

Fall 2017

# Be Well

**Diabetes  
Management:**  
Seize the Day  
Technology to  
**Fight Liver Cancer**

*Wonder-Full*  
**Beginnings** Page 4



Hackensack  
Meridian *Health*  
Mountainside  
Medical Center



## Greetings, Friends!

Fall is almost over, and the holidays are quickly approaching. This is the time when we tend to put our own health and wellness on hold as we plan for upcoming festivities and spending quality time with family and friends.

Mountainside Medical Group physicians are available at several convenient locations to take the hassle out of scheduling a checkup and to help you build a rapport with a primary care doctor before a serious or chronic illness occurs. We've recently added new providers in a few of our specialty practices and look forward to even more growth in 2018.

Our Emergency Department is available 24/7, and you can expect to receive the finest quality care from our supportive, skilled and dedicated team. All of our physicians, staff and volunteers are committed to ensuring patients receive state-of-the-art care in a pleasant, compassionate environment that promotes healing.

Since 1891, Hackensack Meridian Health Mountainside Medical Center has been dedicated to helping our community *Be Well*. In fact, this issue highlights some of our impressive specialists and services from endocrinology to obstetrics and gynecology — there are helpful tips and resources for everyone.

I wish you all a joyous holiday season filled with happiness and good health.

Be Well,

John A. Fromhold, FACHE  
CEO, Hackensack Meridian Health  
Mountainside Medical Center

Fall 2017

# Community Calendar

*Most events take place at our Mountainside campus, unless otherwise noted. To register for a program listed in this calendar, refer to registration instructions. All others, please register by calling 1-888-973-4MSH (4674) or visiting [MountainsideHosp.com/events](http://MountainsideHosp.com/events).*

## HEALTH SCREENINGS

### Prostate Screenings

This cancer-related screening, PSA blood test and digital rectal exam, is recommended for men ages 50 to 75 (45, if African American and/or family history). Registration is required. Free of charge. To register, call **973-680-4058**.

**Date:** Monday, November 20

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

**Location:** Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

### Stroke Screenings

Evaluate your risk for stroke. Registration is required. To register, call **973-680-4058**.

**Fee:** \$30/person.

**Date:** Tuesday, December 5

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

**Location:** Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

## HEALTH LECTURES

### Diabetes Awareness Day: A Day in the Life of Diabetes

Following lecture, screenings will be available. Immediate results provided, no fasting required. Free of charge. To register, call **973-509-4969**.

**Date:** Wednesday, November 15

**Time:** 2 p.m. to 4 p.m.

**Location:** Montclair Health Department, 205 Claremont Avenue

### Wound Care for Your Feet

When you have diabetes, it's vital to treat foot injuries right away. Even minor wounds can turn into serious foot ulcers, which can cost you a foot — or an entire leg — if you don't care for them quickly and thoroughly. Easy steps will be addressed that can prevent problems down the road.

Presented by **John Cicero, D.P.M.**, podiatrist.

**Date:** Wednesday, December 6

**Time:** 1 p.m.

## Interventional Radiology's Role in the Diagnosis and Treatment of Cancer

This lecture will cover interventional radiology with a focus on liver cancer. Presented by **Fred Berlin, M.D.** Registration is required. Free of charge.

**Date:** Monday, December 11

**Time:** 2 p.m. to 3 p.m.

## What to Expect When You Are Having a Baby

Meet **George Woroch, M.D.**, and **Peter Woroch, M.D.**, of Mountainside Medical Group, who will answer all your questions on what to expect when you are having a baby. It will include a tour of the birth center. Registration is required. Free of charge.

**Date:** Saturday, January 13

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

## PARENT EDUCATION

### Tour of the Birthing Center

Tour the Labor & Delivery, Postpartum and Nursery Units. Registration is required. Free of charge.

**Dates:** Every Monday

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

### Becoming a Parent

This class will prepare you for the realities of becoming a parent. Registration is required.

