

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

# MONMOUTH

health & life

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## WELCOME LETTER

# HERE'S TO A HEALTHY 2018

THE MONTH OF FEBRUARY IS NOT JUST ABOUT VALENTINES. February is also American Heart Month.

As you are choosing your Valentine's Day cards, take a moment to think about how you'd like to continue to savor special moments with your loved ones for years to come. At RWJBarnabas Health, our tagline, "Your heart doesn't beat just for you. Get it checked," reflects this sentiment. And now, a new cardiac program at Monmouth Medical Center is offering convenient access to an innovative, minimally invasive surgical procedure that repairs damaged heart valves in patients with aortic stenosis.

In this issue, you'll read about Transcatheter Aortic Valve Replacement (TAVR), an alternative to surgical aortic valve replacement that is offering our cardiac patients a quicker recovery, less pain, fewer complications and a shorter hospital stay. We are proud to announce our new TAVR Screening Program is offered in conjunction with the structural heart team at our sister hospital Newark Beth Israel Medical Center.

We are proud to be a part of an award-winning cardiac care hospital network serving the tristate area. In addition to performing more TAVR procedures than any other health system in the state, RWJBarnabas Health has one of the three largest heart transplant programs in the nation and the largest pediatric cardiology and cardiac surgery programs in the state. We also are proud to welcome Isaac H. Tawfik, M.D., as chief of cardiology. Dr. Tawfik brings years of interventional cardiology experience to his new position, and joins Barnabas Health Medical Group (BHMG) Cardiology Services—Monmouth, our new dedicated cardiology practice offering access to New Jersey's top cardiologists right in your neighborhood. Our cardiology practice's expert team is skilled in all aspects of heart care; developing coordinated, individualized treatment plans for cardiac patients of all ages. (See details on page 28.)

Additionally, we are dedicated to improving the health of the populations we serve—far beyond the care we provide within the walls of our hospital—and continue to make significant strides in expanding our primary care network. Also in collaboration with BHMG, we opened a primary care office in Shrewsbury in June and just recently opened a primary care office in Eatontown. (See details on page 30.)

This period of unprecedented growth at Monmouth Medical Center is an affirmation of our dedication to excellence in healing, teaching and caring. We are continuously looking forward to better serving our community by making medical advancements through cutting-edge technology such as TAVR and expanding our primary and specialty care programs out into the community.

Wishing you a heart healthy 2018.

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



FOR ADDITIONAL INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT  
OUR WEBSITE AT [BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER](http://BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER).



# IN GOOD HEALTH

MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER

## HEART TO HEART

WITH CONVENIENT ACCESS TO AN INNOVATIVE TREATMENT FOR AORTIC STENOSIS, THE FUTURE FOR CARDIAC PATIENTS IS BRIGHT.

APPROXIMATELY 300,000 AMERICANS SUFFER FROM AORTIC stenosis, a narrowing of the aortic valve that occurs as a result of calcium deposits.

If your doctor determines that heart valve replacement may be an option to treat aortic stenosis for you or a loved one, you want to ensure your heart is in the most capable hands. In the past, the only treatment available was open-heart surgery to replace the diseased valve. Now, Transcatheter Aortic Valve Replacement (TAVR) has been approved for patients considered at high and intermediate risk for open-heart surgery.

A new cardiac program at Monmouth Medical Center is offering convenient access to this innovative, minimally invasive surgical procedure that repairs damaged heart valves without removing it in patients with aortic stenosis. Working in conjunction with the structural heart team at sister hospital Newark Beth Israel Medical Center (NBIMC), the Monmouth Medical Center TAVR Screening Program works to determine patient eligibility for TAVR. Monmouth Medical Center's TAVR Clinic includes a multidisciplinary team of cardiac surgeons, interventional cardiologists, radiologists and nurse practitioners who provide comprehensive testing to evaluate patients.

Eligible patients undergo TAVR at NBIMC within two weeks of their initial consultation. Complimentary transportation for patients is available.

Monmouth Medical Center Chief of Cardiology Isaac Tawfik, M.D., explains that TAVR is a transformational technology for patients with severe aortic stenosis that in addition to NBIMC is currently performed at Robert Wood Johnson University Hospital and Saint Barnabas Medical Center, with an additional screening program at Jersey City Medical Center—all RWJBarnabas Health facilities. At these facilities, clinicians are performing more TAVR procedures than any other hospital or health care system in the state, with outcomes that far exceed national benchmarks.

"The Monmouth Medical Center TAVR Screening Program represents our commitment to provide a comprehensive service offering of structural heart care to our local community," Dr. Tawfik says.

Because the aortic valve sits between the main pumping chamber of the heart (called the left ventricle) and the main blood vessel in the body (called the aorta), all of the blood in the body must flow through this valve. The narrowed valve restricts needed blood flow to the body's





**Bruce J. Haik, M.D.**



**Mark J. Russo, M.D.**

organs including the brain, heart and kidneys. Over time, people with aortic stenosis develop symptoms such as shortness of breath, chest pain and even loss of consciousness (syncope).

