

AtlanticView

at Overlook | Spring 2019

SPECIAL
NEURO-
SCIENCES
ISSUE

MOMENTS
THAT MATTER

SEIZURE-FREE AND HAPPY AS CAN BE

Read Robyn's Story

3-D Printing Comes
to Overlook

Meeting Parkinson's
Head-On

Overlook Named
Top Hospital, Again!



Atlantic Health System
Overlook Medical Center

At Overlook, our doctors, nurses and staff come to work every day to make a positive difference in the lives of others – often in times of critical need.

The Neurosciences program at Overlook is a shining example of a dedicated, innovative and talented team raising the level of care in New Jersey and addressing some of the most complex and urgent medical conditions that exist. Atlantic Health System’s commitment to a Neuroscience Center of Excellence at Overlook is reflected in our patients’ outcomes – we pioneer in this field by using advanced technology, latest treatments and surgical procedures, and participating in research studies to give people with epilepsy, brain tumors, stroke and many other neurologic conditions hope for a healthy life.

This issue provides an update on the Neurosciences program, and I think it will reinforce why Overlook Medical Center has been named by Healthgrades among the top 5 percent of hospitals in the U.S. for excellence in treatment of stroke, cranial neurosurgery and neurosciences more times than any other hospital in New York or New Jersey since 2017. And, Overlook is the only stroke program they awarded America’s 100 Best in both states for six years running.

And of course, there is much, much more going on at Overlook and in this issue. We are celebrating making the first-ever *Newsweek* “Best Hospitals in the World” list, *Fortune’s* “100 Best Companies to Work For[®]” list for the 11th straight year, as well as our third consecutive Healthgrades elite recognition as one of America’s 100 Best Hospitals for the third year in a row.

I hope you enjoy a healthy springtime – we are looking forward to our Community Garden sprouting to life and seeing our neighbors enjoying the new Summit Park Line again.



Alan Lieber

ALAN LIEBER
President,
Overlook Medical Center

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Atlantic Health System, an integrated health care delivery 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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Care on Consumers' Terms

When I joined Atlantic Health System, one of my highest priorities was to deliver a more convenient, seamless experience for every patient. Our team has worked tirelessly to make that goal a reality.

Harnessing technology and innovation, we are making it easier to find the care you need, schedule time with your physicians, and navigate our growing network of health and wellness services.

Our most recent advancement toward more convenient care puts you in the driver's seat. The easy-to-use Atlantic Anywhere mobile app lets you connect with us anytime, anywhere – right from your smartphone. Use it to access your medical records and test results through MyChart, book appointments with participating physicians, and even schedule a virtual visit to speak with a doctor 24/7 from the convenience of your phone or computer.

Atlantic Health System was built to provide you and your family with the highest quality care. Our entire team is dedicated to designing a more convenient future for health care, where we care for you on your terms.

In this edition, we share stories of real-life health and wellness journeys of people like you in our communities. We hope you enjoy the issue and as always, thank you for entrusting Atlantic Health System with your care.



Brian A. Gagnolati

Brian A. Gagnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community



OVERLOOK MEDICAL CENTER RECOGNIZED BY HEALTHGRADES

Healthgrades has recognized Overlook Medical Center for numerous health care achievements:

- Overlook Medical Center is the only hospital in New Jersey to earn America's 100 Best Hospitals Award. The award places the hospital in the top 2 percent of hospitals in the nation for clinical performance for the third year in a row.
- Overlook Medical Center is ranked among the top 5 percent of neuroscience programs in the country, earning five 2019 distinctions: Neurosciences Excellence Award, Stroke Care Excellence Award, Cranial Neurosurgery Excellence Award, and America's 100 Best Hospitals™ for Stroke Care (six years in a row).
- Overlook Medical Center has been named among America's 100 Best Hospitals for General Surgery (three years in a row) and Critical Care (four years in a row).



ATLANTIC HEALTH SYSTEM EARNS SPOT FOR 11TH YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR®' LIST

Proving that being extraordinary matters, Atlantic Health System, a leading provider of health care in New Jersey, was once again named to *Fortune's* "100 Best Companies to Work For®," for the 11th consecutive year on the prestigious annual list.

"Our culture of innovation, trust and respect drives our success," says Brian Gagnolati, president and CEO of Atlantic Health System. "Every member of our team is focused on quality and doing what is best for our patients and their families. As a result, we are delivering the best possible care and ensuring an innovative, collaborative workforce that is excited about the impact of their contributions."

ATLANTIC HEALTH SYSTEM MAKES FORTUNE'S 'BEST WORKPLACES™ FOR WOMEN' LIST

Fortune has named Atlantic Health System No. 38 on its list of the "Best Workplaces for Women." The list has been published four times, and this marks Atlantic Health System's fourth year on the list. In addition, Atlantic Health System is the only health care organization in New Jersey to be recognized.



With a dynamic workforce made up of more than 75 percent women, Atlantic Health System is proud of its culture of inclusion that ensures all our colleagues are treated equitably and are able to achieve their personal and professional goals in a caring and supportive environment. Atlantic Health System's Women's Leadership Council was developed last year to create further opportunities for women across the system.

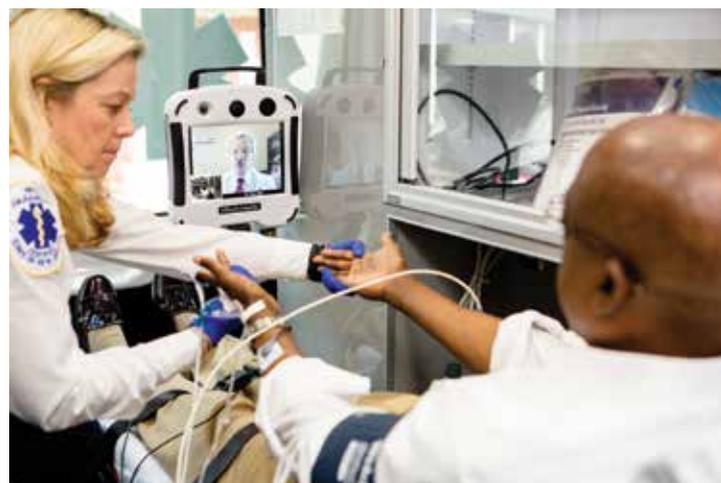
DID YOU KNOW?

Atlantic Health System, working with Atlantic Ambulance, was the first in the nation to deploy and use portable TeleStroke technology in ambulances for routine prehospital assessment of stroke patients.

When called to a stroke emergency, paramedics carry a portable device into the transporting ambulance and connect with a stroke neurologist who uses his/her desktop, laptop, tablet or mobile device to conduct a rapid neurological evaluation before the patient arrives at the emergency room, reducing average time to treatment by 15 minutes.

The stroke neurologists at Overlook Medical Center also provide neurological evaluations via TeleStroke devices deployed in emergency departments across six counties. In 2018, out of 2,638 stroke patients treated at Atlantic Health System, 795 were evaluated through TeleStroke technology.

Time can make the difference between life and death. Called "door-to-needle time," doctors have a short, 4.5-hour window



from the time the stroke started in which to administer drugs that can clear blocked arteries, and up to 24 hours for patients who are eligible for endovascular interventions. . ◀

TeleStroke technology brings world-class care to our regional population. Read more about Overlook's Neurosciences program beginning on page 6.



Dr. Sales shows an OSIP student the proper techniques for scrubbing hands prior to entering the operating room.

Celebrating a Decade of Summer Internships at Overlook

Each year for the past 10 years, physicians at Overlook Medical Center have led a monthlong Summer Internship Program for college students considering applying to medical school. Overlook receives nearly 300 applications each year for the 17 spots available.

"The program began in 2010 when we wanted to give college students an idea of what medicine was like in the background," says Clifford Sales, MD, a vascular surgeon at Overlook, who founded the program. "In other words," he explains, "what life is like as a physician."

Students spend each weekday with a different mentor for a one-day rotation. So throughout the month, they receive 20 different perspectives from a variety of specialties and doctors. Rotations include experience in the operating room, emergency department, hospital floors, physician offices or meetings. ◀

For more information on the program, visit atlantichealth.org/osip.

What Is a 3-D Printer?

A 3-D printer builds up many layers of material to create a three-dimensional object from a digital file and allows the user to create a variety of complex shapes using less material than traditional manufacturing methods.

