

AtlanticView

at Overlook | Summer 2018

MOMENTS THAT MATTER

SURVIVING A STROKE

READ LINDSEY'S STORY

Is It Memory
Loss or
Alzheimer's?

Should You
Throw Out
Expired
Medication?

I'm Healthy –
Why Should I
See My Doctor?



Atlantic Health System
Overlook Medical Center

I'm proud to share with you that Overlook Medical Center has received the prestigious Top 25 Environmental Excellence Award from Practice Greenhealth, the nation's leading organization dedicated to environmental achievements and sustainability in the health care sector. The top 25 hospitals receiving Practice Greenhealth's highest honors are leading the way and setting the highest standards for environmental practices in health care. And, Overlook once again received Practice Greenhealth's Greening the OR Award, which recognizes our hospital for demonstrating the most success in reducing the environmental impact of its surgical suites.

In addition, Overlook has received an A rating in hospital safety from the Leapfrog Group, an independent organization that rates the quality and safety of health care facilities. This highest score reflects our clinical excellence, teamwork and commitment.

In this issue of *AtlanticView*, you'll read about a young mother with a rare genetic condition. She was airlifted to Overlook's Comprehensive Stroke Center with symptoms of an imminent stroke and a tear in her nearly completely blocked carotid artery, and treated with a complex surgical procedure, preventing a traumatic stroke. You'll also learn about Overlook's Institute for Rheumatic and Autoimmune Diseases (IRAD), a truly unique resource in New Jersey. You will read about Sharon, a woman with the systemic autoimmune disease lupus for 35 years, who's determined to live every day to the fullest

and the team of dedicated IRAD staff are helping her to do so.

Not every hospital has a Caregivers Center. Overlook, in fact, is the only hospital in the state of New Jersey to have an in-hospital facility that provides a tranquil environment and free support services for families managing the stress associated with caring for a loved one. At the Thomas Glasser Caregivers Center, we are proud to provide compassionate support for our caregivers who are an integral part of the healing process.

Wishing you and yours a very happy, healthy summer.



Alan Lieber

ALAN LIEBER
President,
Overlook Medical Center

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Atlantic Health System, an integrated health care network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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A Center of Excellence in Your Backyard

Atlantic Health System serves a region of 4.9 million people at over 400 sites of care. We are proud that our "systemness" ensures that patients receive the right care, in the right place, at the right time.

It is equally important to recognize individual members of the Atlantic Health System family, the care communities that make us who we are.

For you and your family, this means shining a spotlight on Overlook Medical Center, industry leader in outcomes and innovation – right in your own backyard.

- Clinical excellence recognized by U.S. News & World Report, Healthgrades, Women's Choice and UNICEF
- First Northeast hospital to treat difficult-to-reach tumors through non-surgical Cyberknife® technology
- Caregiver Center: Quiet spaces for family members caring for loved ones
- NJ's only Neurointensive Care Unit: empowering recovery from stroke, brain and spinal surgery, and head trauma

It's no wonder Overlook's commitment to innovation, health and wellness is respected nationwide. The team is right around the corner, ready to care for your family day and night.

As always, thank you for entrusting Atlantic Health System with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System



Overlook Medical Center Named Among Top 25 Hospitals in the U.S. for Environmental Stewardship in Health Care

Overlook Medical Center, part of Atlantic Health System, has received the Top 25 Environmental Excellence Award from Practice Greenhealth, the nation's leading organization dedicated to environmental sustainability in health care. The award is one of the Environmental Excellence awards given each year to honor environmental achievements in the health care sector.

The 25 hospitals presented with Practice Greenhealth's highest honors exemplify environmental excellence and are setting the highest standards for environmental practices in health care. Award winners are leading the industry with innovation in sustainability – and have the data and documentation to prove their success. Each year, the competition for these top spots increases as hospitals across the country continue to innovate. The Top 25 winners

represent the top 5-10 percent of the best performing hospitals participating in Practice Greenhealth.

In addition to the Top 25 honor, Overlook once again received the Greening the OR Award, which recognizes the facilities demonstrating the most success in reducing the environmental impact of their surgical suites.

The Top 25 award marks a new high on a steady climb in recognition for Overlook for its achievements in sustainability in recent years. Since 2015, Overlook has been consistently recognized by Practice Greenhealth, last year receiving the prominent Greenhealth Emerald Award. The hospital had previously received the Greenhealth Partner for Change Award for two consecutive years, as well as the Greening the OR Award. The hospital earned the Making Medicine Mercury-Free Award in 2015.

OVERLOOK MEDICAL CENTER EARNS AN 'A' IN HOSPITAL SAFETY



The Leapfrog Group released its list of Hospital Safety Scores, which gives single-letter grades based on 30 measures of publicly available hospital safety data, and purports to represent a hospital's overall performance in keeping patients safe from preventable harm and medical errors. Overlook Medical Center has earned an A rating for patient safety, thanks to our clinical excellence, teamwork and our strong commitment to our patients who put their health in our hands.

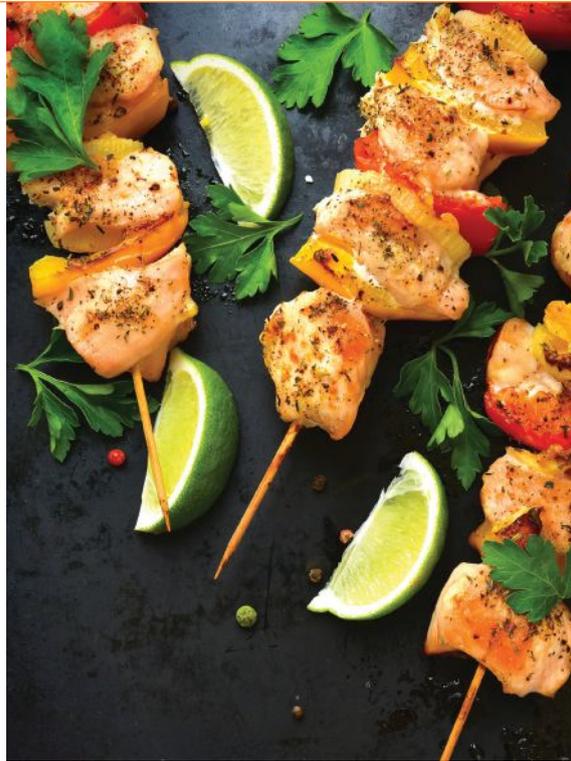
Handle With Care

3 Easy Food Safety Tips

Now that summer is here, do not be surprised to see people taking advantage of the warmer weather and grilling. Barbecues are a great way to socialize and enjoy some great food, but they can also be a not-so-fun way of contracting food poisoning.

These general food handling tips can help keep that risk to a minimum at barbecues and even inside your home:

1. **Wash your hands constantly.** Raw meat, poultry and seafood can be rife with foodborne germs. Clean your hands with soap before and after handling these items; you should also wash work surfaces and utensils.
2. **Avoid cross-contamination.** Use separate cutting boards and utensils for produce and raw food.
3. **Invest in a food thermometer.** An instant-read thermometer is an ideal way of seeing whether food has been cooked long enough. Relying on sight alone can be hit or miss.



STAY ON TOP OF ATLANTIC HEALTH SYSTEM NEWS

AtlantiCast is Atlantic Health System's very own newscast. Broadcast every two weeks, AtlantiCast is a local news source for all things happening at Atlantic Health System's hospitals and the communities we serve.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticcast.org. It is also available on local news outlets, including News12, Fios1, Patch and TapINTO.

June is LGBTQ Pride Month

We provide welcoming care to all patients and their loved ones.

Chilton Medical Center
Goryeb Children's Hospital

Hackettstown Medical Center
Morristown Medical Center

Newton Medical Center
Overlook Medical Center



Atlantic Health System



Bonni Guerin, MD, in lab at Overlook Medical Center's Carol G. Simon Cancer Center

New Breast Cancer Study Sheds Light on Treatment Recommendations

Bonni Guerin, MD, medical director, Breast Cancer Treatment and Prevention, Overlook Medical Center, and her patients have helped change the treatment paradigm for the most common type of breast cancer. Based on results of the landmark TAILORx trial, many women for whom doctors would otherwise recommend chemotherapy in addition to hormone therapy will no longer have to receive chemotherapy. Dr. Guerin, Overlook Medical Center's principal investigator for the clinical trial, and her team recruited more participants for this massive international study than any other cancer center in the region (New York, New Jersey, Connecticut, Pennsylvania and Delaware).

"As a center at the forefront of research, we are proud to be a major contributor to finding answers to a central question about breast cancer treatment," says Dr. Guerin. "This study affords us an unprecedented level of precision and clarity in making informed choices in treatment recommendations based on the individual fingerprint of each woman's cancer. This is a great advance toward providing the most precise, individualized and effective care."

