



ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL

NEW BRUNSWICK • SOMERSET

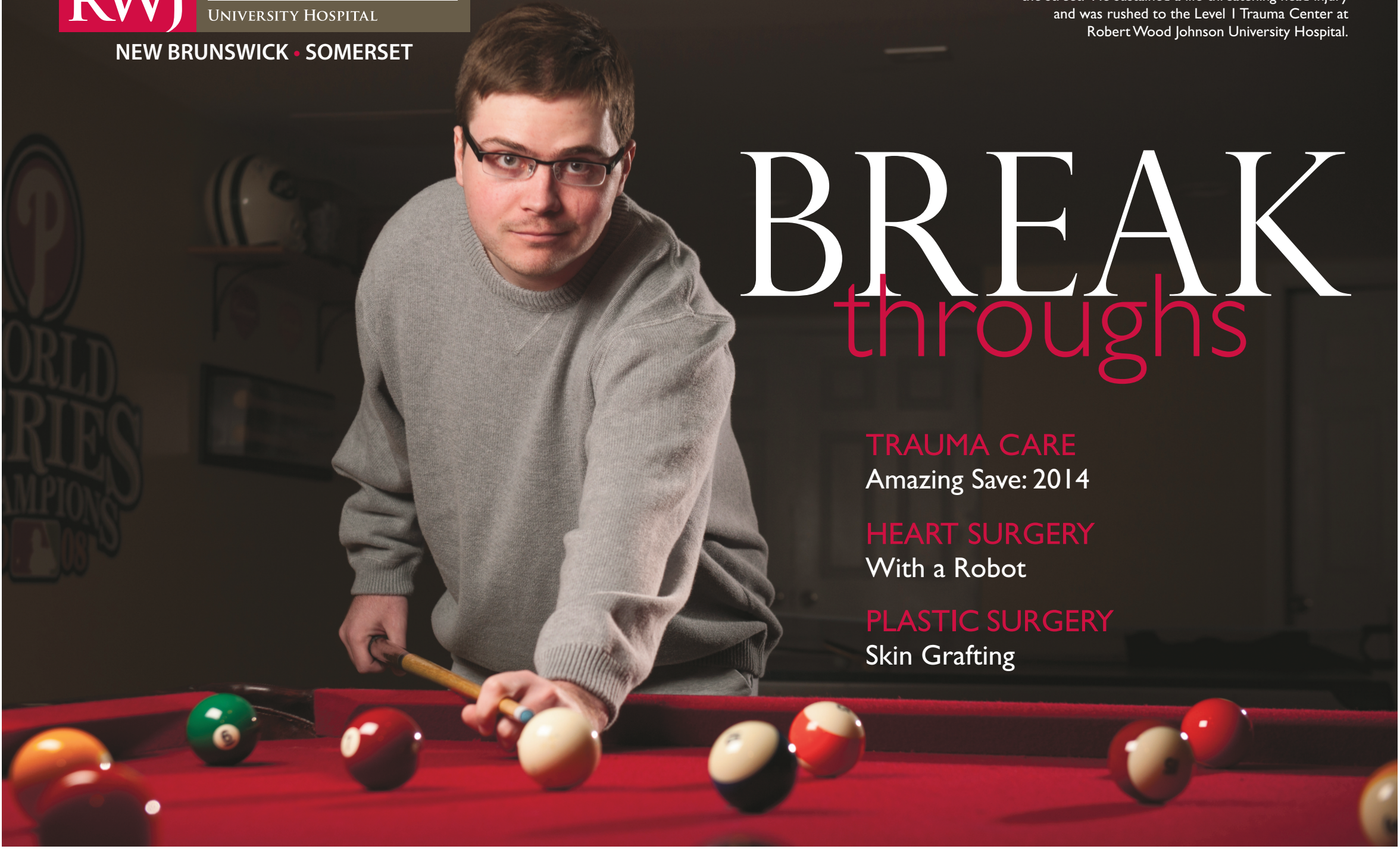
Timmy McDonnell was a junior at Rutgers University last fall when he was struck by a drunk driver crossing the street. He sustained a life-threatening head injury and was rushed to the Level I Trauma Center at Robert Wood Johnson University Hospital.

BREAK throughs

TRAUMA CARE
Amazing Save: 2014

HEART SURGERY
With a Robot

PLASTIC SURGERY
Skin Grafting





WELCOME

Dear Friends,

It's hard to believe that a whole year has gone by since Somerset Medical Center joined our health system and officially became Robert Wood Johnson University Hospital Somerset (RWJ Somerset).

With the rules of health care continuing to change so frequently, in today's hospital world growth and mergers aren't just about getting bigger; they're about making sure you have all the necessary components in your health system for delivering coordinated care while reducing costs. We were confident that adding the Somerset campus to our health system was the best decision for the patients and families in both communities, and we are already starting to see the benefits.

In the area of technology, a new cardiac catheterization laboratory was installed at RWJ Somerset with state-of-the-art technology and improved efficiency. We have also implemented an image-sharing technology system that allows cardiac surgeons in New Brunswick to view real-time pictures of patients' test results while they are being treated at RWJ Somerset to determine at a moment's notice if a patient needs to be transferred for highly specialized care.

Our outpatient sleep centers were combined in one existing location, now known as The RWJ Sleep Center, located in Hillsborough. This not only allowed for more coordinated patient care from a physician standpoint, but it also provided an additional convenience to our patients, with its ample private parking and quiet sleep study site.

This is just a small sampling of the advancements we have made together over the past year, and only a fraction of what's to come now that we are one great hospital.

I now invite you to enjoy another exciting issue of *Breakthroughs*.

Sincerely,

Stephen K. Jones, FACHE
President and CEO
Robert Wood Johnson University Hospital and Robert Wood Johnson Health System

BREAK throughs

Jack Morris
Chair, Board of Directors
Robert Wood Johnson University Hospital
Stephen K. Jones, FACHE
President and CEO
Robert Wood Johnson University Hospital
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NEW BRUNSWICK • SOMERSET

The articles in this publication are not intended to provide specific medical or surgical advice or treatment recommendations to any individual or group. The publication is for information purposes only.

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

For more information, or to receive additional copies of this publication, please contact the Communications and Community Relations Department at 732-937-8521 or webmaster@rwjuh.edu.



