

A Publication of
**ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL HAMILTON**

WINTER 2019

healthy *together*

WHAT'S NEW
AT THE
CANCER CENTER

WINTER
WELLNESS 101

AFIB: WHAT
YOU NEED
TO KNOW



EAT LIKE AN MVP!
NJ DEVILS STAR TAYLOR HALL TELLS HOW

We're Focused on Community

Coretta Scott King once said that the greatness of a community is best measured by the compassionate actions of its members. At RWJBarnabas Health, we share King's belief in the power of compassionate action. Each of our hospitals is actively engaged in making a difference on critical community issues, including housing, employment, food security and economic empowerment. That includes everything from hiring locally to finding ways to make fresh, affordable produce widely available. System-wide, we've added RWJBarnabas Health TeleMed, a telemedicine service that improves access to care for people with transportation or scheduling challenges.

To expand our community reach, we partner with other organizations, like the New Jersey Devils, to bring about positive change. One example: Collaborating with the staff of the Barnabas Health Hockey House at Newark's Prudential Center, our specialty physicians and nutrition experts have developed a youth hockey program that promotes optimal performance and good health while building confidence, sportsmanship and life skills. It's now available at ice-hockey rinks throughout the state. The Devils organization and players, including NHL MVP Taylor Hall, also work closely with us to bring encouragement and moments of joy to hospitalized children.

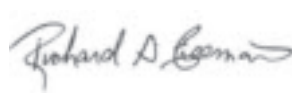
Partnerships with nonprofit organizations like Mercer Street Friends reflect the RWJ University Hospital Hamilton family's commitment to serving our community beyond the healthcare setting. And our dedication to ensuring community well-being is demonstrated daily. Caring for patients at the hospital, occupational health program or physician practices; sharing knowledge through robust community education programs; and providing health screenings at community events and senior centers—it's our mission to make a difference in our community any way we can.

At RWJBarnabas Health, we believe in the greatness of the New Jersey community and are glad to help improve quality of life for everyone who, like us, calls the Garden State home.

Yours in good health,



BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH

RICHARD FREEMAN
PRESIDENT AND CHIEF EXECUTIVE OFFICER
ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL HAMILTON



HEALTH NEWS

ON THE A-LIST

This fall, RWJUH Hamilton once again received an "A" rating and was named a 2018 Top Hospital by Leapfrog, a national nonprofit organization. These designations reflect RWJUH Hamilton's efforts to protect patients from harm and meet the highest safety standards in the United States.



NURSING EXCELLENCE



In November, Karen Robbins, BSN, CPAN, CAPA, RN, from PACU and Grace Chizek, BSN, RN, received

RWJUH Hamilton's annual DAISY Award, to acknowledge the education, training, skill, and care they put into their work every day. Twenty-three outstanding nurses were nominated for this award.

Photo, from left: Grace Chizek, BSN, RN; Lisa Breza, MSN, RN, Senior Vice President & Chief Nursing Officer; Karen Robbins, BSN, CPAN, CAPA, RN.

Wellness at Work

RWJUH Hamilton's Occupational & Corporate Health Department provides comprehensive health, safety and wellness services to more than 300 employers, optimizing efficiency and productivity from pre-employment through post-employment and every event in between.

Robert Wood Johnson University Hospital Hamilton | **RWJBarnabas HEALTH**

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RWJBarnabas Health

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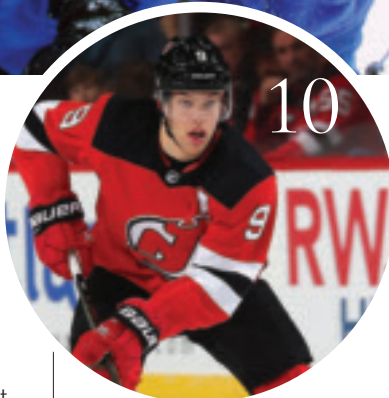
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WINTER WELLNESS 101

Stay well this winter! Need a primary care physician to help you through the season? Call RWJUH Hamilton at **609.586.7900** or visit rwjbh.org/Hamilton for a referral.

**HOW TO KEEP
HEALTHY AND STAY
SAFE THIS SEASON.**

For many people, winter is a time for family get-togethers and cozy evenings cocooned from chilly winds. But unless a little care is taken, winter also can bring unpleasant experiences—like getting sick or being injured.

“Winter definitely is a difficult time of year from many perspectives,” says Sofia Mavasheva, MD, a specialist in internal medicine at Robert Wood Johnson University Hospital (RWJUH) Hamilton. Dr. Mavasheva says the biggest winter wellness challenges include staying active, maintaining good nutrition and, first and foremost, battling influenza.

KEEP FLU AT BAY

Behavioral changes stemming from cold weather cause some of the problems. “We spend more time indoors and keep our houses closed up—there’s no fresh air going through,” Dr. Mavasheva notes. “We’re in closed spaces with other people and end up sharing flu and other viruses with each other.”

Historically, seasonal flu cases peak in February. But December, January and March are also active months—and flu season runs from October to May. Vaccination is the first line of defense against flu and is recommended for everybody. “You need to be vaccinated,” Dr. Mavasheva says.

This is especially true for people at high risk for complications from flu. That includes those 65 and older, pregnant women, children younger than 5 and people of any age with a chronic medical condition, including asthma, diabetes and heart disease. Vaccinations take two weeks to start working; get a flu shot as soon as the flu starts spreading in your community. “We always tell patients to please vaccinate to reduce your exposure to the flu virus,” Dr. Mavasheva emphasizes.



SOFIA MAVASHEVA, MD

After vaccination, handwashing is the next best way to prevent flu.

“Sanitize, sanitize, sanitize,” Dr. Mavasheva advises. “Clean hands are the key defense in

dealing with the flu virus.”

If you do catch the flu, don’t give it to somebody else. “This virus gets from person to person via droplets in the air, which we’re all breathing together,” Dr. Mavasheva says. “If you’re sick, the best thing to do is not to go to work and share it with your coworkers.”

STAY ACTIVE

In addition to being prime time for flu, winter lends itself to inactivity. Daylight hours are fewer and temperatures are colder. It’s natural to want to stay inside where it’s warm. However, Dr. Mavasheva suggests pushing back against the impulse to lounge the winter away. “It’s good to stay in some sort of exercise program throughout the year,” she says. “A lot of people like to walk. Weather permitting, continue to do that. Just dress a little warmer.” You can also walk indoors at the mall. Not keen on walking? Try swimming laps in an indoor pool, taking a yoga class or using exercise equipment, such as a stationary bike or a rowing machine.

EAT WELL

When snow blankets fields, locally grown produce naturally becomes hard to find. But good nutrition is still important, so don’t skip the fruits and vegetables. Veggies imported from warmer climates are available year-round. “At least five servings of fruits and vegetables a day, winter or not,” urges Dr. Mavasheva. “Try to stick to that as much as you can. That’s a source of fiber and vitamins that should not be neglected.”

One way to up your intake of vegetables this winter: Make some vegetable soup. Soups are a great cold-weather comfort food, and it’s easy to find healthy recipes online.

AVOID ACCIDENTS

The frozen precipitation that can make winter beautiful also makes it slippery. Walking is tricky on ice- and snow-covered walkways. As a result, emergency departments see more injuries from falls in winter than other seasons. “People fall, and often break bones,” Dr. Mavasheva says. “One has to use extra caution.” Otherwise, simply stepping out to get the morning newspaper can result in a trip to the emergency room.



IS IT A COLD OR THE FLU?

In most cases, it’s easy to tell the difference between a harmless cold and potentially dangerous flu. “Usually people use the phrase, ‘I feel like I was hit by a truck,’ to describe how they feel when they have the flu,” says Sofia Mavasheva, MD, a specialist in internal medicine at Robert Wood Johnson University Hospital Hamilton.

Along with common cold symptoms like sneezing, having a runny nose and coughing, flu sufferers generally have painful body aches and a high fever. Upper respiratory symptoms are noticeably worse, too. “You feel generally very miserable,” Dr. Mavasheva says. “If you feel that way, most likely you have the flu. Get yourself to the doctor right away.”

Doctors can diagnose flu by swabbing a patient’s nose and testing for the virus. Often, they treat patients with an antiviral medication, which can help reduce the severity and duration of symptoms. If you suspect you have the flu, get to the doctor within 24 to 48 hours of when symptoms start. “The sooner we start treatment, the better,” Dr. Mavasheva says.

To help prevent falls, shovel and treat sidewalks, driveways and steps promptly after snow. When visiting older friends and family, remember to check indoors and out for fall hazards around the home.

Taking these wellness tips to heart will help make this winter your healthiest yet.

DON'T MISS A BEAT



**WHY IT'S CRUCIAL TO TREAT ATRIAL FIBRILLATION,
THE MOST COMMON TYPE OF IRREGULAR HEARTBEAT.**

That feeling when your heart flutters, misses a beat, speeds up or slows down can be alarming. Though these palpitations are often harmless, they can signal serious malfunctions in the heart's muscles and nerves.