Results of the 10,000-participant trial were presented at the ASCO Annual Meeting and published in the *New England Journal of Medicine*. The groundbreaking study showed that up to 70 percent of women with hormone-driven breast cancer that has

not spread and does not contain HER2 protein may not benefit from chemotherapy. Using genetic testing to guide them, Dr. Guerin and researchers at nearly 1,200 sites on five continents randomly assigned breast cancer patients into two groups: One group received hormone therapy alone, while the second group received hormone therapy plus chemotherapy. They followed study participants for up to 10 years.

For this group of patients at intermediate risk, hormone therapy prevented their cancer from recurring or spreading to their lymph nodes as effectively as hormone and chemotherapy combined. While these results held true for women age 50 or older, some patients who were premenopausal and/or under 50 were found to benefit from chemotherapy. ▲

ATLANTIC MEDICAL GROUP

Dr. Guerin is a part of Atlantic Medical Group, a multispecialty network of health care providers. For more information about research and trials, visit atlanticealth.org/research.

THE THOMAS GLASSER CAREGIVERS CENTER

Inspired by and Built for Our Community of Caregivers

THE THOMAS GLASSER
CAREGIVERS CENTER



The only in-hospital facility of its kind in New Jersey, the Caregivers Center provides a tranquil environment and free support services for families managing the stress and special needs associated with caring for a critically, chronically or terminally ill loved one during a hospital stay.

"My world was turned upside down in one evening," says Roma Raghavendra, of Basking Ridge, when describing the night Karthik, her 44-year-old husband, suffered a brain hemorrhage, which led to a stroke and being admitted to Overlook's Neuro Intensive Care Unit. "I was scared. I was alone (my mother was watching our two young sons), and I was overwhelmed. And then I met Marian.

"She was an ear when I needed it, and she invited me to come over to the Caregivers Center. It was like a hidden gem! There, surrounded by soft music, comfortable chairs, and a serene environment, I was able to sit, relax, and decompress."

During the next 15 days of Karthik's stay in the ICU, Roma visited the Caregivers Center on a regular basis, grateful for the many services and resources offered by friendly, caring staff.

"When I didn't feel like eating, they encouraged me to have a healthy snack and get a relaxing massage. When I had questions, they provided a wealth of information and useful materials. Heather, a child life specialist, was so great at preparing our nine-year-old son, Oliver, to visit his dad in the ICU for the first time – explaining in advance that he would have electrode monitoring devices on his head.

"I cannot tell you how incredibly important it is to have a center like this. I'll never forget the kindness extended to me and my family by Valerie and the volunteers during an extremely difficult time. I feel like I'm part of a family now."

Even Oliver, a third grader at Cedar Hill School, chimed in with his own five-star rating.

"They had a Sony DVD player and let me watch my favorite video!"

"There are stories like this every day," says Marian Teehan, a licensed clinical social worker at the Thomas Glasser Caregivers Center, which, since its opening in July 2011, has become a home away from home for increasing numbers of families with loved ones hospitalized at Overlook.

"We've created an atmosphere of caring and sharing here," adds Teehan. "Some people like to sit with their laptops. Others enjoy the chair massage, and many find relief in just sharing their stories. They suddenly realize that they are not alone in their struggle. They have support."

The only in-hospital facility of its kind in New Jersey, the Caregivers Center provides a tranquil environment and free support services for families managing the stress and special needs associated with caring for a critically, chronically or terminally ill loved one during a hospital stay. Serving as a place of respite and resource for approximately 100 families each month, the beautifully appointed space is located adjacent to Overlook's main lobby and features a massage room, a resource library, computer stations, private waiting areas for larger groups, and a kitchen supplied with refreshments, snacks and soups.

The center offers complimentary relaxation therapies such as massage, Jin Shin Jyutsu, art activities, music and pet therapy; child

life services for young visitors; referrals for community resources to help ease the transition to home; and spiritual care. Open seven days a week, it is staffed by Marian Teehan, a full-time licensed clinical social worker; Valerie Gagliano, the caregiver liaison and specially trained volunteers who regularly visit other areas of the medical center – such as ICU waiting areas – where caregivers often need support and guidance.

"I cannot tell you how incredibly important it is to have a center like this. I'll never forget the kindness extended to me and my family by Valerie and the volunteers during an extremely difficult time. I feel like I'm part of a family now."

– Roma Raghavendra

Programs Available for ALL Caregivers

While serving families whose loved ones are hospitalized at Overlook is at the heart of the Caregivers Center, it also offers much-needed support to caregivers everywhere.

"There are many people in a caregiving role in our communities," observes Teehan, "and to ease their burden and isolation, we felt it necessary to offer programs that benefit all family caregivers."

The Caregivers Center hosts art, music and writing therapy workshops that are open to the public. New this year is a Qi Gong class, a practice that focuses on gentle movement, breathing, and meditation to alleviate stress and calm the mind.

Caregivers in Overlook's communities can visit a new Community Resource Library, which offers free informational material, including the *Caregiver's Resource Guide*. Appointments can be made with licensed social workers and volunteers, who can help connect caregivers with critical resources. There are bereavement support groups for spouses, as well as for adults and children who have lost a parent, developed in conjunction with the Palliative Care, Hospice and Oncology departments.

"The Caregivers Center was inspired by the community and came to fruition because of an outpouring of community support," Teehan points out. "We want people to know that it's here for all members of the caregiving community – both within and beyond our hospital walls." ▲

For more information about the Thomas Glasser Caregivers Center and its programs for caregivers, visit atlantichealth.org/overlook/visitors/caregivers+center or call 908-522-6347.

Moments That Matter

SURVIVING A STROKE



Quick medical response gives mom her life back

Carotid artery dissection.

It's one of the most common causes of stroke in younger adults. And while you might not associate the word "stroke" with younger patients, the condition – if not treated immediately – could lead to paralysis and even death.

Lindsey Singh can attest to the importance of immediacy. The 31-year-old mother of two from Flanders experienced vision disturbances in her right eye during a spin class on April 7, 2017.

"I knew right away something wasn't right," says Lindsey, who was aware of stroke symptoms following a transient ischemic attack (TIA) three years earlier. "First it was my vision; then my right side got weak. In a strange way, the previous event alerted me to act quickly."

Lindsey immediately called her husband, Avtar, who brought her to Hackettstown Medical Center, where her incredible journey began. A CT scan revealed no noticeable concerns, but the Hackettstown team was not convinced. Following a CT angiogram, doctors determined there was a tear in her carotid artery (large blood vessel to the brain) and it was 90 percent blocked.

"It's rare for someone that young to have stroke symptoms, so missing the diagnosis would have been catastrophic," says Hackettstown emergency room physician

Maulik Trivedi, MD. "Once we knew what we were dealing with, we moved fast."

Lindsey was transported by medical helicopter to the Comprehensive Stroke Center at Overlook Medical Center in Summit, where she underwent several angiograms to assess her arteries before stroke specialists placed a stent in her neck to open the occlusion.

"With cases like this, we usually treat the issue medically, but the medical therapy failed with Lindsey," says Paul Saphier, MD, an endovascular neurosurgeon for Overlook Medical Center. "She went from bad to worse quickly."

Her right arm went numb, her speech was slurred, and she was confused – all indicators of an imminent traumatic stroke. "It was a life-or-death moment," says Avtar. "It felt like our lives were on the brink of falling apart – then Dr. Saphier joined Lindsey's medical team."

Dr. Saphier recommended a complex procedure that would offer Lindsey the best chance of surviving. During the high-risk surgery, complicated by Lindsey's fragile vascular system (which she later learned was due to a rare genetic syndrome called Ehlers-Danlos), Dr. Saphier successfully prevented a debilitating stroke.

"At the time, I wondered if I would ever make it out of the hospital," says Lindsey.

"I wouldn't be here today for my children if it wasn't for Dr. Saphier."

– Lindsey Singh

"But then Dr. Saphier saved my life. I wouldn't be here today for my children if it wasn't for Dr. Saphier."

Following surgery, Lindsey made an awe-inspiring recovery. She quickly progressed through therapy and began taking steps and speaking fluidly within a month. And just six months after surgery, she resumed much of her normal life and continues to make progress in the last leg of therapy to strengthen her right arm and hand.

"I can't thank everyone enough – the doctors and nurses at Hackettstown and Overlook were wonderful," says Lindsey. "They helped me get my life back. And I'm forever grateful." ▲

Overlook Medical Center is recognized by Healthgrades® as being in the top 5% of stroke programs nationwide.

A RAY OF HOPE

IN THE FIGHT AGAINST SKIN CANCER

After the loss of his friend and colleague, Mark I. Zimmerman, MD, FCCP, FACP, is determined to lead the fight against skin cancer through the Enright Melanoma Foundation.

“Joe and I practiced together at the same time in the early 1990s,” recalls Mark Zimmerman, MD, FCCP, FACP, when discussing his friend and colleague Joseph E. Enright, MD. “Joe was a friendly, outgoing guy with a quick wit and a deep devotion to his family and patients. Although we practiced in different departments – he was an internist and I a pulmonologist – we became fast friends.”

