

A PUBLICATION FROM MONMOUTH MEDICAL CENTER, SOUTHERN CAMPUS

HEALTHY AGING

SUMMER 2018



OLDER BODY,
STRONGER
MIND

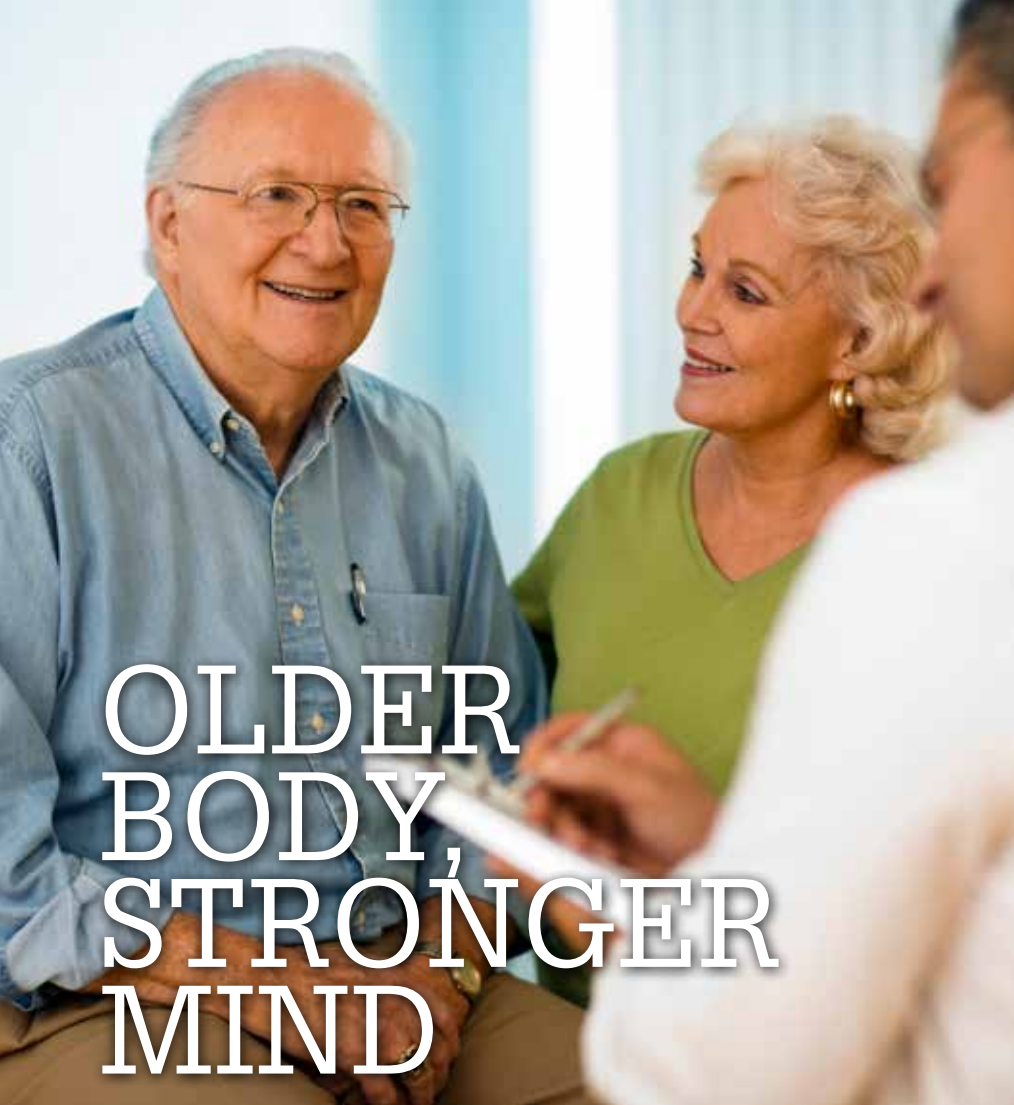
TECH HELPS
EARLY
DETECTION

DELIVERING
TOP-NOTCH
CARE

LIVING
WELL



ACTIVITIES,
SUPPORT
GROUPS
FOR ALL



OLDER BODY, STRONGER MIND

WHEN THE GOLDEN YEARS GET GLOOMY, A GEROPSYCHIATRIST CAN HELP.

