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Eatontown's Monmouth Mall was the location for Day of Dance & Go Red for Women Health Fair, Monmouth Medical Center's kick-off event for Spirit of Women.

# MONMOUTH MEDICAL CENTER JOINS 'SPIRIT OF WOMEN' PARTNERSHIP HIGHLIGHTS VALUABLE SERVICES FOR WOMEN

**MONMOUTH MEDICAL CENTER** has joined forces with Spirit of Women™, an elite coalition of American hospitals and health care providers that ascribes to high standards of excellence in women's health, education, and community outreach.

Monmouth is the only hospital in Monmouth County designated as a Spirit of Women hospital.

"This exciting program will help solidify Monmouth Medical Center as the regional leader in women's health," says Frank J. Vozos, M.D., FACS, president and chief executive officer of Monmouth. "Our goal is to improve the health of women and

CONTIUED

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CONTINUED

## PARTNERSHIP HIGHLIGHTS VALUABLE SERVICES FOR WOMEN

their families through innovative, educational community outreach.”

Dr. Vozos notes that the program, especially designed to meet women’s needs, highlights critical areas, including heart disease—the No. 1 killer of women—as well as osteoporosis, breast health, cancer, geriatric health, sleep disorders, pregnancy, gynecological health, diabetes, weight management and more. He also points out that because women make up to 85 percent of household health care decisions, the educational and motivational Spirit of Women efforts are expected to

positively impact the well-being of the entire family and community as a whole.

Through Spirit of Women, Monmouth Medical Centers is also participating in HeartCaring®, a specialty program that was developed in partnership with the National Heart, Lung and Blood Institute. The hospital recently hosted a Day of Dance & Go Red for Women Day Health Fair, Monmouth Medical Center’s kick-off event for Spirit of Women held February 15 at the Monmouth Mall in Eatontown. (See story at right.)

## ABOUT

### SPIRIT OF WOMEN

**THE SPIRIT OF WOMEN** Hospital Network is a national coalition that inspires health and wellness on a local level by leveraging national resources. Hospitals and health care facilities in more than 85 U.S. communities create the core through which Spirit of Women reaches women and seeks to inspire access and action for better national health. Utilizing a variety of means, including educational events, national awards and promotion of research, Spirit of Women addresses health topics such as menopause, cancer, diabetes, cardiovascular disease, healthy pregnancy and many others.

## SIXTH ANNUAL ‘LADIES NIGHT OUT’ TO SHOWCASE SPIRIT OF WOMEN AT MONMOUTH MEDICAL CENTER

**MONMOUTH MEDICAL CENTER** will host its sixth annual “Ladies Night Out” health event on May 20 to showcase physician experts who will discuss today’s most vital women’s health issues and offer an overview of the latest technological advances.

Beginning at 5 p.m. at the DoubleTree Hotel, 700 Hope Road, Tinton Falls, the free event will feature a host of Monmouth Medical Center physician lectures, including “What’s New in Breast Health,” by breast surgeon Sumy Chang, M.D., “Vascular Surgery News,” by vascular surgeon and chairman of surgery Mark Hirko, M.D., “The Latest Options in Weight Loss Surgery,” by Frank Borao, M.D., director of minimally invasive and bariatric surgery, and Cardiology and Electrophysiology by cardiologist Delia Dobrescu M.D. Moderating the event and providing the welcome will be Robert Graebe M.D., chairman and program director of obstetrics and gynecology

Ladies Night Out includes a complimentary light dinner and beverages, giveaways and door prizes as well as Macy’s beauty mini makeovers, massages by Massage Envy and 107.1 The Breeze and Thunder 106.3 live on site. The evening will feature a variety of health screenings for blood pressure, cholesterol,

lung function, body composition and cardiac risk assessment as well as information on Monmouth Medical Center programs, including cardiac, cancer services, geriatrics, breast health, children’s services, sleep center and epilepsy program and Makoplasty Partial Knee and Total Hip Replacement. The Atlantic Club in Red Bank and Novo Nordisk Long Branch Marathon will also provide information on women’s fitness and injury prevention.

