

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

MONMOUTH

health & life

OCTOBER 2019 | \$3.95
MONMOUTHHEALTHANDLIFE.COM

THE HOME ISSUE



HOME
SWEET
HOME
in
Red Bank

FOUND! BEST
GLOBAL STYLE

SNAKESKIN
STANDOUTS

RETIREMENT
RENOVATION

IN GOOD HEALTH

MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER

GRADE A CARE

MMC OFFERS EASIER ACCESS TO HEART FAILURE AND COPD TREATMENT.

THIS PAST SUMMER, Monmouth Medical Center claimed a top-10 spot among all New Jersey hospitals in the *U.S. News & World Report* rankings for 2019-20. The report specifically recognizes MMC's heart failure and COPD specialists for earning the top honors as "high performers." Taking into account nursing staff, the number of patients with the specific conditions,

any need for readmission after a hospital stay and patient survival, the hospital was recognized in these areas compared to more than 4,600 healthcare facilities across the nation.

A Middletown couple is hardly surprised by the rankings.

"When you go to your doctor, you're in and out," says Dennis Bulmer, 68, who's

part of the hospital's Healthy Lives program. (See sidebar.) "But the specialists in this program, they spend time with you and guide you in the right direction. I even have their own personal cell phone numbers so I can call to ask questions—even on the weekends."

The personal attention is important to Dennis, as well as to Linda, his wife of almost 50 years. Dennis suffers from chronic obstructive pulmonary disease (COPD) as well as heart failure, and Linda also has COPD. Both participate in Healthy Lives.

"For five years or more, I've been meeting at least once a month with the specialists there," he says. "It's made a huge difference for me."

Linda began going two years ago.

"Today, I go there for her, and she goes there for me," he says with a smile.

Like *U.S. News*, the Bulmers volunteer their own "top rankings" for MMC. "We give them five stars," he says. "The staff encourages both of us and helps us stay out of the emergency room. They've been excellent."

COPD CARE ON THE ROAD

For some people with COPD, health can change in the blink of an eye. Serious symptoms and simple worry can lead them to repeat visits to the emergency room and to days in the hospital.

"We found that many people with COPD had a very difficult time getting healthcare or getting care before symptoms got so bad," says Sharon Holden,

Middletown resident Dennis Bulmer receives treatment for heart failure and COPD at Monmouth Medical Center. Bulmer also participates in MMC's Healthy Lives program, which helps reduce emergency room visits and hospitalization.



FOR MORE INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT RWJBH.ORG/MONMOUTH.

TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.



Physical exercise is part of Bulmer's COPD treatment at Monmouth Medical Center.

HEALTHY LIVES, HIGH-QUALITY LIVES

If you need care for heart failure, chronic obstructive pulmonary disease (COPD) or other heart or lung conditions, a dedicated multidisciplinary team from Monmouth Medical Center's Healthy Lives program wants you to know it has two important missions: to help you avoid the need for a stay in the hospital and to help you have a great quality of life at home.

"Some patients can't walk from chair to chair when they first meet with us, and many think they can't get better," says Sharon Holden, assistant vice president of Cardiopulmonary, Critical Care and Emergency Services at MMC. "Education is one of the best things we give to patients because it gives them their lives back."

Heart and lung conditions can cause weakness, fatigue, shortness of breath and other difficult symptoms, as well as anxiety, she says. Through Healthy Lives, patients and medical staff work together to identify symptoms early, plus the tools to help avoid and improve them.

"We also let participants know what symptoms to report to us and what steps can get them under control," Holden says.

In between visits, patients also have team members' cell phone numbers that they can use anytime, anywhere.

"Our staff has gotten calls from people on vacation in Atlantic City, when they have a questions or concern," she says. "One even called us from a cruise!"

Besides travel, patients often resume other activities they enjoy after they have started the Healthy Lives program. One recently returned to regular rounds of golf, and another resumed playing in a band.

"Our goal is to empower them to get healthier and stay healthier," Holden says. "It's very satisfying to see how their lives improve."

Healthy Lives offers:

- Education and support for patients and caregivers
- Help for patients to manage symptoms and risk factors (cholesterol, blood pressure and diet)
- Reduced visits to the emergency room
- Prevention of hospitalization
- Increased patient activity level and quality of life
- Access to clinical research trials
- Access to social services, clinical nutrition, cardiopulmonary rehab and ancillary testing

R.N., assistant vice president of Cardiopulmonary, Critical Care and Emergency Services at MMC. "Travelling to appointments can also be difficult for some, so we created the Home COPD Program to complement our Healthy Lives Program and Cardiopulmonary rehab services."

