

Winter 2014

Be Well

Women's Health:
Put Yourself First

Back
on the Beat

Small Changes for a **Healthier Heart**



Win an iPad mini!
Turn to page 2
to learn how.



 **HackensackUMC**
Mountainside



Still Going Strong!

At HackensackUMC Mountainside, we believe staying active and seeking the best available care options are crucial to longevity. In fact, that's our "prescription" for our hospital as well as its constituents. In our 124th year, we're still going strong because we're constantly adapting to meet emerging needs and maintain our viability in the midst of a volatile healthcare industry.

Recently, our Hackensack University Health Network announced plans to merge with Meridian Health in 2015, a move that will further enhance our clinical programs and preserve our ability to cost-efficiently deliver world-class care.

Locally, at our Montclair campus, we're embarking on major capital improvements. Plus, we're expanding programs that address growing health concerns such as skin cancer. As more than 3 million Americans experience that condition each year, the incidence of melanoma—its most serious form—is on the rise, and early intervention promotes the best outcomes, we've recently established a dedicated Melanoma and Skin Cancer Center that offers convenient access to the most effective treatment. Visit www.mountainsidehosp.com/skin for more information.

Across our organization, we're upholding a long tradition of community service by embracing change!

Be Well,

John A. Fromhold, FACHE
CEO, HackensackUMC Mountainside

Winter 2014

Community Calendar

HackensackUMC
Mountainside



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.

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. Registration is required.

Fee: \$80 per couple

Dates: Saturdays, December 20 and January 3

Time: 9 a.m.–5 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. Registration is required.

Fee: Free of charge

Date: Thursday, January 8

Time: 6:30–7:30 p.m.

Location: Auditorium

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

Date: Thursday, December 18

Time: 7–9:30 p.m.

Breastfeeding

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

Fee: \$50 per couple

Date: Tuesday, January 6

Time: 7–10 p.m.

HEALTH AND WELLNESS

Blood Pressure Screenings

Receive counseling and educational materials at these monthly events. No registration is required.
Fee: Free of Charge

Dates: Wednesdays, January 7 and February 4

Time: 9–11:30 a.m.

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

Dates: Thursdays, December 18 and January 15

Time: 10 a.m. to noon

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

Dance Your Way to a Healthy Heart

Join **Errol Williams, MD**, cardiologist at HackensackUMC Mountainside, and instructors from Arthur Murray Dance Center of Montclair for our second annual heart dance, an evening of dancing and wellness. Registration is preferred.

Fee: \$15 (All proceeds will be donated to the American Heart Association.)

Date: Sunday, February 15

Time: 5–8 p.m.

Location: Montclair Art Museum, 3 South Mountain Ave., Montclair

To register, please call 1.888.973.4674 or visit www.mountainsidehosp.com/hearthealth

Hypnosis for Smoking Cessation

Overcome the desire to smoke using group hypnosis and behavior modification techniques. Taught by a certified hypnotherapist. Fee includes unlimited reinforcement sessions within one year. Registration is required.

Fee: \$70 per person

Date: Tuesday, January 6

Time: 7–9 p.m.

Weight-Loss Surgery: The Facts

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 W. Strom, MD**, medical director of the Center for Advanced Bariatric Surgery. Registration is required.

Fee: Free

Dates: Friday, December 12, and Wednesdays, January 14 and February 11

Time: 7 p.m.

An iPad for Your Thoughts?

Give us your feedback about HackensackUMC Mountainside and *Be Well* and be entered in a drawing to win an iPad mini. The insight you share will help us enhance the services we offer. Visit <http://mountainside.readersurvey.sgizmo.com/s3/> or scan the QR code to complete a brief survey by December 31.



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.

Back from the Brink

When Caldwell Police Sergeant Fred Arnold's life hung in the balance, swift, coordinated medical care tipped the scales in his favor.

On June 5, 2014, the husband and father passed out while driving his patrol car and crashed. By the time Fred arrived in the Emergency Department (ED) at HackensackUMC Mountainside via ambulance, he was in cardiac arrest.

"Sergeant Arnold had no pulse, and his heart was in a potentially lethal abnormal rhythm," says Domenic Mariano, DO, cardiologist at HackensackUMC Mountainside, who was in the ED when Fred arrived. "Something had to be done immediately if he was going to make it."

