Love your legs!

The new VNUS Closure® offers a minimally invasive option for varicose veins so you can love your legs again!

Approximately 25 million Americans suffer from venous disease, a condition which often results in varicose veins and other painful symptoms. In fact, for many, this is not just an aesthetic issue. Venous disease frequently forces people to change their lifestyle, especially when they have a profession that requires them to stand all day.

But now doctors can use a minimally invasive procedure that treats the underlying cause of varicose veins and associated symptoms.

The VNUS Closure procedure offers many patients with superficial venous reflux a minimally invasive alternative to traditional vein stripping. And, the option is available locally at Riverview Medical Center.

Love your legs once again, call 1-800-DOCTORS® or visit RiverviewMedicalCenter.com
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• Meridian Health Gets the Gold in Cancer Prevention

On the cover: Day Ford didn’t let fear get the best of her. She listened to her daughter — and her Riverview doctor — and got a colonoscopy that detected a polyp before it had the chance to become cancerous.

A Message to the Community
By now, many of you know that Southern Ocean County Hospital in Manahawkin has joined the Meridian Health family. And we are excited about what it means for our patients. The addition will help us continue to expand our tradition of outstanding care throughout Monmouth, Ocean, Atlantic, and Middlesex counties.

Meridian Health and Southern Ocean County Hospital have a long history of successful collaborations in areas including pediatrics, high-risk obstetrics, and home care. We will continue to build upon this foundation to provide our communities with greater access to exceptional hospital and health care services.

Hopefully, you’ve also heard our other great news: Meridian Health has been recognized among FORTUNE’s “100 Best Companies to Work For.” This prestigious recognition places Meridian in the company of the nation’s top performing and most successful organizations, including Starbucks, Google, and Wegmans Food Markets. The acknowledgement truly underscores how each team member — with their passion and dedication — contributes to making Meridian a great place to work.

As we continue to earn recognition and expand in the community, we are also expanding our free health education resources for you. We are currently launching Meridian KidViews, a new publication focused on the family. Turn to page 19 to find out more. We are also debuting two e-newsletters — one on cardiovascular health and one on pediatrics. Learn how to get this valuable health information delivered directly to your inbox on page 25.

Meridian Health’s focus is on you — the people in the communities we serve. We are excited about our future together.

Sincerely,

John K. Lloyd
President, Meridian Health

INTRODUCING MERIDIAN KIDVIEWS!
Turn to page 19 for details on subscribing to our brand-new, FREE children-focused magazine for you and your family.
Like many other women in Monmouth County, Day Ford, 62, likes being active and has enjoyed good health over the years.

The Oceanport woman and devoted mother and grandmother had always had positive feelings about Riverview Medical Center — a place that had taken great care of her family over the years, including her mother, father, and youngest daughter, Beth Goodes.

Beth, now 37, went in for a colonoscopy in November 2008 after noticing blood in her stool. Her doctor found an unusually large polyp. The doctor explained that polyps, if left untreated, can become cancerous. Beth has been an advocate for colonoscopy awareness ever since.

The American Cancer Society recommends that individuals without a family history or symptoms have their first colonoscopy at age 50, with follow-up depending on the findings. Day had been putting off the procedure because she had no symptoms. “My doctor and daughter both suggested that I go get a colonoscopy to be safe, but I dismissed it. I was scared, and I didn’t want to know the results,” Day says. “That is the biggest regret of my life.”

**OVERTCOMING HER FEARS**

Finally, when she was 62, Day went ahead with the screening at Riverview. She was comforted by the fact that she could get everything she needed under one roof, since her primary care physician was also at Riverview. Day was especially glad to be at Riverview when her worst fears came true: The doctors found a polyp too large to be removed during the colonoscopy, a treatment...
that’s possible with smaller polyps. Day was one step away from cancer.

She was immediately sent to get a CT scan and then met with her primary care physician, Rao Gourkanti, M.D. Dr. Gourkanti let her know that she would need surgery — a laparoscopic right colon resection. During this procedure, the section of the colon containing the lesion is removed and the bowel is put back together. “I asked him who would be the best doctor for this procedure, and his eyes lit up,” Day recalls.

That’s because Dr. Gourkanti knew that Howard Ross, M.D., chief of colon and rectal surgery at Riverview, would be perfect. Dr. Ross had recently hosted a symposium at Riverview for the nation’s leading laparoscopic colon and rectal surgeons. The group met to standardize and create a new single-incision laparoscopic colectomy technique.

NEW TECHNIQUE LEADS TO FAST RECOVERY

Traditional laparoscopic colon resection surgery involves a surgeon operating in multiple sites within the abdomen, which requires multiple incisions. Under the guidance of Dr. Ross, a team of 12 specialists further developed the single-incision technique, in which all the work is accomplished through a single incision at the belly button that is smaller than 2 inches.

“While this new technology is still in the early stages, patients undergoing single-incision colectomy surgery may have the benefit of fewer incisions, quicker healing time, and less discomfort,” explains Dr. Ross.

The single-incision laparoscopic colectomy technique, pioneered in part at Riverview, will be taught to surgeons throughout the U.S. This work will eventually lead to a full research trial to demonstrate the benefits of the new surgery.

Day was comforted knowing that she didn’t have to travel to New York or Philadelphia for the best care and says her four days of postoperative care at Riverview were exceptional. Six weeks after the surgery, Day received clearance to get back in the gym and since then has resumed her regular workout routine.

“If I had one piece of advice for anyone over the age of 50, it would be to listen to your loved ones around you and schedule a colonoscopy,” she says. “I finally did, and it saved my life.” — Tom Paolella

PREVENTING COLON CANCER

Colorectal cancer is the second most common cause of cancer deaths for men and women combined. When men and women are considered separately, colorectal cancer is the third most common cause of death in each sex, according to the American Cancer Society (ACS).

Your risk of developing colorectal cancer increases with age, but other lifestyle factors and genetics also play a role in increasing risk. The risk for colorectal cancer increases after age 40 and rises sharply beginning around age 50, the National Cancer Institute (NCI) reports.

Although experts don’t know the exact cause of most colorectal cancers, it is possible to prevent many of them. Regular colorectal cancer screening is one of the most powerful weapons for preventing colorectal cancer. This is because some polyps, or growths, can be found and removed before they have the chance to turn into cancer. Screening can also help find colorectal cancer early, when it is highly curable.

Researchers say that diet appears to affect your risk of developing colorectal cancer. People whose diets are high in fat (especially fats from animal sources), protein, calories, alcohol, and meat are especially at risk.

Obesity can increase the risk for colorectal cancer, and so can smoking, according to the ACS and the NCI. A sedentary lifestyle has also been linked to an increased risk. According to the ACS, getting at least 30 minutes of physical activity on five or more days of the week can lower the risk of getting colorectal cancer.

The Crohn’s and Colitis Management Center at Riverview

Our Center serves as a comprehensive site for patients with Crohn’s disease and ulcerative colitis. Here, a team of surgeons, enterostomal therapists, nurses, dietitians, radiologists, pathologists, pain management specialists, and gastroenterologists strives to collaborate seamlessly with your health care team to offer:

• Laparoscopic and conventional surgery for ulcerative colitis and Crohn’s disease
• Care of complex anorectal disease
• Nutritional assessment and optimization
• Consultations on pain medication and wound and stoma care
• Second opinions and entry into research trials

For more information about the Center, please call 1-800-DOCTORS® or visit RiverviewMedicalCenter.com/IBD
Advanced Treatment for Endometrial Cancer
Can Be Found at Jersey Shore

More than 42,000 women learn they have endometrial cancer every year.
In 2009, Lorraine O’Connor, 70, of Whiting was one of them.

“I felt fine at the time,” says Lorraine O’Connor, who wasn’t expecting to hear bad news from her doctor. During a routine exam in April 2009, her gynecologist felt a mass in her pelvis. Further tests showed it was endometrial cancer, which grows in the lining of the uterus.

Unlike cervical cancer, which is detected with a Pap test, there is no screening test to check for early signs of endometrial cancer, which typically occurs in women during and after menopause. But quick detection of the disease allows doctors to treat the cancer before it can spread to other parts of the body.

The treatment for endometrial cancer is often hysterectomy, a surgery that removes the uterus. “The most common way to remove the uterus is through a long vertical or horizontal incision in the abdomen,” says Nicholas Taylor, M.D., a gynecologic oncologist at Jersey Shore University Medical Center. “However, this surgery requires a two- or three-day hospital stay and six weeks of recovery.”

