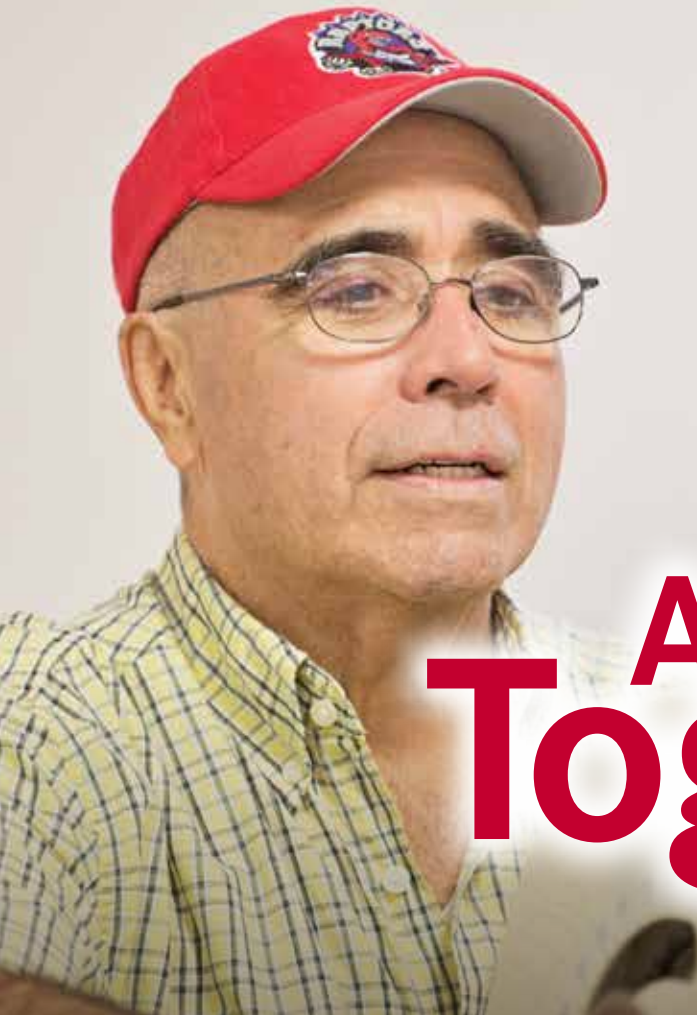


RWJ
RAHWAY

SPRING 2014

The
Rose



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ROBERT WOOD JOHNSON HEALTH SYSTEM

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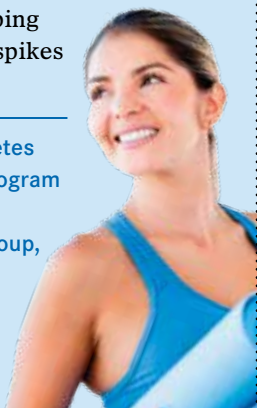
2 SMALL CHANGES

Be Your OWN ADVOCATE

CONTROLLING YOUR BLOOD sugar starts with you. Take two simple steps toward effective diabetes management.

- 1. TEST BLOOD SUGAR THROUGHOUT THE DAY.** "If you are only testing once per day, test at different times from day to day rather than just in the morning," says Gary Paul, MS, RCEP, Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. "You don't need to test more often. Simply vary testing times."
- 2. EXERCISE AFTER EATING.** "If given the opportunity to exercise at any time of day, choose exercising about an hour after eating," Mr. Paul says. "For most people with diabetes, post-meal exercise typically has a greater impact on keeping blood glucose spikes in check."

To enroll in the Diabetes Self-Management Program or to learn about the Diabetes Support Group, call (732) 499-6109.



NUTRITIONAL INFORMATION

Servings: 4
 Calories: 460
 Fat: 16g
 Cholesterol: 115mg
 Sodium: 420mg
 Carbohydrates: 51g
 Fiber: 7g
 Sugar: 6g

Source: United States Department of Agriculture

GRILLED ASPARAGUS *and* SHRIMP QUINOA SALAD

This bright and tasty salad would be great for a light supper with friends. The added bonus? You can enjoy leftovers the next day!