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BREAK throughs

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Amazing Save: 2014

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With a Robot

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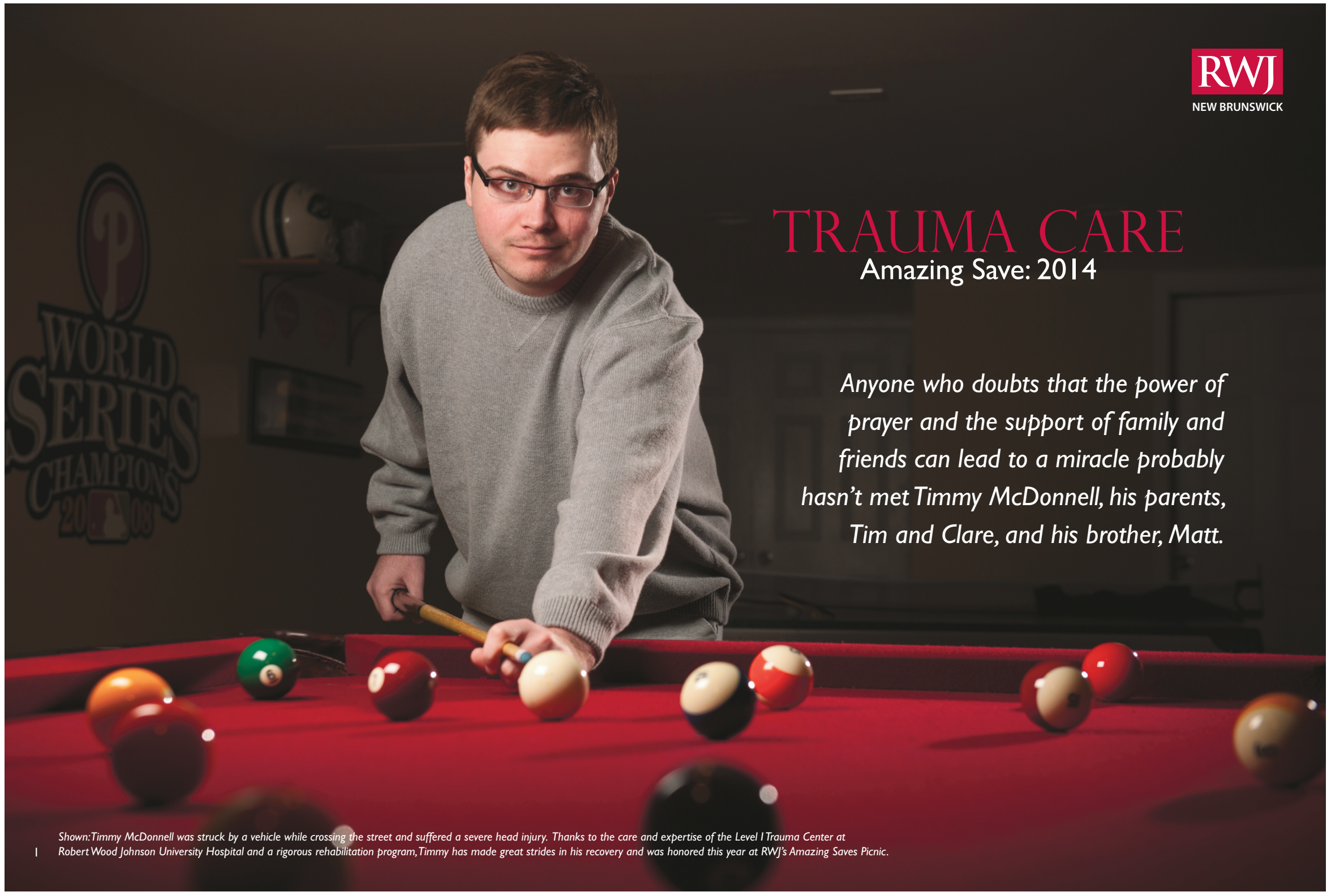
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TRAUMA CARE

Amazing Save: 2014

Anyone who doubts that the power of prayer and the support of family and friends can lead to a miracle probably hasn't met Timmy McDonnell, his parents, Tim and Clare, and his brother, Matt.



Shown: Timmy McDonnell was struck by a vehicle while crossing the street and suffered a severe head injury. Thanks to the care and expertise of the Level I Trauma Center at Robert Wood Johnson University Hospital and a rigorous rehabilitation program, Timmy has made great strides in his recovery and was honored this year at RWJ's Amazing Saves Picnic.

Timmy suffered a severe, life-threatening head injury after being struck by a car on Easton Avenue in New Brunswick on October 4, 2014. Timmy, then 19, was a Rutgers University junior when the accident occurred. He was comatose following the accident and nearly died several times over the next few weeks. However, the prayers and support from hundreds of family and friends from Rutgers University and the McDonnell's hometown of Holmdel, combined with expert trauma, neurosurgical and nursing care, helped him defy the odds. Following a 25-day stay at Robert Wood Johnson University Hospital (RWJ) in New Brunswick and a grueling 88-day inpatient physical rehabilitation regimen, Timmy is walking, talking and making plans for the next chapter in his life.

"There is no question that the tremendous support we received carried us through," said Timmy's dad, Mr. McDonnell. "The support we received from Timmy's friends, our community, Rutgers and the hospital is hard to put into words."

Mrs. McDonnell added, "All denominations and faiths stopped by to pray for Timmy."

After being struck by the car, Timmy's head hit the pavement. The blow caused a severe brain bleed. "We got the call at 3:15 a.m. and jumped right in the car," Mr. McDonnell recalled.

Fortunately, Timmy's accident occurred in close proximity to RWJ, one of only three Level I Trauma Centers in the state. RWJ's

Level I Trauma Center has a trauma surgeon available in the hospital 24 hours a day, 7 days a week to treat patients with traumatic injuries. The trauma center's team is also highly experienced in the response and initial treatment of traumatic brain injuries like Timmy's. The team can also draw upon the strengths of many different disciplines and in this case, it was world-class neurosurgeons, who offered Timmy the best chance for survival. In addition, RWJ features experienced, nationally recognized critical care nurses, whose daily care and support was essential to Timmy's recovery.

Timmy had emergency surgery at 5 a.m. that morning. Rachana Tyagi, MD, Assistant Professor of Surgery at Rutgers Robert Wood Johnson Medical School and RWJ, removed part of his skull so she could remove the blood clot on his brain and relieve pressure from the swelling.

"He was in a comatose state when he arrived and following surgery," Dr. Tyagi said. "There were many moments when we thought he wouldn't survive."

A steady stream of Timmy's friends from Rutgers and Holmdel kept vigil in RWJ's Courtyard. Extended family came from New York and many employees at RWJ and Rutgers regularly checked on the family.

The McDonnells had hope after Timmy survived another procedure to reduce near lethal levels of pressure caused by his brain swelling, and much to their relief, an MRI revealed no damage to his brain stem. Timmy

opened his eyes 21 days after the accident.

"Recovery from severe brain injury depends on your attitude and how hard you are willing to work," Dr. Tyagi explained. "The front-end support he received from his family with early physical rehabilitation at the hospital made a huge difference."

Dr. Tyagi credits seamless teamwork among the trauma physicians, neurosurgeons and nurses on the Surgical Intensive Care Unit for his recovery.

The McDonnells never gave up hope, recalling a conversation with Vicente Gracias, MD, Interim Dean, Rutgers Robert Wood Johnson Medical School.

"Dr. Gracias said, 'I'm wrong sometimes and I hope I am wrong about Timmy. I want him to walk back in here, pat me on the back and tell me I was wrong, because then we will be like rock stars.'"

Mr. McDonnell still believes anything is possible with Timmy's recovery.

"Our hope is to have him return to Rutgers, graduate and live a happy, full life," Mr. McDonnell said. "Timmy's doctors said this was a miracle and the miracle started at RWJ."

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

Shown right: Rachana Tyagi, MD, Assistant Professor of Surgery at Rutgers Robert Wood Johnson Medical School and Chief of Pediatric Neurosurgery at The Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital, performed a life-saving operation on Timmy's brain to relieve the pressure and swelling.



The Level I Trauma Center at RWJ recently honored Timmy McDonnell at their annual Amazing Saves Picnic.

For the past five years, the Level I Trauma Center at RWJ has been hosting this family-friendly outing at Black Bear Lake Country Club in Millstone, NJ. The event is open to the public and brings together RWJ trauma patients both past and present, with the first responders, doctors, nurses and staff at RWJ who saved them. It gives everyone an opportunity to celebrate the incredible stories of survival with friends and family.

This year, Timmy and his family, along with many of his friends, enjoyed the food and fun and got to reconnect with some of those special people who will forever be a part of his life.

For more information or to see photos, please visit www.rwjtrauma.org.

WOMEN'S HEALTH

Robotic Surgery Helps Moms On the Go

Tamika Dukes no longer takes “normal everyday things” like shopping, eating out and going to the park with her son for granted.

Shown: Tamika Dukes' biggest concern when considering surgery to remove her uterus was how she was going to care for her autistic son after surgery. So Ms. Dukes sought out the care of a surgeon specially trained in performing hysterectomies with a robotic surgical system, and her pain and recovery was minimal.

