

A Publication of  
**MONMOUTH MEDICAL CENTER**  
SOUTHERN CAMPUS

FALL 2018

# healthy

*together*

**BUSTED!  
10 BREAST  
CANCER MYTHS**

**IS IT AN  
EMERGENCY?  
ADVICE FOR PARENTS**

**TOTAL HEALTHCARE  
FOR OLDER ADULTS**

**A NEW STATE OF HEALTH  
FOR YOU & YOUR FAMILY**



# A New State of HEALTH

At its heart, healthcare is about people: about you and your family, your doctors and other members of your care team. Supporting that care are researchers—people with minds curious and rigorous enough to help determine which treatments work best and to discover new ones.

At RWJBarnabas Health, we stand for all these people—every single member of each community we serve. With our new partner Rutgers University, one of the nation's leading public educators, we're creating a new state of health in New Jersey. Together, we're building a network of the best minds to deliver unparalleled patient care, to train the next generation of exceptional medical professionals, and to grow our shared commitment to groundbreaking research. Our goal is simple: for you and your loved ones to have access to the highest-quality care in the nation.

At Monmouth Medical Center Southern Campus, we made a commitment to the residents of Monmouth and Ocean Counties four years ago to enhance our services to meet the needs of our diverse community. We've kept those promises and then some by increasing access to specialists, outstanding cancer care and comprehensive support for seniors. The MMCSC Emergency Department treats adult, pediatric and geriatric patients quickly, and our quality and patient satisfaction scores rank us highly in the state.

Where you get your healthcare matters. With this magazine, we'll share what we stand for and how our values are positively impacting the health of individuals and entire communities. We hope you enjoy reading more about what we're doing—and its importance to your health—in the pages of this new quarterly publication, *Healthy Together*.

Yours in good health,

**BARRY H. OSTROWSKY**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
RWJBARNABAS HEALTH



**FRANK J. VOZOS, MD, FACS**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS  
EXECUTIVE VICE PRESIDENT, RWJBARNABAS HEALTH



## HEALTH NEWS

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The percentage increase in stroke risk for folks who don't eat breakfast versus those who do. Experts think it may be because eating helps prevent spikes in blood pressure. So how do you like your eggs? —STROKE



### MEDITATE FOR BETTER SLEEP

You know meditation reduces stress and improves concentration, but did you know that it helps you sleep better? A study found that mindfulness meditation improved sleep quality among its participants. —JAMA INTERNAL MEDICINE

# SAY thank you :)

Study participants who took part in a 5-minute practice of reflecting on what they're thankful for were shown to have spikes in immunoglobulin A, an antibody responsible for fighting off viruses. —JOURNAL OF ADVANCEMENT IN MEDICINE

**Monmouth Medical Center Southern Campus**

**RWJBarnabas HEALTH**

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### CONNECT WITH US ON

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- @RWJBarnabas
- RWJBarnabas Health

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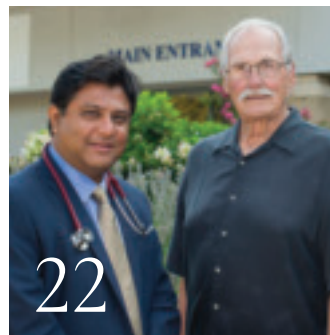
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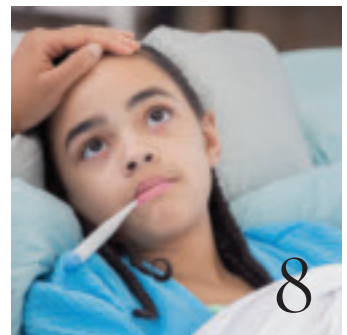
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# Keeping Our Promises

HOW HAS RWJBARNABAS HEALTH FULFILLED ITS COMMITMENT TO BE YOUR TRUSTED COMMUNITY HEALTHCARE PARTNER? LET US COUNT THE WAYS.

## THE JAMES AND SHARON MAIDA GERIATRICS INSTITUTE

Introduced in 2016, this unique institute offers integrated inpatient and outpatient geriatric services, as well as consultative services, such as cognitive screening, and primary care for patients 65 and older—all in one convenient location.

The institute's geriatricians and geriatric nurse practitioner have a full understanding of the wide range of physical, mental, medical, social and spiritual issues that older adults can face. The free Better Health Senior Membership Program offers social programs, health education, preventive screenings and health and wellness events for individuals over the age of 55.

The institute is directed by Jessica Israel, MD, Medical Director of the institute and Corporate Chair of Geriatrics for RWJBarnabas Health. (For more information on the Geriatrics Institute, see "Seniors, We've Got You Covered" on pages 20-21.)



## COMPREHENSIVE CANCER CARE

This past year, MMCSC introduced two new service lines for those affected by cancer—the Oncology Rehabilitation Program and the Cancer Support Community. Both services help patients to cope with and recover from their diagnosis and are available to those being treated for any stage of cancer in Monmouth and Ocean Counties.

The Oncology Rehabilitation Program offers customized plans to help patients regain their independence, while the Cancer Support Community offers more than 60 free programs a month to individuals affected by cancer, as well as their relatives, friends and caregivers.

Other oncology services implemented after the merger include an all-new Outpatient Infusion Unit, staffed by chemotherapy-certified oncology nurses, which provides state-of-the-art technology in semi-private and private rooms with reclining chairs and flat-screen televisions.



## VASCULAR INSTITUTE

The Vascular Institute at MMCSC opened in August 2017. The institute, led by interventional cardiologist Aditya C. Mehra, MD, provides patients with comprehensive, leading-edge, non-invasive diagnostic testing. In addition, patients can receive minimally invasive diagnostic and interventional treatments for a vast scope of vascular conditions.

"Our goal was to create a comprehensive, state-of-the-art program, and to provide a full suite of vascular interventional procedures, so that we're able to treat the local population and combat this widespread issue," Dr. Mehra says.

In addition to peripheral artery disease, MMCSC's vascular interventionalists offer expertise in the combined use of endovascular and open surgical techniques in treating patients with: abdominal/thoracic aortic aneurysms (AAA, TAA); carotid arterial disease; mesenteric arterial/venous vascular disease; peripheral vascular disease (PVD); advanced renal disease; and venous disease/insufficiency (DVT, varicose veins).



What a difference a year makes! Or, in this case, four years. In 2014, Kimball Medical Center and Monmouth Medical Center merged to create the Monmouth Medical Center Southern Campus (MMCSC). Under the leadership of Frank J. Vozos, MD, FACS, who led Monmouth Medical Center in Long Branch for more than two decades, MMCSC has renewed its commitment to providing the highest level of care to its diverse community. On these pages, you'll get a brief overview of just some of the ways MMCSC has worked to be your community healthcare partner.