3-D PRINTING AT OVERLOOK AIDS INFECTION PREVENTION

Portable IV poles are used throughout medical facilities to hold fluids and pumps and allow patients to move around without stopping therapy. Surprisingly, these poles often do not have a hook at the proper level to hang Foley catheter bags. If the bags are placed too high, it can cause a urinary infection.

To fix this issue and keep their patients healthy, a team of nurses at Overlook Medical Center has partnered with the hospital's Infection Prevention Committee and catheter-associated urinary tract infection team.

"The problem is you need a solution on every IV pole so that a patient can ambulate," says nurse educator Mary Anne King, since it is important to get patients out of bed as part of their recovery.

The team found that commercially available attachments were expensive and would not fit every IV pole at Overlook.

Austin Murphy, Overlook Medical Center's director of facilities and clinical engineering, volunteered his department's wide range of skills to assist.

"We felt there was an opportunity to take the creativity in our department and apply it in a way that can enhance patient care on the floors," he says.

They had a secret weapon: Overlook's brand-new 3-D printer, recently purchased for the team by the Overlook Foundation. These printers are specialized devices that can make three-dimensional solid objects from a digital file.

The engineering team created prototypes of an adjustable bracket that can be attached to IV poles, with hooks to allow Foley bags and other drains to be hung at the proper level. Then they sent the

Overlook's 3-D Printer



Myrna Torrillo, BSN, RN-BC, and Mary Anne King, MAS, BSN, RN-BC, with the IV pole and the hook from the 3-D printer.

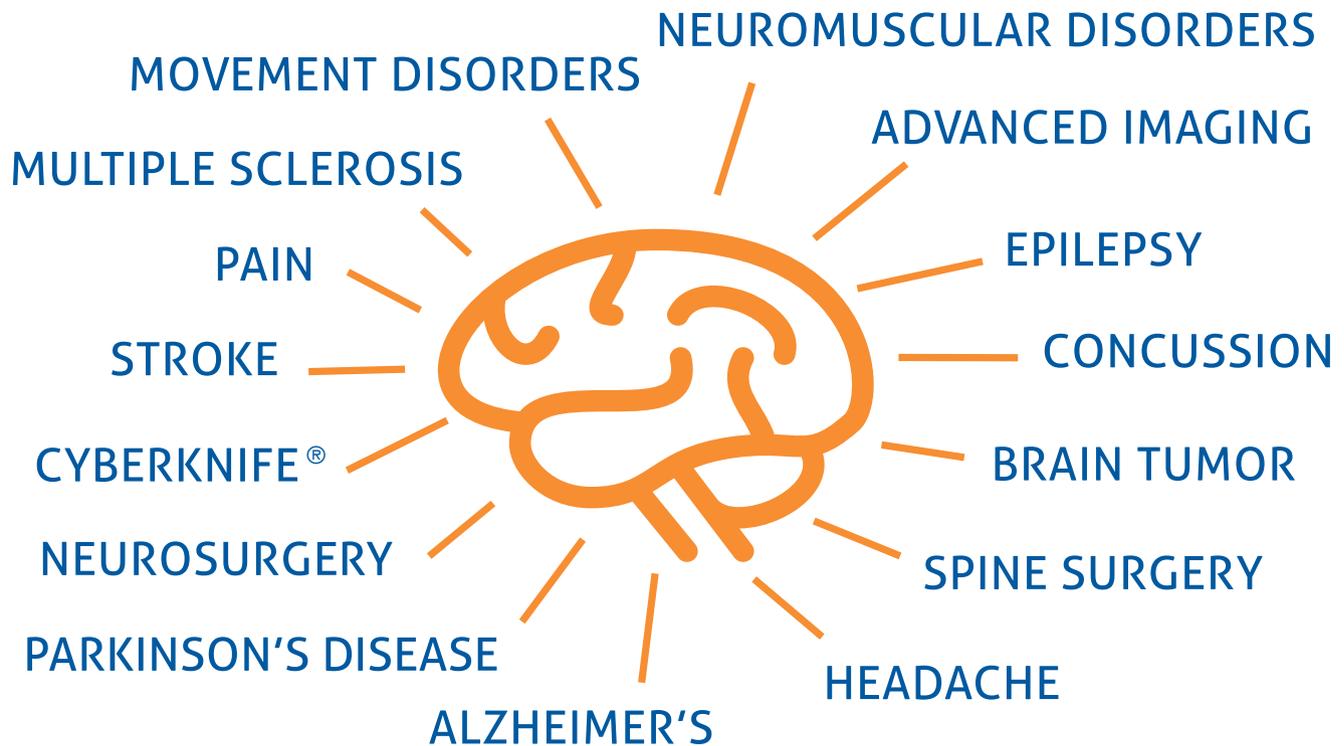
"We felt there was an opportunity to take the creativity in our department and apply it in a way that can enhance patient care on the floors." – Austin Murphy

prototypes to the 3-D printer, which produces the hooks in durable plastic. It takes approximately six hours to print one bracket and costs \$1.50 per hook.

The next step is for the design to go to a committee to determine if it can be used in a clinical setting. Once approved, the brackets can then be produced as needed. The team is not stopping at brackets either. The 3-D printer has already been used to create other items that fix problems or replace costlier ones. ▲

Atlantic Neuroscience Institute

Among the nation's top 5% – 5 years in a row!



“Overlook Medical Center is the flagship of Atlantic Health System’s neuroscience capabilities.

Our investment in **state-of-the-art facilities**, our ability to attract **top neurologists and neurosurgeons**, including endovascular neurosurgeons; neuroradiologists and neuropathologists and our **neuro-specialized nursing, emergency and critical care teams** enable us to address the most **complex conditions** affecting the brain and nervous system.

We provide hope for people living with these conditions.

We are raising the level of care in New Jersey.”

– John J. Halperin, MD, FAAN, FACP, Medical Director, Atlantic Neuroscience Institute;
Chair, Department of Neurosciences, Overlook Medical Center

To learn more, visit atlantichhealth.org/neuro or call 908-522-5545 for more information.

NEURO BY THE NUMBERS:

32



neurologists specializing in the full range of neurologic conditions

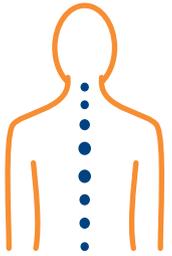
1ST



Comprehensive Stroke Center in the state of New Jersey



The state's **one and only** Caregiver Center, offering patients and their families integrative services during treatments



7

consecutive years as a Spine Center of Excellence



13

clinical trials

10



bed, state-of-the-art Neuro ICU

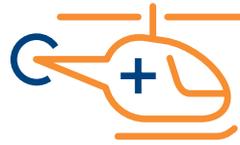
29



neurosurgeons using latest technologies in neuro-operating rooms

10

years of concussion care for adults and children



180

patients and counting assisted by rapid patient transfer via helicopter to our Comprehensive Stroke Center since 2017



1st on the East Coast to deploy the MAGNETOM Vida 3T MRI for advanced neuroimaging, 2nd in the nation

Comprehensive Memory & Cognitive Disorders Program



Level 4 Epilepsy Center with 1st MEG and 1st ROSA devices in NJ

THOUSANDS of medical professionals and community members educated through symposia and continuing education



STROKE



SPINE



SEIZURE-FREE AND HAPPY AS CAN BE

As a registered pharmacist, Ijeoma “Robyn” Okpara, of Union, NJ, has spent her career writing about, dispensing and scrutinizing medications. So, when the mother of three was prescribed Trileptal to control her epileptic seizures, she was quite familiar with its potential benefits and side effects.

“I had my first seizure at age 35 in June 2009,” says Robyn. “I had gone to bed late – around 2:30am – and when I opened my eyes, three men were standing next to me, asking questions like ‘What’s your name?’ and ‘Who’s the president?’ My husband explained that he had called 911 after he observed me convulsing and screaming in my sleep.”

Robyn was taken to Overlook Medical Center’s Level 4 Epilepsy Center, where Jeffrey M. Politsky, MD, FRCP(C), medical director of the Comprehensive Epilepsy Center at Atlantic Neuroscience Institute, determined that she had an epileptic seizure originating from abnormal electrical activity in the right temporal lobe of her brain. He prescribed a low dosage of Trileptal.

“I couldn’t accept that there was something wrong with my brain,” admits Robyn, who ironically had just spent a year writing about Trileptal for a medical publisher. “I wasn’t convinced I really needed the drug, so I didn’t take it right away ... until I had more seizures.”

Once, at a continuing education conference for pharmacists, Robyn walked to the front of a packed auditorium to pick up some handouts. The next thing she knew, she was in an ambulance being transported to a local hospital.

