

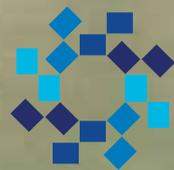
Summer 2017

# Be Well

Patients  
Preserving  
Lung Health  
Man Up and  
Eat Right



*Caring*  
**for Cancer** Page 4



Hackensack  
Meridian *Health*  
Mountainside  
Medical Center



## Welcome, Friends!

You may have noticed our new name and logo, Hackensack Meridian Health Mountainside Medical Center. Now that our collaborative circle has expanded and we are part of New Jersey's most dynamic hospital network, we are truly excited about our future.

Hackensack Meridian Health is at the forefront of providing the most innovative and integrated health care. Its commitment to research is contributing to fast-track breakthroughs that are revolutionizing care. The organization is dedicated to educating the next generation of physicians and allied health professionals. Hackensack Meridian Health's full spectrum of services—everything from hospitals to home care to rehabilitation—are perfectly orchestrated and in tune with the needs of patients. The more than 28,000 team members and 6,000 physicians across the health network are working together to provide the very best healthcare experience.

Our mission is to provide a full spectrum of life-enhancing care and services to create and sustain healthy, vibrant communities. We are redefining how "health" and "care" work together by setting the standard for providing quality care and humanizing the health experience. With each of these elements playing perfectly in unison, we create a well-orchestrated experience.

Welcome to Hackensack Meridian Health Mountainside Medical Center.

Be Well,

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

Summer 2017

## Community Calendar

*Events take place at the Hackensack Meridian Health Mountainside Medical Center campus unless otherwise noted. For more information or to register for an event, visit [www.mountainsidehosp.com/events](http://www.mountainsidehosp.com/events) or call 1.888.973.4MSH (4674).*

### Bone Density Screening

An ultrasound of the forearm identifies women and men at risk for osteoporosis. Registration is required. Call 973.680.4058. **Fee:** \$12/person.

**Date:** Thursday, July 13

**Time:** 10 to noon

**Location:** Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

### Stroke Screening

Evaluate your risk for stroke through cholesterol testing, blood pressure, pulse check, carotid artery assessment, and stroke-related counseling from staff physicians. Registration is required. Call 973.680.4058. **Fee:** \$30/person

**Date:** Wednesday, July 19

**Time:** 10 a.m. to noon

**Location:** Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

### Prostate Screening

These cancer-related screenings, the PSA blood test and digital rectal exam, are recommended for men ages 50 to 75 (45, if African American and/or have a family history of prostate cancer) and those not under the care of a urologist. Registration is required. Call 973.680.4058. **Fee:** Free

**Dates:** Thursday, August 17, and Monday, November 20

**Time:** 10 a.m. to noon

**Location:** Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

### EDUCATIONAL PROGRAMS

#### Weight Loss Surgery: The Facts

Learn more about these effective and permanent weight-loss options. Find out how these proven procedures can improve your health and lifestyle. Presented by **Karl W. Strom, MD**, medical director of the Center for Advanced Bariatric Surgery. Registration is required. **Fee:** Free

**Time:** All seminars begin at 7 p.m.

**Dates:** Tuesdays, June 13 and August 15

**Location:** Secaucus Public Library, 1379 Paterson Plank Road

**Date:** Wednesday, June 14

**Location:** Clifton Memorial Library, Conference Room, 292 Piaget Ave., Clifton, NJ

**Dates:** Wednesdays, June 21, July 19, August 16, and September 20

**Location:** Mountainside Medical Center

**Dates:** Tuesdays, July 11 and September 12

**Location:** Totowa Public Library, 537 Totowa Road

**Dates:** Wednesdays, July 12 and September 13, and Tuesday, August 22

**Location:** Allwood Branch Library, 44 Lyall Road, Clifton, NJ

### PARENT EDUCATION

#### Breastfeeding

Although breastfeeding is a natural process, it is not instinctive. This one-night class will provide information and support needed for a positive nursing experience. **Fee:** \$50 per couple

**Dates:** Tuesdays, May 16, July 11, and September 19

**Time:** 7 to 10 p.m.

#### Breastfeeding Support Group

This is a weekly support group for nursing mothers. For more information, please contact Parent Education at 973.429.6264. **Fee:** Free

