

Winter 2018

Be Well

Genetic Counseling:
Answers for Healing

What You Can Do
to Prevent Cancer

Comprehensive
Cancer Care
Right Here
Page 4



Hackensack
Meridian *Health*
Mountainside
Medical Center



Welcome 2019

The start of every new year brings the promise of change — and 2019 will certainly be a year of extraordinary change at Hackensack Meridian Health Mountainside Medical Center.

In 2018, Mountainside Medical Center saw many exciting enhancements including bed replacements, lighting upgrades and the addition of our brand new, state-of-the-art Siemens Biplane Endovascular Suite. We've also made significant strides in the development of our medical office building and a new parking lot, which will be dedicated to our expanding valet services.

In the coming year, additional improvements are in the pipeline, including parking garage repairs, a brand-new linear accelerator in our Radiation Oncology Department and important technology upgrades in our Imaging Department. We will also continue to focus on retaining the best doctors to practice locally and building on the benefits of our Hackensack Meridian Health affiliation. With our upcoming Epic electronic health record conversion, we will be better able to support connectivity across the continuum of care.

At this time of year, I would like to acknowledge those in our community who have helped us shape our legacy of care and extend our best wishes for a healthy, happy and prosperous New Year.

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 largest, most comprehensive, integrated care network in New Jersey. Here are some recent developments.

The Best in New Jersey and New York Metro Area

Hackensack Meridian Health proudly announced that four of its hospitals are being recognized among the best hospitals in New Jersey and the New York Metro Area for 2018–2019 by *U.S. News & World Report*. The 29th annual Best Hospitals rankings recognize hospitals that excel in treating the most challenging cases. These hospitals include Hackensack University Medical Center, Jersey Shore University Medical Center, Riverview Medical Center and Raritan Bay Medical Center.

To learn more, please visit HackensackMeridianHealth.org/USNews.

Honoring an Exceptional Leader

After more than 45 years of leadership, John K. Lloyd, co-chief executive officer at Hackensack Meridian Health, retires this month. A true visionary in health care, Mr. Lloyd's legacy goes far beyond the Hackensack Meridian Health network. In addition to his profound leadership, Mr. Lloyd's ability to personally connect with team members and his vibrant presence make him stand out as one of the most loved and respected leaders in health care.

We would like to honor Mr. Lloyd for his extraordinary leadership and thank him for his role in changing the landscape of health care in New Jersey.

Learn how you can share your thanks with John Lloyd by visiting HackensackMeridianHealth.org/JKL.



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 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。



Facebook:
[@MountainsideMedicalCenter](https://www.facebook.com/MountainsideMedicalCenter)



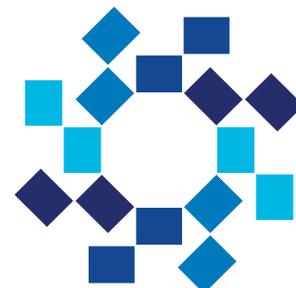
Youtube:
Hackensack Meridian Health
Mountainside Medical Center

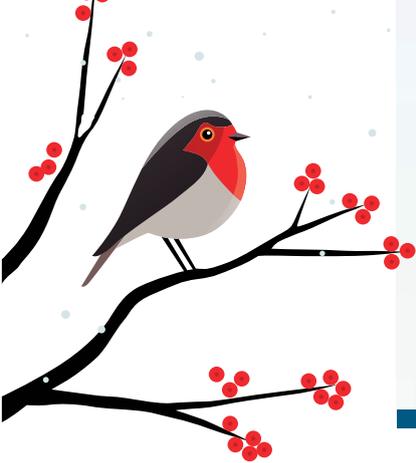


Twitter:
[@MtinsideMedCtr](https://twitter.com/MtinsideMedCtr)



LinkedIn:
Mountainside Medical Center





Community Calendar

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

Bone Density Screenings

An ultrasound of the forearm. Registration is required. To register, call 973-680-4058.

Fee: \$12/person

Date: Monday, December 10

Time: 10 a.m. to noon

Location: Bloomfield Health Department, 1 Municipal Plaza, Bloomfield

Blood Pressure Screenings

No registration is required. Free of charge.

Dates: Thursdays, December 20, January 17 and February 21

Time: 10 a.m. to noon

Location: Brookdale Shop Rite, 1409 Broad St., Bloomfield

Weight Loss Options: 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, January 16, February 13 and March 13

Location: Mountainside Medical Center

New Year's Resolution — Aiming for a Healthy Weight

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. Tips on how to achieve a healthy weight ideal for you will be addressed. Presented by the Mountainside Family Practice Group physicians.

Date: Tuesday, January 22

Time: 5:30 p.m. to 6:30 p.m.

Location: Mountainside Family Practice Group, 799 Bloomfield Ave., Suite 201, Verona

Are You Suffering From Chronic Knee Pain?

