

SUMMER 2012

ROBERT
WOOD
JOHNSON
UNIVERSITY
HOSPITAL
RAHWAY

THE Rose

*Your source for
healthy living*

Super Bowl Sunday

STROKE

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FRESH WHITE BEAN AND TOMATO SALAD

Wow your taste buds with this zesty, satisfying dish.

INGREDIENTS

4 cups cooked cannellini beans (or two 16-ounce cans)
 2 garlic cloves, minced or pressed
 ½ red onion, minced (about ¼ cup)
 6 pale center celery stalks, with leaves, thinly sliced crosswise
 juice of 1 lemon
 2 tablespoons extra-virgin olive oil
 1 tablespoon chopped fresh mint or basil (or 1 teaspoon dried)
 4 or 5 tomatoes cut into ½-inch cubes
 salt and freshly ground black pepper, to taste

DIRECTIONS

Drain cooked beans. If using canned beans, rinse gently in a colander. Set aside to drain. Combine garlic, red onion, celery, lemon juice, olive oil, mint or basil, tomatoes, and salt and pepper in a large salad bowl. Add beans and carefully stir so the beans don't break apart. Serve at room temperature.

Nutritional Information

SERVINGS: 4
SERVING SIZE: 8 ounces
CALORIES: 191
FAT: 5g
CHOLESTEROL: 0mg
PROTEIN: 9.2g
SODIUM: 119mg



Chef and Registered Dietitian Diane Weeks. Catch one of Diane's healthy cooking programs! For a schedule, visit www.rwjahr.com.

Think Before You Eat

When you savor everything you eat as much as you relish the last bite of your favorite food, you are on your way to eating mindfully. To build this awareness, eat at a table without distractions, chew thoroughly, and pay attention to your body's cues about what you crave and why.

"Mindful eating can help people become aware of habits that get in the way of weight-loss goals," says Lauren Bernstein, MS, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. "A food diary can help reveal factors other than hunger that cause you to overeat. In the diary, record what and how much you're eating along with a description of what you're feeling. Ask yourself questions like: 'Am I tired? Am I bored?'"

Mindful eating can help you address your true hunger. For example, if you feel lonely, call a friend to chat rather than munching on potato chips.



Save the date for the Robert Wood Johnson University Hospital Rahway Annual Meeting, to be held this year on September 12 at 6 p.m. at the hospital. For more information, call (732) 499-6118.

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL RAHWAY

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The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns.

Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital in New Brunswick, Robert Wood Johnson University Hospital Hamilton, and Children's Specialized Hospital.

The publication's name, *The Rose*, acknowledges our history of community support. Locally grown roses were sold to raise money to build a hospital for civilians in the city of Rahway. Founded in 1917, Rahway Memorial Hospital was dedicated to those who lost their lives in World War I. The hospital became Robert Wood Johnson University Hospital Rahway in 2003.

Super Bowl Sunday Stroke

On February 5, as the New York Giants and the New England Patriots prepared to face off for the National Football League Championship, 49-year-old Jessie Harrell of Colonia was driving on the interstate to pick up a friend when he experienced a brain fumble.

In an instant, Mr. Harrell could not recall where he was.

"I called my wife, Marcia, several times trying to ask her for our street address," says Mr. Harrell. "She could tell something was wrong from my speech."

Mrs. Harrell called 911.

TAKING ACTION

As soon as the ambulance brought Mr. Harrell to Robert Wood Johnson University Hospital Rahway, the Emergency Department team swung into action.

"Mr. Harrell's CAT [computed axial tomography] scan showed no evidence of brain hemorrhaging," says Simon Vichnevetsky, MD, FACEP, Emergency Physician at RWJ Rahway. "Our teleneurology connection—a high-tech, two-way television system—then made it possible for

the patient, the on-call neurologist, and the emergency physician to interact as though they were in the same room."

LIFE-SAVING MEDICINE

Mr. Harrell's fast-tracked clinical evaluation identified him as a candidate for the clot-busting medication, tissue plasminogen activator (tPA).

