

Fall 2015

Be Well

Act Fast
When Stroke Strikes
Breast Cancer:
Know the Facts

Back-to-School *Blues*



HackensackUMC
Mountainside



Fall into a Healthy Routine!

Autumn is a scenic, invigorating time of year. However, the arrival of crisp air and vibrantly colored foliage can also mark the start of a stressful season.

School is back in session, our workplaces are often more hectic, and we're planning for the upcoming holidays. When we're busy, it's human nature to take short cuts that inevitability impact our wellness. We eat unhealthy meals on the run, skip exercise, and ignore early warning signs of an illness.

This year, HackensackUMC Mountainside is dedicated to helping our community fall into a healthier routine. In fact, we've filled this issue of *Be Well* with tips for the entire family — from getting the kids off to a good start this academic year, to lifestyle choices that reduce breast cancer risk for women, to stroke indicators we should all know.

Also, we've got Mountainside Medical Group physicians available at several convenient locations to take the hassle out of scheduling a check-up and to help you build a rapport with a primary care provider before a serious or chronic illness occurs.

Together, let's fall into better health and wellness!

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.

Fall 2015

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.

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

Date: Wednesday, November 4

Time: 9–11:30 a.m.

Location: West Caldwell Shop Rite, 540 Passaic Ave., West Caldwell

Dates: Thursdays, October 15 and November 19

Time: 10 a.m. to noon

Location: Brookdale Shop Rite, 1409 Broad St., Bloomfield

Glucose Screenings

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

Fee: Free

Date: Monday, November 23

Time: 5–7 p.m.

Location: Montclair YMCA, 25 Park St., Montclair

Cholesterol & Glucose Screenings

Learn your total cholesterol, high-density lipoprotein (HDL), glucose and ratio with a simple, non-fasting finger stick test. Registration is required.

Fee: \$15/person

Date: Thursday, November 12

Time: 9–11 a.m.

Location: Montclair Health Department, 205 Claremont Ave., Montclair
To register: call 973.509.4974

Bone Density Screenings

An ultrasound of the forearm identifies women and men at risk for osteoporosis. Registration is required.

Fee: \$12/person

Date: Friday, November 6

Time: 9–11 a.m.

Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield
To register: Call 973.680.4058

Sleep Disorders: No Snooze, You Lose

Did you know that the average adult needs 7 to 8 hours of sleep each night for peak performance? Join us for an interactive lecture focused on symptoms, treatment, and prevention of sleep disorders. Presented by Lopa Patel, MD, pulmonologist.

Fee: Free

Date: Monday, October 19

Time: 9:30 a.m.

Location: Montclair YMCA, 25 Park St., Montclair

Weight Loss Surgery: The Facts

Learn more about this effective and permanent weight-loss solution. 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, November 17 and December 1

Location: Totowa Public Library, 537 Totowa Road, Totowa

Dates: Tuesdays, October 13 and November 10

Location: Clifton Public Library, 44 Lyall Road, Clifton

Dates: Wednesdays, October 14 and November 11

Location: HackensackUMC Mountainside

Dates: Wednesdays, October 21 and November 18

Location: Maplewood Public Library, 51 Baker St., Maplewood

Date: Tuesday, October 20

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

Parent Education

Be prepared and informed for this special delivery. From prepared childbirth classes to breastfeeding, becoming a parent to touring of the birthing center, these sessions will make this joyful time even more rewarding. For Parent Education class schedule and fees, please call our call center or visit our website.

Friends and Family® CPR

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®

A program that 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. Free of charge.

The 411 on Breast Health

Breast cancer awareness? Check. Annual clinical breast exam and mammogram? Check. Other ways to improve breast health? Read on.

POWER TO CHANGE

While most risk factors for breast cancer are out of our control, according to the American Cancer Society, almost a third of cancer-related deaths are due to diet and activity factors. Adopt these healthy habits to limit your risk for breast cancer:

- ❖ Exercise regularly to reach and maintain a healthy weight and reduce your risk of breast cancer or breast cancer recurrence.
- ❖ Eat a wide variety of vegetables and fruits, such as cranberries and blueberries, high in antioxidants that can help fight cancer-causing free radicals.
- ❖ Limit alcohol consumption to one drink per day.

CHECK YOURSELF

All adult women should perform a breast self-exam once a month. Here's how:

1. Inspect each breast in the shower, moving the pads of your fingers in a circular pattern. Check the entire area and note any thickened spots or lumps.
2. Thoroughly examine your breasts in the mirror. Take notice of any changes in appearance from the last time you performed an exam.
3. Lie down with your right arm behind your head and use your left hand to check your right breast like you did in the shower. Repeat on the left side.