The most common type of irregular heartbeat, or arrhythmia, is atrial fibrillation—AFib for short. At least 2.7 million Americans are living with AFib, and that number is expected to grow as the average age of the population rises. Untreated AFib significantly increases both risk of heart-related death and risk of stroke.

WHAT IS AFIB?

When the heart beats, it squeezes and that pushes blood through each of the heart's four chambers. With AFib, the top two chambers of the heart quiver instead of beating regularly. This means the heart can't pump well so some blood is left sitting. And when blood is stationary, clots form. Blood flowing through the heart can sweep clots out into the circulatory system, where they can cause blockages that lead to complications such as stroke.

ANALYZING SYMPTOMS

The first step in assessing an arrhythmia is a thorough patient history. Doctors look for clues: When do symptoms occur? Are they associated with specific activities? Do lifestyle factors contribute? Will weight loss help? For instance, sleep apnea, associated with obesity, can cause arrhythmia, including AFib. Stress and medications also can play roles.

Several tests are used to diagnose AFib. An electrocardiogram (ECG) records electrical signals as they move through the heart and can

show irregularities. To further evaluate how the heart is working, patients may be asked to wear a portable ECG device called a Holter monitor for 24 hours or longer. An event recorder is a portable device that monitors heart activity over longer periods—a few weeks to a few months. Patients activate the device when they experience symptoms and doctors are able to review the heart's rhythm at the time symptoms occurred.

RESETTING RHYTHM

Treatment for AFib aims to regulate the heartbeat and prevent clots from forming. If the AFib is caused by an underlying condition, that will be treated first. The heart's regular rhythm (called sinus rhythm) can be reestablished using medication, an electrical shock (cardioversion) or a combination of the two. Before cardioversion is performed, a blood-thinning medication is recommended for several weeks to reduce the risk of blood clots and stroke.

If those treatments don't work, a minimally invasive procedure can be used to ablate, or destroy, the tissues that trigger or maintain the disruptive rhythms. This stops the arrhythmia at its source.

Blood thinners are prescribed to help prevent blood clots. Because AFib can occur without symptoms, many patients continue these medications even after normal heart rhythm is reestablished.

With active monitoring, patients who have AFib can reduce their risk of complications. It's important to keep follow-up appointments with a primary care provider, who will watch for and help manage additional stroke risk factors, including high blood pressure, diabetes, high cholesterol, smoking and obesity.



WHEN TO SEE YOUR DOCTOR

The symptoms below have many possible causes—atrial fibrillation (AFib) is just one of them. Consult your physician if you experience:

- Fluttering or thumping in the chest
- Heart palpitations—periods of especially rapid, intense heartbeat
- Confusion
- Dizziness, lightheadedness
- Fainting
- Fatigue
- Weakness
- Loss of ability to exercise
- Shortness of breath

YOUR HEART DOESN'T BEAT JUST FOR YOU.

Get it checked. To learn more about the full range of cardiac services at Robert Wood Johnson University Hospital Hamilton or to schedule an appointment with one of New Jersey's top cardiac specialists, visit rwjbh.org/heart or call **888.724.7123**.

WHO IS AT RISK?

If you have one or more of the following conditions, you may be at higher risk for atrial fibrillation, or AFib:

- Alcohol use (especially binge drinking)
- Coronary artery disease
- Heart failure or an enlarged heart
- Family history of AFib
- Overactive thyroid gland (hyperthyroidism)
- High blood pressure
- Valvular heart disease
- Lung disease
- Sleep apnea
- Advanced age
- You are a high-performance or endurance athlete



GOOD NEIGHBORS AND FRIENDS

RWJUH Hamilton and Mercer Street Friends Food Bank collaborated to provide backpacks filled with items for people in need.

RWJUH HAMILTON AND MERCER STREET FRIENDS JOIN FORCES TO HELP THE COMMUNITY EAT HEALTHIER.

What happens when a community-focused hospital and a dynamic, local human services agency join forces? Kids get healthy food and learn important, lifelong lessons about nutrition.

Robert Wood Johnson University Hospital Hamilton and Trenton, New Jersey, non-profit Mercer Street Friends kicked off their collaboration last year when, during the hospital's Martin Luther King Jr. Day of Service, members of hospital management visited a preschool and food bank run by the Quaker-affiliated human-services agency. "A whole team of our senior leadership did a day of reading with preschool kids and a day of work at the food bank," says Diane Grillo, Vice President of Health Promotion. Next, hospital staff donated more than 50 backpacks filled with food during the August "Send Hunger Packing" food drive. Even more recently, RWJUH Hamilton collected donations of food and hygiene kits for seniors, to be distributed by Mercer Street

Friends Food Bank. Currently the two organizations are working on integrating the RWJBarnabas Health Wellness on Wheels program (see story, page 12) with the Mercer Street Friends Preschool curriculum.

The two organizations partnered after RWJUH Hamilton identified these community needs from a system survey. "One of the things that was driven home was that there were issues of nutrition, and especially obesity, in our community that needed to be addressed," says Ted Taylor, Director, Pastoral Care,



TED TAYLOR

at RWJUH Hamilton. When the hospital looked at potential partners for a community impact initiative on nutrition, Mercer Street Friends was a natural partner.

The nonprofit began in 1958 and today runs programs in career development and parenting, as well as education and nutrition.

Next up: a collaboration that will teach preschoolers about nutrition and healthy eating. "The idea is that children will teach parents," explains Lauren Stabinsky, Director, Community and Corporate Wellness. "We're trying to educate children and have them carry the message home," she says. Ultimately, a hospital dietitian may work on premises at Mercer Street Friends Preschool.

The Mercer Street Friends partnership is just one of several initiatives the hospital has entered into with local service agencies in support of its mission to improve social determinants of healthcare.

"In the end, it's all about the people and reaching them in their homes, schools, churches and shelters," Grillo says. "That's the work that our social impact teams have been doing for more than two years and will continue to do."

THE DOCTOR IS IN ONLINE

WITH RWJBARNABAS
HEALTH TELEMED,
A DOCTOR CAN BE
AVAILABLE 24/7.

Health needs have a way of happening at inconvenient times. You're on a business trip and forgot a prescription. It is after hours and your doctor's office is closed. Your family is on vacation and you have a sick child. Or you're simply too sick to get out of bed.

For those situations and more, RWJBarnabas Health TeleMed now offers telemedicine—medical care available through a smartphone, tablet or computer—for urgent needs, or for people who feel they just don't have time to visit a doctor.

"At RWJBarnabas Health, we've been doing telemedicine for a long time in specific specialty services," says Amy Mansue, President, Southern Region, RWJBH. "For example, when very fragile babies are sent home, telemedicine lets doctors and nurses see a baby in real time if parents have a concern."

The rollout of the broader RWJBarnabas Health TeleMed program to the general public follows a successful pilot program with the system's 30,000 employees. "We know that telemedicine is not a one-size-fits-all solution for every demographic,"

Mansue says. "But we also know that people's lives are increasingly time-pressed, and that we're in a world of one-click expectations when it comes to service."

"Our job is to find ways to get people access to the services they need, at the right level of care, at the time they need it."

HOW IT WORKS

Once enrolled, patients can log in at any time of night or day for a videoconference with one of the on-call, U.S. board-certified physicians. There's a flat fee of \$45, payable by credit card at the time of service. (Many private insurance plans cover telemedicine, and in New Jersey, state-funded health insurance plans are required to, as long as certain standards are met.) RWJBarnabas Health TeleMed is secure and compliant with HIPAA, a federal law that sets standards for, among other things, the privacy of health information.

The doctor at the other end of the camera can assess symptoms, look at the area in question and make a judgment as to whether follow-up tests are needed. Though telemedicine is not meant to replace a patient's relationship with his or

her primary care doctor, "we do know that there are people who don't have access to primary care, or don't go routinely," Mansue says. "This is a way to connect them with healthcare."

Older patients may find telemedicine easier to adopt because long-distance healthcare has become common for chronic conditions, such as checking pacemakers or heart monitors over the phone. Younger patients, on the other hand, may actually prefer telemedicine to the in-person kind.

"One study showed that 70 percent of people under age 35 had accessed medical care through telemedicine," Mansue says. "They do everything through their phones—create relationships, order pizza—so it feels natural to do healthcare that way as well."