READY FOR MORE HELP

“The seizures were the bane of my existence,” recalls Robyn, who by then was on a higher dosage of Trileptal in addition



"Life is just beginning, thanks to my epilepsy surgery; I am actually a new and improved version of my former self." – Robyn Okpara, pictured here with family

"I am actually a new and improved version of my former self." – Robyn

to another medication. "I was a health care professional and what was happening to me, without warning, at work, in public, and at home, was humiliating."

The final straw came in 2013. Robyn was driving her children to an event when she suffered a seizure and struck a utility pole.

"Everything seemed to be moving in super slow motion, and then – all of a sudden – there were policemen surrounding our car," says Robyn. "Fortunately, no other vehicles were involved in the crash, but my son had a minor cut on his head and I had severe whiplash."

When Robyn was transported to Overlook for subsequent evaluation following the accident, Dr. Politsky suggested that it might be time to explore the option of epilepsy surgery.

"At that point, I was ready for anything – even surgery," Robyn states. "I was having seizures at least once a month. It wasn't safe for me to drive. The medications were making me extremely tired and causing tremors; and the seizures were making my muscles sore and causing memory loss."

EVALUATING SEIZURE ACTIVITY

During two weeks of inpatient testing at Overlook, Dr. Politsky conducted a thorough evaluation to record Robyn's seizure activity and determine where the seizures originated in her brain.

"Preliminary tests included a continuous video EEG, an MRI, a magnetoencephalogram, a PET scan, a Wada test, and a neuropsychological evaluation – all of which were reviewed and discussed by the entire epilepsy team," explains Dr. Politsky. "A final evaluation with intracranially implanted electrodes confirmed that Robyn's seizure activity originated in one specific area of the brain – the right temporal lobe. She was an excellent candidate for surgery."

In 2014, five years after Robyn's first seizure, Ronald Benitez, MD, chief of endovascular neurosurgery, along with Theodore H. Schwartz, MD, both of whom have extensive training in epilepsy surgery, successfully removed the brain tissue that was the source of Robyn's pain and suffering.

Fast forward another five years. "I haven't had a seizure since the operation, and I'm totally off the meds," says Robyn proudly.

She also jump-started her career. After a decade working in the pharmacy at Newark's University Hospital, Robyn was promoted to principal clinical informatics analyst – a highly technical job developing and maintaining complex patient data systems.

In her spare time, the woman who hardly danced is now (at 44) the life of the party, having perfected her dancing skills while recovering from the surgery. In addition, she recently trained to be a music DJ in a studio near her job.

"Life is just beginning, thanks to my epilepsy surgery," Robyn says happily. "This option was an enormous blessing from God, and I am extremely grateful that it was available to me from the best institution possible, and while under the care of the finest surgeons. I am actually a new and improved version of my former self." ▲

To find out more information about Drs. Benitez and Politsky and Atlantic Health System affiliated providers, visit atlantichealth.org/doctors.

For more information on the Epilepsy Program, call 908-522-3678.



The ROSA robotic minimally invasive device.

NEW HOPE FOR EPILEPSY PATIENTS

If you're one of the 3.4 million Americans diagnosed with epilepsy, you're probably all too familiar with its debilitating symptoms. Seizures – caused by abnormal electrical activity in the brain – recur with or without warning (an aura). They may be accompanied by loss of consciousness and convulsions.

Fortunately, epilepsy diagnosis and treatment have evolved rapidly, and patients today benefit from major breakthroughs in technology, medication and surgical intervention – all of which are available at Overlook Medical Center's Atlantic Neuroscience Institute (ANI). The National Association of Epilepsy Centers ranks the Epilepsy Center as a Level IV – the highest ranking – for its ability to provide complex forms of intensive neurodiagnostic monitoring, as well as more extensive medical, neuropsychological, psychosocial and neurosurgical treatment. It is also the only epilepsy center in New Jersey to offer magnetoencephalography (MEG) for advanced diagnostics and surgical planning, and a minimally invasive neurosurgical robot, called ROSA®.

OVERLOOK'S COMPREHENSIVE EPILEPSY PROGRAM

"We've developed one of the largest, most comprehensive programs in the country for the diagnosis and treatment of adult and pediatric epilepsy," says Marcello E. Lancman, MD, co-director with Jeffrey M. Politsky, MD, FRCP(C) of Overlook's Epilepsy Center, a collaborative commitment between Atlantic Neuroscience Institute and the Northeast Regional Epilepsy Group (NEREG). "Our well-established team of epilepsy fellowship-trained and board-certified neurologists, epilepsy neurosurgeons,

neuropsychologists, epilepsy nurses, nurse practitioners and registered EEG technologists come from the nation's top academic institutions. The only difference between our center and a major teaching hospital is our personalized approach to care in a community-based setting."

"We offer every patient a complete evaluation to ensure we thoroughly understand the underlying basis for their presenting

"We've developed one of the largest, most comprehensive programs in the country for the diagnosis and treatment of adult and pediatric epilepsy."

– Marcello E. Lancman, MD



We are delivering on the National Association of Epilepsy Centers primary goal of no seizures, no side effects for our patients.

symptoms, whether they are epilepsy-related or something else,” states Dr. Politsky. “This approach allows us to provide the best treatment options to achieve the ideal goal of ‘no seizures, no side effects’ with every patient.”

PINPOINTING SEIZURE ACTIVITY

Preliminary diagnostic studies include electroencephalograms (EEG) and CT, MRI, PET and SPECT scans. State-of-the-art inpatient video EEG monitoring, which records the brain’s electrical activity over the course of several days, can also be a major factor in helping to determine the appropriate treatment.

Other advanced diagnostic tools used to evaluate epilepsy patients include New Jersey’s first magnetoencephalogram (MEG), which records the magnetic fields associated with electrical activity in the brain; a 3 Tesla (T) MRI, the most powerful clinical scanner available for producing exceptionally detailed diagnostic images; electrocorticography, which records electrical activity in the brain by placing electrodes in direct contact with the cerebral cortex; and a Wada test to identify which hemisphere of the brain is dominant for language and memory function.

When testing is complete, the center’s team recommends treatment options and provides a comprehensive report to the referring physician. In the meantime, patients and their families have the added assurance of 24-hour, on-call service to handle epilepsy-related emergencies.

TREATMENT OPTIONS

“Our patients have access to the most recently approved medications as well as others being tested in clinical trials,” says Dr. Lancman. “We also emphasize the important role of a ketogenic diet – one that is high in fat and protein and low in carbohydrates – which helps some patients to reduce seizures.”

“Our first course of action in treating epilepsy is medication,” explains Dr. Politsky, “but antiseizure medications do not result in a seizure-free state in over one-third of epilepsy patients and may produce chronic side effects that negatively impact a person’s quality of life. For those patients, we have minimally invasive, moderately invasive or traditional surgical options that can be utilized alone or in combination.”

“Traditional epilepsy surgery directly treats the source of seizures by removing some or all of the epilepsy focus, or even by disrupting the abnormal network,” comments Ronald P. Benitez,



MD. “However, many epilepsy patients are not candidates for epilepsy surgery. If seizure activity is on two opposite sides of brain, it’s not possible to remove that much brain tissue without impacting cognitive or motor function.”

The least invasive surgical option is vagus nerve stimulation (VNS), during which a small pacemakerlike device is implanted under the skin beneath the collarbone to send an electrical impulse to the vagus nerve and disrupt seizures.

Responsive neurostimulation (RNS®), a moderately invasive surgical option, works by implanting a neurostimulator, the world’s first and only medical device that can monitor and respond to brain activity. The small neurostimulator is connected to up to two tiny wires (electrodes) that are placed in and around the area(s) of the brain where seizures originate. The electrodes record seizure activity and then deliver a pulse of stimulation back to the brain to interrupt the seizure, preventing it from spreading beyond its origin.

WELCOMING ROSA

Now, combining the recently acquired ROSA robotic minimally invasive device (the first in New Jersey) with existing stereo-electroencephalography, the team can better map the placement of depth electrodes and position them more quickly, safely, and accurately through tiny drill holes in the skull along trajectories planned by the surgeon.

“Leading-edge technology like MEG, RNS and ROSA will increase the number of patients who can benefit from epilepsy surgery,” comments Dr. Lancman.

We are delivering on the National Association of Epilepsy Centers primary goal of no seizures, no side effects for our patients. ▲

For more information on Drs. Benitez, Lancman and Politsky and Atlantic Health System affiliated providers, visit atlanticealth.org/doctors.

