

BREAK throughs

SPORTS PHYSICAL THERAPY & PERFORMANCE

Swinging for the Fences Again

BELLYBUTTON BRAIN SURGERY

Saves Miracle Baby

ROBOTIC SPINAL FUSION SURGERY

Guidance System Improves Accuracy and Precision

Tyler Dymond, 16, was back on the field last spring, playing baseball for the Middlesex High School Blue Jays, after suffering painful knee and back injuries. Tyler's return was the result of treatment at Robert Wood Johnson University Hospital Somerset's Sports Physical Therapy and Performance Center in Bridgewater, where highly trained experts designed a rehabilitation program tailored to healing Tyler's injuries.





WELCOME

Dear Friends,

With the fall season in full swing and the transition of the Presidency on the horizon, we anticipate a future filled with change for America's health care system. I'd like to take this opportunity to reassure our patients, families and the diverse communities we serve that Robert Wood Johnson University Hospital (RWJ) has been working diligently across our New Brunswick and Somerset campuses to prepare for this transformation and its potential impact.

We remain committed to delivering exceptional, top-quality, coordinated patient care and we continuously strive to advance this forward thinking approach. Over the past several months, these efforts were recognized through several achievements and honors.

First, we completed separate triennial, on-site surveys administered by the Joint Commission at each campus. The rigorous inspection process helps us measure, assess and improve our performance. I am thrilled to share that both hospitals received full certification and that surveyors also acknowledged our dedicated efforts to enhance patient safety. Furthermore, I am pleased to report the surveyors specifically commented on the maintenance and upkeep at each facility. I am extremely proud of the teams from both campuses for collaborating and contributing to a successful survey.

In other exciting news, our New Brunswick and Somerset campuses were named to the annual list of "Most Wired" hospitals by the American Hospital Association. The list gauges the use and adoption of information technology (IT) and examines how we are leveraging these IT systems within our hospitals to improve performance in the quality, safety and coordination of patient care.

Lastly, I want to congratulate our nursing teams. RWJ New Brunswick earned a fifth consecutive Magnet® designation for nursing excellence, making them one of only seven hospitals in the world to do so. Quickly following suit, RWJ Somerset was recognized for a second consecutive time as a Magnet® hospital, which is the highest honor in the profession of nursing given by the American Nurses Credentialing Center.

I invite you to explore another exciting issue and discover more about the elite level of nursing care a hospital must provide in order to achieve Magnet status.

Sincerely,

Michael Antoniadis
President and CEO
Robert Wood Johnson University Hospital

BREAK throughs

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www.rwjuh.edu

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University Hospital **HEALTH**
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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.

Physicians who have suggestions for upcoming stories can email Melissa.ruzbarsky@rwjbh.org. Comments, suggestions or requests for additional copies of the magazine may also be e-mailed to support@rwjbh.org.

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BELLYBUTTON BRAIN SURGERY

Saves Miracle Baby



Rosanna Martinez was thrilled to welcome her second child, Carolyn Rose, into the world last November.

Shown from left: Carolyn Rose, now 9 months, was diagnosed with a life-threatening brain malformation at birth, giving her a less than one percent chance of survival. Thanks to the high level expertise and coordinated medical and surgical pediatric care available at The Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital, a minimally invasive procedure done through Carolyn's bellybutton saved her life.

At 36 weeks, her pregnancy appeared to be progressing normally but following a routine ultrasound, her “nightmare” began.

The test performed on her unborn baby, Carolyn Rose, revealed a dilated vessel in her brain. Doctors ordered an MRI for Ms. Martinez and Carolyn Rose, to get a better view of the vessel which confirmed her worst fear: there was an Arteriovenous Malformation (AVM) present. AVMs are abnormal, tangled blood vessels that can severely disrupt connections and blood flow between the arteries and veins.

“I was devastated and couldn’t stop crying,” Ms. Martinez said. “But I just knew that she was going to be okay.”

Carolyn had a rare type of AVM known as a Vein of Galen Malformation (VOGM). VOGMs often develop before birth and are sometimes diagnosed in the womb or soon after birth. This malformation involves the arteries (blood vessels that carry blood into the body) and the veins (blood vessels that return blood to the heart). Normally, arteries and veins are connected by capillaries that monitor and slow the pace of blood flow through the brain. VOGMs have no capillaries causing blood flow to become too fast, making the baby’s tiny and still developing heart work too hard, leading to heart failure and death.

“Less than one percent of the infants diagnosed with this condition survive,” stated David Sorrentino, MD, Assistant Professor of Pediatrics and Chief of the Division of Neonatology at Rutgers Robert Wood

Johnson Medical School and Medical Director of the Level III Neonatal Intensive Care Unit at The Bristol-Myers Squibb Children’s Hospital (BMSCH) at Robert Wood Johnson University Hospital (RWJ) New Brunswick. Dr. Sorrentino worked very closely with Arun Kashyap, MD, Assistant Professor of Pediatrics at Rutgers Robert Wood Johnson Medical School, who is also an attending neonatologist in the NICU at BMSCH, to manage baby Carolyn’s daily care.

Carolyn needed a complex, yet delicate type of noninvasive, brain surgery, also known as a neurointerventional procedure, to survive. Once the diagnosis was confirmed, Ms. Martinez was transferred to BMSCH, where a highly skilled multidisciplinary team that included neurosurgeons, neurointerventional radiologists, neonatologists, high-risk maternal-fetal specialists, pediatric cardiologists and neonatal nurses had been collaborating to develop the care plan that would save Carolyn’s life.

