

AtlanticView

at Overlook | Summer 2019

**SPECIAL:
ACCESS TO
THE BEST CARE
CLOSE
TO HOME**

**MOMENTS
THAT MATTER**
**SURVIVING
BREAST CANCER
AT 33 WITH
IMMUNOTHERAPY**

Read Silvia's Story

Ask the Expert:
Breast Surgery
Breakthroughs

The Skinny on Wearable
Fitness Trackers

Healthy Gut, Happy Life



Atlantic Health System
Overlook Medical Center

Summer is when we can hopefully take it easy, spend some time with our friends and family, and enjoy New Jersey's best season.

At Overlook and throughout our integrated health care system in the eastern region, the concept of making health care easier for patients is a key driver in all that we do – in all four seasons.

Access to the best care is a primary focus toward this goal, as you will see through this issue of *AtlanticView*.

Offering patients like Silvia Montoya the latest immunotherapy treatment for breast cancer minutes from her home, pioneering novel surgical treatment for vascular disease, and operating a state-of-the-art cardiac care unit, ready 24 hours of every day, are examples of raising the levels of access to advanced care in our community.

By doubling our services at Overlook's Union Campus located in the area referred to as Five Points, we are bringing Overlook-caliber care conveniently close to home for our central eastern Union County communities, addressing needs for cancer care, neurology, primary care and more in that area.

In our commitment to increase access to your health information, we encourage everyone to download the Atlantic Anywhere app to obtain your health care records right on your phone – whether you're "down the shore," at the lake or in your own backyard.



Wishing you a healthy summer,

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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WE WANT TO HEAR FROM YOU

Would you like to share your experience at Overlook? Please help us spread the word and help more people in our community.

Review us on Facebook, Google or Yelp.

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CEO's corner

A Neighbor You Can Rely On

I've always believed the blue "H" signs you see throughout your town stand for more than just a place to go in an emergency. Behind each sign is a dedicated workforce of thousands of talented, highly trained, compassionate individuals – amazing caregivers who devote their lives to improving the health of their neighbors and communities.

At Atlantic Health System, you'll find these remarkable people at each of our six hospitals and 400 care sites across New Jersey. Whether you're looking for a flu shot or require cutting-edge surgery, our team of 17,000 – physicians, nurses, therapists, food service professionals, environmental stewards and so many more – are ready to care for your family 24/7.

We are excited about our new partners in your community. By joining with MedExpress, we now provide urgent and walk-in care across the state, no appointment necessary. You can also visit one of our 4,000 affiliated physicians for care beyond the walls of our medical centers.

A good neighbor is always ready to help in a time of need. In this edition, we share stories of how we are supporting people like you, in neighborhoods like yours. I hope you enjoy the issue, and as always, thank you for entrusting Atlantic Health System with your care.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

health briefs

Working Toward a Healthier Community

ATLANTIC ANYWHERE:

We're Here When You Need Us

Atlantic Anywhere allows you to connect to Atlantic Health System anytime, anywhere. Find doctors, manage your personal health information, track important health indicators, **schedule a Virtual Visit** and much more:

- Easily search and schedule appointments with health care providers in your area.
- Access and securely manage your Atlantic Health System medical information through MyChart: refill medications, communicate with your physician, view lab results and book appointments with participating physicians.
- Get easy directions and maps to any of our locations, as well as indoor GPS to help you navigate at Overlook.



- Track common health indicators, including weight, blood pressure, sleep patterns, pregnancy and more.
- **See a doctor 24/7 through a Virtual Visit.**
- View information that can help you prepare for your visit.
- Connect to many activity devices and apps, including Nike+, Runkeeper, Fitbit and more.
- Keep track of your medications and dosing schedule.
- Access insurance information and/or pay your bill online.

And do not forget, you can easily share all this data with your doctors, family and friends. Download Atlantic Anywhere by searching "Atlantic Anywhere" in the iTunes App Store or Google Play Store.

Visit atlantichealth.org/atlanticanywhere.

Overlook Medical Center Preferred by Women





Left to right: Carolyn Brown-Dancy, Atlantic Health System; Anthony Russo, President of CIANJ; Melissa Bonassisa, Overlook's Green Team member

OVERLOOK MEDICAL CENTER HONORED WITH THE COMMERCE AND INDUSTRY ASSOCIATION OF NEW JERSEY'S ENVIRONMENTAL LEADERSHIP AWARD

Overlook Medical Center in 2018 led New Jersey in making health care environmentally sustainable while reducing health care costs:

 The direct-to-drain fluid management system in Overlook's operating suites reduced the number of waste containers, **saving \$400,000 in annual disposal costs.**

 Overlook **reduced energy use intensity by 8.6%**; saved 150 metric tons of CO₂; reduced water use by 655,822 gallons; recycled 669 tons of waste; eliminated items that have a DEHP/PVC alternative; and replaced plastic straws with paper in its cafeterias.

 Overlook **converts water, electricity and salt into "green" cleaning/disinfecting solutions.**

 Overlook's tri-generation power plant **reduced energy needs by more than 60%.**

 Overlook has **10 on-campus beehives producing locally sourced honey**; supports a community garden in Summit, and in 2018 helped create another garden in Union Township; owns 32 chickens at a local coop, and facilitates access to locally sourced food – all used in Overlook's "Bee Healthy" educational program for local schools and community organizations.



OVERLOOK MEDICAL CENTER NAMED AMONG **TOP 25 HOSPITALS IN THE U.S.** FOR ENVIRONMENTAL STEWARDSHIP IN HEALTH CARE FROM PRACTICE GREENHEALTH



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.

Overlook is recognized among the best performing hospitals participating in Practice Greenhealth.

Overlook
Medical Center
ATLANTIC HEALTH SYSTEM

NATIONALLY RECOGNIZED,
LOCALLY LOVED.



Atlantic Health System
Overlook Medical Center

BEATING THE ODDS

11% of all new cases of breast cancer in the United States are found in women younger than 45 years old. Silvia Montoya is part of that group. She is also an inspiration to others, as she is surviving – and thriving – with breast cancer.

Connecting All Women to Breast Cancer Screening and Support

*Overlook partners with Susan G. Komen North Jersey® and other community leaders to improve access and outcomes for breast health. A grant from Susan G. Komen North Jersey helps patients who lack insurance get the necessary annual breast screening to help detect breast cancer early and refers those who need it for treatment. It's all about saving lives in our communities.

*Curémonos partners with hospitals, physicians and community organizations to help Latinas (see next page).

Four years ago, with three young children and a husband and a demanding job, Silvia Montoya was like so many other women: busy all the time, and putting everyone before herself. At just 33 years old, breast cancer was the last thing on her mind; the disease was strictly for older women, she thought. A lump that had been present for years in her left breast started to grow and change, and her husband forced her to go to the doctor.

"I went just to appease him," Silvia says. It's a good thing she did.

ACCESS TO THE BEST INTERDISCIPLINARY CARE TEAM

In October 2015, Silvia was diagnosed with stage 3 breast cancer. According to statistics from the CDC, 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

At Overlook's Carol G. Simon Cancer Center, Silvia had the benefit of working with a multidisciplinary care team that also included a nurse navigator who was dedicated to helping Silvia through her journey. She underwent a mastectomy with breast surgeon Margaret Sacco, MD. Surgery was followed by radiation with Joana Emmolo, MD, and chemotherapy at the Overlook Infusion

Center with Bonni Guerin, MD, breast medical oncologist. In 2017, Silvia had reconstructive surgery with James Gardner, MD. "I can't imagine a better group of doctors," Silvia says of her team. "There is no doubt in my mind that they saved my life."

IMMUNOTHERAPY HELPS BEAT THE ODDS

Silvia has remained under Dr. Guerin's care, carefully followed as she continued with hormonal therapy to stave off a recurrence. Several months ago, Dr. Guerin, who directs Breast Cancer Treatment and Prevention for Atlantic Medical Group, was able to add another layer of protection to Silvia's treatment plan. "Silvia had 35 lymph nodes involved with cancer, and the risk of harboring microscopic amounts of metastatic disease to other areas increases with the number of lymph nodes involved," explains Dr. Guerin. Silvia is beating the odds with the latest available treatments. "Silvia is now being treated with forward-thinking, research-based immunotherapy," says Dr. Guerin. This one addition – a "doublet" of traditional hormonal therapy and immunotherapy – has advanced the average time of progression-free survival from several months to more than two years in patients with known metastatic disease. Currently, research is looking at using these medicines to prevent recurrences in those at highest risk.

“Silvia is now being treated with forward-thinking, research-based immunotherapy.”

– Bonni Guerin, MD



Silvia and her family prepare care bags for the Curémonos organization.

