

# BARNABAS

## TODAY

SAINT BARNABAS MEDICAL CENTER  
BARNABAS HEALTH AMBULATORY CARE CENTER

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Dear Friends,

As the weather improves and days get longer, it is a wonderful time of year to take advantage of the outdoors to improve your health. Walking is one of the best forms of aerobic exercise and is one of the easiest ways to increase your physical activity. Keeping everything else constant, walking an extra 20 minutes a day will burn off seven pounds of body fat per year. But, before starting any exercise plan, we encourage you to speak with your physician to determine what activity is best for you.

Inside this issue you will find a variety of topics ranging from integrative medicine to geriatric health. Minal Vazirani, MD, FACP, FAAP, FABIHM, recently joined the Siegler Center for Integrative Medicine located at the Barnabas Health Ambulatory Care Center. Dr. Vazirani is board certified in Internal Medicine, Pediatrics and Integrative Holistic Medicine. She has expertise in both traditional and complementary medicine and offers our community an innovative, comprehensive and holistic approach to care.

The Geriatric Health Center recently opened to promote the overall health of aging adults, as well as the prevention and treatment of disease and disabilities that may occur as people age. Under the direction of Theresa Redling, DO, FACP, board certified in Geriatrics, Internal Medicine, and Hospice and Palliative Care, the Center is tailored to provide comprehensive services with a focus on individuals with complex medical needs and/or cognitive impairment.

We understand that nothing is more important than your health. We are pleased to have close to 1600 physicians on our medical staff representing approximately 100 specialties should you need medical care. To help you remain healthy, we encourage you to take advantage of the numerous health education programs both at our facilities, as well as, in the community.

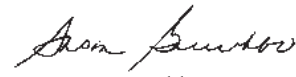
Sincerely,



Barry H. Ostrowsky  
President and  
Chief Executive Officer  
Barnabas Health




John F. Bonamo, MD, MS  
President and  
Chief Executive Officer  
Saint Barnabas Medical Center

Susan Garrubbo  
President and  
Chief Executive Officer  
Barnabas Health  
Ambulatory Care Center



Clara Maass  
Medical Center  
One Clara Maass Drive  
Belleville, NJ 07109  
973.450.2000



Newark Beth Israel  
Medical Center  
and Children's Hospital  
of New Jersey  
201 Lyons Avenue  
Newark, NJ 07112  
973.926.7000

## Essex County

Saint Barnabas  
Medical Center  
94 Old Short Hills Road  
Livingston, NJ 07039  
973.322.5000



Barnabas Health  
Ambulatory Care Center  
200 South Orange Avenue  
Livingston, NJ 07039  
973.322.7000

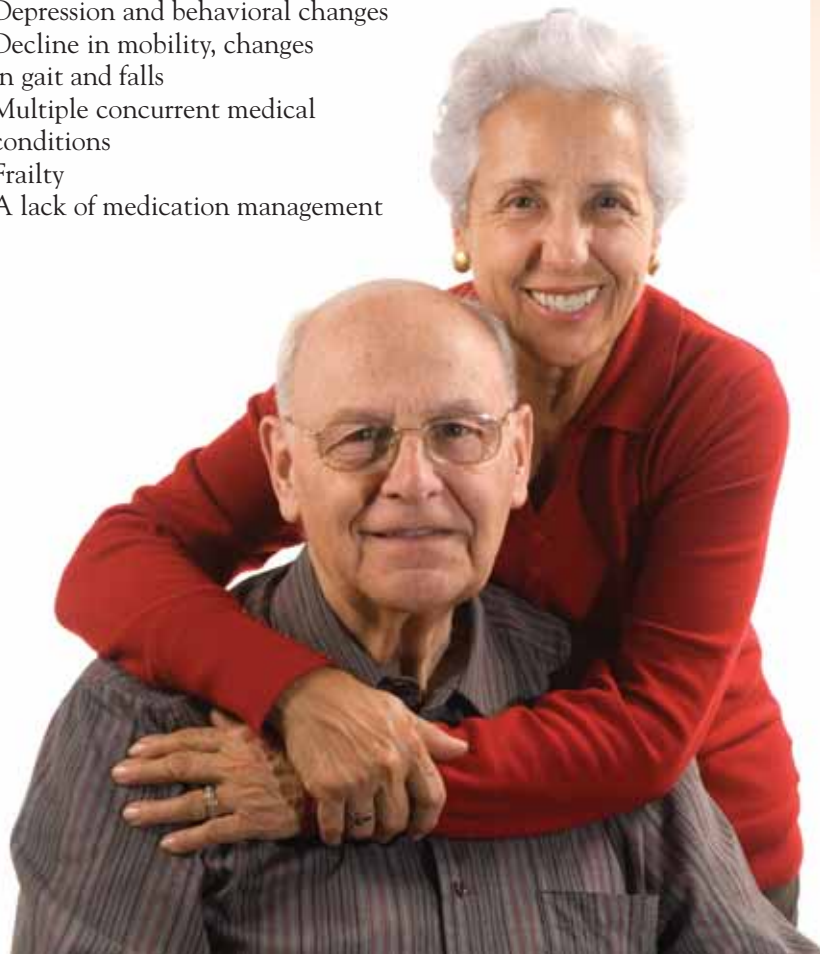
# New Geriatric Health Center: Caring for Our Aging Adults

To promote the overall health of aging adults, as well as the prevention and treatment of disease and disabilities that may occur as people age, Saint Barnabas Medical Center has created The Geriatric Health Center. The Center is tailored to provide comprehensive services with a focus on individuals with complex medical needs and/or cognitive impairment.

“Aging does not always mean decline and our Center provides comprehensive individualized care utilizing a multi-disciplinary team,” explains **Theresa M. Redling, DO, FACP**, a board-certified Geriatrician and Medical Director of The Geriatric Health Center. “For those 65 years or older, our team can work with you to manage and coordinate your care to help you enjoy better health,” she adds. The Geriatric Health Center coordinates health and social services for the elderly and their families, focusing on comprehensive inpatient and outpatient care and education. It provides medical care for older adults, assessment of memory disorders and education and support for individuals and their caregiver.

The Center provides primary and consultative services for individuals suffering from:

- ▶ Memory loss and confusion
- ▶ Depression and behavioral changes
- ▶ Decline in mobility, changes in gait and falls
- ▶ Multiple concurrent medical conditions
- ▶ Frailty
- ▶ A lack of medication management



An accomplished geriatrician, **Theresa M. Redling, DO, FACP**, is board certified in Internal Medicine, Geriatrics, Hospice and Palliative Care. Most recently, she was in private practice. She also has held the position of Chief of Geriatrics at Beth Israel Medical Center, New York City. Fellowship trained at Mt. Sinai Medical Center, New York, her interests include successful aging, dementia care, management of complex medical issues and education of medical practitioners in care of the elderly.



**Lauren Van Sadlers, APN**, is a Gerontological Advanced Practice Nurse with a specialty in Geriatrics and Palliative Care. Her education includes a Master's degree from The Johns Hopkins University and a post-Master's certificate in Gerontological Advanced Practice Nursing from the University of Medicine and Dentistry of New Jersey. She is currently a doctoral candidate at Felician College, New Jersey. She is a member of the Gerontological Advanced Practice Nurses.

The Geriatric Health Center is located in the Atkins-Kent Building at 101 Old Short Hills Road, Suite 302, West Orange, NJ. For more information about the services available or to contact Dr. Redling, please call **973.322.6457**.



**T**he Barnabas Health Heart Centers offer a single comprehensive adult and pediatric cardiac program with locations throughout New Jersey. Our 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. We continue to lead the way in offering the newest minimally invasive procedures and catheter-based alternatives to open-heart surgery.

Cardiovascular disease (CVD) is the leading cause of death in the United States. The Barnabas Health Heart Centers want to help you and your family understand more about cardiovascular disease.

