



## Amor Mehta, MD, Named Physician of the Year

Before Amor Mehta, MD, arrived at Community Medical Center, individuals in need of specialized care for epilepsy and seizure disorders had to travel out-of-county and as far as 80 miles away.

Since Dr. Mehta took the helm as Medical Director of the Level 3 Epilepsy Center at the Jay and Linda Grunin Neuroscience Institute at CMC in 2014, he has elevated epilepsy and seizure disorder services, enabling individuals to receive exceptional care close to home. In recognition of

these great accomplishments, Dr. Mehta – a board certified neurologist and epileptologist – was recently named Physician of the Year at NJBIZ's 10<sup>th</sup> annual Healthcare Hero Awards program. The awards recognize individuals and organizations that are making a significant impact on the quality of health care in New Jersey.

"The entire staff at Community Medical Center congratulates Dr. Mehta on this tremendous award," said Michael Mimoso, MHSA, FACHE, President and Chief Executive Officer, Community Medical Center. "Dr. Mehta's dedication to establishing and maintaining an epilepsy program of the highest caliber is nothing short of exceptional."

Dr. Mehta worked with the CMC team to achieve accreditation as a Level 3 Epilepsy Center from the National Association of Epilepsy Centers and has subsequently earned reaccreditation. Holding the staff to the highest standards, Dr. Mehta offers education sessions to provide the most up-to-date information on diagnosis, treatment and care of patients with epilepsy and seizure disorders.

Under Dr. Mehta's leadership, CMC's Video-EEG monitoring program, the gold standard to diagnose epilepsy, grew significantly. One local patient who demonstrates the power of having access to the right physician and technology is Alexa, who was four-years-old at the time of the initial visit with Dr. Mehta. A diagnostic Video-EEG showed that Alexa had 215 seizures, each lasting five to 25 seconds, during a 24-hour period. Her test indicated she was having absence seizures, brief disturbances of brain function due to abnormal electrical activity.

According to Dr. Mehta, "Even though the seizures don't affect a person's vital signs, they can interfere with their ability to grow and learn academically as well as socially. Alexa cumulatively lost about one hour a day from her seizures."

Now with the right medication, Alexa is back to being a child again and will most likely outgrow the condition by the time she's an early teen.

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For information about the Jay and Linda Grunin Neuroscience Institute, please call 732.557.8116.