

healthy *together*

**WOMEN'S
HEALTHCARE
AT EVERY AGE**

**THE ONE DOCTOR
EVERYONE NEEDS**

**A NEW
APPROACH TO
HIP REPLACEMENT**

**CANCER CARE:
A NEW VISION**

Investing in the Future

As New Jersey's most comprehensive academic health system, RWJBarnabas Health serves more than 3 million patients each year. You depend on us for the highest quality of care, and you count on us to keep pace with your evolving needs. That's why, as indicated by our many national awards, we never stop moving forward, as you'll see in this issue.

For example, in New Brunswick, we recently broke ground on the state's first freestanding cancer hospital, which will feature a comprehensive range of patient services as well as advanced research laboratories. Earlier this year, we debuted Braven Advantage, a new Medicare Advantage plan that offers unprecedented choice for New Jersey residents.

And, in keeping with our robust commitment to improve the health of our communities, we're supporting the creation of soccer fields in urban settings. These fields are transforming neighborhoods and lives as they provide new opportunities for children and adults alike to be healthy and active.

In Hudson County, we opened the Madeline Fiadini LoRe Foundation Infusion Center to expand and enhance Jersey City Medical Center's ability to deliver multidisciplinary, comprehensive cancer care, close to home. An expansion is underway to double the size of our Emergency Department. Women's Health at Grove Street now houses a continuum of care designed for women, conveniently located at a major transportation hub. More than ever, Jersey City Medical Center is expanding access to quality healthcare to meet the needs of a diverse and growing community—truly healing, enhancing and investing in Hudson County.

Whatever the future brings for New Jersey, you can count on RWJBarnabas Health to be there for your healthcare needs, both inside and outside the hospital walls.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



MICHAEL PRILUTSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
JERSEY CITY MEDICAL CENTER



HEALTH NEWS



From left: Carla Hollis, Chief Operating Officer; Ashley Biden; Robert Winston, Vice President, Behavioral Health, Support Services and Social Impact; and Marli Gelfand, Senior Director, Behavioral Health.

SUPPORT FOR TRAUMA RECOVERY

First Daughter Ashley Biden visited Jersey City Medical Center (JCMC) for a learning tour of JCMC's Trauma Recovery Center (TRC) and other TRCs in northern New Jersey. The TRC at JCMC-Greenville, funded by the NJ Attorney General's Office through a VOCA (Victims of Crime Act) grant, provides an evidence-based model of mental health clinical support to victims of violent crimes and their families in Hudson County. Ms. Biden, a social worker by education and vocation, has been a staunch advocate of health equity and trauma recovery centers. She specifically requested the meeting take place at JCMC, a known leader in the TRC space. For more information about JCMC's Trauma Recovery Center, call 201.839.2644.

Jersey City Medical Center | **RWJBarnabas HEALTH**

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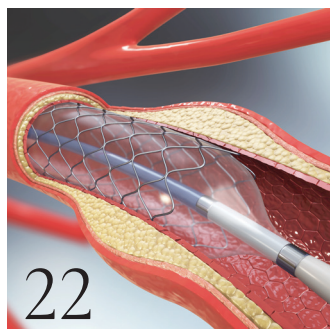
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CONNECTED TO THE COMMUNITY

EXPERTS FROM JERSEY CITY MEDICAL CENTER REACH OUT TO HELP
MAKE THINGS BETTER FOR THE COMMUNITY WE SERVE.



STANDING AGAINST GUN VIOLENCE

Jersey City Medical Center's Trauma Recovery Center (TRC) and Project Hudson participated in the Wear Orange event in support of communities and families who have been affected by gun violence. JCMC was one of the leading organizations in this interagency collaboration. The TRC removes barriers to healing for survivors of violence, using a clinically proven model of comprehensive care, advocacy and outreach. To learn more, call the TRC at 201.839.2644. Project Hudson is a hospital-based violence intervention program working with the Jersey City Anti-Violence Coalition. To learn about Project Hudson, call 201.551.0355.

Whitney Bracco (far right), Assistant Vice President of Social Impact and Hospital Outpatient Services at JCMC, with representatives of Moms Demand Action and the Jersey City Anti-Violence Coalition at the Wear Orange event.



TAKING ACTION ON THE BLOOD SUPPLY SHORTAGE

JCMC conducted a successful blood drive to address a serious shortage resulting from the COVID-19 pandemic. Community members as well as more than 30 donors from hospital staff participated in the drive. Working with the Robert Wood Johnson University Hospital Donor Club, JCMC was able to fill all available donor spots, and even add walk-ins, to fill this urgent need. To find and register for an upcoming blood donor drive, go to www.rwjhdonorclub.org.



SUPPORT FOR WOMEN AND INFANTS

JCMC's Social Impact Program and the Students in Action Club at High Tech High School collaborated to support Her Drive, an organization that collects hygiene products and other necessities for women and infants in need. The group worked with local businesses and received approximately 4,800 donated items, which will be shared with various local groups, including WomenRising in Jersey City and the Hoboken Shelter.



 RWJBarnabas Health and Jersey City Medical Center, together with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

UNDERSTANDING A PET-CT SCAN

WHAT IT DOES, AND WHY IT’S IMPORTANT FOR CANCER TREATMENT

Few things are more frightening than a diagnosis of cancer. But many cancers are now treated successfully, and patients live long and full lives after diagnosis. One important treatment tool is an imaging system known as PET-CT or, more commonly, a PET scan. Jersey City Medical Center (JCMC) acquired its first PET-CT scanner this spring, so patients no longer have to go outside Hudson County for these important tests.

HOW IT WORKS

PET stands for positron emission tomography; CT means computed tomography. They are always conducted together, says Adam Brandeberry, MD, a radiologist specializing in nuclear medicine at JCMC.



ADAM BRANDEBERRY, MD

A PET-CT scan makes use of the fact that the cells in your body absorb sugar as fuel. Cancer cells are unusually active, need more fuel and tend to pick

up more of the sugar. Before a PET-CT scan, patients get an injection of a small amount of a radioactive sugar called fluorodeoxyglucose-18 (also known as FGD-18, radioactive glucose or a tracer). “As a result of that injection, the tumor cells light up bright on the scan,” Dr. Brandeberry says. “That allows us to see where they are in the body.”

In addition, the CT scan takes X-rays of the body from different angles. A computer combines the PET and CT images to give the radiologist a detailed, three-dimensional picture, which allows for more precise diagnoses of tumors, including lung, colorectal and breast cancer, as well as lymphomas and melanomas.

WHAT IT REVEALS

Along with locating the tumor, the scan can help determine its staging—how advanced the cancer is and whether it has traveled to other parts of the body. That

gives the doctors information on how best to treat it.

The scan also tracks whether those treatments are working. “Patients may have multiple PET-CT scans during treatment,” Dr. Brandeberry says. “Successful treatment may cause the tumors to be less active, so they would take up less sugar.”

