

In Good Health

A publication of **Clara Maass Medical Center**



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Dear Friends,

At Clara Maass Medical Center and Barnabas Health, it is both a mission and a passion to not only heal those who are ill with the highest quality care but also to focus on prevention and helping to keep our communities healthy.

Clara Maass Medical Center and Barnabas Health employees are constantly expanding health and wellness initiatives throughout local communities. We not only offer various programs and diagnostic services to aid in early detection, but also programs and seminars to help you prevent illness or injury.

As you will read in this issue, the New Jersey Bariatric and Metabolic Institute (NJBMI) at Clara Maass Medical Center is here for you when you are ready to embark on a journey to a healthier you. From pre-operation seminars and counseling to post-operation support groups, NJBMI can restore your life or introduce a new way of life.

The Traveler's Resource at Clara Maass would like to ensure you make the best of your vacations by helping prevent travel-related illness overseas. Also within, you will find advice from Derrick Wallace, MD, Clara Maass Medical Center otolaryngologist, on how to prevent hearing loss, and ultimately dementia, for you and your loved ones.

Once again this fall, you can help Clara Maass Medical Center Foundation fight obesity by walking or running at the annual LIFELINE CHALLENGE TO HEALTHY LIVING 5K Run and 2K Fun Walk at Essex County Turtle Back Zoo on Sunday, October 12. Proceeds from the Run and Walk benefit programs empowering children and their families to make healthy and active lifestyle decisions. Registration details can be found inside this issue.

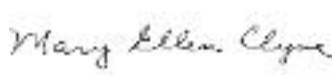
We also offer a complete calendar of community health events, screenings and seminars. You can find the fall 2014 calendar in this issue. We hope to see you at our community health events or at LIFELINE CHALLENGE this fall.

We wish you good health.

Cordially,



Barry H. Ostrowsky
President and
Chief Executive Officer
Barnabas Health



Mary Ellen Clyne, PhD
President and
Chief Executive Officer
Clara Maass Medical Center



Essex and Hudson Counties

Clara Maass Medical Center

One Clara Maass Drive
Belleville, NJ 07109
973.450.2000



Saint Barnabas Medical Center

94 Old Short Hills Road
Livingston, NJ 07039
973.322.5000



Newark Beth Israel
Medical Center
and Children's Hospital
of New Jersey
201 Lyons Avenue
Newark, NJ 07112
973.926.7000



Barnabas Health
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200 South Orange Avenue
Livingston, NJ 07039
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Jersey City Medical Center
355 Grand Street
Jersey City, NJ 07302
201.915.2000

Listen Up: Hearing Loss Can Increase Dementia

Hearing loss affects approximately 30 percent of adults ages 65 to 74 and nearly half of those age 75 and older, according to the National Institute on Deafness and Other Communication Disorders at the National Institutes of Health. Although it's frequently believed to be an age-related condition, impaired hearing can actually result in more serious health problems, including dementia – the term used to describe conditions characterized by cognitive decline, decrease in motor skills and/or impaired daily function.

“Although it's a newer area of research, studies have shown a connection between hearing loss and dementia,” says Derrick I. Wallace, MD, an otolaryngologist and attending physician at Clara Maass Medical Center. “Hearing loss can result in a decreased ability to communicate, which, in turn, can lead to the inactivity or breakdown of brain cells – a direct cause of dementia.”

Signs of hearing loss can include difficulty holding a conversation, muffled or misunderstood speech, the need to repeat sounds and inappropriate responses to questions, among others. “While these signs may be obvious, hearing loss is often brushed aside as a normal part of aging,” says Dr. Wallace.

“One issue noted in many studies is the loss of stimulation among those with hearing impairments. If people are unable to hear and establish that connection with the outside world, their dementia may become worse,” says Dr. Wallace, adding that older patients tend to be among the most isolated and at-risk for developing hearing loss-related dementia.

In an effort to maintain healthy hearing and brain function among his patients, Dr. Wallace informs them and, in some cases, their caregivers and family members, about the impact of hearing loss on cognitive abilities. By raising awareness and treating hearing loss aggressively and early – especially with the use of hearing aids – Dr. Wallace hopes more people will take hearing loss seriously and take the necessary steps to treat it.

“Many people fear that there's a stigma associated with hearing aids, so they won't use them,” says Dr. Wallace. “I often compare hearing aids to glasses to get my point across: if you have trouble seeing, you wear glasses. If you're experiencing hearing loss or deficiency, you should treat it.”

For more information on treating hearing loss at Clara Maass Medical Center or to make an appointment with Dr. Wallace, call **973-450-2000**.



Derrick I. Wallace, MD
Otolaryngologist and Attending Physician
Clara Maass Medical Center

Robotic Thoracic Surgeon Helps Pioneer Lung Cancer Detection Program at CMMC

Previously, lung cancer screenings were not made readily available for those without symptoms – even for people who were considered high-risk. That's because the screenings were done using chest X-rays, which often showed false-positives for benign spots, and they couldn't identify the small, early and potentially curable cancers that existed within the lungs.

Times have changed.

Now, innovations in screening and detection programs allow physicians to diagnose lung cancer in its earliest stages, increasing the chance of survival. At Clara Maass Medical Center (CMMC), physicians can detect lung lesions more easily than ever before by using Electromagnetic Navigation Bronchoscopy® – or ENB™ – biopsy equipment.

Prior to ENB, the removal of diseased lung tissue required major surgery. Now, patients can opt for the minimally invasive outpatient procedure that reduces the need for more invasive surgical procedures. ENB is a GPS-like technology that extends the reach of the bronchoscope to regions deep within the lung, enabling physicians to locate small lung lesions for diagnostic testing and potential treatment.

Justin T. Sambol, MD, who recently joined The Cancer Center at Clara Maass Medical Center as an attending thoracic surgeon, specializes in robotic thoracic surgery. Dr. Sambol recently partnered with Peter Zazzali, MD, a pulmonologist at CMMC, to start the hospital's ENB program and perform the first ENB procedure at CMMC.

"The patient's CT scan showed a mass, but the patient wasn't a candidate for traditional surgery due to poor lung function. Using the new ENB technology, Dr. Zazzali and I were able to diagnose the patient's cancer," said Dr. Sambol. "Previously, a patient with a similar case would have required a much more invasive surgery to obtain a diagnosis. Instead, ENB allowed us to diagnose the patient and work with our radiation oncology colleagues to help outline an appropriate treatment plan."



Justin T. Sambol, MD
Attending Thoracic Surgeon
Cancer Center at Clara Maass Medical Center

According to Dr. Sambol, the first ENB procedure at CMMC – performed in one hour using general anesthesia – was "a clear success," and the patient went home that same day.

ENB, much like robotic technology, enhances the skills of the surgeon. Combining these two modalities offers significant patient benefits – a decreased risk of complications, smaller incisions, a shorter hospital stay and less recovery time.

"Minimally invasive ENB helps us identify small nodules that are often difficult to find using other techniques. We can even use a device to tattoo – actually ink the area – where the tumor is so we can identify it more easily using the robot and keep the incisions small," said Dr. Sambol.

ENB can be useful for all types of surgery in the chest – whether it's lung tumors or lung cancer, tumors of the mediastinum or elsewhere.

For more information about The Cancer Center at Clara Maass Medical Center or ENB procedures, please call **973.844.4150**.

Weight Loss Surgery is a Family Affair

Like most, Karen Lynen never expected to be in a position to need bariatric surgery. The 40-year-old, busy mom of three was going to the gym and working out on her own but her customer service job kept her sitting down in front of a computer most days.

When her eldest daughter, in her early 20s, began considering bariatric surgery, Karen accompanied her to appointments with surgeon Naveen Ballem, MD, Director of the New Jersey Bariatric and Metabolic Institute at Clara Maass Medical Center (CMMC). It was there that Karen learned she, too, was a good candidate for bariatric surgery.

"I was 214 pounds at my heaviest but I thought I carried it well. I didn't realize I would be eligible for surgery," said Karen.