As a of Spirit of Women™, an elite coalition of American hospitals and health care providers that are committed to high standards of excellence in women’s health, education and community outreach, Monmouth Medical Center is committed to offering the widest array of innovative health education activities. In addition to Ladies Night Out, these include health screenings, workshops, mentoring opportunities and support groups that are offered throughout the year to reach women in all stages of their lives.

Pre-registration for Ladies Night Out is requested as seating is limited. To register, call 1.888.724.7123. To learn more about Spirit of Women events, visit [barnabashealth.org/spirit](http://barnabashealth.org/spirit).



## MONMOUTH MEDICAL CENTER CELEBRATES 'DAY OF DANCE' IN RECOGNITION OF AMERICAN HEART MONTH

**HUNDREDS OF WOMEN** recently came together at Eatontown's Monmouth Mall to take part in Day of Dance & Go Red for Women Day Health Fair, Monmouth Medical Center's kick-off event for Spirit of Women, an alliance of health care providers that are committed to high standards of excellence in women's health, education and community outreach.

Monmouth Medical Center is Monmouth County's exclusive Spirit of Women hospital, and through this alliance, has been designated a HeartCaring hospital, a national designation reserved for a select group of hospitals and clinicians that signifies excellence in women's cardiovascular care. Sponsored by Monmouth Medical Center, in conjunction with the American Heart Association and 94.3 The Point, the event featured Tai Chi and Zumba demonstrations as well as a special appearance by the Monmouth University Dance Team, healthy cooking and CPR demonstrations,

health information, giveaways, prizes and raffles.

"Our clinicians recognize that heart disease is the No. 1 killer of women and that it is also largely preventable," said Monmouth Medical Center's chief nursing officer Diann Johnston, who noted that the hospital provided more than 230 women with health screenings for BMI, body composition, cholesterol, blood pressure and overall cardiac risk.

Assemblywoman Caroline Casagrande, of New Jersey's 11th district, served as keynote speaker for the event, emphasizing the importance of women making their own health a priority.

"It is startling for me as a woman to know that heart disease kills more women than all cancers combined. So often we as women are so busy taking care of everyone else that we put our own health concerns aside. The reality is we can't do our jobs and be there for our families if we are not taking care of ourselves," said

▲ At left, Assemblywoman Caroline Casagrande gathers with members of the Monmouth University Dance Team, who demonstrated some Zumba dance moves. Top right, Gui-Fang Zhang, Tai Chi Master at Marlboro's Monmouth Chinese School, leads a Tai Chi demonstration.

Assemblywoman Casagrande. "We are here today to encourage women—and men—to take action and reduce their risk for heart disease and stroke."

A month-long national observance, American Heart Month urges citizens to recognize the nationwide problem of heart and blood vessel diseases and support all essential programs designed to solve the problem. Barnabas Health's southern region hospitals, which in addition to Monmouth include Ocean County's Community Medical Center and Kimball Medical Center, are the region's exclusive HeartCaring hospitals, a national designation reserved for a select group of hospitals and clinicians that signifies excellence in women's cardiovascular care.

To demonstrate their support of American Heart Month, the exterior of buildings at Monmouth Medical Centers were illuminated in red in partnership with the American Heart Association's national Go Red For Women campaign.





## FACES OF MEDICINE: SUMY H. CHANG, M.D., FACS



**FELLOWSHIP TRAINED** breast surgeon Sumy H. Chang, M.D., FACS, a board-certified surgeon dedicated to breast health, recently came on board at Monmouth Medical Center.

Dr. Chang earned her medical degree at SUNY Health Science Center at Brooklyn. She decided to focus on breast health during her residency in general surgery at Staten Island University Hospital, when she learned about a young patient whose breast mass developed into metastatic cancer because she had felt too uncomfortable to see her doctor and express her concerns.

She went on to complete a fellowship in breast surgery at Beth Israel Medical Center/St Luke's-Roosevelt Medical Center, N.Y. Today, as a member of the Jacqueline M. Wilentz Comprehensive Breast Center multidisciplinary team that meets weekly to prospectively consider all elements of the 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.

