

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

MONMOUTH

health & life

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THE guide 2016



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+ 'HAUNTED' HOUSES, MUSIC LORE,
PARKS, BEACHES, INNS + MORE!



Manpreet K. Kohli, MD and Jennifer L. Keedy, MD

Two more excellent reasons.

The region's top breast center welcomes Drs. Kohli and Keedy.

The Jacqueline M. Wilentz Comprehensive Breast Center is New Jersey's only Certified Quality Comprehensive Breast Center of Excellence. As the region's leader in breast cancer treatment, we're proud to welcome two outstanding clinicians to our team, breast imager Jennifer L. Keedy, M.D., and breast surgeon Manpreet K. Kohli, M.D. Their passion for excellence only strengthens our comprehensive approach to breast health services.

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

*Jacqueline M. Wilentz
Comprehensive Breast Center*



■ ■ Monmouth Medical Center
■ ■ Barnabas Health

WEforum Appoints 2016 Wellness Ambassadors

Monmouth Medical Center, a Barnabas Health facility, recently announced it's inaugural WEforum, a Women's Health and Wellness Conference to be held on April 20, 2016 at the Ocean Place Resort and Spa in Long Branch. A female-led organization, WEforum's mission is to strengthen the health and wellness of communities within New Jersey. WEforum targets women because they're often the guardians of health maintenance for their families, as well as for themselves. Capsulizing the deeper mission of WEforum is their tagline,

"When you educate a woman, she empowers her family, and together WE can evolve a community."

The day-long conference, designed to provide an opportunity for participants to gain a fuller understanding of caring for their health and that of their family's through education and early prevention, will include approximately 30 different workshops led by experts with the latest information on specific health and wellness topics. Proceeds from the conference will support free wellness education workshops and programs through Monmouth Medical Center to make vital health care information accessible to the entire community.

WEforum is thrilled to announce the 2016 Wellness Ambassadors selected for the inaugural Women's Health and Wellness Conference. The Wellness Ambassadors draw from an array of health-minded disciplines, but share a common conviction that empowering women with their best mind & body health serves a greater good for their communities. Through their individual passions the Wellness Ambassadors collectively mirror the three touchstones of **WEforum: Educate. Empower. Evolve.**

"The Wellness Ambassadors will represent WEforum and its mission to strengthen the health and wellness of



our communities in New Jersey. This inaugural group was specially selected because they truly embody what it means to lead a healthy lifestyle," Carolyn C. DeSena, a member of the Board of Trustees for Monmouth Medical Center Foundation and Chair of WEforum, explains. Wellness Ambassador Katy Fraggos echoed Ms. DeSena's sentiment stating, "Now, with WEforum and the network of inspirational women involved, this positive community can grow exponentially. This kind of collaboration, education, and empowerment is how real change is made on a large scale."

The collaboration of WEforum and the Wellness Ambassadors joining in a collective effort to support Monmouth Medical Center is best summed up by Wellness Ambassador Jen Portman's business vocation's namesake, "Synergy - the creation of a whole that is greater than the sum of its parts." Take an important step towards better health by joining WEforum on April 20, 2016 for the Women's Health and Wellness Conference. Tickets will be going on sale soon. Advance ticket price will be \$99. Regular admission will be \$125. Event Sponsorships and Vendor participation are available. **To learn more about the event and these opportunities, contact Davina Feingold at 732.923.7521 or dfeingold@barnabashealth.org.**

2016 Wellness Ambassadors:

- Lori Brown - New Jersey-based T3 Lacrosse
- Jen Portman - Synergy Hot Yoga
- Lisa Matthews - Monmouth Beach Yoga & Wellness
- Dani Rubin - Pilates Blast
- LB Kass- LB Kass THE STUDIO
- Alex Mazzucca & Cara Pescatore - Seed to Sprout
- Reggie Flimlin- juice basin
- Ashley Bissett - 3B Fit
- Katy Fraggos - Perspirology
- Stefanie Hicks - CrossFit Shrewsbury
- Megan Gridley- MegaCycle
- Mary Claire Pennotti- Manasquan's Tandem Cycle
- Ginger Whitenack - Clementine Cycling Studio

we
FORUM
educate · empower · evolve

HEALTH CARE

As the county grows, so does its own teaching hospital, Monmouth Medical Center.



