

# Be Well

Low-Dose CT Lung  
Cancer Screening:  
**Answers and  
Expertise**

Best Results for Patients  
**With GI Issues**

Relax and  
Recover —  
**New  
Radial  
Lounge**

*Page 3*



Hackensack  
Meridian Health  
Mountainside  
Medical Center



## Greetings, Friends!

We are halfway through fall, and the holiday celebrations are quickly approaching. This year, Hackensack Meridian Health Mountainside Medical Center has a lot of achievements to celebrate.

Mountainside Medical Center earned recertification by The Joint Commission in Disease-Specific programs for Wound Care, Chest Pain and Stroke. Like all of our hospitals accomplishments, these results could not have been achieved without the combined efforts of our team members and key leadership. Obtaining these accreditations reinforces our commitment to provide our community with quality services while maintaining a consistent approach to patient care.

Earlier in the year, Mountainside Medical Center received the American Heart Association/American Stroke Association's Get With The Guidelines® Gold Plus Target: StrokeSM Honor Roll Quality Achievement Award. This award recognizes the hospital's commitment to ensuring that stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines. I am also proud to recognize Melissa Santoro, Stroke Coordinator, and recipient of the American Heart Association's New Jersey Heart and Stroke Hero Award for 2019. Melissa is an integral part of our stroke team and goes above and beyond each day to make a positive impact for our stroke patients, the community and her colleagues.

I hope you will join me in celebrating the great accomplishments achieved at Mountainside Medical Center, and I wish you all a joyous holiday season filled with happiness and good health.

Be Well,

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



Melissa Santoro, Stroke Coordinator (right) and Kelsey Vander Werff, director of Neurosciences, (left)

Fall 2019

# Community CALENDAR

Call 1-888-973-4674 or visit [MountainsideHosp.com/events](http://MountainsideHosp.com/events) to register or for more information, unless otherwise indicated.

### Tour the Birthing Center

Take a tour of the Labor & Delivery and Mother-Baby units and Nursery. You will feel comfortable knowing your baby will be born in a hospital where the primary concern is your health, comfort and safety. All questions and concerns will be answered during this tour.

**Dates:** Mondays, November 18 and 25; December 2 and 16; and January 6 and 13

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

**Location:** Mountainside Medical Center

### Prostate Screening

This cancer-related screening — PSA blood test and digital rectal exam — is recommended for men ages 55 to 75 (45, if African American, and 40 with family history of prostate cancer). Registration is required, and this screening is free. To register, call the Bloomfield Health Department at **973-680-4058**.

**Date:** Tuesday, November 19

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

**Location:** Bloomfield Health Department, 1 Municipal Plaza, #111, Bloomfield

### Infant Care and Safety

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

**Dates:** Wednesdays, November 20 and December 18

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

**Location:** Mountainside Medical Center

### Healthy Holiday Treats

With the holidays fast approaching, join our chefs and registered dietitians as they share how you can still enjoy the holiday treats but with a healthy twist! Cooking demo and samples available.

**Date:** Tuesday, December 3

**Time:** 5:30 p.m. - 7 p.m.

**Location:** Mountainside Medical Center

### Weight Loss Surgery: 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.

**Date:** Wednesday, December 4

**Time:** 7 p.m.

**Location:** Mountainside Medical Center

### Prepared Childbirth

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

**Date:** Saturday, December 7

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

**Location:** Mountainside Medical Center

### Walkers, Canes and Hearing Aids — Why Don't We Use Them?

This class addresses the myths of these assistive devices and how to navigate the system when they are needed.

**Date:** Tuesday, December 10

**Time:** 10 a.m. - 11 a.m.

**Location:** Mountainside Medical Center

### The Mind Body Connection

This class is designed to explain stress and introduce the Five Pillars of Health and Well-Being.

**Date:** Thursday, January 16

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

**Location:** Mountainside Medical Center



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



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



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



**LinkedIn:**  
Mountainside Medical Center



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.

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, 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**。



The new Radial Lounge at Hackensack Meridian Health Mountainside Medical Center allows patients recovering from cardiac catheterization room to heal.

## Move for Your Heart

Most adults should do 150 minutes of moderate-intensity heart-pumping exercise each week. Sound like a lot? Here are five ways to do a little each day to reach your goal.

1. Going to the mall? Walk the inside perimeter a few times before stopping to shop.
2. Take your spouse, child or whole family for a walk after dinner.
3. Catching up on the phone? Walk as you talk.
4. Instead of supervising your pooch from a fixed spot, walk your dog morning and night.
5. Take the stairs instead of the escalator or elevator.