An electrocardiogram revealed Fred was having a heart attack. Dr. Mariano called his colleague, James Amato Jr., MD, cardiologist at HackensackUMC Mountainside, and asked Dr. Amato to meet them in the Cardiac Catheterization Laboratory.

A NEW DAWN

Dr. Amato removed a blood clot from Fred's clogged artery and placed two stents to keep the vessel open.

"When Sergeant Arnold was in cardiac arrest, his brain didn't receive oxygen, so he remained unresponsive," Dr. Amato says.

Teammates for Life

When someone experiences a heart attack, a variety of providers at HackensackUMC Mountainside seamlessly combine their expertise to save heart muscle and life.

Every provider on Caldwell Police Sergeant Fred Arnold's medical team—from emergency medical services personnel, nurses, and technicians to physicians representing Emergency Medicine, Cardiology, Anesthesiology, Critical Care, and Radiology—played an indispensable role in saving the life of the father of three.

No one should have to face a cardiac event alone. At HackensackUMC Mountainside, a skilled, compassionate team handles hearts with care.

"We transferred him to the Intensive Care Unit (ICU), where he was sedated and a cooling device was used to lower his body temperature to minimize further brain damage. This relatively new technology can make a big difference in patients' recovery."

Fred's wife, Julie, was at home with their youngest child when she learned Fred was in the Hospital. Driven by police car, she was met at the entrance by staff members and saw Fred as soon as he arrived in the ICU.

"Fred needed to wake up and come back to our family," Julie says. "And he did."

Five days later, Fred awoke with no memory of the accident. He has recovered well and has returned to work.

"The professional and caring nature of everyone who assisted in my case is the reason I'm alive," Fred says. "Our family has a saying now: 'When you see the sun rise each day, you must realize life is good today.'"

Time is critical during a heart attack. If you experience symptoms, call 911 immediately.



The Arnolds: Julie, Tyler, age 10, Emily, age 11, Ethan, age 6, and Fred



From Left: Domenic Mariano, DO, and James Amato Jr., MD



Cardiac Catheterization Laboratory Team



Emergency Department Team



Intensive Care Unit (ICU) Team

A Heart-Smart Kitchen Makeover

Guard your heart by stocking your kitchen cabinets and refrigerator with the building blocks of heart-healthy meals.

If you heed the call of advertisers, making the right food choices isn't always easy. Canned vegetables and soups, frozen meals, bread, and even pasta sauce often contain high amounts of hidden sodium, while potato chips, ice cream, and other treats offer little nutritional value for the calorie buck.

Eating whole foods and minimizing the fat, sodium, and sugar content in meals are keys to wellness. Ensure you always have heart-healthy foods on hand by revamping your grocery list to include:

❖ **Fresh fruits and vegetables**—The National Institutes of Health recommends eating at least five servings of fruits and vegetables daily. Your best bet is to buy in-season produce. In New Jersey, beets, collards, and lettuce are harvested late into November. Apples, potatoes, mushrooms, carrots, bananas, and bell peppers are typically available fresh all year (but not from local sources).

Frozen fruits and vegetables without added sauces, sugar, or sodium are excellent replacements for fresh produce because nutrients are locked in. Avoid canned vegetables unless the nutrition label specifies that the product is low sodium, which means it contains 140mg of sodium or less per serving.

❖ **Whole grains**—Brown rice, quinoa, and oatmeal, along with whole-wheat breads, pastas, and cereals, contain high amounts of fiber that help keep you full and play a role in lowering cholesterol levels. Look for products labeled as 100-percent whole wheat, and leave white rice and foods made with refined, white flour on the shelf.



Spotlighting Vascular Disease



Anjali Ratnathicam, DO

Vascular disease—a condition that occurs when the arteries carrying blood to and from your heart become blocked, disrupting normal blood flow—takes several forms.

