

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

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WELCOME LETTER

WORLD-CLASS CANCER CARE IS CLOSER THAN YOU THINK

A CANCER DIAGNOSIS NOT ONLY IMPACTS THE PATIENT, it affects the patient's entire support network. Having the best possible therapies close to home makes the treatment experience—which can involve multiple specialties and be time intensive—easier on both the patient and his or her family and friends.

The Leon Hess Cancer Center at Monmouth Medical Center is a leader in cancer treatment and research. Together with the Rutgers Cancer Institute of New Jersey, the state's only NCI-designated Comprehensive Cancer Center, we are fighting cancer with endless resolve. In this issue of *Monmouth Health & Life*, our In Good Health pages are dedicated to the latest advances in cancer care here at Monmouth, where we are fighting that fight right alongside you and your family, right in your backyard.

Our Leon Hess Cancer Center at Monmouth Medical Center is the only facility in Monmouth and Ocean counties to be designated as an Academic Comprehensive Cancer Program by the American College of Surgeons Commission on Cancer. This designation provides assurance to our patients that they are receiving the highest level of comprehensive cancer care.

Our cancer care team has been recognized for their commitment to providing comprehensive high-quality and multidisciplinary patient-centered care. Through our Cancer Support Community, anyone who is affected by cancer—the patient, family, friends, caregivers—can access free programs of support, such as group interaction, educational programs, meditation, crafting and exercise classes such as yoga, tai chi and strength training.

Access to world-class cancer care right here at home is more important than ever. Cancer is the second leading cause of death in the nation, New Jersey and Monmouth County. Additionally, the incidence of prostate and female breast cancer is higher in Monmouth County than at state and national levels. Here at the Leon Hess Cancer Center, we are dedicated to our community and our team is working every day to help change those numbers through compassionate and world-class cancer care.

To learn more, visit rwjbh.org/beatcancer.

BILL ARNOLD
PRESIDENT AND CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER AND THE
UNTERBERG CHILDREN'S HOSPITAL



FOR ADDITIONAL INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT OUR WEBSITE AT BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER.

TOTAL TEAM EFFORT

MMC SURGEONS COLLABORATE ON AN ADVANCED SURGICAL PROCEDURE TO TREAT RARE INTESTINAL CANCER.

PATRICIA FERDINAND IS A RETIRED PERSONAL chef who is described by her surgeon as a “young 72.”

Indeed the active Manalapan resident was devoted to her personal training sessions and had just celebrated her five-year milestone as a breast cancer survivor when she began to experience symptoms typical of gallstones. The health setback turned out to be truly fortuitous, as a routine presurgical workup led to the serendipitous discovery of a rare, early stage cancerous tumor of her small intestine.

“This was a very interesting case because a diagnostic ultrasound showed gallstones, as well as a dilation of her bile duct, which is very common with gallbladder disease, but can also be due to the existence of a tumor,” says Stephen A. Chagares, M.D., a board-certified general surgeon at Monmouth Medical Center. “Her gastroenterologist, Dr. Amy Tilara, decided to do additional testing, and following an endoscopic ultrasound, discovered a mass not related to the gallbladder. A special CT scan subsequently showed a tumor of the small intestine that was separate and distinct from the issues with her gallbladder.”

On April 5, Dr. Chagares teamed up with Michael Jaronczyk, M.D., a board-certified surgeon who recently joined the staff at Monmouth Medical Center and Monmouth Medical Center, Southern Campus, to remove her gallbladder and a golf-ball size tumor as well as a small section of her intestine.

Like Dr. Chagares, Dr. Jaronczyk trained in general surgery at Monmouth Medical Center. He went on to fellowship training in advanced gastrointestinal, minimally invasive and bariatric surgery at Saint Francis Hospital and Medical Center in Connecticut.

“I decided to work with Dr. Jaronczyk to do the bowel resection at the same time that I performed the gallbladder removal,” Dr. Chagares says. “The patient was thrilled because the entire procedure was done laparoscopically, with both of us working through the same four very small incisions.”