## MRI FUSION BIOPSY

Introduced to MMCSC in 2017, MRI ultrasound fusion biopsy is a new method to diagnose prostate cancer, testing suspected prostate tumors by fusing MRI images of the prostate with ultrasound images. This procedure offers a direct guide to suspicious lesions on the prostate to better determine the stages of any prostate cancer. As a result, precise and effective treatment options can be offered.



## FIRST BLUETOOTH-ENABLED, MRI-COMPATIBLE PACEMAKER IN OCEAN COUNTY

This year, MMCSC successfully implanted the first Bluetooth-enabled pacemaker in Ocean County and one of the first within the RWJBarnabas Health System. The MRI-compatible pacemaker with secure, encrypted wireless technology allows patients to monitor their heart rhythms at all times using their smartphones, and alerts their physicians should any abnormalities arise. This new pacemaker has a 25 percent longer battery life than previous pacemakers and allows patients to transmit data to their doctors from any location, at any time, reducing the need for in-person visits.



## TELENEUROLOGY

MMCSC enhanced its neurology capabilities by adding teleneurology services, providing patients with remote neurological consultations from one of 25 neurologists within the RWJBarnabas Health System. These highly qualified neurologists are available 24/7 to remotely examine patients who come through the emergency department with any type of neurological emergency, including stroke.



## AWARDS AND ACCOLADES

Four years post-merger, we're proud to report that MMCSC has earned some of the highest patient satisfaction scores in the RWJBarnabas Health System. In addition, MMCSC has achieved excellent results in the Hospital Consumer Assessment of Healthcare Providers and Symptoms (HCAHPS). For the second quarter of 2017, MMCSC placed within the Top 10 of NJ Performers in five domains. In the first and third quarters of 2017, the hospital placed within the Top 10 of NJ Performers in three domains. Within these quarters, its Cleanliness of Hospital domain ranking advanced from the #5 to #1 spot.

For more information about Monmouth Medical Center Southern Campus, visit [rwjbh.org/monmouthsouth](http://rwjbh.org/monmouthsouth).

# CANCER CARE, INFUSED WITH LOVE

**AT THE OUTPATIENT INFUSION UNIT, CAMARADERIE AND EXPERT CARE EASE THE ANXIETY OF CANCER PATIENTS.**

Sarah Manning, RN-BSN, and her team of four chemotherapy-certified oncology nurses are a tight-knit group. Their connection extends to patients, whose initial trepidation is eased when they join this circle of caring.

“The beauty of our small staff is that we know each and every patient,” says Manning, Director of Patient Care at the Outpatient Infusion Unit of Monmouth Medical Center Southern Campus (MMCSC). “Nobody is ‘just a number’ here. We’re part of the cancer journey—often the most stressful time in a patient’s life—but we’re also present for important events. We know when a daughter is having a baby, or when a son is getting married.”

Tina Pilot, 50, experienced this personalized attention during chemotherapy at MMCSC following a lumpectomy for breast cancer. Her care was coordinated by Seth Cohen, MD, Regional Medical Director of Oncology Clinical Research for MMCSC and Monmouth Medical Center, and a member of Barnabas Health Medical Group.

## WHAT TO EXPECT

“I can’t explain how good Dr. Cohen and the nurses were to me,” says Tina. “Everyone was so compassionate and made my life easy during my darkest hours. From the moment I walked into my first infusion appointment, the nurses made me feel as if I would get through this with ease.”

As soon as MMCSC patients learn

chemotherapy or other infusion therapies will be part of their treatment, they receive a call from the Outpatient Infusion Unit. Manning says knowing what and whom to expect lessens patient fears. “We provide patients with appointment times and let them know that Mary or Laura will be at the front desk to register them,” she says.

Patients have blood tests completed in the infusion center or at their oncologist’s office prior to treatment day. The pharmacy department then prepares the chemotherapy to order.

On treatment day, once patients are settled in private or semi-private infusion rooms—designed for comfort with recliner chairs and large-screen TVs—they are greeted by a chemotherapy nurse who starts the education process, along with a social worker and a nurse navigator who will help the patient through the care journey.

“We give them a binder that explains their type of cancer as well as the medications they will be taking. We break everything down to make it relevant to their level of understanding, and we go over everything again at each visit because we know how overwhelming the information can be,” Manning says. “Patients are also given a list of telephone numbers to use if they have concerns. They have a direct line to their care team, not to a switchboard.”

The infusion process can take several hours. Patients are served meals, with dietary requests such as kosher meals accommodated. They pass the time reading,



**RWJBarnabas Health and Monmouth Medical Center Southern Campus, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-designated Comprehensive Cancer Center—bring a world-class team of researchers and specialists to fight alongside you, providing close-to-home access to the latest treatments and clinical trials.**

For more information on Monmouth Medical Center Southern Campus Cancer Services and the Outpatient Infusion Unit, call 732-886-4833.

watching TV, browsing the internet or taking a nap. “We do crafts with our patients and work on survivor quilts,” Manning says. Every patient receives a blanket and hat handmade by volunteers.

## COPING DURING TREATMENT

In addition to killing cancer cells, chemotherapy harms cells that make up the hair follicles, skin and lining of the digestive tract. This often leads to side effects such as hair loss, decreased appetite and fatigue. The Infusion Unit care team helps patients manage these



Breast cancer survivor and local resident Tina Pilot, shown here at an Amazing Saves event with the Lakewood BlueClaws, received chemotherapy at MMCS.

## WHAT IS INFUSION CHEMOTHERAPY?

Chemotherapy is treatment with powerful drugs that stop or slow the growth of cancer cells. Chemotherapy includes more than 100 different drugs, used alone and in combinations to fight specific types of cancer. Though these drugs can be given in a number of ways, including orally, infusion is most common. In an infusion, chemotherapy is delivered to the bloodstream through a needle in a vein in the arm or through a device known as a “port” in a vein in the chest.

with medication and lifestyle and dietary recommendations. Recently, the unit introduced scalp cooling technology, which helps patients retain their hair.

Additional services include the Oncology Rehabilitation Program as well as the Ocean County chapter of Cancer Support Community.

“Everyone here works as one team to make the cancer treatment experience the best it can be—from the time a patient steps in the door until he or she leaves,” Manning says. “It’s unique here. We are truly one big family.”



