

Summer 2016

# Be Well

Time to (Safely)  
Get Physical

Regular Maintenance  
for Men's Health

Are You Ready for  
*Summer?*





## Making Top Grades!

It's easy to say we're providing the finest, state-of-the-art care. It's another thing to back up that claim — and, that's what our hospital continues to do!

We recently got high marks in Inside Jersey's "Top Hospitals" edition. In fact, we ranked No. 1 in our category (350 beds or less) statewide for the treatment of breast and prostate cancer, congestive heart failure, hip and knee repairs, high-risk pregnancies, and pain management. The magazine's survey of leading doctors (executed by Castle Connolly, a respected independent research firm) also placed us among the top three overall, in our size range.

Since there are numerous programs that rank aspects of hospital care, no single accolade is a definitive indicator of quality. However, collectively, the many exemplary evaluations and prestigious accreditations we've been receiving demonstrate an unwavering commitment to excellence.

Plus, new activities, such as Zika virus readiness efforts and our role in a select federally funded study for a novel breath test to detect breast cancer, underscore that we're keeping pace with emerging needs and innovations.

This summer, as always, we're dedicated to delivering world-class 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 2016

## Community Calendar



Events take place at the HackensackUMC Mountainside campus, unless otherwise noted. For more information or to register for an event, please scan this QR code with your

smartphone, visit [www.mountainsidehosp.com/events](http://www.mountainsidehosp.com/events), or call 1.888.973.4674(4MSH).

### Blood Pressure Screenings

This screening is simple, and the results are critical, especially if your numbers are high. Receive counseling and educational materials at these monthly events. No registration is required.

**Fee:** Free

**Date:** Thursday, June 16

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

**Location:** ShopRite of Brookdale, 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

**Date:** Thursday, June 30

**Time:** 12:30–2:30 p.m.

**Location:** Human Needs Food Pantry, 9 Label St., Montclair

### Weight Loss Surgery: The Facts

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

**Fee:** Free

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

**Dates:** Tuesdays, June 14, July 19, and August 16

### SPECIAL EVENTS

#### 125th Anniversary Celebration at the NJ Jackals

Happy Birthday to us! Join us at the New Jersey Jackals game as we celebrate our 125th Anniversary. A firework show included after the game.

**Date:** Saturday, July 23

**Time:** 6 p.m.

**Location:** Yogi Berra Stadium, Montclair State University, 27

Clove Road, Little Falls, NJ 07424  
To RSVP, call 1.888.973.4674 or visit [www.mountainsidehosp.com/events](http://www.mountainsidehosp.com/events).

#### Celebrate World Breastfeeding Week

Join us as we participate in The Global Big Latch On, to break the world record for the most women breastfeeding simultaneously in the U.S. and beyond! The event is free to all nursing moms, soon-to-be parents, partners/spouses,

family, friends, and supporters of breastfeeding. Refreshments, raffle prizes, and free parking will be provided.

**RSVP:** Megan.Voytus@mountainsidehosp.com or 973.429.6964 by July 29.

**Fee:** Free

**Date:** Saturday, August 6

**Time:** 9:45 a.m. to noon

**Location:** The Bayberry at HackensackUMC Mountainside

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

**Dates:** Tuesdays, June 21, July 12, and August 23

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

**Dates:** Wednesdays, June 22, July 13, and August 24

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

**Dates:** Wednesdays, June 15, July 20 and August 17

**Location:** HackensackUMC Mountainside

### PARENT EDUCATION

#### Prepared Childbirth

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

**Fee:** \$80 per couple

**Dates:** Saturdays, June 11, July 9, and August 13

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

#### Breastfeeding

Although breastfeeding is a natural process, it is not instinctive. This one-night class will provide information and support needed for a positive nursing experience. The program is taught by the lactation consultants who work in our Maternity Center. Registration is required.