“With TAVR, a synthetic valve is threaded through a blood vessel to the heart on the tip of a catheter,” according to Dr. Tawfik. “State-of-the-art imaging is used to place the new valve, which begins to work immediately. Compared with surgical aortic valve replacement, patients opting for TAVR have a quicker recovery, less pain, fewer complications and a shorter hospital stay, with most patients going home the next day.”

“Our outcomes far exceed national benchmarks in safety, life expectancy and risks of complications,” says Mark J. Russo, M.D., M.S., an internationally known expert on heart valve disease and attending cardiac surgeon at Newark Beth Israel and Saint Barnabas

Medical Center. Dr. Russo is teaming with Interventional Cardiologist Bruce J. Haik, M.D., RWJBarnabas Health System Director of Cardiac Catheterization Laboratories and the cardiac team at Monmouth on the hospital’s TAVR program. Dr. Russo, who serves as director of the Center for Aortic Diseases, director of Cardiothoracic Surgery Research and director of Structural Heart Disease, specializes in complex and reoperative aortic and valvular surgery. Dr. Haik, who practices as an attending Interventional Cardiologist at Newark Beth-Israel and Saint Barnabas Medical Center as well as Monmouth and Community Medical Center, has performed more than 10,000 cardiac procedures including complex angioplasty and TAVR. To achieve the best possible patient outcomes, Dr. Russo and Dr. Haik use leading-edge technologies, including minimally invasive, endovascular, and hybrid approaches such as TAVR.

**FOR MORE INFORMATION** ON THE TAVR SCREENING PROGRAM AT MONMOUTH MEDICAL CENTER, CALL **888.658.2581** OR VISIT **RWJBH.ORG/TAVR**. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT **MONMOUTHHEALTHANDLIFE.COM**.



# WELCOME ABOARD

AS THE NEW CHIEF OF CARDIOLOGY, ISAAC H. TAWFIK, M.D., LEADS MONMOUTH MEDICAL CENTER'S TEAM OF HEART SPECIALISTS.

## MONMOUTH MEDICAL CENTER (MMC) HAS NAMED

Isaac H. Tawfik, M.D., its new chief of cardiology. Board certified in cardiovascular disease and interventional cardiology, Dr. Tawfik brings years of interventional cardiology experience to his new position.

After earning his medical degree at Temple University School of Medicine, Dr. Tawfik completed his residency in Internal Medicine at UMDNJ—Robert Wood Johnson Medical School. He then went on to complete two fellowships: The first was a cardiology fellowship at UMDNJ—Robert Wood Johnson Medical School, followed by an interventional cardiology fellowship at Thomas Jefferson University Hospital.

Over the years, Dr. Tawfik's research projects have included "Panel Reactive Screening and Treatment Practices Following Bridge to Transplant Ventricular Assist Device Placement," which was published in the *Transplantation Proceedings* journal. He is also board certified by the American Board of Internal Medicine in cardiovascular diseases and interventional cardiology and by the National Board of Echocardiography.

In his new role, Dr. Tawfik leads Monmouth Medical Center's Cardiac Services Department. The hospital has earned a host of impressive national accreditation and rankings, which attest to its commitment to cardiac excellence.

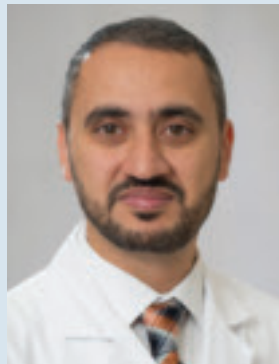
Monmouth has received Joint Commission Disease Specific Certification for Acute Coronary Syndrome, Cardiac Rehabilitation and Stroke, as well as the Get With The Guidelines—Heart Failure Gold Quality Achievement Award from the American Heart Association. This recognition that signifies the hospital has reached an aggressive goal of treating heart failure patients for at least 90 days with 85 percent compliance to core standard levels of care outlined by the American Heart Association/American College of Cardiology secondary prevention guidelines for heart failure patients.

MMC's cardiac services regional leadership in cardiac excellence was demonstrated by its selection by The Institute for Healthcare Improvement (IHI) among just nine U.S. hospitals for its Mentor Hospital Registry for Heart Failure. Monmouth was the only New Jersey hospital tapped for this volunteer initiative to provide support, advice, clinical expertise and guidance to hospitals seeking help with their health care improvement efforts.

Dr. Tawfik joins the team of dedicated heart specialists that comprise BHMGI Cardiology Services—Monmouth (see box at right), and will see patients at their office located at 166 Morris Avenue, Second Floor, in Long Branch.

