Dear Friends,

With summer comes a season of great weather and fun activities to share with family and friends. It’s also a time when many of us focus more on our health. At Hackensack Meridian Health Mountainside Medical Center, we are always here to assist you with staying healthy while enjoying the summer fun.

Since our last edition of Be Well, Mountainside Medical Center completed its first successful case using the Impella heart pump, which supports patients by temporarily assisting in moving blood through the heart and to the rest of the organs in the body, similar to the natural pumping motion of the heart. We are excited to be able to continuously provide our community with medical technology that is beneficial to those in need.

We are also excited to announce that Mountainside Medical Center has partnered with the YMCA of Montclair to greater benefit Mountainside Medical Center doctors and patients. The YMCA offers many health management and prevention services, such as fitness classes, personal training programs, and nutrition counseling. Additionally, they offer a variety of programs for families, including parenting classes and community events.

Join us to learn when it is appropriate to see an orthopedic physician and what treatments they offer. Oscar Vazquez, M.D. at the Montclair Public Library at 50 S. Fullerton Ave., Montclair.

The Aches and Pains of Joint Pain
Suffering from joint pain and lack of mobility? Join us to learn what is appropriate to see an orthopedic physician and what treatments can they offer. Oscar Vazquez, M.D.
Date: Monday, August 19
Time: 5:30 p.m. - 6:30 p.m.
Location: Mountainside Medical Center

Healthy Aging
Some people assume that when you age, it’s time to slow down. Medical science begs to differ. Regular medical visits can help you stay healthier and be happier into your golden years.
Kevin Berg, M.D.
To register, call the Montclair Public Library at 973-744-0500, ext. 2224.
Date: Tuesday, August 27
Time: 2 p.m. - 3 p.m.
Location: Montclair Public Library, 50 S. Fullerton Ave., Montclair

Fall Harvest
Learn about healthy local produce you can incorporate in your fall menus! Gluten-free recipes will be available.

Date: Thursday, September 5
Time: 5:30 p.m. - 7 p.m.
Location: Mountainside Medical Center

What Is a Hernia?
An abdominal hernia occurs when an organ or other piece of tissue protrudes through one of the muscle walls that enclose the abdominal cavity. Join us to learn about the latest treatments.
Marius Calin, M.D.
Date: Tuesday, September 10
Time: 5:30 p.m. - 6:30 p.m.
Location: Mountainside Medical Center

Bone Density Screenings
An ultrasound of the forearm. Registration is required. To register, call the Bloomfield Health Department at 973-680-4058.
Fee: $12 per person
Date: Wednesday, September 25
Time: 10 a.m. - noon
Location: Bloomfield Health Department, 1 Municipal Plaza, #111, Bloomfield

Healthy Aging
Some people assume that when you age, it’s time to slow down. Medical science begs to differ. Regular medical visits can help you stay healthier and be happier into your golden years.

Breathe Easy: Facts on Asthma
Coughing, wheezing and chest tightness are common in an asthma attack and can be controlled with proper treatment.
Juhayna Davis, M.D.
Date: Wednesday, September 25
Time: 5:30 p.m. - 6:30 p.m.
Location: Mountainside Medical Center
For years, Annie, a 53-year-old intensive care nurse from Sicklerville, lived with increasing pain in her hips that made working difficult and forced her to give up one of her favorite pastimes — riding her motorcycle.

“I reserved just enough energy to work and do the other things I had to,” Annie said. “Living with the pain was horrible.”

The breaking point came on Annie’s annual trip to Aruba with her husband. When the discomfort was so severe she could not walk on the beach, she knew it was time to do something.

SOLVING A LIFELONG PROBLEM

Annie met with Mark Chase, M.D., a board-certified orthopedic surgeon with Hackensack Meridian Health Mountainside Medical Center, in November 2017. X-rays showed she had been living with a condition called developmental dysplasia in both hips since birth.