# Heart Healthy Advice

## Heart Attack Signs and Symptoms Don't Wait—Call 9-1-1 Immediately

Barnabas Health Heart Centers remind families to take symptoms seriously and to summon medical assistance by calling 9-1-1 immediately if they think a family member is having a heart attack. Heart disease remains the nation's number one killer of both men and women.

“If you or a family member are exhibiting signs of a heart attack, call an ambulance instead of attempting to drive to the hospital,” says **Gary J. Rogal, MD**, Chief of Cardiology for Barnabas Health. “If his or her condition should worsen, there is nothing you can do to help while driving. Ambulance crews have training and equipment to care for heart attack patients while they are being transported to the hospital.” Ambulances are equipped with an Emergency Medical System that can transmit an electrocardiogram (EKG) before the patient reaches the hospital. Based on important information relayed from the field, necessary staff, testing and treatment are made available before the patient's arrival.

All six of the Barnabas Health Heart Centers located across New Jersey have Joint Commission Certification in Acute Coronary Syndrome and Heart Failure. The accreditation also ensures that emergency and cardiology physicians continually refine and improve the way care is provided in the case of a cardiac emergency including heart attack.



### Know Your Risk

When evaluating your risk for cardiovascular disease, multiple factors play a role. Some of those factors can be controlled while others such as gender and family history are beyond one's control. Factors that can increase risk of cardiovascular disease are:

#### **Age**

The risk of dying from CVD increases with age.

#### **Family History**

If your parents had heart disease, your risk increases.

#### **Race**

African Americans with high blood pressure have an increased risk. Risk is also higher among Mexican Americans, American Indians, native Hawaiians and some Asian Americans.

#### **Gender**

Men have a greater risk of CVD than women. However, the risk for women increases after menopause.

## Warning Signs of a Heart Attack

The most common symptoms of a heart attack are:

- ▶ Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back
- ▶ Pain that spreads to the shoulders, neck, jaw, arms, or back
- ▶ Chest discomfort associated with lightheadedness, fainting, sweating, nausea, or shortness of breath
- ▶ Profound fatigue, which may last several days before the heart attack
- ▶ The occurrence of any of these symptoms **WITHOUT** exertion

There are less common warning signs of heart attack that should also be taken seriously, especially if they accompany any of the above symptoms. The intensity of the symptoms is not significant and they may not result in actual pain, reports Dr. Rogal, as for example, shortness of breath is not considered painful.

The important feature is that these symptoms are new, possibly subtle, and there is no reason for them (for example, abdominal discomfort without having a recent meal). These less common symptoms include:

- ▶ Stomach or abdominal pain
- ▶ Nausea or dizziness
- ▶ Shortness of breath and difficulty breathing
- ▶ Unexplained anxiety, weakness, or fatigue
- ▶ Palpitations, cold sweat, or paleness

Not all these signs occur in every heart attack. Sometimes symptoms go away and return. In all cases, a person can lower the chance of dying from a heart attack by recognizing symptoms and getting medical help immediately.

For information about physicians affiliated with Barnabas Health Heart Centers, please call **1.888.724.7123**.

### Barnabas Health Heart Centers Locations and Contact Information

**Barnabas Health Heart Center at Clara Maass Medical Center**  
One Clara Maass Drive, Belleville, NJ

**Barnabas Health Heart Center at Community Medical Center**  
99 Highway 37 West, Toms River, NJ

**Barnabas Health Heart Center Kimball Medical Center**  
600 River Avenue, Lakewood, NJ

**Barnabas Health Heart Center at Monmouth Medical Center**  
300 Second Avenue, Long Branch, NJ

**Barnabas Health Heart Center at Newark Beth Israel Medical Center at Children's Hospital of New Jersey at Newark Beth Israel Medical Center**  
201 Lyons Avenue, Newark NJ

**Barnabas Health Heart Center at Saint Barnabas Medical Center**  
94 Old Short Hills Road, Livingston, NJ



**Gary Rogal, MD**  
Chief of Cardiology  
Barnabas Health

## Risk Factors You Can Control or Treat

**These risk factors can be controlled or treated with help from your healthcare professional and by modifying your lifestyle.**

- ▶ Cholesterol
- ▶ Blood Pressure
- ▶ Smoking
- ▶ Physical Activity
- ▶ Obesity
- ▶ Diabetes
- ▶ Stress
- ▶ Birth Control Pills
- ▶ Alcohol and Illegal Drugs

**Incorporate Heart Healthy Behaviors into your daily life:**

- ▶ Quit Smoking
- ▶ Increase Physical Activity into Your Lifestyle
- ▶ Eat a Varied Diet with Good Nutrition Utilizing Healthy Fats/Oils
- ▶ Maintain a Healthy Body Weight for Your Height
- ▶ Manage Your Stress Levels

# Heart Warming Stories from Saint Barnabas Medical Center

## Superstorm Sandy Couldn't Stop This Important Surgery

**L**akewood resident Joann Stravelakis, former special needs teacher, spent her life caring for others. She tended to her parents who both succumbed to cardiovascular disease. When her sister was diagnosed with ovarian cancer, Joann looked after her until she passed away. Afterwards, she could no longer ignore her own health or the exhaustion and pain. When she finally visited her cardiologist, he sent her for a battery of tests which showed she had five blocked coronary arteries and needed quintuple bypass surgery.

Surgery was scheduled for October 29, 2012, the day that Hurricane Sandy hit New Jersey. The day before, Joann was in pain; her jaw and left arm were aching. Her physician advised her to go to Saint Barnabas Medical Center where she was admitted. As the storm was pounding the Jersey shore, Paul Burns, MD, Vice-Chair of Cardiothoracic Surgery for Barnabas Health, performed the surgery. Within a few days, she was released into a rehabilitation facility where she completed her recovery. Today, Joann is feeling more energetic and exercises daily.



Pictured **Joann Stravelakis and Paul G. Burns, MD**, Vice Chairman of Cardiothoracic Surgery for Barnabas Health

## A Second Chance

**M**atthew Woods, 50, was an avid soccer player and athlete his whole life. On January 9, 2010, while sitting at home his heart stopped. His wife and young daughter heard a strange noise and found Matt unconscious and not breathing. His wife immediately started CPR while his daughter called 911 and alerted a neighbor. A police officer arrived and quickly hooked up an automatic external defibrillator (AED) to Matt. After three tries, his heart restarted. En route, Emergency Medical Services contacted the Emergency Department physicians at Saint Barnabas Medical Center to prepare the cardiac team for Matt's arrival.

Matt's chances of survival were less than 10 percent and, if he recovered, he would likely have suffered significant brain damage. Upon arrival, he was quickly transferred to a Cardiac Catheterization suite where **Sabino Torre, MD**, interventional cardiologist, performed the cardiac catheterization, opened the blocked artery and inserted a stent.

A body cooling protocol was initiated to save brain tissue following his cardiac arrest and he was transferred to the Coronary Care Unit. Matt's heart and brain would recover but during the resuscitation, food from his stomach had entered his lungs. The food caused infection and inflammation in his lungs which required him to be placed on a ventilator. He also developed acute respiratory distress syndrome.

Once again, his survival was in question so his medical team tried a new state-of-the-art ventilator technology. Matt's lungs quickly responded and he began to improve. After nearly a month in the hospital, Matt was transferred to a rehabilitation

facility and then began an outpatient Cardiac Rehabilitation program. Within a few months, he was back to work, soccer and living life to the fullest.



Pictured in Front (L-R): **Sabino R. Torre, MD**, Interventional Cardiologist, **Matthew Woods, Cristina Almeida, RN**, Cardiac Catheterization Laboratory, **Edith L. Genuario, RN**, Cardiac Catheterization Laboratory, **Jolly Kuruvilla, RN**, Cardiac Catheterization Laboratory.

Pictured in back (L-R): **Daniel Radice, ES, PTA**, Cardiac Rehabilitation, **Wanda Rodriguez, RN**, Coronary Care Unit, **Lejla Mujic, MD**, Emergency Department, **Kerri Gieger**, Physician Assistant, Emergency Department.



