

RWJ
RAHWAY

SUMMER 2014

The

Rose

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ONE MAN'S STORY

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RWJ

UNIVERSITY HOSPITAL
RAHWAY

ROBERT WOOD JOHNSON HEALTH SYSTEM

2 SMALL CHANGES

ENOUGH IS ENOUGH

EATING HABITS ARE an essential part of diabetes management. Here are two improvements you can make.

- 1. EAT WHEN YOU'RE HUNGRY.** Keep a food diary and rate your hunger level on a scale of 1 to 5 before a meal or snack. Eating at a 1 or 2 may not indicate true hunger but may instead be driven by a trigger, while waiting until famished at a 5 may cause you to overeat.
- 2. STOP WHEN YOU'RE SATISFIED.**

It takes approximately 20 minutes for the brain to register that your hunger need has been met. Take time to enjoy your food. You're eating too much if you get to the point of being full or experiencing discomfort.

"Recognizing true hunger and satiety is the first step toward gaining control of your eating," says Paula Rovinsky, MA, RN, Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway.

To enroll in the Diabetes Self-Management Program or to learn about the Diabetes Support Group, call (732) 499-6109.

Make Every Dinner Divine

Need mealtime inspiration? Diane Weeks, RD, Chef, offers free cooking classes at RWJ Rahway Fitness & Wellness Center. Check out the details about upcoming classes on page 7!

NUTRITIONAL INFORMATION

Servings: 4

Calories: 250

Fat: 9g

Cholesterol: 0mg

Sodium: 60mg

Carbohydrates: 33g

Fiber: 9g

Sugar: 8g

Protein: 11g

Source: United States

Department of Agriculture

REFRESHING GARDEN CANNELLINI BEAN SALAD

Don't feel like cooking in the summer heat? Mix up this cool bean salad for a meatless main dish or a perfect picnic side.

INGREDIENTS BEAN SALAD

2	14.5-ounce cans of no-salt-added cannellini beans, drained and rinsed	1/2	cucumber, peeled and chopped
2	tomatoes, chopped	3	green onions, chopped
1/2	yellow bell pepper, chopped	1/2	cup almond slivers
			large Bibb lettuce leaves

DRESSING

1	Tablespoon olive oil	1	Tablespoon tomato basil garlic seasoning blend, no salt
2	teaspoons white wine vinegar		
1/2	cup apple juice		

DIRECTIONS

- In a small bowl, combine dressing ingredients and whisk.
- Toast almond slivers in a small pan over medium heat until golden. Once toasted, remove from heat and let cool.
- With the exception of the lettuce, mix all salad ingredients and dressing in a medium bowl. Cover and refrigerate until time to serve.
- When ready to serve, place lettuce leaves on plates, then top with bean salad mixture.



We may have a new logo and look, but we won't forget our story.

For many years, Robert Wood Johnson University Hospital Rahway had a rose in its logo. *The Rose* is also the name of our community publication. Why a rose? The rose reflects our hospital's heritage of community involvement. The story goes like this: To raise money to build a civilian hospital in the city of Rahway after World War I, auxiliaries sold locally grown roses at the Rahway train station.

RWJ Rahway is a member of the Robert Wood Johnson Health System. Our new logo reflects that proud affiliation. And while we no longer use the rose symbol in our logo, we keep alive its spirit of community involvement in special hospital awards given each year by our hospital foundation and in the name of this publication.

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RWJ UNIVERSITY HOSPITAL
RAHWAY

ROBERT WOOD JOHNSON HEALTH SYSTEM

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CREATING A *More Patient-Friendly* HOSPITAL

Robert Wood Johnson University Hospital Rahway is undergoing a multimillion-dollar renovation that will feature an inviting front lobby and convenience for those seeking lab, diagnostics, and wound care. The renovation is part of the hospital's emphasis on providing all its ambulatory services in a convenient, attractive place.