“In developmental dysplasia, the ball of the hip is not centered in the socket, which becomes malformed, and the hip becomes arthritic over time,” Dr. Chase said. “Annie had lived with osteoarthritis of the hips all her life. We replaced the right hip first because it was the most severely affected.”

Annie underwent three months of physical therapy (PT) at Mountainside Medical Center following the December 2017 surgery.

“It was very painful at times, but I knew I had to do it,” Annie said. “I’m grateful for what Mark and his team did.”

By April 2018, Annie was finished with PT and back at work but not back on her Harley-Davidson. Her journey had one more chapter.

EASY RIDING

In December 2018, nearly a year to the day after Dr. Chase replaced Annie’s right hip, he replaced the left.

“I felt more confident going into the second surgery because I knew what to expect,” Annie said. “I was ready to feel like myself again.”

The operation and another course of PT with Jamie went smoothly. Now, Annie is able to go on morning motorcycle rides to Cape May and work without pain. She feels whole again.

Living with joint pain? If you are suffering from joint pain or lack of mobility, join us for “The Aches and Pains of Joint Pain” Monday, August 19, and learn about when it is appropriate to see an orthopedic physician. Visit MountainsideHosp.com/events for more information and registration.

It blows my mind, all the good that came from this experience.

— Annie Mueller on her hip replacement surgeries
If you think a sizzling grill says summer, you are not alone. Seven out of 10 adults in America owned a smoker or grill in 2017, according to the Hearth, Patio & Barbecue Association.

“I think grilling is good for our souls as well as our bodies,” said Elena Mills, RD, registered dietitian at Hackensack Meridian Health Mountainside Medical Center. “Barbecues give us a chance to share home-cooked meals with friends and family.”

For a nutritious addition to your cookout, Elena recommends tossing fruits or vegetables on the grill as colorful sides or desserts.

“Personally, I love grilled pineapple or tomato slices,” she said. “Grilling fruits and vegetables makes the flavors even more delicious!”

For food safety while grilling, follow these tips:

✤ **Grill by the numbers.** Use a meat thermometer to make sure all meats are cooked thoroughly before serving. Grilled chicken or turkey should reach an internal temperature of 165°F, and grilled beef or pork should reach 160°F. Fish should be cooked until the skin is opaque.

✤ **Know when to cool it.** Food cannot stay at room temperature for longer than two hours, or one hour if the temperature is over 90°F. Pack up any leftovers and store them in the refrigerator.

✤ **Practice fire safety.** About 19,000 people go to the emergency room annually for burns from a grill fire, according to the most recent data from the National Fire Protection Association. If your grill is on, never leave it unattended, and keep pets and children at least three feet away from the grill. If somebody has a minor burn, immerse the affected area in cool water for 10 to 15 minutes. If the burn is severe, go to the Emergency Department immediately.

**WATER, WATER EVERYWHERE**

While things heat up by the grill, remember to keep your body cool. The outdoor heat and extra sweat mean your body can lose water more easily, so keep yourself and your guests hydrated.

“When we say, ‘hydrate,’ we mean, ‘Drink more water,’” said Raghav Rastogi, M.D., internal medicine physician with Hackensack Meridian Health Mountainside Medical Group. “There are a lot of drinks with added sugar or caffeine that pull water from the body instead of putting more in. Water is best for you.”

Keep a water bottle by your side while grilling and serve water to your guests, as well. Encourage everyone to drink when they feel thirsty and be alert to the signs of dehydration. Usually, mild to moderate dehydration causes a dry mouth, extreme thirst and a headache. In those cases, drinking more water can help, but severe dehydration symptoms are more serious and require medical treatment.

“Someone who is dehydrated may become confused or lethargic, or have an altered mental state,” Dr. Rastogi said. “In those cases, drinking water will not work fast enough. Intravenous fluids need to be administered at the Emergency Department.”

