

## RWJBarnabas Health: A Leader in Cardiac Care

New Jersey residents have convenient access to the sophisticated diagnostic, surgical and preventative cardiology services offered by RWJBarnabas Health through a network of local and statewide specialists who work together to bring outstanding, seamless heart care to our communities.

Whether you are in need of treatment for high blood pressure, state-of-the-art diagnostic imaging, heart surgery or a heart transplant, our team of award-winning heart care specialists are here, closer to home, helping to build healthier communities.

- One of the top ten heart transplant programs in the nation by volume, recently reaching a milestone 1,000<sup>th</sup> transplant at New Beth Israel Medical Center.
- New Jersey's largest pediatric cardiology and cardiac surgery program.
- Leading specialists in cardiology, vascular disease and cardiac surgery at the forefront of innovation in critical cardiac care and the treatment of coronary artery and valvular diseases, heart rhythm disturbances, vascular disorders and heart failure.
- State-of-the-art technologies and surgical procedures.
- A network of cardiac rehabilitation programs and hundreds of preventative and wellness programs designed to strengthen and protect healthy hearts.



To make an appointment with one of New Jersey's top cardiologist, visit [rwjbh.org/heart](http://rwjbh.org/heart).

**Saint Barnabas  
Medical Center**

**RWJBarnabas  
HEALTH**

94 Old Short Hills Road  
Livingston, NJ 07039  
[rwjbh.org/heart](http://rwjbh.org/heart)

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## Cardiac Care

Together, with RWJBarnabas Health, we've built New Jersey's most extensive heart care network.

**Saint Barnabas  
Medical Center** | **RWJBarnabas  
HEALTH**



While you will receive a comprehensive Patient Guide upon admission to Saint Barnabas Medical Center, we hope you find this quick reference welcome guide helpful as you prepare for your transfer and stay at the medical center.

## **About Saint Barnabas Medical Center**

Since 1865, Saint Barnabas Medical Center, New Jersey's oldest nonsectarian hospital, has worked to exceed our community's highest expectations for compassionate, comprehensive health care. The 597-bed medical center, located at 94 Old Short Hills Road in Livingston, is one of the largest health care providers in the state, treating more than 32,000 inpatients and more than approximately 100,000 Emergency Department patients each year. The Medical Center and the Saint Barnabas Ambulatory Care Center provide treatment and services for more than 300,000 outpatient visits annually.

Saint Barnabas Medical Center has long been recognized as a leader in providing the highest level of patient care—delivering nearly 6,000 babies annually, which is one of the largest programs in the state; caring for more newly diagnosed cancer patients; creating breakthroughs in the field of infertility; and providing more than 100 medical and surgical specialty and subspecialty services.

And, Saint Barnabas Medical Center is the only hospital in the tri-state area to receive straight As from the Leapfrog Group.

## **A Leader in Cardiac Care**

Saint Barnabas Medical Center offers New Jersey residents convenient access to sophisticated diagnostic, surgical and preventative cardiology services, including advanced technologies, minimally invasive surgical techniques and access to the latest in cardiac research and clinical trials.

The hospital is home to leading specialists in cardiology, vascular disease and cardiac surgery who are at the forefront of innovation in critical cardiac care and the treatment of coronary artery and valvular diseases, heart rhythm disturbances, vascular disorders and heart failure.

## **Interventional Cardiology**

SBMC's outstanding cardiologists are also leading researchers who are influencing modern cardiovascular medicine. They include some of the nation's top specialists in cardiac imaging and interventional cardiology, offering patients access to the most advanced tools for diagnostic and therapeutic interventions.

## Cardiac Imaging

In addition to providing the most advanced and thorough cardiac imaging services, state-of-the-art techniques support SBMC's cardiac surgeons in the planning of complex cardiothoracic procedures and are a resource in the management of complex cardiac disease. Performed and interpreted by a qualified and experienced team, sophisticated imaging offers highly detailed and specific information regarding the structure of your heart and its function.

## Cardiothoracic Surgery

SBMC's premier cardiac services provide immediate access to highly sophisticated heart surgery. Members of the surgical team are recognized as national leaders in the field of cardiothoracic surgery and are advancing the latest minimally invasive techniques to offer patients faster recovery times with fewer complications.

## Screening and Prevention

From elementary school classrooms to senior centers, SBMC's team of physicians, nurses, emergency medical technicians and nutritionists are educating the community about how to keep their hearts strong and offering prevention and wellness programs designed to strengthen and protect healthy hearts.