Renovations also include modernizing first floor corridors, common areas, and the hospital's cafeteria. There will be new physician offices, as well as a Center for Ambulatory Medicine, which will include wound care and hyperbaric oxygen therapy, radiology, and laboratory services. Cardiac and stress testing, as well as Employee Health and the Adult Clinic, will have larger,

more inviting spaces. The renovation is expected to be completed in August.

A special feature of the design is the Healing Hands Gallery, a collection of photos of the hands of those associated with RWJ Rahway.

"It takes more than any one person to deliver the services we deliver," says Kirk Tice, President and CEO. "The gallery is a good way for us to help introduce our team to the people we provide services to. Healing Hands is more than physicians and employees—it's volunteers and auxiliaries, board members, those affiliated with the RWJ Rahway Foundation, and community members who contribute to our success."

The first floor project follows the renovation of the hospital's 15-bed Critical Care Unit, which included features that reduce light, glare, and noise to create a more healing environment.

We thank our many donors for this renovation project, with special thanks to the Sidney J. Harris Charitable Trust, the Standish Foundation, the Hyde & Watson Foundation, Union Foundation, Anesthesia Services of Rahway, and Rahway Pathology.

Bringing Medical Expertise to TV

Ever wonder how the producers of "true crime" television shows ensure the medical details are correct?



They rely on the help of real-life medical professionals such as Eric Kleinert, RN, BSN, Emergency Department Nurse Manager at Robert Wood Johnson University Hospital Rahway, who recently assisted in the production of an episode of the Investigation Discovery series *The Perfect Murder*.

"I was asked to work as a consultant on the 'Frozen Killer' episode," Mr. Kleinert says. "I had fun interacting with the production staff while being able to provide medical knowledge to make the show realistic."

The episode delves into the murder of a woman who was poisoned with antifreeze by her husband. Antifreeze contains ethylene glycol, a highly toxic chemical with a sweet taste. Ethylene glycol poisoning causes a range of symptoms that resemble those of other conditions, including dizziness, nausea, vomiting, headaches, increased heart rate, and acidosis (elevated levels of acid in the blood and tissues). Later symptoms include coma, hyperkalemia (high potassium levels), seizures, severe acidosis, and kidney failure.

The effects of ethylene glycol poisoning can be reversed with early treatment. Unfortunately, in the "Frozen Killer" case, as in many cases of ethylene glycol poisoning, it was too late to save the victim. The killer was brought to justice eventually.

"Making a diagnosis is like putting a puzzle together, and the timing makes all the difference," Mr. Kleinert says. "While in this case physicians did not diagnose ethylene glycol poisoning until the late stages, if suspected, it can be successfully detected and treated early."

Terry Cullen, pictured with his wife, Helen, and dog, Max



Snow Angels

When the stress of clearing snow from his neighbor's driveway caused Terry Cullen's heart to stop beating, the rapid intervention of his neighbors and fast response of the Robert Wood Johnson University Hospital Rahway Mobile Intensive Care Unit (MICU) turned this potential tragedy into a story of survival.

Mr. Cullen, a 65-year-old retired oil truck driver from Linden, usually relies on his snowblower to clear his driveway. But heavy downfalls and passes by the plow left snow boulders blocking the driveway of someone on his street on the morning of Feb. 5, and a blower wasn't going to cut it. Being a kindly neighbor, Mr. Cullen shouldered his shovel and got to work.

TO THE RESCUE

"I was working with the police department when a call came in that there was a man down in the street," says Dave Hart, a Paramedic with RWJ Rahway's MICU and Patrol Captain with the Linden Police Department. "When I arrived, he was lying in the snow turning blue and his neighbors were taking turns administering CPR. I grabbed an automated external defibrillator and started trying to revive him while the cavalry rode in."

An irregular heartbeat and the strain of shoveling snow had caused Mr. Cullen's heart to stop. The MICU arrived and continued defibrillation while managing Mr. Cullen's respiration and irregular heartbeat as he was transported to the Emergency Department.

"I woke up at RWJ Rahway," Mr. Cullen says. "I had four broken ribs, a breathing tube, a swollen mouth, and some missing teeth, but I was alive."

