

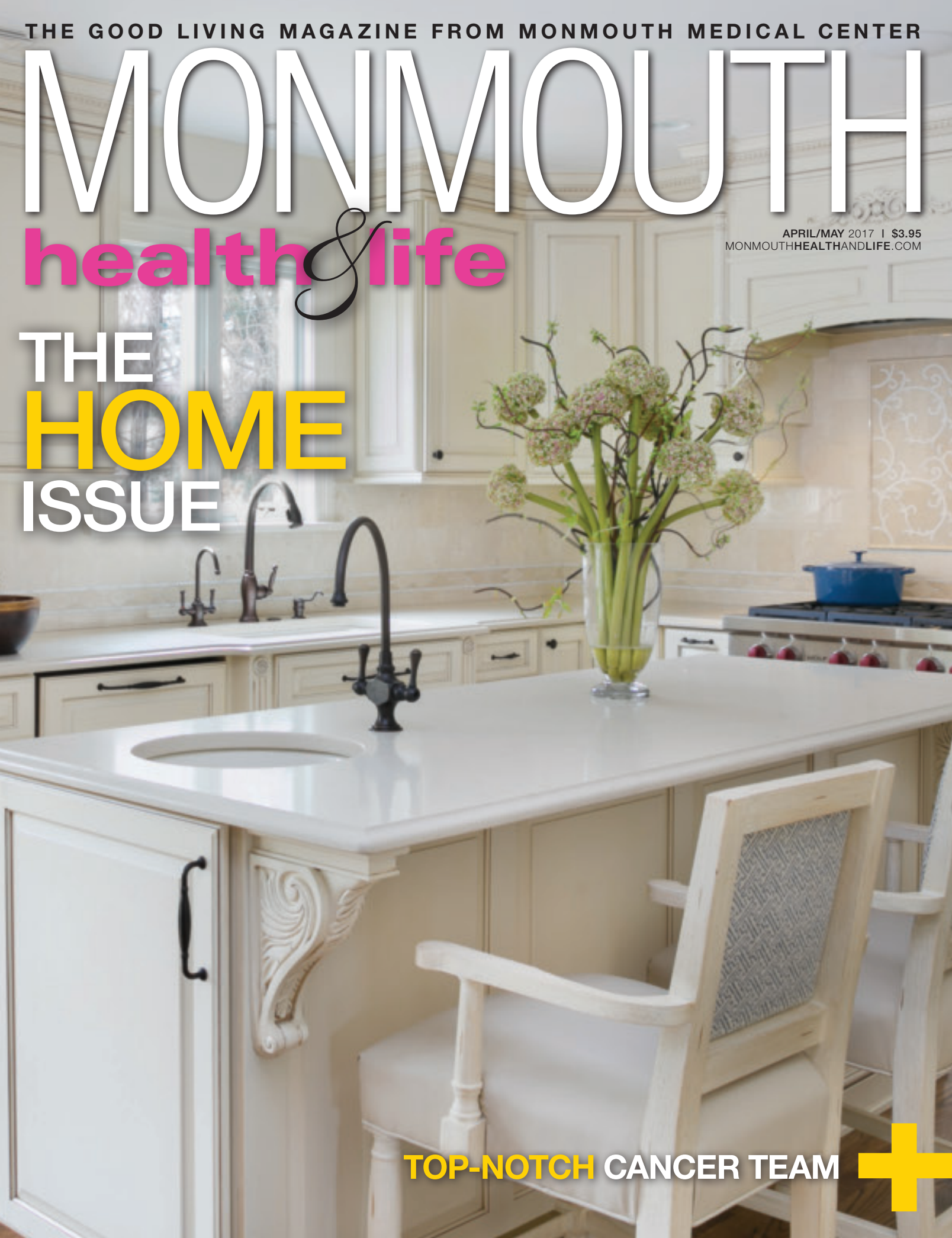
THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

