

Fall 2018

Be Well

Surgical Solutions for
Chronic Joint Pain

**The Sleep-Health
Connection**

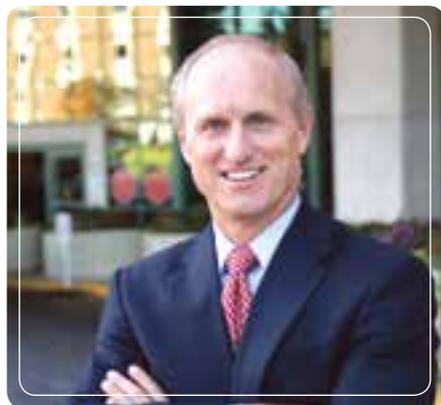


Batting 1.000
After **Weight-Loss Surgery**

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Hackensack
Meridian *Health*
Mountainside
Medical Center



Dear Friends,

As the end of summer draws near, I would like to take the opportunity to thank the friends, neighbors and team members of Hackensack Meridian Health Mountainside Medical Center for your continued support. Our community hospital continues to thrive, and we have made significant strides this summer in our ability to further serve our community.

In June, Mountainside Medical Center introduced a new biplane unit in our Cardiac Catheterization Lab. This cutting-edge technology features two advanced flat-panel X-ray detectors that prevent distortion and offer the ability to capture images

from any angle, producing highly detailed images. With the addition of the biplane, Mountainside Medical Center is able to offer cardiology and neuroradiology procedures to the community with greater comfort, shorter procedure times and reduced radiation exposure.

After many years in the making, I am pleased to announce that Mountainside Medical Center received approval from Glen Ridge and Montclair Planning boards to begin the development of a 45,000-square-foot, class "A" medical office building. On Tuesday, July 10, 2018, we celebrated the momentous occasion with a groundbreaking ceremony. Slated for completion in early 2020, the medical office building will accommodate 40–50 physicians, including our expanding Mountainside Medical Group, and top-notch specialists in family medicine, internal medicine, vascular, neurosurgery, urology, general surgery, cardiology, orthopedics, otolaryngology and pediatrics.

In our 127th year, we are proud to continue to progress alongside our community and continue our legacy of caring for our neighbors.

John A. Fromhold, FACHE
CEO, Hackensack Meridian Health
Mountainside Medical Center



Hackensack Meridian Health

Network News

Hackensack Meridian Health is constantly evolving, growing and reaffirming its stand as the most comprehensive and truly integrated health care network in New Jersey. Here are some recent developments:

Great Leaders in Healthcare

Hackensack Meridian Health Co-CEO Robert C. Garrett was again included in Becker's prestigious list of 100 top leaders in health care. An innovator and visionary, Mr. Garrett has been responsible for many of the groundbreaking initiatives at Hackensack Meridian Health, including the network's historic partnership with Memorial Sloan Kettering Cancer Center and the creation of the Hackensack Meridian School of Medicine at Seton Hall University.

Co-CEO John Lloyd was the first ever recipient of the Hackensack Meridian Lifetime Achievement Award. Mr. Lloyd's commitment, vision and leadership have changed the landscape of health care in New Jersey and beyond. He led the creation and growth of Meridian Health, developing a robust continuum of care different from any other in the state. His achievements truly made a difference in the lives of our patients and communities.

A Grand Opening

On Wednesday, May 30, Co-CEO Robert C. Garrett and New Jersey Governor Phil Murphy, along with leaders from Hackensack Meridian Health, Seton Hall University and other dignitaries, celebrated the official opening of the new school with a ribbon cutting ceremony on the Nutley campus. The first class, composed of 55 students, began on July 9, 2018.

With an academic curriculum that combines sound science with a focus on new advancements in medicine, the school will bring together nurses and other health professionals to train with future doctors in a more holistic approach aimed at improving outcomes.



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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Hackensack Meridian Health Mountainside Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see the link on our home page at MountainsideHosp.com or call 973-429-6000.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 973-429-6000.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 973-429-6000。

Community Calendar

Call 1-888-973-4674 or visit MountainsideHosp.com/events to register or for more information, unless otherwise indicated. Registration is required.

