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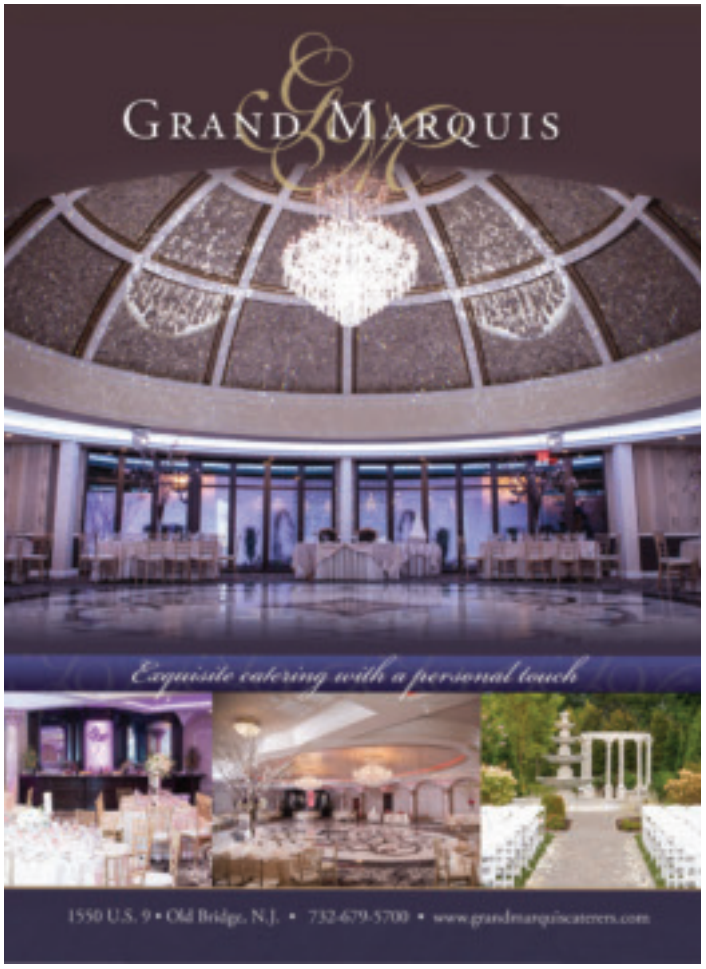

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THE BEST CARE FOR THE COMMUNITY

IN THIS ISSUE, *MONMOUTH HEALTH & LIFE* UNVEILS ITS "Best Of" choices as determined by its readers, who were asked to vote for the restaurants, shops and services they consider the best of the best in Monmouth County.

At Monmouth Medical Center, our dedication to offering the very best of care to our community members extends far beyond the care we provide within the walls of our hospital.

Monmouth continues to make significant strides in expanding our primary care network. Primary care providers, who are often the first contact people have with the health care system, diagnose and treat illnesses and spot minor health problems before they become serious ones. They offer preventive services such as flu shots, cancer screening and counseling on diet and smoking, and play an important role in helping to manage the care of patients with complex, chronic health conditions.

In this issue, you will read about the new collaboration between Monmouth Medical Center and Barnabas Health Medical Group, a group practice affiliated with RWJBarnabas Health and comprised of highly trained and experienced world-class primary and specialty care physicians. In June, we opened a primary care office in Tinton Falls that offers convenient access to a team of internal medicine practitioners who provide their patients with the highest quality medical care. Over the next several months, we look forward to offering new primary care offices in Eatontown and Ocean Township, as well as in Howell in conjunction with our southern campus.

Evidence shows that convenient access to primary care can help our community members live longer, feel better and avoid time away from work. By working to build close partnerships between clinicians and patients, we are helping to ensure that our neighbors receive the individualized health care and guidance they need.

Sincerely,

Bill Arnold

BILL ARNOLD
PRESIDENT AND CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER AND THE
UNTERBERG CHILDREN'S HOSPITAL

FOR ADDITIONAL INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT OUR WEBSITE AT **BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER**.

Physicians at Barnabas Health Medical Group's BHMG Shrewsbury Primary Care in Tinton Falls include, from left: Nicholas Spetko, M.D., Daniela Baldi, M.D., Jeffrey Felzenberg, M.D., Russell Gross, M.D., and Priya Sai, M.D. Not pictured is Hiten Amin, M.D.

YOUR HEALTHY *FIRST STEP*

MMC'S NEW PRIMARY CARE FACILITY IN TINTON FALLS GIVES THE COMMUNITY MORE ACCESS TO TOP-NOTCH MEDICAL SERVICES.