For five years, the cramping, bloating and heavy bleeding from uterine fibroids and endometriosis forced her to limit her activities and stay close to home.

But after having a robotic hysterectomy at Robert Wood Johnson University Hospital Somerset (RWJ Somerset) in September, Ms. Dukes said, "I got my life back. I'm off the couch and out of the house."

Ms. Dukes, 39, of Plainfield, first began experiencing heavy menstrual periods after the birth of her son in 2009. At first, she thought the heavy bleeding was normal after childbirth. But over the years, the pain and bleeding got progressively worse. Because her mother had been diagnosed with uterine cancer at the age of 28, she grew more and more concerned.

Friends suggested she see Marlan Schwartz, MD, a robotic surgeon who is Chairman of the Department of Obstetrics and Gynecology at RWJ Somerset.

Tests showed that the cause of her symptoms were uterine fibroids and endometriosis. Uterine fibroids are tumors that develop in the uterus, causing heavy menstrual periods, bleeding between periods and abdominal pain. Endometriosis is when tissue similar to endometrial tissue that lines the uterus develops outside the uterus, either on other organs or tissue in the pelvis, causing internal bleeding during the menstrual cycle, inflammation and pain. This condition affects between 2 and 10

percent of women of childbearing age. Dr. Schwartz discussed her range of treatment options, including uterine fibroid embolization to cut off the blood supply to the fibroids and shrink the tumors and a hysterectomy to surgically remove the uterus.

Ms. Dukes felt that the best long-term solution was to remove her uterus, but she was concerned that a long recovery after surgery would limit her ability to care for her autistic son. Because her fibroids were amenable, Dr. Schwartz recommended a robotic hysterectomy using the *da Vinci*® Surgical System which would require only four small incisions and allow her to go home from the hospital in less than 24 hours.

"The pain and ability to recover after robotic surgery is much easier because of the small incisions," said Dr. Schwartz. "There is less bleeding and less chance of developing a hernia or infection. The robot also offers advantages for me as a surgeon, giving me better dexterity and better visualization."

The *da Vinci*® Surgical System is a robotic platform that gives surgeons a high-definition 3-D magnified view, with a level of detail far beyond what is seen during traditional surgery. Sitting at a console a few feet from the operating table, the surgeon controls the robot's arms to manipulate tiny instruments. These instruments have a greater range of motion than the human hand and give surgeons access to hard-to-reach areas.

In addition to hysterectomies, gynecological surgeons at RWJ Somerset are using the

robot for the removal of fibroids, ovarian cysts, one or both ovaries and/or tubes, uterine suspension, vaginal vault suspension, endometriosis and the excision of pelvic masses. Urologic, bariatric and general surgeries, such as colon, gallbladder and spleen removal, are also performed by the hospital's robotic surgeons.

Ms. Dukes says she noticed an immediate relief of her symptoms after her surgery.

"I felt amazing," she said. "I felt really, really great."

Although she felt a little sore and achy after the surgery, she didn't take any pain medications, not even ibuprofen, she says.

"Everyone at the hospital was so genuinely amazing – they were so concerned and caring," Ms. Dukes said. "It was the best experience I had in the hospital ever."

Thirteen days later, she was back to work full-time as a receptionist for Neurological Associates of Central Jersey in Bound Brook. Typical recovery time for a traditional open hysterectomy is six to eight weeks, according to Dr. Schwartz.

"It was the best thing I've ever done," Ms. Dukes said. "Technology is great. Don't wait like I did to get the help that you need."



Shown above: Marlan Schwartz, MD, Chairman of the Department of Obstetrics and Gynecology at Robert Wood Johnson University Hospital Somerset, is also a surgeon specially trained in robotic surgery for women's gynecologic conditions.

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

HEART SURGERY

With a Robot

*It was rare to find Frank Brenner
sitting idle on the sideline of life.*

Shown: Frank Brenner led a very active lifestyle, until he was suddenly diagnosed with a rapidly deteriorating heart valve caused by a murmur. Mr. Brenner turned out to be an excellent candidate for heart surgery with the new da Vinci® Xi Surgical Robot and the robot's precision means no more long, large incision, just a minimal scar two to three inches long instead.

Whether he was running or walking to stay in shape, fishing for stripers or working at his construction job, the 53-year-old Waretown resident was always on the go.

That changed after doctors discovered a heart murmur in Mr. Brenner when he sought treatment for another medical issue. "When they first discovered the murmur, it was moderately leaking," Mr. Brenner recalled. "It went from moderately leaking to severely leaking in one year. I was still running and trying to do everything I did, but I was always tired. I would sleep nine or 10 hours a night."

When he received the initial diagnosis, Mr. Brenner was living in Ringoes in Hunterdon County, a short distance from the office of Paul Barone, DO, an attending cardiologist at Robert Wood Johnson University Hospital Somerset (RWJ Somerset).

"A friend of mine had gone to Dr. Barone and spoke very highly of him," Mr. Brenner explained. "Dr. Barone was fantastic. He performed all of the tests himself."

Mr. Brenner was suffering from a condition known as mitral valve prolapse. Sometimes the mitral valve is abnormal from birth. It can also become damaged by infection, with age or heart disease. Doctors suspect Mr. Brenner may have had the murmur since birth. With mitral valve prolapse, some blood flows back into the atrium of the heart resulting in a condition called regurgitation. Regurgitation can make the heart work harder, leading to further damage and increasing the risk of heart failure.

Because Mr. Brenner's heart valve was rapidly deteriorating due to the murmur, Dr. Barone referred him to Leonard Y. Lee, MD, James W. Mackenzie Chair in Surgery and Interim Chair, Department of Surgery, Rutgers Robert Wood Johnson Medical School and Chief of Cardiothoracic Surgery at RWJ. Dr. Lee had recently received training on the most advanced technology currently available in minimally invasive robotic surgery, the *da Vinci*® Xi Surgical System, which can treat patients with heart valve issues by replacing the large, wide-open abdominal surgeries with a smaller incision approach.

The *da Vinci*® Xi, or robot, offers surgeons enhanced visual technology, broader capabilities and improved instrument control. By enabling efficient access throughout the abdomen and chest, the robot expands its core features, including wristed instruments, 3D-HD visualization, intuitive motion and an ergonomic design. The robot's 3D-HD vision gives surgeons a highly magnified view, virtually extending their eyes and hands into the patient.

A husband and father of four grown children, Mr. Brenner was in good health despite the diagnosis, so he was an excellent candidate for robotic surgery.

"Dr. Lee said my valve was leaking pretty badly and I needed surgery," Mr. Brenner said. "He said it would be easier for me to recover from the surgery if we chose the robot. I had total confidence in Dr. Lee, so I went for it." Dr. Lee added, "This technique allows me to

perform the surgery without spreading or cracking the patient's ribs and involves only making a small incision 2 to 3 inches in length. This significantly reduces the disruption and trauma to tissue surrounding the surgical area."

According to Dr. Lee, mitral valve repair is considered a better option for many patients who have been diagnosed with a leaking mitral valve or a narrowed mitral valve. Improved long-term survival rates, better preservation of heart function and reduced risk for post-surgical complications are some advantages.

Mr. Brenner is one of the first patients in New Jersey and the first at RWJ to benefit from the new technology. He had the surgery on December 8, 2014, with no complications afterward. He was home and back to running within a few weeks.

"This technology is fantastic," Mr. Brenner said. "I didn't expect everything to go this smoothly. I have a ton of energy- I feel great."

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

Shown: Leonard Y. Lee, MD, James W. Mackenzie Chair in Surgery and Interim Chair, Department of Surgery, Rutgers Robert Wood Johnson Medical School and Chief of Cardiothoracic Surgery at Robert Wood Johnson University Hospital.



DID YOU KNOW?