While originally unsure about undergoing surgery, Karen decided to go for it to support her daughter.

"I knew nothing about bariatric surgery. It was an entirely new world, but we sat down and did our research," she said.

Once Karen and her daughter had qualified to undergo bariatric surgery, they met with Dr. Ballem to determine which type of surgery would be best for them.

"Dr. Ballem discussed the various options available and we decided to go with the sleeve," she said.

Ultimately, surgery was scheduled for a few weeks later on March 16, 2012. During the minimally invasive procedure, Dr. Ballem inserted surgical instruments through small incisions in Karen's abdomen to reduce her stomach to approximately 25 percent of its original size – roughly the size of a banana. As a result, the amount of food Karen would be able to eat before feeling full was significantly reduced.

Just more than two years post-op, Karen has lost a total of 85 pounds. She didn't expect the results she now sees and is dedicated to maintaining a healthy lifestyle.



"I assumed I'd lose weight but I didn't think I was going to lose this much," she says. "I'm going to make sure I don't go backwards. I'm enjoying my new lifestyle and feel so much better about myself."

In addition to going to the gym or walking on her treadmill, Karen watches what she eats and "faithfully" attends weight loss support group meetings to learn how she can continue to add healthy living strategies into her life. She even brings her youngest daughter so that she can learn how to live a healthy lifestyle and make good choices when it comes to food.

"After surgery, I realized my problem was my portion size. Over time, I've learned how unhealthy I was. Now, everything I learn I try to take home with me and incorporate into my life – whether it's tips about a new app or recipes to try at home."

Karen credits her success to the support she received from others in the weight loss support group, as well as Dr. Ballem and his staff.

"I tell anyone who asks me if they should have the surgery to go for it," she says. "It made a big difference in my life. If I can help support people in their decision, why not? I had plenty of support."

The Weight Loss Institute of New Jersey at CMMC offers a multidisciplinary approach to weight loss that includes pre- and post-surgery education and counseling. Certified by the American Board of Surgery, Dr. Ballem, along with his staff, is dedicated to helping every patient achieve optimal results.

The Center believes that the key to excellent long-term success is consistent follow-up and support from the entire bariatric team.



Naveen Ballem, MD

Medical Director of the New Jersey Bariatric and Metabolic Institute at Clara Maass Medical Center

For more information about Dr. Ballem or the New Jersey Bariatric and Metabolic Institute at Clara Maass Medical Center, call **973-450-2393**.

One of the biggest complaints associated with hip and knee joint replacement is pain.

Before surgery, people suffering from hip and knee issues have trouble doing the things they want to do – playing with their grandchildren, climbing stairs and more. After surgery, many patients struggle to regain their movement because of the pain associated with recovery.

At the Joint and Spine Institute at Clara Maass Medical Center (CMMC), the Institute's Medical Director Frank Femino, MD, developed a multi-modal approach to pain management that has become the hospital's standard protocol and prevents pain before patients even wake up from surgery.

Although he begins with a conservative approach, often recommending physical therapy, medication or injections that can delay surgery, Dr. Femino says many patients come into his office asking to undergo joint replacement.

Dr. Femino has performed more than 4,000 total joint replacement surgeries, and his multi-modal critical path to pain management has been in place at the Joint and Spine Institute at CMMC for more than 17 years.



Frank Femino, MD
Director of the
Joint and Spine Institute at
Clara Maass Medical Center

This approach involves several components: pre-operatively, Dr. Femino prescribes a COX-2 inhibitor (a non-steroidal anti-inflammatory drug, or NSAID) to help circumvent the pain pathway a few days prior to surgery. Then, during surgery, he and his team utilize neuraxial (spinal) anesthesia, a regional block that doesn't require general anesthesia or intubation.

"The advantage of using this approach is that it's a safe and effective way to perform surgery, and patients don't wake up in pain following surgery because we're blocking the pain pathway before surgery even begins," says Dr. Femino, adding that his multi-modal pain approach has become

A Joint Approach to Pain:

multi-modal technique leads joint replacement patients to pain-free recovery

the standard at CMMC, but it allows for individual variation depending on each surgeon's preferences. "While this method has been proven to eliminate pain time and time again, the Joint and Spine Institute is constantly evolving its pain management techniques based on scientific studies and innovations in the field of pre- and post-surgical pain management.

"Overall, successful pain management is a result of a combination of efforts – the surgeon's technique during surgery, pain management methods, appropriate and timely therapy and good nursing care all play a role in ensuring patients have a good outcome," he says.

At CMMC, those factors work – not only do they result in successful pain management, but they also work to reduce readmission and complication rates. In fact, the Joint and Spine Institute at CMMC is among the top 10 percent of hospitals nationwide, boasting lower-than-average rates for readmissions and complications.

"Although we perform surgery on patients of all ages, many people undergoing hip and knee joint replacement are older, so readmission rates are often related to non-surgical issues such as cardiac problems, urinary retention and other chronic conditions," says Dr. Femino. "Our readmission and complication rates are so low because of excellent anesthesia and medical care."

"Each patient is a VIP and receives individualized care. Using a critical path allows for early recognition of problems," says Dr. Femino.

Another reason for such low readmission and complication rates at CMMC – Routine.

"Because we've been using one standard approach – albeit with a few modifications based on surgeons' preferences – each member of our team at the Joint and Spine Institute knows what's involved and what should happen at any given time before, during and after surgery. Any slight deviation from our typical routine raises a red flag, so we can address any issues that may arise immediately," says Dr. Femino. "That early intervention prevents complications."

"The Joint and Spine Institute is designed to get patients back to their daily lives. I take great pride in knowing that the Joint and Spine Institute at Clara Maass Medical Center plays an integral role in helping the community regain mobility," he says.

For more information on the Joint and Spine Institute at Clara Maass Medical Center, call **973-450-2399**.

A TASTEFUL EXPERIENCE

AN EVENING OF SENSATIONAL FOOD & WINE TO BENEFIT
CLARA MAASS MEDICAL CENTER



MONDAY, NOVEMBER 17, 2014
6:00PM – 9:00PM

PLEASANTDALE CHATEAU
757 EAGLE ROCK AVENUE • WEST ORANGE, NEW JERSEY

MAIN EVENT • VIP EXPERIENCE

FOR TICKETS CALL 973-450-2277

OR VISIT

WWW.CLARAMAASSFOUNDATION.ORG





Clara Maass ED Lowers Chance of Hospital Admission

Rapid Diagnostic Unit gets patients in and out fast

With the RDU, patients can get diagnosed and start treatment more quickly, while those with normal test results can leave the hospital much sooner.

Asthma is another condition that's well-suited to the RDU, notes Dr. Fontanetta. "Many asthma patients used to be admitted for several days. Now, we can intensely treat them for 24 hours, and then they're able to go home."

The RDU makes other services readily available to its patients, too, offering extended hours for MRIs, and priority scheduling for CT scans and ultrasounds.

Plus, the RDU provides a more restful environment than the main ER, offering 16 nicely appointed, private rooms.

While few hospitals offer RDUs, interest is rising due to growing requirements to reduce healthcare costs and improve quality of care. Since opening the RDU in 2008, CMMC has helped pioneer this model of emergency services.

"In the Emergency Department, we're always looking for rapid turnaround," says Tara Cullen, RN, Director of the Emergency Department at CMMC. "It's more relevant now than ever."

And what about patients with those simple strains and sprains? "They go to our Fast Track area," says Cullen. "There you can get an x-ray, a splint, and you're ready to go."

Emergency departments handle everything from sprained ankles to strokes. But with many patients, their problem isn't immediately clear. Someone with chest pain, dizziness or fainting, for instance, may need to be tested and observed over a period of time in order to make a diagnosis.

That's where Clara Maass Medical Center (CMMC)'s Rapid Diagnostic Unit (RDU) comes in. The RDU provides a compressed schedule of monitoring and testing, with the goals of avoiding hospital admission and releasing the patient within 24 hours. In the past, such patients would have been admitted to the hospital for three or four days – with testing and doctor visits spread out over that period.

