



ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL

NEW BRUNSWICK • SOMERSET

BREAK throughs

CARDIAC CARE

Chain of Survival

PEDIATRIC HEMATOLOGY

Sickle Cell Disease

STROKE CARE

Treatment from Afar

Giovanni Herrera, 2, of Raritan, was treated for asthma in the Emergency Department at Robert Wood Johnson University Hospital (RWJ) Somerset. Experts determined he needed the specialized care available only at a designated children's hospital. The Pediatric Transport Team transferred him to The Bristol-Myers Squibb Children's Hospital at RWJ in New Brunswick.





WELCOME

Dear Friends,

With the recent public health concerns and outbreaks like Ebola and the measles, hospitals around the country are constantly developing new and updating existing protocols for the diagnosis and treatment of these diseases in preparation of a local incident.

Robert Wood Johnson University Hospital (RWJ) is no exception. For months now, we have been working in conjunction with Rutgers Robert Wood Johnson Medical School and physicians in the community to consult with the Centers for Disease Control and Prevention and the New Jersey Department of Health to develop and implement regional response plans for any type of public health threat.

Governor Chris Christie appointed RWJ's academic medical center in New Brunswick as the only Ebola Treatment Center in New Jersey.

Although we may not feel an immediate or imminent threat at this time, it's important for the public to understand that behind the scenes, RWJ continues to refine its preparedness operations with additional training, real-time drills and extensive education in order to keep the public healthy and safe.

I must commend our staff on their continued dedication and commitment not only to this hospital, but also to the health and safety of everyone here in our state. Physicians continue to sharpen our preparedness for public health issues, our infection prevention team tirelessly preaches good hand hygiene and other types of prevention methods and our designated staff are routinely educated on how to identify a potential patient when they walk through our doors.

I want to thank the entire RWJ family for ensuring our community that we are your trusted partner in public health and wellness.

Sincerely,



Stephen K. Jones, FACHE
President and CEO

Robert Wood Johnson University Hospital and Robert Wood Johnson Health System

BREAK throughs

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NEW BRUNSWICK • SOMERSET

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Article requests, comments or suggestions for *Breakthroughs* may be e-mailed directly to support@rwjuh.edu.

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CARDIAC CARE

Chain of Survival

Chuck Buda was looking forward to dinner with his wife, Sandra, to celebrate their 47th wedding anniversary and leaving for a vacation in Aruba a few days later.

Shown: Chuck Buda, 69, of Middlesex, went into cardiac arrest and subsequently benefited from the cardiac care at both the Somerset and New Brunswick campuses of Robert Wood Johnson University Hospital.



Shown: Rachana Kulkarni, MD, Chairperson of Medicine at Robert Wood Johnson University Hospital Somerset, was first to treat Chuck Buda in the Emergency Department using therapeutic hypothermia, a technique that reduces body temperature and has shown to improve the chance for meaningful survival after cardiac arrest.

But as he was walking in his Middlesex home on the afternoon of May 27, the 69-year-old suddenly collapsed and fell to the floor:

Middlesex Patrolmen James Dolinski and Sean Flanagan were the first to respond to his wife's emergency call, finding Mr. Buda in cardiac arrest. They began CPR and shocked Mr. Buda's heart with a defibrillator to revive him. The Middlesex Rescue Squad and Somerset Medical Center Emergency Medical Services also responded. He was transported to Somerset Medical Center, now known as Robert Wood Johnson University Hospital Somerset.

In the Emergency Department, he was put on a ventilator and assessed to determine if he suffered a stroke or heart attack. Cardiologist Rachana Kulkarni, MD, ordered a CT scan of his lungs and head to check for any signs of bleeding from a stroke. Blood tests showed that he had a heart attack. Dr. Kulkarni, who is chairperson of medicine at Robert Wood Johnson University Hospital Somerset (RWJ Somerset), started the process of therapeutic hypothermia, a technique that reduces body temperature to approximately 92°F to decrease the basic needs of the major organs.

"In cases of cardiac arrest, our biggest concern is to ensure that appropriate blood flow is getting to the vital organs and in particular, that blood is carrying oxygen to the brain," said Dr. Kulkarni. "Therapeutic hypothermia has been shown to improve patients' chances of meaningful survival from cardiac arrest, helping to keep their brain functions intact."

After 48 hours, the process of rewarming Mr. Buda's body began. While most patients slowly regain consciousness after their normal body temperature is restored, Mr. Buda remained critically ill and unconscious in the Intensive Care Unit for another 10 days.

After he did regain consciousness, Jason Hall, MD, Chief of Cardiology at RWJ Somerset, performed a cardiac catheterization on June 17. During this procedure, a small hollow tube is inserted from the groin to the aorta. A contrast dye is injected into the arteries and doctors use a special type of X-ray called fluoroscopy to see the dye and identify any blockages in the arteries.

Mr. Buda had one coronary artery that was 100 percent blocked and two that were 90 percent blocked. Dr. Kulkarni arranged for him to be transferred to RWJ New Brunswick, where cardiothoracic surgeon Anthony Lemaire, MD, Assistant Professor of Surgery at Rutgers Robert Wood Johnson Medical School, performed a triple coronary bypass on June 19th.

Since Mr. Buda continued to have serious arrhythmias, Dr. Kulkarni recognized that there might be scar tissue in his heart from the heart attack and felt a defibrillator was necessary to prevent Mr. Buda from having another cardiac arrest. A week later, Ashok Patel, MD, a cardiologist at Robert Wood Johnson University Hospital Somerset and New Brunswick, surgically implanted a defibrillator in his chest to help regulate electrical problems with the heart.

"Everything was coordinated very well between the two hospitals," said Mrs. Buda. "All of the nurses at both hospitals were great."

Dr. Kulkarni, who has been on staff at both RWJ New Brunswick and Somerset since 1997, was able to see Mr. Buda after his surgery in New Brunswick.

"We are proud to offer the complete spectrum of state-of-the-art cardiac services to our patients through a continuity of care between the two campuses," she said.

After two weeks in the hospital, Mr. Buda spent another three weeks in an acute care rehabilitation facility to regain strength in his legs. He is trying to eat healthier these days and continues to see Dr. Kulkarni for follow-up care.

"My heart attack was a complete surprise. I never had any heart problems before -- no chest pain, nothing," Mr. Buda said. "So far, everything is good. I feel great."

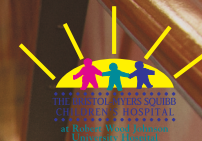
A retired chemist, Mr. Buda enjoyed watching his 13-year-old grandson play soccer this fall and getting back to his normal activities, including working in his yard. He also made good on the anniversary dinner he missed with his wife and the couple went on their delayed Aruba trip in November.

"He's back to normal," Mrs. Buda said. "It's incredible!"

Visit www.rwjuh.edu/heart or call 1-888-MD-RWJUH.

PEDIATRIC HEMATOLOGY

Sickle Cell Disease



Being born with severe sickle cell disease has not stopped Pauline Dande from living a full life. With expert care from the Regional Comprehensive Sickle Cell Center at Rutgers Cancer Institute of New Jersey and The Bristol-Myers Squibb Children's (BMSCH) Hospital at Robert Wood Johnson University Hospital, and a positive attitude, Ms. Dande has thrived despite pain that made it hard for her to walk or sit, and shortness of breath and lack of energy that prevented her from keeping up with other kids when she was growing up. "I try to overcome whatever I think is impossible and find a way to make it happen," said the 20-year-old North Brunswick, resident, who is now majoring in statistics at Rutgers University.

Sickle cell disease is an inherited blood disorder that makes the red blood cells hard and sticky, and shaped like a sickle. Sickle cells do not live as long as normal round blood cells, which causes anemia. They also get stuck in the blood vessels, clogging the flow of blood and causing pain and sometimes other serious problems such as life-threatening infection and stroke. Sickle cell disease is most common in African-Americans and in Hispanics from the Caribbean. Both parents must have the sickle cell gene for a child to be born with the disease.