**Dates:** Every Wednesday

**Time:** 1 p.m.

#### Prepared Childbirth

This one-day class will prepare you for the birth of your child. It includes the stages of labor and birth, coping strategies, relaxation and breathing techniques, medication options, and the adjustment to postpartum. Weekend class. Registration is required. **Fee:** \$80 per couple

**Dates:** Saturdays, May 20, June 24, July 15, August 12, and September 16

**Time:** 9 a.m. to 5 p.m.

#### Tour of the Birthing Center

Tour the Labor & Delivery, Postpartum, and Nursery units. All your questions and concerns will be answered during this tour. Registration is required. **Fee:** Free

**Dates:** Mondays, July 10 and 24, August 7 and 21, and September 18 and 25

**Time:** 6:30 to 7:30 p.m.

#### Becoming a Parent

This class will prepare you for the realities of becoming a parent, with special emphasis on coping during the first three months of your baby's life. Registration is required. **Fee:** \$50 per couple

**Dates:** Wednesdays, July 19, August 16, and September 20

**Time:** 7 to 9:30 p.m.

### OTHER

#### Heartsaver® CPR First Aid AED

For fees, registration, and more information, call 973.429.6491.



This is a  
recyclable product.

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 link on our home page at [www.mountainsidehosp.com](http://www.mountainsidehosp.com) or call 1.973.429.6000.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.973.429.6000.  
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 1.973.429.6000。

# In Search of Healthy Lungs

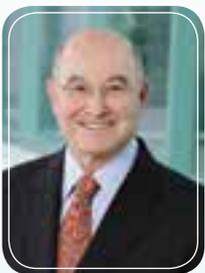
The best thing you can do for your lungs is never smoke. If you are or ever have been a smoker, however, you may be eligible for a screening that can help you keep a close eye on your lung health.

**Lung cancer often develops** over time without causing symptoms until it spreads to other parts of the body. By then, it is extremely difficult to treat, and the chance of a positive outcome is low.

When lung cancer is detected in an early form, however, beating the disease becomes more likely. That is when low-dose computed tomography (CT) screening can help. Studies have shown this imaging test can lower the risk of dying from lung cancer for those who are at greatest risk for the disease. The exam can detect lung abnormalities, such as nodules, that are or may become cancerous—giving patients a head start on treatment.

## PUTTING TIME ON PATIENTS' SIDE

Hackensack Meridian Health Mountainside Medical Center offers low-dose CT screenings for individuals ages 55–77 who are current smokers or have quit within the past 15 years. To be eligible, patients cannot be experiencing symptoms of lung cancer, and they must have smoked one pack of cigarettes a day, on average, for 30 years.



