A GAME CHANGER FOR RUTGERS SPORTS

‘HOW I LOST WEIGHT WITH THE BETH CHALLENGE’

HEALTHY HOLIDAY RECIPES

BRINGING BABY HOME FOR THE FIRST TIME

SEE THE DOCTOR ONLINE! PAGE 9

A GAME CHANGER FOR RUTGERS SPORTS
At RWJ Barnabas Health, our mission—our passion—is to improve the health of residents in the communities we serve. But we’re equally committed to ensuring that New Jerseyans have opportunities to learn, develop and pursue their goals.

You’ll see that commitment come to life in many ways: in free support groups and classes, in health services delivered to senior citizens at home, in housing and employment assistance provided to local residents, and more.

In this issue, we spotlight two ways in which RWJ Barnabas Health is making a difference. Children’s Specialized Hospital, an RWJ Barnabas Health facility, has joined forces with Opportunity Project, an organization that helps adults living with the effects of traumatic brain injury. Together, the two organizations create a continuum of care and learning opportunities for patients with brain injuries, from childhood through adulthood. And in the state-of-the-art RWJ Barnabas Health Athletic Performance Center, we’re partnering with Rutgers University to provide spaces designed to optimize health-sciences learning and to give athletes the resources they need to reach their full potential.

At Newark Beth Israel, The Beth Greenhouse provides local residents with access to fresh produce and the nutritional education needed to live a healthy lifestyle. That support continues at the Reverend Dr. Ronald B. Christian Community Health and Wellness Center, where we host a wide array of Healthy Living classes including diabetes support groups, cooking courses, and education programs for school-age children. In addition, our Career Ladders program offers entry-level employees, many of whom live and work in Newark, the opportunity to train for advanced level positions and meaningful careers in healthcare.

We’re honored by the trust people place in us to care for their health. In return, we’re continually working to increase opportunities for all New Jersey residents to live their best lives.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJ BARNABAS HEALTH

DARRELL K. TERRY, SR.
PRESIDENT AND CHIEF EXECUTIVE OFFICER
NEWARK BETH ISRAEL MEDICAL CENTER
AND CHILDREN’S HOSPITAL OF NEW JERSEY

Newark Beth Israel Medical Center and Children’s Hospital of New Jersey continue to be recognized for excellence in delivery of care. Recent accolades include:

WORLD’S BEST HOSPITAL
NBI has been named one of the World’s Best Hospitals by Newsweek magazine. NBI ranked among the top 225 hospitals in the U.S., and is one of only five New Jersey hospitals on this prestigious list. The medical center was recognized as a top hospital in the U.S. for anesthesiology, perinatal and pain medicine, cardiology, diabetes and endocrinology, general and visceral surgery, gynecology and obstetrics, neurology and neurosurgery, oral and maxillofacial surgery, palliative care, pediatrics, pediatric surgery and neonatology, plastic surgery, pulmonology, radiation oncology, radiology, traumatology, orthopedics and spine surgery, and urology.

TOP TEACHING HOSPITAL
NBI has been named a Top Teaching Hospital by the independent national nonprofit The Leapfrog Group, one of only 53 hospitals in the U.S. to earn this recognition. NBI was also awarded an A grade for safety and quality.

Newark Beth Israel Medical Center
201 Lyons Ave. at Osborne Terrace, Newark, NJ 07112
973.926.7000 | www.rwjbh.org/newarkbeth

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Newark Beth Israel Medical Center
18. THE CUTTING EDGE OF SURGERY. Deep brain stimulation is just one of the advanced treatments the medical center offers.

20. THE SYMPTOM WOMEN SHOULD NEVER IGNORE. What post-menopausal bleeding may mean.

22. A CARDIAC SURGEON’S LIFESAVING LEGACY. Dr. Victor Parsonnet enters the New Jersey Hall of Fame.

23. HEALTHY HOLIDAY RECIPES. Try slimmed-down side dishes.
REGNATION AND DELIVERY are exciting times, but bringing your baby home is a true test for new parents. The holiday period, with its fickle weather and fluctuating schedules, can have particular challenges.

“To prepare, take advantage of your time in the hospital,” says Jon Sicat, DO, Interim Director of the Pediatric Health Center at Newark Beth Israel Medical Center and Children’s Hospital of New Jersey. “Ask questions, have our nurses demonstrate things you’re unsure about, seek assistance with feeding from one of our lactation consultants. They are experts in newborn care.”

ROAD TRIP
Before you can leave the hospital with your newborn, you will have to show that you have a car seat safe for transport. In New Jersey, the law requires that all children under the age of 2 years and 30 pounds be secured in a rear-facing seat equipped with a five-point harness. Check to make sure the car seat is properly installed and practice its proper use to lessen the stress of bringing your newborn baby home.

Colds and Flu
Viruses are more prevalent in the fall and winter months. Children younger than 6 months of age have the highest risk for being hospitalized from flu compared to children of other ages. However, they are too young to get a flu vaccine.

Be sure that you get vaccinated so you are less likely to spread the virus to your newborn, and make sure that other household members and caregivers also get vaccinated. In addition:

• Keep yourself and your baby away from people who are sick.
• Clean and disinfect frequently touched surfaces (doorknobs, remote controls, refrigerator handles, etc.).
• Speak up if needed. “Anyone coming in contact with your newborn should wash their hands, or use an alcohol-based hand sanitizer,” says Dr. Sicat. “I tell parents to say, ‘My pediatrician told me to tell everyone to clean their hands before they touch the baby.’ It’s also okay to tell someone you don’t want them to hold your baby. There will be other opportunities for them to cuddle with baby down the line.”