SARAH J. EASAW, MD

## MEET THE DOCTOR

“Patients can expect to receive the same treatment here that they would in a major city hospital,” says Sarah J. Easaw, MD, a board-certified specialist in internal medicine, hematology and medical oncology and a member of Barnabas Health Medical Group, now seeing patients at Monmouth Medical Center Southern Campus. “We provide state-of-the-art cancer care in Ocean County.”

Dr. Easaw is a Fellow of the American College of Physicians and a member of the American Society of Clinical Oncology and the American Society of Hematology. To make an appointment at her Lakewood office, call 732-961-0010.

# Is It An EMERGENCY?

A DOCTOR OFFERS GENERAL GUIDELINES  
TO HELP PARENTS DECIDE.



Are those symptoms normal—or does your child need a trip to the Emergency Department? Sree Raja, MD, Medical Director of Monmouth Medical Center Southern Campus Emergency Department, outlines three common areas of concern:

## BREATHING PROBLEMS

There are many causes of labored breathing in children. “Respiratory difficulties are one of the most common, and potentially serious, issues that we treat children for—usually asthma, or an upper respiratory infection, but potentially a pneumonia that has led to sepsis,” says Dr. Raja. “Additionally, we often see kids coming in for choking—they have ingested or

swallowed a foreign object. I mention that to raise awareness among parents for prevention.”

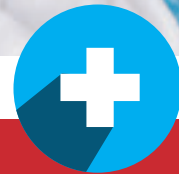
## FEVER

Fever is not an illness itself, but a symptom of something else,

like an infection, that may or may not be serious. “It all varies with how the child looks,” says Dr. Raja. “He might have a high fever but look perfectly well and be okay. Or the child could have a low-grade fever and be quite sick. That’s why I don’t like to give out a temperature cut-off number.” In this case, parents should see if their child appears to have a significant change in his or her condition, such as rapid change in their symptoms, decreased responsiveness, or severe headache.

## VOMITING

“Gastrointestinal problems are a very common issue we treat in children,” says Dr. Raja. “Usually some kind of nausea, accompanied by vomiting or diarrhea. Overall, I advise parents to bring their children to the ED if there’s a new medical issue going on and they’re unsure what it is. For example, if their child vomits once, but is acting normally afterwards, and is able to tolerate fluids, then maybe it’s okay to wait. But if it’s anything new, sudden or out of the ordinary, I would advise them to come in for an evaluation.”



## SPECIAL CARE FOR KIDS IN THE ED

Within its overall Emergency Department, MMCSC has a dedicated Pediatric ED that treats more than 6,000 children each year and is staffed by full-time, board-certified emergency medicine physicians, nurse practitioners and physician’s assistants.

When necessary, a pediatric subspecialist from The Unterberg Children’s Hospital at Monmouth Medical Center in Long Branch will be contacted to review and assess whether a child should be transported there for more complex levels of care.

For more information about the MMCSC Emergency Department, call 732-886-4525. In an emergency, dial 911.



SREE RAJA, MD



# A NEW STATE OF HEALTH

## FOR NEW JERSEY, THE NATION, THE WORLD

### WHAT THE UNPRECEDENTED PARTNERSHIP BETWEEN RWJBARNABAS HEALTH AND RUTGERS UNIVERSITY MEANS FOR YOU.

The state's largest integrated health system, RWJBarnabas Health, and Rutgers University, one of the nation's leading public research universities, have formed a groundbreaking partnership that will increase access to care and reduce healthcare disparities, while advancing health science discovery and innovation. RWJBarnabas Health will make a significant investment in recruiting and retaining the nation's finest doctors, researchers and medical students. That means more expert physicians to care for patients and more clinical trials to find better treatment options. Moreover, everyone on this dynamic new team has a mission to deliver excellence in every area of the patient experience. Altogether, the partnership means a transformation of the way healthcare is delivered in New Jersey.

That's the big picture. What's the personal picture for you and your family? You'll be able to get compassionate, world-class care without having to travel far from home. In the following pages, we'll share more good news about what this partnership means for you.



### PARTNERSHIP BY THE NUMBERS



To be invested by RWJBarnabas Health in the education and research mission of the integrated academic health system, over 20 years



Committed by RWJBarnabas Health to encourage Rutgers medical students to remain in New Jersey and provide care to its residents



Physicians and providers (2,500) and staff (3,000) under the direction of the new Combined Medical Group



Patient visits conducted by RWJBarnabas Health and Rutgers, combined, in 2017



# KNOWLEDGE IS POWER

## HOW IN-STATE CLINICAL RESEARCH CONNECTS TO BETTER CARE FOR NEW JERSEY PATIENTS.

If you've read or watched anything about medical care in recent years, it's clear that the field of medicine is always advancing. How do medical treatments improve? Through clinical research or clinical trials. Doctors, nurses and scientists gather information through personal interaction with patients, or through collection of blood, tissue or data, to find new and better ways to detect, diagnose, treat and prevent disease.

When this research takes place in New Jersey, residents have the ability to participate in those clinical trials, and to be among the first patients to benefit from new treatments. Those opportunities will increase dramatically as a result of the RWJBarnabas Health/Rutgers partnership, which will double the Rutgers research portfolio—already the largest in New Jersey—and make it possible to hire about 100 new high-caliber principal investigators (lead researchers).

To learn more about this historic partnership, visit [www.RutgersRWJBHtogether.org](http://www.RutgersRWJBHtogether.org).

### EXPANDING CANCER CARE

The Rutgers Cancer Institute of New Jersey offers a prime example of how the partnership between Rutgers and RWJBarnabas Health will enhance both clinical research and patient care. Under the new partnership, Rutgers Cancer Institute of New Jersey—the state's only National Cancer Institute-designated Comprehensive Cancer Center—is now able to more easily provide patients with greater access to outstanding cancer services and clinical trials close to home.

“For many cancers, standard therapy may not be sufficient to have the greatest success for an individual patient,” says Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services for RWJBarnabas Health and Director of the Rutgers Cancer Institute of New Jersey. “We're constantly



STEVEN K. LIBUTTI, MD, FACS

looking for the next generation of therapies that will be more effective, and the only way we make those discoveries is through the conduct of clinical research.” Immunotherapy, in which a person's immune system can be used to fight cancer, is just one of many cutting-edge areas of study at Rutgers Cancer Institute.

### ACCESS EVERYWHERE

Thanks to the new partnership, more cancer patients will have access to the most advanced care. Rutgers Cancer Institute will leverage telemedicine and video conferencing to bring experts at different sites together with patients. “We're also expanding the number of patient navigators we have in our program,” says Dr. Libutti. “These navigators are essentially partnered with a patient from the moment of diagnosis throughout his or her care. They can make certain the patient goes to the closest facility that has the capability to address that patient's particular cancer problem with exceptional treatment.”

