

# Be Well

Strategies to **Fight  
Burnout**

Get the Truth About  
**Vaccines**

## A Welcome Partnership:

John Theurer Cancer Center at  
Hackensack University Medical  
Center Comes to Mountainside  
Medical Center

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Hackensack  
Meridian *Health*  
Mountainside  
Medical Center



## Dear Friends,

Montclair and the surrounding areas have relied on hospital-based care since the hospital's founding in 1891. Since then, Mountainside Medical Center has continued to grow, expanding programs and services to meet the needs of our community.

In this issue, you will read about exciting changes in Mountainside Medical Center's Cancer Program, which is now affiliated with John Theurer Cancer Center. This arrangement, together with a recent strategic investment in leading-edge radiation oncology technology, is significant for the communities we are privileged to serve, because it ensures that the most current world-class cancer treatment is conveniently available close to home.

*Be Well* was established in 2013 as a way to deliver you hospital news, community events and health tips. While it saddens me to report that this will be the final issue of *Be Well*, I am happy to say that Mountainside Medical Center will be joining the Hackensack Meridian *Health* publication *HealthU* in 2020.

We hope this issue is an enjoyable and informative read, and don't forget that our website, [MountainsideHosp.com](http://MountainsideHosp.com), is a timely health care information resource that's always available.

Be Well,

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

### SEMINARS

#### Weight Loss Surgery: The Facts

Learn the benefits of weight loss surgery.

**Karl Strom, M.D.**

**Dates:** Wednesdays,  
February 5, March 11 and  
April 22

**Time:** 7 p.m. - 8 p.m.

#### Life's Simple 7

The seven risk factors to watch out for heart health.

**Date:** Saturday, February 8

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

#### Cooking With Heart

Join our registered dietitian and chef as they serve up some heart-healthy recipes to start the year off right. Cooking demos and samples provided!

**Date:** Monday, February 10

**Time:** 5:30 p.m. - 6:30 p.m.

#### Breathe Easy: Facts on Asthma

Learn common symptoms in an asthma attack and how to control. **Juhayna K. Davis, M.D.**

**Date:** Tuesday, February 11

**Time:** 5:30 p.m. - 6:30 p.m.

#### Cancer Lecture Series: Nutrition

Healthful eating options, new recipes and find ways to stay healthy during treatment and beyond.

**Date:** Wednesday, February 12

**Time:** 10:30 a.m. - noon

#### Healthy Heart Seminar for Women

Join us we celebrate women and how to care for ourselves.

**Grishma Bambhroliya, M.D.**

**Date:** Saturday, February 22

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

#### BPH Facts for Men

This enlargement of the prostate gland that may cause problems with urination. Join us to learn more about the latest treatments options.

**Konstantin Walmsley, M.D.**

**Date:** Monday, February 24

**Time:** 5:30 p.m. - 6:30 p.m.

#### What Is Spinal Disk Herniation and Spinal Stenosis?

Identify the signs and symptoms. **Jonathan Yun, M.D.**

**Date:** Thursday, March 5

**Time:** 5:30 p.m. - 6:30 p.m.

#### What Is a Hernia?

Learn the latest treatments and options for abdominal hernias. **Marius Calin, M.D.**

**Date:** Monday, March 23

**Time:** 5:30 p.m. - 6:30 p.m.

### SCREENINGS

#### Cardiac Assessments

Cholesterol testing, blood pressure, BMI/body fat composition and waist circumference for a fee.

**Date:** Thursday, February 6

**Time:** 2 p.m. - 4 p.m.

**Location:** Clifton Health  
Department, 900 Clifton Ave.,  
Clifton

**Date:** Wednesday, February 12

**Time:** 2 p.m. - 4 p.m.

**Location:** Montclair  
Department of Health &  
Human Services,  
205 Claremont Ave., Montclair

#### Stroke Screenings

Staff physicians evaluate your risk for stroke through cholesterol testing, blood pressure, pulse check and carotid artery assessment, and provide stroke-related counseling for a fee.

**Date:** Thursday, March 5

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

**Location:** Clifton Health  
Department, 900 Clifton Ave.,  
Clifton

### CLASSES

#### Tour of the Birthing Center

Tour the Labor & Delivery and Mother-Baby Units and Nursery.

**Dates:** Mondays, January 27,  
February 3, 10, 24, March 2, 9,  
23, 30, and April 6, 20, 27

**Time:** 7 p.m. - 8 p.m.

#### Breastfeeding Class

Learn the basics of breastfeeding.

**Dates:** Saturday, February 1,  
and Tuesdays, March 10 and  
April 7

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

#### Prepared Childbirth Class

This class prepares the expectant mother and her support person for the birthing experience.