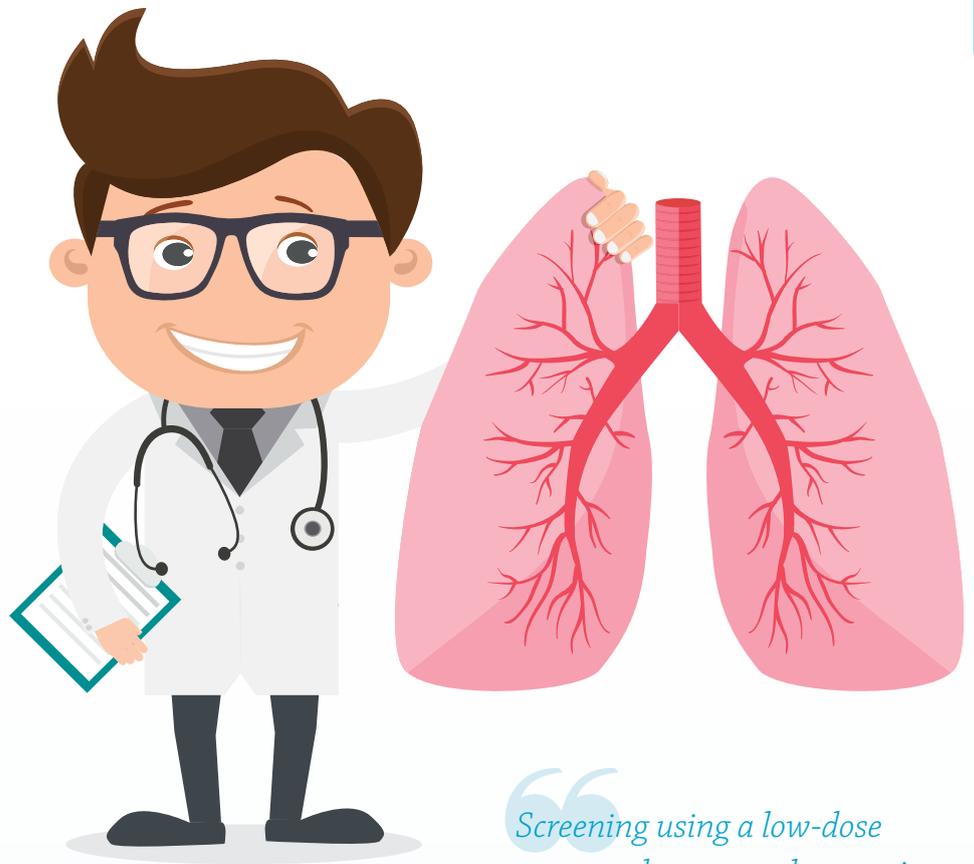
Steven Herman, MD, FACS

“If a patient has a nodule that doesn’t appear to be immediately threatening, the nodule program team—a surgeon, radiologist, and pulmonologist—will monitor it with additional imaging,” says Steven Herman, MD, FACS, chief of Cardiothoracic Surgery at Mountainside Medical Center. “Worrisome nodules may require biopsy. If cancer is found, we start treatment.”

The primary treatment for lung cancer, according to Dr. Herman, is surgical removal of the tumor. If the disease is found early enough, Dr. Herman can operate using video-assisted thoracoscopic surgery (VATS), a minimally invasive technique.

“Instead of a large incision, I can make several small ones, which leads to less pain and scarring and an easier recovery,” Dr. Herman says. “The possibility of having VATS instead of open surgery is another reason to screen for lung cancer in the hope of finding it early.”

**Think you may** be eligible for a low-dose CT screening for lung cancer? Call 973.429.6444 to discuss whether you qualify.



“Screening using a low-dose computed tomography scan is the most important advance in the care of lung cancer to date.”

—Steven Herman, MD, FACS, chief of Cardiothoracic Surgery at Hackensack Meridian Health Mountainside Medical Center



## Did You Know?

It’s never too late to enjoy the health benefits of being an ex-smoker, even if you’ve smoked for years. No matter when you quit, doing so can reduce your risk of lung cancer, according to the Centers for Disease Control and Prevention.

# Taking Care of



From left: Merieme Klobocista, MD, and Sihana Sela, PA, and cancer survivor, Priscilla Rodriguez, above

**In January of 2016**, Priscilla Rodriguez, 74, knew something was very wrong when she went to the restroom and discovered she was bleeding. She called her primary care provider who said to call 911.



Merieme Klobocista, MD

Taken to the Emergency Department (ED) at Hackensack Meridian Health Mountainside Medical Center, Priscilla received an ultrasound to find the source of the bleeding. An abnormal thickening of the uterine lining was discovered, and she was referred to Merieme Klobocista, MD, gynecological oncologist at Mountainside Medical Center.

“Dr. Klobocista is always so calm and compassionate and really took care of me,”

Priscilla says. “She is a talented surgeon and explained everything that was going on. Dr. Klobocista treats me like family.”

## RIGHT PLACE, RIGHT TREATMENT

After a biopsy, Priscilla was diagnosed with stage IB cervical cancer, which means cancerous cells had not spread to nearby lymph nodes. Dr. Klobocista recommended a radical hysterectomy to remove the cervix and uterus. Chemotherapy and radiation followed.

“Dr. Klobocista performed robotic-assisted surgery—a minimally invasive way to do radical hysterectomies, which results in less pain

after the operation, lower rates of infection, faster recovery, and a better quality of life after surgery,” says Sihana Sela, PA, physician assistant at Mountainside Medical Center. “Priscilla’s procedure and therapies went according to plan, with no complications, and she was able to return to work shortly after her procedure.”

## CANCER IS OUR SPECIALTY

At Mountainside Medical Center, the multidisciplinary team approach encourages gynecologic oncologists to work closely with medical and radiation oncologists. Weekly tumor boards, which include specialists, physician assistants, and nurses, allow all the teams to meet and review cases so that they can discuss care plans. This meant that Priscilla’s treatment was individually tailored while at the same time accounted for every specialty’s input.

Priscilla—who lives in Bloomfield, NJ, with her husband—continues her care with checkups every three months and Pap tests every six months. So far, her results have been good and the cancer has not returned. Priscilla credits her recovery to the care she’s received at Mountainside Medical Center.

