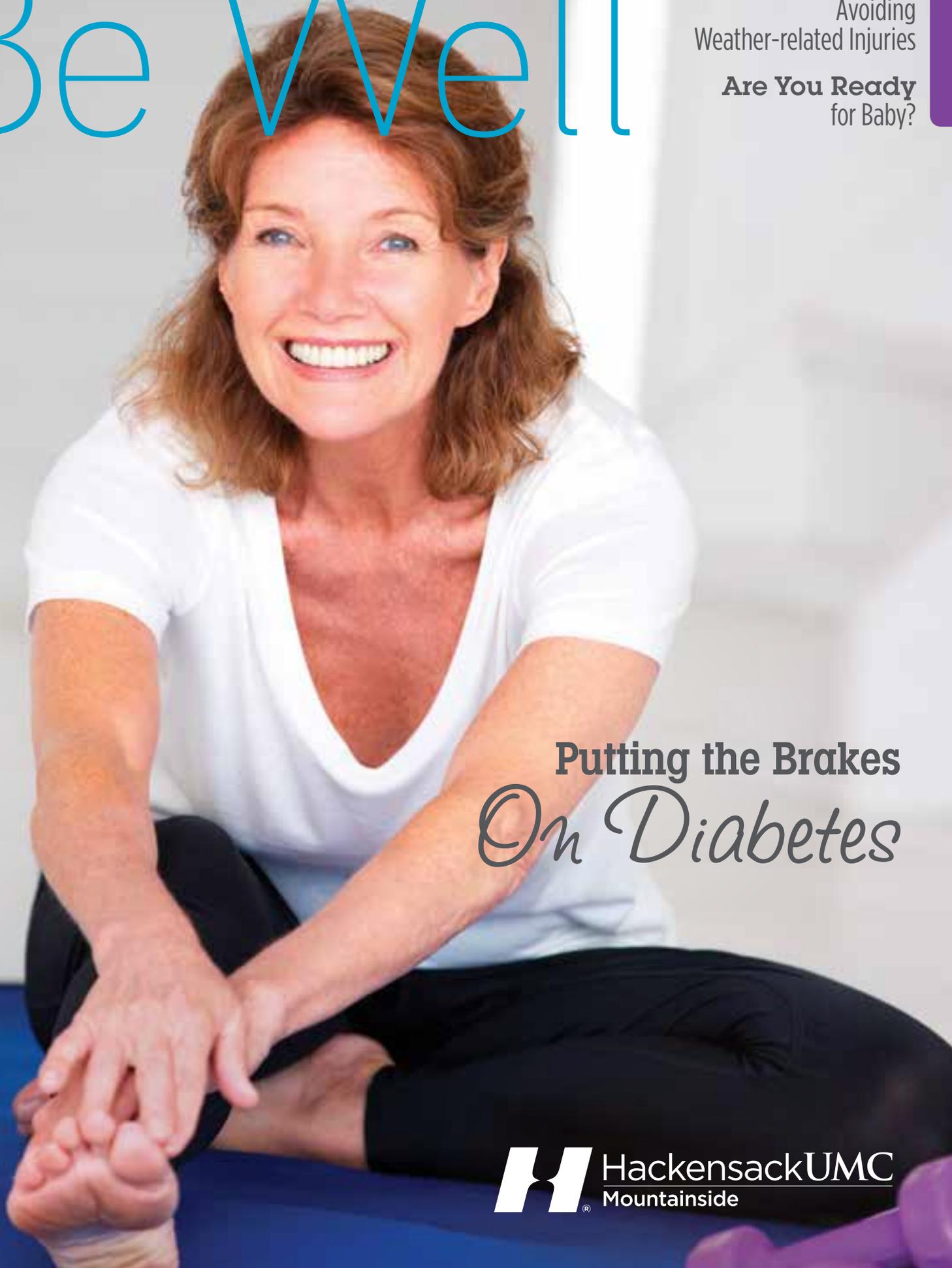


Winter 2015

Be Well

Wintry Mix:
Avoiding
Weather-related Injuries

Are You Ready
for Baby?