IF IT'S NOT CANCER

Often changes that you find in your breasts are caused by noncancerous conditions, such as cysts; hyperplasia, an overgrowth of cells occurring most often in the milk ducts; or fibroadenomas, which are solid benign tumors that do not increase your risk of breast cancer.

As most benign breast conditions exhibit the same symptoms that breast cancer does, you should always report any changes you find to your doctor. While some of these conditions cause pain or discomfort, many do not require treatment.

PATIENT-FOCUSED CARE

The Breast Center at HackensackUMC Mountainside is a complete state-of-the-art breast center. We offer evidence-based screening tiered to women at all levels of risk.

Ultrasound-guided, stereotactic and MRI-guided biopsies are performed by our breast radiologists. Mammogram and biopsy results are ready in 48 hours. Our nurse navigator provides a kind and calm presence during each phase of care. Our breast surgeons are on-site. Appointments are made available within a few days for any woman needing intervention or reassurance.

“Our approach is intended to relieve anxiety,” says Jan Huston, MD, FACS, medical director of the Breast Center for HackensackUMC Mountainside.

Have more questions about breast health? For information about the Breast Center, visit www.mountainsidehosp.com and select “Breast Center” from the “Women’s Health Services” menu.



Jan Huston, MD, FACS

CAMPUS CRUSHED

Behavioral health issues are a serious problem among college students. What can you do to help your child balance mental health and academics?

It is easy to romanticize the college years as a time of independence, adventure, and self-discovery. For many students, college is all of these things and more. For others, however, a variety of factors, including adjusting to living away from home, coping with rigorous coursework, dealing with feelings of loneliness due to separation from friends and family, managing finances, and navigating the complexities of new relationships, can lead them to develop mental illnesses.

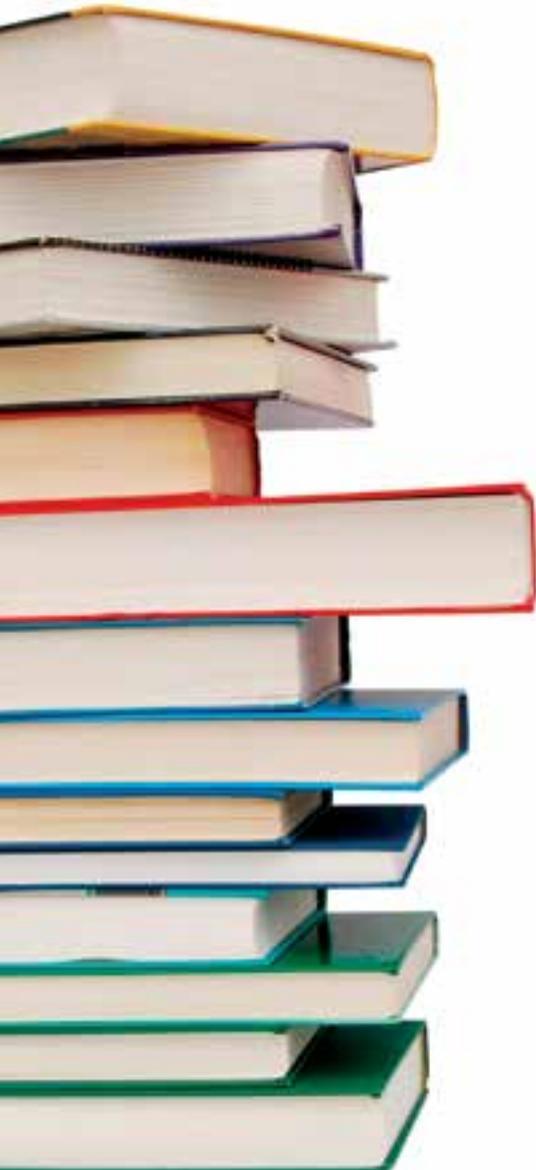
SERIOUS CONSEQUENCES

Anxiety, depression, and relationship problems are the top three behavioral health issues reported by college students, according to the American Psychological Association. In a 2011 survey conducted by the American College Health Association, approximately 30 percent of college students admitted experiencing debilitating depression during the previous year, and 50 percent said they had felt nearly incapacitating anxiety during that time.

Conditions such as depression and anxiety can disrupt students' lives with a variety of symptoms, including:

- ❖ declining academic performance
- ❖ fatigue
- ❖ headaches
- ❖ loss of motivation
- ❖ difficulty sleeping
- ❖ feelings of hopelessness
- ❖ inability to focus
- ❖ shifts in appetite

Behavioral health disorders may drive students to engage in risky behaviors, such as substance abuse, or to drop out of school. Depressed students are more likely to commit suicide, the third-leading cause of death for young adults.