At left, Nicholas Spetko, M.D., with his medical assistant Sharon Acciavatti. Right, the interior of the new BHMG Shrewsbury Primary Care in Tinton Falls.

TO PROVIDE EXPANDED ACCESS TO primary care medical services, Barnabas Health Medical Group (BHMG) has opened BHMG Shrewsbury Primary Care in Tinton Falls.

The first in a network of three primary care facilities scheduled to open in Monmouth County, BHMG Shrewsbury Primary Care providers at the new practice will: perform annual physical exams, give blood tests and vaccinations, diagnose and treat common medical problems, discuss healthy lifestyle choices and refer patients to medical specialists when necessary.

"In collaboration with Barnabas Health Medical Group, Monmouth Medical Center (MMC) continues to make significant strides in expanding our primary care network," says Bill Arnold, president and CEO of Monmouth Medical Center. "A primary care provider (PCP) is a patient's first point of contact for routine screenings and exams as well as for chronic conditions such as hypertension and diabetes. BHMG Shrewsbury Primary Care offers a team of physicians with vast experience in primary care medicine, including health counseling and screening, who are committed to creating partnerships with their patients to maintain and improve lifelong health."

Nicholas Spetko, M.D., board-certified internist with Barnabas Health Medical Group notes, "The relationship between a PCP and a patient is the keystone of care. At BHMG Shrewsbury Primary Care, our mutual goal is to keep our patients healthy over the long-term by practicing acute, chronic and preventive medicine in a coordinated, patient-centered environment."

Located at 766 Shrewsbury Ave., Suite 100, West Building in Tinton Falls, the nearly 7,000-square-foot facility features calming, spa-like décor designed to create a feeling of serenity, with 14 exam rooms and ample parking. There are six BHMG physicians, all of whom are board certified in internal medicine by the American Board of Internal Medicine and on staff at MMC.

BHMG Shrewsbury Primary Care offers flexible appointments. For more information or to schedule an appointment, call 732.945.2009. For more information about Barnabas Health Medical Group, a multispecialty group practice affiliated with RWJBarnabas Health, visit barnabashealthmedicalgroup.org. To learn more about the programs and services of Monmouth Medical Center, visit rwjbh.org/monmouth.

LEADING THE WAY IN PRIMARY CARE

The six physicians at Barnabas Health Medical Group's BHMG Shrewsbury Primary Care in Tinton Falls are all board certified in internal medicine by the American Board of Internal Medicine and on staff at Monmouth Medical Center. The staff includes:

HITEN AMIN, M.D.—He earned his medical degree from Ross University School of Medicine Portsmouth, Dominica, West Indies, and recently completed his residency in internal medicine at Newark Beth Israel Medical Center, where he served as chief resident.

DANIELA BALDI, M.D.—She earned her medical degree from the Università degli Studi di Roma 'La Sapienza' Facoltà di Farmacia e Medicina in Rome and completed her residency training in internal medicine at Monmouth Medical Center. She has nearly 20 years experience as a primary care physician.

JEFFREY FELZENBERG, M.D.—He earned his medical degree from the N.J. College of Medicine and Dentistry, Rutgers Medical School, New Brunswick, and completed his residency training in internal medicine at Monmouth Medical Center. He is fluent in Spanish and has nearly 30 years experience as a primary care physician.

RUSSELL GROSS, M.D.—He earned his medical degree and completed his residency training in internal medicine at the University of Medicine and Dentistry of New Jersey (UMDNJ), Newark. He has nearly 40 years experience as a primary care physician.

PRIYA SAI, M.D.—She earned her medical degree at the Medical College of Trivandrum in India and completed her residency training in internal medicine at Monmouth Medical Center. She has nearly 15 years experience as a primary care physician.

NICHOLAS SPETKO, M.D.—He earned his medical degree from the Universidad Autonoma de Guadalajara in Mexico and completed residency training in internal medicine at Monmouth Medical Center. He has nearly 30 years experience as a primary care physician.

TO LEARN MORE ABOUT BHMG SHREWSBURY PRIMARY CARE, CALL **732.945.2009**.
TO SHARE THIS ARTICLE ON YOUR FACEBOOK PAGE, VISIT **MONMOUTHHEALTHANDLIFE.COM**.

Overcoming THE ODDS

THANKS TO HIS TEAM AT MMC, LEN KICZEK IS BEATING PROSTATE CANCER—A DISEASE THAT RUNS IN HIS FAMILY.