Frightful Weather
Follow this general rule of thumb from the American Academy of Pediatrics: Infants should wear one more layer than adults. In other words, if you’re wearing a hat and a coat, your infant will probably need a hat and coat, plus a blanket. Also, remember that too many layers may place the infant at risk of overheating. Sweating in the neck area may indicate that the infant is too warm.

A Better Bed
Sleep schedules can be difficult to establish, and holiday celebrations may prevent you from following any schedule at all. The most important thing when it comes to sleep is that it’s safe. Safe to Sleep, an initiative of the U.S. Department of Health and Human Services, advises:

• Have the baby sleep on a firm and flat surface, not on soft surfaces such as a couch, pillow or blanket.
• Place the baby on his back to sleep, at night and for naps.
• Keep cribs free of blankets, bumpers and stuffed animals.

A Lifeline If You Need It
Many women experience the “baby blues,” and these usually resolve on their own after a few days. But the Centers for Disease Control and Prevention estimates that nearly 10 percent of women go on to experience feelings of postpartum depression, which are more intense and last longer.

If you are feeling disconnected, if you are withdrawing from loved ones or if you are worried that you may harm your baby or yourself, talk to your doctor.
To learn more about the Comprehensive Hemophilia Treatment Center and treatment for sickle cell, thrombosis and other blood disorders, call 888.724.7123 or visit www.rwjbh.org/newarkbeth.
UP FOR THE CHALLENGE!

NOW CELEBRATING ITS 10TH YEAR, THE BETH CHALLENGE HAS INSPIRED COMMUNITY MEMBERS TO SHED POUNDS AND LEAD HEALTHIER LIVES.

Getting people excited about nutritious eating isn’t easy—but with the support of Newark Beth Israel (NBI) and Children’s Hospital of New Jersey, a creative idea by an NBI dietitian 10 years ago did just that.

Modeled after the hit NBC reality show “The Biggest Loser,” The Beth Challenge began in 2009 as a 12-week weight-loss competition for NBI employees. It has since spread to houses of worship, police and fire departments, the Essex County Executive offices and even Newark City Hall. The program now extends to communities beyond Newark as well.

Participants in The Beth Challenge get information, support and weekly weigh-ins on-site at their church or at work, with the option to also get their blood pressure and body composition read. To date, a whopping 25,000 combined pounds have been shed.

At right, successful “losers” tell their stories of mastering the Challenge, with the help of their church community.

‘I’m exercising four to five times a week.’

“I got involved with The Beth Challenge because I understood the power of my office and I thought if I joined, more folks would want to get involved,” says Rev. Philip Gilmore, 55, Pastor at St. John’s Community Baptist Church in Newark, who has hosted the Challenge at his church since it began. He has lost 30 pounds over the years. “Even though everyone in my church knows how much I love French fries, I’ve expanded my vegetable repertoire. I’m exercising four to five times a week, which I didn’t do before the Challenge.”

About 35 parishioners take part each year. “It has definitely made people much more cognizant of what they eat,” he says. “At church events, rather than having fried chicken, we’ll have baked, and we serve more vegetables.

“The Scriptures tell us that our body is the temple where the Holy Spirit dwells, so we need to take care of it,” Rev. Gilmore says. “I think to make the ‘easy’ choice to eat right prepares the will to make the right choices for the greater challenges of life.”
LOSING IT—
THE RIGHT WAY

“I originally created The Beth Challenge to boost morale and make hospital employees more aware of healthy eating, because healthcare workers don’t necessarily take care of themselves,” says Barbara Mintz, MS, RD, Senior Vice President, Healthy Living and Community Engagement at RWJBarnabas Health. She expected about 50 NBI employees to sign up that first year, but instead a staggering 500 joined the challenge.

Whether you plan to participate in The Beth Challenge or simply want to lose weight on your own, ignore the latest diet trends, she says. “There are a lot of myths out there. We’re trying to teach people that there’s not an easy fix and you have to do it the right way. Don’t go on a fad diet, and don’t starve yourself.” For instance, she advises against the popular Ketogenic (Keto) Diet, which drastically reduces carbohydrates in favor of high-protein and/or high-fat foods. “You may lose a lot of weight initially, but I have never seen people keep weight off with this plan,” she says.

The best way to eat, Mintz says, is to balance your meals and keep some sensible tips in mind: “Choose complex carbs like whole grains, fruits and vegetables. Make greens the base of your plate, and not meat and potatoes. And have a little lean protein like eggs, chicken or fish and/or good fats like nuts and avocado at each meal.”

Try to fit in 30 to 60 minutes of exercise every day, Mintz advises. “Exercise is the key to longevity,” she explains. “Your weight will come down—and so will your blood pressure and cholesterol.”

Free nutrition and fitness classes are available at Newark Beth Israel Medical Center's Rev. Dr. Ronald B. Christian Community Health and Wellness Center, which is located on the hospital campus. For more information on wellness classes and activities, call 888.724.7123.
NEWARK BETH ISRAEL MEDICAL CENTER AND CHILDREN’S HOSPITAL OF NEW JERSEY REACHES OUT TO THE COMMUNITY IN COUNTLESS WAYS.

CONNECTED TO THE COMMUNITY

CANCER SURVIVORS CELEBRATION OF LIFE
On June 23, the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center hosted its 23rd Annual Cancer Survivors Celebration of Life event. More than 500 NBI patients and their guests attended the event, which includes a candle-lighting ceremony, live dance performances and inspirational speeches from survivors and their physicians.

The Cohen Cancer Center, in partnership with Rutgers Cancer Institute of New Jersey, the state’s only NCI-Designated Comprehensive Cancer Center, offers a world-class team of researchers and specialists, providing close-to-home access to the latest treatments and clinical trials for cancers of every kind.

