Be Well

SPRING 2019

How to Have a Heart-Healthy Pregnancy
Take Control of IBS

Need for Speed:
Advances in Stroke Treatment for a More Complete Recovery

Hackensack Meridian Health
Mountainside Medical Center
New Technologies for Better Care

In our 128th year, we’re keeping current and delivering convenient local access to world-class care.

In this issue, you will be introduced to the Siemens biplane technology, which equips Hackensack Meridian Health Mountainside Medical Center to offer an Interventional Stroke Program.

We’ve updated our electronic health records (EHR) to Epic — the gold standard in EHR systems — ushering Mountainside Medical Center into a new era of efficiency and improved patient care and safety. Through Epic’s MyChart, patients will be able to request appointments, view results, message their provider or request prescription refills.

This spring, we are also installing an advanced radiotherapy system that delivers more powerful cancer treatments with greater accuracy and precision.

We are so proud of the enhancements we are making to serve and build a healthier community!

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

Blood Pressure and Glucose Screenings
Do you know what your blood pressure and glucose readings really mean? Join us as we provide these screenings and education. No need to fast. No registration required.

Dates: Wednesdays, April 3, May 1 and June 5
Time: 9 a.m. - 11:30 a.m.
Location: West Caldwell ShopRite, 540 W. Passaic Ave., West Caldwell

What Is a Urogynecologist?
Urogynecologists are physicians who receive special training to diagnose and treat women with pelvic floor disorders. These specialists can improve your quality of life by treating female incontinence and prolapse issues. Join us to learn more.

Nyarai Mushonga, M.D.
Registration is required.
Date: Thursday, April 4
Time: 8:30 p.m. - 6:30 p.m.

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

Dates: Mondays, April 8 and 29; May 6, 13 and 20
Time: 7 p.m. - 8 p.m.
Location: Mountainside Medical Center

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, April 10 and May 15
Location: Mountainside Medical Center

Blood Pressure Screenings
Do you know what your blood pressure reading really means? Join us as we provide this screening and education. No registration required.

Dates: Thursdays, April 18, May 16 and June 20
Time: 10 a.m. - noon
Location: Brookdale Shop Rite, 1409 Broad St., Bloomfield

Stroke Awareness Day
Stroke is the fifth leading cause of death in the United States, but a lack of awareness and resources can hinder efforts to change that. Join our specialty team as they will address the essentials for stroke health.

Ahsan Sattar, M.D., director of Neuroendovascular Surgery and Stroke.
Registration is required.
Date: Saturday, April 20
Time: 11:30 a.m. - 1:30 p.m.
Location: Glen Ridge Country Club, 555 Ridgewood Ave., Glen Ridge

Stroke Screenings
Part of the Stroke Awareness Day event. 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. Free of charge.

Date: Saturday, May 4
Time: 8 a.m. - noon

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

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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。
HAVE A
Heart-Healthy
PREGNANCY

Protecting your heart can help keep you and your baby safe.

During pregnancy, your heart works overtime.

“Blood volume, cardiac output and heart rate all increase,” said Peter Woroch, M.D., OB-GYN of Mountainside Medical Group. “This can place women with congenital heart defects, heart disease and comorbid conditions, such as hypertension, high cholesterol and diabetes, at an increased risk of serious complications during pregnancy and postpartum.”

If you have concerns regarding your heart health during pregnancy, Vanessa Parisi, D.O., OB-GYN of Mountainside Medical Group, recommends the following to manage your cardiovascular risks.

BEFORE CONCEPTION

✤ Drop the excess weight. Obesity places you at an increased risk of complications during pregnancy and postpartum. If you are looking to become pregnant in the near future, avoid excessive salt, sugar and alcohol; eat a well-balanced diet full of leafy green vegetables, whole grains and foods rich in omega-3 fatty acids; participate in cardiovascular exercise for at least 30 minutes daily, five days per week; and take a prenatal vitamin.

✤ Know your risks. Schedule a genetic counseling appointment one to three months prior to your desired conception date. This can help you familiarize yourself with your risks and create an action plan. If you are at a high risk of complications, you may consider alternative options, such as adoption or surrogacy pregnancy.

DURING PREGNANCY AND POSTPARTUM

✤ Continue to prioritize your health. Women at a healthy weight — a body mass index (BMI) under 25 — are expected to gain 25 to 35 pounds during pregnancy. Women who are overweight (a BMI between 25 and 29.9) may gain between 20 to 25 pounds, and women who are obese (a BMI of 30 and above) should gain no more than 20 pounds. Pregnant women should aim to eat three healthy meals and snacks daily and get regular activity through gentle exercises, such as stretching, yoga or walking.