*(left to right)*

**Frederic F. Sardari, MD**, cardiothoracic surgeon and Vice Chairman, Department of Cardiothoracic Surgery, Saint Barnabas Medical Center

**Gary Rogal, MD**, Chief of Cardiology, Saint Barnabas Medical Center and Medical Director, Cardiac Services, RWJBarnabas Health

**Both Drs. Sardari and Rogal are members of Barnabas Health Medical Group**

### Diseases and conditions treated by Saint Barnabas Medical Center's cardiac team:

- Aneurysms: abdominal, aortic, thoracic and peripheral
- Angina
- Aortic dissection
- Aortic regurgitation
- Aortic stenosis
- Atherosclerosis and arteriosclerosis
- Atrial fibrillation
- Atrial flutter
- Cardiac tamponade
- Cardiac tumors
- Cardiomyopathy
- Carotid artery disease
- Coronary artery disease
- Deep vein thrombosis
- Edema
- Endocarditis
- Fainting/syncope
- Heart arrhythmias
- Heart attack/myocardial infarction
- Heart failure
- Heart valve disease
- High blood cholesterol
- High blood pressure
- Lymphedema
- Myocarditis
- Pericardial effusion
- Pericarditis
- Peripheral artery disease
- Pregnancy and heart disease
- Pulmonary hypertension
- Renal artery stenosis
- Rheumatic fever
- Spontaneous coronary artery dissection
- Stroke
- Sudden cardiac arrest
- Thoracic outlet syndrome

### Procedures and treatment options offered at Saint Barnabas Medical Center:

- **Cardiac Catheterization**
  - Angioplasty and stent replacement
  - Branch stent grafts
  - Endovascular repair
  - Chronic total occlusion
  - Dialysis access
- **EP**
  - Ablation
  - Implantable Cardioverter Defibrillator (ICD)
  - Left Atrial Appendage Closure (LAAC)
    - Amulet
    - Watchman
  - Pacemaker implantation
    - Leadless pacemaker (Micra)
    - Cardiac Resynchronization Therapy (CRT)
  - Transvenous lead extraction
- Cardioversion
- **Structural Heart (Non-invasive surgical alternatives)**
  - Transcatheter Aortic Valve Replacement (TAVR)
- **Cardiac Surgery**
  - Aneurysm repair
  - Aortic Root repair and replacement
  - All valve repair and replacement
  - Coronary artery bypass grafting
  - Transmyocardial revascularization
  - Septal myectomy
  - Mini-maze
- **Vascular**
  - Endarterectomy
  - Peripheral bypass surgery
  - Thrombectomy/embolectomy
  - Varicose vein treatment

## Visitor Information

At Saint Barnabas Medical Center, we are committed to providing patient-centered visitation. The staff welcomes visitors and realizes they are essential to a patient's recovery. We are dedicated to creating a comfortable, healing environment for our patients. Our visiting guidelines are designed to provide patients with the utmost privacy and an opportunity to visit with their loved ones. Visitors must obtain a pass at the Information Desk, located in the main lobby of the Cooperman Family Pavilion. Details about visiting hours, including the best times to visit, can be obtained at the Information Desk or the Nurses' Station on each floor, but in general are as follows:

**Telemetry Units:** Open visitation

**ICU/CCU:** 8:30 am to 7 pm; 8:30 to 10 pm

**CTICU:** 11 am to 1 pm; 5 to 7 pm; 8 to 10 pm

## Parking

The visitor parking lot is located directly in front of the hospital. Please remember to bring your ticket into the hospital with you as you will need to pay prior to leaving. The ticket machines are located across from the Information Desk in the main lobby.

## Dining

### *Fresh City Restaurant:*

Located on the Ground Floor of the East Wing.  
Open from 10 am to 2 am daily; take-out and delivery available.

### *Cafeteria:*

Located on the Ground Floor of the East Wing. Open daily from 6:30 to 10:30 am; 11:30 am to 3 pm; and 5 to 7 pm

### *Starbucks:*

Located in the lobby of the Cooperman Family Pavilion.  
Open daily from 5:30 am to 9 pm

### *Vending machines:*

Stocked with snacks, vending machines are located in the cafeteria on the Ground Floor. Snacks may also be purchased in the Gift Shop and Cup of Joe's Café. Snacks may also be purchased in the Gift Shop.

## Local Accommodations

A number of hotels in the area offer a discounted Saint Barnabas Medical Center rate. Please mention Saint Barnabas Medical Center when making the reservation. This includes hotels in Livingston, West Orange, Whippany, East Hanover and Morristown.

## Important Phone Numbers

*Main Hospital Number:* (973) 322-5000

*Case Management:* (973) 322-5055

*Cardiac Catheterization Suite:* (973) 322-5098

*Cardiac Rehabilitation:* (973) 322-5006

*Cardiothoracic Surgery:* (973) 322-2200

*Patient Experience:* (973) 322-5459

*Patient Information:* (973) 322-8000

*Security:* (973) 322-5490

*Vascular Laboratory:* (973) 322-5418

## WiFi

RWJBarnabas Health offers patients and families **free** WiFi internet access.

**Step 1:** Locate the WiFi settings on your device and add our network name in all caps: BHGUEST

**Step 2:** Set the security type to WPA2/WPA2-PSK

**Step 3:** Enter the password: bhwifi!!