INGREDIENTS

SALAD

- 2 cups fresh asparagus, cut into 1-inch pieces
- 1/2 cup yellow bell pepper, cut into 1/2-inch pieces
- 1 clove garlic, minced
- 1 14-ounce can artichoke hearts, drained
- 12 ounces frozen jumbo shrimp, peeled and deveined

- 1 1/2 cups dry quinoa, cooked according to directions

LEMON VINAIGRETTE

- 2 Tablespoons fresh lemon juice
- 1 teaspoon grated lemon peel
- 3 Tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon black pepper

DIRECTIONS

- Mix lemon vinaigrette ingredients together in a small bowl and set aside.
- Mix chopped vegetables and shrimp together, placing on hot grilling tray. Grill ingredients five to six minutes, or until shrimp become firm and opaque.
- Mix grilled vegetables and shrimp with cooked quinoa. Finish with a drizzle of lemon vinaigrette dressing.



We may have a new logo and look, but we won't forget our story.

For many years, Robert Wood Johnson University Hospital Rahway had a rose in its logo. *The Rose* is also the name of our community publication. Why a rose? The rose reflects our hospital's heritage of community involvement. The story goes like this: To raise money to build a civilian hospital in the city of Rahway after World War I, auxiliaries sold locally grown roses at the Rahway train station.

RWJ Rahway is a member of the Robert Wood Johnson Health System. Our logo reflects that proud affiliation. And while we no longer use the rose symbol in our logo, we keep alive its spirit of community involvement in special hospital awards given each year by our hospital foundation and in the name of this publication.

The Rose is published quarterly by RWJ Rahway. All rights reserved. The contents of this publication may not be reproduced in whole or in part without written permission from the publisher. For more information about topics in *The Rose* or if you would like to be added to or removed from this mailing list, contact: Donna Mancuso, Public Affairs, 865 Stone St., Rahway, NJ 07065, (732) 499-6118, or email dmancuso@rwjuhr.com.

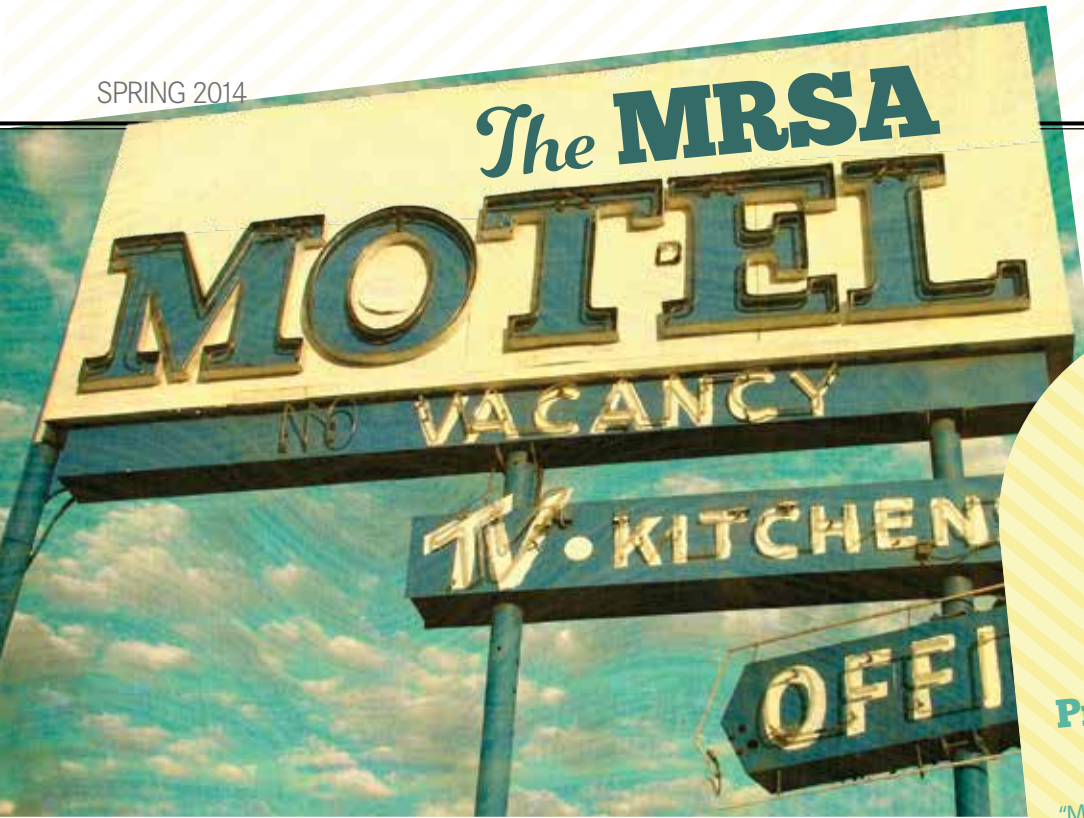
Robert Wood Johnson University Hospital rwjuhr.edu • Robert Wood Johnson University Hospital Hamilton rwjhamilton.org • Robert Wood Johnson University Hospital Rahway rwjuhr.com • Children's Specialized Hospital childrens-specialized.org • Bristol-Myers Squibb Children's Hospital bmsch.org