**Fee:** \$50 per couple

**Dates:** Tuesdays, July 12, and September 13

**Time:** 7–10 p.m.

#### Tour of the Birthing Center

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

**Fee:** Free

**Dates:** Mondays, June 20; July 11 and 18; and August 1 and 15

**Time:** 6:30–7:30 p.m.

#### Becoming a Parent

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

**Fee:** \$50 per couple

**Dates:** Wednesdays, June 15, July 20, and August 17

**Time:** 7–9:30 p.m.

# How We Grew Up

**In the summer of 1891**, The Mountainside Hospital began serving the sick and injured of a township—Montclair—that was only 23 years old. The hospital has grown and changed much in the many decades since its establishment. We are still the community's destination in times of illness and injury, and we also play a key role in helping families live healthier lives. Here's a look at how far HackensackUMC Mountainside has come in our first 125 years:



**1890:**

Margaret Jane Power was inspired to found The Mountainside Hospital after seeing a child fall from a third-story window.

**June 26, 1891:**

The Mountainside Hospital opens its doors in a three-story cottage rented from Eliza Sheridan.



**1890s:**

Dr. John James Hervey Love, former Civil War surgeon and Montclair Superintendent of Schools, was the first president of The Mountainside Hospital's medical staff.



**1935:**

The hospital, seen here in the early 1930s, joins health insurance plans in Essex County, New Jersey, and New York City.



**1904:**

The hospital's board of governors establishes The Mountainside Hospital Auxiliary to raise funds for improvements and equipment, including the facility's first motorized ambulances.



**1941:**

The Mountainside Hospital begins to recover from the financial hardships of the Great Depression just in time to celebrate its 50th anniversary.

**1947:**

The hospital opens a cancer detection clinic, the first of its kind in New Jersey, according to the board president.



**1985:**

Dignitaries prepare to break ground on the North Pavilion, a facility that would dramatically expand The Mountainside Hospital. It opened in 1988.

**1972:**

The Schumann Pavilion, the first major expansion of the hospital since the late 1950s, opens, increasing the hospital's space by 80 percent.

**July 2012:**

The hospital becomes HackensackUMC Mountainside after its acquisition by Hackensack University Health Network and LHP Hospital Group, Inc.



# Summer Fun

## Outdoors

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Warm-weather fun can be pool dates, beach trips, overnight camps, sports games, and recreational fun for the family. Prepare for summer fun with these tips.

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### HEAT SAFETY

When playing recreational sports or participating in other outdoor activities, be mindful of the heat and consider starting early or waiting until the sun goes down, if possible. High temperatures can cause heat-related injuries, which can become serious. These include heat cramps, feelings of nausea, sudden headaches, and, in worst-case scenarios, seizures.

**Safety Rx:** Pack water bottles for each family member. Prioritize hydration and make it part of everyone's preparation for the day.

**Plan B:** Devise an alternative plan for when it is too hot to venture outside. Options include board games, library books, educational and entertaining movies, pillow forts, and inside play dates with family friends.

### SUN SAFETY'S IN THE BAG

When planning to go outside for more than 30 minutes, pack essentials in your summer bag, including:

- ❖ hats to shield head and eyes from sun exposure
- ❖ light-weight and light-colored clothing for added skin protection
- ❖ sun shades or umbrellas
- ❖ sunscreen with sun protection factor (SPF) of 30 or higher

**Safety Rx:** If anyone looks flushed, make sure they take extended water breaks in the shade to recover. Look for signs of a heatstroke, such as sudden dizziness or confusion. If you see concerning symptoms, dial 911.

**Plan B:** Bring extra clothing options for everyone. Keep track of the time to ensure sunscreen is freshly applied every two hours. Always stake out a play site that is close to shade.

### Overnight Camp Coping

Overnight camp is a time for kids to explore the outdoors and navigate social situations. But homesicknesses can ruin the experience, especially if your children have never left home before.

"Camp life can be a stepping stone toward autonomy and a booster for self-confidence," says Ketaki Vaidhyanathan, MD, board-certified psychiatrist and associate medical director of Behavioral Health Services at HackensackUMC Mountainside. "Start talking about what time away from home will look like and role-play situations. That way, you can offer them advice and encouragement."