# Reduce Your Cholesterol Level and Help Keep Your Heart Healthy



**H**igh cholesterol can affect anyone. It's a serious condition that increases a person's risk for heart disease, the number one killer of Americans, both women and men. The higher a person's cholesterol level, the greater the risk.

Knowing your cholesterol level is important. "People should have their cholesterol level checked starting at age 20, since the process of arterial blockages is a gradual one that happens over time," explains Claudia Irmieri, RN, APN-C, an advanced practice Nurse with Cardiac Services at The Heart Center at Saint Barnabas Medical Center. She says studies show that heart attacks that occur in people age 50 and above may be the result of plaque that began to form on the inside of their coronary arteries when these people were teenagers.

"Our blood cholesterol level is affected by many factors and choices that we make in our lives that contribute to how high or low our cholesterol will be," explains Ms. Irmieri. "Fortunately, if you have high cholesterol, there are lifestyle changes you can make to lower it and protect your health."

**Ms. Irmieri stresses that losing weight, eating better and exercising can help lower your cholesterol. To do so, he/she offers the following suggestions:**

- ▶ Reduce the number of calories you consume to keep your body weight within a normal range for your age and height.
- ▶ Limit your saturated fat intake by using lean meats, oils and soft margarines.

- ▶ Include more fruits and vegetables in your diet, along with foods rich in fiber, whole grains and omega-3 fatty acids.
- ▶ Whether you're overweight or not, try and get 30 minutes a day of moderate physical activity.
- ▶ If you choose to drink alcohol, do so in moderation (no more than one drink a day for women and two for men).
- ▶ Don't smoke and if you do, quit.
- ▶ Speak with your doctor about additional lifestyle changes you can make.

"It is never too early or too late to start taking care of your heart," Ms. Irmieri explains. "Becoming aware of your risk factors and making healthy lifestyle changes can make a huge impact on your heart health in the future," she adds.

For further information regarding cholesterol or heart disease, or to schedule an appointment with a cardiologist on staff at Saint Barnabas Medical Center, please call the Barnabas Health Link at **1.888.724.7123**.

## FREE WOMEN'S CARDIAC RISK ASSESSMENT

Saint Barnabas Medical Center offers a free Women's Cardiac Risk Assessment program that brings this important health screening to women of all ages. A 19-question assessment is available at [www.barnabashealth.org/womensheart](http://www.barnabashealth.org/womensheart). Responses to questions concerning blood pressure, weight, symptoms, lifestyle, diet and other factors are combined to determine individual risk. The online assessment is designed to show women areas of risk and provide them with information to motivate them to learn more and to take greater responsibility for their cardiovascular health.





## The Center for Sleep Disorders at Saint Barnabas

# Helping Those With Sleeping Problems

**F**or years, Robert Fleischman suffered from snoring and would wake up choking and gasping for air. He found himself tired during the day, constantly yawning and had even fallen asleep during meetings. When a friend suggested he might have sleep apnea, he spoke to his internist who recommended he have a sleep study at The Center for Sleep Disorders at Saint Barnabas Medical Center.

“Snoring, especially heavy snoring, is often associated with a condition known as sleep apnea,” says **Mangala Nadkarni, MD**, Medical Director of The Center for Sleep Disorders at Saint Barnabas Medical Center.

Sleep apnea is a condition where breathing is frequently interrupted and actually stops during sleep. While patients may not necessarily wake up during the episodes, the quality of their sleep is poor. This can lead to symptoms such as sleepiness during the day, lack of energy, memory problems and, often, can manifest as a mood disorder.

Dr. Nadkarni explains that apart from the symptoms themselves, research has shown that patients with severe sleep apnea are more likely to have high blood pressure that is difficult to treat, heart attacks and strokes. “The good news is that sleep apnea is a condition that can be easily diagnosed and treated,” she adds.

During an overnight stay in a private suite at The Center for Sleep Disorders, initial testing showed that Mr. Fleischman did in fact have sleep apnea. “I was waking up an average of 97 times per hour which I was told was a very bad number,” he explains. After being fitted with a specialized sleep mask, he now sleeps better and is no longer tired during the day. Unlike years past, he was able to stay awake to watch the entire Super Bowl and not fall asleep 15 minutes into the game.

### For those who have trouble sleeping, Dr. Nadkarni offers the following suggestions:

#### What works:

A combination of sleep aides and behavior modification techniques, such as yoga, biofeedback and guided imagery can help the individual coping with temporary sleep loss brought on by stress. Dr. Nadkarni cautions that no medications should be used for an extended period of time as they may mask a chronic sleep problem.

For anyone with a job that prevents them from coming in contact with the sun (working in a dark environment), bright light therapy in the morning and melatonin at night may assist with sleep problems.

#### What doesn't:

Exercising right before bed will not make you so tired that you fall asleep easily. In fact, says Dr. Nadkarni, it has the opposite effect. The body needs to be at a certain temperature for ideal sleep and when the body temperature rises, this is not conducive to falling asleep.

A warm bath right before bed, which also raises body temperature, will have an arousing effect rather than the desired sedating effect. Instead, take a bath an hour or more before bed so that your body temperature falls to the desired level by bedtime.

#### What's questionable:

Drinking chamomile tea or warm milk or reading in bed might help one person sleep but have no effect on another individual.

The Center for Sleep Disorders at Saint Barnabas Medical Center is accredited by the American Academy of Sleep Medicine and offers a full range of services used in the evaluation, diagnosis and management of sleep-related disorders in adults and children. The Center is equipped with the latest in monitoring equipment, providing the opportunity for daytime testing and full overnight sleep studies.



**Mangala Nadkarni, MD**,  
Medical Director of The Center  
for Sleep Disorders at  
Saint Barnabas Medical Center.

To contact The Center, please call **973.322.9800**. To learn more about sleep apnea and The Center for Sleep Disorders, watch our videos at [www.barnabashealth.org/sbmc](http://www.barnabashealth.org/sbmc) and click on Videos from the home page.



# SAINT BARNABAS MEDICAL CENTER AWARDED AN

# “A”

## FOR PATIENT SAFETY

Saint Barnabas Medical Center was honored with an “A” Hospital Safety Score by The Leapfrog Group, an independent national nonprofit run by employers and other large purchasers of health benefits. The A score was awarded in the latest update to the **Hospital Safety Score<sup>SM</sup>**. The A, B, C, D or F scores assigned to U.S. hospitals were based on preventable medical errors, injuries accidents, and infections. The Hospital Safety Score was compiled under the guidance of the nation’s leading experts on patient safety and is designed to give the public information they can use to protect themselves and their families.

“Saint Barnabas Medical Center is proud of this recognition. The Leapfrog Group score is representative of our organizational commitment to patient safety. This recognition is important to our goal of maintaining excellence and continually improving the care we provide to our community,” states John F. Bonamo, MD, MS, President and Chief Executive Officer, Saint Barnabas Medical Center.

“Hospitals like Saint Barnabas Medical Center that earn an “A” have demonstrated their commitment to their patients and their community,” said Leah Binder, President and CEO of The Leapfrog Group. “I congratulate Saint Barnabas Medical Center for its safety excellence, and look forward to the day when all hospitals will match this standard.”

## Health Coach 4 Me: On-Line Website to Help You Track Your Health Goals

You’re busy. You have health goals that you think about, but life gets in the way. To help, you now have access, via the SBMC website – [barnabashealth.org/sbmc](http://barnabashealth.org/sbmc), to HealthCoach4Me, provided at no cost by GlaxoSmithKline.

This easy-to-use interactive web site is designed for people who want to take charge of their health, but need a little help along the way. It offers both consumer health information about many common health conditions as well as a portal to track your health status through a password protected area within the site.

