

Summer 2014

Be Well

Health Ed
Goes to College

Staying Ahead
of Concussions

What Is Healthy
Weight Loss?

Maintaining
a Healthy
Weight





Good News!

Since our last edition of *Be Well*, there has been an exciting development at HackensackUMC Mountainside: We're making enhancements that will have a significant impact on the quality and availability of health care in this community.

The large-scale projects we're undertaking include construction of an on-campus medical office building, installation of state-of-the-art equipment, new information technology systems, and an aesthetic facelift for our lobby and other public spaces.

All of these ongoing improvements—which will take a couple years to complete—are in alignment with our goal of providing convenient access to world-class care. In fact, with a national shortage of physicians in crucial primary care specialties looming, these projects will help us attract and retain the very best doctors to practice locally.

At this time of sweeping, unprecedented change throughout the healthcare continuum, we're fortunate to be under the stewardship of two highly regarded organizations, LHP and the Hackensack University Health Network. With this infusion of investment capital, these dynamic partners have ensured that our hospital can continue its long, distinguished tradition of service for years to come.

Be Well,

John A. Fromhold, FACHE
CEO, HackensackUMC Mountainside

A Speedier Recovery

Sometimes patients need extra recovery time after an illness or injury but do not need traditional hospital care. The Transitional Care Unit at HackensackUMC Mountainside was designed by doctors and nurses to help patients prepare for the challenges of going home.



Bernard Reimer, MD

“Our Transitional Care Unit has extraordinary, unique value,” says Bernard Reimer, MD, hospitalist, division chief of Internal Medicine at HackensackUMC Mountainside. “Through occupational therapy and social interaction, we help get patients home faster.”

BACK TO LIFE

Patients can be referred to the unit for a variety of health reasons, including recovery after a cardiac event or orthopedic surgery. Jane Debenedette, RN, same-day surgery nurse at HackensackUMC Mountainside, underwent a total knee replacement in October 2013 and stayed in the Transitional Care Unit before returning home.

“This unit is a great resource,” Jane says. “The key part of any joint replacement surgery is getting the appropriate physical therapy, and



every morning I could see my schedule. Staff members would check in and take me to my occupational therapy appointments, where I practiced daily tasks, and then to physical therapy. When I got home, I knew exactly how to do the exercises, so I could continue strengthening my knee.”

To learn more about all the levels of care available at HackensackUMC Mountainside, visit www.mountainsidehosp.com.

Five-Star Care

The Transitional Care Unit (TCU) at HackensackUMC Mountainside was recognized with five stars in *U.S. News & World Report's* sixth annual Best Nursing Homes for the second year in a row.