RWJ UNIVERSITY HOSPITAL
RAHWAY

ROBERT WOOD JOHNSON HEALTH SYSTEM

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When antibiotic-resistant bacteria check in, checkout can be a hassle.

“THINK OF YOUR body as a motel,” says Juan Baez, MD, Infectious Disease Physician with Robert Wood Johnson University Hospital Rahway. “Each room is occupied by one of the 100 trillion bacteria living on or in your body. Some help our bodies function properly, some are harmless, and others, such as MRSA [methicillin-resistant Staphylococcus aureus], have the potential to cause problems.”

According to the Centers for Disease Control and Prevention, about 2 percent of Americans carry MRSA, a bacteria that is resistant to many antibiotics and used to be transmitted only in hospitals but is now in the community. For otherwise healthy people, these bacteria may simply be lodgers, living in peace alongside other bacteria on the skin or in the nose. But that can change if the motel managers of surface bacteria—your skin and immune system—become compromised.

WATCH OUT!

Skin infections are the most common symptom of MRSA. If a bump becomes red, swollen, and painful in a short period of time, it may be a boil caused by MRSA. Do not attempt to lance or drain the site yourself; this may spread the infection or make it worse. Keep the infected area carefully covered and see a physician.

MRSA may also cause serious infections in organs such as the heart and lungs, or infect the bloodstream, urine, or surgical sites. Signs of infection include chest pain, fever, rash, nonhealing wounds, cold symptoms, and fatigue. If left untreated, these infections may lead to death.

CHECKOUT TIME

In suspected MRSA cases, infectious disease specialists at RWJ Rahway take samples and order cultures to accurately identify the troublesome bacterial tenant behind the infection.

“Not all patients who have MRSA need to be treated with antibiotics,” Dr. Baez says. “We do not recommend trying to eliminate the bacteria in healthy patients; it could harm their bacterial microbiome. For patients who become ill from MRSA, we lance and contain skin infections and, in some cases, prescribe strong, targeted antibiotics.”

Preventing MRSA...

...in the Hospital

“Methicillin-resistant Staphylococcus aureus [MRSA] lives on surfaces for months and is transmitted by touching either an infected item or a person carrying the bacteria,” says Maureen DeVoe, RN, Infection Control Practitioner with Robert Wood Johnson University Hospital Rahway. “At the hospital, we isolate patients whom we know or suspect are infected with MRSA, and our strict handwashing policy protects our patients and medical associates.”