After stabilizing Mr. Cullen, RWJ Rahway staff transferred him to Robert Wood Johnson University Hospital in New Brunswick, where a defibrillator was surgically implanted and he continued his recovery.

While he's not quite ready to get back on the golf course, Mr. Cullen is back to enjoying life with his wife, Helen, daughters Kelly Anne and Kim, and two grandchildren.

"Life is good, and it is short," Mr. Cullen says. "Even if horrible things happen, if you still have breath, you're OK."

Medicare now covers cardiac rehab for those with congestive heart failure (CHF). Cardiac rehabilitation is a program of monitored exercise, support, education, and help with diet, at-home care, and medication. A cardiac rehab program, with its monitored exercise and multidisciplinary expertise, can help people with CHF live fully. If you know someone with CHF, call the Nicholas Quadrel Healthy Heart Center at RWJ Rahway at (732) 499-6056.



CPR Saves

Dave Hart, a Paramedic with the Robert Wood Johnson University Hospital Rahway Mobile Intensive Care Unit and Patrol Captain with the Linden Police Department, has been working in emergency medicine for 30 years. He says Terry Cullen's experience is one of the most inspiring survival stories he's ever witnessed. Early CPR and defibrillation saved his life.

Neighbors who rushed to his rescue included an umpire and two off-duty nurses trained in CPR. Hands-only CPR consists of just two steps—call 911 and then push hard and fast on the center of the chest to the beat of the Bee Gees' "Stayin' Alive."



When It Comes to Breast Health,

SOONER = BETTER

Early detection of breast cancer means faster intervention and improved survival rates.

According to the American Cancer Society, the drop in breast cancer mortality in recent decades can be attributed to early detection and improvement in breast cancer treatment.

Robert Wood Johnson University Hospital Rahway offers state-of-the-art digital mammography with computer-aided diagnosis that provides superior resolution in a setting that's comfortable and convenient.

The hospital provides patients with timely readings of mammography results. And because RWJ Rahway has digital capabilities, a CD of imaging exams is available to take home. Once interpreted by our radiologists, results are immediately sent to the patient's physician. The Mammography Department is staffed by board-certified radiologists and ARRT-certified mammography technologists with decades of experience in women's health.

"There's been debate and confusion in the media regarding the use of mammograms," says Abhishek Shrivastava, MD, Radiologist and Director of Mammography at RWJ Rahway. "Breast cancer screening is by far the most effective tool we have to find cancer at its earliest treatable stage, and I encourage every woman age 40 and older to be screened."

THE DIGITAL DIFFERENCE

Although film mammograms are effective, some research suggests that they may miss between 10 and



20 percent of breast cancers. A study published in *The New England Journal of Medicine* compared digital mammograms to film mammograms. The study involved 49,000 women in North America with no known signs of breast cancer.

The women were screened using both digital and film mammograms at the beginning of the study and again one year later. Breast cancer was found in 335 of the women. Researchers determined that digital mammograms were superior to film mammograms in discovering cancer among three groups:

- women younger than age 50
- women with dense breasts
- women who have not yet gone through menopause or who have been in menopause less than one year

Both forms of mammography had the same rate of false positives.

RWJ Rahway's Mammography Department is accredited by the American College of Radiology and meets the strict requirements of the Mammography Quality Standards Act. A prescription is required for mammography. RWJ Rahway accepts all major insurance plans, including Horizon Blue Cross Blue Shield of New Jersey. Parking is free, and transportation can be arranged, depending on availability.

The Mammography Department is located on the first floor of the hospital at 865 Stone St. in Rahway. The hospital offers flexible scheduling, including weekend and evening hours, and next-day appointments are available. To make an appointment, call (732) 499-6299.

KIDNEY STONE BASICS



Each year, more than half a million Americans seek emergency care for a kidney stone. How much do you know about this common urological disorder?

