

Spring 2015

Be Well

Migraines:
Myth vs. Fact

His and Hers
Skin Cancer Prevention

Take Control
**of Your
Diabetes**



Ready for Spring!

We're in great shape at HackensackUMC Mountainside this spring because we remained focused and productive during the long, harsh winter.

Plans to revitalize some of our public spaces and redevelop a section of our campus to make way for new medical offices moved forward. Plus, we received good news from the Centers for Medicare and Medicaid (CMS).

First-round results for a CMS initiative that rewards quality, safety, and efficiency were announced, and HackensackUMC Mountainside fared well. In fact, we received the second largest percentage bonus payment and are among just 17 out of 63 New Jersey hospitals in the program that received a bonus under the Value Based Purchasing Program (VBP).

VBP is designed to help hospitals shift from a culture of payment for services rendered to one that pays for top performance. Incentives are awarded based on how patients rate their hospital experience; outcomes for patients with some common diagnoses including pneumonia and heart attack; prevention of hospital-acquired infections; and adherence to preferred protocols.

We're very proud of our VBP performance and I share this accomplishment with every HackensackUMC Mountainside physician and employee whose support and commitment to quality, safety, and patient satisfaction is evidenced by this achievement. It's one more indicator that HackensackUMC Mountainside is thriving in today's challenging healthcare environment and will be here to serve you for years come!

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.

Spring 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

Receive counseling and educational materials at these monthly events. No registration is required.

Fee: Free of Charge

Dates: Wednesdays, May 6 and June 3

Time: 9-11:30 a.m.

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

Dates: Thursdays, April 16 and May 21

Time: 10 a.m. to noon

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

Bone Density Screenings

May is National Osteoporosis Awareness and Prevention Month. An ultrasound of the forearm identifies women and men at risk for osteoporosis. Registration is required.

Fee: \$12 per person

Date: Thursday, April 9

Time: 10 a.m. to noon

Location: Nutley Health Department, 149 Chestnut St., Nutley
To register, please call 973.284.4976.

Date: Tuesday, April 14

Time: 9:30-11:30 a.m.

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

Date: Thursday, April 16

Time: 2-4 p.m.

Location: Clifton Health Department, 900 Clifton Ave., Clifton
To register, please call 973.470.5773.

Pain, Pain, Go Away: Migraines and Those Untreatable Migraines

Nearly 30 million people in the United States have migraines, and three times as many women as men have them. Migraines are pulsating headaches, often on one side of the head. Join us as we

address the signs and treatments available for the common migraine and what surgical procedures are available for the untreatable migraine. Presented by **Monique Hamilton, MD**, internist for Mountainside Medical Group and **Antonios Mammis, MD**, neurosurgeon at HackensackUMC Mountainside.

Date: Monday, April 20

Time: 6 p.m.

Stroke: Every Second Counts

If you're having a stroke, it's critical that you get medical attention right away. Immediate treatment may minimize the long-term effects of a stroke and even prevent death. Thanks to recent medical advances, stroke treatments and survival rates have improved greatly over the last decade. Join us to learn more. Presented by **Amy Paoella, RN**, stroke coordinator. Registration is not required.

Date: Wednesday, May 6

Time: 9:30 a.m.

Location: Montclair YMCA, 25 Park St., Montclair

Stroke Screenings

May is National Stroke Awareness Month. Evaluate your risk for stroke through cholesterol testing, blood pressure, pulse check, carotid artery assessment and stroke-related counseling from staff physicians. Registration is required.

Fee: \$30/\$25 for those 55+

Date: Tuesday, April 7

Time: 9-11 a.m.

Location: Bloomfield Health Department
To register, please call 973.680.4058.

Date: Wednesday, May 6

Time: 9:30-11:30 a.m.

Location: Montclair Health Department
To register, please call 973.509.4974.

Date: Friday, May 15

Time: 10 a.m. to noon

Location: Clifton Health Department
To register, please call 973.470.5773.

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

Dates: Wednesdays, April 15, May 13, and June 10

Time: 7 p.m.

Is It a **Migraine?**



Knowing the truth about migraine triggers may help you or a loved one find relief.

Migraines affect 36 million Americans, but there's a lot of misinformation surrounding this condition.



Julie Kidangan, DO

"Migraine symptoms vary from person to person and can even change from one episode to the next," says Julie Kidangan, DO, family medicine physician with HackensackUMC Mountainside. "Variations in symptoms can make it hard to understand what the person who has migraines is going through. Discuss any symptoms with your physician to learn how to prevent or control future migraines."

Myth: Migraines are just bad headaches.