**Dates:** Saturdays, February 1  
and March 7, and Tuesday  
April 14

**Times:** 9 a.m. - 5 p.m.

**Dates:** Thursdays, February 6,  
13 and March 12, 19

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

#### Infant Care and Safety Class

Expectant parents learn about the care, safety, growth and development of infants.

**Dates:** Wednesdays,  
February 19, March 25 and  
April 22

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

# Community Winter 2020 CALENDAR



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



**YouTube:**  
Hackensack Meridian *Health*  
Mountainside Medical Center



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



**LinkedIn:**  
Mountainside Medical Center



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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。

# Burn Out

Workplace stress is normal, but ignoring chronic feelings of stress can turn into something more severe: burnout.



Jonathan Hertz, M.D., MPH

**Burnout is a collection** of symptoms caused by chronic, job-related stress and is recognized as an official medical diagnosis. Primary care providers (PCPs) and behavioral health specialists have been seeing it in their patients more and more.

- ❖ Chest pain
- ❖ Decreased attention span
- ❖ Fatigue
- ❖ Feeling unable to cope
- ❖ Headache, stomachache or muscle aches
- ❖ Lack of interest in work, favorite activities or socializing
- ❖ Sadness
- ❖ Shortness of breath

### SLOW THE BURN

To overcome burnout, Dr. Hertz recommends:

- ❖ Alerting your PCP if you experience any symptoms or changes in health that may be due to burnout
- ❖ Discussing concerns with your supervisor or a human resources representative to see if your workload or job expectations can be adjusted
- ❖ Prioritizing your health by making time each day for a relaxing activity, such as yoga, exercising and getting enough sleep
- ❖ Seeking support from team members at work, friends or family

“People who are stressed can typically still function and perform all required tasks at their job, but if stress adds up, it can lead to burnout over time,” said Jonathan Hertz, M.D., MPH, medical director of Behavioral Health at Hackensack Meridian Health Mountainside Medical Center. “Primary characteristics of burnout include exhaustion, increased mental distancing from one’s job, negative or cynical feelings related to one’s job, and decreased professional productivity.”

### RISK FACTORS AND SYMPTOMS

You are more likely to experience burnout if you feel overburdened, unsupported or unfairly treated at work. Burnout can affect many aspects of health, causing symptoms that include:

- ❖ Anger or irritability
- ❖ Anxiety

Importantly, remember that burnout is reversible, so take steps to address it as soon as you notice the signs.

*If you have symptoms of burnout, speak with your PCP, who may refer you to a behavioral health specialist. To find a PCP, visit [MountainsideDocs.com](http://MountainsideDocs.com).*

### Prescription for Support



Shavonda Sumter, MBA

Forty-four percent of physicians experience burnout, according to a 2018 survey. Hackensack Meridian Health Mountainside Medical Center is doing its part to reduce stress for all health care providers, which benefits them and their patients.

“We have a wellness officer who recommends strategies for coping with and reducing stress, we offer massages during the workday to give team members a few minutes of relaxation, and our leadership team promotes gratitude so team members know how much we value them,” said Shavonda Sumter, MBA, associate vice president of Behavioral Health Services at Mountainside Medical Center. “We also encourage team members to seek peer support, which is such an important part of overcoming burnout.”





Hackensack Meridian Health Mountainside Medical Center and John Theurer Cancer Center at Hackensack University Medical Center are teaming up to expand world-class cancer care in our community.



# A Perfect PARTNERSHIP



Stuart Goldberg, M.D.

**In October 2019, Mountainside** Medical Center announced an affiliation with John Theurer Cancer Center at Hackensack University Medical Center. This affiliation will bring oncology subspecialists from John Theurer Cancer Center at Hackensack University Medical Center to Mountainside Medical Center.

“Mountainside Medical Center is a wonderful community hospital offering state-of-the-art clinical care, and John Theurer Cancer Center

at Hackensack University Medical Center is focused on pushing the boundaries of research,” said Stuart Goldberg, M.D., division chief of Outcomes and Value Research at John Theurer Cancer Center at Hackensack University Medical Center. “Bringing the expertise of John Theurer Cancer Center at Hackensack University Medical Center to a local community hospital will allow patients to get the best of both worlds.”

## EXPANDING EXPERTISE

As part of the agreement, subspecialists from John Theurer Cancer Center at Hackensack University Medical Center will provide second



Donna McNamara, M.D.

opinions on complex cancer cases. General medical oncologists, who treat all cancers at Mountainside Medical Center, can now collaborate with disease experts who focus on specific cancers.

“It’s difficult to stay up to date with every single type of cancer,” said Donna McNamara, M.D., chief of Medical Gynecologic Oncology and member of the Breast Oncology Division at John Theurer Cancer Center at Hackensack University Medical Center. “However, if you hone in on one specific area, you can become an expert in that field. All of the oncologists at John Theurer Cancer Center at Hackensack University Medical Center are subspecialists.”