# Relax and RECOVER

**Cardiac catheterization has** made heart surgeries safer and faster with techniques that drastically reduce recovery time and improve overall patient experience. One way this has been accomplished is transradial artery access, using the radial artery in the wrist as the entry point for the catheter, as opposed to an entry point in the leg or groin (femoral access). Physicians at Mountainside Medical Center have performed this procedure well over 1,100 times since 2014. Now, patients can recover with greater comfort and safety in the Radial Lounge.



Ankitkumar Patel, M.D.

Mountainside Medical Center's Radial Lounge, a unique addition to a community hospital, is an area for patients to relax in a recliner and not feel confined to a bed. This is in line with the latest recommendation from the American Heart Association that catheterization via radial entry does not require a patient to lie still for hours. Instead, early ambulation, or moving around right after surgery, is preferred.

"It's a complete change of post-procedure experience," said Ankitkumar Patel, M.D., interventional cardiologist and medical director of the Cardiac Catheterization Department. "Patients are able to sit up, eat a meal within a few minutes of

procedure completion and walk to the restroom as needed. If they would like to rest, the recliners easily allow patients to lie back. The addition makes it a more comfortable space for patients' family members, too. It's yet another example of what Mountainside Medical Center's administrative and clinical leaders are committed to — a high quality, patient-centered care experience."

## SAFETY FIRST

In addition to improving patient satisfaction, radial access has been shown to improve safety. Transradial artery access can be performed with little or no sedation.

"The highest risk patients, such as the elderly, those with low and high body mass index, and patients with renal disease, are often the most vulnerable with femoral access, and all of whom benefit from radial access," Dr. Patel said. "In addition, over the last five years, our program uses routine ultrasound-guided radial access, which has dramatically increased our success rate."

***The Radial Lounge** is the newest feature at Mountainside Medical Center that brings patient care and easy recovery to the forefront. For more information about Mountainside Medical Center's Cardiac Program, visit [MountainsideHosp.com/services/cardiology](http://MountainsideHosp.com/services/cardiology).*



# Focus on Your **Lungs**

If you are a smoker, start healing by quitting and exploring your eligibility for lung cancer screening.

**Overall health relies** on healthy lungs. Improve yours by addressing these areas of focus: exercising, quitting smoking and getting annual vaccinations for pneumonia and the flu.



Grishma Bambhroliya, M.D.

“Get out in the fresh air and build up your lung capacity with breathing exercises, which can help detoxify your lungs,” said Grishma Bambhroliya, M.D., internal medicine specialist with Hackensack Meridian Health Mountainside

Medical Group. “Breathing 25 breaths per minute can double when we exercise. Even if your lungs are damaged, you can still use some parts of your lungs.”



Lopa Patel, M.D.

### QUITTING TIME

The best thing you can do for your lungs is to never start smoking. However, if you or a loved one currently smoke, it is never too late to quit.

“I tell my patients all the time, people who smoke really shouldn’t ever feel like they can’t stop, even if they’ve tried before,” said Lopa Patel, M.D., director of the Division of Pulmonary and Sleep Medicine at Hackensack Meridian Health Mountainside Medical Center. “I feel more

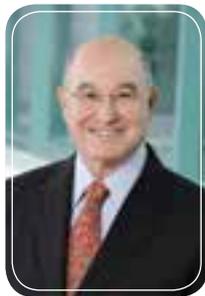


Warren Freitag, M.D.

confident when patients want to stop and keep looking for ways to quit smoking. I feel like those are the patients who find the most success.”

### LUNG CANCER DETECTION

“Lung cancer is most successfully treated when it’s detected before it has spread to other parts of the body,” says Warren Freitag, M.D., radiologist at Mountainside Medical Center. “Screening for lung cancer is relatively new as chest X-rays could only find evidence in advanced cases. Lung cancer screenings are performed using a



Steven Herman, M.D.

low-dose CT scan, which can use up to 90% less radiation than conventional CT scans, making them safe for annual screenings.”

“The results are reviewed by a pulmonologist, such as Dr. Patel, a thoracic surgery specialist, such as myself, and a radiologist, such as Dr. Freitag, who are trained to read low-dose CT lung scans,” said Steven Herman, M.D., FACS, chief of Cardiothoracic Surgery at Mountainside Medical Center. “We combine the findings from the screening with the patient’s history to tailor an individualized treatment program.”