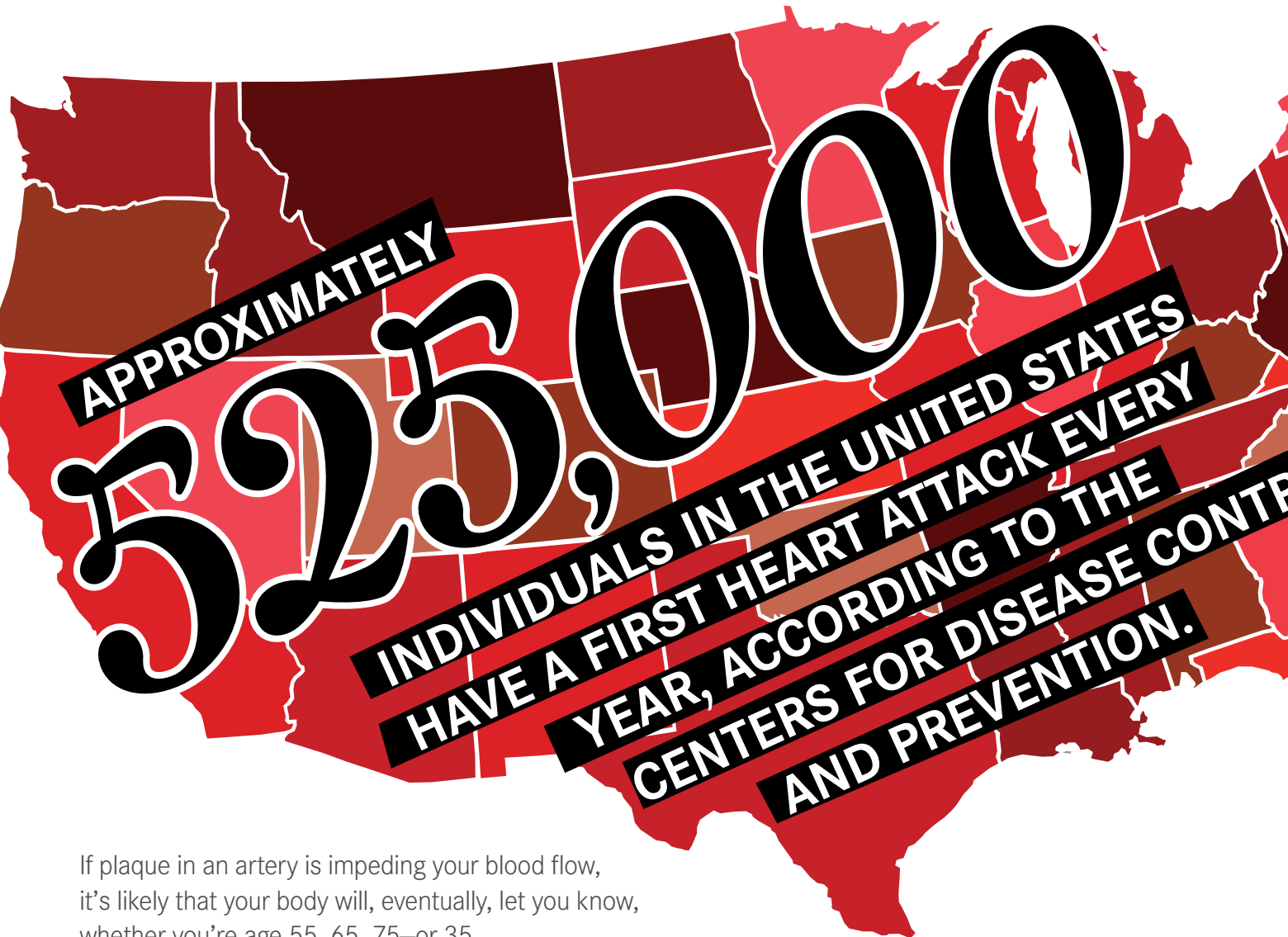
“If you visit someone in the hospital, wash your hands before and after you interact with your loved one. It could save a life.”

...at Home

MRSA is also common in shared community spaces. Staying healthy, managing skin conditions, and practicing good hygiene can reduce your chances of acquiring MRSA-related infections.

“It’s also very important to properly take any antibiotics you are prescribed,” Ms. DeVoe says. “Take the entire course of antibiotics, even if you’re feeling better, or else you may leave resistant bacteria that can thrive and cause problems later.”

PLEASE
Do Not Disturb



If plaque in an artery is impeding your blood flow, it's likely that your body will, eventually, let you know, whether you're age 55, 65, 75—or 35.

MANY HEART ATTACK victims are seniors: The 2007–2010 National Health and Nutrition Examination Survey (NHANES) revealed that more than 31 percent of American men and more than 13 percent of women age 60 and older have had a heart attack.

Older adults aren't the only ones who should be concerned. NHANES found that nearly 4 percent of men and approximately 2 percent of women ages 20 to 59 experience heart attack. Heart attack risk for men increases once they pass age 45, while 55 is the benchmark for women, according to the National Heart, Lung, and Blood Institute.

“Atherosclerosis—plaque accumulation in the arteries—begins in the teenage years and continues at different rates for different people,” says Aron Barsky, MD, FACC, Cardiologist at Robert Wood Johnson University Hospital Rahway. “The larger your plaque burden, the more likely a blockage will form. Having other heart disease risk factors—including family history of the disease, smoking,

diabetes, and high blood pressure or cholesterol—is associated with the progression of atherosclerosis.”