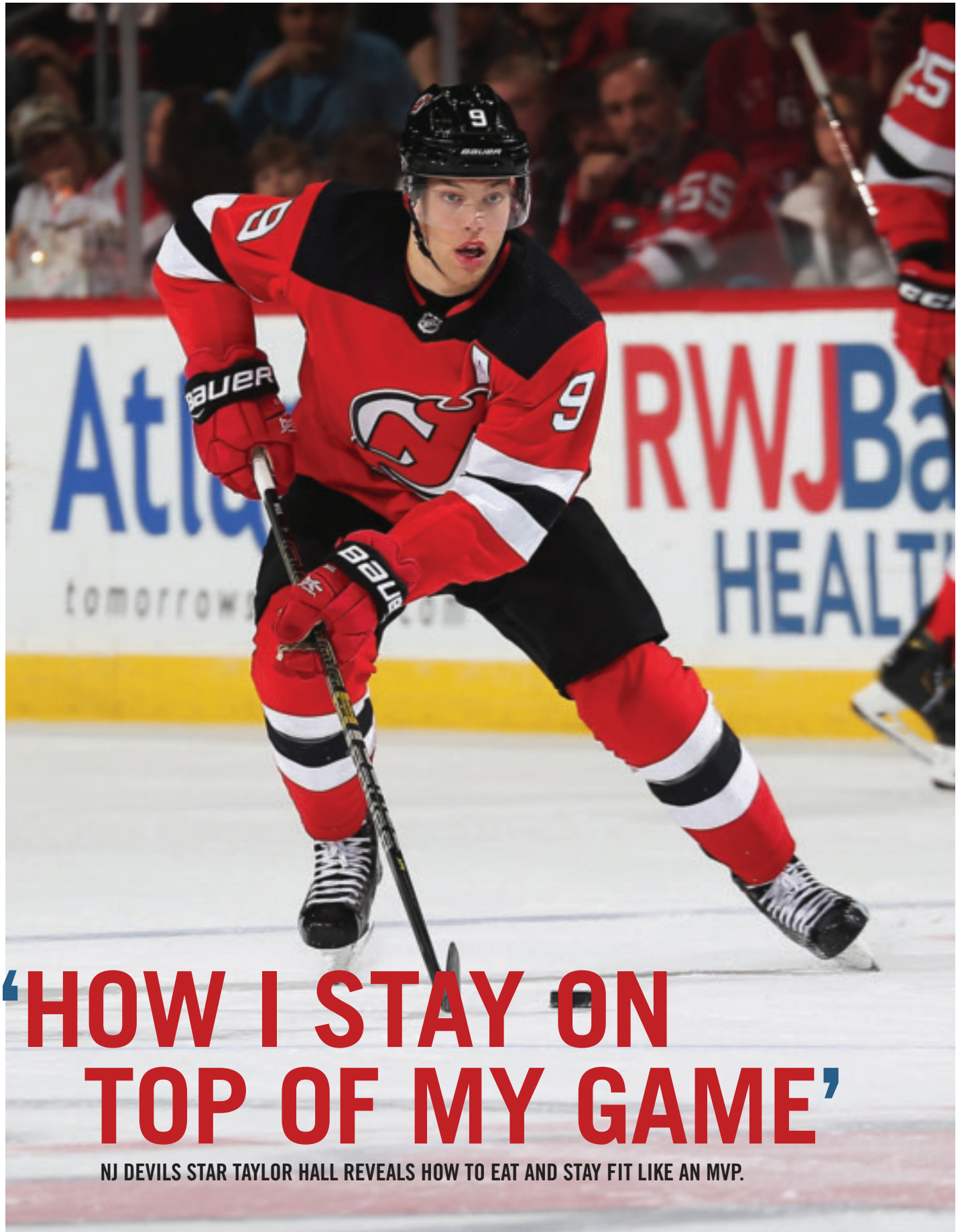
Ultimately, the goal for RWJBarnabas Health TeleMed is for physicians to be able to access, with patient permission, a patient's entire medical record in order to help make better diagnoses.

"That's an aspirational goal right now, because electronic medical record systems don't communicate between themselves as well as they need to yet," Mansue says. "But the technology improves every year."



AMY MANSUE

To enroll or learn more about RWJBarnabas Health TeleMed, powered by American Well, visit www.rwjbh.org/telemed, or download the app at the App Store or Google Play.



‘HOW I STAY ON TOP OF MY GAME’

NJ DEVILS STAR TAYLOR HALL REVEALS HOW TO EAT AND STAY FIT LIKE AN MVP.

PHOTO CREDIT © JERSEY DEVILS/ANDY MARLIN

Taylor Hall's healthy eating habits started young. "I can remember being at tournaments with my parents. All the other kids would be having Slurpees and chocolate bars after the game, but my parents had oranges and granola bars ready for me," the 26-year-old New Jersey Devils left wing recalled during a post-practice interview at RWJBarnabas Health Hockey House in Newark. "Eating well was instilled in me at an early age and it's something I take pride in, for sure."

Those healthy habits—along with hard work and amazing talent—have paid off, for Hall's career as well as for his team. Last year, he scored a career-high 93 points and led the Devils to the Stanley Cup playoffs for the first time in five years. He also became the first-ever Devils player to win the Hart Trophy as the league's most valuable player.

What's his secret for staying at peak fitness? It turns out that Hall's regimen, while serious, is also simple, with principles that can be followed by athletes at any level.

EATING TO WIN

Ask Hall to name a favorite food, and you won't hear anything about ice cream or cake. "I tend to avoid sugar," he says. "I'm lucky that I don't often have a craving for it. But with the calories we expend, it's very important for me to digest healthy carbohydrates and lots of protein."

"I keep my diet pretty simple. Protein, carbohydrates and then as much roughage as I can—a side dish like asparagus or sweet potatoes, and always a salad with dinner. Gluten-free pasta, rice and quinoa—those are really good for people like me who expend a lot of energy."

Hall sticks to snacks that are low in carbohydrates and high in fat, like nuts, or high in protein, like Greek yogurt. "That kind of snack is not going to give you a big burst of energy before bedtime, so it will allow you to rest properly," he says.

Less nutritionally worthy foods are limited, but not eliminated. "My cheat foods are cheeseburgers and pizza," Hall says. "Maybe once a week you have yourself a night where you have those things. Certainly, you've got to live your life."

Getting enough fluid takes on special urgency for professional athletes. "Staying as well-hydrated as possible is huge. You don't want cramps during the game," Hall says.

HELPING KIDS GET HEALTHIER, TOGETHER

RWJBarnabas Health (RWJBH) and the New Jersey Devils have built a robust partnership focused on promoting health and good, clean hockey fun.

RWJBH is the official healthcare provider for the Devils and their home base, the Prudential Center, where healthy snacks are available at all events. With the help of its specialty physicians and experts in nutrition and wellness, RWJBH collaborates with the Devils to benefit pro players, young athletes and children in need. Some examples:

- A rink affiliate program brings youth hockey clinics and wellness and nutrition education to players and coaches at ice hockey rinks statewide.
- The two organizations partner each year on the Running With the Devils 5K Run and Walk, with proceeds benefiting RWJBH hospitals.
- Devils players visit RWJBH hospitals to participate in special events for children. "That's a huge part of being a hockey player," says Devils star Taylor Hall. "We have a platform to give back, whether with a smile or simple encouragement. And not only is it great for the patients, it's also good for us."



From top: practicing shots in the Little Devils zone; membership is free for ages 12 and under; healthy snack options for all Devils fans.

He starts each day with two 500-milliliter bottles of water as soon as he wakes up, to get his metabolism going. "All day, I drink a ton of water, and during games, as many fluids with electrolytes as possible."

BODY AND MIND

During the 82-game season, players expend energy where it counts—on the ice. After the season, Hall takes up to a month off from any physical activity, to give his body a rest. From then on, he works out and skates three times a day, five days a week.

His advice for other athletes is to focus their workouts on what their weaknesses are. "Some athletes might already have a very strong core, but need to work on their foot speed," he says. "Overall, don't worry about what you're good at. Just try and correct stuff that might be hampering you a little bit."

To prepare mentally, Hall uses meditation and relaxation techniques. "When I have a calm brain and everything seems easy

to me, I seem to play my best," he says.

A WORD TO YOUNG ATHLETES

Perhaps surprisingly, Hall's advice to aspiring young hockey stars is not necessarily to work harder, but to take a step back. "Some parents have their kids in hockey year-round," he says. "You see these kids who are amazing hockey players, but they just don't seem to have a passion for it. I would say that you have to try out different things and have some free time."

"You have to really love whatever you do," he says. "The thing that you have the most passion for in life is what you're going to be successful at."

To learn more about the RWJBarnabas Health/New Jersey Devils partnership, visit www.rwjbh.org/devils.



GOOD FOOD FOR EVERY BODY

WELLNESS ON WHEELS MOBILE EDUCATION VAN PROVIDES A HANDS-ON APPROACH TO HEALTHY EATING.

When the big green van pulls up, the kids say “Wow!”—and that’s just the reaction RWJBarnabas Health healthcare providers and their partners are looking for.

The 35-foot vehicle, decorated with bright fruits and vegetables, is the hub of the Wellness on Wheels mobile education initiative, which launched in the fall of 2018. Equipped with a hydroponic and earth-box greenhouse and a full kitchen, the van travels to places like preschools, senior homes and houses of worship in areas where affordable, healthy food is hard to come by.



BARBARA MINTZ

It’s fun to see young kids marvel at what an herb’s root looks like, run their fingers through soil, sort plastic fruits and vegetables or smile as they taste-test healthy recipes. Behind those

hands-on activities is an overarching goal: to help communities get healthier.

“At RWJBarnabas Health, we embrace the concept of bringing health and wellness to communities by teaching people in places where they live, work, earn and learn,” says Barbara Mintz, Senior Vice President, Healthy Living and Community Engagement. “We want to make sure that people in underserved communities have a level playing field when it comes to being healthy.”

