

Spring 2017

Be Well

A Rapid Response to Stroke

Childbirth Trends: Better for Mom and Baby

Spring Clean
Your Eating Habits



 **HackensackUMC**
Mountainside

Now part of the Hackensack Meridian Health family



Keeping Current

Our community hospital is thriving because we're keeping pace with the latest advances in patient care. In fact, we're constantly making enhancements to better serve you.

Through our affiliation with Hackensack Meridian, we're excited to be in a partnership with the renowned Memorial Sloan Kettering Cancer Center (MSKCC) that's been called a "game changer" for our state. Rather than competing for patients and forcing them to choose between treatment close to home vs. MSKCC in New York City, we're sharing information, doctors, best practices, and access to investigational treatments.

Our hospital has also added specialty accreditations in knee and joint replacement and a "first in New Jersey" accreditation for sepsis to our impressive list of credentials and implemented an innovative, highly regarded OB/GYN hospitalist care model in the Maternity Unit. Plus, our goal of constructing a top-notch medical office building on campus that will attract the best physicians in an array of specialties recently moved forward with the approval of a redevelopment plan.

In our 126th year, we're keeping current and delivering convenient local access to world-class care!

Be Well,

John A. Fromhold, FACHE
CEO, HackensackUMC Mountainside

Spring 2017

Community Calendar

Events take place at the HackensackUMC Mountainside campus unless otherwise noted. For more information or to register for an event, visit www.mountainsidehosp.com/events or call 1.888.973.4MSH (4674).

Colorectal Cancer Education & EZ-Detect Kits

Early detection has decreased the death rate for colorectal cancers. Receive FREE colorectal cancer education and EZ-Detect fecal occult kits.

Date: Thursday, May 11
Time: 9-10:30 a.m.
Location: Montclair YMCA, 25 Park St., Montclair

Bone Density Screenings

An ultrasound of the forearm identifies women and men at risk for osteoporosis. Registration is required. **Fee:** \$12/person.

Date: Thursday, March 23
Time: 9:30-11:30 a.m.
Location: Montclair YMCA, 25 Park St., Montclair

Date: Tuesday, April 11
Time: 10 a.m.-noon
Location: Nutley Health Department, 149 Chestnut St., Nutley

Date: Monday, April 24
Time: 10 a.m.-noon
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

Cardiac Assessments

Learn your cardiac risks through cholesterol testing, blood pressure, BMI/body fat composition, and waist circumference. Counseling provided by staff physicians. Registration is required. **Fee:** \$30

Date: Tuesday, May 23
Time: 10 a.m.-noon
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield
To register: Call 973.680.4058.

EDUCATIONAL PROGRAMS

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.

Date: Tuesdays, March 21, May 9, and July 11
Location: Totowa Public Library, 537 Totowa Road

Date: Tuesdays, March 14 and April 4, and Wednesdays, May 10 and June 14
Location: Clifton Memorial Library, 292 Piaget Ave.

Dates: Wednesdays, March 15, April 19, May 17, June 21, and July 19
Location: HackensackUMC Mountainside

Dates: Wednesday, April 5, and Tuesday, June 13
Location: Secaucus Public Library, 1379 Paterson Plank Road

PARENT EDUCATION

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. **Fee:** \$50 per couple

Dates: Fridays, March 3 and May 5
Time: 7-10 p.m.

Breastfeeding Support Group

This is a weekly support group for nursing mothers. For more information, please contact Parent Education at 973.429.6264. **Fee:** Free

Dates: Every Wednesday
Time: 1 p.m.

Tour of the Birthing Center

Tour the Labor & Delivery, Postpartum, and Nursery units. All your questions and concerns will be answered during this tour. Registration is required. **Fee:** Free

Dates: Every Monday
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

Date: Wednesdays, March 15, April 19, May 17, and June 28
Time: 7-9:30 p.m.

OTHER

Heartsaver® CPR First Aid AED

For fees, registration, and more information, call 973.429.6491.



Save the date: **April 22**
"Spring Into Fitness"

Salvation Army, 13 Trinity Place, Montclair
For more information, visit
www.mountainsidehosp.com/youfirst



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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.