✤ Create a birthing plan. Work with your OB-GYN, cardiologist and a maternal fetal medicine specialist, if applicable, to formulate an individualized birthing plan. Some women may need to have a scheduled cesarean section, for example, while other patients affected by a cardiovascular disease may benefit from “laboring down,” a process in which the second stage of labor is prolonged to limit the amount of time a patient has to push.

✤ Visit your cardiologist. If you have known heart health issues, you should continue seeing your cardiologist regularly during pregnancy, as some of the physiological changes that occur can worsen an existing condition.

Join us for Woman to Woman: Inspiring Better Health, where Vanessa Parisi, D.O., and other female care providers will discuss important topics affecting women. Visit MountainsideHosp.com/WomanToWoman for more information.

In addition to helping new moms lose excess weight gained during pregnancy, breastfeeding is associated with a decreased risk of developing hypertension, high cholesterol, diabetes and heart disease.
Members of Hackensack Meridian Health Mountainside Medical Center’s endovascular stroke program have the technology and experience to provide lifesaving — and quality-of-life-saving — care.

In 2008, stroke was the fourth-leading cause of death in the United States, according to the Centers for Disease Control and Prevention, but it has moved down to fifth. While stroke is still a leading cause of disability, the increase in survival rate is, according to the American Stroke Association, largely due to the medical advances made in stroke care. Mountainside Medical Center is pleased to announce these medical advances are now available to the community.

“A few years ago, having a stroke would have meant rehab and a nursing home at best, and there was nothing else we could have offered,” said Ahsan Sattar, M.D., medical director of Neuroendovascular Surgery and Stroke at Mountainside Medical Center. “Now, we can reverse stroke symptoms if patients receive treatment in a timely manner.”

Mountainside Medical Center’s stroke care begins the moment you arrive at the facility.

“We offer 24/7 stroke care,” said Kelsey Vander Werff, director of Neurosciences at Mountainside Medical Center. “We have a team of skilled neurologists and neurosurgeons, advanced technology for diagnosis and comprehensive treatment, a dedicated stroke coordinator, intensive care and an excellent post-stroke rehab center.”

Within 60 minutes of your arrival, Mountainside Medical Center’s stroke team diagnoses your condition, and if your stroke is ischemic — caused by a blood clot — administers tissue plasminogen activator (tPA), a medication that dissolves blood clots and can be given within four and a half hours after symptoms begin. If the stroke is hemorrhagic — bleeding in the brain when a weakened blood vessel bursts — or if it is too late for tPA to be administered, Mountainside Medical Center now offers lifesaving, minimally invasive surgical options.
STATE-OF-THE-ART SURGERY

The Artis zee biplane machine, which can be used to treat stroke, is the newest addition to Mountainside Medical Center’s stroke care program.

“Entering through an artery in the groin, we are able to go into the brain in fewer than 90 minutes from the time the patient arrives,” Dr. Sattar said. “If we can pull the clot out of the brain, the patient may have no residual symptoms of stroke, such as paralysis, immobility, speech impediments, difficulty swallowing and memory loss.”

Dr. Sattar explained that some patients may be eligible for this revolutionary procedure up to 24 hours after showing signs of stroke. In addition to strokes, the biplane can be used to treat other brain hemorrhages.

“We have the ability to fix aneurysms without opening the skull,” Dr. Sattar said. “We can repair them via an endovascular route in a way that is minimally invasive. We have never had that ability before.”

Additionally, the Artis zee biplane machine is capable of providing 3D views and artery road maps for the neuroendovascular surgeon to guide him or her during the procedure, with low radiation exposure for the patient.

“The machine can be used to adjust the levels of radiation based on the patient’s needs,” said Tim Dixon, RT, RCT, director of Imaging Services — Radiology and Cardiac Cath at Mountainside Medical Center. “The neuroendovascular surgeon can change his field of vision without additional radiation, as well.”

“Our communities don’t have to go far to access cutting-edge stroke care,” Kelsey added. “It’s right in their backyard at Mountainside Medical Center.”

**Heed Stroke Signs**

A person loses roughly 2 million neurons per minute during an untreated stroke, according to a study in *Stroke*, an American Heart Association journal. Recognizing and acting on the signs of stroke is essential.

If you suspect that a loved one is having a stroke, the American Stroke Association recommends asking the person to smile, raise their arms and repeat a simple phrase. If the face droops or is paralyzed on one side, if one arm remains lower than the other or if their speech sounds slurred or confused, call 911 and alert the dispatcher you suspect stroke.

“There are two other important stroke symptoms of which to be aware,” said Kelsey Vander Werff, director of Neurosciences at Hackensack Meridian Health Mountainside Medical Center. “If there is a sudden loss of balance or coordination, or any blurred vision or double vision, that may be a sign of stroke as well.”