You can't change age or genetics, but you *can* control other risk factors by:

- Eating a low-fat, low-sodium, high-fiber diet rich in fruits and vegetables
- Getting 30 minutes of moderate-intensity cardiovascular exercise at least five days a week
- Keeping track of your heart-health numbers
- Managing other health conditions, such as diabetes
- Quitting smoking
- Reducing stress

You can also learn from others' stories.

OFF-RAMP TO A HEALTHIER FUTURE

Several of David Waldron's nine brothers had heart attacks in their 30s, so the 58-year-old heavy equipment operator from Hackettstown figured he would have one eventually—but he wasn't prepared for the symptoms he experienced.

“**My younger heart attack patients—I’ve seen several 40- to 50-year-olds, but the youngest was 28—are surprised at the diagnosis because they believe they’re too young for it. Most heart attacks in those individuals are related to smoking, high blood pressure, and diabetes, all of which are modifiable risk factors.**”

—MATHEW CHOLANKERIL, MD, FACC, FSCAI, CARDIOLOGIST AT ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL RAHWAY

On the morning of Dec. 5, 2013, as Mr. Waldron approached an exit for Rahway on the Garden State Parkway en route to a job site, pain unlike anything he’d ever felt developed in his chest and shot up his left arm; he also experienced tingling in his legs.

“I felt like Bo Jackson had smacked me in the chest with a baseball bat,” Mr. Waldron, a Yankees fan, says of his overall discomfort. “I managed to get off the parkway and pull into a Dunkin’ Donuts parking lot, where I called 911. I’m a high-strung guy, but I was pretty calm then.”

Emergency medical services personnel took Mr. Waldron to RWJ Rahway, where a cardiologist placed a stent—a mesh cylinder—in his left anterior descending artery to restore blood flow. He entered the recovery room less than 90 minutes after his symptoms appeared.

“Before the heart attack, I tried to exercise and eat well, but it’s tough in my line of work,”

Mr. Waldron says. “Now, I try even harder to do those things because I’ve been given a second chance, and I’m so grateful for it.”

EARLY WARNING

Four days after Mr. Waldron’s heart attack, a young husband and father received a wake-up call—and a second opportunity—of his own.

Vishal Mehra, a 34-year-old convenience store worker from Woodbridge Township, was on the job at 8:30 a.m. on Dec. 9 when pain engulfed both sides of his chest. His coworkers called 911.

“The possibility of having a heart attack never crossed my mind given my young age and lack of family history of heart disease, but I was diagnosed with some major blockages,” Mr. Mehra says. “Physicians placed a stent in one artery at RWJ Rahway immediately, and I had two more stents implanted at RWJ in New Brunswick on physicians’ advice a few days later.”

Mr. Mehra’s stress level and poor eating habits could have contributed to the heart attack; he’s working to modify both. He doesn’t want another cardiac event to get in the way of all the living he has left to do.

RWJ Rahway is affiliated with RWJ in New Brunswick, an academic medical center with the Cardiovascular Center of Excellence, a helpful option for patients who require complex heart disease treatment. RWJ Rahway’s excellent cardiac rehabilitation program helps reduce incidences of second heart attacks following initial events. Call (732) 499-6056 for more information.

DID YOU KNOW?

Heart Disease
costs the United States
approximately
\$109 billion each year,
according to the Centers for Disease
Control and Prevention.

SPOTLIGHTING SYMPTOMS

What would you think were wrong if you felt nauseated, had back pain, or experienced tiredness you simply couldn’t shake? You might suspect food poisoning, a pulled muscle, or too much late-night TV, but the culprit could be a heart attack.

Chest pain is the most common heart attack symptom, but it’s not the only indicator. Heart attacks can also cause difficulty breathing and discomfort in the upper body from the abdomen to the jaw.

Heart attacks are individualized. Your father may have experienced different symptoms than your sister-in-law, for example, and their genders may be a primary reason for the variation.

“Women might not have chest pain,” says Ghassan Chehade, MD, FACC, FSCAI, Interventional Cardiologist at Robert Wood Johnson University Hospital Rahway. “I have treated young females who presented with fatigue and other nonspecific complaints, such as lightheadedness and gastric reflux.”