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

**Date:** Wednesday, November 15

**Time:** 7 p.m. to 9:30 p.m.

## 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, M.D.**, medical director of the Center for Advanced Bariatric Surgery. Registration is required. **Fee:** Free

**Dates:** Tuesday, November 7, and Wednesday, December 6

**Time:** 7 p.m. to 8:30 p.m.

**Location:** Clifton Library, Allwood Branch, 44 Lyall Road, Clifton

**Date:** Tuesday, November 14

**Time:** 7 p.m. to 9 p.m.

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

**Dates:** Wednesdays, November 15 and December 13

**Time:** 7 p.m. to 9 p.m.

**Location:** Mountainside, 1 Bay Avenue, Montclair

**Date:** Tuesday, December 12

**Time:** 7 p.m. to 9 p.m.

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

Save the Date for  
**Heart  
to Heart**

**February 3, 2018  
10 a.m. to noon**

Live cooking session,  
lectures and free  
health screenings



This is a  
recyclable product.

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.

Hackensack Meridian Health Mountainside Medical Center 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 [MountainsideHosp.com](http://MountainsideHosp.com) or call 973-429-6000.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 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 973-429-6000。

# Dealing With Diabetes? You Got This.

Effectively managing your condition helps you live life to the fullest.

Every year it becomes easier for the 30.3 million Americans with diabetes to live longer and healthier lives. If you are struggling to manage Type 2 diabetes, consider these steps.

## STEP 1: LEARN A LITTLE



*Christina Vassallo, MSN, FNP-BC*

“It’s crucial for people with diabetes to gather as much information as possible about managing their chronic illness,” said Christina Vassallo, MSN, FNP-BC, a nurse practitioner with the Endocrinology team at Mountainside Medical Group. Endocrinologists are specialists in diabetes and other hormonal conditions. “The more people know about medications, lifestyle choices, symptoms and treatments, the easier it will be for them to live well with diabetes.”

In addition to following their physicians’ recommendations, people can learn more about diabetes by attending educational events or the customized outpatient self-management program at Mountainside Medical Center.

## STEP 2: BUILD A TEAM

The most important person when it comes to managing diabetes is the one who has been diagnosed with the illness. It’s his or her responsibility to manage the condition day in and day out. Still, nobody has to deal with diabetes alone.

“Regular medical follow-ups can be extremely helpful with diabetes management,” Christina said. “Using professional medical help can take a lot of the pressure off of the individual.”

Depending on the circumstance, some people may need to see a diabetes specialist. People with diabetes can also add an endocrinologist, an endocrinology nurse practitioner, a dietitian, personal trainer, pharmacist, dentist and/or podiatrist to their diabetes management team. Mountainside Medical Center has a full-time certified diabetes educator (CDE), registered dietitian (RD) and licensed clinical social worker (LCSW) on staff.

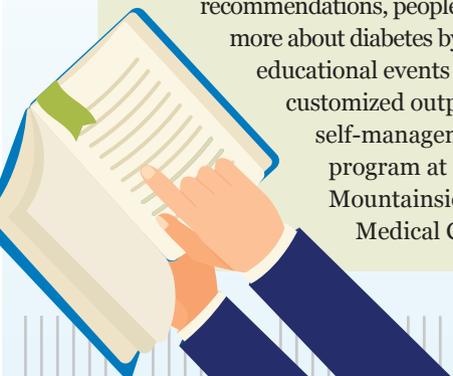
## STEP 3: LIVE YOUR LIFE

Coping with diabetes can seem difficult at first. Yet, relying on your education and team’s advice can make diabetes much easier to manage.

“While lifestyle changes, such as medications, exercising and eating right, can certainly be a part of your management program, it doesn’t always have to be drastic,” Christina said. “For example, just walking an extra 10 minutes per day can be a great starting point to increase physical activity. The ultimate goal is to get people with diabetes to a place where they can put the condition in the back of their mind and focus on living a full, productive and healthy life.”



**To learn more** about living with diabetes, attend the Diabetes Awareness Day event on November 15 in collaboration with the Township of Montclair. For more information, see Page 2 or call **973-509-4969** to register.





# Baby's First Homecoming



There is nothing more special than welcoming a little one into the world. When deciding where to deliver, choose a team that places safety first and knows a thing or two about protecting their own.

