

THE GOOD LIVING MAGAZINE FROM MONMOUTH MEDICAL CENTER

MONMOUTH

health & life

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WELCOME LETTER

AWARD-WINNING BREAST CARE

IN THIS ISSUE, *MONMOUTH HEALTH & LIFE* UNVEILS ITS "Best Of" choices as determined by its readers, who were asked to vote for the restaurants, shops and services they consider the best of the best in Monmouth County.

For a third consecutive year, the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center was determined to be a "Best Of." Our breast center was once again named a recipient of the Women's Choice Award as one of America's Best Breast Centers, acknowledging its dedication to providing exceptional patient care and treatment.

By carrying the Women's Choice Award seal, the Jacqueline M. Wilentz Comprehensive Breast Center has signified its commitment to a global mission to elevate the patient experience for women and all patients as one of America's Best Breast Centers.

We have earned this award by having met the National Accreditation Program for Breast Centers (NAPBC) standards from the American College of Surgeons. As one of America's Best Breast Centers, the Wilentz Center also carries the Seal of the American College of Radiologists as a Breast Imaging Center of Excellence, and scored above-average on the Centers for Medicare and Medicaid Services patient satisfaction measures.

We're extremely proud to be recognized with the Women's Choice Award as one of America's Best Breast Centers, an award that affirms our commitment to offering our patients every significant advantage in their battle against breast disease.

The Women's Choice Award helps women and their families by providing recommendations they can trust and use when making healthcare choices. Recommendations are the single most important consideration used by women in selecting a hospital or care center, and by letting women know which breast centers in their area are among America's best, we are able to reduce risk by helping them make better decisions and smarter healthcare choices.

Monmouth Medical Center introduced the Wilentz Center in 1994 to provide our patients with clinically excellent and compassionate care in a supportive and comfortable setting that provides the very best in breast cancer detection and treatment. In 2010, it became the state's first Certified Quality Comprehensive Breast Center of Excellence.

We also hold the Joint Commission's Gold Seal of Approval for our comprehensive breast cancer treatment program. This prestigious certification recognizes us for meeting all national standards for quality and safety for breast-cancer specific care.

You can read more about the excellence of our comprehensive breast center in Monmouth's "In Good Health" pages, which spotlight the outstanding outcomes of our breast surgeons and the importance of choosing a comprehensive breast center for screening mammography. In an issue that is dedicated to the "best," we hope it is reassuring for women in our community to know that the very best of breast care is available right here at Monmouth Medical Center.

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

When speed and precision matter most

THE INSTITUTE FOR ADVANCED RADIATION ONCOLOGY UNVEILS SOPHISTICATED LINEAR ACCELERATOR.



NO LONGER IS A TRIP INTO NEW YORK CITY required to receive the best oncology care or to find the most up-to-date medical technology. Monmouth Medical Center continues to be a leader in both, and the recent addition of high-precision radiotherapy equipment is reducing cancer patients' recovery time and with fewer side effects.

At the hospital's Institute for Advanced Radiation Oncology, the new Elekta Versa HD linear accelerator is used to deliver a sophisticated and precise form of intensity modulated radiotherapy (IMRT) to a malignant tumor or specific areas within the tumor. What does that mean for cancer patients? For those receiving standard radiation therapy, patients will benefit from the speed and accuracy—treatment is so precise that the healthy tissue surrounding the cancer receives lower doses of radiation than if delivered by more conventional therapy methods.

Patients as well as clinicians dealing with more complex cases—when cancers are located in areas that demand an extra level of tumor targeting precision or lesions that require higher doses to reduce the length of treatment—benefit from Versa HD's advanced beam-shaping and imaging technologies and high dose-rate delivery. The precision of the Versa HD is an advantage, for example, for those undergoing procedures like stereotactic radiosurgery (SRS) and stereotactic radiotherapy (SRT)—both of which deliver higher doses of radiation and in a smaller focused area than traditional therapy.