### In addition, registering on HealthCoach4Me allows you to:

- ▶ Customize your health goals; track your results using interactive assessments, quizzes, diaries, checklists, and action plans; and view your progress on your personalized dashboard
- ▶ Select email or text reminders to help you stay on track
- ▶ Receive support messages from your family and friends

**Log on and check it out and be sure to recommend the site to others who want to take charge of their health!**



# Free Lung Cancer Screening Program

## at Saint Barnabas Medical Center

If you are a smoker or former smoker, you may be eligible for a new Lung Cancer screening program designed to identify lung cancer at an earlier stage. The Saint Barnabas Lung Cancer Institute is offering a free low-dose CT screening program for individuals who are at high-risk for developing lung cancer.

### Eligible Individuals Include:

Current or former smokers between the ages of 55 and 74 years of age with a history of 30-pack years or more. (A pack year is the number of packs smoked per day multiplied by the number of years. Example would be: 1 pack/day for 30 years equals 30 pack years.) Former smokers who quit more than 15 years ago are not eligible.

Those ages 50 and older, have a 20-pack years smoking history, and have one of the following:

- ▶ Exposure to radon, asbestos, silica, diesel fumes, chromium and nickel
- ▶ Personal history of prior lymphoma or smoking-related malignancies such as head and neck cancer, bladder and esophageal cancer
- ▶ Family history of Lung Cancer
- ▶ Diagnosis of chronic obstructive disease (COPD) or pulmonary fibrosis

Saint Barnabas Medical Center has joined the International Early Lung Cancer Action Program to offer this life-saving test. In high risk people, lung cancer deaths drop by 20% when the cancer is identified early using a low-dose spiral CT scan compared with individuals receiving a chest x-ray. The scan only takes a few minutes and can save your life.

If you believe you may be at risk, please call **973.322.6644** for more information or to make an appointment for this free screening and low-dose CT scan.

### EVIDENCED-BASED TOOLS TO QUIT SMOKING

MAY 2; 7:00 PM

*West Orange Public Library*  
46 Mount Pleasant Avenue, West Orange, NJ 07052

One of the hardest addictions to shake is smoking – but quitting is the best decision you will ever make. Whether you've tried to quit smoking before or are thinking about it, join Roland Romano, LPC, CTTS, RRT, the Community Outreach Coordinator for the Saint Barnabas Lung Cancer Institute, to get advice on what really works. **Registration: 1.888.724.7123.**



# The Siegler Center for Integrative Medicine Welcomes New Medical Director

**T**he Barnabas Health Ambulatory Care Center is pleased to welcome **Minal Vazirani, MD, FACP, FAAP, FABIHM** to the Siegler Center for Integrative Medicine. Dr. Minal Vazirani recently joined The Siegler Center for Integrative Medicine as its new medical director. She is a dual board certified internist and pediatrician, making her qualified to treat everyone from infants to adults. She is also board certified in Integrative Holistic Medicine. Dr. Vazirani is trained in conventional and alternative medical theory and practice, offering patients an innovative, comprehensive, holistic and progressive approach to care.

She received her bachelor's degree from The College of New Jersey and received her medical degree from the University of Medicine and Dentistry of New Jersey—New Jersey Medical School (UMDNJ NJMS). She completed her residency in Internal Medicine and Pediatrics at Good Samaritan Hospital and Phoenix Children's Hospital in Arizona.

Dr. Vazirani was selected to participate in many leadership and educational opportunities throughout her training, and has had the privilege of being mentored by many well-renowned pioneers and experts in the field of integrative medicine. She is also one of only a handful of physicians in the U.S. who has completed an academia-based clinical assessment program in Ayurvedic Medicine.

She continues to travel to India frequently to further her expertise in Ayurvedic Medicine. Dr. Vazirani also teaches at UMDNJ's Institute for Complementary and Alternative Medicine (ICAM). Dr. Vazirani has dedicated her career to exclusively practicing Integrative Medicine. She is happy to partner with patients and their primary care providers and specialists to provide consultations for safe, integrative and holistic approaches for their medical needs and health optimization on their healing journeys.

## The Siegler Center for Integrative Medicine

The Siegler Center for Integrative Medicine is a comprehensive, holistic center for individuals who would like to educate themselves about ways to improve their overall health and well-being, or to address special health concerns from an integrative perspective. A few examples of concerns, which people often seek integrative consultation include but are not limited to:

- ▶ Anxiety/Stress Reduction
- ▶ ADHD
- ▶ Insomnia
- ▶ Irritable Bowel Syndrome
- ▶ Crohn's Disease
- ▶ Ulcerative Colitis
- ▶ Rheumatoid Arthritis
- ▶ Migraine Headaches
- ▶ Optimizing Wellness
- ▶ Optimizing Brain Health
- ▶ PMS
- ▶ Stable Coronary Artery Disease/Hypertension
- ▶ Asthma
- ▶ Eczema
- ▶ Allergies/Food Sensitivities - Metabolic Syndrome/Insulin Resistance
- ▶ Diabetes/Pre Diabetes
- ▶ Mindful Weight Management Counseling
- ▶ Holistic Fertility/Pre-Conception Counseling
- ▶ Holistic/Green Pregnancy
- ▶ Counseling
- ▶ Holistic Well Baby/Well Child Counseling

Our highly trained staff of integrative medicine physicians, nutritionists, acupuncturists, massage therapists, herbalists, integrative psychologists, and support staff work together to optimize patient health, well-being and quality of life.

For more information or to schedule an appointment call **973.322.7007**.

Our new Integrative Medicine Center Suite is conveniently located at the Barnabas Health Ambulatory Care Center, Suite 116, 200 South Orange Avenue, Livingston, NJ.



**Minal Vazirani, MD, FACP, FAAP, FABIHM**  
Medical Director, Siegler Center,  
for Integrative Medicine





April– May 2013

## SAINT BARNABAS COMMUNITY CALENDAR EVENTS

Those interested in learning more about the latest programs and services offered by Saint Barnabas Medical Center and Barnabas Health Outpatient Centers can sign up for our free, monthly E-newsletter by visiting [tinyurl.com/sbmcnews](http://tinyurl.com/sbmcnews), emailing [santon@barnabashealth.org](mailto:santon@barnabashealth.org) or calling 973.322.5425.

**Unless noted, all of the following programs are free and require registration. For a complete list of programs and to register online, please visit: [www.barnabashealthcalendar.org/sbmc](http://www.barnabashealthcalendar.org/sbmc)**

### PROGRAM LOCATIONS:

**Saint Barnabas Medical Center**  
94 Old Short Hills Road, Livingston, NJ

**Barnabas Health Ambulatory Care Center**  
200 South Orange Avenue, Livingston, NJ

**Leon & Toby Cooperman JCC MetroWest**  
760 Northfield Avenue, West Orange, NJ  
(programs are open to the general public)

## APRIL

### A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

*Mondays and Tuesdays, 8, 9*

*10:00 am to 12:00 noon. Conference Room B  
Barnabas Health Ambulatory Care Center  
200 South Orange Avenue, Livingston, NJ 07039*

Falling is one of the most frequent causes of serious injury in older adults. This 8-session workshop is open to anyone who is concerned about falling and interested in fall prevention. Learn how to control your fear of falling and to prevent falls, reducing your chances of fracture and head injury. Space is limited to 15 participants. Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

**To register, please call 1.888.724.7123.**

### NEW MOMS' CIRCLE

*Mondays, April 8, 15, 22, 29; 10:00 to 11:30 am  
JCC MetroWest*

Women's Health/Parent Education offers this support group, led by a licensed clinical psychologist specializing in post-partum adjustment, which addresses transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood.

**Online reservations required:**

**[www.barnabashealthcalendar.org/sbmc](http://www.barnabashealthcalendar.org/sbmc)**

### BREASTFEEDING SUPPORT GROUP

*Mondays, April 8, 15, 22, 29; 11:30 am to 12:30 pm  
JCC MetroWest*

Women's Health/Parent Education sponsors this workshop to help new moms achieve the confidence and skills needed for a satisfying nursing experience. **Online reservations required:**

**[www.barnabashealthcalendar.org/sbmc](http://www.barnabashealthcalendar.org/sbmc)**

### CELIAC DISEASE SUPPORT GROUP

*Tuesday, April 9, 2013, 6:30 – 8:00 pm  
Barnabas Health Ambulatory Care Center,  
200 South Orange Avenue, Livingston, NJ*

Once you or a family member has been diagnosed with celiac disease, where can you go for accurate, up-to-date information? Our support groups can be a great resource for the news about current research, product information and availability, travel ideas, cooking suggestions and other lifestyle tips. Led by a Registered Dietitian, meetings address the challenges of the gluten-free lifestyle and provide a venue for networking, sharing recipes and experiences.