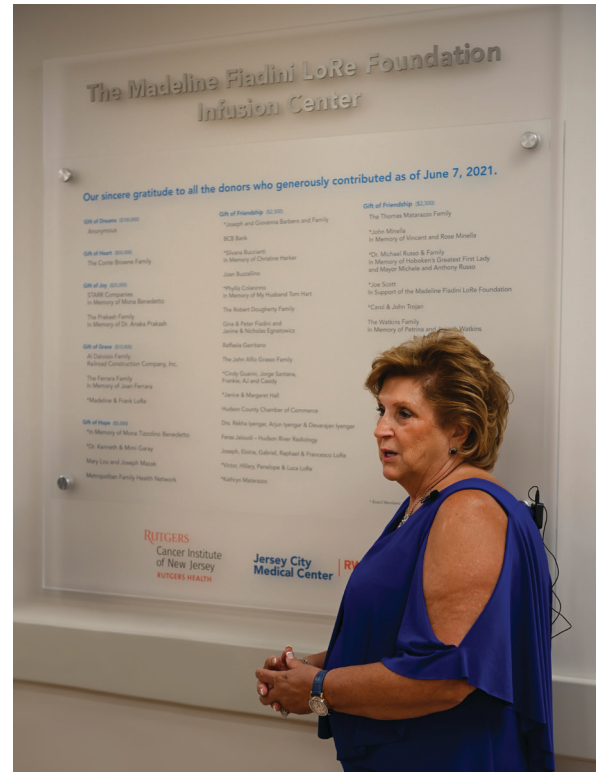
Though there is some radiation involved in each scan, the amount is relatively small. “For patients who need PET-CT scans, the benefits outweigh the risks from this small amount of radiation,” he says.

The new PET-CT scanner is just the latest addition to JCMC’s comprehensive cancer care, which includes medical oncology, radiation oncology, surgical oncology and a new infusion center.

“It’s always best to get all your imaging done at the same place where you’re being treated,” Dr. Brandeberry says. “Having the PET-CT at JCMC helps our team collaborate on a plan of care more effectively and efficiently.”

For more information about cancer services in Hudson County or for a referral, visit www.rwjbh.org/hudsoncounty.

Clockwise from below, the brand-new Madeline Fiadini LoRe Foundation Infusion Center; Madeline LoRe at the opening; private treatment spaces offer a serene environment along with the most advanced cancer care.



CANCER TREATMENT: HOPE AND HEALING FOR HUDSON COUNTY

NEW FACILITIES AND A MULTIDISCIPLINARY APPROACH MEAN RESIDENTS DON'T HAVE TO TRAVEL FAR FOR WORLD-CLASS CARE.

The opening of a brand-new infusion center at Jersey City Medical Center is meaningful for all residents of Hudson County—and especially so for one Bayonne native.

“As a three-time cancer survivor, I am determined that all patients in this community seeking cancer treatment have access to the best possible care,” says Madeline Fiadini LoRe, Chairperson and President of the Bayonne-based Madeline Fiadini LoRe Foundation for Cancer Prevention. The foundation’s generous donation played a major role in creating the new facility.

Named the Madeline Fiadini LoRe Foundation Infusion Center, it’s located at 414 Grand Street in Colony Plaza. It’s easily accessible by car, bus and Jersey City’s light rail transit system. That means Hudson County residents and their loved ones don’t need to travel over the river to receive the latest advancements in world-class cancer care.

Every aspect of care at the new center has been carefully considered. “Patients will have access to their own private space to receive their infusions, so they can be comfortable if they feel sick, or even to have someone with them to get through the treatment,” says LoRe.

A LIFE’S WORK

The new center features eight infusion bays and two private rooms, along with amenities such as support services, specially trained nurses and staff, nearby physicians and wall art representing the Hudson County community. The facility will support infusion services that include chemotherapy, immunotherapy, hormone



STEFAN BALAN, MD



ADAM LACKEY, MD

EXPANDING CARE IN HUDSON COUNTY

The infusion center is the latest step in the Jersey City Medical Center (JCMC) vision for providing the best cancer care for residents throughout Hudson County. It joins the Radiation Oncology Practice at 631 Grand Street that opened in 2019, as well as a continuing investment in state-of-the-art technology and the recruitment of experts in a broad range of cancer specialties.

This significant investment in cancer care is paralleled by JCMC’s partnership with Rutgers Cancer Institute of New Jersey, the state’s only National Cancer Institute-Designated Comprehensive Cancer Center. “Because of our partnership with Rutgers Cancer Institute, we can offer patients access to the most advanced treatments and the latest clinical trials,” says Stefan Balan, MD, Chief of Oncology at JCMC. “We are part of a nationally ranked institution, with all the expertise and opportunities that brings for patients.” That includes precision medicine, immunotherapy, CAR T-cell therapy, blood and marrow transplantation and more.

“We have a multidisciplinary tumor board team that includes board-certified surgical oncologists, oncologists, radiation oncologists, gastroenterologists, genetic counselors, dietitians and other specialists working together under one healthcare system, RWJBarnabas Health, in collaboration with Rutgers Cancer Institute,” says thoracic surgeon Adam Lackey, MD, a member of RWJBarnabas Health Medical Group. “We spend hours together on a weekly basis discussing cases in order to offer patients novel, effective and safe care that is personalized for them.”

An oncology nurse navigator follows every cancer case at JCMC through treatment and survivorship, communicating with all specialists involved. JCMC is also working on expanded programs and outreach to improve many types of cancer screening in the community.

“We want everyone in Hudson County to know they shouldn’t be afraid to reach out to us when they need cancer care,” says Dr. Balan. “No matter what, we’ll take good care of you.”

RWJBarnabas Health and Jersey City Medical Center, together with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.**

therapy, blood transfusion and non-chemotherapy.

Cancer care is provided by medical oncologists, surgical oncologists and radiation oncologists working together with clinical trial managers, certified oncology nurses, oncology nurse navigators and social workers to provide improved patient outcomes and experiences.

For LoRe, a three-time cancer survivor who lost her brother to the disease, helping people get screened, educated and treated for cancer has become her life’s work. After years of fundraising for other organizations, she created her foundation

in 2008. It has since paid for thousands of cancer screenings for Hudson County residents who don’t have health insurance or the means to pay for screenings.

“We are deeply grateful to the Madeline Fiadini LoRe Foundation for the vision and generosity that made this infusion center possible,” says Michael Prilutsky, President and Chief Executive Officer of JCMC.

“To have the opportunity to expand cancer care in Hudson County is a privilege,” says LoRe. “Together with Jersey City Medical Center, we will impact the lives of all who trust us with their care.”

For more information about cancer services in Hudson County or for a referral, visit www.rwjbh.org/hudsoncounty.

Create a healthy tomorrow by leaving a lasting legacy today.