The Perricone Center for Gynecologic Oncology at Jersey Shore now offers a less invasive option. Called laparoscopic hysterectomy, the procedure offers faster healing than traditional surgery, Dr. Taylor says. This advanced procedure uses four small incisions — each one no larger than the width of a quarter.

“Research shows that women who have a laparoscopic hysterectomy heal more quickly, leave the hospital sooner, and return to their normal activities faster,” Dr. Taylor says. “Most patients are active again two to three weeks after their procedure. It is a significant difference in quality of life.”

That was certainly the case for Lorraine, who had a laparoscopic hysterectomy in April. Like most patients, she returned home the day after her surgery. She is still amazed by how quickly she was able to return to her usual routine — one that includes a lot of social activities with Joseph, her husband of 50 years. She’s back to playing cards every Tuesday and bowling every Wednesday.

“I had talked to a lot of my friends who had traditional hysterectomies, and they were in pain for several weeks after their surgery,” Lorraine says. “I had none of that.”

Surgery isn’t anyone’s cup of tea, but when it’s necessary — for cancer treatment, in Lorraine O’Connor’s case — new options let you get back to life faster. Lorraine was back home just one day after her surgery.

**SIGNS OF ENDOMETRIAL CANCER**

Lorraine didn’t have any symptoms of endometrial cancer. But some women do. Here’s what to look for:

- Unusual vaginal bleeding, such as bleeding that is longer or heavier than normal, and any bleeding after menopause
- Pain in the pelvic area
- Pain during urination or sexual intercourse

If you have any of these symptoms, talk with your doctor. Tests can check the tissue in your uterus to see if you have cancer, and treatment can help stop it from spreading.

**ABOUT the DOCTOR**

Nicholas Taylor, M.D.
Board certified in Obstetrics/Gynecology
Neptune | 732-897-7944

**Dedicated Care for Women**

At the Perricone Center for Gynecologic Oncology, we are dedicated to the prevention, diagnosis, and treatment of female-specific cancers. To have free information about these services mailed right to you, please call 1-800-DOCTORS.
When Herlean Howard was having trouble remembering little things, like where she left her car keys, when these memory problems worsened and she developed an intense headache, she knew to go to Jersey Shore University Medical Center right away — a decision that may have saved her life.

Herlean didn’t fully understand the issue at first, but she says the surgeon took his time explaining the situation to her and her daughter. “Dr. Wells-Roth told me he could help me. He kept me calm,” she recalls. “He told me you don’t give up when something goes wrong. You get it fixed. He told me he could do this, and he sure did.”

To eliminate the aneurysm, Dr. Wells-Roth performed an endovascular coiling procedure that fewer than 75 neurosurgeons in the country can do. He is part of the experienced team at the Stroke Rescue Center at Jersey Shore, which has this ability. “We use a coil device that is released into the aneurysm with the guidance of a catheter. The catheter is inserted through an artery in the leg and advanced into the brain,” Dr. Wells-Roth explains. “The coils can stop the blood flow pattern within the aneurysm and create a clot that prevents bleeding from reoccurring.”

Herlean’s surgery was successful and much less painful than she anticipated. “Before the surgery, I was often forgetting things, like knowing where I’d put my keys,” she says. “But now I’m remembering again.”

TIME COUNTS IN STROKE

When stroke symptoms occur, it’s important to get medical help quickly. Fast action can reduce your chance for death or serious disability, such as paralysis. Call 911 if any of these symptoms occur without warning:

- Numbness or weakness, especially on only one side of the body
- Trouble seeing
- Dizziness, loss of balance or coordination, or trouble walking
- Confusion, or difficulty speaking or understanding
- Severe headache with no known cause

How Much Do You Know About Stroke?

Take a true-or-false quiz at our online Wellness Center and make sure you have all of the bases covered when it comes to stroke. Visit WellnessCenter.MeridianHealth.com and search “stroke quiz.” Click on the first result under “Interactive Tools” to get started.

ABOUT the DOCTOR

David Wells-Roth, M.D.
Neurosurgery
Neptune | 973-285-7800
Single-Site Surgery Minimizes Scarring, Reduces Recovery Time

Niki Rutigliano, 26, woke up in the middle of the night with a fever and aches throughout her entire body. She thought she had the flu. But her family became concerned and took her to the emergency department at Ocean Medical Center. Tests showed her white blood cells had more than doubled — a sign of infection.

The Brick resident was admitted to the hospital, where she was started on antibiotics immediately. Eugene Zurkovsky, M.D., a general surgeon on staff at Ocean who specializes in laparoscopic techniques, was referred to her case.

Eventually Niki’s pain localized to the right upper quadrant of her abdomen, an indication for cholecystitis — a painful inflammation of the gallbladder wall. The condition was confirmed with an ultrasound. It typically requires a cholecystectomy — the removal of the gallbladder.

“Gallbladder problems are often triggered by increased cholesterol, recent weight loss, or extreme changes in diet,” explains Dr. Zurkovsky. “Niki’s diagnosis was more difficult because she had a healthy diet. But infections, chronic inflammatory disease, and blood cell abnormalities are also known to cause gallbladder problems.”

The good news for Niki was that Dr. Zurkovsky was experienced in a new surgical technique called single-site surgery. In a single-site laparoscopic cholecystectomy, the surgeon makes an incision through the belly button. The gallbladder is removed through this same incision.

The advantages of a single-site surgery are similar to traditional laparoscopic surgery. They include quick recovery, decreased pain, and fast return to normal activities, but with the added benefit of no visible scar.

The surgery may not be right for patients with severely inflamed gallbladders, those who have had multiple surgeries previously, or who are overweight. These patients may still require regular laparoscopic surgery. However, “given her age and body type, I felt Niki was an excellent candidate for this technique,” says Dr. Zurkovsky.

While the technique is new, Niki says Dr. Zurkovsky was patient walking her through it. “I really appreciated the way he explained everything to me. I had full trust in him.”

Niki was released from the hospital the day after the procedure and went back to work and school in four days. Dr. Zurkovsky even had to convince Niki to schedule a follow-up visit. “It’s becoming a challenge with my single-site patients. They are typically pain-free and symptom-free. Without the scar to remind them, they just want to move on with their life and forget about their follow-up visit!” says Dr. Zurkovsky.

That lack of a scar is one of Niki’s favorite aspects of the surgery. “Living near the shore and loving the beach, I’m truly thankful for the cosmetic advantages of the single-site surgery,” says Niki.

— Anne Marie Keevins

Niki Rutigliano is grateful for the cosmetic advantages of single-site surgery: no scar. Her dog, Bear, is just grateful that Niki was back home so quickly.

ABOUT the DOCTOR

Eugene Zurkovsky, M.D.
Board certified in General Surgery
Point Pleasant | 732-701-4848

Save the Date: April 22

Niki benefited from single-site surgery — could you? Learn more about the latest surgical treatment options at “New Trends in Minimally Invasive Surgery” on April 22 at Ocean Medical Center. See page 20 for more details!
Continuing Our Tradition of Exceptional Patient Service

If you ask Sea Girt resident and longtime Ocean Medical Center patient Bob Ferguson what stands out the most about Ocean Medical Center, it’s hard for him to give a single answer. “It’s a cumulative experience. The staff always makes sure you are comfortable and goes out of its way to make you feel like the most important person in the hospital,” he says. “The people couldn’t be nicer. It’s a tremendous group effort.”

Providing the best patient experience is at the heart of what goes on at Ocean Medical Center. Team members take great pride in treating each person as an individual and doing what they can to meet each person’s needs.

Take, for example, Shoshanna Shaffin, an observant Jewish patient from Brick who had been home with newborn twins for just a few days when one daughter, Kinneret, developed severe jaundice. It was late Friday afternoon, and her pediatrician wanted her daughter admitted to Ocean’s special care nursery right away.

Shoshanna and her husband, Rabbi Rovi Shaffin, rushed out of the house just before the Sabbath, which begins at sunset on Fridays. After getting Kinneret settled in at the hospital, staff members ensured the family had access to Sabbath candles, Kosher food, overnight accommodations, and reading materials, all of which are very important to their religious beliefs.

Now Ocean is taking its commitment to exceptional patient experience to another level with the introduction of the Concierge Care program, which kicked off in December. The program offers those visiting the Medical Center direct access to a variety of services ranging from addressing religious needs, to assisting with lodging or dining for out-of-town visitors, to offering spa services, like massages or manicures.

“We recognize that exceptional service doesn’t happen overnight. It is part of a culture that is adopted by an entire organization,” says Peter Daniels, president of Ocean Medical Center. “And you have to have the right people. The Concierge Care program is all about going the extra step to better accommodate guests so that they can focus on helping their loved ones get better.”