**For more information, please call the Kogan Celiac Center at 973.322.7272 or email [koganceliaccenter@barnabashealth.org](mailto:koganceliaccenter@barnabashealth.org)**

### CANCER SURVIVORSHIP: NAVIGATING YOUR CARE AFTER CANCER TREATMENT

*Tuesday, April 9; 6:30 to 8:00 pm  
JCC MetroWest*

The Saint Barnabas Cancer Program Department of Psychosocial Support Services presents a Cancer Survivorship Lecture Series entitled "Project H.O.P.E. (Helping Our Patients Excel)."

**Registration: 973.322.2671.**

**BREASTFEEDING BASICS**

Tuesday, April 9 and 23; 7:00 to 9:30 pm  
Saint Barnabas Medical Center

A prenatal workshop to help mothers achieve the confidence and skills necessary for a satisfying nursing experience once their baby is born.

**Fee applies: 973.322.5360.**

**HOW YOUR DIET CAN RAISE YOUR BLOOD PRESSURE: WHAT YOU NEED TO KNOW**

Wednesday, April 10, 12:00 pm  
Multi-Specialty Practice of Westfield,  
560 Springfield Ave, Suite 101, Westfield, NJ 07009  
Join physicians from Saint Barnabas's Multi-Specialty Practice of Westfield to learn how the food choices you make can affect your blood pressure. **Registration required: 908.233.8571.**

**JOINT REPLACEMENT SEMINAR**

Thursday, April 11; 6:30 pm  
Springfield Public Library, 66 Mountain Ave.,  
Springfield, NJ

There's a difference between feeling one's age and pain that keeps one from participating in even the most common of everyday activities. For those suffering from chronic hip or knee pain, joint replacement surgery could help. Learn more from Dr. Michael H. Rieber, a recognized expert from The Joint Institute at Saint Barnabas Medical Center in complex reconstructive hip and knee surgery, including the anterior approach for hip replacement.

**Registration: 1.888.724.7123.**

**OSTEOPOROSIS SUPPORT GROUP: LET'S DANCE!**

Thursday, April 11, 2013, 11:30 am – 12:30 pm  
Conference Room A, Barnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ  
Let's Dance! Do you want to learn a weight bearing exercise and have fun at the same time? Join us as David Cross, Dance Instructor and Project Healthy Bones Lead Coordinator, shows us how to move! **To register or for more information, please call 973.322.7830.**

**WHAT TYPE OF EATER ARE YOU?**

Thursday, April 11; 7:00 to 8:00 pm  
JCC MetroWest

There is no single right way to eat well. Each approach has its own merits and drawbacks. Debra Gill, PhD, will help you understand your tendencies so you can build on healthy choices and adjust not-so-good-for-you habits.

**Registration: 973.322.5620.**

**IS IT ALLERGIES?**

Tuesday, April 16; 7:00 to 8:00 pm  
JCC MetroWest

Although colds and seasonal allergies may share some of the same symptoms, they are very different diseases. Donald B. Perlman, MD, an Allergy and Immunology specialist, will review how to differentiate between the two and treatments that can help alleviate the symptoms. **Registration: 973.322.5620.**

**CYSTIC FIBROSIS PARENT SUPPORT GROUP**

Wednesday, April 17; 7:00 pm  
Barnabas Health Ambulatory Care Center  
In this supportive and nurturing environment, parents of children with Cystic Fibrosis meet to share and discuss a variety of issues such as improving adherence, nutrition and coping with a chronic illness. Led by a social worker, the group is open to community members with a child diagnosed with Cystic Fibrosis. **To learn more, contact Judy Epstein, MSW, LSW at 973.322.7600 or jepstein@barnabashealth.org.**

**FREE HIGH-RISK LUNG CANCER SCREENING**

Thursday, April 18; 11:00 am  
South Orange Senior Circle,  
Baird Community Center, 5 Mead Street, South Orange, NJ  
When caught early, lung cancer is most curable. If you are a current or former smoker, you may be eligible for a free high-risk lung cancer screening program provided by The Saint Barnabas Lung Cancer Institute.  
**Registration: 1.888.724.7123.**

**MATERNITY ORIENTATION AND TOUR**

Saturday April 19 or 21; 2:00 pm or April 28; 7:00 pm  
Saint Barnabas Medical Center  
A free presentation and tour designed for expecting mothers interested in or planning to deliver at Saint Barnabas. **Online reservations are now required: barnabashealthcalendar.org/sbmc.**

**RELAXING BIRTH CLASS**

Tuesday, April 20; 9:00 to 11:30 am  
Saint Barnabas Medical Center  
A mini-workshop specifically for those planning a natural birth at Saint Barnabas. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered.  
**Fee applies: 973.322.5360.**

### CANCER SURVIVORSHIP: MANAGING CANCER-RELATED FATIGUE

Tuesday, April 23; 6:30 to 8:00 pm

JCC MetroWest

The Saint Barnabas Cancer Program Department of Psychosocial Support Services presents a Cancer Survivorship Lecture Series entitled "Project H.O.P.E. (Helping Our Patients Excel)." **Registration: 973.322.2671.**

### CANCER SURVIVORSHIP: THE BENEFITS OF EXERCISE FOR CANCER SURVIVORS

Tuesday, April 30; 6:30 to 8:00 pm

JCC MetroWest

The Saint Barnabas Cancer Program Department of Psychosocial Support Services presents a Cancer Survivorship Lecture Series entitled "Project H.O.P.E. (Helping Our Patients Excel)." **Registration: 973.322.2671.**

## MAY

### CHILDBIRTH PREPARATION CLASS

Wednesday, May 1; 7:15 to 9:30 pm

Saint Barnabas Medical Center

A class for first-time parents to help prepare for pregnancy and labor and delivery. Provides instruction in baby care and a tour of the maternity unit. This course consists of four evening classes held once a week; condensed weekend series are available.

**Fee applies: 973.322.5360.**

### WEIGHT LOSS SURGERY OPTIONS

Wednesday, May 1; 6:00 pm

Barnabas Health Ambulatory Care Center

For those who have tried and failed to lose weight, have a BMI of over 40 or a BMI of over 35 with obesity-related medical problems or are 80-100 pounds overweight, bariatric surgery may be the solution. Learn more from the team at the Saint Barnabas Bariatric Surgery Center of Excellence.

**Registration: 973.322.7433.**

### PERINATAL BEREAVEMENT SUPPORT GROUP

Wednesday, May 1; 7:30 to 9:00 pm

Saint Barnabas Medical Center

A group for those who have experienced a loss during pregnancy or the death of a newborn.

**Registration: 973.322.5745.**

### EVIDENCED-BASED TOOLS TO QUIT SMOKING

Thursday, May 2; 7:00 to 8:00 pm

West Orange Public Library,

46 Mt Pleasant Ave. West Orange, NJ

One of the hardest addictions to shake is smoking – but quitting is the best decision you will ever make. Whether you've tried to quit smoking before or are thinking about it, join Roland Romano, LPC, CTTS, RRT, the Community Outreach Coordinator for the Saint Barnabas Lung Cancer Institute, to get advice on what really works.

**Registration: 1.888.724.7123.**

### MARVELOUS MULTIPLES

Saturday, May 4; 9:00 am to 3:30 pm

Saint Barnabas Medical Center

A course for couples expecting a multiple birth. Program covers childbirth preparation, newborn baby care and includes a tour of labor and delivery.