### LOW-DOSE CT SCREENING CRITERIA

You may be eligible for a lung cancer screening if you:

- ❖ Are between the ages of 55 and 77 years old and
- ❖ Currently smoke or have quit smoking in the past 15 years and
- ❖ Do not have any symptoms of lung cancer and
- ❖ Have at least a 30 pack-year history (smoked one pack a day for 30 years or two packs a day for 15 years, for example)

“If a lump or nodule is found during the screening, we have full capabilities to do thorough follow-ups,” Dr. Herman added. “We have super dimensional bronchoscopy, which is a scope that passes into the airway and views the lungs without making an incision. We also have a very strong minimally invasive thoracic surgery program to remove any tumors we may find.”

### LUNG NODULE PROGRAM

Some people who do not meet low-dose CT lung cancer screening eligibility criteria may still participate. If you have had lung nodules detected on previous imaging tests, you may qualify for the Lung Nodule Program.

*To learn more about the Lung Cancer Screening & Nodule Programs, visit [MountainsideHosp.com/lung](http://MountainsideHosp.com/lung).*

## E-Z Breathing?

Many people know the dangers of tobacco products, but what about e-cigarettes? Liquids in an e-cigarette cartridge may include chemicals, such as acrolein and formaldehyde, that can cause irreversible lung damage, according to the American Lung Association.

“E-cigarettes still contain nicotine, so they are not a safe alternative to cigarette smoking,” said Lopa Patel, M.D. “Some patients have come to realize they smoke more using e-cigarettes than conventional cigarettes.”

Some people claim e-cigarettes can help people quit smoking, but the evidence is inconclusive. For the time being, providers with Mountainside Medical Center recommend using methods approved by the U.S. Food & Drug Administration, not e-cigarettes.

“There are several resources available to patients who want to quit smoking,” said Grishma Bambhroliya, M.D. “I encourage patients to speak with their primary care provider about the best method for them, whether it be therapy, medication or a strong support system of family and friends that cares about the patient’s health.”

# Operation GI INNOVATION

At Hackensack Meridian *Health* Mountainside Medical Center, gastroenterologists use some of the latest techniques and technologies to help patients overcome gastrointestinal (GI) disorders.



## Prevention Times Three

Learn what you can do to reduce your risk for three common gastrointestinal conditions:

- **Diverticulitis.** To prevent this condition, which is inflammation of small sacs on the colon wall, eat foods with plenty of fiber, especially fruits and vegetables.
- **Gastroesophageal reflux disease (GERD).** This occurs when stomach acid enters the esophagus, causing heartburn. To prevent GERD, avoid fatty, acidic and fried foods, alcohol, and caffeine, and eat small meals throughout the day instead of three big ones.
- **Stomach ulcer.** You may be able to prevent some stomach ulcers by not taking nonsteroidal anti-inflammatory drugs, if possible.

When your digestive system is out of sorts, it can throw your whole life off balance. In the endoscopy suite at Mountainside Medical Center, gastroenterologists help patients get their lives back on track. They use advanced procedures to diagnose and treat digestive conditions, including Crohn's disease, Barrett's esophagus, bile duct and pancreatic disease, gallbladder disease, and colorectal cancer. For colorectal cancer, gastroenterologists often use colonoscopy, an incision-free procedure that allows them to find and remove polyps — small growths on the lining of the colon and rectum that can become cancerous.



R. Swami Nathan, M.D.

“For difficult-to-remove polyps, we can perform a procedure called endoscopic mucosal resection at the same time as a colonoscopy,” said R. Swami Nathan, M.D., FACP, chief of the Division of Gastroenterology at Mountainside Medical Center. “We use chemicals to lift the polyps away from

the wall of the colon and rectum, which allows us to remove polyps as big as 2 or 3 inches wide. Previously, patients had to undergo surgery for polyps that we could not take out during colonoscopy.”

Other advanced GI procedures available at Mountainside Medical Center include:

- ❖ Ablation for Barrett's esophagus

- ❖ Endoscopic retrograde cholangiopancreatography
- ❖ Endoscopic ultrasound
- ❖ Flexible sigmoidoscopy
- ❖ Small bowel capsule endoscopy
- ❖ Upper endoscopy



Oleg Shulik, M.D.

## CARE THAT GOES BEYOND PROCEDURES

Oleg Shulik, M.D., an advanced diagnostics and innovative therapeutic endoscopy gastroenterologist with Mountainside Medical Group, performs specialized endoscopic procedures to treat complex pain disorders of the bowel duct and

pancreas. He is quick to point out, however, that the care he and his colleagues provide extends far beyond advanced procedures.

“We treat patient as a whole, and part of that is acknowledging that a procedure may not be the only answer for every person,” Dr. Shulik said. “Achieving the best results for patients involves individualized treatment plan, and we may choose different therapy options to ensure an excellent outcome.”