During elementary and middle school, Ms. Dande was hospitalized at BMSCH a few times each year, and occasionally during high school, for severe pain and infections. Before starting her freshman year of college in 2011, she started taking Hydrea, a medicine that reduces pain and other problems from sickle cell disease and yet, is not widely used in young people. "Hydrea gave me more energy and really helps me focus in college," said Ms. Dande. "I don't get tired as quickly as I used to."

Richard A. Drachtman, MD, and other doctors at the Regional Comprehensive Sickle Cell Center use Hydrea aggressively. "Cells don't sickle as much when patients take Hydrea. It keeps them out of trouble," said Dr. Drachtman. Hydrea can also prevent problems such as damage to the lungs, heart, and kidneys that happen as children with sickle cell disease get older. Dr. Drachtman is Section Chief, Pediatric Hematology/Oncology at Rutgers Cancer Institute of New Jersey, and a Professor of Pediatrics at Rutgers Robert Wood Johnson Medical School.

Doctors throughout New Jersey refer patients with sickle cell disease to the Regional Comprehensive Sickle Cell Center, which is part of the Rutgers Cancer Institute of New Jersey,

the state's only National Cancer Institute-designated Comprehensive Cancer Center. "Through our aggressive approach to treatment and our involvement in research, we provide cutting-edge care," said Dr. Drachtman. The center's clinical trials give patients access to new sickle cell disease treatments being tested, such as drugs to improve blood flow and thus, relieve severe pain.

"Sickle cell disease may seem like it's a heavy burden, but with the right medical attention and a positive attitude, it doesn't hold me back from achieving things in my life," said Ms. Dande.

Visit www.bmsch.org or
call 1-888-MD-RWJUH



STROKE CENTER

Treatment from Afar

Sheila Lostbourne woke up with a terrible headache.

"I thought it was a sinus headache because my eyeballs hurt," she said. "If I moved my eyes left or right, they hurt."

Mrs. Lostbourne, 74, of Hillsborough, took acetaminophen for the pain and went to rest on the couch. Her husband, Wayne, found her there a short while later slumped over and unresponsive.

He called 9-1-1, summoning the Hillsborough Rescue Squad. The EMTs recognized that Mrs. Lostbourne might be having a stroke. On the way to Robert Wood Johnson University Hospital Somerset in Somerville on the morning of October 16th, they called the Emergency Department to alert them to a potential stroke patient. That call mobilized the hospital's stroke team, which includes physicians and nurses specially trained in stroke care as well as staff from radiology and the laboratory. As soon as she arrived at the hospital, Mrs. Lostbourne was seen by Keith Minett, DO, an emergency medicine specialist with RWJ Somerset and he ordered a CT scan to check for clots in her brain.

Using the hospital's new teleneurology service, a board-certified neurologist located off-site was immediately available to review Mrs. Lostbourne's CT scan and view her via video link through a special computer in the Emergency Department. The neurologist concurred that Mrs. Lostbourne was having a stroke and recommended that she receive tissue plasminogen activator (t-PA), a clot-busting drug. If administered within the first three hours of having a stroke, t-PA can help minimize the damage of a stroke.

Mr. Lostbourne spoke to the neurologist through videoconferencing. "It was great. He was very professional and thorough in explaining the need for the drug," he said.

Because the CT scan identified a clot in one of the arteries in her brain, Mrs. Lostbourne was transferred to Robert Wood Johnson University Hospital in New Brunswick within an hour. There, Sudipta Roychowdhury, MD, Clinical Associate Professor of Radiology at Rutgers Robert Wood Johnson Medical School, performed a mechanical thrombectomy, inserting a catheter to the blocked blood vessel to remove the clot. After the procedure, she was monitored by Igor Rybinnik, MD, Assistant Professor of Neurology at Rutgers Robert Wood Johnson Medical School.

The next day, Mrs. Lostbourne was sitting up in bed, calling friends and family throughout the country.

"This was a picture perfect case showing how timely diagnosis and prompt treatment can improve the outcomes for stroke patients," said Judy Lane, Director of Neuroscience at RWJ New Brunswick and Somerset.

Mrs. Lostbourne left the hospital four days after her surgery and went to a sub-acute rehabilitation center for two and a half weeks for physical and occupational therapy and continues outpatient rehabilitation after returning home.

Motivated by the lyrics from the song "Try" by Pink, Mrs. Lostbourne has been doggedly determined to

regain full strength and mobility in her left arm and leg, which were affected by the stroke.

Mrs. Lostbourne, who uses a wheelchair and walker to get around, enjoyed cooking her husband's favorite chili this winter and getting out to the movies. By this summer, the grandmother of three hopes to be able to see concerts at the PNC Bank Arts Center in Holmdel, where she saw Rascal Flatts last year.

"I'm in this to win it," she said

Visit www.rwjuh.edu/stroke or call 1-888-MD-RWJUH.

BONE MARROW TRANSPLANT

Celebrating a Milestone

Sue Tonry took up quilting six years ago as a way of saying “thank you.”

Shown: Sue Tonry is the founder of Quilts for Comfort, a non-profit organization inspired by her experience in the Bone and Marrow Transplant Program at Robert Wood Johnson University Hospital and Rutgers Cancer Institute of New Jersey where she was treated for acute myeloid leukemia. The Program recently celebrated its 1000th transplant.

She wanted to give back to Robert Wood Johnson University Hospital (RWJ) for the care she received after being diagnosed with acute myeloid leukemia in 2009.

"I got extraordinary care there. They saved my life," said Mrs. Tonry, of Robbinsville in Mercer County. With the help of about a dozen other quilters, she has donated more than 250 quilts to patients at RWJ with leukemia, lymphoma and other blood disorders through her nonprofit organization, Quilts for Comfort.

"My doctors were brilliant and the nursing staff was spectacular," she said. "I am so fortunate to have had the best care available to me close to home."

Mrs. Tonry, 45, is just one of the many success stories at the Blood and Marrow Transplant Program, which recently marked its 1,000th transplant. Launched in 1995 in collaboration with Rutgers Cancer Institute of New Jersey, the program is one of only two of its kind in New Jersey, drawing patients from throughout the tri-state region. Stem cell and bone marrow transplants are performed for patients with a variety of illnesses, including acute and chronic leukemias, myelodysplasia, various types of lymphoma, Hodgkin's disease, multiple myeloma, amyloidosis and related diseases.

"Every one of the 1,000 transplants is unique. Every one of those recipients is their own version of a hero with courage," said Roger Strair, MD, PhD, Director, Blood and Marrow

Transplant Program, and Chief of Hematologic Malignancies and Blood and Marrow Transplantation at Rutgers Cancer Institute of New Jersey and a Professor of Medicine at Rutgers Robert Wood Johnson Medical School. "Susan's story is absolutely amazing; it is one of the most remarkable stories in the history of our program or anywhere."

Mrs. Tonry was first diagnosed with leukemia in January 2009. A 39-year-old, working full time as a CPA in public finance and caring for three young children, she wasn't too surprised when she first started feeling very weak and exhausted.

"I thought I was just overstressed and run down," she said.

After prompting from work colleagues, she went to see her doctor, Joseph Guarino, DO, a family practitioner in Hamilton. Lab tests showed she had acute myeloid leukemia, a cancer of the blood in which the body produces too many of certain types of white blood cells. Dr. Guarino referred Mrs. Tonry to Dr. Strair who immediately admitted her to RWJ. She underwent several months of chemotherapy treatment to try to induce a remission. Although she was feeling better after the chemotherapy, the leukemia returned in December 2009.

Dr. Strair then recommended a bone marrow transplant, which was performed in February 2010, to help boost her immune system to attack the leukemia.

Mrs. Tonry returned home after a few weeks but in September that year began experiencing "unbearable" back pain caused by a leukemia mass on her spine. She underwent radiation treatment to relieve the pain and had a transfusion of T-cells in January 2011.

