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YOUR COUGH?**  
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## 2 SMALL CHANGES

# START A MOVEMENT

PHYSICAL ACTIVITY CAN help control blood sugar levels, improve insulin sensitivity, and reduce the risk of diabetes complications. Here are two ways to sneak in exercise while running everyday errands.

**1. WALK THIS WAY.** “On a nice day, park your car at the furthest outskirts of the parking lot,” says Gary Paul, MS, RCEP, Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. “After shopping, walk your shopping cart back to the main entrance of the store or a distant shopping cart corral.”

**2. STEP ON IT!** When possible, take the stairs instead of the elevator or escalator. If you use an escalator, don't just stand and ride—treat it like stairs and walk up or down as it moves.

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



## 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. 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, 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.

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Robert Wood Johnson University Hospital/Robert Wood Johnson University Hospital Somerset [rwjuh.edu](http://rwjuh.edu)  
Robert Wood Johnson University Hospital Hamilton [rwjhamilton.org](http://rwjhamilton.org) • Robert Wood Johnson University Hospital Rahway [rwjuhr.com](http://rwjuhr.com) • Children's Specialized Hospital [childrens-specialized.org](http://childrens-specialized.org)  
Bristol-Myers Squibb Children's Hospital [bmsch.org](http://bmsch.org)

## GET YOUR JAM(BALAYA) ON

Substituting barley for white rice increases the fiber intake in this bayou favorite.

### INGREDIENTS

1	cup instant pearl barley	4	ounces ground turkey
4	cups water	2	14.5-ounce cans no-salt-added diced tomatoes
2	whole bay leaves	1	teaspoon salt
3	onions, diced	1/2	teaspoon ground cayenne pepper
2	celery stalks, diced	1 1/2	teaspoons dried oregano
2	cloves of garlic, minced	1	teaspoon ground black pepper
1	green pepper, diced		
1	Tablespoon canola oil		

### DIRECTIONS

1. Place barley in a colander, rinsing with cold water.
2. Combine water, bay leaves, and drained barley in a pot and bring to a boil, then reduce heat and cover. Simmer barley until water is absorbed.
3. Drain cooked barley in colander, set aside.
4. Mix oil, vegetables, and garlic in the pot, cooking until soft.
5. Stir in ground turkey and canned tomatoes, bringing mixture to a simmer.
6. Add the spices, stirring well, then cover the pot and reduce heat to low for 15 minutes.
7. Stir in cooked barley, letting the mixture simmer 10 more minutes. Remove bay leaves before serving.

### Servings: 6

Calories: 230  
Fat: 4.5g  
Cholesterol: 15mg  
Sodium: 440mg  
Carbohydrates: 41g  
Fiber: 9g  
Sugar: 9g  
Protein: 9g

Source: [www.cookingmatters.org](http://www.cookingmatters.org)



NUTRITIONAL INFORMATION  
(PER 1 1/2 CUP)

**RWJ** UNIVERSITY HOSPITAL  
RAHWAY  
ROBERT WOOD JOHNSON HEALTH SYSTEM

Kirk C. Tice  
PRESIDENT AND CEO  
Stephen A. Timoni  
CHAIRMAN OF THE BOARD OF GOVERNORS

**The Rose**  
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MANAGING EDITOR Angela Williams  
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# All Illness Is *Not* CREATED EQUAL

Sniffles? Check. Sore throat? Check. But are you sick enough to need to see a physician? The answer is not always simple.

“SOME COMMON ILLNESSES certainly have more serious consequences than others,” says David Guzik, DO, family practice physician at Robert Wood Johnson University Hospital Rahway. “Generally, a cold will make you feel lousy, but it doesn’t necessarily make you stay in bed. Pneumonia, on the other hand, can be disabling and may lead to respiratory failure and death.”

Here’s a quick download on what you need to know about common illnesses.

## COLD

The common cold can be caused by more than 200 different viruses. When one of these viruses invades the body, it causes an infection to develop in the upper respiratory tract. As a result, the following symptoms may develop:

- Coughing
- Low-grade fever (below 101°F)
- Minor headache
- Sneezing
- Sore throat
- Stuffy nose

Most colds can be treated with plenty of rest and over-the-counter (OTC) medications to combat the individual symptoms.