Chillin' and Grillin' (Part of the ReShape Your Health Initiative)

Join our registered dietitians and learn some grilling tips for easy, breezy summer meals! Cooking demos and samples will be provided.

Date: Thursday, September 6
Time: 10 a.m. to 11:30 a.m.

Food Safety

Each year, 1 in 6 Americans gets sick from eating contaminated food. Join us as we provide information to improve food safety.

Date: Friday, September 7
Time: 2 p.m. to 3 p.m.
Montclair Council Chambers, 205 Claremont Ave., Montclair
Call 973-509-4969 to register.

The Timeless and Tireless Thyroid

Thyroid problems can lead to and be easily confused with many health issues. It is crucial to get your thyroid complications diagnosed and a treatment plan to avoid long-term symptoms. Presented by **Anjali Grover, M.D.**

Date: Monday, September 10
Time: 6 p.m. to 7 p.m.

Are You Suffering From Chronic Pain?

If you are suffering from occasional back stiffness or chronic pain as a result of a medical condition or serious injury, there are ways to manage it. Our Comprehensive Pain Management Center combines a range of complementary services to alleviate your pain, and our staff will communicate your options in easy-to-understand language. Presented by **Shailendra Hajela, M.D.**

Date: Monday, September 24
Time: 5:30 p.m. to 6:30 p.m.

Sports Medicine for All Athletes and Abilities

Athletes are often susceptible to orthopedic injuries, including stress fractures, chronic pain and tearing or stretching of internal structures. Join us as **Joseph M. Bellapianta, M.D., FAAOS**, addresses these scenarios and treatments available.

Date: Thursday, October 11
Time: 5:30 p.m. to 6:30 p.m.

Total Joint Replacement 101

Presented by **Thomas K. John, M.D.**
Date: Monday, October 15
Time: 12:30 p.m. to 1:30 p.m.

What Is PVD?

When atherosclerotic plaque builds up in the arteries outside the brain and heart, it's called peripheral vascular disease (PVD) also known as peripheral artery disease (PAD). Join **Raymond Holmes, M.D.**, to learn more.

Date: Tuesday, November 13
Time: 5:30 p.m. to 6:30 p.m.

Weight Loss: The Facts

Join **Karl Strom, M.D.**, medical director for the Center for Advanced Bariatric Surgery at Mountainside Medical Center, to learn the benefits of weight-loss surgery. All seminars begin at 7 p.m.

Dates: Wednesdays, September 19, October 24, November 14 and December 5
Location: Mountainside Medical Center
Dates: Tuesdays, September 18 and October 23
Location: Clifton Main Library, Conference Room, 292 Piaget Ave., Clifton
Dates: Tuesdays, November 13 and December 4
Location: Clifton Library, Allwood Branch, 44 Lyall Road, Clifton

Becoming a Parent

Hands-on class for soon-to-be parents or caregivers covering the basics of care/appearance through the first month of life. Topics include comfort techniques, swaddling, diapering, bathing and more.

Dates: Wednesdays, September 19, October 17, November 28 and December 19
Time: 7 p.m. to 9:30 p.m.

Childbirth Preparation Class

This class covers the birthing process, comfort techniques for labor, the role of the labor support person and more.

Fee: \$80 per couple.
1-Day Class: Saturdays, September 8 and November 10, 9 a.m. to 5 p.m.
2-Day Class: Tuesdays, October 2 and 9, December 4 and 11, 7 p.m. to 10 p.m.

Tour the Birthing Center

Tours of the Labor & Delivery, Mother-Baby and Nursery. Free of charge.

Dates: Mondays, September 10, 17 or 24; October 1, 15, 22 or 29; November 5, 12, 19 or 26; December 3, 10 or 17
Time: 6:30 p.m. to 7:30 p.m.

Breastfeeding 101

Taught by our lactation consultant, we focus on practical information and tips to promote successful breastfeeding.

Fee: \$50 per couple
Dates: Tuesdays, September 11 and November 13
Time: 7 p.m. to 10 p.m.

