

FALL 2016

The Rose

CELEBRATING
**100 YEARS OF
HEALING**

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FEELING BETTER:

POST-CHEMO
NEUROPATHY
TREATMENT

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**LUNG CANCER
SCREENING**
FOR PEACE
OF MIND

PAGE 4

Robert Wood Johnson | **RWJ**Barnabas
University Hospital | HEALTH
Rahway

Dear Friends,

I am pleased to tell you that Robert Wood Johnson University Hospital Rahway has a new concussion program, which can diagnose, treat, and monitor people with concussions. Often undiagnosed, a concussion is a brain injury that interferes with normal brain function and affects how you feel, think, or act.

We associate concussions with athletes or combat veterans, but you can get a concussion from a car accident, a workplace injury, or a household fall. If a concussion is ignored, it can lead to serious short- and long-term complications. Expert medical evaluation and treatment can prevent or minimize those complications.

Concussions are generally diagnosed with a clinical exam and cognitive assessment. Sometimes a computed tomography (CT) scan or magnetic resonance imaging (MRI) is used. Treatment depends on the level of

the concussion, but it mostly involves rest, limiting activity, and avoiding electronic stimuli such as television, computers, and video games. Someone with a concussion may need to work with physical and occupational therapists on balance and function. One of the many advantages of a concussion program is the ability to monitor patients to make sure symptoms are abating and they are improving.

Leading our concussion program is Richard Schaller, MD, an Emergency Department physician who heads our new Workplace & Ambulatory Medicine program. Dr. Schaller is the founder and former director of Complete Care Medical Center in Scotch Plains. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) trained and certified, he also serves as District Physician for the Scotch Plains-Fanwood Board of Education, working closely with school nurses, athletic trainers, and administrative officials to provide medical services.

This new program is very exciting for us.

You may have noticed our new logo. Please note that our name—and that of all the hospitals in our new system—remains the same. We are Robert Wood Johnson University Hospital Rahway, a proud member of RWJBarnabas Health, the state's most comprehensive healthcare delivery system.

Sincerely,



Kirk C. Tice
President and CEO

To reach our concussion program, call (732) 499-6400.



RWJBarnabas Health is the most comprehensive healthcare delivery system in New Jersey. The system includes 11 acute care hospitals – [Clara Maass Medical Center in Belleville](#) • [Community Medical Center in Toms River](#) • [Jersey City Medical Center in Jersey City](#) • [Monmouth Medical Center in Long Branch](#) • [Monmouth Medical Center Southern Campus in Lakewood](#) • [Newark Beth Israel Medical Center in Newark](#) • [RWJUH in New Brunswick and Somerville](#) • [RWJUH Hamilton](#) • [RWJUH Rahway](#) • [Saint Barnabas Medical Center in Livingston](#). The system also includes three acute care children's hospitals and a leading pediatric rehabilitation hospital, [Children's Specialized Hospital](#), a freestanding 100-bed behavioral health center, ambulatory care centers, geriatric centers, the state's largest behavioral health network, comprehensive home care and hospice programs, fitness and wellness centers, retail pharmacy services, a medical group, multi-site imaging centers, and four accountable care organizations. For more, visit [RWJBHinfo.org](#).

Fun, Food, and Fashion

Join us for fun, food, and fashion at the 25th Annual Fashion Show on Saturday, Nov. 5, at 11 a.m., at the Bridgewater Marriott. Fashions are presented by Journey Productions, and there will be a special children's collection from The Rose Garden modeled by adorable children and grandchildren of committee members.

"We are so pleased to have long-time Fashion Show committee member, Christine Kline, Foundation Trustee, serving as Honorary Chair," says Fashion Show Chair Cindy Timoni. "Mrs. Kline was here from the beginning and also serves RWJ Rahway as Auxiliary President and Hospital Board Member. Her husband, John Kline, MD, is a long-time member of the RWJ Rahway Medical – Dental Staff and a part of the Union County Orthopaedic Group."

The popular Boutique Auction/Tricky Tray has more than 100 beautiful gift baskets, and a special Deluxe Raffle includes a getaway for two at the Bridgewater Marriott, jewelry, and much more.

