

A Publication of
JERSEY CITY MEDICAL CENTER

FALL 2019

healthy *together*

LESSONS FROM A
CANCER SURVIVOR

SPECIAL
ATTENTION FOR
SENIORS

HEARTY, HEALTHY
FALL RECIPES

SEE THE
DOCTOR
ONLINE!
PAGE 9



A GAME CHANGER
FOR RUTGERS SPORTS

CREATING WINDOWS OF OPPORTUNITY

At RWJBarnabas Health, our mission—our passion—is to improve the health of residents in the communities we serve. But we're equally committed to ensuring that New Jerseyans have opportunities to learn, develop and pursue their goals.

You'll see that commitment come to life in many ways: in free support groups and classes, in health services delivered to senior citizens at home, in housing and employment assistance provided to local residents, and more.

In this issue, we spotlight two ways in which RWJBarnabas Health is making a difference. Children's Specialized Hospital, an RWJBarnabas Health facility, has joined forces with Opportunity Project, an organization that helps adults living with the effects of traumatic brain injury. Together, the two organizations create a continuum of care and learning opportunities for patients with brain injuries, from childhood through adulthood. And in the state-of-the-art RWJBarnabas Health Athletic Performance Center, we're partnering with Rutgers University to provide spaces designed to optimize health-sciences learning and to give athletes the resources they need to reach their full potential.

In Hudson County, this past summer we created local opportunities for young people through Jersey City Medical Center's internship program. JCMC welcomed another 38 students, from junior year of high school to college students, thanks to various partnerships and community grants. This was the first year JCMC received a grant from community partner "I Love Greenville," which offered 11 of the 38 internship spots to students from Snyder High School. These high school students participated in on-the-job training as well as First Responder and CPR certification instruction. In addition, they will continue to receive job readiness training throughout the school year. This is just one example of how our hospital provides opportunities for youths to explore career options and develop life skills.

We're honored by the trust people place in us to care for their health. In return, we're continually working to increase opportunities for all New Jersey residents to live their best lives.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



MICHAEL PRILUTSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
JERSEY CITY MEDICAL CENTER



JERSEY CITY MEDICAL CENTER CONTINUES TO IMPROVE QUALITY AND ACCESS TO HEALTHCARE

• **NEW PRIMARY CARE LOCATION IN GREENVILLE:** Jersey City Medical Center at Greenville (JCMC-Greenville), located at 1825 John F. Kennedy Boulevard, now offers the convenience of primary care and a retail pharmacy under one roof, making it easier for communities to stay healthy. Appointments can be scheduled at 201.942.4545. Walk-ins are also welcome. The Barnabas Retail Pharmacy is open Monday through Friday, from 10 a.m. to 6 p.m. For more information, visit www.rwjbh.org/jcmcgreenville.

• **PRIMARY STROKE CENTER ACCREDITATION:** JCMC was accredited by DNV GL Healthcare as a Primary Stroke Center, affirming the hospital's readiness to handle the full spectrum of stroke care—diagnosis, treatment, rehabilitation and education—and establishing clear metrics to evaluate outcomes. For more info, visit www.rwjbh.org/jcmcstrokecenter.



• **LEADERS IN LGBTQ HEALTHCARE EQUALITY AGAIN FOR 2019:** Since 2014, JCMC has been recognized as a Leader in LGBTQ Healthcare Equality by the Human Rights Campaign (HRC) Foundation, demonstrating our commitment to equitable, inclusive and compassionate care for LGBTQ patients and their families. To learn more, visit www.rwjbh.org/jcmclgbt.



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healthy *together* contents

FALL 2019



- 2. WELCOME LETTER.**
A community update from our CEOs.
- 4. GETTING CANCER, AND GIVING BACK.** A doctor shares lessons she learned when she was diagnosed with breast cancer.
- 6. SPECIAL ATTENTION FOR SENIORS.** A growing geriatric care team finds new ways to meet the needs of older patients.
- 8. WERE YOU BORN AT THE MARGARET HAGUE?** Be recognized—and help Hudson County babies now and in the future.



- 9. 10 TIMES TO USE TELEMED.** A virtual doctor visit can be the fastest way to feel better.
- 10. GAME CHANGER.** The RWJBarnabas Health Athletic Performance Center at Rutgers University kicks off a new era for Rutgers sports.

- 12. THE A-TEAMS FOR ADVANCED HEART FAILURE.** Two RWJBarnabas Health heart transplant programs offer world-class, close-to-home care for New Jersey residents.
- 14. CANCER: WHERE TO CALL FOR HELP.** Now there's a single phone number for clear and compassionate answers about treatment.

- 16. BEYOND BRAIN INJURY.** A new partnership provides resources to people living with traumatic brain injury.

- 17. KNEE CARE (AND MORE) IN YOUR NEIGHBORHOOD.** A new orthopedic center in Newport.
- 18. HEALTHY FALL RECIPES.** Delicious dishes made with root vegetables.
- 20. THE HEART OF HEALTHCARE.** Cardiac care helps a Jersey City woman live a full life.
- 21. IS ROBOTIC SURGERY RIGHT FOR YOU?** A doctor answers your questions.
- 22. WHAT WOMEN WANT.** Healthcare for every stage, under one roof.
- 23. COMMUNITY CALENDAR.** Support and education for a healthier lifestyle.

GETTING CANCER, AND GIVING BACK

Deval Gadhvi, MD, wants to get the word out about the importance of breast cancer screening.

WHEN A DOCTOR WAS DIAGNOSED WITH BREAST CANCER, SHE LEARNED SOME LESSONS. NOW, SHE WANTS TO SHARE THEM.

As an internal medicine specialist, Deval Gadhvi, MD, is usually the one performing exams, ordering tests and fielding patients' questions. However, her life took a dramatic turn in the spring of 2015 when she felt a mass on her right breast.

Only 39 years old at the time, Dr. Gadhvi lived a healthy lifestyle and had no known risk factors associated with breast cancer. "I don't drink or smoke, I had my kids young and breastfed them, I'm a vegetarian and I have no family history of breast cancer. I was busy raising my two children, working part-time, preparing for a trip to India and enjoying life," recalls Dr. Gadhvi, who is affiliated with Jersey City Medical Center (JCMC).

Dr. Gadhvi went to a radiologist for a mammogram just to be sure she shouldn't worry and was shocked when the results showed that the mass looked highly suspicious. "I went numb after that," she says. "It was very scary because I just didn't know what would happen next."

An ultrasound-guided breast biopsy, which uses sound waves to help locate a lump and removes a tissue sample for examination, revealed that she had Stage 3 breast cancer. In the months that followed, Dr. Gadhvi underwent a double mastectomy, chemotherapy and radiation.

The treatment was successful; she has been in remission since 2015. However, Dr. Gadhvi says her experience as a cancer survivor has changed her approach to patient care—and also given her a new mission.

WORDS OF CAUTION

"I realize how important the human connection is—for example, when somebody holds your hand during a biopsy, or when you come back from surgery and the nurses put their hand on your head and say everything will be fine," she says. "A patient should be treated like a human being and not just a chart."