“It’s great that the staff has these types of sensitivities,” says Shoshanna. “The service at Ocean was a breath of fresh air and made it easy for us to focus on our daughter.”

Bob couldn’t agree more with Shoshanna. “You look around at the people who serve the community. They are consummate professionals. But they have also been patients and can identify with you,” says Bob. “Personally, I look forward to coming here. You leave here hugging a nurse — they are that nice!” — Donna Sellmann

Caring for You

Ocean’s Concierge Care program is available seven days a week, from 10:00 a.m. to 8:00 p.m. You can reach it from outside the hospital by calling 732-840-2200, ext. 1111, or from within the hospital by calling extension 1111. To learn more online, visit www.OceanMedicalCenter.com/ConciergeCare.
Providing Hospice Care in the Comfort of Home

Contrary to common belief, hospice care isn't just for patients with cancer. In fact, hospice can help nearly anyone with a terminal condition and a life expectancy of six months or less.

Hospice is a type of palliative care that provides services to improve the quality of life for the family and patient. The goal of hospice care is to meet the physical, psychological, and spiritual needs of the patient and family during the last phase of a patient's life while maintaining his or her dignity and comfort, as well as a peaceful atmosphere.

It's just what David Bean, 91, of Howell needed for his wife, Secile “Sis” Bean. “Sis was my wife for almost 35 years,” says David. “She was full of life and ran a very successful antique business out of our home.”

But in February 2008, at age 91, she had a severe stroke and developed complications, including pneumonia. “Sis had to go back in the hospital for several weeks and then to a nursing home facility for several months,” recalls David. “We just wanted to bring her home.”

Hospice care can be given in your home, in a hospital, in a skilled nursing facility, or in an assisted living facility.

“Hospice care is for patients who are facing a life-limiting illness and are in need of nursing care and emotional support for themselves and their family members,” says Karen Stanton, director of Meridian Hospice.

Through a friend who was using Meridian At Home’s services, David learned of Meridian Hospice. Research has shown that hospice care given at home helps a family as a whole. In addition to being in the comfort of the home, family members can also take an active role in providing care to the patient.

After learning more, David signed up to have an aide live with them so that Sis could receive care in their home. Meridian At Home was able to provide the Beans with a full continuum of care, including a private home health aide, nursing services, durable medical equipment, medications, social work, and chaplain services.

“Our live-in aide was excellent,” says David. “She kept my wife clean, cooked supper, and took care of all her needs.”

Most important for David was that Sis was happy and comfortable during her final days. “Meridian At Home was able to help us through this difficult time and make Sis’s last days peaceful ones,” says David. ■ — Robin Krippa

David Bean, here with his dog, Tekla, wanted nothing more than for his wife to spend her last moments on earth at home, not in the hospital. Our hospice program made it possible.

For everything you may need in home health care, this is the place to start.

Today there’s one name that connects you to any combination of services you or a loved one needs to stay independent and live well at home: Meridian At Home. With just a call or click, you’ll find New Jersey’s most complete range of in-home health care and technology solutions. All customized to your unique needs. Best of all, Meridian At Home is a service of the Meridian Health family – the region’s leading health care provider. There’s no better, trusted, single source like it.

Call 1-800-655-2555 or visit MeridianAtHome.com
A Gift of Knowledge Is Powerful — For Patients and Doctors

The more you know about your health, the easier it is to make lifestyle choices and treatment decisions that are right for you. That’s why Meridian Health offers many free and low-cost resources, such as informative classes and events held throughout the year, that can help you do just that.

It’s also important for physicians to stay informed and knowledgeable. This helps them provide the best, most up-to-date care to patients. Many resources exist to teach doctors about the latest in heart care. But medical residents and fellows often don’t have the financial means to get them, and practicing cardiologists don’t have a central place to access them, explains cardiologist Marc Colmer, M.D.

Jersey Shore University Medical Center is changing that with a new cardiology media center that will help doctors better serve patients. The media center, which is scheduled to open this spring, was made possible thanks to the generosity of the Plangere Foundation and Jules Plangere, a community member who truly appreciates the intersection of knowledge and health.

A PERSONAL INTEREST IN PUBLIC HEALTH

The media center brings together three subjects that matter to Jules: heart health, publishing, and education. “Because my father died of a heart condition, I’ve had an interest in the heart,” Jules explains. “This project also hit a soft spot with me when I heard it involved media.”

Jules was a newspaperman for decades. He started at the Asbury Park Press in 1947. He was the chairman, co-owner, and former publisher when the Gannett Corp. bought the paper in 1997. Jules’ news background fostered his resolve to support learning.

“I always had an ulterior motive when I promoted a project. I wanted an educated public interested in reading newspapers,” Jules says. Now this mindset and his family’s heart health have translated into helping doctors study cardiology. Jules is pleased to continue contributing to educating the community by giving to Jersey Shore.

A MISSION TO SPREAD KNOWLEDGE

The project also strikes at the heart of Jersey Shore’s mission. “Our mission of teaching goes back to the founding of the hospital,” says Dr. Colmer, who directs cardiac imaging at Jersey Shore. “We always seek to expand what we offer. Likewise, Mr. Plangere has always demonstrated a wish to pass on a love of learning.”

The media center will feature print and digital resources and house equipment to display images, like echocardiograms and heart catheterizations, for teaching purposes. It will help educate internal medicine residents and postdoctorate cardiology fellows who train at Jersey Shore. Practicing cardiologists from the area can use the center, too.

The media center is just one more way Jersey Shore works to ensure our doctors have the knowledge they need to give our patients the best in medical care.

YOU CAN HELP, TOO

Perhaps nothing is more important to the future of the American health care system than the education of tomorrow’s physicians. Jersey Shore University Medical Center is the academic hub of Meridian CardioVascular Network, actively researching ways to improve heart care.

If you’re inspired by Jules Plangere’s generosity, donate today and help us continue our educational and research efforts. No gift is too small. For more information, please contact Nancy Barone at 732-751-5117.
Preventing Falls One Step at a Time

Although it’s impossible to prevent all falls, you can help keep yourself safe as you grow older by improving your balance and employing “fall-proofing” behaviors in and around your home.

“Falls are more dangerous for older adults than younger adults because serious emotional and physical injury can result from a single fall,” says Usman Waheed, M.D., of the Jersey Shore Regional Trauma Center.

Up to 30 percent of older adults who fall injure themselves seriously enough to impair their independence and increase their risk for premature death, according to the Centers for Disease Control and Prevention.

CHANGE YOUR BEHAVIOR
Getting regular exercise will improve your overall physical condition, making it less likely that you will fall. “Your fitness routine should include activities that strengthen your muscles and make your balance better,” says Dr. Waheed.

Avoiding certain behaviors, which can lead to falls, is also important:
- Avoid taking chances, such as walking on a freshly washed floor or a patch of ice.
- Instead of standing on a chair or table to reach something, ask for help or use a reaching tool to do the work.
- Try not to carry anything while climbing stairs. If you must do so, try to have one hand on the object and the other on a sturdy handrail.
- Avoid talking while walking in unfamiliar territory. Curbs and sidewalk cracks can be hazardous when you’re not paying full attention.
- Don’t get up too quickly after eating, lying down, or resting. Rapid changes may cause dizziness. Report any dizziness to your doctor.

CHANGE YOUR HOME
Dr. Waheed recommends trying these tips to help prevent falls in your home:
- Remove unstable furniture, such as wobbly chairs, and eliminate slippery rugs.
- Firmly anchor throw rugs.
- Arrange furniture and other objects so that they don’t interfere with walking.
- Firmly attach grab bars by tubs, showers, and toilets.
- Make sure handrails on staircases, porches, and front walkways are tightly fastened.
- Wear shoes with traction or grip when walking.
- Install adequate lighting in stairwells, hallways, bedrooms, and bathrooms and make sure light switches are easily accessible. Use night-lights.
- Remove electrical cords and telephone wires from walkways.
- Have couches and chairs at a proper height for effortless standing up and sitting down.

EXPERTS IN TRAUMA
The Jersey Shore Regional Trauma Center treats more than 1,200 patients a year and is the only trauma center for Monmouth and Ocean counties. In fact, the trauma team is celebrating 20 years of caring for the community this year.