Stroke Screenings

Evaluate your risk for stroke. Call 973-680-4058 to register.

Fee: \$30/person.
Date: Monday, September 17
Time: 10 a.m. to noon
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

Bone Density Screenings

An ultrasound of the forearm can identify bone loss and early signs of osteoporosis.

Fee: \$12/person
Dates: Mondays, September 24 and December 10
Time: 10 a.m. to noon
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield
Call 973-680-4058 to register.

Clinical Breast Exams

Typically performed during an annual visit, a clinical breast examination (CBE) screens for breast cancer. For those women who are not under the care of a breast specialist, this screening is available. Registration is required. To register, call 973-680-4058. Free of charge.

Date: Monday, October 15
Time: 10 a.m. to noon
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

Prostate Screenings

Talking with your doctor about prostate cancer screening is recommended for men ages 55 to 69 (and men 50 and older at higher risk, including African-American men and/or those with a family history for the disease). Registration is required. Call 973-680-4058 to register. Free of charge.

Date: Monday, November 5
Time: 6:30 p.m. to 8:30 p.m.
Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

CANCER PROGRAM LECTURE SERIES

Biden Cancer Community Summit

Date: Friday, September 21
Time: 10 a.m. to 11:30 a.m.
Location: Auditorium

Palliative Care

When dealing with a serious illness, can you ever have too much support?
Date: Wednesday, September 26
Time: 4 p.m. to 5:30 p.m.
Location: Cancer Conference Room

Genetics

Know your cancer risk.
Date: Monday, October 22
Time: 10 a.m. to 11:30 a.m.
Location: Cancer Conference Room

Get Out There With Total Joint Replacement



Don't let chronic hip or knee pain limit your lifestyle. You have options.

When you have chronic knee or hip pain, even favorite pastimes can be a chore. Wear and tear caused by osteoarthritis is common as we age, but joint pain can be caused by other conditions such as avascular necrosis — limited blood supply to the joint, which causes bone tissue death. Past injuries or surgeries can cause chronic joint pain as well.

after exhausting those options, then a joint replacement might be beneficial.”

A CUT ABOVE

The Total Joint Program is staffed by board-certified, fellowship-trained surgeons who specialize in knee and hip replacements. The multi-disciplinary approach starts with the patient and includes the surgeon, the patient's primary care physician, the hospital, certified orthopedics nurses, and rehabilitation and office staff.

“My goal as a hip and knee surgeon is to restore joint function and ensure patients have a quality of life that's not burdened by hip and knee pain,” Dr. John said. “If that happens to be through joint replacement surgery, then it no longer has to be a scary venture — it can be as simple as changing a flat tire.”



Thomas K. John, M.D.

“For those experiencing chronic hip or knee pain, we first try injection therapy, physical therapy, weight loss and pain relief medication,” said Thomas K. John, M.D., adult reconstructive and joint replacement surgeon at Hackensack Meridian *Health* Mountainside Medical Center. “If there is still significant discomfort that interferes with daily life

HEAD OF THE CLASS

Once you and your doctor have decided that joint replacement is the next step, we will work with you to make sure you are ready for surgery. This includes blood work and appropriate medical clearances for surgery as well as a preoperative joint replacement class.



Lisa Vannoy, RN, MSN

“We hold the class about twice a month and go over soup to nuts what to expect,” said Lisa Vannoy, RN, MSN, nursing director 4th floor at Mountainside Medical Center. “It helps answer questions about insurance, equipment, recovery, physical therapy and any follow-up that may be needed after the procedure.”

Classes are led by experienced practitioners and physical therapists and typically last no more than an hour. Classes are held on the second and third Tuesday of the month at noon, and free valet parking is offered.

While the class is not mandatory, many of our patients who undergo joint replacement choose to attend. Topics include how to prepare homes for the return after surgery, ways to optimize nutrition and exercises to perform before and after surgery to optimize mobility.

BACK TO THE ACTION

Surgeries in the past would require as long as a week in the hospital for recovery. Now, minimally invasive surgery options help patients go home a day or two after surgery — if not the day of.