**Fee applies: 973.322.5360.**

### SIBLINGS CLASS

Sunday, May 5; 9:00 am

Saint Barnabas Medical Center

A class for the whole family designed to reduce children's anxieties when separating with their mothers at the time of delivery. This class promotes a good feeling about the hospital and provides children with realistic expectations of newborn babies. **\$40 per family:**

**973.322.5360.**

### NEW MOMS' CIRCLE

Monday, May 6, 13, 20; 10:00 to 11:30 am

JCC MetroWest

Women's Health/Parent Education offers this support group, led by a licensed clinical psychologist specializing in post partum adjustment, which addresses transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood.

**Online reservations required:**

**[www.barnabashealthcalendar.org/sbmc](http://www.barnabashealthcalendar.org/sbmc).**

## HOW YOUR DIET CAN RAISE YOUR BLOOD PRESSURE: WHAT YOU NEED TO KNOW

**APRIL 10, 2013 • 12:00 NOON**

**WESTFIELD MULTI-SPECIALTY SUITE**

**PETER PASLEY, MD**

MULTI-SPECIALTY PRACTICE OF WESTFIELD  
560 SPRINGFIELD AVE, SUITE 101, WESTFIELD, NJ 07009  
**RSVP TO 908.233.8571**





**BREASTFEEDING SUPPORT GROUP**

Monday, May 6, 13, 20; 11:30 am to 12:30 pm

JCC MetroWest

Women's Health/Parent Education sponsors this workshop to help new moms achieve the confidence and skills needed for a satisfying nursing experience.

**Online reservations required:**

**www.barnabashealthcalendar.org/sbmc**

**CANCER SURVIVORSHIP:  
DEFINING YOURSELF AFTER CANCER TREATMENT**

Tuesday, May 7; 6:30 to 8:00 pm

JCC MetroWest

The Saint Barnabas Cancer Program Department of Psychosocial Support Services presents a Cancer Survivorship Lecture Series entitled "Project H.O.P.E. (Helping Our Patients Excel)."

**Registration: 973.322.2671.**

**AUTISM SPECTRUM SUPPORT GROUP**

Tuesday, May 7; 7:00 to 8:30 pm

Barnabas Health Ambulatory Care Center

Support, understanding, and empowerment for caregivers of children with autism spectrum disorders. This month's topic is "The New Autism Diagnosis." Facilitated by an experienced social worker, caregivers are encouraged to "drop-in" at any time or attend monthly. **To learn more, contact Kristen Zeleny, LCSW, Pediatric Developmental Center, 973.322.7570 or kzeleny@barnabashealth.org.**

**GRANDPARENTING SEMINAR**

Tuesday, May 7; 7:30 to 9:30 pm

Saint Barnabas Medical Center

A class for grandparents-to-be to discuss their concerns and receive information on the importance of grandparenting, advancements in childbirth, trends and changes in infant care and family communication. **A fee applies.**

**Registration: 973.322.5360.**

**BREASTFEEDING BASICS**

Tuesday, May 7 or 21; 7:00 to 9:30 pm

Saint Barnabas Medical Center

A prenatal workshop to help mothers achieve the confidence and skills necessary for a satisfying nursing experience once their baby is born. **Fee applies: 973.322.5360.**

**EATING WELL EQUALS AGING WELL**

Thursday, May 9; 7:00 to 8:00 pm

JCC MetroWest

Poor nutrition is a major threat against aging well. Find out from Deanna Schweighardt, RD, a Dietitian, how eating right, just may mean aging right.

**Registration: 973.322.5620.**

**CANCER SURVIVORSHIP: IDENTIFYING  
YOUR NUTRITIONAL NEEDS AS TREATMENT ENDS**

Tuesday, May 14; 6:30 to 8:00 pm

JCC MetroWest

The Saint Barnabas Cancer Program Department of Psychosocial Support Services presents a Cancer Survivorship Lecture Series entitled "Project H.O.P.E. (Helping Our Patients Excel)."

**Registration: 973.322.2671.**

**CELIAC DISEASE SUPPORT GROUP**

Tuesday, May 14, 2013, 6:30 – 8:00 pm

Barnabas Health Ambulatory Care Center,

200 South Orange Avenue, Livingston, NJ

Once you or a family member has been diagnosed with celiac disease, where can you go for accurate, up-to-date information? Our support groups can be a great resource for the news about current research, product information and availability, travel ideas, cooking suggestions and other lifestyle tips. Led by a Registered Dietitian, meetings address the challenges of the gluten-free lifestyle and provide avenues for networking, sharing recipes and experiences.

**For more information, please call the Kogan Celiac Center at 973.322.7272 or email koganceliaccenter@barnabashealth.org**

**RELAXING BIRTH CLASS**

Tuesday, May 14; 7:00 to 9:30 pm

Saint Barnabas Medical Center

A mini-workshop specifically for those planning a natural birth at Saint Barnabas. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered.

**Fee applies: 973.322.5360.**

**MATERNITY ORIENTATION AND TOUR**

May 17 or 26; 2:00 pm or May 17; 7:00 pm

Saint Barnabas Medical Center

A free presentation and tour designed for expecting mothers interested in or planning to deliver at Saint Barnabas. **Online reservations are now required:**

**barnabashealthcalendar.org/sbmc.**

**Barnabas Health Ambulatory Care Center  
(BHACC) Health Care Concierge**

Located in the Atrium of the BHACC, our Health Care Concierge is available to help you or any of your family members connect with any of our services, wellness programs, or follow-up appointments at any of the facilities within our system.

Diane Sirna-Miller, Health Care Concierge  
973.322.7540 dsirnasmiller@barnabashealth.org  
barnabashealth.org/acchealthcareconcierge.

# Simple Meals

## PAN SEAR ATLANTIC SALMON OVER A SUMMER QUINOA SALAD

SERVES 4 PEOPLE

### Ingredients

- ▶ 12 Ounces salmon filet
- ▶ 2 Cups arugula
- ▶ 2 Tablespoon diced red onion
- ▶ 2 Tablespoon diced walnuts
- ▶ ¼ Cup corn kernels roasted
- ▶ 1 ½ Cup cooked quinoa
- ▶ ¼ Cup grape tomatoes cut in half
- ▶ ½ Cup diced mango
- ▶ ½ Cup blueberries
- ▶ 1 Tablespoon olive oil
- ▶ 2 Tablespoon balsamic vinegar
- ▶ 1 lemon juiced
- ▶ 1 Tablespoon chopped basil
- ▶ Salt and pepper to taste.
- ▶ Lemons for garnish.

### Preparation:

1. Cut salmon into 4-3oz portions. Season with salt and pepper. Pre-heat a sauté pan over medium heat. Add 1 tablespoon of oil. Place salmon filets in pan skin side up cook for 2 min. Turn salmon and cook for an additional 2 to 3 min. Cook until internal temperature is 145°F. Remove from heat and let stand.
  2. In a mixing bowl add remaining olive oil, vinegar, lemon juice season with salt and pepper. Add remaining ingredients and mix with dressing.
  3. Place 4 equal portions of salad on plates. Top salad with cooked salmon. Garnish with lemon slice and serve.
- Chefs Notes: Serve the salmon hot. If you like to have the salmon cold place in the fridge for up to 2 days.

## CHILI LIME GRILLED CORN ON THE COBB

SERVES 8 PEOPLE

### Ingredients

- ▶ 8 Ears fresh corn, in husks
- ▶ 4 Tablespoons butter
- ▶ Juice of 1 lime
- ▶ 1 Teaspoon ground chili powder
- ▶ ½ Teaspoon dried crushed red pepper
- ▶ Sea salt, to taste
- ▶ Freshly ground black pepper, to taste
- ▶ Garnish: lime wedges

### Preparation:

1. Soak corn in cold water for 10 to 15 minutes. Melt butter over medium heat; stir in lime juice, chili powder, and red pepper.
2. Remove corn from water, and gently pull back husks; remove silks. Brush corn with butter mixture. Pull back husks over kernels, twisting tops to secure husks.
3. Grill corn, uncovered, at medium heat for 25 to 30 minutes, turning several times to cook evenly on all sides. (The outside of corn husks will be charred.)
4. To serve, pull back husks and tie together with a piece of the husk to form a handle for the corn. Season with sea salt and black pepper and extra lime juice.