MONMOUTH

health & life

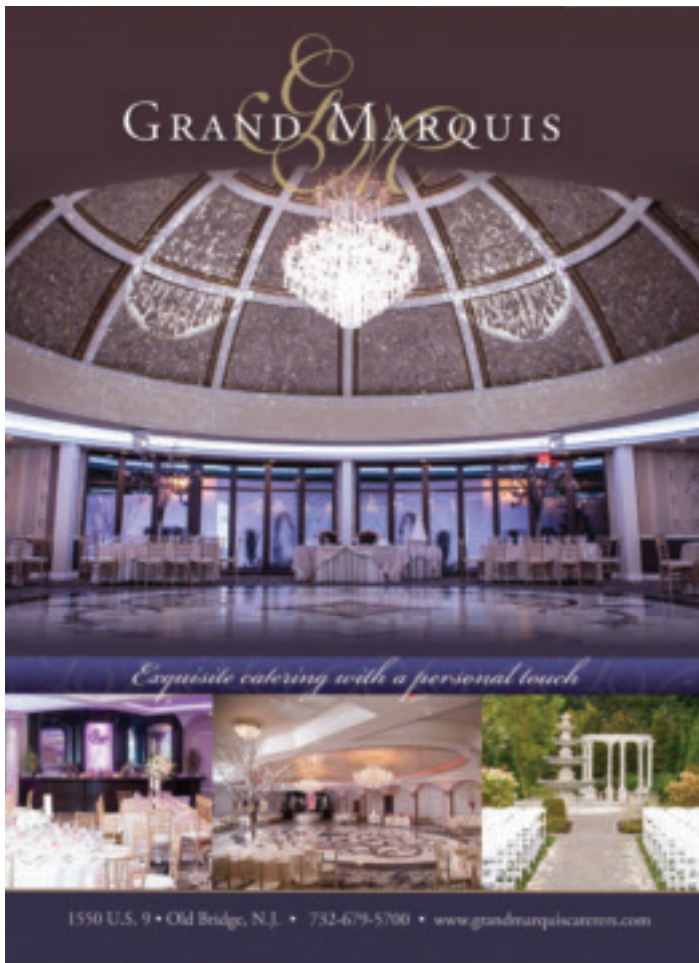
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THE
HOME
ISSUE



TOP-NOTCH CANCER TEAM





WELCOME LETTER

THE BEST CANCER CARE IS CLOSE TO HOME

TRAVELING FOR HEALTH CARE APPOINTMENTS IS A HASSLE under the best of times, but when you are faced with a cancer diagnosis, having to travel far for your care can be a burden.

Home is the theme for this issue of *Monmouth Health & Life*, and for those undergoing complex cancer treatment regimens, the comfort of having quality, compassionate care close to home is so important.

Advances in treatments have given hope to those fighting even the most aggressive cancers, but these treatments also are growing increasingly complex, involving lengthy outpatient infusions and/or radiation therapies, and additional visits for supportive care. Recognizing the value of conveniently located expertise, Monmouth Medical Center is dedicated to bringing community-based, academic-level specialized cancer care close to home, so our patients can focus on treatment and healing.

Patients who come to us for cancer treatment can do so with complete confidence that we will provide the best care possible. Our Leon Hess Cancer 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, a designation that provides assurance to our patients that they are receiving the highest-level of comprehensive care, including access to a full range of state-of-the-art services and a multidisciplinary approach to the best treatment options. After a rigorous, extensive review, the Leon Hess Cancer Center recently achieved another three-year accreditation with commendations on several of the standards and with best practice honors for the hospital's Cancer Support Community.

For more than 40 years, the Leon Hess Cancer Center at Monmouth Medical Center has broadened its leadership role in oncology services through the ongoing expansion of state-of-the-art programs and technologies offered in many areas of cancer prevention, detection, treatment and ongoing after-care. The center also offers inpatient care through the Bernard Fromkin Oncology Unit, a state-of-the-art unit staffed by oncology-registered nurses. Additionally, our oncology nurse navigators work with each patient referred to the Leon Hess Cancer Center to ensure a seamless transition of care.

If you would like to learn more about our programs and services, please visit mmccancer.com.

