

Fall 2016

Be Well

Women's
Health Strategy
by the Decade

Taking Care
to the Next Level

Ready for
Baby?

 HackensackUMC
Mountainside



Hackensack Meridian Is Born!

This summer, we became part of a dynamic organization poised to make a difference across the state when the Hackensack University Health Network merged its expansive resources with Meridian, a formidable presence in South Jersey.

Hackensack Meridian Health has more than 6,000 physicians and 28,000 employees working collaboratively to enhance the quality, safety, and efficiency of patient care at 13 hospitals and 120 diverse ambulatory care facilities. It is also immersed in important new initiatives such as opening a joint venture medical school with Seton Hall University in nearby Nutley, New Jersey.

For our community hospital, the stature and scope of Hackensack Meridian is significant because it contributes to our vitality. With network support, we'll keep pace with cutting-edge medical innovations, provide seamless access to advanced treatment options when needed, and much more.

In today's rapidly evolving healthcare industry, Hackensack Meridian is "just what the doctor ordered" for our 125-year-old hospital. We've never been better positioned to deliver convenient, local access to world-class care. The best is yet to come!

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.

Fall 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, 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

Dates: Wednesdays, October 5 and November 2

Time: 9 to 11:30 a.m.

Location: West Caldwell ShopRite, 540 Passaic Ave., West Caldwell, New Jersey

Dates: Thursdays, September 15, October 20, and November 17

Time: 10 a.m. to noon

Location: ShopRite of Brookdale, 1409 Broad St., Bloomfield, New Jersey

Glucose Screenings

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

Fee: Free

Dates: Thursdays, September 8, October 13, November 10

Time: 11 a.m. to 1:30 p.m.

Location: Toni's Kitchen, 73 South Fullerton Ave., Montclair, New Jersey

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, September 13 and October 25

Location: Secaucus Public Library, 1379 Paterson Plank Road, Secaucus, New Jersey

Dates: Tuesdays, September 20, October 18, and November 15

Location: Borough of Totowa Public Library, 537 Totowa Road, Totowa, New Jersey

Dates: Wednesdays, September 14 and October 26, and Tuesday, November 22

Location: Clifton Memorial Library, 292 Piaget Ave., Clifton, New Jersey

Dates: Wednesdays, September 21, October 19, and November 16

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, October 8 and November 12

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, September 13 and November 8

Time: 7 to 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, September 19, October 3 and 17, and November 7 and 21

Time: 6:30 to 7:30 p.m.

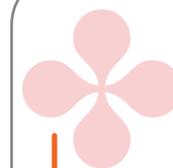
Becoming a Parent

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, September 21, October 19, and November 16

Time: 7 to 9:30 p.m.



Save the Date:
Women's Health Day

Saturday, November 5
Salvation Army
Montclair, New Jersey



New Arrivals FOR Your New Arrival



Hospitalists are physicians who specialize in hospital-based care. In February 2016, the American College of Obstetricians and Gynecologists' Committee on Patient Safety and Quality Improvement and Committee on Obstetric Practice released an opinion that supports the use of OB/GYN hospitalists. HackensackUMC Mountainside became early adopters of an OB/GYN hospitalist program.



Joseph Ivan, MD,
FACOG

"This change to our labor and delivery services means an improvement to already world-class care for women in the community," says Joseph Ivan, MD, FACOG, OB/GYN hospitalist program director. "Board-certified OB/GYN hospitalists will be partnering with our midwives and affiliated physicians to ensure our patients have a smooth transition to our new process."

WORKING TOGETHER

One thing Dr. Ivan wants patients to know is that their regular OB/GYNs are part of the program, and hospitalists will enhance the care OB/GYNs provide in the hospital setting.

"Our program is about ensuring that our patients have an OB/GYN dedicated to their care whenever they're hospitalized," says Dr. Ivan. "We feel this will have a positive impact on quality of care and patient satisfaction levels."

Benefits for new and expectant mothers include:

- ❖ 24/7 emergency OB/GYN care
- ❖ 24/7 emergency care for other gynecological concerns
- ❖ collaboration with the patient's primary OB/GYN to help ensure continuity of care and a seamless transition back to outpatient care when the patient is discharged
- ❖ communication-focused, team-based approach that keeps the patient's best interests in mind

Are you expecting? To learn about our Maternity Unit, visit www.mountainsidehosp.com and click on "Our Services," then "Women's Health Services" and "Maternity Unity" from the drop-down menu.

Obstetrician on Deck

While a hospitalist typically focuses on the care of general hospitalized patients, OB/GYN hospitalists play an important role in the labor and delivery field. An OB/GYN hospitalist takes care of expectant mothers or other patients currently in the hospital, collaborating with primary care physicians, obstetricians, or gynecologists to provide whatever care patients at HackensackUMC Mountainside may need.