Working with emergency medical services across the region, we are committed to improving the health of the communities we serve. Here are some other facts and figures about trauma at Jersey Shore:
- More than 60 percent of trauma patients arrive directly via emergency medical services.
- Two-thirds are men between ages 18 and 59.
- Almost 60 percent are involved in transportation-related incidents.
- Falls remain a serious but avoidable area of trauma.
- The majority of cases arrive on weekends, with 4:00 p.m. to midnight being the busiest time.

ABOUT the DOCTOR
Usman Waheed, M.D.
Trauma Surgery
Neptune | 732-776-4949

DON’T FALL THIS SPRING
Attend an upcoming lecture from our Falls Program team and learn how to prevent injuries from a fall. To find a lecture, please call our injury prevention coordinator, Molly Berkowitz, R.N., at 732-776-4515. Or, call 1-800-DOCTORS for information on our balance screenings and program.
“Surprised!” says 54-year-old Eileen Ciambotti, of Tinton Falls. That’s how she felt when her daughter, Kelly, said she was going to have twins. Multiples do not run in their family, and Kelly already had her hands full with Isabella, age 2. Eileen wondered how Kelly would manage the extra work of having not just one but two new infants in the house.

Fraternal twins Julianna and Jason arrived on September 25, 2009. Eileen was thrilled — but she realized she’d have to take her grandparenting skills to the next level. Here are her best tips for anyone facing double, triple, or even quadruple the work of helping to care for multiple grandchildren of the same age.

Be there. Bringing home multiple babies can feel overwhelming. It’s important to listen when your children need to vent about not being able to do everything at once. Better yet, if you can, be there physically. Eileen often stays overnight, at Kelly’s request, to help out. “At feeding time, Kelly will handle one bottle and I’ll take the other,” she says.

Help with the basics. Eileen says her daughter and son-in-law, Jason, go through diapers and wipes like crazy, so it’s always appropriate to bring or send an extra box. Also, in addition to helping with the babies, Eileen will start a load of laundry or dishes when necessary.

Give wisdom. “But only if your kids want it,” cautions Eileen. She explains it’s hard to keep quiet when your children are struggling, but you may not know exactly what should be done, either. Your best bet is to help with what you can and respect the parents’ wishes. Offer your experience and opinions only when asked.

Learn your children’s preferences. Tempting as those matching jumpers are, check first if your kids want to dress the babies the same, even if they are identical. In Eileen’s case, her daughter wanted to emphasize each child’s individuality.

Encourage humor. “It is essential,” emphasizes Eileen. She notes she and Kelly have ongoing jokes, understood only by them. “We’ll look at each other and just crack up,” she says. Laughter breaks tension and passes positive energy along to the whole family.

Take care of older siblings. While it’s easy to get caught up with the newborns, Eileen makes sure she spends one-on-one time with Isabella. It gives her daughter and son-in-law a much-needed break, and it helps Isabella remember she’s special, too.

Tips from the Trenches: Grandparenting Twins, Triplets, or More

It’s a full house for Eileen Ciambotti when the grandkids are over, but it’s all smiles. “Humor is essential,” she notes, especially with twin babies Julianna and Jason in the mix, pictured here on Eileen’s lap. Kelly Emerson, left, is the proud mom of the twins and 2-year-old Isabella. Eileen’s daughter-in-law, Nena Ciambotti, sits with her sons, 5-year-old Casey and 10-month-old Colby.

Are You a Grandparent of Multiples? Join Us on March 20!

As Eileen can tell you, parents of multiple babies often need extra support from their own parents. Save the date for “So Many Grandchildren, So Little Time!” on Saturday, March 20. Experts will provide practical tips on grandparenting multiples, and you’ll have the chance to meet other grandparents and share your stories. See the calendar on page 22 for details.
Go ‘Green’ for Health

Are you living “green”? Taking steps to protect the environment from abuse is not only the right thing to do — it can also boost your health.

According to the Environmental Protection Agency (EPA), air pollution causes more than 60,000 deaths from heart and lung problems annually in the U.S. It can also contribute to the development of cardiovascular disease.

“You can help reduce these health problems by driving less, buying more fuel-efficient vehicles, and supporting clean energy,” says Walter Wynkoop, M.D., of Ocean Medical Center.

Dr. Wynkoop shares tips below to help get you started.

WHEN HOME, AT WORK, AND OUTSIDE

- Buy local products whenever possible. It reduces energy burned to transport goods.
- Reuse items such as mugs, lunch containers, and grocery bags.
- Use compact fluorescent lightbulbs.
- Improve your home’s insulation to save energy.
- Buy energy-efficient appliances when your old appliances wear out.

AROUND THE YARD

- Grow a green thumb. Whether inside or outside, plants clean the air.
- Pull weeds by hand instead of using pesticides and keep pesticides to a minimum. Runoff of pesticides can harm waterways.
- Set mower blades high. Shorter grass is prone to weeds and disease and demands more intervention.
- Plant native plants, which don’t need as much water as introduced species.

IN THE CAR

- Try to drive less, especially on hot days or during heavy traffic.
- Accelerate slowly.
- Get regular vehicle tune-ups.
- Resist “topping off” your gas tank and avoid spilling gasoline.

ABOUT the DOCTOR

Walter A. Wynkoop, M.D.
Board certified in Internal Medicine, Sleep Medicine, Critical Care Medicine, and Pulmonology
Brick | 732-840-4200

GO ‘GREEN’ FOR YOUR HOME — AND FOR YOUR HEALTH

Learn how at our FREE event on April 22! Join us as we celebrate the 40th anniversary of Earth Day with information on how going “green” can help your home and your health. Plus, get tips on the right ways to go “green”! See page 22 for details.
**Ask the Health Experts: Understanding Alzheimer’s**

**Q: WHAT IS ALZHEIMER’S DISEASE? IF MY MOTHER OR FATHER HAD IT, AM I MORE LIKELY TO DEVELOP IT?**

**A:** Alzheimer’s disease is an irreversible, progressive brain disease that slowly destroys memory and thinking skills. It can eventually destroy a person’s ability to carry out even simple tasks.

Although the risk of developing Alzheimer’s increases with age, the disease is not a part of normal aging. “Alzheimer’s is associated with a buildup of plaque in the vessels of the brain,” says Neil Holland, M.D., of Riverview Medical Center. “This buildup interferes with the brain’s nerve cells, called neurons. The neurons may stop working, lose connections with other neurons, and ultimately die. This destruction and death of neurons is what causes the memory failure, personality changes, problems in carrying out daily activities, and other features of Alzheimer’s.”

The causes of Alzheimer’s are unknown, but genes may play a role. Scientists also continue to investigate how our lifestyle choices, such as our diets and exercise routines, affect our risk for Alzheimer’s.

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**Q: THE OTHER DAY I SIMPLY COULD NOT REMEMBER THE NAME OF AN ACTRESS IN A MOVIE I JUST SAW. ARE MEMORY LAPSES LIKE THIS NORMAL? OR COULD IT BE A SIGN OF ALZHEIMER’S?**

**A:** “A little memory blip is nothing to worry about,” says Benjamin Lessig, D.O., of Ocean Medical Center. “We all have them now and then, especially if we are stressed or sad. But some occurrences could signal a more serious memory problem.”

These include:

- Getting lost in familiar places
- Being confused about time or money
- Repeating questions or phrases in the same conversation
- Mislacing items
- Ignoring personal hygiene
- Forgetting to eat

If you’re concerned that memory problems are affecting you, see your doctor. Some types of memory problems can be slowed — or even stopped — with the right treatment.

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**Q: MY HUSBAND WAS RECENTLY DIAGNOSED WITH ALZHEIMER’S. DO YOU HAVE ANY TIPS TO HELP ME CARE FOR HIM?**

**A:** If you’re caring for someone with memory problems, the following recommendations from Alan Deutsch, D.O., of Jersey Shore University Medical Center can help.

- **Be flexible and patient.**
- **Provide verbal cues.** For example, say: “This is Jane, your cousin, who has come to see you.”
- **Establish a regular routine.** A regular routine will make it easier to remember what usually happens during the day.
- **Learn what to expect.** For example, remind yourself that your loved one might not remember how to unload the dishwasher. It’s not that he doesn’t want to be helpful; it’s because of his disease. And don’t forget to seek help from family and friends. “Taking care of someone with Alzheimer's disease requires that you take care of yourself,” says Dr. Deutsch. “It’s important to tap family, friends, and community resources to get a break.”

