

Spring 2016

Be Well

Spring into Action:
Garden!
Strategies to Reduce
Spine Issues

Weight-loss Surgery for a *Healthier Life*





Community Calendar



Spring into Action!

Since spring is a season of renewal, this edition of *Be Well* contains timely information for those who are ready to make healthy lifestyle changes.

In fact, if you're considering adjustments to your diet and exercise routine, here's a very important tip: Speak with your primary care doctor first to ensure that your plan will be both safe and effective. Also, if you haven't had a physical in more than a year, schedule a checkup.

A productive relationship with a trusted primary care physician is widely recognized as crucial to maintaining good health and enjoying your best quality of life. If you don't already have one, I hope you'll consider reaching out to the Mountainside Medical Group (MMG), which has friendly, knowledgeable, and experienced doctors available at convenient locations.

Along with Mountainside Medical Group, HackensackUMC Mountainside offers many other outpatient resources dedicated to wellness, early intervention, and reducing your risk of requiring urgent or advanced treatment. However, we're also here for you 24/7 if you or a loved one need emergency assistance or acute inpatient services at any time throughout the year.

John A. Fromhold, FACHE
CEO, HackensackUMC Mountainside

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 1.888.973.4MSH (4674).

HEALTH SCREENINGS

Bone Density Screenings

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

Date: Tuesday, March 29
Time: 10 a.m. to noon
Location: Bloomfield Health Department
1 Municipal Plaza, Bloomfield
To register, please call 973.680.4058.

Colorectal Cancer Education & EZ-Detect Kits

Colorectal cancer is the third most common cancer in both men and women. Early detection has decreased the death rate for colorectal cancers in the past 15 years. Receive Colorectal Cancer Education and EZ-Detect Fecal Occult Kits at this event while supplies last.

Date: Tuesday, March 8
Time: 10 a.m. to noon
Location: Nutley Health Department
149 Chestnut Street, Nutley

Date: Wednesday, March 9
Time: 9-11 a.m.
Location: Montclair Health Department
205 Claremont Avenue, Montclair

EDUCATIONAL SEMINARS

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 sessions begin at 7 p.m.

Dates: Tuesdays, March 15, May 24, and June 21
Location: Totowa Public Library
537 Totowa Road, Totowa

Dates: Wednesdays, March 23, April 13, May 25, and June 22

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

Dates: Wednesdays, March 16, April 20, May 18, and June 15
Location: HackensackUMC Mountainside

Dates: Tuesdays, March 22, April 12, and June 14

Location: Secaucus Public Library
1379 Paterson Plank Road, Secaucus

PARENT EDUCATION

Prepared Childbirth

This one-day class will prepare you for the birth of your child covering issues including the stages of labor and birth, coping strategies, relaxation and breathing techniques, medication options, and the adjustment to postpartum. Registration is required.
Fee: \$80 per couple

Dates: Saturdays, March 12, April 9, and May 14
Time: 9 a.m.-5 p.m.

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. The program is taught by the lactation consultants who work in our Maternity Center. Registration is required.

Fee: \$50 per couple
Dates: Tuesdays, March 8 and May 10
Time: 7-10 p.m.

Tour of the Birthing Center

Tour the Labor & Delivery, Postpartum, and Nursery Units. You will feel comfortable knowing your baby will be born in a hospital whose primary concern is your health, comfort, and safety. All your questions and concerns will be answered during this tour. Registration is required.

Fee: Free
Dates: Mondays, March 7 and 21, April 4 and 18, and May 2 and 16
Time: 6:30-7:30 p.m.

On the cover: Deana Sroka, weight-loss surgery patient at HackensackUMC Mountainside's Center for Advanced Bariatric Surgery

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.



Healthcare Expansion with **You** in Mind

For more than a century, HackensackUMC Mountainside has paved the way for the community to access quality care close to home.

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

Dates: Wednesdays, March 16, April 20, and May 18
Time: 7-9:30 p.m.

OTHER

CPR for Friends and Family

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.

Support Groups

We have a variety of facilitated and community-based support groups that may meet your specific needs. For more information, please visit our website at www.mountainsidehosp.com.
Fee: Free



Calling All Mountainside Babies!

As we celebrate our 125th Anniversary, we want to celebrate all babies born at HackensackUMC Mountainside over the years.