TOP-QUALITY MEDICINE, CLOSE TO HOME

IN 1881, THE SPOTLIGHT OF U.S. MEDICINE WAS ON A SEASIDE

cottage in Elberon right here in Monmouth County, where physicians battled to save the life of President James Garfield, victim of a would-be assassin's bullet. Alas, that fight was lost. But a few years later, when an epidemic threatened the health of poor children in the area, local businessmen rented four rooms over a Long Branch storefront in which the children could receive care. That became the genesis of Monmouth Medical Center, which today is bringing that spotlight back, helping to define high-quality medicine for the nation and *winning* battles in health care.

Monmouth Medical Center is a 527-bed teaching hospital whose campus covers 21 acres just two blocks from the Atlantic. Each year it delivers more than 5,000 babies and logs more than 19,000 admissions, 43,000 emergency-room visits and 126,000 outpatient clinic visits. While some people still associate advanced care with centers in cities like New York and Philadelphia, the doctors and other professionals at Monmouth Medical Center prove every day that in many medical fields, advanced care of equivalent excellence is available right here on the Shore.

Here are just a few examples:

■ The recent construction of two new surgical suites, each offering more than 700 square feet of state-of-the-art operating space, has enhanced **the Spine Center** at Monmouth Medical Center. The Spine Center surgeons at Monmouth Medical Center are among New Jersey's most experienced, performing leading-edge and minimally invasive reconstructions and procedures designed to eliminate and reduce spinal pain while restoring function. For more than 60 years, Monmouth Medical Center has been a leader in surgical services, earning a statewide reputation for excellence in the field. Throughout its history, the hospital's highly skilled team of surgeons has quickly adopted the latest surgical innovations, and this



pioneering spirit has set the stage for bringing the most advanced minimally invasive procedures to the region. Over the past six decades, there have been incredible advances in the field of surgery, and many of these accomplishments have been achieved in teaching environments such as Monmouth. That's why Monmouth is the leader for robotic and other minimally invasive surgeries for conditions including prostate and gynecologic cancers, morbid obesity, severe heartburn and benign and malignant colon and kidney disease.

■ In **care for newborns**, the 1968 opening of its Regional Natal Intensive Care Unit (RNICU) made Monmouth the first hospital in the state—and the first community hospital in the U.S.—to establish such a unit. Today this state-certified Level III facility treats more than 550 infants each year for conditions such as prematurity, low birth weight and congenital disorders, as well as providing delicate surgeries. In addition, Monmouth's Eisenberg Family Center—a great place to have a baby—logged 5,000 deliveries last year, making it the most-used birth facility in Monmouth or Ocean counties.

■ In **breast care for women**, Monmouth's Jacqueline M. Wilentz Comprehensive Breast Center has for the second year in a row been named a recipient of the Women's



Choice Award as one of America's best breast centers. An innovative technique for anesthesiology procedure called paravertebral nerve block, pioneered at Monmouth, is offering mastectomy patients long-lasting pain relief with fewer post-operative side effects compared with general anesthesia alone when used for breast surgery.

■ In **cancer care**, Monmouth's state-of-the-art services have been centralized under one roof. Just last year, the hospital's Leon Hess Cancer Center dedicated the Cheryl L. Diamond Cancer Care Pavilion, bringing state-of-the-art services together in one convenient and soothing location for an optimal

patient experience. Each year more than 48,000 patients entrust their care to the renowned Leon Hess Cancer Center's highly qualified team of specialists.

Also, Monmouth helps train the physicians of tomorrow in collaboration with Drexel University College of Medicine. And its Unterberg Children's Hospital, its Pollak Mental Health Center, its David S. Zocchi Brain Tumor Center and its Altschul Medical Library offer services beyond the level of the usual local facility. But with all this, the professionals at Monmouth Medical Center continue to provide the compassionate, highly personal care that characterizes good neighbors at their best.