The plan was to have Ms. Martinez deliver the baby, then perform a series of tests to assess the severity of the VOGM and the condition of the baby’s heart. Carolyn was born on November 13, 2015. Three days later, Sudipta Roychowdhury, MD, Clinical Associate Professor of Radiology at Rutgers Robert Wood Johnson Medical School and Director of Interventional Neuroradiology at RWJ, and Gaurav Gupta, MD, Assistant Professor of Surgery at Rutgers Robert Wood Johnson Medical School and Director of Cerebrovascular and Endovascular Neurosurgery at RWJ, inserted a catheter in Carolyn’s bellybutton and

threaded it up to her brain, giving them access to the VOMG. Doctors then used a cannula, or tube, less than the width of a spaghetti strand, to inject a glue-like substance into the tangled vessels shutting down blood flow to the VOGM. Starving the mass of blood flow eventually shrinks or destroys it, allowing the baby’s blood to flow normally through the brain and the heart to pump blood at a normal pace. They repeated this procedure four times, entering through Carolyn’s legs and arms, to shrink the VOGM and maintain adequate blood flow.

“No known open cranial surgery has worked in these cases, so this was our best and only option,” Dr. Gupta said.

Dr. Roychowdhury added, “We are the only multidisciplinary neurosurgery center in New Jersey with the capability to perform such a delicate surgery.”

It’s often said that it takes a village to raise a child; in this case it took a village to save one, with a large multidisciplinary team working around the clock to save Carolyn, who is recovering well.

“BMSCH gives you what no other place in the state gives you,” Dr. Sorrentino said.

“The doctors and nurses were amazing,” Ms. Martinez said. “They are great people who have a special place in our hearts. We thank God every day for Carolyn Rose and we know that we’ve been blessed with such a wonderful little girl. Miracles do happen!”

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



Shown from left: Gaurav Gupta, MD, Assistant Professor of Surgery at Rutgers Robert Wood Johnson Medical School and Director of Cerebrovascular and Endovascular Neurosurgery at Robert Wood Johnson University Hospital (RWJ) New Brunswick; Arun Kashyap, MD, Assistant Professor of Pediatrics at Rutgers Robert Wood Johnson Medical School and an attending neonatologist at The Bristol-Myers Squibb Children’s Hospital (BMSCH) New Brunswick; Sudipta (Sid) Roychowdhury, MD, Clinical Associate Professor of Radiology at Rutgers Robert Wood Johnson Medical School and Director of Interventional Neuroradiology at RWJ New Brunswick; and David Sorrentino, MD, Assistant Professor of Pediatrics and Chief of Neonatology at Rutgers Robert Wood Johnson Medical School and Medical Director of the Level III Neonatal Intensive Care Unit at BMSCH, led the development and coordination of the medical and surgical treatment plan that saved Carolyn’s life.

CONGRATULATIONS!
NEW JERSEY’S ONLY
NATIONALLY RANKED
CHILDREN’S HOSPITAL



RWJBarnabas Health celebrates a special milestone in pediatrics: The Bristol-Myers Squibb Children’s Hospital at Robert Wood Johnson University Hospital was recently named one of America’s “Best Children’s Hospitals” by U.S. News & World Report.

EATING DISORDERS PROGRAM

Conquering Anorexia

Jenn England began restricting food in 2009 to cope with the stress of starting college and living far away from her friends and family.

Shown: Jenn England, 33, of Toms River, enjoys her renewed health and spending time on the beach after undergoing a comprehensive treatment program to successfully conquer eating disorder anorexia nervosa. Both inpatient and outpatient care are available at the Eating Disorders Program at Robert Wood Johnson University Hospital Somerset.

She was eating just 500 calories of food a day. On her own, she was gradually able to break the cycle.

But she fell back on her old coping mechanisms in 2014 when she finished graduate school and faced the daunting prospect of finding a full-time job as a licensed counselor and supporting herself.

"It was really difficult to get started," said Ms. England, who is now 33. "I had a lot of doubts about myself."

Once again, she began restricting food and weighing herself "obsessively," her daily mood affected by the number she saw on the scale. "I was happy to lose but I always wanted to lose more," she said.

Ms. England was exhibiting classic signs of anorexia nervosa, an eating disorder characterized by continual dieting, frequent weighing and weight loss of more than 15 percent of one's body weight.

"An eating disorder is a method of coping by controlling food," said Joseph Donnellan, MD, Medical Director of the Eating Disorders Program at Robert Wood Johnson University Hospital (RWJ) Somerset. "It's an intervention to numb feelings and deal with stressors in life."

Ms. England, who lives in Toms River, did find a full-time job working as a crisis manager for Ocean County, counseling children and adolescents, but that job brought on a new type of stress.

She began seeing a therapist and a dietitian last year and attended a support group for individuals with eating disorders at RWJ Somerset.

By October, her weight had dropped to a dangerously low point, causing her to pass out several times. An EKG showed an abnormality with her heart, prompting her therapist to recommend hospital care.

She was admitted in November to RWJ Somerset's Eating Disorders Program, one of only two facilities in New Jersey offering inpatient care for the treatment of eating disorders.

In denial about the severity of her illness, Ms. England was initially resistant to being hospitalized.