To learn more about community events sponsored by Newark Beth Israel Medical Center and Children’s Hospital of New Jersey, visit www.rwjbh.org/events.

ANNUAL BETH CHALLENGE CHURCH WALK FOR WELLNESS
Celebrating the accomplishments of participating churches, the Annual Beth Challenge Church Walk for Wellness on June 22 was a lively day of fun, healthy movement and awards for greatest percentage of weight lost. Nine participating churches lost a combined total of 742.8 pounds.

WOMEN’S HEALTH DAY
On June 1, Newark Beth Israel Medical Center hosted its annual Women’s Health Day at the Newark Airport Marriott. The program was focused on empowering women, promoting healthy lifestyles and inspiring wellness. It featured special guests Congressman Donald M. Payne, Jr., U.S. Representative for New Jersey’s 10th Congressional District, and Special Guest Host and Panel Moderator ABC7’s Toni Yates (both pictured, center, with Darrell K. Terry, Sr., President and Chief Executive Officer of Newark Beth Israel Medical Center). A panel with renowned physicians provided a discussion of what total wellness means for women today. Free health screenings, raffles and door prizes and complimentary breakfast and lunch were available.
With the RWJBarnabas Health TeleMed service, patients can reach a U.S. board-certified doctor at any time of day or night, including weekends and holidays. The how is simple: Download an app for iOS or Android and connect via smartphone, tablet or computer.

But why might you choose to use TeleMed rather than make an appointment with your doctor? At right are some circumstances that might make a virtual visit a good choice.

TeleMed is appropriate for common complaints such as colds, flu, fever, minor rashes, earache, sinusitis, migraine, abdominal pain, allergies, pink eye and joint pain.

10 TIMES TO USE TELEMED

A VIRTUAL DOCTOR VISIT CAN BE THE FASTEST WAY TO FEEL BETTER.

You get sick while on vacation.

You can’t get a same-day appointment with your doctor.

You’re out of town and realize you forgot a prescription.

You don’t have time to wait in a waiting room.

It’s difficult to take time off from work to go to the doctor.

Your doctor’s office is closed.

You need care for a sick child, but can’t leave your other children home alone.

You feel too sick to leave the house.

You live in a rural area, making doctor visits and follow-up visits inconvenient.

You don’t want to expose others to a contagious disease (or be exposed to theirs).

To learn more or to sign up for the RWJBarnabas Health TeleMed service, visit www.rwjbh.org/telemed.

CALL 911 IF...

TeleMed is not for emergencies. Call 911 or go to the nearest emergency department if you are experiencing any of the following emergency medical problems:

• Chest pain or pressure
• Uncontrolled bleeding
• Sudden or severe pain
• Coughing or vomiting blood
• Difficulty breathing or shortness of breath
• Sudden dizziness, weakness, change in vision, slurred speech, numbness or other neurological changes
• Severe or persistent vomiting or diarrhea
• Severe abdominal pain
• Changes in mental status, such as confusion
• Assault, physical or sexual abuse
• Broken bone

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• Broken bone
GAME
CHANGER

GYMNASTICS
HYDROTHERAPY
MAIN LOBBY
WEIGHT ROOM
BASKETBALL
WRESTLING
As a major milestone in Rutgers sports history is marked with the opening of the RWJBarnabas Health Athletic Performance Center, a national college sports milestone is also being celebrated: the 150th anniversary of the first game of intercollegiate football, which took place on Nov. 6, 1869, between Rutgers and Princeton. (Rutgers triumphed, 6-4.) The season-long festivities include themed home games and the unveiling of a new “Victory” statue. RWJBarnabas Health, the official healthcare provider of Rutgers Athletics, is a presenting sponsor. To learn more, visit www.rutgersgameday.com.

To learn more about RWJBarnabas Health partnerships, visit www.rwjbh.org/corporatepartners.
In 1989, cardiologist Mark Jay Zucker, MD, relocated from Chicago to join nationally renowned cardiovascular surgeon Victor Parsonnet, MD, at Newark Beth Israel Medical Center (NBI). Both physicians saw an opportunity to build a world-class heart failure treatment and transplant program at NBI.

Toward that end, Dr. Zucker and other members of the NBI team met with cardiologists around the state, gave talks and lectures, and sent out educational mailings to introduce the medical community to the new program.

Over the course of 30 years, the goal of creating a nationally renowned heart failure and transplant center has been met, perhaps beyond the team’s wildest dreams—and certainly beyond those of many patients. By 2017, the Advanced Heart Failure Treatment and Transplant Program at NBI had performed more than 1,000 transplants, one of only a dozen programs in the U.S. to reach that milestone. Today the program performs about 50 to 55 transplants each year; has roughly 70 staff members, seven physicians, three surgeons and a full complement of nurses and nurse practitioners; and follows more than 4,000 patients at five different offices.

**THE A-TEAMS FOR ADVANCED HEART FAILURE**

**COVERING THE STATE**

The NBI program and the Advanced Heart Failure and Heart Transplant Program at Robert Wood Johnson University Hospital in New Brunswick (RWJUH) are the only two heart transplant programs in New Jersey.

“We are one of the major referral centers for heart conditions in the state, particularly in central New Jersey,” says Aziz Ghaly, MD, Surgical Director, Advanced Heart Failure and Heart Transplant Program at RWJUH. “We offer the most advanced options for treatment of heart failure available. That means we...”
can do complete workups for patients under one roof.”

As collegial members of the same health system, the two programs provide seamless treatment to any patient in need of complex cardiac care, not only from the hospitals of the RWJBarnabas Health system but from any hospital inside New Jersey or beyond. For New Jersey residents, that means advanced cardiac care is always available close to home.

