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# MONMOUTH

health & life

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## THE HOLIDAY ISSUE

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## WELCOME LETTER

# MOVING FORWARD TOGETHER

I COULDN'T BE MORE THANKFUL TO THE DEDICATED physicians, nurses, staff and administrators of Monmouth Medical Center for their shared commitment to providing the highest quality care with compassion. In 2018, this shared commitment resulted in impressive quality achievements and program expansions, including:

- The only hospital in Monmouth and Ocean counties to receive an "A" Hospital Safety Score by The Leapfrog Group, the nation's leading experts on patient safety, for eight consecutive rating periods.
- Named to Becker's Healthcare's "100 hospitals and health systems with great women's health programs" list for breast cancer diagnosis and treatment, gynecology and women's heart care.
- The Leon Hess Cancer Center attained American College of Surgeons—Commission on Cancer Accreditation with silver commendation and the Jacqueline M. Wilentz Comprehensive Breast Center received the Women's Choice Award as one of America's best breast centers for the fifth year in a row.
- Expanded access to our award-winning cardiology services by partnering with Barnabas Health Medical Group to open a state-of-the-art cardiac care facility on Route 35 in Eatontown. Monmouth Heart Specialists offer convenient access to top cardiac specialists in a state-of-the-art facility.
- At the Long Branch campus, we expanded the labor & delivery unit at the Eisenberg Family Center to provide the best service possible to new and growing families. All newly renovated labor and delivery suites, additional triage rooms and an expansive, centrally located nurses station were unveiled in September.

As we look forward to 2019, we are excited to unveil plans for a state-of-the-art Health Campus in Tinton Falls. This will include an ambulatory care center, physician offices and a new and expansive cancer center in partnership with the Rutgers Cancer Institute of New Jersey, the only National Cancer Institute (NCI)-designated cancer center in the state.

On behalf of our family at Monmouth Medical Center, I wish you and your family a joyful holiday season and a healthy New Year.

**BILL ARNOLD**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
MONMOUTH MEDICAL CENTER AND THE  
UNTERBERG CHILDREN'S HOSPITAL



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# IN GOOD HEALTH

MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER

## ONE FOR ALL

FROM MAMMOGRAMS TO SURGERY, THE JACQUELINE M. WILENTZ COMPREHENSIVE BREAST CENTER OFFERS COMPLETE TOP-LEVEL CARE.



CYNTHIA BARONE, D.O., regional medical director of breast imaging for Monmouth Medical Center (MMC), Monmouth Medical Center Southern Campus (MMCSC) and Community Medical Center, shares what's new at MMC and why Jacqueline M. Wilentz Comprehensive Breast Center is your "one-stop shop" for breast cancer care.

**The Jacqueline M. Wilentz Comprehensive Breast Center achieved the highest certification level offered by the National Quality Measures for Breast Centers (NQMBC). What makes the center so worthy of this certification?**

» CYNTHIA BARONE, D.O.

This certification measures quality of care that a patient receives

from a breast center regarding every aspect of management from diagnostic imaging to breast biopsy to surgery following a cancer diagnosis. Everyone at the breast center who is involved in patient treatment strives for excellence in the caring of the breast cancer patient.

### **What do you love about MMC's breast center?**

The team approach and cohesiveness of the staff are fantastic at streamlining the process for the patient from beginning to end. This includes support staff, coordinators, technologists, nurse navigators and highly specialized breast imaging physicians. Everyone is here for the benefit of the best outcome for the patient. Personalized, inclusive high quality care is delivered, which is a hard quality to find.

### **Why should patients choose a comprehensive breast center like MMC's over one that does only breast imaging?**

Many "breast centers" do not have the ability to perform all aspects of breast related care. A mammogram may indicate further evaluation is needed—perhaps with biopsy or MRI, but the facility may not have this capability. This means that the patient may be recommended to

another facility with little guidance as to what the next steps may entail. I believe it is better to be at a comprehensive breast center where there are nurse navigators and coordinators to guide the patient during what may be a very difficult time in their life. Our surgical coordinators help the patients schedule follow-up appointments with one of our breast surgeons if further surgery is necessary following biopsy.

We have a weekly multidisciplinary conference where the best care of the patient is decided amongst our team of imagers, surgeons, oncologists and radiation oncologists. It's comparable to getting multiple second opinions regarding the patient's best clinical management. We also have wonderful genetic counselors should that be needed.

We have always had state-of-the-art, dedicated breast imaging equipment. At MMC, we were the first in the region to be able to offer tomosynthesis to our patients.