“Cancer can feel like an out-of-body experience,” Silvia says. “You don’t know where to turn. And I know if I didn’t know what to do, there are a lot of other people who don’t know either. I had the greatest support system of family and friends. People today spend a lot of time thinking that things are bad and people are horrible, but I now have the total opposite impression. You can’t control the cancer, but you can control how you deal with it.”

ATLANTIC MEDICAL GROUP

Drs. Emmolo, Gardner, Guerin and Sacco are all part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org or atlanticealth.org/findmyamgdoc.

The Breast Center at Overlook can be reached at 908-522-5762.



GIVING BACK ... AND LOOKING FORWARD

As Silvia continues with treatment and moves forward in remission, she has taken on a new role – that of volunteer. Silvia was so inspired by the support she received from her breast nurse navigator at Overlook, she wanted to do something similar for other breast cancer patients. It was the navigator, Sandra Wrigley, RN, CN-BN, who told Silvia about Curémonos, a community-based nonprofit organization that provides education, support and advocacy to medically underserved women, primarily Latinas, who are dealing with breast health concerns or a breast cancer diagnosis.

Dora Arias, a fellow breast cancer survivor who is being treated at Overlook, created the grassroots organization, formally establishing it in 2009 after serving for two years as a patient educator.

Curémonos functions as a patient-navigator program to help Latinas with breast health education, advocacy and connecting them to free breast cancer screenings. Curémonos partners with hospitals, physicians and community organizations to help patients and their families navigate the health care system to obtain care in a timely, efficient and culturally accessible manner as well as to encourage early breast cancer screening, diagnosis and treatment.

Today, Silvia works with Curémonos by talking to women about nutrition, wellness and stress reduction. She also creates bags for patients undergoing chemotherapy at Overlook and other hospitals, filling each with such special touches as lotions and lip balms, candies, antibacterial wipes and even a handwritten note with words of encouragement. “Little things like this can improve someone’s day,” says Silvia. “Everyone involved in my care has been amazing. Anything I’ve needed – emotional support, financial guidance, a prosthesis – someone was there. I’m just trying to give back. To me, that’s the most important thing right now. I’m lucky to be able to do this.”

To learn more about Curémonos, visit curemonos.org.

Q & A: Breast Cancer

ASK THE EXPERT

WHAT SHOULD A WOMAN DIAGNOSED WITH BREAST CANCER LOOK FOR WHEN CHOOSING AN ONCOLOGY TEAM?

Hearing a diagnosis of breast cancer can be overwhelming, so it is important for women to find a comprehensive, patient-centered breast center that is solely devoted to breast malignancies. Our breast program is nationally accredited and promotes an integrated, multidisciplinary approach to every aspect of a woman's cancer care. Patients are in expert hands here, and we work to educate and empower women through every step of their breast cancer journey.

AS AN EXPERIENCED COSMETIC BREAST SURGEON, WHAT CAN PATIENTS EXPECT AESTHETICALLY FROM YOUR PROCEDURES?

The cosmetic outcome of surgery can have a tremendous impact on the psychological and emotional recovery of breast cancer patients. We strive to treat the cancer and leave the patient looking as natural and complete as possible. With improvements in technologies and surgical techniques, we can effectively remove the cancer and provide optimal cosmetic results so there is little-to-no visible reminder of the surgery. We work closely with oncologists and plastic surgeons to coordinate care so patients achieve the best possible outcome.

HOW DO YOU 'HIDE' A SCAR?

Scars can be hidden in "secretive" places, like the inframammary fold where the breast naturally meets the chest wall, the crease of the armpit or the circumference of the areola. With "hidden scar surgery," we use special retractors – long, lighted instruments – that provide appropriate visualization. Thankfully, due to increased public awareness of the importance of screening mammograms, most women are catching their breast cancer at an early stage, allowing them the increased possibility for being a candidate for these kinds of procedures. And many of my patients happily note that they can barely find their scar.

HOW DID YOU DECIDE TO PURSUE THIS FIELD OF MEDICINE?

I originally thought I was going to become a professional ballet dancer. I was even chosen to perform with the New York City Ballet Company when Mikhail Baryshnikov was with them. After high school, I chose to spend a year dancing, and I realized that I missed the intellectual challenges of the academic world. I went back to Princeton the following year, which launched my passion into medicine.



"It's a lifetime commitment to help women maintain breast health and remain cancer-free, and I am privileged to provide this support and guidance."

– Rebecca C. Yang, MD

WHAT ROLE DO YOU PLAY IN A PATIENT'S LIFE OF SURVIVORSHIP AFTER YOU'VE ACTIVELY TAKEN CARE OF THE CANCER?

It's a lifetime commitment to help women maintain breast health and remain cancer-free, and I am privileged to provide this support and guidance. Once a woman has completed active treatment, we provide her with a survivorship care plan that details her diagnosis, treatments and follow-up care.

Thankfully, we are able to treat most of our patients with the intent to cure. However, the risk of recurrence is greatest within the first two years after treatment, so we follow our patients closely and help them understand what they can do to reduce their risk of breast cancer. Over the long term, these women become my friends, and this is one of the things I like most about being a breast surgeon. ▲

ATLANTIC MEDICAL GROUP

Dr. Rebecca Yang and the physicians at Atlantic Breast Associates are part of Atlantic Medical Group, which means they share one medical record and accept most major medical insurance plans. For more information, call 908-598-6576 or visit atlanticmedicalgroup.org.

HEY LADIES! TIME TO GO ... GET HELP FOR URINARY INCONTINENCE

It's a story Ricardo Caraballo, MD, has heard countless times: that of the patient who does not travel to see friends, or the one who does not get down on the floor to play with her grandchildren anymore. It's not for lack of want, he says. "It's because they are afraid they will leak."

Urinary incontinence is a common problem, but too many women suffer in silence. Fortunately, urogynecology has emerged as a subspecialty of obstetrics and gynecology to help women with urinary incontinence and other disorders of the pelvic floor. The board-certified physicians of Atlantic Urogynecology Associates offer comprehensive management of these conditions, including surgical and nonsurgical options.

DID NOT KNOW I HAD TO GO

It's important to distinguish between **stress incontinence** – in which urinary leakage is associated with such activities as coughing or laughing – and **urge incontinence**, in which urine starts coming out before you get to the bathroom.

For stress incontinence, nonsurgical options include pelvic floor exercises, physical therapy, or the insertion of a pessary that supports the urethra and prevents leaking. When surgery is required, many women are candidates for a procedure known as a suburethral sling. This sling is placed under the urethra to support it and close it during sudden activities (like the

forementioned coughing). "This has a high success rate with a very low rate of complication," says Dr. Caraballo. "It's a half-hour procedure, you return home the same day, and you see results quickly."

Women often can address urge incontinence with such treatments as vaginal estrogen, medications that decrease the urge to urinate, or dietary changes. If these interventions do not work, patients may benefit from botulinum injections to the bladder, or from percutaneous tibial nerve stimulation (PTNS). Dr. Caraballo compares the latter to "a pacemaker for the bladder," explaining that a neuromodulator implanted in the buttocks sends impulses that downregulate nerves in the bladder.

In every case, says Dr. Caraballo, "we partner with patients to get a good history, provide a diagnosis and give women options. There is a lot we can do to help once we know there is a problem." ▲

ATLANTIC MEDICAL GROUP

Dr. Caraballo is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 908-522-7335.

"No one has to live with this. There is a lot we can do to help once we know there is a problem."

– Ricardo Caraballo, MD



First Came Love ... And Then Four Babies in a Baby Carriage



Jasmin (left) and Latoya (right) with their children: Caiden, Michael, Charlstyn and Jean Singleton

Jasmin Singleton and Latoya Jones – both in their early 30s – had been dating for several years when they decided that they wanted to raise a family of their own in their Essex County, NJ, home.

“Up until then, we were both focused on our jobs,” says Jasmin. “We were aunts, godmothers, and a babysitting support system for our friends and family members; but, eventually, each of us wanted the experience of giving birth to our own babies.”

After they both worked with fertility experts to get pregnant, they got the surprise of a lifetime.

“That’s when things started to get interesting,” recalls Latoya. “Eight weeks into my pregnancy, I learned that I was carrying twins.” Six months into Latoya’s pregnancy, Jasmin also learned that she was carrying twins.

“At first, I was completely overwhelmed,” admits Jasmin. “I was scared and nervous about how we would manage taking care of four babies at once. I just sat in my car and cried.”

It was not long before fear turned to joy. Under the care of Winsome Parchment, MD, whose practice is in Maplewood, Latoya and Jasmin had healthy pregnancies leading up to their deliveries at Overlook Medical Center.