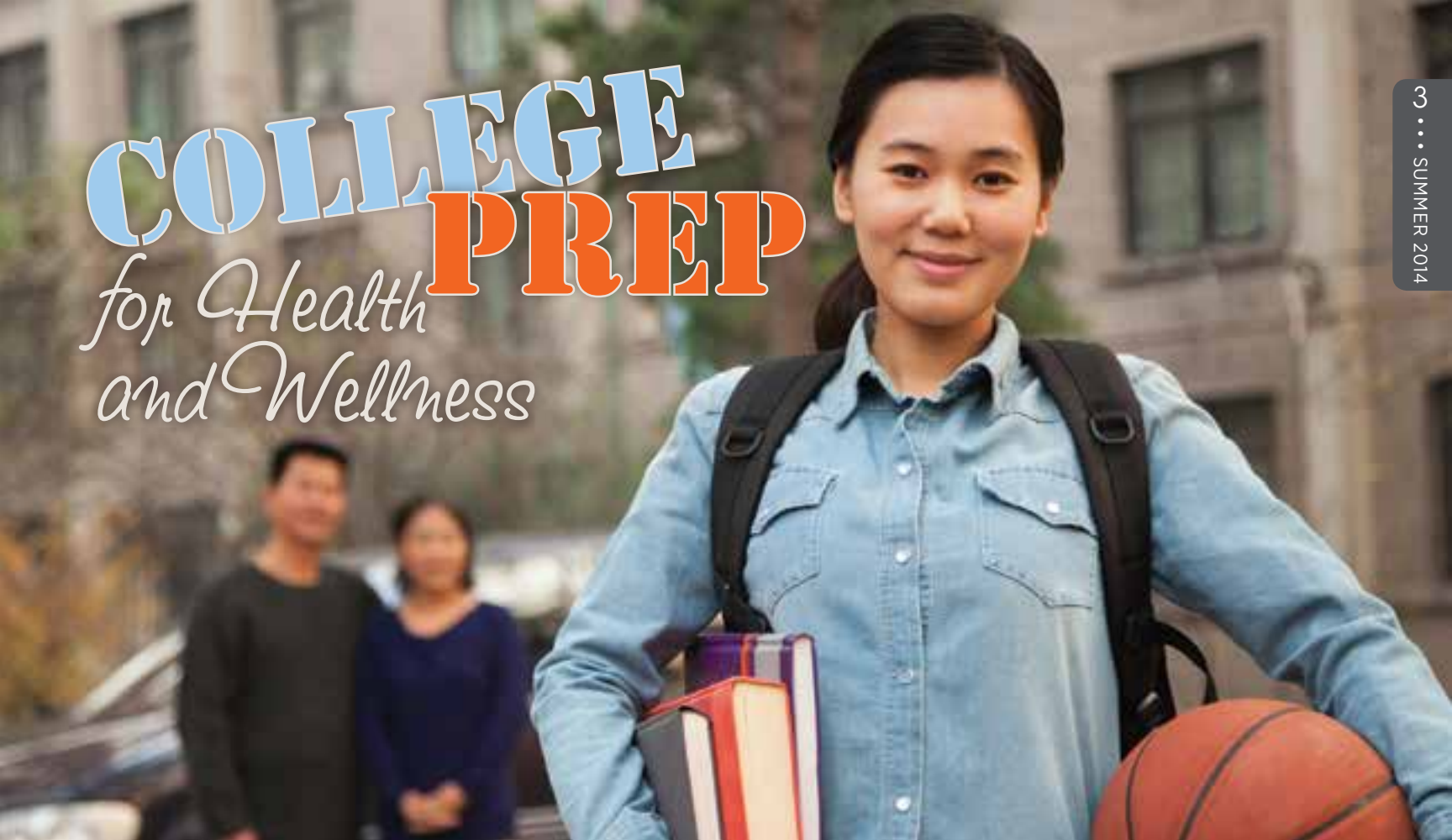
“I am so proud to be a part of a team that has been honored for two consecutive years on a national level,” says Lisa Hertel, RNC, director of SubAcute Services, HackensackUMC Mountainside. “Each nursing home is rated separately on quality of care, health inspections record, and level of nurse staffing. Our TCU has a great staff that makes a difference in so many lives each day.”



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.

COLLEGE PREP

for Health
and Wellness



In the fall of 2014, an estimated 22 million students will head to college. Help your child confidently navigate the newfound freedom and added pressures of higher education by talking about how to stay well at school.

NOT 'JUST A DRINK'

Parents' rules for underage drinking make a difference. Teens with parents who disapprove of their drinking are less likely to binge drink or make risky drinking-related choices when away at school.

Talk with your child about drinking early in the teen years. Drinking alcohol can jeopardize academic performance and cause users to develop depression, liver disease, and other problems. In young adults age 18 to 24, alcohol is involved in 97,000 sexual assaults and almost 600,000 unintentional injuries each year.

Be honest about the consequences and discuss strategies for drinking in moderation. Teach your teen skills, such as resisting peer pressure and designating a sober driver, to manage high-risk situations.

A STARTLING PROBLEM

Approximately 25 percent of college-aged women have eating disorders, conditions where an unhealthy relationship with food and body image lead to overeating (binging), avoiding food (anorexia), or purging food through self-induced vomiting or misuse of medication (bulimia).

Instill good self-esteem and healthful eating habits in young adults from an early age. Build a college meal plan together and watch for signs of eating disorders, such as behavioral changes, food obsession, and not eating around others.

YOUR BEST SHOT

Close living quarters and communal spaces are breeding grounds for health problems such as meningococcal meningitis, a nervous system infection. Dorm-dwelling college freshmen are at risk of developing this disease that can cause brain damage, hearing loss, and even death.

Follow the Centers for Disease Control and Prevention immunization guidelines and make sure your child receives the meningococcal vaccine at least once. Each dose provides five years of protection.

To make a "pre-college" checkup appointment with a HackensackUMC Mountainside physician, call 888.973.4674 or visit www.mountainsidehosp.com/findadoctor.



Kenneth Faistl, MD

Addiction and Youth

Addiction can begin at any age, but young people are a particularly high-risk group because they are still developing their personalities and judgment.