By spring 2011, she was having "debilitating" leg and hip pain due to another mass within the spine. Attempts at injecting chemotherapy into her spine were unsuccessful so she began radiation. During this time, her body stopped making blood. She lost her motor skills and was unable to eat or walk. Her weight dropped to 89 pounds. She began writing goodbye notes to her children and a priest administered last rites.

At home with nursing care, Mrs. Tonry became severely anemic, causing pain in her head whenever she moved. She returned to RWJ overnight for several blood transfusions to replenish her red blood cells and relieve her pain. Following these transfusions, her body slowly and unexpectedly began to make blood again. She began physical therapy to regain her motor skills and gradually became stronger and gained weight throughout 2012. Over the past two years, she has returned to see Dr. Strair for regular check-ups and has remained cancer free.

"It's a true tribute to her strength that she put up with the incredibly intense and debilitating treatment. She endured what few

Shown: Quilts for Comfort volunteers sew quilts that are hand-delivered to cancer patients at Robert Wood Johnson University Hospital.



could and now has a fantastic quality of life," said Dr. Strair.

"My original goal was just to make it to see my daughter's eighth grade graduation a year after my diagnosis," Mrs. Tonry said. "Not only did I see her eighth grade graduation but her graduation from high school as well and I was able to see her off to college last fall. I am so grateful for all that Robert Wood Johnson University Hospital has given to me."

Visit www.rwjuh.edu/cancer or call 1-888-MD-RWJUH.

EVENTS CALENDAR WWW.RWJUH.EDU

The following events take place in the Community Room at the **RWJ Fitness and Wellness Center, 100 Kirkpatrick Street, New Brunswick, NJ** unless otherwise noted.

MARCH

It's Time for a New You!

Bariatric Information Session

Wednesday, March 25

6:30 p.m.

Speaker: Ragui Sadek, MD

Considering weight loss surgery?

Take the first step to a NEWYOU by finding out if you are a candidate.



2015 PARKINSON'S EXERCISE GROUP

Every Friday beginning in March
(No classes on: April 3; April 10; July 3;
November 27; and December 25)
Time: 11 a.m. to 12 p.m.

Activities consist of stretching and strengthening, a cardiovascular workout (up to 15 minutes in duration), posture enhancement and relaxation and breathing.

***For all participants:**
Physician consent is required.

To register for this event,
please call: 732-7465-7520

APRIL

Strategies for Stress Free Living...

Guided Imagery, Breathwork, and Meditation

Wednesday, April 8

11:45 a.m.

Speaker: Nadine Roberts, Certified Reiki Master
& Guided Imagery Practitioner

Learn holistic stress management techniques, focusing on Integrative Mind and Body Guided Imagery and Meditations.

Annual Living Well With Parkinson's Conference

Saturday, April 11

9 a.m. to 3 p.m.

Location: The Imperia, 1714 Easton Ave., Somerset

A free conference for people with Parkinson's and their families.



It's Time for a New You!

Bariatric Information Session

Wednesday, April 22

7 to 8:30 p.m.

Speaker: Ragui Sadek, MD

Considering weight loss surgery?

Take the first step to a NEWYOU by finding out if you are a candidate.

Blood Drive

Thursday, April 23

2 to 7 p.m.

Registration is required, please call 732-235-8100 ext 221.

Family & Friends CPR

Tuesday, April 28

6 to 7 p.m.

The Family and Friends CPR Course teaches the lifesaving skills of adult hands-only CPR, child CPR with breaths, adult and child AED use, infant CPR, and relief of choking in an adult, child or infant.



MAY

Strategies for Stress Free Living...

Guided Imagery, Breathwork, and Meditation

Wednesday, May 13

11:45 a.m.

Speaker: Nadine Roberts, Certified Reiki Master
& Guided Imagery Practitioner

Learn holistic stress management techniques, focusing on Integrative Mind and Body Guided Imagery and Meditations.

It's Time for a New You!

Bariatric Information Session

Wednesday, May 27

7 to 8:30 p.m.

Speaker: Ragui Sadek, MD

Considering weight loss surgery?

Take the first step to a NEWYOU by finding out if you are a candidate.



Unless otherwise noted, events are **FREE and OPEN TO THE PUBLIC.**

EVENTS CALENDAR

The following events take place in the Community Room at the **RWJ Fitness and Wellness Center, Gateway Shopping Center, 1044 U.S. Highway 9, Parlin, NJ** unless otherwise noted.

APRIL

It's Time for a New You!

Bariatric Information Session

Wednesday, April 8

7 to 8:30 p.m.

Speaker: Ragui Sadek, MD

Considering weight loss surgery?

Take the first step to a NEW YOU by finding out if you are a candidate.

Project Inspire

Dates: (Monday through Friday) April 6, 7, 8, 9 and 10

Time: 9 a.m. to 1 p.m.

Project Inspire is a hands-on interactive program for children 9-14 years old. The free program includes interactive nutrition games, healthy snack preparation by the children, one hour of exercise/fitness and a healthy lunch.

To register, please call: 732-247-2050

Spring into Health: Free Screening!

Monday, April 13

4 to 7 p.m.

Come have your blood pressure, glucose and cholesterol checked in this free health screening.

Obesity and Cancer

Thursday, April 16

5 to 6:30 p.m.

Obesity can result in a higher risk of coronary heart disease, stroke and high blood pressure. Learn about increased risk factors associated with obesity and cancer.

Strategies for Stress Free Living...

Guided Imagery, Breathwork, and Meditation

Tuesday, April 21

11:45 a.m. to 1 p.m.

Speaker: Nadine Roberts, Certified Reiki Master & Guided Imagery Practitioner

Learn holistic stress management techniques, focusing on Integrative Mind and Body Guided Imagery and Meditations.

MAY

It's Time for a New You!

Bariatric Information Session

Wednesday, May 13

7 to 8:30 p.m.

Speaker: Ragui Sadek, MD

Considering weight loss surgery?

Take the first step to a NEW YOU by finding out if you are a candidate.

Strategies for Stress Free Living...

Guided Imagery, Breathwork, and Meditation

Tuesday, May 19

11:45 a.m. to 1 p.m.

Speaker: Nadine Roberts, Certified Reiki Master & Guided Imagery Practitioner

Learn holistic stress management techniques, focusing on Integrative Mind and Body Guided Imagery and Meditations.

Unless otherwise noted, events are **FREE and OPEN TO THE PUBLIC.**

SUPPORT GROUPS

RWJ's support groups offer education on a variety of topics related to health and wellness.

Parkinson's Support Group:

Legal Aspects of Disability and Disease

Monday, April 16

8:30 p.m.

RWJ Fitness and Wellness Center
Community Room, New Brunswick, NJ

Parkinson's Support Group:

Cherry Oruga – LSVT BIG

Learn about this physical therapy protocol that was developed specifically to address the unique movement impairments for people with Parkinson's disease.

Please call (732) 745-7520 to confirm meeting date and location.

Bariatric Support Group

Date: 1st Tuesday of the month

Time: 7 to 8:30 p.m.

RWJ Fitness & Wellness Center Community Room,
New Brunswick, NJ

Facilitator: Kimberly Brennan, RN, BSN, CBN

True Life After Stroke Support Group

Date: Bi-monthly on the third Thursday of the month:

March 19, May 21, July 16, Sept 17, Nov 19

Time: 12:30 to 2:30 p.m.

RWJ Fitness & Wellness Center Community Room,
New Brunswick, NJ

Facilitator: Dori Herskovitz, MD, CCC-SLP

Please RSVP if you plan to attend: 732-253-3278



COMMUNITY WALKS



March of Dimes Middlesex County Walk

Sunday, April 26

Registration time: 7:30 a.m.

Start time: 9:00 a.m.

Johnson Park - Grove 5
Piscataway, NJ 08854

March of Dimes Mercer County Walk

Sunday, April 26

Registration time: 8:00 a.m.

Start time: 9:00 a.m.

Mercer County Park
Old Trenton Road
West Windsor, NJ 08561

March of Dimes Raritan Valley Somerset/Hunterdon Counties Walk

Sunday, April 26

Registration time: 8:00 a.m.