There is a history of prostate cancer in Len Kiczek's family, but he has been cancer free since receiving treatment from the Prostate Cancer Program at Monmouth Medical Center seven years ago.

PROSTATE CANCER CLAIMED THE LIVES OF HIS GRANDFATHER, father and brother, but despite his family history, Len Kiczek is winning the battle with the deadly disease. Seven years after receiving treatment from the Prostate Cancer Program at Monmouth Medical Center (MMC), the 67-year-old father and grandfather is cancer free.

AGRESSIVE PSA TESTING

Beginning in the mid-2000s, Len began undergoing regular prostate-specific antigen (PSA) blood tests to screen for prostate cancer. Testing continued in 2008 when he and his wife, Gina, moved to Long Branch, where Len was seen by now retired MMC urologist Arnold Grebler, M.D. When PSA results showed elevated numbers, Dr. Grebler referred Len to his colleague Mitchell Weiss, M.D., a board-certified radiation oncologist at MMC who underwent training at Memorial Sloan Kettering Cancer Center.

At the direction of Dr. Grebler, Len had a biopsy for prostate cancer in which a small tissue sample was removed from the prostate for further examination. The pathology report revealed the presence of cancer cells but was considered "favorable risk" prostate cancer.

"THE HIGHLY TRAINED PHYSICIANS EXPLAINED OPTIONS IN GREAT DETAIL AND MADE ME FEEL COMFORTABLE EVERY STEP OF THE WAY,"
—LEN KICZEK

Drs. Weiss and Grebler provided Len with an overview of surgical and non-surgical treatment options, including prostate removal, external beam radiation and brachytherapy. After consulting with his physicians and assessing what was best for his busy lifestyle as a solo law practitioner, Len's individualized treatment plan became clear.

In 2009, he underwent hormone therapy—also known as androgen deprivation therapy (ADT) or androgen suppression therapy—to reduce levels of male hormones and ultimately shrink the prostate cancer. In 2010, after the completion of hormone therapy, Len underwent brachytherapy—Permanent Seed Implant (PSI)—a non-surgical, minimally invasive treatment overseen by both Drs. Grebler and Weiss, who also serves as chairman of radiation oncology at MMC.

During the same-day procedure, 72 seeds were implanted in the prostate gland, giving a high radiation dose to the cancer, and sparing the surrounding healthy tissues. Len was back to work and his usual routine within two days of the procedure, and for every six months following the first five years of treatment, he followed up with a urologist and oncologist and had blood work taken.

CANCER FREE

Today, Len's outlook remains promising. Seven years after receiving prostate cancer treatment, Len reflects on how he knew right from the get-go that he was in good hands at MMC.

"The highly trained physicians explained options in great detail and made me feel comfortable every step of the way," he says. "Thanks to Monmouth's expertise in treating prostate cancer, I continue to be cancer free. This is a huge relief to my family and me."

Non-surgical treatment options for prostate cancer

They resemble grains of rice, so small that dozens can be cupped in the palm of your hand. But when these tiny radioactive capsules are placed directly into the prostate gland, they deliver a powerful punch in fighting the second-leading cause of cancer death among American men.

Since 1998, this pioneering radiation implant therapy, also called permanent seed brachytherapy (PSB), has been performed at Monmouth Medical Center (MMC)—the region's leader in providing state-of-the-art cancer and urological services and the first hospital in central New Jersey to offer real-time, dynamic computer-assisted planning for men with early-stage prostate cancer undergoing PSB. A team of highly skilled urologists, radiation oncologists and physicists is performing this permanent, low-dose radiation seed implant procedure, which dramatically limits the radiation dose to surrounding tissue and organs.

Through the procedure, 3-D contours of the prostate are obtained at the time of the procedure and acquired by the planning computer directly stationed in the operating room. Using a sophisticated software program, the computer optimizes both the number and position of the seeds to deliver a precise planned dose.

"The intra-operative planning program is critical for identifying the approach to be followed in placing the seeds," says Jules Geltzeiler, M.D., chief of urology at MMC. "It also provides 'real-time' dose calculation and dynamic feedback as the procedure is progressing to achieve the desired dose goal to the prostate, while maintaining critical dose constraints to the urethra and rectum."