HELP FOR HUNGER

More than 900,000 New Jersey residents face hunger every day, according to the Community Food Bank of New Jersey. Unemployment, low wages and high housing costs contribute to the problem. So does the prevalence of “food deserts,” areas where residents live more than one mile from a supermarket and, without a car, must depend on public transportation to get there. Too often, those residents resort to unhealthy packaged or fast foods.

Wellness on Wheels aims to change those patterns and, to increase its impact, partners with local community groups. At a recent event at a New Brunswick preschool, hosted in conjunction with the Puerto Rican Action Board, a dietitian fluent in conversational Spanish showed children how to fill a plate with colorful food and

The Wellness on Wheels van is rolling to communities throughout the state.

demonstrated a simple, healthy recipe. Says Mintz, “We partner with local food banks and farmers markets to distribute healthy foods at our events.” Simple, culturally appropriate recipes are also provided to further support the mission of helping good health begin at home.

EATING WELL

CORN AND BLACK BEAN SALSA

We can get protein from plants as well as animals. Corn and black bean salsa makes a protein-packed after-school snack, or the perfect side dish with dinner.

- 1½ cups frozen corn, thawed and drained
- 1 cup low-sodium black beans, drained and rinsed
- 1 tomato, diced
- ½ red bell pepper, diced
- ¼ red onion, diced
- ½ jalapeño pepper, minced (optional)
- 2 tablespoons chopped parsley (or 1 tablespoon dried)
- zest and juice of 1 lime
- 1 tablespoon olive oil
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

In a large bowl, combine all the ingredients and stir. Set salsa aside to allow flavors to come together. Serve with tortilla chips or on top of your favorite Latin-inspired dishes.



To see a video of the Wellness on Wheels inaugural outing and to learn more, visit www.rwjbh.org/WellnessWheels.

GETTING OLDER, GETTING BETTER

GERIATRIC PSYCHIATRY CAN HELP ADULTS NAVIGATE ALL THE TRANSITIONS THAT COME WITH AGING.

“Improving with Age” is the title of a presentation that Lina Shihabuddin, MD, Chief Medical Officer, Behavioral Health Network at RWJBarnabas Health (RWJBH), likes to give.

“A lot of things do get better with age,” says Dr. Shihabuddin, who is board-certified in adult and geriatric psychiatry as well as hospice and palliative medicine. “Growing older should not be thought of as a bad thing, but as a transition to a different phase of life.”

That’s a call not just to think positive, but also to think about aging and health in a new way. It’s the approach healthcare practitioners like those in the RWJBH Behavioral Health Network are taking when they proactively screen for depression and anxiety in primary care settings.

“It’s no longer ‘I have a disease, so I need to see a doctor,’” Dr. Shihabuddin explains. “It’s ‘I need to be well.’ Screening and early intervention helps patients of every age stay ahead of the game.”

ISSUES OF AGING



LINA SHIHABUDDIN, MD

Geriatric psychiatry, also known as geropsychiatry, refers to mental health care of a person 65 years or older. “People seek out geriatric psychiatry for two reasons,”

Dr. Shihabuddin says. “One, they may be dealing with very normal life adjustments that come with aging, which may include retirement, loss of a partner or distance from family.

“A second level of the issue is the start of memory problems, erratic behavior, possibly unsafe driving,” Dr. Shihabuddin says. “Is this the beginning of dementia, or a reversible medical problem? That’s where the intersection of primary care, neurology and geriatric psychiatry really comes into play.” Anxiety, depression and other issues can be triggered by a wide range of conditions, such as thyroid dysfunction, vascular problems, obesity or untreated diabetes.

Once the problem is diagnosed, healthcare providers can come up with a treatment plan, which may include anything from treating a disease, to creating a safer environment at home, to finding ways to be sure the patient has activity during the day, to teaching family members how to minimize conflict.

“The last resort, for us, is to offer medications,” such as antidepressants or sleep aids, Dr. Shihabuddin says.

“Medications have more side effects for geriatric patients, and take longer to get out of the system. In treating geriatric patients, you have to start at very low dosages and slowly increase the dose if needed.”

TAKING THE FIRST STEP

Dr. Shihabuddin urges older adults (or their loved ones) to speak with their primary care provider as soon as signs of depression or anxiety appear. “The earlier you detect and treat a disorder, the better off you are,” she says.

Getting older gets a bad rap, Dr. Shihabuddin believes. “Yes, as the body ages, the neurons in the brain cells get less flexible, so it may be harder to learn new things,” she says. “On the other hand, the mind is more mature, giving older people the ability to look more analytically at situations and take them in stride. That’s what we call wisdom.

“People think about aging and they tend to think about things falling apart,” Dr. Shihabuddin says. “If we do enough early detection and prevention, it does not have to be like that.”



To learn more about geriatric psychiatry services in the RWJBarnabas Health system, visit www.rwjbh.org/geriatricpsych.

EVALUATING HEART FAILURE

Determining the degree of a patient's heart failure allows doctors to make the best recommendations for preventing, delaying or treating the condition. Cardiologists put heart failure into one of four classes, starting with symptoms. Here is the New York Heart Association Classification:

- **CLASS I:** Ordinary physical activity does not cause undue fatigue or shortness of breath
- **CLASS II:** Comfortable at rest, excessive physical activity results in fatigue and shortness of breath
- **CLASS III:** Symptoms with non-excessive physical activity
- **CLASS IV:** Symptoms at rest

The cardiologist will then do an objective assessment of the degree of heart failure based on observations as well as tests such as a blood test, X-ray, electrocardiogram, stress test and echocardiogram.

LIVING WELL WITH HEART FAILURE



IT'S POSSIBLE TO FEEL GOOD AND STAY ACTIVE, EVEN WITH A DIAGNOSIS OF HEART FAILURE.

The term “heart failure” means that this vital organ is damaged in some way. Despite the dire-sounding nature of the term, however, a diagnosis of heart failure is far from a death sentence.

“Care for heart failure patients has improved so dramatically that, although this is a chronic problem, patients who have it can live long and productive lives,” says Gary Rogal, MD, Chief of Cardiology for RWJBarnabas Health and a member of Barnabas Health Medical Group.

The key to this positive outcome is simple—but not necessarily easy. The heart failure patient must take medicine as directed and make the recommended lifestyle changes.

“The patient who listens to the things their doctor recommends they do will do better in the long term,” Dr. Rogal says. “I always tell my patients, ‘50 percent of your outcome is based on what I do, and 50 percent is based on what you do.’”

UNDERSTANDING THE TERMS

About 5.7 million U.S. adults have heart failure, according to the Centers for Disease Control and Prevention.

“‘Heart failure’ is a generic, umbrella term that covers many different disease entities,” Dr. Rogal says. “In the simplest terms, the heart is a pump, and it is failing as a pump.” The failure can fall into two different categories that often exist together: left-sided and right-sided dysfunction. (See sidebar at right.)



GARY ROGAL, MD

“People

sometimes get confused when they hear ‘heart failure,’ and ask, ‘Am I going to have a heart attack?’” Dr. Rogal says. “The reality is that they’re two different types of pathologies.”

Heart failure does not lead to a heart attack, he explains. Also, heart failure develops gradually, but a heart attack happens suddenly, when blood flow to an artery leading to the heart is blocked.

In either case, patients will receive similar advice for a heart-healthy lifestyle.

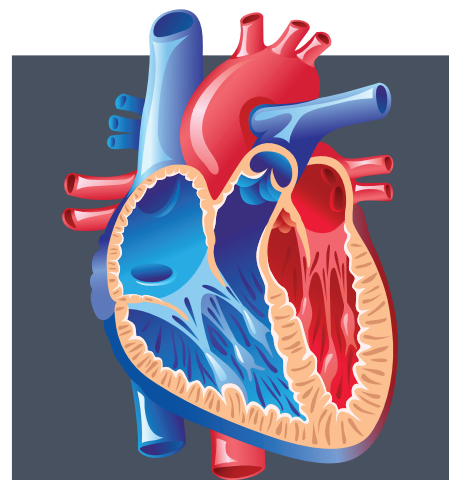
GETTING TO GOOD HABITS

Those recommendations likely come as no surprise: Take medication as directed. Exercise. Eat a healthy, low-salt diet. Stop smoking. Get enough sleep. Manage stress. Still, many patients don’t follow doctors’ orders, Dr. Rogal says. “People’s lives are so busy, and this tends to be a problem that’s not an immediate issue staring them in the face,” he says. “They think they can pay attention to it tomorrow.”

At the first sign of weakening or abnormality of the heart muscle, “I tell patients they need to start medications to help their heart muscle and begin to exercise,” Dr. Rogal says. “Walking is the easiest way to begin. And over the years, the pharmacology for heart failure has dramatically improved, so that we have a broad spectrum of medicines we can use.”