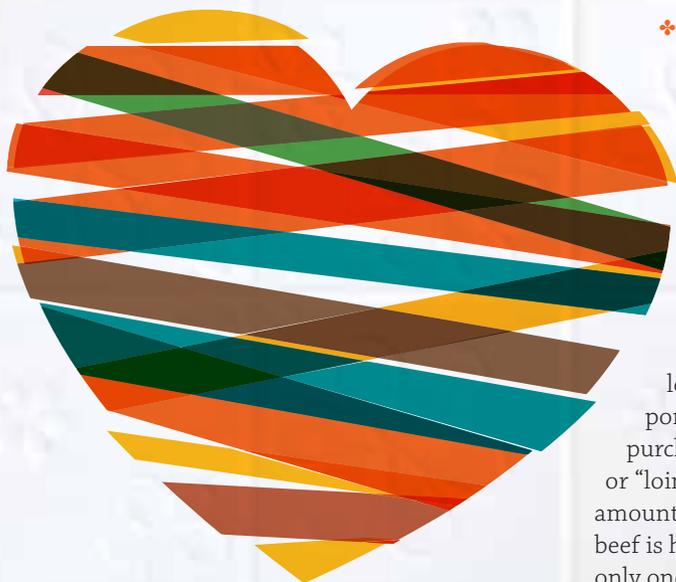
Peripheral artery disease (PAD) affects the blood vessels in the legs, causing leg pain and wounds that are difficult to heal.

Carotid artery disease affects the arteries in your neck and can greatly increase your stroke risk. Fortunately, the same types of lifestyle changes that thwart heart disease also play a role in preventing vascular disease development.

“Quitting smoking is the best thing you can do to prevent vascular disease,” says Anjali Ratnathicam, DO, vascular surgeon at HackensackUMC Mountainside. “Walking regularly and controlling your blood sugar, cholesterol, and blood pressure levels are also important.”

HackensackUMC Mountainside offers comprehensive vascular services, including nonsurgical treatment for PAD and carotid artery disease. Surgical intervention for emergent forms of vascular disease, such as deep vein thrombosis—which occurs when a blood clot travels from an artery to your lungs—are also available if necessary.

For more information, visit www.mountainsidehosp.com/vascularinfo.



❖ **Fish**—The American Heart Association (AHA) recommends eating two servings of oily fish, such as salmon, each week to reap the benefits of omega-3 fatty acids, which help prevent heart attack and stroke.

❖ **Lean meats**—Choose skinless chicken and turkey breasts, which contain less fat than legs or thighs. When shopping for pork or beef, the AHA recommends purchasing meats labeled as “round” or “loin,” as these items have the least amount of fat. Did you know grass-fed beef is high in omega-3 fatty acids and has only one third of the fat of commercial, grain-fed beef?

❖ **Dairy products**—Buy skim milk and low-fat cheeses and yogurt. Keep in mind, however, that choosing fat-free or low-

fat foods doesn't give you a license to eat unlimited quantities.

❖ **Oils**—Use olive oil or non-genetically modified canola oil for cooking.

❖ **Nuts**—High in healthy fats, nuts and nut butters without added sugars are good choices for snacking and serve as appropriate protein substitutes in meatless meals.

DURING MEAL PREP

Avoid commercial seasoning blends, which often contain monosodium glutamate (MSG). Instead, combine herbs and spices, such as garlic, black pepper, onion powder, basil, and rosemary, to flavor foods. To reduce sodium further, dust off your slow cooker and make soup, gravy, or pasta sauce from scratch. Finally, slim down your cooking methods. Baking, broiling, and grilling are preferable to frying.

Dance for Your Heart

Looking for an indoor exercise option that is more fun than the treadmill? Join Errol Williams, MD, a cardiologist at HackensackUMC Mountainside, and instructors from Arthur Murray Dance Center of Montclair for the Hospital's second-annual **Dance Your Way to a Healthy Heart** event, an evening of dancing and wellness on **February 15, 5-8 p.m.**, at the **Montclair Art Museum**.



Errol Williams, MD

“Dancing is a wonderful form of exercise for people of all ages,” says Dr. Williams, who participates in ballroom and Latin dancing. “When people dance, they

don't view it as work—they just have a good time. However, dancing also provides aerobic activity, improves coordination and flexibility, and strengthens muscles.”

To register for *Dance Your Way to a Healthy Heart*, visit www.mountainsidehosp.com/hearthealth or call 1.888.973.4674.



5 Symptoms

Women Should Never Ignore

That nagging problem you're overlooking could be a sign of a more serious health condition.

Talk with your physician if you experience:



1. Unexplained weight gain.

Despite changing your diet and exercising more than you have in your life, you can't seem to lose weight—in fact, you have actually put on a few pounds. This could be a sign of an underactive thyroid.