“I’m doing well because of the right treatment,” Priscilla says. “I feel great.”

*Need an OB/GYN or family medicine physician? To find a physician associated with our facility, please call 1.888.973.4MSH (4674).*

# Cancer

“Regular Pap tests are so important for cervical cancers in particular, because they help us find dysplasia or abnormal cells in the cervix. The goal is to catch any changes before they become cancerous. The best advice we can give is to follow up with your gynecologist and stay up-to-date with your exams.”

—Sihana Sela, physician assistant at Hackensack Meridian Health Mountainside Medical Center



Sihana Sela, PA



## Radiation On Target

Radiation oncology is one of the primary methods of cancer treatment and uses controlled doses of high-energy radiation to kill cancer cells. At Hackensack Meridian Health Mountainside Medical Center, the radiation oncology team includes medical director Miriam Knoll, MD, as well as medical physicists, medical dosimetrists, radiation therapists, nurses, genetic counselors, and social workers. The oncology staff members participate in collaborative case review, where many different specialists work together to provide exceptional care to cancer patients.



Alberto Zacchino, CMD

“Our tumor board conferences are very thorough,” says Alberto Zacchino, CMD, manager and chief medical dosimetrist of the Department of Radiation Oncology at Mountainside Medical Center. “Our patients benefit from the collaborative approach to treating their disease.”

With all physicians working together, we can offer the best possible multifaceted treatment regimen.”

Mountainside Medical Center uses the latest treatment planning software available to provide a full array of external beam radiation therapy treatments. In 2018, the Department of Radiation Oncology will also be updated with a state-of-the-art Varian TrueBeam™ linear accelerator. This new addition, will introduce options such as image-guided radiation therapy (IGRT), stereotactic radiosurgery (SRS), and stereotactic body radiation therapy (SBRT). This technology will provide submillimeter accuracy to treat hard-to-reach tumors, while sparing healthy tissue.

## Better Together

In December 2016, Memorial Sloan Kettering Cancer Center and Hackensack Meridian Health teamed up to make superior cancer care available to all patients across the state of New Jersey.



Terri Pietsch, MS-N, RN, CTR, OCN, NE-BC

“We share the same goals—providing faster, better care and access to more patients,” says Terri Pietsch, MS-N, RN, CTR, OCN, NE-BC, director of Oncology Services at Hackensack Meridian Health Mountainside Medical Center. “Working together, Memorial Sloan Kettering and Hackensack Meridian Health will provide cancer care from top to bottom, hoping to reduce costs and expand their reach far beyond the New Jersey borders—something they can do better as partners than on their own.”

Memorial Sloan Kettering and Hackensack Meridian Health will be working together to train at the medical school level, develop joint standards of care, set clinical research priorities, and optimize outcomes for patients across the state of New Jersey.

For the latest information about Hackensack Meridian Health Mountainside Medical Center, visit [www.mountainsidehosp.com/news](http://www.mountainsidehosp.com/news).



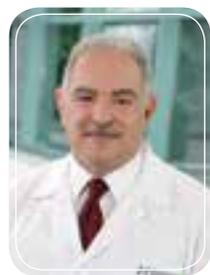
# Pregnancy: Lowering Risk, Raising Safety

A high-risk pregnancy can be tough, but it helps when you find an obstetrician/gynecologist (OB/GYN) you can trust.

**A pregnancy that is** higher risk due to a mother's pre-existing chronic conditions, including high blood pressure, autoimmune diseases, diabetes, kidney disease, obesity, and any previous pregnancy complications, can be properly treated with a team approach.

Conditions that develop during pregnancy, such as gestational diabetes, can also create a high-risk situation. Preeclampsia, for example, can result in high blood pressure later on in pregnancy. Smoking and alcohol and drug use also place a mother and baby at risk, as does pregnancy after age 35 or during adolescence.

## PREPARED FOR THE JOURNEY



Robert Montemurro, MD

To ensure peace of mind during a high-risk pregnancy, father and daughter OB/GYNs who run their own practice—Robert Montemurro, MD, and Daniella Montemurro, MD—focus on teamwork, communication, and follow-through.

“We work closely with a maternal-fetal specialist, checking on the health of both mother and baby through every appointment leading up to labor and delivery,” Dr. Robert Montemurro says.