"With this new technology, we can now bring target immobilization to new levels through automated gating," says Mitchell Weiss, M.D., chairman of radiation oncology at Monmouth Medical Center. "For anatomies affected by respiratory motion, such as breast, this provides non-invasive, internal immobilization of the target, triggering radiation delivery when anatomy is immobilized."

Versa HD was also developed with patient safety and the ease of use by clinicians in mind. The machine was designed with new ergonomic features and softer streamlined shapes, creating a confident and relaxed treatment environment. The Versa HD also combines low mechanical noise with ambient lighting effects, bringing patient comfort to the forefront.

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The best option for breast care

THE JACQUELINE M. WILENTZ BREAST CENTER PROVIDES COMPREHENSIVE TREATMENT UNDER ONE ROOF.

WHEN DETECTED IN ITS EARLIEST STAGES, BREAST CANCER

is highly treatable and beatable—the National Breast Cancer Foundation says the survival rate in those cases is 100 percent. A comprehensive breast care center is the best option to protect yourself—the medical professionals care for you from your initial meeting and screening mammography, and they're with you, step-by-step, through every treatment and eventually the recovery process.

That's exactly what happens at the Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center, which has been honored three years in a row with the Women's Choice Award as one of the nation's finest breast care facilities. It houses all breast care modalities under one umbrella, giving patients the best clinical management and treatment options, says David Sharon, M.D., medical director of the Leon Hess Cancer Center at Monmouth Medical Center. "By carrying the Women's Choice Award seal, the Jacqueline M. Wilentz Comprehensive Breast Center has signified its commitment to a global mission to elevate the patient experience for women and all patients as one of America's best breast centers," he says.

If you're looking for the best breast specialists and surgeons in the region, those affiliated with Monmouth Medical Center are among the elite and they have been recognized for their groundbreaking procedures. For instance, they were the first in the area to offer protocol-tested sentinel lymph node biopsies—an alternative to major surgery that determines whether a woman's breast cancer has spread to the lymph nodes.

"We provide our patients with compassionate and efficient service using state-of-the-art technology," Dr. Sharon says. "We are



dedicated to providing top quality service, education and awareness to our patients."

The center's multidisciplinary panel of breast and reconstructive surgeons, medical and radiation oncologists, radiologists and pathologists meet each week to consider all elements of a patient's care. With the litany of specialists on hand, each patient has an opportunity to receive multiple second opinions for treatment options. The comprehensive breast cancer treatment program has met or exceeded all national standards for quality and safety for breast-cancer specific care, earning the center the prestigious Joint Commission Gold Seal of Approval.

In addition to its first-rate personnel, the Wilentz Center is equipped with the most up-to-date screening and diagnostic



TOP-NOTCH breast cancer surgeons

Monmouth Medical Center offers advanced breast surgery led by a team of the region's finest board-certified surgeons who specialize in breast surgery. Monmouth's breast surgeons are a part of a team of highly qualified physicians who treat a large volume of breast cancer patients and stress attention to detail, consideration of all treatment options, and a full panel discussion at each point in treatment through weekly multidisciplinary team meetings. These dedicated surgeons are able to counsel women sensitively regarding their options, whether it be breast conservation or mastectomy, as well as offer the latest techniques including nipple sparing and oncoplasty at the time of surgery. The goal is to provide women with not only the best odds of survival, but the confidence to know that once they have beat cancer that they are able to look and feel like themselves with no loss of femininity. This is an important component that allows women to move on to becoming survivors, rather than living with the "battle scars" that cancer left behind. Shown here is Monmouth's team of breast surgeons, seated from left, Mark Schwartz, M.D., Manpreet Kohli, M.D., and Stephen Chagares, M.D.; standing, from left, Michael Goldfarb, M.D., Ernest Ginalis, M.D., Aron Gornish, M.D., and Sumy Chang, M.D.

imaging technologies, including tomosynthesis (which produces a 3-D image of the breast using low dose X-rays at various angles), breast specific gamma imaging (a technique for identifying cancerous lesions in the breast) and fine-needle and stereotactic biopsies (minimally invasive, highly accurate and painless alternatives to surgical biopsies). With its advanced technology, the center is designated a Breast Imaging Center of Excellence by the American College of Radiology's Commission on Quality and Safety and the Commission on Breast Imaging. It is the first facility in the state and the 20th in the country to earn Gold Seal Ac-

creditation for breast MRI; it is also accredited for mammography, breast ultrasound and stereotactic breast biopsy.