Dr. Rogal also recommends that patients with heart failure stop drinking. “Alcohol is a direct toxin to the heart muscle,” he says. “It can also lead to other issues, such as excessive sodium intake and dietary indiscretion. In my view, once you’ve started to develop any sign of heart muscle impairment, it’s time to hang up the alcohol.”

The same caution does not hold true for sexual activity. “In most cases, patients



TWO SIDES OF HEART FAILURE

WITH LEFT-SIDED HEART FAILURE, the muscle in the left side of the heart weakens so that the heart can’t pump enough blood properly (systolic dysfunction), or stiffens (diastolic dysfunction) so that the pressure in the heart goes up. Either case can result in fluid in the lungs and reduced heart output, resulting in marked reduction in exercise capacity, breathing difficulty and fatigue.

IN RIGHT-SIDED, OR RIGHT VENTRICULAR (RV) HEART FAILURE, the right side of the heart loses pumping power, leading to a backup of blood in the veins that results in swelling and congestion.

can remain sexually active,” Dr. Rogal says. “But be sure to discuss this with your doctor to ensure there are no limitations.”

Heart failure patients will find that the benefits of a heart-healthy lifestyle far outweigh the effort required to create new habits. Says Dr. Rogal, “You can live a very productive and positive life with heart failure—as long as you follow the guidelines shared by your doctor.”

YOUR HEART DOESN'T BEAT JUST FOR YOU. GET IT CHECKED.

The cardiac specialists at RWJBarnabas Health care for approximately 20,000 heart failure patients in New Jersey each year. RWJBH provides cardiac care for patients of every age and every condition, from wellness programs to heart transplants. To schedule a checkup or to learn more about world-class heart care near you, visit www.rwjbh.org/heart.



Harley (third from right) came back to Children's Specialized Hospital for a visit with friends and fellow alumni of the Chronic Pain Management Program.

WORKING THROUGH THE PAIN

HOW A BRAVE YOUNG WOMAN GOT HER LIFE BACK, WITH THE HELP OF CHILDREN'S SPECIALIZED HOSPITAL

When Katherine Bentley, MD, Director of the Pain Program at Children's Specialized Hospital, first met Harley Bourgeois, the 20-year-old had been confined to a wheelchair for more than a year.

Harley had traveled with her mother from their North Carolina home to New Brunswick so that the young woman could be evaluated for the hospital's Chronic Pain Management Program. It had been six years since Harley had been diagnosed with complex regional pain syndrome (CRPS), a chronic condition

that is thought to be caused by an injury to the nervous system, and that grows more excruciating over time.

"It was a long way to come just to be evaluated, but we had to



KATHERINE BENTLEY, MD

meet her, and she had to know what she would be getting into if she came back for the program," Dr. Bentley says. "It's a huge commitment. But she was ready for it."

UNEXPLAINED ACHES

Harley's problem started when, as a healthy middle-schooler, she had an X-ray for a minor injury that caught a suspicious abnormality on her right femur. An oncologist removed the lump, and all seemed well—but the aching in Harley's right leg never went away.

One day, the horse she was riding bucked, shooting her into the air. She landed on the same aching femur. For many months thereafter, she and her parents traveled from doctor to doctor as the pain escalated. By the time Harley got to Children's Specialized Hospital, the slightest touch—even a breeze—sent pain shooting through her body.

"CRPS is a hard diagnosis because it's a diagnosis of exclusion. You rule out everything else, test by test," Dr. Bentley says. "While we don't know everything about why a youngster might be experiencing this chronic pain, we know that intensive therapies and multidisciplinary treatment plans can help them." Harley worked with a dedicated team of physical therapists, occupational therapists, psychologists, child life specialists and physician/advanced practice nurses.

The Chronic Pain Management Program is not for the faint of heart. "Harley was

weaned off her pain meds, and had hours of therapy every day, six days a week," Dr. Bentley says. The goal of therapy is to re-train the brain to decrease sensitivity to pain. Patients can take advantage of aqua therapy in the hospital's pool, as well as cutting-edge technology like the ZeroG, a dynamic support harness that helps people walk without using their full body weight.

The program also emphasizes mental preparation for reentering the normal life that so many have lost. A typical day would include meditation, individual and group psychology sessions, peer mentoring and evening recreation.

Over the course of eight demanding weeks, Harley made progress: mastering the parallel bars, walking up a stair, walking with a walker and the ZeroG harness. Finally, one day when her mother visited, Harley surprised her by walking to her without assistance, and giving her a big hug.

That was in March 2018. Harley is now a student at North Carolina State University, fulfilling her dream of studying livestock and poultry management. She still makes time to visit her friends and former therapists at Children's Specialized.

"The takeaway of this story is, 'never give up hope,'" Dr. Bentley says. "Harley had been in such pain and dysfunction for a long time, but she kept looking for a way to get better. And thanks to her perseverance and commitment, she did."



To learn more about the Chronic Pain Management Program and other services at Children's Specialized Hospital, visit www.childrens-specialized.org.

SPECIALTY CANCER CARE— NOW CLOSE TO HOME

GYNECOLOGIC ONCOLOGIST LORNA RODRIGUEZ, MD, ANSWERS QUESTIONS ABOUT GYNECOLOGIC ONCOLOGY SERVICES AT RUTGERS CANCER INSTITUTE OF NEW JERSEY AT RWJUH HAMILTON.



LORNA RODRIGUEZ, MD

When should a patient see a gynecologic oncologist?

A. Patients are referred to a gynecologic oncologist when they're diagnosed with an invasive cancer in the gynecological tract: the uterus, cervix, vagina and ovaries. Their gynecologist, gastroenterologist, primary doctor, internist or even an emergency physician must recommend that they

consult with a gynecologic oncologist.

What can a gynecologic oncologist do for a patient?

A. We specialize in surgeries for people with gynecologic cancers. Studies show that survival rate improves when gynecologic cancer surgery is performed by a gynecologic oncologist.

Where do you treat patients at Robert Wood Johnson University Hospital Hamilton?

A. I see patients in the Cancer Center, next to medical oncology and radiation oncology. If a patient needs radiation therapy or chemotherapy, I refer them to those doctors. I'm kind of like the door to patient care for gynecologic cancer.

What makes the partnership between Rutgers Cancer Institute of New Jersey and RWJUH Hamilton unique?

A. The Cancer Center provides patients access to clinical trials—the newest state-of-the-art treatments—close to where they live and work. The patients used to come to New Brunswick to see me. Now, I go to Hamilton to see them.



RWJUH Hamilton's Young Professionals Group presented a donation to the hospital following October's Paint the Bar Pink event.

HAMILTON: THE NEXT GENERATION

THE YOUNG PROFESSIONALS GROUP SUPPORTS THE HOSPITAL'S MISSION WITH AN EYE TO THE FUTURE.

What began nearly 20 years ago as an informal get-together of under-40 up-and-comers swiftly organized and became one of the most vital adjuncts to the Robert Wood Johnson University Hospital Hamilton Foundation. Known as the Young Professionals Group (YPG), the group's early mission was to provide young people interested in helping the hospital network professionally and gain board experience.

As the group formalized, its primary mission evolved to help raise much-needed funds for the hospital's capital projects. When RWJUH Hamilton opened a new Pediatric Emergency Department in 2011, the Young Professionals Group pledged to help support the initiative. In 2016, the group wrapped up a five-year fundraising effort that resulted in a \$200,000 contribution; but it's by no means the end of their support of the hospital. "This year we committed to raise \$150,000 in 2019 and 2020 for our Cancer Center," says Brian Hartmann, a financial advisor who lives in Hamilton and serves as the group's current chairman.

To support their initiative, members host their signature event, All in Good Taste, in the spring, where they honor a Young Professional of the Year. They hold additional fundraisers throughout the year.

The membership of approximately 25 people changes regularly as members age out of the group and have the opportunity to be voted onto the Board of Trustees. There's never a shortage of young professionals eager to join, because the group makes contributing to their communities fun, says Rachel Holland, a Hamilton Square event planner and longtime member. "We're raising money, helping the hospital and helping the community," she says.

We're caring for the community together. Learn how RWJUH Hamilton is dedicated to ensuring a healthy community inside—and outside—its walls at rwjbh.org/Hamilton.



CANCER CARE, CLOSE TO HOME

RWJUH HAMILTON'S EXPANDED CANCER CENTER PROVIDES STATE-OF-THE-ART TREATMENT FOR THE WHOLE PERSON.

The days of traveling to “the city” for top cancer treatment are in the past.

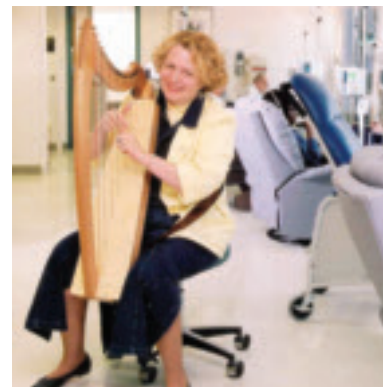
“We now have a comprehensive cancer center, right here in the community,” says Amy German, Practice Manager, Cancer Services, for Robert Wood Johnson University Hospital Hamilton. “Patients no longer need to commute to Philadelphia or New York for treatment,

which can be exhausting for them and for their families. They can now receive the highest standard of treatment closer to home.”