Women are more likely than men to feel winded, sick to the stomach, or exhausted when a heart attack occurs. They also tend to experience back, shoulder, and jaw pain more often than men, according to the National Heart, Lung, and Blood Institute.

GOT TO GO... *Now*

For millions of American women, living life with a little “leak” can be a constant battle to stop and go.

“**URINARY INCONTINENCE [UI]** is a very relevant and emotional topic for women because it affects every aspect of daily life,” says Hari Tunuguntla, MD, MS, Urologist with Robert Wood Johnson University Hospital Rahway and New Brunswick. “It should never be thought of as an inevitable or normal part of aging. There are many effective treatments.”

UI, or the unintentional loss of urine, occurs due to problems or weakness with muscle around the urethra, pelvic muscles, or nerves that help to hold or release urine. Weakness often results following childbirth, weight gain, or a drop in hormone levels during and after menopause. In addition, family history and some medications such as diuretics or hormone replacement therapies may be associated with urine leakage, as can chronic constipation, bladder infections, stroke, and the consumption of too much caffeine or alcohol.

EXIT STRATEGY

“Roughly 51 percent of American women age 20 and older have some form of involuntary leakage of urine,” explains Saya Segal, MD, urogynecologist at RWJ Rahway. “There are two main types of UI, stress incontinence and urge incontinence. Stress UI occurs when urine is leaked during physical activity or straining during basic actions such as coughing, sneezing, and laughing. Urge urinary incontinence is associated with urgency or that ‘got-to-go-now’ feeling. In my practice, I see patients who have both conditions, which is referred to as mixed urinary incontinence.”

Some women mistakenly believe major surgery is the only effective treatment for loss of bladder control or believe there are no other options if they have tried one type of therapy or treatment that did not work.

“Women often give up and manage their condition by wearing pads or a diaper and avoiding activities or socializing,” Dr. Segal says. “However, before we even consider surgery, we try a wide variety of highly effective treatments, ranging from performing Kegel exercises and reducing fluid intake to working on behavior modification. Well-tolerated medications also can help suppress leakage.”

“Like” us on Facebook! Community education programs are free and open to all.

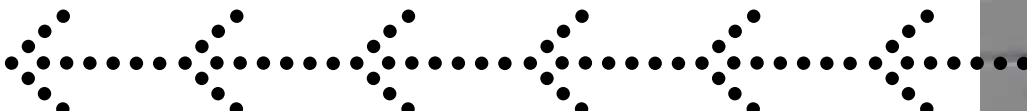
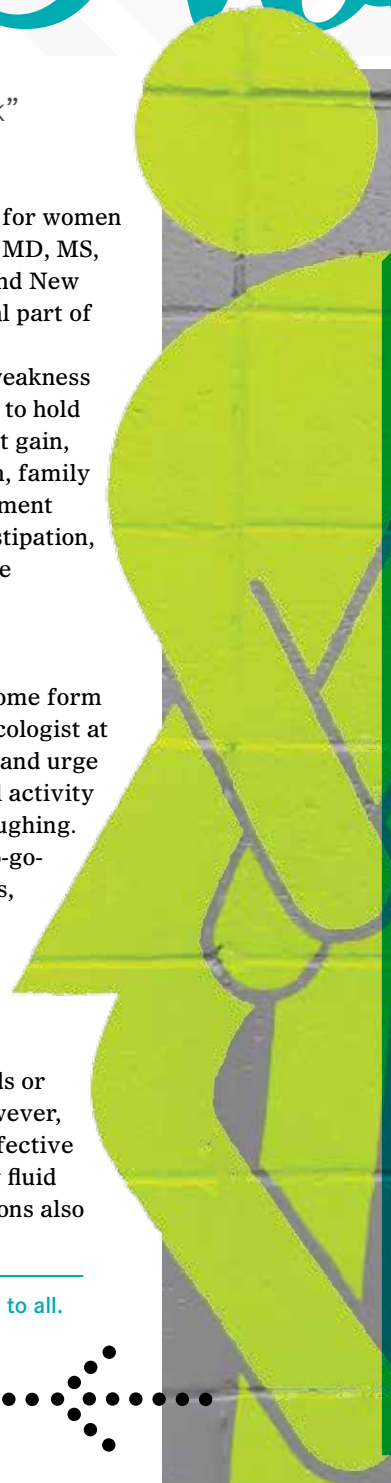
Just the Facts, Please

According to Hari Tunuguntla, MD, MS, Urologist with Robert Wood Johnson University Hospital Rahway, female urinary incontinence carries several misconceptions. The following facts can help you separate fact from fiction.