Start time: 9:00 a.m.

Spruce Run State Park
68 Van Syckel's Road
Clinton, NJ 08809

ALR Walk with Us – for Lupus 2015

Saturday, May 9

Registration: 9:00 a.m.

Walk Start: 10:00 a.m.
MetLife Stadium

TO REGISTER FOR ANY OF OUR EVENTS, PLEASE CALL 1-888-MD-RWJUH OR VISIT WWW.RWJUH.EDU/EVENTS

EVENTS CALENDAR WWW.RWJUH.EDU

The following events are sponsored by the **RWJ Somerset** campus. Individual event locations are noted.

APRIL

HealthHike Walking Program

Wednesday, April 1
10 to 11 a.m.

AMC Dine-In Theatres, Bridgewater Commons Mall
Understand the importance of “living wills” the types of directives, how to select a proxy, the difference between advance directives and Practitioner Orders for Life-Sustaining Treatment (POLST), how to activate it and who retains copies.

AARP Driver Safety Program

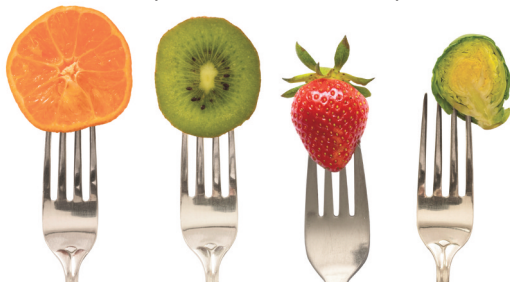
Tuesday, April 7
9 a.m. to 3 p.m. (8:30 a.m. breakfast and registration)
Brandywine at Middlebrook
\$24 (AARP members receive a \$4 discount)
Breakfast and lunch included.

Is Your Diet Too Healthy?

Good Intentions Gone Wrong

Thursday, April 23
11 a.m. to 1:30 p.m.
Somerville Elks, \$15
Speaker: Eliza Heberlein, RD, Nutrition Therapist, Eating Disorder Unit

Discover the various diet fads, the facts, proper daily allowances, the condition orthorexia, its signs, causes, how to recognize this disorder and when to seek assistance. Recipes and a nutritious lunch provided.



Cancer Treatment: How to Make Informed Choices about Standard Care and Clinical Trials

Tuesday, April 28
11 a.m. to 1 p.m.

Steeplechase Cancer Center
Speakers: Siby Varughese, RN, manager, oncology research
Kathleen Toomey, MD, oncologist, medical director of the Steeplechase Cancer Center

Learn some tips for making the right treatment decisions yourself. We will discuss clinical trials, how new cancer treatments are developed and approved, and how to search for clinical trial listings. The discussion will feature clinical trial participants, healthcare professional panel and lunch.

Offered, in collaboration with The Leukemia & Lymphoma Society (LLS) and Cancer Support Community Central New Jersey.



MAY

Aquacize

Eight-week courses begins:
Monday, May 4, Wednesday, May 6, and Friday, May 8
10:30 to 11:15 a.m.
Somerville YMCA, \$46

Instructor: Pam Granick & Ellen Helman, certified water fitness instructors

Learn this water exercise program that soothes arthritis pain, strengthens joints and improves range of motion and lung capacity. A medical release form is required.

Chair Yoga for Seniors

An eight-week course begins: Tuesday, May 5
10:30 to 11:30 a.m.

Joy 2 Dance, Hillsborough, \$48

Chanchal Arora, certified yoga instructor

Learn this ancient fitness routine that builds flexibility and strength and relieves pain associated with arthritis, carpal tunnel syndrome, migraines and back and neck strain. A medical release form is required.

HealthHike Walking Program: Take the Weight Off Your Joints

Wednesday, May 6
10 to 11 a.m.

AMC Dine-In Theatres, Bridgewater Commons Mall

Understand the impact of weight on joint health, the various causes of joint deterioration, conditions affecting joints, signs, diagnosis and treatments.

Tai Chi

An eight-week course begins: Thursday, May 7
10 to 11 a.m.

Steeplechase Cancer Center, \$30

Bobbi Joels, certified tai chi instructor

Practice this easy, low-impact movements to improve balance, flexibility and strength and reduce stress through moving meditation. A medical release form is required.

Teleneurology: Advanced Stroke Technology

Tuesday, May 19
10 to 11:30 a.m.

Somerville Elks

Valerie Hammond, fitness instructor and stroke survivor

Discover modifiable and unmodifiable risk factors of stroke, causes, signs, the vital timeframe in seeking care, the latest diagnostic innovations including teleneurology robots and treatment options. Hear one stroke survivors amazing story of recovery.

Child and Babysitting Safety (CABS)

Saturday, May 30

9 a.m. to 5 p.m.

RWJ Somerset, \$65 (includes course material)

This course provides teenagers with everything they need to know to care for younger children. Each student receives a 2 year certification in Child and Babysitting Safety and a 2 year certification in Heartsaver AED (Adult Child Infant CPR & AED).

For more information or to register, please call 908-685-2970.

JUNE

Fit Body, Fit Bones

Every Friday beginning: Friday, June 5
10:15 to 11:15 a.m. or 11:30 a.m. to 12:30 p.m.
Steeplechase Cancer Center, \$45 per quarter
Speaker: Valerie Hammond, group fitness instructor

Learn weight-bearing exercises to strengthen muscles and bones, improve balance and reduce the risk of fractures from osteoporosis. Peer leaders assist in class instruction. A medical release form is required.

BARIATRIC INFORMATION SESSION

Take the First Step to a New You! Find out if you are a candidate for weight loss surgery.

Thursday April 2 and Thursday May 7

Ragui Sadek, MD

Steeplechase Cancer Center
1st Floor Conference Room

Tuesday April 21 and Tuesday May 19

Glenn Forrester, MD

Steeplechase Cancer Center
3rd Floor Conference Room

EVENTS CALENDAR

VISIT WWW.RWJUH.EDU/EVENTS OR CALL 908-203-6234.

SUPPORT GROUPS

Eating Disorders Patient Support Group

Every Tuesday
7:30 to 8:30 p.m.

RWJ Somerset: I West Room 197

This is a staff facilitated discussion open to anyone suffering with an Eating Disorder. For more information, call the Eating Disorder Unit at 908-685-2847.

Eating Disorders Family Support Group

Every Tuesday
7:30 to 8:30 p.m.

RWJ Somerset: Hamilton Conference Room

This is a parent facilitated discussion.

Bariatric Support Group

Tuesdays: April 28, May 19 and June 23
6:30 – 7:30 p.m.

RWJ Somerset: Family Practice Conference Room

For anyone considering bariatric surgery, pre-op and post-op

Diabetes Support Group

Thursday, May 14
7 to 8 p.m.

RWJ Somerset: Fuld Auditorium

“Are You Ready for Summer?

Travel Smart Tips for Living Well with Diabetes?”

Facilitators: Dawn Gallagher, RN, CDE
and Amy Walsh, MS, RD, CDE

Call 908-685-2846 to register.

Unless otherwise noted, events are
FREE and OPEN TO THE PUBLIC.

For fee-based events, cancellations within two weeks of the program are non-refundable, regardless of circumstance. A medical release form is required for any exercise program.

Stroke Support Group

Thursdays: April 2, May 7, June 4
2 to 3 p.m.

RWJ Somerset: 4 West Conference Room

No pre-registration required.

Better Breather's Club

Thursdays: April 9, May 14, June 11
10:30 to 11:30 a.m.

RWJ Somerset: Steeplechase Cancer Center

ONGOING PROGRAMS

CPR and First Aid Classes

To register, call 908-685-2970 or
visit www.rwjuh.edu/events.

Diabetes or Osteoporosis Exercise Programs

To register, call 908-203-5972 or
visit www.rwjuh.edu/sports-therapy.

COMMUNITY HEALTH SCREENINGS

Stroke Risk Screening

Friday, May 15
1 to 4 p.m.