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**Do you have a general question about heart health for yourself or a loved one? If you need specific medical advice, please consult your own general practitioner, consultant, or nurse.**

The best general health questions come from you — and by asking them, you will be helping all our readers. Send us your question, and it may appear in an upcoming issue of *Meridian HealthViews*, answered by one of the experts at Meridian Health. When you submit a question, you will receive a FREE copy of our brochure *Being Active for Life*. Submit your question by e-mail to healthviews@meridianhealth.com or by mail to:

Meridian Health, Attn.: Publications Manager
1350 Campus Pkwy., Neptune, NJ 07753

Please include your full name and mailing address so we can send you your brochure. We will use only your first name and city of residence in the publication.
Finding the Right Treatment for Prostate Cancer

When you’re diagnosed with prostate cancer, deciding on the right treatment option can be daunting. But for Theodore Hall of Middletown, CyberKnife® at Riverview Medical Center’s Booker Cancer Center was the only choice.

According to the American Cancer Society, one out of every six men in our area was diagnosed with prostate cancer in 2009. Like Ted Hall, these men have to decide on the right treatment option for them.

“Today, patients have a number of options, including active surveillance, which calls for regular PSA tests, rectal exams, and ultrasounds to see if the cancer is growing,” explains Robert Smith, M.D., a board certified urologist affiliated with Riverview Medical Center. “Or they may be better candidates for radiation therapy, surgical removal, or hormone therapy. Age, stage of the disease, and underlying health issues all play a role in determining the most appropriate course of treatment.”

In Ted’s case, his doctors recommended treatment rather than active surveillance. After consulting with Dr. Smith, he chose CyberKnife radiosurgery over traditional radiation because it meant just five treatments, rather than the 42 needed for traditional radiation therapy. It was also less invasive than surgery.

Ted suffered a stroke in 2002 that left him paralyzed on his left side, so comfort and convenience played a role in his decision process. But so did accuracy and results.

“I researched what CyberKnife can do, and I was amazed to find that it was so precise, it could treat an area equivalent to the diameter of a human hair,” Ted, now 70, explains. “That type of precision appealed to me.”

“The CyberKnife System’s subcentimeter accuracy allows a high dose of radiation to treat the prostate gland while sparing the surrounding organs,” explains Adnan Danish, M.D., a board certified radiation oncologist and director of the CyberKnife Center at Riverview Medical Center. “Only a fraction of the beams will pass through any point in those normal structures.”

And for Ted, the overall experience surpassed his expectations. “It was so relaxing — they even played ’50s music for me during my treatment sessions!” recalls Ted. “And the entire team, while very professional and competent, showed such compassion during my treatment. They were all just excellent.”

— Tria Deibert

FREE Prostate Cancer Lecture!

Learn more about CyberKnife treatment for prostate cancer. Attend “Charting Your Own Course: Finding the Prostate Cancer Treatment That’s Right for You” on March 19. See page 21 for details.
Motorcycle Enthusiast Back on His Bike
After Facial Reconstruction

Tom's River resident Tom Macchia woke up on a Friday morning in 2007 intending to go for a leisurely motorcycle ride, as he had done many times before. But that Friday morning ended much differently from all the others.

During his ride, Tom, 46, was slowing down as he approached a red light when a car made an illegal turn. Tom hit the side of the car at 30 mph. After being thrown to the pavement, Tom was rushed to the Regional Trauma Center at Jersey Shore University Medical Center.

“His face was significantly distorted. It was much flatter and wider than normal,” says Manolis Manolakakis, DMD, a board certified oral surgeon who treated Tom after the trauma team’s initial examination. “It was quite apparent that Tom sustained fractures of essentially all his facial bones except for his forehead bone.”

After undergoing CT scans to get a more exact idea of the extent of his injuries, Tom was taken to the operating room to get his bleeding under control and temporarily stabilize his facial fractures. The surgical team wired his jaw together, which offered some temporary relief for him until it was time for his formal facial reconstruction.

Five days after the accident, Tom went back to the operating room for the reconstruction. “The surgical plan for the facial reconstruction was for me and Kayvon Haghighi, M.D., DDS, to repair from the bottom up and from outside in,” explains Dr. Manolakakis. “Tom’s entire face was reconstructed using his dental occlusion as a guide.”

The lower and upper jaws were reconstructed with titanium plates and screws to put Tom’s teeth back into proper position. This served as the foundation to align and reconstruct the remainder of his face, including his cheekbones, eye sockets, and nose. The procedure took eight hours.

Miraculously, Tom was discharged from Jersey Shore three days after surgery and has fully recovered. “I cannot say enough about what Dr. Manolakakis and the team from Jersey Shore did to get me back home to my family,” Tom says. “When I tell the story to friends and family, it is hard for them to believe because of how well my face has healed from the reconstruction.”

Tom still enjoys riding his 2005 Chopper motorcycle throughout Toms River and is thankful that he can enjoy the ride.

— Rob Cavanaugh

About the Doctor

Manolis G. Manolakakis, DMD
Board certified in Oral and Maxillofacial Surgery
Shrewsbury | 732-542-0755

All Ears? Don’t Miss Our FREE Hearing Screenings!

Celebrate Noise Awareness Day with a FREE hearing screening! Come to Jersey Shore University Medical Center on April 26 for the screening and more information on how to reduce noise and protect your ears. See page 23 for more details.
Women know their bodies and can tell when something isn’t right. This was the case for 66-year-old Ruth Ann Schafer of Jackson. It began with an unusual and uncomfortable feeling in her vagina, like there was tissue dropping down. Then she began to experience urine leakage, so she decided to speak to her urologist.

Gary Linn, M.D., a urologist at Ocean Medical Center, found that Ruth Ann had a prolapsed bladder and stress incontinence. Prolapse occurs when the vaginal wall, which supports the bladder, weakens or loosens with age. Childbirth can also damage this part of the vaginal wall. When this happens, the bladder descends into the vagina because it is no longer supported. This may trigger problems such as urinary difficulties, discomfort, and stress incontinence, which is leakage caused by sneezing, coughing, or exertion.

Dr. Linn called upon colleague Robyn Leitner, M.D., also a urologist, to work with him to complete two surgical procedures at one time. Dr. Leitner used a fairly new technique in which a mesh material holds up the bladder. Dr. Linn then used a sling to support the urethra, which would treat the incontinence problem.

Ruth Ann spent nearly a year being uncomfortable and scared before seeking medical advice. “Once I talked to the doctors, everything fell right into place,” she says. “The procedure was quick, I had no surgical pain, and my recovery was easy. I would never know I had it done. It’s amazing what they can do for you.”

Unlike traditional surgery in which doctors make an incision in the abdomen, Ruth Ann’s procedure left no visible signs because it was done by one incision through the vagina.

“There are great options available,” says Dr. Linn. “And with the vaginal approach for surgery, there is quicker recovery, less bleeding, and nearly no pain.”

When it comes to stress incontinence and bladder prolapse, women should know they are not alone. Statistics show that millions of women suffer from these conditions.

“These are very common problems, but many women choose not to do anything about it because they are scared,” says Dr. Leitner. “This is a relatively easy procedure that takes less than an hour and usually requires one night in the hospital to be monitored. It’s revolutionized how we fix a patient.”

--- Donna Sellmann

### Take Control of Overactive Bladder

Are you suffering from overactive bladder (OAB)? OAB affects both women and men, and can have a debilitating effect on nearly every part of daily living. The good news is that people with the condition have more and better options today than ever before. Join our physicians on April 28 for a FREE lecture on this common health problem. See page 22 for details.
Early Intervention Helps Children with Autism

Born seven weeks premature, Alfred Galvan Jr. was enrolled in the Infant Toddler Assessment Program at K. Hovnanian Children’s Hospital at Jersey Shore University Medical Center more than five years ago. In the program, specialists closely monitor at-risk children’s development from birth through age 3. They also secure any needed assistance to help every child reach his or her potential.

Alfred appeared to be doing just fine, until he neared his second birthday. Then, mom Sheila Galvan noticed Alfred stopped making eye contact. His vocabulary seemed to disappear, and his attention span shortened. “He had trouble being focused,” she says.

Sheila took Alfred to see developmental pediatrician Denise Aloisio, M.D., who leads the newly established K. Hovnanian Integrated Diagnostic and Developmental Services (KIDDS) program, which screens children for autism and other developmental issues. Testing revealed the difficult diagnosis: Alfred had autism.

**IMPROVING OUTCOMES FOR KIDS**

Alfred was brought to one of the best possible places for a child with autism. K. Hovnanian Children’s Hospital has supported children with autism and their families for years through expert assessment and monitoring, and by securing community services for them.

The hospital was recently chosen as one of only six centers in New Jersey to receive a $1 million state grant to enhance the services for children with autism.