Dr. Gadhvi also says she is now better in tune with how her patients are feeling when they are dealing with a difficult health issue. "Even when somebody's saying 'I'm okay,' I can now sense if there's still a fear in their voice," she says. "Or when the patient's

family is angry about something, I know it's often really the fear that's talking."

Post-cancer, the doctor has also made it her mission to spread the word to patients and women she knows about the importance of screening. "Breast cancer can happen to anyone, even those who are not at high risk," she says. "It's so important for everyone to stay on top of their health and get screened."

If you feel a lump, get it checked out, she emphasizes: "Not every lump is cancer, but let your doctor decide that."

"LET'S SAVE MA"

As part of her mission, Dr. Gadhvi created and funds a charity that offers free breast cancer screenings to women in the Kutch district of western India, where she is from. Called "Let's Save Ma," the program gets the word out by going into schools and providing children with flyers to pass along to their mothers. Screenings are offered either at screening centers or on "mammogram buses" that she rents in rural areas.

"In India many women don't talk about breast health and don't even want to get a mammogram done—it's a taboo subject," says Dr. Gadhvi, who visits a different village every six months. "It's partly because they are private about their bodies, but there's also a misconception that breast cancer is a disease of the western world and that vegetarians don't get it."

"As a result, breast cancer survival rates in India are much lower than those in the United States, simply because of a lack of awareness. When we get their kids involved, the mothers get the message." About 300 to 400 women receive the free screenings each year.

Dr. Gadhvi is also involved with a program called Red Sari that was started by her husband, Pragnesh Gadhvi, MD, an interventional cardiologist at JCMC, which raises awareness about heart disease in South Asian communities. "Because of their culture, diet and genetic makeup, South Asians are at a higher risk of dying from a



EARLY DETECTION SAVES LIVES

The American Cancer Society recommends that women with an average risk of breast cancer get mammograms every year starting at 45 years old, with the choice to start at age 40 if they wish to do so. However, if you are at higher risk, you should talk to your primary care doctor about getting screened sooner.

heart attack than any other community," she says.

As part of the Red Sari program, Dr. Gadhvi and her husband visit senior centers, religious centers, schools and community centers in Hudson County to educate people about how to prevent heart attacks. They have also convinced several local South Asian restaurants to change their menus to offer more heart-healthy options.

Dr. Gadhvi says she feels compelled to give back because knowledge equals power. "I think it's important to educate people about their health," she says, "and to create an environment where they're comfortable enough to ask questions."



RWJBarnabas Health and Jersey City Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. For more information, call 844-CANCERNJ or visit www.rwjbh.org/beatcancer.

To schedule a mammogram at Jersey City Medical Center, visit www.rwjbh.org/mammo.

SPECIAL ATTENTION FOR SENIORS



A GROWING GERIATRIC CARE TEAM FINDS NEW WAYS TO UNDERSTAND THE NEEDS OF OLDER PATIENTS.

Loved ones should know that when they visit an elderly friend or relative at Jersey City Medical Center (JCMC), they might not find their loved one in their hospital bed, or even in their room.

Thanks to a new and fast-growing geriatric care team at JCMC, the patient might be out and about on the hospital floor. For example, the daily routine for one patient included wheelchair “tours” with a staff member, during which the patient smiled and waved to everyone and would sometimes even sing a song or two. For more mobile patients, daily walks with staff are common.

“We do these kinds of activities with patients to keep them engaged and thinking, and help them become better oriented to where they are,” says Janielle Viuya, RN, Geriatric Care Coordinator at JCMC. “In addition, this kind of physical activity improves muscle tone, which helps prevent falls both in the hospital and when they return home.”

The special attention also helps patients who are confused and upset. For example, a patient in his 80s with dementia was refusing to take the medicines he needed, or even let staff approach him. His nurse called in a geriatric resource nurse—a colleague trained in best practices for geriatric care—for advice.

“We realized that having a number of people involved at the same time to care for him seemed to agitate him, so we gave him a more comfortable distance,” Viuya says. “I then approached him slowly, calling him by the name he had told us he preferred. He began to relax and talk to us—about his home and even the kind of music he likes. Before long, he was ready and willing to receive the medicine and tests he needed.”

A NEW PERSPECTIVE

This approach just took a few extra minutes and a few techniques, which staff members are learning through JCMC’s ongoing process of becoming recognized by the national NICHE (Nurses Improving Care for Healthsystem Elders) program. The effort is part of a system-wide senior care initiative at RWJBarnabas Health facilities.

Research has shown that older patients have different issues during hospitalization than younger patients do.

“They are more likely to develop delirium, confusion or lower cognitive function—how well they think and understand,” Viuya says. “And it can happen quickly.” These unexpected symptoms are disturbing to the patient and to their loved ones.

Through the NICHE process, JCMC staff who have a passion for geriatric care can take a course to become a trained member of the Geriatric Care Team. They learn how to identify the specific risks of hospitalized older patients—from confusion to loss of muscle tone—and how to avoid them.

PROVEN BENEFITS

In the absence of activity and engagement, a hospital stay due to one medical issue can lead to other problems for an older patient’s overall mental and physical condition. Steps like the ones the JCMC team is taking to deal with delirium can significantly reduce the length of a hospital stay as well as the overall cost of care, research shows. One study showed that older patients who underwent major abdominal surgery and received an intervention that included nutritional assistance and early mobilization were less likely to experience delirium.

“When we understand what’s really going on with these patients, it’s easier to provide them what they want and need,” says Nicole Cabrera, Geriatric Registered Nurse and a member of the NICHE leadership team. “NICHE training gives us ways to talk to our patients to make sure they understand. It allows us to become advocates for patients who aren’t always able to speak up for themselves.”

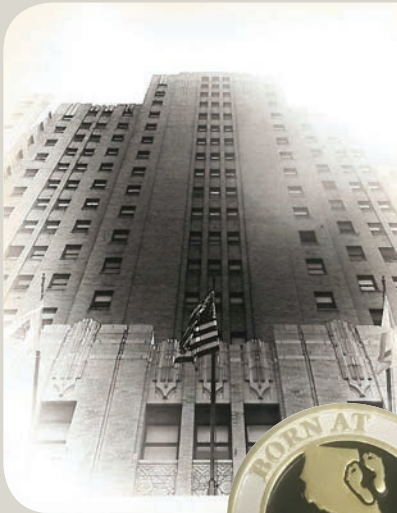
At JCMC, staff who have NICHE training include patient sitters, transporters and patient care technicians across many areas of the hospital, including medical/surgical, telemetry, step-down and orthopedic units. Two trained geriatric resource nurses are available at all times.

In just six months, the new team has grown from one person to more than 50. As a bonus, many say that it also helps them care for their own family members.

“I’m getting calls every day from more staff members who want the training,” Viuya says. “It’s exciting to see this program grow so quickly.”

Patients who need additional support can ask for a geriatric resource nurse. To learn more about our Geriatric Care Team, visit www.rwjbh.org/seniorhealth.





From left to right, vintage shots from Margaret Hague Maternity Hospital, a 10-story Art Deco landmark that saw the births of more than 300,000 babies between 1931 and 1979. Near left, the special pin available to “Margaret Hague babies” with a donation to the JCMC Foundation.

WERE YOU BORN AT THE MARGARET HAGUE?