Geropsychiatrist isn't a word that easily rolls off the tongue, but with the boom in America's aging population and its health-care needs, there's no better time to add it to our vocabulary. And for many older adults, it may be the time to develop a relationship with one.

Seniors facing conditions like memory loss, depression, anxiety—even those finding it difficult coping with changes—can seek the help of a geropsychiatrist (geriatric psychiatrist), a doctor who focuses on the prevention, evaluation, diagnosis and treatment of mental and emotional disorders and the improvement of psychiatric care for all patients. The demand for these health-care professionals is increasing because one in five Americans experiences a mental health illness in any given year, and a growing number are se-

niors. In fact, at least 12 percent of older adults in the community have diagnosable mental disorders—up to 30 to 50 percent in medical settings. The elderly often struggle with the same mental health disorders as other adults, along with age-related conditions, like the depression, anxiety and sleep disorders associated with dementia.

"A lot of things get better with age because of wisdom—we pick our battles," says Lina Shihabuddin, M.D., a geropsychiatrist and chief medical officer of RWJBarnabas Health Behavioral Health Network. But typically, seniors in their 70s are also facing multiple losses, from loved ones to homes and jobs—and sometimes even their sense of identity. The stress of it all can deteriorate their health if not for the geropsychiatrist with a game

plan that includes not only medication, but socialization, exercise and other lifestyle changes. (Actually, medications are only part of the management of the geriatric patient.) "You need to find a new purpose and new circles of association," Dr. Shihabuddin says, citing studies identifying a lack of socialization as one of the main risk factors for declining health and mortality in seniors. That's why often a great prescription is joining a senior center or other active group, she says. And exercise, if permitted by one's doctor, can include walking, yoga, tai chi—anything that combats that sedentary lifestyle for about 30 minutes daily.

While a heart doctor works with EKGs and other monitors, the geropsychiatrist will reach her diagnosis based on careful interviews, the patient's history and background and behavioral observations. Their training goes beyond that of a regular psychiatrist and must include knowledge of all of the medical conditions impacting seniors, Dr. Shihabuddin says.

For those looking to get back on track mentally, RWJBarnabas Health Behavioral Health Center (including Monmouth Medical Center, Southern Campus Behavioral Health Services) has a team of licensed professionals and geriatric psychiatrists, who work alongside senior patients and their families to determine the best treatment. The Behavioral Health Center offers a complete range of inpatient and outpatient mental health services for geriatric patients. And all of the Behavioral Health Center's services are led by a staff of experienced professionals with advanced training and certification in all areas of behavioral health.

On Aug. 14 from noon to 2 p.m., Dr. Shihabuddin will present "Behavioral Health in Older Adulthood," a free program at Monmouth Medical Center, Southern Campus. The program will explore some of the most common mental health concerns in older adulthood, as well as prevention and treatment options. See details, including registration information, on page 7.

To find out more, call 800.300.0628 or visit rwjhb.org/behavioralhealth.



CLEARER PICTURE

TOMOSYNTHESIS CAN DETECT POTENTIAL BREAST CANCER AT AN EARLY STAGE, WHEN IT'S MOST SUCCESSFULLY TREATED.

The Jacqueline M. Wilentz Breast Center at Monmouth Medical Center, Southern Campus, is furthering the fight against breast cancer by introducing advanced 3D breast imaging known as tomosynthesis.

Tomosynthesis produces a 3D image of the breast by using several low dose X-rays obtained at different angles. The 3D imaging provides doctors with a clearer view through overlapping breast tissue, resulting in a more detailed picture that makes breast abnormalities and true hidden lesions easier to see, even in dense tissue. It improves the radiologist's ability to detect potential breast cancers by helping to pinpoint the size, shape and location of abnormalities.

Breast cancer is the second leading cause of cancer death among women, exceeded only by lung cancer. Statistics indicate that one in eight women will develop breast cancer in her lifetime. The stage at which breast cancer is detected influences a woman's chance of survival; if detected early, the five-year survival rate is 97 percent.