Putting the Brakes
On Diabetes



Keeping Current & Active!

Many exciting enhancements are underway at HackensackUMC Mountainside, including important technology advances in our Imaging Department. In this issue of *Be Well*, you'll learn about recent state-of-the-art upgrades that afford our patients greater comfort and convenience, while allowing our physicians to more quickly and precisely gather the information they need to pinpoint diagnoses.

In the coming year, additional improvements are in the pipeline including renovations to the Emergency Department and Maternity rooms. We'll also continue to focus on retaining the best doctors to practice locally and building on the benefits of our network's expansion activities, such as the proposed merger with Meridian, South Jersey's leading healthcare system, and the opening of a joint venture medical school with Hackensack University Medical Center and Seton Hall University on the Nutley/Clifton border.

As we prepare to celebrate our 125th year, our hospital is healthy and vibrant—and, we'll be here to help you and your loved ones remain healthy and active this winter, throughout 2016 and beyond.

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.

Winter 2015

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.

What Is Hypnosis?

Did you ever wonder what hypnosis really means and in what ways it can benefit you? Hypnosis is a form of complementary therapy that utilizes the power of positive suggestion to bring about subconscious change to our thoughts, feelings, and behavior. Join us for this informational session to learn more about hypnosis. Presented by **Barbara Van Duyn, hypnotherapist**. Registration is required.

Fee: Free of charge

Dates: Thursdays, January 7 and February 4
Time: 7-8 p.m.

Hypnosis for Smoking Cessation

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

Fee: \$70 per person

Dates: Wednesday, January 13, and Tuesday, February 16
Time: 7-9 p.m.

Prepared Childbirth

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

Fee: \$80 per couple

Dates: Saturdays, December 12 and January 9
Time: 9 a.m.-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

Date: Tuesday, January 12
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 of charge

Dates: Mondays, December 7 and 21, January 4 and 18
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, December 16 and January 20
Time: 7-9:30 p.m.

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, and those wanting to learn CPR but not needing a credential. For fees, registration, and more information, call 973.429.6491.

Look Good...Feel Better®

This program 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. For upcoming dates, call 1.800.227.2345.

Fee: Free of charge

Support Groups

We have a variety of facilitated and community-based support groups that may meet your specific needs. For more information, please visit our website at www.mountainsidehosp.com. Free of charge.

Are You Prepared for Pregnancy?

Before you try to conceive, be sure your body is ready for the challenges of the next nine months.

Managing your preconception health not only helps your chances of conceiving, but also increases your chances of having a healthy pregnancy and a healthy baby. Ideally, changes made to improve preconception health should begin three months or more prior to conception.

A CRITICAL CONVERSATION

One of the best things that you can do upon deciding you want to have a child is having a conversation with your doctor. He or she will be able to discuss both your health history and your family health history, as well as any implications those may have for you and your pregnancy. You should also tell him or her

about medications, including over-the-counter medications, or any supplements you take daily. Your doctor will likely recommend you begin taking a daily vitamin supplement that contains 400 micrograms of folic acid, which helps to lower risk of birth defects such as spina bifida.

THE IMPORTANCE OF GETTING FIT

Maintaining a healthy diet and exercising regularly helps you feel more energized and reach a healthy weight, which improves your chances of having a healthy pregnancy. Being overweight increases the possibility of complications during pregnancy, including gestational diabetes and high blood pressure. Being underweight also isn't ideal, as it puts your baby at risk for a low birth weight.

TELL TOXIC SUBSTANCES AND ENVIRONMENTS GOODBYE

If you are a smoker, it is important to quit before you try to conceive. Drinking alcohol can also have a negative impact on you and your baby's health, so it is better to stop before you begin trying to conceive. Avoid other toxic substances, including household pesticides, harsh cleaners, bug spray, cat or rodent feces, and certain metals, such as lead and mercury, as they can harm your reproductive system.