Help ensure that the next generation has easy access to extraordinary health care by including Jersey City Medical Center in your estate plans. You can create your legacy today by including the medical center as a partial beneficiary of your will or retirement account. It's simple. It's impactful. It's lasting.

For more information, please contact Nicole Kagan at **201-395-7571** or **Nicole.Kagan@rwjbh.org**. Information is also available online by visiting **rwjbh.org/jcmcplanned**

Jersey City Medical Center

RWJBarnabas
HEALTH

Let's be healthy together.





WHAT YOU MAY NOT KNOW ABOUT CHOLESTEROL

MANAGE THESE MOLECULES NOW FOR A BIG PAYOFF LATER IN LIFE.

You probably know that cholesterol is a fat-like substance in the blood that can cling to the walls of arteries, leading to cardiovascular disease or stroke. And you know that controlling cholesterol involves eating right, exercising and taking medication as prescribed.

But because it takes years before a person really feels the effects of high cholesterol, you may not realize just how big an impact it will have on your future.

“Managing cholesterol is a way of investing in your health decades from now,” says David Feldman, MD, Section



DAVID FELDMAN, MD

Chief of Advanced Heart Failure and Transplantation at Newark Beth Israel Medical Center. “In my field, we take care of patients who have had acute heart attacks, or are in cardiogenic

shock, or who need a heart transplant. But many serious heart problems can be prevented through decades of maintaining healthy cholesterol levels.”

Here, Dr. Feldman clears up some common misunderstandings:

- **We need cholesterol.** “It’s the basic building block for all the male and female hormones in the body and helps enhance brain function,” he says. “That’s why the cholesterol levels in pregnant women shoot up; they need it to help create another life.”

- **It’s not all about the numbers.** We’re used to hearing that an overall cholesterol level above 200 is outside the healthy range, but Dr. Feldman says the thinking on that has evolved. “There are many variables—how much medication you can tolerate, what your genetic predisposition is, what level you’re starting from,” says Dr. Feldman. “In some cases, reducing cholesterol too far can be dangerous.” Your doctor can customize a target to best suit your



PUMPKIN POWER

What does pumpkin have to do with reducing your risk of cardiovascular disease? More than you may think. “Pumpkin’s high in vitamins A, C and E, and as a consequence is related to decreasing inflammation in the body’s immune system. That means decreasing risk for heart disease and cancer,” says cardiologist David Feldman, MD. “Pumpkin has twice as much fiber, which helps lower cholesterol, as kale. And unlike many canned foods, canned pumpkin retains its nutritional value.”

individual situation.

- **Some foods are more equal than others when it comes to combating cholesterol.** “A niacin, or vitamin B₃, supplement is especially helpful in lowering ‘bad’ LDL [low-density lipoprotein] levels, as are fish, flaxseed oil and foods with lots of fiber,” says Dr. Feldman. Consult your physician before adding any supplements to your diet.

- **A moderate amount of alcohol may help keep cholesterol low.** “Moderate’ means one drink a day for women, two for men. That’s defined as one beer, 1.5 ounces of liquor or 4 ounces of wine,” Dr. Feldman explains. “Also, you can’t skip Wednesday and Thursday and then have triple the amount on Friday—that’s not a healthy approach.”

- **Any amount of activity helps reduce cholesterol.** “It may not be realistic for you to run a few miles every day and lift weights every other day,” says Dr. Feldman. “You just have to work on yourself. If you’ve been sedentary and you get off the couch and go for a walk for 30 minutes every day, or even a few times per week, you’ll improve your life, keep your cholesterol and blood sugar down, feel better and have the potential to live longer.”

Whoever your heart beats for, our hearts beat for you. To connect with one of New Jersey’s top cardiac specialists, call **888.724.7123** or visit **www.rwjbh.org/heart**.





HELPING SENIORS STAY HEALTHY

HOW THE ANNUAL WELLNESS VISIT CAN LEAD TO IMPROVED HEALTH ALL YEAR LONG

If you or a loved one has Medicare, one of its most important benefits is the annual wellness visit. This no-copay visit is not the same as an annual physical. Instead, it's a chance



JESSICA ISRAEL, MD

for you and your provider to create a personalized preventative plan to help you stay well and get any help you may need.

"The annual visit is my favorite visit to have with

patients because I really get a chance to talk to them and to hear about how they live every single day," says Jessica Israel, MD, Senior Vice President, Geriatrics and Palliative Care, for RWJBarnabas Health (RWJBH) and a member of RWJBarnabas Health Medical Group. "We touch on areas of the patient's life that might not come up otherwise."

The range of subjects covered is broad. "I ask about whether they have access to healthy foods and whether their teeth hurt when they chew," Dr. Israel says. "I ask about throw rugs in their home that might be a tripping hazard,

and whether they need safety bars in the shower. I ask if they have someone to call if they need help."

Patients shouldn't feel intimidated by these questions, but should welcome and even demand them. "You can never put too much value on what comes out of an honest conversation," Dr. Israel says.

THE RIGHT QUESTIONS

Dr. Israel's philosophy is shared by providers of geriatric care throughout the RWJBH system and RWJBarnabas Health Medical Group. RWJBH is a member of the Age-Friendly Health



A MEDICARE ADVANTAGE PLAN FOR NEW JERSEY

Braven Health, a new Medicare Advantage offering, was created with New Jersey senior citizens in mind. A partnership between three New Jersey healthcare leaders—RWJBarnabas Health, Hackensack Meridian Health and Horizon Blue Cross Blue Shield of New Jersey—Braven Health offers access to 51,000 in-network healthcare professionals and 82 in-network hospitals and healthcare facilities.

“Having a partnership between our medical system and Horizon together means that patients have a lot of choices in their network,” explains Jessica Israel, MD, a Braven Health Provider Council Member and Senior Vice President, Geriatrics and Palliative Care, for RWJBarnabas Health. “In addition, procedures and prescriptions get approved more quickly because we’re all working together with the goal of eliminating the hassle that can come with healthcare plans.”

Braven Health also helps patients focus on wellness by offering flexible benefits for a range of wellness activities, such as joining a gym, getting a mammogram, taking a fitness class and getting bars installed in the shower for safety.

Launched in January 2021, the plan is available for residents of Bergen, Essex, Hudson, Middlesex, Monmouth, Ocean, Passaic and Union counties. (The program is not available in Somerset and Mercer counties.) As of May 31 this year, Braven had a higher enrollment than any other Medicare Advantage plan in the eight counties it serves.

To learn about Medicare and Medicare Advantage programs, including Braven Health, visit www.rwjbh.org/braven.

System action community, an initiative spearheaded by the John A. Hartford Foundation, the American Hospital Association and the Catholic Health Association of the United States.