Today, one out of five Emergency Department patients at Clara Maass goes to the RDU, notes John Fontanetta, MD, Chairman of Emergency Medicine.

"Patients love it," says the physician, whose department treats 80,000 people a year. In addition to getting patients out of the hospital faster, the RDU enables quicker access to doctors. For example, if a patient is in pain, "the doctor or physician assistant is there immediately," he says. Another plus: "It's more economical," which helps reduce health care costs.

The RDU also provides advanced testing seven days a week, including cardiac stress tests (which check for heart disease). Such testing helps patients who would otherwise be released and told to follow-up with a specialist. In the past, for instance, a patient thought to have heart disease might have been directed to see a cardiologist for a stress test. The problem: the patient could have a heart attack before visiting the cardiologist, or never even schedule the appointment.

Typical Conditions Best Addressed in RDU

- ✕ Chest pain
- ✕ Abdominal pain
- ✕ Fainting
- ✕ Mini stroke
- ✕ Asthma attack



John Fontanetta, MD
Chairman of Emergency Medicine
at Clara Maass Medical Center

For more information please call **973.450.2000**.

On the SmarTrack to Good Health

Interactive surgical patient tracking system eases anxiety, simplifies process

When you're waiting for a loved one who is undergoing surgery, an hour can seem like a lifetime. Even same-day surgeries that don't require an overnight hospital stay – known as outpatient or ambulatory surgery – can cause worry among those in the waiting room, despite hospital staff members' best efforts to keep you updated.

At Clara Maass Medical Center (CMMC), the wait is over.

In March, CMMC introduced Picis SmarTrack®, an interactive surgical patient tracking system that identifies each patient's status from the time they arrive to the time they are discharged. The SmarTrack board helps family members, as well as staff and physicians, track patients throughout the surgical process in real time.

According to Benjamin Bauzon, Jr., Perioperative Business Manager, CMMC, who oversaw the implementation of the technology, the Medical Center's scheduling system is automatically fed into SmarTrack at midnight. Someone from each perioperative unit is responsible for physically hitting a macro (like a radio button) to check a patient into that particular area and update the SmarTrack board.

"The tracking board is similar to what you might find in an airport. Each touch point, or area within the surgical process – concierge, registration, pre-op, OR, recovery room, discharge – has an assigned color. A legend that identifies each color's associated area is attached to every SmarTrack board," says Bauzon. "Upon arrival, each patient receives a random, unique, system-generated tracking number. The patient's family receives a card with this number as well as a legend of the SmarTrack board's colors that they can use to track their loved one throughout the surgical process."

Overall, SmarTrack is designed to speed up and simplify the tracking of surgical patients through the perioperative process. CMMC's implementation was driven from a patient satisfaction standpoint, as it helps family members visualize the progress of their loved one and eases their anxiety as they wait.

Not only has the system received positive feedback from family members, but CMMC staff members and physicians enjoy its benefits, too. With three SmarTrack boards visible throughout the hospital, surgeons have commented that SmarTrack is very informative and helps them zone their schedule throughout the day.



"Everyone has seen the benefits of the system," says Sandy Marty, RN, Manager of Same Day Surgery and Pre-Admission Testing, CMMC. "Because families are able to see real-time status of their loved one via SmarTrack, our staff can concentrate on patient care without the added responsibility of tracking patients."

SmarTrack has also provided peace of mind in emergency situations, as was the case when a pediatric patient was admitted to the Operating Room by way of the hospital's Emergency Room.

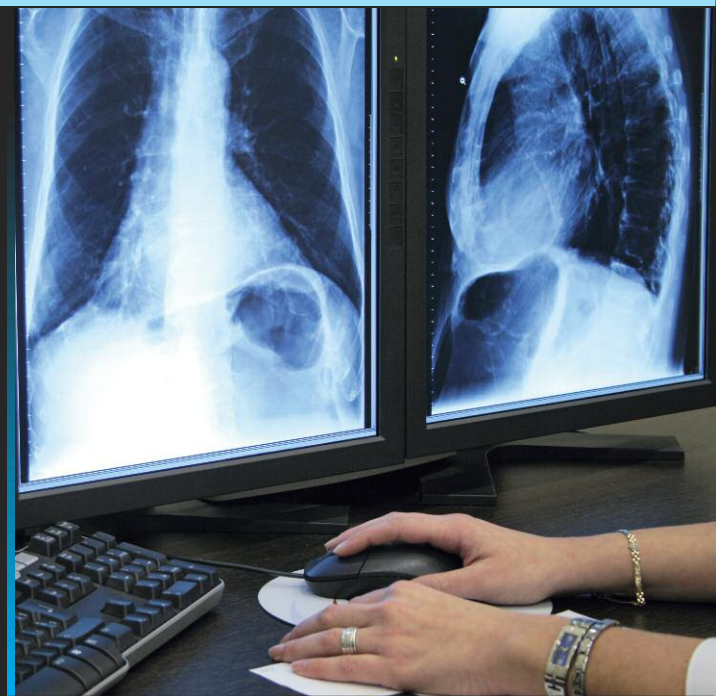
"The child's father was rushing to the hospital so he could see his daughter before she underwent surgery. The family members were able to track the patient from the waiting room, so when the father arrived, they were able to tell that the child hadn't gone into surgery," says Donna Giannetto, RN, Perioperative Nurse Educator at Clara Maass Medical Center. "Because SmarTrack made it easy for the family to identify the young patient's surgical status and where she was, her father was able to see his child before she had surgery."

"As we continue to use SmarTrack, we'll discover more ways it can be utilized in the future," says Bauzon, adding that he hopes to see the system become available 24-hours a day. Currently, SmarTrack is utilized between early morning and early evening hours – for same-day surgery.

"We'll be able to identify additional uses as we move forward," says Bauzon, "but currently it's a great way for family members to stay informed and help relieve any anxiety associated with waiting for a loved one in surgery."

For more information on SmarTrack or the Ambulatory Surgery Unit at Clara Maass Medical Center, call **973.450.2000**.

CMMC and Saint Barnabas Medical Center Merge Radiology Services to Provide Patients with Expanded Access to Diagnostic Imaging



Patients visiting Clara Maass Medical Center (CMMC)'s outpatient radiology department now have expanded access to state-of-the-art diagnostic imaging and a team of highly qualified specialized radiologists – a result of CMMC merging its outpatient radiology services with those of Saint Barnabas Medical Center.

The full-service radiology department at CMMC, boasting six radiologists, 14 CT (computed tomography) technologists, 15 Ultrasound Technologists, 37 Radiology Technologists, 3 nurses and 46 staff, now has the ability to provide a comprehensive range of cutting-edge diagnostic outpatient services, from nuclear medicine and interventional radiology procedures to general radiological procedures such as CT scans, ultrasounds and X-rays and a mammography suite.

These specialized services work to efficiently and effectively aid in the diagnosis of a range of conditions. For example, CMMC features one of the only upright stereotactic breast machines in the state, allowing physicians to reach lesions closer to the chest wall; a new CT scan study uses low-dose radiation to detect lung cancer; and nuclear medicine tests can help medical professionals differentiate patients who exhibit symptoms of Parkinson's disease from those who have essential tremors.

“Our partnership with Saint Barnabas has allowed us to offer services we were not able to provide in the past,” said Joseph Fusco, MD, radiologist at CMMC. “Now, patients have access to a broader scope of services and more accurate readings completed by radiologists with expertise in subspecialties.”

Because all images are digital, they are sent immediately to reading systems where radiologists review the studies and dictate their findings word-for-word through a voice recognition system. The results are then automatically faxed to the physician who requested the study, providing results in a much shorter time than in the past.

Patient satisfaction continues to be a priority. The Outpatient Radiology Department at CMMC offers convenient hours, including evening and Saturday appointments, and accepts walk-in appointments for X-rays. Most insurances are accepted.