Join us on Saturday, June 4, from 2-4 p.m. for a birthday celebration open house.

To RSVP, visit www.mountainsidehosp.com/events or call 1.888.973.4MSH (4674).

Say, Cheese!

We'd like to put together a photo collage of all babies born at Mountainside.

Please visit www.mountainsidehosp.com/125 to share your baby or intergenerational family photos featuring those born at Mountainside.

Seismic shifts in the industry require healthcare entities like HackensackUMC Mountainside to evolve and adapt in order to keep abreast with the changing environment. A transformation in care delivery is needed to ensure that HackensackUMC Mountainside can deliver the breadth and quality of healthcare services the community expects and deserves. Two of the most critical issues facing HackensackUMC Mountainside are: 1) the deficit of primary care physicians in the hospital service area and 2) the lack of Class A office space.

Class A office space is needed to ensure that we can attract and retain the best physicians and medical professionals in a rapidly-evolving, highly-competitive healthcare environment. Class A office space represents the newest and highest quality buildings in their market. They possess high-quality building infrastructure, are well located, have good access, and are professionally managed. As a result, they attract the highest quality tenants.

In the future, hospitals and physicians must transform themselves into comprehensive care enterprises in order to be adequately paid in the new era of population health management. Leading healthcare organizations are making significant investments to create integrated delivery networks encompassing primary care, acute care and post-acute care. A primary care-led clinical workforce is a crucial element for successful population health management.

The development of a Medical Office Building will enable HackensackUMC Mountainside to enhance the scope and quality of comprehensive care services we provide, while bringing additional economic and quality of life benefits to the community. The three-story Medical Office Building will accommodate 40-50 physicians, including Mountainside Medical Group. In addition to primary care, the Medical Office Building will accommodate top notch specialists serving areas of need in our community, including OB, Vascular, Thoracic, Neurosurgery, Surgical Oncology, Orthopedics, ENT, and Hackensack University Medical Center Pediatric Specialists.



A Foundation for Better Health

Obesity is the bedrock on which many chronic health conditions rest. Bariatric surgery is a tool you can use to break up this harmful base and build a healthier, more fulfilling life.

More than one-third of American adults—78.6 million people—are obese, a condition the Centers for Disease Control and Prevention defines as having a body mass index (BMI) of 30 or higher. For many of these individuals, excess body fat is a lifelong opponent that dieting and exercising simply can't defeat, at least not permanently. Obesity can have serious consequences, such as heart disease, high blood pressure, Type 2 diabetes, sleep apnea, and certain types of cancer.

If you've struggled to keep weight off after trying diet and exercise programs, and you have a BMI of 40 or higher or a BMI of 35 or higher with at least one associated health problem, you may benefit from combining healthful eating and physical activity with another potent component of weight loss: bariatric surgery.

CREATING A NEW YOU

Bariatric surgery promotes weight loss by either restricting the amount of food the stomach can hold or changing the way the body absorbs calories. Gastric banding—placing an inflatable band around the upper stomach to create a smaller stomach pouch—works by restriction: The smaller stomach capacity prompts individuals to feel full faster. In sleeve gastrectomy, the most commonly performed bariatric surgery, the surgeon removes a portion of the stomach, leaving behind a narrow, crescent-shaped pouch that restricts food intake. This surgery and gastric bypass—a procedure that produces a smaller stomach and a new digestive route for food—both alter intestinal hormones that regulate hunger.

Losing weight after surgery is all but certain, but maintaining weight loss in the months and years ahead is not. For bariatric surgery to be a success in the long term, patients must build on post-surgery weight loss by following a smaller-portion, lower-calorie diet that limits fat, sugar, sodium, and carbohydrates and emphasizes protein, vitamins, and minerals to maintain muscle. Regular exercise, especially walking, is essential to boost metabolism.

If patients commit to a healthier lifestyle, they may find weight loss isn't the biggest reward of bariatric surgery. Many individuals experience significant improvement or resolution of chronic health problems after surgery—results that could equal greater energy and more years to spend with the people they love.

Visit www.mountainsidehosp.com/weightloss.

Putting Obesity on Ice

As a young competitive figure skater, Deana Sroka never thought her future would include struggling with being overweight. When she stopped training, however, she made poor dietary choices, and her weight gradually increased. By early 2014, she weighed 317 pounds, and her quality of life suffered.