"Hospitals are sensitive to patients' feelings about having an additional doctor involved in their care," says Joseph Ivan, MD, FACOG, OB/GYN hospitalist program director. "They focus on providing attentive care and effective communication to reassure patients and address any concerns that may arise."

"Not only do OB/GYN hospitalists provide the same top-quality, evidence-based care as a patient's regular obstetrician or gynecologist, they strive in the same way to ensure patient satisfaction and outcomes are as high as possible."



This Is the Right Time

If you're thinking about getting pregnant, focus on your health *before* you conceive.

You know pregnancy requires lifestyle changes, such as not smoking and drinking alcohol, but preconception health is important for anyone capable of having a child. Specific steps can improve your current health and protect the health of a baby you may have in the future.

Most women discover they are pregnant sometime between week four and seven—a critical time for the development of the baby. By adjusting your lifestyle before you conceive, you can reduce the risk of harming your child before you know you're pregnant.

PRECONCEPTION CHANGES

If you're getting ready to have a baby, reaching a healthy weight and staying active may reduce your risk for complications during pregnancy and birth. Use these do's and don'ts before conceiving and during pregnancy to achieve the best health for mom and baby.

- ❖ **Fire up the folic acid.** Take 400 to 800 micrograms of folic acid every day to lower your baby's risk of birth defects, such as spina bifida.
- ❖ **Get vaccinated.** Review your vaccination history with your physician and make sure you are up to date on all your vaccines.
- ❖ **Mind your medical conditions.** If you have a chronic condition, such as asthma or diabetes, make sure it is well-controlled before you become pregnant.
- ❖ **Stop smoking and drinking alcohol.** Both of these habits are dangerous for developing brains and bodies.
- ❖ **Take away toxic materials.** Pesticides and litter boxes contain chemicals that could hurt your baby's development or cause an infection. Avoid these toxins should you get pregnant.

YOUR BEFORE-BABY VISIT

It's important to talk with your physician about preconception health if you are sexually active. If you are not planning to become pregnant soon, your physician can review family planning options that are appropriate for you and your partner, as well as steps you can take to improve your overall health.

If you are planning on becoming pregnant, visit your physician at least three months before trying to conceive. Your physician will review your medical and family history to discuss any risks during pregnancy. Depending on the family history of you and your partner, your physician may recommend genetic counseling to check for birth defects, genetic conditions, chromosomal disorders, or cancer.

Your physician can also perform screenings for conditions that can affect the health of your child, including:

- ❖ anemia
- ❖ diabetes
- ❖ high blood pressure
- ❖ sexually transmitted infections
- ❖ thyroid disorders

Your physician may also check your blood type (as you will need special treatment if you are Rh negative—lacking a type of protein on blood cells' surface). Pap tests and breast exams are also common screenings that occur during a preconception checkup.

Need an OB/GYN or family medicine physician? To find a physician associated with our facility, please call 1.888.973.4674 (4MSH).