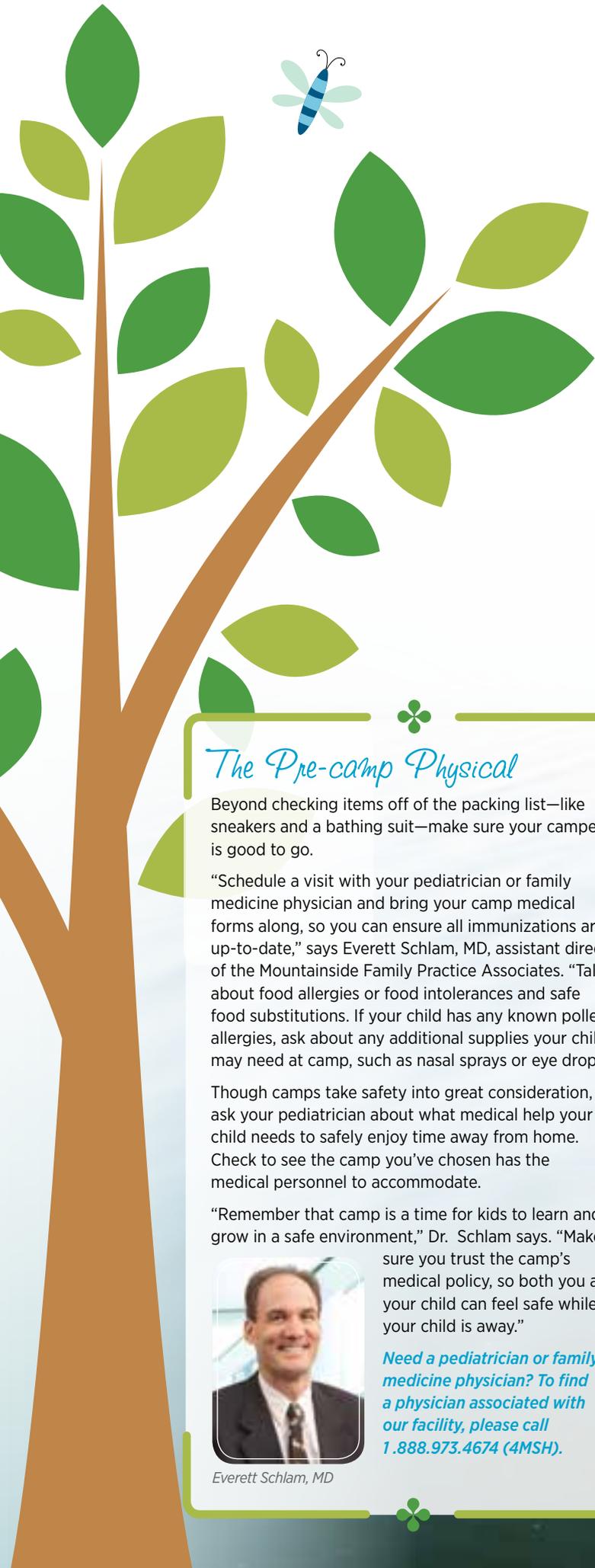
Ketaki Vaidhyanathan, MD

### SLEEPAWAY SUCCESS

Other camping coping strategies include:

- buying them a special item they can bring with them to camp
- signing them up for day camp so they can practice making new friends
- taking them to visit the overnight camp and meet the camp counselors
- talking with them about your previous camp experiences

"You have the best idea of your children's personalities and temperaments," Dr. Vaidhyanathan says. "Make sure camp is something they want to do and are excited to experience."