### **What can you tell us about the expanded Lakewood center?**

Lakewood has implemented tomosynthesis (also called 3-D mammography), which is a mammogram machine that takes slices of the breast, making multiple images depending on the size of the breast. We're able to look through the breast like we would look through a book or deck of cards. By slicing through the breast, tomosynthesis helps eliminate superimposed breast tissue that could be hiding an abnormality.

In mid-November, we began breast biopsy services at the Lakewood Wilentz Center. The Lakewood location always has offered screening mammograms, diagnostic mammograms and ultrasound. In addition, we also offer other services such as whole breast screening ultrasound and breast MRI.

### **What new programs and initiatives are in the works for 2019 and beyond?**

We are going to be adding tomosynthesis to our Colts Neck satellite and expanding the number of tomosynthesis machines that we have at MMC. We are hoping to implement a software called Volpara, which standardizes measurement of breast density. This will be beneficial to dense breast patients who may benefit from supplemental screening, such as whole breast ultrasound or breast MRI.

We also are researching a wireless breast surgical localization device called Magseed. This is a radiofrequency clip that eliminates the use of a surgical wire placed on the day of the procedure and makes the surgery more convenient for both the patient and the surgeon.

TO LEARN MORE ABOUT THE JACQUELINE M. WILENTZ COMPREHENSIVE BREAST CENTER, VISIT [MONMOUTHWILENTZBREASTCENTER.COM](http://MONMOUTHWILENTZBREASTCENTER.COM).

TO SHARE THIS ARTICLE ON YOUR FACEBOOK PAGE, VISIT [MONMOUTHHEALTHANDLIFE.COM](http://MONMOUTHHEALTHANDLIFE.COM).





# You only eat organic.

## You still need a mammogram.

It's curious how healthy habits can become go-to excuses. But don't excuse yourself from getting a mammogram. At Monmouth Medical Center, we offer the latest in comprehensive breast health services including mammograms, 3D mammograms, genetic testing, breast surgery and more — like peace of mind. And with breast health centers conveniently located in Monmouth County, finding us is simple, too.

Making excuses is easy. Making an appointment is easier. Schedule your visit to the Jacqueline M. Wilentz Comprehensive Breast Center at [rwjbh.org/mammo](http://rwjbh.org/mammo)

## Monmouth Medical Center

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of New Jersey  
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Let's beat cancer together.



# THE COMMUNITY AT HEART

THE NEW EATONTOWN FACILITY PROVIDES CONVENIENT ACCESS TO MONMOUTH MEDICAL CENTER'S EXPERT CARDIOLOGISTS.

**IF YOUR HEART DOESN'T WORK WELL,** the rest of your body can't either. Whether a person has a life-changing heart attack, a congenital defect or a progressive condition, such as congestive heart failure, the best care can make a dramatic difference in survival and quality of life.

That's why Monmouth Medical Center (MMC) created a new cardiac care facility in the landmark Pinnacle Building in Eatontown. The new location for Barnabas Health Medical Group's (BHMG) cardiology practice, Monmouth Heart Specialists, opened in October and offers the community convenient access to personalized, high-quality care in a state-of-the-art, dedicated outpatient center.

The new facility is easily accessible from three major highways—the Garden State Parkway, Route 35 and Route 18—making it highly convenient for patients from all over Monmouth County.

"It's a cardiology hub," says BHMG interventional cardiologist Isaac Tawfik, M.D., chief of cardiology at Monmouth Medical Center. "We have all outpatient cardiology services available—including sonography, echocardiography, nuclear medicine and arrhythmia monitoring by telemetry."

The cardiology center is furnished with new equipment, including the most recent Philips 3D scanning technology and the "fastest nuclear scanner on the market," according to Dr. Tawfik, who adds that the facility is spacious with an easy-to-navigate layout and comfortable examination rooms.

"The waiting room is fresh and attractive," says Dr. Tawfik, "but we want patients to go back to the exam room within minutes of arriving. Our goal is to respect their time and focus on their needs."

During an October 24 dedication ceremony for the new center, Monmouth Medical Center President and CEO Bill Arnold said the hospital took into consideration that it wanted to be a center of excellence in cardiology and built this site from the ground up to ensure that the group can provide the best, all-inclusive heart care.



From left, Monmouth Medical Center Board of Trustees member Louis Rodriguez; Bill Arnold, president and CEO of Monmouth Medical Center; Sharon Holden, AVP, Cardiopulmonary, Critical Care, Emergency and Renal Services, Monmouth Medical Center; Eatontown Mayor Dennis J. Connelly; Isaac Tawfik, M.D., chief of cardiology, Monmouth Medical Center, interventional cardiologist, BHMG/Monmouth Heart Specialists; Andy Anderson, M.D., chief executive officer, Combined Medical Groups, RWJBarnabas Health and Rutgers Health; and Tanya Kenney, regional director of BHMG for Monmouth Medical Center and Monmouth Medical Center, Southern Campus.