"I realized I couldn't do everything I wanted to do with my daughter, such as ride rollercoasters," says Deana, a 44-year-old professional figure skating coach from Clifton. "I was also tired of being tired. It was getting harder and harder to do my job, and I wanted to set a good example for my daughter."

Deana saw an ad for a weight-loss seminar at HackensackUMC Mountainside's Center for Advanced Bariatric Surgery and decided to attend. She liked what she heard. On April 30, 2014, she had sleeve gastrectomy.

"The process after surgery was amazing," Deana says. "I truly feel that I have a support system at HackensackUMC Mountainside. I can call with questions whenever I want, and the nutritionist is very accessible."

Deana has lost more than 150 pounds and has a new passion: running.

"I wish I'd had bariatric surgery 15 years earlier," she says. "It's been life-changing, and my life is so much better now."



Before



After

Bariatric surgery patients have to change their eating habits, but they can still dine out and enjoy foods they like—they may simply need to use a salad plate instead of a dinner plate or take leftovers home. I tell them, ‘You’re going to live your everyday life, but you’ll be a different you.’

—Karl Strom, MD, medical director of the Center for Advanced Bariatric Surgery at HackensackUMC Mountainside



Karl Strom, MD



Supporting Your Transformation

The Center for Advanced Bariatric Surgery at HackensackUMC Mountainside—Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program—offers three surgical options: gastric bypass, gastric band, and sleeve gastrectomy. Every patient completes preoperative nutrition counseling, meets with a behavioral health provider, and sees a variety of specialists, as necessary, to better control comorbid conditions and make the surgery as safe as possible. After the procedure, patients follow up with their surgeon regularly and enjoy ongoing access to a nutritionist. They are also encouraged to attend a support group twice monthly.

“Deciding to have bariatric surgery is a big commitment, and we know it can be intimidating,” says Kelli Hanzo, RN, BSN, director of the Center for Advanced Bariatric Surgery at HackensackUMC Mountainside.

“We’re here to help patients succeed in the short and long term. Bariatric surgery is a tool. Our job is to help patients know when to take the tool out of the toolbox, as well as how to use it correctly.”