**WATER WORKS**

Summer fun usually involves pool adventures or lake outings. Add these water fun essentials to the checklist:

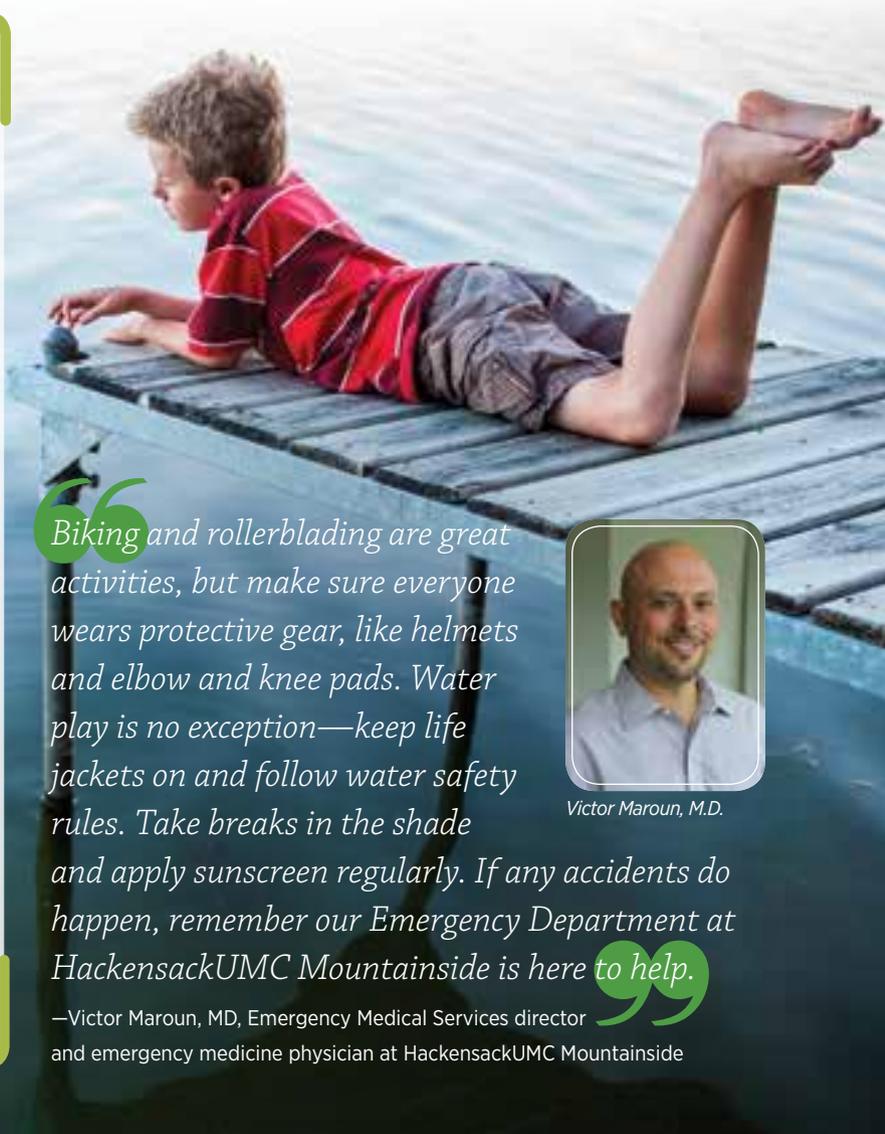
- ❖ bathing suits
- ❖ float devices
- ❖ beach towels
- ❖ swim diapers

**Safety Rx:** Water play in the sun can be draining. Consider packing a cooler with healthy snacks, such as peanut butter and celery or low-fat cheese and apple slices alongside your emergency water bottle stash to energize the troops.

**Plan B:** Don't like getting in the water? Ensure there is something for everyone with these extras:

- ❖ flying discs for catch or disc golf
- ❖ insect repellent
- ❖ inflatable beach balls
- ❖ portable speakers to play music

*If heat-related injuries happen, call your primary care physician. He or she can help you determine what to do next. For serious or life-threatening injuries, dial 911.*



*The Pre-camp Physical*

Beyond checking items off of the packing list—like sneakers and a bathing suit—make sure your camper is good to go.

“Schedule a visit with your pediatrician or family medicine physician and bring your camp medical forms along, so you can ensure all immunizations are up-to-date,” says Everett Schlam, MD, assistant director of the Mountainside Family Practice Associates. “Talk about food allergies or food intolerances and safe food substitutions. If your child has any known pollen allergies, ask about any additional supplies your child may need at camp, such as nasal sprays or eye drops.”