**The Mother and Baby** Unit at Hackensack Meridian *Health* Mountainside Medical Center takes maternity care to the next level.



*George Woroch, M.D.,  
FACOG, OB-GYN*

### ALL-STAR ROSTER

“Creating a remarkable delivery experience starts with having the right players on the team,” said George Woroch, M.D., FACOG, OB-GYN of Mountainside Medical Group. “We want our patients to experience expert care around the clock. That’s why our unit provides patients 24/7 access to anesthesiologists, hospitalists and neonatologists.”

“Having a dedicated anesthesia team means keeping patients as comfortable as possible,” Dr. George Woroch said. “For example, if they decide to alter their traditional birth preferences and include an epidural, we can quickly accommodate their request.”

Physician coverage goes above and beyond what’s standard.

“Neonatologists are pediatricians who specialize in dealing with high-risk situations,” said Peter Woroch, M.D., OB-GYN of Mountainside Medical Group and brother to Dr. George Woroch. “Having these specialists here gives parents peace of mind for the delivery journey, since they know we can handle anything that comes our way.”



*Peter Woroch, M.D.,  
OB-GYN*



Full-time OB-GYNs who specialize in providing hospital care are available 24/7 to address any emergencies that arise — making it a safer environment for women during labor and delivery. These OB-GYN hospitalists back up Drs. George and Peter Woroch to provide around-the-clock coverage.



Vanessa Parisi, D.O., OB-GYN

### TEAM CAMARADERIE

Vanessa Parisi, D.O., OB-GYN of Mountainside Medical Group, practices medicine alongside Drs. George and Peter Woroch. She is currently accepting new patients.

“It’s nice to be on a team where the patient always comes first,” Dr. Parisi said. “I take time to get to know my patients so that I can be a real resource for them.”

Dr. Parisi believes in educating her patients about what is happening to their bodies, and why.

“Trust between patient and provider is paramount to quality patient care,”

*Sometimes, you can’t pick your team, but during labor and delivery is not one of those times. When choosing between providers, remember your home team at Mountainside Medical Center. Call 1-888-973-4MSH (4674) to schedule a tour of our Birthing Center.*

Dr. Parisi said. “I consider my patients part of my extended family and often lose sleep over them — we all do. They’re that important to us.”

Drs. Parisi, George Woroch and Peter Woroch work closely together, as one unit, to ensure the needs of each mother and baby are met.

### INDIVIDUALIZED PLAYBOOK

Outlining birth preferences that fit your expectations is top priority. Drs. Parisi, George Woroch and Peter Woroch speak with patients ahead of time about their ideal birthing experience before reviewing pain management options, such as warm water immersion or an epidural.

“Whether patients prefer a more traditional birth or more modern conveniences, Drs. George Woroch and Peter Woroch and I want them to advocate for their own health,” Dr. Parisi said. “We always have their best interests at heart.”

After delivery, a breastfeeding consultant is available to walk new mothers through the process and answer any questions they may have. Moms are also encouraged to room in with their babies for optimal health, breastfeeding establishment and bonding purposes.

## Strategy for Success

It’s important to feel prepared as you progress through pregnancy. That’s why Hackensack Meridian Health Mountainside Medical Center offers patients educational seminars, starting with “What to Expect When You Are Having a Baby,” led by the OB-GYN team.

“This event gives expectant parents the opportunity to ask questions that may not come up at a routine doctor’s visit. Couples meet with our OB-GYNs for a Q & A session before touring the Birthing Center and meeting the rest of our wonderful staff,” said Florey Cruz-Cerpa, Community Health manager of Mountainside Medical Center. “If parents are looking for a physician or simply want to learn more, this is the event for them.”

*Join us for our next free seminar, Saturday, January 13, from 10 a.m. to noon. Registration is required. To sign up, call 1-888-973-4MSH (4674).*



## Natural Pain Management

The Birthing Center creates an enhanced experience with each mother’s preferences in mind. A birthing tub is a new option that offers warm water immersion during labor.