Surviving Back-to-School Strain

The fall academic semester is in full swing. Before you know it, the holidays will be here, and afterward, your college student will face a return to campus for the spring term. For many young adults, particularly first-year students, the prospect of having to jump back into the school routine is laden with anxiety.

“College students may experience a variety of stressors,” says Ki-Sook Yoo, MD, psychiatrist at HackensackUMC Mountainside. “They may be anxious about separating from family and friends and changing communities and states. They may also feel the weight of expectation from themselves and others to succeed academically. Many students set the bar for themselves quite high, which heaps a lot of pressure on them.”

Anxiety can be a lonely feeling. As a parent, your job is to help your child understand that back-to-school stress is common.

“Parents need to let their children know it’s OK to miss home or be nervous about academic performance; these feelings are normal,” Dr. Yoo says. “When young adults hear this reassurance, there’s more of a chance that their feelings of unease will dissipate. If they persist, students should seek help from a mental health professional.”



Ki-Sook Yoo, MD

UNCOVERING HOPE

As a parent, the best thing you can do for a college student struggling with mental illness is to remain engaged and available to listen when your child needs to talk. Encourage him or her to:

- ❖ engage in regular, moderate exercise
- ❖ maintain a positive attitude, as much as possible
- ❖ make time to have fun
- ❖ prioritize tasks, divide large assignments into smaller portions, and focus on completing one project at a time
- ❖ stay connected to loved ones and friends

Most importantly, encourage your child to seek medical treatment, which may involve counseling, as soon as possible, either at an on-campus health center or in the community. With time and compliance with treatment, he or she will, hopefully, be able to focus on enjoying the best parts of the college experience.

HackensackUMC Mountainside features a variety of behavioral health services, including the Partial Hospital Day Program for individuals 18 and older who need a higher level of mental health care than traditional outpatient services. For more information, visit www.mountainsidehosp.com, click on “Other Services,” and select “Behavioral Health Services.”

Parents can play a crucial role in helping college students cope with behavioral health issues simply by communicating with them regularly and taking their feelings seriously. These can be wonderfully effective means of support.



Ketaki Vaidhyathan, MD

—Ketaki Vaidhyathan, MD, associate program director of the Partial Hospital Day Program in the Department of Behavioral Health at HackensackUMC Mountainside

The Harm in Hovering

Does constantly worrying about your teenager drive you to check in on him or her via phone calls or text messages multiple times a day? Are you unable to stop yourself from making even the smallest decisions for your child? If so, you may be a helicopter parent.

Love and a desire for children to be happy drive many helicopter parents’ über-involvement in their children’s lives, but hovering can stunt children’s ability to think and act independently, regardless of affection or merit of your intentions.

“Researchers have documented consequences of helicopter parenting, including evidence of anxiety, depression, and low self-esteem, in children as young as 3 and 4 years old,” says Daniel Cruz, PhD, ABPP, behavioral scientist and psychologist at the HackensackUMC Mountainside Family Medicine Residency Training Program. “These conditions can continue through early adulthood and into the college and working years.”

How could one break out of the over-parenting pattern? The first step, Dr. Cruz says, is acknowledging a problem exists. “Next, parents must understand what’s contributing to their helicopter parenting—fear and



Daniel Cruz, PhD, ABPP

anxiety, mental catastrophizing [the worst case scenario will happen if I’m not involved]—and take immediate steps towards behavioral change,” he says. Simple parent reminders and actions, such as not jumping to conclusions, recognizing consequences, and understanding age-appropriate development, will help parents calibrate their level of engagement.

“Helicopter parents should seek professional help when the parent/child relationship suffers as a result of overparenting or when their repetitive thoughts, worry and actions interfere with their daily life, such as increasing levels of anxiety, depression, insomnia, and interference with work and other obligations,” Dr. Cruz says.

Your Valuable Valves

You probably don't spend much time thinking about your heart valves, but if these structures don't function correctly, the effects on your health can be profound.

The heart's four valves regulate the flow of blood throughout the muscle. Every time the heart beats, the valves' flaps open and close, allowing blood to flow correctly through the heart's chambers and to the rest of the body.

Certain men and women are born with incomplete valves, a condition known as congenital heart valve disease that develops due to unknown causes. Other individuals have acquired heart valve disease, meaning that, over time, a valve's flaps become rigid and don't open completely, or a valve loses its ability to form a tight seal when shut, allowing backflow of blood.

A variety of factors can cause acquired heart valve disease, including aging and heart and kidney diseases. Obese or overweight individuals, men and women who smoke, and those who have high blood pressure or high cholesterol have a greater risk of developing acquired heart valve disease.

HELP AND HOPE ARE HERE

If you think you may have a heart valve problem, don't delay seeking evaluation—as the disease progresses, health problems will likely increase. See "Heeding the Signs" to learn about symptoms.

