

Neuromuscular Disorders

Atlantic Neuroscience Institute



Atlantic
Health System



Overview

Neuromuscular disorders encompass a broad range of diseases of the peripheral nervous system. These conditions can affect movement and sensation of your face, arms and legs and may lead to many different disabilities.

Atlantic Health System's Neuromuscular Disorders Program, based at Atlantic Neuroscience Institute, incorporates the latest advances in the diagnosis and treatment of neuromuscular disorders. Our diagnostic team of neurological specialists begin this process by reviewing your medical history and discussing your health with you at length to provide expert, compassionate care of conditions, such as:

- Amyotrophic lateral sclerosis (ALS), or Lou Gehrig's disease
- Chronic inflammatory demyelinating polyradiculoneuropathy (CIDP)
- Guillain-Barre syndrome (GBS)
- Peripheral neuropathy (including diabetic neuropathy)
- Small fiber neuropathy
- Genetic and hereditary neuropathy (including Charcot-Marie-Tooth disease)
- Myasthenia gravis
- Muscular dystrophies
- Muscle diseases, including genetic and drug-induced myopathy
- Myositis, including dermatomyositis, polymyositis and Inclusion body myositis
- Nerve compression (such as carpal tunnel syndrome or ulnar neuropathy)
- Nerve injuries
- Radiculopathies (Sciatica)
- Plexopathies

Diagnosis of neuromuscular disorders requires detailed clinical evaluation, and treatment can directly address the disorder and ease symptoms. Our neuromuscular team employs a multidisciplinary approach. You will have access to a variety of specialists, personalized to your underlying condition. We work with patients and their families and provide referrals for additional tests and services as needed.

The team includes: your primary neurologist, nurses, a social worker, physical, occupational and speech therapists through Atlantic Rehabilitation, a pulmonologist, and a gastroenterologist.

Signs and Symptoms

The signs and symptoms of neuromuscular disorders depend on the involved location within the neuromuscular system. Common symptoms of neuromuscular disorders including muscle weakness and atrophy, numbness, tingling, double vision, droopy eyelids and swallowing problems. Various blood tests can help support the diagnosis.

Treatment

Treatment options for neuromuscular disease depend on the part of the nervous system that is affected. Treatments may include immune suppression with medication, intravenous gamma globulin, or physical therapy to improve strength and function. We specialize in these difficult diagnoses and in helping guide you through available treatment — be it for cure, disease control, or symptomatic improvement.

Comprehensive Range of Clinical Services

Atlantic Neuroscience Institute offers a comprehensive approach. To determine an expert diagnosis, and provide appropriate disease education, the specialized team can employ a variety of techniques, such as:

- Electromyography (EMG) and nerve conduction studies
- Lumbar puncture (spinal tap)
- Brain and spine imaging studies (MRI, CT, PET, etc.)
- Genetic testing
- Skin biopsy
- Nerve and muscle biopsy
- Multidisciplinary care including physical and occupational therapists, speech and swallowing specialists, social workers, pulmonary medicine specialists, cardiologists, gastroenterologists and palliative care experts
- Infusion therapy with intravenous immunoglobulin and select chemotherapies
- Plasma exchange (plasmapheresis)
- Potential participation in medical research studies

Meet Our Doctors

Patients of Atlantic Neuroscience Institute can take advantage of the outstanding care within Atlantic Health System, one of the state's largest and most comprehensive hospital systems. Our team will work with you, your family, and your referring physician to coordinate treatment, follow-up care and education.



Andrew Tarulli, MD



SCAN ME



Jillian Alderson, MD



SCAN ME



John Halperin, MD



SCAN ME



Megan Leitch, MD



SCAN ME

Frequently Asked Questions

What should I expect for my first appointment?

Please arrive 30 minutes early for registration. Bring a list of your current medications. You may be seen by a student or nurse practitioner in conjunction with the doctor. The visit will begin with a history of your symptoms followed by a neurologic examination.

How often do I need to be seen by the doctor?

This will be determined at the end of the visit but, typically, follow-up visits are scheduled every three to six months depending on your diagnosis/treatment.

Will I need a referral?

This is determined by your insurance company.

How long will the visit be?

Most new visits may take up to one hour, and follow-up visits may take up to 30 minutes.

What to Expect

Schedule appointment

Schedule an appointment by:

- Direct scheduling through MyChart
- Atlantichealth.org
- Call 908-522-2829

Once your appointment is made:

If you were referred by a physician, you will need to obtain a referral and/or prior authorization if required by your insurance provider.

If you scheduled an appointment without a physician referral, bring any medical records you have, such as previous reports and imaging.

Confirmation Calls

Immediately upon scheduling you will receive a text message confirming the appointment details.

One week prior to the appointment you will receive a reminder prompting you to confirm your attendance.

The physician office will contact you to complete the preregistration process.

A second reminder will be sent one to two days prior to the appointment.

Appointment Reminders:

- Please arrive 30 minutes prior to your appointment time
- Upon arrival you may be assessed for COVID-19 symptoms as well as a temperature screening.
- You will be required to wear a mask for the duration of the visit.
- Please bring a list of the most current medications along with any existing medical records, image reports, imaging CDs or recent labs tests (if done outside of Atlantic Health System).

For appointments at Overlook Medical Center:

- Park across the street from the hospital in the West Garage.
- The 5th floor is the main floor once you enter the hospital.
- Bear to your right, past Panera Bread. At the first hallway, there will be a large sign that says Atlantic Neuroscience Institute. Turn right down the hall and enter the door for the office.
- If you pass security on your left, you have gone too far.
- Check in at the front desk in Atlantic Neuroscience Institute. Once checked in, you will be escorted to an exam room by a medical assistant.
- Your vital signs will be checked and a review of your medical history and medications will be done.
- You will be seen by the neurologist or nurse practitioner.