Afterward, Patricia spent one night in the hospital and following her discharge was referred to an oncologist for surveillance of the cancer, which should require no further treatment. Within a few short weeks, she had recovered completely and was back to the gym and her active lifestyle. Dr. Chagares notes that Patricia’s intestinal cancer is not usually found at an early stage, as it doesn’t produce symptoms until it is advanced, but fortunately for her it was found during the unrelated scan of her gallbladder.

“I felt very good after the surgery,” says Patricia, who along with her husband, Jeffrey, has two children and three grandchildren. “I stayed just one night in the hospital and immediately felt 100 times better thanks to Dr. Chagares and Dr. Jaronczyk. They took great care of me.”

“Monmouth Medical Center has been at the forefront of advanced laparoscopy for many years,” Dr. Jaronczyk says. “It is commonplace to have surgeons with different specialties in different practices work in collaboration with the goal of outstanding patient outcomes such as this. Our ability to offer this advanced team approach furthers Monmouth Medical Center’s position as the premier hospital for minimally invasive surgery, and for Patricia, our ability to use the same four incisions for the cancer resection after the gallbladder was removed was the key to her great outcome.”



“MONMOUTH MEDICAL CENTER HAS BEEN AT THE FOREFRONT OF ADVANCED LAPAROSCOPY FOR MANY YEARS. IT IS COMMONPLACE TO HAVE SURGEONS WITH DIFFERENT SPECIALTIES IN DIFFERENT PRACTICES WORK IN COLLABORATION WITH THE GOAL OF OUTSTANDING PATIENT OUTCOMES.”

—MICHAEL JARONCZYK, M.D.



Patricia Ferdinand is shown here with, from left, surgeons Michael Jaronczyk, M.D., and Stephen A. Chagares, M.D.

TO LEARN MORE ABOUT ADVANCED SURGICAL OPTIONS AT MONMOUTH MEDICAL CENTER, CALL THE CENTER FOR MINIMALLY INVASIVE SURGERY AT 732.923.6070.

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BREATH OF FRESH AIR



Andrew Nguyen, M.D.

TOP THORACIC SURGEON, ANDREW NGUYEN, M.D., JOINS BARNABAS HEALTH MEDICAL GROUP.

BARNABAS HEALTH MEDICAL GROUP, IN PARTNERSHIP WITH MONMOUTH Medical Center, welcomes Andrew Nguyen, M.D., thoracic surgeon, to its team.

Dr. Nguyen specializes in lung cancer screening, lung nodule evaluation and diagnosis, minimally-invasive lung biopsy, lung cancer, malignant pleural effusions, pneumothorax (collapsed lung), lung bleb and bullous lung disease, mediastinal masses, thymoma, thymectomy for Myasthenia gravis and VATS sympatotomy for hyperhidrosis. He utilizes a variety of surgical approaches, including minimally invasive and robotic thoracic surgery, video-assisted thoracic surgery (VATS) and advanced endoscopy to diagnose and treat both benign and malignant diseases of the chest.

Dr. Nguyen recently completed fellowship training in advanced minimally invasive thoracic surgery and cardiothoracic surgery at the University of Pittsburgh Medical Center. He also has held several leadership and mentorship roles. Since 2015, Dr. Nguyen has been an assistant professor of cardiothoracic surgery and a medical student career advisor at the New York-Presbyterian/Weill Cornell Medical Center. He also served as the director of the Thoracic Tumor Board for New York Presbyterian/Queens.

A graduate of the Rosalind Franklin University of Science and Medicine in North Chicago, Dr. Nguyen completed his general surgery residency at New York Hospital Queens-Weill Cornell Medical College in Flushing, N.Y. He is also a member of the American Association for Thoracic Surgery, Society of Thoracic Surgeons, New York General Thoracic Surgery Club and the New York Society for Thoracic Surgery.