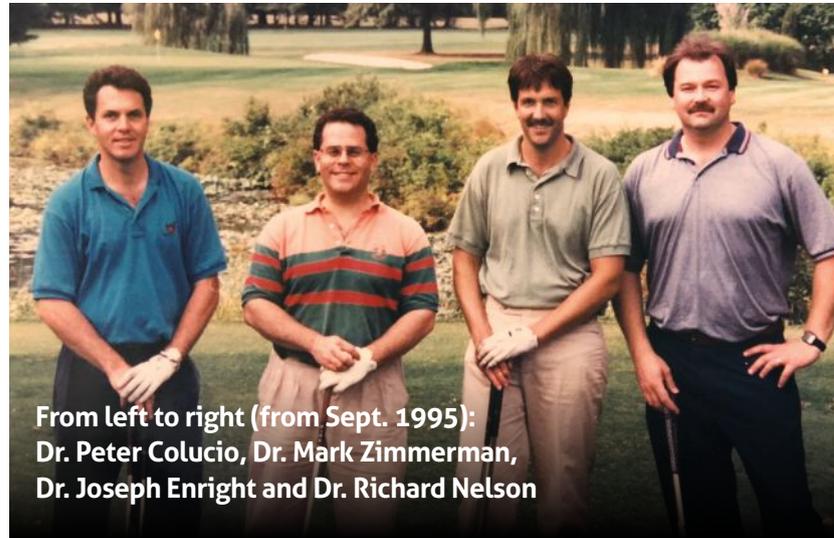
Dr. Enright died of malignant melanoma in 1996 when he was just 37. He left behind his wife, Kathy, two young children, and many devastated family members, friends, colleagues, and patients.

“He was the closest person to me who had ever died,” remarks Dr. Zimmerman, “and I wanted to do something in his honor that might help save other lives.”

In 1999, Dr. Zimmerman and his colleagues founded the Enright Melanoma Foundation, dedicated to the memory of Dr. Enright. Dr. Zimmerman served as its founding president until 2002, when he was succeeded by Richard Nelson, MD, another one of Dr. Enright’s early colleagues and the foundation’s current president. Today, nearly 20 years later, the doctor-led nonprofit organization remains committed to fulfilling its mission of raising sun safety awareness and preventing melanoma through education and early detection.

“With skin cancer rates rising, it is imperative that we educate young people and those who influence them about the dangers of overexposure to the sun and ultraviolet radiation,” says Dr. Zimmerman. “Our philosophy is that the sun is meant to be enjoyed ... enjoyed while being properly protected, and so our message is Apply Cover Enjoy™.”

Through free online resources, educational presentations, community events, and partnerships with school districts, universities, camps, health and recreation departments, and like-minded foundations and organizations, the Enright Melanoma Foundation has made great strides promoting sun safety awareness to children and adults from New Jersey and beyond. It has earned recognition from the Centers for Disease Control and Prevention



From left to right (from Sept. 1995):
Dr. Peter Colucio, Dr. Mark Zimmerman,
Dr. Joseph Enright and Dr. Richard Nelson

for its innovative educational efforts and is an active member of the National Council on Skin Cancer Prevention. More than 4,100 adults and children have become Enright Sun Safety certified via the foundation’s signature multimedia/interactive, online Enright Sun Safety Certification™ programs for kids, teens and adults.

Despite these successes, Dr. Zimmerman states that he and others involved with the Enright Melanoma Foundation will not be content to rest on their laurels until the foundation is to melanoma what the Susan G. Komen Foundation is to breast cancer.

“Everyone in our organization has been touched by melanoma, and that’s what fuels our passion to take this foundation to the next level,” points out Dr. Zimmerman. “Melanoma is preventable, and we are committed to ending its devastating consequences.”

For more information about the Enright Melanoma Foundation and the Enright Sun Safety Certification™ programs for ages 5 and over, visit enrightmelanomafoundation.org. ◀

ATLANTIC MEDICAL GROUP

Dr. Zimmerman is part of Atlantic Medical Group, a multispecialty network of health care providers. He practices with Pulmonary and Allergy Associates in Summit, NJ. Visit atlanticmedicalgroupnj.org.



Here Comes the Sun

Summer's here, and we're soaking up the sun in more ways than one: at the beach, in the backyard, on the golf course, or maybe even with the cartop down. Dr. Eric Whitman, medical director of Atlantic Health System Cancer Care and founder and director of the Atlantic Melanoma Center, wants to remind people that "we should always be reminded of both the danger from excessive sun exposure and skin cancers, as well as the amazing progress made over the last few years in melanoma and skin cancer treatment."

"I'll admit, we feel better in the sun and we look better when we're tan. But a suntanned body is a sign of skin damage," says John M. Williams, MD, PhD, a Harvard Medical School and Stanford University-trained, board-certified dermatologist and founder of the Skin Care and Surgery Center in Summit. "A tan indicates that you've damaged your skin enough to cause your body to produce increased melanin in response to that damage."

And that's just what's happening on the surface, Dr. Williams points out. The sun's ultraviolet rays – even if you do not burn – can lead to skin cancer. In fact, just one blistering sunburn in childhood or adolescence more than

doubles your chances of developing melanoma later in life.

Dr. Williams offers these tips for protecting your skin from the damaging effects of the sun:

- Minimize exposure to the midday sun (10:00am to 2:00pm).
- Wear clothing, hats and sunglasses that protect the skin. UV-protective clothing with an ultraviolet protection factor (UPF) rating of 50+ blocks virtually 100 percent of the sun's ultraviolet rays.
- Use a broad-spectrum sunscreen (UVA and UVB protection) with a sun protection factor (SPF) of 30 or more.
- Apply sunscreen 15-20 minutes prior to sun exposure AND apply enough to be effective (equivalent to a full shot glass for the entire body).
- Reapply sunscreen every two hours or after swimming or sweating.
- Do not use sunlamps or tanning beds.
- Consider a self-tanning product but continue to use sunscreen.
- Perform regular skin self-exams, paying attention to the size, shape, edges and color of every mole on your skin.
- If you see something, say something ... schedule a visit to your dermatologist for a professional skin cancer screening.

If you're over 50, have a family history of melanoma or have multiple moles (>50), get a skin cancer screening every year.

"Skin cancer is the most common form of cancer in the United States," observes Dr. Williams. "Statistics show that one in five Americans will develop skin cancer in their lifetime. The good news is that, when detected early, it's highly treatable." Adds Dr. Whitman, "We are excited to work with outstanding dermatologic practitioners like Dr. Williams. Our partnerships with dermatologists in the community create a seamless path for optimal skin cancer care for patients and their families." ▲

Dr. Williams can be reached at 908-598-1300.

ATLANTIC MEDICAL GROUP

The Atlantic Melanoma Center is an internationally recognized clinical and research center. Practitioners include Drs. Eric Whitman, Lee Starker and Kai Bickenbach, all of whom are part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

A large, stylized illustration of a caduceus (a staff with two snakes and wings) is composed of many puzzle pieces. Several silhouettes of people are shown in various poses, appearing to be placing or adjusting the puzzle pieces. The puzzle pieces are light blue with a textured, grainy appearance. The silhouettes are dark blue/black.

Piecing the Puzzle Together

Our doctors take a multidisciplinary approach to diagnosing and treating autoimmune diseases

If there is a common thread that binds together the multitude of rheumatic and autoimmune diseases, it's that the diversity and complexity of these conditions can make them difficult to diagnose. But at Overlook's Institute for Rheumatic and Autoimmune Diseases (IRAD) – the only hospital-based facility of its kind in New Jersey – doctors take a comprehensive approach to delivering concise and accurate diagnoses and treatment plans.

Directors Neil Kramer, MD, and Elliot Rosenstein, MD, describe IRAD as “a multidisciplinary center without walls,” where several different subspecialists come together to meet the needs of patients. “These diseases regularly affect multiple organ systems, so our team of rheumatologists coordinates the diagnosis and treatment of our patients with specialists in those areas,” explains Dr. Rosenstein. “Atlantic Medical Group has made it easy to ensure that all of those pathways to care are in place and that our patients are seen by quality specialists.”

The rheumatologist team at IRAD (in addition to Drs. Kramer and Rosenstein, the team includes Drs. Nicholas Cannarozzi, Nicole Daver, Nikolay Delev, Jeffrey Greenberg, Sneha Pai, Sheetal Patel, Thomas Nucatola and Andrew Weinberger) meet weekly to share insights, and the cases of new patients with challenging clinical problems are presented to the entire group.

The immeasurable value of this roundtable approach truly changes the landscape of rheumatic and autoimmune diseases. “Conditions that were once considered debilitating or even fatal are controllable, and most patients are now able to resume or continue their regular activities of daily living with little or no adjustments required,” says Dr. Kramer. ◀

Overlook's Institute for Rheumatic and Autoimmune Diseases (IRAD) is the only hospital-based facility of its kind in New Jersey, and doctors take a comprehensive approach to delivering concise and accurate diagnoses and treatment plans.



Living With Lupus

Surviving – and thriving – with an autoimmune disease

This summer, Sharon Snyder will celebrate her 58th birthday and all the joys that come with it. But for nearly two-thirds of her life, she has coexisted with lupus, an autoimmune disease that can affect many different body systems, from joints, skin and blood cells to kidneys, brain, heart and lungs. Like other systemic autoimmune diseases (of which there are many), lupus occurs when the body's immune system attacks its own tissues and organs, and – as is all too common with these disorders – can be difficult to diagnose because its signs and symptoms often mimic those of other ailments.