Be part of this fun-filled day. Email foundation.rahway@rwjbh.org or call (732) 499-6135 for information and reservations. The cost is \$65 per person. (Employee discount is available.)

For information about how you can support RWJ Rahway, please contact us at (732) 499-6135, foundation.rahway@rwjbh.org or visit www.rwjuh.com and click "Donate" at the top of the page.



Christine Kline
Honorary Chair
25th Annual
Fashion Show

**Robert Wood Johnson
University Hospital
Rahway**

**RWJBarnabas
HEALTH**

Kirk C. Tice
PRESIDENT AND CEO
Stephen A. Timoni
CHAIRMAN OF THE BOARD OF GOVERNORS

The Rose
EXECUTIVE EDITOR Donna Mancuso
MANAGING EDITOR Gabrielle Fernandez
DESIGNER Rosie Fitzgerald
ACCOUNT COORDINATOR Jen Matthews

The Rose is named in honor of the women's auxiliary who sold local roses to raise money for our first hospital in the early 1900s.

HOLDING STEADY DURING TURBULENT TIMES

Rahway Memorial Hospital's experience from the late 1930s to the mid-1950s was a microcosm of the country's. Like most Americans, the hospital had scarcely emerged from the hardships of the Great Depression—a time when few could afford medical care—when the Empire of Japan attacked Pearl Harbor on Dec. 7, 1941, plunging the United States into a second global conflict. Volunteers played a crucial role in keeping the hospital running while many staff members served in the military. After the war, prosperity returned, car

culture took off, and suburbs ballooned. In the early 1950s, Rahway Memorial Hospital embarked on an ambitious expansion project to accommodate the significant increase in patients that accompanied the area's growing population.

As we continue our yearlong series commemorating Robert Wood Johnson University Hospital Rahway's 100th anniversary, let's look back at our third and fourth decades, 1937–1956.



POLIO BECOMES A THING OF THE PAST

THEN

From the late 1940s to the early 1950s, the viral disease polio, which can cause permanent paralysis, afflicted an average of more than 35,000 Americans annually, according to the Centers for Disease Control and Prevention. In the late 1940s, county authorities considered designating Rahway Memorial Hospital the polio center for Union County before realizing the hospital wouldn't be able to handle the high number of cases.

NOW

The U.S. hasn't had a naturally occurring case of paralytic polio since 1979, thanks to the introduction of a vaccine for the disease in 1955.



MEDICAL MARVELS

1936: American cardiologist Albert Hyman demonstrates one of the first heart pacemakers.

1947: American cardiovascular surgeon Claude Beck performs what is likely the first successful defibrillation of the heart.

1951: A National Research Council report finds fluoride to be effective at preventing dental cavities.



PHYSICAL THERAPY COMES OF AGE

THEN

Still relatively new on the medical landscape, physical therapists were in high demand in the 1940s and 1950s to treat wounded soldiers and individuals handicapped by polio.

NOW

Physical therapists specialize in a variety of clinical areas to treat specific patient populations, such as those recovering from orthopedic, sports, cardiac, and neurological injuries and procedures. RWJ Rahway offers many types of rehabilitation therapy, including physical, occupational, and speech therapy, as well as pulmonary rehab.

HEADLINES OF THE TIMES

Hindenburg Explodes! 100 Dead
May 7, 1937
(*New York Daily News*)

War! Oahu Bombed by Japanese Planes
Dec. 7, 1941
(*Honolulu Star-Bulletin*)

Peace! It's Over
Aug. 15, 1945
(*The Charlotte Observer*)

Dewey Defeats Truman
Nov. 3, 1948
(*Chicago Daily Tribune*)



LOCAVORISM TAKES ROOT

THEN

Six decades before the term was coined, many Americans practiced locavorism—eating food produced within 100 miles of where one lives—by eating fruits and vegetables grown in neighborhood and backyard victory gardens, during World War II. Boy Scouts tended Rahway Memorial Hospital's 30-acre victory garden during the war.

NOW

Growing produce at home and eating locally sourced foods are widely recognized as being good for health and the environment.