Sincerely,

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



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IN GOOD HEALTH

MEDICINE + TECHNOLOGY + PATIENT CARE AT MONMOUTH MEDICAL CENTER

SHE'S IN CHARGE

A LITTLE SILVER WOMAN SELECTS A TOP-NOTCH TEAM FROM MONMOUTH MEDICAL CENTER TO JOIN HER IN THE BATTLE AGAINST CANCER.

TO DESCRIBE JEAN AS HIGHLY ACCOMPLISHED IS an understatement. As the founder of WOMEN Unlimited Inc., an international business that she recently sold to two mentees, and an author of women's leadership business books, she is accustomed to taking risks, overcoming obstacles and helping women cultivate leadership excellence.

But Jean's ability to successfully tackle life's challenges is not limited to the business world. The 78-year-old Little Silver resident recalls bragging to others how she never experienced any health issues, despite constantly being on the run. Over the years, she maintained her good health by regularly scheduling preventive doctor's appointments, undergoing annual mammograms and more.

Despite her efforts, Jean's world changed suddenly after a routine mammogram this past fall. The results came back clear, but just three months later, she experienced soreness in her left breast. On the advice of a friend, Jean visited her gynecologist, who believed a cyst was the source of the pain and ordered a 3D mammogram. After the report came back as a "suspicious distortion," Jean met with Cynthia Barone, D.O., a board-certified radiologist at the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center, to undergo a biopsy for further testing.

As Dr. Barone wasn't satisfied with the image at the time of Jean's planned biopsy, she asked her colleague, Manpreet Kohli, M.D., a fellowship-trained, board-certified breast surgeon with Barnabas Health Medical Group and Monmouth Medical Center, to weigh in. Dr. Kohli noticed that Jean had very subtle nipple thickening and vague asymmetrical retraction of the breast. "There wasn't an obvious mass in the breast, but we decided to perform a biopsy of the thickened tissue that felt abnormal," says Dr. Kohli.

The Diagnosis We Dread

The results of the biopsy revealed a lobular carcinoma—a less common type of cancer found in only 20 percent of breast cancers. "This type of cancer is notorious for being difficult to detect with breast



From left, Jean Otte, Erin Dooley and Manpreet Kohli, M.D. Bottom: Jean was among the survivors who served as models for the Cancer Support Community Celebration of Life fashion show in December.

imaging and occurring in multiple locations throughout the breast, as well as possibly being present on the other side," says Dr. Kohli. "In these cases, it can be very difficult to determine the extent of the disease prior to surgery."

Jean notes how Dr. Kohli spent time with her and answered all of her questions. "Dr. Kohli was truly amazing," says Jean. From the very beginning, Jean felt embraced by a warm and supportive team—not only her radiologist and surgeon, but also her oncology nurse navigator, social worker and the breast center staff.

Taking charge of her health, Jean meticulously interviewed many doctors to select each member of her health care team. After consulting with her doctors, Jean decided to undergo a mastectomy, followed by reconstruction at Monmouth Medical Center. During the surgery, it was evident that the cancer was more extensive than originally thought. Pathology results showed stage III cancer, with a significant number of lymph nodes involved.



"It was clear that in the short time between our initial encounter and the time of surgery the cancer had already progressed significantly; with what I was seeing in the operating room, I knew immediately there would be a higher chance of needing chemotherapy and radiation," says Dr. Kohli. "We knew with the breast reconstruction initially planned that issues could arise, potentially interfering with the important post-operative treatments Jean required. Therefore, a collaborative decision was made intraoperatively with the plastic surgeon to hold off on breast reconstruction. We discussed Jean's priorities—it was an obvious agreement that cancer treatments took precedence over all else."

Dr. Kohli notes that as a comprehensive breast center, the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center offers advanced breast surgery—from breast conservation to mastectomy with reconstruction—by a panel of board-certified plastic and reconstructive surgeons tailored to each patient's specific needs and ranges. Jean says that although he didn't perform the reconstructive surgery after all, the surgeon still called her at home to make sure she was doing well after surgery and to talk about the potential for reconstruction down the road.