"As a parent, communication is the strongest tool in your arsenal for combating addiction," says Kenneth Faistl, MD, FAAFP, Family Practice program director for HackensackUMC Mountainside. "Open those lines of communication when children are young and keep them open. Know your children's friends, know where they are, and encourage children to participate in structured programs such as sports."

TIPPII

the

with Surgery

More LAP-BAND® adjustable gastric banding procedures are performed each year at HackensackUMC Mountainside than any other bariatric center in New Jersey.

You've tried everything to reach a healthy weight, but are you ready to consider a more aggressive approach?

More than 78 million Americans struggle with obesity. Some of them have found success through lifestyle changes alone. But not all obesity is the same, and not all approaches to weight management work for everyone.

"Most people who make ideal candidates for surgical weight loss have struggled with weight their entire lives," says Karl Strom, MD, medical director of the Center for Advanced Bariatric Surgery at HackensackUMC Mountainside. "The longer that weight stays on, the more difficult it is to lose."

A LONG-TERM SOLUTION FOR A LIFELONG PROBLEM

According to Dr. Strom, people with long-standing weight issues are less likely to find success with popular diet programs. These people often lose a significant amount of weight—as much as 50 pounds or more—but gain it all back within a short time following the program. Beyond feeling frustrated and discouraged, this "seesaw" effect does nothing to prevent common complications of obesity, such as heart disease, Type 2 diabetes, stroke, certain cancers, and fertility problems.

"For these patients, I don't consider surgery to be a last resort," Dr. Strom says. "In fact, they should consider surgery sooner rather than later, as early action is key to reducing mortality from secondary diseases."



Karl Strom, MD

Bariatric surgery is a medically proven treatment for obesity and offers the same health benefits as conservative weight-loss measures. According to Dr. Strom, bariatric surgery can actually cure Type 2 diabetes.

NG Scales

but nothing seems to work. Is it time

“If you can control obesity, other related diseases may resolve,” Dr. Strom says. “I encourage people to be proactive in treating obesity so they can avoid these complications altogether.”

WHICH TYPE IS RIGHT FOR ME?

The most common forms of bariatric surgery include:

- ❖ **Adjustable gastric banding (LAP-BAND)**—An adjustable belt is fastened around the upper part of the stomach, creating a small upper pouch that helps patients feel full with less food. Weight loss is slow and steady.
- ❖ **Sleeve gastrectomy**—A large portion of the stomach is surgically removed, leaving a narrow “sleeve” that restricts the amount of food patients can eat at one time. Weight loss is fast initially, then gradually slows down.
- ❖ **Roux-en-Y gastric bypass**—A small portion of the stomach is attached directly to the small intestine, and the duodenum and upper intestine are bypassed. Because this procedure affects the body’s ability to absorb nutrients and minerals from food, patients have to take dietary supplements for the rest of their lives.

Each procedure has its own advantages and disadvantages. Discussing these procedures with a bariatric surgeon will help you decide which option is best for you.

Are you ready for weight-loss surgery?

If you have a BMI of 40 or higher, or 35 or higher with at least one related health condition, you may qualify for surgery.

Visit www.mountainsidehosp.com/bariatrics.



Uzma Shafqat, MD

Diabetes and Your Weight

If you have excess weight, you may be at risk for developing Type 2 diabetes, which means your body cannot produce enough insulin to convert food into energy.

“Eating a diet high in fatty and sugary foods and drinks make cells in the body insulin resistant, an early warning sign of metabolic disease,” says Uzma Shafqat, MD, endocrinologist with Mountainside Medical Group. “Obesity and diabetes share several risk factors, such as lack of exercise and a high-calorie diet.”

As Dr. Shafqat notes, your risk of developing diabetes increases proportionately to the amount of excess weight you gain. People with a body mass index (BMI) between 25 and 29.9 are at risk for diabetes, and those with a higher BMI are considered at high risk. Having a large waistline is also a contributing factor in metabolic syndrome, which is considered a precursor to diabetes.

To learn more about working with a Mountainside Medical Group physician to understand your risks, please visit www.mountainsidedocs.com.



Katharine Palla, DO

What Is Healthy Weight Loss?

Every year, countless Americans attempt to lose weight with crash diets that promise rapid weight loss in a short amount of time.