"We deliberately chose a building large enough to offer 'one-stop shopping,'" he said of the 12,500-square-foot facility. "We know patients don't want to go all over town for testing and care. Here, we can do everything in-house."

The group that has come together as Monmouth Heart Specialists is led by Dr. Tawfik and offers board certification in cardiology, interventional cardiology, echocardiography, nuclear medicine, cardiac CT and vascular medicine. Each member is a dedicated specialist in his or her field. Collaboratively, they are able to provide patients with the best prevention and treatment for cardiovascular disease.

"Patients of this center have another important advantage—they're connected to Monmouth Medical Center and to the state's largest health system," Dr. Tawfik says. "Patients who need advanced cardiac surgery have access through RWJBarnabas Health-affiliated hospitals, including Newark Beth Israel Medical Center, Saint Barnabas Medical Center, Jersey City Medical Center

## CARE FROM A CARDIOLOGY LEADER

Monmouth Medical Center is already a leader in heart care for the region. Its national recognition for safely providing the best heart care includes Joint Commission Disease Specific Certification for Stroke, and the American Heart Association's Get With the Guidelines—Heart Failure Gold Quality Plus Achievement Award.

**TO LEARN MORE** ABOUT THE ADVANCED CARDIAC SERVICES AT MONMOUTH MEDICAL CENTER, CALL **732.923.6546**.

and Robert Wood Johnson University Hospital New Brunswick."

"This dedication was an affirmation of our dedication to excellence in healing, teaching and caring," Arnold said. "We are continuously looking forward to better serving our community by making medical advancements through cutting-edge technology and expanding our primary and specialty care programs out into the community."

**TO LEARN MORE** OR TO MAKE AN APPOINTMENT WITH MONMOUTH HEART SPECIALISTS, CALL **732.440.7336**.

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# Your heart doesn't beat just for you.

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## Monmouth Medical Center

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HEALTH

Let's be healthy together.







Top left: Meg Fisher, M.D., (right) chair of pediatrics at Monmouth Medical Center and medical director of The Unterberg Children's Hospital, and Child Life Specialist Kristin Kuhi (left) welcome Santa and Mrs. Claus, who joined motorcycle riders from around the region in the second annual "Christmas in June" toy drop on Sunday, June 24. The group returned on Nov. 18 for its annual holiday toy run.

Bottom left: Dr. Fisher welcomes the riders, members of the Blue Knights, New Jersey Chapter XV, to Monmouth Medical Center. Bottom right: Dr. Fisher greets Santa and his helpers at last year's holiday toy run. To Dr. Fisher's left is toy run organizer Tony Zuzzio.



# HOLIDAY HELPERS

ANNUAL TOY RUN BRINGS JOY TO THE PATIENTS AT THE UNTERBERG CHILDREN'S HOSPITAL AT MONMOUTH MEDICAL CENTER.

**THANKS TO SANTA'S LITTLE HELPERS, THE HOLIDAYS** got a little brighter for patients at The Unterberg Children's Hospital at Monmouth Medical Center. Nearly 200 motorcycle riders participated in the ninth annual toy run on Nov. 18, delivering hundreds of toys and gifts to the hospital for distribution to pediatric patients.

It was the second of two annual motorcycle rides that the Blue Knights, New Jersey Chapter XV, make to Monmouth Medical Center. The first trip, "Christmas in June," took place this summer. Each rider's \$10 donation benefited The Comprehensive Cystic Fibrosis Center at The Unterberg Children's

Hospital, which offers the highest level of pediatric services for newborns to adolescents, including cutting-edge treatment, specialized expertise and an unsurpassed dedication to medical excellence in 32 pediatric subspecialty areas.

The November ride began in Wall at Creative Performance Motorcycle Repair Shop and is organized by shop owner Bill Blakely. When the motorcyclists arrived at the hospital, they met in the lobby for live music, hot chocolate and a presentation from a representative of Children's Hospital's Cystic Fibrosis Center about the impact of the group's donation on kids living with cystic fibrosis this holiday season.

**TO LEARN MORE** ABOUT TOY DRIVES OR OTHER WAYS TO SUPPORT THE UNTERBERG CHILDREN'S HOSPITAL, PLEASE CALL MONMOUTH MEDICAL CENTER FOUNDATION AT **732.923.6886** OR VISIT **RWJBH.ORG/MONMOUTH**, AND CLICK ON THE GIVING TAB.

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