The newly expanded Cancer Center at RWJUH Hamilton, in partnership with Rutgers Cancer Institute of New Jersey (RCINJ), offers a comprehensive array of outpatient cancer services. The changes range from the high-tech—such as cutting-edge diagnostic and treatment techniques—to “high-touch,” including an experienced, compassionate staff and thoughtful design, which provide a comforting patient experience. The \$8.5 million expansion of the Cancer Center was completed in June 2018.



**RWJBarnabas Health and
Robert Wood Johnson University
Hospital Hamilton, in partnership with
Rutgers Cancer Institute of New Jersey—the
state’s only NCI-designated
Comprehensive Cancer Center—bring
a world-class team of researchers
and specialists to fight alongside you,
providing close-to-home access
to the latest treatment
and clinical trials.**



Opposite page: The infusion room gives a relaxing view of the zen garden. Above left: The Center's Siemens PET-CT Scanner helps Hamilton oncologists provide more precise treatment. Above middle: Reiki is one of several holistic therapies offered to patients. Above right: Live harp music is provided during treatment hours.

PRECISION IMAGING

The Center now boasts an expanded, state-of-the-art radiotherapy department, the centerpiece of which is the TrueBeam radiotherapy system. TrueBeam delivers targeted high-dose radiation beams to patients with lung, breast, prostate, head, neck and other cancers. The system allows oncologists to account for even minute changes in a patient's breathing and physical position, German says, so that the tumor is more accurately imaged and radiation beams are more precisely targeted. "Because radiation therapy is administered every day over several weeks, it's important that we hit the tumor's exact location with the correct dose of radiation every day, every time," German says. "TrueBeam allows us to do this."

The expanded Center's imaging lab now houses its positron emission tomography-computed tomography (PET-CT) imaging system—which, German notes, was located in a trailer before the expansion. The PET-CT essentially combines two imaging technologies to produce a sequence of super-detailed images. While numerous cancer centers use PET-CT imaging to confirm diagnosis, German says, RWJUH Hamilton also uses it to stage cancers and plan treatment, improving accuracy and eliminating the need for repeat testing.

A CALMING VIEW

While the expanded Cancer Center leads the way in technology and treatment, German says, it is also prepared to guide patients through cancer's harsh emotional toll. A small garden, complete with a waterfall, sculptures and wisteria that

blooms lushly in the spring, was created just outside the infusion treatment center to provide a calming year-round nature scene. Patients can view the garden through the center's bay windows while receiving chemotherapy or infusion therapy.

"Chemotherapy treatments usually last four to five hours, so we wanted to give patients something beautiful to look at while they sat through treatment," German says. Also new: an image salon, where women coping with cancer-related hair loss and appearance concerns can try on wigs and other accessories and get makeup tips from professionals to help them look and feel more confident.

MORE ON THE WAY

"We're focusing on treating the whole patient—physically, spiritually, socially and emotionally," German says. A range of on-staff specialists—from oncologists, oncology nurses and radiation therapists to pharmacists, research nurses, social workers and supportive staff—guide patients through the continuum of care. Nurse navigators help patients through the ins and outs of treatment.

A new holistic services program offers everything from art, aroma and pet therapies to meditation, spiritual enrichment, kinetic massage and reiki (a healing technique aimed at channeling the body's energy through touch). In addition, the hospital's volunteer department has recruited harpists to play beautiful music throughout the center during regular treatment hours.

Also on tap: a remodeling of the infusion center, which will begin in early 2019. German says the new center will

have a more modern, open look; foot traffic will flow more freely and efficiently. These efforts align with the Cancer Center's mission of providing a complete spectrum of outpatient cancer services—from diagnosis and treatment to disease management, emotional health and social services—all under one roof.

The RWJUH Hamilton Cancer Center's partnership with RCINJ further expands patients' access to new treatments and precision medicine, and offers patients with cancer the opportunity to participate in studies of investigational treatments that may help them and future patients. The National Cancer Institute recognizes RCINJ as a leader in cancer treatment innovation and research with its elite Comprehensive Cancer Center designation—one of only 70 in the U.S. "Being able to extend the knowledge and technology at RCINJ throughout the RWJBarnabas Health System is incredible," says Andrew M. Evens, DO, Director of the Lymphoma Program and Associate Director for Clinical Services at RCINJ. "Whether a patient is in South Jersey, Central Jersey or North Jersey, he or she has access not only to that innovation and cutting-edge therapy, but also to leading disease experts for any specific cancer."

Let's beat cancer together—close to home—at RWJUH Hamilton. To learn more, call **609.586.7900** or visit rwjbh.org/HamiltonCancer.



Community Education

Events are held at the RWJ Fitness & Wellness Center, 3100 Quakerbridge Rd., unless otherwise noted. All programs are FREE unless otherwise noted. Registration is strongly encouraged so that all guests may be seated and also notified if a program is canceled. Call 609.584.5900. ♻️ denotes a Holistic event.

♻️ Pathwork: First Friday Lecture Study

Fri., February 1, March 1 & April 5; 7 to 9 p.m.

Pathwork, a body of practical spiritual wisdom, presents a step-by-step journey of self-discovery. This year's theme: Learning to Love. Amy Rhett, Certified Pathwork Helper.

♻️ Toxic Beauty

Thu., February 7; 6:30 to 7:30 p.m.

Learn about the connection of illness and disease using personal care and beauty products. Gina Di Iorio.

Ask the Diabetes Educator

Fri., February 8, March 8 & April 12; 10 a.m. to Noon

Bring questions about pre-diabetes, type 1 diabetes and type 2 diabetes. M. Billie O'Donnell, BSN, RN, CDE. Appointment necessary.

Ask the Nurse Practitioner About Lung Health

Mon., February 11, March 11 & April 8; 10 to 11 a.m.

Do you have concerns about lung cancer, COPD or other lung disease factors and symptoms? Our nurse practitioner can help determine your risks for lung disease. Lung cancer screening available to current or former smokers only. Vivian Owusu-Mensah, MSN, RN, ANP-BC, OCN.

Women and Heart Disease

Tue., February 12; 6 to 8 p.m.

Cardiovascular disease is the No. 1 killer of women. About 44 million females in the U.S. are currently living with heart disease. Diagnostic testing, risk factors, signs, symptoms and treatment options discussed. Oleg Chebotarev, MD.

♻️ Private Reiki Sessions

Enjoy the profound relaxation of a private Reiki session ½ hour—\$40; 1 hour—\$80.

Patti McDougall, RN, Body-Centered Psychotherapist, Reiki Master.

- **Wed., February 13, March 13 & April 10; 5 to 8 p.m. by appointment**
- **Tue., February 19, March 19 & April 16; 2 to 5 p.m. by appointment**

Weight Loss: Medical Surgical Options

Tue., February 19, March 19 & April 16; 6 to 7 p.m.

Explore the options for shedding unhealthy weight. The new Center of Weight Loss can provide medically-supervised weight loss and bariatric surgery. Bring your questions for our bariatric coordinator and physician.

Ask the Dietitian

- **Wed., February 20; 9 to 11 a.m.**
- **Thu., April 25; 1 to 3 p.m.**

Do you have a question about diet and nutrition? Join Michelle Summerson, MEd, RD for a one-on-one Q&A, and receive a body fat screening. Registration required.

♻️ Mindfulness Meditation Practice

Wed., February 20, March 20 & April 17; 1 to 2 p.m.

Learn the gentle practice of Mindfulness Meditation, and experience relaxation and inner calm. No experience necessary.

Are You Feeling Tired?

Wed., February 20; 6 to 8 p.m.

Tiredness can be a symptom of many different diseases and conditions. Causes range from lack of sleep to overwork to a variety of medical conditions. Tiredness can be debilitating and interfere with normal daily activities. Maqsood Amjad, MD, Diplomate in internal medicine, hematology and medical oncology.

♻️ HealthRhythms® Drumming

Wed., February 20, March 20 & April 17; 7 to 8 p.m.

HealthRhythms®, an evidence-based program, strengthens the immune system and reduces stress. Drums provided or bring your own. Mauri Tyler, CTRS, CMP. Fee: \$15 per class.

♻️ Sound Healing: Gong Immersion

Thu., February 21; 6 to 7:30 p.m.

Use breathwork and gentle stretching to prepare for extended immersion in the transformative vibration of a 32-inch gong. Let the sound cut through blocks in the body and psyche, leaving you feeling cleansed, renewed and expanded. Bring a yoga mat and/or blanket, or you can sit in a chair. Carol Ann Meier, Kundalini yoga instructor, Reiki Master II. \$15.

Struggling With Jaw Pain?

Fri., February 22; 10 to 12 p.m.

Many people struggle with Temporomandibular Disorder (TMD) and are frustrated by

the symptom-based treatment methods available. Learn the root causes of TMD and how manual therapy can help or resolve symptoms permanently. Morad Fairoz, DPT, CIMT, CSCS, CEAS.