WE OFFER FOUR CONVENIENT LOCATIONS FOR CARDIAC REHAB?

RWJ New Brunswick
2nd Floor Ambulatory Care Building
New Brunswick, NJ
732-937-8735

RWJ Somerset
110 Rehill Avenue
Somerville, NJ
908-685-2453

Monroe Medical Arts Building
111 Union Valley Road, Suite 201-A
Monroe Township, NJ
732-561-8031

RWJ Outpatient Therapy Suite
593 Cranbury Road, East Brunswick, NJ
732-238-3202

Call today for your appointment, or visit
www.rwjuh.edu/cardiarehab.

EVENTS CALENDAR: NEW BRUNSWICK WWW.RWJUH.EDU/EVENTS

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

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

JUNE

Considering Weight Loss Surgery?
Find Out if You're a Candidate Today!

Wednesday, June 24

7 p.m.

Ragui Sadek, MD

Bariatric surgeon

Join one of our bariatric surgeons to discuss the options for weight loss surgery and whether or not you may be a candidate. **Registration is required!**

JULY

Strategies for Stress-Free Living...
Guided Imagery, Breathwork, and Meditation

Wednesday, July 8

11:45 a.m.

Nadine Roberts, Certified Reiki Master

& Guided Imagery Practitioner

Experience holistic stress management techniques, focusing on integrative mind and body-guided imagery and meditation, to help you cope with life's stressors.

WELLNESS COOKING SERIES:

Cooking Series for Health and Wellness
with Seasonal Recipes

Tuesday, July 14

6 p.m.

Include Pelvic Floor Muscle Exercises
in Your Exercise Routine

Wednesday, July 15

6 p.m.

Juana Hutchinson-Colas, MD

Urogynecologist

Minimally Invasive Anterior Approach
to Hip Replacement.

Tuesday, July 21

6 p.m.

Stephen Kayiaros, MD

Orthopedic surgeon



Considering Weight Loss Surgery?
Find Out if You're a Candidate Today!

Wednesday, July 22

7 p.m.

Ragui Sadek, MD

Bariatric surgeon

Join one of our bariatric surgeons to discuss the options for weight loss surgery and whether or not you may be a candidate. **Registration is required!**

Blood Drive

Thursday, July 23

2 to 7 p.m.

For additional information and to register please call 732-235-8100 Ext 221. **Registration is required.**



AARP Driver Safety Course

Let us bring you up to speed! Brush up on your driving skills and learn new traffic laws and rules of the road. Learn how to safely use anti-lock brakes, air bags, safety belts and more.

Course participants may be eligible to receive insurance discount.

Consult your insurance agent for details.

Tuesday, July 28 and Wednesday, July 29

Must attend both days.

6 to 9 p.m.

Fee: \$15 for AARP members, \$20 for non-members. For all drivers, age 18 and older with valid driver's license.

Registration is required!

AUGUST

WELLNESS COOKING SERIES:

Cooking Series for Health and Wellness
with Seasonal Recipes

Tuesday, August 11

6 p.m.

Strategies for Stress-Free Living...
Guided Imagery, Breathwork, and Meditation

Wednesday, August 12

11:45 a.m.

Nadine Roberts

Certified Reiki Master

& Guided Imagery Practitioner

Experience holistic stress management techniques, focusing on integrative mind and body-guided imagery and meditation, to help you cope with life's stressors.



Considering Weight Loss Surgery?
Find Out if You're a Candidate Today!

Wednesday, August 26

7 p.m.

Ragui Sadek, MD

Bariatric surgeon

Join one of our bariatric surgeons to discuss the options for weight loss surgery and whether or not you may be a candidate. **Registration is required!**

"Who's the Parent And Who's the Child?
Dealing with Role Reversal Between
Older Adults and Their Adult Children

Thursday, August 27

6:30 p.m.



EVENTS CALENDAR: OLD BRIDGE

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.

JULY

Considering Weight Loss Surgery?
Find Out if You're a Candidate Today!

Wednesday, July 8
7 p.m.

Ragui Sadek, MD
Bariatric surgeon

Join one of our bariatric surgeons to discuss the options for weight loss surgery and whether or not you may be a candidate. **Registration is required!**

Strategies for Stress-Free Living...
Guided Imagery, Breathwork, and Meditation

Wednesday, July 22
11:45 a.m.

Nadine Roberts
Certified Reiki Master
& Guided Imagery Practitioner

Experience holistic stress management techniques, focusing on integrative mind and body-guided imagery and meditation, to help you cope with life's stressors.

AUGUST

Blood Drive
Saturday, August 1
9 a.m. to 2 p.m.

Registration is required. For additional information and to register please call 732-235-8100 Ext 221.

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

AARP Driver Safety Course

Let us bring you up to speed! Brush up on your driving skills and learn new traffic laws and rules of the road. Learn how to safely use anti-lock brakes, air bags, safety belts and more. Course participants may be eligible to receive insurance discount.

Consult your insurance agent for details.
Thursday, August 6 and Friday, August 7

Must attend both days.

6 to 9 p.m.

Fee: \$15 for AARP members, \$20 for non-members. For all drivers, age 18 and older with valid driver's license.

Registration is required!

Considering Weight Loss Surgery?
Find Out if You're a Candidate Today!

Wednesday, August 12
7 p.m.

Ragui Sadek, MD
Bariatric surgeon

Join one of our bariatric surgeons to discuss the options for weight loss surgery and whether or not you may be a candidate. **Registration is required!**

Strategies for Stress-Free Living...
Guided Imagery, Breathwork, and Meditation

Wednesday, August 18
11:45 a.m.

Nadine Roberts
Certified Reiki Master
& Guided Imagery Practitioner

Experience holistic stress management techniques, focusing on integrative mind and body-guided imagery and meditation, to help you cope with life's stressors.

NEW BRUNSWICK SUPPORT GROUPS

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

ALS Support Group

Third Saturday of the month
(July 18, August 15)
1:30 to 3:30 p.m.
Call: 732-235-7331

Aplastic Anemia and MDS Support Group

Fourth Saturday of the month
(June 27, July 25, August 22)
10:30 a.m. to 12:30 p.m.
Contact: cnjaamdspnhsupportgroup@live.com

Bariatric Support Group

First Tuesday of the month (July 7, and August 4)
7 to 8:30 p.m.
Contact: 732-253-3156 or kimberly.brennan@rwjuh.edu

Brain Aneurysm and AVM Support Group

First Wednesday of alternate months (July 1)
7 to 8:30 p.m.
Contact: BASG@rwjuh.edu or 732-937-8820

Breast Cancer Support Group

First and third Monday of the month
(July 6, July 20, August 3, August 17)
7 to 8:30 p.m. (Rutgers Cancer Institute of New Jersey)
Call: 732-235-7011

Depression and Mood Disorder Support Group

Every Friday: 7:30 p.m.
(RWJ Auditorium, 1st floor of the hospital)
New Brunswick
Contact: 1-888-829-2483 or www.dbsanewjersey.org

EDSers United (Ehlers-Danlos Syndrome)

Fourth Sunday of the month (June 28, July 26, August 23)
1 to 4 p.m.
Contact: edsersunited@edsers.org

Epilepsy Support Group

First Wednesday of the month (August 5)
6 p.m.
Contact: 732-235-7340 or rwj.epilepsy@rutgers.edu

***Unless otherwise noted, all support groups are held in the Community Room at the RWJ Fitness & Wellness Center, 100 Kirkpatrick Street, New Brunswick, NJ 08901. Parking deck entrance is located on the corner of Paterson and Joyce Kilmer Streets.