People with kidney stones often notice these symptoms:

- Blood in the urine
- Pain while urinating
- Severe, sharp pain in the back or lower abdomen

“Many people don’t think kidney stones will affect them,” says Jeffrey Williams, MD, Urologist with Robert Wood Johnson University Hospital Rahway. “But as many as one in 10 Americans will have a kidney stone in their lifetime.”

Most kidney stones are made of calcium compounds, but uric acid stones (caused by too much urinary uric acid) or struvite stones (related to chronic urinary tract infections) can also occur.

WARNING SIGNS AND RISK FACTORS

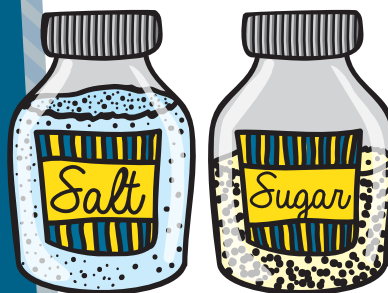
Although the cause of kidney stones is not always clear, some risk factors have been identified:

- **Gender.** Men are more likely to develop kidney stones than women.
- **Race.** Caucasians are more likely than African-Americans to have stones.
- **Previous stones or family history.** If you have had a kidney stone, there is as much as a 50 percent chance you will develop another stone. If someone in your family has had kidney stones, you are more likely to develop them.
- **Medical conditions.** Obesity, Crohn’s disease, gout, and gastric bypass surgery can all be risk factors for developing stones.
- **Dehydration.** People in warm climates and those who don’t drink enough fluids are at higher risk for kidney stones.

How Do You Treat Kidney Stones?

Treatment plans may differ depending on the kind, position, and size of stone, but generally include:

- **Time.** Most kidney stones pass on their own. Physicians can prescribe pain medication, but the stones simply need time to work their way out of your system.
- **Medication.** A class of medication known as alpha-blockers can help the body pass the stones more easily.
- **Shockwave lithotripsy.** This treatment uses waves of pressure delivered noninvasively to help break stones into smaller, more easily passed pieces.
- **Surgery.** A laser and a thin fiberoptic scope can be used to treat kidney stones that don’t pass on their own.



EAT RIGHT, BE STONE-FREE

“Simple dietary measures can prevent kidney stones,”

Dr. Williams says. “Increase your fluid intake and cut back on foods that promote stones, such as those filled with salt, sugar, and excess protein.”

Too much oxalate—a chemical found in beets, spinach, rhubarb, strawberries, and other foods—can also lead to kidney stones.

“There is a misconception that too much calcium can lead to kidney stones because the stones are often formed from calcium,” Dr. Williams says. “In reality, too *little* calcium in your diet can cause some people to develop stones, because the calcium helps prevent excess absorption of oxalate in the gut.”

To find a physician with RWJ Rahway, visit www.rwjuhr.com and select “Find a Physician.”

ALL PRESENTATIONS ARE
HELD AT THE RWJ RAHWAY
FITNESS & WELLNESS CENTER
AT SCOTCH PLAINS.

PROGRAMS + SUPPORT GROUPS

SCOTCH PLAINS

Healthy Resolutions

This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193, or visit www.rwjahr.com and click on "News & Events."

If you have special needs, please phone ahead so we can accommodate.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of each month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.


Breast Cancer Support Group meets the first Wednesday of each month at 5:30 p.m.

Bariatric Support Group, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and postoperative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email firstsaturdaysupport@gmail.com.

Fibromyalgia Support Group, a professionally facilitated group, meets the first Thursday of each month from 6:30 to 8 p.m. Those newly diagnosed are welcome.

Spousal Bereavement Group sessions last seven weeks. For information about when and where the next group starts, call Jane Dowling, RN, at (732) 247-7490.

Check our website for speaker topics: Visit www.rwjahr.com and click on "Patient & Family Services" and then "Community Information."

 Connect with Robert Wood Johnson University Hospital Rahway on Facebook®, www.Facebook.com/RWJRahway.

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.