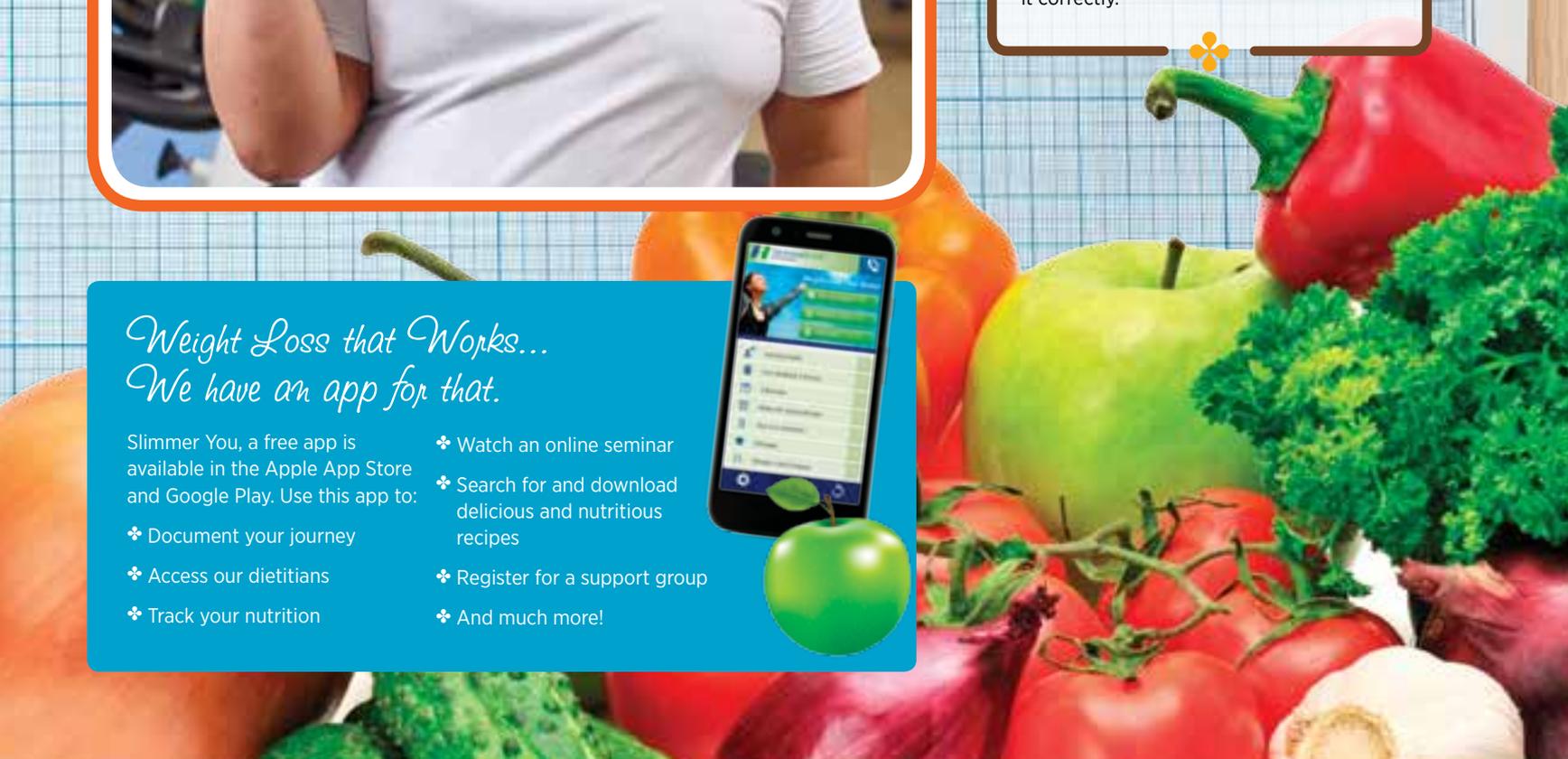
Kelli Hanzo, RN, BSN



*Weight Loss that Works...
We have an app for that.*

Slimmer You, a free app is available in the Apple App Store and Google Play. Use this app to:

- ❖ Document your journey
- ❖ Access our dietitians
- ❖ Track your nutrition
- ❖ Watch an online seminar
- ❖ Search for and download delicious and nutritious recipes
- ❖ Register for a support group
- ❖ And much more!



Keep Your Spine **IN LINE**

Learn how to prevent problems and pain in your spine.

Our bodies are constantly absorbing old, worn-down bone and making new bone to replace it. As we age, sometimes not enough new bone is made to keep up with the breaking down of old bone. This problem, called osteoporosis, results in weak and brittle bones. Osteoporosis increases your risk for a bone fracture, and spinal fractures are the most common break associated with osteoporosis.

Talk with your physician about your risk factors for osteoporosis, and get a baseline bone density test so you can track any bone loss over time. Osteoporosis is called a “silent disease,” because it often has no symptoms.

PROTECT AND PREVENT

When the vertebrae in your spine break, this is called a compression fracture. If you break a bone in your back, you may expect it to hurt—but many compression fractures have no symptoms and often go unnoticed. Once you have one compression fracture, you are at increased risk for a

second, and your risk increases with each subsequent break.

Multiple compression fractures can cause you to lose height or have a curved back. Although the fracture itself may not hurt, the curved spine (called kyphosis) pulls on the muscles, tendons, and ligaments of the back and causes chronic pain.

Once kyphosis is severe, surgery may be available to correct the curve and reduce pain. Exercises to increase bone and muscle strength can also relieve back pain. The best way to treat kyphosis is to prevent it.

To make an appointment with HackensackUMC Mountainside’s Montclair Spine and Pain Center physician, please call 973.429.6770.

Get Help When You Need It

When left untreated, osteoporosis can cause back pain, height loss and spinal deformity. A curved back due to compression fractures can also impact your ability to breath well. If you do have a compression fracture, it’s important to talk to a surgeon as soon as possible. Once the vertebrae have fully healed, your options for treatment are more limited, as the surgeon may not be able to reverse the effects of the fracture.