Concerned About LUNG CANCER?

Quitting smoking is only the first step. Lung cancer screening can find small lung cancer nodules before they spread to other parts of the body.

Peace of Mind

Joanne King, an employee of Robert Wood Johnson University Hospital Rahway, quit smoking 13 years ago. Already diagnosed with chronic obstructive pulmonary disorder, Ms. King was concerned that lung cancer was in her future.

“During a routine checkup, my physician asked if I wanted to have a low-dose CT [computed tomography] scan to check for cancer,” Ms. King says. “I met the qualifications and knew early detection of cancer would mean early treatment. I was one of the first patients at the hospital to have the lung cancer screening.”

Ms. King’s lung screening revealed great news: She was cancer free.

“It took less than five minutes and was completely painless,” Ms. King says. “I was so relieved to find out the CT scan was negative and to know I didn’t have to worry about lung cancer.”

It’s recommended that current or former heavy smokers with no symptoms get a yearly low-dose CT screening for lung cancer.

LUNG CANCER IS the leading cause of cancer deaths in men and women, killing more individuals than breast, colorectal, prostate, and pancreatic cancer combined. Early detection of lung cancer is key to survival—the survival rate is only 4 percent once the cancer spreads to other organs.

At Robert Wood Johnson University Hospital Rahway, a designated lung cancer screening facility, low-dose computed tomography (CT) lung cancer screening is now available for people at high risk for developing the disease.

You should get screened if you are:

- Between the ages of 55–77 and
- A current or former smoker who has smoked 30 pack years (or an average of one pack a day for 30 years) and
- In good health, having no symptoms like a cough.

LOW DOSE, HIGH EFFECTIVENESS

Patients who meet the requirements for a low-dose CT scan are 20 percent less likely to die from lung cancer than those who are screened with a chest X-ray. If a nodule is found, the tissue is biopsied to check for cancer.

“Small nodules in different areas of the lungs can be difficult to reach with standard biopsy methods,” says Angela DeCillis, DNP, RN, NE-BC, Nurse Manager at Robert Wood Johnson University Hospital Rahway. “For these potential cancers, we use navigational bronchoscopy. Navigational bronchoscopy is like a GPS system for your lungs. We can access small nodules that cannot be reached by needle biopsy.”

Ask your doctor about getting a lung cancer screening. To learn if you qualify for a lung screening, call (732) 499-6189. If you don’t have a physician or insurance, you may still be able to receive a scan.



▶ If you would like help quitting smoking, call Robert Wood Johnson University Hospital Rahway’s Community Education line at (732) 499-6193 and request that a smoking cessation specialist contact you.

A MIRACULOUS Recovery

A force of nature when she was in the New Jersey General Assembly, Arline Friscia, now retired, refused to let peripheral neuropathy slow her down as she recovered from cancer.

MS. FRISCIA KNEW that something wasn't quite right with her body when she noticed blood in her urine in 2013. Consultations with a urologist and obstetrician/gynecologist confirmed that Ms. Friscia had nodules in her uterus, and those nodules were cancerous.

To treat the condition, physicians removed the cancerous tissue and administered chemotherapy and radiation treatments. But the chemotherapy proved to be very hard on Ms. Friscia, who was 79 years old at the time of her diagnosis.

"The chemo was causing neuropathy," she says. "I was supposed to have eight sessions of treatment, but we had to stop at seven."

The main issue caused by the chemotherapy was numbness and pain in the feet, characteristic of peripheral neuropathy.

"I felt like I had no feet, and I was having trouble walking," Ms. Friscia says. "It was as if my feet were two inches off of the ground, never touching it."

NEXT STEPS

Ms. Friscia and her oncologist, Richard Schuman, MD, tirelessly searched for answers. One afternoon, Dr. Schuman read an article about MicroVas treatment being conducted at RWJ Rahway under the supervision of Paul Abend, DO, FAAPMR, Medical Director of Rehabilitation Services at RWJ Rahway.

Ms. Friscia did not need much convincing.