"Heart valve disease affects all parts of the body," says Ankitkumar Patel, MD, MPH, FACC, RPVI, general and interventional cardiologist at HackensackUMC Mountainside. "Patients can experience infections, stroke,

liver and kidney dysfunction, psychological issues, such as anxiety and depression, and general weakness."



Ankitkumar Patel, MD, MPH, FACC, RPVI

The Structural Heart Center at HackensackUMC Mountainside brings together the expertise of cardiologists, interventional cardiologists, cardiac surgeons, structural heart specialists, and cardiac imaging in one location to streamline the diagnosis and treatment process for heart valve disease patients.

"Our clinicians perform diagnostic studies at HackensackUMC Mountainside, and then the same physicians complete definitive treatments, such as minimally invasive valve replacement and transcatheter aortic valve replacement, at Hackensack University Medical Center," Dr. Patel says. "The availability of many novel therapies makes this an exciting time for heart valve disease patients."

The Structural Heart Center is part of the excellent Cardiology Program at HackensackUMC Mountainside. To find a cardiologist, visit www.mountainsidehosp.com, click the "Find a Doctor" image, the "Find-a-Doctor" link on the next page, and select "Cardiovascular Disease" from the drop-down menu in the "Find a Physician" tool.

Heeding the Signs

Sometimes, heart valve disease is silent, withholding clues to its presence. In other cases, symptoms develop slowly as the disease progresses, or strike without warning if valvular dysfunction is severe. If you experience any of the following symptoms, seek medical help immediately:

- chest discomfort
- lightheadedness
- fainting
- shortness of breath
- fatigue
- unexplained swelling in the lower extremities



Getting Serious About Stroke

When you have a blockage in your heart, it can lead to a heart attack. Strokes, or brain attacks, are just as serious.

Strokes are the most common cause of long-term disability in the United States. Eighty-seven percent of strokes are caused by a blood clot blocking the flow of blood inside your brain, and the remainder are caused by bleeding in or around the brain.

Your best chance for surviving and preventing long-term consequences from a stroke is to recognize symptoms quickly and call 911. The American Stroke Association recommends you think FAST:

- F—Face.** One side of the face may be drooping or numb.
- A—Arm.** One arm may be weak or drift downward when both arms are raised.
- S—Speech.** Slurred words and difficulty repeating simple phrases are signs of a stroke.
- T—Time.** If you suspect someone is having a stroke, call 911 immediately.

THE BEST MEDICINE

Stroke prevention can save lives. To lower your risk of having a stroke, eat plenty of fruits and vegetables and avoid foods that are high in fat and cholesterol. Make sure you stay at a healthy weight, and get at least 20 minutes of moderate-intensity exercise every day. If you have another medical condition, such as diabetes or high blood pressure that increases your risk for stroke, make sure you work with your physician to keep the condition under control.

Talk to your physician about your stroke risk. To find a HackensackUMC Mountainside primary care provider who can help you manage your health, call 1.888.973.4MSH (4674).

In the ED: Code Stroke

Because strokes kill so many brain cells so quickly, timely treatment is vital to achieve a full recovery. The emergency department (ED) at HackensackUMC Mountainside is well-prepared to handle patients with stroke symptoms.

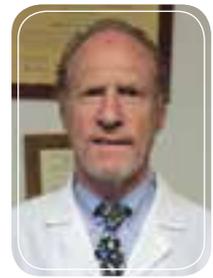


Marjory Langer, MD, FACEP

“When a ‘code stroke’ is called, patients are seen by a healthcare team and transported to CT quickly,” says Marjory Langer, MD, FACEP, medical director of the Emergency Department at HackensackUMC Mountainside. “It’s a fast chain of events to ensure we offer lifesaving treatment in a timely manner. There is no wrong reason to come to the ED when you have a medical issue or concern that frightens you. Call 911.”

“While there are a lot of effective treatments, such as clot-busting medication and interventions to remove clots, the best way to deal with stroke is to prevent one from occurring. When stroke strikes, pay attention to when problems start, and get help. If you suspect any sign of stroke, don’t call your physician; immediately call 911.”

—David Blady, MD, board-certified neurologist and director of the Stroke Center at HackensackUMC Mountainside



David Blady, MD





IT'S LIKE AN HONOR ROLL FOR HOSPITALS

*with Gold Stars for **Stroke, Chest Pain, and Wound Care***

HackensackUMC Mountainside is now certified by the Joint Commission in Stroke, Chest Pain, and Wound Care. What does that mean for you? A consistently high level of quality care. Tested and proven caregivers. And more opportunities for better outcomes and healthier patients, right here in Montclair.

973-429-6000 | Mountainsidehosp.com | 1 Bay Avenue, Montclair, NJ 07042