With tomosynthesis, the breast is positioned and compressed in the same way as a conventional mammogram, but the X-ray tube moves in a circular arc around the breast. Tomosynthesis takes images from multiple angles and uses computer processing to build these "slices" into a 3D image that a radiologist can manipulate, examining each slice individually. By comparison, a conventional mammography images the entire breast in one exposure, which can result in abnormalities remaining hidden by overlapping tissue, explains Cynthia Barone, D.O., regional director of breast imaging for Monmouth Medical Center, Monmouth Medical Center, Southern Campus, and Community Medical Center.

Tomosynthesis helps to pinpoint the size, shape and location of abnormalities, according to Dr. Barone. She says this helps radiologists distinguish harmless structures from tumors, leading to fewer false positives and call-backs and less anxiety for women.

By offering women this latest technology in mammography, the Jacqueline M. Wilentz Comprehensive Breast Center hopes to increase the number of women who will be routinely screened.

The patient experience for tomosynthesis, including time for the procedure, is similar to a traditional mammogram. Both types of images can be obtained

together with one compression examination, eliminating the additional discomfort to the patient while obtaining more views.

"Monmouth Medical Center, Southern Campus, and the Wilentz Breast Center are committed to providing the best patient care available," says Frank J. Vozos, M.D., FACS, chief executive at MMCSC. "We are proud to offer our patients a full comprehensive breast imaging center, including this latest advance in screening and diagnostic mammography."

This newest technology, which was introduced in May, is the latest addition to MMCSC's Jacqueline M. Wilentz Breast Center's state-of-the-art imaging technology, which also includes breast MRI and screening and diagnostic ultrasound.



Cynthia Barone, D.O.

For more information or to schedule an appointment at the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center, Southern Campus, call 732.923.7700 or visit monmouthwilentzbreastcenter.com.





Warren Schuckies
and Marge Cesta

A GRATEFUL PATIENT: WARREN SCHUCKIES

THIS LAKEWOOD RESIDENT CREDITS THE TOP-NOTCH CARE AT MMCSC—FROM THE EMERGENCY ROOM TO REHAB—FOR ‘SAVING MY LIFE.’

Warren Schuckies had just returned from vacation with partner, Marge Cesta, when he started to not feel well. He couldn't walk or get out of bed and he admittedly hadn't had his level of Coumadin, a blood thinner used to prevent blood clots caused by atrial fibrillation (AFib), checked in several years.

“Thankfully, I live in the Fairways in Lakewood and Monmouth Medical Center, Southern Campus (MMCSC) was only a short ambulance ride,” said Warren. “I really credit the proximity to the hospital and the immediate, attentive care the staff provided to saving my life.”

Due to the high level Coumadin dosage Warren was taking, he experienced extremely low blood pressure, internal bleeding, a right thigh hematoma and acute kidney failure landing him in the intensive care unit (ICU) for five days. Warren underwent both plasma and blood transfusions and then spent another five days being monitored in an inpatient unit before being transferred to a rehabilitation facility.

“I really put the staff, and especially the nurses, to work during my stay but they were great,” said Warren. “They were constantly friendly and upbeat; I could tell this wasn't just a job to them but their passion. They were enthusiastic about the hospital and were constantly stopping by and checking in on me, which is a definite benefit to being cared for in a small community hospital.”

After his stay, Warren even requested that the on-call cardiologist, Rajesh Mohan, M.D., become his full-time cardiologist. Warren noted that, prior to being admitted to MMCSC, all of his physicians were located in East Brunswick where he used to live, but he was so impressed by Dr. Mohan's breadth of knowledge and easygoing demeanor that he made the change on the spot.

“I feel that Dr. Mohan and many of the other physicians at Monmouth South go above and beyond their call of duty and consistently provide a personal touch,” said Warren. “The care received here is superior to other area hospitals, and it would be my first choice every time, no matter what the ailment.”

To find out about cardiology services at Monmouth Medical Center, Southern Campus, call 732.886.4426.





STRAWBERRY FIELDS FOREVER

WELL-KNOWN AS A COLORFUL TASTE TREAT, THIS FRUIT IS ALSO A NUTRITIONAL POWERHOUSE RICH IN VITAMIN C.

Did You Know?