Being an Age-Friendly Health System means applying four evidence-based elements of high-quality care, known as the 4M Framework, to all older adults. “We apply the 4Ms—medications, mobility, mentation and what matters—to elder healthcare in all our hospitals as well as outpatient settings, including in the annual wellness visit,” Dr. Israel says.

“For example, elderly people are often taking multiple medications because they have more than one health condition. We’ll ask about all of them to be sure there are no negative interactions or side effects,” she explains. “We’ll ask about mobility—how much and how well they’re moving around and whether physical therapy or equipment is needed. We’ll talk about areas related to mentation, or the mind—are there any issues with anxiety or depression, or perhaps forgetfulness?”

Equally important, she says, is the “what matters” aspect of the conversation,

which covers patients’ goals for their healthcare and what they don’t want, as well as the importance of having an advance directive. “The ‘what matters’ talk will vary from patient to patient,” Dr. Israel says. “We have a saying in geriatrics: ‘If you’ve seen one 80-year-old, you’ve seen one 80-year-old.’ Each patient is different, and the art of medicine is getting to know your patients.”

Annual wellness visits are inevitably revealing, says Dr. Israel. “Each time, something comes up that I didn’t know about the patient,” she says. “Then, we can have the next discussion: ‘How can we make this better?’”

To learn more about senior healthcare and geriatric medicine at RWJBarnabas Health, visit www.rwjbh.org/seniorhealth.





GAME ON!

RWJBARNABAS HEALTH HELPS BRING SOCCER FIELDS TO URBAN NEIGHBORHOODS.

Soccer is the most popular sport in the world—but for many kids in urban communities, there’s no good local place to play it.

Now there is for kids in Newark, New Brunswick and Hamilton. During the height of the COVID-19 pandemic, the Somerset-based Players Development Academy (PDA) created its Urban Initiative to bring soccer facilities and coaching to underserved communities across the nation. Thanks to strong partnerships with RWJBarnabas Health (RWJBH) and local communities, the initiative is up and running in New Jersey.

In May, Robert Wood Johnson University Hospital Community Field opened at Kossuth Park in New Brunswick. In July, Newark Beth Israel Medical Center Community Field opened at the Marquis “Bo” Porter Sports Complex in Newark. Also in July, the RWJUH Hamilton Community Field opened at the Bromley Sports Complex in Hamilton Township. More fields will open across the state in the RWJBH service area this year and in 2022.

The fields are part of RWJBH’s commitment to enhance well-being in the communities it serves. “Our

mission, improving the health and lives of the people in our communities, is an audacious goal,” says Barry Ostrowsky, President and CEO of RWJBH. “In order to do that effectively, you have to have a team of people dedicated to big ideas, and you have to have similarly minded partners.”

In addition to providing funding to build the fields, RWJBH will provide off-the-field education in nutrition, wellness and sports performance. The PDA will run soccer clinics and other training sessions, and local recreation departments will manage the fields. Often, the fields serve as



Opposite page and above, local children and officials participated in field openings in urban neighborhoods in Newark, New Brunswick and Hamilton.

an anchor for further revitalization of a neighborhood or expansion of community sports facilities.

A SOCCER OASIS

Each field is approximately 40' by 70', allowing for a scaled-down version of the game known as futsal. These relatively small areas make the most sense for urban settings and allow players to have more time on the ball. The fields are made of artificial turf, allowing for nearly year-round play.

“PDA has been an incredible partner as we create a home for soccer programs as well as community-member pickup games in underserved urban areas,” says Justin Edelman, Senior Vice President, Corporate Partnerships, at RWJBH. “The reaction has been overwhelmingly positive. You see such a wide range of people—friends, family, all ages—using the facilities.”

“This type of field is important for the community because it’s an oasis for

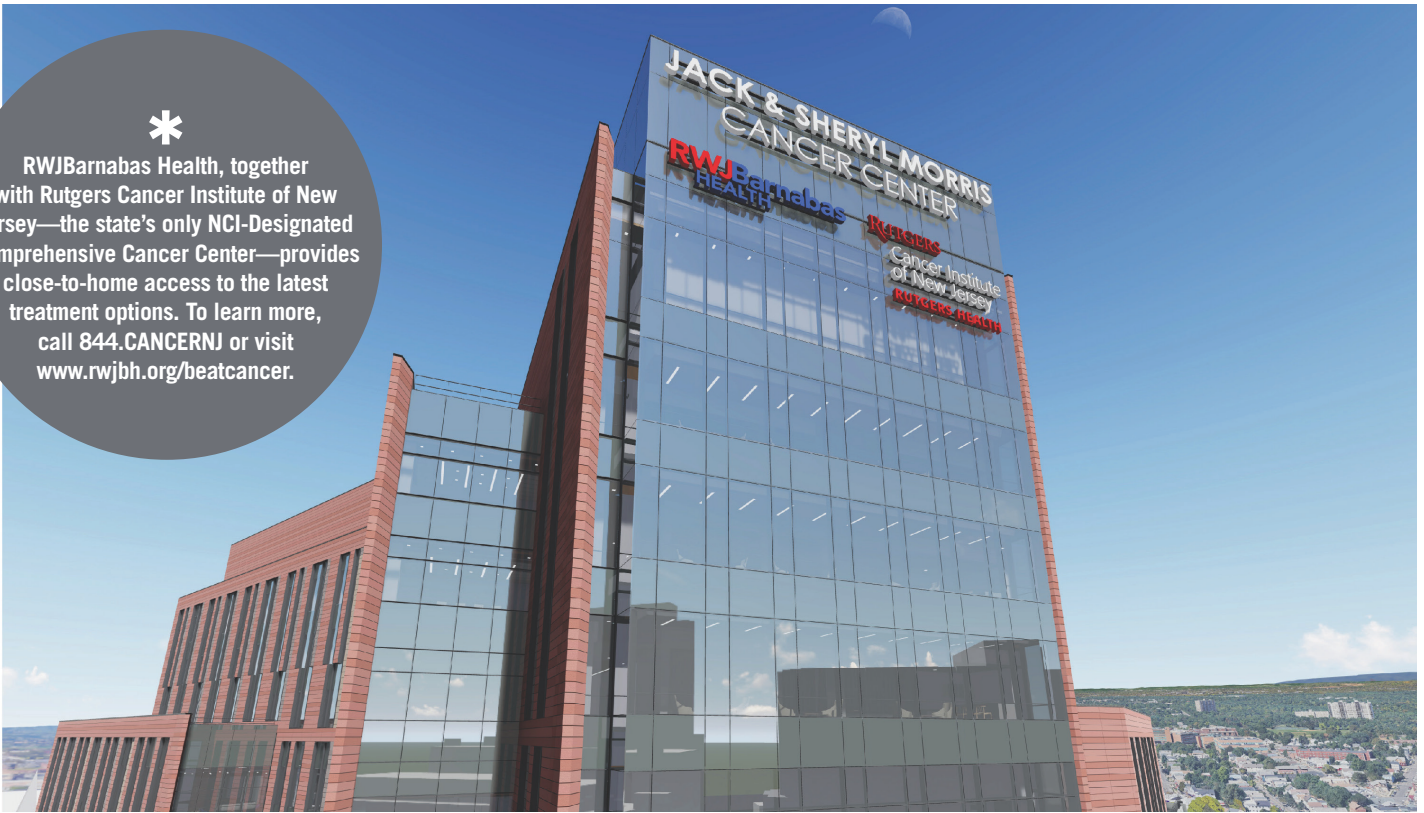
the game,” says Gerry McKeown, Boys Coaching Director, PDA. “The benefit of putting fields in these locations is that children can walk to them right in their neighborhood, and play or compete or just have fun, and fall in love with the game any way they would like. We’re bringing the best of the beautiful game to boys and girls that need our support. We hope this initiative sparks greater interest in the game, leading to more opportunities for kids from diverse backgrounds.”