## INFLUENZA

The flu occurs when influenza virus A or B enters the body and causes infections in the bronchial tubes, lungs, nose, and throat. These infections occur rapidly and may cause:

- Chills
- Dry cough
- Fatigue
- High-grade fever (above 101°F)
- Severe body aches and headache

Like with a cold, most cases of the flu can be treated with rest and OTC medications. Prescription antiviral medications can be used to shorten the duration of the flu if taken within 72 hours of symptom onset.

## PNEUMONIA

Pneumonia, an infection of the lungs, can be caused by a bacteria or a virus. The illness usually develops following a cold or the flu and can be fatal if not treated. Symptoms of pneumonia begin suddenly and may include:

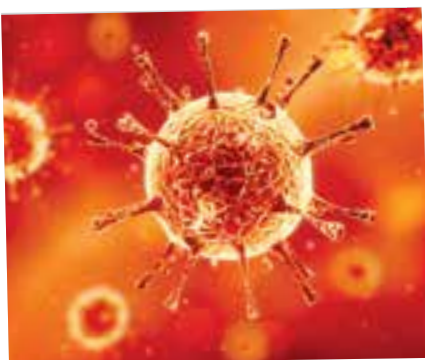
- Bloody, discolored, thick phlegm
- Chest pain when breathing
- Chills
- High-grade fever
- Shortness of breath
- Wet cough
- Wheezing

If you experience any of these symptoms, head to the doctor. Prescription medications, plenty of rest, and—sometimes—hospitalization are required.

## WHEN TO SEE YOUR DOCTOR

“I usually tell people to give it 72 hours to see which way their illness is going,” Dr. Guzik says. “But if symptoms are significant, seek medical attention as soon as possible.”

To find a physician at RWJ Rahway, visit [www.rwjuh.com](http://www.rwjuh.com) and click “Find a Physician” on the right side of the page or call 1-888-MD-RWJUH (637-9584).