For moms looking for educational choices before and after childbirth, HackensackUMC Mountainside is proud to offer parent education classes at the hospital. In addition, through a partnership with Babies R Us, we provide a sneak peek of what parent education classes include. To learn more, visit www.mountainsidehosp.com/events and call the Babies R Us store in Totowa, New Jersey.

Around-the-Clock Care

Not all deliveries go as planned. For that reason, neonatologists are on-site at HackensackUMC Mountainside 24 hours a day, seven days a week.

"Our doctors are extremely hands-on, working one-on-one with the nurses and families to make an individualized plan for each baby's care," says Elizabeth Pleickhardt, DO, neonatologist at HackensackUMC Mountainside. "We can take care of any baby 32 weeks gestation or older that weighs 3.3 pounds or more, including babies who are intubated or have infections, sepsis, or low blood sugar, as well as other common conditions."



Elizabeth Pleickhardt, DO

The Calm Before the Storm

Even if you haven't been diagnosed, diabetes can cause serious problems. Learn about the warning signs and what you can do to stop damage from this chronic disease.

When we feel pain, have congestion, or get an upset stomach, we know something is wrong inside our bodies. However, diabetes is a condition that can cause damage throughout the body with no or minor symptoms. This is especially concerning for anyone yet to be diagnosed. About 8.1 million Americans—nearly the population of New York City—are living with undiagnosed diabetes.

Another large group of Americans have pre-diabetes—blood sugar levels higher than normal, but not high enough to be considered diabetes. As many as 30 percent of those with pre-diabetes will develop Type 2 diabetes within five years, if nothing changes. Those who are older than 45, obese, physically inactive, and have a family history of diabetes are at a greater risk of developing pre-diabetes.

Why Wait?

When wounds take longer than eight weeks to start healing or do not respond to treatment after four weeks, the Wound Care Center at HackensackUMC Mountainside can prevent complications, including the need for amputation.

"Preserving life and limb is what's most important to me in medicine, and that's what we do at the Wound Care Center," says John R. Cicero, DPM, podiatrist at the Wound Care Center at HackensackUMC Mountainside. "It's important to have different perspectives provided by a team—there's not any one specific way to approach a wound that works universally."

With 18 physicians practicing anesthesiology, cardiology, emergency medicine, plastic surgery, podiatry, rehabilitation medicine, and vascular surgery, the Wound Care Center can address the wide range of needs of the wound care patient. Hyperbaric oxygen therapy is also available. The high levels of oxygen around your skin and breathed into your body can promote the growth of new tissue in nonhealing wounds.

If you have a chronic wound, the Wound Care Center at HackensackUMC Mountainside can help. To schedule an appointment, call 973.429.6119.



John R. Cicero, DPM



SURVEYING THE DAMAGE

Whether you know you need to be keeping an eye on your blood sugar or not, diabetes or pre-diabetes can cause frequent urination, as well as thirst even when you're drinking enough. Many people with either condition also have skin problems, including patches of scaly or darkened skin. These symptoms signal the potential complications of uncontrolled blood sugar, including:

- ❖ glaucoma, cataracts, and retinopathy
- ❖ high blood pressure, cardiovascular disease, and stroke
- ❖ kidney disease and failure
- ❖ neuropathy, or nerve damage in the lower extremities

RIGHTING THE SHIP

The good news is all of these serious complications are preventable.

Talk with your physician about your risk factors for diabetes. Your physician may recommend a fasting blood sugar test or an A1C test that looks at your average blood sugar over three months.

The Centers for Disease Control and Prevention states that those with pre-diabetes can delay the onset—and even prevent the development—of diabetes by:

- ❖ Eating a healthy diet
- ❖ Engaging in 30 minutes of physical activity for at least 5 days every week
- ❖ Losing a small amount of weight (between 5 to 7 percent of total body weight)

If you are diagnosed with diabetes, proper blood sugar management starts with understanding. A solid foundation in diabetes education will help you incorporate meal planning, exercise and blood-glucose testing into your daily life. Your physician can also help you understand the importance of checking your feet for nonhealing wounds.