For Sharon, too, the path to diagnosis included the pitfalls of two misdiagnoses: rheumatoid arthritis and mixed connective tissue disease. It was not until 1983, when she sought out a second opinion from Neil Kramer, MD – currently director, with Elliot Rosenstein, MD, of Overlook's Institute for Rheumatic and Autoimmune Diseases (IRAD) – that she learned she had lupus. "Dr. Kramer diagnosed me within the first few months of seeing him. It was a scary time," Sharon says of her life 35 years ago. "I was young. I had significant pain. And this diagnosis was pretty frightening. How was it going to impact the life I wanted to live? This disease is complicated, but Dr. Kramer worked with me to develop a treatment plan that preserves my quality of life."

Over the years, that plan has changed, whether in response to shifts in her condition, stage of life (under Dr. Kramer's care, for example, she was able to come off certain medications in the early '90s when she and her husband wanted to start a family), or advances in medications. "There have been short-term plans and long-term plans, but the goal has always been to follow the treatment plan that finds the right balance of medication and lifestyle," says Sharon.

When Sharon's condition flares – times when her lupus symptoms worsen for a while – she often notices an increase in arthritic sensations and sometimes fluid retention in her feet (which can signal lupus nephritis, involving the kidneys), but over the years symptoms have been as vague as a sharp pain in her rib cage (for a while she thought she may have pulled a muscle, but it turned out to be pleurisy, inflammation of the lungs). Other times, Sharon does not notice any physical change, but Dr. Kramer will detect a difference in her blood work and adjust her treatment plan accordingly. "Lupus is so mysterious and can manifest itself

in so many different ways, some of which I can detect and others I might not sense at all," says Sharon. "I've learned throughout the course of my disease to be very aware of my body and what felt normal for me, and when something felt outside of that norm, I had it checked out right away. I also have regular quarterly visits with Dr. Kramer to check all of my counts, which help us stay on top of any flares. It has been a very effective way to manage my lupus."

Despite 35 years of living with lupus, Sharon has maintained a positive attitude and is as committed to her mental health as to her physical health. "I tend to be a positive person," she says. "From the very beginning, I decided to deal with the ups and downs of my disease as best I could and to live each day to the fullest. I have followed Dr. Kramer's medical advice, as well as the advice of my other medical specialists, and always took the medications prescribed to me."

Sharon has not allowed her lupus to sideline her from the life she wants to lead. She follows a healthy diet, exercises, goes bike riding, and enjoys traveling. (She is also diligent about protecting herself from the sun, a frequent trigger for flares among many patients with lupus.) She also practices meditation, yoga and tai chi to re-energize herself and remain focused on her health and well-being. "I feel meditation and exercise were key activities to help me stay physically, mentally and spiritually healthy. I am convinced it was an important aspect of maintaining my good health," she says. "I think it is important that patients are actively engaged in their own disease management in partnership with their doctor. With Dr. Kramer's expert advice and guidance, I have been able to achieve an excellent quality of life over the past 35 years. For that, I am very grateful." ▲



Sharon Snyder

ATLANTIC MEDICAL GROUP

Drs. Kramer and Rosenstein are part of Atlantic Medical Group, a multispecialty network of health care providers. They can be reached at the Institute for Rheumatic & Autoimmune Disease at 908-598-7940 in Summit, NJ. For more information, visit atlanticmedicalgroupnj.org.



I'm Healthy –
WHY SHOULD I SEE MY
**FAMILY
DOCTOR?**

We've all been told about the importance of preventive medicine – that diagnosing a medical issue early makes it easier to treat and may even save your life.

But sometimes, getting that annual physical is easier said than done. You're busy. You cannot take time off work. You're traveling. So, you put that appointment with your family doctor on the back burner.

Primary care physicians agree that there are important reasons to schedule an annual checkup every year – reasons you may not have considered.

BUILD A TRUSTED RELATIONSHIP

"It's wise to establish a relationship with a family physician before there is an urgent need," observes Jeanine Bulan, MD, an internist with Atlantic Medical Group in New Providence. "That way, there's someone who knows about your past medical issues, your family history and your overall lifestyle. They can monitor your preventive care, keep track of other screenings such as mammograms, Pap smears and colonoscopies, as well as step right in to coordinate specialized care if a serious health issue arises."

Technology complements that relationship.

"We can all go online and get medical information, but nothing beats the personal approach," says Elise Butkiewicz, MD, medical director of Overlook's Family Medicine Residency Program and a community-based family physician at Overlook's Family Medicine Center in Summit. "Having a relationship with your family physician has 'round-the-clock' benefits. Whether you're home or away, you can call our office and get advice, access your online patient portal for test results and appointments, and communicate with us via a secure online messaging system."

Doctor-patient relationships can also extend past your own health care, she points out. Your family physician can be a trusted adviser when searching for resources like assisted living facilities for your elderly parents or sports medicine facilities for your teen athlete.

"We want people to feel comfortable at our office," adds Dr. Butkiewicz, who completed her own residency training with Overlook's Family Medicine Department 20 years ago. "Patients are assigned to designated nurses, some of whom have been with the practice for more than 30 years. They have a great sense of familiarity with our health care team, which contributes to the relationships we build and the family atmosphere that creates."

KNOW YOUR NUMBERS

There are many serious health issues that have no symptoms, and high blood pressure and diabetes are just two of them.

"If you get annual blood work and blood pressure screenings, you'll know your numbers for cholesterol, blood glucose, blood pressure and other health indicators," says Dr. Bulan.

"Ideally, you should have blood work done at least a week before you see your doctor," she points out, "so that you can review the results in person, understand what those numbers mean, and discuss steps you might take to address issues that are detected."

Patients newly diagnosed with diabetes or prediabetes, for example, can be paired with a certified diabetes educator who will help them understand how to manage their condition through diet, exercise, stress management and medication.

MIND YOUR MIND HEALTH

Are you stressed? Feeling anxious or a little down? When you have a trusted relationship with your family doctor, you'll feel more comfortable discussing personal issues that may be impacting your emotional health.

"During an annual checkup, we look at the whole patient – your physical as well as your emotional well-being," comments Dr. Butkiewicz. "We encourage you to tell us how you're feeling, and can provide access to on-site counseling, long-term therapy, group counseling, and medication, if needed, to address a patient's behavioral health needs."

SET GOALS

An annual checkup is a good time to set health goals for the upcoming year, advises Dr. Bulan.

Whether you want to quit smoking, lose weight, eat healthier, or start an exercise program, your family physician can get you on the right track and help monitor your progress.

Your next visit will be your motivation to achieve a healthier you. 

**Are you looking for a new primary care physician?
Call 844-264-2250.**

ATLANTIC MEDICAL GROUP

Drs. Bulan and Butkiewicz are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org

A Global Perspective

Many miles from home, in the most remote corners of the world, our physicians, nurses and staff are making a difference.



Dr. Kaye examining patients in Honduras.

“We are all part of the world’s community,” says Susan Kaye, MD, medical director of academic affairs for Atlantic Health System and chair of the Department of Family Medicine for Overlook Medical Center. It’s a tenet she takes to heart: When Dr. Kaye is not teaching or delivering health care to her own patients locally, she’s focusing her attention globally, ensuring that people in some of the most impoverished parts of the world have access to quality care.

For 20 years, Dr. Kaye has overseen the Benjamin H. Josephson, MD Fund, named in honor of pediatrician Benjamin Josephson, MD, one of the founding directors and mentors of the Overlook Family Medicine Residency Program. Upon Dr. Josephson’s death in 1998, a close friend of his, Donald Gant, who is a retired partner from Goldman Sachs and active in philanthropy, came forward and asked what could be done to memorialize Dr. Josephson. Dr. Kaye recommended that a foundation be formed for medical professionals who want to do humanitarian work, just as Dr. Josephson had been doing with disaster relief medicine in his retirement.

“The reason the fund exists is to empower individuals who have thought about medical volunteering but have not had the resources to do so,” explains Dr. Kaye. “The Josephson Fund becomes a conduit for that and gives them an experience that leads to a lifetime

commitment of medical volunteerism, both overseas and right here at home.”

To date, the fund has dispersed nearly \$1 million to more than 400 professionals – many of them from Atlantic Health System – on missions to more than 40 countries in Southeast Asia, Africa, Central America, China, India and more. “When we first started, we were funding individual people. Over time we’ve matured, and now we also fund groups and projects,” says Dr. Kaye, who travels to Honduras twice a year as a global health volunteer with Shoulder to Shoulder, a group that delivers sustainable health, nutrition and education services. “We’ve seen more people from Atlantic Health System come together to work with the same organizations over and over again on sustainable projects in the same communities, not just one-off trips.” By way of example, she cites Hands Up for Haiti, a medical humanitarian organization championed by Atlantic Health System pediatrician Mary Ann LoFrumento, MD. She also cites Morristown Medical Center’s chair of the Department of Surgery, Rolando Rolandelli, MD, who directs Unidad Hospitalaria Móvil Latinoamérica (UHMLA), physicians who deliver surgical interventions for people who would not have access to state-of-the-art surgery, “or any surgery at all,” says Dr. Kaye.