“Most surgeries take about an hour and can be performed with regional anesthesia — patients are lightly sedated and breathing on their own,” Dr. John said. “Post-surgery recovery is quicker with less nausea and pain right from the start, encouraging movement that contributes to an earlier return to function.”

As part of Enhanced Recovery After Surgery protocols, total joint replacement patients are up and moving around on the same day as surgery. Other evidence-based practices, such as starting physical rehabilitation as soon as possible after surgery and discharging patients one to two days after joint replacement, allow most patients to be completely independent after six weeks.

“Early ambulation is key,” Vannoy said. “To accomplish this, physicians, nurses and physical therapists have a tight partnership. Exercise goals are also customized to each patient — how many stairs, shower or tub, etc. — to help him or her transition home.”

An on-site fitness center allows patients to continue their outpatient therapy regimen with team members with whom they are familiar.

The Total Package

Hackensack Meridian *Health* Mountainside Medical Center is certified by The Joint Commission, an independent organization that provides accreditation to programs that meet or exceed its performance standards, in both total knee and total hip replacement. These standards cover practices related to anesthesia, ambulation on the day of surgery, health assessments prior to surgery, discharge and more.

“We perform a large volume of joint replacements in New Jersey, so our experience, depth of complexity and expertise are second to none,” said Thomas K. John, M.D., adult reconstructive and joint replacement surgeon at Hackensack Meridian *Health* Mountainside Medical Center. “Patients benefit from access to a myriad of technologies, from computer-assisted, robotic-assisted and minimally invasive surgery approaches to patient-specific implants.”

“It’s really a team approach from beginning to end,” Dr. John said. “All of us — surgeon, nurse navigator, nurses, nurse practitioners, physician assistants, physical and occupational therapists, physicians, and others — play a part and are in constant communication, which allows for seamless care and a happy patient.”

“Continuous improvement is absolutely key to our program,” Vannoy added. “We get feedback from patients to make sure we are meeting the needs of the community and have quarterly team meetings to go over our objectives. Every step we take helps others regain independence and restores quality of life.”

*Learn more about joint replacement by joining Dr. John at his lecture **Total Joint Replacement 101**. To register, visit MountainsideHosp.com/Events or call 1-888-973-4674.*



A Healthier You

If you've struck out trying to lose weight on your own, trust the winning team at the Center for Advanced Bariatric Surgery at Hackensack Meridian Health Mountainside Medical Center.

Montclair resident Rafael Adorno, 50, has spent his life playing and coaching baseball and softball. In 2015, he decided to swing for the fences when it came to his health.

"At 280 pounds, I had developed Type 2 diabetes, high blood pressure and high cholesterol," Rafael said. "My numbers were going up and my left knee hurt all the time — at my security job as well as on the field. I did research online and scheduled an appointment. The rest is history."

BIG LEAGUE BARIATRICS



Karl Strom, M.D.

The Center for Advanced Bariatric Surgery at Mountainside Medical Center is an accredited center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program and offers three weight-loss procedures: LAP-BAND™ adjustable gastric banding, Roux-en-Y gastric bypass and sleeve gastrectomy. After talking with Karl Strom, M.D., medical director for the Center for Advanced Bariatric Surgery at Mountainside Medical Center, Rafael decided to undergo a sleeve gastrectomy.

Rafael's journey from first appointment to surgery took eight months.

"The process begins with a comprehensive physical to ensure patients are ready for surgery," Dr. Strom said. "Patients who have the sleeve gastrectomy can expect to lose 60 to 70 percent of their excess body fat in the first year. More importantly, complications of obesity are resolved after surgery."

CAREER NUMBERS

Nearly three years post-surgery, Rafael is pleased with his progress. He returns to Mountainside Medical Center twice a year for blood work, and can reach out to the program's dietitians with any nutrition-related questions he has between appointments.

"I don't take any medication for diabetes or cholesterol, I don't have sleep apnea and I weigh 175," Rafael said. "Had I known what weight-loss surgery was going to help me accomplish, I would have done it many years ago."