Dr. Aloisio explains that the signs and symptoms of autism can surface before age 2 and that early treatment is key. “The earlier the intervention, the better the outcome,” she says.

The primary focus of the grant is to enhance clinical services for children and families and provide support and information to pediatricians and community agencies so that children like Alfred are identified sooner than they might be otherwise.

“When you provide more opportunities for children like Alfred, it’s been shown to make a big difference,” says Dr. Aloisio. “This grant strengthens our ability to do so.”

**EVERY CHILD HAS HOPE**

When Alfred was around 2 years old, Dr. Aloisio recommended the family contact the county Early Intervention Program for intensive services including speech, occupational, and developmental therapies. Sheila and her husband, Alfred Sr., will forever be grateful for Dr. Aloisio and the way she championed Alfred.

“When we started out, Dr. Aloisio told us that while every child is different, every child has hope. Children rise to the occasion,” Sheila says. “The diagnosis was scary, but Alfred is doing very well.”

Today, Alfred attends school in the Jackson school district. “He loves to read, and he reads above grade level,” says Sheila. He also enjoys race-car driving, movies, and spending time with his best friend. Soon, Sheila expects Alfred to be mainstreamed into regular classes.

**CONNECTING CARE IN THE COMMUNITY**

The grant will also help further improve the hospital’s secondary screening capabilities and help it provide better coordination among language and motor therapy providers, social skill intervention providers, and behavioral therapists in the community. Families and children will benefit from this enhanced service level.

**ABOUT the DOCTOR**

Denise Aloisio, M.D.
Board certified in Pediatrics, Pediatric Development/Behavior, and Neurodevelopmental Disability
Neptune | 732-776-4178

**Meridian KidViews: Subscribe Today!**

We are proud to announce the debut of Meridian KidViews, a FREE quarterly publication dedicated to health information for you and your family. It will focus on children’s health topics, including asthma, safety, neonatal care, and much more for parents. Call 1-800-DOCTORS to join our mailing list today.
Featured Events from Meridian Health

Call 1-800-DOCTORS (1-800-362-8677) to register. Or register online at MeridianHealth.com. All classes are FREE unless otherwise noted.

NATIONAL NUTRITION MONTH EVENT: COOKING WITH HEART AND SOUL
Studies show that excess fat in our diets increases the risk for heart disease and cancer. Learn healthy ways to cook traditional Southern dishes while preserving the flavor! Join Bob Jameson, owner and chef of Jameson’s, “The Ultimate in Southern Cooking,” restaurant, and a Meridian Health registered dietitian for a food tasting experience that will surely satisfy the most discerning palate! Registration is required.

March 15
Noon – 2:00 p.m.
Jersey Shore
University Medical Center,
Lance Auditorium

March 22
Noon – 2:00 p.m.
Ocean Medical Center,
Conference rooms A, B, and C

March 29
6:00 – 8:00 p.m.
Riverview Medical Center,
Blaisdell Auditorium

RIVERVIEW KIDS ROCK!
A Health Fair and Guitar Hero® Extravaganza
Mom and Dad, bring your kids to a truly fun health fair at Riverview Medical Center. The fair will feature health education, health information and activities, including music and entertainment for all ages, a Wii® tournament, and a Guitar Hero challenge (grouped by age). The fair will also feature a brief presentation for parents on correctly identifying and managing symptoms of attention-deficit/hyperactivity disorder (ADHD), presented by Lawrence Stein, Ph.D., a clinical psychologist on staff at Riverview.

Doctor Bernard, from the Pawsitive Action Team at K. Hovnanian Children’s Hospital at Jersey Shore University Medical Center, will even make a special appearance to award the Guitar Hero champions! Bring out the inner rock star in your child and don’t miss this unique opportunity to make healthy habits fun! Registration is required. For more information, visit www.RiverviewMedicalCenter.com/KidsRock.

March 13
11:00 a.m. – 2:00 p.m.
Riverview Medical Center,
Blaisdell Lobby

ATTENTION, PARENTS & TEACHERS OF 4TH GRADERS!
Our friend Picatso needs help from your little Picasso!

Doctor Bernard has asked Picatso to make a calendar for 2011. Since Picatso loves art, he is asking 4th graders from Ocean and Monmouth counties to draw pictures for the calendar. The pictures should show how a child stays healthy and fit.

All entries must be postmarked no later than May 1.

Winners will be announced in the spring!

Get started today! Visit us online to learn more about the contest at: www.KHovnanianChildrensHospital.com/KidsContest

NEW TRENDS IN MINIMALLY INVASIVE SURGERY
As laparoscopic techniques expand, more surgical procedures can now be done scar-free. Join our physician expert as he provides an overview of the procedures and patient criteria for single-site and other minimally invasive techniques. Light refreshments will be provided. Registration is required.

April 22
6:00 – 7:30 p.m.
Ocean Medical Center,
Conference Room A
Preventing Lung and Esophageal Cancers: What Minorities Need to Know
Presented by James McCaughan, M.D., board certified thoracic surgeon.
April 20
7:00 – 8:00 p.m.
Hope Cathedral
46 Bennett Mills Road, Jackson

Colorectal Diseases: What Minorities Need to Know
Presented by Howard Ross, M.D., board certified in colon and rectal surgery.
April 22
7:00 – 8:00 p.m.
Frank Talk Art Bistro and Books
163 Shrewsbury Avenue, Red Bank

Therapeutic Yoga
Therapeutic yoga can help improve sleep, mood, and overall quality of life. Call 732-295-1778 for more information or to register. Classes are held at Meridian Life Fitness in Point Pleasant.

CANCER SERVICES
Charting Your Own Course: Finding the Prostate Cancer Treatment That’s Right for You
For many men, navigating the treatment course for prostate cancer can be overwhelming because there are so many options. Join Adnan Danish, M.D., a board certified radiation oncologist, at this breakfast event, where he will provide an overview of the treatment options available at the Booker Cancer Center at Riverview. Registration is required, and space is limited.
March 19
8:00 – 9:00 a.m.
Riverview Medical Center, Boardroom

Coping with Cancer-Related Fatigue: Lecture and Exercise Demo
Exercise has been proven to help the body cope with cancer-related fatigue. Hear the latest from Oncology Services and participate in an exercise demonstration from our wellness program coordinator. Registration is required. Call 732-836-4007.
March 9
6:00 – 7:00 p.m.
Meridian Life Fitness at Ocean Medical Center

Minority Cancer Awareness Week
In recognition of this weeklong observance, Meridian is sponsoring a series of programs to heighten awareness of the health disparities that occur among minority populations.

Meridian Women’s Heart Connection
Your Emotional Pulse
Stress and depression put you at risk for heart disease. Join Lisa Calabrese, R.N., to learn how to take some “me time” and evaluate the stress in your life and your lifestyle choices, and to set goals in order to live a happier, heart-healthy life.
March 23
7:00 – 8:30 p.m.
Jersey Shore University Medical Center, Brennan 104 – 105

Prenatal and Postnatal Yoga
Classes focus on gentle postures, breathing techniques, and overall relaxation in order to prepare for childbirth or recover after childbirth. Call 732-295-1778 for more information and to register. Classes are held at Meridian Life Fitness in Point Pleasant.

CHILDREN’S SERVICES
Pediatric Preoperative Tour
Help your child (ages 1 to 12) prepare for hospital admission to K. Hovnanian Children’s Hospital at Jersey Shore University Medical Center by accompanying him or her on a free tour, which runs every Tuesday. Registration is required.

SafeSitter®
Join Meridian Health and Safe Sitter–certified nurse educators for this babysitting preparation program designed for 11- to 13-year-olds. The pediatrician-developed program covers important safety topics as well as how to care for and manage the behavior of children and infants. All students receive a Safe Sitter Student Manual. Bring lunch and a snack to this daylong class. Fee: $50. Registration is required. Call for dates, times, and locations.
**COUNSELING AND BEHAVIORAL HEALTH**

**Adult Programs**

**Addiction Recovery Services**
For adult family members of addicted individuals. Call for more information.

**Freshstart Smoking Cessation Program**
Developed by the American Cancer Society and presented by a Meridian clinical advocate, this program is designed to help adults quit smoking. Four one-hour sessions. Registration is required. Call for dates, times, and locations.

**Children’s Programs**

**Children’s Group Counseling**
Meridian Behavioral Health offers intensive therapy for children who are experiencing all types of emotional and/or behavioral difficulties. Age-specific groups address such issues as coping techniques, anger management, and social skills. Call for registration, scheduling, appointment details, insurance information, and fees.