Somerset Family Practice, Suite 1100

or

Friday, May 29
1 to 4 p.m.

Fuld Auditorium

Registration required by calling 908-685-2814.

Skin Cancer Screening

Saturday, May 30
9 to 11 a.m.

Somerset Family Practice

Speaker: Alissa Fox, MD, dermatologist
and Smita Agarwal, MD dermatologist

For those who have not seen a dermatologist in the last 2 years and have not been diagnosed with skin cancer.



UNIVERSITY HOSPITAL
SOMERSET

STEEPLECHASE CANCER CENTER

Women's Cancer Support Group

Date: Wednesdays, April 8 and 22, May 13 and 27
Time: 11:30 a.m. to 1 p.m.
Event is free and lunch is provided.
No pre-registration required.

Men's Cancer Support Group (In Partnership with the Cancer Support Community of Central New Jersey)

Dates: Wednesdays, May 13 and 27
and April 18, 22
Times: 6:30 to 8 p.m.

Call 908-658-5400, ext. 102 for details.

Spirituality Group

Dates: Wednesdays, April 1 and 15, May 6 and 20
Time: 1 to 2 p.m.

Young Women's Support Group

(Women under 45 years of age)
Date: Tuesday, April 21, May 19
Time: 9:30 to 11 a.m.

Breast Cancer Education & Networking Group

Date: Tuesday, April 14, May 12
Time: 6:30 to 8 p.m.

Support Group for Persons with Oral, Head & Neck Cancer

Date: Wednesday, April 15, May 20
Time: 6 to 7 p.m.

Multiple Myeloma Support Group (In Partnership with the Cancer Support Community of Central New Jersey)

Date: Wednesday, April 1 and May 6
Time: 7 to 9 p.m.

"Survivors In Motion" Oncology Rehabilitation Programs

Call for information: 908-595-2363.

Wigs and Accessories

Dates: Tuesday, May 19
Time: 1 to 3 p.m.
In partnership with the
American Cancer Society

Look Good, Feel Better

Dates: Mondays, April 20 and June 15
Time: 10 to 12 p.m.
In partnership with the
American Cancer Society

“Yoga for Cancer Care” – Gentle Yoga

Dates: Tuesdays, 4 to 5:30 p.m., Fridays
Time: 10 to 11 a.m.
Price: \$5 donation

“Yoga for Cancer Care” – Restorative Yoga

Dates: Friday (replaces Friday Gentle Yoga
one week per month)
Time: 10 to 11:30 a.m.
\$5 donation
Registration required. Call 908-927-8721.

“Yoga for Cancer Care” – Chair Yoga

Dates: Fridays
Time: 1:15 to 2:15 p.m.
Price: \$5 donation
Registration required. Call 908-927-8721.

MATERNAL CHILD HEALTH CLASSES

Prenatal and Post-partum Yoga Class

Thursdays beginning April 2 • 1 to 2:15 p.m.
Steeplechase Cancer Center, \$10 per class

New and expectant mothers build strength and flexibility and relieve stress. Exercises are specially modified for pregnant women and those who recently had a baby. Participants should bring their own yoga mat and water. Medical clearance is required by a physician to participate.

Pre-register by calling 908-704-3766 or register online at www.rwjuh.edu/somersetevents.

Childbirth Education Class

Three session class begins Tuesdays: April 6, 13 and 20 • 6:30 to 9:30 p.m.
Maternal Child Health Conference Room, \$100

CARDIAC CARE

Triathlon Training Within Months of Heart Procedure



While training for his first triathlon, 52-year-old William Lindemann started feeling like his heart was racing and he could not catch his breath.

A life-long athlete, Mr. Lindemann regularly competed in marathons and had been training several years for the triathlon, which requires swimming 2.4 miles, biking 112 miles, and running 26.2 miles. Although he continued to train, he couldn't do as much as he needed to do to compete. "It was getting worse and worse. Before it was every few days. Then it was every day," said the Bridgewater resident, who owns Rick's Auto Body in North Arlington, NJ.

His primary care doctor ordered some tests and sent him to specialists, but they were unable to determine a cause.

Mr. Lindemann mentioned his problem to one of his customers, Daniel N. Mondrow, MD, attending cardiologist at Robert Wood Johnson University Hospital (RWJ). Dr. Mondrow reviewed the test results and diagnosed Mr. Lindemann with an irregular heartbeat (arrhythmia) called atrial fibrillation. Atrial fibrillation causes the heart's two upper chambers (the atria) to beat irregularly and out of coordination with the two lower chambers (the ventricles). This increases the risk of stroke.

Some patients can take medications to relieve atrial fibrillation symptoms, but these medicines lower the heart rate and have unpleasant side effects. As an elite athlete, Mr. Lindemann's resting heart rate was already very low. "Medications were not an option," said Dr. Mondrow. "We needed to eradicate the atrial fibrillation through radiofrequency ablation."

Ablation can cure atrial fibrillation by using radiofrequency energy to destroy a tiny area of heart muscle and stop the electrical impulses that are causing the arrhythmia. The procedure is done through a catheter (a long flexible tube) inserted into a vein in the groin and moved into

the heart. Dr. Mondrow referred Mr. Lindemann to Zyad Younan, MD, an electrophysiologist, a cardiologist who specializes in abnormal heart rhythms, at Robert Wood Johnson University Hospital. "For a young guy who's athletic, ablation was the best treatment," says Dr. Younan, who does more Stereotaxis® ablations for atrial fibrillation than anyone else in the tri-state area and is second in volume nationwide.

In March 2014, Dr. Younan performed the ablation, curing Mr. Lindemann's atrial fibrillation. He was able to safely and precisely stop the atrial fibrillation. Stereotaxis uses magnets to help steer the flexible catheter to the right spot in the heart. RWJ has the highest volume of Stereotaxis procedures in the nation.

"I had surgery on Friday and walked out of the hospital on Saturday. Three weeks later, I ran a half marathon," said Mr. Lindemann. Three months after the ablation, Mr. Lindemann competed in his first triathlon. Now, he is training for the Lake Placid Ironman this summer.

Visit www.rwjuh.edu/stereotaxis
or call 1-888-MD-RWJUH.



RWJ SLEEP CENTER

Sisters Seek A Good Night's Rest



Jennifer Herring was always very sleepy during the day. She would get extremely drowsy while driving and fall asleep in front of the TV.

"My sleepiness was getting progressively worse and worse," said the 53-year-old piano teacher from Old Bridge. "In the last two years, it really began interfering with my life."

This summer, while she was filling in for the organist at her sister's church, she fell asleep during the sermon. Her sister woke her up before she embarrassed herself in front of the congregation. But that was enough to prompt her to seek help.

At the urging of her sister, Carolyn Herring, who has sleep apnea, Jennifer went to Robert Wood Johnson University Hospital's (RWJ's) Sleep Center in August for an overnight sleep study. She, too, was diagnosed with sleep apnea, a disorder in which breathing is repeatedly interrupted during sleep. She began using a Bilevel Positive Airway Pressure (BiPAP) machine at night to help her breathe better and get more rest.

"The first night I put it on, it was the best night's sleep I had in my life," Jennifer said.

Her sister, who lives with her, uses a similar Continuous Positive Airway Pressure (CPAP) machine to keep her airway open during sleep. Carolyn, 55, went to RWJ's sleep center in 2011 after struggling to stay awake during the day and her daily 75-minute commute. An overnight sleep study showed she stopped breathing 59 times in an hour.

"The CPAP made a big difference," said Carolyn, who is a professional photographer. "I felt it almost immediately that I was getting better sleep and was more rested."

The Herrings have another sister who was diagnosed with sleep apnea. They also suspect that their father had the disorder.

"While there is no sleep apnea gene identified as yet, it certainly runs in families," said Anays Sotolongo, MD, Assistant Professor of Medicine at Rutgers Robert Wood Johnson Medical School and Medical Director of the Comprehensive Sleep Disorders Center at Robert Wood Johnson University Hospital. "This is usually because the factors that increase the risk for sleep apnea have a genetic component, such as fat distribution, the narrowness of the throat, the shape of the head and chin, and the way we respond to carbon dioxide."