"I didn't think I was that bad," she said. "I kept telling everyone that I didn't belong there."

She completed nine days of inpatient care for anorexia before transitioning to partial hospitalization, where she spent a full day in treatment at the hospital, but went home each evening. A few weeks later, she was back in the Eating Disorders Program – this time accepting that she needed the full-time support of inpatient care.

"Eating disorders patients are perfectionists and they don't like to admit when they make a mistake," said Dr. Donnellan. "Falling down is not the issue. The issue is admitting it, getting up and moving forward."

Sharing with others who were going through the same thing provided Ms. England with social and emotional support. She practiced healthier ways to cope with stress, learning when to walk away from a stressful situation and take a deep breath. Dietitians taught her about healthy meal planning.

"It's a lot of hard work – you're vulnerable and you feel uncomfortable. But you just have to push through everything and when you come out on the other side, it's a lot better," said Ms. England.

After 17 days, she was discharged from the hospital in late December and then spent a month in the partial hospitalization program for eating disorders patients. She continues to see a therapist and attends support group meetings. Through an app called Recovery Record, she shares information about what she eats each day with her dietitians, who continue to provide support and encouragement.

"The program and staff were phenomenal," Ms. England said. "I couldn't ask for a better treatment team to help me get through this. I'm very thankful. They helped me get my life back."

With more energy and renewed health, Ms. England enjoys spending time at the beach and likes to try new restaurants with her boyfriend. She hopes to one day work as a therapist and counsel patients like her, who suffer with eating disorders and help them on the road to recovery.



Home to one of only two inpatient programs in New Jersey for eating disorders, Robert Wood Johnson University Hospital Somerset offers comprehensive services that include a wide range of individual and group therapy sessions, daily nutritional counseling and extensive medical monitoring and support.

"I didn't think that I would ever be this happy. I didn't think I could do this," she said. "But I want others to know that recovery is possible."

Visit www.rwjh.edu/eatingdisorders or call 1-888-MD-RWJUH.



VASCULAR SURGERY

Second Opinion Leads to Rare Discovery

At just age 18, Zack Fingerhut developed debilitating calf pain that impaired his ability to walk more than a few blocks.

Shown: Zack Fingerhut was an avid athlete, but at just age 18, a rare vascular condition threatened his ability to walk. The advanced vascular surgery capabilities available only at an academic medical center like Robert Wood Johnson University Hospital (RWJ) New Brunswick saved Zack's life and got him back on his feet.

Zack was stunned. It was halfway through the first semester of his freshman year at Rutgers, The State University of New Jersey, and he could not get to class. "About a month after I first noticed it, it got to the point where I'd walk a few seconds and then feel this unbelievable pain in my calf," he recalled. "It would freeze up. My foot would go numb. I couldn't move."

He visited an orthopedic surgeon. Questioning his initial diagnosis of exertional compartment syndrome, a swelling of leg muscles that essentially starves the leg of blood circulation and can result in cramping, Zack sought a second opinion from Shawn Sieler, MD, Clinical Assistant Professor of Orthopedic Surgery at Rutgers Robert Wood Johnson Medical School. Dr. Sieler had previously performed knee surgery on Zack.

Dr. Sieler suspected popliteal artery entrapment syndrome (PAES), a rare vascular disease that affects the legs of some young athletes. "As soon as I saw him walk and noticed that his right foot turned dark purple, bluish, I knew it wasn't exertional compartment syndrome," Dr. Sieler remembered. "I personally never had seen a case of popliteal artery entrapment syndrome, but his symptoms were text book."

Dr. Sieler urgently referred Zack to Saum Rahimi, MD, Assistant Professor of Surgery and Chief of Vascular Surgery and Endovascular Therapy at Rutgers Robert Wood Johnson Medical School and RWJ New Brunswick. Zack didn't flinch at the idea

of visiting a vascular surgeon; he sustained injuries as an athlete, so undergoing tests was nothing new.

An MRI and ultrasound of Zack's right leg confirmed zero blood flow from his knee to his foot. "The gastrocnemius muscle in his calf inserted his bone in an abnormal location, causing impingement of the popliteal artery, the main artery that runs through and behind the knee. The pain manifests when leg muscles demand more blood flow and a popliteal artery that is narrowed or blocked cannot meet that demand," Dr. Rahimi explained. "Unfortunately, it's a very challenging diagnosis to make because by the time anybody figures out what's going on, the artery is badly damaged, which was the case with Zack."

PAES is so rare, according to Dr. Rahimi, that he sees one case every year or two. "The majority of them have been in runners," he explained. "These young athletes never think they will need vascular surgery. Vascular surgery is a specialty of an older population, but these patients exercise so much that they have very developed gastrocnemius muscles, which makes PAES worse."

There are individuals born with PAES, he added, but it may not become clinically relevant because they have enough space for blood to flow in the artery.

To release the muscle, Dr. Rahimi made S-shaped incision in the back of Zack's knee to expose the vessel, visualized the muscle

where it was compressing the artery and removed a portion of the muscle.