Are you looking for a new approach to relieve your knee pain? If you are suffering from chronic knee pain that impacts your quality of life, there are several ways to manage it.

Date: Monday, January 28

Time: 5:30 p.m. to 6:30 p.m.

Location: Mountainside Medical Center

Lung Nodule Screening Program

Early detection dramatically improves outcome. Are you a candidate for screening? Are you a smoker, or have you quit within the past 15 years? Did you smoke an average of one pack of cigarettes per day for 30 years? This may be the screening program for you. Join us to learn more.

Date: Thursday, February 7

Time: 10 a.m. to 11:30 a.m.

Location: Mountainside Medical Center

Know Your Health Numbers

Healthy numbers mean a healthy life. Join our Mountainside Family Practice Group physicians to know what these numbers really mean.

Date: Tuesday, March 12

Time: 5:30 p.m. to 6:30 p.m.

Location: Mountainside Family Practice Group, 799 Bloomfield Ave., Verona

Tour the Birthing Center

Tours of the Labor & Delivery and Mother-Baby units and Nursery. All questions and concerns will be answered during this tour.

Dates: Mondays, January 7, 14 and 28; February 4, 11 and 25; March 4, 11, 18 and 25

Time: 7 p.m. to 8 p.m.

Location: Mountainside Medical Center

Breastfeeding

Taught by our lactation consultant, this class focuses on practical information and tips to promote successful breastfeeding.

Fee: \$50 per couple

Date: Tuesday, January 8

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

Location: Mountainside Medical Center

Becoming a Parent

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

Fee: \$50 per couple

Dates: Wednesdays, January 16, February 13 and March 13

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

Location: Mountainside Medical Center

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

Dates: Wednesdays, January 16, February 13, March 13

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

Location: Mountainside Medical Center

Celebrate American Heart Month



Heart Day — Pathways to a Healthy Heart

Heart disease is the leading cause of death for men and women in the United States. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Join our health professionals as we work together to create opportunities for you to make healthier choices. Free health screenings will also be available.

Date: Saturday, February 2

Time: 10 a.m. to noon

Location: Mountainside Medical Center

Gender Matters: Women and Heart Health

Heart disease is the leading cause of death among women and one of the most preventable. Presented in partnership with Delta Sigma Theta Sorority, Montclair Alumnae Chapter and Mountainside Medical Center.

Date: Saturday, February 9

Time: 10:30 a.m. to noon

Location: Mountainside Medical Center

Heartwarming Cooking

Our registered dietitians are cooking up heart-healthy recipes. Samples will be available at this cooking demo.

Date: Monday, February 11

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

Location: Mountainside Medical Center

Love Your Heart

Join our Mountainside Family Practice Group physicians as they share tips on heart health, heart care and healthy lifestyles.

Date: Tuesday, February 12

Time: 10 a.m. to 11 a.m.

Location: Mountainside Family Practice Group, 799 Bloomfield Ave., Verona

Partners for *Life*

Hackensack Meridian *Health* Mountainside Medical Center's cancer team makes sure patients only have to focus on getting better.

A cancer diagnosis tends to take over your life. Before you can absorb the news, the treatment process begins — and so do the worries, starting with this one: Am I getting the best care available?

With its cutting-edge therapies and network of support services, the oncology team at Mountainside Medical Center guides patients and their families through every phase of the cancer journey. Mountainside Medical Center is not just where they go to get treatment. It is where they go to get their lives back.

ADVANCED TREATMENTS

Mountainside Medical Center's cancer program has met the high standards of the American College of Surgeons Commission on Cancer (CoC) since 1956. Terri Pietsch, director of Oncology Services, has the CoC's first approval letter framed and hanging on her office wall.

"Cancer treatments have evolved dramatically since that letter was written," Terri said. "Between 2016 and 2018 alone, the Food and Drug Administration approved nearly 50 new or redesigned cancer drugs. Some are oral medications managed on an outpatient basis, but all the others are available at Mountainside Medical Center.



Terri Pietsch

"Some of the most advanced cancer therapies are based on the patient's DNA or even the DNA of the disease itself," she continued. "Doctors now know that every case is unique. Not all lung cancers are the same, for example, and people can respond differently to the same therapy.

“There are a lot of new terms for cancer treatment — personalized medicine, precision medicine, targeted therapy, immunotherapy — but there is virtually nothing that has been approved that we do not offer here,” Terri said. “If effective cancer treatment is out there, we can provide it.”

ADDRESSING EVERY ILL

Of course, even the best medicine cannot cure all the ills that go with cancer diagnosis. Emotional and spiritual pain — plus any physical discomfort caused by treatment — must be addressed too.



Lesli Miller, APN

That is where Lesli Miller, APN, comes in. As the cancer program’s palliative care nurse practitioner, she collaborates with the medical team and support services to ensure that patients have the best treatment experience possible.