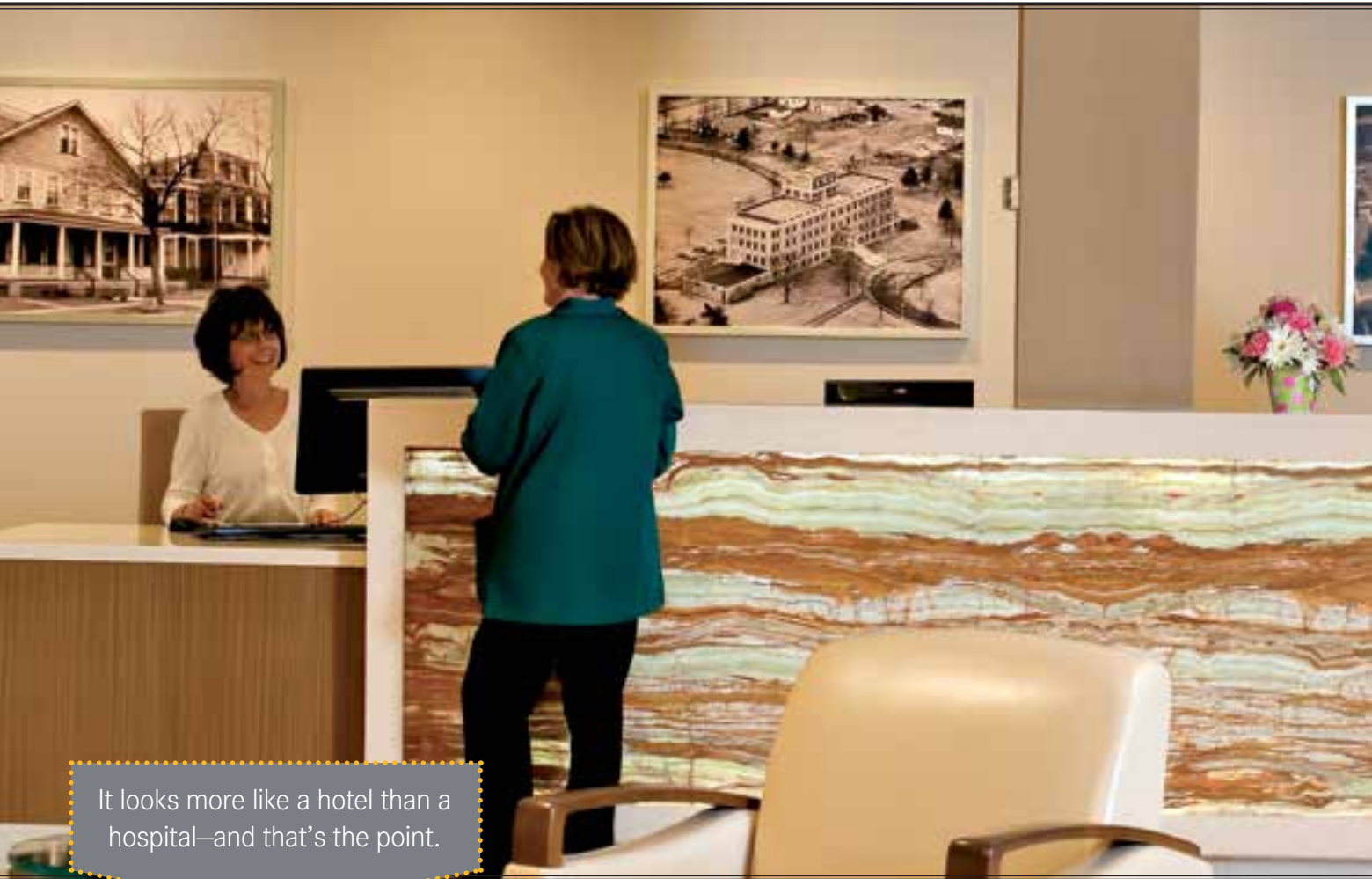


## Enterovirus D68: What's That?

If you’ve turned on the news in the last few months, you’ve likely heard about Enterovirus D68 (EV-D68). Here’s what you should know about this virus, which affected more than 1,000 people in 47 states between August and November 2014.

EV-D68 is spread through respiratory secretions, including saliva and mucus. Symptoms range from mild and flu-like (fever, sneezing, cough, and body aches) to severe (wheezing and difficulty breathing).

As with most respiratory illnesses, prevention is the best medicine. Regularly wash hands with soap and water and avoid close contact with those who are sick.



It looks more like a hotel than a hospital—and that's the point.

# A Makeover

**R**OBERT WOOD JOHNSON University Hospital Rahway has completed the first phase of its extensive renovation, which includes an inviting front lobby and a new photo gallery that features the hands of the RWJ Rahway community.

The multiyear renovation is part of our emphasis on providing all ambulatory services in one convenient location. In addition to the new lobby and front entrance, the renovation features a new Center for Ambulatory Medicine, which will include the Center for Wound Healing and Hyperbaric Medicine, diabetes

management, mammography, and physician offices. Diagnostic services, such as radiology, laboratory, and cardiac and stress testing will get a more inviting look.

According to RWJ Rahway President and CEO Kirk Tice, the changes are more than cosmetic.

“Health care has become more focused on ambulatory medicine, that is, patients coming in and out for their treatment and care,” Mr. Tice says.

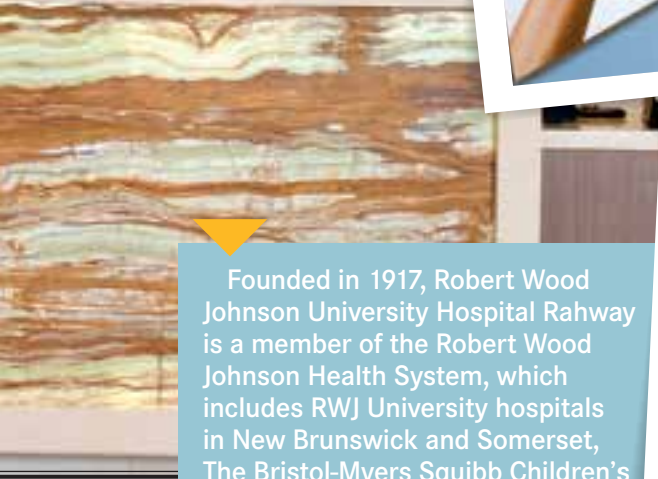
“There will still be a need for inpatient rooms and inpatient floors, but the shift will continue to be for people to come for their care and go home afterward.

“This renovation reflects that. We are providing convenience, expertise, and safety in one location.”

## FRIENDLY AND INVITING

The new lobby includes a sophisticated, streamlined look that is more like a hotel than a hospital. A special feature of the new first floor design is the Healing Hands Gallery, a collection of photos of the hands of those providing care to the RWJ Rahway community.

“The symbolism of this gallery is pretty clear: It takes many hands to heal and many hands to run a place of healing,” Mr. Tice says. “The gallery



Founded in 1917, Robert Wood Johnson University Hospital Rahway is a member of the Robert Wood Johnson Health System, which includes RWJ University hospitals in New Brunswick and Somerset, The Bristol-Myers Squibb Children's Hospital in New Brunswick, RWJ University Hospital Hamilton, and Children's Specialized Hospital.