To learn more about weight-loss options, register for a free seminar at MountainsideHosp.com/WeightLoss or call 1-888-973-4674.

Rafael Adorno lost more than 100 pounds.



Life-Long Health

Weight-loss surgery is a powerful tool to improve health and lose weight. For long-term success, patients should change their eating habits before surgery to prepare and after to promote healing and maintain nutrition.



Katie Dickerson, RDN

"About 98 percent of our patients opt for the gastric sleeve procedure, which requires vitamin supplementation for life," said Katie Dickerson, RDN, nutrition coordinator at Hackensack Meridian Health Mountainside Medical Center. "Unlike other weight-loss centers, we establish long-term relationships with our patients, educating them about

their changing nutritional needs and offering support long after surgery."

Monthly support groups are open to pre- and post-operative patients. Katie and the team at the center are available to answer questions by phone and email and help patients by prescribing required vitamins, making them more cost-effective.

"Our patients do phenomenally well," Katie said. "They run marathons and become body-builders. I became a dietitian to help people, and I have never seen anything help as much as weight-loss surgery can."

3 Sleep Hygiene Tips

If you struggle to fall asleep, make these few simple changes to your bedtime routine:

- 1. Avoid stimulants after lunch.** Say no to caffeine and spicy foods later in the day.
- 2. Follow a ritual.** As bedtime draws near, turn off computers and televisions and do something relaxing. Reading and taking a warm bath are good options.
- 3. Stay on schedule.** Set a goal to go to bed and wake up at the same time each day.

Rest Assured

The team with Hackensack Meridian Health Mountainside Medical Center's Center for Sleep Medicine offers solutions to diagnose and treat sleep conditions that may be affecting your overall health.

Maybe you have a tendency to nod off in the middle of the day, or perhaps you regularly find yourself staring at the bedroom ceiling during the wee hours of the morning. A good night's sleep has become elusive, and the lack of shut-eye is starting to take its toll.



Lopa Patel, M.D., FCCP

"If you have sleep problems, you are likely to experience an array of other health complications," said Lopa Patel, M.D., FCCP, medical director of the Sleep Center. "For example, if you have obstructive sleep apnea, you may experience high blood pressure and be at increased risk for heart disease and stroke. If you have daytime sleepiness, identifying and treating potential sleep issues is so important."

ROOM WITH A VIEW

If you feel daytime tiredness, snore or have a history of heart disease, high blood pressure or strokes, your primary care provider may refer you to the Center for Sleep Medicine for an overnight sleep study. The test is conducted in a room outfitted with the comforts of home,



including a double bed and easy chair, so you can follow your sleep routine like you would at home.

After you dress for sleep, a sleep technician will attach sensors to your head and other parts of the body. These electrodes are designed to monitor brainwaves, breathing patterns, heart rate, leg movements, muscle tone, oxygen levels and rapid eye movements.

A physician certified by the American Board of Sleep Medicine will read the study and work with the referring provider to appropriately treat any diagnosed condition. Treatments for sleep disorders may include continuous positive airway pressure (CPAP) therapy, relaxation therapy and establishing healthy sleep hygiene habits.

"Don't disregard poor sleep as something you have to live with," Dr. Patel said. "CPAP therapy has been refined, and there is an oral appliance, too. Talk with your provider about your sleep quality."

To learn more about the Center for Sleep Medicine, visit MountainsideHosp.com and search for "sleep" or call 973-259-3666.



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from Dedicated Pulmonology Specialists



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When it comes to chronic obstructive pulmonary disease (COPD, which includes emphysema, chronic bronchitis and asthma), as well as other breathing disorders, every day is a new battle. But with education, you can win the day and breathe easier.

At Mountainside Medical Group, we combine treatment for chronic breathing disorders with hands-on education and support designed especially for you and your unique needs. We help our patients make changes and learn to manage their conditions, so they can reduce their symptoms as much as possible and improve their quality of life.

For more information about pulmonary disease treatment and education, or to schedule an appointment, please call **(973) 746-7474** or visit www.mountainsidedocs.com



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