

Fall 2014

# Be Well

Ergonomics and  
Ortho Issues at Work

How to Make  
Your Home Greener

## Pink: The Color of Health

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

 **HackensackUMC**  
Mountainside



## It's Back to Wellness Season!

Although HackensackUMC Mountainside provides comprehensive healthcare services 24/7 year round, we share in the spirit of renewal that's evident every fall when the weather begins to change and children return to school.

Each year, at this time, our physicians and staff prepare to serve many patients who've deferred routine but essential tests and elective procedures during the summer. In fact, our Radiology Department, which expertly performs frequently prescribed magnetic resonance imaging (MRI) and computed tomography (CT) scans, has expanded its evening and weekend hours to accommodate those with weekday scheduling conflicts.

By popular demand, our calendar of screenings and seminars is also expanding this fall. As those activities promote wellness and early intervention, we're adding new ones including a special event at the Willowbrook Mall in October. To demonstrate how we're delivering on our promise of convenient access to world-class care, we're inviting the public to meet some of our distinguished specialists and learn about the state-of-the-art technologies they're working with at HackensackUMC Mountainside.

I hope you'll join us! Let's make autumn 2014 a season of good health and fitness!

Be Well,

John A. Fromhold, FACHE  
CEO, HackensackUMC Mountainside



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.

# Make Your Lungs Last Longer



When you stop smoking, you give your lungs a second lease on life.

**Lung cancer is the** leading cause of cancer deaths in the United States, killing more people each year than pancreatic, breast, and colorectal cancer combined. As many as 90 percent of lung cancer cases are attributed to active smoking. One of the best ways to prevent lung cancer is to never smoke. However, if you are a smoker, smoking cessation can make a huge difference in your risk for lung cancer.

"The longer you go without a cigarette, the more your cancer risk decreases," says Nazly Shariati, MD, cardiothoracic surgeon at HackensackUMC Mountainside. "After 10 years of being smoke-free, most patients have cut their risk of lung cancer in half."



Nazly Shariati, MD

## LOW DOSE, BIG HELP

Former smokers are still at a greater risk for lung cancer than those who have never smoked. If you are a smoker or a former smoker, talk with your physician about a low-dose computed tomography (CT) scan at HackensackUMC Mountainside. Low-dose CT scans reveal abnormalities in the lungs and through early detection can reduce lung cancer mortality by 20 percent.

*For practical tips about how to stop smoking for good, turn to page 7. To find a physician with HackensackUMC Mountainside, call 888.973.4674.*

## Tell Us What You Think!

We want your feedback about HackensackUMC Mountainside and *Be Well*. The insight you share will help us enhance the services we offer to the community. Visit <http://mountainside.readersurvey.sgizmo.com/s3/> or scan the QR code to complete a brief survey by November 18. All participants will be entered in a drawing to win an iPad mini. We appreciate your time and value your input!



# Are You Ergonomically Enlightened?



A desk job can be tough on your upper body, unless you know the proper way to work.

**Poor posture at the** keyboard or lack of support for the wrists and palms can lead to strained or weakened muscles, nerve problems, or soft tissue injuries from the neck to the hands.



Evan Fischer, MD

“Office workers’ most common ergonomic mistake is having a poor workstation setup,” says Evan Fischer, MD, orthopedic hand surgeon and chief of the Division of Hand Surgery at HackensackUMC

Mountainside. “A palm rest is crucial—it bears the weight of the arm and prevents strain and fatigue in the muscles of the neck, upper back, and shoulders that can occur when the arms are suspended. It also decreases stress on the wrists and prevents reaching, which leads to poor posture.”