Fact: Urinary incontinence is **not** a normal part of aging.

Fact: While the risk for incontinence can increase with age, anyone can experience bladder control issues. According to Dr. Tunuguntla, one in four women older than age 18 leaks urine involuntarily.

Fact: Choose your beverages carefully. Dr. Tunuguntla suggests sipping water throughout the day instead of soda and coffee to help optimize healthy kidney function.



RWJ RAHWAY
FITNESS & WELLNESS
CENTER IN

SCOTCH PLAINS

Healthy Resolutions

This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193, or visit www.rwjahr.com and click on "News & Events."

If you have special needs, please phone ahead so we can accommodate.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of each month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.

Breast Cancer Support Group

meets the first Wednesday of each month at 5:30 p.m.

Bariatric Support Group, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and post-operative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email firstsaturdaysupport@gmail.com.

Overeaters Anonymous, a peer-to-peer group for compulsive eating disorders that uses the 12-step program, meets Sundays at 12:30 p.m.


Fibromyalgia Support Group

a professionally facilitated group, meets the first Thursday of each month from 6:30 to 8 p.m. Those newly diagnosed are welcome.

Spousal Bereavement Group sessions last seven weeks. For information about when and where the next group starts, call Jane Dowling, RN, at (732) 247-7490.

Check our website for speaker topics:

www.rwjahr.com and click on "Patient & Family Services" and then "Community Information."

 Connect with Robert Wood Johnson University Hospital Rahway on Facebook®, www.Facebook.com/RWJRahway.

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.

MARCH

24

Cooking Demo: Vegan Way to Protein—6:30 p.m., Lauren DeFreest, Vegan Cook*

APRIL



08

Cooking Demo: Seeds and Nuts—6 p.m., Diane Weeks, RD, Chef*

Scleroderma Support Group—7 p.m.

10

Mental Health Resources in Your Community—6 p.m., Emma Shelby, Mental Health Association of New Jersey

10

Shapedown® begins—6 p.m., RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, Scotch Plains. This weight management program for children and adolescents is about making healthier choices. The program will help your whole family. Class dates are April 10, 17, and 24, and May 8, 15, 22, and 29. Call (732) 499-6109 for more information.



16

Overdose: What You Need to Know—6 p.m., Michael Bernstein, Emergency Department

MAY



13

Cooking Demo: Immune-boosting Foods—7 p.m., Diane Weeks, RD, Chef*

13

Scleroderma Support Group—7 p.m.

14

Supplements & Your Eyes—6 p.m., Matthew Hosler, MD, PhD, Ophthalmology

JUNE



11

New Approaches for Back Pain—6 p.m., Yinggang Zheng, MD, Pain Management

12

Portion Distortion—6 p.m., Lauren Bernstein, MS, RD, Diabetes Educator

All events are free and open to the public.



26 **Diabetes, Hypertension & Your Kidneys: What's the Connection?**—6:30 p.m., Bhavani Rao, MD, Nephrology

21 **Spring Stress Management Series begins**—7–9 p.m., Stress Educator Frank Mathews will lead five Monday-evening sessions, beginning April 21. Other dates are April 28 and May 5, 12, and 19. Fee for the five sessions is \$100 (\$85 for those 65 and older). To register, call (908) 276-2469.

22 **What Is Reiki? A Personal Demonstration**—6 p.m., Paula Rovinsky, Holistic Nurse Practitioner, Reiki Master. Call (732) 499-6109 to reserve your time.

23 **Managing Fibromyalgia**—6 p.m., Bernard Toro, MD, Internal Medicine

29 **Don't Live With Heel Pain**—6 p.m., Brandon Macy, DPM, Podiatry

29 **Cooking With Herbs & Spices**—7 p.m., Diane Weeks, RD, Chef*

20 **Stroke Treatment & Prevention**—6 p.m., Varsha Singh, RN, MSN, APN-C, Stroke Coordinator

27 **Cooking Demo: Plant-based Foods**—7 p.m., Diane Weeks, RD, Chef*



28 **Cholesterol and Blood Pressure: New Guidelines Made Simple**—6 p.m., Paul Schackman, MD, Cardiology

Did You Know?