To remember all the signs of stroke, use the acronym **BE FAST**:  
- **B**alance  
- **E**yes  
- **F**ace drooping  
- **A**rm weakness  
- **S**peech difficulty  
- **T**ime to call 911

“Many times, people will have minor stroke symptoms, but it gets better,” said Ahsan Sattar, M.D., medical director of Neuroendovascular Surgery and Stroke at Mountainside Medical Center. “Even if stroke symptoms subside, care is still necessary. If you or anyone suddenly experiences stroke symptoms, even to a small degree, call 911.”

**Stroke Awareness Day** — Stroke is the fifth leading cause of death in the United States, but a lack of awareness and resources can hinder efforts to change that. Join our specialty team as they will address the essentials for stroke health. **Ahsan Sattar, M.D., director of Neuroendovascular Surgery and Stroke, Saturday, May 4, 9 a.m. - 11 a.m. Registration is required.**
IBS is a common disorder that causes a variety of intestinal symptoms, but little about it is clear-cut. No one has been able to pinpoint what causes IBS, although it may have to do with how the brain and gut communicate. Equally unclear is why it affects twice as many women as men. Physicians cannot detect IBS using a specific laboratory or imaging test, and diagnosing it often involves ruling out other conditions. What is certain, however, is the effect IBS symptoms can have on quality of life. “Some people have a type of IBS that mainly causes diarrhea, but for others, constipation is the primary symptom,” said S. Charles Oh, M.D., gastroenterologist with Mountainside Medical Group. “Still, others experience both diarrhea and constipation. All individuals with IBS may have stomach pain, bloating, fullness and other symptoms. IBS can affect patients’ abilities to work and enjoy their favorite activities, like spending time with friends.”

EASE YOUR PAIN
If you experience symptoms that interfere with your life more than three times a month for more than three months, the American Gastroenterological Association advises speaking with a gastroenterologist or your primary care physician (PCP), who may refer you to a specialist. A gastroenterologist can recommend a variety of treatments, including:

- Avoid dairy products, fatty foods and foods containing gluten.
- Slowly add fiber to your diet to relieve gas, bloating and constipation.
- Begin an exercise regimen.
- Take a medication to treat diarrhea or constipation.
- Follow a FODMAP* diet to minimize consumption of certain sugars.
- Use a probiotic.

Don’t suffer in silence. Talk with your PCP about your IBS symptoms.

*FODMAP — Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols — certain carbohydrates that are hard to digest.
Heart failure (HF) is a serious condition, but many people can live with it successfully thanks to the care of a cardiovascular team. Heart failure is different from a heart attack but can be related to it. Symptoms of HF can develop quickly and include shortness of breath, fatigue and leg swelling. If severe, HF requires immediate treatment to prevent further complications.

The Heart Failure Center at Hackensack Meridian Health Mountainside Medical Center helps patients manage this chronic condition and reduce hospitalization.

“If you are having symptoms of heart failure, a typical doctor’s office visit may not be enough to treat your condition, but a visit to the emergency department may not be necessary,” said Harold Kim, M.D., Chief of the Division of Cardiology at Mountainside Medical Center. “Mountainside Medical Center offers the Heart Failure Center, where patients can be referred to and be treated by a special team, including their cardiologist and an advanced practice nurse and registered nurses, with over 40 years’ combined experience. The dedicated team at the Heart Failure Center coordinate care between specialists and primary care providers.”

With the Heart Failure Center conveniently located within the hospital, patients have access to tests which can be performed quickly, such as electrocardiograms (ECG), lab work and chest X-rays, for diagnosis and monitoring treatment. Patients often receive advanced therapy using intravenous (IV) medications. Sometimes, patients require more than one visit in a week.

Continuing care individuals with heart failure are often hospitalized.

“Treatment does not end at the hospital,” Dr. Kim said. “Heart failure is a sensitive condition that requires continuing care. Those who have been hospitalized and discharged with a diagnosis of heart failure should see their cardiologist within the week.”

In addition to providing long-term care, the team at the Heart Failure Center educates and counsels patients about their condition. They are taught what they can do to manage their heart failure. This education helps in reducing hospitalization and improves quality of life.

“Patients who understand their heart failure and how to manage it have a significantly better chance of staying healthy long term,” Dr. Kim said.

Learn more about the Heart Failure Center at Mountainside Medical Center by visiting MountainsideHosp.com/Services. Click “Cardiology” and select “Heart Failure Center” from the “Programs and Services” menu.
Expert Care When You Need It, Where You Need It

Stroke emergencies don’t just need urgent care – they need expert care. Mountainside Medical Center in Montclair is a Primary Stroke Center.

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