"To use tPA, we must act within four and a half hours from the onset of the first symptoms," says Dr. Vichnevetsky. "Fortunately, Mr. Harrell arrived well within that time. About 40 minutes after he came to the Emergency Department, nurse Jackie Lewis and I began administering tPA."

During the half hour it takes to give this treatment, Dr. Vichnevetsky repeatedly asked Mr. Harrell which team he was rooting for in the Super Bowl. His answer, "I don't care. I'm a Dallas Cowboys fan," came faster and more clearly every time. The right-side body weakness he had on arrival also disappeared.

Mr. Harrell has regained full function and has returned to work.

"I am so thankful for the efficient, effective stroke care I received," says Mr. Harrell. "I wouldn't be where I am today without the medical expertise of the RWJ Rahway staff."

Jessie Harrell, shown here between his wife, Marcia, and his son Justin, has returned to work following his stroke in February.



If You Suspect a Stroke, ACT FAST!

FACE: Ask the person to smile. Does one side of the face droop?

ARM: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat simple phrases. Is his or her speech slurred or strange?

TIME: If you observe any of these signs, call 911 immediately.

"A TIA [transient ischemic attack] or 'mini-stroke' may occur before a stroke, causing similar symptoms that go away. A TIA is a warning that a stroke may occur soon. It should be treated as an emergency."

—James Zu, MD, Board-Certified Neurologist and Director of the Stroke Center at Robert Wood Johnson University Hospital Rahway



A few decades ago, children dropped their books off at home after school, then took off with friends to ride bikes, play sandlot baseball, football or basketball, skip rope, or play other unsupervised games before being called home for dinner. Today, most children are less likely to engage in such active play, and this change is one of the factors in the trend toward childhood weight gain and obesity.

Don't *Just* Sit There!

An increasingly sedentary lifestyle is a major factor contributing to the epidemic of children's obesity. The American Academy of Pediatrics recommends children spend no more than 2 hours daily in front of a screen, television, computer, game system, or using a tablet or phone.

Parents can help their children by:

- ▶ Eating at the table instead of on the couch
- ▶ Finding non-screen-time rewards for completed chores or homework
- ▶ Keeping televisions and computers out of bedrooms
- ▶ Suggesting sports and other physical activities during leisure time
- ▶ Turning off the television unless actively watching a program
- ▶ Unplugging themselves from electronic devices



Family

WEIGH-CATION



More children have two parents who work and follow strict rules to stay inside unless accompanied by an adult. Opportunities for physical activity are limited after school and are disappearing from the school day as well.

According to a recent national survey, only 7 percent of U.S. middle and high schools and 8 percent of elementary schools require physical education daily.

"To get the recommended hour of exercise daily, children need to find an activity they enjoy and want to practice on their own," says Gary Paul, MS, Certified Diabetes Educator and Registered Certified Exercise Physiologist at Robert Wood Johnson University Hospital Rahway, who helps run the SHAPEDOWN® weight-management program for kids. "Families that attend SHAPEDOWN learn about new exercise options, such as karate, Zumba®, circuit training, and yoga. Parents are encouraged to be positive



Paula Rovinsky, MA, RN, Certified Diabetes Educator and Certified Holistic Nurse; Gary Paul, MS, Certified Diabetes Educator and Registered Certified Exercise Physiologist; and Lauren Bernstein, MS, Registered Dietitian and Certified Diabetes Educator direct the SHAPEDOWN® weight-loss program at Robert Wood Johnson University Hospital Rahway.

role models by suggesting physical activities for the whole family, such as going for a walk or riding bicycles together.”

YOU ARE WHAT YOU EAT

The SHAPEDOWN program at RWJ Rahway helps families turn back the clock to a time when kids were not at risk for such typically “adult” diseases as Type 2 diabetes, hypertension, and heart disease. Participating families are educated about how to prepare meals using

the new guidelines from the United States Department of Agriculture’s MyPlate, which reserves half the plate for non-starchy vegetables and fruit, one fourth for protein, and one fourth for bread, pasta, potatoes, or rice. The addition of a dairy serving such as a glass of milk completes the balanced meal.