"I would try anything," she says. "I went to see Dr. Abend, and a technician tested me to determine if my nerves were treatable, which they were. Once I started the MicroVas treatments, I could feel results almost immediately as sensation returned to my toes."

"I was astonished at Ms. Friscia's progress," Dr. Abend says. "I had never seen someone recover that quickly after chemotherapy treatment."

Under the direction of Dr. Abend, RWJ Rahway physical therapist Jung Kim administered MicroVas therapy to Ms. Friscia three times per week for 45 minutes. MicroVas uses electrical currents to stimulate circulation in the capillaries. Mr. Kim also guided Ms. Friscia through exercise sessions to develop her balance and stretch and strengthen her muscles. After 36 sessions, Ms. Friscia's condition had significantly improved.

"She is the best that I've ever seen," Mr. Kim says. "The burning sensations she felt in her legs are gone completely, and the numbness is resolved everywhere except for in her forefoot. Her experience is an inspiration to people suffering from peripheral neuropathy after chemotherapy. There are options for a fuller recovery."

"I've been active all my life and was afraid I would not walk normally again," Ms. Friscia says. "Now, I can feel the difference. I'm thrilled!"

Talk with your physician about how MicroVas may help minimize or eliminate neuropathy pain. To schedule an appointment, call (732) 499-6012. For more information, attend "Peripheral Neuropathy: Diagnosis and Treatment" presented by Dr. Abend. See page 6 for dates and times.



Peripheral neuropathy is characterized by a loss of sensation or feeling tingling, numbness, or pain in the feet and hands. Individuals who have undergone chemotherapy treatments, as well as people living with diabetes and other chronic conditions, can experience peripheral neuropathy, but symptoms may improve with MicroVas treatment.

ALL PRESENTATIONS ARE HELD AT THE RWJ RAHWAY FITNESS & WELLNESS CENTER AT SCOTCH PLAINS.

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

SCOTCH PLAINS

PROGRAMS

SEPTEMBER

- 7** At Home Services for Seniors
7 p.m. | House calls, home health care, bill management, relocation, and more. Panel discussion from members of Caring, Sharing Network, a group that focuses on homebased options for seniors and caregivers.
- 13**  When Is It a Concussion and What Do You Do?
6 p.m. | Richard Schaller, MD, Emergency Medicine, ImPACT Certified
- 13**  Cooking Demo: Locally Sourced: Garden State's Bounty*
7 p.m. | Diane Weeks, RDN, Chef
- 14** Being Mortal
6 p.m. | Be part of a national dialogue that asks, have you and your family had tough conversations and planned ahead? Join us for a free screening and discussion of the PBS Frontline film "Being Mortal" based on the bestselling book by Atul Gawande, MD, MPH. This documentary explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses, and family members who care for them. Discussion will follow with experts in hospice and palliative care.
- 15**  Supplements That Extend Life?
6 p.m. | Bernardo Toro-Echague, MD, Internal Medicine. Learn about intriguing findings that supplements can affect DNA.

- 27**  Weight-loss Surgery: Is It Right for You?
6 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery.
Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.
- 27** Cooking Demo: Heart-Healthy, Heart-Warming Foods*
7 p.m. | Diane Weeks, RDN, Chef

OCTOBER

- 3**  Peripheral Neuropathy: Diagnosis and Treatment
6 p.m. | Paul Abend, DO, Rehabilitation Medicine
- 4**  Cooking Demo: Healthy Dishes From Thailand*
7 p.m. | Diane Weeks, RDN, Chef
- 5** Immunotherapy for Breast Cancer
5:30 p.m. | Kim Hirshfield, MD, PhD, Medical Oncology
- 18** Cooking Demo: Nutrient-rich Sea Greens and How to Cook Them*
7 p.m. | Diane Weeks, RDN, Chef
- 25**  Weight-loss Surgery: Is It Right for You?
6 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery.
Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.