Drs. McNamara and Goldberg are experts in different fields. Dr. McNamara specializes in gynecologic and breast cancers, while Dr. Goldberg is an expert in hematologic (blood) cancers. They and other experts will participate in Mountainside Medical Center’s weekly tumor boards, which bring together a multidisciplinary team of specialists to review cancer cases.

## National Cancer Institute Recognition

John Theurer Cancer Center at Hackensack University Medical Center is a consortium member of Georgetown Lombardi Comprehensive Cancer Center, which is one of only 16 cancer consortia in the United States recognized by the National Cancer Institute (NCI). A consortium is a partnership between multiple cancer centers to expand their capabilities.

The NCI designation proves that John Theurer Cancer Center at Hackensack University Medical Center is not only providing expert care at the bedside but also advancing the entire field of cancer care.

"The NCI has rigorous criteria on what a cancer consortium should be," said Stuart Goldberg, M.D., division chief of Outcomes and Values Research at John Theurer Cancer Center at Hackensack University Medical Center. "To earn the distinction, we have to show excellence in comprehensive clinical care and research."

## Future Generations of Medicine

Hackensack Meridian *Health* Mountainside Medical Center is home to residency programs for medical students offered by the Hackensack Meridian School of Medicine at Seton Hall University. Thanks to the new affiliation with John Theurer Cancer Center at Hackensack University Medical Center, these students will have improved access to research and clinical trials, which can result in new educational and career paths.

"This affiliation can help build expertise in students that you normally wouldn't find at a community hospital," Dr. Goldberg says. "Students are the future of medicine. They help challenge the status quo, which helps lead to new treatments to the benefit of local patients."

"When patients are diagnosed, their doctors present their cases to tumor boards to be seen by pathologists, radiologists and other specialists," Dr. Goldberg said. "These specialists contribute to a care plan based on their expertise. Now, we can enhance those care plans by offering research and clinical trials from John Theurer Cancer Center at Hackensack University Medical Center."

Bringing different specialists to Mountainside Medical Center will also allow patients to receive their care in one place instead of traveling from location to location.

"Patients won't have to travel outside of the community," Dr. McNamara said. "They can go to a single location for multiple types of oncology care."

### CLINICAL TRIALS

Though still in its early stages, the partnership with John Theurer Cancer Center at Hackensack University Medical Center will bring clinical trials to local patients.

"Our community will have access to cutting-edge research," said



John A. Conti, M.D.,  
FACP

John A. Conti, M.D., FACP, medical director of the Cancer Program at Mountainside Medical Center. "Participation in clinical trials is considered the highest standard of care for a variety of conditions."

Clinical trials offer hope to patients with cancer that have failed existing treatments. They also pave the way for the development of new treatments to help future patients.

"I've been with this program for almost 25 years, and I think this partnership is a smart, strategic decision, made by hospital leadership," Dr. Conti said. "This affiliation with John Theurer Cancer Center at Hackensack University Medical Center will help us take our program to the next level, all while continuing to deliver care in a warm, friendly environment that's close to home."

**To learn more** about Mountainside's Cancer Program, visit [MountainsideHosp.com/CancerCare](https://MountainsideHosp.com/CancerCare).

# The Future IS NOW



Using the Varian TrueBeam® radiotherapy system, radiation oncologists at Hackensack Meridian *Health* Mountainside Medical Center are delivering world-class care right here in Montclair.

**External beam radiation therapy** has been used for decades to treat different forms of cancer using high doses of radiation to kill cancer cells or slow growth by damaging their DNA. Conventional radiation treatments are given daily, five days a week, for a number of weeks, depending on each patient's treatment plan.

Stereotactic body radiation therapy, or SBRT, is an advanced noninvasive cancer treatment. Prior to receiving SBRT, patients come in and meet the physician, and that visit is followed by a planning session. Depending on the treatment plan, SBRT can then be completed in one to five treatments.

“Stereotactic means we are very precise with the targeting,” said Brett Lewis, M.D., Ph.D., medical director of Radiation Oncology at Mountainside Medical Center. “With SBRT, patients will be in and out in an hour — double the time of conventional radiotherapy — because we are always very careful about what we do.”

## PRECISELY EXCELLENT

SBRT can deliver the same cancer-fighting treatment in fewer doses due to its precision. Before each treatment, imaging confirms the location of the tumor and the patient is adjusted to ensure the position is just right.

“We are able to treat small or medium-sized tumors in the lung, liver, pancreas, spine, adrenals and even inside the head with the Varian TrueBeam® radiotherapy system,” Dr. Lewis explained. “Active

respiration gating lets us take patient breathing and its potential to move the target into account, so the machine adjusts to minimize the potential damage to nearby healthy tissue.”