2. Swelling in your legs.

You notice one day that one leg is swelling for no reason, and you're experiencing some redness—both signs of deep vein thrombosis (DVT), a condition in which blood clots form in major veins. Many people with DVT have no symptoms, so talk with your physician about your risk factors.



3. Painful periods.

The first day of your cycle, you can't get out of bed because of the agony. Maybe it's been like this since you were a teenager, or perhaps it's gotten worse as you've aged. Either way, painful periods can be a sign of endometriosis, a potentially serious disorder that can cause fertility complications and requires intervention.



4. Mystery abdominal pain.

After you eat, your mid-gut hurts for about an hour. You know appendicitis pain is on the lower right side, but your pain is on the upper right—and disappears as time goes on.

You may be experiencing gallstones, a condition that typically requires surgery.



5. Fatigue.

You know you're sleeping a full eight hours every night, but you feel drained all day. Nothing seems to keep you energized anymore. Talk with your physician about your daytime sleepiness, as well as any other symptoms you may be having. Fatigue can be a sign of many problems, including depression, thyroid disorders, chronic fatigue syndrome, and sleep apnea.

To find a physician in your area, visit www.mountainsidedocs.com.

Is It Ovarian Cancer?

Even the earliest stages of ovarian cancer can have symptoms that mimic benign conditions, including:

- bloating
- pelvic and abdominal pain
- frequent urination
- trouble eating, upset stomach, and constipation
- fatigue



Karen Houck, MD, OB/GYN

"Most early cancers don't have symptoms, but if you feel something is new or different, go see your gynecologist," says Karen Houck, MD, OB/GYN, gynecologic oncologist at HackensackUMC

Mountainside. "Almost 90 percent of ovarian cancer cases do not run in families. Women without a family history can still be affected and should have regular gynecologic care."

Committed to Better Breathing

Take a breath. Protect your lungs and manage disease with healthy habits and proper care.

According to the American Lung Association, lung cancer affects more than 370,000 Americans every year. But that's not the end of the story. Countless lung conditions, such as asthma, chronic bronchitis, and emphysema, can negatively impact quality of life for children and adults alike.

While there is no way to reduce the risk factors associated with conditions you are born with, such as cystic fibrosis, there are options available to effectively manage lung disease and live a longer, healthier life. And it all starts with reading the signs.

If you are experiencing any of the following symptoms, set up an appointment with your doctor today.

- ❖ **Chronic or bloody coughs** that last for longer than a month may signal a larger problem with your respiratory system.
- ❖ **Chest pain** that persists for a month or longer can be a warning sign of diseases such as pneumonia.
- ❖ **Shortness of breath** that occurs when you are at rest is not normal.
- ❖ **Unusual phlegm** may be produced in large amounts as a reaction to different lung diseases.
- ❖ **Wheezing or noisy breathing** occurs when the airways to your lungs are blocked.

SOPHISTICATED SOLUTIONS TO LUNG CONDITIONS



Lopa Patel, MD, SCCC

Using the latest technology on the market, physicians at HackensackUMC Mountainside are able to diagnose conditions such as lung cancer early when they are easier to treat. The Covidien superDimension™ navigation system is one of the newest additions to the Hospital's advanced equipment.

A modern navigation tool that can access hard-to-reach areas of the lung, the system is used to conduct minimally invasive bronchoscopies. As a result, physicians can make early, accurate diagnoses and tailor treatment plans accordingly.

"With one outpatient procedure, we can provide patients with answers as soon as possible," says Lopa Patel, MD, SCCC, Chair of Pulmonary Medicine at HackensackUMC Mountainside. "This option truly brings cancer diagnosis into the 21st century."

Help for COPD

We now have a pulmonary rehabilitation program available for our patients with chronic lung conditions such as COPD (Chronic Obstructive Pulmonary Disease). Lead by a multidisciplinary team of physicians, respiratory therapists, exercise physiologists, and other clinical specialists, the program consists of both education and exercise.

Pulmonary rehabilitation can help you:

- improve your daily quality of life
- manage and control your symptoms of COPD
- increase your ability to exercise
- expand your knowledge of medication treatment plans and use of oxygen therapy

In order to qualify for pulmonary rehabilitation, you must be referred by your physician. Most insurance companies cover pulmonary rehabilitation. For more information about our program, please call 973.429.6126.



To find a pulmonary disease specialist at HackensackUMC Mountainside, visit www.mountainsidehosp.com and click "Find a Doctor."



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