CATCH LUNG CANCER EARLY

Lung cancer symptoms often do not appear until advanced stages. Tobacco is associated with 87 percent of all cases of cancer of the lung, trachea and bronchus. When lung cancer is diagnosed at an early stage (Stage IA) and treated, the survival rate increases to more than 70 percent. The best way of increasing the chances of curing lung cancer is to find it early.

Monmouth Medical Center, in partnership with Rutgers Cancer Institute of New Jersey, is committed to promoting the early detection of lung cancer. Through our Comprehensive Lung Cancer Program, our screening program offers:

- low-dose CT scans
- a dedicated Advanced Practice Nurse (APN) to provide individualized care and efficient care coordination
- centralized scheduling and intake process and insurance preauthorization support
- smoking cessation services
- access to comprehensive cancer care services, including minimally invasive thoracic surgery, radiation therapy, chemotherapy and/or immunotherapy, clinical trials and oncology rehabilitation
- an expert team of radiologists, pulmonologists, thoracic surgeons, medical oncologists, radiation oncologists, respiratory therapists, nurses and other clinicians who collaborate with our community physicians to ensure the highest quality patient care.

The cost of lung cancer screenings is now covered by Medicare and Medicaid for individuals at high risk for lung cancer who meet the following criteria:

- ages 55 to 80
- 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 prior to the screening.

Note: If 55 to 80 years old with at least a 20-pack year history, you also may be eligible. Criteria for lung cancer screenings vary among commercial insurance companies. Pre-authorization may be required for the test. For more information or to make an appointment, call the Lung Cancer Screening Program at **732.923.7966**.

TO SCHEDULE AN APPOINTMENT OR LEARN MORE ABOUT ANDREW NGUYEN, M.D., CALL [732.531.6600](tel:732.531.6600).

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PEACE OF MIND

CANCER PATIENTS AT MMC BENEFIT FROM THE HEALING POWER OF REIKI THERAPY.

VOLUNTEERS AT MONMOUTH MEDICAL Center's Leon Hess Cancer Center are providing patients the opportunity to experience Reiki, a gentle therapy for stress reduction and relaxation that promotes your own natural healing.

Ocean Township resident Diane Lampinen, a Reiki master teacher and coordinator of The Reiki Program at Monmouth Medical Center, was recently honored by the hospital's Leon Hess Cancer Center for her volunteer service that brings Reiki therapy, free of charge, to patients receiving cancer treatment.

"The Japanese word 'Reiki' translates as universal energy," says Lampinen, who notes Reiki therapy promotes stress reduction and relaxation, which brings this life energy into balance. She explains that Reiki treats the whole person on physical, emotional and intellectual levels.

"It is a gentle therapy developed in Japan in the early 20th century that is complementary to all other forms of healing or medicine," she says.

As the owner and founder of Bella Luce Reiki, Lampinen specializes in Reiki therapy, Reiki certification training and Reiki shares. Since April 2015, she has been a volunteer Reiki practitioner with Mary's Place by the Sea in Ocean Grove. Mary's Place provides a place for women with cancer to heal: body, mind and soul.

"The process of establishing The Reiki Program began in August of 2015, and the program officially started the following March, when patients received the first Reiki sessions at the hospital's outpatient infusion center," Lampinen says. "Reiki



Diane Lampinen, center, founder and coordinator of The Reiki Program at Monmouth Medical Center, was honored recently by the hospital's Leon Hess Cancer Center. She is shown here with David Sharon, M.D., the medical director of the Leon Hess Cancer Center at Monmouth, and her mother, Helen Bertuzzi, a patient of Dr. Sharon's.

therapy has been well received by infusion patients and the Cancer Center's medical staff." She notes that it has been very rewarding for her to be part of a program to integrate Reiki therapy in a medical setting.

Medical Oncologist David Sharon, M.D., the medical director of the Leon Hess Cancer Center at Monmouth, notes that studies have shown that Reiki can help patients tolerate chemotherapy better. Diane's mother, Helen Bertuzzi, who is undergoing treatment for cancer, is a longtime patient of Dr. Sharon.