Unlike programs that require patients to visit the medical center, MMC's home program takes care on the road—house visits by respiratory therapists with daily monitoring by nurse practitioners and other specialists as needed. They also make regular phone calls to patients to check on key symptoms. And the innovative "telemedicine" system allows patients to report weight, blood pressure and oxygen levels via blue tooth monitoring, all without leaving home.

"When our staff and monitoring

system identify areas of concern, we can schedule additional tests or visits to specialists quickly and easily for the patient," Holden says. "All this helps them to stay on top of their symptoms—and avoid a trip to the hospital."

The Home COPD Program is an integral part of the Healthy Lives Program and has had great success reducing unnecessary hospital readmissions and keeping our patients home.

Many patients seen in Healthy Lives and the Home COPD Programs are also referred to the comprehensive Joel Opatut Cardiopulmonary Rehabilitation Program at MMC, which is the first in the county to earn national certification from AACVPR (American Association of Cardiovascular and Pulmonary Rehabilitation) for cardiac rehabilitation.





At left: The Leon Hess Cancer Center Council

Pictured below: From left, Bill Arnold, president, RWJBarnabas Health Southern Region; Claire Knopf, MMC Foundation board chair and co-chair of the Leon Hess Cancer Center Council and celebrity guest speaker Bobbi Brown; honoree Louis Zinterhofer, M.D.; Eric Carney, MMC president and chief executive officer; and Tara Kelly, vice president of MMC.



POWER LUNCHEON

COMMUNITY SHOWS ITS TRUE COLORS AT ANNUAL EVENT WHILE SUPPORTING AND RAISING FUNDS FOR CANCER CARE PROGRAMS.

THE MONMOUTH MEDICAL CENTER community—including hundreds of volunteers, donors, family and friends—attended the 24th annual Power of Pink Luncheon in July, honoring Louis Zinterhofer, M.D. Dr. Zinterhofer served as Monmouth Medical Center's chairman of pathology from 1989–2018 and this year was appointed to the New Jersey State Board of Medical Examiners by Gov. Phil Murphy.

Hosted by the Leon Hess Cancer Center Council and held at a private residence in Rumson, the program continued the council's mission to raise money to enhance the quality of care delivered to cancer patients at Monmouth Medical Center. Bobbi Brown,

renowned makeup artist and best-selling author, provided the keynote address.

The Leon Hess Cancer Center Council unites The Women's Council for the Leon Hess Cancer Center and the Women of Wilentz for the Jacqueline M. Wilentz Comprehensive Breast Cancer Center. Together, the volunteers have raised more than \$6 million to benefit The Leon Hess Cancer Center at Monmouth Medical Center, the region's only facility designated as an Academic Comprehensive Cancer Program by the American College of Surgeons' Commission on Cancer. Proceeds from this year's event will go toward the Deep Inhalation Breathing Hold equipment. This is a technique designed for

a specific radiation patient population, which will dramatically prevent radiation induced abnormalities of blood flow to the heart, allowing MMC to remain a leader in breast treatment in our region.

"Each year Power of Pink provides an opportunity to celebrate the important work of the Leon Hess Cancer Center and to take pride in the outstanding care that is provided every day," says Eric Carney, Monmouth Medical Center's president and chief executive officer. "The hard work and commitment of the Leon Hess Cancer Center Council have made such an impact on the lives of so many patients who need access to high quality cancer care close to home."

TO LEARN MORE FUNDRAISING EVENTS OR OTHER GIVING OPPORTUNITIES AT MONMOUTH MEDICAL CENTER, VISIT MONMOUTHGIVING.ORG. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.



TEACH

Bottom left, from left: Sky Blue FC General Manager Alyse LaHue; forward Imani Dorsey; Margaret Fisher, M.D., medical director of The Unterberg Children's Hospital and chair of Pediatrics at MMC; defender Cassidy Benintente and Assistant Coach Hugo Macedo

THEM WELL

MONMOUTH MEDICAL CENTER PROGRAMS PROMOTE WELL-BEING FOR STUDENTS.

AS ITS WIDE SCOPE OF PEDIATRIC services clearly reflects, The Unterberg Children's Hospital at Monmouth Medical Center (MMC) offers care for children and families with a breadth and depth unrivaled throughout the region. Additionally, MMC is committed to improving the well-being of Monmouth County children beyond the hospital walls, aiming to not only serve patients who need medical treatment but also to help area students thrive in their communities by investing in initiatives that promote a healthy lifestyle.