She points out that Josephson Fund volunteers travel to some of the most underserved and impoverished communities in the world, where many people live on less than \$2 a day. “We focus on developing sustainable resources in the community and try to impact all social determinants of health, not just medical care,” she says. The programs that are implemented – nutrition, dental, water purification, and education and scholarship programs – “leave a real footprint” on the communities where care is delivered. “Periodic, acute medical care doesn’t do much,” says Dr. Kaye. “Our programs provide continuity and sustainability.”

For those who give their time to volunteering in communities that otherwise lack medical care and other resources, the experience is both eye-opening and rewarding.

“These missions expose our volunteers to the deplorable conditions much of the world lives in, and how full of resources we are compared to other health care systems in the world,” says Dr. Kaye. “So many of our volunteers have gone back again. The fact that we get so many repeaters is so fulfilling. These are truly life-changing experiences for our volunteers and for those who receive their care.” ▲

For more information on the Benjamin H. Josephson, MD Fund, or to make a donation, go to bhjfund.org.



The Rx for Expired Medication

You suspect you have an infection, and there are leftover antibiotics in your medicine cabinet. Is it OK to take them, even if they are past their expiration date?

"Aside from the fact that it's not a good idea to diagnose your own symptoms and take prescription medication before consulting a doctor, there is no way to guarantee a medication is safe and effective past its expiration date," says Heidi Hornstein, PharmD, BCPS, clinical pharmacist and co-chair of the Medication Management Committee for Overlook Medical Center.

Indeed, the FDA does not require pharmaceutical companies to test the long-term efficacy of medicines past their designated expiration date, so the shelf life of most products is unknown.

According to Hornstein, some medications like liquid antibiotics are not as stable as solid dosage forms past their expiration date. Others – like insulin and nitroglycerin – quickly lose their potency and could have serious consequences if consumed past their shelf life. Even an aspirin taken daily to prevent stroke could be less potent (and less effective) if it's outdated.

WHEN IN DOUBT, THROW IT OUT

"Clean out your supply of prescriptions and over-the-counter medicines on a regular basis, just as you would clean out your pantry or refrigerator," Hornstein advises. "Toss out expired medications and replenish them before you are tempted to take them in a pinch."

Project Medicine Drop – operated by the New Jersey Division of Consumer Affairs – allows consumers to dispose of unused and expired medications anonymously, seven days a week, 365 days a year, at drop boxes located at participating police departments.



When it comes to managing medication, the old cliché **"better to be safe than sorry"** may be the best prescription.

KEEP MEDICINES OUT OF THE MEDICINE CABINET

The best way to keep medicines safe and effective up to their expiration date is to store them properly. Follow storage instructions on the label.

Some medicines need to be refrigerated, and most cannot be exposed to heat or humidity – the conditions that exist in a bathroom medicine cabinet. It's best to store medicines in a cool, dry place such as a dresser drawer, closet shelf or high kitchen cabinet to prevent access by children or others who may be tempted to misuse prescription drugs.

When it comes to managing medication, the old cliché "better to be safe than sorry" may be the best prescription. ◀

An estimated five million U.S. adults age 65 and older are living with Alzheimer's disease; millions more are living with other forms of dementia. Perhaps you know one of them – or perhaps you're concerned about changes in memory or cognitive abilities in yourself or a loved one. Is every forgotten grocery item or missed appointment a red flag?

Not necessarily, says Anjali Patel, DO, a neurologist who specializes in memory and cognitive disorders – but it's important to investigate further. "Just as your body

changes as you age, your brain changes," she says. "Processing speed slows; you may forget a word and then it comes to you, or you may forget why you walked into a room. If you're concerned about memory loss or concerned about cognitive changes or changes in mood, start that conversation with your physician."

WHAT'S ON YOUR MIND?

Are misplaced keys, forgotten names, and lost words a normal part of the aging process, or a sign that it's time to seek help?

In fact, it's even better to begin that dialogue before one notices changes. Unlike other health metrics that are easily measured and tracked (cholesterol levels, blood pressure, etc.), cognitive ability is deeply individualized and more difficult to evaluate. Dr. Patel suggests that adults in their 50s and 60s speak to their primary care physicians about simple baseline testing, which can make a decline in memory or cognitive ability easier to recognize.

KNOW THE DIFFERENCE

Distinguishing between simple forgetfulness and an actual memory loss condition is not always easy. Through the Memory and Cognitive Disorders Program at Overlook Medical Center's Atlantic Neuroscience Institute, Dr. Patel and neuropsychologist Keren Lebeau, PhD, are able to evaluate patients and make a proper diagnosis.

"We offer comprehensive tests and evaluations that provide an objective measure of each patient compared to same-aged peers," says Dr. Lebeau. As a neuropsychologist, she looks at all aspects of cognitive function – working memory, language ability, executive functions, learning and memory, visual-spatial perception, mood and

Unlike other health metrics that are easily measured and tracked, cognitive ability is deeply individualized and more difficult to evaluate.





VISUALIZING ALZHEIMER'S DISEASE

Imaging technologies enable our physicians to reach a more definitive diagnosis earlier in the disease state, when interventions can be most helpful.

What does Alzheimer's look like? Outward symptoms can be vague and vary from person to person, especially in the earlier stages of disease. But a closer look inside the brain can provide powerful answers.

At Overlook, our neurologists often rely on brain imaging studies and collaborate with neuroradiologists (radiologists who have additional subspecialty training in imaging of the central nervous system) to help inform a diagnosis. "When a patient presents to his or her health care provider with symptoms of dementia, we're able to provide imaging tests that help lead to diagnosis," explains Neil Horner, MD, FACR, chief of neuroradiology for the Department of Radiology at Overlook Medical Center, and chief of neuroradiology for Atlantic Health System and Atlantic Neuroscience Institute. "Our role in diagnosing Alzheimer's is to exclude other causes that could lead to a decrease in cognition or higher-level functioning – things like a hematoma, brain tumor or multiple strokes – and also to assist in helping to differentiate Alzheimer's disease from other dementia states."

One such imaging test is a PET scan, which is used to assess how different areas of the brain metabolize glucose – a reflection of the brain's functionality. Other tests are CT and MRI scans, both of which visualize the anatomy of the brain.

Also available at Overlook is a combined PET CT scan, with the added benefit of CortexID. "We have had the ability for the last 10 years to take a patient's PET scan and use CortexID to improve the specificity of diagnosing dementia versus the normal aging process," says Dr. Horner. CortexID, he explains, is a composite database that allows physicians to compare a patient's own PET CT images against age-stratified normals and patient groups, thereby helping to differentiate between mild cognitive impairment and the normal aging process.

To date, CortexID has been used on 750 patients at Overlook. "With CortexID, we're able to make a diagnosis before any other anatomical finding shows up," says Dr. Horner. "An early diagnosis is what we strive for, because that's when we are able to make the most difference."



DO YOU HAVE **MEMORY LOSS**?

These questions may help determine if an evaluation with a neurologist should be considered.

Do you have trouble recalling words or names in conversation?

Do you have trouble concentrating?

Do you sometimes forget where you are or where you are going?

Have family or friends told you that you are repeating questions or saying the same thing over and over again?

For additional questions, please visit our website at atlanticealth.org/neuroscience.

more – through standardized measures. Dr. Patel provides a neurocognitive evaluation from a medical perspective, relying on a detailed exam, medical and family history, plus blood work and imaging studies, to differentiate between the normal aging process or something more.

“Sometimes changes can be subtle, like missing a bill payment,” says Dr. Patel. “We’re looking at the whole picture. When did symptoms start? Are there changes in mood? Is there a movement component? How well is the person able to care for herself or himself? We may also recommend blood work or imaging studies, such as MRI, CT and PET scan.” Also available is PET CT with CortexID™, a computer program that enables clinicians to compare a patient’s PET/CT brain scan to a database of age-matched subjects to check for abnormalities.

Not all dementia is Alzheimer’s disease, Dr. Patel points out, and here, too, differentiating is important. “‘Dementia’ is a big, broad umbrella term,” she says. “It’s like saying you own a car, but what type of car is it? There are many different types of dementia. Completing a thorough workup can help distinguish between these different forms. When we’re talking about memory and cognitive disorders, we want to know what we’re dealing with. Blood work and imaging studies can help if we are not sure of the underlying cause, or can help determine if someone is at increased risk for developing Alzheimer’s disease.” Conversely, if a workup is able to rule out dementia, this may provide reassurance to the individual and family members.

A CALL TO ACTION

“I wish dementia was not so much of a taboo,” says Dr. Patel. “People try to hide it from loved ones. But it’s OK to come forward – don’t wait until symptoms escalate and you are declining. Awareness is key. I don’t like this attitude that there is nothing we can do.”