Fact: Unlike other kinds of headaches, migraines are caused by a complex neurological condition; they have different causes and are treated differently. Symptoms are usually more severe and may include light sensitivity, nausea, and aura—a collection of symptoms experienced before the migraine itself.

Having frequent migraines is associated with an increased risk for heart disease or stroke. Talk with your doctor if you have frequent migraines.

To connect with a HackensackUMC Mountainside doctor who can help, call 1.888.973.4MSH (4674).

Myth: You can't prevent a migraine.

Fact: Sometimes the things you do, eat, or are exposed to cause migraines. Each person's triggers are different. Once you know what causes your headaches, you can try to avoid the triggers. Common migraine triggers include caffeine, stress, and shifts in the weather. Certain medications can also help prevent or reduce the severity of a migraine.

Myth: Only women get migraines.

Fact: Until puberty, both genders are just as likely to have migraines. After this milestone, women are more likely to develop migraines, though it is still possible for men to get migraines at any age, too.

Help for 'Untreatable' Migraines

At HackensackUMC Mountainside, medical professionals work hand-in-hand with migraine sufferers to find individualized solutions and offer relief. In some cases, migraines respond well to behavioral modifications or medications.

When these treatment options do not offer lasting relief and migraines are severely impacting the well-being of a patient, stimulation of the occipital nerve, which runs from the top of the spine to the neck, may help.

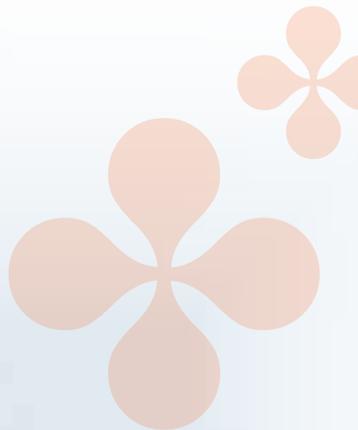


Antonios Mammis, MD

"By applying an electric current to the occipital nerves, we are able to greatly reduce the frequency and severity of migraine headaches in certain patients," says Antonios Mammis, MD, neurosurgeon at HackensackUMC Mountainside. "In our patients who qualify for the procedure, we've seen a success rate of

80 percent. Occipital nerve stimulation can be a real game changer for those who suffer from previously untreatable migraines."

For more information about migraine treatment options, visit www.mountainsidehosp.com/events, or call 1.888.973.4MSH(4674) to register for the upcoming migraine treatment event, "Pain, Pain, Go Away," on April 20 at 6 p.m.





Diabetes

Meet Your Match

Don't let managing Type 2 diabetes leave you feeling overwhelmed. It's time for a plan of action.

When it comes to managing diabetes, it can be difficult to know where to start. Creating an action plan helps you get a handle on your disease and empowers you to take first steps toward positive change. Let the following strategy inspire you to regain control of your diabetes:

Step 1: Call your doctor. Pick up the phone and schedule an appointment with your primary care physician or an endocrinologist who can help you develop your action plan. Enlisting the support of your care provider is critical if your symptoms have gotten one step ahead of you.



Step 2: Make recipes for success. Compile a list of 20 diabetes-friendly foods, including fiber-rich fruits and vegetables, lean meats and dairy products, and whole grains. Once you have your list, plan your next two weeks of meals, incorporating as many of those foods as possible in the correct proportions. Consult with our registered dietitian and certified diabetes educator.



Step 3: Plan your snacks. If you wait to snack until you're hungry, you're more likely to reach for sugary or fatty foods. Anticipate your 4 o'clock munchies and have a healthy, filling snack an hour earlier. The American Diabetes Association recommends a few handfuls of almonds, a tablespoon of peanut butter on three



celery sticks, one stick of string cheese, or one-quarter of an avocado as healthy snacks with fewer than 5 grams of carbohydrates.

Step 4: Start moving. Regular exercise lowers blood pressure, reduces weight, and improves insulin regulation, all of which will make it easier to manage diabetes over time. Try brisk walking for 30 minutes after dinner.



Step 5: Keep a glucose diary. Track your blood sugar, checking it at different times each day. Write it down and note what you ate, what medications you took, and how active you were in the last few hours. Identifying triggers of blood sugar spikes and drops can help you normalize your levels. Aim to keep your A1C levels—a blood test result that shows diabetes management over the last three months—below 7 percent. For every 1-percent reduction in A1C, you can reduce your risk of diabetes complications by as much as 40 percent.



Need help managing your diabetes? Work with a physician to better understand diabetes management. Please visit www.mountainsidehosp.com and click "Departments & Services," "Mountainside Medical Group," then "Endocrinology." For Medicaid recipients or those with no healthcare coverage, contact the Diabetes Clinical Improvement Program at 973.259.3579.