NOVEMBER

- 1**  Cooking Demo: Healthy Desserts—They Exist*
7 p.m. | Diane Weeks, RDN, Chef
- 3** Immunotherapy for Cancer
7 p.m. | Kim Hirshfield, MD, PhD, Medical Oncology
- 10** Pedicures: Pampering or Peril?
6 p.m. | Karen Schulhafer, DPM, Podiatry
- 14**  Peripheral Neuropathy: Diagnosis and Treatment
6 p.m. | Paul Abend, DO, Rehabilitation Medicine
- 16**  When Is It a Concussion and What Do You Do?
6 p.m. | Richard Schaller, MD, Emergency Medicine, ImPACT certified
- 29**  Ask the Cardiologist: Don't Be Afraid to Ask
6 p.m. | Paul Schackman, MD, Cardiology
- 29** Cooking Demo: Healthier Comfort Foods*
7 p.m., Diane Weeks, RDN, Chef

HOSPITAL ANNUAL MEETING

September 22 at 6 p.m.
RWJ RAHWAY hospital
865 Stone Street, Rahway.

Meeting features hospital CEO Kirk Tice who will talk about new services and programs. Please RSVP by calling (732) 499-6193.



For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193 or visit www.rwjahr.com and click on "News & Events." 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.

If you'd like a calendar of events delivered to your inbox each month, email donna.mancuso@rwjhb.org.

Check our website for speaker topics by visiting www.rwjahr.com and clicking on "Patient Services" and then "Community Information."

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

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

*** Healthy Cooking demonstrations feature Registered Dietitian Diane Weeks. Our popular cooking demonstrations provide recipes and samples. The food is mostly plant-based and heart-healthy. Please call ahead to secure a spot. (732) 499-6193**

NEED A PHYSICIAN? CALL 1-888-MD-RWJUH (637-9584) TO FIND AN RWJ MD IN YOUR AREA

CARTERET PROGRAMS

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

SEPTEMBER

7 **The Goal Is Control**
6 p.m. | Lobby Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test included. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

13  **Is Weight-loss Surgery Right for You?**
6 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery.
Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.

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PHYSICAL AND AQUATIC THERAPY Available

Our fitness centers are not only for working out and getting fit, they are also a convenient location to receive physical and aquatic therapy services. Physical and aquatic therapy are available for sports injuries and other conditions, with all needed equipment on site. Our therapists

are highly regarded by their patients for their skill and ability to inspire. Aquatic therapy is performed in pools that are heated to 90 degrees and can be helpful in rehabilitating a variety of conditions including arthritis and certain back or neck injuries, as well as post-surgical recovery.



Services are available at the Scotch Plains and Carteret fitness center locations.

RWJ Rahway Fitness & Wellness Center
2120 Lamberts Mill Rd., Scotch Plains
(908) 389-5400

60 Cooke Ave., Carteret
(732) 969-8030
A prescription is required for services.



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 RWJBarnabas Health.

SUPPORT GROUPS

RWJ Rahway Fitness & Wellness
Center, 2120 Lamberts Mill Road,
Scotch Plains

SEPTEMBER

- 1** Cancer Support Group
7 to 8:30 p.m. | This professionally run group provides a comfortable setting to discuss shared experiences.
- 1** Fibromyalgia Support Group
5:30 to 7 p.m.
- 7** Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 7** Care for the Caregiver
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 7** Breast Cancer Support Group
5:30 p.m.

OCTOBER

- 5** Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 5** Care for the Caregiver
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 5** Breast Cancer Support Group, Special Program: Immunotherapy and Breast Cancer
5:30 p.m.
- 6** Cancer Support Group
7 to 8:30 p.m. | This professionally run group provides a comfortable setting to discuss shared experiences.
- 6** Fibromyalgia Support Group
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5:30 to 7 p.m.

HELD AT RWJ RAHWAY HOSPITAL | RWJ Rahway Hospital is located at 865 Stone Street, Rahway.

- 6** Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

- 14** Parkinson's Support Group
1 to 3 p.m. | Conference Room #3. For more information, call (732) 499-6193. Free.

- 4** Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

- 12** Parkinson's Support Group
1 to 3 p.m. | Conference Room #3. For more information, call (732) 499-6193. Free.

- 1** Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

- 9** Parkinson's Support Group
1 to 3 p.m. | Conference Room #3. For more information, call (732) 499-6193. Free.