologist and chief of pulmonary diseases at HackensackUMC Mountainside. “If a nodule grows large enough that it needs to be biopsied, the team does that and then determines the best way forward based on the results.”



Lopa Patel, MD

Call 973.429.6444 for more information about our Low-Dose CT Lung Cancer Screening Program and to discuss your eligibility.

FRONT OR BACK? THAT IS THE QUESTION

Cervical spondylotic myelopathy—age-related compression of the spinal cord in the neck—can hinder balance and motor skills. HackensackUMC Mountainside is one of approximately 12 centers throughout the country involved in a study to determine whether surgical decompression is best performed through the front or back of the neck.



Robert F. Heary, MD

“This has long been a controversy in spine surgery, so we’re trying to figure out, once and for all, which approach is optimal,” says Robert F. Heary, MD, neurosurgeon at HackensackUMC Mountainside and principal investigator for the study in New Jersey. “This investigation will provide so much data that when it’s finished, we’ll be able to make compelling recommendations.”

Interested in keeping up with your community hospital’s latest news and events? Visit www.mountainsidehosp.com and click on “Inside HackensackUMC Mountainside.”



Don't Wait. Vaccinate.



Julie Kidangan, DO

In early 2015, the United States experienced an outbreak of measles, a vaccine-preventable disease.

“A growing number of parents believe kids do not need vaccinations,” says Julie Kidangan, DO, family medicine physician at HackensackUMC Mountainside. “Many argue that the

diseases they are being vaccinated for no longer exist in our communities. The recent measles outbreak proves that these diseases are still present and can have devastating consequences.

“The best way to protect our children and those around us who are unable

to receive vaccinations is to get immunized. Vaccines are safe and effective, and serious reactions to them are rare.”

Need a pediatrician who can discuss childhood vaccinations with you? Visit www.mountainsidehosp.com and click on “Find a Doctor.”

Ladies, Make Health Your No. 1 Priority

Fulfilling personal daily responsibilities and caring for your family start with taking care of yourself.

Between running a taxi service to your kids' baseball practice and music lessons, and mounting deadlines at work, it's easy to let your health slide. Women of all ages need an annual well-woman exam to monitor potentially serious illnesses, including breast and cervical cancer.

During your exam, expect your doctor to address your weight and lifestyle habits and make sure you're up to date on vaccines. Depending on your age, you may also need one or more of the following screenings:

- ❖ Clinical breast exam—The American Cancer Society recommends women have breast exams once every three years during their 20s and 30s, and annually after age 40.
- ❖ Mammogram—Yearly mammograms should start at age 40.
- ❖ Pap test—Women age 21 and older need a Pap test to screen for cervical cancer every three years.

Keep in mind your relationship with your physician extends far beyond your yearly visit. See your doctor as soon as possible if you notice a breast lump or other new or worsening symptoms.

To locate a primary care provider at HackensackUMC Mountainside, visit www.mountainsidehosp.com and click "Find a Doctor."



The best way to increase survival from breast cancer is to have an annual mammogram and breast exam. Get your mammogram, see your gynecologist for a well-woman visit, and don't forget to keep your heart healthy. Breast health is only one small component of overall wellness.

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



Jan Huston, MD, FACS

Providing Peace of Mind

The new Breast Cancer Risk Reduction Program at the HackensackUMC Mountainside Breast Center helps women identify five-year, 10-year, and lifetime probabilities of developing breast cancer.

Through the program, women complete risk-assessment surveys and visit with a genetic counselor, breast surgeon, and medical oncologist during the same appointment. If a woman has a higher breast cancer risk, she can then begin preventive therapies, such as taking medications that help thwart tumor development or counseling about lifestyle changes or increased screening, if needed.

"The average woman has a 12 to 13 percent chance of developing breast cancer," says Stephen Abo, DO, medical oncologist at HackensackUMC Mountainside. "Our goal is to help women understand their individual risk and then we'll work together as a team to decrease it."



Stephen Abo, DO

Interested in the Breast Cancer Risk Reduction Program? To make an appointment, please call Central Scheduling at 877.523.7787.



Noticed changes in your skin?

Whether you have a lesion or skin change, have a diagnosis and need further treatment, or want a second opinion, we're here for you. The Melanoma and Skin Cancer Center offers the most current, widely accepted diagnostic and treatment alternatives—and caring, comforting support that lasts far beyond diagnosis and treatment.

Introducing the new Melanoma and Skin Cancer Center
at HackensackUMC Mountainside