More than 18 million Americans suffer from sleep apnea. Risk factors may also include being overweight, smoking, alcohol use and age. If untreated, sleep apnea can cause serious health problems, such as hypertension and heart disease.

RWJ recently merged its sleep medicine services from its New Brunswick and Somerset campuses in one location at the RWJ Sleep Center in Hillsborough. Accredited by the American Academy of Sleep Medicine, the center offers diagnosis and treatment for sleep issues in children and adults such as obstructive sleep apnea, central sleep apnea, periodic limb movement, insomnia, REM disorders, upper airway resistance, narcolepsy, parasomnia, circadian rhythm disorders and restless leg syndrome.

The Herring sisters say they are glad they sought help for their sleep problems. "I have more energy during the day. I don't need to take naps any more," Carolyn said. "And I don't have to worry when I drive."

Visit rwjuh.edu/sleep or call 1-888-MD-RWJUH.

BLOOD SERVICES

Pregnant Mother Survives Massive Blood Loss

When Vicki McGuire gave birth to her third child, she lost about half of the blood in her body.

Shown: Vicki McGuire recognizes the importance of blood donation services after losing nearly half the blood in her body during pregnancy and delivery. Ms. McGuire received 20 units of transfused blood products, thanks to Blood Services at Robert Wood Johnson University Hospital.

Had she not been at Robert Wood Johnson University Hospital (RWJ), with experts available 24/7 and the ability to rapidly transfuse blood, both she and Molly, now two, might have died.

About 16 weeks into the pregnancy, Ms. McGuire was diagnosed with placenta previa, in which the placenta covers the cervix. This worsened into the rarer placenta accreta, in which the placenta grows too deeply into the uterus wall. Placenta accreta can cause severe bleeding and other life-threatening problems and often requires a premature delivery by Cesarean section. "My job was to stay alive and keep growing this baby. I went to a hospital with the highest level of care available: a Level I Trauma Center and a Level III Neonatal Intensive Care Unit (NICU)," said Ms. McGuire, then 37 and an ICU nurse at RWJ.

A few weeks later, blood started streaming down Ms. McGuire's legs. Her placenta had grown through her uterine wall (placenta percreta) and into her bladder. To treat her fast if potentially deadly bleeding started, Ms. McGuire spent 92 days in the hospital, until after Molly was born. She saw her husband and her children, then ages 8 and 6, one hour a week.

"Placenta accreta and placenta percreta are among the most high-risk obstetric hemorrhage emergencies," said Joshua H. Segal, MD, whose OB/GYN practice took care of Ms. McGuire. Dr. Segal, a Clinical Instructor of Obstetrics and Gynecology at Rutgers Robert Wood Johnson Medical

School, and his partners worked with a team that included specialists in maternal-fetal medicine, gynecologic-oncology, urology, interventional radiology, neonatology, and nursing, along with staff from the operating room and the transfusion services team. They developed a plan to see Ms. McGuire through her pregnancy and a planned Cesarean hysterectomy (delivery by Cesarean section and removal of the uterus).

Preparing for the massive blood loss doctors expected during the delivery was key. "Having the necessary blood on the shelf 365 days a year helped us save the lives of Ms. McGuire and her baby, and enables us to save and support other patients," said Sally M. Wells, Business Development Liaison for RWJ Blood Services, which collects and stores blood for the healthcare network.

Ms. McGuire delivered her baby at 34 weeks as planned. Before that, doctors put embolization catheters (materials to lessen bleeding, inserted through narrow tubes) into her groin and stents (thin, flexible tubes) into her ureter to guide surgery to detach the placenta from her bladder before the Cesarean hysterectomy. During a typical Cesarean section, a woman loses 500-1000 mL of blood; Ms. McGuire lost 4,500 mL. The team rapidly transfused 20 units of blood products (blood, platelets, and plasma) through a central line. At a small, community hospital, using that much blood could have depleted the blood supply.

After her massive blood loss, Ms. McGuire was in the ICU briefly and spent another six

days in the hospital. Molly spent 20 days in the NICU. "It's life altering to survive something that not all women survive," said Ms. McGuire, who is now the New Jersey co-chapter leader of the Hope for Accreta Foundation. She supports women with placenta accreta and raises awareness of the need to go to a hospital with a Level I Trauma Center and a Level III NICU.

About one in 20 people in New Jersey will need a blood transfusion. "Donating blood is a simple thing that any healthy person can do. It has an immediate impact on somebody's life," said Wells. Donating blood takes about an hour (less than 10 minutes to draw the blood). After the needle is inserted, it is painless and safe. People can donate blood at one of the hospital's donor centers in New Brunswick or Somerville and at community blood drives.

Visit www.rwjhdonorclub.org or call 732-235-8100 ext. 221 to donate at RWJ New Brunswick or 908-685-2926 to donate at RWJ Somerset.



Shown: Sally Wells, with Blood Services at Robert Wood Johnson University Hospital, encourages folks to visit the web site to learn how you can become a member of the donor club and to discover new opportunities and nearby locations to donate blood and platelets. Vicki McGuire is living proof that it does help save lives. Visit www.rwjhdonorclub.org.

ROBOTIC SURGERY

Kidney Cancer Removed

Dianne Arduini came to the Emergency Department at Robert Wood Johnson University Hospital (RWJ) Somerset in August with abdominal pain.

Shown: Dianne Arduini had part of her kidney and a cancerous tumor removed at Robert Wood Johnson University Hospital Somerset, with the daVinci Surgical System. With the robot, there is no open surgery, only tiny incisions, which results in minimal blood loss, less pain and a quicker recovery. Mrs. Arduini only spent two nights in the hospital and had an easy recovery.

A CT scan didn't show any cause for the pain, which gradually subsided. But doctors did see something else: a tumor on top of her kidney, which was later diagnosed as stage 2 cancer.

"I wasn't having any symptoms at all of a kidney problem," said Mrs. Arduini, 61, of Whitehouse Station. "I am so fortunate that the tumor was discovered at an early stage."

She discussed her options with Dhiren Dave, MD, a urologist and robotic surgeon at RWJ Somerset. Because the tumor was only on the top of her kidney, Dr. Dave recommended surgically removing just the top of the kidney with the tumor and leaving the other two-thirds of the kidney intact.

"Dr. Dave sat down and answered all my questions. He took as much time as my husband and I needed to make sure that we understood everything," Mrs. Arduini said.

In September, she underwent a robotic partial nephrectomy. Dr. Dave used the da Vinci Surgical System, sitting at a special console that gave him a high-definition 3-D view of the surgical site. From the console, he operated instruments inserted through tiny incisions.

Mrs. Arduini's procedure was one of the first surgeries at RWJ Somerset to use state-of-the-art fluorescence imaging. A fluorescent dye called indocyanine green was given to her via an IV. Dr. Dave used a special da Vinci scope to emit a laser light that makes

the dye shine fluorescent green, showing the blood vessels and organs and where blood is flowing.

"For this type of procedure, fluorescence imaging allows the surgeon to specially and carefully identify the blood vessels to the kidney, including their individual branches," Dr. Dave said. "Blood flow to the kidney is stopped during the procedure and the dye visually helps the surgeon ensure that the blood flow is stopped to the appropriate part of the kidney prior to removal of the tumor."

The dye is also helpful to surgeons because it can turn the tumor a darker color than the surrounding healthy kidney and help ensure that they are not cutting too close to the tumor; Dr. Dave added.

Mrs. Arduini spent two nights in the hospital after the surgery and says her recovery was easier than she anticipated.

"I expected that I'd be in pain afterward and really I was not. I was just taking Tylenol for the discomfort I had from the incisions," she said.

"Because robotic surgery is so precise and requires only a few tiny incisions, patients have smaller scars, lose less blood, experience fewer complications and spend less time in the hospital than patients who have traditional surgery," said Sharon Yeh, RN, robotic surgery coordinator at RWJ Somerset.