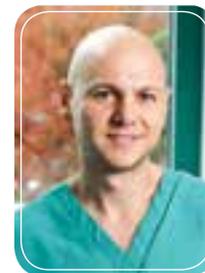
Other ergonomic must-haves include:

- ❖ above-monitor mirror to catch yourself in the slouching, same-position-all-day, feet-off-the-floor act
- ❖ chair with adequate lumbar support and adjustable armrests
- ❖ elbow-high desktop
- ❖ headset to prevent bending the neck while typing notes during phone calls
- ❖ mouse tray adjacent to the keyboard that allows the forearms to be parallel to the floor and elbows close to the body

*If you have upper extremity pain, numbness, or weakness, it's time to see an orthopedic specialist. To find a specialist at HackensackUMC Mountainside, visit [www.mountainsidehosp.com/findadoctor](http://www.mountainsidehosp.com/findadoctor).*

## 'Tis the Season for Safety

When the weather turns crisp, Edward Milman, MD, musculoskeletal radiologist at HackensackUMC Mountainside, sees certain injuries in patients’ imaging studies increase.



Edward Milman, MD

“I see a rise in many sports-related injuries, such as rotator cuff tears and anterior cruciate ligament injuries, when football and other sports resume,” Dr. Milman says.

“As the leaves drop and cover the pavement, I see more falls and bicycling injuries—especially twisted ankles and knees, and wrist fractures from falling on outstretched hands—related to slippery ground.”

Follow these tips this fall to prevent an injury from ruining the season:

- ❖ **Be ready to play.** If you have a young athlete in the family, ensure he or she is appropriately conditioned to return to sports and knows proper playing techniques, such as how to tackle or land following a jump, to minimize risk of injury.
- ❖ **Climb carefully.** To clean gutters safely, place your ladder only on level ground, never stand on the top step, and ask someone to steady the base, if necessary.
- ❖ **Rake wisely.** Stretch your muscles before starting to clear leaves from the yard. When raking, twist your whole body, not just your back, and keep your motions compact to avoid overextending arm muscles.
- ❖ **Watch your step.** Tread carefully on leaf-covered walkways, especially after rain.



# Breast Health at Every Age



As you age, your breasts change—and so do the best ways to keep them well.

**Aging, hormones, pregnancy, menopause,** and stress keep breast tissue in a constant state of flux. Understanding these changes helps you know what to expect and how to identify any potential issues as early as possible.



Jan Huston, MD, FACS

## IN YOUR 20s AND 30s

A long life of breast health starts early. Breast tissue is typically firm and often lumpy during your 20s and 30s. Breast pain, benign cysts, and lumps are common breast health concerns for women at this age. Breast cancer is not—just 5 percent of all cases occur before age 40.

“Starting in their early 20s, women should develop an awareness of how their breasts look and feel,” says Jan Huston, MD, FACS, medical director of the Breast Center at HackensackUMC Mountainside. “Build a baseline with monthly breast self-exams and annual clinical breast exams during your 20s and 30s to help you spot any changes in the future.”

During your monthly breast self-exam, check each breast and the surrounding tissue for dimpling, changes in the skin, discharge, lumps, thickening, or other changes. If you find any, discuss them with your doctor.

Over the course of pregnancy, it is normal for breasts to swell, become tender, darken, and have discharge. Continue regular breast exams and keep your doctor informed about any changes, especially if they occur in just one breast.

## IN YOUR 40s

Breast tissue becomes more fatty after 40, meaning the shape and feel of breasts may begin to change. It is important to continue performing monthly breast self-exams and receiving annual clinical breast exams.

“Mammography is the most effective tool we have to identify breast cancer,” Dr. Huston says. “Women age 40 and older should receive a mammogram each year. Routine annual screening gives us the best chance of spotting any potential issues early when they are easiest to treat.”

Similar to younger women, women in their 40s may experience lumpiness and breast pain. This is often referred to as fibrocystic changes. Cysts are fluid-filled nodules that are not dangerous but may cause discomfort and anxiety. Any lump should be checked by your physician.

## IN YOUR 50s, 60s, AND BEYOND

After menopause, breast tissue becomes mostly fat, which may cause changes in the consistency and look of your breasts. Your risk of developing breast cancer increases with age. Two thirds of breast cancer cases occur after the age of 50.

Continue performing monthly breast self-exams, seeing your doctor for an annual clinical breast exam and, most importantly, having an annual mammogram. The five-year survival rate for breast cancers identified in the earliest stages—stage 1 or stage 0—is 100 percent.