To learn more about the Urban Initiative, visit www.urbaninitiativepda.org. To learn more about RWJBarnabas Health social impact initiatives, visit www.rwjbh.org/socialimpact.





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BUILDING THE FUTURE OF CANCER CARE

A NEW CANCER HUB IN NEW BRUNSWICK WILL BE A MODEL FOR MULTIDISCIPLINARY CARE.



It will soar 12 stories and cover 510,000 square feet. It will cost an estimated \$750 million and will be completed in 2024.

Most important, the Jack & Sheryl Morris Cancer Center, which broke ground in June, will transform cancer research and care throughout New Jersey and beyond. The state’s first and only freestanding cancer hospital is a joint venture of RWJBarnabas Health (RWJBH) and Rutgers Cancer Institute of New Jersey, in partnership with the New Brunswick Development Corporation.

“The Jack & Sheryl Morris Cancer Center will be a model for cancer care delivery, bringing together the three mission areas of academic medicine—





Opposite page, renderings of the new center and scenes from the ceremonial groundbreaking. Above, left to right: cancer survivor Keosha Doyle, who was treated at Rutgers Cancer Institute of New Jersey; Barry Ostrowsky, President and CEO, RWJBH, with Sheryl and Jack Morris and Steven K. Libutti, MD, Director, Rutgers Cancer Institute of New Jersey and Senior Vice President of Oncology Services at RWJBH; Jack Morris delivers remarks at the event.

research, education and patient care—under one roof,” says Barry Ostrowsky, President and Chief Executive Officer, RWJBH.

COMPREHENSIVE SERVICES

“The new cancer center brings together all the facets of research, prevention and clinical care that we drive and deliver into one location,” says Rutgers Cancer Institute of New Jersey Director Steven K. Libutti, MD, who is also the Senior Vice President of Oncology Services at RWJBH.

The facility will have 10 state-of-the-art laboratories where teams of scientists will study cancer as a disease and develop new treatments. Many of the discoveries from these laboratories will be translated directly to the clinical setting at Rutgers Cancer Institute and across the RWJBH system.

“We will be bringing science from the bench to the patient’s bedside and back again,” says Dr. Libutti. “That means we’ll be able to further tailor patient treatments and collect important research data more rapidly and directly.”

Patients will be able to receive a wide range of both inpatient and outpatient cancer care in the new cancer center, including advanced imaging services as well as radiation and chemotherapy treatments.

The facility will have 96 inpatient beds, including an entire floor dedicated to surgical services.

Exam rooms have been designed so that a multidisciplinary team of specialists can see a patient in one location, rather than having the patient travel from doctor office to doctor office. Specially trained oncology nurse navigators will guide patients on their journey from diagnosis through survivorship.

Wellness, prevention and education resources, including a wellness garden, will be available for the community, patients, caregivers and families.

A POWERFUL PARTNERSHIP

RWJBH and Rutgers Cancer Institute, the state’s only National Cancer Institute-Designated Comprehensive Cancer Center, have partnered to provide close-to-home access to the most advanced cancer care.

Cancer specialists throughout RWJBH collaborate with experts at Rutgers Cancer Institute to devise the best treatment plan for each patient, including clinical trials, immunotherapy and precision medicine. That means that a patient being treated for cancer at any RWJBH

hospital will have access to the treatment options and clinical expertise anywhere in the hospital system, as well as at Rutgers Cancer Institute.

“The new cancer center will be integrated into our multidisciplinary care paradigm, which is across the entire RWJBarnabas Health system,” says Dr. Libutti.

“We believe it is critically important that we have sites and facilities all across the state to bring cancer care as close to home as possible,” he says. “We also believe that we need one hub that allows us to bring the highest level of extremely specialized, multidisciplinary cancer care in the setting of groundbreaking research.”

The center is named in recognition of the philanthropic leadership of Jack Morris, who has been a longtime supporter and pillar in New Brunswick development, and his wife, Sheryl.

“People shouldn’t have to go all over the country to get great care,” says Jack Morris. “We’re doing it right here. It has been our vision, our hope and our dream to have the top cancer center in the nation here in New Brunswick. Sheryl and I are so proud that we can play a role in helping to make this dream a reality.”

To learn more about the Jack & Sheryl Morris Cancer Center, visit www.cinj.org/jackandsherylmorriscancercenter.



CHRONIC DISEASE: A TEEN TAKES CONTROL

A TEAM OF EXPERTS PROVIDES THE TOOLS NEEDED TO MANAGE TYPE 2 DIABETES.

“I was so nervous when I first stepped into the hospital,” says Ariely Garcia. “I was so far away from home.”

Ariely was just 16 when she got a diagnosis of Type 2 diabetes, a chronic condition marked by high blood glucose levels that can result in major health complications. Often referred to as adult-onset diabetes, Type 2 can also develop during childhood as a result of improper nutrition and lack of exercise.

Although Type 2 diabetes can't be cured, it can be managed with healthy eating, medication and lifestyle changes. On her doctor's recommendation, Ariely had come to the Chronic Illness Management Program (CIMP) at Children's Specialized Hospital in New Brunswick to learn how to do just that.

SKILLS AND STRATEGIES

Ariely worked with a variety of CIMP specialists in areas including recreational therapy, physical therapy,



Specialists at the Chronic Illness Management Program at Children's Specialized Hospital coached Ariely in nutrition, exercise and more to help her learn to live well with Type 2 diabetes.

occupational therapy, nutrition education and psychology.

After four weeks in the program, Ariely felt confident that she could manage her diabetes. Her greatest fear: that she would “fall off the wagon” when she got back to her familiar home and school environment. And in fact, by the fall of that year, Ariely had stopped taking the medication she needed to help manage diabetes.

Recognizing that she needed help, she asked if she could go back to Children's Specialized Hospital. “I knew the program had everything I needed to take control of my diabetes again, and I knew that this time, I was ready,” she says.