Gynecologic Cancer Support Group

Second Tuesday of the month
(July 14, August 11)
7 to 8:30 p.m. (Rutgers Cancer Institute of New Jersey)
Call: 732-235-6792

Heart Transplant Patient and Family Support Group

Second Tuesday of the month (September 8)
7 to 8 p.m.
(The Transplant Center at RWJ
10 Plum Street, New Brunswick)
Contact: 732-253-3699

Kidney and Pancreas Transplant Patient and Family Support Group

Third Monday of the month (September 21)
7 to 8 p.m.
(The Transplant Center at RWJ
10 Plum Street, New Brunswick)
Contact: 732-253-3361

Living With Cancer Support Group

Second and fourth Wednesday of the month
(July 8, July 22, August 12, August 26)
7 to 8:30 p.m. (Rutgers Cancer Institute of New Jersey)
Call: 732-235-6781.

New Moms - New Babies Support Group

Every Thursday: 12 noon to 2 p.m.
(The Bristol-Myers Squibb Children's Hospital,
1st floor Conference Room)
Call: 732-253-3871

People with Parkinson's Disease and Their Family Support Group

• Thursday, June 18, 7 to 8:30pm
• Thursday, July 16, 12:30 to 2 p.m.
• Thursday, August 20, 7 to 8:30 p.m.
Contact: 732-745-7520

True Life After Stroke Support Group

Third Thursday of every other month
(July 16, September 17)
12:30 to 1:30 p.m.
Contact: 732-937-8655 or stroke@rwjuh.edu

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

EVENTS CALENDAR: SOMERSET WWW.RWJUH.EDU/EVENTS

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

JUNE

Interested in Joint Replacement?

Tuesday, June 16

7 to 8:30 p.m. (Light refreshments at 6:30 p.m.)

Fuld Auditorium, RWJ Somerset

Kyala Pascuel, RN, Joint Surgery Center, Coordinator
Nancy Reger, MS, Administrative Director Rehab Services, RWJ Somerset Orthopedic Surgeon

Learn more about our options for joint replacement surgery. Hips? Knees? Both? We'll tell you all you need to know. A question and answer session will be included.

JULY

Aquacize

Eight-week courses begin:

Monday, July 6, Wednesday, July 8 or Friday, July 10
10:30 to 11:15 a.m.

Somerville YMCA, \$46

Instructors: Pam Granick and Ellen Helman,
certified water fitness instructors

Practice this water exercise program that soothes arthritis pain, strengthens joints and improves range of motion and lung capacity.

Chair Yoga for Seniors

An eight-week course begins:

Tuesday, July 7

10:30 to 11:30 a.m.

Joy 2 Dance, Hillsborough, \$48

Instructor: 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.

Tai Chi

Four-week course begins:

Thursday, August 6

10 to 11 a.m.

Steeplechase Cancer Center, \$30

Instructor: Bobbi Joels, certified tai chi instructor

Learn easy, low-impact movements to improve balance, flexibility and strength and reduce stress.

Child and Babysitting Safety (CABS)

Thursday, July 16 and Friday, July 17

4 to 8 p.m.

RWJ Somerset, \$65

(includes course material)

This course provides teenagers ages 11 – 15 with everything they need to know to care for younger children, including tips for working with parents and kids, safety, caregiving and first aid. 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).

Register online at www.rwjuh-ems.org

For information, call 732-937-8686.



AUGUST

4-H Fair: Good Health Is Fun!

August 12 through August 14

10 a.m. to 10 p.m.

North Branch Park, free

Visit Robert Wood Johnson University Hospital

Somerset's tent for free health information and prizes.



Child and Babysitting Safety (CABS)

Thursday, August 27 and Friday, August 28

4 to 8 p.m.

RWJ Somerset \$65

(includes course material)

This course provides teenagers ages 11 – 15 with everything they need to know to care for younger children, including tips for working with parents and kids, safety, caregiving and first aid. 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).

Register online at www.rwjuh-ems.org

For information, call 732-937-8686.

Weight-Loss Surgery Seminars

Have you been unsuccessful at keeping the weight off? Weight-loss surgery may be the right choice for you. But how do you know if you qualify and which procedure is your best option? Join our bariatric surgeons for a free seminar to learn about your surgery options, including detailed information about gastric banding, gastric sleeve and gastric bypass.

- Thursday, July 2, 7 to 9 p.m., 1st Floor Conference Room: Ragui Sadek, MD
- Tuesday, July 21, 7 to 9 p.m., 3rd Floor Conference Room: Glenn Forrester, MD
- Thursday, August 6, 7 to 9 p.m., 1st Floor Conference Room: Ragui Sadek, MD
- Tuesday, August 18, 7 to 9 p.m., 3rd Floor Conference Room: Glenn Forrester, MD

The conference rooms are located in the Steeplechase Cancer Center at RWJ Somerset, 30 Rehill Avenue, Somerville. Please call 1-888-637-9584 to register.

SUPPORT GROUPS: SOMERSET

VISIT WWW.RWJUH.EDU/EVENTS OR CALL 1-888-MD-RWJUH.

Alzheimer's Support Group

Tuesdays, (July 14, August 11 and September 8)
1 to 2:30 p.m.
Urgent Care Center, Hillsborough

If a family member or other relation has been diagnosed with Alzheimer's disease or a related dementia disorder, discover the available community resources, learn from others who are going through similar experiences and obtain additional educational materials.

Bariatric Support Group

Tuesdays, (July 28, August 25)
6:30 – 7:30 p.m.
RWJ Somerset: Family Practice Conference Room
Bariatric surgery support provided by a nutritionist.

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.

Eating Disorders-Patient Support

Every Tuesday
7:30 to 8:30 p.m.
RWJ Somerset, 1 West, Room 197
For more information, call the Eating Disorder Unit at 908-685-2847.

Stroke Support Group

Thursdays, (September 3)
2 to 3 p.m.
RWJ Somerset, 4 West Conference Room
No pre-registration required.



Better Breather's Club

Thursdays, (July 9, August 13)
10:30 to 11:30 a.m.
RWJ Somerset: Steeplechase Cancer Center

Promotes the management of COPD and other chronic lung diseases (i.e. asthma, pulmonary fibrosis or lung cancer) and offers a sense of belonging and hope in an effort to improve quality of life.

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.

STEEPLECHASE CANCER CENTER

SUPPORT GROUPS

Women's Cancer Support Group
Wednesdays, (July 8 and 22,
August 12 and 26)
11:30 a.m. to 1 p.m.
Lunch is provided the first meeting
of each month.

Men's Cancer Support Group
(In Partnership with the Cancer Support
Community of Central New Jersey)
Wednesday, (July 8 and 22, August 12 and 26)
6:30 to 8 p.m.
Call 908-658-5400, ext. 102 for details.

Spirituality Group
Wednesdays (July 1 and 15 and August 19)
1 to 2 p.m.

Young Women's Support Group
(Women under 45 years of age)
Third Tuesday of each month (July 21, August 18)
9:30 to 11 a.m.

Breast Cancer Education & Networking Group
Tuesdays (July 14 and August 11)
6:30 to 8 p.m.

**Support Group for Persons with Oral,
Head & Neck Cancer**
Wednesdays (July 15 and August 19)
6 to 7 p.m.

Multiple Myeloma Support Group
(In Partnership with the Cancer Support
Community of Central New Jersey)
Wednesdays (July 1 and August 5)
7 to 9 p.m.
For more information, call 908-725-4948.

Trauma and Tension Releasing Exercise
Thursday, July 9
12 to 1 p.m.

EVENTS

Wigs and Accessories
(In Partnership with
American Cancer Society)
Tuesdays, July 21
1 to 3 p.m.

Look Good, Feel Better
(In Partnership with
American Cancer Society)
Monday, August 17
10 to 12 p.m.