In addition to urologic procedures, surgeons at the hospital also use the da Vinci Surgical System for gynecologic, colorectal, bariatric and general surgeries.

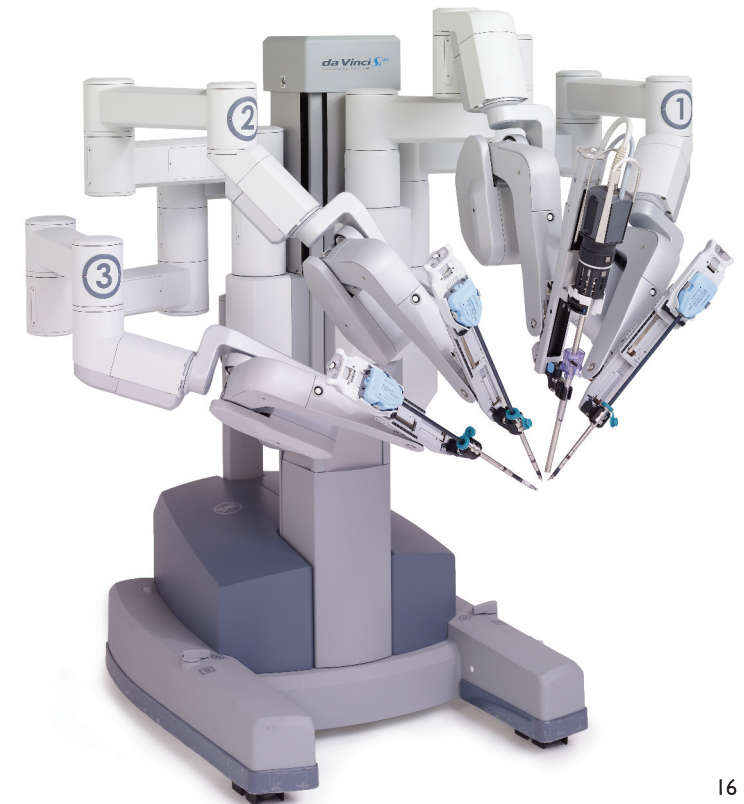
Mrs. Arduini enjoyed getting back to gardening around her home this fall and going on nature hikes and camping. She is looking forward to a spring trip to Disney World, where she has vacationed annually for more than 15 years.

"I am grateful to Dr. Dave and the entire staff at RWJ Somerset," she said. "Everyone was so responsive to my needs. I have never been to a hospital where everyone made me feel like they were there just for me."

Visit www.rwjuh.edu/robotics or call 1-888-MD-RWJUH



Shown: Dhiren Dave, MD, a urologist at Robert Wood Johnson University Hospital Somerset, used the da Vinci Surgical System to operate on Dianne Arduini's kidney tumor. To use the robot, Dr. Dave sits behind a console with a 3D view of the surgical site and guides the instruments to perform the operation from his seat at the console.





PEDIATRIC EMERGENCY

From One Hospital to Another

*Kimberly Herrera's 19-month-old son
Giovanni was having trouble breathing.*

Shown: Giovanni Herrera, 2, of Raritan is back to being an active toddler, after a flare up with his asthma that landed him in the Emergency Department of Robert Wood Johnson University Hospital Somerset and The Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital.

"I could count his ribs every time he took a breath," she said. "He wouldn't stop coughing and he started throwing up."

Mrs. Herrera used a nebulizer to give her son asthma medication in the form of a mist to inhale. But when his breathing still didn't improve, the Raritan Boro family came to the Emergency Department at Robert Wood Johnson University Hospital (RWJ) Somerset in Somerville.

Giovanni was having an asthma attack. He underwent a chest X-ray and was given IV medication to help his breathing.

"Everyone from the doctors to the X-ray tech and the nurse who inserted the IV were wonderful with my son," Mrs. Herrera said.

The Emergency Department features a 16-room Express Care area, which includes five rooms that are specially equipped for children. Children also have their own waiting area with videos and games.

Giovanni needed to be hospitalized for a few days to stabilize his breathing. He was transferred to The Bristol-Myers Squibb Children's Hospital (BMSCH) at RWJ in New Brunswick where he could be cared for by a team of pediatric specialists.

"The transition was very smooth," Mrs. Herrera said. "It was very easy when we arrived at BMSCH. The tech was waiting to get my son's vitals. A doctor was right there."

Among Giovanni's initial care team were physicians at Rutgers Robert Wood Johnson Medical School including Niel Miele, MD, Associate Professor of Pediatrics and Assistant Director of the Pediatric Emergency Department at BMSCH, Alan Weller, MD, Assistant Professor of Pediatrics, and Natalie Gengel, MD, a pediatric resident.



Shown: The Emergency Department at Robert Wood Johnson University Hospital Somerset (RWJ) treats patients of all ages, including children like Giovanni, who was diagnosed with asthma at RWJ Somerset, then transported to The Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital in New Brunswick. Both hospitals belong to the RWJ Health System.

"Asthma is one of the most common health problems we see in children who come to our Emergency Department, especially during the winter months because cold air can often trigger an asthma attack," said Dr. Miele. "We typically give a child three nebulizer treatments and IV medication and then monitor the child's response. If there are not significant improvements in breathing, the child will need to be admitted for further treatment, which may include steroids and other medications."

Giovanni remained in BMSCH's pediatric unit for six days, undergoing nebulizer treatments every few hours and continuous monitoring of his oxygen levels.

Mrs. Herrera, who stayed by her son's side during his hospital stay, said she is thankful to the nurses and staff.

"They made a stressful time a lot easier for me," she says. "They kept asking, 'How are you Mom?' 'Are you OK Mom?' 'Do you need anything Mom?' They were not only treating my son but they were also looking out for me as well."

"We recognize that our patients are not solitary beings – they come with families," said Linda Maldonado, Family-Centered Care Coordinator at BMSCH. "Families are taken away from their day to day normal activities and the hospital experience is completely new to them and can be very stressful and overwhelming."

Part of the hospital's approach to family-centered care includes: family participation in physician rounding and nursing change of shift report at the bedside, the \$5 Meal Voucher program which allows parents to purchase a voucher and have their own meals delivered to the child's room, and special events, such as the "Take a Break" program which invites parents to relax in the family lounge with complimentary bagels or doughnuts and coffee. A Patient and Family Advisory Council meets monthly to offer suggestions on addressing patient and family needs.

In addition to a 24-bed pediatric unit, BMSCH also features an adolescent unit, a hematology/oncology unit, pediatric intensive care unit, neonatal intensive care, pediatric perioperative suites and same day stay services and a pediatric emergency department. Its pediatric specialists are certified in areas such as surgery, urology, cardiology, oncology, hematology and pulmonology.

For the third consecutive year, BMSCH has been named one of the nation's best children's hospitals, according to the 2014-15 U.S. News & World Report ranking of America's Best Children's Hospitals. It is one of only 89 children's hospitals out of 183 surveyed nationally ranked in one or more specialties. BMSCH is ranked among the top children's hospitals in Pediatric Urology (#39).

Visit bmsch.org or call 888-MD-RWJUH.

New Executive Vice President and Chief Operating Officer Appointed

Special congratulations to Michael Antoniadis, MPA, who has been named Executive Vice President and Chief Operating Officer for RWJ New Brunswick and Somerset. Mr. Antoniadis of Monroe, joined RWJ in 2011 as Vice President, Operations and was later promoted to Senior Vice President, Operations in 2013.

Prior to RWJ, Mr. Antoniadis was Vice President of Operations at University Medical Center at Princeton.

Please join the RWJ family in congratulating Mr. Antoniadis.