BE RECOGNIZED—AND HELP HUDSON COUNTY BABIES NOW AND IN THE FUTURE.

For 50-plus years, more than 300,000 babies were born at the Margaret Hague Maternity Hospital at Jersey City Medical Center (JCMC). Some of those babies, like Martha Stewart, sneaker entrepreneur (and JCMC Foundation Board member) Suraj Kaufman, and Frank Sinatra’s children, went on to achieve extraordinary success—but all were (and are) special.

That’s why the JCMC Foundation wants to hear your story. You can also contribute to the well-being of babies born in the city today and in the future. A \$50 donation to the

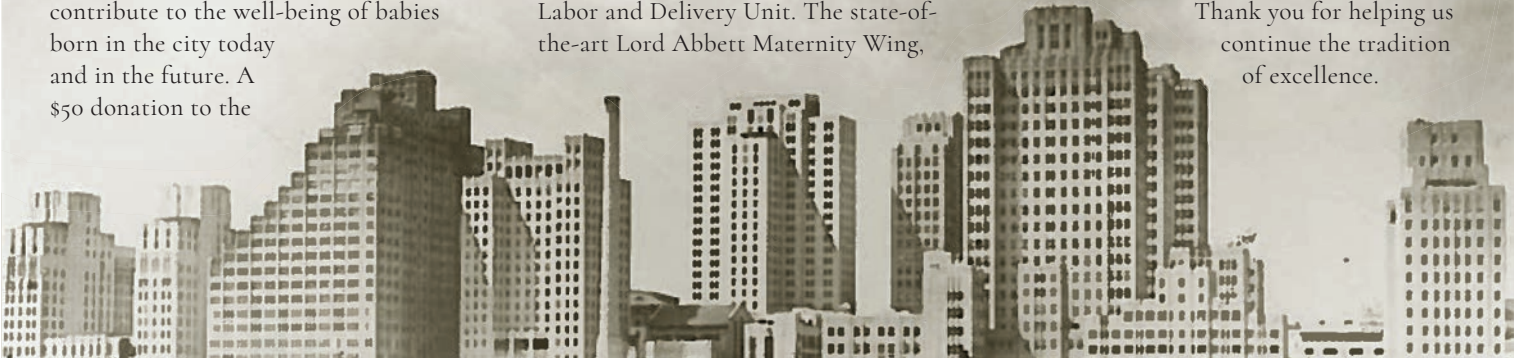
Foundation will help support the medical center’s expansion of maternity services to provide first-rate care to the region’s growing population. In return, we’ll send you the new “Born at the Margaret Hague” Commemorative Pin, pictured above.

JCMC’s expansion of maternity services is wide-ranging. In addition to having Hudson County’s only Level III Neonatal Intensive Care Unit, with the most advanced care for premature and at-risk babies, JCMC offers a newly upgraded Labor and Delivery Unit. The state-of-the-art Lord Abbett Maternity Wing,

now under construction, will feature 20 new private mother/baby rooms and many amenities. Comprehensive maternity services and education are available, including breastfeeding support, childbirth classes, midwife services and postpartum care.

With the help of generous donors, the breadth of expertise and services at JCMC means that every baby and new mother here is able to receive personalized, world-class healthcare.

Thank you for helping us continue the tradition of excellence.



To learn more about sharing your story and making a difference for babies, write to the JCMC Foundation at JCMCFoundation@rwjhb.org, call **201.377.6057** or visit www.rwjhb.org/JCMCHague.

10 TIMES TO USE TELEMED

A VIRTUAL DOCTOR VISIT CAN BE THE FASTEST WAY TO FEEL BETTER.

With the RWJBarnabas Health TeleMed service, patients can reach a U.S. board-certified doctor at any time of day or night, including weekends and holidays. The *how* is simple: Download an app for iOS or Android and connect via smartphone, tablet or computer.

But *why* might you choose to use TeleMed rather than make an appointment with your doctor? At right are some circumstances that might make a virtual visit a good choice.

TeleMed is appropriate for common complaints such as colds, flu, fever, minor rashes, earache, sinusitis, migraine, abdominal pain, allergies, pink eye and joint pain.



CALL 911 IF...

TeleMed is not for emergencies. Call 911 or go to the nearest emergency department if you are experiencing any of the following emergency medical problems:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, change in vision, slurred speech, numbness or other neurological changes
- Severe or persistent vomiting or diarrhea
- Severe abdominal pain
- Changes in mental status, such as confusion
- Assault, physical or sexual abuse
- Broken bone



You get sick while on vacation.



Your doctor's office is closed.



You need care for a sick child, but can't leave your other children home alone.



You can't get a same-day appointment with your doctor.



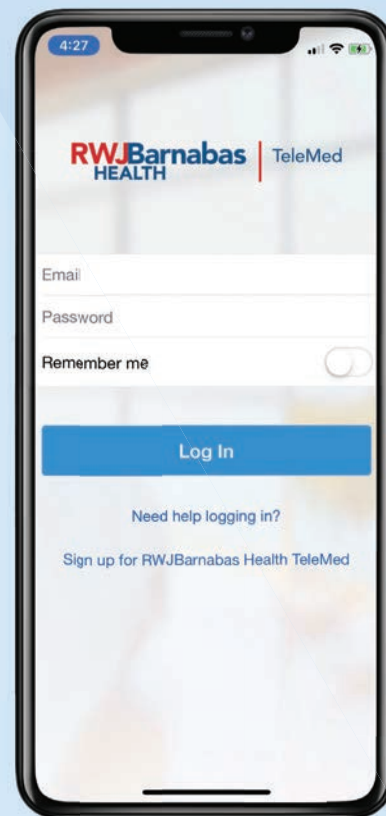
You feel too sick to leave the house.



You're out of town and realize you forgot a prescription.



You live in a rural area, making doctor visits and follow-up visits inconvenient.



You don't have time to wait in a waiting room.



It's difficult to take time off from work to go to the doctor.



You don't want to expose others to a contagious disease (or be exposed to theirs).

To learn more or to sign up for the RWJBarnabas Health TeleMed service, visit www.rwjbh.org/telemed.



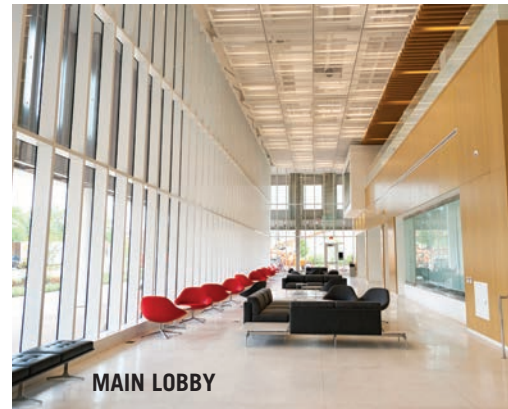
GAME CHANGER



GYMNASTICS



HYDROTHERAPY



MAIN LOBBY



WEIGHT ROOM



BASKETBALL

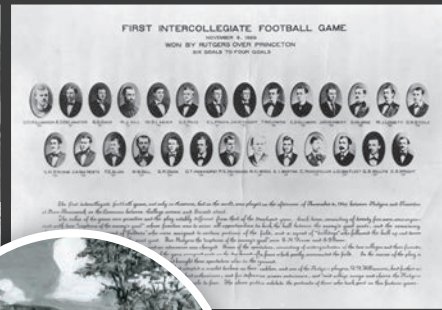


WRESTLING



HAPPY BIRTHDAY, COLLEGE FOOTBALL!