At the beginning of 2021, Ariely re-entered CIMP. “This time, I was less nervous and was ready to get back on track,” she says. “I was on board with the hard work I needed to do.”

Her team was prepared with a plan that was customized to provide resources for her home environment. During her stay, Ariely strategized with the physical therapist on ways to stay active while at home, including the use of free smartphone apps and exercises that don't require equipment. She learned to grill chicken, make a kale salad and prepare a breakfast smoothie. She met with the psychology team to talk about stressors and learn to better communicate and cope with challenges. A certified diabetes educator talked with Ariely about the condition, with lessons culminating in “Jeopardy”-style games at the end of each week.

Ariely went home the day after her 18th birthday. “Now I really understand the effects diabetes has on me,” she says, “and I don't need to rely on anyone to do what I need to do to control it.”

For more information about Children's Specialized Hospital, call **888.244.5373** or visit **www.rwjbh.org/childrensspecialized**.

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. We treat everything from chronic illnesses and complex physical disabilities, like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. We have convenient locations throughout the state: Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Somerset, Toms River, Warren and West Orange.



Women's Health at Grove Street is housed in a centrally located, historic building. Its serene interior design helps make patients comfortable.



A CONTINUUM OF CARE FOR WOMEN



FIRST-TIME GYNECOLOGIST VISIT

This should take place between the ages of 13 and 15, according to the American College of Obstetricians and Gynecologists.



PREGNANCY CARE

Services before, during and after normal pregnancy, including nurse-midwives. Infertility treatment is also available.



HIGH-RISK PREGNANCY CARE

Support for mothers with gestational diabetes and preexisting conditions such as hypertension under the guidance of Barak Rosenn, MD, Director of Maternal Fetal Medicine at JCMC.



SCREENINGS FOR ADULT WOMEN

Including Pap smears, 3D hologic mammography, bone densitometry and more. Genetic screening is also available.



PERIMENOPAUSAL AND POSTMENOPAUSAL CARE

Perimenopause, which takes place several years before periods stop, is marked by a decrease in estrogen. Healthcare providers at Women's Health can provide treatment and strategies to help women stay healthy and active for the long run.



GYNECOLOGICAL SURGERY

For conditions such as endometriosis, uterine issues, ovarian issues and more. Gynecologic oncology services are also offered.

FOR WOMEN: HEALTHCARE FOR EVERY STAGE

A CLOSE-TO-HOME CENTER FOR CARE THROUGHOUT A WOMAN'S LIFE

“At Women's Health at Grove Street, we provide care for a woman across the life spectrum,” says Lance Bruck, MD, Chairman of the Department of Obstetrics and Gynecology at Jersey City Medical Center (JCMC) and a member of RWJBarnabas Health Medical Group.

Women's Health at Grove Street, located across from the Grove Street PATH station, offers ease of access in more ways than one. All recommended gynecological screenings are available, as are a full range of OB/GYN and pregnancy services and more. The center's multidisciplinary care team works together to develop plans of care.



LANCE BRUCK, MD

“Many patients tell us how much they value the long-term relationships they form at Women's Health at Grove Street,” says Dr. Bruck. “We get to know our patients and travel with them on their healthcare journey.”

To learn more about Women's Health at Grove Street, visit www.rwjbh.org/hudsoncounty.

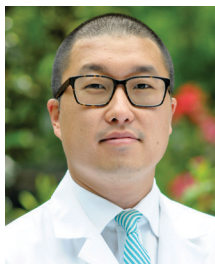


HIP REPLACEMENT:

A NEW APPROACH

AN INNOVATIVE TYPE OF SURGERY IS MAKING RECOVERY FASTER AND EASIER.

If you've got a pain in your hip, you're not alone. Today, a person's lifetime risk of developing osteoarthritis in the hip is 25 percent, according to a long-term study funded by the Centers for Disease Control and Prevention and the National Institutes of Health.



RICHARD YOON, MD

In large part, that's because people are living longer and staying active longer, making osteoarthritis—a degeneration of joint cartilage and bone—more common.

For many, the hip replacement surgery of choice is a newer type known as anterior approach hip replacement. While it may not be the answer for every patient, those who are able to have the anterior approach rather than more traditional forms of the surgery will experience less pain, a shorter

recovery time and other advantages. Most orthopedic surgeons are not trained to do the procedure, but it is available at Jersey City Medical Center (JCMC). Richard Yoon, MD, Director of Orthopedic Research at JCMC and a member of RWJBarnabas Health Medical Group, explains.

What makes a person choose hip replacement surgery?

Patients who are candidates tend to have moderate to severe arthritis in



What is different about the anterior approach compared with more traditional forms of hip replacement surgery?

The most common approach to the hip joint during surgery is what's known as the posterior approach. It's done from the back of the hip and involves cutting through the muscle in the buttocks.

The anterior approach, as the name indicates, means that we make an incision down the front of the leg. It is a shorter incision—about three to five inches, compared to eight to 12 inches—and we don't need to cut tendons or muscle. We can go in between muscles at a natural opening to get to the joint and replace it.

Because we don't need to cut muscle with the anterior approach, patients have less pain, shorter hospital stays and a much quicker recovery time.

And because the muscles are intact, they help hold the new joint in place, reducing the risk of hip dislocation.

In what cases would a patient not be eligible for the anterior approach hip replacement?

In some cases, a patient's skeletal structure or body type may make this approach difficult. For select patients, I do the traditional posterior approach, as well as an approach from the side called the anterolateral approach.

Does the anterior approach require any special equipment?

At JCMC, I use a specific table, known as a Hana table, to best position the patient for the anterior approach. The Hana table also makes it easier to use fluoroscopy, an interoperative X-ray,

to make sure all the components of the joint replacement are positioned in the best way possible to match the patient's anatomy.

The surgery is a bit more technically challenging to do and requires specialized training in instrumentation. If a patient is interested in anterior approach hip replacement, I would advise him or her to find a surgeon who is well experienced in this type of surgery.

What is recovery like?

One of the reasons I love this procedure is because of the rapid recovery.

At one year, the outcomes for anterior and posterior hip replacement are essentially the same. But with posterior hip replacement, a patient has to wait for wounds and tendons to heal before therapy can begin. At about two weeks, they're still using a walker, then they progress to a cane, and then after about three months they don't need a walking aid.

With the anterior approach, the majority of patients don't need a lot of formal physical therapy. They come for their first postoperative visit—about two weeks after the surgery—using just a cane, and more often than not the cane is just a precaution. By six weeks, they're not using any walking aid. They have fewer hip precautions—movements to avoid—during recovery as well.

Some patients' hips have been bad for so long that they've been less active and their muscles will need quite a bit of strengthening. In the second part of their recovery, they find that their improvement isn't as exponential as it was after the first six weeks.