Saint Barnabas Medical Center's  
**Award-Winning**  
**Executive Chef Jesse Kraft**  
some delicious recipes to get you  
ready for the summertime.

## THAI CHILI BBQ RIBS

SERVES 2-3 PEOPLE

### Ingredients

- ▶ 1 ½ Pounds pork ribs, baby back or side
- ▶ 1 Cup water
- ▶ 4 Tablespoons oyster sauce
- ▶ 2 Tablespoons low sodium soy sauce
- ▶ 1 Tablespoon fish sauce
- ▶ 1 Tablespoon Black Chinese vinegar  
(or substitute regular white or apple cider vinegar)
- ▶ 1 Tablespoon dark soy sauce
- ▶ ¼ Cup maple syrup
- ▶ 5 Cloves garlic minced
- ▶ 1 Teaspoon piece galangal OR ginger, grated
- ▶ 1 Whole fresh red chili, minced, OR 1/2 tsp. cayenne pepper, OR 1-2 tsp. chili sauce (to taste)

**Preparation:** Pre-heat oven to 300° F

1. Cut the ribs into easy-to-eat segments and place in a large baking pan.
2. Place all remaining ingredients together in a sauce pan. Stir well to dissolve the syrup.
3. Pour the sauce over the ribs.
4. Cover with foil and place in an oven for 1 hr.

### To Finish:

5. Cook ribs over a medium-hot grill, brushing over any leftover marinade from the bottom of the pan for the first couple of turns. Grill until the meat is caramelized. Low heat for a longer period is better, otherwise the ribs may burn on the outside.
6. Warm up the reserved sauce and serve together with the ribs. Serve with your favorite sides and green onions. Enjoy

# BUILDING A FOUNDATION



## Women's Health Council Inaugural Meeting

The Women's Health Council kicked-off its inaugural meeting with John F. Bonamo, MD, MS, President and Chief Executive Officer, Saint Barnabas Medical Center and Susan Garrubbo, President and Chief Executive Officer, Barnabas Health Ambulatory Care Center. Council members from top left Diane Alessi, Linda Cho Shin, Mariann Higgins, Abby Halpern, Corey Marell, Deb Belfatto, Kerry Gilder, Robin Frank, Tammy Blau, Lois Goldring, Rosemary Scoppetuolo, Jane Burke Cooper, Debbie Janoff, Dana Orbach, Amy Ruffini, and Meryl LaConti Faivus.

## The Burn Center at Saint Barnabas Medical Center Receives Generous Donation from Aspiring Kindness Foundation

The Burn Foundation received a grant of \$16,000 from the Aspiring Kindness Foundation to acquire patient care equipment to help adults and children recover from burn injuries. "This is our largest donation since we launched in 2011 and we are very proud," said Jason Tarantino, President of Aspiring Kindness Foundation. "We are extremely grateful for the generosity of Aspiring Kindness," states E. Hani Mansour MD, Medical Director, The Burn Center at Saint Barnabas Medical Center.

Pictured Left to Right: Chris Ruhren, Assistant Vice President, Patient Care Services, Saint Barnabas Medical Center, Mike Merizio, Jim Merizio, Sean Magee, Corey Frueler, Jason Tarantino, Shaun Fine, Aron Lukacs, Joseph Karol and Candy Karol. Holding the check are Beverly Foster, Director, Burn Foundation and E. Hani Mansour, MD, Medical Director, The Burn Center at Saint Barnabas Medical Center.



## SAVE THE DATES

### Strides for H.O.P.E. 5K Run & 2K Family Walk to Benefit the Pediatric Epilepsy Program at Saint Barnabas Medical Center

Sunday, April 7, 2013  
Livingston High School Oval, Livingston, NJ  
**8:30 am Registration, 10:00 am 5K and 2K Family Walk, 10:45 am Kids Sprints, 11:00 am Awards**

Fees: \$20 pre-registration by 4/4/2013; \$25 day of registration; \$17 for USATF-NJ members. Children under 12 FREE. Please call 973.322.4494 for more information. To register, donate, and learn more, visit [www.saintbarnabasfoundation.donordrive.com/event/HOPE5K/](http://www.saintbarnabasfoundation.donordrive.com/event/HOPE5K/)



### Party for a Purpose to Benefit the Cancer Center at Saint Barnabas Medical Center

Thursday, April 11, 2013  
Valley Regency, Clifton, New Jersey  
**7:00 pm**  
*Featuring the Infernos*

Tickets: \$150 per person. If you are interested in sponsorship opportunities, please call the Foundation at 973.322.4321.

### Saint Barnabas Medical Center Gala Honoring Albert and Janice Gamper

Saturday, April 27, 2013  
The Grove, Cedar Grove, NJ  
**6:00 pm**

For sponsorship and ticket information, please call the Foundation at 973.322.4321.

### 7th Annual Pedaling for Prevention Bike Ride

Sunday, June 9, 2013  
Ambulatory Care Center  
200 South Orange Avenue, Livingston  
**7:30 am**

Registration begins 7:30 am To register, donate, and learn about our burn programs, visit [www.njburncenter.com](http://www.njburncenter.com)





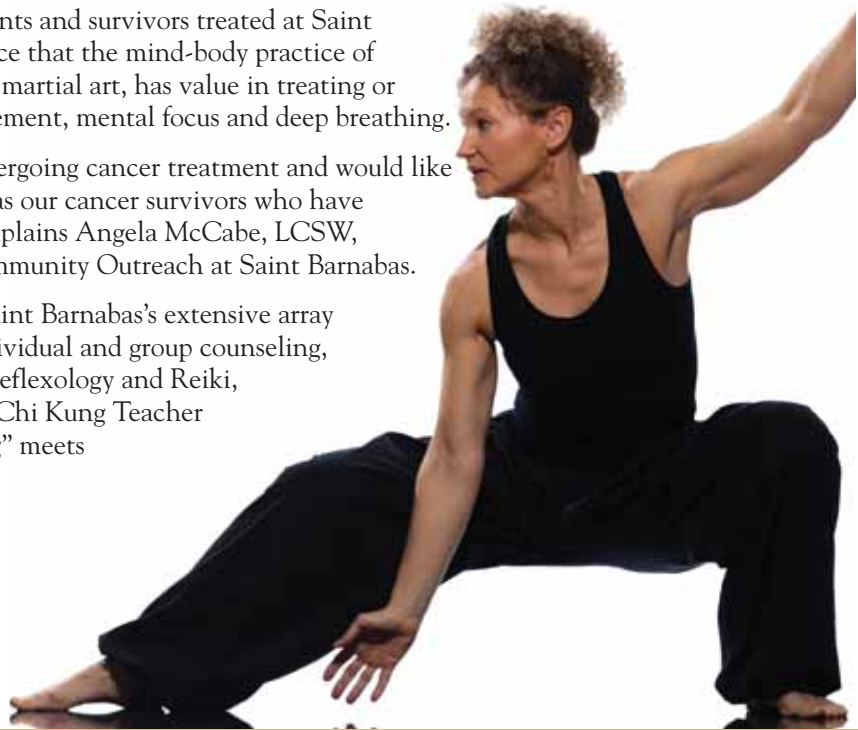
# Weekly Chi Kung Class Available to Cancer Patients at Saint Barnabas Medical Center

“Chi Kung for Healing” is now available free to cancer patients and survivors treated at Saint Barnabas and from the community. There is growing evidence that the mind-body practice of Chi Kung, a form of Tai Chi which originated in China as a martial art, has value in treating or preventing many health problems. It involves physical movement, mental focus and deep breathing.