150 YEARS OF ATHLETIC PROWESS AND PASSIONATE FANDOM BEGAN AT RUTGERS UNIVERSITY.



As a major milestone in Rutgers sports history is marked with the opening of the RWJBarnabas Health Athletic Performance Center, a national college sports milestone is also being celebrated: the 150th anniversary of the first game of intercollegiate football, which took place on Nov. 6, 1869, between Rutgers and Princeton. (Rutgers triumphed, 6-4.) The season-long festivities include themed home games and the unveiling of a new “Victory” statue. RWJBarnabas Health, the official healthcare provider of Rutgers Athletics, is a presenting sponsor. To learn more, visit www.rutgersgameday.com.

THE RWJBARNABAS HEALTH ATHLETIC PERFORMANCE CENTER AT RUTGERS UNIVERSITY KICKS OFF A NEW ERA FOR RUTGERS SPORTS.

For Rutgers student-athletes, the future is here. The state-of-the-art RWJBarnabas Health Athletic Performance Center at Rutgers University, which opened in September, is home to new facilities for men’s and women’s basketball, wrestling and gymnastics, as well as a sports performance/sports medicine suite, nutrition lounge, seating area for professional scouts and more.

The 307,000-square-foot, four-story facility brings Rutgers athletic offerings to a new level. “It’s a game changer for our student-athletes in clinical care,” says Pat Hobbs, Director of Intercollegiate

Athletics at Rutgers University. “They are going to receive the very best in sports medicine.” The facility was made possible by an investment from RWJBarnabas Health, the official healthcare provider of Rutgers Athletics.

“For far too long, we haven’t produced, as a state, those facilities and resources necessary to have world-class athletes—and frankly, in New Jersey, we have world-class athletes,” says Barry Ostrowsky, President and CEO of RWJBarnabas Health. “At Rutgers, we have world-class students. For us, this is a wonderful opportunity to invest in a great University.”



X-RAY ROOM

To learn more about RWJBarnabas Health partnerships, visit www.rwjbh.org/corporatepartners.



THE A-TEAMS FOR

ADVANCED HEART FAILURE

TWO RWJBARNABAS HEALTH HEART TRANSPLANT PROGRAMS COLLABORATE TO OFFER WORLD- CLASS CARE, CLOSE TO HOME FOR NEW JERSEY RESIDENTS.

In 1989, cardiologist Mark Jay Zucker, MD, relocated from Chicago to join nationally renowned cardiovascular surgeon Victor Parsonnet, MD, at Newark Beth Israel Medical Center (NBI). Both physicians saw an opportunity to build a world-class heart failure treatment and transplant program at NBI.

Toward that end, Dr. Zucker and other members of the NBI team met with cardiologists around the state, gave talks and lectures, and sent out educational mailings to introduce the medical community to the new program.

Over the course of 30 years, the goal of creating a nationally renowned heart failure and transplant center has been met, perhaps beyond the team's wildest dreams—and certainly beyond those of many patients. By 2017, the Advanced Heart Failure Treatment and Transplant Program at NBI had performed more than 1,000 transplants, one of only a dozen programs in the U.S. to reach that milestone. Today the program performs about 50 to 55 transplants each year; has roughly 70 staff members, seven physicians, three surgeons and a full complement of nurses and nurse practitioners; and follows more than 4,000 patients at five different offices.

COVERING THE STATE

The NBI program and the Advanced Heart Failure and Heart Transplant Program at Robert Wood Johnson University Hospital in New Brunswick (RWJUH) are the only two heart transplant programs in New Jersey,

“We are one of the major referral centers for heart conditions in the state, particularly in central New Jersey,” says Aziz Ghaly, MD, Surgical Director, Advanced Heart Failure and Heart Transplant Program at RWJUH. “We offer the most advanced options for treatment of heart failure available. That means we

can do complete workups for patients under one roof.”

As collegial members of the same health system, the two programs provide seamless treatment to any patient in need of complex cardiac care, not only from the hospitals of the RWJBarnabas Health system but from any hospital inside New Jersey or beyond. For New Jersey residents, that means advanced cardiac care is always available close to home.

The connection between the two teams further enhances patient care. “Leadership of both programs meet regularly to discuss how to coordinate care, improve safety, streamline services and sometimes just to learn from one another as well,” says Dr. Ghaly.

MULTIDISCIPLINARY APPROACH

At NBI, Dr. Zucker, Director of the Cardiothoracic Transplantation Program, and Margarita Camacho, MD, Surgical Director of Heart Transplantation, are two of the most senior physicians in the field, with a combined experience of caring for more than 1,500 transplant patients. Both physicians are at the forefront of advanced heart failure treatments, and both have been at NBI for the majority of their careers. “That translates to consistency,” says Dr. Zucker. “We have danced together for a long time.” The RWJUH transplant program has been in place for more than 20 years, with year after year of excellent outcomes, says Dr. Ghaly.

Both programs rely on multidisciplinary teams to provide

the highest quality of care. “Advanced cardiac care requires a tightly integrated, well-functioning team of talented and knowledgeable clinicians, paramedical professionals, social workers, pharmacists and dietitians,” says Dr. Zucker.

“Heart transplantation is not maintenance-free after surgery,” explains Dr. Ghaly. “Our heart failure cardiologists and nurse coordinators monitor patients very closely afterward, becoming like part of the patient’s family. The role is crucial to the patient’s survival post-transplant, and they are the heart and soul of our program.”

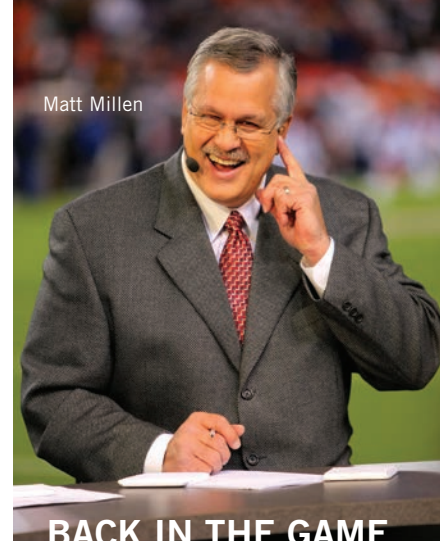
FUTURE-FACING

Both programs are national leaders in treatment for advanced heart failure, including the use of ventricular assist devices (VADs). These surgically implanted mechanical pumps can keep patients alive as they wait for a heart transplant or when other medical conditions have rendered them ineligible for transplantation.

The NBI and RWJUH programs also participate in multiple research trials that offer patients access to new investigational medications and devices prior to commercial availability. Most recently, the teams have been studying medications to treat advanced congestive heart failure, amyloid and lamin A/C cardiomyopathy.