*To schedule a breast health visit at the HackensackUMC Mountainside Breast Center, call 973.429.6120.*



## Fact Check

**Myth:** Once you've had a mammogram that does not indicate cancer, you don't need another.

**Fact:** The American Cancer Society recommends women be screened for breast cancer each year starting at age 40.



Mary Wiggins, RN, BSN, OCN, patient navigator

"Getting yearly exams helps radiologists detect subtle changes in breast tissue that may not be apparent during a physical examination," says Mary Wiggins, RN, BSN, OCN, patient navigator with HackensackUMC Mountainside. "Building that history is important."

**Myth:** If you have no family history of breast cancer, you can put off screening.

**Fact:** Approximately 85 percent of breast cancer occurs in women with no family history of the disease.

"Heredity does play a part in some cases of breast cancer, but there are lifestyle choices women can make to reduce their risk," Wiggins says. "Maintaining a healthy weight is important. Fat is thought to be a potential source of post-menopausal estrogen, which may contribute to the growth of certain tumors. Physical activity also boosts the immune system."



## Breast Center Gets a Lift



Cathleen Maloney, MHA, RT(C), CRA, director of Radiology Services and Pain Management

HackensackUMC Mountainside is a Breast Center of Excellence, meaning it meets the highest standards of accreditation in ultrasound, stereotactic biopsy, mammography, and other areas of breast health. Thanks to a recent renovation, the decor of the center meets the same standards of excellence as the staff and technology.

"We understand that dealing with a potential breast health issue can be stressful, so we've done everything we can to create a comfortable, welcoming environment that puts women at ease," says Cathleen Maloney, MHA, RT(C), CRA, director of Radiology Services and Pain Management for HackensackUMC Mountainside. "Warm wood floors, soothing lighting, and fresh paint were all parts of the update. But the biggest hit has been the robes. No more gowns for our patients! They're warm and plush. We've already had people ask how they can buy one to take home."

## New Evening & Weekend Hours for Outpatient Radiology

**Monday to Friday 8 a.m. to 8 p.m.**

**Saturday 8 a.m. to 2 p.m.**

Our Radiology Department is committed to providing unsurpassed quality, safety, and convenience. We have:

- ample, free on-campus parking (tokens provided upon completion of service)
- experienced, skilled, patient-friendly technologists
- state-of-the-art diagnostic equipment including 128-slice dual-source, high speed, top-resolution SOMATOM® computed tomography (CT) scanner
- highly regarded board-certified radiologists with impressive credentials and extensive, diverse subspecialty training, including Level III certification in cardiac CT angiography



# Going Green at Home

Did you know environmentally friendly practices can benefit your health? Read on for ways to go green within your home and your life.

**Being conscious of** Mother Earth doesn't have to be difficult. Instead, reducing the energy and resources we consume often correlates with saving money and improving our health.

## FOUR GREEN FIXES

**1. Give your yard a green injection.** Instead of planting grasses and shrubs that require continuous watering, select local plants that are drought-resistant. Install a cistern to conserve rainwater. Water your garden by hand rather than using sprinklers, which waste water and run up your bill.

**2. Practice energy conservation.** New, compact fluorescent light bulbs will save energy. Smart thermostats are a cost (and carbon) saver, too. Turn off lights when you leave the room, and shut down computers if leaving them for several hours at a time, rather than letting them cycle into "sleep."

**3. When you can, use muscle power.** Not only will it reduce your carbon footprint, it may trim your body mass index and waistline, as well. Plant a garden and start a compost pile. Take your "green burn" to the next level by using an old-fashioned push lawnmower. (In an hour, a gas-powered mower produces as much pollution as a 200-mile trip by car.)

**4. Opt for technology over labor when it saves energy or resources.** For example, newer dishwashers use less water than washing dishes by hand.

## EAT WHERE YOU LIVE

When you plant your own foods, you do more than avoid produce transport and storage costs. After they're picked, fruits and vegetables lose nutrients as time elapses. Foods you buy from local farmers or grow at home are less likely to expose you to pesticides and more likely to retain their nutrients.