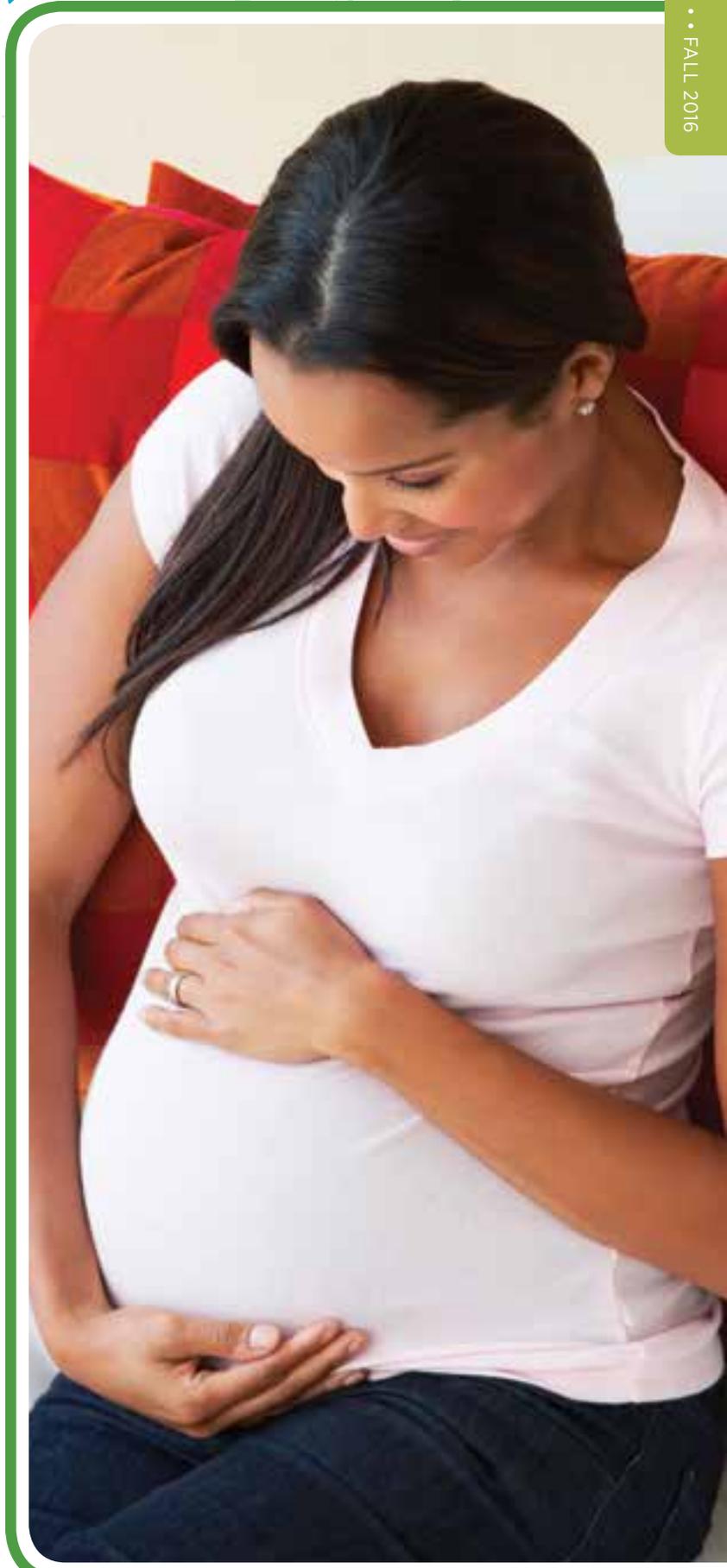


Women should know any **changes** they make preconceptionally are important for the rest of their lives to set a healthy example for their children. Weight loss, smoking cessation, and a healthy diet can all help to make conception easier and pregnancy healthier. Weight loss can also help with gestational diabetes and high blood pressure, two complications that can occur during pregnancy.

—Carol M. Russell, DO, OB/GYN at HackensackUMC Mountainside



Carol M. Russell, DO, OB/GYN



Baby Foods

If you're pregnant, eating a balanced diet is vital for the health of your child.

"The foods you eat help brain development and the growth of your child from very early on," says Jilly Lagasse, chef and co-author of *The Gluten-Free Table*. "Moms should eat lots of fruits and vegetables, as well as whole grains that have been fortified and enriched with folic acid. Drink plenty of water to stay hydrated."

In addition to a balanced diet, pregnant moms need to make a few other changes before baby arrives:

- **Don't eat for two.** "Most women don't need more than the recommended amount of daily calories for the first three months of pregnancy," says Julie Ruff, RD, clinical dietitian with HackensackUMC Mountainside. "Maintain normal, balanced nutrition during the first trimester, then eat an additional 300 calories during the second and third."
- **Cut back on caffeine.** Although researchers are still trying to determine the exact effect of caffeine on pregnancy, the March of Dimes recommends pregnant women limit their daily caffeine intake to 200 milligrams or less. This is about one 12-ounce cup of coffee's worth.
- **Stay away from some fish.** "Certain kinds of seafood, such as salmon, are ideal to eat when pregnant because of the high levels of omega-3 fatty acid," Lagasse says. "However, do not eat shark, swordfish, golden white snapper, and king mackerel, as these fish are high in mercury content, which can be dangerous for developing babies. Limit canned tuna to one serving per week, and avoid sushi and other raw seafoods."



Jilly Lagasse



Julie Ruff, RD

Due Diligence by the Decade

Living a healthy lifestyle is beneficial at any age. Explore women's health focus in their 30s, 40s, and 50s.

It's never too early to kick habits such as smoking or excessive drinking and replace them with a healthy diet, regular exercise, and routine checkups. However, your priorities may look a little different as you get older. Here's how to stay healthy and prepared as you move through life.

YOUR 30s

- ❖ Blood pressure—Monitor blood pressure, as women can develop hypertension in their 30s without realizing it.
- ❖ Cervical cancer screenings—The American Cancer Society recommends that at age 30 women should have a combined Pap test and HPV test every five years.
- ❖ Watch your weight—Many women struggle with their weight for the first time in their 30s. Metabolisms slow while exercise time gets replaced with long working hours and more family obligations.

YOUR 40s

- ❖ Breast cancer screening—By age 45, women should have annual mammograms, according to the American Cancer Society.
- ❖ Diabetes screening—The chance of developing Type 2 diabetes increases with age. If you aren't checking already, ask your doctor about diabetes screening.
- ❖ Weight-bearing workouts—According to the American Academy of Orthopaedic Surgeons, bone mass starts to deteriorate at age 40. Use strength training to improve bone density and preserve muscle mass.