For more information on the Epilepsy Program, call 908-522-3678.

DEEP BRAIN STIMULATION MEETS PARKINSON'S HEAD-ON

Approximately one million Americans are living with Parkinson's disease, a neurological movement disorder that causes tremor, stiffness, slowness of movement, and impaired balance. Parkinson's is a progressive disease, which means that its symptoms worsen over time. Although there is no cure for Parkinson's disease at this time, its symptoms may be controlled with medication, physical therapy and exercise. Some individuals may be candidates for deep brain stimulation (DBS), a highly effective therapy that delivers electrical impulses to targeted areas of the brain after the neurosurgical implantation of electrodes.

"Overlook is one of a select few centers in the region performing deep brain stimulation, and we can attest to the fact that it can significantly improve a patient's quality of life," states Tasneem Peeraully, MD, who graduated from University College London with fellowship training in movement disorders and deep brain stimulation at UCLA. She is medical director of the Movement Disorders Program at Atlantic Neuroscience Institute at Overlook Medical Center. "Our movement disorders team includes two movement disorders neurologists who are fellowship-trained in DBS at university centers, a neurosurgeon with fellowship training in DBS, an experienced movement disorders nurse coordinating each step of the process, an on-site neuropsychologist, and a neuro ICU staffed with nurses trained to care for movement disorder patients. Our program has been designed to optimize each patient's experience and provide the convenience of a community-based setting."

WHAT IS DEEP BRAIN STIMULATION?

DBS is a multistep surgical therapy that has been FDA-approved for over a decade. During the initial surgery, a neurosurgeon implants a thin wire lead with four electrodes at the tips into a targeted area of the brain, usually the subthalamic nucleus (STN) or the globus pallidus interna (GPI). The implants can be placed on one side or both sides of the brain, as needed.

Once the leads are implanted, anesthesia is paused for a brief period of testing. The neurosurgeon and neurologist can speak to the patient while stimulating the targeted areas of the brain to optimize placement of the electrodes and immediately assess improvement in motor function.

"A millimeter one way or another can make a tremendous difference," observes neurosurgeon Paul R. Gigante, MD, a Harvard Medical School graduate who completed a fellowship in deep brain stimulation at Stanford University prior to joining the movement disorders team at Overlook last year. Dr. Gigante, who has been performing deep brain stimulation for more than eight years, is one of a select few neurosurgeons in the Tri-State Area using a frameless technique, which does not require the

patient's head to be immobilized in a frame for several hours.

In a follow-up surgery, a battery-operated medical device (about the size of a stopwatch) called an implantable pulse generator (IPG) is secured under the skin near the patient's chest. The IPG is connected to the implanted electrodes in the brain via an insulated wire extension that is passed under the skin of the head, neck and shoulder. Once in place, the IPG is ready to deliver electrical stimulation to specific areas in the brain, helping to regulate dysfunctional circuits, much like a cardiac pacemaker controls heart rhythm.

WHO IS A CANDIDATE FOR DBS?

"The ideal candidate for DBS therapy is someone who has lived with Parkinson's or essential tremor for four or more years and has motor

complications that are not responding well to higher doses of medication," comments Marcie L. Rabin, MD, a movement disorders neurologist who completed her neurology residency and movement disorders fellowship at Yale-New Haven Hospital with specialized training in DBS and Botox for the treatment of movement disorders and other neurological conditions. "Patients who can benefit from DBS should not have significant dementia," she adds.

All candidates for DBS go through a thorough evaluation that Diane Babek, RN, MSN, the Movement Disorders Program nursing coordinator, carefully choreographs. Babek helps coordinate neuropsychological testing, assessments of patients' symptoms with and without their medication, meetings with Dr. Gigante to discuss the surgical process, and brain imaging tests to analyze each patient's brain structure. She answers patients' questions and facilitates phone calls between prospective DBS patients and others who have already been through the procedure. "The patient-to-patient interaction is extremely helpful to those considering the procedure," says Babek.



The entire surgical process usually requires only one overnight stay in the hospital. After surgery and recovery, patients return to Overlook, where a neurologist programs the IPG device to a set of individual parameters that work best for them. The follow-up visits continue every two to three weeks for the next four to five months to optimize patient outcome.

OPTIMIZING THE PATIENT EXPERIENCE

"From the initial evaluation through surgery, programming and follow-up, we are committed to ensuring a patient's physical and psychological comfort every step of the way," explains Babek, who worked in the Atlantic Neuroscience Institute's inpatient unit for 12 years prior to joining the Movement Disorders Program seven years ago. "We develop long-lasting relationships with our patients."

"DBS is not a cure for Parkinson's or essential tremor, but it certainly has the potential to transform lives," says Dr. Rabin. "We have witnessed patients go from a disabled state to walking, running and driving within a matter of months. Many can also reduce their medication. These are the outcomes that make it so rewarding to provide DBS therapy to patients at Overlook!" ▲

To find out more information about Dr. Gigante and other Atlantic Health System affiliated providers, visit atlanticealth.org/doctors. Dr. Gigante can be reached at 973-577-2888.

FAST FACTS

- Parkinson's is the second most common neurodegenerative disease after Alzheimer's.
- It most commonly affects people over the age of 50.
- The cause of Parkinson's disease is still unknown, although there is some evidence for the role of genetics, environmental factors or a combination of both.

The staff at the Movement Disorders Program at Atlantic Neuroscience Institute is equipped to expertly diagnose and treat a variety of movement disorders, including Parkinson's disease, tremor, dystonia, chorea and Huntington disease, tics and Tourette's syndrome, tardive dyskinesia, myoclonus, restless legs syndrome, and ataxia/gait disorders.

For more information about the Movement Disorders Program and Drs. Peeraully and Rabin, visit atlanticealth.org/movementdisorders or call 908-522-6144.

LIVING WITH PARKINSON'S AFTER DEEP BRAIN STIMULATION



Myrna Molina had been living with the progressively debilitating effects of Parkinson's disease for nearly a decade before she heard about deep brain stimulation (DBS) therapy – a neurosurgical therapy in which electrodes are implanted in areas of the brain and deliver electrical pulses to improve patients' motor functions.

"I was receiving Botox injections and taking oral medication for several years, but my symptoms were getting worse," says the 61-year-old IT administrator from Scotch Plains. "My whole left side would become painfully rigid. My hands shook, my balance was off, and I was falling a lot. Eventually, I was unable to drive myself to work."

"I'm normally a very outgoing person. But I was embarrassed to be seen in public, and I became reclusive. The disease was ruining my life," Myrna explains. "I've always embraced the power of science, and the more I read about deep brain stimulation, the more hopeful I became that it might work for me."

Marcie L. Rabin, MD, a movement disorders neurologist with Overlook's Atlantic Neuroscience Institute, agreed and set in motion a thorough evaluation with the movement disorders team to determine whether Myrna was a candidate for DBS. Diane Babek, RN, MSN, the Movement Disorders Program nursing coordinator, guided Myrna through the entire evaluation process, which ultimately confirmed that Myrna was an excellent candidate for the neurosurgical therapy.

Myrna subsequently underwent surgery to implant electrodes into specific areas on the right and left sides of her brain and place a small implantable pulse generator near her chest wall that delivers therapeutic electrical currents to control her tremors and rigidity.

"I'll never have surgery anywhere else," comments Myrna. "The entire staff in the neuro ICU is specially trained to care for patients with Parkinson's. Diane was by my side from testing through surgery and my follow-up appointments, during which Dr. Rabin monitors and adjusts the device's electrical settings."

Today, Myrna walks without assistance, drives herself to work, and socializes with confidence. The tremors, the shaking, and the rigidity are gone, and she credits the movement disorders team with giving her life back.

"If you saw me now, you'd say, 'Parkinson's? What Parkinson's?'" ▲

HEALING THE BRAIN

Sudden seizure leads to brain tumor discovery

It's every parent's worst nightmare – a phone call saying that his or her child is in the emergency department. That was the call Erik and Suzan Sletteland received at 2:30am on July 3, 2015. As they raced to the hospital, all they knew was that their son, Sam, had suffered a seizure.

"We were scheduled to vacation with Sam and his brothers for the 4th of July," says Erik. "Instead, we learned that Sam had a brain tumor and needed to be transported to Overlook Medical Center for further evaluation and treatment."