To that end, the earlier a diagnosis can be made, the better it is for patients and families. “It is important to be evaluated early, so we can treat and make recommendations before things progress to a place where there isn’t much we can do,” says Dr. Lebeau. For those in the earlier stages of Alzheimer’s disease, for example, medications may help slow the worsening of symptoms and improve overall function and cognition.

“When you know early on what you’re dealing with, it gives a person more control of their health,” Dr. Patel adds. “It gives families time to line up legal resources like power of attorney and a health care proxy. It gives them time to make decisions, like moving the patient closer to family or finding clinical trials.” Of the latter, stresses Dr. Patel, “I encourage patients to get involved in trials and become more proactive. That’s the only way we are going to learn more about the disease process and find treatments that work.”

Although there currently is no cure for Alzheimer's or other dementias, a proper diagnosis can change care management and improve quality of life.



Although there currently is no cure for Alzheimer's or other dementias, a proper diagnosis can change care management and improve quality of life. Compensatory strategies (keeping a calendar to track appointments, placing a whiteboard by the door for reminders, using a pillbox marked with days of the week, etc.) can be applied to support memory function. Occupational, physical, and speech therapies can be employed to cope with declining skills, and psychotherapy can help manage the psychological effects of disease progression. "There are a good number of resources, and we help to connect our patients and their caregivers with those resources," says Dr. Lebeau, citing Atlantic Health System's own Healthy Aging and New Vitality programs, as well as other social services such as driving evaluations and the Alzheimer's Association of New Jersey.

"Caregivers can find support and guidance from geriatricians who work with these patients and their families," says Michele

Elkins, MD, medical director of geriatric services for Overlook. "It's important for families to know what to expect – to understand the progression of disease and how to handle it," she says. ▲

For more information about the Memory and Cognitive Disorders Program at Atlantic Neuroscience Institute at Overlook Medical Center or to schedule an appointment, call 908-522-2829.

ATLANTIC MEDICAL GROUP

Drs. Lebeau, Elkins and Patel are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroupnj.org



Eating Healthy On the Road

When road trips and getaways beckon this season, answer the call. But along the way, be mindful of what you're eating and steer clear of pitfalls that can derail your diet.

WHEN TRAVELING, PACK PORTABLE SNACKS. THESE ARE SOME BEST BETS:

- Trail mix
- Fresh or dried fruit
- Whole-grain crackers or pretzels
- Lower-fat snack bars (cereal- or fruit-based)
- Nuts
- Part-skim string cheese

AT RESTAURANTS, BE A CAREFUL CONNOISSEUR:

- Order dishes that are grilled, steamed, broiled or baked, and avoid those that are fried or sautéed.
- Share half of your food with a traveling companion.
- If you are at a buffet, first walk around it to select which foods you will choose. Then make another loop to get your food, but be sure to stick with your plan.
- If you are partaking in dessert, choose a lower-calorie, low-fat option, like fresh fruit, sorbet, gelatin or angel food cake.
- Drink a lot of water, and avoid overindulgence in alcohol.

HERE ARE SOME MORE TIPS AND TRICKS:

- Do not be concerned about clearing your plate. You will not end world hunger by finishing your food. Eat only until your hunger is satisfied.
- Do not be afraid to ask for a low-fat or low-calorie preparation of any food item, even if it's not on the menu.
- Keep hunger under control. Do not skip meals. In fact, have a light snack an hour or so before your meal to avoid overeating in the restaurant. ▀



Fired Up

Summer is here, and that means barbecue season is in full swing. Time to get grilling.

Whether your preference is for charcoal or gas, veggies or steaks, consider these tips from Todd H. Daigneault, executive chef for Overlook Medical Center, before you fire up your grill.

- Many people prefer the taste of food prepared on a charcoal grill, but few enjoy the cleanup. If you're using a charcoal grill, line the bottom of the grill with aluminum foil before adding charcoal briquettes. This will make cleanup quicker and easier.
- Marinate meat overnight to enhance flavor. If that's not possible, soak meat at least an hour before cooking.
- Skip the salt before meat is cooked. Salt draws moisture away from food.
- Do not pierce meat with a fork while cooking. Doing so allows natural juices to escape, which leaves meat drier and less flavorful.
- If you're looking, you're not cooking. Leave the grill closed as much as possible. This is especially true if you're using a smoker.
- Experiment. Try different meats, vegetables, seasonings and cooking methods. You may surprise yourself by stumbling across something you really like.



Pulled BBQ Pork Poke Bowl

(makes approximately six 16-ounce bowls)

Ingredients

- 16** ounces pulled pork BBQ (premade)
- 4** ears fresh sweet corn, shucked
- 6** kosher pickles, halved crosswise
- 2** mangoes, peeled, pitted and thinly sliced
- 1** can (15 ounces) pinto beans, rinsed and drained
- 1** small head red cabbage, thinly sliced
- 1½** cups cherry tomatoes
- 1½** cups potato chips
- ½** cup thinly sliced green onions
- Ranch dressing, for serving (optional)

Directions

- 1.** Heat premade pulled pork to 175 degrees; set aside until bowl assembly. Meanwhile, preheat grill for direct grilling over medium-high. Place corn in large microwave-safe dish with $\frac{1}{4}$ cup water; cover with paper towel or plastic wrap. Microwave on high 5 to 6 minutes or until tender crisp.
- 2.** Transfer corn to grill and cook 3 to 4 minutes or until lightly charred, turning frequently. Transfer corn to cutting board and cut kernels from cobs.
- 3.** To serve: Divide corn, pickles, mangoes, beans, cabbage, tomatoes, chips and pulled pork into 6 bowls. Sprinkle with onions and serve with ranch dressing, if desired. ▲

Chef Todd H. Daigneault, ASCS, CEC, is executive chef for Overlook Medical Center. He is devoted to helping people incorporate healthy eating into their daily lifestyle. He has worked for prominent restaurants and resorts across the country, and has won numerous chef challenges.

Immunotherapy Clinical Trial Reveals Brain Tumor Shrinkage, Continues With Phase 3 Study

Toca 5 trial uses viral gene technology to target recurrent brain cancer

Following successful Phase 1 clinical trials, the Toca regimen – a new immunotherapy for patients with recurrent brain cancer – has advanced to a Phase 3 study, which is currently underway. The trial is being conducted at 68 sites across the United States, Canada, Israel and South Korea, including at Overlook Medical Center’s Gerald J. Glasser Brain Tumor Center, one of three clinical trial sites in New Jersey. In this surgical study, patients are randomized to either standard of care treatment or the Toca regimen. Enrollment is expected to complete in this trial by the end of 2018.

“Toca 5 uses a virus to stimulate a patient’s own immune system and attack recurring high-grade gliomas – glioblastoma and anaplastic astrocytoma,” explains Yaron Moshel, MD, PhD, a neurosurgeon and co-director of Gerald J. Glasser Brain Tumor Center, who is principal investigator for the study at Overlook Medical Center.

Patients randomized to the Toca regimen receive an investigational treatment that involves two discrete steps. During the first step, patients receive Toca 511 (vocimagene amiretrorepvec), a replicating virus that selectively infects cancer cells, at the time of surgery. After a few weeks, they then take cycles of Toca FC (extended-release 5-fluorocytosine), a potent anticancer pill that kills cancerous cells and activates immune cells selectively against cancerous ones, leaving healthy cells unharmed.



“Data from Phase 1 testing of the Toca regimen showed a favorable safety profile, complete tumor shrinkage, and extended patient longevity compared to other therapies,” Dr. Moshel continues.

With the current standard of care, newly diagnosed patients with glioblastomas have a median survival of approximately 14 to 16 months. After recurrence, median survival is typically seven to nine months.

“In contrast, Phase 1 results of the immunotherapy trial showed median longevity of 14.4 months for patients with recurrent disease, and patients with complete tumor shrinkage are still alive almost three years after starting the Toca regimen,” adds Dr. Moshel. “These results are encouraging – for patients, their loved ones and the medical community – and we look forward to sharing further findings from Phase 3 within the next 18 months.” ▲

For more information, go to atlantichealth.org/toca511 or contact Patrice Light, research nurse coordinator, Gerald J. Glasser Brain Tumor Center, at 908-522-5768.

NURSING SCHOLARSHIPS AWARDED AT ANNUAL BREAKFAST



Scholarship recipients Stephanie Torres, Valezka Cruz, Kristina Burgess, Alexandra Green, and Mary Rose Ronquillo-Cortes join benefactors Patricia and Dr. Walter Groff (rear) at the awards breakfast during National Nurses Week.

Some 50 nursing scholarships were awarded to Overlook Medical Center employees at a breakfast hosted by the Overlook Foundation in May. Joining the scholarship recipients were members of the hospital's senior leadership team, the Overlook Auxiliary, and the Nurse Practice Congress Committee, as well as representatives of the individuals and organizations sponsoring the scholarships.

Designed to support Overlook employees who are pursuing nursing degrees, the program is open to those working full time, part time and per diem. A committee that includes the hospital's chief nursing officer and both donors and administrators of the various scholarships reviews the applications.