Her Dream Team

Throughout this process, Jean has come to know the team of doctors like family. She describes Dr. Kohli as her BFF—breast friend forever. "Dr. Kohli and Erin Dooley, the oncology breast nurse navigator, were wonderful, caring and helpful to my family and me. I'm unbelievably impressed with the whole Wilentz Center, the level of care, and, in particular, Dr. Kohli and Erin—my guardian angels," says Jean, who also points to the unwavering support of her sister, two sons and many friends, along with her church, St. John's of Little Silver, which she describes as her "cheering section" for the "Jean Dream Team."

Knowing that her team's intentions are to have her beat cancer without residual frailty or disability, Jean continued her fight with a tailor-made treatment plan with medical oncology and radiation oncology. Jean also gives high praises to Monmouth Medical Center radiation oncologist Sang Sim, M.D., and her medical oncologist Susan Greenberg, M.D., who worked with her on the plan for her postoperative care.

"Our goal was to allow Jean to continue to enjoy life and travel the world as she had previously planned," says Dr. Kohli.



Sang Sim, M.D.

Living Life Cancer-Free

Jean is currently cancer-free but will be monitored closely by her doctors. Now, Jean's travel plans are coming to fruition. In celebration of her good health, Jean and her sister have booked a trip to Paris and London to mark the one-year anniversary of her surgery.



Jacqueline M. Wilentz Comprehensive Breast Center named one of America's best

For the fourth year in a row, the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center has been named one of America's Best Breast Centers by the Women's Choice Award, America's trusted referral source for the best in health care. The award signifies that Monmouth Medical Center is in the top 7 percent of 4,789 U.S. hospitals offering breast care services.

Monmouth Medical Center is the only hospital in Monmouth County to have earned the award for four consecutive years, and one of only eight in the state to have earned that same distinction.

"We empower women to make educated, confident decisions about their health," says Delia Passi, founder and CEO of the Women's Choice Award. "By identifying America's Best Breast Centers, we're helping women find the top accredited centers in their communities."

The list of 352 award winners, including the Jacqueline M. Wilentz Comprehensive Breast Center, represents breast centers that have met the highest standards of breast care in the nation as set by the National Accreditation Program for Breast Centers (NAPBC) and carry the Breast Imaging Center of Excellence (BICOE) seal from the American College of Radiology.

The Jacqueline M. Wilentz Comprehensive Breast Center recently received an additional marker of quality: It achieved another three-year reaccreditation from NAPBC, with the surveyor commenting on "an overall excellent program with dedicated staff delivering robust patient-centered care." The Wilentz Center is the only NAPBC-accredited program in Monmouth County and the first to be accredited in Ocean County.

The Wilentz Center was also the first in New Jersey to introduce the Affirm™ prone biopsy system, the world's first and only dedicated prone biopsy system to offer both 2D and 3D™ imaging-guided breast biopsies that treats breast cancer in the prone position, or face down. The addition of this innovative technology continues to make Monmouth Medical Center the leader in breast care.

"Once again, the Jacqueline M. Wilentz Comprehensive Breast Center has proved that compassionate, multidisciplinary care from our top physicians, combined with state-of-the-art technology and cancer treatment, distinguishes us in health care," says Bill Arnold, president and CEO of Monmouth Medical Center. "We are honored to accept the designation of America's Best Breast Center."

For more information about the 2017 America's Best Breast Centers, visit womenschoiceaward.com/awarded/healthcare/.



Awareness is the first defense

A MANCHESTER WOMAN'S IMMEDIATE ACTION WAS KEY IN DIAGNOSING AND TREATING UTERINE CANCER.

Loretta Schuck (right) with her granddaughter Kayla Caffrey, who often accompanied Loretta to her appointments.



ACCORDING TO THE CENTERS FOR Disease Control, approximately 71,500 women in the U.S. are diagnosed with gynecologic cancer each year and nearly 26,500 women die from it. Monmouth Medical Center, a leader in advanced gynecological robotic surgery, is committed to educating women that awareness and vigilance are keys to identifying cancer early.