At Overlook, they met neurosurgeon Yaron Moshel, MD, PhD, co-director of Gerald J. Glasser Brain Tumor Center. He explained that MRI scans revealed Sam had a brain tumor and an arteriovenous malformation (AVM) – an abnormal tangle of veins and arteries that interferes with blood circulation – and both needed to be removed.

Dr. Moshel gave Sam the choice to be awake or under general anesthesia. But, he said, by remaining awake, he could monitor Sam's speech and movement during surgery.

"I had complete trust in Dr. Moshel," says Sam. "He spoke to me just like a parent would. I was fine with being awake, if he thought that was best."

During the six-hour surgery, Dr. Moshel removed the tumor, while neurosurgeon Kyle Chapple, MD, removed the AVM. Following the procedure, Dr. Moshel phoned to say Sam's tumor was benign. Two days later, however, a follow-up scan showed additional bleeding, and Dr. Moshel called Erik at 9:30pm. After speaking, the decision was made to perform an emergency surgery.

"This was where the doctor-family relationship that Dr. Moshel had established with us in such a brief period became the guiding light in determining our next course of action. He had instilled a sense of trust that gave us confidence in agreeing to a second surgery," says Suzan.

Dr. Moshel performed surgery that night. Afterward, he phoned once more to report that he had stopped the bleeding, which was coming from Sam's jaw muscle.



The Sletteland Family
Rear: sons Peter, Sam and Ben
Seated: Erik and Suzan



Dr. Yaron Moshel, co-director of Gerald J. Glasser Brain Tumor Center, Overlook Medical Center's Atlantic Neuroscience Institute

"The doctor-family relationship that Dr. Moshel had established with us in such a brief period became the guiding light in determining our next course of action."

– Suzan Sletteland

Just weeks after his monthlong stay at Overlook and a brief stint in rehab, Sam returned to Fairleigh Dickinson University. He graduated with honors in 2016. ▲

To find out more information about Drs. Chapple and Moshel and other Atlantic Health System affiliated providers, visit atlantichealth.org/doctors.

SPOTLIGHT ON STROKE

Brain Scans Sent to Surgeons' Smartphones Speed Treatment

Minutes matter when diagnosing and treating stroke. Recently acquired state-of-the-art brain imaging software now enables stroke experts at Overlook Medical Center's Emergency Department to increase the number of treatable patients within the 24-hour window.

Overlook Medical Center has led the way in a systemwide deployment of the RAPID imaging platform from iSchemaView, the most advanced brain imaging software platform for identifying treatment options for stroke patients. It sends CTA/CTP images to stroke neurologists' and neurosurgeons' smartphones and allows doctors to quickly identify reductions in blood flow to the brain and early signs of brain injury to determine if surgery will benefit the patient.

Overlook was a pioneer in the deployment of technology to assess stroke patients in the ambulance and treat stroke as quickly as possible with a TeleStroke network that covers Atlantic Health System medical centers. Deploying RAPID was an obvious way to speed up brain-saving treatments even more. TeleStroke technology enables stroke neurologists to evaluate the patients in the ambulance and have the stroke team ready in the emergency department to perform next step treatments.

Now, if imaging shows a large blood vessel is blocked with a clot that likely cannot be addressed by administering tPA, the images are sent to a neurosurgeon to assess if a surgical procedure called mechanical thrombectomy is an option to remove the clot.

"A traditional CTA (computed tomography angiogram) can take up to 15-20 minutes," says stroke neurologist John M. Hanna, MD, one of several neurologists who rotate on call 24/7 to rapidly diagnose patients coming to Overlook's Emergency Department with symptoms of stroke. "The RAPID platform emails results to the team in two minutes, allowing us to determine very quickly if the patient is a candidate for an interventional procedure."

EXTENDING THE TREATMENT WINDOW

Groundbreaking research has expanded the window for mechanical thrombectomy from six hours to 24 hours for select patients based on their brain scans.

According to Ronald Benitez, MD, chief of endovascular neurosurgery, if patients are candidates for mechanical removal of the clot, he can thread a catheter through a femoral artery (or in some cases, a radial artery) to reach the blockage, and then entangle the clot in a wire mesh stent for removal. Although each patient's recovery varies, research shows the procedure dramatically increases a patient's chances of returning to his or her pre-stroke health following the procedure.

"RAPID software is a real game changer for our patients," says Dr. Benitez. "The ability to receive CTA/CTP images right to my smartphone within two minutes of the scan makes a real difference in a patient's

Think FAST
For more information visit
atlanticealth.org/stroke.



Overlook's Comprehensive Stroke Center is the only hospital in New Jersey and New York recognized by Healthgrades® as America's 100 Best Stroke Program for six years in a row.

outcome. If the patient is at Chilton Medical Center and is eligible for a thrombectomy, we can mobilize the transport to Overlook faster and shave off precious minutes to the procedure suite."



COMPLEMENTING URGENCY OF CARE

"Urgency of care is one of the hallmarks of clinical excellence," observes Christopher Amalfitano, MD, CPE, chairman of Overlook's Emergency Department. "Fast diagnosis equates to faster treatment and better outcomes. RAPID helps elevate our level of lifesaving emergency care."

After initial testing at Overlook, RAPID is now used in the emergency departments at four Atlantic Health System hospitals, where a swift diagnosis helps determine whether to transfer a patient to Overlook's Comprehensive Stroke Center, a regional hub for advanced stroke treatment ... and is the only hospital in New Jersey and New York recognized by Healthgrades® as America's 100 Best Stroke Program for six years in a row. ▲

ATLANTIC MEDICAL GROUP

Dr. Hanna is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 908-522-5545.

To find out more information about Drs. Amalfitano and Benitez and other Atlantic Health System affiliated providers, visit atlanticealth.org/doctors.

OVERLOOK MEDICAL CENTER

RECOGNIZED AMONG THE TOP 5% OF NEUROSCIENCE PROGRAMS IN THE COUNTRY



ATLANTIC HEALTH SYSTEM TRANSFORMS CANCER CARE WITH GROUNDBREAKING PARTNERSHIP

To take advantage of new treatments that are available to cancer patients, Atlantic Health System has entered into a special partnership with the Translational Genomics Research Institute (TGen) and Origin Commercial Ventures. Together, they're developing a new platform to deliver economically viable immunotherapies and other breakthrough cancer treatments to the region.



BETTER CARE AND COLLABORATION

The Breakthrough Oncology Accelerator flagship platform at Atlantic Health System will create a model to ultimately enable health systems around the country to provide faster access and better patient outcomes by enabling clinicians and researchers to share their knowledge and provide more options for patients.

Through the partnership, Atlantic Health System, TGen and Origin will leverage their proprietary platforms, expertise and collaborations to identify and deploy those resources that best help oncologists meet the needs of their patients.

"We're looking at an onslaught of really incredible medicine that's going to become available to cancer patients," says Cosmo Smith, managing partner, Origin CV. "It's our job to ensure that not only are there infrastructure, operating and clinical capabilities able to onboard these, but financing capabilities that put these therapies within reach of oncologists and their patients."

On the research side, TGen is hard at work investigating new therapies for cancer, neurological disorders, infectious disease and rare childhood disorders. Using advanced technology, TGen delves into the origins of cancer by exploring the human genome.

"TGen's genomic-based programs help develop cutting-edge therapies for patients whose tumors have progressed on all previous therapies," says Daniel Von Hoff, MD, TGen's distinguished professor and physician in chief. "We use all the science-based information we have to come up with a therapy that best fits that person."

Bringing everything full circle is Atlantic Health System. Eric Whitman, MD, medical director of Atlantic Health System Cancer Care, heads up the partnership's efforts at Atlantic Health System and has already seen interest from research companies. "We've brought on around 15 clinical trials as part of this partnership. This includes drugs and technologies that we never would have had access to in the past."

PIONEERS IN HEALTH CARE DELIVERY

Atlantic Health System is the one health system selected by TGen and Origin to create this new platform. Why Atlantic Health System? Smith says Origin CV selected Atlantic Health System as a partner "because of its absolute undying desire to serve patients in a way that is not only compassionate but that provides the best options to those experiencing really complex cancers."

Another important element of the alliance is Atlantic Health System's pioneering approach. "I've rarely met such an entrepreneurial nursing and medical staff and business team across an organization," says Smith. "That's a credit to the leadership because in order to onboard these types of breakthrough medicine, you have to be willing to be innovative all the time."