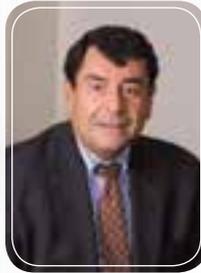
etes,

Keeping Care *Local*

Hackensack University Health Network is making strides against a growing physician shortage, ensuring residents have local access to top-notch care providers for years to come.

The Association of American Medical Colleges predicts there will be a national physician shortage of 91,500 providers by the year 2020. Here in New Jersey, this lack of physicians is estimated to reach 2,500 during the next five years. Primary care physicians—including family and internal medicine physicians—will account for approximately half of the physician shortage, which could impact access to quality medical care for millions of Americans.

TRAINING AND RETAINING



Kenneth Faistl, MD

To address this shortage, HackensackUHN and Seton Hall University are partnering to form a new school of medicine between Nutley and Clifton, New Jersey, along the Route 3 corridor. The medical school will not only educate the future healthcare workforce, but also create a pipeline for healthcare professionals to come to—and stay in—the area.

“New Jersey is already experiencing a deficit in healthcare professionals,” says Kenneth Faistl, MD, director of the family medicine residency program at HackensackUMC Mountainside. “Fortunately, Robert Garrett [HackensackUHN’s president and CEO] and the entire Hackensack University Health Network have really valued and prioritized primary care education.”

The new medical school will work closely with HackensackUMC Mountainside’s existing residency programs to boost local retention of internal medicine physicians, family practitioners, and dentists.

“When physicians are educated and trained in the same area, they’re more likely to remain there when they go into practice,” Dr. Faistl says. “Several of our residents have later joined HackensackUHN or another regional physician network to provide care for our local communities. I am a graduate of Seton Hall University and maintained my entire career in New Jersey.”

QUALITY, NOT JUST QUANTITY

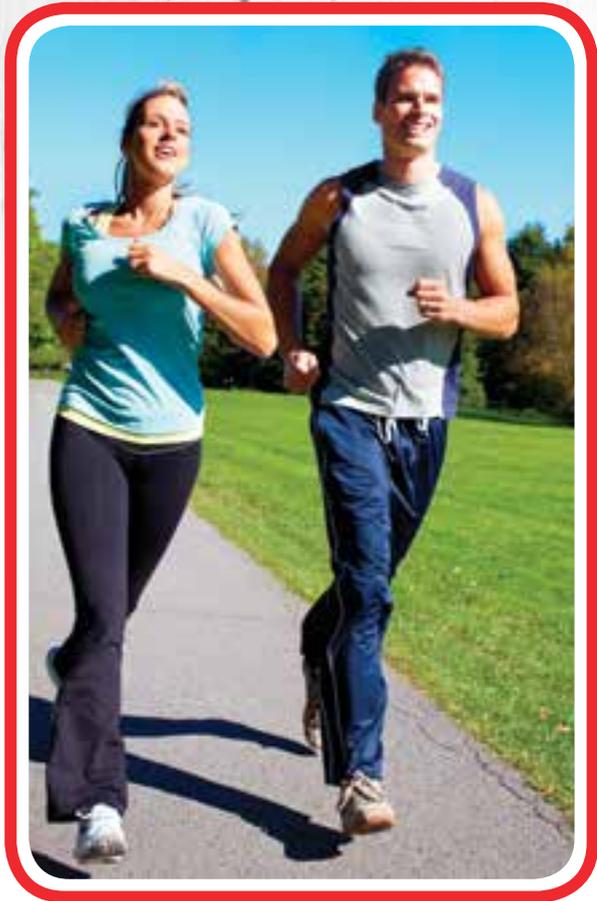
Establishing a school of medicine in our community will expand the higher education opportunities for New Jersey residents wishing to enter the medical field. Attracting more New Jersey residents will help increase the number of medical students who plan on remaining in the Garden State after residency. By delivering top-tier medical education from a highly credentialed faculty, these future care providers will improve health care throughout the region.



Bijal Mehta, MD, FACP

“As a residency hospital with ties to this new medical school, HackensackUMC Mountainside will continue supplying the local community with more highly qualified physicians,” says Bijal Mehta, MD, FACP, director of the internal medicine residency program at HackensackUMC Mountainside. “Our commitment to a culture of learning sharpens the skills of the primary care physicians who are teaching these students.”

To find a physician for you and your family, visit www.mountainsidehosp.com and click “Find a Doctor.”



“Physical activity is by far the most effective way to control Type 2 diabetes. When we move, glucose circulating in the blood is pushed into the muscles, where it is metabolized. This helps our muscles become more sensitive to insulin over time and can reduce the need for medication.”