HackensackUMC Mountainside complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at www.mountainsidehosp.com or call 1.973.429.6000.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.973.429.6000.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1.973.429.6000。

Recognizing a Brain Attack

Just as blood flow blockages cause heart attacks, most strokes are caused by blockages of blood flow to the brain.



“**Stroke is a leading** cause of disability in the United States,” says Arthur Calise, DO, medical director of Emergency Services at HackensackUMC Mountainside. “Treatments that can reduce the effect of stroke are available, but they are only effective when given within hours after the start of symptoms. The sooner you receive treatment, the better your health will be following the stroke.”

Always call 911 when someone is experiencing symptoms of a stroke. The acronym FAST is used to remember the symptoms:

- ❖ **F**ace. Is one side of the face drooping?
- ❖ **S**peech. Is speech slurred or confused?
- ❖ **A**rms. Is one arm drifting downward?
- ❖ **T**ime. Don't let time slip away—call 911. Stroke patients need immediate emergency medical care.

MORE THAN A TAXI RIDE

As a designated Primary Stroke Center, HackensackUMC Mountainside is ready to provide help from the moment you dial 911.

“The emergency response team is specially trained in responding to stroke,” says Victor Maroun, MD, emergency medicine physician at HackensackUMC Mountainside. “Because stroke can be identified en route, when you arrive at the hospital, EMS experts are ready and waiting with the treatment that will give you the best chance at life.”

To learn more about the Primary Stroke Center at HackensackUMC Mountainside, visit www.mountainsidehosp.com and search for “stroke.”



Arthur Calise, DO



Victor Maroun, MD

Better Emergency Care

Emergency services at HackensackUMC Mountainside feature board-certified emergency medicine physicians available 24 hours a day, seven days a week, to treat the sickest and most injured patients. The recent three-phase expansion of the Hospital's Emergency Department has also increased the number of patient rooms and improved the triage process—seeing patients in order of greatest need.

CERTIFIED FOR STROKE

When you come to the Emergency Department with stroke symptoms, the amount of time elapsed since symptoms began can make the difference for your recovery following the stroke. We are designated as a Primary Stroke Center by the New Jersey State Department of Health and Senior Services. More than just a title, our designation as a Stroke Center means you can rely on us to provide the most comprehensive, quick stroke care.

We were also awarded the American Heart Association's Get With The Guidelines®-Gold Plus Quality Achievement Award for stroke. This recognition proves that we adhere to national guidelines for treating stroke patients as quickly as possible. Our excellence in stroke care has also been recognized by The Joint Commission.

Spring Clean Your Kitchen

Clean up your eating habits and set yourself up for a healthy, happy year.

Spring is a season of change, and when spring rolls around each year, your mind may turn to deep cleaning your home for a fresh start. Why not embrace that spirit of change and do the same to your eating habits?

“Your environment sets you up for success or failure,” says Katie Gorman, RD, nutrition coordinator at the HackensackUMC Mountainside Center for Advanced Bariatric Surgery. “Making sure your fridge and pantry are stocked only with fresh, healthy food is one of the easiest ways to clean up your eating habits.”



Katie Gorman, RD



Becoming Your Healthiest Self

At HackensackUMC Mountainside Center for Advanced Bariatric Surgery, weight-loss strategies and bariatric surgery are part of a life-long journey to a healthier life. Members of the community have been inspired to start their own weight-loss journeys by seeing the real-life progress patients have made—including patients who are employees of the hospital.

“Being proactive about their health is the driving force for many of our patients,” says Kelli Hanzo, RN, BSN, director of the Center for Advanced Bariatric Surgery. “Our typical patient has exhausted all other possibilities, and they know they need help they can’t get anywhere else. That’s where we come in.”

One of the center’s primary goals is to teach all patients how to be successful, working with them both before surgery and after. Making wise food and lifestyle choices is essential, no matter the procedure the patient undergoes. Support groups are also part of the journey at the Center.



Kelli Hanzo, RN, BSN

“Weight-loss surgery is a tool, and one that has to be used properly,” Hanzo says. “It’s one path patients may choose to help them take control of their health.”

If you’ve already tried cleaning up your eating habits, and it isn’t producing the results you want, the Center for Advanced Bariatric Surgery may have the solution you’re looking for. Call 973.429.6500 for more information.