The transplant center at NBI is currently undergoing a \$4.3 million renovation. “The transplant suite will soon integrate the mechanical support, heart and lung transplant programs all under one roof,” says Dr. Zucker. “The ability to interact on a moment-to-moment basis provides an ability to exchange ideas and ensure that all team members are up to date with new and emerging technologies.”

This type of interaction is crucial when it comes to caring for such critically ill patients, says Dr. Zucker. “After all, the management of heart failure is a 24/7 operation that only works when you have a team of truly committed individuals.”



Matt Millen

BACK IN THE GAME

During Matt Millen’s storied career as a football player, observers often said he showed “a lot of heart.” That description resonated with many when they learned he was waiting for a life-saving heart transplant at Newark Beth Israel Medical Center (NBI).

An All-American linebacker at Penn State, Millen had a 12-year NFL career, including four Super Bowl wins. He served as president and CEO of the Detroit Lions, followed by a successful career as a football commentator.

As the years went on, he began to feel weaker and increasingly short of breath. It became hard to navigate the few stairs to his basement wood shop.

Ultimately, Millen was diagnosed with the rare disease amyloidosis. Abnormal proteins called amyloids had been deposited in his heart muscle, rendering it stiff and unable to function properly.

In the fall of 2018, Millen spent three months at NBI, under the care of Mark Jay Zucker, MD, Director of the Cardiothoracic Transplantation Program, and his team. On December 24, 2018, Millen underwent heart transplant surgery performed by Margarita Camacho, MD, Surgical Director of Heart Transplantation, and Mark Russo, MD.

The surgery was a success. With a new heart and a new lease on life, Millen is back in the broadcasting booth for the 2019 football season.



AZIZ GHALY, MD



MARK JAY ZUCKER, MD

Your heart doesn’t beat just for you. Get it checked. To reach an RWJBarnabas Health cardiac specialist near you, call **888.724.7123** or visit www.rwjbh.org/heart.





CANCER: WHERE TO CALL FOR HELP

**NOW THERE'S A SINGLE PHONE NUMBER FOR CLEAR
AND COMPASSIONATE ANSWERS ABOUT CANCER TREATMENT.**

When a person is diagnosed with cancer, he or she has a lot to learn—and many decisions to make. What's the best course of treatment? Where is the best place for treatment? Who is the best doctor to treat my cancer? How can I get a second opinion?

That's why RWJBarnabas Health (RWJBH), in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, has created an Oncology Access Center. This concierge-like service for cancer patients has an easy-to-remember number: 844-CANCERNJ. At that number, specialized oncology access representatives and oncology access nurse navigators stand ready to direct patients to the expert care they need. The Oncology Access Center creates one point of contact for all oncologists and hospitals in the RWJBH system and at Rutgers Cancer Institute.



STEVEN K. LIBUTTI, MD

"We are well aware that people who are newly diagnosed or seeking a second opinion are dealing with an extremely stressful personal situation," says Steven K. Libutti, MD, Senior Vice President of Oncology Services, RWJBH and Director of Rutgers Cancer Institute of New Jersey. "We want to make the process of finding care as stress-free and efficient as possible."

In the past, Dr. Libutti explains, patients and caregivers needed to do extensive research on their own to figure out what location and what physician would be most appropriate for their care. "Now they can more easily access NCI-designated cancer care across the state," he says.

NAVIGATING THE JOURNEY

"We're especially excited to have nurse navigators located right at the contact center if a person has a clinical question," says Bryan Soltes, System Vice President, Network Development, Oncology Services for RWJBH. "That aspect of our system makes it uniquely helpful to patients."

When a caller is referred to a specific hospital, he or she is immediately linked to the nurse navigator platform at the hospital, Soltes says. "Nurse navigators guide patients through their entire journey of diagnosis, treatment and recovery, not only making appointments but connecting the patient with oncology support services," he explains.

"Our system is making a very big commitment to nurse navigation in general," Soltes says. "Our goal is to be the largest nurse navigation system for oncology in the country."

Experts at RWJBH recognize that oncology healthcare calls are different from other kinds of calls. "They are often from people dealing with potentially serious situations," Soltes says. "With our Oncology Access Center and nurse navigator programs, we're able to put our arms around the patient, so to speak, and say, 'We'll help you take it from here.'"



RAISE YOUR HANDS FOR SURVIVORS

Life can be a roller coaster, especially when a person is coping with cancer. That made it especially fitting for three iconic New Jersey brands—RWJBarnabas Health (RWJBH), Rutgers Cancer Institute of New Jersey and Six Flags Great Adventure—to create the Coasters for Cancer campaign.

Brightly colored handprints were collected from cancer survivors and supporters. Those handprints were wrapped into a design to adorn the Runaway Mine Train roller coaster at Six Flags Great Adventure in Jackson Township. When park visitors take the ride, they're reminded of how many people cancer touches in the state of New Jersey.

The campaign was unveiled during a National Cancer Survivors Day Celebration at Six Flags Great Adventure on June 9. "More people need to know about the disease and about the research that's being done right in our own backyard," says John DeSimone, a patient at Rutgers Cancer Institute.

"What I hope people get out of this display is that cancer doesn't discriminate," says cancer survivor Johnny Volpe, 17, who was diagnosed when he was just 7. "Cancer goes for anyone and everyone, and it's great that people are aware."

"The Coasters for Cancer campaign is an incredible opportunity to shine the spotlight on cancer survivorship, education and prevention," says Justin Edelman, Senior Vice President, Corporate Partnerships, RWJBH. "If this campaign helps just one person, it's all worth it."

Opposite page and this page, clockwise: For the first time, a roller coaster was wrapped in support of cancer awareness for the Coasters for Cancer campaign. Survivors and their families joined a special survivors celebration at Six Flags Great Adventure, which partnered with RWJBarnabas Health and Rutgers Cancer Institute of New Jersey to bring greater awareness to the disease and efforts to fight it.



RWJBarnabas Health,
in partnership with Rutgers
Cancer Institute of New Jersey—the
state's only NCI-Designated
Comprehensive Cancer Center—
provides close-to-home access
to the latest treatment, including
clinical trials. Visit
www.rwjbh.org/beatcancer.**

The Oncology Access Center is open from 8 a.m. to 5 p.m., Monday through Friday. Call **844.CANCERNJ (844.226.2376)**.



Staff and members at Opportunity Project engage in a variety of work-related and social activities through the Clubhouse Program.

BEYOND BRAIN INJURY

A NEW PARTNERSHIP BRINGS ADDITIONAL RESOURCES TO THOSE LIVING WITH TRAUMATIC BRAIN INJURY.



About every 13 seconds in the U.S., someone suffers traumatic brain injury (TBI)—a blow or penetrating injury to the head that's severe enough to disrupt normal brain function.

Children with TBI are often treated at Children's Specialized Hospital (CSH), the leading provider of inpatient and outpatient care for children and young adults facing special healthcare challenges. Until recently, however, CSH had no way to help these patients as they grappled with the lingering effects of TBI in adulthood.

To remedy that situation, CSH has begun a new partnership with the nonprofit Opportunity Project, founded by parents whose sons were dealing with TBI. The

program offers a wide range of services to help adults with TBI reach their full potential.