**Do you need** a gastroenterologist who can help you find a solution to GI symptoms? Visit [MountainsideDocs.com](http://MountainsideDocs.com) to find a physician or call 866-999-5162.



# Understanding Insulin Resistance

Learn how to prevent and reverse the progression of Type 2 diabetes.

**Insulin resistance** is a condition in which the body is unable to properly respond to insulin, a hormone produced by the pancreas that allows glucose (sugar) in the bloodstream to enter the cells and be used for energy. Over time, this may lead to a relative insulin insufficiency that, combined with genetic and environmental factors, may lead to the development of Type 2 diabetes.

“Insulin resistance is complex and plays an important role in other conditions such as polycystic ovary syndrome, metabolic syndrome and fatty liver disease, leading to an increased risk for heart attack or stroke,” said Marlyn Fernandez, M.D., ECNU, FACE, an adult endocrinologist at Mountainside Medical Group. “Obesity, especially belly fat, causes a series of symptoms such as acanthosis nigricans, a condition that causes the skin around certain areas of the body to become dark and hyperandrogenism, a condition in women that can lead to hair loss, acne and the growth of facial hair.”



Marlyn Fernandez, M.D.

However, according to Dr. Fernandez, both insulin resistance and prediabetes can often be prevented or even reversed with a few lifestyle changes.

“Focus on reaching and maintaining a healthy weight; reducing your intake of sugar, carbohydrates, salt and processed foods; and exercising,” Dr. Fernandez said. “You do not need to deprive yourself to be healthy. It is all about balance and moderation.”

**Speak with your** primary care provider about reducing your risk for insulin resistance and prediabetes. Don't have a provider? Visit [MountainsideDocs.com](http://MountainsideDocs.com) to find a physician or call 866-999-5162.



## Fall for These Sneaky Superfood Muffins

Limiting your consumption of carbohydrates and sugar does not mean you can't enjoy the occasional treat. Try these muffins made with pumpkin, raspberry and vanilla protein powder to indulge your sweet tooth without sending your blood sugar through the roof.

### INGREDIENTS

1 cup egg whites  
 ¾ cup canned pumpkin puree  
 ½ cup coconut flour  
 4½ scoops vanilla protein powder  
 1 cup stevia (or amount equivalent to 1 cup sugar)  
 1 teaspoon ground cinnamon  
 ½ teaspoon ground ginger  
 Cooking spray  
 1 cup frozen raspberries

### DIRECTIONS

1. Heat oven to 375 F.
2. In a large bowl, combine egg whites and pumpkin.
3. In a small bowl, whisk coconut flour, protein powder, stevia, cinnamon and ginger. Add to the pumpkin and mix until all dry ingredients are incorporated.
4. Spray muffin tin with cooking spray.
5. Before they soften, quickly fold raspberries into the batter and spoon into muffin tin to make 12 muffins.
7. Bake for 15 minutes or until tops brown and a toothpick inserted comes out clean.
8. Cool muffins on a rack at least 10 min, then serve.

### NUTRITIONAL INFORMATION

Serving size: one muffin  
 Calories: 83  
 Carbohydrates: 6g  
 Protein: 12.1g  
 Fat: 0.8g  
 Saturated Fat: 0.7g

Polyunsaturated Fat: 0g  
 Monounsaturated Fat: 0g  
 Trans Fat: 0g  
 Cholesterol: 4.7mg  
 Sodium: 73.9mg  
 Potassium: 95mg  
 Fiber: 2.6g  
 Sugar: 1.8g

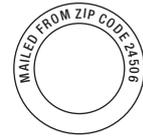


**Hackensack University  
Medical Center and  
Joseph M. Sanzari  
Children's Hospital**  
30 Prospect Avenue  
Hackensack, NJ 07601



**Hackensack  
Meridian Health**

1 Bay Ave.  
Montclair, NJ 07042



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

**Jersey Shore University  
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

Looking for a quality  
physician *close to home?*



Hackensack  
Meridian Health  
Mountainside  
Medical Center

*Find Your Physician with  
Mountainside Medical Group.*

Now accepting new patients at  
locations convenient for you.

**Internal Medicine  
Family Medicine  
Endocrinology  
Breast Care  
Obstetrics & Gynecology  
Pulmonology  
Gastroenterology  
Thoracic Surgery**

TO SCHEDULE YOUR  
APPOINTMENT, VISIT  
[www.mountainsidedocs.com](http://www.mountainsidedocs.com)  
or call **866-999-5162**.



Hackensack  
Meridian Health  
Mountainside Medical Group