Strawberries are the only fruit with seeds on the outside, a distinction that means they are not classified by botanists as true berries, which house their seeds on the inside. Indeed, the seeds—the average strawberry sports 200—are actually each considered a separate fruit. The U.S. is the world's top producer of strawberries, and 94 percent of American households consume the fruit.

Power up

A Harvard study of women ages 25 to 42 found that those who ate three or more servings of strawberries and blueberries weekly were less likely to have a heart attack. One reason: Both

fruits have a high concentration of anthocyanin, a flavonoid that may help improve blood flow to the heart and reduce plaque. Strawberries are also known to contain powerful antioxidants, and they're a significant source of both fiber and vitamin C.

Grow · Buy · Store

Harvesting season runs through October (depending on the variety). If you like gardening—and the luxury of fresh strawberries—try planting your own patch. Specific requirements differ by variety, but in general, strawberries grow best in loose, fertile, somewhat-acidic soil in a location with full sun.

Strawberry plants sprout lots of

runners that will form new plants if left unchecked. Cut these runners, and you'll have a higher berry yield. Strawberries spoil quickly—pick them the day they ripen and use within three days. At the store, look for bright red berries. Refrigerate—either in a single layer in a dish lined with paper towel or in a colander,—and hold off washing until you're ready to use.

To clean, put strawberries in a colander and rinse with cold water, or wash each one gently with a damp paper towel. You should cut away the leaves and the portion surrounding them because that area can be difficult to clean—but do so after washing because this can change texture and flavor.

80%

of U.S. strawberries are grown in California as a perennial crop

103

distinct species of strawberry plants exist

1

strawberry museum exists in the world—it's in Wépion, Belgium

53%

of 7–9-year-olds say that strawberries are their favorite fruit



COMMUNITY CALENDAR

The following groups and programs hold ongoing meetings that may be of interest to seniors. All programs are free but registration is required by emailing teamlink@rwjbh.org or by calling 888-724-7123.

STRESS MANAGEMENT AND RELAXATION TECHNIQUES

Monday, Aug. 13, 10 to 11:30 a.m.

Healing Garden, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood

Let's destress together! Join us for a discussion on the causes of stress, the impact that it may potentially have on your health, and how to combat it with practical and proven relaxation techniques including guided imagery, deep breathing and adult coloring. If the weather is inclement, we will meet in the third floor conference room.

HEALTH INFORMATION ON THE INTERNET: THE GOOD, THE BAD, THE "DON'T GO THERE"

Thursday, Aug. 2, 10 to 11 a.m.

Conference Room ABC, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood

The program will be presented by Frederic C. Pachman, AHIP, director of the Altschul Medical Library, Monmouth Medical Center. There is a lot of health-related information on the Internet. How do you access reliable, trustworthy and accurate information? How can you evaluate a new website that you've found before you start believing the content? With all the news that is splashed across the headlines, where do you go to find the original source and story? Join us for a lecture and discussion and bring your favorite story and URL. Light refreshments will be served.

BEHAVIORAL HEALTH IN OLDER ADULTHOOD

Tuesday, Aug. 14, noon to 2 p.m.

Conference Room ABC, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood

Behavioral health plays an integral role in overall well-being. One in four older Americans experiences a behavioral health issue that is not a normal part of aging, yet they are less likely to receive treatment than younger individuals. Please join Lina Shihabuddin, M.D., geriatric psychiatrist and chief medical officer of the RWJBarnabas Health Behavioral Health Network, as she explores some of the most common mental health concerns in older adulthood, as well as prevention and treatment options. This discussion will also include a question-and-answer session. A light lunch will be provided.

STROKE AWARENESS

Wednesday, Aug. 15, noon to 2 p.m.

Conference Room ABC, Monmouth Medical Center, Southern Campus, 600 River Ave., Lakewood

Taught by Claire Verruni, R.N., this program will explore stroke prevention, signs and symptoms, and offer an optional, complimentary blood pressure screening. Light, heart-healthy fare will be served.

NICHE
NURSES IMPROVING CARE FOR HEALTHSYSTEM ELDERS

Monmouth Medical Center, Southern Campus, holds designation as a NICHE (Nurses Improving Care for Health system Elders) hospital.