♻️ Exploring the Body-Mind Connection

Tue., February 26; 6 to 7:30 p.m.

Explore the body-mind connection in this experiential workshop.

♻️ Reiki Share

Wed., February 27, March 27 & April 24; 7 to 9 p.m.

For Reiki practitioners only—to share the gift Reiki with each other. Bring a pillow small sheet and blanket. Fee: \$5 per class.

♻️ Tools to Manage Priorities

Thu., February 28; 6 to 7:15 p.m.

Are you challenged with conflicting priorities? Life Success Coach Natasha Sherman will present tools and strategies to effectively manage the seemingly “unmanageable.”



FIRST SATURDAY WALKS

Walking in Nature—A Prescription for Better Health

Come discover the Abbott Marshlands with a knowledgeable guide. Each First Saturday Walk will explore a different part of this rich and diverse natural area. Guides and locations will vary so that all marshland trails will be explored during the year. For meeting times, location, trails, and cancellation information, go to abbottmarshlands.org.

Peripheral Artery Disease (PAD) and Wound Care

Thu., February 28; 6 to 8 p.m.
One in every 20 Americans over 50 has PAD, which can manifest itself in cramping, numbness, weakness or heaviness in the leg muscles. This disease poses particular problems for patients with chronic wounds. Risk factors, lifestyle changes and treatment discussed. Reza A. Shah, DO, FAPWCA, Medical Director, Wound Care Center.

Journey Through the Chakras

Tue., March 5; 6 to 8 p.m.
Come explore the chakras, the energy pockets of the body. Learn what the chakras are, how to tap into them and how exploring the chakras can benefit your overall health. Michele Wood, YT 200, Yoga Instructor. Fee: \$10.

Spring Cleaning with Natural Products

Thu., March 7; 6:30 to 7:30 p.m.
Learn about the dangers of toxic chemicals found in home cleaning products and learn about healthy alternatives for an eco-friendly home. Led by Gina Di Iorio.

Cancer: Thriving and Surviving Program

Wed., March 13 through April 17; 1 to 3:30 p.m.

This six-week interactive program designed by Stanford University teaches techniques to deal with frustration, fatigue, pain, isolation, poor sleep and living with uncertainty. Information on nutrition, exercise, communication, relationships and complementary therapies are addressed.

ORTHOPEDICS OPEN HOUSE

Joint Replacement & Robotic Surgery

Thu., March 21; 6 to 8 p.m.

Discover the latest advances in knee and hip replacement surgery. Learn how the Center for Orthopedic & Spine Health prepares you for a successful joint replacement, and talk to our rehabilitation team. Dinner included. John Nolan, MD, fellowship-trained orthopedic surgeon and RWJ physical therapists.

Explore Meditation and Book Signing

Thu., March 21; 6:30 to 8 p.m.
Join author of *Home at Last*, Sarada Chiruvolu as she shares her personal experience of seeking higher states of consciousness and experiencing self-realization through meditation practice. Book signing to follow.

Reiki 1 Certification Class

Sat., March 23; 10 a.m. to 4:30 p.m.
Reiki means "spiritual energy" or "transcendent life force," which is a non-invasive, gentle touch that accelerates the body's natural healing processes, supports mental and emotional healing and gives an overall sense of well-being. Learn this powerful technique and be able to practice on yourself, friends and pets. You will learn the history, proper hand placement and have lots of time for practice. 6 CEUs for nurses.* Fee: \$170.

Blindsided by Addiction

Sun., March 24; 1:30 to 3:30 p.m.
No one sets out to become an addict. Yet, somehow, through repetition and ritual, drug-taking becomes unstoppable. Arthur Tomie, Ph.D., will answer the question, "How does voluntary and controlled drug use turn into out-of-control drug addiction?"

Eating on Cue: Simple Strategies to Slim Down

Thu., March 28; 10 to 11 a.m.
Explore what it means to eat "mindlessly" as we navigate the complexities of our food environment. Michelle Summerson, MEd, RD.

The Link Between Hearing Loss and Dementia

Fri., March 29; 10 a.m. to 12 p.m.
Older adults with hearing loss are more likely to develop Alzheimer's disease and dementia, compared to those with normal hearing. Audiologist Lorraine Sgarlato will discuss how hearing aids can save your brain.

Hernia—What Is that Bulge?

Tue., April 2; 6 to 8 p.m.
A hernia occurs when soft tissue or part of an organ squeezes through a weak spot in a muscle wall or band of tissues. Types of hernias include hiatal, umbilical and inguinal. Signs and symptoms and treatment discussed. Elie Goldenberg, MD.

CONTINUED ON THE NEXT PAGE

*NURSING CONTACT HOURS

Robert Wood Johnson University Hospital Hamilton is an approved provider of continuing nurse education by the New Jersey Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number P190-9 / 12-09 / 15. Provider Approval is valid through September 30 2015.



Spring Mini Medical School

RWJBH Physicians "GO GLOBAL"
Spring 2019 Semester

Tue., March 5, 12, 19, 26; 6 to 8 p.m.

Enjoy a four-week course taught by RWJBarnabas Health physicians as they share their "up front and personal" experiences of practicing medicine in other countries. Those who complete Mini Medical School will receive a certificate at a graduation ceremony. Fee: \$40. FREE to high school students.

WEEK 1

• Opening Address and Welcome

F. Javier Villota, MD, Internal Medicine
Medical Director of Mini Medical School

• Instagramming Global Health: The Case for Cultural Humility

Ernani Sadural, MD, Obstetrics/Gynecology
Director of Global Health, RWJBarnabas Health system

WEEK 2

• My Experiences in Mexico and Guatemala

F. Javier Villota, MD, Internal Medicine

• My Experiences in The Himalayas and India

Deep Trivedi, MD, Urology

WEEK 3

• My Experiences in China

David Eingorn, MD, Orthopedics

• My Experiences in Pakistan

Maqsood Amjad, MD, Internal Medicine, Hematology and Oncology

WEEK 4

• My Experiences in Lebanon

Firas G. Eladounikdachi, MD, Breast Surgical Oncologist

• My Experiences in the Philippines

Maria J. Kowzun, MD, Breast Surgical Oncologist

Ask the Diabetes Team

Thu., April 4; 1:30 to 3 p.m.

Do you have questions about the lifestyle changes required to achieve better control of your diabetes or prediabetes? Bring your questions to our diabetes educator, registered dietitian, and health coach.

~ Harnessing the Power of MIND/BODY Medicine: Strategies for Optimum Health, Balance & Well-Being

Thu., April 4; 6 to 7:30 p.m.

This unique workshop will focus on Conscious Breathwork, Guided Imagery, Meditation, Affirmations and Reiki energy healing techniques, and how to incorporate them into one's daily life. No meditation experience needed. Fee \$15. Participants will be seated on chairs and are encouraged to wear comfortable clothes.

Tips for Beating Spring Allergies

Wed., April 10; 6 to 8 p.m.

April showers can bring... spring allergies. Nearly 60 million Americans suffer from allergic rhinitis (hay fever). Triggers, symptoms and treatment discussed. Anthony J. Ricketti, MD, board-certified, fellowship-trained allergist, and Peter Ricketti, DO.

Are You Stressed?

Tue., April 16; 1:30 to 4:30 p.m.

Take a simple test to find out your stress level. Information and coping strategies will be individualized for you. Shirley Roberts, MA, LPC. Appointment necessary.

TMJ Update

Tue., April 16; 6 to 8 p.m.

Are you one of the three million Americans who suffer from Temporomandibular disorder or TMJ? Causes, symptoms, treatment, exercise and surgery discussed. Sean E. Bradley, DMD; Morad Fairoz DPT, CIMT, CSCS, CEAS; and James Schorsch PT, DPT, Cert CCTT.

~ CELEBRATE EARTH DAY!

Creating a Sustainable Life: Making the Shift

Tue., April 16; 6 to 9 p.m.

Learn ways you can reduce

your carbon and water footprint and show how small changes can have a big impact on the survival of our planet. Fee \$15.

~ Joy Rising: An Introductory Workshop

Thu., April 18; 6 to 8 p.m.

Remember your childhood wonder at a first snowfall? Finding a frog? Seeing fireworks? Through a series of fun activities, boost your awareness, playfulness, creativity and vitality, and begin again to feel Joy Rising. Carol Ann Meier, Kundalini yoga instructor, Reiki Master II.

Conversations of Your Life

Thu., April 18; 6:30 to 8 p.m.

A community conversation around advance care planning.

Our hope is that individuals will engage in fruitful dialogue with their family, friends or doctors to promote understanding of their end-of-life wishes.

Managing Pain: Recent Updates and Technologies

Tue., April 23; 6 to 8 p.m.

Come learn the current techniques, technologies and strategies available to patients in the management of pain as well as the guidelines and safe use of medications. Pavli Demian, DO.

Keeping Your Mind Sharp As You Age

Fri., April 26;

10 a.m. to 12 p.m.