TGen's Dr. Von Hoff concurs with Smith, "Atlantic [Health System] has a great developing center. They are anxious to bring new therapies to their patients, and their emphasis is clearly on patient care rather than just the science." ▲

See other clinical trials at our newly redesigned atlantichealth.org/research site for clinical trials across Atlantic Health System that focus on various medical conditions.

Building a Stronger Union

Physicians join together to improve access to care with the creation of Atlantic Medical Group Primary Care at Union



The healthiest communities are built on a solid foundation of access to quality primary care. Atlantic Health System has bolstered that foundation in our own communities with the creation of Atlantic Medical Group Primary Care at Union. At the Overlook Medical Center Health Pavilion at Union, 10 physicians from three of the area’s most well-established practices – Union Primary Care, Hillside Family Practice and Roselle Park Primary Care – have joined together to serve the area’s primary care needs.

“There is strength in numbers,” says Gary Kershner, DO, managing physician for the new practice. “With multiple practices from the same geographic area coming together under one roof, we have been able to create one well-rounded practice, staffed by physicians with decades of experience. By coordinating our efforts, we can serve the larger community more efficiently, with greater availability and without any gaps in care.”

Atlantic Medical Group Primary Care at Union offers extended hours, online scheduling so patients can schedule

appointments at any time, and open access for same-day and walk-in patients. “When someone is ill,” says Kathleen Ferrara, director of clinical operations for Atlantic Medical Group, “we know they want to be seen right away. We want to answer those patient needs as quickly as possible.”

Another benefit to the new practice is the on-site proximity to ancillary services, including a fully operational emergency department, radiology, infusion and a full-service lab. There are also a number of specialists on-site – cardiologists, nephrologists, neurologists and oncologists, among others – as well as Atlantic Health System Physical Therapy. “This is all in the same building, so it’s very easy for us to refer our patients to these services,” says Dr. Kershner. He

“By coordinating our efforts, we can serve the larger community more efficiently, with greater availability and without any gaps in care.”

– Gary Kershner, DO

points out that all physicians have access to the same electronic medical records, which means your care goes with you – no breakdowns in communication, no duplicated tests and no lapses in care.

Adds Ferrara, “We brought together all of these wonderful things so we can best service our population in primary care and specialty care. We’re removing impediments and giving patients better access, because we know access improves care.”

ATLANTIC MEDICAL GROUP

Dr. Kershner and AMG Primary Care at Union are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. They can be reached at 908-522-3730.

Introducing Atlantic Medical Group Primary Care at Union

Online Appointment Scheduling. Extended Hours. Convenient Parking.
Onsite X-ray, Lab, Physical Therapy, Specialists and Emergency Room.

Steven Eisenstat, DO



Gary Kershner, DO



Caren Chapinski, DO



Leonardo Saraceno, MD



Libero Saraceno, MD



Walter Matkowsky, DO



Angela Vidal-Burke, MD



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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 accepts most major insurance plans.

To find an Atlantic Medical Group provider, visit atlanticmedicalgroup.org for more information, or call 1-844-AMG-2250 (1-844-264-2250).

Atlantic Medical Group Primary Care in Your Community

Alpha Health Associates

Millburn: 973-912-8400
West Orange: 973-731-7868

Associates in Integrative Medicine

Summit, Warren, West Orange:
908-769-9600

Chatham Family Medicine

Chatham: 973-635-2432

Healthfirst Associates

Newark: 973-344-5379

AMG Internal Medicine Residency Practice at Union

Union: 908-598-7950

Maplewood Family Medicine

Maplewood: 908-598-6690

Maplewood Primary Care

Maplewood: 973-763-5010

Medemerge

Green Brook: 732-968-8900
(evenings, weekends, walk-ins)

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

AMG Primary Care at Millburn

Millburn: 973-912-7273

AMG Primary Care at Scotch Plains

Scotch Plains: 908-378-7200

AMG Primary Care at Union

Union: 908-688-4845

AMG Primary Care at Westfield

Westfield: 973-829-4632

Roselle Park Medical Associates

Roselle Park: 908-241-0044

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

Women's Health at Westfield

Summit, Westfield: 908-522-3688

AtlanticMedicalGroup.org



Atlantic Health System
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Learn more at atlanticealth.org/cancer

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Carol G. Simon Cancer Center
Overlook Medical
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1000 Galloping Hill Road, Suite 204, Union **(new!)**
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Atlantic Health System

Overlook Medical Center

Is Bariatric Surgery Right **FOR YOU?**

If excess pounds have been piling up and weighing you down, bariatric surgery may be your road to wellness. That journey can begin here, at Overlook Medical Center.

Can you rattle off the list of diets you've attempted unsuccessfully? Have you lost – and regained, and added to – the same pounds over and over again? If you've been on this roller coaster for years and wish to achieve meaningful and sustained weight loss, it may be time to consider bariatric surgery.

DO YOU QUALIFY?

If you are overweight and have tried and failed to lose weight, or if you suffer from obesity-related health problems such as heart disease, diabetes, sleep apnea, joint disease, depression, high cholesterol or infertility, you may be a great candidate for metabolic weight loss or bariatric surgery.

» First, check your body mass index (BMI). Your height and weight are used to calculate BMI.

» Now ask yourself the following questions:

- Do you have a BMI of 40 or more?
- Do you have a BMI of 35 or more, plus a life-threatening obesity-related health problem such as diabetes, severe sleep apnea or heart disease?

TO FIND OUT YOUR BMI, VISIT CDC.GOV AND SEARCH BMI CALCULATOR.

- Does your weight cause physical problems that interfere with family, recreational or work-related activities?
- Are you more than 100 pounds overweight and have tried and failed to lose weight?

» If the response is "yes" to any of the questions, you may be eligible for metabolic and weight loss surgery. Please contact us to schedule an appointment and learn your options.

OVERLOOK'S BARIATRIC CENTER OF EXCELLENCE

Since 2006, Overlook Medical Center is a fully accredited Comprehensive Center for Bariatric Surgery by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, a joint accreditation program between the American College of



Surgeons and the American Society for Metabolic and Bariatric Surgery. Overlook's program – for adults and adolescents (age 16 and above) – is recognized as a leader in New Jersey for quality and volume. Overlook received the Bariatric Surgery Excellence Award™ from Healthgrades for 2017, 2018 and 2019, ranking it among the top 5 percent in the country.

"Accreditation indicates a program has met a certain level of quality, safety, volume and outcomes," says Colleen Zehala, BSN, RN, program manager for bariatric surgery at Overlook Medical Center. "When a patient is deciding on a facility, he or she should realize the benefits of an accredited center."

Overlook's dedicated team of fellowship-trained surgeons, anesthesiologists, nurses, technicians and facilitators are skilled in the unique needs of the bariatric patient. The program's concierge department guides patients and their families through every step of the process, including comprehensive preadmission testing. All tests – from nutritional and psychological evaluations to imaging and lab work – are completed within a single day at Overlook. Private patient rooms are designed for the safety and comfort of the bariatric patient.

A LONG-TERM SOLUTION ... NOT A QUICK FIX

Surgery is only one part of the process; both before and after surgery, patients must commit to lifestyle changes as well. "Everyone is looking for a magic pill for an instant result," says Zehala. "But the commitment to a healthy lifestyle, which includes weight loss, takes work and a realistic understanding of goals. Our program helps patients commit to becoming healthy and happy with their weight loss accomplishments." ▲

For more information, call 908-522-5794.



Turkey Cutlet 'Bistek' Encino

(Yields four 6- to 8-ounce portions)

Ingredients

- 2 tablespoons olive oil, divided
- 1 lemon, juiced (about ¼ cup)
- 2 teaspoons granulated garlic
- 1 teaspoon dried oregano
- ¼ teaspoon chipotle chili paste
- 1 teaspoon salt
- ½ teaspoon coarse ground pepper
- 4 turkey steaks (approximately 6 ounces each)
- 1 medium red onion, sliced

Preparation

1. Preheat oven to 350 F. In a large bowl, whisk together 1 tablespoon olive oil, lemon juice, garlic, oregano, chili paste, and salt and pepper. Add turkey and coat with marinade. Marinate at least 1 hour, up to overnight.
2. Heat a large oven-proof sauté pan over medium heat and add remaining olive oil. Add turkey steaks and onions, and sear approximately 4 to 5 minutes per side. Transfer pan to the oven and roast for about 8 minutes, or until steaks are cooked through.
3. Serve with your choice of a side salad of fresh arugula, rice or oven-roasted spring vegetables.

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.