For New Jerseyans who have cancer, home is where the care is. “The significance of this partnership is really our ability to bring cutting-edge therapies, state-of-the-art technologies and world-class physicians directly to patients in their own community,” Dr. Libutti says. “We strongly believe in the notion that cancer does not travel well. No patient in New Jersey has to travel out of state to get the most advanced and exceptional cancer care.”

To learn more about RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center, visit [rwjbh.org/cancer](http://rwjbh.org/cancer).

For a referral to a Combined Medical Group physician, visit [rwjbh.org/medicalgroup](http://rwjbh.org/medicalgroup) or [rutgershealth.org](http://rutgershealth.org).



# CARING WITH PURPOSE

## A NEW VISION FOR HEALTHCARE UNITES PROVIDERS AND PATIENTS.

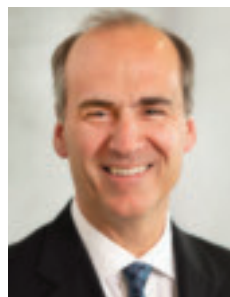
When many hearts and minds work with one purpose, healthcare can be transformed.

That's the guiding idea behind the Combined Medical Group, a joint physician practice that will be a key part of the partnership between RWJBarnabas Health and Rutgers.

"Having a shared purpose, a vision and a set of core values excites our employees and physicians and other healthcare professionals," says Andy Anderson, MD, MBA, Chief Executive Officer of the Combined Medical Group. "They want to be part of something

that's going to help define the future of healthcare."

RWJBarnabas Health and Rutgers are engaged in a partnership, not a merger, so each remains a separate institution. The



ANDY ANDERSON, MD, MBA

practitioners at RWJBarnabas Health and the faculty practice of Rutgers-employed healthcare professionals (including physicians, dentists, psychologists,

nurses, pharmacists and others) will collaborate and innovate as a team. The Combined Medical Group will include approximately 5,500 physicians, providers and staff.

### VISION INTO REALITY

In order to integrate their efforts seamlessly, the group needs a common purpose. "We're focused on three areas," explains Dr. Anderson, who comes to the partnership from a similar role at Aurora Health Care in Wisconsin. "Those areas are: making sure we put patients first, valuing each member of the healthcare team and improving the health of the communities we serve."

That three-part purpose has to touch every aspect of the patient's experience, Dr. Anderson believes. "Healthcare is not only about hospitals. It's also about office practices, home-care services, access to medications and more," he says. "We want to better connect all those pieces and parts to make it easier for patients."

The effort will include a review of the electronic medical records system. "In the future state of the health system, a patient will be able to look at their medication list or next appointment, get reminders or get lifestyle recommendations, all through a single portal," Dr. Anderson says.

### A FOCUS ON WELLNESS

The vision also includes focusing more attention on helping patients stay well. For example, having staff and providers talk more with patients about lifestyle habits can give them better control over chronic diseases like diabetes.

Though the goals of the Combined Medical Group are ambitious, they are also, in a way, simple. "We want to be the health system where patients want to get care," Dr. Anderson says, "and where people want to work."



# GREAT MINDS, BIG HEARTS

**THE RWJBARNABAS HEALTH/RUTGERS PARTNERSHIP OPENS THE DOOR TO NEW CENTERS OF EXCELLENCE—INCLUDING A GROUNDBREAKING NEUROSCIENCES ENTERPRISE.**

Many critical conditions fall under the scope of a neurosurgical team: stroke, concussion, trauma to or infection in the brain or spine, and more. While Rutgers and RWJBarnabas Health already place among the top tier of neurosurgical care providers, their partnership is allowing the creation of a neurosciences institute of global renown.



**ANIL NANDA, MD, MPH**

“This is a unique opportunity to build a truly world-class center,” says Anil Nanda, MD, MPH, the newly appointed Senior Vice

President of Neurosurgical Services for RWJBarnabas Health. Dr. Nanda also will serve as Professor and Joint Chair of the Department of Neurosurgery at both Rutgers-Robert Wood Johnson Medical School and Rutgers-New Jersey Medical School. He comes to his role from Louisiana State University Health Sciences Center—Shreveport, where he built an internationally known department of neurosurgery.

## FOCUSED ON QUALITY

“Our challenge here in New Jersey is to build on different cultures in the medical schools and in different hospitals and create a unified system,” Dr. Nanda says. Among his top priorities are to look at safety; to identify whether all sites have the cutting-edge technology they need;

and to do a sophisticated data analysis of outcomes. “We’ve hired a biostatistician and an epidemiologist to help us create a neurological dashboard to look at safety and quality issues across the system,” he explains.

While good data and technical expertise are critical, they’re only part of successful neurosurgical care, Dr. Nanda says. “We want to do this in a compassionate setting, to treat patients like we would want our families treated,” he says.

Public health outreach on topics like concussions and stroke will be a priority, as will looking at ways to eliminate disparities in healthcare. “We want to make sure patients get very good care, even if they live in communities that are economically challenged. That’s very important to me personally,” Dr. Nanda says. “And I feel strongly that in the neurosurgical services line, a rising tide brings healthcare up for all people in New Jersey. That’s why this is a magnificent partnership, with a strength in numbers that will allow us to provide excellent care to all.”

To learn more about neurological services, treatment and care at RWJBarnabas Health, visit [rwjbh.org/neuro](http://rwjbh.org/neuro).



## A SPORTS SLAM DUNK

RWJBarnabas Health and Rutgers University have partnered to develop an outstanding sports medicine program for Rutgers athletes, students and faculty, as well as for communities throughout New Jersey. The combined effort includes a new state-of-the-art athletic facility, the RWJBarnabas Health Athletic Performance Center, scheduled to be completed in July 2019.



“Omar was very motivated and upbeat in physical therapy,” Dr. Fantasia says.

# BACK ON TRACK

**A YOUNG ATHLETE TAKES A DEVASTATING FALL AND GETS BACK UP—WITH THE HELP OF CHILDREN’S SPECIALIZED HOSPITAL.**

Last April, Omar Shehabeldin, 14, was running for a school bus when he felt a “pop” in his knees and fell—hard. Instead of going to a track meet as he’d planned, he was taken to the Emergency Department at Robert Wood Johnson University Hospital New Brunswick. Both knees appeared to be broken.



MICHELE FANTASIA, MD

In fact, the tendon that

connects the patella (kneecap) to the tibia (shin bone) had basically torn off in both legs. The tendons had to be surgically reattached with a type of hardware that looks like nails.