After three months, however, they can get back to their favorite activities. It's so rewarding to see patients who are raring to go be able to get back to doing what they like to do.

their hip, whether from osteoarthritis, rheumatoid arthritis or post-traumatic arthritis. We start with nonoperative, conservative treatments such as anti-inflammatory drugs, physical therapy, cortisone injections and use of a cane.

But if pain continues to interfere with daily living activities—like walking, going up and down stairs, getting in and out of chairs and sleeping—even after these nonsurgical remedies, patients may elect to proceed with surgical intervention.

Jersey City Medical Center offers orthopedic services at 355 Grand Street and also at our Newport location, 100 Town Square Place, Jersey City. To learn more, visit www.rwjbh.org/hudsoncounty.



THE DOCTOR EVERYONE NEEDS

PEOPLE WHO HAVE A REGULAR PRIMARY CARE PHYSICIAN STAY HEALTHIER.

About three in four Americans have a primary care physician (PCP), according to a study recently published in *JAMA Internal Medicine*—and that number worries healthcare experts. According to the most recent figures, only two-thirds of 30-year-olds have a PCP.



SONU MODY, DO

In fact, everyone should have a PCP, doctors say. People who regularly see a PCP report improved health outcomes, according to a large-scale study, also published in *JAMA Internal Medicine*. Adults with primary care were significantly more likely to fill prescriptions, receive screenings and get early treatment for chronic diseases.

Sonu Mody, DO, a family medicine specialist at Jersey City Medical Center and a member of RWJBarnabas Health Medical Group, explains the benefits of having an ongoing relationship with a PCP.



Primary care provides a full-picture, holistic view of your health. “A primary care physician plays a key role in coordinating several aspects of a patient’s healthcare needs in one central location,” Dr. Mody explains. This can include coordinating specialist



Primary care enables your physician to get to know you.

“When people are just popping in to see random doctors when they feel ill, they risk the predicament of conflicting medications or over-prescription,” explains Dr. Mody. “When you have an established relationship with your primary physician, your doctor develops proper insight about your medical history that may be important if you get sick.”



Primary care has become much more convenient.

Spurred by the COVID-19 pandemic, many doctors’ offices have adjusted their practices for patient convenience. “Our office offers telehealth and video calls for patients who can’t make it to the office during normal business hours, and we are also open one weekend a month,” Dr. Mody says.



Primary care is cost-effective.

Using an emergency department for a condition that is treatable by a primary care provider—for example, the flu or an upper respiratory infection—costs 12 times as much, according to a 2019 United Health Group study. An urgent care visit for this type of condition costs, on average, 10 times as much as a primary care doctor visit.

HOW OFTEN SHOULD YOU GO?

Appointment frequency varies based on a patient’s needs.

“Typically, routine medical exams should happen once a year, depending on your age and health needs. This schedule allows your doctor to detect an easy-to-address medical condition that can put a person at risk if it goes untreated for long periods of time, such as high blood pressure,” says Dr. Mody.

“A patient who has multiple chronic conditions, difficulty adhering to their specific medication regimen and/or obtaining follow-up with their specialists should typically see their primary care physician on a regular basis,” she says.

care and managing multiple treatments, reviewing medications for potential interactions and performing routine screenings.



Primary care can prevent bigger problems.

One of the biggest benefits of primary care is that it can nip chronic conditions, from diabetes to hypertension, in the bud. “The progression of these conditions is often prevented by regular visits with a primary care physician,” Dr. Mody says.

GET READY FOR OPEN ENROLLMENT

For insurance coverage in 2022, the open enrollment period for most private insurances and for coverage under the Affordable Care Act (ACA) is between November 1 and December 15.

For patients looking to enroll or reenroll in coverage under the ACA, Dr. Mody recommends visiting www.healthcare.gov. “It provides a comprehensive approach to obtaining healthcare plans and policies that fit each person’s individual needs,” she says.

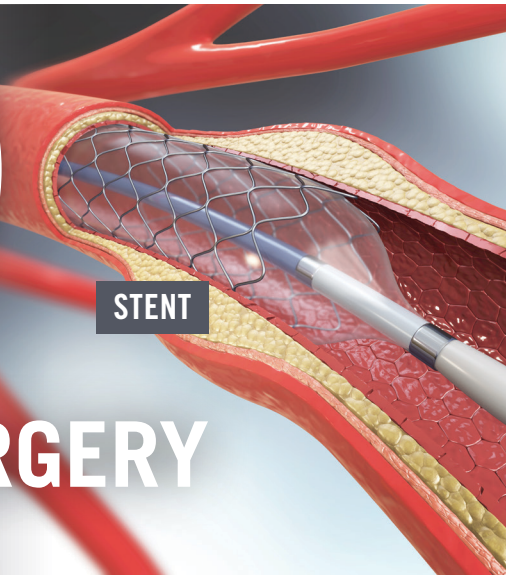
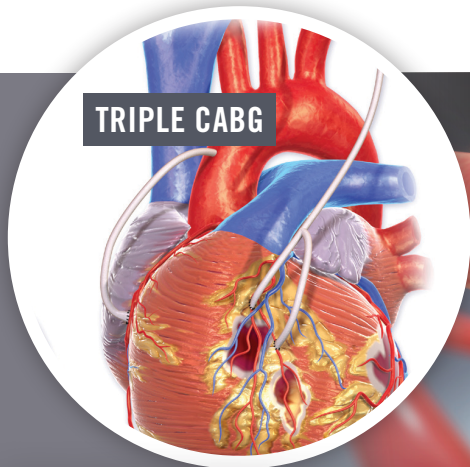
Preventive care, including many kinds of screenings and vaccinations, is covered under the ACA. The plan you choose may restrict this coverage to providers in your plan’s network.

If you qualify for Medicaid or the Children’s Health Insurance Program (CHIP), which provide free or low-cost health coverage, you can enroll at any time. You may qualify based on income or other factors, such as having a disability. Learn more at www.njhelps.org and www.njfamilycare.org.

If you’re eligible for Medicare, be aware of Braven Health Medicare Advantage Plans, offered through a partnership between RWJBarnabas Health, Horizon Blue Cross Blue Shield of New Jersey and Hackensack Meridian Health. All Braven Health Medicare Advantage Plans give you access to a large network of doctors and healthcare providers, including the entire RWJBarnabas Health and Hackensack Meridian Health systems, as well as many other high-quality doctors, specialists and hospitals. To learn about Medicare and Medicare Advantage programs, including Braven Health, visit www.rwjbh.org/braven.

To reach Dr. Mody, call **201.839.2640**. To find a primary care provider at JCMC, visit www.rwjbh.org/medical_group.





BYPASS SURGERY OR STENT?

A COMPREHENSIVE APPROACH TO HEART CARE

Jersey City Medical Center (JCMC) has made continuous investments in its heart program over the past decade.