The organization's mission and services make it a natural fit for CSH. "Opportunity Project has a long, rich history of serving the critical needs of adults with brain injury," says Warren E. Moore, FACHE, President and CEO, CSH, and Senior Vice President, Pediatric Services, RWJBarnabas Health. "We are thrilled to partner and learn from one another, ensuring a bright future for the communities we serve."

MOVING FORWARD

Mild TBI, the most common kind, affects the brain only temporarily. However, symptoms of moderate to severe TBI may

be long-term, even lifelong. These symptoms can include difficulty thinking clearly, headaches, moodiness, sensitivity to light, physical impairment and sleep problems. Up to 90,000 people experience the onset of long-term disability from TBI each year.

The only program of its kind in New Jersey, Opportunity Project has served more than 600 individuals affected by TBI, along with their families, since its inception in 1993. The organization is housed in a 14,000-square-foot facility in Millburn that's accessible to the center of town and to public transportation, and is open five days a week.

Here, members can meet to receive occupational therapy, to confer with social workers who can help them access community resources, or to practice skills in reading, writing, planning and more. Opportunity Project also trains members who wish to become part of its Speakers Bureau, enabling them to use their firsthand knowledge of living with a brain injury to deliver inspiring and educational presentations.

For more information about Opportunity Project, visit www.opportunityproject.org. For more information about Children's Specialized Hospital, call **888.244.5373** or visit www.childrens-specialized.org.

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries to developmental and behavioral issues like autism and mental health.



KNEE CARE (AND MORE) IN YOUR NEIGHBORHOOD

NEED ORTHOPEDIC CARE? A NEW LOCATION IN NEWPORT HAS YOU COVERED.

If you're dealing with a bout of knee (or back or wrist) pain, or any bone or joint problem, the last thing you want is to travel to find treatment—especially if that involves a trip across the Hudson River.

Jersey City Medical Center (JCMC), which was designated as a Center of Excellence for Orthopedic Services this year, has opened a second location to help. “In the past, people who lived or worked in the Newport section of the city had to travel to New York for medical care, rather than stay within Hudson County,” says Frank Liporace, MD, Medical Director of JCMC’s Orthopedics Institute. “To meet the needs of our community, we wanted to make sure that we offer high-quality, personalized care close to home.”

Located at 100 Town Square Place in Newport, the new location houses orthopedic as well as rehabilitation services. That means physical and occupational therapists can consult with surgeons about possible treatment



FRANK LIPORACE, MD

modifications in real time. “Having that close communication within the same location and during the same hours is a very significant benefit,” says Dr. Liporace.

GROWING NEED

Like JCMC’s main Orthopedic Institute at 355 Grand Street in Jersey City, the new orthopedic practice will offer services to people from all walks of life—those with work-related or sports injuries, as well as patients who need orthopedic services for joint-related conditions.

“We have specialists to meet every orthopedic need. We have a hand surgeon who treats conditions like carpal tunnel syndrome, we have a spine surgeon, we have a sports medicine specialist, we have hip and knee replacement surgeons—we cover it all,” says Irene Borgen, RN, Vice President, Ambulatory Care Network at JCMC.

In addition, JCMC plans to incorporate specialized post-concussion rehabilitation services at both locations. “Many times, we think of sports injuries as

limited to sprains or fractures or ligament injuries, but we’re becoming more aware that many sports injuries involve concussions,” says Dr. Liporace.

JCMC’s decision to expand services is closely related to the growing need for orthopedic services in the community. In fact, a market analysis shows that the need will double within 10 years, Borgen says.

“Demand for our orthopedic services at Jersey City Medical Center has grown as our population increases by leaps and bounds, and as area residents start to realize that we offer advanced orthopedic care,” says Dr. Liporace.

The Newport location is part of JCMC’s overall population health strategy, which seeks to make it easier for all Hudson County residents to receive high-quality medical care. “Jersey City Medical Center has redesigned the way we deliver care to extend access to care and to drive health improvement across the community,” says Borgen. “Our goal is to provide the right care, in the right place at the right time.”

For more information about orthopedic services at Jersey City Medical Center, visit www.rwjbh.org/ortho.



HEALTHY FALL RECIPES

HOW TO TRANSFORM ROOT VEGETABLES INTO DELICIOUS DISHES

“When there’s a chill in the air, nothing beats cozying up with a meal that warms us from the inside out,” says Jordan Kowalczewski, an Outpatient Registered Dietitian at Jersey City Medical Center. Fortunately, the fall season is a great time to find locally grown root vegetables like butternut squash, sweet potatoes and beets. “These items are easy to prepare, can be prepared in a number of different ways—mashed, roasted, made into soup—are high in B vitamins, vitamins A and C, and potassium, and are cheapest at this time of year,” Kowalczewski says. Try these three recipes, for your holiday table or at any time.

BUTTERNUT SQUASH AND GRAIN SALAD

This salad is light enough to be served as a side dish, or can easily be made into a meal with the addition of protein, such as roasted chicken or salmon.

INGREDIENTS:

- 1 whole butternut squash, peeled and cut into 1-inch cubes
- 3 tablespoons canola oil
- 1 small red onion
- ½ cup olive oil
- 2 cups farro (a nutty grain that is related to wheat) or brown rice
- ¼ cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- Salt and pepper
- ½ cup crumbled feta or goat cheese
- Baby spinach (optional)



DIRECTIONS:

- Preheat oven to 450 F. Line baking sheet with foil and spray with nonstick spray. Toss butternut squash with 2 tablespoons canola oil to coat, sprinkle with salt and pepper and place squash on tray. Bake for 25–30 minutes or until fork-tender, tossing halfway through baking time.
- While the squash is cooking, dice onion into 1-inch pieces. Toss lightly with 1 tablespoon olive oil and place on baking sheet halfway through squash cooking time. When squash pieces are fork-tender, remove from oven and let cool slightly on tray.
- While squash and onion are roasting, prepare farro or brown rice according to package instructions. When done, drain and let cool.
- In a small bowl, whisk together balsamic vinegar, remaining olive oil, honey, Dijon mustard, salt and pepper to create vinaigrette.
- In a large bowl, combine farro/rice, roasted onion, squash and desired cheese. Toss with balsamic vinaigrette to coat.
- Serve as is, or serve over baby spinach. Salad can be served either cold or warm.



ROASTED BEET HUMMUS

Hummus can last 7–10 days in the refrigerator when stored in an airtight container.

INGREDIENTS:

- 2 medium-large beets
- 1 19-ounce can chickpeas, drained
- 2 cloves garlic
- Juice of ½ lemon
- 2 tablespoons tahini
- Salt and pepper to taste
- ⅓ cup olive oil

DIRECTIONS:

- Preheat oven to 450 F. Line baking sheet with foil. Wash beets thoroughly and trim root/stem if needed.
- Add beets to foil-lined pan, cover tightly with more foil. Roast for 40–45 minutes, or until beets are fork-tender. Remove from oven and let cool for 5–10 minutes.
- In a blender or food processor, add chickpeas, garlic, lemon juice, tahini, salt and pepper. Blend on high; slowly drizzle in olive oil until hummus is smooth and creamy, usually about 2–3 minutes.
- Once beets are cooled, peel and cut into medium-sized cubes (you may want to wear gloves as the beet color may stain your hands). Add beet chunks to blender and continue blending until smooth.
- Put beet hummus in a bowl and top with a small drizzle of olive oil. Enjoy with whole-grain crackers, fresh veggies or whole-wheat pita bread.