We Have Your Back

At HackensackUMC Mountainside’s Montclair Spine and Pain Center, we offer the ability to be seen by nationally renowned neurological surgeons, who specialize in spinal disorders, and orthopedic spine surgeons, or interventional pain management specialists and physical therapists. The goal of the center is to provide each patient, dependent on their clinical needs, the ability to schedule an appointment with a specialist who is an expert on their specific condition. Patients can make informed decisions with insight from a multidisciplinary team without having to “shop opinions” from several different practices.

Our team, led by Robert F. Heary, MD, chief of Neurosurgery and director of the HackensackUMC Mountainside’s Montclair Spine and Pain Center, will ensure that patients who come to the Center feel as though they are armed with all the information that is needed to choose the best option for them. Whether it is a small procedure with injections or a complex surgical reconstruction, patients will be able to limit their visits to one office with one team working synergistically for a common goal.



Garden Therapy

It's time to trade your winter mittens for a pair of gardening gloves!



Surviving Spring Allergies

With spring's warm weather comes budding blooms—and allergies, too. To relieve your allergy symptoms this spring, try:

- closing your car's and home's windows and doors
- monitoring pollen count and mold levels
- remaining indoors during the middle part of the day, when pollen levels are at their peak
- showering after being outdoors for an extended period of time

"The best way to prepare for spring allergy season is to start taking medication in March—or at least 30 days before plants begin to bloom," says Michael L. Molinaro, MD, MBA, internist at Mountainside Medical Group. "Taking preventive medication early on provides patients with their best chances of combating symptoms most effectively. If you wait for symptoms to begin, you will have a more difficult time relieving your symptoms because the medications won't be as effective."



Michael L. Molinaro, MD, MBA



According to the American College of Allergy, Asthma, and Immunology, roughly 70 percent of people who suffer from spring allergies experience symptoms year-round.

In addition to enhancing your diet, vegetable gardening provides many mental and physical benefits. The Centers for Disease Control and Prevention considers gardening to be a moderately intense physical activity—which adults should get at least 2 1/2 hours of each week. Gardening and other moderate activities can significantly reduce your stress levels, as well as help lower your risk of breast or colon cancer, depression, heart disease, high blood pressure, obesity, osteoporosis, premature death, stroke, and Type 2 diabetes.

A TIME TO GROW

You can boost your garden's success by choosing plants that are well adapted to your region. We are located in planting zone 7a, so March is the time to start tomato, pepper, and kale seeds indoors. Plant after the last frost, estimated to be April 15. For more about growing fruits, vegetables and herbs, visit www.garden.org/foodguide.



Cool-season vegetables are those that thrive in temperatures between 40° and 75° F. These vegetables are often those with edible buds, leaves, roots, and stems—such as broccoli, potatoes, and spinach. For best results, these vegetables should be planted roughly two to four weeks prior to spring's last frost. Some other cool-season vegetables include:

- | | | | |
|--------------------|---------------|-----------|------------|
| ❖ asparagus | ❖ cauliflower | ❖ kale | ❖ radishes |
| ❖ Brussels sprouts | ❖ celery | ❖ lettuce | ❖ rhubarb |
| ❖ cabbage | ❖ collards | ❖ onions | ❖ spinach |
| ❖ carrots | ❖ garlic | ❖ peas | ❖ turnips |



Warm-season vegetables can easily be killed by frost. They prosper in temperatures above 50° F. These vegetables typically produce edible fruits, and include:

- | | | | |
|--------------|-------------|-----------|------------------|
| ❖ artichokes | ❖ cucumbers | ❖ okra | ❖ sweet potatoes |
| ❖ beans | ❖ eggplants | ❖ peppers | ❖ tomatillos |
| ❖ corn | ❖ melons | ❖ squash | ❖ tomatoes |

For optimal results, plant these veggies about two weeks after your region's average last frost date.

If growing produce isn't for you, working in a flower garden can greatly enhance your health.

Struggling with allergies? Contact our referral specialists at 1.888.973.4MSH (4674) to find a physician in your community.



Calling all Mountainside Babies!

Help preserve our Mountainside history—help us make a photo collage of all the babies born here. Visit www.mountainsidehosp.com/125 to learn how to submit your baby photos!

Join us on Saturday, June 4th, 2016, from 2-4 p.m.
for a birthday celebration open house.



RSVP

www.mountainsidehosp.com/events | 1.888.973.4674