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MONMOUTH MEDICAL CENTER GRANTS LIFE-CHANGING KNEE REPLACEMENT SURGERY TO MORRISTOWN RESIDENT THROUGH OPERATION WALK 2013

◀ “Operation Walk” patient Todd Patterson meets with his surgeon, David L. Chalnick, M.D., and Dana Delatash, Clinical Director of the Orthopaedic Unit, following his bilateral knee replacement surgery at Monmouth Medical Center.

WHILE MORE THAN 1 million hip and knee replacements are performed in the U.S. each year, countless men and women continue to live with severe arthritic pain and immobility because they cannot afford joint replacement surgery.

Such is the case of Todd Patterson, 48, a carpenter from Morristown who has faced progressive, debilitating knee pain for more than 20 years. In December, Todd had bilateral high-end knee replacement surgery at Monmouth Medical Center and inpatient rehabilitation at HealthSouth Rehabilitation Hospital of Tinton Falls at no cost as part of Operation Walk USA 2013.

Operation Walk USA, now in its third year, is a non-profit medical humanitarian effort providing free hip and knee replacement surgeries for uninsured patients in the U.S. who do not qualify for government assistance programs. Through Operation Walk USA 2013, approximately 230 patients received free joint replacements from 130 volunteer orthopaedic surgeons at 70 participating hospitals, December 2 through December 7, 2013. Leading Operation Walk at Monmouth Medical Center—one of three hospitals in New Jersey participating—was David L. Chalnick, M.D., an orthopaedic and joint replacement surgeon and medical director of Monmouth Medical Center’s Joint Replacement Center.

Todd’s injury began as the result of a motorcycle accident while he was in college nearly two decades ago. Four years later, he injured his knee again when he fell from a church roof during a construction job. About 10 years ago, arthritis set in and has grown progressively worse, causing Todd to experience severe pain every day.

“Over the years, the wear and tear on my knees worsened the condition. Eventually my right knee became really damaged because I spent such a long time favoring my left knee,” said Todd, who has been unable to work because of the condition. “I’m so grateful that Dr. Chalnick and Monmouth Medical Center are willing to help me get my life back. I’m thankful to get the chance to return to work.”

“Todd had bilateral severe bowlegged deformities. Normal knees are slightly knock-kneed. I performed knee replacement surgery on both knees—essentially reshaping his legs—to correct his severe deformity and allow Todd to walk more normally and hopefully pain free,” said Dr. Chalnick, who also participated in Operation Walk last year as a way to give back to patients.

“Monmouth Medical Center prides itself on providing quality medical care for all our patients. Through programs like Operation Walk and the kindness and compassion of our dedicated physicians such as Dr. Chalnick, we’re able to provide this high quality care to patients in need,” said Frank J. Vozos, MD, FACS, President and Chief Executive Officer at Monmouth Medical Center.



◀ Orthopaedic surgeon and joint replacement specialists David Chalnack, M.D., right, and Mark Gesell, M.D., performed Monmouth's first robotic-assisted joint replacement procedures.

BREAKTHROUGH ROBOTIC ARM TECHNOLOGY AT MONMOUTH MEDICAL CENTER OFFERS NEW LEVEL OF ACCURACY AND REPRODUCIBILITY FOR PARTIAL KNEE AND TOTAL HIP REPLACEMENT

MONMOUTH MEDICAL CENTER is the first hospital in central and southern New Jersey to introduce robotic-assisted partial knee resurfacing and total hip replacement procedures.

The robotic-assisted surgeries are performed using the RIO Robotic Arm Interactive Orthopedic System marketed by MAKO Surgical Corp. RIO is a surgeon-controlled robotic arm system that enables accurate alignment and placement of implants.

"Accuracy is key in planning and performing both partial knee and total hip procedures," said David Chalnack, M.D., medical director of the Joint Replacement Center at Monmouth Medical Center. "For a good outcome you need to align and position the implants just right. RIO enables surgeons to personalize partial knee and total hip arthroplasties to achieve

optimal results at a level of accuracy and reproducibility previously unattainable with conventional instrumentation."