"Survivors In Motion"
Oncology Rehabilitation Programs
Call 908-203-6243

Nutrition & Cooking Class
July 23: Backyard BBQ
August 27: Healthy cooking
with Jersey Fresh Produce
1 to 2 p.m.
Registration required. Call 908-927-8721

Wellness Workout
(In Partnership with Cancer Support
Community Central New Jersey)
Mondays and Wednesdays
10 to 11 a.m.

"Yoga for Cancer Care" – Gentle Yoga
Tuesdays, 4 to 5:30 p.m.
and Fridays, 10 to 11 a.m.
\$5 per class. Call 908-927-8721

"Yoga for Cancer Care" – Restorative Yoga
Friday (replaces Friday Gentle Yoga
one week per month)
10 to 11:30 a.m.
\$5 per class. Call 908-927-8721.

"Yoga for Cancer Care" – Chair Yoga
Fridays
1:15 to 2:15 p.m.
\$5 per class. Call 908-927-8721.

Watercolor/Acrylic Art Class
Thursdays
11:30 a.m. to 1 p.m.

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.

PLASTIC SURGERY

Skin Grafting

One day, Marie Pirillo was a happy mom taking care of her two sons. The next, she was in the intensive care unit fighting for her life.

Shown: Marie Pirillo battled a rare, flesh eating infection that required about 30 surgeries and three skin grafting procedures at Robert Wood Johnson University Hospital to get her back home to her husband and two young children.

When a friend's dog scratched Ms. Pirillo on both legs in June 2014, she wasn't too concerned. The next day though, her legs hurt so much that she was in tears. Her doctor sent her to the Emergency Department at Robert Wood Johnson University Hospital Somerset (RWJ Somerset) where she was assessed by Jill Zeiger, MD, an emergency medicine specialist. "The last thing I remember was passing out from the pain," said the 48-year-old Bridgewater resident.

After being transferred to Robert Wood Johnson University Hospital in New Brunswick (RWJ), doctors found that Ms. Pirillo had a flesh-eating infection (necrotizing fasciitis). This fast-spreading infection destroys skin, and sometimes muscles and tissues too. "Flesh-eating infection is a rare diagnosis that can kill someone very quickly. The best environment to take care of such a complex infection is a tertiary care hospital that has all the necessary resources and expertise," said Matthew E. Lissauer, MD, Associate Professor of Surgery at Rutgers Robert Wood Johnson Medical School and an acute-care surgeon who was part of the team of doctors who saved Ms. Pirillo's legs and life.

Flesh-eating infection is caused when certain bacteria get into the body through a scratch, cut, or other break in the skin. It usually happens to people with weakened immune systems. Ms. Pirillo has lupus, a disease where the immune system attacks the body.

In emergency surgery—the first of about 30 procedures over the next few months—doctors removed most of Ms. Pirillo's infected skin: all of the skin from the thigh to the toes on the right leg and from the knee down on her left leg. In the intensive care unit afterwards, a ventilator helped Ms. Pirillo breathe for the first few days and her blood pressure was dangerously low. Doctors told her husband Joseph that she might die or lose her right leg. Every few days they operated again, first to remove the remaining dead skin and then to wash the wounds and change the dressings. "It would have been too painful to do this at the bedside. It had to be done in the OR under anesthesia," said Dr. Lissauer. Doctors also treated her low blood pressure and gave her antibiotics, strong pain medicines, and steroids.

Ms. Pirillo spent nearly three months in the hospital. "Every day I was grateful I was still alive. The force that kept me going is that my kids needed me," she said. Her husband, a police officer in Mendham Borough, took sick leave to care for her and their kids, ages three and five.

By late July, Ms. Pirillo had healed enough to begin the process for skin grafts, to replace her lost skin. "With 20 percent of her skin missing, I used a combination of Ms. Pirillo's own skin and artificial skin to make healing easier," said Joanna Partridge, MD, Clinical Instructor of Surgery at Rutgers Robert Wood Johnson Medical School and a plastic surgeon at RWJ. Dr. Partridge performed

three procedures to reduce the size of the wounds and attach skin removed from other body parts and artificial skin to Ms. Pirillo's legs. She worked closely with other doctors at RWJ and afterwards, with physical therapists.

During six weeks in a rehab facility, Ms. Pirillo had intensive physical therapy. She finally went home in September, and continued outpatient physical therapy for seven months. Ms. Pirillo's right leg is smaller than her left leg now, and she has many scars. She cannot be as active with her kids as she was before, but she is grateful to be home with them and her husband. "Sometimes we get trapped in routine and forget about what is important in life: your family and your health. It was eye-opening to realize how beautiful it is to be alive."

"What Ms. Pirillo has accomplished physically and mentally is amazing," added Dr. Partridge. "When something this awful happens and you can still have a positive attitude and be motivated to make a recovery, it makes a difference."

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



Shown: Part of a multi-disciplinary team that saved Marie Pirillo's life, Joanna Partridge, MD, Clinical Associate Professor of Surgery at Rutgers Robert Wood Johnson Medical School and a plastic surgeon at Robert Wood Johnson University Hospital performed three skin grafts using a combination of Ms. Parillo's real skin and artificial skin to replace the missing section on her left leg.

MATERNITY SERVICES

Caring For Babies and Moms Too

Giving birth to her son Evan was a peaceful experience for Karlene Melero.

Shown: Karlene Melero chose Robert Wood Johnson University Hospital Somerset to deliver her second son Evan this past March because of their reputation for providing personalized care, not only to the newborn baby, but to the Mom and Dad too.

From the moment Mrs. Melero arrived to the maternity unit at Robert Wood Johnson University Hospital Somerset (RWJ Somerset) on March 12, she felt well cared for, physically and emotionally. “The maternity unit was quiet and peaceful, and the nurses were personable and professional,” said the 34-year-old Piscataway resident.

Labor and delivery nurse Salimma Joseph, RNC, worked with Gregory Hirsch, MD, to guide Mrs. Melero during labor until Evan was born. “Our calm environment means we can pay more attention to our patients,” said Dr. Hirsch, who has been working with Ms. Joseph and other nurses at RWJ Somerset for many years and is Vice Chairman of the Department of Obstetrics and Gynecology at RWJ Somerset.

To make sure that mom and baby were okay, Ms. Joseph stayed with Mrs. Melero after her shift ended. She got Mrs. Melero and her husband Eric something to eat, even though the hospital’s kitchen was closed. “She and the other nurses took care of all of us, not just the baby,” said Mrs. Melero.

While most hospitals have separate nurses for moms and their babies, at RWJ Somerset, one mother/baby nurse cares for both. “We provide holistic care to help new families get off to the right start,” said Lynn Freeland, MSN, RNC, Assistant Nurse Manager of Maternity Services. This was a very different experience than the birth of Mrs. Melero’s first baby, 5-year-old Ian, at another New Jersey hospital.

There, many nurses came in and out of the room during labor. After Ian was born, Mrs. Melero felt like they forgot about her and just took care of the baby.

“What sets us apart is the professionalism and dedication of our staff to provide the safest, most personalized delivery experience for our families,” said Jennifer Irving, BSN, RNC-ob, Director of Maternity Services at RWJ Somerset. For example, Mrs. Melero chose to breastfeed Evan. Her mother/baby nurse taught her how to do this, and was always available. If Mrs. Melero had needed more help, the nurse would have brought in a lactation counselor. RWJ Somerset has one of the highest rates for breastfeeding in the region. All maternity nurses are trained in breastfeeding and 90 percent of nurses are certified in their specialty.

Nurses have plenty of time to care for moms and their babies, and to teach moms and dads how to safely care for their babies at home. Each nurse takes care of just three or four moms and babies, instead of up to six moms or babies like other hospitals. Childbirth educators also teach new moms and their families about caring for the baby. New moms can call the nurses with questions after they leave the hospital. RWJ Somerset also offers community education classes for parents.