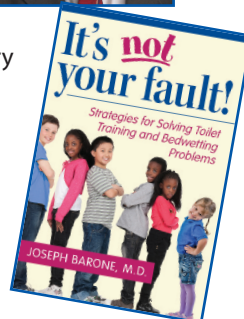


It's Not Your Fault Easy-to-Read, New Book Gives Parents Proven Strategies to Successfully Toilet Train

Joseph Barone, MD, Professor and Chief, Pediatric Urology at Rutgers Robert Wood Johnson Medical School, Surgeon-in-Chief and Chief Strategy and Program Officer at The Bristol-Myers Squibb Children's Hospital at RWJ, recently released a new book to provide practical, research-based approaches for toilet training and for solving bedwetting and daywetting difficulties.

The book is a guide as to what ages young children should be trained and gives important information about children's urinary systems. Bedwetting is the biggest urinary concern in children and is one of the most common conditions among 5 to 15 year olds. Without medication, it can easily be resolved in about 90 percent of children.

It's Not Your Fault, published by Rutgers University Press, is available at major book retailers. Pick up your copy today!



Special Event On Human Trafficking Open to the Community

"Let's Make this the End of the Road" Part II
Hosted by RWJ's Department of Trauma and Injury Prevention



When: Wednesday, April 1

Time: 5 to 8:30 p.m.

Where: Arline and Henry Schwartzman Courtyard, RWJ New Brunswick

An action-oriented evening that will provide opportunities for networking and collaborations, along with the creation of community work groups that will promote recognition, referral, prevention and advocacy for victims of Human Trafficking.

Visit www.rwjtrauma.org or call 1-888-MD-RWJUH to register.

Cyclovia 2015

New Brunswick
CICLOVIA
open streets for active living

Sunday, April 19
11 a.m. to 4 p.m.

Visit NB.com or
call 732-246-0603

Bariatric Surgery Program continues to Receive Recognition for Quality Care

The Bariatric Surgery Program at RWJ expanded its services to The Bristol-Myers Squibb Children's Hospital at RWJ and was recently designated the first and only Adolescent and Pediatric Bariatric Surgery Center of Excellence by the Surgical Review Corporation.

In order to receive this designation, the program must demonstrate a commitment to meeting and exceeding the highest standards and protocols and be sure to address not only the whole adolescent or pediatric patient in the program but the family, with safety at its core and health, well-being, nutrition, follow-up, support and physical activity to help patients achieve their healthy goals.

In addition, the Bariatric Surgery Program at RWJ, led by Ragui Sadek, MD, was recently named a Blue Distinction® Center for Specialty Care in bariatric surgery by Horizon Blue Cross Blue Shield of New Jersey. Horizon selects these noteworthy Blue Distinction® Centers for delivering quality care resulting in better overall outcomes for bariatric patients.

Congratulations to Dr. Sadek and RWJ's Bariatric Surgery Program.



**Blue
Distinction®**
Center
Bariatric

RWJ ROUND-UP

What's Happening at RWJ Somerset



Robert Wood Johnson University Hospital Somerset Welcomes New Chief Administrative Officer

RWJ Somerset recently named Anthony Cava as new Chief Administrative Officer. Mr. Cava, who has over 30 years of experience in health care administration, most recently serving as Chief Operating Officer for Bayshore Community Hospital, has demonstrated success in improving clinical outcomes and patient satisfaction. Please join the RWJ family in welcoming Mr. Cava.



Newly Renovated Cardiac Catheterization Laboratory at Somerset



Shown left to right: Stephern Allison, PA-C, MSN, MEA, Vice President, Cardiovascular Services; Salvatore Moffa, MD, Vice President, Medical Affairs; Michael Antoniadis, MPA, Executive Vice President and Chief Operating Officer; Jason Hall, MD, Chief of Cardiology; Rachana Kulkarni, MD, Chairperson, Department of Medicine; Parag Patel, MD; Anthony Cava, Chief Administrative Officer, RWJ Somerset; Lynn Kearney, RN, Vice President of Nursing; Sharan Mahal, MD.

Robert Wood Johnson University Hospital (RWJUH) celebrated the ribbon cutting of its newly renovated Cardiac Catheterization Laboratory at its Somerset campus on February 18, 2015. The new cardiac cath lab offers advanced patient and operator care, increased speed and quality of imaging, and improved safety. Its identical layout and design to the eight cath labs at RWJUH's New Brunswick campus enhances efficiencies resulting in increased positive patient outcomes and experiences.

RWJ Somerset Welcomes Carla Hall from ABC's The Chew to Heart Healthy Cooking Event



Carla Hall, co-host of ABC's "The Chew," drew a crowd of over 350 to the Bridgewater Manor for Robert Wood Johnson University Hospital Somerset's Heart Month event.

Hall discussed the importance of a healthy diet for cardiac wellness and held a cooking demonstration of nutritious recipes and comfort dishes from around the world. All attendees received a copy of Mrs. Hall's cookbook with Genevieve Ko, "Carla's Comfort Foods: Favorite Dishes from Around the World," which includes 130 international recipes.

Ranjita Sengupta, MD, FACC, a cardiologist with Robert Wood Johnson Physician Enterprise, also discussed strategies to reduce risk factors for heart disease, the correlation between diet and risk factors, the significance of prevention, the differences in signs and symptoms of a heart attack between men and women, causes of heart disease, diagnosis and treatments.

Allergan Foundation Donates \$10,000 to RWJ Somerset to Create Breast Health Program for Latinas



Senos Sanos ("Healthy Breasts") is the name of RWJ Somerset's new community health program to educate low-income and uninsured Latinas about breast health and help them access free mammograms thanks to a generous donation by The Allergan Foundation, who are committed to making a lasting and positive difference in the health of our communities.

The goal of the program is to help Latinas become more aware of the importance of mammograms and overcome barriers to getting screened, such as lack of insurance, language, finances and transportation.



Come Join Us at Rutgers Day 2015!
Saturday, April 25, 2015
10:00 am – 4:00 pm

The RWJ tent will be set up outside of the College Avenue Student Center (126 College Avenue in New Brunswick). Visit rutgersday.rutgers.edu to learn more about programming across the Rutgers' campuses.

Join RWJ in partnership with Rutgers Robert Wood Johnson Medical School as we explore the human brain and its complexities with the region's top neurosurgeons. Visitors can test drive the real da Vinci robot surgical system, learn about the world of telemedicine, celebrate Safe Kids Day and tour our child-friendly ambulance from courtesy of the state's only Pediatric Trauma Center.



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HEALTHY RECIPE FROM OUR FOOD AND NUTRITION DEPARTMENT

HEARTY VEGETARIAN STEW

This issue's recipe is courtesy of the Food and Nutrition Department at Robert Wood Johnson University Hospital.

Ingredients

- | | |
|-----------------------------------------------|---------------------------------------------------------------------|
| 2 teaspoons extra-virgin olive oil | 3/4 cup (1-inch) cubed peeled Yukon gold potato |
| 1 cup chopped onion | 1 1/2 teaspoons tomato paste |
| 1 cup (1/2-inch) slices leek | 3/4 teaspoon salt |
| 1/2 teaspoon ground coriander | 1 pound turnips, peeled and each cut into 8 wedges (about 2 medium) |
| 1/8 teaspoon ground cumin | 1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained |
| 1/8 teaspoon ground red pepper | 1/4 cup chopped fresh flat-leaf parsley |
| 1 garlic clove, minced | 1 1/3 cups uncooked couscous |
| 3 2/3 cups Simple Vegetable Stock, divided | 8 lemon wedges |
| 2 cups (1-inch) cubed peeled butternut squash | |
| 1 cup (1/2-inch) slices carrot | |

Preparation

1. Heat oil in a large saucepan over medium-high heat. Add onion and leek; sauté 5 minutes. Add coriander and next 3 ingredients (through garlic); cook 1 minute, stirring constantly. Add 3 cups Simple Vegetable Stock and the next 7 ingredients (through chickpeas); bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in parsley.
2. Remove 2/3 cup hot cooking liquid from squash mixture. Place cooking liquid and remaining 2/3 cup stock in a medium bowl. Stir in couscous. Cover and let stand 5 minutes. Fluff with a fork. Serve with lemon wedges.



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