RWJ Rahway has a successful weight-loss program for adults called “Lighter Lifestyle.” The eight-week program addresses nutrition, portion control, behavior, and support—everything you need to make positive changes and develop successful habits. Our program uses the expertise of a dietitian, nurse, and exercise physiologist to help you reach your goal. We also offer weight programs for children. For more information, call **(732) 499-6109**.

Save the Date!

“Diamonds & Denim” at the Rose Ball

Get out your diamonds, gems, and jeans for a fun-filled evening at the Foundation’s annual gala on **Saturday, May 17** at the Wilshire Grand in West Orange. The gala benefits the programs and services of RWJ Rahway, so be sure to mark your calendars. For more information, please contact the Foundation Office at **(732) 499-6135** or by email at foundation@rwjuhr.com.



Goal = Quitting

RWJ Rahway offers a free American Lung Association-certified smoking cessation program. Whether it's your first or 50th time trying to quit, our program can help.

For more information, call (732) 499-6193.

* Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, are free and open to all, but space is limited. To register, call (732) 499-6193.

All events are free and open to the public.

CARTERET

ALL PRESENTATIONS ARE HELD AT THE RWJ RAHWAY FITNESS & WELLNESS CENTER AT CARTERET.

Healthy Resolutions

RWJ Rahway Fitness & Wellness Center in Carteret is located at 60 Cooke Avenue, Carteret.

This is just a sample!

For a complete listing of events at both RWJ Fitness & Wellness Center locations in Scotch Plains and Carteret, call (732) 499-6193.

Connect with Robert Wood Johnson University Hospital Rahway on Facebook®.

www.Facebook.com/RWJRahway.

For more information or to arrange a tour of the Carteret facility, call (732) 541-2333.

Visit our website at www.RWJFitnessCarteret.com.

Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone Street, Rahway. For more information, call (732) 499-6109.

Cardiac Support Group

Meets the first Monday of each month from 7 to 8:30 p.m. on the second floor of the Nicholas Quadrel Healthy Heart Center, 865 Stone Street, Rahway. For more information, call (732) 499-6073.

APRIL

- 2** **The Goal Is Control**—6 p.m., Includes glucose check and education. Gary Paul, Certified Diabetes Educator
- 8** **What Is Reiki? A Personal Demonstration**—6 p.m., Paula Rovinsky, Holistic Nurse Practitioner, Reiki Master. Call (732) 499-6109 to reserve your time.

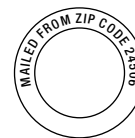
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JUNE

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 The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital New Brunswick, Robert Wood Johnson University Hospital Hamilton, and Children's Specialized Hospital.

ALL TOGETHER BETTER:

Horizon Blue Cross Blue Shield of New Jersey

RWJ Rahway welcomes Horizon Blue Cross Blue Shield of New Jersey members!

Robert Wood Johnson University Hospital Rahway now accepts Horizon Blue Cross Blue Shield of New Jersey.

That means the more than 3.7 million Horizon BCBSNJ members—including federal, state, and municipal employees—now have access to the acclaimed services of RWJ Rahway and all the hospitals of the Robert Wood Johnson Health System.

Whether it's for an elective procedure, an inpatient stay, surgery, diagnostic testing, or therapy, Horizon BCBSNJ customers can now access RWJ Rahway's services. This network

hospital agreement, which took effect March 1, 2014, includes all types of Horizon BCBSNJ plans, including HMOs, HMOs/Point of Service, PPOs, and indemnity plans, as well as Horizon Medicare plans.

WHAT YOU NEED...RIGHT HERE

Rehab services at the RWJ Rahway Fitness & Wellness Centers in both Scotch Plains and Carteret are now in the Horizon BCBSNJ network, as well.

RWJ Rahway is your community hospital, providing top-quality care in a safe and friendly environment.

The hospital recently received its fourth consecutive "A" grade for patient safety and quality from The Leapfrog Group and consistently achieves the highest quality of care scores in the region. The hospital is a state-designated primary stroke center and provides emergency angioplasty services in its state-of-the-art cardiac catheterization lab.

To see a complete listing of our services, visit our website at www.rwjuhr.com. To schedule your next appointment, call (732) 499-6299.

Horizon



Horizon Blue Cross Blue Shield of New Jersey