BEST PLACE TO DELIVER – TWICE

On October 18, 2018, Latoya delivered 4 lb. 12 oz. Caiden and 5 lb. 10 oz. Charlstyn with a pregnant Jasmin right by her side. Five and a half months later – on March 21, 2019 – the roles were reversed, as Jasmin delivered 5 lb. 8 oz. Michael and 6 lb. 8 oz. Jean.

“The staff at Overlook was amazing – both times,” says Latoya. “The rooms were spacious, the food was good, and the candlelight welcome dinner was very special. The lactation nurse and nutritionist offered helpful advice on breastfeeding, coordinating feedings and overall diet.”

For Dr. Parchment, who has been welcoming babies into the world for 25 years, it was the first time she had delivered two sets of twins to the same family.

Kolawole Oyelese, MD, director, Maternal-Fetal Medicine, added, “Being pregnant with twins is considered a high-risk pregnancy. At

“The staff at Overlook was amazing – both times. The rooms were spacious, the food was good, and the candlelight welcome dinner was very special. ”

– Latoya Jones

Top: Charlstyn Singleton;
bottom: Caiden Singleton



Left: Jean Singleton; right:
Michael Singleton

Overlook Medical Center, working hand in hand with an obstetrician, the maternal-fetal medicine team helps patients feel confident that mom and babies are getting the best possible care. The goal of this partnership is to achieve excellent outcomes.”

“Life is busy,” acknowledges Jasmin, who married Latoya in January 2019, “but we’re very organized and every day is a learning experience. I think I was made to be a parent – times four!” ▲

ATLANTIC MEDICAL GROUP

Dr. Kolawole Oyelese and Atlantic Maternal Fetal Medicine are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. They can be reached at 973-971-7080

To find out more information about Dr. Parchment and Atlantic Health System-affiliated providers, visit atlantichhealth.org/doctors. To book a tour of the maternity center, please call 908-522-4838

THE OVERLOOK MATERNITY EXPERIENCE

Whether you’re having one baby or multiples, Overlook’s maternity center has an extensive network of support to ensure that parents deliver their baby safely, and then feel competent and confident to go home and parent effectively.

“Overlook’s obstetric hospitalist program guarantees that OBs are available to answer questions and follow up on recovery with moms 24 hours a day, seven days a week, providing a key resource while the mother’s own obstetrician is away from the hospital,” says Elynne Margulis, MD, chief of Overlook’s Obstetrics service. “Our maternity center fully integrates the latest technology and practices with parent education, specialist support like Maternal-Fetal Medicine, neonatology, lactation consultation and postpartum support to provide the top birth experience in the region.”

Additionally, every mom who delivers at Overlook enjoys a postpartum massage and a private celebration dinner with her partner before they go home.

THE FRANK AND MIMI WALSH MATERNITY CENTER AT OVERLOOK MEDICAL CENTER IS A STATE-OF-THE-ART LABOR AND DELIVERY FACILITY:

- Joint Commission-Perinatal Care-certified
- Baby-Friendly USA-certified
- 2019 Women’s Choice Award as one of America’s Best Maternity Centers
- SOAP designation – Society for Obstetric Anesthesia and Perinatology (SOAP) Center of Excellence Designation recognizes institutions and programs that demonstrate excellence in obstetric anesthesia care
- IBCLC Care Award for providing a lactation program for breastfeeding families and activities that help protect, promote and support breastfeeding – International Board of Lactation Consultant Examiners and International Lactation Consultant Association
- 15-bed NICU, designated as Community Intensive Perinatal Center, Level III
- Maternal-Fetal Medicine
- Parenting/birthing classes, including postpartum depression support and breastfeeding support
- 24/7 obstetric hospitalist staff support women alongside their OBs



Baby-Friendly Certified

Looking for a Primary 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.



Schedule Appointments Online



Extended Hours



Convenient Locations

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

Medemerg
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 Clark
100 Commerce Place
Clark: 973-829-4632

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

PRIMARY CARE PARTNERS

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Summit: 908-277-0050

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Dennis Lowenthal, MD



Bonni Lee Guerin, MD



Neil Morganstein, MD



Sophie Morse, MD



Rujuta Saksena, MD



Emmanuel Apor, MD



TWO CONVENIENT LOCATIONS, ONE SCHEDULING NUMBER: 908-608-0078

Carol G. Simon Cancer Center
Overlook Medical Center
Beauvoir Avenue, Summit

1000 Galloping Hill Road, Suite 204, Union **(new!)**
Located on 2nd floor, enter at blue awning
Infusion services available at both locations



Atlantic Health System
Atlantic Medical Group

AtlanticMedicalGroup.org

ACCESS TO NEW THERAPY FOR Peripheral Arterial Disease

Overlook Medical Center recently became the first hospital in the Tri-State Area to implant a bioengineered blood vessel into a patient's leg, giving a new, organic alternative for patients who need surgery to treat peripheral arterial disease (PAD). This was part of a Phase II clinical trial, announced in late 2016 by Humacyte. (Overlook previously took part in a randomized clinical trial placing the bioengineered blood vessel in the arm as an access for hemodialysis in patients with end-stage renal disease.)

Overlook is one of only five sites in the United States to use the vessel in the leg. The HUMACYL® human acellular vessel (HAV) is produced by Humacyte, a pioneer in regenerative medicine with investigational products for vascular and nonvascular applications.

NEW TREATMENT FOR PAD

Patients suffering from PAD are usually treated with minimally invasive methods such as angioplasty or stents – procedures for which Overlook's vascular surgery team has been nationally recognized – to open the vessels.

However, when minimally invasive procedures are insufficient, traditional surgical techniques are required in which a person's vein is utilized as an artery to bypass a blockage in the leg. If a person's vein is not adequate – due to either small size or possibly having been previously removed – a synthetic plastic graft has traditionally been used. However, these grafts can become obstructed over time, or become infected, and may require multiple procedures or hospitalizations to keep them working.

WHAT IS PAD?

Peripheral arterial disease occurs when the arteries in your body become clogged with plaque. This tends to occur over time – usually as you age. As the inside of the artery gets blocked, the amount of blood that flows through it diminishes. When the blood flow decreases, the areas supplied by those blood vessels receive less blood, causing them to suffer.

According to the American Heart Association, PAD affects about 8.5 million Americans over the age of 40, with smokers and those with diabetes at high risk. Genetics also plays an important role in predisposing people to developing PAD. Patients typically report this as a pain in their legs when they walk. It can also manifest – in more extreme forms – as a nonhealing wound on the legs or feet.

Implantation of a HUMACYL graft in a patient with PAD



Clifford Sales, MD,
Principal Investigator;
Chief, Division of
Vascular Surgery,
Overlook Medical Center

“This is a potential breakthrough in the management of PAD. HUMACYL offers the potential advantage of using a natural material with its improved results coupled with the availability of synthetic material to provide patients with a safer, effective method to treat PAD.”

– Clifford Sales, MD, Principal Investigator; Chief, Division of Vascular Surgery, Overlook Medical Center

Humacyte's investigational vessels are formed from banked human vascular smooth muscle cells. DNA is removed while retaining proteins, which are the same in all humans and preserve the mechanical properties of the vessel. No cells from the recipient patient are required for the production process, and the vessels can be stored under refrigerated conditions and are ready when needed in the operating room. ▲

ATLANTIC MEDICAL GROUP

Dr. Sales is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 973-759-9000.

THE BEAT GOES ON

Inside Overlook's Cardiac Catheterization Laboratory



David N. Bartov,
MD, FACC

It's a typical day in Overlook's Cardiac Catheterization Laboratory. A patient suffering from a massive heart attack has just arrived at the Emergency Department. The team has been alerted, and they spring into action.

Technologists prepare one of two state-of-the-art interventional suites – outfitted with the latest imaging technology and treatment devices – for the patient's arrival. One of eight interventional cardiologists is standing by, and the patient is wheeled through the doors.

Within minutes, pathways to the patient's heart become lifesaving emergency routes. Cardiac catheterization imaging reveals blockages in major coronary arteries. A thin, flexible tube with a tiny balloon is threaded into the coronary artery to the site of the blockage. The balloon is inflated to move the plaque buildup in the artery up against the walls of the vessel and restore blood flow. A wire mesh coil, called a stent, is mounted onto the balloon, and – when fully expanded – acts as miniature scaffolding for the artery. The stent remains in the artery to keep it open. Every single step of the angioplasty procedure is time-stamped and documented into a detailed report.

"The most rewarding part of this job is seeing the immediate improvement in a patient's condition," says Rita Ampadu, an invasive radiologic technologist. "People arriving to the Cath Lab with a heart attack are very ill and very frightened. After treatment, they feel significantly better and they are tremendously thankful to be alive."

Overlook Medical Center is among a select group of community hospitals licensed for primary angioplasty, an emergency cardiovascular intervention for patients suffering from heart attacks.