**Our Emergency Department** is open 24 hours a day. Visit HackensackMeridianHealth.org/emergency to learn more.
Grilled Shrimp With Cantaloupe and Avocado Salsa

This recipe combines lean protein, heart-healthy avocados and fresh cantaloupe for a flavorful dinner that takes just 30 minutes to make.

**INGREDIENTS**
- 1 pound large or jumbo shrimp, uncooked
- 1 tablespoon canola oil
- 1 clove garlic, diced

**FOR THE SALSA:**
- 1 lime
- 1 avocado, peeled, pitted and cubed
- 2 cups cantaloupe, diced
- ¼ cup red onion, chopped
- 1 cup unsalted black beans, rinsed and drained
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons fresh cilantro, chopped

**DIRECTIONS**
Preheat the grill. Soak four skewers in water for 10 to 30 minutes and set aside. Slice the lime in half. In a small bowl, squeeze juice from one half of lime. Save the other half for garnish. Add remaining salsa ingredients and mix.

Peel and devein the shrimp, leaving the tails on. Skewer shrimp on four skewers. Mix garlic and canola oil in a small dish, then coat the shrimp with the garlic-oil mixture. Grill shrimp four to five minutes, or until cooked. Top with salsa and garnish with lime wedges. Serves 4.

**NUTRITIONAL INFORMATION**
- Calories: 330
- Total fat: 14g
- Saturated fat: 1.5g
- Cholesterol: 150mg
- Sodium: 340mg
- Carbohydrates: 24g
- Dietary fiber: 8g
- Protein: 29g

Recipe courtesy of Produce for Better Health Foundation, FruitsAndVeggies.org.

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Ready for Anything

Compassionate, high-quality care has always been a cornerstone of Hackensack Meridian Health Mountainside Medical Center. The Emergency Department (ED) has been designated a Primary Stroke Center by the New Jersey State Department of Health and Senior Services. With some of the most efficient ambulances in the state — averaging 20 minutes from door to provider — the ED at Mountainside Medical Center is well-prepared to handle patients with stroke symptoms.

“When a ‘code stroke’ is called, patients are seen by a healthcare team and transported to CT quickly,” said Arthur Calise, D.O., director, Emergency Services at Mountainside Medical Center. “It’s a fast chain of events to ensure we offer lifesaving treatment in a timely manner. There is no wrong reason to come to the ED when you have a medical issue or concern that frightens you. Call 911.”

Arthur Calise, D.O., Emergency Physician
Asthma is a chronic condition characterized by inflammation and narrowing of the airways. It affects nearly 10% of Americans and can cause coughing, chest tightness, shortness of breath and wheezing.

These symptoms can be triggered by allergens, such as dust, pet dander and pollen, and nonallergic irritants, such as respiratory infections, cold air, strong odors, perfumes or colognes, smoke, and exercise.

“Different people have different triggers,” said Juhayna K. Davis, M.D., pulmonologist at Hackensack Meridian Health Mountainside Medical Center. “Part of understanding your asthma is getting to know what your individual triggers are and how you can manage or avoid them.”

While asthma often appears in childhood, this chronic condition can develop at any age due to exposure to new triggers, late-onset allergies or respiratory infections, such as bronchitis or pneumonia. For some, symptoms can also clear up for long periods of time or disappear altogether. However, this lack of symptoms does not mean you no longer have asthma.

“You cannot outgrow asthma,” said Clara Quesada-Llopiz, RT, respiratory therapist and director, Pulmonary Services at Hackensack Meridian Health Mountainside Medical Center. “However, it is sometimes possible to outgrow your asthma triggers.”

Managing Asthma

Asthma can be diagnosed by your primary care provider, who will then refer you to a pulmonologist, a specialist of the lungs, for further testing and help managing symptoms.

Asthma is most commonly treated through a combination of quick-relief bronchodilators (inhalers, for instance) and long-term control medications, which help reduce inflammation of the airways. However, it is also important to treat and/or manage your triggers. If you have allergies, for example, you may need to take allergy medication.