The connection between the two teams further enhances patient care. “Leadership of both programs meet regularly to discuss how to coordinate care, improve safety, streamline services and sometimes just to learn from one another as well,” says Dr. Ghaly.

MULTIDISCIPLINARY APPROACH

At NBI, Dr. Zucker, Director of the Cardiothoracic Transplantation Program, and Margarita Camacho, MD, Surgical Director of Heart Transplantation, are two of the most senior physicians in the field, with a combined experience of caring for more than 1,500 transplant patients. Both physicians are at the forefront of advanced heart failure treatments, and both have been at NBI for the majority of their careers. “That translates to consistency,” says Dr. Zucker. “We have danced together for a long time.” The RWJUH transplant program has been in place for more than 20 years, with year after year of excellent outcomes, says Dr. Ghaly.

Both programs rely on multidisciplinary teams to provide the highest quality of care. “Advanced cardiac care requires a tightly integrated, well-functioning team of talented and knowledgeable clinicians, paramedical professionals, social workers, pharmacists and dietitians,” says Dr. Zucker.

“Heart transplantation is not maintenance-free after surgery,” explains Dr. Ghaly. “Our heart failure cardiologists and nurse coordinators monitor patients very closely afterward, becoming like part of the patient’s family. The role is crucial to the patient’s survival post-transplant, and they are the heart and soul of our program.”

FUTURE-FACING

Both programs are national leaders in treatment for advanced heart failure, including the use of ventricular assist devices (VADs). These surgically implanted mechanical pumps can keep patients alive as they wait for a heart transplant or when other medical conditions have rendered them ineligible for transplantation.

The NBI and RWJUH programs also participate in multiple research trials that offer patients access to new investigational medications and devices prior to commercial availability. Most recently, the teams have been studying medications to treat advanced congestive heart failure, amyloid and lamin A/C cardiomyopathy.

The transplant center at NBI is currently undergoing a $43 million renovation. “The transplant suite will soon integrate the mechanical support, heart and lung transplant programs all under one roof,” says Dr. Zucker. “The ability to interact on a moment-to-moment basis provides an ability to exchange ideas and ensure that all team members are up to date with new and emerging technologies.”

This type of interaction is crucial when it comes to caring for such critically ill patients, says Dr. Zucker. “After all, the management of heart failure is a 24/7 operation that only works when you have a team of truly committed individuals.”

Your heart doesn’t beat just for you. Get it checked. To reach an RWJBarnabas Health cardiac specialist near you, call 888.724.7123 or visit www.rwjbh.org/heart.

BACK IN THE GAME

During Matt Millen’s storied career as a football player, observers often said he showed “a lot of heart.” That description resonated with many when they learned he was waiting for a life-saving heart transplant at Newark Beth Israel Medical Center (NBI). An All-American linebacker at Penn State, Millen had a 12-year NFL career, including four Super Bowl wins. He served as president and CEO of the Detroit Lions, followed by a successful career as a football commentator.

As the years went on, he began to feel weaker and increasingly short of breath. It became hard to navigate the few stairs to his basement wood shop.

Ultimately, Millen was diagnosed with the rare disease amyloidosis. Abnormal proteins called amyloids had been deposited in his heart muscle, rendering it stiff and unable to function properly.

In the fall of 2018, Millen spent three months at NBI, under the care of Mark Jay Zucker, MD, Director of the Cardiothoracic Transplantation Program, and his team. On December 24, 2018, Millen underwent heart transplant surgery performed by Margarita Camacho, MD, Surgical Director of Heart Transplantation, and Mark Russo, MD.

The surgery was a success. With a new heart and a new lease on life, Millen is back in the broadcasting booth for the 2019 football season.
NOW THERE’S A SINGLE PHONE NUMBER FOR CLEAR AND COMPASSIONATE ANSWERS ABOUT CANCER TREATMENT.

W hen a person is diagnosed with cancer, he or she has a lot to learn—and many decisions to make. What’s the best course of treatment? Where is the best place for treatment? Who is the best doctor to treat my cancer? How can I get a second opinion?

That’s why RWJBarnabas Health (RWJ BH), in partnership with Rutgers Cancer Institute of New Jersey, the state’s only National Cancer Institute-Designated Comprehensive Cancer Center, has created an Oncology Access Center. This concierge-like service for cancer patients has an easy-to-remember number: 844-CANCERNJ. At that number, specialized oncology access representatives and oncology access nurse navigators stand ready to direct patients to the expert care they need. The Oncology Access Center creates one point of contact for all oncologists and hospitals in the RWJ BH system and at Rutgers Cancer Institute.

“We are well aware that people who are newly diagnosed or seeking a second opinion are dealing with an extremely stressful personal situation,” says Steven K. Libutti, MD, Senior Vice President of Oncology Services, RWJ BH and Director of Rutgers Cancer Institute of New Jersey. “We want to make the process of finding care as stress-free and efficient as possible.”

In the past, Dr. Libutti explains, patients and caregivers needed to do extensive research on their own to figure out what location and what physician would be most appropriate for their care. “Now they can more easily access NCI-designated cancer care across the state,” he says.

NAVIGATING THE JOURNEY

“We’re especially excited to have nurse navigators located right at the contact center if a person has a clinical question,” says Bryan Soltes, System Vice President, Network Development, Oncology Services for RWJ BH. “That aspect of our system makes it uniquely helpful to patients.”

When a caller is referred to a specific hospital, he or she is immediately linked to the nurse navigator platform at the hospital, Soltes says. “Nurse navigators guide patients through their entire journey of diagnosis, treatment and recovery, not only making appointments but connecting the patient with oncology support services,” he explains.

“Our system is making a very big commitment to nurse navigation in general,” Soltes says. “Our goal is to be the largest nurse navigation system for oncology in the country.”