Discuss your risk for diabetes with your primary care physician. Need a physician? Call 1.888.973.4MSH (4674).

A Close Call

When 72-year-old Spencer L. Tracey of Verona, New Jersey, injured his toe, he never expected it would become infected—or that he would need it removed. Because Spencer has Type 2 diabetes, the amputation was not healing properly, and he was referred to the Wound Care Center at HackensackUMC Mountainside for hyperbaric oxygen therapy.

"Hyperbaric oxygen therapy is administered in a chamber that increases the concentration of oxygen in blood and tissues," says Jill McCabe, RN, BSN, program director of the Hyperbaric Department at HackensackUMC Mountainside. "The increased oxygen promotes new tissue growth in nonhealing wounds."

At first, the hyperbaric oxygen chamber was as challenging for Spencer as his wound.

"I'm claustrophobic," Spencer says. "The first treatment, I was really uncomfortable and didn't think I would go back for the rest of my treatments. The staff could tell I was uneasy, and they sat down and talked to me like a friend. I gave the therapy another try, and my head was in the right place for the second treatment."

After completing several weeks of oxygen treatment for five days each week, Spencer's wound healed. He says the lasting impression from his treatments was the positive attitude of the staff.

"They made a difficult situation much more pleasant than I thought it would be," Spencer says. "I found it outstanding that everyone—from my physician to the support staff—obviously wanted me to be well and healthy."



Spencer L. Tracey

The Answers You Need

There are three main tests used to diagnose prediabetes and diabetes:

- ❖ **A1c test.** Hemoglobin A1c is hemoglobin (a protein found in red blood cells) that has been coated with glucose, or sugar. A small blood sample will check your A1c levels over an extended period of time.
- ❖ **Fasting plasma glucose.** This checks your blood sugar after eight hours without food.
- ❖ **Oral glucose tolerance test.** Two hours after you drink a highly sugared drink, your blood sugar levels can reveal if you have diabetes.



Radiology's Big Year

Recent upgrades in the Department of Radiology at HackensackUMC Mountainside have enhanced the convenience and comfort of imaging exams for patients.



Imaging is a hallmark of modern medicine—many of today's diagnostic methods and treatments would be impossible without it. Staying up-to-date with imaging technology is an important part of HackensackUMC Mountainside's mission of providing the best possible care to the community, which is why the Hospital acquired several pieces of next-generation imaging equipment during the past few months.

NUCLEAR MEDICINE CAMERA



*Cathleen Maloney, RT(R),
ARRT, MHA, CRA*

Nuclear medicine introduces small amounts of radioactive material into the body to identify abnormalities in organs and body systems. It is often used to look for evidence of cancer and heart disease. HackensackUMC Mountainside installed a new Siemens nuclear medicine camera in late summer.

"Ours is the latest iteration of the Siemens machine," says Cathleen Maloney, RT(R), ARRT, MHA, CRA, director of radiology and pain management at HackensackUMC Mountainside. "This unit can reveal details of function and structure that other imaging equipment often can't, possibly preventing patients from needing to have exploratory surgery."

RADIOGRAPHY AND FLUOROSCOPY MACHINE

In operation since the end of September, the Hospital's new dual-purpose radiography and fluoroscopy unit is available for

fluoroscopy—a test that allows physicians to see organs and body systems move in real time on a monitor—during the day and x-rays around the clock. The spacious design of the unit allows it to easily accommodate prospective bariatric surgery patients, and the vertical maneuverability of the table makes it easier for patients with limited mobility to get in position for exams.

MAGNETIC RESONANCE IMAGING (MRI) UNIT



*Frank Yuppa, MD, RVT,
RPVI*

HackensackUMC Mountainside staff began serving patients using the new Siemens MRI unit in November. Men and women who tend to feel claustrophobic during MRI exams like the new unit—it has a wider, roomier opening than its predecessor.