“Our new Chi Kung class is a good fit for those who are undergoing cancer treatment and would like to gently move and strengthen their body and spirit as well as our cancer survivors who have completed treatment and want to maintain good health,” explains Angela McCabe, LCSW, OSW-C, Director of Psychosocial Support Services and Community Outreach at Saint Barnabas.

“Chi Kung for Healing” is part of The Cancer Program of Saint Barnabas’s extensive array of free services available to its patients. Services include individual and group counseling, art therapy, genetic counseling, holistic nurse services like Reflexology and Reiki, and spiritual care. Taught by Miriam Shankman, a certified Chi Kung Teacher and Healer with 16 years experience, “Chi Kung for Healing” meets on Monday evenings.

For more information and to register, please call Ms. McCabe at **973.322.2668**.



## Congratulations to the Township of Livingston on its Bicentennial

**S**aint Barnabas Medical Center is proud to be the Black Diamond Sponsor for the Livingston’s 2013 Bicentennial Celebration. At a Town Council meeting, **John F. Bonamo, MD, MS**, President and Chief Executive Officer, Saint Barnabas Medical Center, spoke about the reasons for the Medical Center’s sponsorship and about the long-time connection between Livingston and Saint Barnabas. “Livingston has been home to Saint Barnabas Medical Center since November 29, 1964. Since our beginning, Saint Barnabas has grown from a small community hospital into an award-winning, academic Medical Center that is one of the busiest in the state. We could not have done so without the support of the township and the community. The Bicentennial is our opportunity to thank and assist our town as we celebrate this important milestone.

Under the banner “Livingston at 200,” 12 months of Bicentennial events have been planned, with a theme for each month. For an overview of the twelve months of Bicentennial events and activities, visit the Livingstonat200 Facebook page or go to [www.livingston200.com](http://www.livingston200.com). Congratulations!


## Healthy News

From Saint Barnabas Medical Center and Outpatient Centers

### Subscribe to Healthy News

the free newsletter of Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center, at

<http://tinyurl.com/sbmcnews>

 [facebook.com/saintbarnabasmedicalcenter](https://www.facebook.com/saintbarnabasmedicalcenter)

 [twitter @sbmcmaternity](https://twitter.com/sbmcmaternity)



# *Discussing End-of-Life Wishes with a Family Member*

On Tuesday, April 16, 2013, Barnabas Health Hospice and Home Care support National Healthcare Decisions Day – a nationwide event to encourage people to engage in thoughtful advance healthcare planning and to encourage healthcare providers to honor those decisions.

**M**any families are uncomfortable bringing up the topic of final wishes. In fact, most people don't ever put their requests down on paper. Even though many Americans say they are in favor of advance directives, only few actually write them. Although it is a difficult conversation to initiate, it is important for caregivers to sit down with their loved one to discuss his or her wishes regarding end-of-life care and the measures they want taken in terms of life-sustaining treatment.

**Barnabas Health Hospice and Home Care offer these suggestions to caregivers when approaching the topic of end-of-life care with a loved one:**

If the person says he/she expects to overcome his/her illness, you can suggest that you still need to talk "just in case."

You can acknowledge that although you feel awkward bringing up the topic, you would not feel comfortable if you did not inquire about his/her final wishes.

You can mention that a friend was anguished when his/her parent died because he/she had not made his/her preferences clear or written an advance directive.

To reduce uneasiness, you can say you want to make an advance directive for yourself and suggest the two of you complete them together.

For those who argue that it is bad luck or too painful to discuss what he/she wants at the end of life, you should acknowledge the person's feelings of discomfort, but tell him/her that you do not want to be put in the difficult position of making a decision that may be very different from what he/she desired.

Once complete, it is recommended that you make several copies of your loved one's advance directive and distribute them to the individual's physician, attorney and family members. It is also a good idea to keep a copy of the directive in a bedside drawer for emergency medical personnel to refer to if they come in response to a 911 call.

For more information about Barnabas Health Hospice and Home Care, please visit [www.barnabashealth.org](http://www.barnabashealth.org) and choose the "Extended Care" tab.



Saint Barnabas Medical Center  
Barnabas Health Ambulatory Care Center

94 Old Short Hills Road, Livingston, NJ 07039

### SAINT BARNABAS MEDICAL CENTER OUTPATIENT LABS

Saint Barnabas Medical Center has outpatient blood drawing sites for the convenience of those who access health care services in and around the Roseland and Westfield areas," explained **John F. Bonamo, MD, MS**, President and Chief Executive Officer of Saint Barnabas Medical Center. He added that, "The sites are designed to provide a continuity of care and availability of medical records for those who are also patients at Saint Barnabas Medical Center in Livingston. "All of the Outpatient drawing stations are staffed by trained phlebotomists, licensed by the New Jersey State Department of Health and Human Services and provide full blood-drawing services and urinalysis. Most insurance plans are accepted and appointments are not necessary. Walk-ins are welcome.

#### SAINT BARNABAS MEDICAL CENTER OUTPATIENT LABORATORIES

##### ▶ Outpatient Laboratory at Roseland

189 Eagle Rock Ave. Roseland, NJ 07068

Hours of Operation: Monday, Wednesday, Thursday and Friday  
6:30 am – 5:00 pm; Tuesday 6:30 am – 7:00 pm.

##### ▶ Outpatient Laboratory at Westfield

560 Springfield Ave., Suite 103, Westfield, NJ 07090

Hours of Operation: Monday through Friday  
8:00 am – 4:00 pm.

##### ▶ Saint Barnabas Medical Center Outpatient Laboratory

94 Old Short Hills Road, Livingston, NJ 07039

Hours of Operation: Monday through Thursday 6:00 am – 6:00 pm;  
Friday 6:00 am – 4:00 pm; Saturday 6:00 am – 1:00 pm

##### ▶ Barnabas Health Ambulatory Care Center Outpatient Laboratory

200 South Orange Avenue, Livingston, NJ 07039

Hours of Operation: Monday, Wednesday and  
Friday 6:00 am -5:00 pm; Tuesday and Thursday  
6:00 am - 6:00 pm; Saturday – 6:00 am - 2:00 pm

Saint Barnabas Directory of Services and Medical Staff is online at

[www.barnabashealth.org/hospitals/saint\\_barnabas/info/directory\\_services.pdf](http://www.barnabashealth.org/hospitals/saint_barnabas/info/directory_services.pdf)

##### ▶ Saint Barnabas Medical Center – Main Number: 973.322.5000

94 Old Short Hills Road, Livingston, NJ 07039

Admitting Office .....	973.322.5165
The Burn Center .....	973.322.5924
The Cancer Centers .....	973.322.5200
at Saint Barnabas	
Emergency Department .....	973.322.5180
SBMC Foundation .....	973.322.4330
Geriatric Health Center .....	973.322.6457
Barnabas Health Heart Center .....	973.322.5244
at Saint Barnabas Medical Center	
The Joint Institute .....	973.322.9908
The Lung Institute .....	973.322.6644
Department of Medicine .....	973.322.5645
Pediatrics .....	973.322.5690
Pediatric Specialty Center .....	973.322.7600
Saint Barnabas Medical .....	888.724.7123
Center Physician Referral	
Barnabas Health Renal .....	973.322.5938
and Pancreas Transplant Division	
Radiation Oncology .....	973.322.5630
Center for Sleep Disorders .....	973.322.9800

Comprehensive .....	973.322.9742
Stroke Center	
Department of Surgery .....	973.322.5195
Valerie Fund Children's Center for .....	973.322.8200
Cancer and Blood Disorders	
Center for Wound and Burn Healing .....	973.322.5600
Women's Health and Education .....	973.322.5360

##### ▶ Barnabas Health Ambulatory Care Center

**200 South Orange Avenue, Livingston NJ 07039**

Main Number 973.322.7000

##### ▶ Barnabas Health Hospice and Palliative Care Center

Main Number 973.322.4800

##### ▶ JerseyCare Home Health

Main Number 973.243.9666

##### ▶ Medical Center Health Care Services

Main Number 973.243.1001