“It was so much better at RWJ Somerset than my previous experience,” said Mrs. Melero. “They even checked to see if I ordered breakfast, and provided breakfast for my husband.” The hospital is also easy to

get to, which helps dads who may be going back and forth between the hospital and home to care for other kids. After Mrs. Melero went home, Ms. Joseph called to see how she was doing.

Board-certified obstetricians, neonatologists (pediatricians specializing in newborn care), and anesthesiologists are available in house 24/7 in case of emergencies. The nursery provides Level II intermediate neonatal care, when necessary, for some high-risk pregnancies and newborn issues. These same neonatologists also care for babies at RWJ New Brunswick’s Level III perinatal center, and can expedite seamless transfers there in the rare cases when this is necessary.

“Many women who have delivered elsewhere come here for their next birth and love it. We help the woman and her family have the experience they want to have, and give them the education they need to be prepared to take care of their baby in a safe manner,” said Freeland.

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



Shown: Gregory Hirsch, MD, Vice Chairman of the Department of Obstetrics and Gynecology at Robert Wood Johnson University Hospital Somerset, has been working with the nurses and delivering babies on the maternity unit for many years and encourages patients to deliver here.

HAVING YOUR BABY AT RWJ?

Prenatal and Post-partum Yoga 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.

Thursdays beginning July 2

1 to 2:15 p.m.

\$10 per class

To pre-register and confirm the location, please call 908-704-3766 or register online at www.rwjuh.edu/somersetevents.

Childbirth Education Class

Three-session class begins Tuesdays: June 30, July 7 and 14, August 11, 18 and 25

6:30 to 9:30 p.m.

Maternal Child Health Conference Room, \$125

RWJ HEALTH CONNECT

Patient Shares Perks of Online Health Records

Since her kidney transplant, Danielle Scoon has been using RWJ Health Connect, the Robert Wood Johnson Health System's online patient portal to manage her own health care.

Shown: Danielle Scoon uses RWJ Health Connect to manage her entire family's health care online. It allows her to connect her hospital records with her outpatient doctor's office, and she can share test results and current medications, making it easier to keep everything organized.

As a medical assistant for a large medical practice, when 29-year-old Ms. Scoon got sick, the doctors she worked with were able to diagnose the problem: an aneurysm in the wall of an artery to her kidney. An aneurysm is a bulging, weakened area that if serious enough, like Ms. Scoon's, can burst if it is not treated. This can shut down the kidney or be deadly.

Born with one kidney, the aneurysm was especially serious for Ms. Scoon, a single mother of two who lives in Union. She needed an unusual kidney transplant in which David A. Laskow, MD, Associate Professor and Chief of Transplant Surgery at Rutgers Robert Wood Johnson Medical School and an attending Kidney and Pancreas Transplant Surgeon at Robert Wood Johnson University Hospital (RWJ), removed her kidney, repaired the aneurysm, and then put Ms. Scoon's kidney back into her body. "RWJ has one of the nation's top kidney transplant programs. I delivered my son there and I liked the care I was given," said Ms. Scoon. Her son is 3 years old and she also has a 1 year-old daughter.

After any type of transplant, patients need a lot of follow-up medical care. Ms. Scoon also sees doctors regularly for high blood pressure, which is likely caused by her kidney problems. Soon after her kidney transplant in January, Ms. Scoon signed up for RWJ Health Connect, an easy-to-use, secure health information exchange that lets patients create personal, electronic health records and manage their healthcare online 24/7.

RWJ Health Connect provides the information doctors and hospitals need to improve and coordinate care, and it reduces errors and duplicate services. The technology used is designed to protect personal health information, limiting access to patients and their doctors (and doctors' authorized staff).

"The goal is to give patients ownership of their health. Patients love RWJ Health Connect because they have all of their information in one place," said Theresa DaSilva, RN, BSN, Health Information Exchange Coordinator at RWJ. RWJ Health Connect has medical records from RWJ and doctors who work for the hospital. The system is open to doctors in New Jersey, whose records are included when they join. Some already use the system. New providers and health care facilities are added regularly, says Ms. DaSilva. Patients can also add information such as medications and allergies to their electronic health records.

Ms. Scoon uses RWJ Health Connect to coordinate her care with doctors outside of RWJ, take care of herself, and manage her children's health care. "It is easy for me to go to other doctors and share test results and imaging results so they can help monitor me," she said. "It keeps all of the doctors on the same page." When Ms. Scoon wants to share her electronic health record with doctors who aren't part of RWJ Health Connect, she shows it to them on her tablet or smart phone. She can also bring a printout to the appointment. Doctors can provide care

sooner since they do not have to wait weeks for the information to be released to them. Ms. Scoon uses test results to adjust her diet or activity to be healthier. She also put her children's health records into the system and linked them to her electronic health record. "RWJ Health Connect is very convenient for a busy, single parent like myself," said Ms. Scoon.

RWJ patients will automatically receive an invitation to sign up for RWJ Health Connect. After they do, they select their other doctors who use the system and those records are added to their electronic health record. If you have not been a patient at RWJ and are interested in signing-up, you may do so by visiting our RWJ Health Connect landing page.

"Technical assistance is always available through both RWJ as well as the technical developer. We're using sophisticated technology to collect and store data from multiple sources. This enhances the quality of care, saves time, and reduces costs," said Ms. DaSilva.



NEW BRUNSWICK • HAMILTON • RAHWAY • SOMERSET

**HAVE YOU SIGNED UP YET?
JOIN THE RWJ HEALTH CONNECT
PATIENT PORTAL TODAY!**

**VISIT OUR LANDING PAGE AT
RWJCONNECT.COM.**



TOBACCO QUITCENTER

Breaking the Habit

When Susan Scott suffered a mini stroke last year, it was a wake-up call that it was finally time to quit smoking after 36 years.

Shown: Susan Scott, a smoker for 36 years, has been smoke-free for nearly a year thanks to the Tobacco Quitcenter at the Steeplechase Cancer Center at Robert Wood Johnson University Hospital Somerset.

"My doctor told me that my smoking put me at greater risk for having a stroke," she said.

A pack-a-day smoker, Ms. Scott, 56, of Plainfield, had tried quitting smoking several times over the years – sometimes quitting cold turkey and other times trying to gradually cut back on the number of cigarettes she smoked each day.

"It was just so hard," she said.

This time around, Nimer Mian, DO, her neurologist from Robert Wood Johnson University Hospital Somerset (RWJ Somerset) referred her to the Tobacco Quitcenter at the Steeplechase Cancer Center.

She met weekly with Chris Kotsen, PsyD, a certified tobacco treatment specialist who is program manager of the hospital's Tobacco Quitcenter; for one-on-one counseling sessions. She also used the nicotine patch and a nicotine inhaler for a few months to help her control cravings.

Ms. Scott, who is blind, was used to smoking whenever she listened to books on tape or the TV. She also had a habit of reaching for a cigarette after eating and after her morning cup of coffee. Committed to breaking this habit, she began reaching for the nicotine inhaler instead.

Each week when she went to see Dr. Kotsen he did a breath carbon monoxide test.

"Carbon monoxide is in the smoke that you inhale and blocks oxygen in your body," Dr. Kotsen explained. "The carbon monoxide levels begin to drop immediately when you start cutting down on cigarettes and quit smoking. Slowly the toxins begin cleaning out of your body."

"The first time I had the test it was at 21 and it kept going down each week," Ms. Scott said. "By my fourth visit, it was down to a level of 3. At that point, I said 'I'm not smoking anymore.'"