SWEET POTATO WAFFLES

These waffles can be made ahead of time, frozen and popped in the toaster when you're ready to eat.

INGREDIENTS:

- 4 cups shredded sweet potato (use the largest holes in a box grater)
- 2 beaten eggs
- Pinch of salt
- Olive oil or nonstick cooking spray

DIRECTIONS:

- In a bowl, mix grated sweet potato with eggs and salt.
- Preheat waffle iron. Once preheated, spray iron with nonstick spray or coat with olive oil. Fill waffle iron (be careful not to overfill) and cook according to your waffle iron's instructions until crispy.
- For sweet waffles: Top with a dollop of plain Greek yogurt, a drizzle of honey or maple syrup, or a dash of cinnamon and fresh berries.
- For savory waffles: Top with an egg (either scrambled or sunny-side up), sliced tomato and sliced avocado.

To contact a registered dietitian at Jersey City Medical Center, call **201.885.3700** or **201.984.1270**.



THE HEART OF HEALTHCARE

ONGOING CARE FROM A DEDICATED CARDIAC TEAM HELPS A JERSEY CITY WOMAN LIVE A FULL LIFE.

The day that Jersey City resident Jenny Mancero collapsed in 2003 changed her world. Fortunately, thanks to ongoing cardiac care with a team at Jersey City Medical Center (JCMC), she continues to live a full and rewarding life.

“I was in a coma for seven days,” Jenny, now 70, says. Her diagnosis: hypertrophic cardiomyopathy, a genetic condition in which protein abnormalities in the heart muscle cause its tissues to thicken.

The thickened muscle can disrupt the heart’s electrical signals, potentially causing abnormal rhythms that can make the heart stop. “The fact that Jenny survived her first event with no brain damage is remarkable,” says Mary Abed, MD,



MARY ABED, MD

Chief of Cardiology at JCMC and a member of the Barnabas Health Medical Group.

Jenny has the benefit of a device known as an implantable cardioverter-defibrillator (ICD). “They make a little incision just below the shoulder and create a pocket. The defibrillator goes in there,” Jenny explains. Communicating through wires to the heart, the ICD senses electrical activity, acts as a pacemaker and, when necessary, delivers a shock to restore heartbeat. “It’s an incredibly intelligent device,” Dr. Abed says. “Most of the time, it’s just watching.”

But on several occasions, the ICD has revved up to shock Jenny’s heart. “This means the device has saved her life multiple times since it was implanted,” says Dr. Abed.

Without a defibrillator, it would be necessary to call 911 so that first responders could deliver an external shock. “That would take critical minutes in which the brain is not getting blood flow,” explains Dr. Abed.

ONGOING CARE

Jenny says she is grateful for the lifesaving technology, but finds shocks are unsettling at times. “It can be scary,” she says. She had lingering anxiety that a serious episode could happen again at any time.

So Jenny’s cardiology team at JCMC has worked with her to adjust medications that she takes to suppress the onset of abnormal rhythms. “She’s had numerous drug changes,” Dr. Abed says. “We’ve found a treatment that works for her.”

Regular checkups help Jenny keep on top of lifestyle measures to manage her risks as well. That entails not only watching her diet and staying moderately active, but finding emotional comfort through a monthly JCMC cardiac support group. “Sometimes you feel you’re in it alone,” Jenny says. “In a group, that’s not true. I had been worried about my heart, but I feel better about it now.”

She feels a sense of community with her cardiac care team as well. “Staff at Jersey City Medical Center treat you like you’re not just a patient, but somebody they care about,” she says.

“I often tell people who come to me with a difficult cardiac disease that it’s like we’re married now,” says Dr. Abed. “The disease won’t go away, and a long-term relationship helps make sure the person gets the utmost care. Jenny has a long history with us, and she’s done amazingly well.”



GET IT CHECKED

Your heart doesn’t beat just for you. Get it checked. To learn more about Jersey City Medical Center, Hudson County’s only full-service heart hospital, or to reach a JCMC cardiac specialist, call **888.724.7123** or visit www.rwjbh.org/heart. For more information on joining a cardiac support group, contact Susan Weiss at **201.384.2751**.

IS ROBOTIC SURGERY RIGHT FOR YOU?

STATE-OF-THE-ART ROBOT-ASSISTED SURGERY IS NOW AVAILABLE AT JERSEY CITY MEDICAL CENTER.

Hudson County patients now have the benefit of minimally invasive advanced robotic surgery at Jersey City Medical Center (JCMC), thanks to the new da Vinci Xi Surgical System. “Robotic surgery is the most advanced technological tool currently available for surgical procedures,” says Anroy Ottley, MD, Chief of the Robotic Surgery Program at JCMC, who has performed more than 500 robot-assisted surgeries.

What does the new technology mean for the experience of patients who need surgery? Here, Dr. Ottley answers some common questions.

In robotic surgery, does a robot actually perform the surgery?

No, a surgeon guides and performs the procedure. Robotic surgery is performed by attaching the robot, via specialized arms and instruments, to the patient. The surgeon guides the robotic arms by way of a console connected to the robotic arms.



ANROY OTTLEY, MD

The robot-

assisted system uses tiny instruments inserted into the patient through a very small incision, sometimes as small as 15 mm [a little more than half an inch], so it is minimally invasive surgery. It allows us to perform large procedures in a small space.

What kinds of procedures can be done using robotic surgery?

Currently the robotic surgery system can be used for most hernia repairs, gallbladder surgery and colorectal surgery. It can be utilized for several urology procedures, including prostatectomy, nephrectomy, adrenalectomy and cystectomy. We also use the robotic system for some gynecological procedures, including hysterectomy and uterine fibroid removal.

What are the benefits to patients?

High-resolution 3-D images show the surgeon what is going on inside the body during the procedure. On the robotic console, images are magnified several times, which reduces the risk of complications.

The small incisions made in robotic surgery mean that both scarring and post-operative pain are minimized. At Jersey City Medical Center, 99 percent of my patients receive no narcotic medicines for



The da Vinci Xi Surgical System

pain control. Further, patients are able to return to activity sooner, some in as little as 72 hours.

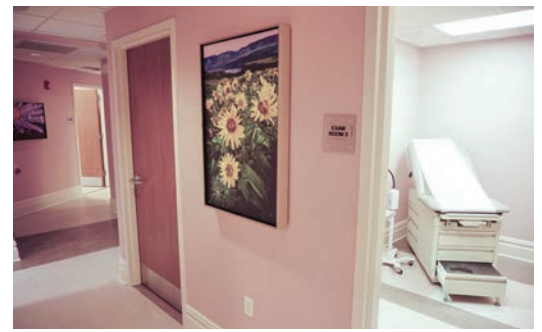
Is robotic surgery only for certain cases, or will it become more widespread?

Currently, nationwide adoption among surgeons is 10 to 15 percent. This number will grow exponentially over the next five to 10 years as the technology improves and barriers to entry are minimized.