"Reiki promotes relaxation and reduces stress and treats the whole person—physically, emotionally and mentally," says Dr. Sharon, who notes that the Leon Hess Cancer Center is dedicated to meeting the medical, physical and psychological needs of patients before, during and after treatment.

"My personal experience with Reiki has been great," Bertuzzi says. "It makes me feel relaxed and peaceful, and puts me in a good frame of mind."

Lampinen says that each Reiki session lasts about 20 minutes. The Reiki practitioner holds his or her hands slightly

above your body and follows a series of hand positions from your head to your feet. The patients may feel relaxed and peaceful during and after a Reiki treatment, she says, adding that it is each patient's choice whether or not to receive Reiki therapy.

"Reiki therapy has many benefits; it may help improve mood, sleep and digestion and has no known side effects or contraindications," says Lampinen.

She notes that The Reiki Program at Monmouth Medical Center is seeking additional Reiki practitioners to help expand to other areas of the hospital. The intention of The Reiki Program is to provide Reiki therapy to patients at all levels of care. Volunteers must be certified Level 2 or higher and possess a desire to provide Reiki therapy in a health-care environment.

"The benefits of volunteering are many; which include the opportunity to gain valuable experience providing Reiki therapy in a medical setting," she says. "Service to others can really make a difference in your own life; and Reiki therapy is beneficial for both the recipient and the provider."

TO LEARN MORE ABOUT VOLUNTEER OPPORTUNITIES WITH MONMOUTH'S REIKI PROGRAM OR ABOUT REIKI THERAPY, CONTACT JOAN HOGAN AT THE CANCER SUPPORT COMMUNITY AT MONMOUTH MEDICAL CENTER AT [732.923.6090](tel:732.923.6090) OR DIANE LAMPINEN AT THEREIKIPROGRAM@GMAIL.COM. TO SHARE THIS ARTICLE WITH A FRIEND OR TO RECOMMEND IT ON YOUR FACEBOOK PAGE, VISIT MONMOUTHHEALTHANDLIFE.COM.



LEAVING NO TRACE

'HIDDEN SCAR' SURGERY—OFFERED AT MONMOUTH MEDICAL CENTER—MINIMIZES THE REMINDERS OF BREAST CANCER.



Monmouth Medical Center breast surgeon Manpreet Kohli, M.D., is the first surgeon in New Jersey certified as a Hidden Scar Trained surgeon. She is shown here, center, receiving her certification award from Jason Bono, senior area sales manager, NJ, Invuity. Also pictured, back row from left, are Monmouth Medical Center plastic and reconstructive surgeons Negin Griffith, M.D., Peter Hetzler, M.D., and Gregory Greco, D.O., chief of plastic and reconstructive surgery at Monmouth, and, front row from left, members of the OR team, Andrea Joseph, Courtney Catania and Karen Cangelosi.

MONMOUTH MEDICAL CENTER IS THE FIRST HOSPITAL IN NEW Jersey to offer women the advanced option of breast cancer surgery with little to no visible reminder of the surgery or their cancer.

Monmouth Medical Center breast surgeon Manpreet Kohli, M.D., FACS, has been recognized as a Hidden Scar Trained surgeon, making MMC New Jersey's first certified Hidden Scar center.

This advanced approach to breast cancer surgery allows surgeons to hide scars, minimizing the patient's emotional reminder of a breast cancer diagnosis. Dr. Kohli says this new technique allows her to expand treatment options to her patients with a procedure that effectively treats the cancer while optimizing cosmetic results.

"With a Hidden Scar approach to breast cancer surgery, we are able to place the incision in a location that is hard to see, so that the scar is not easily visible when the incision heals," says Dr. Kohli, a fellowship-trained, board-certified breast surgeon with Barnabas Health Medical Health Group and Monmouth Medical Center. "As a result, you have a very natural result with very subtle surgical scars that sometimes cannot be found unless you know where to look."