The RIO System features a patient-specific visualization system and proprietary tactile robotic arm technology that is integrated with intelligent surgical instruments. It assists surgeons in pre-planning and in treating each patient uniquely and with consistently reproducible procedure.

Monmouth Medical Center announced in October that it had reached another robotic surgery milestone by performing the region's first robotic partial knee replacement surgery to treat osteoarthritis of the knee. This latest example of pioneering robotic surgery at Monmouth Medical Center follows

the hospital's recent milestone of performing more than 2,000 robotic surgeries.

Partial knee resurfacing is a minimally invasive treatment option for adults living with early to mid-stage osteoarthritis that has not yet progressed to all three compartments of the knee. The first procedures were performed by Dr. Chalnack and Mark W. Gesell, M.D., an orthopaedic surgeon and joint replacement specialist with Monmouth.

A pre-surgical plan is created based on a CT scan of the patient's own knee, and the surgeon uses the robotic arm during surgery to resurface the diseased portion of the knee, sparing healthy bone and surrounding tissue for a more natural feeling knee. An implant is then secured in the joint to allow the knee to move smoothly again.

"Robotic partial knee surgery can facilitate optimal implant positioning to result in a more natural feeling knee following surgery and result in a more rapid recovery and shorter hospital stay than traditional knee replacement surgery," Dr. Gesell says. "We are proud to be the first in the region to offer this innovative treatment option to our patients."

In November, orthopaedic surgeon Arthur K Mark, M.D., performed the first robotic-assisted total hip replacement surgery, which utilizes the RIO system for visualization of the joint and biomechanical data to guide the bone preparation and implant positioning to match the pre-surgical plan. After first preparing the femur or thighbone, the surgeon uses the robotic arm to accurately ream and shape the acetabulum socket in the hip, and then implant the cup at the correct depth and orientation. The surgeon then implants the femoral implant.





MONMOUTH MEDICAL CENTER PARTNERS WITH SCAN LEARNING CENTER FOR 'TOTAL BRAIN HEALTH FAIR'

THE BRAIN IS LIKE A MUSCLE, WE NEED TO EXERCISE IT. That was the message of a special "Brain Health" event presented by SCAN (Social Community Activities Network) and Monmouth Medical Center that drew active older adults from the Monmouth and Ocean County region. Participants like Asbury Park resident Al Rowley learned that activities such as juggling have been proven to demonstrate an anatomical change as a result of

◀ Monmouth Medical Center geriatrician Shira Goldberg, M.D.

learning—that is, the brain size actually expands.

Research published in the journal *Nature* has shown that learning to juggle may cause certain areas of your brain to grow—a finding that challenges conventional wisdom that the structure of the brain cannot change except through aging and disease. At the inaugural Total Brain Fair held recently at Eatontown's Monmouth Mall, a host of interactive brainteaser stations designed to promote brain health, which in addition to juggling included cartooning, were offered along with health information tables featuring nutrition education, blood pressure screenings, chair yoga and aromatherapy.

SCAN member Al Rowley, 65, said he decided to attend the Total Brain Health Fair, which featured keynote speaker Cynthia Green, M.D., a clinical psychologist and one of America's foremost experts on brain health, after a flier piqued his interest.

"The fair sounded good, but I way underestimated what was going to go on—the way it was conducted was great," he said. "I learned that juggling helps keep your mind focused and enhances brain power—I even went home and tried it with oranges."

"I've participated in SCAN for several years and the programs are really top-drawer," said Ruth Kirschner, 74, of Brick. "The Brain Fair brought in a very diverse group and it was most enjoyable. I also made a connection with a wonderful cancer support group."

Also featured at the program was Shira Goldberg, M.D., a new geriatrician at the Anna Greenwell Geriatric Program at the Geriatric Health Center at Monmouth Medical Center who provided participants with details about Monmouth Medical Center's Memory Disorders Program.