For appointments at Atlantic Health System Bridgewater Pavilion:

- Park in lot to the right when you come off the highway.
- Enter the facility under the awning labeled Atlantic Health System – Bridgewater Pavilion.
- Proceed to the end of the hallway to Suite 155 and check in at the desk labeled Multispecialty Suite.
- Your vital signs will be checked and a review of your medical history and medications will be done.
- You will be seen by the neurologist or nurse practitioner.

Office visits

New visits will take approximately 60 minutes. Established visits take approximately 30 minutes. As part of the practice, we collaborate with nurse practitioners who may see you for follow-up or urgent visits.

Electromyography (EMG)

Electromyography (EMG) is a test to measure muscle response or electrical activity when a nerve in the muscle is stimulated. It is used in conjunction with a nerve conduction study to help diagnose neuromuscular diseases when there is pain, tingling or weakness in the limbs to help diagnose the underlying condition.

Electromyography/Nerve Conduction Studies (EMG/NCS)

- Please wear loose fitting clothing. Do not wear lotion or extra jewelry.
- It is okay to take your regularly prescribed medications, including blood thinners, prior to the procedure. You may take pain medication as needed.
- You will be asked to complete consent forms.
- You will be asked to change into a gown.
- The studies will take approximately one hour.
- You will receive the preliminary results of the testing immediately after the procedure. You can discuss next steps based on the results of the EMG with the doctor who ordered the test.
- Any ordered imaging/procedure/medication by the neurologist will be preauthorized by the neurologist's office.
- Any order made by your primary care physician will need to be completed by that office.
- Afterwards, you will be escorted to the check-out desk and will receive follow-up instructions and patient education materials.

MyChart

MyChart is your personal, patient-centered, fully secure connection to Atlantic Health System. With MyChart, patients who receive care at any of our locations — including Atlantic Medical Group physician practices, Chilton, Hackettstown, Morristown, Newton and Overlook medical centers — can take an active role in managing their own health.

- eCheck-In
- Access health records, lab results and proof of vaccinations
- Request and manage appointments
- Request prescriptions refills
- Bill pay

Scan to learn more at
[MyChart.atlantichealth.org](https://mychart.atlantichealth.org)



About Atlantic Neuroscience Institute

Our goal is to provide the highest quality neurology and neurosurgery services to all patients served by Atlantic Health System. We share best practices systemwide to ensure consistent, outstanding care.

Our most complex patients are treated at Overlook Medical Center's Atlantic Neuroscience Institute, the leading provider of neurological care in Northern New Jersey, in the Joint Commission-certified Comprehensive Stroke Center, one of only about 180 in the United States, the Gerald J. Glasser Brain Tumor Center, and our Level 4 (highest level) Epilepsy Center. Since 2017, Overlook Medical Center has been named by Healthgrades among the Top 5% of hospitals in the U.S. for excellence in neurosciences, cranial neurosurgery and treatment of stroke more times than any other hospital in New Jersey or New York.

We have established a reputation for excellence in the diagnosis and treatment of:

- Brain tumors
- Cerebrovascular disease: stroke, aneurysms and subarachnoid hemorrhage
- Degenerative diseases of the nervous system
- Epilepsy
- Multiple sclerosis and other inflammatory disorders of the nervous system
- Memory and cognitive disorders including Alzheimer's disease
- Movement disorders: Parkinson's disease, essential tremor and restless legs syndrome
- Neuromuscular disease
- Pain and headache
- Spinal disorders
- Traumatic brain injury including concussion

Locations:

Overlook Medical Center
99 Beauvoir Avenue
Summit, NJ 07901
908-522-2829

Atlantic Health System Bridgewater Pavilion
1125 Route 22 West, Suite 155
Bridgewater, NJ 08807
732-667-1123



Multidisciplinary Team

Atlantic Health Rehab (Speech, Occupation and Physical Therapy)

550 Central Avenue
New Providence, NJ 07974
908-522-2215

Pulmonology

Atlantic Medical Group
Dr. Nisha Kotecha
1 Springfield Avenue, Floor 3
Summit, NJ 07901
908-934-0555

333 Mount Hope Avenue, Suite 220
Rockaway, NJ 07866
908-934-0555

Dr. Erwin Oei
8 Saddle Road, Suite 101
Cedar Knolls, NJ 07927
973-267-9393

1125 Route 22 West, Suite 170
Bridgewater, NJ 08807
908-947-7022

Gastroenterology

Atlantic Medical Group
Dr. Sabina Braude
33 Overlook Road, Suite 201
Summit, NJ 07907
908-522-5040

Nutritionist / Dietician

Jami Mansing, RDN
33 Upper Overlook Road
MAC I, Suite 408
Summit NJ 07908
908-598-6517

Pulmonary Function Testing

99 Beauvoir Avenue
Summit, NJ 07901
855-862-2778

100 Madison Avenue
Morristown, NJ 07960
973-971-5172

Video Swallow Study (Modified Barium Swallow)

99 Beauvoir Avenue
Summit, NJ 07901
908-522-2065

Social Work

Victoria (Tori) Veninata, MSW, LSW
99 Beauvoir Avenue, 5th Floor
Summit, NJ 07901
908-522-3517

Notes

Overlook Medical Center

99 Beauvoir Avenue
Summit, NJ 07901
908-522-2829

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atlanticealth.org/neuroscience

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