Gynecologic malignancies comprise cancers of the female reproductive organs, such as the uterus, ovaries, cervix, vagina or vulva. At times, patients are unaware of the symptoms related to these conditions and delay seeing a doctor.

"In cases of ovarian cancer, for example, patients may have vague symptoms that they may attribute to the gastrointestinal tract, such as bloating, change in bowel habits, intermittent nausea and early satiety, so they may not seek care early on," says Nonna Kolomeyevskaya, M.D., gynecologic oncologist with Monmouth

Medical Center and Barnabas Health Medical Group. "By the time they come to us, the disease is at a more advanced stage. When women are more aware of changes in their bodies and the symptoms associated with different types of cancers, they seek medical guidance sooner. Diagnosis at an earlier stage correlates with better prognosis."

Signs and Symptoms Vary

Not all gynecologic cancers have the same symptoms, and each individual may experience different ones. Common gynecologic cancer symptoms include: abnormal vaginal bleeding or discharge; pelvic pain or pressure; feeling full too quickly or difficulty eating; bloating and nausea; increase in abdominal girth; changes in bowel movements; abdominal or lower back pain; itching, burning or pain in the vulva; appearance of new lesions or pigmentation on the vulva.



Nonna Kolomeyevskaya, M.D.

While ovarian cancer—known as a silent killer because of the difficulty detecting it—is frequently diagnosed after it has spread, women with certain types of uterine cancer are often diagnosed earlier.

“The most common and typically the only symptom of uterine cancer or pre-cancer is postmenopausal bleeding or spotting,” says Dr. Kolomeyevskaya. “This frequently brings women to their gynecologist for an initial evaluation.”

One Woman's Fight

Such was the case with Loretta Schuck. When the 77-year-old Manchester resident noticed a small spot of blood after urinating, she immediately contacted her gynecologist. “I knew something was up, and that I needed to have it taken care of,” she says.

Loretta acted promptly, quickly scheduling an appointment with her gynecologist. After a sonogram and biopsy revealed the cause of the bleeding was cancer, likely uterine cancer, she enlisted the help of Dr. Kolomeyevskaya. Based on Loretta's test results, Dr. Kolomeyevskaya recommended Loretta undergo a total hysterectomy with removal of ovaries and fallopian tubes along with removal of the lymph nodes.

Dr. Kolomeyevskaya performed Loretta's surgery at Monmouth Medical Center a short time later. Using minimally invasive robotic technology, Dr. Kolomeyevskaya performed surgery through small cosmetic incisions across Loretta's abdomen—resulting in faster recovery, minimal abdominal discomfort, essentially no blood loss, short overnight hospitalization and an overall quick return to normal daily activities.

“In the past, these procedures were all done via open surgery with a big vertical midline incision across the abdomen resulting in a longer hospital stay, longer recovery, more pain and more time required before returning to normal functioning,” says Dr. Kolomeyevskaya. “This approach expedited Loretta's recovery, which in turn allowed her to move ahead with other treatments without delays.”

Loretta was discharged from Monmouth Medical Center the following day

and spent the next few weeks at her daughter's home recovering.

“The healing was phenomenal,” she says. “All along I felt very good. I was never in agony and stopped the pain medication within days—all of which I attribute to Dr. Kolomeyevskaya's skill and the robotics.”

Because the results of Loretta's hysterectomy confirmed the diagnosis of Stage IA serous uterine cancer, the chosen course of treatment was chemotherapy followed by radiation and completion of chemotherapy.

Loretta underwent three cycles of chemotherapy over the course of three months. Following a short break, she was then treated by high-dose rate brachytherapy to destroy the cancer cells, while sparing her normal, healthy tissue.

Now, at the beginning of her second round of chemotherapy, Loretta credits her success to her quick decision to seek treatment, the tremendous support of her family and friends, the power of prayer and the high quality of care and compassion from those treating her.