"The Memory Disorders Program provides a comprehensive evaluation of patients who exhibit signs or symptoms of dementia," said Dr. Goldberg, who completed a fellowship in geriatric medicine at Mount Sinai School of Medicine in New York and is board certified in geriatrics and hospice and palliative medicine. "Through careful analysis, our team of medical specialists uncovers the underlying condition of the disorder and recommends appropriate treatment."

Monmouth Medical Center's Anna Greenwall Geriatric Program coordinates health and social services for the elderly and their families with a focus on comprehensive care and education. The program specializes in medical care for the older adult, assessment of memory disorders and support for caregivers and the health professional, through a network of hospital-based and community-based services.

For more information about the Memory Disorders Program or the other services of the Anna Greenwall Geriatric Program at Monmouth Medical Center, call 732.923.7550.

MONMOUTH MEDICAL CENTER OFFERS 'HEARTFELT THANKS' TO THE COMMUNITY FOR SUPPORTING ITS INAUGURAL CANCER AWARENESS CAMPAIGN

MONMOUTH MEDICAL CENTER'S Roll Out The Ribbons campaign—launched last summer to raise awareness of cancer in all its forms—recently concluded its inaugural six-month run that featured thousands of colorful, personalized ribbons tied to a Promenade of Hope—a half-mile stretch of railing along the boardwalk in Long Branch

This spring, Monmouth Medical Center will return to the Long Branch beachfront for a special event in advance of the 2014 return of Roll Out The Ribbons designed to provide a heartfelt thanks to the community for its incredible support of the first campaign. The event, which will be held in May at Pier Village, will feature a host of health screenings, entertainment, dance instruction, refreshments and giveaways.

According to Frank J. Vozos, M.D., FACS, president and chief executive officer of Monmouth Medical Center, there's no better time than May—with its May Day celebration of life and renewal and observance of Family Support Month—to show the hospital's heartfelt thanks to the community for supporting Roll Out The Ribbons. He notes that the campaign was designed to do just that—bring the community together to support the fight against cancer, a single enemy that takes on many forms.

"We all know that there is strength in numbers and that one unified voice speaks louder and more clearly than

many different ones," he says. "Monmouth is dedicated to this long-term awareness campaign created to bring together the surrounding communities in the fight against all types of cancer, and we are so grateful for the incredible support our local community has demonstrated for Roll Out The Ribbons."

As an example of this support, he points to the Tinton Falls Middle School, where more than 500 ribbons were personalized by the school's students. An initiative of five students who learned about the Roll Out The Ribbons campaign and undertook the project to earn leadership hours for National Junior Honor Society, it was led by Emma Ledesma and Taylor Wilson, eighth-graders at the Tinton Falls Middle School whose own families have been touched by cancer. During the student advisory period, they worked with fellow eighth-graders Elizabeth Daily, Renee Ribeca and Mika Battaglia to visit every classroom to explain the campaign and ask each student to fill out a ribbon.

Taylor, whose grandfather has had prostate cancer, said many students told them how their families had been affected by cancer, adding that many students asked for more ribbons that they could fill out at home.

"The message of Roll Out The Ribbons is that there is hope," said Emma, whose mom is a breast cancer survivor.

Spanish teacher Paulette Schulte,



▲ From left, Tinton Falls Middle School students Mika Battaglia, Elizabeth Daily, Emma Ledesma, Taylor Wilson and Renee Ribeca gather with teacher and National Junior Honor Society advisor Paulette Schulte.

an advisor to the Tinton Falls Middle School National Junior Honor Society, said the students created awareness that those facing cancer should not feel isolated, and that we can give each other hope through this community spirit that exists both inside and outside of the school.

"The students realized that many of us are going through the same thing and that we can support each other," she said. "It was so good for the students to walk away with that awareness."

"The girls took all of the initiative on this project—it was their idea, they organized it and coordinated it," she added. "These girls acted as really good role models to their peers, and for the younger students, they also modeled the behavior of Junior Honor Society members."

The Tinton Falls Middle School is a charter member of the National Junior Honor Society. Academically qualifying eighth-grade students are invited to apply for membership and must demonstrate 30 hours of service, and 20 hours of leadership, in school and/or the community. Selected NJHS members serve as positive role models and peer mentors.