As a result, the titanium capsules, which contain a radioactive substance, then can be implanted into the prostate with pinpoint accuracy. "This is a significant advancement in seed brachytherapy that allows us to optimize and immediately look at the dose to the prostate from the seeds as we are implanting them," says Mitchell Weiss, M.D., chairman of Radiation Oncology at MMC. "It gives us a tremendous advantage in limiting dose to the urethra and rectum while delivering the proper dose to the gland itself.

"When we evaluate the implant by CT (computed tomography) scan one month after the procedure, which is considered the gold standard and should be done in every case, we have been delighted to find that the dose goals have been maintained," he adds. "We have been amazed at the lack of urinary and rectal symptoms in our patients. It's very encouraging."

FOR MORE INFORMATION ABOUT BRACHYTHERAPY TREATMENT FOR PROSTATE CANCER, CALL THE PROSTATE CANCER PROGRAM AT THE LEON HESS CANCER CENTER AT MONMOUTH MEDICAL CENTER AT 732.923.6855.

Now in control

A BUSINESS OWNER REGAINS QUALITY OF LIFE AFTER TREATMENT AT MMC'S GAMMA KNIFE CENTER.

Carmin Giardina (center) suffered from essential tremor until he was treated by Ty J. Olson, M.D., and Sang E. Sim, M.D., co-medical directors at the Gamma Knife Center at Monmouth Medical Center.

IT WAS MORE THAN TWO AND A HALF years ago that 52-year-old Carmin Giardina began seeking new treatment options for his essential tremor. What started as a nuisance, over time began impacting Carmin's daily life and work. The Belleville resident and owner of a landscaping and irrigation company was having difficulty eating and needed to use two hands to sign his own name.

"As a small business owner, when my tremors began to affect my everyday life and my livelihood, I knew it was time for help," he says.

Essential tremor—like which Carmin was experiencing—is a condition that causes part of the body to shake or tremble uncontrollably, resulting in difficulty writing, drinking from a cup or dialing a telephone. Often the symptoms include action tremor in the upper extremities, such as the shoulder, arm, forearm or hand, and may also involve a resting tremor of the head and neck or lower jaw. Sometimes the voice may also be involved.

COMFORTABLE AT MONMOUTH

After Carmin had little luck in treating his tremor with various medications, he began researching other options. His research quickly led him to The Gamma Knife Center at Monmouth Medical Center (MMC), where medical co-directors Ty J. Olson, M.D., FACS, a board-certified neurosurgeon, and Sang E. Sim, M.D., a board-certified radiation oncologist, are leading the way in the treatment of essential tremor.

"From the first time I met with Dr. Olson and Dr. Sim, I knew they were right for me," says Carmin. "I immediately felt comfortable with their knowledge and clinical expertise."

Soon after meeting with Drs. Olson and Sim, Carmin decide to move forward with Gamma Knife treatment for his tremor.

A non-invasive treatment option for essential tremor as well as brain tumors, Gamma Knife radiosurgery delivers a high dose of radiation to a specific point within the brain, sparing healthy tissue. Powerful, highly focused gamma radiation beams target and destroy overactive cells in the thalamus while minimizing the risk of radiation to other nearby parts of the brain. The procedure does not require general anesthesia, and patients experience few side effects, are able to return home the same day and typically see reduction in their tremor in three to six months.

"The Gamma Knife targets the cells of the ventral intermediate nucleus (VIM) in the thalamus with such accuracy that it minimizes the risk of radiation to nearby normal parts of the brain," Dr. Olson says.

"The unique design of the Gamma Knife includes 201 beams of focused radiation, each carrying a very small, safe amount of radiation until the combined beams meet at the targeted VIM and destroy the overactive cells," adds Dr. Sim.

SEEING A SIGNIFICANT DIFFERENCE

To receive his treatment, Carmin spent just four hours at MMC during which time a carefully detailed and precise map of his brain was created. The blueprint of Carmin's brain was then used as a guide while Drs. Olson and Sim administered the focused dose of radiation. That very day Carmin returned home, where he spent a week resting. Within months, he began to see a significant difference in his tremor.

"I was astounded when 80 percent of my symptoms resolved within six months with absolutely no side effects," he recalls. "I could write, dial the phone, hold a glass and even eat soup without a problem."

Carmin was so pleased with his results, he is planning to undergo the procedure a second time to address an essential tremor on his left side.

"Thanks to Dr. Olson, Dr. Sim and the rest of the staff at MMC, I do not have to live with tremors. I have regained my quality of life and they are part of the reason why."

TO LEARN ABOUT THE GAMMA KNIFE CENTER AT MONMOUTH MEDICAL CENTER, CALL 732.923.6562.
TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.