Daniella Montemurro, MD

The Drs. Montemurro also ask each mother to partner with them.

“We educate mothers about the specific conditions that place them more at risk and explain in detail what is going on, listing all of the reasons they would ever need to reach out to us, night or day,” Dr. Daniella Montemurro says. “We understand that with high-risk pregnancy comes additional worry. We help mothers feel less alone as well as safe and empowered.”

## PARTNERING TOGETHER

For labor and delivery, the Drs. Montemurro partner with Hackensack Meridian Health Mountainside Medical Center, where Dr. Robert Montemurro oversees the Obstetrics and Gynecology Department as divisional chief.

Safety is increased when a full team is in place working together to ensure every mother and baby has a good outcome, Dr. Robert Montemurro says, and that's what happens at Mountainside Medical Center.

*To learn more about OB/GYN services at Mountainside Medical Center, visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com) and click on “Women’s Health Services” from the “Our Services” menu.*

## A Father's Role

Nervous about your new child? Fathers-to-be can attend prenatal classes and read resources about parenting to help prepare themselves.



Elizabeth Pleickhardt, DO

Taking part in labor and delivery is a great start. When the baby arrives, fathers can bond with their infants through one-on-one time spent reading, singing, playing, and talking to them. Feeding, changing, and giving baths are other ways to bond that mom will appreciate, too.

“Father and infant bonding is incredibly important to the new child's cognitive health,” says Elizabeth Pleickhardt, DO, neonatologist and director of Neonatology at Hackensack Meridian Health Mountainside Medical Center. “Studies show infants with involved fathers score higher on tests of cognitive development, exhibit better problem-solving behavior, and tend to have higher intelligence quotients as toddlers.”





# UP YOUR Nutrition Game

Gentlemen, preventing health issues, such as prostate cancer and heart disease, starts with giving your body the right fuel.

**Georgina Wondolowski, clinical nutrition** manager at Hackensack Meridian Health Mountainside Medical Center, shares her top tips to help men eat with health in mind.

## Java Lovers, Take Note

Several studies have linked drinking coffee with a lower risk of aggressive prostate cancer. To reap the rewards, however, you may need to drink a potentially risky amount—at least four to six cups of coffee per day.



Georgina Wondolowski

“Even though drinking high amounts of coffee helps reduce the risk of prostate cancer, it can block the absorption of certain vitamins and minerals,” says Georgina Wondolowski, clinical nutrition

manager at Hackensack Meridian Health Mountainside Medical Center. “If you have high blood pressure or anxiety, it can also worsen those conditions.”

**Coffee Rx:** Stick to one or two cups per day, especially if you have high blood pressure.

### 1. Satisfy your sweet tooth with heart-healthy dark chocolate.

“Many people believe only women have a sweet tooth, but men also crave sweets,” Wondolowski says. “Dark chocolate has been shown to improve circulation and may even help keep blood pressure and cholesterol under control.”

**2. Indulge in healthy fats.** Avocado is in season during the summer, and its high monounsaturated fat content makes it a healthy addition to sandwiches and salads. High-fat fish, such as salmon, offers a dose of heart-healthy omega-3 fatty acids that may be beneficial for prostate health. For a healthy snack, grab a handful of pistachios or other heart-healthy nuts.

**3. Eat your fill of seasonal produce.** Tomatoes, berries, peppers, carrots, and other colorful produce are in plentiful supply during the summer, and these antioxidant-rich choices may defend against prostate cancer. Eating cruciferous vegetables, such as broccoli and kale, may also play a role in prostate cancer prevention.

**4. Watch your cuts.** Because men typically have a bigger body size than women, they usually need more protein. A 175-pound man, for example, needs about 58 grams of protein every day, according to Harvard Medical School.

Lean meats are a great source of protein, and eating lean doesn't have to mean sticking to poultry. Bison is a good alternative, and if you select a lean cut, you can even enjoy the occasional grilled pork chop or steak.

“The foods we eat can offer great health benefits, but if we eat large quantities, we risk undoing the good that foods provide,” Wondolowski says. “Moderation is key—make sure your diet includes a variety of foods every day.”

*To find a physician who can help you make over your diet, visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com) and select “Our Doctors.”*



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**Cardiac emergencies** don't just need urgent care—they need expert care. Hackensack Meridian Health Mountainside Medical Center in Montclair is an *Emergency Angioplasty Center*.



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