The minimally invasive procedure enables interventional cardiologists to open blocked arteries, improve blood flow to the heart, and minimize damage to heart muscle – all without general anesthesia.

"During a heart attack, time is muscle so treatment in the Cardiac Cath Lab is as acute as the disease itself," points out interventional cardiologist David N. Bartov, MD, FACC, medical director of Overlook's Cardiac Catheterization Laboratory. "We perform nearly 100 emergency and more than 300 elective angioplasties each year." At Overlook, a team of highly experienced nurses and cardiovascular technologists assist interventional cardiologists with both elective and emergency angioplasty procedures 24 hours a day, seven days a week.

THE RADIAL APPROACH

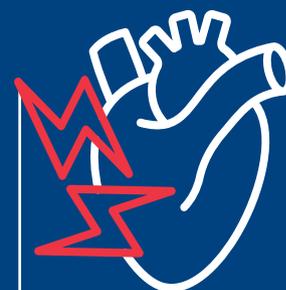
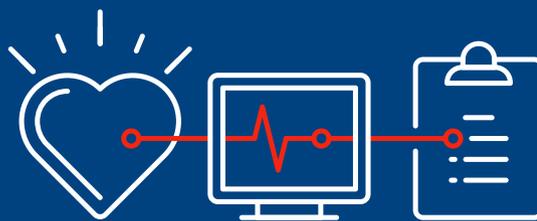
According to Dr. Bartov, many cardiac catheterizations – the "gold standard" for diagnosing damaged or blocked blood vessels, arteries, valves and chambers in the heart – are now performed via a radial artery approach (in the wrist) rather than through the femoral artery in the groin.

"The radial artery is the one you feel when you are taking your pulse at your wrist," explains Dr. Bartov. "Since the radial artery is much smaller than the femoral artery, it requires less time to heal after the procedure, presents less risk of bleeding



Cardiac Cath Lab team

OVERLOOK... AT THE **PULSE OF CARDIAC CARE**



**1st in New Jersey
and 12th in the US**
to open a cardiac care
unit in 1965

Elective and emergency
angioplasty procedures
24 hours a day, 7 days a week



**8 interventional
cardiologists
on staff**



**1st non-cardiac
surgery facility
in NJ** to be
designated
to perform
angioplasty

Performs
approximately
**100 emergency
and more than
300 elective**
angioplasties
each year

**Cardiac cath lab
opened in 1974**

complications, and allows patients to ambulate more quickly. Patients typically go home in two hours because the artery is sealed with a small wristband."

LEADING-EDGE TREATMENT WHEN MINUTES MATTER

Being at the right place at the right time is especially important when a cardiac emergency suddenly becomes even more critical ... as in the case of cardiogenic shock.

Heart attack patients who go into cardiogenic shock – a rare, often-fatal condition in which the weakened heart cannot pump enough blood and oxygen to the body's organs – have about a 50% chance of survival. Fortunately, patients treated at Overlook's Cardiac Catheterization Laboratory have access to lifesaving support from Impella®, the world's smallest mechanical heart pump.

The device is so small that it fits on the tip of a catheter, which is threaded to the heart through an artery in the leg. Once in place, it helps restore normal blood flow to the heart and organs while the cardiologist opens blockages through angioplasty.

In other critical cases, such as when too much time has elapsed following cardiac arrest, the Cardiac Cath Lab team acts quickly to induce hypothermia. Research shows that reducing the body temperature to 91.7 F as soon as possible for a 24-

hour period can protect precious brain tissue and heart muscle. For more than a decade, Atlantic Health System heart specialists have been leaders in using induced hypothermia to treat post-cardiac arrest patients.

"It is rare for a community hospital to have the technology, tools and team we have assembled here," observes Dr. Bartov. "It all adds up to high-caliber cardiac care right in our backyard."

Overlook's full-service Cardiac Cath Lab also offers pacemaker and defibrillator implantation, interventional procedures for lower-extremity peripheral vascular disease, minimally invasive interventional radiology procedures, and transesophageal echocardiogram. ▲

ATLANTIC MEDICAL GROUP

Dr. Bartov is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 908-464-4200.

Visit atlantichealth.org/cathlab for more information.



OVERLOOK MEDICAL CENTER EXPANDS IN UNION

All new offices and offerings, fully renovated facilities usher in new era at Five Points

Overlook Medical Center first began seeing patients in Union in 2007 in the Emergency Department at 1000 Galloping Hill Road, and quickly expanded its presence at the location to offer imaging, lab services, wound care and a developmental disabilities center.

Today, we are cutting ribbons on our biggest expansion in Union yet – more than doubling the services provided and fully updating existing offices and practices – bringing Overlook to your neighborhood.

And we are not done yet. By year's end, we will double the size of the Atlantic Rehabilitation Center, add more subspecialized physicians to our specialist suite and renovate the Emergency Department.

We invite you to visit and get acquainted with the healthy – and convenient – changes at our Union Campus.

For more information about Overlook Medical Center's Union Campus services, call 908-522-3770, or visit atlanticealth.org/unioncampus. You can find us at 1000 Galloping Hill Road, Union, NJ 07083.

Welcome to Atlantic Health Cancer Care, seeing hematology/oncology patients four days a week, and offering a state-of-the-art Infusion Center; second floor, enter through blue awning.



Also at the Union Campus:

- Cardiology
- Developmental Disabilities Center
- Imaging Center
- Internal Medicine Residency
- Neurology
- Physical Therapy
- Wound Healing

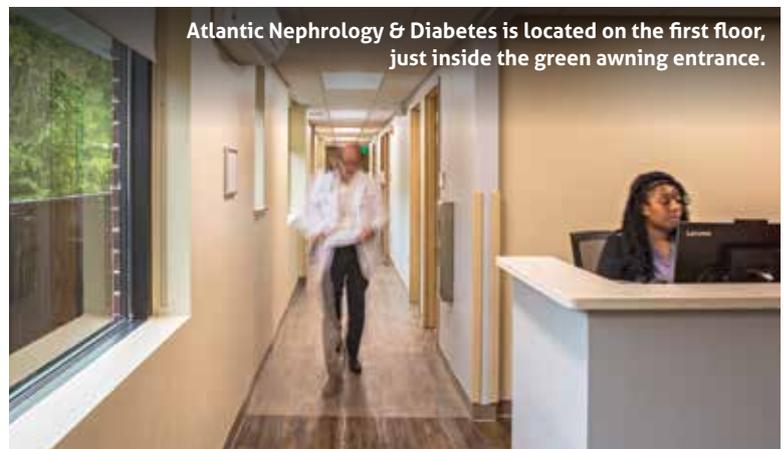




Overlook Medical Center
Union Campus

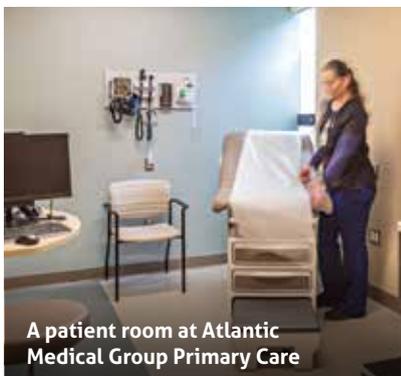


Atlantic Medical Group
Primary Care

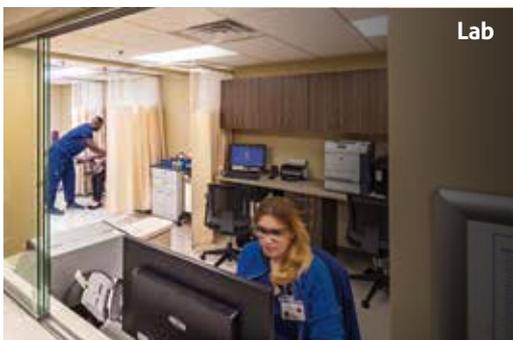


Atlantic Nephrology & Diabetes is located on the first floor,
just inside the green awning entrance.

Stay well with one of our seven Atlantic Medical Group physicians in our Primary Care practice. Appointments can now be made online at atlanticmedicalgroup.org/primary-care-union. Extended hours offered.



A patient room at Atlantic Medical Group Primary Care



Lab

When Memory Loss Is More Than Normal Aging

Diagnosis and treatment may effectively manage symptoms and offer hope

Any person of a certain age who forgets words or loses his or her car keys may think they are in the beginning stages of dementia – but it could be normal aging.

Many people experience mild cognitive impairment (MCI), changes in memory and thinking that have not made a huge impact on their daily life and function. Dr. Anjali Patel, a cognitive neurologist, says, “About 12 to 15% of people with MCI will develop Alzheimer’s disease (AD) or another form of dementia; some people stay the same, and others get better.”