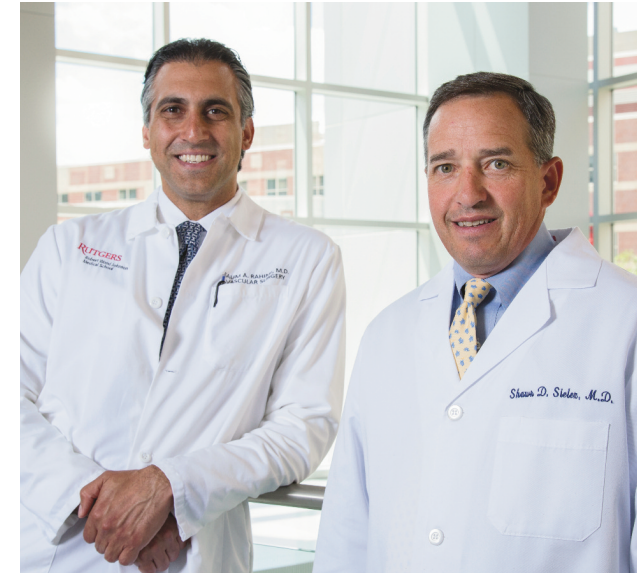
"Then we had to make a decision about the artery, because Zack's MRI showed no blood flow above and below his knee," Dr. Rahimi recalled. "In the OR, we could see the damage. The artery, which is made up of layers, was constantly being traumatized by his muscle. Every time Zack walked, that vessel was being squeezed until, eventually, there was enough damage done to the inner layer of the blood vessel that circulation was blocked."

Dr. Rahimi bypassed the artery, removing a five-inch segment.

Zack said his experience at RWJ New Brunswick was great. "Dr. Rahimi made me feel comfortable, and the team was very good to my parents. Even after my surgery, everyone was checking in to see how I was doing," he recalled.

A week after his surgery, Zack was back on his feet. "To this day I have limitations, but these are small losses for a bigger victory," he said. "I can walk, I can run and I can be on my feet for an extended period of time. Even if I couldn't run, the fact that I can walk again is good enough for me."

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



Shown: Shawn Sieler, MD (right), Clinical Assistant Professor of Orthopedic Surgery at Rutgers Robert Wood Johnson Medical School, examined Zack Fingerhut at his North Brunswick practice and determined Zack's condition was serious, so Dr. Sieler immediately referred him to Saum Rahimi, MD, Assistant Professor of Surgery and Chief of Vascular Surgery at Rutgers Robert Wood Johnson Medical School and an attending vascular surgeon at Robert Wood Johnson University Hospital New Brunswick.

Robert Wood Johnson University Hospital | RWJBarnabas HEALTH



Robert Wood Johnson University Hospital (RWJ) New Brunswick is one of only seven organizations worldwide to achieve five straight Magnet® designations for nursing excellence.

"With this achievement, RWJ New Brunswick retains its place among an elite group of health care providers that belong to the Magnet community," said Lori Colineri, DNP, RN, NEA-BC, Senior Vice President and Chief Nursing Officer for RWJBarnabas Health, Southern Region. She added, "Earning this prestigious designation for over 20 years affirms RWJ New Brunswick's status as an international leader in nursing practice. It's a tremendous honor to have our nurses' talent, dedication and expertise recognized."

Pursuing and retaining nursing's highest honor demonstrates RWJ New Brunswick's unparalleled commitment to delivering exemplary patient care and advancing the future of professional nursing.

5th Celebrating
Consecutive Magnet® Designation

Robert Wood Johnson University Hospital Somerset

RWJBarnabas
HEALTH



Robert Wood Johnson University Hospital (RWJ) Somerset earned a second straight Magnet® designation for nursing excellence from the American Nurses Credentialing Center (ANCC).

"Our nurses demonstrated how they provide exceptional bedside care and they are leaders in research and community outreach and regularly share best practices with colleagues in their field," said Lori Colineri, DNP, RN, NEA-BC, Senior Vice President and Chief Nursing Officer for RWJBarnabas Health, Southern Region. "We are proud of this recognition and congratulate the entire team on pursuing and retaining nursing's highest honor for nearly a decade."

RWJ Somerset is committed to providing exceptional patient care and advancing the practice of nursing.

2nd Honored with
Straight Magnet® Designation

COMMUNITY HEALTH PROMOTIONS

Art Program Fuels Positive Direction for Youth

Ulysses Flores' first memory about the Artists Mentoring Against Racism, Drugs and Violence (AMARD&V): Healing Through the Arts Summer Program in New Brunswick was that he didn't want to go.

Shown: Ulysses Flores was enrolled in the Artists Mentoring Against Racism, Drugs and Violence Summer Program in New Brunswick by his mother. The program, sponsored in part by the Community Health Promotions Program at Robert Wood Johnson University Hospital New Brunswick is intended to promote positive behaviors through the arts and encourage at-risk youth to pursue new opportunities.

His parents had other plans for Mr. Flores and his brother that summer: like it or not, they were going to attend.

"Mariam (Mariam Merced, Robert Wood Johnson University Hospital's Director of Community Health Promotions) goes to my church, and each year two to four kids from church are in the program," the North Brunswick resident recalled. "My mom wanted us to have something to do that summer so she signed us up but didn't tell us. My brother and I didn't want to do it."

When his mother enrolled him in the program, Mr. Flores admits he lacked direction and was starting to hang around the "wrong crowd." Idle time in the summer spelled trouble, but Mr. Flores' first class once he was in the program did little to change his mind about participating.

"We're a bunch of 12- and 13-year-old tough guys, and they are making us do yoga," Mr. Flores recalled. "I'm thinking 'I have to get out of here.'"

Mr. Flores' second class made a much different impression.