YOUR 50s

- ❖ Colon cancer screening—Starting at age 50, most women should get a colonoscopy every 10 years or sigmoidoscopy every five years.
- ❖ Flu vaccinations—Having the flu is far more serious and dangerous as you get older. Protect yourself with annual vaccinations.
- ❖ Heart health —The risk of heart disease increases with age. Keep a close eye on your numbers and know the symptoms of a heart attack.

Need a family medicine physician to help guide your journey? To find a physician associated with our facility, please call 1.888.973.4674 (4MSH).

All women are different, and it's not always as easy as saying, 'Get these tests at this time.' The best way to stay ahead is for all ages to participate in annual wellness exams.

—Ylonka Garcia-Marotta, MD, primary care physician at HackensackUMC Mountainside



Ylonka Garcia-Marotta, MD

The Screening of Life

Early detection of female reproductive cancers is crucial to effective treatment before the cancer spreads to other places in the body. Unfortunately, finding these type of cancers early can be tricky.



Merieme Klobocista, MD

Symptoms of reproductive cancer may be difficult to recognize until the cancer has progressed into advanced stages. Regular screenings, such as Pap tests, are the best way to screen for reproductive cancers.

"Women need to see their doctor annually and keep up with scheduled screenings," says Merieme Klobocista, MD, gynecologic oncologist at HackensackUMC Mountainside. "Just because you're busy with work or caring for your family doesn't mean you should stop taking care of yourself."





Health Stamp of Approval

National accreditations and awards confirm our commitment to patient care.

We won the gold in terms of healthcare certifications. In many ways, we trained as Olympians do by vigorously checking care plans, conducting patient and staff surveys, and considering new policy protocols.



Karen Palatella, RN

—Karen Palatella, RN, chief quality compliance officer at HackensackUMC Mountainside

Since 2002, The Joint Commission (TJC)—an unbiased, not-for-profit healthcare accreditation and certification program—has recognized healthcare programs that treat specific diseases through its Disease-Specific Care Certification Program. Last year, HackensackUMC Mountainside was granted three disease-specific certifications for stroke, wound, and chest pain care.

“The TJC approval process required us to share our stories, review our programs, and analyze what was working and what needed more attention,” says Karen Palatella, RN, chief quality compliance officer for HackensackUMC Mountainside. “Then we pulled together all the facts and presented them.”

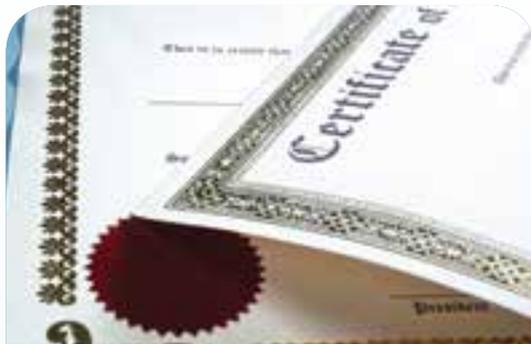
ONGOING EXCELLENCE

In 2016, HackensackUMC Mountainside collected two awards for orthopedic excellence in joint replacement for hip and knee joint replacement and one award for sepsis care, or treating infections. HackensackUMC Mountainside was the first hospital in New Jersey to be recognized for excellence in sepsis care by the TJC.

When a healthcare organization goes above and beyond to receive extra certifications for validated programs, you can trust they want the big picture to reflect excellence when it comes to your health.

“This stamp of approval solidifies the patient stories you hear buzzing around the community,” Palatella says. “Plus, it means we are working with our patients to educate them about how they can play an active role in their health. It is all part of the TJC certification process and ongoing excellence at HackensackUMC Mountainside.”

Learn more about our awards and accolades by visiting www.mountainsidehosp.com and click “About Us” at the top of the page and then “Accreditations.”



Sharing the Podium

When HackensackUMC Mountainside secured three more disease-specific awards from The Joint Commission this spring, winning departments were acknowledged with team excellence certificates.

“These awards recognize when work calls for high levels of collaboration and excellence in terms of clinical skills,” says Karen Palatella, RN, chief quality compliance officer for HackensackUMC Mountainside. “Everyone came together and put aside extra time and effort because patient care is our bottom line—it’s who we are.”





DO YOU KNOW YOUR RISK?

Schedule your risk assessment today by calling **973-259-3479**

RISK FACTORS

Age

Your risk of developing breast cancer increases as you get older, and half of all breast cancers are diagnosed in women older than 60.

Genetics

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

Family History

Risk is higher in women whose close blood relatives have this disease. However, less than 15% of women diagnosed with breast cancer have a family history.

Race

White women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to have an aggressive type of this cancer.



Dr. Michelle O'Shea and Dr. Jan Huston are now part of Mountainside Medical Group