“We encourage cooking at home because it offers parents control over ingredients and opportunities for children to learn about healthy foods,” says Lauren Bernstein, MS, Registered Dietitian and Certified Diabetes Educator. “Parents are the gatekeepers of which foods are available for children to eat, but it’s up to the child to determine how much to eat. SHAPEDOWN educates the family so everyone can work together to make sensible meal choices and not unwittingly sabotage a child’s potential for success.”

OVERCOMING BARRIERS TO WEIGHT LOSS

Weight loss for children is not a simple formula balancing calories taken in and calories burned, which is why the SHAPEDOWN program addresses the whole child. The classes provide help to overcome issues of self-esteem as well as offer strategies to counter emotions that might

contribute to overeating, such as anxiety, boredom, sadness, or stress.

“We help parents create a nurturing environment that doesn’t offer food as a reward or withhold it as punishment,” says Paula Rovinsky, MA, RN, Certified Diabetes Educator and Certified Holistic Nurse.

“We give parents tools and skills so they can say ‘no’ and set limits. Parents learn to act more like coaches, helping their children analyze why a goal was not met and what the child can change to reach it next time.”

For more information or to register your child for the fall SHAPEDOWN program, call (732) 499-6109.



Help Your Child Eat Right for Life

According to the American Heart Association, one of the best ways adults can help a child normalize and maintain a healthy weight is to not use food as a reward or punishment. Other effective approaches include identifying behaviors the entire family should change, setting and tracking goals, staying positive, reinforcing successes, and keeping healthy food options available at home.

Here are some ways parents can put these intentions into action:

- ▶ Curb trips to fast-food restaurants. If you do go, help your child make healthier menu choices such as apple slices instead of French fries.
- ▶ Ensure your child eats a good breakfast every morning. Serve oatmeal instead of sugary cereals. Wrap a scrambled egg in a whole-wheat tortilla with a spoonful of salsa.
- ▶ Offer a child water or milk, not soda, to drink. Restrict juice to no more than 4 to 6 ounces daily.
- ▶ Serve a colorful mix of vegetables and fruits, and encourage your child to make produce selections when grocery shopping.

A Whole New World

Nancy Joseph, certified nursing assistant at Robert Wood Johnson University Hospital Rahway, enrolled her family in the SHAPEDOWN® program to expose her children to new ways to exercise and help them learn how to make better food choices. With Ms. Joseph working nights and every other weekend, her children, Jason, 16, Jodie, 14, and Jornelle Saint-Val, 12, often make their own snacks and dinners.

Two of the three children, Jason and Jornelle, participate in baseball and other activities at school. Ms. Joseph was more worried about Jodie, an avid reader who hadn’t shown much interest in sports when she entered the program. Now that she has lost weight, Jodie wants to learn kickboxing.

“I really like the way kickboxers can move, and it looks fun,” says Jodie. “At SHAPEDOWN, I learned new ways to move, snack, and track what I eat and made new friends.”



Check out Blast Off, an interactive computer game for children age 6 to 11, along with recipes, tips, and other fun learning activities—all available at ChooseMyPlate.gov.



“People who are symptomatic with heartburn and reflux need to be evaluated to see if they have Barrett’s esophagus.”

—David Wexler, MD,
Gastroenterologist on staff at
Robert Wood Johnson University
Hospital Rahway

THE HEARTBURN-CANCER CONNECTION

Left untreated, Barrett’s esophagus—a condition that can result from gastroesophageal reflux disease (GERD)—may increase the risk for developing esophageal cancer.

GERD occurs when stomach contents leak back into the esophagus. Over time, stomach acid changes the cells in the lining of the esophagus, a condition called Barrett’s esophagus with dysplasia (abnormal development) that increases the risk of developing esophageal cancer.

A NEW APPROACH

If you are diagnosed with Barrett’s esophagus, your physician may recommend radiofrequency ablation (RFA) therapy, a painless procedure that lasts less than an hour.

“RFA eradicates the damaged layer of esophageal cells where cancer is more likely to develop,” says Beth Moncher, Director of Perioperative Services at Robert Wood Johnson University Hospital Rahway.