Though camps take safety into great consideration, ask your pediatrician about what medical help your child needs to safely enjoy time away from home. Check to see the camp you've chosen has the medical personnel to accommodate.

“Remember that camp is a time for kids to learn and grow in a safe environment,” Dr. Schlam says. “Make



Everett Schlam, MD

sure you trust the camp's medical policy, so both you and your child can feel safe while your child is away.”

*Need a pediatrician or family medicine physician? To find a physician associated with our facility, please call 1.888.973.4674 (4MSH).*

*Biking and rollerblading are great activities, but make sure everyone wears protective gear, like helmets and elbow and knee pads. Water play is no exception—keep life jackets on and follow water safety rules. Take breaks in the shade and apply sunscreen regularly. If any accidents do happen, remember our Emergency Department at HackensackUMC Mountainside is here to help.*



Victor Maroun, M.D.

—Victor Maroun, MD, Emergency Medical Services director and emergency medicine physician at HackensackUMC Mountainside

# ..... Warm Up ..... to Fitness

Get out there and be active, but do it safely.

**Sunshine and warmer temperatures** invite us to be active and enjoy summer sports. Talk with your physician about which forms of exercise are safe and appropriate for you based on your age, medical history, and current level of physical activity.

After you receive the all-clear from your physician, keep these three tips in mind to avoid injury when getting physically active again:

- ❖ **Be optimistic.** Get into a good mental state as you prepare and make a plan.
- ❖ **Stretch properly.** Warm up before exercising and cool down afterward. This will enhance your performance and prevent injuries by improving the elasticity of your muscles, ligaments, and joints. Stretch to prevent lactic acid build-up in your muscles, which can cause aches and cramping.
- ❖ **Take it slow.** Start out with milder, shorter sets and work your way up to more intense, longer workouts. Going too hard too fast can result in bone, joint, or muscle injuries.

**Did you know** you have a state-of-the-art orthopedic program in your community? Visit [www.mountainsidehosp.com/orthopedics](http://www.mountainsidehosp.com/orthopedics) to learn more.



*“If you injure yourself while exercising, we are here to treat both serious and minor injuries. Most common exercise or sports injuries people sustain include muscle strains, bursitis, and tendonitis. These conditions can often be prevented by taking the time to stretch before and after a workout, getting proper nutrition, and staying hydrated. It’s also important to not overdo it—especially when you’re starting to exercise after not doing so for a while.”*

—Oscar Vazquez, MD, orthopedic surgeon at HackensackUMC Mountainside

## Recovery in Motion

The body is made to move. If you have an orthopedic injury or chronic joint pain, talk with your primary care provider. A prescription for physical therapy can help prevent or delay an orthopedic procedure as well as greatly enhance recovery after surgery.



Joseph Patanella, PT, DPT, MBA

“Prescribed exercise is your medicine,” says Joseph Patanella, PT, DPT, MBA, assistant chief operating officer and director of the Occupational Therapy, Physical Therapy, and Speech and Hearing Department at HackensackUMC Mountainside. “For orthopedic issues, physical therapy begins with muscle re-education, increasing range of motion, and strengthening joints.

Then we focus on decreasing pain and increasing mobility. Our goal is to get patients moving as quickly and safely as possible following an injury so they can return to their pre-injury level of function and play.”

**For more information about our physical therapy services, call Outpatient Rehabilitation Services at 973.429.6011.**

# Gentlemen, Check Your Engines

You wouldn't buy a shiny new sports car and then let it go 20,000 miles without an oil change. Why wait until you're rundown to perform regular maintenance on your health?

