

MONMOUTH

health & life

DECEMBER 2014 / JANUARY 2015 | \$3.95
MONMOUTHHEALTHANDLIFE.COM



Holiday 2014

» NO-GUILT GOODIES » GREAT GIFTS FROM A TO Z
» 12 SEASONAL SIPS » FESTIVE FASHION

MONMOUTH MEDICAL CENTER PARTNERS WITH CANCER SUPPORT COMMUNITY TO RESTORE SERVICES TO AREA CANCER PATIENTS

EIGHTH ANNUAL CELEBRATION OF LIFE FUNDRAISER SUPPORTS NEW PARTNERSHIP



MONMOUTH MEDICAL CENTER recently announced a partnership with Cancer Support Community (CSC) to carry on CSC's mission to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. This collaboration will fully incorporate CSC programs and services into the hospital.

CSC North Jersey Shore, formerly located in Eatontown, is part of an international non-profit organization dedicated to providing support, education and hope to people affected by cancer. Individuals affected by cancer are given an opportunity to enhance their health and well-being through participation in professionally led programs of support, education and hope. Together with Monmouth Medical Center, it will begin offering programming to cancer patients in 2015.

"We are proud to carry on the mission of Cancer Support Community," said Frank J. Vozos, M.D., FACS, President and CEO of Monmouth Medical Center. "By partnering with CSC to provide professional programs of emotional support, education and hope at no charge for people affected by cancer, we can ensure that no one faces cancer alone."

Designed to support people with cancer and their loved ones, CSC offers a menu of personalized services centered around support groups, cancer education, nutrition and healthy cooking, exercise and movement, meditation and relaxation and social activities. Its global network brings the highest quality cancer support to the millions of people touched by cancer.

To support this new endeavor, the Cancer Support Community hosted the eighth annual Celebration of Life fund-raiser on November 20, at Eagle Oaks Golf and Country Club, located

at 20 Shore Oaks Drive in Farmingdale. The annual event featured food, wine and fashions modeled by cancer survivors. This year the Cancer Support Community welcomed Celebration of Life Ambassador Seth Grumet, cancer survivor and founder of Stomp the Monster. Local community leader, restaurateur and humanitarian Tim McLoone served as the evening's emcee and DJ services were provided by Music Express. Additionally, hair and make-up were provided by Glen Goldbaum 72, and fashions provided by Stacy Gemma Everywhere and Macy's.

"I am so grateful to Dr. Vozos, and the entire Cancer Services staff at Monmouth Medical Center for recognizing the Cancer Support Community as a vital resource for people and families living through—and beyond—cancer," says CSC North Jersey Shore founder Ilene Winters. "I'm thrilled to be able to tell people that this resource will still exist for them for many years to come."

For more than 40 years, the Leon Hess Cancer Center at Monmouth Medical Center has broadened its leadership role in oncology services through the ongoing expansion of state-of-the-art programs and technologies offered in many areas of cancer prevention, detection, treatment and after-care. Monmouth Medical Center is a part of the Penn Cancer Network—a select group of community hospitals in New Jersey, Pennsylvania and Delaware—collaborating with the Abramson Cancer Center at the University of Pennsylvania to provide excellence in patient care throughout the region. Penn's Cancer Network hospitals are recognized for their excellence in patient care and commitment to improving the health and well-being of their community.



▲ The Cancer Support Community (CSC) North Jersey Shore is partnering with Monmouth Medical Center to continue to offer supportive Services to cancer patients in Monmouth and Ocean counties. Shown here, Ilene Winters, founder of CSC North Jersey Shore, gathers with Monmouth Medical Center leadership, from left, Frank J. Vozos, M.D., FACS, president and chief executive officer, and Bill Arnold, chief operating officer.



Members of the Leon Hess Cancer Center
multidisciplinary team.

If you're going into
the fight of your life,
you want an outstanding team.

  **Monmouth Medical Center**
  **Barnabas Health**

Leon Hess Cancer Center

▶ 1.888.724.7123 ▶ barnabashealth.org/monmouth

UNRAVELING CANCER'S GENOME LEADS TO DIAGNOSIS OF RARE CANCER, EFFECTIVE TREATMENT FOR LEON HESS CANCER CENTER PATIENT

WHEN PAULA ABEL DEVELOPED PAIN and swelling in her neck and shoulder area in April 2013, she thought an old injury was acting up. Just two months earlier, the 52-year-old nurse had gotten a clean bill of health at both her annual physical and GYN exam. Her recent mammogram looked fine, too.