Most recently, The Unterberg Children's Hospital demonstrated this commitment by sponsoring a free, 90-minute soccer clinic for more than 60 members of Long Branch Middle School girls' and boys' teams through the RWJBarnabas Health sponsorship of the SkyBlue women's professional soccer team. The women's professional soccer team Sky Blue FC, which plays in Piscataway, ran the clinic, which featured scrimmages and interactions with players. Afterward, there was a 15-minute question-and-answer session and autograph session with Sky Blue players.



"Monmouth Medical Center has a long history of meeting the needs of its neighbors both through high-quality health services and community outreach such as this," says Eric Carney, MMC president and chief executive officer. "We see ourselves as a partner in the care of our community."

WINTER TRAINING

Jason Krystofiak, M.D., a sports medicine physician at MMC, is the team physician and medical director for Sky Blue. He shares the following strategies for exercising safely when there's a chill in the air.



Jason Krystofiak, M.D.

- **Wear wool or fleece mittens and a hat.** This will help protect your extremities from frostbite, in which the skin and other tissues freeze.
- **Watch for signs of frostbite,** such as numbness, tingling and a lack of color, on your nose, ears, hands and toes. If you have any of these symptoms, head inside and slowly warm your skin. Frostbite can occur in just 30 minutes when the temperature is 0 degrees Fahrenheit and the wind speed is 15 mph (wind chill of -19 degrees F).
- **Wear sunscreen (with an SPF of at least 30) and sunglasses.** Ice and snow can cause a reflection of the sun's harmful ultraviolet rays.
- **Drink plenty of water** because it's possible to become dehydrated in the winter.
- **Dress in layers.** The first layer should be a synthetic fabric, which wicks away sweat. The next should be a warm fleece or wool layer. The top layer, which can be removed, should be waterproof and breathable.

FOR MORE INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT RWJBH.ORG/MONMOUTH. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.





Cynthia Barone, D.O., regional director of breast imaging for Monmouth Medical Center, and Diane Ciricillo, director of the Jacqueline M. Wilentz Breast Center

SMARTER BREAST CARE

NEW TECHNOLOGY AT JACQUELINE WILENTZ CENTER PROVIDES ACCURATE—AND MORE COMFORTABLE—MAMMOGRAMS.

FOR WOMEN WHO LIVE or work in western Monmouth County, screening mammograms just got easier—and better. Breast imagers at Monmouth Medical Center's Jacqueline M. Wilentz Breast Center at Colts Neck offer new technology to provide some of the best mammographic images available today. Women find the new mammographic machine, called the Genius 3D Mammography with SmartCurve technology, to be especially effective and more comfortable—thanks to the rounded design of the compression device—when compared with traditional mammography.

"We offer a curved paddle that most women find more comfortable, because it is designed to fit the natural contour of the breast, making mammograms to be better tolerated for the patient," says Diane Ciricillo, director of the Jacqueline M. Wilentz Breast

Centers. She adds that the state-of-the-art advanced design reduces pinching and allows uniform compression over the entire breast.

Research shows that more than nine out of 10 women who felt discomfort with the standard "flat" surface paddle used with other mammogram equipment find SmartCurve more comfortable. Studies also show that the 3D tomosynthesis is more accurate than 2D mammography alone. The 3D mammography system allows radiologists to examine breast tissue layer by layer, like unstacking a deck of cards. This allows for better detection of breast cancer by eliminating overlapping breast tissue.

Studies also show that 3D mammography lowers a woman's chance of being called back for follow-up testing such as additional mammographic images or breast ultrasound, which can help reduce stress and anxiety.

TIME FOR A SCREENING MAMMOGRAM?

October is **National Breast Cancer Awareness Month**.

So the experts at the Jacqueline M. Wilentz Breast Center and Monmouth Medical Center want to offer you some reminders:

- Screening mammography for average risk women should begin at age 40.
- 75 percent of women with breast cancer have no family history of the disease.
- Tomosynthesis (3D mammography) detects 41 percent more invasive breast cancers and reduces callbacks by up to 40 percent.
- At the Wilentz Center, we utilize software to create a 2D image from your 3D imaging without any additional radiation.
- The Wilentz Center is proud to continually be recognized as having some of the highest quality measures for breast centers.
- When breast cancer is detected early through yearly screening, the five-year survival rate is almost 100 percent.

■ SCHEDULE YOUR SCREENING MAMMOGRAM TODAY: 732.923.7700

Jacqueline M. Wilentz Breast Center at Colts Neck (at 310 Rte. 34 South, next to Delicious Orchards).

FOR MORE INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT RWJBH.ORG/MONMOUTH. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.