Experts at RWJ BH recognize that oncology healthcare calls are different from other kinds of calls. “They are often from people dealing with potentially serious situations,” Soltes says. “With our Oncology Access Center and nurse navigator programs, we’re able to put our arms around the patient, so to speak, and say, ‘We’ll help you take it from here.’”
For the first time, a roller coaster was wrapped in support of cancer awareness for the Coasters for Cancer campaign. Survivors and their families joined a special survivors celebration at Six Flags Great Adventure, which partnered with RWJBarnabas Health and Rutgers Cancer Institute of New Jersey to bring greater awareness to the disease and efforts to fight it.

The Oncology Access Center is open from 8 a.m. to 5 p.m., Monday through Friday. Call 844.CANCERNJ (844.226.2376).

RAISE YOUR HANDS FOR SURVIVORS

Life can be a roller coaster, especially when a person is coping with cancer. That made it especially fitting for three iconic New Jersey brands—RWJBarnabas Health (RWJBH), Rutgers Cancer Institute of New Jersey and Six Flags Great Adventure—to create the Coasters for Cancer campaign.

Brightly colored handprints were collected from cancer survivors and supporters. Those handprints were wrapped into a design to adorn the Runaway Mine Train roller coaster at Six Flags Great Adventure in Jackson Township. When park visitors take the ride, they're reminded of how many people cancer touches in the state of New Jersey.

The campaign was unveiled during a National Cancer Survivors Day Celebration at Six Flags Great Adventure on June 9. “More people need to know about the disease and about the research that’s being done right in our own backyard,” says John DeSimone, a patient at Rutgers Cancer Institute.

“What I hope people get out of this display is that cancer doesn’t discriminate,” says cancer survivor Johnny Volpe, 17, who was diagnosed when he was just 7. “Cancer goes for anyone and everyone, and it’s great that people are aware.”

“The Coasters for Cancer campaign is an incredible opportunity to shine the spotlight on cancer survivorship, education and prevention,” says Justin Edelman, Senior Vice President, Corporate Partnerships, RWJBH. "If this campaign helps just one person, it’s all worth it."
A new partnership brings additional resources to those living with traumatic brain injury.

Opportunity Project, Inc.

A about every 13 seconds in the U.S., someone suffers traumatic brain injury (TBI)—a blow or penetrating injury to the head that’s severe enough to disrupt normal brain function.

Children with TBI are often treated at Children’s Specialized Hospital (CSH), the leading provider of inpatient and outpatient care for children and young adults facing special healthcare challenges. Until recently, however, CSH had no way to help these patients as they grappled with the lingering effects of TBI in adulthood.

To remedy that situation, CSH has begun a new partnership with the nonprofit opportunity Project, founded by parents whose sons were dealing with TBI. The program offers a wide range of services to help adults with TBI reach their full potential.

The organization’s mission and services make it a natural fit for CSH. “Opportunity Project has a long, rich history of serving the critical needs of adults with brain injury,” says Warren E. Moore, FACHE, President and CEO, CSH, and Senior Vice President, Pediatric Services, RWJBarnabas Health. “We are thrilled to partner and learn from one another, ensuring a bright future for the communities we serve.”

Moving forward

Mild TBI, the most common kind, affects the brain only temporarily. However, symptoms of moderate to severe TBI may be long-term, even lifelong. These symptoms can include difficulty thinking clearly, headaches, moodiness, sensitivity to light, physical impairment and sleep problems. Up to 90,000 people experience the onset of long-term disability from TBI each year.

The only program of its kind in New Jersey, Opportunity Project has served more than 600 individuals affected by TBI, along with their families, since its inception in 1993. The organization is housed in a 14,000-square-foot facility in Millburn that’s accessible to the center of town and to public transportation, and is open five days a week.

Here, members can meet to receive occupational therapy, to confer with social workers who can help them access community resources, or to practice skills in reading, writing, planning and more. Opportunity Project also trains members who wish to become part of its Speakers Bureau, enabling them to use their firsthand knowledge of living with a brain injury to deliver inspiring and educational presentations.

For more information about Opportunity Project, visit www.opportunityproject.org. For more information about Children’s Specialized Hospital, call 888.244.5373 or visit www.childrens-specialized.org.

At Children’s Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries to developmental and behavioral issues like autism and mental health.
Create a healthy tomorrow by leaving a lasting legacy today.

Help ensure that the next generation has easy access to extraordinary health care by including Newark Beth Israel Medical Center or Children’s Hospital of New Jersey in your estate plans. You can create your legacy today by including the medical center as a partial beneficiary of your will or retirement account. It’s simple. It’s impactful. It’s lasting.

For more information, please contact Greg Ellmer at 973-322-4302 or Gregory.Ellmer@rwjbh.org. Information is also available online by visiting newarkbethgiving.org

Newark Beth Israel Medical Center
Children’s Hospital of New Jersey

RWJBarnabas HEALTH
Deep brain stimulation is just one of the advanced treatments that neurosurgeons and neurologists at Newark Beth Israel Medical Center can offer.

Geoffrey Atkins, 70, of Newark, spent decades running a successful Wall Street consulting business. Over time, he and his family had noticed that he had begun to develop minor shaking in his hands. The shaking got increasingly worse beginning in 2017, and he quickly found himself semi-retired.

“I could no longer take notes during meetings, I couldn’t type on a laptop. I couldn’t even trust myself to take a dinner plate to my granddaughters,” he says. “There were so many things I took for granted that I could no longer do.”

The diagnosis: essential tremor, a nervous system disorder that causes involuntary shaking. Medicine is an effective treatment for many, but it only made Geoffrey feel tired and sluggish.