"Patients also appreciate the speed of this machine, which reduces exam times and allows us to accommodate more appointments," says Frank Yuppa, MD, RVT, RPVI, chair of the Department of Radiology at HackensackUMC Mountainside. "With this unit's software package, we can perform state-of-the-art cardiac and prostate MRI, two exams that have become much more important in medicine in recent years."

HackensackUMC Mountainside is the community's destination for radiology. To learn about the Hospital's imaging services, visit www.mountainsidehosp.com/imaging.

HackensackUMC Mountainside's new magnetic resonance imaging unit can simultaneously capture connected body parts—such as the cervical, thoracic, and lumbar spine, and the abdomen and pelvis—in one session instead of multiple sittings, a time-saving feature for patients.



Walkin' (Safely) in a Winter Wonderland

Winter's chill brings more than snowy weather—it also increases your risk of certain injuries.

While sports injuries can happen year round, more people experience wrist, ankle, and hip fractures during the winter months. Blame snowy weather and shorter, darker days—the same factors that cause the winter blues also contribute to falls. Weathering storms indoors is usually your best bet, but that's not always possible. If you have to venture outdoors, try these preventive tips:

❖ **Take it slow.** Snow, sleet, and ice create slippery surfaces that can lead to unstable footing. Maintain a slow, steady pace and run errands during the lightest part of the day so you can spot icy patches.

❖ **Be a safe shoveler.** If you're out of shape, shoveling snow can contribute to backaches and even raise your heart attack risk. Make sure to take frequent breaks, push—don't lift—the snow with your shovel, and call 911 if you develop chest pain.

❖ **Footwear counts.** Wear snowshoes or insulated boots with a slip-resistant tread for traction while walking outdoors.

❖ **Plan ahead.** Keep bottled water and nonperishable foods on hand to prevent having to rush to the store when the weather's bad. Also, store bottled water, kitty litter to melt ice, a first-aid kit, and booster cables in your car so you're prepared for emergencies.

To make an appointment with an orthopedic surgeon at HackensackUMC Mountainside, call 888.973.4MSH (4674).

“Planning ahead is crucial to preventing weather-related injuries. Make sure your vehicle is ready for winter, and dress appropriately for outdoor weather by wearing layers, a hat, gloves, and a scarf. Finally, listen to your body. Don't be embarrassed to contact your primary care provider if you believe you've sustained an injury.”

—Monique Hamilton, MD, internal medicine physician at HackensackUMC Mountainside



Monique Hamilton, MD

In the Event of an Emergency...



John Mendes, MD

Orthopedic emergencies include broken bones and dislocated joints. Some emergencies, such as those that cause an apparent bone or joint deformity, are obvious. But in other cases, it can be difficult to determine if you need immediate treatment.

“The first thought that often comes to mind after an injury is, ‘Do I need an x-ray?’” says John Mendes, MD, orthopedic surgeon at HackensackUMC Mountainside. “The answer

is really intuitive. If you're experiencing tenderness and swelling but the need for an x-ray isn't readily apparent, ice the injury and then watch and wait. If symptoms persist or get worse over a 12-hour period, see an orthopedic surgeon or visit the Emergency Department at HackensackUMC Mountainside.”





CONVENIENT TESTING & DIAGNOSIS FOR COMPLEX HEART DISEASE

Introducing The Structural Heart Center at HackensackUMC Mountainside in Montclair.

Patients with complex heart disease deserve easier access to testing, more timely diagnosis, and face-to-face communication with the team of experts who recommend their treatment.

- In just two visits our patients can get a complete evaluation, workup, and treatment plan.
- Our multidisciplinary team of specialists will sit with you and your family to review your case and treatment plan.
- If advanced care is needed, we provide seamless access to the Heart and Vascular Hospital at Hackensack University Medical Center, one of the nation's top heart hospitals.

CALL OR VISIT US ONLINE TODAY TO LEARN MORE.

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