## MEET OUR DEDICATED CARDIOLOGISTS

Our expert team is skilled in all aspects of heart care, developing coordinated, individualized treatment plans for cardiac patients of all ages.



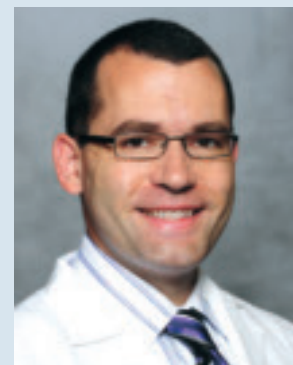
**Chief of Cardiology  
Isaac Tawfik, M.D.**  
Clinical Interests:  
Interventional Cardiology,  
Peripheral Vascular  
Intervention, Structural Heart  
Intervention



**Julie Master, D.O., FACC**  
Clinical Interests:  
Noninvasive Cardiology,  
Preventive Cardiology



**Ajay Shah, M.D., M.S.,  
FACC, FASE, RPVI**  
Clinical Interests:  
Noninvasive Cardiology,  
Preventive Cardiology



**Peter Farrugia, M.D., FACC,  
RPVI**  
Clinical Interests:  
Interventional Cardiology,  
Peripheral Vascular Disease,  
Nuclear Cardiology

BHMGI CARDIOLOGY SERVICES – MONMOUTH, 166 MORRIS AVE., LONG BRANCH.  
FOR APPOINTMENTS, CALL 732.263.5024.

FOR MORE INFORMATION ON ISAAC H. TAWFIK, M.D., OR TO MAKE A REFERRAL, CALL 732.263.5024.

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# 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. For more information and to make an appointment with one of New Jersey's top cardiologists, [visit \*\*rwjbh.org/heart\*\*](http://visit.rwjbh.org/heart).

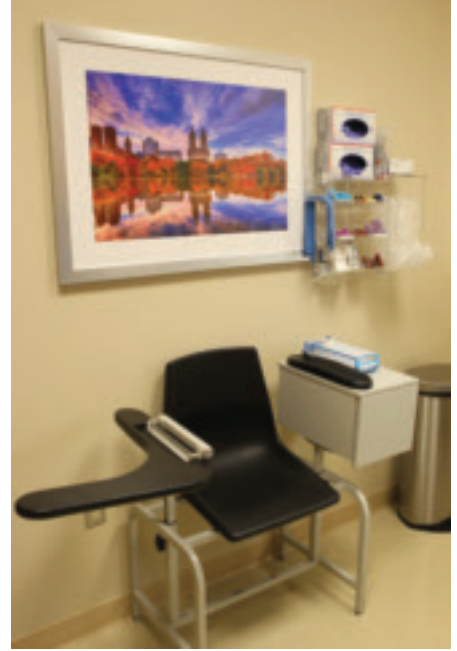
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HEALTH**





RWJBH Primary Care–Eatontown team of caregivers includes, from left, Paul Barnickel, M.D.; Charlotte High, A.P.N.; Gautam Desai, M.D.; and Buvanewari Sridar, M.D.



# EXPANDING NETWORK

A NEW PRIMARY CARE FACILITY IN EATONTOWN PROVIDES EASIER ACCESS TO MMC'S MEDICAL SERVICES.

PROVIDING EXPANDED ACCESS TO PRIMARY CARE MEDICAL services, Monmouth Medical Center has partnered with Barnabas Health Medical Group (BHMG) to open RWJBH Primary Care–Eatontown.

Located at 145 Wyckoff Rd., suite 301, in Eatontown, the new facility, which opened on Jan. 2, features a calming, spa-like decor designed to create a feeling of serenity, with 15 exam rooms and ample parking to meet the needs of patients.

“Monmouth continues to make significant strides in expanding our primary care network,” says Bill Arnold, president and CEO of Monmouth Medical Center. “In collaboration with Barnabas Health Medical Group, we also opened a primary care office in Shrewsbury in June and are preparing to open a primary care office in Ocean Township, with plans for a Howell primary care office in conjunction with our southern campus in Lakewood.”



RWJBH Primary Care–Eatontown is staffed with a highly skilled team of physicians, all board certified in internal medicine by the American Board of Internal Medicine and on staff at Monmouth Medical Center, as well as an advanced nurse practitioner.

It offers flexible appointment hours and annual physical exams; on-site laboratory testing and vaccinations; diagnoses and treatment of common medical problems; discussion of healthy lifestyle choices, and referrals for patients to medical specialists when necessary.

BHMG is a multi-specialty medical group that is part of RWJBarnabas Health. It offers coordinated, patient-centered care throughout New Jersey, with convenient access to the vast resources and technologies offered by RWJBarnabas Health. To learn more about Barnabas Health Medical Group, visit [rwjbh.org/medicalgroup](http://rwjbh.org/medicalgroup).

TO LEARN MORE ABOUT RWJBH PRIMARY CARE–EATONTOWN, CALL 732.222.0180.

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