JULY

15

Middle Eastern Night—7 p.m., Will include healthy cooking and samples plus a belly dancing demonstration. Diane Weeks, RD, Chef, shares and prepares recipes from the Middle East.*



▶ 22

Balancing Carbs: Cooking Demo—7 p.m., Too much of a good thing can cause all kinds of problems. Learn how to balance carbs with other foods to feel satisfied. Diane Weeks, RD, Chef.*

23

Early Signs and Symptoms of Heart Disease—6 p.m., Michael Chen, MD, Cardiology

31

The Diabetic Foot—6 p.m., Obinna Mgbako, DPM, Podiatry

AUGUST

13

Emergency! Do You Know What to Do?—6 p.m., Jennifer Green, Paramedic, Mobile Intensive Care Unit, RWJ Rahway

19

Healthy Summer Appetizers: Easy, Delicious, and Festive—7 p.m., Diane Weeks, RD, Chef*



▶ 20

Healthy Emotions = Healthy Body—6 p.m., How your feelings affect how your body feels. Juan Baez, MD, Infectious Disease

20

Comfort Food the Vegan Way—7 p.m., Lauren Defreest, vegan cook*

26

Enjoy the Fruits of Summer: Cooking Demo—7 p.m., Diane Weeks, RD, Chef*

SEPTEMBER

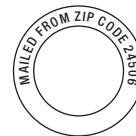
9


Motivation for Weight Loss—6 p.m., Lauren Bernstein, MS, RD, Diabetes Educator, weight loss expert

17

Knee Pain: When Is Surgery the Answer?—6 p.m., Christopher Ropiak, MD, Orthopedics

* Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Rd., are free and open to all, but space is limited. Register by calling (732) 499-6193.



 The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital New Brunswick, Robert Wood Johnson University Hospital Hamilton, and Children's Specialized Hospital.

PROGRAMS + SUPPORT GROUPS

ALL PRESENTATIONS ARE
HELD AT THE RWJ RAHWAY
FITNESS & WELLNESS
CENTER AT CARTERET.

CARTERET

Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone St., Rahway. For more information, call (732) 499-6109.

Cardiac Support Group

Meets the first Monday of each month from 7 to 8:30 p.m. on the second floor of the Nicholas Quadrel Healthy Heart Center, 865 Stone St., Rahway.

For more information, call (732) 499-6073.

Parkinson's Support Group

Meets the second Wednesday of each month at 1 p.m. at RWJ Rahway, 865 Stone St., Rahway. Group is for those with Parkinson's disease and their caregivers. For more information, call (732) 499-6193.

Visit our website at
www.RWJFitnessCarteret.com.

All Together Better

Now Accepting Horizon Blue Cross
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Horizon Blue Cross Blue Shield of New Jersey

AUGUST

- 06 The Goal Is Control**—6 p.m., Includes glucose check and education.
Gary Paul, Certified Diabetes Educator, Exercise Physiologist

SEPTEMBER

- 03 The Goal Is Control**—6 p.m., Includes glucose check and education.
Gary Paul, Certified Diabetes Educator, Exercise Physiologist
- 09 Stress: Management Tips**—6 p.m., Paula Rovinsky, RN,
Reiki Master, Holistic Nurse Practitioner



RWJ Rahway Foundation Honors Joseph D. Gibilisco

RWJ Rahway Foundation's Diamonds and Denim Rose Ball honored longtime Rahway resident, community leader, and businessman Joseph D. "Joe" Gibilisco, Foundation Treasurer and past Chair, and inducted him into the Guardians of the Rose.

Guests enjoyed a fun-filled evening wearing their most elegant denim and sparkling gems while celebrating the Rose Ball's 25th anniversary.

Net proceeds will benefit the first-floor renovation project at RWJ Rahway and help the hospital fulfill its mission to provide the quality and safe healthcare services our patients need and deserve. See page 3 for more details about the renovation.

For information about how you can support RWJ Rahway, contact us at (732) 499-6135, email foundation@rwjuhr.com, or visit www.rwjuhr.com and select "Donate Now."