Joseph Fusco, MD
Site Director of Radiology
at Clara Maass Medical Center

For more information on the Outpatient Radiology Department at CMMC, call **973-450-2045**.

Traveler's Resource: Medical Clinic Offers Protection against Common Travel-Related Ailments

Are you traveling to Punta Cana in the Dominican Republic for a destination wedding and heard horror stories about traveler's diarrhea and malaria? Perhaps you're planning a visit to a more exotic locale, like Vietnam or Thailand, on a missionary trip and want to be sure you're caught up on all necessary vaccines and are aware of appropriate prevention strategies.

Whether you're traveling as a relief group, church group or simply traveling for leisure, The Traveler's Resource at Clara Maass Medical Center (CMMC) can help. Led by Medical Director, Edward Johnson, MD, Internist and Infectious Disease Specialist, The Traveler's Resource at CMMC provides full travel medicine services, including comprehensive health care information, immunizations and preventative medications and assessment for the international and national traveler.

Part of the Infection Control Department, The Traveler's Resource offers pre-travel consultations for travelers to learn the necessary or recommended vaccinations based upon current health condition, travel destination and anticipated activities while traveling.

"The vaccines and precautions an individual would need if they are staying in a hotel are different than if they are camping, spending time with animals or building a house," says Maryellen Marek, MLT (ASCP), MS, BSN, RN, CIC, Director of Infection Control and Prevention at CMMC. "If someone is spending time with animals, we may recommend a rabies vaccine. If they are doing disaster relief work, a tetanus immunization may be recommended."

According to Dr. Johnson, the decisions surrounding vaccines and prevention strategies are joint decisions between the traveler and the consultant. "Weighing the risk and benefit of vaccines, medications and other prevention strategies is the art of good travel medicine. Some of these vaccines and medications are very expensive



The Traveler's Resource, a certified yellow fever vaccination center, provides education and immunizations and prevention strategies for:

- Yellow Fever
- Hepatitis A
- Hepatitis B
- Typhoid
- Meningococcal
- Polio
- Rabies
- Japanese Encephalitis
- Diphtheria/ Tetanus
- MMR

so we try to tailor to fit the individual and their budget."

"Vaccines are best looked at as being grouped in one of three categories: routine, such as MMR and tetanus; recommended, such as typhoid, Japanese encephalitis; and required or needed to enter a country or special event, such as yellow fever and meningococcal," said Dr. Johnson. "Travel consults become a wonderful opportunity to update routine vaccinations that may have become outdated."

Dr. Johnson and The Traveler's Resource staff also provide travelers with counseling for healthy and safe travel, as well as treating conditions such as traveler's diarrhea occurring while abroad or upon return.

"Many times, travelers develop symptoms of traveler's diarrhea after they return," said Dr. Johnson. "We encourage travelers to come in or contact us upon return if they are feeling ill."

In addition to Dr. Johnson and Maryellen Marek, the staff at The Traveler's Resource includes Donald J. Beggs, MD, an Infectious Disease physician at CMMC, and CMMC pediatrician Roger W. Cooper, Jr., MD. For trekkers, the faculty consults with podiatrist Wayne Caputo, DPM, for input concerning special podiatric issues. The Traveler's Resource staff, as a whole, has more than 40 years of experience in travel medicine and is certified by the American Society of Tropical Medicine and Hygiene and the International Society of Travel Medicine.

When planning to travel, it is important to remember to visit a doctor four to six weeks before your trip to get vaccines or medicines you may need.



Edward Johnson, MD
Medical Director at the Traveler's Resource
at Clara Maass Medical Center

For more information on the Traveler's Resource at CMMC, call **973-450-2400**.

MULTI-GENERATIONAL PHYSICIANS AT CLARA MAASS MEDICAL CENTER

Clara Maass Medical Center is a family hospital in all aspects. Not only are we known for being family-friendly to our patients and their loved ones but our physicians are known to keep it among the family as well. There are many pairs of multi-generational physicians at Clara Maass, featuring father-daughter, father-son, mother-daughter, and sibling combinations. Here's a look at what a few of the pairs have to say about working together at Clara Maass.

FATHER

James M. Orsini, Sr., MD, Medical Director of the Cancer Center at Clara Maass and Former Medical Staff President at CMMC

"As a father, I am extremely proud of my children, and especially touched that they chose to follow in my footsteps. Lisa and Jimmy have been compassionate all their lives and gravitated toward health care as a result.

My son, daughter and I dedicate our lives to patients. Lisa has worked in the Armed Forces and now she's a proud team member at the Cancer Center at Clara Maass. She embodies passionate care. My son has chosen to go into hematology/oncology at Newark Beth Israel Medical Center, where I was trained as well.

The three of us are constantly exchanging information and seeking advice on various situations in our fields. Psychology mixes with hematology/oncology in that you must know how to make a stressful situation more amenable to the patients, as well as dealing with a patient's loved ones."

DAUGHTER

Lisa M. Orsini-Thayer, Ph.D., Clinical Psychologist

"My childhood memories are of my father driving his car door-to-door to meet patients in their homes. He responded to every call he received. My father always had a big smile on this face and it was obvious he loved being a doctor. My father's best quality is caring about people. He also takes tremendous pride in his work. My father goes to great lengths to help others including his employees and friends. I do believe my desire to help others was strongly influenced by my father.

I choose to work at Clara Maass Medical Center primarily to be close to my father, but it has also been a lifelong ambition to help others, particularly those suffering with loss related to illness. Clara Maass has offered me the opportunity to help individuals cope with many trying life circumstances."

SON

James M. Orsini, Jr., MD, Hematology/Oncology

"My journey into medicine started when I was a young boy. My father used to take me to work with him on weekends or to his office during the week. I saw the way he interacted with his staff and patients. The respect and admiration that he had for others translated into respect and admiration for him. I always felt that medicine was a field that transcended both time and place and the ability to help others in a great time of need always brings me internal satisfaction.

My father has established a practice that has become one of the largest and best known oncology practices in the state caring for patients and delivering excellent patient care for years. I entered the oncology field in 2011. It will be an honor to work side by side with him and learning from and with him. My father's qualities go beyond his vast medical knowledge. His devotion to his patients is 24 hours a day, 365 days a year. He embodies what every physician should work towards. He has the most integrity of any man I have ever met and has the ability to get things done whatever the task.

He is not only a great physician but a great man.

My sister is a forensic psychologist. Her ability to listen to her patients along with her execution of treatment plans separates her from others; she has always desired to make a sincere impact on patients' lives. I've always believed in her ability to connect with and gain trust from patients and co-workers but having had some patients in common with her and listening to their positive feedback validated my opinions.

Having been exposed to and worked at six different hospitals in New York and New Jersey, I will be happy to call Clara Maass home. The Clara Maass community rallies around its doctors and the doctors and staff both make working there a pleasure. It is perhaps one of the last of its kind where the people you work with are like family, which ultimately translates into excellence in patient care."



FATHER

Patrick N. Ciccone, DO, Urology, Former Medical Staff President at CMMC

"As far back as I can remember growing up in North Newark, I wanted to be a doctor. My father was a pharmacist and my uncle was a physician on staff at Clara Maass, and I knew that that would be my career. Joining the staff in 1972, I've always been impressed with the friendly environment in which to practice medicine at Clara Maass. The physicians treat each other like family."

SON

Michael P. Ciccone, MD, Urology

"I knew in high school that I wanted to be a doctor. I didn't decide to go into urology until I did my rotations in medical school. The opportunity to have two generations in the same office has been incredible. Working with someone with such great experience, like my dad, and coming in fresh out of my residency allowed each of us to bounce ideas off of one another. I love that my father is so open and receptive to new ways of treating illnesses that have been around forever. We learn from each other on a case-by-case basis. I have worked side-by-side with my father for 10 years and I am impressed with his strong commitment to patient care. He's an excellent teacher and I hope to follow his example."