The most common form of dementia is Alzheimer’s disease (AD), but more exist: Lewy body, vascular, frontotemporal, Parkinson’s disease, Huntington’s disease, chronic traumatic encephalopathy (CTE), and some secondary dementias that occur because of disorders that damage the brain. Some conditions that look like dementia develop from nutritional deficiencies, hormone dysfunction, side effects of medications or chronic infections, and can be reversed.

A DIAGNOSIS IS THE FIRST STEP

According to Dr. Patel, most memory problems can be diagnosed by obtaining a thorough history, completing a physical with blood work, and cognitive tests in the office. Generally, an imaging study such as an MRI or CT scan of the brain is obtained. If necessary, additional tests such as neuropsychological memory testing, lumbar puncture or PET scans can be obtained. With an accurate diagnosis, the disease can be better managed with proper treatment.

While researchers are working for a cure, there are

interventions that will help manage the disease and possibly prevent secondary dementias. These include keeping blood pressure within normal ranges, controlling cholesterol, treating sleep apnea, following the MIND diet, being physically and socially active, and limiting alcohol intake.

MANAGING THE SYMPTOMS OF ALZHEIMER’S DISEASE

There are two types of medications that can slow down cognitive decline – cholinesterase inhibitors (i.e., donepezil, rivastigmine and galantamine) and memantine, an NMDA receptor antagonist (i.e., Namenda). They are not a cure and do not prevent the progression of the underlying disease.

“Of those taking cholinesterase inhibitors, about one-third of people improve, one-third stabilize, and one-third have no response. Memantine blocks excessive glutamate release, allowing better function of the impaired brain, and is usually indicated for people with moderate to severe symptoms of dementia,” says Saurabh Sharma, MD.

Cognitive decline often leads to or can be associated with secondary symptoms such as depression and feeling loss of control. “Giving the patient more freedom to make his or her own choices, to participate in once-favorite activities, or even music therapy might alleviate several symptoms of Alzheimer’s disease,” Dr. Sharma notes.

TIPS TO STAY HEALTHY

Insomnia has many causes, ranging from anxiety to drinking liquids too close to bedtime. Dr. Sharma recommends trying natural remedies such as melatonin and sound machines or eye shades before relying on medication. He also recommends avoiding drugs such as Benadryl or sedatives.

Drug therapies are available if these do not work. For other behavioral symptoms, mood stabilizers, anticonvulsants and neuroleptics can all help. Dr. Sharma says patients should discuss with their doctor about using FDA-approved drugs, and avoid supplements for which “reliable research on the efficacy and safety” is not available. ▲

“Giving the patient more freedom to make his or her own choices, to participate in once-favorite activities, or even music therapy might alleviate several symptoms of Alzheimer’s disease.”

– Saurabh Sharma, MD



Left: Drs. Patel and Sharma.
Above: Arts & crafts at the recent “A Day to Remember: A Conference for Those Living With Memory Loss.”

ATLANTIC MEDICAL GROUP

Dr. Patel and Dr. Sharma are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. They can be reached at 908-522-2829.

PIONEERING ADVANCEMENTS IN NEUROLOGICAL CARE FOR STROKE

Neurosurgeons at Overlook are not only following best practices in neurological care, they are pioneering them right here in our community.

Thanks to Overlook's participation in a groundbreaking national clinical trial and its early adoption of next-generation, state-of-the-art technology, patients with intracerebral hemorrhage (ICH) have access to two new lifesaving options.

ICH – commonly caused by high blood pressure – occurs when a weakened or diseased blood vessel within the brain bursts, allowing blood to leak inside the brain. The sudden increase in pressure within the brain can cause damage to brain cells, unconsciousness or death.

"Traditional surgery is often not an option when removing clots from intracerebral hemorrhage because they tend to be located in deep-seated areas of the brain," says Ronald P. Benitez, MD, director of endovascular neurosurgery for Overlook Medical Center, who specializes in both the surgical and endovascular management of cerebrovascular disease. "During surgery, there is a significant risk of disrupting normal brain tissue."

That's where the potential benefits of minimally invasive surgical techniques for blood clot removal come into play.

THE MIND TRIAL

Overlook is the only hospital in New Jersey and one of only 50 sites internationally participating in the MIND study, comparing the safety and efficacy of minimally invasive blood clot removal with the Artemis™ Neuro Evacuation Device to best medical management for the treatment of ICH. The device is inserted through a catheterlike sheath via a one-inch incision in the scalp and a tiny burr hole through the skull to the affected area of the brain, where it removes the blood clot through suction.

Up to 500 patients between 18 and 80 years old with ICH may be eligible to participate in the trial. Participants are randomized to either receive minimally invasive hematoma evacuation with the Artemis Neuro Evacuation Device or best medical management of their condition within the region's leading Neurocritical Care Unit at Atlantic Neuroscience Institute at Overlook.

"Overlook is the highest enrolling site in the study, accounting for approximately half of the patients participating, and we are very encouraged by the outcomes to date," comments neurosurgeon Paul S. Saphier, MD, Overlook's principal investigator and lead enroller in the study, who specializes in cranial, spinal and endovascular neurosurgery.

"This is an exciting breakthrough in the treatment of a life-threatening cerebral condition," adds Dr. Saphier, who travels around the globe to teach other neurosurgeons how to use the Artemis Neuro Evacuation Device. "We're proud to be on the forefront of this and so many other developments in neurological care." ▲



FIRST CLINICAL USE OF AURORA® SURGISCOPE SYSTEM IN U.S.

Ronald P. Benitez, MD, recently earned the distinction of being the first physician in the U.S. to utilize the new FDA-approved AURORA Surgiscope System to remove a blood clot in a patient with an intracerebral hemorrhage.

The advanced system, manufactured by Rebound Therapeutics®, incorporates a single-use, disposable, minimally invasive access port with built-in, state-of-the-art imaging and illumination technology, compatible with current operating room high-definition, flat-panel displays. The AURORA system also includes a nonsterile, reusable Image Control Box, which allows the surgeon to digitally manipulate imaging and illumination features. The AURORA Evacuator device was placed through the Surgiscope for the successful evacuation of the blood clot in this case.

"This revolutionary system represents the integration of state-of-the-art technology specifically designed for minimally invasive neurosurgical procedures," observes Dr. Benitez.

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.

The Skinny on Wearable Fitness Trackers: Do They Actually Work?



HOW MUCH EXERCISE DO YOU NEED?

Adults should engage in at least 150-300 minutes of moderate-intensity (brisk walk) physical activity



or 75-150 minutes of vigorous-intensity (fast jog or run) aerobic physical activity (or an equivalent combination of the two) per week and



perform muscle-strengthening activities of moderate or greater intensity that involve their major muscle groups two or more times a week.



– *Physical Activity Guidelines for Americans, U.S. Department of Health & Human Services*

It's the hottest trend in fitness ... the most ubiquitous accessory to adorn wrists since the invention of the watch. But do wearable fitness trackers really work? Do they motivate you to exercise more?

That was the question researchers at Atlantic Sports Health sought to answer in a study examining the effectiveness of wearable activity devices. The researchers recruited 60 relatively healthy male and female Atlantic Health System employees who held office or "desk" jobs to participate in the 14-week study.

They randomly placed participants in one of three groups. For the first 30 days, Group A participants wore a device with knowledge of its function, and with access to the data measured by the device (such as steps taken).

Group B had knowledge of the device's function, but without access to the data through the corresponding digital app. From days 31 to 60, Groups A and B crossed over to either gain

access to the device's data (Group B) or lose it (Group A). The third group, Group C, had knowledge of the device's function but had no access to the data for the duration of the study. All groups were told to maintain their current diet and did not receive specific guidance on exercise.

The results showed that those who had access to information about their progress remained more active than those who only wore the device. This was most evident with Group A, which averaged the most active hours per day throughout the study but saw a decrease in active hours and steps taken when they lost access to that information.

"This study, along with others, shows that while wearable fitness trackers can be instrumental in achieving fitness goals, it's the information they convey – not the device alone – that keeps people motivated and on track," says Damion A. Martins, MD,

“It’s the information they convey – not the device alone – that keeps people motivated and on track.”

– Damion A. Martins, MD, MS

MS, medical director of sports medicine and sports physical therapy for Atlantic Health System, who led the study.

While research is still needed to determine how long the motivational effects of fitness tracking devices last, Dr. Martins is encouraged to see that they can play a role in helping people start or maintain an exercise program.

“If you’re intrinsically motivated to exercise on a regular basis, a wearable device may not be necessary,” says Dr. Martins. “However, if you’re someone who needs a bit more motivation to keep moving, a fitness tracker might literally be steps in the right direction.”

ATLANTIC MEDICAL GROUP

Dr. Martins is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at 973-971-6898.