What had happened to cause such drastic injuries to the athletic Omar, who as a high school freshman was already a standout on the football team?

In fact, his family had long known he had Osgood-Schlatter disease, a not uncommon cause of knee pain in children. Bones, muscles and tendons change rapidly during growth spurts, and physical activity puts extra stress on them. “It started when Omar was younger,” says his mother Aliaa Gouda. “When he got on the floor to pray with his father, he would complain that his knee hurt. The doctor told us that he would outgrow it, as most children do.” Unfortunately, Omar was an exception.

## WORKING IT

After surgery, Omar was sent to Children’s Specialized Hospital in New Brunswick for rehabilitation. “We stayed in close touch with the pediatric orthopedic surgeon, Dr. Stephen Adolfsen, who wanted to be sure the knee bones and patella had really fused before Omar began to bear weight on his legs,” says Michele Fantasia, MD, a specialist

in pediatric rehabilitation medicine at Children’s Specialized Hospital. “We worked with Omar on upper body and upper extremity training and core strengthening, all while he was in a special wheelchair that elevated his legs.” In June, Omar was cleared to walk with braces. In therapy, he began to bend his knees, bit by bit.

Omar was fortunate to have the considerable resources of Children’s Specialized, which include recreational therapy activities, water therapy and a therapy dog named Burton. “Our staff has experience in all developmental stages, and we are equipped with multiple therapeutic modalities,” Dr. Fantasia says.

Omar was discharged on June 21 and continues to go to the hospital for outpatient rehab. “Everybody at that hospital works with so much heart. It is a great place,” his mother Aliaa says. “In fact, we’re going to go back and volunteer to help people there.”

To learn more about Children’s Specialized Hospital, call 888-244-5373.

# NEW WAYS TO FIGHT SUBSTANCE USE DISORDERS

AN INNOVATIVE PEER RECOVERY PROGRAM HELPS PEOPLE OPEN A WINDOW TO RECOVERY.

For information about placement into treatment for yourself or a loved one, call the State of New Jersey's IME (Interim Managing Entity) at 844-276-2777.

A hospital patient who has a substance use disorder may feel many things: fear, anger, loneliness, shame. What he or she may not feel is ready to accept help.

"That's where the magic of our Peer Recovery Program comes in," says Connie Greene, MA, CAS, CSW, CPS, Vice President of the RWJBarnabas Health Institute for Prevention and Recovery (IFPR). Peer Recovery Specialists—highly trained individuals who are in long-term recovery from their own substance use disorder—are available 24/7 at participating RWJBarnabas Health Hospitals through the Peer Recovery Program (PRP).

"Recovery Specialists are the best people to assess where this patient is at and how to engage him or her, because they've been in that bed," Greene explains. "That's a great relief for a person who may be isolated and may have exhausted relationships and resources."

For more information about the Institute for Prevention and Recovery, visit [rwjbh.org/preventionandrecovery](http://rwjbh.org/preventionandrecovery).

The goal of a Peer Recovery Specialist—one that often takes some time to achieve—is to get the person to agree to go to the next appropriate level of care, and to help him or her navigate the steps needed to maintain recovery.

## NEW TACTICS FOR AN EPIDEMIC

In 2016 and 2017 alone, approximately 2,200 New Jerseyans died of overdoses. As part of the effort to reverse the tide, the IFPR staff has, with the help of state funding, gone from about 30 employees to about 160 over the past two and a half years.

The Peer Recovery Program is one of the innovative tactics the IFPR is using in its fight. In the past, patients who were brought to an emergency room with an overdose were given NARCAN to reverse the overdose, then sent on their way. Since 2016, participating RWJBarnabas Health hospitals have integrated Peer Recovery Specialists into ER teams, where they follow up with the patient and provide continuing support.



CONNIE GREENE, VP, IFPR

Now the Peer Recovery Program is functioning on medical floors as well. "Federal statistics tell us that between 9 and 10 percent of the population has a substance use disorder," Greene says. "So if you follow the data, up to 10 percent of the patients in our hospitals are affected."

Formerly, when a patient who was in the hospital for a different reason presented signs of a substance use disorder, physicians were often at a loss about how to proceed. Now Peer Recovery Specialists can be called in to come to the bedside, offer an intervention and guide the patient to the care that's needed.

"It's a very, very difficult job, but there is also the joy of holding someone's hand as they move into recovery," Greene says. Of the 5,500 people the Peer Recovery Program has interacted with, 85 percent have accepted recovery support services.

The blessings ripple out to family members as well. "Every morning when I see the whites of my son's eyes and hear him say 'Hi, Mom,' I want to cry, and then call you to thank you," one mother wrote to the Recovery Specialist who worked with her son. "May peace be with you on our journey as well—one day at a time."



# KEEP YOUR KIDNEYS HEALTHY

## TAME HYPERTENSION BEFORE KIDNEY DAMAGE OCCURS.

**T**he heart beats steadily, creating pressure that moves blood through the body to nourish tissues and organs.

But when that pressure is too high—a result of obesity, genetics or other factors—the walls of blood vessels are damaged. They get weaker, narrower or harder.

Over time, the force of high blood pressure, or hypertension, can impair the arteries' ability to deliver sufficient blood to the

kidneys. In turn, kidneys can't fully perform their critical function of removing waste products and excess fluid from the body.

"There is a clear relationship between hypertension and renal failure that many



M. ISABEL ROBERTI, MD, PHD



RICHARD MANN, MD, MS

## THE NATION'S #1 LIVING DONOR KIDNEY TRANSPLANT PROGRAM

Humans need only one kidney, so a person with two healthy kidneys can donate one of them to a desperately ill patient. Many people do just that, thanks to the world-class Living Donor Kidney Transplant program at Saint Barnabas Medical Center, which is ranked number one in the country. To learn more about kidney transplants or the Living Donor Institute at SBMC, visit [www.rwjbh.org/sbmcckidneytransplant](http://www.rwjbh.org/sbmcckidneytransplant).



At right: The care team from the Renal and Pancreas Transplant Division at Saint Barnabas Medical Center.

To learn more about kidney transplant services at RWJBarnabas Health, visit [www.rwjbh.org/kidneytransplant](http://www.rwjbh.org/kidneytransplant).

people may not be aware of," says Richard Mann, MD, MS, Medical Director of the Renal and Pancreas Transplant Program at RWJUH New Brunswick and Rutgers Robert Wood Johnson Medical School. "In many cases, hypertension plays a role in the progression of injury to the kidney and, in some cases, hypertension is the primary cause of renal injury."