The Doctors Ciccone express their appreciation for being able to stay invested and present in each other's lives. "It allows us to keep in touch and it's much better than over-the-phone communication," says Dr. Michael Ciccone.



FATHER

Satyender D. Khanna, MD, FRCS

MOTHER

Kamlesh Khanna, MD, Khanna Pediatrics, LLC

DAUGHTERS

Priya Khanna, DO, FACOI, Khanna Pediatrics, LLC

Anisha Khanna, DO, FAAP, Khanna Pediatrics, LLC

On behalf of her family, Dr. Priya Khanna said: "When my dad (Dr. Satyender D. Khanna) came to the U.S. in 1966, he had six US dollars in his pocket. He didn't even know if he had enough money for the taxi ride from Newark Airport to Elizabeth General Hospital, where he was to start his internship and live. But my dad had his degree in Medicine – this was priceless. His education enabled him to grow and become independently secure in the US in a respected profession that enabled him to help people."

My maternal grandfather was a big champion of education and of the power of an educated woman. He made sure that my mother became a physician, a rare thing in India. He then emphasized that not only would my sisters and me go to college, but to medical school as well.

My sisters and I chose a profession in medicine because of our great role models. Medicine was simply a part of our daily lives since we were children. My mom and dad opened their practice on the side of our home. We used to help out in the office every summer and volunteered at Clara Maass Medical Center in the 6th and 7th grades. My mom and dad have been on the staff at CMMC for as long as I can remember, and always boasted how great an institution it is, so my sisters and I wanted to be a part of that.

When my grandmother became ill, we took her to CMMC for treatment because we trusted the care and physicians there. CMMC provides its patients with personal attention. CMMC is an institution that listens and takes the advice of their physicians seriously."

FATHER

James L. Amato Sr., MD, PA, Internal Medicine; Cardiology

"In my more than 50 years as a doctor, practicing medicine with my son has been the most enjoyable professional experience I have had. I often joke that I taught him everything he knows but the truth is he brings new insight on each case and now teaches me a thing or two.

It should also be said that practicing medicine in the friendly environment of Clara Maass Medical Center has made all things easier. The cooperative administrative staff and the competent medical and nursing staffs create a harmonious family-like setting which is conducive to better patient care – which is really what it's all about."

SON

James L. Amato, Jr., MD, Cardiology

"The first time I 'made rounds' at Clara Maass was over 40 years ago when my father brought me along. I can remember the nurses asking if I wanted to be a doctor and I remember not knowing the answer. My father and I both feel fortunate for getting to work in a hospital that has such a friendly atmosphere and commitment to excellence.

One of my father's greatest attributes as a physician is his enthusiasm. Whether he is learning a new hospital computer system or tackling the latest developments in medicine, he focuses on the positive aspects of change. His jokes and stories always boost his patient's mood and make working with him enjoyable. Even though medicine has changed over the years, patients still recognize my father's genuine concern for them. His patients will often tell me: 'your father was very upset I didn't stick with my diet' or 'your father made me stop smoking 20 years ago.'"



FATHER

Sarwan K. Seth, MD, Internal Medicine

Dr. Seth grew up as one of three boys in India. His father said that one of his sons would be an engineer, one would be a doctor and one would be a lawyer. Sarwan fulfilled the role of physician.

"My wife and I always wanted the same life for our son. Now, I depend on my son, and we confer with each other on a daily basis. My son modernized my office with the most up-to-date technology.

I love Clara Maass. My daughter was born here. Once I started working here, I saw the close way everyone works. Administration is very approachable and that's always helpful to physicians."

SON

Amit Seth, MD, Endocrinology

"Growing up, I always wanted to follow in my father's footsteps. He embodied a family-focused practice, following patients throughout their lives. I still learn how to communicate with patients and families from my father. Sitting down and discussing patients with my father allows me to decide on the best solutions possible for them. I feel that CMMC is a very congenial place. I enjoy going to the doctor's lounge and conversing with other physicians. The nursing staff is always helpful and friendly.

Throughout my life I had the pleasure of seeing and hearing about how my parents (both physicians) had helped people who were sick and made them healthier. I always looked up to my father and chose to move back to NJ from Cleveland because I wanted to learn as much as I could from him. I feel I have inherited my dad's qualities – surgical skills, empathy, compassion and commitment to patients and medicine – and try to push myself to improve on each of these qualities."



In The News

Clara Maass Medical Center Foundation Annual Golf Invitational Raises \$210,000 for Hospital

Nearly 200 golfers eagerly headed out for the shotgun start to Clara Maass Medical Center Foundation's Annual Golf Invitational at Montclair Golf Club on May 19. The golf outing raised over \$210,000 for Clara Maass Medical Center (CMMC). Hole-in-one prizes included four Lexus cars from Lexus of Route 10 and two Maseratis courtesy of Maserati of Route 10, which were on display at the event.

Aston Martin also showcased a car at the Golf Invitational, and sponsored a putting contest for the chance to win \$25,000. A crowd of golfers and



Steve Bergamo, General Manager, Aston Martin; Steve Mavrakes, Director of Physical Therapy, CMMC; and Allan Greenfield, Aston Martin, next to the Aston Martin vehicle displayed at Montclair Golf Club on May 19. Mr. Mavrakes came within one foot of winning \$25,000 in a putting contest sponsored by Aston Martin.

volunteers anxiously watched 6 contestants compete in the final round. Steve Mavrakes, Director of Physical Therapy at Clara Maass Medical Center, came within one foot of the 60-foot shot and the \$25,000. Mr. Mavrakes didn't walk away empty-handed – he was rewarded a brand new TaylorMade putter.

Golfers enjoyed the daylong event, which included brunch, 18 holes of golf, complimentary ice cream, an ongoing barbecue, cocktails, dinner and a silent auction that featured VIP guest passes to ABC talk shows, signed sports memorabilia and golf foursomes at neighboring country clubs. A 50/50 raffle raised in excess of \$17,000.

"The support for our Golf Invitational from our greater business and medical community has always been appreciated," said Mary Ellen Clyne, PhD, President and Chief Executive Officer of CMMC. "We are equally grateful for the many civic and community leaders who attended this event."

Major sponsors included:

- **Champion Sponsors:** Prismatic Development Corporation, Hudson Construction and Clara Maass Medical Staff.
- **Corporate Sponsors:** County Graphics Forms Management, LLC; Kearny Federal Savings; QualCare, Inc.; Rendina Companies; Sandler O'Neil + Partners, L.P.; Solar Electric Systems, Inc.
- **Brunch Sponsor:** A&A Industrial Piping and Nihon Kohden America.
- **Silent Auction Sponsors:** Apruzzese, McDermott, Mastro & Murphy, J. Kuhl Metals Co, Presco Contracting, LLC, TeleTracking, and Torcon, Inc.

Funds from the Golf Invitational help Clara Maass Medical Center consistently deliver award-winning health care and provide the latest advances in technology and medicine.

CMMC Physician Anthony R. Caputo Serves as Honorary Ringmaster at "the Greatest Show on Earth"

In March, Clara Maass Medical Center Foundation Hosted 100 underserved children and their families from the Children's Eye Care Center of NJ and Newark Eye and Ear Infirmary at Clara Maass Medical Center for a Circus Night at Newark's Prudential Center. Honorary ringmaster, Anthony R. Caputo, MD, Medical Director of The Children's Eye Care Center of NJ and Newark Eye and Ear Infirmary at CMMC, combined a fun night out with a great cause by hosting attendees at "the Greatest Show on Earth."

This CMMC event at the Ringling Brothers and Barnum & Bailey Circus at the Newark Prudential Center raised over \$75,000 for Pediatric Eye Care Services at CMMC.

The night was filled with awe-inspiring acrobatics and unforgettable animals. Guests were able to attend a dress rehearsal and event preview before the main show at 7 p.m.

"Unfortunately, two of my patients in the audience at the circus that night will be losing their sight in the coming years," said Dr. Caputo. "To be able to give them a chance to see the sights of a live circus while they still can meant so much to my staff, my family and me. Those kids will never forget what they saw that night."