# Designed for Patients

includes not only photos of the hands of doctors, nurses, aides, therapists, technologists, housekeepers, and food servers, but also administrators, board members, volunteers, and donors."

The gallery is the work of Paul XO Pinkman and photographer Nancy Ori, New Jersey-based artists whose work has been shown nationally. The exhibit includes a large photo mosaic of the hands of all those who participated in the project.

Want to learn about the people behind the scenes? Visit [www.gettoknowrwjr.com](http://www.gettoknowrwjr.com) to meet the people of RWJ Rahway.

## Center for Ambulatory Medicine Services

- Angiography
- Cardiac stress testing
- Comprehensive laboratory services
- Computed tomography
- DEXA bone density testing
- Diabetes counseling
- Drug testing
- Echocardiography
- Electrocardiography
- Interventional radiology
- Magnetic resonance imaging
- Nuclear medicine
- Pathology
- PET/CT imaging
- Preemployment physicals
- Pulmonary function testing
- PVR or pulse recording for extremity blood flow
- Stereotactic biopsy
- Transfusion services
- Ultrasound
- Weight-loss counseling
- Wound care and hyperbaric medicine
- X-ray

# Reclaiming Life From LUNG DISEASE

Pulmonary rehabilitation expands the boundaries of what lung disease patients can achieve.

## Rising to the Challenge

When 56-year-old Rahway resident Jeanette Ford began pulmonary rehab at Robert Wood Johnson University Hospital Rahway in March 2014, she used a motorized scooter and didn't think she could walk on a treadmill. With help from Paula Erickson, RRT, Respiratory Therapist at RWJ Rahway, Ms. Ford—who has sarcoidosis and idiopathic pulmonary fibrosis—proved herself wrong.

“Now, I not only walk on the treadmill, I can walk with my daughter and up the stairs in my building, if necessary,” Ms. Ford says. “Pulmonary rehab has changed the way I view my abilities. I could barely walk before the program, so if I can complete it, anyone can.”



Jeanette Ford and therapist  
Paula Erickson



THE PULMONARY REHABILITATION program at Robert Wood Johnson University Hospital Rahway helps individuals with asthma, chronic obstructive pulmonary disease, pulmonary fibrosis, interstitial lung disease, and sarcoidosis, along with those who have had lung transplants, improve their lives through exercise and education.

“Exercising may seem counterintuitive to individuals with lung disease, and it can be understandably intimidating to patients before they try it,” says Don Evenson, RRT, MPA, Cardiopulmonary Manager at RWJ Rahway. “The activities we prescribe, however, don't push patients to their physical limits—they help individuals gradually improve strength, endurance, and breathing symptoms so that everyday tasks, such as walking and vacuuming, become easier.”

For every patient, pulmonary rehab begins with an assessment that helps staff tailor the program to the individual's needs. Sessions featuring low-impact cardiovascular and strength training exercises, such as walking on a treadmill and lifting light weights, are directed by a board-certified pulmonologist and supervised by a respiratory therapist.

“If patients follow the program, they may feel their energy levels improve and become less dependent on supplemental oxygen,” says Paula Erickson, RRT, Respiratory Therapist at RWJ Rahway. “In some cases, patients no longer need assistive walking devices by the end of their time with us.”

## MOVING FORWARD

Exercise comprises only half of pulmonary rehabilitation—the other 50 percent of the program is learning how to live with lung disease. Coping with breathing problems is all about adaptation.

“Patients don't simply learn about their diseases—we individualize education to teach them how to reduce stress to avoid exacerbating symptoms, how to perform daily tasks differently so they conserve energy, and even how to breathe more effectively,” Ms. Erickson says. “Training patients to use different breathing techniques not only helps them during exercise but also gives them a sense of calm.”

Pulmonary rehabilitation requires a physician's referral; any physician can prescribe the therapy. To learn more about the Pulmonary Rehab program at RWJ Rahway, visit [www.rwjuhr.com](http://www.rwjuhr.com) and click “Services” or call (732) 499-6208.

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

PROGRAMS + SUPPORT GROUPS

# 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.rwjhr.com](http://www.rwjhr.com) and click on "News & Events."

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 the first Saturday of each month at 10:30 a.m. Open to pre- and postoperative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email [frstsaturdaysupport@gmail.com](mailto:frstsaturdaysupport@gmail.com).