The advanced BÂRRX® RFA system available at RWJ Rahway uses a catheter to determine the exact location and extent of the damage

and deliver controlled heat to destroy the diseased tissue. When extensive treatment is needed, a balloon-like device is inflated to apply RFA energy directly to the interior wall of the esophagus.

“Two months after RFA, a patient is reevaluated and may either be treated again or have a biopsy taken, if necessary,” Moncher says.

According to a study by the American Gastroenterological Association, 90 percent of patients were successfully treated for dysplasia with RFA therapy. Use of BÂRRX can eliminate the need for surgical intervention—a great benefit for patients, because removing a portion of the esophagus requires a recovery period of at least six weeks.

To locate a gastroenterologist near you, visit www.rwjhr.com and click on “Find a Physician.”

The Rose Ball Is a Success!

Guests stepped back in time and enjoyed a night of Jazz Age fun at RWJ Rahway Foundation’s annual gala at the elegant Wilshire Grand in West Orange.

The Ball honored RWJ Rahway Board of Governors member, Larry Naldi, Senior Vice President of Strategy and Integration, Merck & Co., Inc., for his long-time dedication and philanthropic support of RWJ Rahway. Mr. Naldi was inducted into the Guardians of the Rose.

The Rose Ball Chairman Christine Kline noted that over the years the

event has raised more than \$1.3 million to benefit the hospital.

Ball proceeds have supported community health and wellness programs in the Community Education Center at the RWJ Rahway Fitness & Wellness Center in Scotch Plains, as well as the purchase of equipment and the recent renovation of the hospital’s cardiac unit.

For more information, to make a contribution, or leave a legacy of good health to the community, please call the Foundation Office, 732.499.6135 or e-mail foundation@rwjhr.com.



Pictured left to right are: Christine Kline, Rose Ball Chairman; Foundation Chairperson Bunny Bowen; Marlene H. Lubinger, Foundation President; Larry Naldi; Kirk Tice, RWJ Rahway President & CEO and Brian Leddy, Chairman, RWJ Rahway Board of Governors.

SCOTCH PLAINS

Healthy Living Calendar

This is just a sample! For a complete listing of events, call (732) 499-6193, or visit www.rwjhr.com and click on "Community Education."

If you have special needs, please phone ahead so we can accommodate. Register for programs by calling (732) 499-6193.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of every month, one from 3:30 to 5 p.m., and the other from 6 to 7:30 p.m.

Breast Cancer Support Group meets the first Wednesday of each month at 7:45 p.m.

Bariatric Support Group, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and post-operation. Not affiliated with any physician or medical group. For more information, email firstsaturdaysupport@gmail.com or call (908) 654-3369.

Overeaters Anonymous, a peer-to-peer group for compulsive eating disorders that uses the 12-step program, meets Sundays at 12:30 p.m.

Fibromyalgia Support Group, a new professionally facilitated group, meets the first Thursday of each month from 7 to 8:30 p.m. Those newly diagnosed are welcome.

Spousal Bereavement group sessions last seven weeks. For information about when and where the next group starts, call Jane Dowling, RN, at (732) 247-7490.

Check our website for speaker topics: www.rwjhr.com and click on "Community Education" and "Speaker Topics."



Connect with Robert Wood Johnson University Hospital Rahway on Facebook® www.Facebook.com/RWJRahway

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.