“Hearing you have cancer is not light news, but when you know you've gotten it early, that all the care you're getting is state-of-the-art and delivered by gifted doctors and nurses, it's not the nightmare it used to be,” she says.

How to Protect Yourself

“Women should seek prompt medical care if they develop any new symptoms, and know their family medical history,” says Dr. Kolomeyevskaya. “Those with close family members who have been diagnosed with colon, breast, uterine or ovarian cancers, especially affecting several generations or diagnosed at a younger age, may benefit from genetic counseling. Regular pelvic exams, even when a Pap test is not indicated, can help with diagnosis. Many conditions, including certain types of gynecologic cancers, can be picked up on the exam. Most importantly, always be aware of your body. Any changes should be a sign to see your doctor,” she emphasizes.

Gynecologic oncologists—Committed to Women's Reproductive Tract Health

It is so vital that women with cancer of the reproductive tract be accurately diagnosed and managed for the duration of their illness, as appropriate treatment and follow-up mean the difference between mere survival and a return to good health. Gynecologic oncologists are the physicians most experienced in nuances of reproductive tract cancer surgery and are experienced in the selection and sequencing of treatment modalities likely to benefit the patient while minimizing the hazards of over-treatment or under-treatment.

The Gynecologic Oncology Program at the Leon Hess Cancer Center at Monmouth Medical Center is dedicated to addressing the individual needs of each patient in a caring and supportive environment. Gynecologic oncologists work with primary care and OB/GYNs to assure a continuity of care during a patient's treatment.

Monmouth's gynecologic oncologists are the most experienced in the region in robotic hysterectomy, an advanced surgical procedure with benefits including less pain and blood loss, fewer infections and a significantly shorter recovery time. This minimally invasive advanced laparoscopic surgery employs state-of-the-art robotic technology and magnified 3D vision. The robotic micro-instruments translate the precise movements of the surgeons' hands while high-definition scaled 3D imaging allows for optimum viewing and manipulation of sensitive nerves and tissues.

Additionally, Monmouth was the first in the region to offer remote after loading high-dose rate (HDR) intracavitary brachytherapy. This outpatient procedure dramatically reduces a woman's hospital stay from several days to several hours. Advances in radiation treatment such as HDR brachytherapy have dramatically improved the outcomes of diseases such as endometrial and cervical, and even ovarian, cancer.





JOYFUL NOISE



Tom Bernard of Sony Pictures Classics, Vince Wilburn Jr., Keyon Harold and Don Cheadle at last year's festival.

IF ANYTHING WILL LIFT YOUR SPIRITS, IT'S THE ASBURY PARK MUSIC & FILM FESTIVAL.

THE ASBURY PARK MUSIC & FILM FESTIVAL IS A FUND-RAISER THAT SUPPORTS MUSIC programs for underserved children in Asbury Park. Funding provides music education and instruments to one of the most challenged youth communities in the country.

The festival, now in its third year, is sponsored by founding partner RWJ Barnabas Health and Monmouth Medical Center (the actual birthplace of Bruce Springsteen!), and seeks to celebrate Asbury Park's fabled history as a music destination, as well as explore the role of music in film.

On Friday, April 21, pedal steel guitarist Robert Randolph will play The Stone Pony with his Family Band. "I can't wait to get back to The Stone Pony, where I played some memorable shows for incredible crowds throughout my career," says Randolph. "As a lifelong Jerseyan, I am honored to be a part of this year's festival. We plan on blowing the roof off the joint in April with a mix of soul and funk music to make you feel good."

On Saturday, April 22, Me First and the Gimme Gimmes, a punk rock group from San Francisco, will grace the same stage. And then on Sunday, April 23, Preservation Hall Jazz Band will close out the weekend with a New Orleans-style jazz performance at The Paramount Theatre. Tickets for all shows are available at apmf.com and at The Stone Pony.

Check the festival's website for information on film screenings, which weren't yet finalized as of press time. Last year's celebrity guests included actor Don Cheadle, who screened his Miles Davis film, *Miles Ahead*.

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