### A COMMON PROBLEM

More than half of the U.S. population over age 20 has high blood pressure, and an estimated 3.5 percent of children and teens have it as well. "For a long time, pediatric hypertension was an under-recognized problem," says M. Isabel Roberti, MD, PhD, Director of the Children's Kidney Center at Saint Barnabas Medical Center. "Now the recommendation is for blood pressure screenings to begin as early as age 3."

A "silent" disease, hypertension can go undetected without regular screening. "The earlier we catch hypertension, the better," says Dr. Roberti. "Damage due to high blood pressure in children and teens is reversible, and action now can prevent their having kidney problems as adults." The good news is that, in both children and adults, hypertension is treatable with a multi-pronged approach including medication, diet changes and exercise.

# A New **State of Health** for **NEW JERSEY**, for the **NATION**, for the **WORLD**

## **RWJBarnabas Health and Rutgers University launch the state's largest academic health system**

With the partnership of RWJBarnabas Health and Rutgers University, it is the dawn of an incredible new era in health.

Jointly, RWJBarnabas Health and Rutgers University will operate a world-class academic health system dedicated to high-quality patient care, life changing research and clinical training of tomorrow's health care workforce. By partnering, these two higher education and health care industry leaders will improve access to care and reduce health disparities in New Jersey and across the nation.

At the center of all of this are the patients who will benefit from increased access to a world-class academic health system, clinical innovation, groundbreaking research and newly developed centers of excellence, as well as more providers that families need to manage their health and wellness.







From left, Robert Sickel, Chairman of the MMCSC Foundation Board of Directors; Dr. Rajesh Mohan, 2018 Humanitarian Honoree; his wife, Nandini Mohan; Dr. Jose Iglesias, 2018 Humanitarian Honoree; his wife, Mary Beth Iglesias; Violeta Peters, 2018 Humanitarian Honoree; Denice Gaffney, VP of the MMCSC Foundation; Dr. Frank Vozos, Chief Executive Officer of MMCSC and Executive Vice President, RWJBarnabas Health.



## MAKE A RUN FOR IT!

Race, run or walk with the New Jersey Devils and support your local hospital.

RWJBarnabas Health has teamed up with the New Jersey Devils to hold the Running with the Devils 5K Run and Family Fun Walk. Proceeds from the event will benefit programs and services at RWJBarnabas Health's 11 hospital facilities, hospice initiatives, Behavioral Health Network and Children's Specialized Hospital. RWJBarnabas Health is the official healthcare provider of the New Jersey Devils.

### Please join us for a healthy, fun-filled day!

- Saturday, November 3, 2018
- South Mountain Recreation Complex at Codey Arena
- 560 Northfield Ave., West Orange, New Jersey 07052
- 8 a.m. to 12 p.m.

To learn more or to register, visit [rwjbh.org/runningwiththedevils](http://rwjbh.org/runningwiththedevils).

# RINGSIDE SEATS

## MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS WOWS THE CROWD AND HONORS ITS OWN DURING A CIRCUS-THEMED GALA.

Fire breathers, acrobats, illusionists and other performers dazzled the attendees at the Monmouth Medical Center Southern Campus (MMCSC) Humanitarian Gala, held June 2 at the Eagle Oaks Country Club in Farmingdale. The gala's 330 guests enjoyed a circus-themed evening of entertainment. Proceeds from the annual soiree benefit MMCSC and its many community programs and services.

As an additional highlight of the gala's program, the Monmouth Medical Center Southern Campus Foundation presented its Humanitarian Awards. This year's honorees were Rajesh Mohan, MD, an interventional cardiologist who has been on staff at MMCSC since 2005 and currently serves as the hospital's Chief Medical Officer; nephrologist Jose Iglesias, DO, a devoted member of the hospital's medical staff since 1999; and AcuteCare Health System (ACHS) of Lakewood and its Chief

Executive Officer Violeta Peters. ACHS operates a 50-bed, long-term acute-care hospital within MMCSC under the name "The Specialty Hospital of Central Jersey."

"We congratulate this year's Humanitarian Award recipients for their well-deserved recognition and for their extraordinary contributions to our community," says Denice Gaffney, Vice President of the MMCSC Foundation. "We also thank all our attendees and donors for the continuous support that makes our gala a success year after year."

For more information on the Monmouth Medical Center Southern Campus Foundation, visit [monmouthsouthgiving.org](http://monmouthsouthgiving.org) or call 732-886-4438.



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# BREAST CANCER *Myths, Busted*

**WHAT TO KNOW ABOUT BREAST CANCER, AND WHERE  
TO GO FOR WORLD-CLASS BREAST CARE SERVICES.**

For more information or to schedule an appointment at the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center Southern Campus, call 732-923-7700. To schedule a mammogram, visit [rwjbh.org/mammo](http://rwjbh.org/mammo).

Breast cancer is frightening, but knowing the facts about it is empowering. Check out these myths to see how many misconceptions you may have about breast cancer. Then be proactive about breast health by taking advantage of state-of-the-art screenings in your community. (See sidebar at right.)

**Myth #1** YOUNGER (OR OLDER) WOMEN DON'T GET BREAST CANCER.

**FACT:** All women, regardless of age, are at risk of developing breast cancer. While fewer than 5 percent of all breast cancers occur in women under 40, some of those cases are diagnosed in women as young as their 20s, with the highest rate of diagnosis in women in their 70s.

## Myth #2

### BRAS CAUSE BREAST CANCER.

**FACT:** One misconception is that underwire bras can cause breast cancer by blocking the drainage of lymph fluid. However, a 2014 study examined any possible links between women wearing a bra and breast cancer and found no correlation between the two.

## Myth #3

### INJURY OR TRAUMA TO THE BREAST CAN CAUSE BREAST CANCER.

**FACT:** There is no scientific evidence to support a link between experiencing an injury or physical trauma and developing any type of cancer, including breast.

## Myth #4

### THERE IS NOTHING YOU CAN DO TO DECREASE YOUR RISK OF DEVELOPING BREAST CANCER.

**FACT:** Lifestyle choices and environmental factors can influence breast cancer risk. To minimize the controllable aspect of your risk, maintain a healthy weight, exercise at least three times per week, abstain from smoking and drink in moderation, if at all.

## Myth #5

### DEODORANTS AND ANTIPERSPIRANTS CAN CAUSE BREAST CANCER.

**FACT:** Some have voiced concern that because antiperspirants block sweat, they can cause toxins to build up in the breast. Scientific studies have shown no link or correlation between the use of antiperspirants or deodorants and an increased risk for developing breast cancer.