A HOSPITAL THAT HELPS YOU STAY HEALTHY

Interested in protecting your good health or managing a chronic condition? Don't think of a medical center only as a place you go when you're injured or seriously ill. Monmouth Medical Center offers many informational and outreach sessions for the community designed to help you live an active, healthy and fulfilling life, with the good diet, exercise and preventive care you need. You can preregister for classes in the subject areas below—and more—by calling **732.923.6992** or visiting **barnabashealth.org/monmouth**.

Baby Care Basics: This program focuses on infant care including growth, development and safety issues. Hands-on time with infant-sized models is included. Fee-based.

Bereavement Counseling: The people at Monmouth Medical Center understand that grief is a process that is difficult to experience alone. Everyone mourns differently and at different rates.

Habits of Happy People: Find out about the new science of happiness and how it improves the quality of our lives. Discover ways to develop the new habits that help happy people maintain positive thoughts, emotions and actions.



Stress and Relaxation: Feeling stressed? Monmouth Medical Center offers ongoing programs that explore the causes of stress, the impact that it can have on your health and ways to combat it with practical and proven relaxation techniques.

Diabetes Self-Management Education: Four-session diabetes education program focuses on diet, nutrition, glucose monitoring, medications, meal plans, prevention and treatment of diabetes complications, dining out and benefits of exercise. The program is taught by a registered nurse and a registered dietician/certified diabetes educator. Fee-based.

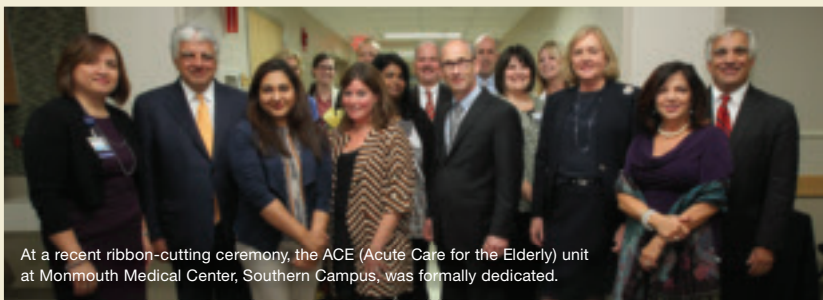
AWARD-WINNING MEDICAL CARE

Recently Monmouth Medical Center's top-quality services have been recognized with a number of awards and other designations. Here are three particularly meaningful ones:

■ The Joint Commission is the leading accreditor of health care organizations in the U.S. In order to receive Joint Commission certifications, hospitals must undergo a stringent on-site review process and provide proof of outstanding patient outcomes. Every year since 2010, The Joint Commission has named Monmouth a Top Performer on Key Quality Measures for: Heart Attack, Heart Failure and Pneumonia and Surgical Care. Additionally, Monmouth has earned Disease Specific Recertifications for Advanced Heart Failure, Acute Coronary Syndrome, Advance Primary Stroke, Breast Cancer, Hip Replacement and Knee Replacement. Most recently, Monmouth earned Disease Specific Certifications in Cardiac Rehabilitation and Spine Surgery.

■ The Leapfrog Group Hospital Survey is the gold standard for comparing hospitals' performance on national standards of safety, quality and efficiency. Monmouth Medical Center continually earns the highest score of "A" for safety, quality and efficiency.

■ Monmouth remained the only hospital in the state of New Jersey—and one of just nine in the nation—designated a "heart failure mentor" by the Institute for Healthcare Improvement.



At a recent ribbon-cutting ceremony, the ACE (Acute Care for the Elderly) unit at Monmouth Medical Center, Southern Campus, was formally dedicated.

AN OUTREACH TO THE SOUTH

In 2014, Monmouth Medical Center merged with the former Kimball Medical Center in the Ocean County community of Lakewood, and Kimball became Monmouth Medical Center, Southern Campus. For Ocean County residents, the merger brought access to Monmouth's renowned specialty services, particularly in the areas of geriatrics, oncology and surgery. A Geriatric Emergency Medicine (GEM) unit at the Southern Campus has been designed with special features to meet the needs of older patients, and in an \$11 million renovation, three floors of the "H" (for Heritage) wing of the Southern Campus have been converted to all single rooms, which studies show help promote better care and higher levels of patient satisfaction.