CLEAR OUT

- ❖ foods with more than 5 grams of sugar per serving—many granola bars contain almost as much sugar as a candy bar
- ❖ snack foods, including pretzels, chips, or crackers
- ❖ starchy, processed grains like white pasta, flour, and rice

STOCK UP

- ❖ fresh fruits and vegetables in a wide variety of colors
- ❖ legumes, such as black beans, pinto beans, and kidney beans
- ❖ unsalted nuts for snacks
- ❖ sweet potatoes
- ❖ whole grains such as whole-wheat pasta, quinoa, and brown rice

“Always read the nutrition information and the ingredients,” Gorman says. “If my patients are living with heart concerns or diabetes, I tell them to look at fiber, and to make sure it’s a good protein source. They also want to limit sodium intake, so I remind them to look for low-sodium options when shopping for any type of frozen meal, canned soup, or canned vegetables they purchase. Most brands have a low-sodium option.”

FOCUS ON FRESH

Make fresh fruits and vegetables the stars of your plate. Treat any starchy or protein-rich foods as side dishes, rather than the other way around. Drinking water, rather than sugar-laden or caffeinated beverages, helps you feel full and eat sensible portions as well.

“Spring is a great time to focus on fresh fruits and vegetables, and to try new ones,” Gorman says. “Ditch those processed carbohydrates, and chop the rainbow.”

*Grilled Veggie Pitas*

Try this light bite for meatless Monday—eating vegetarian meals on Mondays to reduce your meat intake by 15 percent.

INGREDIENTS

1 tablespoon balsamic vinegar	¼ cup tomato, chopped
1 teaspoon olive oil	1 large whole-wheat pita bread round, cut in half crosswise
pinch salt	8 spinach leaves
pinch black pepper	8 small basil leaves
4 ounces portobello mushrooms	⅓ cup crumbled feta
¼ medium yellow or red sweet pepper, stem and seeds removed	

INSTRUCTIONS

Combine balsamic vinegar, olive oil, salt, and pepper in a bowl. Divide in half, and brush one portion over mushrooms and sweet peppers.

Place mushrooms and sweet peppers on an uncovered grill rack, and grill for 10 to 12 minutes. The vegetables should be tender, with a light char.

Add tomatoes to the other half of the balsamic mixture, tossing gently.

Cut grilled mushrooms and sweet peppers into small pieces, then add to the balsamic mixture and tomatoes. Toss.

Create pockets out of pita halves and line them with spinach and basil. Fill and top with feta if you desire.

Serves 2

NUTRITION

Calories: 202	Cholesterol: 13mg	Fiber: 4g
Total fat: 8g	Sodium: 500mg	Protein: 8g
Saturated fat: 3g	Carbohydrates: 27g	



A Natural Choice

Across the country, Caesarean section births are on the decline with natural births taking their place—a trend that may have a positive impact on the health of mothers and babies alike.

When it comes to childbirth, women are choosing to skip the Caesarean section when given the option. Records from the Centers for Disease Control and Prevention show that overall and low-risk Caesarean delivery rates have been in decline in the United States for the past three years.

This decline is by design, as hospitals like HackensackUMC Mountainside make an effort to protect the mother and baby from any unnecessary risks by reducing the number of Cesarean deliveries that aren't medically necessary.



Robert O'Donnell Jr., DO, FACOG, OB/GYN

“With a Caesarean section, a woman—like anyone having surgery—faces risks, such as a higher risk of infection or postoperative blood clots,” says Robert O'Donnell Jr., DO, FACOG, OB/GYN at HackensackUMC Mountainside. “This elevated risk combined with the greater likelihood of certain medical conditions for the baby is the reason a vaginal birth is often the safer option.”

HackensackUMC Mountainside has also adopted a zero-tolerance policy for delivering babies before 39 weeks for elective induction. Since this guideline has been implemented, the hospital's Caesarean rates have dropped from 35 percent to around 23 percent—well below the national average of 32 percent.

“Of course, if a woman has a medical emergency, then we will induce her earlier to protect her,” Dr. O'Donnell says. “However, to induce a woman earlier than 39 weeks for any other reason is something we won't support due to the unnecessary risks it places on the baby.”