**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.

**Adult Bereavement Support** meets the first Wednesday of each month from 1:30 to 3 p.m. at the Fitness & Wellness Center. For more information, call Jane Dowling, RN, at (732) 247-7490.



### FASHION SHOW WAS A HUGE SUCCESS!

Michele F. Chen, first Honorary Chair, greets guests at RWJ Rahway Foundation's 23rd Annual Fashion Show. More than

\$85,000 was raised for the hospital on this day of fun, food, and fundraising.

## JANUARY



**6 All About Cholesterol**—6 p.m., Bad, good, and the latest thinking. Amish Patel, DO, Cardiology

**6 Winter Soups**—7 p.m., Diane Weeks, RD, Chef\*

**7 Adult Bereavement Support Group**—1:30 p.m., For information, call Jane Dowling, RN, at (732) 247-7490.

**13 Common Workout Injuries**—6 p.m., Brandon Macy, DPM, Podiatry

**14 Insomnia!**—6 p.m., Ram Banglore, MD, Pulmonology

**20 One Pot Meals**—7 p.m., Diane Weeks, RD, Chef\*

**21 Incontinence**—6 p.m., Franklin Morrow, MD, Urology

**28 Understanding Depression**—6 p.m., Vasudev Makhija, MD, Psychiatry

## FEBRUARY

**4 Adult Bereavement Support Group**—1:30 p.m., For information, call Jane Dowling, RN, at (732) 247-7490.

**10 Root Vegetables**—7 p.m., Diane Weeks, RD, Chef\*

**11 The Silent Killer**—6 p.m., Michael Chen, MD, Cardiology

**17 Aches and Pains: A Primer**—6 p.m., Mark Skrzypczak, MD, Internal Medicine

**24 Cuisine of Vietnam**—7 p.m., Diane Weeks, RD, Chef\*

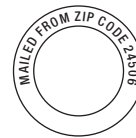
\* Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Rd., are free and open to all, but space is limited. Register by calling (732) 499-6193.


## CONVENIENT LAB CENTERS

RWJ Rahway has two outpatient draw centers convenient to you. Both centers are open from 7:30 a.m. to 4 p.m. Testing is performed at RWJ Rahway Hospital Lab, and most results are delivered within 24 hours.

- 812 N. Wood Avenue, Room 204A in Linden (908) 925-4103

- 35-37 Progress Street #A2 in Edison (908) 834-8587



 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, Robert Wood Johnson University Hospital Somerset, and Children's Specialized Hospital.

PROGRAMS + SUPPORT GROUPS

# 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.

## Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone St., 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 St., Rahway. For more information, call (732) 499-6073.

## Parkinson's Support Group

Meets the second Wednesday of each month at 1 p.m. at RWJ Rahway, 865 Stone St., Rahway. Group is for those with Parkinson's disease and their caregivers. For more information, call (732) 499-6193.

Visit our website at  
[www.RWJFitnessCarteret.com](http://www.RWJFitnessCarteret.com).

## All Together Better

Now Accepting Horizon Blue Cross  
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Horizon Blue Cross Blue Shield of New Jersey

Connect with Robert Wood Johnson

University Hospital Rahway on  
Facebook<sup>®</sup> at

[www.Facebook.com/RWJRahway](http://www.Facebook.com/RWJRahway).

## JANUARY

**7** **The Goal Is Control**—6 p.m., Includes glucose check and education. Gary Paul, Certified Diabetes Educator, Exercise Physiologist

## FEBRUARY

**10** **Diabetes: Are You on the Borderline?**—6 p.m., Let a diabetes educator show you that diabetes doesn't have to be your destiny. Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator



Cafeteria cook Ima Mazard shows quarts of frozen soup, made from scratch, that are now available for sale to the community from RWJ Rahway.

## Chicken Soup: Not Just for the Soul

Did you know chicken soup can help your body fight off illness? According to the Centers for Disease Control and Prevention, the salty broth in the soup helps treat a type of bacterial sickness caused by Enterotoxigenic Escherichia coli, or ETEC, which causes diarrhea. It can also aid in healing respiratory illnesses—the soup is a source of cysteine, an amino acid released when chicken is cooked that works in much the same way as a drug used to treat bronchitis.

Support your community hospital by visiting [www.rwjuhr.com](http://www.rwjuhr.com) and choosing "Donate."