

MONMOUTH

health & life

PLAY BALL
WITH A
NEW **SPORTS
COURT**

FASHIONISTAS
FLOCK TO
RED BANK


NJ'S TRUE
MEXICAN
FOOD & TASTY
TEQUILA
DRINKS

GET TO
KNOW YOUR
FEET

9 GARDEN
STATE
GETAWAYS
FOR
SUMMER
P. 34

LIVE
YOUR
BEST
LIFE

SECRETS TO
AGING WELL



LIVING WELL WITH HEART FAILURE

AT 84 YEARS YOUNG, ALICE DE SANTE

knows it is never too late to improve her heart health. After a heart attack two years ago, Ms. de Sante is living life to the fullest thanks to the Heart Failure Management Program at Monmouth Medical Center.

Ms. de Sante, of West Long Branch, was one of the first patients enrolled in this unique program that is helping people with heart failure take control of their disease by understanding and carefully following a proven treatment plan.

"There is no cure for heart failure, but there are many things people can do to slow the progress of the disease and control their symptoms," said Charles Mattina, MD, Cardiologist and Medical Director of the Heart Failure Management Program.

According to the American Heart Association, heart failure is the leading cause of hospitalization in people over 65 years of age. Individuals with heart failure are at risk of repeat hospitalization due to frequent exacerbation of their disease; 25 percent of patients are re-hospitalized within 30 days and

◀ WITH HELP FROM HER HEALTH CARE TEAM AT MONMOUTH MEDICAL CENTER, ALICE DE SANTE HAS TAKEN CONTROL OF HER HEART FAILURE AND IS MAKING DECISIONS THAT PROTECT AND IMPROVE HER HEART HEALTH.

► DENISE YAMAN, AN EXPERIENCED CARDIAC ADVANCED PRACTICE NURSE, AND CHARLES MATTINA, MD, DIRECTOR OF THE HEART FAILURE MANAGEMENT PROGRAM AT MONMOUTH MEDICAL CENTER, ARE PICTURED WITH WEST LONG BRANCH RESIDENT ALICE DE SANTE WHO IS LIVING WELL TWO YEARS AFTER A HEART ATTACK.

33 percent have one or more hospitalizations within six months.

Consistent follow-up at the outpatient Heart Failure Management Program, coupled with regular visits to her cardiologist, have enhanced Ms. de Sante's understanding of the disease and given her the tools to improve her quality of life. While her participation in the program began before she was discharged from the hospital, people with heart failure can also be referred to the program as outpatients or following their stay in a short-term care facility.

The key to the program's success is the continuity of care provided by advanced practice nurse Denise Yaman, who facilitates the medical monitoring, education and counseling for each patient. "When Ms. de Sante and patients like her understand how their diet and activity levels affect their condition, they are eager to take control of these variables themselves," explained Ms. Yaman. "They are taught to weigh themselves each day and check their ankles and legs for swelling that can be the first signs of dangerous fluid retention. Early, mild symptoms are managed easily at home."

"I can call any time day or night if I have problems or questions," said Ms. de Sante, whose children live out of the state. "It is wonderful to know that help is close at hand."

Ms. de Sante continues to enjoy good health and live independently. She plays bridge with friends, enjoys cooking low-salt recipes and has made her one-hour cardiac rehabilitation workouts a routine.

"A patient-centered program such as this brings together all the medical resources necessary to combat heart failure," said Sharon Holden, RN, BSN, MPA, RDCS, Assistant Vice President of Cardiopulmonary, Critical Care and Emergency Services at Monmouth Medical Center. "Cardiologists, primary care physicians, pharmacists, nutritionists, nurses, social workers, physical therapists and behavioral health professionals are part of a team effort that is improving patient outcomes."



GOLD SEAL OF APPROVAL

MONMOUTH MEDICAL CENTER HAS EARNED

Joint Commission Advanced Certification in Heart Failure by demonstrating its commitment to providing the highest levels of care and safety for the treatment of patients with heart failure.

To achieve this disease-specific certification, Monmouth Medical Center underwent a voluntary, rigorous on-site survey that addressed all the aspects of care from initial diagnosis to continued care and management of this chronic disease. The certification also signifies that the hospital is committed to measuring the effectiveness of treatment and continually improving care.

Monmouth Medical Center has also achieved The Gold Seal of Approval for Disease-Specific Care for Acute Coronary Syndrome that distinguishes the hospital's care for patients before, during and after a cardiac event—from coordinating pre-hospital care with emergency medical services through cardiac rehabilitation.

BARNABAS HEALTH HEART CENTERS

THE BARNABAS HEALTH HEART CENTERS OFFER A SINGLE comprehensive adult and pediatric cardiac program with locations throughout New Jersey, including Monmouth Medical Center. This network of cardiac specialists treats patients close to home with advanced technologies and the benefits of cutting-edge cardiac research.

From heart disease prevention programs and the finest emergency heart attack care to cardiac catheterization, minimally invasive valve and coronary bypass surgery, and heart transplant, Barnabas Health Heart Centers are nationally recognized for excellence. Families seeking the most sophisticated care for children with congenital heart defects turn to the Children's Heart Center and its pediatric cardiac surgery partnership with NYU School of Medicine. Our renowned heart transplant program ranks among the nation's top three centers with long-term survival rates that consistently exceed national benchmarks.

BARNABASHEALTH.ORG/HEARTCENTERS 1-888-724-7123

FOR MORE INFORMATION ABOUT THE HEART FAILURE MANAGEMENT PROGRAM AT MONMOUTH MEDICAL CENTER, CALL **732-923-6702.**

BARNABAS HEALTH
Heart Center

Monmouth Medical Center