HELPFUL HOSPITALITY

HackensackUMC Mountainside ensures that each mother and child is safe and comfortable, regardless of which delivery option a woman chooses. The OB/GYN Hospitalist program is one of the main ways in which the hospital achieves this.

The full-time OB/GYN hospitalists are available 24/7 to address any emergencies that arise—making it a safer environment for women during labor and delivery.

“The movement in medicine is toward evidence-based care influenced by studies that have evaluated the impact of interventions on patients,” Dr. O'Donnell says. “By instituting programs like the OB/GYN Hospitalist program, we're using evidence-based medicine to achieve the best outcomes for mothers and babies on our unit.”

Have questions for an OB/GYN about your options for delivery? To find an OB/GYN associated with our facility, please call 1.888.973.4MSH (4674).



Code OB

HackensackUMC Mountainside has initiated Code OB to ensure emergencies are handled quickly with the best outcomes for patients. This initiative involves giving special beepers to OB/GYN hospitalists, nursing staff, anesthesiologists, and neonatologists to ensure a prompt response time to any unexpected event.

Decoding PCOS

The cause of polycystic ovary syndrome (PCOS) is unknown, but your doctor can take steps to address this hormonal disorder and reduce your risk for long-term health complications.

Women's bodies go through countless changes throughout life, and many ladies shrug off unusual symptoms. But if you are experiencing out-of-the-ordinary symptoms, such as acne, facial hair growth, skin tags, thickened and darkened skin, thinning hair, or weight gain, have a conversation with your healthcare provider. You may have PCOS.

“Women must be mindful of their bodies and not ignore the minor changes that occur day to day,” says Uzma Shafqat, MD, board-certified endocrinologist with Mountainside Medical Group. “PCOS may be associated with other health problems, such as diabetes, endometrial



Uzma Shafqat, MD

cancer, high blood pressure, infertility, and sleep apnea, so addressing the condition early is critical.”

TAKING CONTROL

To diagnose PCOS, your healthcare provider may perform blood tests, a pelvic exam, a pelvic ultrasound, and a physical exam. To manage this endocrine system disorder, you may be advised to begin with establishing healthy lifestyle habits, such as exercising regularly and eating a healthful diet filled with fresh produce, lean protein, and whole grains. Additionally, your healthcare provider may recommend hormone treatment.

To find a physician with HackensackUMC Mountainside, please call 1.888.973.4MSH (4674).

Contraceptives: Myth vs. Fact



Gayon Hyatt, MD, MPH

“**With regard to medical** information, the internet is a double-edged sword,” says Gayon Hyatt, MD, MPH, family medicine physician with Mountainside Medical Group. “It’s jam-packed with both good and bad information about hormonal birth control. The best thing to do to avoid false information is to find a doctor who you have a great relationship with and ask him or her a lot of questions.”

Not just about babies. Contraceptives impact women’s health beyond preventing pregnancy. Options that affect hormones can be used to alleviate a handful of menstrual problems or pains and help women live a more comfortable life.

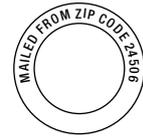
Need some more myths debunked? Find a physician who can answer your questions by visiting www.mountainsidehosp.com/our-doctors/find-a-doctor.

Here, Dr. Hyatt dispels some of the most common misconceptions about contraception:

Gaining weight. While some women may experience a little weight gain when they start taking hormone therapy, this is quite rare. Often simply changing prescriptions can fix this problem, but speak with your doctor to decide the best course of action for you.

One-for-all. There are numerous contraceptive options available, such as oral medications, implants, male and female condoms, and even a patch. With so many options, don’t feel as though you’re limited to one choice.





Hackensack University Health Network

Mountainside Medical Group



George Woroch, M.D.

Peter Woroch, M.D.

NOW WELCOMING NEW OB/GYN PATIENTS

Introducing Mountainside Medical Group's OB/GYN Team. Dr. George Woroch and Dr. Peter Woroch see patients at 200 Highland Avenue in Glen Ridge, NJ., and deliver at Mountainside's newly renovated Mother/Baby Unit.

Call (973) 748-7953 to schedule an appointment for your annual well-woman visit. The annual visit is your time to receive personal advice about maintaining a healthy lifestyle and minimizing health risk.