Are you doing everything you can to keep your mind in

optimal shape? Learn simple things that you can do every day to maintain and enhance your memory and thinking skills. Sarah Masco, M.S., OTR/L

Osteoarthritis: Diagnosis and Treatment

Tue., April 30; 6 to 8 p.m.

Osteoarthritis affects an estimated 27 million Americans. The chance of developing the disease increases with age. Symptoms, causes, diagnosis and treatment discussed. Alexander Willis, MD, fellowship-trained orthopedic surgeon.



Seniors

Support groups accept walk-ins. All programs are FREE unless otherwise noted.

The AARP Driving Course

Mon., February 4, March 4 & April 1; 9 a.m. to 3 p.m.
Be a safer, better driver. Most insurance companies will lower your premium with a completion certificate. Bring your NJ or PA driver's license. Fee: \$20; \$15 AARP members; cash/check only.

AARP Income Tax Preparation FREE

Wed., February 6 through April 10; 9 a.m. to 1 p.m.
Appointments mandatory. Volunteers will prepare and e-file your federal and state income-tax returns. This service is available through AARP to anyone with low-to-moderate income. Bring all necessary paperwork. No advice given.

Grief & Loss Group for Older Adults

Thu., February 7 & 21; March 7 & 21; April 4 & 18; 1:30 to 2:30 p.m.
If you have lost a loved one or been separated from your support system, you can find comfort and begin to cope better by interacting with others.

Letting Go of Clutter

Tue., February 12, March 12 & April 9; 1:30 to 3 p.m.
This support group explores how our emotional ties to our "stuff" can create clutter and affect our mood.

Discovering the Gold in the Golden Years

Tue., 1:30 to 2:30 p.m.
An upbeat, safe place for older adults to express concerns and talk openly about stressors in a discussion group format.
• **February 19:** Heart Health
• **March 19:** Keeping Your Mind Sharp
• **April 16:** Seniors and Exercise

The Wise Woman: Positive Aging

Thu., 1:30 to 3 p.m.
As we age, the twists and turns of life challenge us to remain positive and stay engaged in life. Interactive group format.
• **February 28:** The Heart of a Woman
• **March 28:** Boundaries: Setting and Respecting Them
• **April 25:** Spring: A Time for Optimism

Youth Health & Safety

Classes and screenings are held at the RWJ Fitness & Wellness Center, 3100 Quakerbridge Rd., unless otherwise noted. All programs are FREE unless otherwise noted. Registration is strongly encouraged so that all guests may be seated and also notified if a program is canceled. Call 609.584.5900.

KidsFit Program for Weight Challenged Youth and Teens ages 8–16 and a Parent/Caregiver. FREE

Call 609.890.4441 for registration information. This 9-week all-inclusive wellness program teaches children, teens and their families how to live a healthier lifestyle. Focus is on nutrition and healthy eating, physical activity, behavior changes and self-esteem.

Kids in the Kitchen

Hands-on cooking class directed by a dietitian. For children ages six and older with parent/caregiver. \$5 per child; \$5 per parent/caregiver. Register early; limited class size.

- **Snack Attack!**
Thu., February 7, 6:30 to 8 p.m.
- **Super Switches: Healthy Recipes for Picky Eaters**
Fri., March 8, 6:30 to 8 p.m.
- **It's Grilled Cheese and Garden Month!**
Thurs., April 11, 6:30 to 8 p.m.



Support Groups & Caregiving

Unless otherwise noted, support groups and caregiving classes are held at RWJ Fitness & Wellness Center, 3100 Quakerbridge Rd. All programs are FREE unless otherwise noted.



BEREAVEMENT

Call 609.631.6980 for registration and location.

CANCER

All cancer support groups meet at the Cancer Center.

BREAST CANCER

Meets first Tue., 6:30 p.m.
609.584.2836.

GYN CANCER

Meets second Tue., 2 to 3:30 p.m.

CONDITIONS

ALZHEIMER'S SUPPORT

Wed. February 20, March 20 & April 17; 6 p.m.
Support provided by Oaks Integrated Care,
609.396.6788, ext. 213.

BARIATRIC WEIGHT LOSS SUPPORT GROUP

Tue., February 12, March 12, April 9;
6 to 7 p.m.
Call 609.249.7510 to register.

DIABETES SUPPORT GROUP

Fri., February 1, March 1, & April 5;
1:30 to 3 p.m.
Call 609.584.5900 to register.

NICOTINE ANONYMOUS

Fridays, 7 p.m.
Outpatient Auditorium, RWJUH Hamilton.
609.584.0122. No registration required.

PERIPHERAL NEUROPATHY

Call 609.587.7215 for registration and location.

STROKE SURVIVORS SUPPORT GROUP

Wed., February 6, March 6 & April 3;
6 to 7:30 p.m.

SMOKING CESSATION

Start with a consultation.
609.584.2826

QUIT SMOKING/TOBACCO CESSATION SUPPORT GROUP

Thu., February 21, March 21 & April 18;
6 to 7 p.m.

Group counseling. Prescriptions for smoking cessation medication (gum, patches, etc.) available upon request. To register, call Vivian Owusu-Mensah at 609.584.2826.

CAREGIVING

CAREGIVER SERIES: CARING FOR LOVED ONES WITH CHRONIC CONDITIONS

Mon., 10:30 to 11:30 a.m.

- **February 4:** Controlling Caregiver Burnout
- **February 11:** Importance of a Living Will
- **March 4:** Keeping Your Loved One Safe
- **March 18:** Community Resources
- **April 1:** Making Placement Decisions
- **April 15:** Medicare and Medicaid

Caring for a chronically ill senior can take a physical and emotional toll on family members. An Oaks Integrated Care senior well-being specialist.

ADULT CHILDREN CARING FOR PARENTS

Mon., 5:30 to 7 p.m.

- **February 4:** Coping with Memory Loss
- **February 11:** Respite Options
- **March 4:** Controlling Caregiver Burnout
- **March 11:** Exploring Types of Dementia
- **April 1:** Keeping Your Loved One Safe
- **April 8:** Seven Stages of Dementia

An Oaks Integrated Care caregiver specialist will conduct these interactive workshops on crucial topics as well as facilitate a supportive group experience.



Health Screenings

Screenings are FREE unless otherwise noted. Appointments required. Call 609.584.5900 to schedule unless otherwise noted.

HAMILTON

**RWJ FITNESS &
WELLNESS CENTER**
3100 Quakerbridge Rd.

Blood Pressure Screenings FREE

- Tue., February 5; 10 to 11 a.m.
- Mon., March 18; 10 to 11 a.m.
- Tue., April 2; 10 to 11 a.m.

Hypertension has no symptoms but can lead to heart disease, stroke, kidney damage and eye problems. Knowledge is power! Know your numbers and learn natural ways to help reduce your blood pressure.

Memory Screening Fri., February 8; 10 a.m. to 12 p.m.

Mini-Mental State Exam is a quick assessment to discern normal aging versus potential problems.

Cholesterol Lipid Profile/ Glucose/Blood Pressure & Stroke Risk Assessment

Tue., February 19, March 19 &
April 16; 8:45 to
10:45 a.m.

Simple finger stick. Fast for 12 hours prior. Registration required. Fee \$5.

Osteoporosis Screening Tue., February 19; 10 a.m. to 12 p.m.

Ultrasound of the heel.

Orthopedic Screening: Upper Extremity

Thu., April 11; 4 to 6 p.m.
Meet with an orthopedic physician and physical therapist who will assess bone/joint pain, test strength and range of motion. Kimberly Zambito, MD.

Take-Home Colorectal Kit Tue., April 23; 9:30 to 10 a.m.

Learn how to use this simple take-home test used to detect early colon cancer.

RWJ HAMILTON AUDIOLOGY BALANCE CENTER

Hearing Screening

Wed., February 20, March 27 &
April 24; 1:30 to 3 p.m.

Lorraine Sgarlato, AuD.
Call 609.245.7390 to register.

Fall Prevention/Balance Screening

Wed., February 20, March 27 &
April 24; 1:30 to 3 p.m.

Palak Mulji, PT, DPT.
Call 609.245.7390 to register.

RWJ HAMILTON VEIN AND VASCULAR SURGERY CENTER

Varicose Vein & Venous Screening

Thu., March 7; 4 to 6 p.m.

Registration required.
Call 609.570.2071.

Sto Poblete, MD.

CANCER CENTER

Prostate Cancer Screening Mon., February 11; 5 p.m. at CINJ

Registration required. Call 609.584.5900. Includes an exam and PSA blood test. Exam by Christopher Arellano, NP. Thank you to the John Paul Geijer Memorial Foundation for its contribution toward this screening.

COLUMBUS

Orthopedic Screening: Shoulder

Thu., March 14; 4 to 6 p.m.

Meet with an orthopedic physician and physical therapist who will assess bone/joint pain, test strength and range of motion. Michael Duch, MD, orthopedic surgeon.

NJAC FITNESS CENTER

Orthopedic Screening: Foot/Ankle

Wed., February 13; 4 to 6 p.m.

Meet with an orthopedic physician and physical therapist who will assess bone/joint pain, test strength and range of motion. Rudolf Zak, DPM.