PROFESSIONAL ADVICE FROM THE PROFESSIONALS’ DOC



Editor: As someone who has worked with thousands of college and elite professional athletes, what advice would you give to those who want to start or maintain a successful fitness program?

Dr. Martins: Begin by understanding your individual road map for success. What motivates you to exercise? What type of exercise do you enjoy? Are your goals specific and trackable? Would information from a fitness tracker help motivate you?

Monitoring your pre- and post-workout behavior could significantly help you target weight loss. For example, you may be working out at the wrong intensity level. I’ve seen people who go through an hour-long spin class, grab a Frappuccino on their way home, and then wonder why they haven’t lost any weight. During high-intensity cardio, you burn primarily carbohydrates, which can cause a drop in blood sugar and create sharp hunger spikes that often lead to poor diet choices. That same person might be better served performing longer, lower-intensity workouts (below their anaerobic threshold) so they burn primarily fat. If you are struggling to determine your optimal fat-burning zone, we offer exercise testing and

specific exercise prescriptions to help you train smarter, not harder.

Atlantic Sports Health offers a variety of resources for patients who want to know more about injury prevention, training, nutrition and living an active life. Medical professionals can work with you to increase your strength, speed, agility, flexibility, coordination, cardiovascular endurance and overall conditioning. We offer sports performance physicals, including electrocardiograph (EKG) testing, lab work, body composition analysis, flexibility analysis, functional movement screening, biomechanical evaluation and more to help reach your athletic goals at any level.

For more information, visit atlantichealth.org/sportshealth or call 973-971-6898.

Damion A. Martins, MD, MS, is medical director of sports medicine, director of the Executive Health Program, and director of the Sports Medicine Fellowship for Atlantic Health System. Dr. Martins is the director of internal medicine and team physician for the National Football League’s (NFL) New York Jets, where he has served as a medical consultant since 2002 and member of the NFL Team Physician Society. His extensive experience on both the professional and collegiate levels also includes National Hockey League (NHL) team physician; administrative medical director for Major League Soccer (MLS); and medical coverage for the U.S. Open Golf Championship, U.S. Open Tennis Championships, New York Islanders, New York Dragons, Hofstra University and the College of St. Elizabeth. He is currently a medical advisor for the New Jersey Interscholastic Athletic Association and Parisi Speed School.

Expanding Access to Behavioral Health Services

A new mother with postpartum depression; a middle-age executive with suicidal thoughts; an adolescent feeling isolated from his peers; a college student struggling with anxiety; a 92-year-old suffering from dementia; a construction worker addicted to alcohol and opioids – these are just some of the friends, family members or neighbors in our community who could benefit from behavioral health services.

“There is growing acceptance for the role of mental and behavioral health services in our communities – and that’s refreshing,” says Peter Bolo, MD, chair, Psychiatry and Behavioral Health Services at Overlook Medical Center.

“There is much less stigma associated with mental health issues today, and so we’re seeing increasing numbers of people – particularly millennials – accessing mental health treatment for a range of issues. We know much more about the brain and the biological basis of behavioral health problems than ever before,” comments Dr. Bolo, who recently celebrated his 20th anniversary at Overlook. “People today realize that seeking help for a mental health issue doesn’t mean they are a weak or bad person. It means they are being open and honest with themselves and others.”

“Greater media attention surrounding mental illness has also helped debunk stereotypes,” Dr. Bolo adds. “When people see athletes and celebrities talk about their treatment for depression, anxiety, or post-traumatic stress, for example, it helps break down barriers.”

Insurance coverage is another factor, points out Dr. Bolo. Payers today provide benefits for a broad array of mental health and substance abuse treatment programs.

NEW LOCATION DOUBLES ACCESS

To expand access to its comprehensive range of behavioral health services, Atlantic Behavioral Health Access Center at Overlook Medical Center has relocated its outpatient offices to a new, 5,000-square-foot space at 2 Walnut Street in Summit. The Walnut Street location nearly doubles the size of the previous outpatient



43.8 million adults (1 in 5) in America experience a mental illness.

(National Alliance on Mental Illness and the Substance Abuse and Mental Health Services Administration)

behavioral health services space, which was housed in a modified residential building owned by Overlook on Beauvoir Avenue.

“Since the majority of behavioral health services are provided on an outpatient basis, moving to a larger, more modern and adaptable space will allow us to serve more than the 900 patients we welcomed last year,” explains Dr. Bolo.

Call Overlook’s Access Center for Outpatient Care at 1-888-247-1400 if you or someone you know wants information about behavioral health services. The center can schedule appointments for various behavioral health services, check insurance eligibility and provide referrals. In all cases, patient confidentiality is strictly maintained. ▲

For more information about inpatient and outpatient behavioral health services at Overlook Medical Center, visit atlantichealth.org.

ATLANTIC BEHAVIORAL HEALTH OVERLOOK MEDICAL CENTER

The Walnut Street location offers traditional outpatient therapy, mental health and substance misuse intensive outpatient programs, and medication management. There are three group therapy rooms, a conference room, a kitchen with eating space, and plenty of parking. On-site psychiatrists, psychologists, clinicians, and an advance practice nurse provide coordinated care for patients of all ages with depression, anxiety, bipolar disorder, peri- and postpartum depression, addiction, mood disorders, and more. Both inpatient and outpatient electroconvulsive therapy and inpatient stabilization of complications of dementia are available in the main hospital building.

Overlook's *Community Garden*



At Atlantic Health System, we're always looking for ways to give back to the community. One of the ways we do this is through our community gardens. Below, you'll find out a little more about this initiative at Overlook Medical Center.



ABOVE Overlook supported the creation of a community garden in the Vauxhall section of Union, working with the township and the Golden Rule Lodge No. 24 and Golden Rule Chapter No. 50; and distributed food to the community at the Golden Kitchen Food Pantry.

LEFT We've continued our hosting of a community garden in Summit, which is used by residents and local community groups to grow local, sustainable foods; community food pantries use some plots.

Healthy Gut, Happy Life

Give yourself a boost
with a better microbiome



Did you know that you wage a war every day inside your stomach? It's a battle between bad bacteria – which cause inflammation and gastrointestinal (GI) distress – and good bacteria, which improve the GI flora in your gut and offer such benefits as a calmer stomach, a healthier immune system, and even a clearer mind. Tip the balance of good bacteria in your favor with these tips from Gale Reed, RDN, outpatient dietitian for Overlook Medical Center.

PRE AND PRO ARE THE WAY TO GO

For maximum benefit, our bodies need both prebiotics and probiotics. Prebiotics are high-fiber foods that make it easier for probiotics to flourish. Probiotics are the aforementioned “good bacteria” that promote healthy digestion. “Think of prebiotics like fertilizer for the probiotics,” says Reed. “They get the gut ready. Just like in a garden, the more you fertilize, the better the yield. When you consume high-fiber prebiotic foods, it makes it easier for your body to absorb the probiotic foods that improve your body’s own microbiome.”

FOOD VS. SUPPLEMENTS

Reed cites a review of indexed articles in *PubMed* and *ScienceDirect*, which concluded that although both foods and supplements are efficient carriers of beneficial bacteria, probiotic foods are preferred over probiotic supplements to promote health. “Probiotic and prebiotic properties are naturally occurring in food,” says Reed, “with the added benefit of health-promoting fiber, antioxidants and phytonutrients.” In other words, you get more bang for the buck.

POWER PLAYERS

To help optimize your overall well-being,
choose foods from each list daily.

PROBIOTIC FOODS

- Active-culture yogurt
- Kefir
- Kombucha tea
- Tempeh (fermented soybeans)
- Kimchi
- Sauerkraut
- Pickles
- Pickled fruits and vegetables

PREBIOTIC FOODS

- Acacia gum
- Raw chicory root
- Raw Jerusalem artichoke
- Raw dandelion greens
- Raw garlic
- Raw or cooked onion
- Raw leek
- Raw asparagus

THE ‘GUT-BRAIN AXIS’

Prebiotics and probiotics can do more than bolster your immune system or soothe your stomach. There is evidence that your brain influences weight gain, bowel habits, nutrient delivery and microbial balance. Similarly, the gut has influence on neurotransmitters that play a role in regulating mood, behavior, and stress and anxiety. “Your brain informs your gut, and vice versa,” says Reed. “You can influence both with the foods you eat, and these prebiotic- and probiotic-rich foods can really make a difference.” ▲

***Outpatient counseling with a registered dietitian is the more effective way to address your nutritional needs.
Call 908-522-6114 to schedule an appointment.***

SUMMER SIZZLE

Make your grill the envy of the neighborhood by firing up this duo for dinner and dessert



Grilled Orange Tarragon Chicken

(yields 4 to 6 portions)

Ingredients

- 2 pounds boneless, skinless chicken breasts or thighs
- ¼ cup orange juice
- ½ cup honey
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ cup parsley (flat leaf), finely chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- 6 orange wedges and tarragon sprigs for garnish (optional)

Ingredients for Dressing

- 1 teaspoon Dijon mustard
- 1 tablespoon orange juice
- ¼ teaspoon orange zest
- 3 tablespoons olive oil
- 1 tablespoon minced fresh tarragon
- ¼ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions

- Put chicken in a zip-top bag. In a small bowl, combine orange juice, honey, soy sauce, olive oil, garlic, parsley, salt and pepper. Pour the sauce over the chicken, seal the bag, and let it marinate for 6 to 8 hours, or overnight in the refrigerator.
- Make dressing. Whisk together mustard, orange juice, orange zest, olive oil, tarragon, sugar, salt and pepper in a small bowl. Set aside.
- Preheat grill to medium-high heat. Grill each side of the chicken for 6 to 8 minutes or until cooked through and no longer pink. (Use thermometer to check chicken; internal temperature should be a minimum of 175 degrees.)
- Remove chicken from grill and let rest 8 to 10 minutes for internal juice to settle before slicing or serving. Serve chicken with a drizzle of dressing on top.