“All inpatients diagnosed with a serious or potentially life-limiting illness like cancer can receive palliative care with a referral from their primary care physician,” Lesli said. “I monitor patients’ treatments, working with the nurses and changing orders, if necessary, to manage symptoms and keep patients comfortable.”

Terri said she hopes to extend palliative care services to outpatients soon. In the meantime, Lesli can refer them to external providers.

When an inpatient has spiritual needs, Lesli can either call on pastoral support or refer them to the cancer program’s social worker. Lynne Eisenbrand, LCSW, helps cancer patients with a range of concerns, from anxiety and depression to financial or logistical obstacles to medical treatment.



Lynne Eisenbrand, LCSW

“Often, worries about bills, job security, how to file for disability, financial assistance grants and other practical concerns weigh heavily on those with a cancer diagnosis,” Lynne said. “Not knowing how to share difficult information with friends and family can be isolating. And fear of recurrence becomes part of the ‘new normal’ that cancer survivors must integrate into their lives. These are among the myriad

issues contributing to feelings of distress experienced by many cancer patients.”

Lynne is hands-on, providing practical assistance and psychotherapeutic treatment with patients and caregivers with the hopes of self-discovery, restoring resilience and enhanced interpersonal relationships. She coordinates with organizations at the local, state and national level to help patients access necessary and enriching resources.

Lynne also facilitates patient and caregiver support groups that help build community around those living with cancer. These groups are free and open to the community.

GOOD MEDICINE

As the oncology nurse navigator, Kendra Strachan, BSN, RN, knows that a ready answer can be good medicine. She tries to touch base with all new cancer patients, inviting them to call her when they have a question. The most common one is, “What happens next?”



Kendra Strachan, BSN, RN

“I try to get back to people the same day,” Kendra said. “Cancer patients have enough anxiety as it is, and I do not want to add to that.”

Kendra untangles insurance problems, inquires about test results, helps manage appointments, translates “medical speak” and performs countless other tasks.

“The idea behind the patient navigator is ‘one phone call,’” Terri added. “Kendra may not do everything, but she can make those connections, so the only thing patients have to deal with is their disease.”

Kendra also maintains a detailed history of each case, from diagnosis through survivorship, making Mountainside Medical Center a lifelong resource for every cancer patient.

“What sets us apart is that patients can get great, up-to-date care close to home,” Terri said. “Why travel 30 miles into the city when we are right down the street? That kind of personal attention, combined with the most advanced treatments, makes our cancer program special.”

Get more information about navigating the cancer program at Mountainside Medical Center at our upcoming discussion in May: **Navigation & Survivorship**. To register, call **1-888-973-4674** or visit **MountainsideHosp.com/Events**.

Advanced Cancer Care Right Here

Targeted therapy at Hackensack Meridian *Heath* Mountainside Medical Center fights cancer in new ways.

Chemotherapy has been used to fight cancer for decades because it kills cells that grow and divide quickly — as cancer cells do. However, other healthy cells with these same attributes can also be affected, leading to adverse side effects.

Targeted therapies take a different approach. Rather than attacking cancer cells' rapid growth, they can:

- ❖ Alert the patient's immune system to attack cancer cells
- ❖ Alter proteins in the cell to kill them
- ❖ Deliver toxins to the cancer cells only, saving healthy cells
- ❖ Halt new blood vessels production to starve cancer cells
- ❖ Switch off chemical signals in the cancer cell, halting them from growing and dividing

"Targeted therapies and immunotherapy are distinctly different from chemotherapy: They have different ways of acting and can be effective in cancers where chemotherapy has not worked," said John A. Conti, M.D., medical director of the Cancer Program at Mountainside Medical Center.

"One of the many advantages of treating patients at Mountainside Medical Center is that these cutting-edge treatments can be given at our hospital.

"There are some important differences between targeted therapy and immunotherapy," he continued. "The targeted therapies currently available are given only by mouth, while the new immunotherapy agents are given through a vein. Although the majority of treated patients find either treatment type tolerable, the potential for more serious adverse effects always exists, so these drugs need to be administered by medical professionals experienced in their use. My colleagues and I are excited to be able to use these exciting new drugs right here, close to home."

For more information, visit MountainsideHosp.com and click "Cancer Program" under "Services."



John A. Conti, M.D.

Our Infusion Center

In addition to medical treatment, the Infusion Center also offers supportive care therapies like blood transfusions, hydration or post-chemo anti-nausea treatments. The staff — nurses, pharmacists and physician leadership — work collaboratively in the same space. Weekly cancer conferences are held to discuss patients and their treatment options.