“Today, we provide all aspects of cardiac care, including care for heart failure and atrial fibrillation and lifesaving procedures like cardiac catheterizations and open-heart surgery,” says Tyrone Krause, MD. JCMC’s heart team includes surgeons, cardiologists, interventional cardiologists, physician assistants, nurse practitioners and critical care specialists who provide care 24/7 inside the hospital, from presurgery to recovery.

WHY CARDIAC BYPASS SURGERY REMAINS A SOLID OPTION FOR PEOPLE WITH CORONARY ARTERY DISEASE

When plaque (fatty deposits) builds up inside your arteries, it can block blood flow, increasing your heart attack risk.

If it’s caught early, physicians may offer you two treatment options: a stent (a tiny tube placed in a blocked artery) or coronary artery bypass graft (CABG) surgery.

While stents offer a minimally invasive way to reopen a blocked artery, bypass surgery also remains a leading treatment for people with complex coronary artery disease (CAD).

WHAT IS CABG?

About 200,000 people in the U.S. each year receive CABG, making it one of the most commonly performed heart

surgeries. During CABG, surgeons remove a vein from another part of the body—most commonly the leg—and suture it onto an artery just before and after the blockage, rerouting blood flow to the heart.

“I tell my patients CABG is similar to solving a plumbing problem,” says Tyrone Krause, MD, Chief of Cardiothoracic Surgery at Jersey City Medical Center (JCMC) and a member of RWJBarnabas Health Medical Group. “We’re all born with three major arteries to the heart. We use bypass surgery to give you one, two or three new pipes depending on the number of arteries blocked.”

During CABG, the surgical team puts the patient on a heart-lung machine, which temporarily performs the functions of the heart and lungs. After surgery, patients typically spend four days to one week recovering in the hospital.

Like any surgery, CABG carries some risks. Still, it remains one of the most effective treatments for CAD. “More than 95 percent of the people we operate on have no more chest pain or shortness of breath afterward,” Dr. Krause says.

WHEN CABG IS RECOMMENDED

While CABG can successfully treat any blockage, it’s especially recommended for:

- People with a severe blockage in the heart’s largest artery (the left anterior descending artery).
- People with multiple blocked arteries (complex CAD).

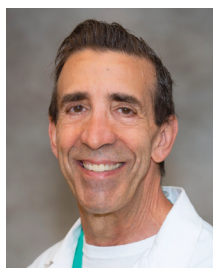
“CABG may also be the best option when an artery is too calcified to support a stent, or when it’s technically too difficult to place a stent in an artery,” Dr. Krause explains.

Most patients who undergo CABG will not need blood thinners. Patients who are treated with stents will need to take blood-thinning medication for at least three months to prevent stents from closing. “Sudden closure of the stents can damage the heart muscle,” explains Iosif Gulkarov, MD, Associate Chief of Cardiac Surgery at JCMC and a member of RWJBarnabas Health Medical Group.

“Ask your care team about your overall heart condition, your risk for surgery and your risk of restenosis—a chance of narrowing again—with a stent,” Dr. Krause says. “Use the answers to make the best choice for you.”



IOSIF GULKAROV, MD



TYRONE KRAUSE, MD

To learn more about cardiovascular services at Jersey City Medical Center or for a referral, visit www.rwjbh.org/hudsoncounty.





WHEN SHOULD YOU SEE A GERIATRICIAN?

THIS TYPE OF SPECIALIST CAN HELP YOU STAY INDEPENDENT AS LONG AS POSSIBLE.

As you age, your body changes—and so should your healthcare. About 30 percent of U.S. adults over age 65 need the services of a geriatrician, according to the American Geriatrics Society.

“Geriatricians are problem solvers trained in internal or family medicine and helping older adults,” says Aaiza Aamer, MD, a geriatric medicine specialist at RWJBarnabas Health at Bayonne and a member of RWJBarnabas Health Medical Group. “We look at our patients holistically—not just their ability to function physically and mentally, but



AAIZA AAMER, MD

also their support system.”

Older people with multiple health issues will benefit most from an evaluation by a geriatrician. “We identify core issues that may hinder their ability to care for themselves and devise strategies to help them stay at home as long as possible,” says Dr. Aamer. A team including a geriatric nurse, nutritionists, pharmacists, hearing specialists, social workers and physical and occupational therapists is on hand to assist.

According to Dr. Aamer, you (or a loved one) may want to see a geriatrician if:

You’ve fallen repeatedly. Your vision may need checking, or you may have balance or strength issues that physical therapists can address.

You are often confused. Dementia can be the culprit, but so can prescription

BEFORE YOUR FIRST VISIT



FILL OUT FORMS. See whether your geriatrician has a questionnaire that can be mailed or found online in advance. Be thorough and be honest, says geriatrician Aaiza Aamer, MD, and bring past medical records. “We cannot fix the problem if we don’t know about it,” she says.



MAKE A LIST OF HEALTH ISSUES you want to address, from most concerning to least. Take a pad and pen to take notes or ask doctors if you can make a recording of appointments to help you remember what was said.



BRING ALL MEDICATIONS IN THEIR BOTTLES. “This helps us best determine what you need or no longer need and whether medications should be tapered,” says Dr. Aamer.



PACK A SNACK. First appointments tend to be lengthy, as your new doctor performs an evaluation. “We can’t necessarily fix everything at once,” Dr. Aamer says. “But addressing many smaller issues can lead to big improvements.”

medicine. “Prescriptions metabolize more slowly in older adults, which could lead to confusion, falls and frailty,” Dr. Aamer says. Your drugs’ strength and frequency may need adjusting for age and weight.

You’ve been having issues with driving, resulting in dings, scrapes or driving over curbs. “Driving requires not only mobility but reaction times and the ability to judge speed and distance,” Dr. Aamer says. These should be evaluated.

You have appetite loss. Depression, pain or difficulty swallowing should be addressed. Options such as buying prepared meals or meal-replacement drinks, signing up for Meals on Wheels or eating at set times and with other people can boost appetite.

RWJBarnabas Health at Bayonne Primary Care is located at 519 Broadway at 24th Street. To learn about primary and specialty care and other services in Bayonne, visit www.rwjbh.org/hudsoncounty.

When you and your family are facing cancer, convenience matters.

Madeline Fiadini LoRe Foundation Infusion Center in Jersey City is now open at 414 Grand Street.



As part of our ongoing commitment to heal, enhance and invest in Hudson County, Jersey City Medical Center has opened the new Madeline Fiadini LoRe Foundation Infusion Center. The facility is equipped with the latest technology and exceptional cancer specialists, including a nurse navigator to guide you every step of the way. Together with Rutgers Cancer Institute of New Jersey, we are the state's only National Cancer Institute-designated Comprehensive Cancer Center, providing patients with advanced cancer treatment options, including clinical trials, complex surgical procedures, and sophisticated radiation therapy techniques. Learn more at rwjbh.org/HudsonCounty

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Let's beat cancer together.