Geoffrey’s research into his options led him to the Rutgers Neurological Institute of New Jersey at Newark Beth Israel.
Medical Center (NBI). He learned that neurosurgeons and neurologists there had access to the newest technology for “deep brain stimulation” (DBS) from medical device maker Boston Scientific. Geoffrey agreed to be one of the first two patients at NBI and in the entire state to reap the benefits of this specific technology.

“Given my quality of life then and what the specialists told me, I knew this solution could help,” Geoffrey says.

**ELECTRICAL ANSWERS**

As he name suggests, deep brain stimulation involves sending mild electrical impulses to specific areas deep inside a person’s brain, interrupting electrical signals that cause tremors and involuntary movement. DBS is also effective for people with Parkinson’s disease (which, though it has similar symptoms, is a condition unrelated to essential tremor). “DBS is a tried-and-true treatment that has been FDA-approved since 1997 and that modern advances have made even better,” says Erin Feinstein, DO, a neurologist and expert in movement disorders at NBI.

When a patient is considered for surgery, a neurologist who specializes in movement disorders does an assessment to ensure proper diagnosis. For the surgery, a neurosurgeon and neurologist together use sophisticated equipment to pinpoint the location for stimulation. Guided by a computerized map of the brain, a neurosurgeon implants wires, or “leads,” to the brain through a small opening in the skull. The leads are connected to a pacemaker-like “controller” implanted under the skin of the chest.

“When medicines no longer help in reducing symptoms of Parkinson’s or essential tremor, or when side effects of medicines are extreme, DBS surgery is an exciting option,” says neurosurgeon Antonios Mammis, MD, Director of the Center for Functional Neurosurgery Neuromodulation at the Neurological Institute of New Jersey, Rutgers New Jersey Medical School. “With the addition of the Boston Scientific equipment, we can offer DBS to patients using any of three different types of systems. We’re the only center in the state with access to all three technologies, so we can give patients every opportunity to improve their lives.”

Many patients and families do not know about DBS, he says. “We’re excited to let more people know it exists, right here in New Jersey.”

**PRECISION CONTROL**

Dr. Feinstein, who has been performing DBS for more than five years, is impressed with the precision made possible by the new system. “It gives me better control over both the location of the stimulation and the strength of the impulses,” she says. “Patients are awake during the two-to three-hour surgery, so they can tell us immediately when we have the right location and strength.”

“As Dr. Feinstein did the programming, my ability to control my hand motions changed dramatically while she adjusted the electrodes,” Geoffrey says of the June 2019 procedure.

Over a period of months post-surgery, Dr. Feinstein adjusts the programmer during office visits. “I’ve seen major improvements,” Geoffrey says. “I have no problem with my writing or with buttons, and I can cook and wash dishes again. When I put my hand out, it doesn’t shake like it used to.”

He looks forward to returning to regular gym workouts, and maybe returning to work full-time. “I’m not sure about that, though,” he says with a laugh. “I’d like to spend more time with my children and grandchildren.”

**HOW SURGEONS HONE THEIR SKILLS**

For golf and many other sports, professional athletes review videos of their performance to break down their movements and study ways they can improve.

Surgeons at Newark Beth Israel Medical Center (NBI) are doing something similar. They’ve enlisted a team of experts from all over the world to review videos of their procedures. The program is called C-SATS—short for “crowd-sourced assessment of technical skills.”

Using a secure online platform, and taking care to remove any personally identifiable details, NBI surgeons send videos of their robot-assisted and laparoscopic operations to C-SATS. A team of experts review the video frame-by-frame and provides feedback.

“The feedback might include comments about the surgeon’s control of the instruments, guidance for using both hands more effectively or ways to improve the speed and efficiency of the operation,” says Adam Kopelan, MD, Chair of the Department of Surgery and Director of Surgical Services at NBI, and a member of Barnabas Health Medical Group. “It’s highly detailed information that our surgeons welcome because it helps us improve care for our patients.” Since late last year, more than two dozen members of NBI’s medical staff have participated in the program.

With the success of NBI’s pilot study, C-SATS will be offered to other surgeons in the RWJBarnabas Health system, he says. “In a year, I think all teaching hospitals will be using this tool.”

To learn more about cutting-edge treatments at Newark Beth Israel Medical Center, call 888.724.7123 or visit www.rwjbh.org/newarkbeth.
THE SYMPTOM
WOMEN SHOULD NEVER IGNORE

IF UNEXPLAINED VAGINAL BLEEDING OCCURS POST-MENOPAUSE, SEE YOUR DOCTOR RIGHT AWAY.

Danni Rocha was past menopause, but she was having vaginal bleeding. One day, since she was running errands near her gynecologist’s office, she decided to stop in.

“I joked with them that I thought my period was starting again,” she says.

The gynecologist told her she’d been right to come. Danni was sent directly to Newark Beth Israel Medical Center (NBI) for blood work and tests.

“My doctors worked fast to find out why I was bleeding,” says Danni, 58, a resident of Elizabeth. “Tests showed I had uterine cancer, and they scheduled me to have surgery a few weeks later. It all happened so fast.

“By the grace of God, I’m here today to tell the story.”
ADVANCED SURGERY

The news was so unexpected that Danni struggled to make sense of it all. “But they told me I would be in the best hands,” she says, “and after I met Dr. Anderson, I knew they were right.”

Surgery is the most common treatment for uterine cancer, says Danni’s surgeon, Patrick Anderson, MD, Director of Gynecologic Oncology at NBI. The surgical team at NBI’s Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center, where Danni went, uses some of the most advanced techniques available for gynecological surgery.

“We’re one of the few hospitals in the state to employ the most current generation of the da Vinci Surgical Robotic System, so we always have the latest technology,” says Dr. Anderson. “Plus, we have more than 12 years’ worth of experience in using it for gynecological cancers specifically.”