*No green thumb? Visit local farmers' markets for fresh, tasty, unprocessed fare. To find a farmer's market near you, visit [www.jerseyfresh.nj.gov](http://www.jerseyfresh.nj.gov).*

## It's Not Easy Being Green...

...But at HackensackUMC Mountainside, it's part of our culture. Operating room teams collect devices from saw blades to arthroscopic shavers for reprocessing. The information technology department recycles monitors, printers, and laptops. Aluminum, paper, glass, and more can be dropped in 125 recycling receptacles throughout the Hospital.

HackensackUMC Mountainside has partnered with energy company PSE&G, installing energy-efficient boilers, chillers, and light-emitting diode parking lot lighting. A partnership with Stericycle will allow the Hospital to investigate more ways to protect the environment.



***Pictured from left to right:** Mike Savage, program manager of PSE&G's Hospital Efficiency Program; Bonnie Eskenazi, managing director of the Deirdre Imus Environmental Health Center at Hackensack University Medical Center; Assemblywoman Shavonda Sumter of the 35th District, NJ, and director of Behavioral Health Services at HackensackUMC Mountainside; Commissioner Mary-Anna Holden of the New Jersey Board of Utilities; John Fromhold, CEO, HackensackUMC Mountainside; Assemblyman Thomas P. Giblin of the 34th District, NJ; and Joe Forline, VP of Customer Solutions, PSE&G.*

*"Our goal at HackensackUMC Mountainside is to protect the wellness of our patients, employees, and environment. We do this by practicing effective recycling and sustainability techniques designed to reduce the carbon footprint of our hospital."*

—Frank Pessolano, manager of Building Services at HackensackUMC Mountainside



Frank Pessolano



# 6 Steps to Stop Smoking

Take control of your lungs and your life with these tips.

❖ **Set a goal.** “If people are ready to quit, first they need to establish a good reason why,” says Monique Hamilton, MD, an internal medicine physician with Mountainside Medical Group, member of the Hackensack University Health Network. “Whether for your health or for that of a friend or family member, know why you want to stop smoking.”



Monique Hamilton, MD

❖ **Save the date.** “Decide on a concrete quit date,” Dr. Hamilton says. “For many people, it’s a New Year’s resolution or a birthday goal.”

❖ **See your physician.** If you have decided to quit, your physician can be your No. 1 ally in providing resources and support, such as nicotine replacements and medications to decrease cravings.

❖ **Share your intentions.** Let your family members and close friends know you want to stop smoking. Your support system can