CMMC Foundation hosted a VIP room for the event, equipped with an all-night buffet, at which tickets cost \$500 a piece. Over 200 tickets were purchased to the general event. Major sponsors included Brach Eichler, LLC; Barnabas Health; Michael P. Calabro Memorial Fund; Clara Maass Medical Staff; Fran and Sal Davino; and Northern New Jersey Anesthesia Associates.



Anthony R. Caputo, MD, Medical Director of the Children's Eye Care Center of NJ and Newark Eye and Ear Infirmary at CMMC, hosted patients and their families at "the Greatest Show on Earth."

In The News

Clara Maass Medical Center President and CEO Honored at Executive Women of New Jersey's Salute to Policy Makers Awards Dinner

Mary Ellen Clyne, PhD, President and Chief Executive Officer of Clara Maass Medical Center (CMMC), was honored at the Executive Women of New Jersey's 15th biannual Salute to the Policy Makers 2014 Awards Dinner in New Brunswick this past spring.

The Executive Women of New Jersey serves as the premier organization for senior level women in New Jersey. It offers professional networking environments for women in business and promotes gender diversity in the boardroom.

Dr. Clyne was honored among 33 executive women in New Jersey, including Barnabas Health colleagues Alison Grann, MD, Chairman of Radiation Oncology at Saint Barnabas Medical Center and Tracy L. Munford, Vice President of Public Relations and Community Affairs, Newark Beth Israel Medical Center and Children's Hospital of New Jersey.

"It was an honor not only to be recognized by Executive Women of New Jersey but to be around such wonderful and inspirational women leading the way in business and health care in New Jersey," said Dr. Clyne.

Dr. Clyne was joined that night by members of her Clara Maass Medical Center Senior Management team as well as Peter Norcia, CMMC Board of Trustees Treasurer, Nutley Mayor Alphonse Petracco, and Lyndhurst Mayor and CMMC Board of Trustees member Robert Giangeruso.



Peter Norcia, CMMC Board of Trustees Treasurer, presented Mary Ellen Clyne, PhD, President and Chief Executive Officer, CMMC, with her Salute to Policy Makers award in May.

CMMC Named One of 251 Hospitals in the Nation to Receive 5 Consecutive Grade "A" Hospital Safety Scores

Clara Maass Medical Center is one of only 251 hospitals in the entire nation to have achieved a Grade "A" in all five score releases of the Leapfrog Group Hospital Safety Score. These five consecutive Grade "A" scores place Clara Maass Medical Center in the top 10 percent in the nation for hospital safety.

"This is a truly tremendous achievement and sets Clara Maass Medical Center apart when it comes to national leadership in hospital safety," said Mary Ellen Clyne, PhD, President and Chief Executive Officer. "This national recognition exemplifies one of our greatest strengths as a health care facility."

The Leapfrog Group is a national leader and advocate in hospital transparency. The Hospital Safety Score is an A, B, C, D, or F letter grade reflecting how safe hospitals are for patients. This score empowers potential patients to make informed decisions about the safety of their hospital care.

According to the Leapfrog Group, the goal of the Hospital Safety Score is to reduce the more than 180,000 yearly deaths from hospital errors and injuries by publicly recognizing safety and exposing harm.

Clara Maass Medical Center (CMMC) has once again been recognized as one of the best hospitals in the region.

U.S. News & World Report ranked CMMC as #18 in New Jersey and #39 in the New York Metro Area for 2014-2015, recognized for diabetes and endocrinology, and neurology and neurosurgery.

It is the fifth consecutive year that CMMC has been listed by U.S. News & World Report among the best hospitals in the New York Metro Area in its "Best Regional Hospitals" edition.

"I am always proud of the fact that we are continuously recognized for providing outstanding health care to our patients and members of the communities we serve," said Mary Ellen Clyne, PhD, President and Chief Executive Officer, CMMC. "These rankings are evidence of the quality care our medical staff and employees deliver to patients."

The U.S. News & World Report rankings are based on information provided by the American Hospital Association, which compiles data on hospitals in the United States based on surveys and other sources. The publication evaluated 5,000 hospitals and results from surveys of more than 9,500 physicians to rank the best centers in 16 adult specialties. Patient safety, death rates and hospital reputation were a few of the factors considered.

Barnabas Health Heart Center at Clara Maass Medical Center honored with Mission: Lifeline quality achievement award

Barnabas Health Heart Center at Clara Maass Medical Center in Belleville has received the Mission: Lifeline® Bronze Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

“Clara Maass Medical Center is dedicated to improving the quality of care for our patients who suffer a heart attack, and the American Heart Association’s Mission: Lifeline program is helping us accomplish that goal through internationally respected clinical guidelines,” said Mary Ellen Clyne, PhD, President and Chief Executive Officer, CMMC. “We are pleased to be recognized for our dedication and achievements in cardiac care, and I am very proud of our team.”

Each year in the United States, approximately 300,000 people have a STEMI, or ST-segment elevation myocardial infarction, caused by a complete blockage of blood flow to the heart that requires timely treatment. To prevent death, it’s critical to immediately restore blood flow, either by surgically opening the blocked vessel or by giving clot-busting medication.

The American Heart Association’s Mission: Lifeline program helps hospitals, emergency medical services and communities improve response times so people who suffer from a STEMI get prompt, appropriate treatment. The program’s goal is to streamline systems of care to quickly get heart attack patients from the first 9-1-1 call to hospital treatment.

“Clara Maass Medical Center earned the award by meeting specific criteria and standards of performance for the quick and appropriate treatment of STEMI patients to open the blocked artery,” explained Elie Chakhtoura, MD, FACC, FSCAI, Medical Director, Cardiac Catheterization Laboratory. “Before patients are discharged, they are started on aggressive risk reduction therapies such as cholesterol-lowering drugs, aspirin, ACE inhibitors and beta-blockers, and they receive smoking cessation counseling if needed. Eligible hospitals must adhere to these measures at a set level for a designated period to receive the awards.”



Pictured in the Cardiac Catheterization Laboratory at Clara Maass Medical Center are (left to right) Brenda Robattino, RN; Patricia Mattioli, RN; Debra Devries, RN; Mary Ellen Clyne, Ph.D., President and Chief Executive Officer, Clara Maass Medical Center; Elie Chakhtoura, MD, FACC, FSCAI, Medical Director, Cardiac Catheterization Laboratory, Clara Maass Medical Center; and Ronnie Castro, MSN, RN, Director of Cardiac Services and Stroke Program.

“We commend Clara Maass Medical Center for this achievement award, which reflects a significant institutional commitment to improve the quality of care for their heart attack patients,” said A. Gray Ellrodt, MD, Chair of the Mission: Lifeline committee and Chief of Medicine at the Berkshire Medical Center in Pittsfield, Mass. “All too many heart attack patients in the United States still fail to receive appropriate treatment for their life-threatening condition within the recommended timeframes. We must all continue this important work to streamline and coordinate regional systems of care to save lives and prevent complications.”



Clara Maass Medical Center Celebrates Opening of On-Site Retail Pharmacy

Located in the Main Lobby at Clara Maass Medical Center, Barnabas Health Retail Pharmacy offers quality, fast, convenient and cost-effective prescription services for patients, physicians, employees and the surrounding community. Over-the-counter products are also available. The pharmacy accepts all Medicaid HMOs, New Jersey Medicaid, all Medicare Part D plans and most private insurances plans. Hours of operation are Monday thru Friday, from 9 a.m. to 5 p.m. For more information, please call 973.450.2581.

Pictured at the grand opening of Barnabas Health Retail Pharmacy at Clara Maass Medical Center in Belleville are (left to right) Joseph Voelkel, RPh, Corporate Director, Barnabas Health Retail Pharmacy; Mary Ellen Clyne, PhD, President and Chief Executive Officer, Clara Maass Medical Center; Kemjika Oguh, RPh, Head Pharmacist, Barnabas Health Retail Pharmacy at Clara Maass Medical Center; Shawn Lynch, RPh, Senior Manager, Barnabas Health Retail Pharmacy; and Bob Pellechio, RPh, Vice President, Barnabas Health Retail Pharmacy.