## Myth #6

### BREAST CANCER CAN ALWAYS BE DETECTED BY A LUMP.

**FACT:** While a lump might be a sign of breast cancer, it could be a sign of something else. More importantly, breast cancer can exist in someone without the presence of a lump, which is why women are encouraged to get annual screenings during the years they're at highest risk.

## Myth #7

### BREAST CANCER TENDS TO RUN IN THE FAMILY.

**FACT:** Only about 5 to 10 percent of breast cancers are thought to be hereditary. Both lifestyle and environmental factors also can play a role in your risk of developing breast cancer.

## Myth #8

### MEN DON'T GET BREAST CANCER.

**FACT:** Men do have breast tissue, so while it's rare, they can get breast cancer. Each year, about 2,400 new cases of breast cancer are diagnosed in American men, resulting in more than 450 deaths.

## Myth #9

### A MAMMOGRAM CAN CAUSE BREAST CANCER.

**FACT:** While a mammogram is a form of X-ray used to take images of the breast, the amount of radiation required is too small to cause cancer. It's less than the amount of radiation you'd be exposed to on a long-distance flight.

## Myth #10

### A PREGNANT WOMAN CANNOT DEVELOP BREAST CANCER.

**FACT:** To the surprise of many, breast cancer is the most common cancer in pregnant and postpartum women.

## COMPREHENSIVE BREAST SERVICES CLOSE TO HOME

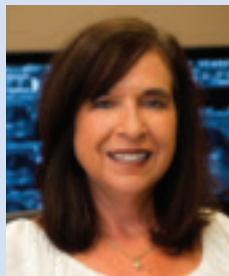
For prevention and treatment of breast illness, area residents need look no farther than the Jacqueline M. Wilentz Breast Center at Lakewood. A satellite location of the award-winning Jacqueline M. Wilentz Breast Center at Monmouth Medical Center in Long Branch, the Lakewood center offers:

- Tomosynthesis (advanced 3D breast imaging)
- Breast MRI
- Diagnostic mammography and ultrasound
- Breast surgery consultation
- Genetic counseling

All imaging exams are performed by highly skilled, board-certified breast imagers, nurses and technologists in a comfortable environment.

Tomosynthesis, introduced to the Lakewood center in May, provides doctors with a clearer view of breast tissue, resulting in a more detailed picture that makes abnormalities and hidden lesions easier to see, even in dense tissue. By offering women this latest technology in mammography, which creates a more comfortable imaging experience, the Lakewood center hopes to increase the number of women who will be routinely screened.

"Monmouth Medical Center Southern Campus and the Jacqueline M. Wilentz Breast Center are committed to providing the best patient care available," says Cynthia Barone, DO, Regional Medical Director of Breast Imaging. "We're proud to offer our patients a full comprehensive breast imaging center, including this latest advance in screening and diagnostic mammography."



CYNTHIA BARONE, DO

All patients at the Lakewood center benefit from its close connection to the main Jacqueline M. Wilentz Breast Center in Long Branch, the recipient of many awards and accolades, including a three-year full accreditation designation by the National Accreditation Program for Breast Centers for "providing the highest-quality evaluation and management of patients with breast disease."



# SENIORS, WE'VE GOT YOU COVERED



## FLU SHOTS AND SENIORS



**JESSICA L. ISRAEL, MD**

“According to the Centers for Disease Control and Prevention, just 69.1 percent of adults over age 65 get vaccinated for the flu,” says Jessica L. Israel, MD, Corporate Chair of Geriatrics and Palliative Care, RWJBarnabas Health, and Director of the James and

Sharon Maida Geriatrics Institute. “However, this group is at the highest risk for flu-related complications. I urge you to protect yourself this winter and seek out the vaccine.”

For more information on the James and Sharon Maida Geriatrics Institute and its various services, call 732-886-4700.

At the James and Sharon Maida Geriatrics Institute, Monmouth Medical Center Southern Campus (MMCSC) provides a one-stop destination to meet the healthcare needs of older adults. From primary care services and cognitive evaluations to hearing testing, rehabilitation and support groups, our state-of-the-art Institute offers comprehensive services for older adults and caregivers.



## THE JAMES AND SHARON MAIDA GERIATRICS INSTITUTE

Led by board-certified geriatricians and nurses, inpatient and outpatient care is provided by a dedicated team of social workers, nutritionists, pharmacists, health educators, therapists and audiologists. The Geriatrics Institute combines highly specialized resources, the latest in medical technology and unsurpassed clinical expertise and guidance in a comfortable, compassionate environment for inpatients and outpatients.



### EMERGENCY

The Institute's Geriatrics Emergency Medicine (GEM) Unit provides urgent and emergency evaluation and treatment for older adults within a specialized setting that offers a quiet, calm environment. The care team is led by a board-certified geriatrician and includes a dedicated pharmacist and social worker.



### ACUTE CARE FOR ELDERLY

The Institute's ACE Unit provides spacious, single inpatient rooms with uplifting, comfortable décor. Room features are tailored to the needs of older adults, including specialty beds and lighting, recliners, nonskid floors and other safety measures. The ACE Unit also offers dedicated family gathering areas.



### REHABILITATION SERVICES

For both inpatients and outpatients, the Institute provides a comprehensive range of rehabilitation services. These include physical, occupational, cardiac and speech therapy, and audiology, all employing state-of-the-art equipment and technology.



### SUPPORT GROUPS AND HEALTH-EDUCATION CLASSES

The Geriatrics Institute offers groups and classes on topics relevant to seniors, including bereavement, caregiving, grandparents raising grandchildren, self-defense and more.



### BETTER HEALTH PROGRAM

A FREE membership program for adults 55 and older, the Better Health Program offers many exclusive benefits for seniors, including social events, educational seminars, preventive screenings and a quarterly *Healthy Aging* magazine subscription. For more information, call 888-726-2362.





Rajesh Mohan, MD, with his grateful patient Warren Schuckies

# A GRATEFUL HEART

**A LOCAL MAN CREDITS EXPERT AND COMPASSIONATE CARE FOR SAVING HIS LIFE.**

**W**arren Schuckies had just returned from vacation with his partner, Marge Cesta, when he suddenly took ill. He couldn't walk or get out of bed. Diagnosed previously with atrial fibrillation (AFib), Warren takes Coumadin, a blood thinner used to prevent blood clots caused by AFib. But he hadn't had his Coumadin level checked in several years.

"Thankfully, I live in the Fairways community in Lakewood and Monmouth Medical Center Southern Campus was only a short ambulance ride," says Warren. "I really credit the proximity to the hospital and the immediate, attentive care the staff provided for saving my life."