"There are many wonderful, highly motivated people out there who are striving to improve themselves through hard work and 'stick-to-itiveness,'" explains Walter Groff, MD, who, with his wife, Patricia, a former nurse, established the Dorothy and Edward Brill & Muriel and Donald Groff, MD Scholarship Fund in honor of their parents.

The announcement of that scholarship in 2009 prompted a surge of support for nursing education at Overlook, with the following also now offered and administered through the foundation on an annual basis:

- The Nicholas J. and Anna K. Bouras Nursing Education Scholarship
- The Ann M. Oliva Nursing Education Scholarship
- The Overlook Auxiliary Nursing Scholarship
- The Medical Staff Nursing Scholarship
- The Claudia Wuest Nursing Education Scholarship
- The John and Marion Herrmann Nursing Education Scholarship

"Knowing that this will help future generations of nurses at Overlook is especially meaningful to me," says Ann Oliva, who retired last fall after nearly five decades at the hospital. A former nurse who most recently served as executive director of the foundation, Oliva has seen her fund grow exponentially since it was created and endowed in 2009 with donations in honor of her 40th anniversary at Overlook. To date, well-wishers have contributed more than \$250,000 to the fund, which has already helped more than 50 local nursing students defray the cost of their nursing school education.

"We are just thrilled to support them in any small way we can," adds Dr. Groff. "Even while working full- or part-time, these individuals are pushing themselves to provide for the future of Overlook through highly skilled, highly educated patient care. Academics are important, but hanging in there trumps all." ▲



Atlantic Health System
Overlook Medical Center

Community Calendar

community calendar

Summer 2018

Registration is required for all programs through Overlook Medical Center's Health Information Services at 1-800-247-9580 (unless otherwise noted).

BEHAVIORAL HEALTH

CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM

Three evening programs are available for those trying to remain abstinent from all substances. Registration is required.
Mondays, Wednesdays and Thursdays, 6:00-9:30pm
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM

Group, individual, and family counseling as well as medication management for those who need an intense, time-limited treatment to improve their emotional health. Participants attend three out of five days per week. Registration is required.
Monday-Friday, 10:30am-2:00pm
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

POSTPARTUM GROUP

New mothers meet and learn coping and relaxation skills to help them with their new role.
Thursdays, 10:30-11:30am
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

SUBSTANCE ABUSE FAMILY SUPPORT GROUP

Participants learn ways to cope with substance-abusing family members. No registration is required.
Tuesdays, 6:30-8:00pm
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
For more information, call 908-522-4800.

BEREAVEMENT

BEREAVEMENT SUPPORT GROUPS

After the death of a loved one, it is not unusual to experience feelings of loss. In keeping with our mission to provide continued support, we offer support groups for spouses and for adult children who have lost a parent.
For more information, call 908-522-6347.

CANCER CARE

All Cancer Care programs are free.

ART THERAPY

Art therapy for adults with cancer.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Michele Wadsworth at 908-522-6168.

BEREAVEMENT GROUP

A support group for people who have lost a spouse or partner to cancer. Registration is required.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Maggie Brady at 908-522-5255.

BREAST CANCER SUPPORT GROUP

A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for newly diagnosed breast cancer patients. The group provides a supportive environment where breast cancer patients can share their feelings and concerns.

Second and fourth Monday of the month, 1:00-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Sandra Wrigley at 908-522-6210.

GENTLE YOGA FOR CANCER PATIENTS

Yoga can improve energy, concentration and the emotional well-being of cancer patients. A brief meditation period will be included at the end of classes to calm, soothe and focus the busy or stressed mind. Class will last for 60 minutes and is for cancer patients ONLY. Registration is required.
Mondays, 10:00-11:00am
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
To register, call Michele Wadsworth at 908-522-6168.

HEALTHY LIFESTYLES FOR CANCER PATIENTS

A four-week workshop for patients who have completed treatment. Learn about a healthy diet, mindful eating techniques and behavioral changes after you have completed treatment.
Tuesdays, October 9, 16, 23 and 30, 6:00-8:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Maggie Brady, MSW, at 908-522-5255.



MINDFUL MOVEMENT AND MEDITATION DROP-IN

This drop-in session includes a period of mindful movement (gentle yoga or Qi Gong), followed by a guided mindfulness meditation. *Third Monday of the month, 11:30am-1:30pm*
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For more information, call Michele Wadsworth at 908-522-6168.

MINDFULNESS TOOLS FOR CANCER RECOVERY

This six-week program offers an introduction to mindfulness practices. Mindfulness is a particular way of paying attention to the present moment, without judgment. Mindfulness has been shown to reduce stress and improve quality of life.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

ONCOLOGY MASSAGE

Thirty-minute private sessions with a certified massage therapist are available, FREE of charge, to patients of Carol G. Simon Cancer Center at Overlook Medical Center. Massage has been shown to improve circulation, reduce stress and anxiety, and relieve pain. By appointment only.
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

POST-TREATMENT SUPPORT GROUP

Open support group for individuals who have had a diagnosis of cancer and have completed their treatment.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call 908-522-5349.

PREPARING FOR BREAST CANCER SURGERY

A breast cancer patient education class given by a breast nurse navigator, social worker and physical therapist to help prepare patients for upcoming breast surgery and post-operative recovery.
Third Monday of the month, 3:00-4:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),

99 Beauvoir Ave., Summit, NJ 07901
To register, call Sandra Wrigley at 908-522-6210.

QI GONG AND TAI CHI FOR WELLNESS

Through the practice of gentle movement, breathing, self-applied massage and meditation, you will learn to activate the self-healing capability of the body, mind and spirit.
Wednesdays, 1:00-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby),
99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

SCAR MASSAGE

This program is for post-mastectomy patients who have chosen not to undergo breast reconstruction, or who have other oncology-related surgical scars. Thirty-minute private sessions with a certified massage therapist are available to patients of Carol G. Simon Cancer Center at Overlook Medical Center. The purpose is to help prevent adhesions, improve blood flow to the area, and maintain or improve movement in the tissue post-surgery. Must be at least six weeks post-surgery.
Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

CAREGIVERS

CONNECTING CAREGIVERS

A monthly support group at the Thomas Glasser Caregivers Center at Overlook Medical Center.
For more information, call Marian Teehan, MSW, LCSW, at 908-522-6347.

CHILDREN & PARENTING

ABC'S OF GOING HOME WITH YOUR BABY

Learn about a newborn's appearance, capabilities, wardrobe, equipment needs, daily care and bottle-feeding. One-day classes and two-part series are available.
Two-part series: Wednesdays, July 11 and 18; August 8 and 15; and September 12 and 19, 7:00-9:00pm
One-day classes: Saturdays, July 14, August 11 and September 15, 8:00am-1:00pm
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,

11 Overlook Road, Summit, NJ 07901
For more information, call 908-522-2946.

BREASTFEEDING: GETTING STARTED AT OVERLOOK

Learn various aspects of breastfeeding, including breast milk production, positioning and latch on, to get your breastfeeding experience off to the best start. The class is \$50 per person.
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,
11 Overlook Road, Summit, NJ 07901
For more information, call 908-522-2946.

BREASTFEEDING SUPPORT GROUP

A program for mom and baby to help you breastfeed successfully. Focus on issues or problems that may arise. Review the logistics of going back to work, proper use of a breast pump and breast milk storage. Engage in open discussions with other breastfeeding moms and their babies.
Tuesdays, 10:00am-Noon
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,
11 Overlook Road, Summit, NJ 07901
For more information, call 908-522-2946.

MINDFUL PREGNANCY AND BIRTH AT OVERLOOK

Learn about mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management and more. Includes Calm Birth and Calm Mother audio guide CD as well as a hospital tour. The class is \$200 per couple.
One-day class: Saturday, August 18 or September 22, 8:00am-4:00pm
Three-part series: Fridays, July 13, 20 and 27; August 10, 17 and 24; or September 14, 21 and 28, 6:30-9:30pm
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom,
11 Overlook Road, Summit, NJ 07901
For more information, call 908-522-2946.

POSTPARTUM GROUP

New mothers meet and learn coping and relaxation skills to help them with their new role. Registration is required.
Thursdays, 10:30-11:30am
Atlantic Behavioral Health Outpatient Services,
46-48 Beauvoir Ave., Summit, NJ 07901
To register, call 1-888-247-1400.

PREPARED CHILDBIRTH CLASS

Topics include stages of labor, breathing and relaxation techniques, medication options, hospital stay and cesarean birth. Includes a hospital tour.

Various dates and times

Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901

For dates and times, visit atlanticealth.org/overlookparented or call 908-522-2946.

COMMUNITY HEALTH

Please call 1-800-247-9580 for more information and to register.

AUDIOLOGY SCREENINGS

Free hearing screenings available for the community.

Atlantic Rehabilitation, 550 Central Ave., New Providence, NJ 07974

For more information, call 908-522-2215.

DIABETES AND BMI SCREENINGS

Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results and how your body fat percentage and BMI impact your health.

Various times and dates

Multiple locations

For more information, call 1-800-247-9580.