“It is easy to be nonchalant, but people can die from asthma that is not controlled,” Dr. Davis said. “It is important to take asthma seriously and to make sure you take your medications as directed and on a regular basis — not just intermittently.”

Juhayna K. Davis, M.D., will discuss common symptoms in an asthma attack and the treatments to control asthma at her seminar “Breathe Easy: Facts on Asthma” on Wednesday, September 25, at 5:30 p.m. Learn more and register at MountainsideHosp.com/events, or call 1-888-973-4674.

Helping Patients Breathe Easy

Respiratory therapists are trained lung specialists who provide a number of respiratory care services, including:

- Airway management
- Bi-level and continuous positive airway pressure (BiPAP and CPAP) therapy
- Mechanical ventilator support
- Performance of CPR
- Pulmonary function tests
- Pulmonary rehabilitation

Additionally, respiratory therapists can help patients with lung ailments, such as chronic obstructive pulmonary disease (COPD) and asthma, improve their lung function through breathing exercises and bronchial hygiene techniques (methods of clearing excess mucus from the airways).

Does Exercise Trigger Your Asthma?

Dr. Davis recommends taking two to four puffs of your short-acting inhaler about 15 minutes before exercising. This can help open up the lungs for four to six hours.

Learn how to recognize and treat symptoms of asthma.
Making Labor Less Laborious

For two years, the Birthing Center at Hackensack Meridian Health Mountainside Medical Center has offered water immersion therapy for women in labor. During water immersion therapy, expectant mothers sit in a deep tub large enough to completely envelop their pregnant bellies in warm water. Sitting in the tub helps decrease pain and discomfort while also reducing the time it takes to complete the first stage of labor.

“Water immersion therapy is a tool for mothers with uncomplicated pregnancies who want to attempt an un-medicated birth,” said Michelle Aristizabal, M.D., OB-GYN with Mountainside Medical Center. “The warm water helps relax back and pelvic muscles, which creates less friction for the baby.”

The buoyancy of the mother and child within the water also helps make labor more comfortable.

“A lot of discomfort comes from the weight of the baby moving through the body,” Dr. Aristizabal said. “For tired moms to be able to float in the tub takes some of the weight of the baby off the pelvis and helps support the mother’s body weight as well, creating more freedom of movement, better positioning and less discomfort.”

A FLUID PROCESS

Skipping pain medications during labor can prevent side effects, such as itching, fever, blood pressure changes, drowsiness and slowed labor.

However, mothers who may eventually need pain medications during labor are still welcome to begin with water immersion therapy. Once mothers desire medication or are ready for delivery, they move back to the birthing room to welcome their new child into the world. It is recommended by the American College of Obstetricians and Gynecologists that babies are delivered on dry land to reduce the risk of infections in the baby and perineal trauma in the mother.

“There’s no downside to trying water immersion therapy,” Dr. Aristizabal said. “It can get you through the hardest part of labor without drugs.”

Safety Nets

The Birthing Center at Hackensack Meridian Health Mountainside Medical Center is committed to making your birthing experience as comfortable as possible.

“We have expanded our birthing rooms and offer a comprehensive suite of maternity services to maximize the comfort and safety of you and your newborn,” said Nicole Mincey, BSN, RNC-OB, IBCLC, director, Women’s Health Services at Mountainside Medical Center. “Our nurses provide individualized care according to your birth plan in an intimate setting. We help you birth the way you want.”

You and your new arrival also have access to immediate emergency care should you experience any bumps along the way.

“We have all the emergency resources that a larger center would have, including the ability to do emergency cesarean sections,” said Michelle Aristizabal, M.D., OB-GYN with Mountainside Medical Center. “We have a neonatologist present every day, and an anesthesiologist is in house 24/7.”

Tour the Birthing Center for free every Monday at 7 p.m. Visit MountainsideHosp.com and click on “Classes & Events” to learn more.
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