**Prevention is critical to** keeping your motor running. Many men's health issues are preventable or easy to treat if they are detected early. Top health concerns for men include:

- ❖ **Heart disease.** One in every four men dies of heart disease, yet it's largely preventable. Regular exercise, healthful dietary choices, routine screenings, and preventive medicine can all help keep men's hearts well. Do you know your numbers?
- ❖ **Low testosterone.** Decreased levels of testosterone can lead to sexual dysfunction, weight gain, depression, anemia, and other issues. Don't ignore symptoms or assume it's normal. Low T can be a sign of other problems and is treatable. Doctors use a simple blood test to diagnose this hormone imbalance.
- ❖ **Prostate health.** Prostate cancer is the most common type of cancer in men, and prostate issues can also cause difficulty urinating. Talk to your doctor about which type of prostate health screening is right for you. The answer depends on your age, health history, and symptoms.

*"I encourage men to ask their doctors any questions regarding their health and make regular checkups a priority. When it comes to preventive care, it's time to man up and see a doctor."*

—Raghav Rastogi, MD, internal medicine physician at HackensackUMC Mountainside

*To keep your motor running smoothly, schedule an annual visit and check in when new symptoms slow you down. Call 1.888.973.4MSH (4674) to find a provider near you.*

## Keeping Health on Track

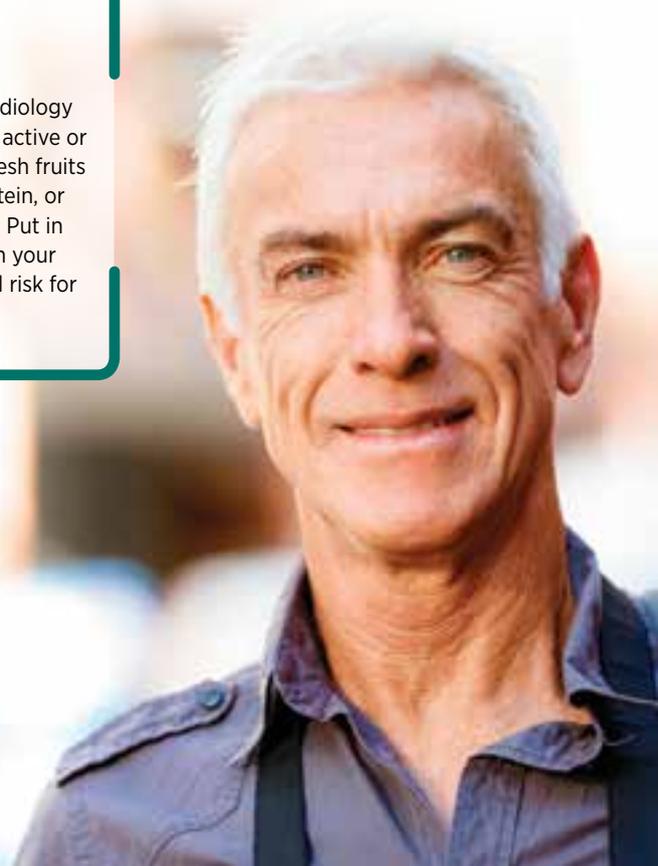
Specialists at HackensackUMC Mountainside share insight about how men can live healthier lives.

"For men, common urologic issues, such as sexual dysfunction and urinary incontinence, can be prevented if underlying issues are addressed," says Konstantin Walmsley, MD, urologist at HackensackUMC Mountainside. "These problems do not go away on their own. You have to come in if we're going to help you."

"Good cardiac health starts with your daily choices," adds Harold Kim, MD, chief of Cardiology at HackensackUMC Mountainside. "Are you active or a couch potato? Do you eat a diet rich in fresh fruits and vegetables, whole grains, and lean protein, or are you downing a hamburger every night? Put in the work, kick bad habits, and check in with your doctor to better understand your individual risk for heart disease."



Harold Kim, MD,  
Konstantin Walmsley, MD,  
and Raghav Rastogi, MD





# EXCELLENCE TIMES SEVEN

**Inside Jersey Top Hospitals 2015** ranked HackensackUMC Mountainside in seven different categories: Overall Hospital, Breast Cancer Treatment, Prostate Cancer Treatment, Hip & Knee Repairs, Congestive Heart Failure, Stroke Treatment, and Treatment of Neurological Disorders.

All seven, all right here at Montclair's hometown hospital *HackensackUMC Mountainside*.