The Wilentz Center at Monmouth Medical Center was introduced in 1994 to bring together all preventive, diagnostic, treatment, rehabilitation, psychosocial and educational services for women under one roof. Dr. Chang joins a team of breast surgeons that has achieved the lowest breast cancer recurrence rate in New Jersey.

"The goal at the Wilentz Center is to provide our patients with clinically excellent and compassionate care in a supportive and comfortable setting, and I am proud to be a member of the center's dedicated team," Dr. Chang said. "Breast cancer is a very personal disease, and my goal is to tailor an individualized plan for each patient. Through the Wilentz Center, I work in partnership with other specialties and disciplines to guide patients through the treatment they are comfortable with, with a focus on an emotional and psychosocial, as well as physical, recovery."

Dedicated to providing innovative care to meet her patients' needs, Dr. Chang's clinical areas of interest include breast cancer surgery, mastectomy and nipple-sparing mastectomy as well as benign breast disease. She also works with patients who have a family history of breast cancer and require close monitoring.

Dr. Chang is board certified by the American Board of Surgery and is a fellow of the American College of Surgeons. Her other professional memberships include the American Society of Breast Surgeons and Surgical Society of Oncology. Prior to joining Monmouth, she worked as a breast surgical oncologist in a multispecialty practice in Poughkeepsie, N.Y. She has collaborated on a host of research studies on breast cancer and related issues, and she recently presented a study on how the mode of presentation affects the staging of breast cancer that earned The Breast Journal Award at the American Society of Breast Disease Annual Symposium.

Her office is located in the Jacqueline M. Wilentz Comprehensive

Breast Center at Monmouth Medical Center, 300 Second Avenue, Long Branch. To schedule an appointment with Dr. Chang, call 732.923.6467.

## DID YOU KNOW?

### THE JACQUELINE M. WILENTZ

Comprehensive Breast Center is New Jersey's only Certified Quality Comprehensive Breast Center of Excellence. Most recently, it earned the Women's Choice Award as America's Best Breast Centers, an honor bestowed on centers that have met the high standards of the National Accreditation Program for Breast Centers (NAPBC) and carry the Breast Imaging Center of Excellence (BICOE) seal from the American College of Radiology and that have above average patient recommendation ratings according to the Centers for Medicare and Medicaid Services. The center has earned a host of other quality recognitions that illustrate its commitment to high quality care, including:

Status as a certified Quality Breast Center of Excellence—the highest certification level offered by the National Quality Measures for Breast Centers (NQMBC). The Wilentz Center is one of just two New Jersey facilities and is among just 18 in the nation to achieve this top national certification.

Among only a handful of breast imaging centers across the nation designated a Breast Imaging Center of Excellence by the American College of Radiology's (ACR) Commission on Quality and Safety and the Commission on Breast Imaging.

First facility in New Jersey and just the 20th in the nation to earn ACR's Gold Seal Accreditation for breast MRI and also holds ACR accreditation for mammography, breast ultrasound and stereotactic breast biopsy.

First center in Monmouth and Ocean counties to be granted a three-year full accreditation designation by The National Accreditation Program for Breast Centers (NAPBC) for "providing the highest quality evaluation and management of patients with breast disease."

# MONMOUTH MEDICAL CENTER FOUNDATION TO HOST 42ND ANNUAL CRYSTAL BALL GALA

**MONMOUTH MEDICAL CENTER** Foundation will host its 42nd Annual Crystal Ball Gala on Saturday, May 10 at 6:30 p.m. at The Robert J. Collins Arena at Brookdale Community College in Lincroft.

“Each year this event gives us the opportunity to reflect on all that we have achieved at Monmouth Medical Center,” says Frank J. Vozos, M.D., FACS, president and chief executive officer at Monmouth Medical Center. “It takes teamwork and a tireless dedication to excellence to attain the achievements we celebrate each year at the Crystal Ball, an event that also allows us to pay tribute to those who share the commitment to provide our community with the finest health care possible.”