With the robotic system, patients also have the benefit of shorter recovery time compared to traditional, or “open,” surgery because the incision required is much smaller. “This faster recovery is important when patients need further care, including chemotherapy or radiation therapy,” says Dr. Anderson.

After Danni’s hysterectomy (removal of the uterus), chemotherapy was recommended to ensure the cancer was eradicated. To diminish the chance that the cancer would return, a course of radiation was prescribed.

“Going through this, I had a lot of emotional ups and downs,” Danni says. “But my faith and my family kept me straight. And I had the best support from everyone at the Cohen Cancer Center at Newark Beth Israel. They always had a smile, and they always checked on me, sometimes just to see how I was feeling.”

Danni’s last treatment was in January of 2019, but her trips to NBI continue. Today, she gladly visits as a volunteer for the monthly meetings of NBI’s Cohen Cancer Center survivor support group.

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PATRICK ANDERSON, MD

UTERINE CANCER: WHAT TO KNOW

Uterine cancer most often begins in the endometrium, the tissue that lines a woman’s uterus. “For about eight in 10 women with endometrial or uterine cancer, bleeding is the first symptom,” says Patrick Anderson, MD, Director of Gynecologic Oncology at Newark Beth Israel Medical Center.

Endometrial cancer is usually found around the time a woman reaches menopause (stops having her period), which can be a gradual process spanning several years, or even years after menopause. If bleeding occurs at the beginning of menopause, many mistake it for a period, Dr. Anderson says.

“But beyond age 52 or 53, bleeding is not normal, no matter how good you feel or what you think the cause is,” he says. “If you have bleeding, see your doctor.”

Besides bleeding, symptoms of endometrial cancer include pelvic pain, feeling a mass or unexplained weight change. Uterine sarcomas (tumors), which are much rarer than endometrial cancer, may also have similar symptoms.

ARE YOU AT RISK?

Besides age, factors that can increase the risk for endometrial cancer are:

- Obesity
- Type 2 diabetes
- Taking certain hormones, plus conditions or drugs that affect hormones
- Taking the drug tamoxifen (for breast cancer)
- Never having been pregnant
- Family history of cancer of the endometrium, colon, breast or ovary

The American Cancer Society recommends that women at increased risk for endometrial cancer see their doctor whenever they have abnormal vaginal bleeding.
Victor Parsonnet, MD, laid the foundation for one of the most successful cardiac surgery programs in the state of New Jersey and in the nation at RWJBarnabas Health. Now, at 95 years old, he will be recognized as a true New Jersey Hall of Famer. Dr. Parsonnet will be inducted into the Hall of Fame Class of 2019 in the Public Service category on Oct. 27.

A Newark native, Dr. Parsonnet made his name in New Jersey and worldwide as a groundbreaking cardiac surgeon. He performed the first heart transplants and kidney transplants in New Jersey. He implanted the first permanent pacemakers in New Jersey and the first permanent transvenous pacemakers worldwide.

“A pioneer is one who ventures into unexplored areas with innovative ideas,” says Barry H. Ostrowsky, President and Chief Executive Officer, RWJBarnabas Health. “Certainly, Dr. Victor Parsonnet, creator of so many frontline medical procedures that are regularly performed in our facilities today, is a pioneer and well deserving of the recognition and tribute of being named to the 2019 New Jersey Hall of Fame.”

DECADES OF DISTINCTION

“We are forever indebted to Dr. Victor Parsonnet for his dedication to our patients, to this community and to advancements in cardiac research. He paved the way for our current success as one of the most comprehensive cardiac programs in the country,” says Darrell K. Terry, Sr., MHA, MPH, FACHE, President and Chief Executive Officer, Newark Beth Israel Medical Center and Children’s Hospital of New Jersey. Dr. Parsonnet is the former Director of Surgery and Surgical Research at Newark Beth Israel Medical Center, an RWJBarnabas Health facility, where he practiced medicine for more than 60 years and achieved many milestone moments for the state of New Jersey.

Dr. Parsonnet established New Jersey’s first heart transplant program at Newark Beth Israel Medical Center. The Advanced Heart Failure Treatment and Transplant program at Newark Beth Israel has performed more than 1,000 heart transplants, a distinction held by only 12 hospitals in the country.

In addition to his many clinical accomplishments, Dr. Parsonnet is a devotee of the performing arts and served as chairman of the New Jersey Symphony Orchestra for 17 years. He was an early supporter of the creation of the New Jersey Performing Arts Center, and is a pianist and avid tennis player.
TRY THESE SLIMMED-DOWN SIDE DISHES THIS THANKSGIVING.

“Thanksgiving dishes are not around for just one meal—we make so much food that we tend to be eating leftovers for several days,” says Molly Fallon Dixon, MSD, RDN, Community Wellness Coordinator at Newark Beth Israel Medical Center’s Rev. Dr. Ronald B. Christian Community Health and Wellness Center.

That’s one good reason to consider healthier alternatives to traditional side dishes. Other good reasons: these recipes are packed with vitamins and fiber, and use ingredients that are easy to find in winter.

Fallon Dixon and the team at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center offer recipes like the ones below in their annual Healthy & Happy Holidays cooking class. “People tell us that they make these healthy recipes once, and then the dishes turn into holiday staples for their table,” she says. This year, the holiday cooking class will take place on Nov. 22 from 1 to 3 p.m. and teach participants how to make a delicious, healthy three-course Thanksgiving meal. To register, call 973.926.7371.