"It was photography, and they took us into a dark room. I was never in a dark room before, and they showed us how the magic happened," Mr. Flores said. "I was in love with it immediately."

What began as resistance became a passion, which led to his life's journey in photography

that included graduating college, working with the best in his chosen field (including celebrity photographer Chad Griffith) and ultimately returning to the summer arts program as a photography instructor in the hopes of stoking the same passion in youths who are just like he was.

Each summer for the past 20 years, 60 New Brunswick youths age 10 to 15 participate in the AMARD&V Summer Program in New Brunswick. The goal of the program is to reduce bias and promote positive behaviors through a combination of arts education and health literacy workshops. Throughout the program, students explore the visual arts, theater, dance, photography and creative writing.

The program recently earned a Community Outreach Award from the New Jersey Hospital Association Healthcare Research Education Trust. The program is the result of a partnership between Robert Wood Johnson University Hospital's Community Health Promotions Program, the Center for Latino Arts and Culture at Rutgers University, the Suydam Street Reformed Church, Puerto Rican Action Board Inc., New Brunswick Cultural Center, and the Rutgers Collaborative Center for Community Research and Service.

The program's artistic director, Claudio Mir, believes the arts can open the eyes of these youths to new possibilities that lie before them at a critical point in their lives. Theater provided a similar turning point for him.

"Being a doer rather than an observer of life is an important message to bring to students," Mr. Mir explained. "When I am working with a student, I think of the possibilities and what the arts did for me. I was determined to not have the kind of life some in my neighborhood had. I waited for a light to show me the way out. Theater was that for me."

As the program progressed, Mr. Flores took photos of other participants and scenes of New Brunswick as part of his assignments. He brought the camera home and photographed family and friends. Later, after his family moved to North Brunswick, he took photography classes at North Brunswick High School and followed his passion at Middlesex County College. Hard work and some aggressive grant and loan applications landed him a spot at the Rochester Institute of Technology, one of the nation's best photography programs. Now, he's doing what he loves every day and he credits the Artists Mentoring Against Racism, Drugs and Violence: Healing Through the Arts Summer Program.

"It exposed me to photography as an art form; it's something that otherwise would have never happened to me, which is why I love it. It gives kids a chance to experience something they have never had the chance to experience. I don't know what would have happened to me without the program," Mr. Flores said.



Shown: Claudio Mir is the artistic director for the Artists Mentoring Racism, Drugs and Violence Summer Program in New Brunswick, sponsored in part by the Community Health Promotions Program at Robert Wood Johnson University Hospital New Brunswick.

To see more of Ulysses work, visit [Ulyssesfloresphotography.com](https://ulyssesfloresphotography.com).

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

SPORTS PHYSICAL THERAPY & PERFORMANCE

Swinging for the Fences Again

*As soon as he was able to walk,
Tyler Dymond was swinging a baseball bat.*

Shown: Tyler Dymond, 16, is playing baseball again for the Middlesex High School Blue Jays varsity team, after painful back and knee injuries sidelined him. Tyler was treated at Robert Wood Johnson University Hospital Somerset's Sports Physical Therapy and Performance Center, where experts developed a custom treatment plan to promote healing and help prevent future injury.

SPORTS PHYSICAL THERAPY OUTPATIENT CENTERS

RWJ Somerset's Sports Physical Therapy offers convenient access to treatment with four outpatient centers located throughout Central New Jersey.

Experts provide advanced care for athletes with a wide range of sport-related injuries and orthopedic conditions.

Scheduling an initial evaluation is just a phone call away:

Sports Physical Therapy and Performance Center
I Patriots Park (TD Bank Ballpark)
Bridgewater, NJ 08807
908-203-5972

Flemington
295 State Highway 31/202
Flemington, NJ 08822
908-806-2000

Hillsborough
I Jill Court
Building 16, Suite 20
Hillsborough, NJ 08844
908-359-8800

Princeton
743 Alexander Rd, Suite 2
Princeton, NJ 08540
609-419-0455

His passion for the game grew throughout Little League and he dreamed of one day playing for the Middlesex Blue Jays High School baseball team.

But back and knee pain nearly thwarted that goal. In the fall of 2014, just a few months before he planned to try out for the team, he began experiencing severe back pain.

"I played through the pain but it would hurt. Then around New Year's, it got to a point where I couldn't do anything without it bothering me," Tyler said.

"He couldn't even sit, he was in so much pain," said his mother, Gina.

Tyler went to see Robert Boretz, MD, an orthopedic surgeon at Robert Wood Johnson University Hospital (RWJ) Somerset, who ordered an MRI. The results of the test showed Tyler's back pain was caused by degenerative disc disease. Dr. Boretz recommended physical therapy.

For two months, Tyler worked with Stacy Hujber, PT, DPT, SCS, a board-certified sports clinical specialist at RWJ Somerset's Sports Physical Therapy and Performance Center. The facility's location at TD Bank Ballpark in Bridgewater – home of the Somerset Patriots minor league baseball team – was one of the reasons he chose to do his therapy there. RWJ is the official health care provider of the Somerset Patriots.

Ms. Hujber, who has competed in soccer, rugby, softball and track, works with injured athletes to help them safely return to play. She helped Tyler build up muscles around his back and taught him ways to move and swing the bat to avoid back pain.

"We worked on controlling his core muscles while pivoting on his legs to get the bat around and decreasing pressure and forces on the spine," she said.