“Floating in the warm water creates a sense of weightlessness and is ultimately relaxing,” said Jennifer Waters, RN, MSN, NE-BC, director of Women’s Services at Hackensack Meridian Health Mountainside Medical Center. “This natural process is known for decreasing pain and anxiety in a noninvasive way.”

Some patients only spend 30 minutes in the tub, while others use it for two hours.

“We monitor their labor process while they float,” Jennifer continued. “Some patients may try the tub and then decide to go another route, which is completely fine. I always remind patients that their birthing preferences aren’t rigid. They can change them at any time, depending on their current needs.”



Jennifer Waters, RN, MSN, NE-BC



# Get to Know OUR CMO



Chief Medical Officer (CMO) Valerie Allusson, M.D., MBA, shares a little about herself and her new role at Hackensack Meridian *Health* Mountainside Medical Center.



## Q TELL US ABOUT YOUR MEDICAL BACKGROUND AND EXPERIENCE?

I completed my medical degree and first few years of residency in Paris, France, before moving to New York in 1997 to complete my residency in internal medicine. I worked with a few medical organizations across New York and New Jersey before finally arriving at Mountainside Medical Center in 2014. In August of 2017, we had an opening at the CMO position and I was eager to take on the role.

## Q AS THE CMO, WHAT ARE SOME OF YOUR KEY RESPONSIBILITIES?

While the CMO oversees a lot of different aspects of the hospital, my main role is that of a communication agent. I make sure that our physicians understand and are aligned with the organization's goals and mission, while being sensitive to the demands being placed on our medical staff.

It's crucial for someone in my position to make sure our nurses, physical therapists and physicians are communicating with one another and not working in separate silos. Solid communication not only makes it easier for the medical staff to operate but also improves a patient's overall experience and outcome.

## Q WHAT EXCITES YOU THE MOST ABOUT TAKING ON THE CMO ROLE?

The simple answer is the people. I love working with and developing people to help them be their best. Engaging people and really listening to their concerns is one of the most challenging parts of the job, and I enjoy every moment of it.

## Q SO FAR, WHAT HAS BEEN ONE OF YOUR PROUDEST ACHIEVEMENTS WHILE WORKING WITH MOUNTAINSIDE MEDICAL CENTER?

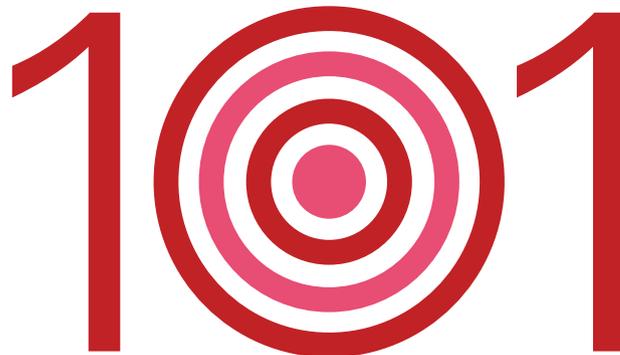
I am a champion of a patient safety and quality initiative called 'Highly Reliable Rounding' (HRR). The goal of this initiative is to provide better, safer care to our patients by facilitating team communication, performing quality and safety checks, and engaging the patient and his or her family during discharge planning.

I was able to start HRR before taking on the role of CMO, and the outcomes of this process have been dramatic. In the two years it has been implemented, patient satisfaction has improved, while hospital readmissions, resource utilization and medical errors have all decreased. Due to HRR's success and widespread interest, this model of interdisciplinary rounds has been presented at multiple national meetings.

**Keep up with** Mountainside Medical Center. For the latest news, visit [MountainsideHosp.com/news](http://MountainsideHosp.com/news).



# Interventional Radiology



Providing on-target treatment using advanced imaging.

## Living After Liver Cancer

A relatively new treatment option for liver cancer patients, Yttrium-90 (Y-90) radioembolization accurately delivers radiation to liver cancer tumors without exposing healthy tissue to toxic radiation.