To be on the safe side, Paula quickly returned to her primary-care doctor, who ordered several tests. Within days, the Aberdeen, resident learned she had an aggressive form of cancer that had already spread to most of the lymph nodes on the left side of her chest.

"It was like wildfire," she says. "It hit me like a cannonball."

Moreover, doctors couldn't figure out what form of cancer Paula had. "Every test they did showed different types of cancer," says the married mother of 15-year-old twin daughters. "They had no idea where it was coming from."

Without a clear diagnosis, treatment would be hit-or-miss, she explains. "It was very stressful. The prognosis was not good."

To make matters even worse, a renowned oncologist at a top teaching hospital painted the grimmest possible picture. "He said there's no treatment and no cure. He gave me no hope," recalls Paula.

Fortunately, Paula had already had an initial visit with Monmouth Medical Center oncologist Seth Cohen, M.D. "He was so wonderful from the beginning," she says. "He just gave me hope. He said, 'We'll try this treatment, and if that doesn't work we'll try something else. We'll keep trying things until something works.'"

Dr. Cohen reassured Paula that "every cancer is different and every patient is different," she recalls. "He said, 'You're a survivor.' He encouraged me to keep positive."

Paula was determined to fight for her life. "I want to be here for my girls," she says.

Dr. Cohen theorized that the cancer was most likely either breast or lung cancer, so he prescribed a chemotherapy regimen that attacks both. "In a week, the

big lump in my neck had shrunk to half its size; a PET scan showed a significant decrease in the nodes that were enlarged," notes Paula.

Then Dr. Cohen took the extra step of sending Paula's cancer slides to Foundation Medicine in Cambridge for genetic testing. "They unraveled the cancer's genome," says Paula. "They figured out what type of cancer it was," including the mutation that prevented standard tests from correctly identifying the malignant cells.

The diagnosis: a rare form of breast cancer, which bypassed Paula's breasts and went straight to her bloodstream and lymph nodes. "There's no approved treatment; no medicine that targets this type of mutation," she explains.

But Dr. Cohen's chemo regimen continued working, and within just six months Paula's cancer went into remission, meaning that doctors could find no sign of the disease.

"I was amazed; I didn't think it was going to happen," says Paula.

After her first PET scan found no sign of cancer, Dr. Cohen took Paula off the strongest chemo drug.

Today Paula, who recently celebrated her one-year anniversary of being in

remission, is on a maintenance regimen of one chemo session a week for two weeks, and then a week off.

"I'm on the lowest possible dose. My hair has grown back. I can definitely live with this," says Paula, who also takes a steroid and anti-nausea drug to combat side effects.

She's returned to her full-time job with the Visiting Nurse Association of Central Jersey. And she's resumed her favorite activities, like cooking meals for her family and taking her girls to their sailing regattas.

Paula plans to stay on chemo indefinitely—unless a new treatment is found—since stopping it would put her at high risk for a recurrence.

"I actually look forward to going to chemo, just to see everyone," says Paula. "They really go above and beyond."

Additionally, Dr. Cohen, who also sees patients at Monmouth's outpatient center located at Village Square at Howell, located at 51 Kent Road between Route 9 and Kent Road continues to oversee Paula's care and lend his support.

"I see him pretty much once a week," she says. "We talk about more than just my exam—he makes me feel like I'm superwoman."



▲ Paula Abel with Leon Hess Cancer Center oncologist Seth Cohen, M.D., at the center's new outpatient infusion center.

FOR THE CONVENIENCE of its patients, the Leon Hess Cancer Center recently debuted an Outpatient Infusion Center, located on Highway 36 East in West Long Branch.

Staffed by chemotherapy-certified oncology registered nurses, the center provides a comfortable, convenient setting for outpatient chemotherapy and infusion services. Laboratory testing and other services are performed as patients rest in comfortable recliners and CBC tests are performed by Monmouth Medical Center's state-of-the-art laboratory. A host of other services are also provided for non-oncology as well as oncology patients, including IV hydration, iron infusions, colony stimulating factors, lab services,

blood draws and central line maintenance.

The Outpatient Infusion Center is open Monday through Friday, from 8 a.m. to 5 p.m. To learn more about the center or any of the services of the Leon Hess Cancer Center, call 732-923-6575.



▲ Breast cancer survivor Karen Rogers and sons Josh and Andrew.

MONMOUTH MEDICAL CENTER PLASTIC SURGEON, BREAST CANCER SURVIVOR HELPING TO RAISE BREAST RECONSTRUCTION AWARENESS

WHEN KAREN ROGERS had a breast removed to beat cancer, it saved her life. But when she had the missing breast rebuilt, the Neptune woman felt like she got her life back.