Tyler tried out for the Middlesex High School baseball team in March 2015 and made the varsity team as a freshman.

"By the spring, he was good to go," said his baseball coach Justin Nastasi. "He ran the bases well without any pain, which was unbelievable. Swing-wise, he was rotating well." Tyler had a successful season playing third base and pitching, and competed in the state championship.

Then in November while playing in a fall baseball league, his knees started hurting after each game, with the pain getting progressively worse.

"I couldn't hit at all because my knees killed me," Tyler said.

Tyler was seen by Thomas Nordstrom, MD, an orthopedic surgeon at RWJ Somerset, who diagnosed him with chondromalacia patella, or damaged cartilage under the knee cap. He returned to the Sports Physical Therapy and Performance Center for physical therapy with Ms. Hujber. Through therapy, he strengthened his hip and thigh muscles and learned to control his hip movements when swinging the bat to avoid putting pressure on his knees.

He completed the therapy in February and continues to do daily exercises at home. He once again played pain-free for the Middlesex High School Blue Jays varsity baseball team this spring.



Shown: Tyler Dymond was treated by Stacy Hujber, PT, DPT, SCS, a board-certified sports clinical specialist at Robert Wood Johnson University Hospital Somerset's Sports Physical Therapy and Performance Center located at TD Bank Ballpark in Bridgewater.

"He's much stronger now," said Coach Nastasi. "He was one of the core guys on our team for us this year."

"I am so grateful to my RWJ sports physical therapist, for her investment in me and for taking the time to create a personalized treatment regime that resulted in me completely healing from both injuries, and at the same time strengthened and conditioned my muscles so I was best prepared to get back on the field and play the game that I love," Tyler said. "My hope for future seasons is to get back to the state championship and win."

Visit www.rwjrehab.com or
call 1-888-MD-RWJUH.

ROBOTIC SPINAL FUSION SURGERY

Guidance System Improves Accuracy and Precision

Banu Nirmul spent six years living with excruciating leg pain. After multiple nonsurgical interventions, she still had no relief.



Shown from left: Banu Nirmul, her husband Sid Prasad, and their two children, are all active during family time together, now that Ms. Nirmul had experienced significant pain relief from a robotic-assisted spinal fusion.

To improve her ever-present pain, she entrusted Shabbar Danish, MD, Associate Professor of Surgery at Rutgers Robert Wood Johnson Medical School along with Robert Wood Johnson University Hospital (RWJ) New Brunswick's newest minimally invasive spine surgery technology, the Mazor Robotics Renaissance guidance system, to give her relief.

The pain started right after the birth of her first child. "I've always had some back pain, but it was nothing that I had to see a doctor about. But this? This was like a burning sensation in both legs that ran from my hips to my feet. It was always there," Ms. Nirmul said.

She thought it was related to delivery, so she returned to her obstetrician. She recovered, but the pain persisted.

Ms. Nirmul, who lives in Easton, Pennsylvania, then began pain management. She tried pain medications and epidural shots. She consulted a local orthopedist, neurosurgeon and other specialists. Countless diagnostics revealed only herniated discs, but no one believed that was the source of her pain.

Years passed and the pain remained. Ms. Nirmul had a second child. She saw a chiropractor and a physical therapist. She tried acupuncture and even underwent nerve ablation. Still, she found no relief. "The pain would take over," she said. "I couldn't concentrate on anything else when I felt that pain, and that was no way to live, especially with two little kids at home."



Shown: Pioneering the use of the new robotic guidance system for spinal surgery is Shabbar Danish, MD, Associate Professor of Surgery at Rutgers Robert Wood Johnson Medical School and Director of Stereotactic and Functional Neurosurgery and the Gamma Knife Center at Robert Wood Johnson University Hospital New Brunswick.

Her husband, Sid Prasad, a nurse practitioner at RWJ New Brunswick, suggested she see Dr. Danish, who is also Director of Stereotactic and Functional Neurosurgery and the Gamma Knife Center at the hospital. Mr. Prasad was familiar with Dr. Danish from radiology cases he worked on in the hospital's Special Procedures Department and was impressed by his skill and how much he cares for his patients.

Ms. Nirmul had degenerative disc disease and a spinal fusion could help, Dr. Danish explained, and he wanted to use a new, minimally invasive spine surgery technology, the Mazor Robotics Renaissance guidance system, to help place the screws.

"This is a young woman with two young children who was out of alternatives," Dr. Danish recalled. "Understandably, she had

reservations about the use of a robot and it being new technology, but I assured her we have all the right support here to do it successfully. The key with Mazor is that the robot offers a shorter operation time, because of how precise we can be with its guidance, so there's less exposure to anesthesia, reduced blood loss, and a faster recovery. And we're the only place in Central New Jersey that has this technology."

Ms. Nirmul considered surgery a last ditch effort. "But he was the most confident doctor out of all the doctors I had seen," she said. "Plus he was the best as far as bedside manner and communication."

She had the operation in April. Before entering the operating room, surgeons use the Renaissance system to pre-plan the surgery in a CT-based 3-D simulation of the

patient's spine. During surgery, the system guides the surgeon's hand and tools to the precise, pre-planned location. She was discharged just two days after the operation.

Ms. Nirmul has experienced significantly less leg pain since the surgery and continues to progress.

"It definitely helped," she said. "It has been only three months since my surgery, and I don't have any back pain. Although I still feel some leg pain, it's nothing like it was. My body is still healing, so we're hoping that, as the bones fuse, any residual pain will continue to lessen."