Seeing the carbon monoxide levels go down helped her stick with her resolution even though it was tough to overcome the cravings and she became irritable at times. She was also breathing better and noticed a stronger sense of smell. Plus, she knew that it would help reduce her risk of having a stroke. "There are benefits to quitting smoking at any age," said Dr. Kotsen. "Quitting smoking can lower your risk for cancer, heart disease, stroke, peripheral vascular disease and lung diseases such as Chronic Obstructive Pulmonary Disease (COPD)."

In addition to individual counseling, the Tobacco Quitcenter also offers group counseling sessions and workplace groups.

Shown right: Chris Kotsen, PsyD, is a certified tobacco treatment specialist and the Program Manager for the Tobacco Quitcenter at the Steeplechase Cancer Center at Robert Wood Johnson University Hospital Somerset.



That support has translated into long-term success. About 73 percent of the Quitcenter's patients who complete treatment are smoke-free six months after quitting.

Ms. Scott has not smoked since quitting last July.

"I'm proud of myself," she said. "I didn't think I could do it. It was easier for me because I had the tools. I couldn't do it on my own."

Visit www.rwjuh.edu/quitcenter or call 908-685-2442.

HELP IS ALSO AVAILABLE ON THE RWJ NEW BRUNSWICK CAMPUS THROUGH:

Rutgers Tobacco Dependence Program
Clinical Academic Building
125 Paterson Street, Suite 2300
New Brunswick, NJ

Visit tobaccoprogram.org
or call 732-235-8222.

RWJ UNIVERSITY HOSPITAL
SOMERSET

STEEPLECHASE CANCER CENTER



ATTENTION SMOKERS AND FORMER SMOKERS

Find out if you are a candidate for our \$99 lung cancer screening

The screening is recommended for:

- Smokers or former smokers between the ages of 55 and 77
- Those who have 30 (or more) pack years of cigarette smoking. (A pack year = # of packs smoked per day x # of years smoked.)
- Former smokers who have quit within the last 15 years and are between the ages of 55 and 77, and are asymptomatic for signs of lung cancer.

The screening includes a low-radiation CT scan, which is highly effective at detecting lung cancer when it is most treatable as well as a follow-up visit with a pulmonologist to discuss your results.

For more information or to schedule your screening, please call: 908-927-8778

27th Annual Invitational Golf Classic



Register Now! 27th Annual Invitational Golf Classic

Tuesday, June 23, 2015

Metedeconk National Golf Club

50 Hannah Hill Road, Jackson, NJ, 08527

For more information and to register, visit www.rwjufdn.org.

CAREGIVER EDUCATION SERIES LUNCH and LEARN

For caregivers of chronically ill older adults

3rd Monday of the month • 12 to 1:30 p.m.

Bring your lunch and join us for one of our informative sharing sessions.

Dates:

Monday, July 20, August 17
and September 21

Location:

RWJ Fitness and Wellness Center
100 Kirkpatrick Street, New Brunswick, NJ
Community Education Room - 2nd Floor

To register, call 732-846-0131



Breakthrough! Giving Kids the Gift of Sound

The Region's First Cochlear Implant Program Dedicated to Kids

The Bristol-Myers Squibb Children's Hospital at RWJ, in conjunction with Rutgers Robert Wood Johnson Medical School, recently launched the region's first Cochlear Implant Program dedicated to children with profound hearing loss.

While other cochlear implant teams may care for children as a part of their adult program, our program is unique because it is dedicated solely to treating children. Other programs may have all the necessary components of a well-built program, but our approach is to offer a centralized team who works closely together on each individual case. Our comprehensive team consists of audiologists, psychologists, geneticists, surgeons and speech pathologists who all have extensive experience not only in pediatrics, but children with cochlear implant's as well.

Since the program's inception last fall, we have successfully implanted multiple children with the cochlear device and look forward to sharing those stories with you in an upcoming Breakthroughs!

For more information, please visit www.bmsch.org/cochlearimplant



RWJ University Hospital Foundation Unveils New Donor Recognition Wall

To honor both our 2014 donors and those who have gifted over \$100,000, the RWJ University Hospital Foundation recently unveiled a new donor wall with a digital touchscreen that features scrolling photos, live videos and donor stories. Incorporating this real-time, changing content is a dynamic new technology and we are proud to use it to honor those who demonstrate the incredible impact of philanthropy at RWJ.

RWJ ROUND-UP

What's Happening at RWJ Somerset



4-H Fair: Good Health Is Fun!

Stop by RWJ Somerset's tent to pick up free health information, play some health-related games and win prizes! There is fun for the whole family at this event!

August 12 through August 14
10 a.m. to 10 p.m.
North Branch Park, free



RWJ Sports Physical Therapy in Flemington Has A New Location

Previously located at 361 Route 31, you can now find RWJ Somerset Sports Physical Therapy at:

**295 Route 202/31
Flemington Circle
Flemington, NJ 08822**
(Between Hunterdon Music Center and Advanced Auto Parts)

For questions or to make an appointment, please call 908-806-2000.



RWJ Somerset Lobby Renovation Underway



The Somerset campus recently embarked on a main lobby renovation to improve patient access and comfort upon arrival. The new lobby will feature an updated reception desk, a comfortable space for waiting and improved registration modules to maintain patient privacy. The anticipated completion of the renovation is expected this summer.

Seventh Annual Steeplechase Distance Run/Walk Set for September 27

SAVE THE DATE

RWJ UNIVERSITY HOSPITAL
SOMERSET
STEEPLECHASE CANCER CENTER

Avid runners, walkers, cancer survivors, physicians, community members, family and friends, mark your calendars for the 2015 Steeplechase Distance Run/Walk, taking place on Sunday, September 27. The Somerset Healthcare Foundation's annual event features a 10K run, 5K run, 2-mile walk, kid sprints, music, refreshments, face painting and more, over a scenic course in Hillsborough, New Jersey.

Funds raised through sponsorships, entry fees and individual and team fundraising will support patient and community cancer education programs and services at The Steeplechase Cancer Center.

So come out and join us this fall on this fun and inspiring day fit for the entire family. Register and start your fundraising early at www.steeplechasedistancerun.com.





Baby Expo

Come learn more about our
maternity services and
consider delivering with us!

Saturday, September 12

10 a.m. to 2 p.m.

RWJ Somerset

110 Rehill Avenue

Somerville, NJ 08876

To register, call 908-704-3766



THE ROBERT WOOD JOHNSON HEALTH SYSTEM

Robert Wood Johnson University Hospital | www.rwjuh.edu

Robert Wood Johnson University Hospital Hamilton, rwjhamilton.org • Robert Wood Johnson University Hospital Rahway, rwjuhr.com •

Children's Specialized Hospital, childrens-specialized.org • The Bristol-Myers Squibb Children's Hospital at RWJ, bmsch.org •

Robert Wood Johnson University Hospital Somerset, www.rwjuh.edu



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HEALTHY RECIPE FREEKEH PARFAIT SERVING SIZE: 8 - 9 OZ. CUPS FROM OUR FOOD AND NUTRITION DEPARTMENT

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

Ingredients

- 1 cup freekeh
- 2 cups water
- ½ cup brown sugar
- 4 cups low fat vanilla yogurt
- ½ cup sliced dried apricots
- ½ cup dried cranberries
- ½ cup chopped pecans
- 2 tablespoons maple syrup
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg

Preparation

1. Bring sugar and water to a boil and add freekeh.
2. Cook until tender: Cooked freekeh will be a little chewy.
3. Let cool.
4. Combine with vanilla yogurt and set aside.
5. In a separate bowl combine remaining ingredients.
6. Split yogurt mix evenly into 8 cups.
7. Top evenly with dried fruit.

Nutrition Information

280 calories, 7g total fat, 1.5g saturated fat,
5mg cholesterol, 90mg sodium,
48g total carbohydrate, 3g dietary fiber,
36g sugars, 8g protein

www.rwjuh.edu/recipes