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Nana Tchabo, MD
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Allison Wagreich, MD
GYN Oncology



Janine Doneza, MD
Gynecologic Surgery



Erika Wasenda, MD
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33 Overlook Rd., Ste. 405, Summit
908-522-3688

Atlantic Women's Cancer Associates

11 Overlook Rd., Ste. LL 102, Summit
908-522-5262
741 Northfield Ave., Ste. 203, West Orange
908-516-1303

Atlantic Medical Group Gynecology

Atlantic Urogynecology Associates
33 Overlook Road, Suite 409, Summit
908-522-7335



AtlanticMedicalGroup.org/Women

FIBROIDS? HYSTERECTOMY?

Same-day surgical procedure with faster recovery is now possible

Last fall, veterinarian Priti Goswami, DVM, PhD, found herself in Overlook's Emergency Department (ED) for the second time in 48 hours. Her first visit to the ED, for a high fever, resulted in a prescription for an antibiotic that doctors thought would bring her back to health. But something more complex was brewing, and when that antibiotic did not show any sign of working and Priti developed uncontrollable chills as her fever continued to rise, she returned to Overlook via ambulance and was admitted to the hospital.

Over the course of a few days, Priti was seen by several physicians, all working together to pinpoint the cause of her fever and the appropriate treatment. Meher Sultana, MD, a specialist in infectious diseases, determined that Priti was most likely suffering from an unusual infection in her uterus. It was then that Janine Doneza, MD, a gynecologic surgeon fellowship-trained in robotic and minimally invasive surgery, was asked to weigh in on Priti's case. In addition to the infection, Priti – like so many women – had put up with years of pelvic pain and severe vaginal bleeding due to uterine fibroids. Once she finished another course of antibiotics and put the infection behind her, she and Dr. Doneza discussed the options for treating those fibroids.

A BETTER SOLUTION TO COMMON PROBLEMS

What made Priti's situation unique, explains Dr. Doneza, was the size of one such fibroid. An MRI revealed a fibroid nearly 8 centimeters in diameter; her uterus was enlarged to 16 centimeters as a result. Those factors – combined with adhesions and scarring from two cesarean sections, a prior dilation and curettage, and the aftermath of the aforementioned infection – led doctor and patient to the decision that a hysterectomy was Priti's best option for relief.

In years past, the only option for hysterectomy involved a large, open surgery through the abdomen. But now, explains Dr. Doneza, women who require a hysterectomy or other major procedures for gynecologic conditions that can cause pain or disruption may have another option: minimally invasive gynecologic surgery (MIGS).

THE BENEFITS OF MIGS

These state-of-the-art procedures use small incisions, resulting in less pain, blood loss and scarring; a decreased risk of infection; shorter hospital stays, and a faster return to daily activities. Many MIGS can even be performed on an outpatient basis. Conditions treated by minimally invasive gynecologic surgery include abnormal uterine bleeding, adenomyosis, endometrial polyps and endometriosis, ovarian and paratubal cysts, pelvic pain, and uterine fibroids.

"Times are changing and there are more subspecialties in the field of surgery as it pertains to women's health," says Dr. Doneza.



Priti Goswami, DVM, PhD



Dr. Doneza

"I should have had surgery at least a year prior. It wasn't worth trying to escape it."

– Priti Goswami

"Minimally invasive gynecologic surgery is one part of that. Most of the hospitals that have made this distinction are large academic centers. I'm excited that Overlook has established minimally invasive surgery as a division of the department of obstetrics and gynecology. All women deserve this level of care."

Atlantic Health System's MIGS surgeons are board-certified, fellowship-trained gynecologists with experience in the use of hysteroscopic, laparoscopic and robotic-assisted techniques. Dr. Doneza points out that surgeons with this advanced level of training are able to take on more complex cases and still use a minimally invasive approach. "If you can minimize doing a larger surgery with the same outcomes, that's better for the patient," she says.

Just a few weeks after surgery, Priti was enjoying all the things she loves – her work, time with her children, travel and more – without the pelvic pain and bleeding that shadowed her for years. "I should have had surgery at least a year prior," she says. "It wasn't worth trying to escape it. Dr. Doneza was very professional and compassionate. She explained everything so well, and my experience was so much easier because of her. The way she took control of things was so reassuring. Now I'm back to business!" ▲

To find out more information about Dr. Sultana and other Atlantic Health System affiliated providers, visit atlantichealth.org/doctors.

ATLANTIC MEDICAL GROUP

Dr. Doneza and AMG Gynecology at Summit are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. Dr. Doneza can be reached at 908-522-7335.

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community calendar

Spring 2019

Welcome to your new Overlook Medical Center Community Calendar. We've reformatted the calendar to make it easier to find events near you. This refreshed design gives you all the information you need at a glance.

Below, you'll find highlights for May and June events in honor of Stroke Health Awareness and Men's Health months. Pages 28-30 contain the usual programming you've come to expect.

For more information about any of the events listed, call 1-800-247-9580 unless otherwise noted.

MAY – STROKE HEALTH AWARENESS EDUCATION

MAY IS NATIONAL STROKE AWARENESS MONTH.

Join us and learn about risk factors, symptoms and preventive measures.



DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Wednesday, May 1, 12:30-1:30pm	STROKE LECTURE An interactive discussion of the types of stroke. UTCAO, 2410 Springfield Ave., Vauxhall, NJ 07088	For more information, call 908-522-2842. FEE: FREE
Thursday, May 2, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
Tuesday, May 7, 11:00am-1:00pm	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	
Wednesday, May 8, Noon-2:00pm	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS Vita Gallo, 12 Chestnut Ave., Summit, NJ 07901	
Thursday, May 9, 10:00-Noon	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
Tuesday, May 14, 10:00-Noon	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
Wednesday, May 15, 8:00-11:00am	HEALTH FAIR An assessment of stroke risk factors with follow-up counseling. DeCorso Community Center, 15 East 4th St, New Providence, NJ 07974	
Thursday, May 16, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
Tuesday, May 21, Noon-2:00pm	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083	
Tuesday, May 21, 10:00-11:30am	DON'T FRY DAY Join us and see the effect of sun exposure on your skin. Livingston Town Hall, downstairs lobby area (near the training room), 357 S. Livingston Ave, Livingston, NJ 07039	
Tuesday, May 28, 1:00-3:00pm	BLOOD PRESSURE/GLUCOSE/BMI SCREENINGS North Plainfield Library, 6 Rockview Ave., North Plainfield, NJ 07060	

JUNE – MEN'S HEALTH AWARENESS EDUCATION

JUNE IS NATIONAL MEN'S HEALTH MONTH

Want to change these stats?

- On average, men live about 5 years less than their female counterparts.
- Men make one-half as many physician's visits for prevention as women.
- 1 in 2 men will develop cancer in their lifetime.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Tuesday, June 4, 10:00-Noon	BMI/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	For more information, call 908-522-2842. FEE: FREE
Wednesday, June 5, Noon-2:00pm	BMI/GLUCOSE SCREENINGS Vita Gallo, 12 Chestnut Ave., Summit, NJ 07901	
Friday, June 7, 10:00-Noon	BMI/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
Tuesday, June 11, 11:00-1:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	
Thursday, June 13, 10:00-Noon	BMI/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	

COMMUNITY HEALTH SCREENING EVENTS IN MAY AND JUNE

community calendar Spring 2019

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

BEHAVIORAL HEALTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	SUBSTANCE ABUSE FAMILY SUPPORT GROUP Participants learn ways to cope with substance-abusing family members. No registration is required. Wednesdays, 6:30-8:00pm FEE: FREE For more information, call 908-522-4800. Overlook Medical Center, Outpatient Services, 2 Walnut St., Summit, NJ 07901
	All Behavioral Health events take place at Overlook Medical Center, Outpatient Services, 2 Walnut St., Summit, NJ 07901.			
	Mondays, Wednesdays and Thursdays, 5:30-9:00pm	CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM Three evening programs are available for those trying to remain abstinent from all substances.	To register, call 1-888-247-1400. FEE: FREE Fee is based on the cost of the individual's health insurance co-pay, deductible or co-insurance.	
	Monday-Friday, 10:30am-2:00pm	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.	To register, call 1-888-247-1400.	
Thursdays, 10:30-11:30am	POSTPARTUM GROUP New mothers meet and learn coping and relaxation skills to help them with their new role.			