"For so long, my wife wouldn't take our kids out a lot because she was in pain. She stayed home or she wouldn't be able to get around. At this point we're going 'What are we doing this weekend?'" said Mr. Prasad. "We're happy about that."

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



Shown right: New technology at RWJ New Brunswick, the Mazor Robotics Renaissance guidance system, helps neurosurgeons guide and accurately place screws with precision in spinal fusion procedures.

RWJ ROUND-UP

What's Happening at RWJ New Brunswick

Bariatric Surgery Center Receives National Accreditation

The Bariatric Surgery Center at RWJ New Brunswick recently received a national accreditation from the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). Accredited centers have reported all patient outcomes and underwent a rigorous site inspection and thorough review of the program, which proved RWJ New Brunswick developed a comprehensive bariatric program that provides patients with the full complement of resources and the very highest standard of safe, effective, quality care.

For example, RWJ New Brunswick offers a multidisciplinary team, with experts in psychology and nutrition, to better take care of patients after surgery and the hospital invested in specialized exam tables and chairs - to accommodate obese patients during hospitalization. The Center doesn't overlook the importance of emotional and spiritual support either, making options available pre- and post-surgery for patients through support groups and exercise programs.

This is the second national designation for bariatric surgery at RWJ New Brunswick, which is already a recognized Center of Excellence in Metabolic and Bariatric Surgery™ by the Surgical Review Corporation for adult and adolescent weight loss surgery.



Amazing Day Had By All at Picnic Honoring Trauma Survivor



RWJ's Level 1 Trauma Center hosted its Amazing Saves Picnic over the summer at Black Bear Lake Country Club in Millstone Township. The event celebrates patients and families whose lives have been touched by trauma and honors the teams who come together to make these amazing saves, including surgeons, nurses and first responders.

This year's picnic honored Franklin Township (Somerset) resident Razhahn Fowler.

Razhahn, 21, was leaving work on his motorcycle on July 12, 2015, when a tractor trailer collided with him, pinning him under its wheels. Barely clinging to life, Razhahn was rushed to RWJ's Level I Trauma Center by first responders. There, RWJ's Trauma Team worked feverishly to save Razhahn's life despite his massive injuries. Following a month-long hospital stay, a month of physical rehabilitation and multiple corrective surgeries, Razhahn continues to recover with the support of his family and friends. Razhahn's mother, Shahuna, calls RWJ's Trauma Team "an amazing group of people," and she and her family appreciated the opportunity at the picnic to thank everyone who helped save her son's life and aided in his recovery.

Infertility Support Group



*Our voices together....
we support each other
throughout the journey*

When:

First and third Monday
of every month

Where:

RWJ New Brunswick
Administration Building
1st Floor
Conference Room B

For more information:

VoicesTogether@rwjbh.org
732-253-3580

Domestic Violence Program Unveiled

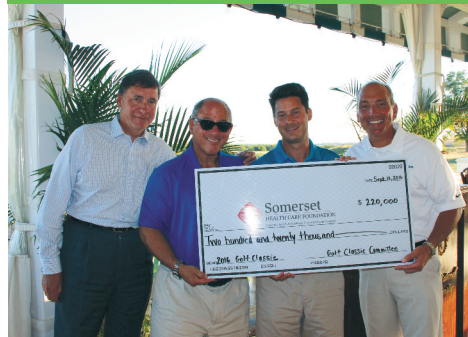
RWJ New Brunswick's Domestic Violence Education and Awareness Program hosted an official unveiling of its Avon Foundation-funded NO MAS Domestic/Sexual Violence Education and Prevention Initiative. Members of the New Brunswick Domestic Violence Awareness Coalition provided an update of the program's progress during its first six months and shared specific guidelines and information about the rights of undocumented individuals when reporting domestic violence incidents. RWJ's NO MAS initiative is supported by a generous \$100,000 grant from The Avon Foundation for Women and is one of 15 programs to receive this grant.



RWJ ROUND-UP

What's Happening at RWJ Somerset

Golf Classic Raises \$220,000 for RWJ Somerset



The Somerset Health Care Foundation Annual Golf Classic was held on Monday, Sept. 12 at Trump National Golf Club in Bedminster. The event grossed \$220,000 for Robert Wood Johnson University Hospital Somerset.

Shown at the outing from left to right are: Paul Hubert, Vice Chairman, Somerset Health Care Foundation Board of Trustees; Steve Kalafer, Chairman, Somerset Health Care Foundation Board of Trustees; Josh Kalafer, Chair, Golf Classic Committee; and Michael Antoniadis, President and Chief Executive Officer, Robert Wood Johnson University Hospital.

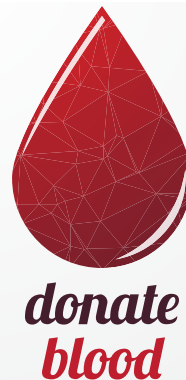
Donate Blood Today!

There is a crucial need for blood donations and by becoming a donor, you can save a life and help to minimize these shortages.

If you are already an eligible donor, please consider RWJ Somerset's Blood Donor Program for your next donation.

With convenient hours and evening and weekend appointments, it's easy to fit an appointment into your busy day.

Walk-ins are welcome too!