The Jacqueline M. Wilentz Comprehensive Breast Center is located on the Monmouth Medical Center campus in Long Branch and with satellite locations in Colts Neck, Howell and Lakewood for the convenience of its patients. All imaging exams conducted at the satellite locations are performed by experienced mammography technologists and interpreted by dedicated breast imagers.

To schedule an appointment, call **732.923.7700**, or visit monmouthwilentzbreastcenter.com.

TO LEARN MORE ABOUT SERVICES AVAILABLE AT THE JACQUELINE M. WILENTZ COMPREHENSIVE BREAST CENTER, PLEASE CALL **732.923.7700**.
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Taking care of the future



Shannon Corci and Bill Arnold, president and CEO of Monmouth Medical Center

MONMOUTH MEDICAL CENTER SUPPORTS THE ARTS THROUGH STUDENT SCHOLARSHIPS.

THE ARTS ARE ALIVE AND WELL, AND Monmouth Medical Center is doing its part to ensure that the dancers, painters, vocalists and musicians of tomorrow are in good hands today. Each year, the hospital helps pave the way for a future artist by awarding its Monmouth Medical Center–RWJBarnabas Health Arts Impact Scholarship. Singer and songwriter Shannon Corci, who graduated from Rumson-Fair Haven Regional High School in June, is this year's honoree.

"Shannon is a young woman who already has an impressive resume for her talents as a singer/songwriter," says Bill Arnold, president and chief executive officer of Monmouth Medical Center. "But she impressed us the most through letters of recommendation praising her for always being mindful to give back to her community."

Shannon was the driving force behind fundraising concerts in support of Superstorm Sandy relief efforts, arts education and youth services. She will enroll in the Popular Music Program at the University of Southern California's Thornton School of Music this fall.

The hospital's scholarship is one of

four offered as part of the Count Basie Theatre's Basie Awards, which recognizes outstanding high school drama performances as well as the impact the arts can have on a student moving on to higher education. Monmouth Medical Center has been the theatre's partner in recognizing high school students throughout the county since 2013, and it is the exclusive sponsor of the Basie Awards ceremony, which is conducted each May.

"Even though our missions are different, our goals are the same: a vision for our community, based on a culture of high expectations and a stellar quality of life," says Arnold. "The hospital supports the growth of the Basie and its vision for the future, which includes the creation of a regional center for the performing arts that will encompass an entire city block. Monmouth Medical Center is proud of its longstanding support of the growth and expansion of the historic nonprofit Count Basie Theatre."

Hospital feted for festival partnership

Margaret Fisher, M.D., medical director of The Unterberg Children's Hospital at Monmouth Medical Center, recently accepted a certificate of appreciation from the Hope Academy Charter School, which saluted RWJBarnabas Health and Monmouth Medical Center for their role as sponsors of the Asbury Park Music in Film Festival. As an exclusive founding partner of the springtime event, RWJBarnabas Health announced a multi-year deal that has expanded to arts and culture within the Asbury Park community all year round.

The festival, which took place in April this year, raises funds for the Asbury Park Music Foundation and benefits music education for children throughout the city, including students at Hope Academy.

"As Monmouth Medical Center is an intricate part of the fabric of the local community and is dedicated to serving the people of the city of Asbury Park, we strongly support the Asbury Park Music in Film Festival and its music programs for children," says Dr. Fisher. "We are particularly proud in 2016, which marks the 10th anniversary of The Unterberg Children's Hospital at Monmouth Medical Center, to support the Asbury Park Music Foundation. Along with the festival organizers, we understand the impact the arts can have on a student moving towards higher education, and we are proud to help these underserved children receive music education, lessons, instruments, programs and social connection opportunities through crucial programs such as Music Saved My Life."