## COMPLEMENTARY THERAPY

Before the Varian TrueBeam® radiotherapy system was installed, area patients had to travel to Hackensack to receive SBRT.

“We were performing SBRT at John Theurer Cancer Center at Hackensack University Medical Center, but this will be more convenient for the community in Montclair,” Dr. Lewis said. “SBRT treatments are especially beneficial to patients for whom surgery is not a viable option, such as people with lung cancer who have poor lung function or patients who are older.”

Immunotherapy, which boosts natural defenses using substances to improve or restore immune function, has had very good results. This treatment is offered through cooperation between medical oncology and radiation oncology.

“Now, we have SBRT technology available close to home,” Dr. Lewis said. “In addition to having a depth of experience, we have a small, attentive and capable staff at Mountainside Medical Center. SBRT is the future of radiation oncology that we can offer to our community today.”

*To learn more about our cancer treatment services, visit [MountainsideHosp.com/RadOnc](http://MountainsideHosp.com/RadOnc).*

*“We can deliver the world-class care you deserve — right in your community.”*

— Brett Lewis, M.D., Ph.D., medical director of Radiation Oncology at Hackensack Meridian *Health* Mountainside Medical Center



Brett Lewis, M.D., Ph.D.

# Managing Your Macronutrients



Jaclyn Leet, RDN

**Consuming a healthy balance** of carbohydrates, protein and fat can help you achieve your weight-loss goals. Carbohydrates, protein and fat are all part of a group known as macronutrients — essential nutrients that supply your body with energy and help regulate your bodily functions. According to Jaclyn Leet, M.S., RDN, CPT, bariatric nutrition coordinator at Hackensack Meridian Health Mountainside Medical Center, consuming the right balance of these macronutrients can positively impact your weight-loss results.

For the average person, Jaclyn said carbohydrates should make up 45% to 65% of their daily calorie intake; fat should make up 20% to 35%; and protein should make up 10% to 35%. However, this can vary from person to person and is adjusted accordingly depending on the person's specific weight-loss goals.

“For instance, people who lift weights may need to consume more protein so that their bodies can effectively repair damaged muscle

cells,” Jaclyn said. “Frequent runners, on the other hand, may need to consume more carbohydrates, which are the body's main source of energy.”

## A DAY IN THE LIFE

What does a macronutrient-focused diet for weight loss look like? Jaclyn shared this one-day sample meal plan:

- ❖ **Breakfast:** Oatmeal with fruit and one serving of peanut butter
- ❖ **Midmorning snack:** Yogurt with almonds
- ❖ **Lunch:** Grilled chicken salad topped with avocado, assorted vegetables and fruit
- ❖ **Afternoon snack:** Vegetables and hummus
- ❖ **Dinner:** Salmon paired with sweet potatoes and nonstarchy vegetables, such as broccoli or asparagus

**For nutrition counseling**, call The Center for Advanced Bariatric Surgery at **973-429-6505**.

## Your Child's Best Shot

**Vaccines are safe, effective** and essential for protection against a number of infectious diseases. Some parents are choosing to forgo immunizations for fear that vaccines are ineffective, unnecessary or unsafe for their children. However, these concerns are unfounded, and this decision can put children and adults in danger of contracting life-threatening diseases.

**1,261**

Between January 1 and November 7, 2019, there were 1,261 verified cases of measles in the U.S. — the largest number of cases since 1992.

**16**

Childhood vaccines protect against the spread of 16 different infectious diseases, including the flu, chicken pox, whooping cough, measles, mumps and polio.

**90% - 99%**

The majority of vaccines administered during childhood are considered to be between 90% and 99% effective.

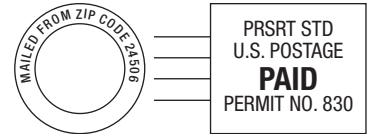
**Stay on top** of your child's immunization schedule with the help of Hackensack Meridian Health Mountainside Medical Center Family Practice Group. For more information or to make an appointment, call **973-746-7050**.



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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

# World-class cancer treatment in our own backyard.

 One Bay Ave, Montclair, NJ 07042



**Hackensack Meridian  
Health's John Theurer  
Cancer Center  
expertise arrives at  
Mountainside  
Medical Center.**

More people trust the John Theurer Cancer Center for their cancer care than anywhere else in New Jersey. Our experts are pioneering new breakthroughs in cancer treatment and now expanding access to their care in Montclair. Patients in our community will now have access to cutting edge treatments, Phase 1 clinical trials and the brightest minds in cancer care today.

**To speak to a  
Cancer Care specialist,  
call 973-429-6000.**



**Hackensack Meridian  
Mountainside Medical Center**  
Cancer Care

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**JOHN THEURER CANCER CENTER** 

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COMPREHENSIVE CANCER CENTER