**RAW BRUSSELS SPROUTS SALAD**

Serves 6 (1 cup per serving)

Brussels sprouts can be used in more ways than just roasting and sautéing. This salad is sure to be a healthy favorite this winter, and is full of fiber and vitamins K and C. Pomegranate seeds and pears naturally sweeten the salad without added sugars.

**INGREDIENTS:**
- 1 cup dry bulgur
- 8 ounces Brussels sprouts
- 1 pomegranate
- 1 pear, diced
- ¼ cup walnuts, roughly chopped
- 1 medium shallot, minced
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon pepper

**DIRECTIONS:**
- In a small saucepan, combine 2 cups of cold water and dry bulgur. Bring to a boil, cover and reduce to medium-low heat, stirring occasionally. Simmer bulgur for 12–15 minutes or until tender. Drain excess liquid and set aside to cool.
- Remove any tough or dried-out leaves from the Brussels sprouts and cut off the stems. Slice Brussels sprouts in half from top to bottom where the stem had been. Lay the Brussels sprouts cut-side-down and begin to shred them by thinly slicing from top to bottom. Gently toss the Brussels sprouts in a large bowl so the layers break apart. Set aside.
- Seed the pomegranate: Keeping the stem intact, score the pomegranate all the way around as you would a peach or avocado, without cutting all the way through. Once scored, twist the pomegranate so it splits into two halves and gently peel back the skin to loosen the seeds. Hold the cut side facing down over a bowl and hit the back of the pomegranate with a wooden spoon until all the seeds come free.
- Add pomegranate seeds, walnuts and pears to the Brussels sprouts and combine. Fluff bulgur with a fork and add to salad.
- In a separate small bowl, whisk together the shallot, oil, vinegar, salt and pepper. Pour over the salad and toss to combine.

**CRANBERRY SAUCE**

Serves 12 (½ cup per serving)

This homemade cranberry sauce is plenty sweet without all the high-fructose corn syrup of the canned variety.

**INGREDIENTS:**
- 1 package fresh cranberries
- 1 orange
- ¾ cup sugar
- 1½ cups water
- 5 dried figs
- ½ cup dried cranberries
- ½ cup raisins

**DIRECTIONS:**
- Rinse cranberries and remove stems. Place in saucepot.
- Wash and zest orange. After zesting, cut in half and squeeze out juice. Add zest and juice to saucepot.
- Place saucepot on low heat. Add sugar, water and dried figs. Heat until cranberries begin to burst; add additional water if necessary.
- Add dried cranberries and raisins. Turn off heat and let sit until fruit is plumped.

Healthy & Happy Holidays and other Healthy Living classes are offered at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center, 208 Lyons Avenue. To learn more, call 973.926.7371 or visit www.rwjbh.org/events.
Getting Healthy Together!

CHECK OUT SUPPORT GROUPS, HEALTHY LIVING PROGRAMS AND MORE AT NEWARK BETH ISRAEL MEDICAL CENTER.

FOR MOMS AND MOMS-TO-BE

Maternity Unit Tours
We invite you to visit our facility and experience our commitment to the overall birth experience for our patients. To schedule your tour, call 973.926.7108 or visit www.rwjbh.org/maternity.

Breastfeeding & Infant Care Basics
3–4 p.m., Mondays
Newark Beth Israel Medical Center
201 Lyons Avenue
To register: 973.926.8022

Childbirth Education (4-week series)
6–8 p.m. Mondays, Oct. 21–Nov. 11; Nov. 18–Dec. 9; Dec. 16–Jan. 6
Newark Beth Israel Medical Center
201 Lyons Avenue
To register: 973.926.8022

EDUCATION AND PREVENTION

Diabetes Prevention Program
1–2 p.m., Wednesdays
Discuss ways to help prevent/ delay Type 2 diabetes.
Rev. Dr. Ronald B. Christian Community Health and Wellness Center, 208 Lyons Avenue
To register: 973.926.7371

Learning to Live with Cancer
1:30–2:30 p.m., third Thursday of the month
A general cancer support group.
Frederick B. Cohen, MD, Cancer Center, 201 Lyons Avenue, Newark
For information: 973.926.7565

ESPECIALLY FOR SENIORS

Senior Health and Wellness Center at James C. White Manor
Primary care and health and wellness programs for senior residents of the Newark Housing Authority and the greater Newark community.
516 Bergen Street
For information: 973.622.2703

Caring for You, Caring for Me—Caregivers Support
11 a.m.–12:30 p.m.
Wednesdays, Oct. 23 and Nov. 13
The Center for Geriatric Health Care, Lower Level
156 Lyons Avenue
To register: 973.926.6771

Ray Murphy Men’s Health and Wellness Night
5 p.m. Monday, Nov. 4
Panel Moderator: George Martin, Captain, 1986 N.Y. Giants Super Bowl XXI Champions. Admission is complimentary, but space is limited. To register, visit www.rwjbh.org/nbimenshealth or call 973.926.4265.

Tobacco Cessation Program
10 a.m.–3 p.m., Wednesdays
FREE nicotine patches, gum and lozenges provided.
Rev. Dr. Ronald B. Christian Community Health and Wellness Center, 208 Lyons Avenue
To register: 973.926.7371

SUPPORT GROUPS

Lung Transplant Support Group
2–4 p.m., Wednesday, Oct. 23
For pre-lung transplant patients, recipients and caregivers.
Newark Beth Israel Medical Center, 201 Lyons Avenue
For information: 973.926.3178

Heart Transplant Support Group
6:30–8 p.m., first Thursday of the month
Newark Beth Israel Medical Center, 201 Lyons Avenue
For information: 973.926.7205

 Join our email list!
If you would like to receive In Good Health, our monthly e-newsletter, please send an email to nihipr@rwjbh.org. The information provided will be used exclusively for this purpose and will not be shared with any third party.