CANCER CARE	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	 QIGONG 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 FEE: FREE For dates and times, call Michele Wadsworth at 908-522-6168. YOGA AND MEDITATION This drop-in session includes 45 minutes of yoga followed by a 45-minute guided mindfulness meditation. Some yoga experience is recommended. Fridays, 9:30-11:00am FEE: FREE For dates and times, call Michele Wadsworth at 908-522-6168.
	All Cancer Care events take place at Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901.			
	Various dates and times	ART THERAPY Art therapy for adults with cancer.	To register, call 1-800-247-9580. FEE: FREE	
	Various dates and times	BEREAVEMENT GROUP A support group for people who have lost a spouse or partner to cancer.	For more information and to register, call Maggie Brady at 908-522-5255. FEE: FREE	
	Second and fourth Monday of the month, 1:00-2:00pm	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.	For more information and to register, call Kerry Ricci or Jannine Valledor at 908-522-5925. FEE: FREE	
	Mondays, 10:00-11:00am	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.	To register, call Michele Wadsworth at 908-522-6168. FEE: FREE	
	Various dates and times	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.	For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE	
	Various dates and times	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.	For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE	
	Second Thursday of the month, 7:00-8:30pm	POST-CANCER TREATMENT GROUP Open support group for individuals who have had a diagnosis of cancer and have completed their treatment. This group offers the opportunity to support one another as we discuss issues and concerns related to survivorship.	For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349. FEE: FREE	
	Third Monday of the month, 3:00-4:00pm	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.	For dates and to register, call Kerry Ricci or Jannine Valledor at 908-522-5925. FEE: FREE	
Third Monday of the month, 3:00-4:00pm	SCAR MASSAGE A program for post-mastectomy patients who have chosen not to undergo breast reconstruction, or who have other oncology-related surgical scars.	For dates and times, call Michele Wadsworth at 908-522-6168. FEE: FREE		

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

CAREGIVERS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Caregivers events take place at Overlook Medical Center, Thomas Glasser Caregivers Center, Fifth Floor off the main lobby, 99 Beauvoir Ave., Summit, NJ 07901.			QIGONG FOR FAMILY CAREGIVERS This workshop is open to anyone providing care for a family member or friend. Tuesdays, 1:00pm For more information and to register, call Marian Teehan at 908-522-6347 or Valerie Gagliano at 908-522-6348. FEE: FREE
	Weekly, 2:00pm	HEALING ARTS FOR THE CAREGIVER Music and art workshops offering communal peer support and provide a creative outlet to help reduce stress.	For more information and to register, call Marian Teehan at 908-522-6347 or Valerie Gagliano at 908-522-6348. FEE: FREE	
Mondays, 3:00pm	MUSIC SELF-CARE FOR THE CAREGIVER Music therapy sessions in our Caregivers Center encourage caregivers to take time for self-care and enjoy opportunities for relaxation, development of new coping strategies and self-expression. No prior musical experience is needed.	To register, call Valerie Gagliano at 908-522-6348. FEE: FREE		

COMMUNITY HEALTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Various dates and times	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. Multiple locations	For more information, call 1-844-472-8499. FEE: FREE	ATLANTIC HEALTH SYSTEM BIRTHDAY CARD PURCHASE Atlantic Health System invited children who are relatives of our team members to create artwork for birthday greeting cards. A set of 12 unique cards are available for purchase. \$10.66 per set (includes tax)
	Various dates and times	DIABETES EDUCATION 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. Multiple locations	For more information, call 1-800-247-9580. FEE: FREE	
Tuesdays	HEALING YOUR GRIEVING HEART A bereavement group for those who have experienced a recent death of a spouse or partner within the last year. Overlook Medical Center, Caregivers Conference Room, Fifth Floor off the main lobby, 99 Beauvoir Ave., Summit, NJ 07901	To register, call 908-522-6348, or Maggie Brady at 908-522-5255. FEE: FREE		

NEW VITALITY	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Various dates and times	NEW VITALITY PROGRAM If you're over the age of 65 and are looking for new ways to enhance your health and social life, join New Vitality, an award-winning health and wellness program tailored to meet the needs of today's adults, 65 and older. Membership is free and offers access to classes, selected health screenings, a quarterly magazine, and special events. New Vitality programs are held at various locations throughout Atlantic Health System. Most programs are free; others may require a small fee.	For complete listing of classes, activities and to join the New Vitality Program, call 1-844-472-8499 or visit atlantichealth.org/newvitality . FEE: MEMBERSHIP IS FREE

ORTHOPEDICS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
	Four Mondays a month, 1:00-3:00pm	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. Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901	For more information and to register, call 1-800-247-9580. FEE: FREE

community calendar Spring 2019

PARENTING & CHILDBIRTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	PREPARED CHILDBIRTH CLASS Topics include the birth process, signs and symptoms of labor, stages of labor, when to go to the hospital and what to bring with you, breathing and relaxation techniques, medication options, a tour of our maternity center, and childbirth films included. Various dates and times. FEE: \$250 PER COUPLE For more information, email overlook.parented@atlanticealth.org or call 908-522-2946. Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901	
	All Parenting & Childbirth events take place at Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901.				
	Various dates and times	ABCs OF GOING HOME WITH YOUR BABY Topics include basic infant care, diapering, dressing, bathing, swaddling, holding, soothing, when to call the baby's doctor, and how to manage with pets at home.	For more information, email overlook.parented@atlanticealth.org .		FEE: \$100 PER COUPLE
	Saturday, May 18, 10:00am-12:30pm OR Wednesday, April 17 OR May 22, 6:30-9:00pm	BREASTFEEDING: GETTING STARTED AT OVERLOOK Learn various aspects of breastfeeding, including breast milk production, positioning and latching on, to get your breastfeeding experience off to the best start.	For more information, email overlook.parented@atlanticealth.org .		FEE: \$50 PER COUPLE
	Saturdays, April 27, 8:00am-4:00pm OR Three-part series: Fridays, April 5, 12 and 19 OR May 10, 17 and 24, 6:30-8:30pm	MINDFUL PREGNANCY AND BIRTH AT OVERLOOK Mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management, hands-on practice and tour.	For more information, email overlook.parented@atlanticealth.org .		FEE: \$200 PER COUPLE
Thursday, April 4, 6:30-9:30pm	YOUR BABY'S BIRTH AT OVERLOOK MEDICAL CENTER Topics include the childbirth process, signs and stages of labor, and when to go to the hospital. Participants will also view a birthing video and take a tour of our maternity center, which provides an overview of the labor, delivery and postpartum experience at Overlook Medical Center.	For more information, email overlook.parented@atlanticealth.org .	FEE: \$75 PER COUPLE		

SENIOR HEALTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Saturdays, April 13 OR May 11, 8:00am-1:00pm	ESSENTIALS OF MEMORY CHANGES Memory is ever changing, and as we age it is important to recognize what is normal vs. what may be a warning sign of dementia. Lunch will be provided. Arden Courts of West Orange, 510 Prospect Ave., West Orange, NJ 07052	For information or to register, call 1-844-472-8499.	

SUPPORT GROUPS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	BARIATRIC SURGERY SUPPORT GROUP Learn how to prepare and manage for lifestyle changes to maximize your surgery's success. Third Monday of the month, 12:45-1:45pm For more information and to register, call 908-522-5794. Weight & Wellness Center 33 Overlook Road, MAC 1, Suite 206, Summit, NJ 07901	
	Second Tuesday of the month, 2:00-3:00pm	OSTOMY SUPPORT GROUP Supported by the Union County Chapter of the OAA. This is free and registration is not required. Overlook Medical Center, Medical Arts Center 2 (MAC II) Conference Room, 11 Overlook Road, Summit, NJ 07901	For more information, call 908-522-0552.		FEE: FREE
	First Monday of the month, 5:30-7:30pm	PAIN SUPPORT GROUP This group is for those afflicted with chronic pain. Guest speakers provide different perspectives on the subject. Overlook Medical Center, 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.		FEE: FREE
Second Thursday of the month, 11:30am-1:00pm	STROKE SUPPORT GROUP Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Light refreshments will be served. Registration is required. Overlook Medical Center, Conference Room 4, 99 Beauvoir Ave., Summit, NJ 07901	For more information and to register, call 1-800-247-9580.	FEE: FREE		

WEIGHT LOSS	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	Third Monday of the month, 6:00-7:00pm	OPTIONS FOR WEIGHT LOSS Learn about available weight loss treatments. Registration is required. Overlook Medical Center, Conference Room 2, 99 Beauvoir Ave., Summit, NJ 07901	For more information and to register, call 1-800-247-9580.	

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