I strongly believe that in the near future all surgery will have technological adjuncts. Jersey City Medical Center is strongly committed to providing the most technologically advanced surgical care to all of our patients.

The surgical team at Jersey City Medical Center consists of board-certified, fellowship-trained surgeons and a multidisciplinary support team of healthcare clinicians in the operating suites. For more information on general surgeries, please call **888.724.7123**.





Women's Health at Grove Street is housed in a centrally located, historic building. Its serene interior design helps make patients and their families comfortable.

WHAT WOMEN WANT

A CENTER OFFERS CONVENIENT, COMPREHENSIVE AND CUSTOMIZED CARE FOR EVERY STAGE OF A WOMAN'S LIFE.

One woman's story of hope mixed with hurt captures the essence of care at Women's Health at Grove Street for Christine Donnelly, Practice Manager. "She came to us throughout her pregnancy, with all its happy anticipation," Donnelly says.

Unfortunately, the woman had a miscarriage. The multidisciplinary staff at Women's Health at Grove Street, which is part of Jersey City Medical Center, cared for her through her difficulties, going so far as to give out personal cell numbers in case she needed off-hours help or a sympathetic ear. "It meant a lot to her and her husband—and to us—that we really took care of her," Donnelly says. "Now she says she'll continue coming to us through her next chapter in life—getting pregnant again."

DESIGNED FOR WOMEN

Seeing women through ongoing chapters in life is the core mission at Women's Health at Grove Street. "We offer

comprehensive services from a variety of highly skilled, compassionate physicians and practitioners all at one location," Donnelly says. "We have several obstetrics-and-gynecology providers who see women during pregnancy.

"But care doesn't stop when you have your baby. It continues for years to come, through annual exams, wellness visits, postmenopausal care and everything in between."

The 15-person staff also includes fertility specialists, midwives and a nutritionist. "It's uncommon to have this range of specialists in one place," Donnelly says. "Often, a woman who has difficulty getting pregnant sees an independent fertility specialist who then refers her to a separate obstetrician. We provide the entire range of care, including personalized services from our midwives."

A location in the heart of downtown Jersey City offers advantages. "We're in a perfect spot right across from the PATH

station, making care more convenient for women on the go," Donnelly says. Morning appointments start at 7:30 a.m. "Women can get their exams and jump on the train without having to worry about making it to a doctor's appointment after work, when they're more frazzled," Donnelly says.

Offices are on the second floor of an ornate brick building with a restaurant at street level. "It's a beautiful old building with a very warm atmosphere," Donnelly says. "The facilities are designed with women in mind, using soft colors that feel very clean and comfortable."

Warmth characterizes the staff as well. "The medical assistants, doctors, midwives, front desk staff—everyone—is friendly and compassionate," Donnelly says. "The whole design of the practice is meant to make women feel comfortable."

The same holds true for husbands and partners who regularly accompany women to their appointments. "When that woman had her miscarriage, her husband was there the whole time," Donnelly says. "We worked with both of them because they were a unit"—much like the team at Women's Health at Grove Street.

Women's Health at Grove Street, part of Jersey City Medical Center, is located at 116 Newark Avenue at Grove Street, 2nd floor, in Jersey City. To learn more or to schedule an appointment, call **201.984.1270**.



Community Calendar

FOR PARENTS-TO-BE

The following classes will be held at Jersey City Medical Center, 355 Grand Street, 4 East Conference Room. Registration and payment are required prior to class. To register, call 201.521.5900.

Prenatal Childbirth Classes

Four classes per series, two hours per class: Oct. 7, 9, 23, 28; Nov. 11, 13, 16, 18; and Dec. 2, 9, 11, 16, 6–8 p.m.

Combination of lecture and videos. Topics include third-trimester changes, signs and symptoms of labor, pain management and tour of Labor and Delivery and Postpartum Units. \$125 per couple.

Prenatal Breastfeeding Class

Two-hour class, offered Oct. 15, Nov. 19 and Dec. 17, 6–8 p.m.

Topics include how breastfeeding works, latching on and positioning, when to feed your baby and breast care. \$35.

Prenatal Infant Care Class

Two-hour class, offered Oct. 30 and Dec. 30, 6–8 p.m.; Nov. 23, 9–11 a.m.

Topics include diapering, bathing, cord care and special procedures. \$35.



For more events, visit www.rwjbh.org/events. Activity schedules are subject to change or cancellation. Please call in advance if you plan to attend, and pre-register where registration is required.

HEALTH & WELLNESS

JCMC supports community members with resources to create a healthier lifestyle. Activities are free and open to the public and held at the JCMC Ambulatory Care Center (ACC) at 395 Grand Street, 3rd floor. To register, call 888.724.7123.

Health Hour at JCMC

Spend an hour with us at this free monthly seminar, and learn about various health topics from guest experts. All sessions 1–2 p.m., JCMC ACC, Conf. Room 2.

- **Oct. 15** Staying Abreast: Breast Cancer Awareness Month
- **Nov. 19** Know Your Type: Diabetes Awareness Month
- **Dec. 17** Thinking Positive: HIV Awareness Month

Let's Talk Nutrition

Discover tasty and healthy recipes, learn to buy healthy foods for your family on a budget, and more. All sessions held 12–1 p.m., JCMC ACC, Conf. Room 1.

- **Oct. 16** RX: Proper Exercise and a Good Diet
- **Nov. 20** Healthy Eating Tips for the Holidays
- **Dec. 18** New Year Resolutions to Jumpstart Your Health

SUPPORT GROUPS

Support groups provide a safe space for encouragement, education and resources for patients diagnosed or living with certain illnesses or chronic health conditions. Unless noted otherwise, these support groups meet at Conference Room 5 & 6 at JCMC on 355 Grand Street.

Breast Cancer Support Group

Oct. 10, Nov. 14, Dec. 12, 4:30–5:30 p.m.

For women at all stages of breast cancer. To register, call 888.724.7123.

Cancer Patient Support Group

Oct. 16, Nov. 20, Dec. 18; 1–2 p.m.

Group meets on the third Wednesday of the month in Suite 12 at JCMC Outpatient Services at Colony Plaza, 414 Grand Street. For people living with or who have been diagnosed with cancer. For info or to join, call 201.915.2073.

Diabetes Support Group

Oct. 8, Nov. 5, 2:30–4 p.m.

A certified facilitator uses the Conversation Map tool developed by the American Diabetes Association to guide those affected by diabetes to discuss positive lifestyle changes and ways to manage diabetes. To register, call 888.724.7123.

Cardiac Support Group

Oct. 28, Nov. 18, Dec. 16, 6:30–8:30 p.m.

For cardiac patients or those affected by cardiac illness and disease. For more info, call Susan Weiss at 201.384.2751.

Your heart doesn't beat just for you.

Get it checked. It beats for your husband or wife, your children and grandchildren. It beats for your brothers and sisters, your friends and lovers. It beats for everyone who cares deeply about you. So please, get your heart checked. For them. For you.

To schedule an appointment with one of Hudson County's top cardiac specialists, call **888-724-7123** or visit rwjbh.org/heart.

Jersey City
Medical Center

RWJBarnabas
HEALTH

Let's be healthy together.