Grilled Melba Pound Cake

(yields 4 portions)

Ingredients

- 2 large ripe peaches, pitted and cut in half
- 1 loaf of angel food cake or pound cake (cut into four ½-inch slices)
- 1 pint raspberries (reserve half berries for garnish)
- 1 tablespoon sugar
- 4 tablespoons honey
- 1½ cups vanilla ice cream
- 4 mint sprigs (for garnish)

Directions

- Place peach halves on hot grill grate at medium heat and cook 5 to 6 minutes or until lightly charred and tender, turning over once. Set aside and keep warm.
- Grill angel food or pound cake slices. While those are grilling, prepare sauce: In bowl, with fork, mash half the raspberries with sugar. Stir in remaining raspberries.
- To serve, cut grilled peaches into quarters, place on each slice of grilled cake on 4 dessert plates. Drizzle with honey, and top with ice cream and raspberry sauce. Garnish with raspberries and mint leaf.

CULINARY CORNER
With Chef Todd



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. For more recipes, check out cookingwithcheftodd.com or follow him on Twitter @ChefDaigneault.

A Better Patient Experience

New technology reduces stress before breast surgery

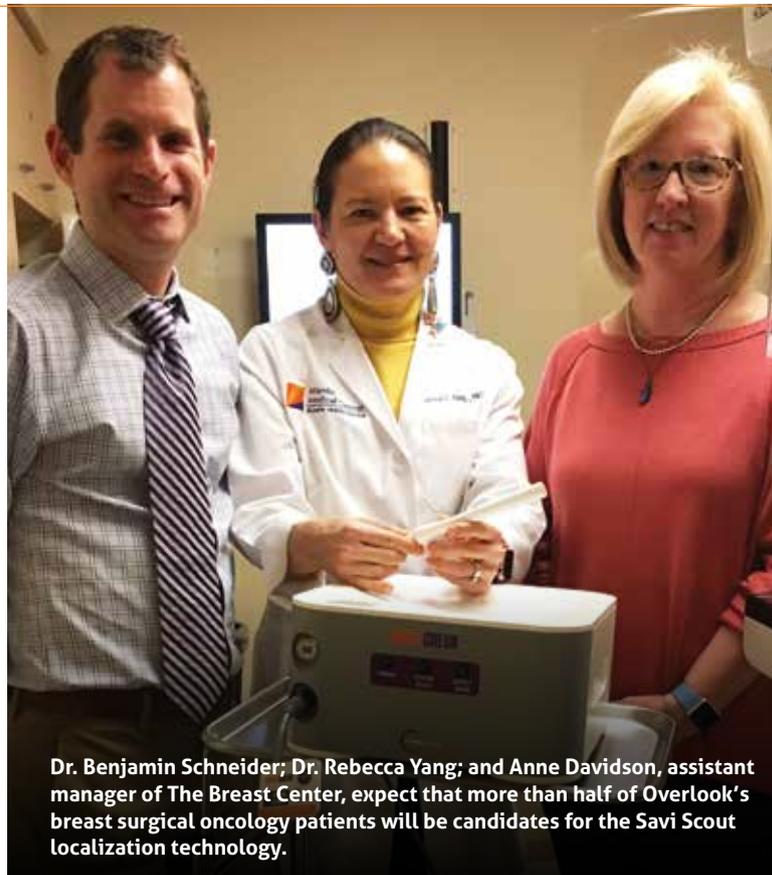
With about one in eight women receiving a breast cancer diagnosis in her lifetime, thousands are worried about impending surgery in any given week.

For Overlook Medical Center patients, breast surgery used to mean two separate procedures in a single day. Typically, a lumpectomy first involved a visit to The Breast Center for wire localization. A long wire, or hookwire, was inserted into the breast to tag the tumor. Then, with the protruding wire and some bandaging, the patient would travel to the hospital for surgery, sometimes hours later.

"There were a number of patient satisfaction issues related to this process," says Rebecca Yang, MD, director of breast surgical oncology. "In addition to the stressful wait time between wire placement and surgery, patients experienced discomfort and an increased risk of fainting due to the required presurgical fasting. We also faced a risk of dislodgement of the wire, with such migration leading to difficulty in finding the lesion in the operating room."

Now, thanks to the wire-free radar localization system Savi Scout®, these women can have a small reflector the size of a grain of rice implanted in the breast prior to the day of surgery. Surgeons then use a handheld wand, which provides both audio and visual feedback, to locate the marker, generally within 1 millimeter of the cancer.

"With patients able to have the reflector placed days or even weeks in advance, there is less preparation time needed on the day of surgery," explains Benjamin Schneider, MD, medical director of The Breast Center at Overlook. "And since the localization is performed on a day separate from surgery,



Dr. Benjamin Schneider; Dr. Rebecca Yang; and Anne Davidson, assistant manager of The Breast Center, expect that more than half of Overlook's breast surgical oncology patients will be candidates for the Savi Scout localization technology.

"The Savi Scout allows us to individualize a patient's treatment plan before surgery and reduces the level of anxiety for everyone involved."

– Rebecca Yang, MD

the patient does not have to fast for this procedure. Clearly, this makes for a superior patient experience with no radiation and no wire involved."

Funded by the Overlook Foundation, this technology also offers improved cosmetic results, as surgeons can approach the lesion from virtually any angle for optimum placement of the incision.

"We are so grateful for the support we received from the Overlook Foundation to launch this wireless localization program," adds Dr. Yang. "The Savi Scout allows us to individualize a patient's treatment plan before surgery and reduces the level of anxiety for everyone involved." ▲

For more information or to donate, visit overlookfoundation.org or call 908-522-2840.

community calendar

Summer 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 wellness events for the rest of the year, including bone density and BMI/glucose screenings. Pages 29-31 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.**

AUGUST

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
<p>AUGUST Approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis, most commonly at the hip, spine or wrist.</p> <p>Join us for bone density screenings and learn more about how to prevent osteoporosis.</p>	Tuesday, Aug. 13, 10:00am-Noon	BONE DENSITY SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	<p>For more information, call 908-522-2842. FEE: FREE</p>
	Wednesday, Aug. 14, 11:00am-2:00pm	BONE DENSITY SCREENINGS Overlook Medical Center, 4th floor Cafeteria, 99 Beauvoir Ave., Summit, NJ 07901	
	Thursday, Aug. 15, 10:00am-Noon	BONE DENSITY SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Tuesday, Aug. 20, 10:00-Noon	BONE DENSITY SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Thursday, Aug. 22, Noon-2:00pm	BONE DENSITY SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083	
	Tuesday, Aug. 27, 10:00-11:30am	BONE DENSITY SCREENINGS Bauer Community Center, 100 Main St., Millburn, NJ 07041	
	Wednesday, Aug. 28, 1:00-3:00pm	JUST FOR THE HEALTH OF IT Health fair is open to everyone. FREE wellness screenings, fitness demonstration, wellness education. First Baptist Church, 5 Hilton Ave., Vauxhall, NJ 07088	

SEPTEMBER

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
<p>SEPTEMBER September is National Childhood Obesity Month.</p> <p>About one in five children in the U.S. has obesity, which can lead to other chronic health conditions.</p> <p>Join us and learn how to calculate BMI and receive glucose readings.</p> <p>Healthy parents = healthy kids!</p>	Tuesday, Sept. 3, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	<p>For more information, call 908-522-2842. FEE: FREE</p>
	Thursday, Sept. 5, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Tuesday, Sept. 10, 10:00am-Noon	BMI/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	
	Wednesday, Sept. 11, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS Overlook Medical Center, 4th floor Cafeteria, 99 Beauvoir Ave., Summit, NJ 07901	
	Thursday, Sept. 12, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Tuesday, Sept. 17, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
	Wednesday, Sept. 18, Noon-2:00pm	YOU HAVE THE POWER TO PREVENT A FALL September 22 is National Fall Prevention Observance Day. Please join us and learn the risk factors, effects and prevention associated with falls. Vito Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, Sept. 19, Noon-2:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083	