“These super-restrictive diets produce results on the scale, but what people are actually losing is water weight,” says Katharine Palla, DO, internal medicine physician with Mountainside Medical Group. “Crash diets don’t actually change your body fat composition or promote sustainable weight loss. They reinforce an unhealthy ‘all or nothing’ way of thinking.”

Dr. Palla recommends a healthy approach to weight loss, which involves:

- ✓ making small, gradual lifestyle changes you can live with for the rest of your life
- ✓ incorporating several strategies at once, including dietary changes, exercise, and medication when appropriate
- ✓ not starving yourself, restricting healthy foods, or cutting out entire food groups
- ✓ focusing on the health benefits and sense of well-being you gain from weight loss, rather than numbers on the scale



One Step Ahead

Protect your child's brain from the pain and danger of head injuries.

Every year, nearly 250,000 children are treated for a concussion or traumatic brain injury (TBI). More than just a headache, even minor head injuries can cause lasting damage—and the negative effects can compound with each injury.

Researchers have known for years that repeated head traumas result in problems with memory and learning, and recent studies show that even mild concussions have consequences that last as long as a year. The best way to stop the devastating impact of TBIs is to prevent them.

HELMETS MATTER

In New Jersey, anyone age 16 or younger who uses a bicycle, inline skates, or skateboards must wear a helmet. Breaking the law can result in fines—and damage to your child's brain.

When choosing a helmet, consider:

- ❖ **Size.** The helmet should be snug and not rock from side to side, but not be too tight. Try different padding sizes to maximize comfort and fit.
- ❖ **Chin strap.** Center the left buckle under the chin, and you should not be able to place more than two fingers under the strap.
- ❖ **Position.** The helmet should be two finger-widths above the eyebrow and level on the top of the head.
- ❖ **Certified.** Buy helmets approved by the Consumer Product Safety Commission.

Set a good example and make sure everyone in the family wears helmets while riding bikes or skating together. Also, encourage kids to pick out helmets they enjoy. Your child will be more likely to wear a "cool" helmet.

To find a physician who specializes in sports medicine at HackensackUMC Mountainside, call 888.973.4674.



Proper training and good technique can protect the heads and necks of athletes in any sport, whether or not wearing a helmet is allowed. Additionally, players, coaches, and parents should learn to recognize the signs of head injury and concussion.

—Melissa Mascaro, MD, family practice and sports medicine physician at HackensackUMC Mountainside



ATTENTION COACHES, ATHLETIC DIRECTORS, SCHOOL NURSES, AND TRAINERS: **INJURY IN SPORTS**

Join us for an evening tailored to those working with children and adults in sports. Discussion will address the following topics: upper extremities, hip pain, and common issues in sports medicine. **Thursday, June 12, at 6 p.m.**, at HackensackUMC Mountainside, Bayberry.

For more information or to register, please visit www.mountainsidehosp.com/events.



Concussion 101

Every concussion should be treated as a serious brain injury. Symptoms of concussion include:

- confusion or difficulty concentrating
- problems remembering new information
- headache
- fuzzy or blurred vision
- nausea and dizziness
- irritability, sadness, or changes in emotional state

"Someone with a suspected concussion needs to be seen by a trained healthcare provider immediately," says Melissa Mascaro, MD, family practice and sports medicine physician at HackensackUMC Mountainside. "If your child has a hard hit or exhibits symptoms of a concussion during a game or match, remove him from play immediately and do not let him return to sports until after evaluation by a professional."

A DAY in the Life of *a Surgical Artist*

It's 9 a.m. on a Tuesday at HackensackUMC Mountainside, and a four-armed surgery assistant is preparing for work.

The assistant is the da Vinci® S HD Surgical System, a robotic unit featuring wrists more dexterous than those of humans and three-dimensional, high-definition optics that give the surgeon—who controls the device from a console a few feet away—a spectacular view of the operating field.

Twenty-three surgeons at HackensackUMC Mountainside use da Vinci to perform a variety of procedures, including those to treat kidney disease, ovarian cysts, and bowel and lung cancers. The operations on the schedule today are the most commonly performed da Vinci procedures at HackensackUMC Mountainside: total hysterectomy and prostatectomy.

HYSTERECTOMY WITH LESS HASSLE

A 57-year-old teacher was recently diagnosed with early-stage uterine cancer. The first step in her treatment journey is removal of the uterus (hysterectomy). Many surgeons perform hysterectomy laparoscopically—inserting a camera and surgical instruments through small incisions rather than making a single large incision. Da Vinci improves upon that minimally invasive approach.