Clara Maass Medical Center

Community Health Programs, Lectures & Support Groups

All Clara Maass Medical Center Community Health events are run by members of our expert health care team. All events are free of charge unless otherwise noted (*). There will be free parking for all programs held at Clara Maass Medical Center.

September

AARP of Montclair Health Fair

Open to the Public

Monday, September 8;
12:30 to 3 p.m.

United Way of Northern NJ
60 S. Fullerton Avenue, Montclair

CMMC and AARP of Montclair will celebrate Healthy Aging Month with a health fair for seniors. Elizabeth Nossier, MS, RD, will provide a healthy eating and diabetes lecture. Ronnie Castro, MSN, RN, Director of Cardiac Services and Stroke Program at CMMC, will provide an "Act F-A-S-T" stroke seminar. A Brown Bag Pharmacy will be led by staff from the CMMC Pharmacy so be sure to bring your medications. Blood pressure and glucose screenings will be available. All are welcome.

Healthy Heart, Happy Life: Cholesterol and Diet Seminar

Friday, September 12; 10 a.m.

Lyndhurst Health Department
601 Riverside Avenue,
Lyndhurst

High blood cholesterol affects more than 71 million Americans. Celebrate National Cholesterol Month by joining Clara Maass Medical Center Registered Dietitian, Elizabeth Nossier, MS, RD, to learn how a healthy diet can increase your quality of life and longevity. Breakfast will be provided. Call Lyndhurst Health Department to register; 201.804.2500.

ShopRite for Your Health: Cholesterol Store Tour

Monday, September 15; 6 p.m.

Nutley ShopRite
437 Franklin Avenue, Nutley

ShopRite for your health! To celebrate National Cholesterol Education Month, join a Registered Nurse from Clara Maass Medical Center for free cholesterol information followed by a store tour led by ShopRite's in-store Registered Dietician. Find new and old heart healthy favorite foods in the aisles. Please call ShopRite of Nutley to register; 973.235.1213, Extension 130.

ACT F-A-S-T: Stroke Prevention

Thursday, September 18; 11:30 a.m.

Kearny Senior Center
60 Columbia Avenue, Kearny

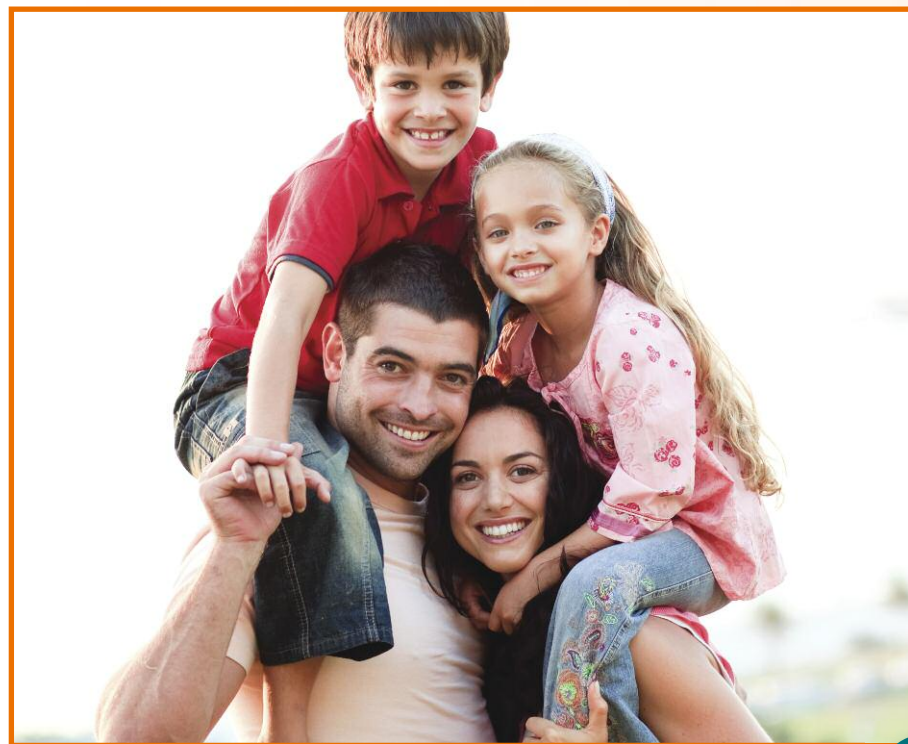
Stroke is the third leading cause of disability in America. Join Ronnie Castro, MSN, RN, CMMC's Director of Cardiac Services and Stroke Program to learn how to prevent and recognize stroke. A light lunch will be served.

B-I-N-G-O!... the Key to Healthy Aging Senior Supper Club Event

Monday, September 22; 5 p.m.

Clara Maass Medical Center Cafeteria
1 Clara Maass Drive, Belleville

CMMC will celebrate Healthy Aging Month by offering a Supper Club and Bingo night open to all. Annette Cozzarelli-Franklin, MD, Medical Director, Women's Health Center at CMMC, will discuss the importance of healthy aging. Elizabeth Nossier, MS, RD, CMMC, will discuss the importance of a nutritious diet. The night will include a wholesome dinner, Bingo, music, raffles and giveaways. To register, please call 1.888.724.7123. Leave your registration information unless otherwise noted.



Clara Maass Medical Center
Barnabas Health

1.888.724.7123 www.barnabashealth.org/claramaass

Visit www.barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!



First Things First: First Aid in Your Home

Tuesday, September 23; 7 p.m.

Kearny Adult School
336 Devon Street, Kearny

Would you be prepared if there was an emergency that required First Aid in your home? Join Clara Maass Medical Center experts, in honor of National Preparedness Month, to identify and eliminate potentially hazardous conditions in your environment, recognize emergencies and make appropriate decisions for First Aid care. This course will leave the audience with skills necessary to provide immediate care to a suddenly ill or injured person until emergency medical services arrive. Please call Kearny Adult School to register, 201.955.1392.

October

Think Pink Day!

Wednesday, October 1

Clara Maass Medical Center

Many people have a story to tell about the challenges of breast cancer. A breast cancer diagnosis tends to be a traumatic experience that not only affects the patient but her loved ones as well. Wear pink today to show your support – whether donning a head-to-toe outfit or slipping on a pair of pink socks or a pink tie.

Luck Be a Lady: Women's Health & Breast Cancer Seminar

Wednesday, October 1; 7:30 p.m.

Vincent United Methodist Church
100 Vincent Place, Nutley

Paul Dell'Aquila, MD, and Tatiana Dell'Acquila, PA, of Barnabas Health Medical Group, will discuss women's health and risk factors, prevention, and treatment related to breast cancer. For more information, please call 973.667.3346.

Down but Not Out: Emotional Well Being for the Older Adult

Thursday, October 2; 12 p.m.

North Arlington Health Department
10 Beaver Avenue, North Arlington

Are you or someone you love battling depression? CMMC Behavioral Health expert Michael Dougherty will discuss diagnosis, treatment and how to cope day-to-day with depression. A light lunch will be served. Call North Arlington Health Department to register; 201.955.5695.

LIFELINE CHALLENGE TO HEALTHY LIVING 5K Run and 2K Fun Walk

Sunday, October 12

8:30 a.m. – Registration

9:30 a.m. – Run

9:45 a.m. – Fun Walk

Essex County Turtle Back Zoo, West Orange

Walk to eliminate and prevent obesity! Proceeds from the family-friendly 5K Run and 2K Fun Walk will be used to enhance existing and future programs that empower children and their families to make healthy and active lifestyle decisions. Register online at www.claramaassfoundation.org.

National Mammography Day

Friday, October 17

Women are reminded to schedule their annual mammograms as well recognize National Mammography Day. To make your appointment at CMMC, please call 973.450.2030.