COMMUNITY HEALTH SCREENING EVENTS

OCTOBER - BREAST CANCER AWARENESS MONTH

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
<p>OCTOBER October is National Breast Cancer Awareness Month.</p> <p>Did you know that breast cancer is the most common cancer and the second most common cause of cancer deaths in the United States?</p> <p>Join us at all these screenings for information on breast health and learn common signs, symptoms and risks associated with breast cancer.</p>	Tuesday, Oct. 8, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	For more information, call 908-522-2842. FEE: FREE
	Wednesday, Oct. 9, Noon-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Vito Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, Oct. 10, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Monday, Oct. 14, 11:00am-2:00pm	Blood PRESSURE/GLUCOSE SCREENINGS ShopRite of Garwood, 563 North Ave. East, Garwood, NJ 07027	
	Tuesday, Oct. 15, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Wednesday, Oct. 16, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Overlook Medical Center, 4th floor Cafeteria, 99 Beauvoir Ave., Summit, NJ 07901	
	Thursday, Oct. 17, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Monday, Oct. 21, 11:00am-Noon	STROKE HEALTH LECTURE St. Rose of Lima Church, 50 Short Hill Ave., Short Hills, NJ 07078	
	Tuesday, Oct. 22, 10:00-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
	Thursday, Oct. 24, Noon-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083	

NOVEMBER – DIABETES HEALTH AWARENESS MONTH

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
<p>NOVEMBER November is National Diabetes Health Awareness Month.</p> <p>Take charge of your health.</p>	Tuesday, Nov. 5, 11:00am-3:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., NJ 07960	For more information, call 908-522-2842. FEE: FREE
	Wednesday, Nov.6, Noon-3:00pm	BMI/GLUCOSE SCREENINGS Vito Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, Nov. 7, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Monday, Nov. 11, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Garwood, 563 N Ave. East, Garwood, NJ 07027	
	Tuesday, Nov. 12, 10:00am-1:00pm	BMI/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Wednesday, Nov. 13, 11:00am-2:00pm	BMI/GLUCOSE SCREENINGS Overlook Medical Center, 4th floor Cafeteria, 99 Beauvoir Ave., Summit, NJ 07901	
	Thursday, Nov. 14 10:00am-Noon	BMI/GLUCOSE SCREENINGS Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076	
	Tuesday, Nov. 19, 10:00am-Noon	BMI/GLUCOSE SCREENINGS Maplewood Township City Hall, 574 Valley St., Maplewood, NJ 07040	
	Thursday, Nov.21, 2:00-5:00pm	BMI/GLUCOSE SCREENINGS ShopRite of Union, 2401D, US-22, Union, NJ 07083	

DECEMBER – HEALTHY EATING THROUGH THE HOLIDAYS

	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
<p>DECEMBER 'Tis the season for family, festivity, and food – lots of food. Temptations are everywhere, and parties and travel disrupt daily routines.</p> <p>Join us at all these events to learn tips for healthy eating during the holiday season.</p>	Tuesday, Dec. 3, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS ShopRite of Clark, 76 Central Ave., Clark, NJ 07960	For more information, call 908-522-2842. FEE: FREE
	Wednesday, Dec. 4, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Vito Gallo, 12 Chestnut Ave., Summit, NJ 07901	
	Thursday, Dec. 5, 10:00am-Noon	BLOOD PRESSURE/GLUCOSE SCREENINGS Westfield YMCA, 220 Clark St., Westfield, NJ 07091	
	Tuesday, Dec. 10, 10:00am-1:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Union Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083	
	Wednesday, Dec. 11, 11:00am-2:00pm	BLOOD PRESSURE/GLUCOSE SCREENINGS Overlook Medical Center, 4th floor Cafeteria, 99 Beauvoir Ave., Summit, NJ 07901	

BEHAVIORAL HEALTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	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 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.			

SUBSTANCE ABUSE FAMILY SUPPORT GROUP

Participants learn ways to cope with substance-abusing family members. No registration is required.

Wednesdays, 6:30-8:00pm
For more information, call 908-522-4800.
Overlook Medical Center, Outpatient Services, 2 Walnut St., Summit, NJ 07901
FEE: FREE

CANCER CARE	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	
	All Cancer Care events take place at Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901.			
	Wednesday mornings	ART & MUSIC THERAPY Art and music therapy for adults with cancer. Note: Occurs on alternate Wednesdays.	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	
	First and 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	
By appointment	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		



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.

Mondays, 1:00-2:00pm
For dates and times, call Michele Wadsworth at 908-522-6168.
FEE: FREE

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, 10:00-11:30am
For dates and times, call Michele Wadsworth at 908-522-6168.
FEE: FREE

community calendar Summer 2019

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	QIGONG FOR FAMILY CAREGIVERS This workshop is open to anyone providing care for a family member or friend. Wednesdays, 1:00pm For more information and to register, call Marian Teehan at 908-522-6347 or Valerie Gagliano at 908-522-6348. FEE: FREE	
	All Caregivers events take place at Overlook Medical Center, Thomas Glasser Caregivers Center (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901.				
	Wednesdays, Noon	HEALING ARTS FOR THE CAREGIVER Music and art workshops offering communal peer support and providing 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, 10:30am	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	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 (5th 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 atlanticealth.org/newvitality . FEE: MEMBERSHIP IS FREE	

PARENTING & CHILDBIRTH	DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES	MATERNITY CENTER TOURS Various dates and times For more information, email overlook.parented@atlanticealth.org. 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.				
	Wednesdays, Aug. 7 and 14; OR Sept. 4 and 11; OR Oct. 9 and 16; OR Nov. 6 and 13, 7:00-9:30pm	ABCs OF GOING HOME WITH YOUR BABY – 2-PART SERIES 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		
Wednesdays, Aug. 21 OR Sept. 18 OR Oct. 23 OR Nov. 20, 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			

PARENTING & CHILDBIRTH

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
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.		
Saturday, Aug. 3 <i>OR</i> 24; Sept. 7 <i>OR</i> 28; <i>OR</i> Oct. 5 <i>OR</i> 19, 8:00am-4:00pm	PREPARED CHILDBIRTH CLASS AT OVERLOOK Prepare for the big event: Our childbirth class covers 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. This is a one-day class.	For more information, email overlook.parented@atlanticealth.org . FEE: \$250 PER COUPLE
Sundays, Aug. 4 and 11; Sept. 8 and 15; <i>OR</i> Oct. 6 and 13, Noon-4:00pm	PREPARED CHILDBIRTH CLASS AT OVERLOOK Prepare for the big event: Our childbirth class covers 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. This is a two-part series.	For more information, email overlook.parented@atlanticealth.org . FEE: \$200 PER COUPLE
Thursdays, Sept. 5, 12 and 19, 6:30-9:30pm	PREPARED CHILDBIRTH CLASS AT OVERLOOK Prepare for the big event: Our childbirth class covers 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. This is a three-part series.	For more information, email overlook.parented@atlanticealth.org . FEE: \$150 PER COUPLE
Thursday, Aug. 8 <i>OR</i> Oct. 10, 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

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. One-day class or three-part series.

Saturday, Aug. 17 *OR* Oct. 26; *OR* Sunday, Aug. 18 *OR* Sept. 22, 8:00am-4:00pm

OR
Three-part series:
Fridays, Aug. 9, 16 and 23; *OR* Sept. 13, 20 and 27; *OR* Oct. 11, 18 and 25, 6:30-8:30pm

For more information, email overlook.parented@atlanticealth.org or call 908-522-2946. FEE: \$200 PER COUPLE

SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
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 Building (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 Wednesday of the month, 7:30-9:00pm	PERINATAL BEREAVEMENT SUPPPORT GROUP Anyone who has experienced a miscarriage, stillbirth, or loss of an infant at Overlook or anywhere else is welcome to join us. Parents and other family members who attend are provided unconditional support and a safe place to be heard. Overlook Medical Center, Conference Room 3, 5th floor, 99 Beauvoir Ave., Summit, NJ 07091	No preregistration is required. For more information, call Christine Novak, RNC, at 732-689-1125 or Chaplain Diane Pivarnik at 201-400-3683. 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 07091	For more information and to register, call 1-800-247-9580. FEE: FREE

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 I, Suite 206, Summit, NJ 07901

WEIGHT LOSS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Monday, Sept. 16, 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 07091	For more information and to register, call 1-800-247-9580. FEE: FREE

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