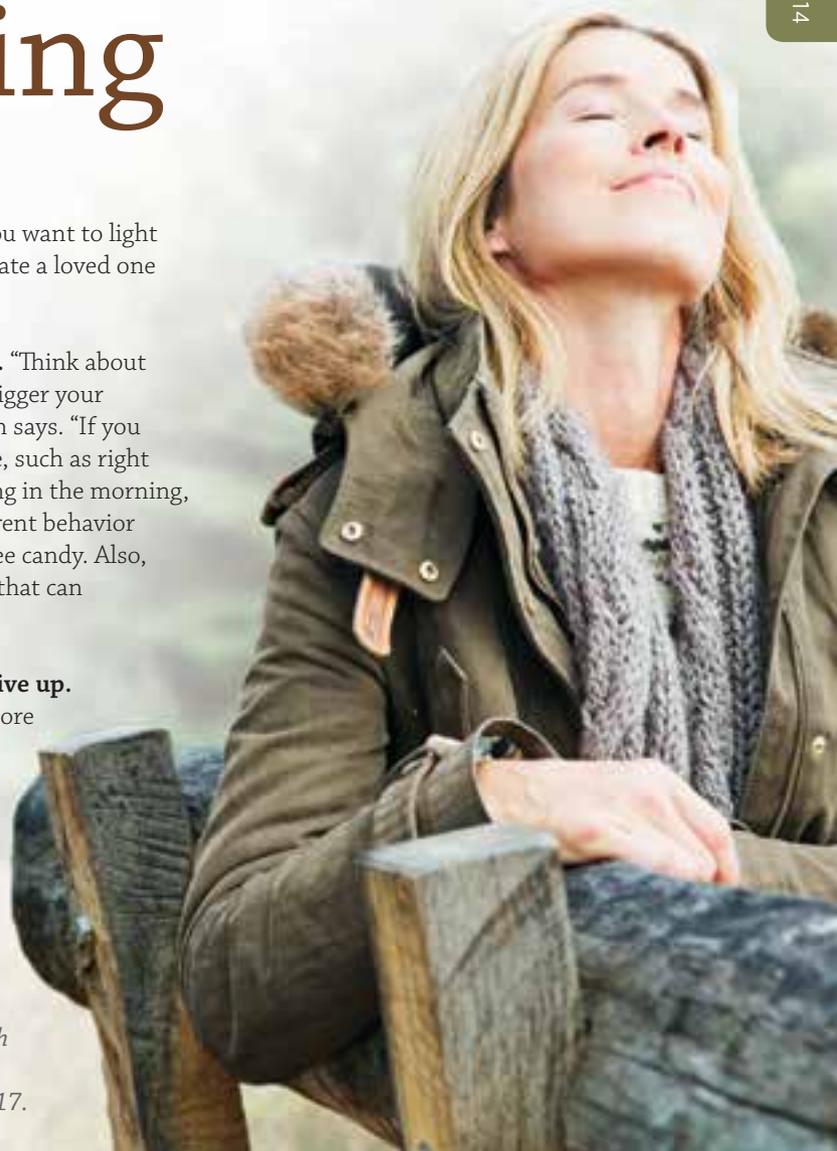
encourage you when you want to light up, and you may motivate a loved one to quit with you.

❖ **Stop before you start.** “Think about what kinds of things trigger your smoking,” Dr. Hamilton says. “If you smoke at a certain time, such as right after eating or first thing in the morning, try substituting a different behavior such as eating sugar-free candy. Also, acknowledge stressors that can trigger smoking.”

❖ **Never, never, never give up.**

“It will probably take more than one attempt to quit,” Dr. Hamilton says. “Nicotine is highly addictive. Don’t let one failure discourage you from trying again.”

*To find a physician with Mountainside Medical Group, call 973.259.3417.*



## Reasons to Quit

Thinking about what’s in it for you to stop smoking? Wonder no more.

# 1

### Smoking is expensive.

The average smoker spends about \$2,500 annually on cigarettes, and the United States spends about \$4,260 per smoker in medical costs vs. lost productivity each year.

# 2

### Quitters avoid chronic disease and disability.

Smoking cessation leads to reduced risk of lung cancer, heart disease, and stroke, as well as respiratory problems such as chronic obstructive pulmonary disease.

# 3

### Quitting can add years to your life.

Even older smokers can extend their lives when they stop smoking—those who quit after age 65 can gain as many as three years of life, according to the American Lung Association.





# WELLNESS IN THE PARK FESTIVAL

Sunday, October 12  
10 am - 5 pm  
Brookdale Park | Bloomfield, NJ

Festival is **FREE** and open to the public.  
For event information and our class and lecture  
schedule visit [www.zenlivingevents.com](http://www.zenlivingevents.com)

- Family & Pet Friendly
- Over 150 vendors in areas of health and wellness including: fitness, holistic health, beauty, massage, body work
- Healthy Food and Snacks
- Fun Fitness Activities
- Free lectures and fitness classes
- Activities for kids
- Music
- Be Well 5K Run/Walk
- And More!

## Be Well 5k Fun Run and Family Walk

**5K Run - 9am:** A fun run around Brookdale Park  
*\$10 fee, includes a t-shirt. Prizes for age groups.*

**1.5 Mile Family Fun Walk - 1pm:** A leisurely walk around the park. Good for any fitness level, and all age groups.  
*\$10 fee, includes a t-shirt.*

For more information and to register visit:  
[www.mountainsidehosp.com/bewellrunwalk](http://www.mountainsidehosp.com/bewellrunwalk)