- Adolescent Intensive Program (ages 13 to 18)
- Children’s After-School Program (ages 7 to 13)
- Children’s Therapeutic Nursery Group (ages 3 to 6)

**Support Group for Children with Chronic Illness**
Come join this children’s support group to address issues associated with coping with chronic illness. Children ages 8 to 16 only. Call the Children’s Day Program at Meridian Behavioral Health at 732-869-2790, ext. 2, for registration, scheduling, appointment details, insurance information, and fees.

**DIABETES SERVICES**

**Comprehensive Diabetes Management**
Meridian offers educational and support programs on an individual or group basis for those with diabetes. Learn more about this disease and how to manage it. Physician referral is required.

**Diabetes Management: Understanding the Signs and Symptoms**
Join Brian K. Roper, M.D., to learn how to live a healthy life while coping with diabetes. Registration is required. Call 732-481-8300.
March 9
2:30 – 3:30 p.m.
Manor by the Sea

**DIET AND NUTRITION Lose for Life**
This weight-loss/management program, created by health professionals, helps you lose weight while still enjoying food. Call Meridian Life Fitness in Point Pleasant (732-295-1778) or Brick (732-836-4007) for fees and to register.

**Nutrition Counseling**
Consult with a registered diettian to design a food plan that will help you meet your weight-management and medical nutrition needs. Call Meridian Life Fitness at 732-836-4007 for more information or to register.

**FAMILY SERVICES**

**So Many Grandchildren, So Little Time!**
Multiples truly do provide many blessings. But when your child becomes the proud parent of multiples, the need for support may also multiply. At this event, you’ll hear from Lisa Madden and Elizabeth Battaglini from Staying Sane. They will provide practical tips and suggestions for grandparents of multiples. You’ll also have the opportunity to network with other grandparents of multiples so that you can share your own tips and stories.
March 20
10:00 a.m.
Riverview Medical Center, Boardroom

**To Immunize or Not to Immunize Your Child: That Is the Question!**
Join Cathleen Balance, M.D., a board certified pediatrician at Jersey Shore University Medical Center, for an informative, interactive discussion about the benefits and risks of immunizing infants against vaccine-preventable diseases.
March 10
7:00 – 8:00 p.m.
Goddard School
178 West Veterans Highway, Jackson

**GENERAL FITNESS AND WELLNESS**

**CPR Training**
All Meridian hospitals are American Heart Association (AHA) CPR Training Centers. The AHA strongly promotes knowledge and proficiency in CPR and has developed instructional materials for this purpose. Call for dates, times, and locations of specific classes.

**Going ‘Green’ for Home and Health**
Join Ocean Medical Center and community partners as we celebrate the 40th anniversary of Earth Day with educational lectures and displays providing tips on going “green” and the benefit to your health and environment.
April 22
11:00 a.m. – 3:00 p.m.
Ocean Medical Center, Atrium and Community Room

**Meet with a Wellness Advisor**
Consult with a wellness advisor to learn how our new medical fitness program can help you control and manage symptoms from chronic conditions such as diabetes, cardiovascular disease, osteoporosis, fibromyalgia, and many others. Call 732-836-4007 to register. Classes are held in Brick and Point Pleasant.

**Taking Control of Overactive Bladder**
Are you suffering from overactive bladder (OAB)? If so, you have more and better options today than ever before. Join urologists Robyn Leitner, M.D., and Gary Linn, M.D., for a lecture to understand the signs, symptoms, and treatment options for both women and men.
April 28
3:30 – 5:00 p.m.
Ocean Medical Center, Conference Room A

Meridian Health-sponsored events are free unless noted otherwise. Please register to reserve a space as classes and seminars can fill up quickly. To register for any event or for more information, please call 1-800-DOCTORS (1-800-362-8677). Register online at MeridianHealth.com.
ORTHOPEDEICS AND SPORTS MEDICINE

Healthy Bones
As we age, calcium and other minerals are lost from the bones. This can lead to osteoporosis, which may cause an increased risk for bone fracture. Join Riverview Medical Center’s rehabilitation experts to review risk factors, the role of exercise, and how a well-balanced diet helps maintain bone health. Free bone density screenings will be provided. Registration is required.
April 15
7:00 p.m.
Middletown Township
Public Library
55 New Monmouth Road,
Middletown

Osteoporosis Seminar
Jason Nitch, M.D., of Brielle Orthopedics presents a highly informative lecture on everything you need to know about osteoporosis. Registration is required. Call 732-312-1800.
March 16
2:30 – 3:30 p.m.
Meridian Nursing and Rehabilitation at Wall

Total Joint Replacement Seminar
Join physiatrist Michael Dambeck, D.O., as he discusses what to expect before, during, and after joint-replacement surgery. Topics covered include preparing for surgery, pain management, and rehabilitation. Registration is required. Call 732-312-1800.

SCREENINGS

Red Bank Community Health Fair
Join Meridian Health and Red Bank School District for this health and wellness event. Health screenings include blood pressure, cholesterol, BMI, and stroke risk assessment. Participate in a Wii® tournament, check out a variety of merchants, and much more.
Saturday, April 24
9:30 a.m. – 12:30 p.m.
Red Bank Middle School
101 Harding Road, Red Bank

Protect Your Hearing, Protect Your Health, and Stop That Noise!
To commemorate Noise Awareness Day, Meridian is hosting a special program to promote awareness about the importance of reducing noise in our lives and strategies for protecting your hearing. Free hearing screenings will be available by appointment between 11:00 a.m. and 1:00 p.m. at all locations. Registration is required.
April 26
Presented by Melanie Holzberg, M.A., CCC-A, licensed audiologist and hearing aid dispenser, Jersey Shore University Medical Center
10:00 – 11:00 a.m.
Jersey Shore University Medical Center, Brennan 104 – 105

APRIL EVENTS

Any PROGRAM may be canceled as late as an hour before the program’s start time if there are severe weather conditions. Please call 1-800-DOCTORS (1-800-362-8677) or the hospital’s information desk (after 5:00 p.m. and on weekends) for confirmation.
Could It Be Cancer?

Six Warning Signs Women Older Than 35 Shouldn’t Ignore

Most symptoms have an obvious cause. A cough is usually the start of a cold; a bellyache means you may have caught a bug; and bloating can be traced to the bag of chips you polished off last night.

But sometimes, insignificant symptoms like these can indicate a more serious problem — like cancer. In fact, many common types of cancer have early warning signs that are easy to dismiss because they seem like no big deal. By being aware of these symptoms, especially when they come on suddenly or don’t go away, you can help doctors catch cancer early, when it is most treatable.

Read on to find out when your minor symptoms might signal a major red flag.

1

- **SYMPTOM: BLOATING**
- **LIKELY EXPLANATION: INDIGESTION**
- **WORST-CASE SCENARIO: OVARIAN CANCER**
While some cancers have vague symptoms that can be mistaken for other health issues, they may also be accompanied by more alarming symptoms. That is often not the case with ovarian cancer. “Most of the symptoms of ovarian cancer can be dismissed as no more than a stomach bug,” says Henry Sprance, M.D., Ph.D., medical director of the Perricone Center for Gynecologic Oncology at Jersey Shore University Medical Center. “In addition to bloating and stomach or pelvic pain, symptoms include difficulty eating or feeling full quickly, fatigue, and constipation.”

- **WHEN TO SEE A DOCTOR**
Make an appointment with your gynecologist if any of the symptoms above persist, get worse, or happen more often than normal. When ovarian cancer is to blame, you may also notice other symptoms such as urinating frequently, pain during sex, or back pain. Having a family history of ovarian or breast cancer increases your risk for the disease.

2

- **SYMPTOMS: COUGHING, WHEEZING, OR SHORTNESS OF BREATH**
- **LIKELY EXPLANATION: A COLD OR ASTHMA**
- **WORST-CASE SCENARIO: LUNG CANCER**
Lung cancer is the second most common type of cancer and the number one cause of cancer death. In 2009, it was projected that more than 4,000 people in New Jersey would die of lung cancer. Tobacco smoke is responsible for about 90 percent of lung cancer cases. “Breathing in secondhand smoke, especially if your spouse is a smoker or if you’ve been exposed to smoke in the workplace, also raises your risk,” says Arthur Topilow, M.D., of Jersey Shore University Medical Center.

- **WHEN TO SEE A DOCTOR**
Signs of lung cancer usually masquerade as a cold or asthma. The difference is that, with lung cancer, these symptoms are new (unlike your asthma symptoms) and last more than a week (unlike a cold). “See your doctor if you experience problems such as chest pain, weight loss or loss of appetite, spitting up blood, shortness of breath, or repeated infections like bronchitis or pneumonia,” recommends Dr. Topilow.