June Wedemeier, RPh, who manages the Infusion Center-based pharmacy, believes there's better communication because of the proximity. While the purpose of the Infusion Center is for patients to receive the most optimal, current treatment for them, because the duration of infusion therapy can be anywhere from 1 to 8 hours hooked up to an IV sitting in a chair or taking breaks to walk around, the environment is also very important.

"We have a really nice center, very comfortable for our patients," June said. "We offer lunch if they're here all day, and we have great volunteers who help take lunch orders, bring coffee and water, and help see them out — I can't tell you how much help that is for both the patients and the staff!"



June Wedemeier, RPh

Know *Your* Cancer Risk



If a **family member** has cancer, do you know if you are at risk? A genetic counselor can be an important part of your health care team. He or she can help you understand if there are signs of hereditary cancer in your family, offer genetic testing and explain what the results mean for you and your family. Genetic counselors receive specialized training in genetics and counseling.

Genetic testing for hereditary cancer syndromes is a valuable service and is much more accessible than it was in the past. Prior obstacles to testing have been eliminated — the cost is lower, the turnaround time is faster and technology is more sophisticated. If you make an appointment for genetic counseling, you are not obligated to undergo genetic testing.

“The public’s acceptance of genetic testing is much greater than in the past,” says Aliza Zidell, MS, CGC, genetic counselor with Hackensack Meridian *Health* Mountainside Medical Center. “Today, the number of genes available for testing is also greater. Although there is a common belief that only cancer history on your mother’s side is relevant, you can inherit cancer predisposition from your father’s side too.”



Aliza Zidell, MS, CGC

To arrange a genetic counseling appointment or to learn more about the Hereditary Cancer Assessment Program, please call 973-259-3555 or visit MountainsideHosp.com and choose “Cancer Program” under “Services” and select “Genetic Counseling.”

Take 5 to Prevent Cancer

Not all risk factors for cancer — genes or family history of cancer — are in our control. Yet, there are ways to take action to help prevent cancer.

In 2018, an estimated 1.7 million cases of cancer will be diagnosed in the United States, but diet and lifestyle choices can decrease our risk of the disease. Consider the American Institute for Cancer Research’s top five recommendations for cancer prevention:

Your primary care provider (PCP) can help identify additional cancer prevention recommendations, such as quitting smoking if you smoke or when to get particular cancer screenings. Detecting precancerous conditions early — for example, finding and removing flat polyps in the colon before they develop into colon cancer — is another aspect of cancer prevention.

Looking for a PCP? People who establish a personal relationship with their primary doctor experience better health and quality of life. The doctors with Mountainside Medical Group offer preventive screenings, comprehensive exams and management of chronic conditions to help you get healthy and stay healthy. Find your new doctor and schedule your appointment at MountainsideDocs.com.



1 Maintain a healthy weight.



Exercise at least 30 minutes daily.



4 Eat a greater variety of plant-based foods, such as vegetables, fruits, legumes and whole grains.



3 Limit high-calorie foods and avoid sugary drinks.



Avoid processed meats and limit red meat consumption.

5

**Hackensack University
Medical Center and
Joseph M. Sanzari
Children's Hospital**

30 Prospect Avenue
Hackensack, NJ 07601
Jersey Shore University



**Hackensack
Meridian Health**

1 Bay Ave.
Montclair, NJ 07042



PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 830

**Medical Center and
K. Hovnanian
Children's Hospital**

1945 Route 33
Neptune, NJ 07753

Ocean Medical Center

425 Jack Martin Blvd.
Brick, NJ 08724

Riverview Medical Center

One Riverview Plaza
Red Bank, NJ 07701

**Mountainside
Medical Center**

One Bay Avenue
Montclair, NJ 07042

Palisades Medical Center

7600 River Road
North Bergen, NJ 07047

**Raritan Bay Medical
Center Perth Amboy**

530 New Brunswick Avenue
Perth Amboy, NJ 08861

**Southern Ocean
Medical Center**

1140 Route 72 West
Manahawkin, NJ 08050

Bayshore Medical Center

727 North Beers Street
Holmdel, NJ 07733

**Raritan Bay Medical
Center Old Bridge**

One Hospital Plaza
Old Bridge, NJ 08857

**Pascack Valley
Medical Center**

250 Old Hook Road
Westwood, NJ 07675

REVISED AD T/F
FROM CLIENT

Diagnostic, therapeutic and interventional

Accredited by the American College of Radiology and the Intersocietal Accreditation Commission, Mountainside Medical Center offers a full range of state-of-the-art outpatient and inpatient radiology services, including diagnostic, therapeutic and interventional procedures.

Open daily, our outpatient radiology imaging services are available evenings and weekends so that you can get prompt and convenient scheduling whenever your physician prescribes a procedure.

Learn more at mountainsidehosp.com.
To schedule an appointment: (877) 523-7787



Hackensack
Meridian Health
Mountainside Medical Center