“We find blood vessels that supply liver tumors using imaging guidance, such as ultrasound and X-rays,” said Fred Berlin, M.D., RPVI, vascular interventional radiologist at Hackensack Meridian Health Mountainside Medical Center. “We can then use a catheter to insert resin microbeads coated with Y-90 radiation directly to the tumors.”

Y-90 radioembolization can shrink tumors, stop them from spreading and, in some cases, cure liver cancer completely. The treatment can add years to a liver cancer patient’s life.

**Certain people are unable** to undergo surgical treatments or diagnostic procedures for their medical conditions. Interventional radiology is a way for these patients to receive diagnoses and treatments without open surgery.



Fred Berlin, M.D., RPVI

“Interventional radiology is a subspecialty of radiology, which uses imaging guidance to treat a variety of conditions,” said Fred Berlin, M.D., RPVI, vascular interventional radiologist at Hackensack Meridian Health Mountainside Medical Center. “Instead of using a scalpel, we offer minimally invasive treatments using small catheters that can pinpoint disease areas without putting nearby organs at risk.”

### A TARGETED APPROACH

Interventional radiologists can perform biopsies and treat tumors through outpatient procedures that only require moderate sedation instead of anesthesia. Using an opening less than a millimeter wide, Dr. Berlin can introduce equipment, dye and other materials into blood vessels with a catheter for diagnostic or treatment purposes.

“Our interventional radiologists do everything from the simplest procedures to cutting-edge treatments,” said Timothy Dixon, RT(R)(CT), director of Radiology and Pain Management at Mountainside Medical Center. “Even though we’re in a suburban area, we can offer some of the same treatments that larger academic medical centers perform.”



Timothy Dixon, RT(R)(CT)

The recovery time for these procedures can be as short as a few hours, allowing patients to go home the same day they’re treated.

❖ **Radiofrequency ablation** uses heat to kill tumor cells with a small needle.

❖ **Embolization** uses a catheter to deliver specific types of agents to close blood vessels that supply cancerous tumors with oxygen and nutrients. Blocking these vessels helps shrink tumors or in some instances eradicate them entirely.

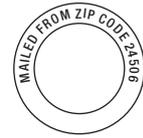
“We often use these techniques to treat liver cancer,” Dr. Berlin explained. “We can also place stents to stop fluid accumulation for patients who have liver damage from cirrhosis or hepatitis.”

**On December 11** at 2 p.m., Dr. Berlin will lead a free presentation about minimally invasive techniques at Mountainside Medical Center with a focus on liver cancer. For more information, call **1-888-973-4MSH (4674)**.



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## **INTERNAL MEDICINE**

8 Brookside Ave., Caldwell  
*Stanley Mayrowetz, M.D.*

101 Roseland Ave., Caldwell  
*Katharine Palla, D.O.*

1130 McBride Ave., Woodland Park  
*Mojdeh Haghverdi, M.D.*

123 Highland Ave., Glen Ridge  
*Raghav Rastogi, M.D., Michael L. Molinaro, M.D.,  
and Paul Woroch, M.D.*

## **FAMILY MEDICINE**

1310 Broad St., Bloomfield  
*Julie Kidangan, D.O., and Gayon Hyatt, M.D., M.P.H.*

1129 Bloomfield Ave., West Caldwell  
*Ylonka Garcia-Marotta, M.D.*

622 Franklin Ave., Nutley  
*Michael Giuliano, D.O.*

## **ENDOCRINOLOGY**

123 Highland Ave., Glen Ridge  
*Stephen Sherry, M.D., and Maris Davis, M.D.*

## **BREAST CARE**

1 Bay Ave., Montclair | 2333 Morris Ave., Union  
*Michelle O'Shea, M.D.*

## **OBSTETRICS & GYNECOLOGY**

200 Highland Ave., Glen Ridge  
*George Woroch, M.D., and Peter Woroch, M.D.*

181 Franklin Ave., Nutley  
*Vanessa Parisi, D.O., M.S., M.P.H.*

TO SCHEDULE YOUR APPOINTMENT, VISIT:  
**[mountainsidedocs.com](http://mountainsidedocs.com)**



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