“The Gala is an opportunity to share our gratitude and recognize those making a difference both in medicine and within the community. Through their dedicated service, these inspiring individuals carry forth the mission of Monmouth Medical Center—to deliver quality-driven, efficient and responsive health care services to the community,” said Foundation President Tara F. Kelly.

This year the Crystal Ball’s Physician Leadership Award will be presented to Michael A. Goldfarb M.D., F.A.C.S., immediate Past Chairman and Program Director of the Department of Surgery at Monmouth Medical Center for the last 14 years. He is a Professor of Surgery at Drexel University College of Medicine and immediate Past President of the New Jersey Chapter of the American College of Surgeons.

Before coming to Monmouth, Dr. Goldfarb was Surgical Director of Wound Ballistics for the U.S. Army, where he developed Kevlar body armor and wrote the current standard for bullet proof.

Throughout his 40-year career at Monmouth, Dr. Goldfarb has made significant contributors to the hospital’s success—including leading the team that performed the first laparoscopic gall bladder removal in New Jersey in 1990. Since 1997, he has implemented an original database to track all surgical complications and outcomes, resulting in process and protocol changes. These remedies, along with the accomplishments of the other surgical departments, have helped Monmouth achieve the highest surgical survival rate in New Jersey for the past eight years. The research has been published and presented nationally and internationally.

At Monmouth Dr. Goldfarb served as Medical Director of the Cranmer Ambulatory Surgery Center and was a founder of the Jacqueline M. Wilentz Comprehensive Breast Center, where he was the Surgical Coordinator for many years. He also served on the hospital’s Board of Trustees for 10 years.

He earned his medical degree from New York University School of Medicine and completed a general surgery residency at Beth Israel Medical Center. He has been recognized by Best Doctors in America, Guide to America’s Top Surgeons and Best Doctors in the New York Metro Area. Dr. Goldfarb has served on editorial boards for several peer-reviewed journals.

The Community Leadership Award will be presented to Judi Dawkins, a member of the Monmouth Medical Center Board of Trustees, and her husband, Brig. Gen. (Ret’d.) Pete Dawkins, Ph.D., of Rumson, for their continuing support of the hospital and other charitable activities in the Two Rivers area.



▲ Crystal Ball honorees Michael A. Goldfarb, M.D., FACS, left and from right Judi and Pete Dawkins, gather with Foundation Board Chair Ann Unterberg and Frank J. Vozos, M.D., FACS, president and CEO of Monmouth Medical Center.

Judi has a long history of supporting Monmouth Medical Center and the surrounding community. As Chair of the Foundation’s Board of Trustees from 2000-2003, Judi helped launch the Redefining Health Care Capital Campaign, including overseeing \$15 million in upgrades benefiting the Leon Hess Cancer Center and expansion of the Wilentz center. She is also a founding board member of the Women’s Council for The Cancer Center at Monmouth, where she serves on the Advisory Board.

The 1958 Heisman Trophy winner, Pete had a highly decorated 24-year career in the U.S. Army. He then entered the financial industry, where he held a number of leadership positions and was named among TIME’s “Top 50 Leaders in the U.S.” Among his many awards for public service are the National Institute of Social Sciences Gold Medal Award for Distinguished Service to Humanity, the BENS Eisenhower Award for Distinguished National Service, and The National Football Foundation and Hall of Fame Gold Medal Award. He currently serves as senior advisor to New York City-based electronic trading firm Virtu Financial, LLC and is founder and principal of ShiningStar Capital, LLC.

The Monmouth Medical Center Foundation was created to support Monmouth Medical Center, and its accomplishments are funded through contributions from individuals, corporations and other donors for state-of-the-art equipment, facility improvement and programs.

TO PURCHASE A TICKET OR RESERVE A TABLE FOR THE CRYSTAL BALL OR FOR MORE INFORMATION, CALL THE MONMOUTH MEDICAL CENTER FOUNDATION AT 732.923.6886 OR VISIT [MONMOUTHCRYSTALBALL.ORG](http://MONMOUTHCRYSTALBALL.ORG).