Stroke Center Receives Get With The Guidelines® Stroke GOLD PLUS Achievement Award

RWJ Somerset joins the New Brunswick campus as a proud recipient of the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke GOLD PLUS Achievement Award.

RWJ Somerset also earned Target: Stroke Honor Roll recognition as a primary stroke center.

The award recognizes in-hospital programs that emphasize improving stroke care by encouraging consistent adherence to the latest scientific treatment guidelines and also reaffirms the highest level of quality care is consistently provided at RWJ Somerset.

Arianna Huffington Headlines Community Event About Sleep



Over the summer, the Community Health Department from both the Somerset and New Brunswick campuses, held its annual Healthfest featuring guest speaker Arianna Huffington, co-founder and editor-in-chief of The Huffington Post, who discussed the importance of sleep. Huffington presented themes from her book, The Sleep Revolution: Transforming Your Life, One Night at a Time, examining the global sleep deprivation crisis, addressing concerns about living in a wired world, the threat of "burning out" and how sleep can help.

Physician panelists included Priyanka Yadav, DO, of RWJ's Comprehensive Sleep Center and Jag Sunderram, MD, Associate Professor of Medicine at Rutgers Robert Wood Johnson Medical School and Medical Director of RWJ's Comprehensive Sleep Disorders Center.

LGBT Stakeholders' Meeting held at RWJ Somerset



RWJ Somerset was honored to be selected by the U.S. Department of Justice to host The Civil Rights Roundtable Region II's LGBT Stakeholders' Meeting in July focused on civil rights issues for LGBT communities in New Jersey, with a particular emphasis on the enforcement of the anti-discrimination protections for transgender and gender non-conforming people.

The Civil Rights Roundtable is a joint partnership of several federal, state and local agencies responsible for enforcing civil rights laws.

Paul Fishman, the U.S. Attorney for the District of New Jersey, delivered the keynote address at the event. Panel discussions focused on the civil rights of transgender and gender non-conforming people in the areas of housing, employment, education and health care.

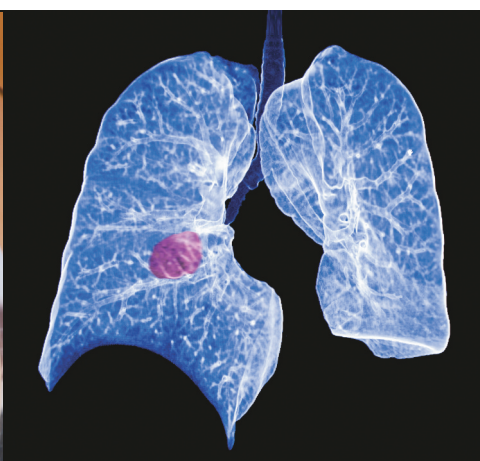
Walgreens Opens Inside Hospital's Emergency Department Space

A new Walgreens pharmacy opened in RWJ Somerset's Emergency Department. The hybrid retail storefront and inpatient pharmacy delivery service means outpatients leaving the hospital are able to fill prescriptions on-site, before going home.

HOURS OF OPERATION

Monday through Friday | 9 a.m. to 6 p.m.





Joint Campus Lung Screening Program Focused on Early Detection

When patients call 1-855-RWJ-LUNG, they will be offered a choice of being screened at either the New Brunswick or Somerset campus.

Robert Wood Johnson University Hospital **New Brunswick** and **Somerset** are committed to offering the latest advancements to aid in the early detection of lung cancer.

Offered in partnership with Rutgers Cancer Institute of New Jersey and University Radiology Group, the Lung Cancer Screening Program is now covered by Medicare and Medicaid for individuals at high risk for lung cancer:

- Age 50 to 80 years old
- A tobacco smoking history of at least 30 pack years.
Pack Years = Packs Per Day x Years Smoked
- A current smoker or former smoker who has quit within the last 15 years, has no symptoms of lung cancer and has not had a chest CT scan within the past 12 months.

A decision-making visit form must be completed by the patient's physician along with a prescription for a low-dose lung CT.

Note: If 50-80 years old with at least a 20-year pack history, you may also be eligible. Criteria for lung cancer screenings vary among commercial insurance companies. Pre-authorization may be required for the test.

CALL 1-855-RWJ-LUNG

**Robert Wood Johnson
University Hospital**

New Brunswick & Somerset

One Robert Wood Johnson Place
New Brunswick, NJ 08903

**RWJBarnabas
HEALTH**

Let's be healthy together.

RUTGERS
Robert Wood Johnson
Medical School

RUTGERS
Cancer Institute
of New Jersey



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HEALTHY RECIPE

FINGERLING BASIL CORN SALAD WITH A DIJON LEMON VINAIGRETTE

This recipe is courtesy of the Food and Nutrition Department at RWJ Somerset.

Ingredients

1 lb. fingerling potatoes (steamed, cooled and cut in half on a bias)
½ bunch basil (chiffonade)
4 ears corn (grilled, shucked and cut)
4 plum tomatoes (julienne)
2 tablespoons Dijon mustard
Juice of 3 lemons
¼ cup canola oil

Preparation

1. In a large bowl whisk together mustard and lemon juice.
2. Slowly whisk in oil.
3. Toss remaining ingredients and serve.

Serving size: 4 oz

110 calories, 6g fat, 0g saturated fat, 0mg cholesterol, 40mg sodium, 14g total carbohydrate, 2g dietary fiber, 2g sugars, 2g protein



www.rwjuh.edu/recipes