Each year, approximately 253,000 women are diagnosed with breast cancer that requires surgery. Dr. Kohli notes that many of these women are unaware of all the surgical options available, including advanced approaches like Nipple Sparing Mastectomy. This procedure can help maintain their self-image, eliminate stages of reconstructive surgery that typically involve nipple and areolar reconstruction, and allow them to begin the emotional healing process much sooner.

"Thanks to all of the advances in care, the five-year survival rates

for breast cancer today are high," Dr. Kohli says. "As such, survivorship is becoming increasingly important. Scars have a significant impact on survivors' body image, intimacy, confidence and mental health."

Hidden Scar breast cancer surgery allows Dr. Kohli to work with the plastic and reconstructive surgeons at Monmouth Medical Center; with them, women are able to undergo an oncologic surgery, while preserving all of the skin of the breast, maintaining a natural contour, and receiving a tailor-made reconstruction that suits them. Several options for reconstruction exist, including implants placed at the time of the initial surgery rather than tissue expanders, or using one's own tissue to reconstruct the breasts. She notes that patients who undergo these approaches experience optimal clinical and cosmetic outcomes, and are at no higher risk of recurrence than patients who undergo any other surgical technique.

Gregory Greco, D.O., chief of plastic and reconstructive surgery at Monmouth Medical Center, notes that the technology provided by Invuity improves surgeons' visibility during these procedures, enabling them to perform complex, in-demand surgeries with ease. He notes that performing breast cancer surgery through a smaller incision as in Hidden Scar surgery requires consistent illumination throughout the surgical cavity, so surgeons can clearly see and effectively remove the tumor.

"A breast cancer diagnosis is difficult enough," Dr. Greco says. "At Monmouth Medical Center, we are committed to giving more women access to transformative options in breast cancer surgery."

TO LEARN MORE ABOUT ADVANCED BREAST SURGERY OPTIONS AT MONMOUTH MEDICAL CENTER, VISIT MONMOUTHWILENTZBREASTCENTER.COM. FOR MORE INFORMATION ON HIDDEN SCAR, VISIT WWW.BREASTCANCERSURGERY.COM.



Monmouth Medical Center Foundation and the Dawkins Family
proudly announce

The Judith W. Dawkins Ambassador of Excellence Award



2018 recipient

Ann Unterberg

For exemplifying Judi's visionary guidance, exceptional leadership and upholding the highest ethical standard for the betterment of the patients and families who rely on Monmouth Medical Center.

Like Judi, Ann has been deeply rooted in philanthropy. Ann has been part of our leadership team as a trustee at MMC since 2005 and chair of Monmouth Medical Center Foundation from 2011 to 2017. Along with her husband Tom, she has demonstrated philanthropic leadership by funding The Unterberg Children's Hospital at Monmouth Medical Center, the Thomas and Ann Unterberg Pediatric

Emergency Department and several mammography suites at the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center.

The Unterbergs' commitment to advancing medical education includes gifts to establish the Unterberg Learning Center at Monmouth Medical Center as well as the Marjorie K. Unterberg School of Nursing and Health Studies at Monmouth University.

"I consider myself enormously fortunate to have worked with Judi for over 20 years. Her commitment to MMC was unsurpassed, her energy and enthusiasm contagious, her determination inspiring and unwavering, and the standards she set for excellence were non-negotiable. I have learned a great deal and have taken more from this experience than I contributed."

Like Judi, Ann's leadership and philanthropy has extended beyond Monmouth Medical Center. She has been deeply committed to women, children, the arts, education and conservation.

"I miss Judi. I will long remember these years of working together as pure pleasure, as one does when working with talented and likeminded friends. Now, as my work is acknowledged in her name, I am determined to work for years to come to truly deserve this accolade."

Please join us in celebrating Judi's legacy by honoring Ann Unterberg with this prestigious award at the 23rd Power of Pink Annual Luncheon scheduled for July 19th 2018 at Hartshorne Mansion in Little Silver. For more information, call 732.923.7525 or visit us at www.rwjbh.org/pop.