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■ SYMPTOM: A LUMP IN THE BREAST OR ARMPIT

■ LIKELY EXPLANATION: A BENIGN CYST

■ WORST-CASE SCENARIO: BREAST CANCER

“Finding a lump in your breast or the area around your breast can be frightening,” says Josephine Filardo, M.D., of Ocean Medical Center. “Most times, it’s no more than a benign cyst or fibrocystic changes in the breast.” But a lump in the breast can also be a telltale sign of breast cancer, the most frequent type of cancer diagnosed in women after skin cancer.

■ WHEN TO SEE A DOCTOR

It is always better to be safe than sorry, so have a doctor check any suspicious lump. Breast cancer can show itself in other ways, too. See your doctor if you notice swelling in all or part of the breast or unexplained changes to the breast or nipple, such as redness, irritation, dimpling, pain, or discharge. “Remember: The earliest signs of breast cancer are usually found on a mammogram,” says Dr. Filardo. “Make sure you talk with your doctor about the benefits and risks of mammography, especially if you have a family history of the disease or know that you have a BRCA1 or BRCA2 gene mutation.”

Get the Latest Health News Delivered to Your Computer!

Meridian Health is now offering FREE monthly e-newsletters on two hot topic areas: children’s health and cardiovascular health. They will feature tips for maintaining a healthier lifestyle, plus information on the latest procedures, screenings, and classes at Meridian Health. To sign up today for Your Health-e Child or Your Health-e Heart or both of these free e-newsletters, visit www.MeridianHealth.com/eNewsletters.

■ SYMPTOM: DIARRHEA OR CONSTIPATION

■ LIKELY EXPLANATION: STOMACH FLU OR INSUFFICIENT FIBER

■ WORST-CASE SCENARIO: COLORECTAL CANCER

Many signs of colorectal cancer can be mistaken for conditions as harmless as an upset stomach or other gastrointestinal conditions. For example, you may experience diarrhea or constipation. “Colorectal cancer can cause symptoms as mild as weakness and fatigue,” says Thomas Lake III, M.D., of Ocean Medical Center. “But overall, most people with the disease have no symptoms in its early stages.”

■ WHEN TO SEE A DOCTOR

Dr. Lake recommends seeing your doctor if you experience changes in bowel habits that last more than a few days. Cramping or abdominal pain or dark or bloody stools can also indicate cancer, but they usually appear after the disease is in its advanced stages. This is one reason why colorectal cancer is the second leading cause of cancer death. The American Cancer Society recommends starting screening at age 50. There are many different types of screening tests, so talk with your doctor about which ones may be best for you.
SYMPTOM: A LUMP IN THE NECK

LIKELY EXPLANATION: AN INFECTION

WORST-CASE SCENARIO: THYROID CANCER

A lump in your neck can mean swollen lymph nodes, which are often caused by an infection, such as the flu. Lymph nodes are bean-sized organs located throughout your body. They are responsible for producing white blood cells, which fight infection. When your body is battling an infection, your lymph nodes swell. “Thyroid cancer can also make the neck swell. It causes your thyroid gland to enlarge,” says Philip Passalaqua, M.D., of Riverview Medical Center. “Thyroid cancer can also cause a hoarse voice and difficulty swallowing.”

WHEN TO SEE A DOCTOR

“Contact your doctor if the swelling doesn’t go down after several weeks or continues to grow,” says Dr. Passalaqua. “Sudden and painful swelling usually indicates injury or infection. Tumors typically cause painless and more gradual swelling.” Thyroid cancer can affect people of all ages. Radiation therapy to the neck, a family history of the disease, and chronic goiter increase risk for this cancer.

SYMPTOM: A MOLE

LIKELY EXPLANATION: A HARMLESS SKIN GROWTH

WORST-CASE SCENARIO: MELANOMA

“The majority of moles are harmless, but some can be cancerous,” says Kenneth Grossman, M.D., of Riverview Medical Center. “Melanoma is one of the less common types of skin cancer, and it is responsible for the most skin cancer deaths. Luckily, it can be detected early, when it is almost always curable.”

WHEN TO SEE A DOCTOR

The American Academy of Dermatology recommends getting moles checked by a dermatologist if they have any of these signs, known as the ABCDEs:
- Asymmetrical shape
- Border that is wavy or irregular
- Color that varies or shades of tan, brown, black, white, blue, or red
- Diameter that is larger than a pencil eraser
- Evolving shape, size, or color

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MERIDIAN HEALTH GETS THE GOLD IN CANCER PREVENTION

At Meridian hospitals, we provide the very best care for our patients. We’re also committed to keeping our team members healthy. That’s how we recently earned CEO Cancer Gold Standard™ Accreditation from the CEO Roundtable on Cancer, an honor that recognizes our many initiatives that reduce the risk for cancer among team members and their families.

“We make sure that we’re up to the minute on the newest opportunities in cancer prevention and detection and make them available to our team members,” says Wendy Edelson, R.N., M.A., director of human resources for Meridian Health.

To this end, Meridian offers the following services to staff and their families:
- Free smoking cessation programs. Meridian even covers the cost of all smoking cessation products, such as over-the-counter and prescription medications.
- Discounted gym memberships at any of the system’s fitness centers.
- Free cancer screenings. Whether they receive a mammography, colonoscopy, prostate screening, or any other test, it’s free.
- Healthy eating options. Cafeterias feature salad bars stocked with fresh produce and foods that are grilled and broiled instead of fried.
- Information about clinical trials. “Our research department informs staff members about how they, as healthy individuals, can provide vital information about cancer prevention for the future,” Edelson says.

SOLUTION TO LAST ISSUE’S WORD JUMBLE

CARDIOVASCULAR  CROHN’S DISEASE
SLEEP APNEA  HERNIA
HEART ATTACK  HEART HEALTH
Head and Shoulders Above the Rest

The Diagnostic Imaging Center at Riverview: Designed with you in mind.

Where can you go for all your diagnostic imaging needs, walk-in service, leading edge technology, and a caring team of technologists, nurses, and radiologists?

Superior Technology in Expert Hands

At the Diagnostic Imaging Center at Riverview, technology like the 64-Slice CT Scan and PET/CT comes to life in the expert hands of the Diagnostic Imaging Team. Our team, which includes highly trained and experienced physicians and technologists, performs and interprets a wide range of imaging procedures with the utmost precision so that you and your doctor receive the most accurate diagnostic information.

Convenience and Service are Paramount

Our focus on comfort, service, and convenience continues to delight our patients and as a result, in a recent survey of patients by J.D. Power and Associates, Riverview was recognized for delivering an Outstanding Outpatient Experience. From complimentary parking, to convenient appointments, to a comforting hand to hold, our goal is to provide the best health care experience.

Mention this ad upon arrival for your appointment at the Diagnostic Imaging Center and you’ll receive a cup of coffee on us! To book your appointment, call 732.530.2525 or to learn more, visit www.RiverviewMedicalCenter.com/DiagnosticImaging.
Dust off those guitar picks because it's time once again for kids to rock Riverview Medical Center. On March 13, from 11:00 a.m. to 2:00 p.m., the distinct sounds of the Red Hot Chili Peppers, Ozzy Osbourne, and Billy Idol will be heard in Riverview's Blaisdell Lobby as children line up to enter the Guitar Hero® Challenge at the 2nd annual Riverview Kids Rock.

This fun and educational community health fair will feature unique hands-on learning experiences for both children and parents, from special “glow germs” that teach children about hand washing to laparoscopic surgery demonstrations on gummy bears!

The event will also feature:
- Music and entertainment for all ages
- A Nintendo® Wii™ tournament
- A teddy bear clinic
- CPR basics
- A presentation on choosing healthy snacks, with some to sample
- A bike helmet safety seminar
- A chance for kids to test their knowledge against a librarian’s
- A discussion on attention-deficit/hyperactivity disorder for parents
- A tour of the K. Hovnanian Children's Hospital ambulance

Doctor Bernard will even make a special appearance to award the Guitar Hero champion! Bring out the inner rock star in your child and don't miss this unique opportunity to make healthy habits a fun topic!

Riverview Kids Rock is just one of the exciting activities planned to further the Meridian Pediatric Network and the expansion of the Jane H. Booker Women’s and Children’s Center at Riverview, as part of our “Expecting Great Things” campaign.

Learn more about the great things we are expecting at Riverview. Visit www.RiverviewMedicalCenter.com/expecting.