“The robotic system’s enhanced vision and dexterity make it easier for the surgeon to



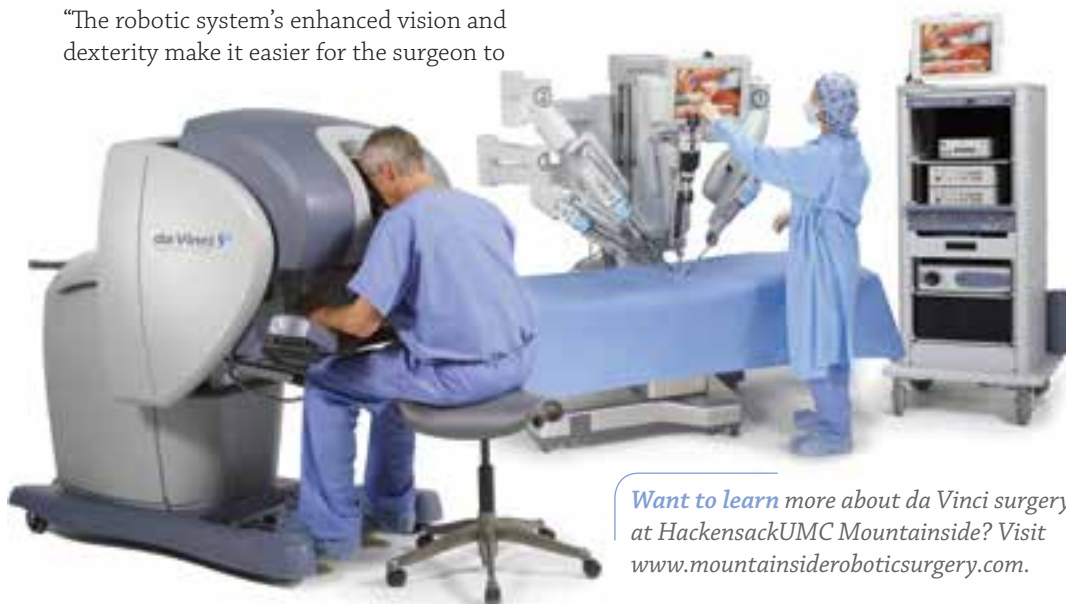
James Saidi, MD

make incisions, see and control bleeding, and place stitches,” says James Saidi, MD, medical director of Robotic Surgery at HackensackUMC Mountainside. “The operation is more precise than laparoscopy, which translates to less blood loss, fewer complications, and better outcomes for patients.”

ACCELERATING RECOVERY

In the mid-afternoon, da Vinci is ready for its second case of the day. Traditional laparoscopy isn’t an option for the 68-year-old retiree with prostate cancer. If he weren’t a candidate for minimally invasive da Vinci prostate removal, large-incision open surgery would be the only option.

“Da Vinci prostatectomy patients spend only one night in the hospital after surgery compared to three nights for open surgery patients,” Dr. Saidi says. “Best of all, da Vinci patients typically heal in three weeks instead of six.”



Want to learn more about da Vinci surgery at HackensackUMC Mountainside? Visit www.mountainsideroboticsurgery.com.

BY THE NUMBERS:

The da Vinci® Surgical System

20–25 } **NEEDED
TO PREPARE
DA VINCI FOR
A PROCEDURE**
MINUTES

23 **SURGEONS**
with full robotic privileges at
HackensackUMC Mountainside

2,966 da Vinci units were installed worldwide
at the end of 2013.
2,083 WERE LOCATED IN THE UNITED STATES.

APPROXIMATELY **523,000** } da Vinci procedures
performed around the
world in 2013

Source: James Saidi, MD, medical director of
Robotic Surgery at HackensackUMC Mountainside



Dance Your Way to a Healthy Heart... on Father's Day!

With HackensackUMC Mountainside and Arthur Murray Dance Center of Montclair.

Date: Sunday, June 15
Time: 5 pm - 8 pm
Location: Montclair Art Museum
3 South Mountain Ave
Montclair, NJ 07042

\$15 Admission Fee
All proceeds will be donated to
The American Heart Association.
Light refreshments will be provided.

To register, please call 1 (888) 973-4MSH or visit www.mountainsidehosp.com/hearthealth



*Arthur Murray dance professionals
will teach various dances.*