Prior to the certificate presentation, Dr. Fisher provided parents at Hope Academy with general health and wellness guidance for their children, including vaccine and nutrition information. This program was made possible through a community health education outreach initiative by The Unterberg Children's Hospital Leadership Council.



Margaret Fisher, M.D., medical director of The Unterberg Children's Hospital at Monmouth Medical Center (right), is presented with a certificate of appreciation by DaVisha Pratt, Hope Academy Charter School principal and chief school administrator.

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World-class care close to home

BARNABAS HEALTH MEDICAL GROUP PROVIDES EASY
ACCESS TO SPECIALTY-CARE DOCTORS.

MEDICAL HEALTH CENTER, A MONMOUTH MEDICAL CENTER- affiliated facility located on Route 35 South in Middletown, recently welcomed a host of physician specialists to bring central Monmouth County residents convenient access to the best in joint and spine surgery and obstetric and gynecological care.

“At Medical Health Center, our patients’ needs are our top priority,” says Monmouth Medical Center cardiologist Joseph Clemente M.D., F.A.C.C., who founded Medical Health Center in 1995. “Our network of physicians provides comprehensive, compassionate and innovative cutting-edge care for Middletown area residents at every stage of life at our conveniently located center.”

Through Barnabas Health Medical Group, a multispecialty group practice comprised of highly trained and experienced world-class primary and specialty-care physicians, Medical Health Center has been offering the central Monmouth County region easy access to an array of health care services since 2010. And now, the center offers its patients the convenience of appointments with joint replacement surgeon Mark Gesell, M.D., and spine surgeon Praveen Yalamanchili, M.D., and the physicians associated with West Long Branch OB/GYN, including Kenneth R. Skorenko, M.D., Dominick A. LoBraico, D.O., Jennifer D. Pompiano, D.O., and Karen M. Smith, D.O. In late August, they will be joined by new West Long Branch OB/GYN associate Sharon Jackson, M.D.

These physicians provide access to the world-class orthopaedic and ob/gyn care that is available at Monmouth Medical Center.

The Monmouth Medical Center Total Joint Replacement and Spine Center provides world-class care and treatment options to patients who have experienced the pain and limitation of permanent and progressive damage to hips, knees, shoulders and the spine. The hospital holds Disease Specific Joint Commission certification in both total hip and knee and spine surgery, and is the only hospital in the region to offer Makoplasty® partial knee and total hip replacement.

For maternity care, The Leapfrog Group, the nation’s leading experts on patient safety, has ranked Monmouth Medical Center as the safest hospital for maternity care in the region, with Monmouth scoring well above the standard of care in key areas of maternity care.

“I’m very proud to say that the Leapfrog Group has validated what we have known for a very long time—our maternity services’ longstanding commitment to providing quality care is outstanding,” says Bill Arnold, president and CEO of Monmouth Medical Center. “We deliver the most babies in Monmouth and Ocean counties for good reason—we offer the safest obstetrical and gynecologic services in the nation and we continue to expand and upgrade our facility to match our commitment to quality care and patient safety.”

Additionally, the Medical Health Center has a staff of cardiologists who, in addition to Dr. Clemente, include Peter Farrugia, M.D., Ajay Shah, M.D., Khalil Suaray, M.D., and Delia Dobrescu, M.D. These heart specialists offer patients convenient access to cardiac excellence, as well as the leading cardiac services offered at Monmouth Medical Center.

Monmouth Medical Center is a regional leader in cardiac excellence and holds Joint Commission Disease Specific Certification for heart attack, acute coronary syndrome, advanced heart failure, cardiac rehabilitation and stroke and has been acknowledged by The Joint Commission as being in the top 10 percent of hospitals in the nation to sustain quality outcomes. Additionally, the hospital holds Get With The Guidelines®—Heart Failure Gold Quality Achievement Award from the American Heart Association—recognition that signifies the hospital has reached an aggressive goal of treating heart failure patients for at least 90 days with 85 percent compliance to core standard levels of care outlined by the American Heart Association/American College of Cardiology secondary prevention guidelines for heart failure patients.

To learn more about the physicians at Medical Health Center, or to schedule an appointment, call **732.615.3900**.

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