Uzma Shafqat, MD

—Uzma Shafqat, MD, endocrinologist at HackensackUMC Mountainside

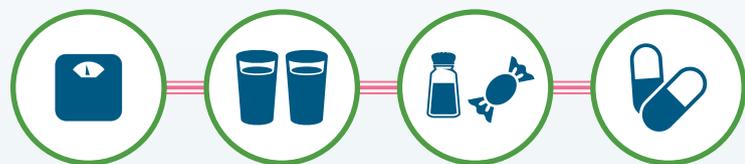
Give Your **Kidneys** a Break

Did you know making a few heart-smart lifestyle changes can protect your kidneys?

From filtering your blood and maintaining body chemistry to eliminating toxins, your kidneys play an important role in keeping you healthy. Fortunately, protecting these vital organs can be simple:

- ❖ Control your weight.
- ❖ Go easy on the sugar and salt.
- ❖ Drink several glasses of H₂O each day.
- ❖ Limit over-the-counter pain pills.

“People with diabetes and hypertension are at a greater risk for kidney failure,” says Joel Notkin, MD, nephrologist at HackensackUMC Mountainside. “Controlling these conditions may be beneficial in preventing severe kidney failure and the need for dialysis or transplantation in many patients.”



WHEN THINGS GO WRONG

Despite your best intentions, chronic kidney disease isn't always preventable. The Outpatient Dialysis Center at HackensackUMC Mountainside provides a safe haven for community members with advanced kidney disease who need dialysis, a treatment that helps rid the body of toxins.

“Our Outpatient Dialysis Center features 30 treatment stations and is fully backed by our on-site clinical departments and the availability of a home training program for peritoneal dialysis,” Dr. Notkin says. “In the event of an emergency, our patients have immediate access to high-level care, which allows us to see patients with more complex disease.”



Joel Notkin, MD

To learn more about the Outpatient Dialysis Center, visit www.mountainsidehosp.com, select “Other Services,” and choose “Outpatient Dialysis Center” or call 973.429.6767.

Can You **Hear Me** Now?

If your child is missing instructions or not speaking as clearly as other children his age, it might be a sign of hearing issues.



Lynn Moore, MA, CCC-Aud

“If your child often says ‘What’ or turns the volume up on the TV, it’s time for a hearing test,” says Lynn Moore, MA, CCC-Aud, lead audiologist at HackensackUMC Mountainside. “Other signs of hearing issues may include repeated ear infections or slipping grades in school.”

WE HAVE ANSWERS

For children with suspected hearing issues, HackensackUMC Mountainside offers audiological evaluations. Parents are allowed to sit with their children during the exam, which is made up of a variety of tests determining current eardrum function as well as evaluating how well the children can hear sounds and understand speech.

“A hearing test is painless, and the results are obtained during one visit,” Moore says. “Early identification is vital to limiting the impact of hearing loss on learning and development.”

FURTHER TESTING

Moore also offers Auditory Processing Disorder testing for children older than 7 who have excellent hearing but may have difficulty remembering multiple instructions in order or learning when background noise is present. For children with auditory processing disorder, Moore can offer recommendations to their teachers to enhance their current learning environment.

Like to hear more? Book a hearing test for your child by calling the central scheduling department at 973.873.7787.



Meet the Burnsteins

Joe and Cindy Burnstein* share everything—including some outdated notions about skin cancer prevention.

HE SAID

Joe: I hate putting on greasy sunscreen.



For many men, using spray-on sunscreen is an appealing option. This type of sunscreen is just as effective as the lotion variety, provided you spray slowly and cover all exposed areas. Remember to wear sunscreen year-round, not just during the summer—you, too, ladies.

Joe: The hair on top of my head is thinning, but there's still enough to keep my scalp from burning.

The scalp—including skin newly exposed by receding hair—can be particularly vulnerable to sun damage. Apply a sunscreen formulated for the scalp or wear a dark, tightly woven hat.

Notice something different about a mole on your body? Tell your primary care physician (PCP)—it could warrant investigating for skin cancer. If you don't have a PCP, visit www.mountainsidehosp.com and click "Find a Doctor."

Only One Appointment to Remember



Ross I.S. Zbar, MD, FACS

The Melanoma and Skin Cancer Center at HackensackUMC Mountainside has all the specialists you need under one roof.

"Seeing a surgeon, medical oncologist, and radiation oncologist and having necessary tests performed in one visit maximizes efficiency and lowers stress for patients," says Ross I.S. Zbar, MD, FACS, medical director of the Melanoma and Skin Cancer Center at HackensackUMC Mountainside. "Our multispecialty tumor board considers each patient's case and crafts individualized treatment plans, which may include experimental protocols that patients might otherwise have to travel to New York City to find."