KNOW YOUR NUMBERS

What does the systolic and diastolic value in your blood pressure really mean? Discuss basic information about risk factor reduction related to heart disease and taking control of your health. Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results.

Blood pressure and diabetes screenings.

Wednesday, July 11, 10:30am-12:30pm

Warrenbrook Senior Center, 500 Warrenville Road, Warren, NJ 07059

OR

Thursday, July 12, 5:00-7:00pm

ShopRite of Union, 2401D US Highway 22 W, Union, NJ 07083

OR

Tuesday, July 17, 10:00am-Noon

Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083

OR

Thursday, July 19, 10:00am-Noon

Westfield YMCA, 220 Clark St., Westfield, NJ 07090

OR

Tuesday, July 24, 2:00-4:00pm

Maplewood Library, 51 Baker St., Maplewood, NJ 07040

OR

Tuesday, July 31, 1:00pm-3:00pm

North Plainfield Library, 6 Rockview Ave., North Plainfield, NJ 07060

OR

Wednesday, August 1, 2:00-4:00pm

Maplewood Library, 51 Baker St., Maplewood, NJ 07040

OR

Tuesday, August 7, 11:00am-1:00pm

ShopRite of Clark, 76 Central Ave., Clark, NJ 07066

OR

Thursday, August 9, 5:00-7:00pm

ShopRite of Union, 2401D US Highway 22 W, Union, NJ 07083

OR

Thursday, August 16, 10:00am-Noon

Westfield YMCA, 220 Clark St., Westfield, NJ 07090

OR

Tuesday, August 21, 10:00am-Noon

Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083

OR

Tuesday, August 28, 1:00-3:00pm

North Plainfield Library, 6 Rockview Ave., North Plainfield, NJ 07060

For more information, call 1-800-247-9580.

KNOW YOUR NUMBERS AND SUN SAFETY/ ARTHRITIS EDUCATION

Find out your blood pressure and learn more about sun safety and arthritis.

Tuesday, July 10, 11:00am-1:00pm

For more information, call 1-800-247-9580.

HEALTH & WELLNESS

HIV SUPPORT GROUP

This support group offers support and information regarding HIV. Meet others with HIV who face the same fears and questions, and find solutions. Meetings are held in a confidential and private environment.

To leave a confidential message and receive a return call, please call 973-714-3988 or email sue.calcara@atlanticealth.org.

Thursdays, 7:00-10:00pm

Overlook Medical Center, Conference Room 1 (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901





ORTHOPEDICS

TOTAL JOINT REPLACEMENT PRE-OPERATIVE CLASSES

This class is offered by Overlook Medical Center's certified and trained orthopedic nurses and physical and occupational therapists, for patients undergoing elective joint replacement surgery. Our goal is to provide education that will leave you feeling confident as you prepare for your upcoming surgery and returning home.

*Four Mondays a month, 1:00-3:00pm
Overlook Medical Center, Bouras Auditorium,
99 Beauvoir Ave., Summit, NJ 07901
For dates and times or to register,
call 1-800-247-9580.*

PAIN MANAGEMENT

PAIN SUPPORT GROUP

This group is for those afflicted with chronic pain. Guest speakers provide different perspectives on the subject.

First Monday of the month, 5:30-7:30pm

*Neuroscience Community Conference
Room (NCCR), 5th Floor, Main Hospital in
Neuroscience Administration, 99 Beauvoir Ave.,
Summit, NJ 07901*

*For more information and to register, call
Pat Hubert at 908-665-1988.*

STROKE

STROKE SUPPORT GROUP

This stroke support group provides emotional and educational support to stroke survivors and caregivers. The support group is a forum where stroke survivors and their families can share experiences and concerns related to stroke.

*Second Thursday of the month, 11:30am-1:00pm
Overlook Medical Center, Conference Room 4
(located off the main lobby), 99 Beauvoir Ave.,
Summit, NJ 07901*

ATLANTIC HEALTH SYSTEM'S ANNUAL PUBLIC MEETING will be held on Thursday, July 19, 2018, at 5:00pm in the Malcolm Forbes Auditorium at Morristown Medical Center (100 Madison Ave., Morristown, NJ 07960). The free event will feature an overview of our latest initiatives and efforts to build healthier communities. There will also be an opportunity for you to ask questions. Seating is limited. Registration preferred but not required. Please arrive 10 minutes early to register or sign in. For more information and to register, call 1-800-247-9580.

Atlantic Medical Group

Looking for a primary care doctor?

Across northern and central New Jersey, we are your local family doctors and specialists. With more than 900 physicians, practitioners and medical specialists at 300+ locations, Atlantic Medical Group is your entryway to Atlantic Health System's *Trusted Network of Caring*® and its award-winning hospitals.

Your Primary Care Physician Is Your Medical Home

Prevention, intervention, coordination and care – all working in harmony – are at the center of every primary care doctor-patient relationship. Think of your primary care physician as your first point of access to health care – the doctor who knows you best, keeps you well, refers you to specialists, and facilitates communication relating to your health to ensure efficient, effective, patient-centered care. Find a medical home in your neighborhood.



Atlantic Medical Group Primary Care in Your Community

Alpha Health Associates
Millburn: 973-912-8400
West Orange: 973-731-7868

Associates in Integrative Medicine
908-769-9600
Summit, Warren, West Orange

Atlantic Medical Group Internal Medicine
Summit: 908-598-6531

Atlantic Medical Group Internal Medicine at Westfield
New Providence: 973-829-4632

Atlantic Medical Group Primary Care at Millburn
Millburn: 973-912-7273

Atlantic Medical Group Primary Care at Scotch Plains
Scotch Plains: (908) 378-7200

Chatham Family Medicine
Chatham: 973-635-2432

Community Health Center at Vauxhall
Vauxhall: 908-598-7950

Fanwood Primary Care
Fanwood: 908-889-4700

Healthfirst Associates
Newark: 973-344-5379

Hillside Family Practice
Hillside: 908-353-7949
Kenilworth: 732-529-0445

Maplewood Family Medicine
Maplewood: 908-598-6690

Maplewood Primary Care
Maplewood: 973-763-5010

Medemerge
Green Brook: 732-968-8900

Medical Diagnostic Associates
Millburn: 973-379-3051
Scotch Plains: 908-322-7786
Summit: 908-273-1493
Westfield: 908-232-5333

Overlook Family Medicine
Summit: 908-522-5700

Roselle Park Medical Associates
Roselle Park: 908-241-0044

Roselle Park Primary Care
Roselle Park: 908-241-4200

Summit Springfield Family Medicine
Summit: 908-277-0050

Union Plainfield Medical Associates
Union: 908-686-9330

Union Primary Care
Union: 908-688-4845

Urgent & Specialty Care (evenings, weekends, walk-ins)
100 Commerce Place
Clark: 732-499-0606

Village Family Medicine
South Orange: 973-630-8989

Warren Primary Care
Warren: 908-598-7970

West Orange Primary Care
West Orange: 973-736-2290



Meet Our New Primary Care Doctors and Specialists



Emmanuel Apor, MD
Medical Diagnostic Associates (Oncology)
Overlook Medical Center
908-608-0078



Matthew Biernat, MD
Urgent & Specialty Care
Clark: 732-499-0606



Jeanine Bulan, MD
Internal Medicine at Westfield
New Providence
973-829-4632



Jed Calata, MD
Associated Colon & Rectal Surgeons
Edison: 732-494-6640
Summit: 908-522-2575



Brian Cassidy, MD
Atlantic Medical Group Primary Care at Scotch Plains (Internal Medicine)
908-378-7200



Nripen Dontineni, MD
Fanwood Primary Care
908-889-4700



Leda Gattoc, MD
Women's Cancer Associates (Gynecology/Oncology)
MAC Building at Overlook Medical Center
908-522-5262



Alyssa Hernandez, MD
Medical Diagnostic Associates (Family Medicine)
Scotch Plains:
908-322-7786



Michelle Hoang, MD
Warren Primary Care (Family Medicine)
Warren: 908-598-7970



Jeffrey Leary, MD
AMG Orthopedics at New Providence (Orthopedics)
908-795-1192



Hema Sivasubramanian, MD
Medical Diagnostic Associates (Family Medicine)
Millburn: 973-379-3051



Jody Skariah, MD
Medical Diagnostic Associates (Family Medicine)
Westfield: 908-232-5333



Lara Von Berg, MD
Medical Diagnostic Associates (Family Medicine)
Scotch Plains: 908-322-7786



Erika Wasenda, MD
Atlantic Urogynecology Associates
MAC Building at Overlook Medical Center: 908-522-7335



Rebecca Yang, MD
Atlantic Breast Associates (Breast Surgery)
Summit: 908-598-6610

Atlantic Medical Group accepts most major insurance plans. To find an Atlantic Medical Group provider, visit atlanticmedicalgroupnj.org for more information, or call 1-844-AMG-2250 (1-844-264-2250).

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

NON-PROFIT
US POSTAGE
PAID
PERMIT 148
SARATOGA
NY 12866

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlantichealth.org/doctors.