As it turned out, the high Coumadin dosage Warren was taking had contributed to a range of serious conditions: extremely low blood pressure, internal bleeding, a right thigh hematoma (a swelling of clotted blood) and acute kidney failure. This combination of maladies landed him in the intensive care unit for five days. Warren underwent transfusions of both plasma and blood, and then spent another five

days being monitored in an inpatient unit before transfer to a rehabilitation facility.

"I really put the staff, and especially the nurses, to work during my stay, but they were great," says Warren. "They were constantly friendly and upbeat; I could tell this wasn't just a job to them but their passion. They were enthusiastic about the hospital and were constantly stopping by and checking in on me. That's a definite benefit to being cared for in a small community hospital."

Prior to his admission at Monmouth Medical Center Southern Campus, all of Warren's physicians were located in East Brunswick, the town where he used to live. During his stay, however, Warren was so impressed by the breadth of knowledge and easygoing demeanor of the on-call cardiologist, Rajesh Mohan, MD, that he requested Dr. Mohan become his full-time cardiologist. "I feel that Dr. Mohan and many of the other physicians at Monmouth South go above and beyond the call of duty and consistently provide a personal touch," notes Warren. "The care received here is superior, and that's why it would be my first choice every time—no matter what the ailment."

For more information or to find a top cardiologist, visit [rwjbh.org/heart](http://rwjbh.org/heart) or call 888-724-7123.



# Community Education

Unless otherwise indicated, events will be held on the third floor of Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. Most events are free, but registration is required. For more information, call 888-724-7123.

## Diabetes Self-Management Series

**Thursdays, Nov. 1, 8, 15 and 22, 10 a.m. to 12 p.m.**

Fee-based (course will be billed to Medicare or your insurance carrier). Learn how to manage your diabetes by attending this four-session diabetes education program. The program is taught by a registered dietitian/certified diabetes educator. A doctor's prescription is required. For information and to register, call 732-923-5025.

## Creating Healthy Holiday Traditions

**Tues., Nov. 20, 1 to 3 p.m.**

Join Lauren Dorman, Registered Dietitian and Certified Diabetes Educator, as she discusses healthier holiday meal preparation and eating strategies. Additionally, Kelly DeLeon, MS, H. Ed., will explore new traditions that can help ease some of the stressors of the season.

## Tai Chi for Beginners

**Better Health Members ONLY**  
**Thursdays, November 29 to January 31 (8-week series), 1 to 2 p.m.**

Free for Better Health Members who are new to Tai Chi. Tai Chi can improve balance, coordination and lower body strength. Led by expert instructor Kit Lau.

## Tai Chi for Returning Participants

**Thursdays, November 29 to January 31, 2:15 to 3:15 p.m.**

\$50. Led by expert Tai Chi instructor Kit Lau, this 8-week series is open to all who have completed at least one 8-week Tai Chi session.

## Keeping your Grandkids Safe and Happy While in Your Care! (Holiday Edition)

**Mon., Dec. 10; 2 to 3 p.m.**

Program will cover current trends in child safety in the home, outdoors and on the road, as well as how to select safe, age-appropriate gifts for the grandkids. Ocean County Library, Manchester Branch, 21 Colonial Drive, Manchester. To register, call 732-657-7600.

## All Levels Yoga: New & Returning Students

**(Better Health Members ONLY)**  
**Fridays, through Dec. 21, 12 to 1 p.m.**

This class is for Better Health Members who are brand-new to yoga. Led by Nicole Franchino, E-RYT. Wear comfortable clothing and bring a yoga mat.

## Mindful Mondays: Gentle Movement & Meditation

**(Better Health Members ONLY)**

**Mondays, through Dec. 17, 1 to 2 p.m.**

Led by Nicole Franchino, E-RYT, this class will help reduce stress and anxiety as well as loosen tight muscles and stiff joints. Bring a yoga mat and wear comfortable clothing.



## SCREENINGS

### Lung and Vascular Screenings

Monmouth Medical Center Southern Campus has joined Monmouth Medical Center in Long Branch in offering and promoting low-dose CT scan lung screening as part of the MMC/MMCSC Lung Cancer Screening Program in partnership with Rutgers Cancer Institute of New Jersey. Additionally, The Vascular Institute at MMCSC offers convenient, noninvasive self-pay vascular screenings to at-risk men and women over age 55. Results from both screenings are sent to your primary care physician. Both the lung and vascular screenings will support community health needs through education, early detection and prevention. For more information on the Lung Screening Program, call 732-923-7966. To schedule a vascular screening, call 888-724-7123.



## SUPPORT GROUPS

### Caregivers Support Group

**Tuesdays, 12 to 2 p.m.;**  
**Wednesdays, 12:15 to 2:15 p.m.**

For more information or to register, call 732-730-9112.

### Caregiver Connect Telephone Support Group

**Wednesdays, 7:30 to 8:30 p.m.**

The Cancer Support Community at Monmouth Medical Center invites caregivers to call in for support. Support groups will be held by phone from 7:30–8:30 p.m. on the last Wednesday of each month. Call 732-923-6090 to register and obtain a dial-in code and access information.

### Cancer Support Community: Yoga

**Mondays, 1:45 to 2:45 p.m.**

### Cancer Support Community: Exercise for Strength

**Mondays, 3 to 4 p.m.**

### Cancer Support Community: Guided Relaxation

**Mondays, 4 to 4:30 p.m.**

199 Prospect Street, Lakewood. For more information or to register, call 732-923-6090.

### Grandparents Raising Grandchildren Support Group

**Wednesdays, 10:30 a.m. to 12:30 p.m.**

For more information or to register, call 732-730-9112.



**Tu familia no tiene antecedentes  
de cáncer de mama.**

**Aun así, necesitas hacerte  
una mamografía.**

Es curioso cómo tener una buena salud puede utilizarse como excusa para no hacerte una mamografía. No busques excusas y hazte una mamografía. En RWJBarnabas Health ofrecemos lo último en servicios completos para la salud de mama, incluyendo mamografía, mamografía en 3D, pruebas genéticas, cirugía de mama y más – todo para tu tranquilidad mental. Y con centros médicos de salud de mama convenientemente ubicados por todo Nueva Jersey, encontrarnos es muy fácil.

Buscar excusas es fácil. Pero hacer una cita es aún más fácil. Programa tu cita en el Jacqueline M. Wilentz Breast Center visitando: [rwjbh.org/mammo](http://rwjbh.org/mammo). Venzamos juntos al cáncer de mama.