“I feel like a whole person” says Rogers, 50, who had breast reconstruction surgery last year at Monmouth Medical Center in Long Branch, where she was treated for her cancer.

On October 23, Rogers and her plastic surgeon, Gregory Greco, D.O., chief of plastic surgery and director of the general surgery clerkship at Monmouth Medical Center, helped educate state legislators and aides about this important issue by participating in a Breast Reconstruction Awareness (BRA) Day

event at the State House in Trenton. BRA Day is a collaborative effort between the American Society of Plastic Surgeons, The Plastic Surgery Foundation, and the New Jersey Society of Plastic Surgeons.

Rogers and Dr. Greco joined other patients and leading physicians in speaking with legislators about the importance of breast reconstruction for breast cancer patients. The event is especially timely, as October is Breast Cancer Awareness Month.

Breast reconstruction aims to restore a breast after mastectomy,

explains Dr. Greco. Most women who’ve had a complete or partial mastectomy are candidates for the procedure. However, many don’t get the life-changing surgery, largely due to lack of awareness.

“Breast reconstruction is covered by insurance, but a woman needs to talk to her surgeon about it before the mastectomy,” Dr. Greco emphasizes. “Advance planning provides both the best results and the best insurance coverage.”

Breast reconstruction brings both emotional and practical benefits, the doctor notes. It helps women feel better about themselves, and eliminates the need to wear cumbersome prosthetic breasts.

“I feel confident—I can put a shirt on and it’s not lopsided,” says Rogers, who is single. “If I met someone, I’d feel comfortable.”

Since her surgery, Rogers has dedicated herself to helping others receive these vital procedures. She and her family have raised more than \$9,000 for the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center, where Rogers was treated. The family hosts an annual fund-raising event, and Rogers’ three adult sons make and sell assorted bracelets (see picture at left), donating all proceeds to the cause.

“I sincerely appreciate everything Monmouth Medical Center and Dr. Greco did for me, and that’s why I like to give back,” says Rogers.

The Jacqueline M. Wilentz Comprehensive Breast Center is a recognized leader in providing the most advanced array of breast health services for women concerned about breast health. The Wilentz Center and its satellite locations across Monmouth and Ocean counties provide convenient mammography screenings with no appointment required.

TO LEARN MORE ABOUT the Jacqueline M. Wilentz Comprehensive Breast Center, visit www.monmouthwilentzbreastcenter.com.



HEALTHY LIVING IN THE SPOTLIGHT



DURING BEST OF MONMOUTH, Monmouth Medical Center spotlighted Barnabas Health Medical Group physicians, including attendees internist Anthony Morelli, D.O., and surgeon Gurdeep Matharoo, M.D.

Barnabas Health Medical Group (BHMG) is a multi-specialty group practice of highly trained and experienced primary and specialty care physicians. Its physicians provide compassionate and innovative cutting-edge care for every stage of life through facilities conveniently located throughout Monmouth County and New Jersey. BHMG staff distributed information about their physicians, including Sumy H. Chang, M.D., FACS, a board-certified surgeon dedicated to breast health who recently came on board at Monmouth Medical Center.

In October, Barnabas Health Medical Group debuted its Healthy Living blog to provide information about preventive, diagnostic and treatment services offered by BHMG, as well as insight from the group's physicians about trending issues in health care. The first blog post features Dr. Chang, who sheds light on breast cancer in recognition of National Breast Cancer

Awareness Month. Dr. Chang's blog post includes a short video in which she communicates key tips for detecting breast cancer.

Dr. Chang decided to focus on breast health during her surgical residency at Staten Island University Hospital, when she learned about a young patient whose breast mass developed into metastatic cancer because she had felt uncomfortable to express her concerns to her doctor. Today, as a member of Monmouth's Jacqueline M. Wilentz Comprehensive Breast Center multidisciplinary team that meets weekly to discuss patients' treatment, she encourages women to make an appointment at the first sign of any breast abnormality—even if it's just a vague sensation that something is amiss.

To learn more about BHMG physicians at Monmouth Medical Center or the Healthy Living blog, visit www.barnabashealthmedicalgroup.org.

► **SUMY H. CHANG, M.D., FACS**



MONMOUTH MEDICAL CENTER

300 SECOND AVE., LONG BRANCH, NJ 07740
732.923.7700 | BARNABASHEALTH.ORG/MONMOUTH