Noticed changes in your skin? For an appointment, call 973.429.SKIN (7546).

SHE SAID

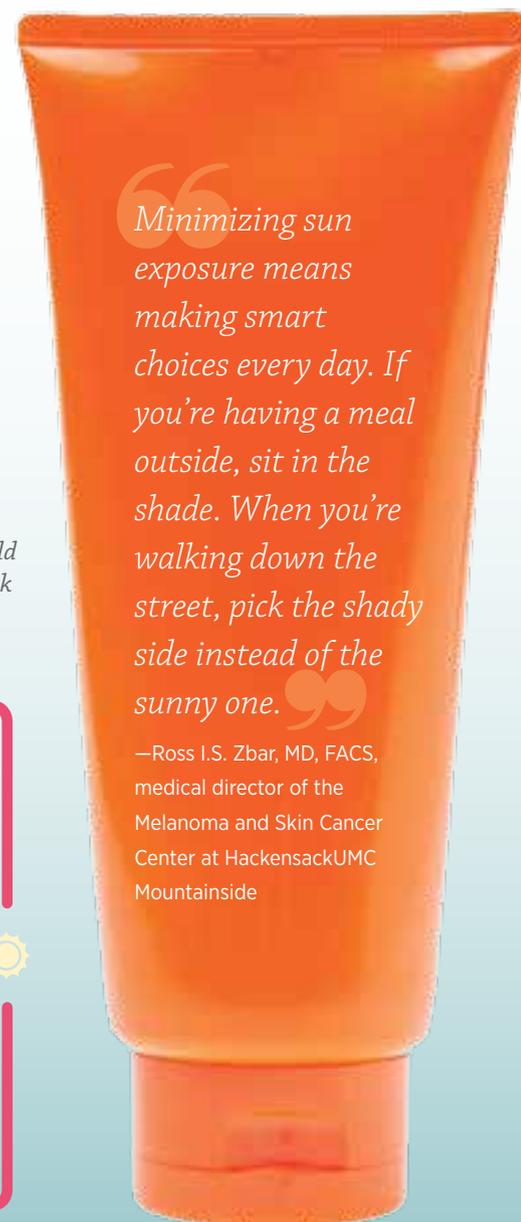
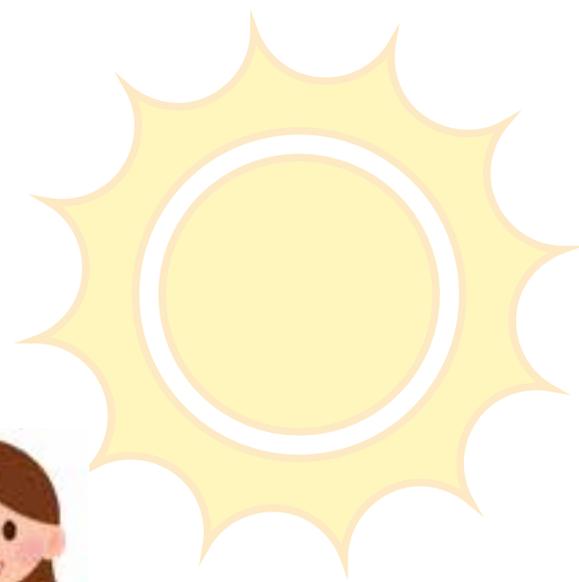
Cindy: My makeup has SPF in it—my face is protected for a day at the beach.



Applying powder atop SPF-containing foundation and moisturizer can lock in those cosmetics for protection during short instances of sun exposure, according to The Skin Cancer Foundation, but that strategy won't be enough to protect against a day's worth of rays. Use sunscreen during long periods of exposure.

Cindy: I know tanning is bad, but one session at the tanning salon to get some color before spring vacation won't hurt.

Wrong. One study found that even a single indoor tanning session increases the tanner's melanoma risk by 20 percent.



“Minimizing sun exposure means making smart choices every day. If you're having a meal outside, sit in the shade. When you're walking down the street, pick the shady side instead of the sunny one.”

—Ross I.S. Zbar, MD, FACS, medical director of the Melanoma and Skin Cancer Center at HackensackUMC Mountainside



Years of Caring

HackensackUMC Mountainside began in 1881 with a mission of “caring for, curing, and nurturing the sick and injured.” As part of the Hackensack University Health Network, HackensackUMC Mountainside and its employees and medical staff continue to work together to deliver care with the same compassion and commitment that began 124 years ago.