JUNE

05 IN THE KITCHEN
What to Eat for Lunch—
7 p.m., Diane Weeks, Chef and Registered Dietitian

13 What's Up With Blood Pressure? What Do the Numbers Mean?—
6:30 p.m., Bernardo Toro-Echaque, MD, Internal Medicine

21 Drug Interactions—
6 p.m., Michael Bernstein, MD, Emergency Medicine

26 IN THE KITCHEN
Boost Your Mood With Whole Foods—
6 p.m., Diane Weeks, Chef and Registered Dietitian

28 Facial Rejuvenation—
6 p.m., Carlos Burnett, MD, Plastic Surgeon

JULY

10 Prevention and Treatment of Shoulder Injuries—6:30 p.m., Howard Pecker, MD, Orthopedics

16 Benefits of Sign Language for All Children—Kimberly Tan, Sign Language Interpreter

24 IN THE KITCHEN
Raw Food—
7 p.m., Diane Weeks, Chef and Registered Dietitian

25 Lifestyles For a Healthier You!—
6 p.m., Elizabeth Miller, MPH

31 IN THE KITCHEN
Healthy Tapas—
7 p.m., Diane Weeks, Chef and Registered Dietitian

AUGUST

08 Cancer: What You Can Do to Lower Your Risk!—
6 p.m., Elizabeth Miller, MPH

14 IN THE KITCHEN
Sizzling Stir-Fries—
7 p.m., Diane Weeks, Chef and Registered Dietitian

14 All About Atrial Fibrillation—6 p.m., Danny Wang, MD, Cardiology

15 Have Back Pain? Could It Be From Your Feet?—6 p.m., Lawrence Plotkin, DPM, Podiatry

28 Celebrating Fruits and Vegetables of the Garden State—
7 p.m., Diane Weeks, Chef and Registered Dietitian

RWJ Rahway Fitness & Wellness Center is more than a gym. It's a resource for health and fitness. Attend a physician-led educational program, a stress-management class, or a support group, or learn to make healthier meals with our chef and registered dietitian. For information about gym membership, classes, and training, please call (908) 232-6100. To sign up for a program, call (732) 499-6193.

SAVE THE DATE

September 5 | Caregivers Group Meeting

This two-hour special presentation of resources for caregivers in Union County includes panel discussions about home care assistance; educational, advocacy and respite initiatives for caregivers; geriatric placement assistance; Medicaid eligibility; support services; assisted living; and adult day care, followed by a question/answer period. Materials will be available. This event is open to any caregiver in the community. To register, call (732) 499-6193.



This is a
recyclable product.

Wellness Programs

RWJ Rahway Fitness & Wellness Center in Carteret is located at 60 Cooke Avenue, Carteret, NJ.

This is just a sample! For a complete listing of events at both RWJ Fitness & Wellness Center locations in Scotch Plains and Carteret, call (732) 499-6193, or visit www.rwjuhr.com and click on "Community Education."

If you have special needs, please phone ahead so we can accommodate. Register for programs by calling (732) 499-6193.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

Connect with Robert Wood Johnson University Hospital Rahway on Facebook®.

www.Facebook.com/RWJRahway

For more information or to arrange a tour of the facility, call (732) 541-2333. Visit our website at RWJFitnessCarteret.com.

All presentations are held at the RWJ Rahway Fitness & Wellness Center at Carteret.

PROGRAMS + SUPPORT GROUPS RWJ Rahway Fitness & Wellness Center at

CARTERET

JUNE

06 **Ask the Physical Therapist About Shoulder Pain—** 5 p.m., therapists Nora Roberti and Nina Mastrogiacomio

19 **Reiki Demonstrations—** 5:30 p.m. to 7 p.m., Paula Rovinsky, Holistic Nurse, Reiki Master

27 **Ask the Diabetes Educator—** 4:30 p.m., Certified Diabetes Educator Gary Paul fields your questions about testing, exercise, diet and control.

JULY

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Rehabilitation Where You Work Out

Physical therapists at Robert Wood Johnson University Hospital Rahway are now offering rehabilitation services at the RWJ Rahway Fitness & Wellness Center at Carteret. Under the supervision of a physical therapist, patients have individualized treatment programs utilizing the Center's state-of-the-art strength training and cardio equipment. A heated pool for aquatic therapy is available as needed. Non-members can benefit from the wellness programs and lectures held at the RWJ Center and the nearby Thomas J. Deverin Community Center. The Center website is www.RWJFitnessCarteret.com.

Call (732) 969-8030 to schedule a physical therapy appointment. A physician's prescription is required.

RWJ Rahway provides FREE speakers for your school, club, or organization on a variety of health-related topics. To arrange for a speaker, call (732) 499-6193.