Willowbrook Mall Family Health Fair

Saturday, October 18; 10 a.m. to 4 p.m.

1400 Willowbrook Mall, Wayne
Bloomingdale's Wing

Kick off Respiratory Awareness week with experts from Clara Maass Medical Center. Our day of fun will include:

10:30 – start the day with a deep breathing exercise

11:00 – free flu shots to the first 50 adults

12:30 – hula hoop contest for kids

All day, Clara Maass will offer free screenings, including blood pressure, glucose, and spirometry, giveaways, an "ask the pharmacist" session, education from lung experts, and more.

Battle of the Bones: Osteoporosis Seminar

Wednesday, October 22; 6 p.m.

Lyndhurst Health Department
601 Riverside Avenue,
Lyndhurst

Osteoporosis is often a debilitating bone disease that strikes one in two American women over the age of 50. In honor of Bone and Joint Action week, join Annette Cozzarelli-Franklin, MD, Medical Director, Women's Health Center at CMMC, as she discusses bone health and the prevention and treatment of osteoporosis. Dinner will be served. Call Lyndhurst Health Department to register; 201.804.2500.

Women's Health Expo

Wednesday, October 29;
1 to 3 p.m.

Verona Community Center
880 Bloomfield Avenue,
Verona

Clara Maass Medical Center, in collaboration with the Verona and Montclair Health Departments, presents a Women's Health Expert Panel. Do you hesitate to book your preventative screenings? Do you know what age you should begin getting screened and how frequently? CMMC experts will conclude Breast Cancer Awareness Month with a conversation on women's health and more. Call the Montclair Health Department to register; 973.509.4969.

November

Bernie's Club presents "Smoking Stinks!"

Saturday, November 1;
10 a.m. to 2 p.m.

Nutley Health Department
150 Chestnut Avenue, Nutley

The Nutley Health Department, in collaboration with Clara Maass Medical Center's Beth Akkaway, Tobacco Treatment Specialist, offers a presentation on smoking and its negative effects on our respiratory system. Parents are encouraged to observe this informative session. If you are interested in your child joining Bernie's Club, please contact Patty Cruz, RN, at the Nutley Health Department to register; 973.284.4900, ext. 2410

Bernie's Club is free to Nutley residents or children who attend school in Nutley; 1st – 5th graders.

Belleville Senior Health Fair

Wednesday, November 5;
9 a.m. to 12 p.m.

Belleville Senior Building
125 Franklin Avenue, Belleville

Join CMMC health experts in collaboration with the town of Belleville to celebrate seniors. The Belleville Senior Health Fair is a fun-filled morning that includes education, giveaways, free screenings and refreshments. A CMMC Diabetes expert will provide a lecture. No registration is required. All are encouraged to attend.

Forget Me Not – an Alzheimer's Discussion

Monday, November 10; 6 p.m.

Belleville Women's Club
51 Rossmore Place, Belleville

An Alzheimer's diagnosis can be detrimental to a family. It's important for loved ones to not only be aware of the risk factors and treatments available, but how to cope with the disease. Join Randi Hershkowitz, RN-BC, BSN, Program Director, Behavioral Health Services, as she discusses Alzheimer's Disease and its impact on the caregivers. Open only to members of Belleville Women's Club.

ShopRite Diabetes Store Tour

Monday, November 17; 6 p.m.

Nutley ShopRite
437 Franklin Avenue, Nutley

ShopRite for your health! To celebrate American Diabetes Month, join an RN from Clara Maass Medical Center who will offer a free Diabetes information session followed by a store tour led by ShopRite's in store Registered Dietician. Discover new and old favorite heart healthy foods in the aisles. Please call ShopRite of Nutley to register; 973.235.1213, Extension 130.

Diabetes Expo

Tuesday, November 18;
6:30 to 8:30 p.m.

Nutley Library
93 Booth Drive, Nutley

Join CMMC, in conjunction with Montclair and Nutley Health Departments, for a free diabetes health fair in honor of American Diabetes Month. Learn how to best manage diabetes every day. Complimentary glucose screenings will be offered, as well as vendors that can provide you with valuable information on diabetes. Call the Nutley Health Department to register; 973.284.4976

December

Take a Shot at Healthy Living: Adult Immunizations Discussion

Thursday, December 4; 12 p.m.

North Arlington Health Department
10 Beaver Avenue, North Arlington

Have you had your shots? Vaccinations aren't just for kids. Healthy adults can now protect themselves from the flu, shingles, whooping cough, and a number of other diseases thanks to a wide variety of vaccinations available. CMMC health experts will provide an overview of some vaccination options for healthy adults, including who should get them and how they protect you. A light lunch will be served. Call North Arlington Health Department to register; 201.955.5695

Clara's Smart Hearts

Congestive Heart Failure and Acute Myocardial Infarction Support Group & Cardiac Rehab Education

Clara Maass Medical Center
Cardiac Rehab Dept. (1st Floor)

Experiencing heart failure or heart attack is often a traumatizing experience. Clara Maass invites you to go through the aftermath with others who have been there and who understand. To register, please call 973.450.2630.

Education topics include:

Wednesdays, 12 to 1 p.m.

September 24: Depression

October 29: Nutrition

November 26: Safety

Tuesday, December 30: Exercise

Clara's Smart Hearts Risk Assessment for Women

Wednesdays, October 8 and 22; 5 to 7 p.m.

The Cancer Center at Clara Maass Medical Center
1 Clara Maass Drive, Belleville

Are you a woman at risk for heart disease? CMMC offers a comprehensive risk assessment for women 55 years of age and older. The assessment will include: a medical history; blood pressure screening; heart auscultation measurements, including heart rate, rhythm, and presence of murmur; lung auscultation measurements; pulse assessments, including carotid and peripheral pulses; blood glucose monitoring; limited neurological assessment; ankle-brachial index; and Reynold's Risk Score. To register, please call 973.450.2630.



Upcoming Seminars on “Surgical Options for Weight Loss” and Bariatric Support Groups

Surgical Options for Weight Loss

Wednesdays: October 1, November 5, December 3; 6 p.m.

Belleville Founders Room at Clara Maass Medical Center

(Location subject to change. To confirm, please call 973.450.2393.)

Join the New Jersey Bariatric and Metabolic Institute (NJBMI) at Clara Maass Medical Center for a free informational session, “Surgical Options for Weight Loss.” Learn if you or your loved ones are candidates for weight loss surgery, and what to expect before, during and after surgery. You will meet accomplished bariatric surgeon, Naveen Ballem, MD, Director of Bariatric Surgery at CMMC, the entire Bariatric Surgery Team and former surgery patients.

Bariatric Support Groups

Wednesdays: October 1, November 5, December 3; 7 p.m.

Belleville Founders Room at Clara Maass Medical Center (Location subject to change. To confirm, please call 973.450.2393.)

Following the “Surgical Options for Weight Loss” seminars are Bariatric Support Groups for all bariatric patients. Each support group focuses on a different topic to help you maintain your weight loss and receive support from others. Friends and family are encouraged to join you.

Seminar topics will be as follows:

October 1: “Plastic Surgery After Weight Loss”

November 5: “Healthy Holiday Eating”

December 3: “Exercise, BMI, and Fat Analysis”

Programs at The Cancer Center at Clara Maass Medical Center

All programs will be held in The Cancer Center at CMMC, located in the Continuing Care Building,
1 Clara Maass Drive, Belleville

Look Good...Feel Better

*Mondays: September 22, November 10
10 a.m. to 12 p.m.*

This national public service program helps female cancer patients improve their self-image by instructing hands-on beauty techniques to manage the appearance side effects of chemotherapy and radiation treatments. Registration is required.

To register, please call the Cancer Center at 973.844.4150.

Breast Cancer Support Group

The last Monday of each month at 4 p.m.

No woman should be alone in her fight against breast cancer. Whether coping with a recent diagnosis or survivorship, CMMC invites you to share your journey with others. Light refreshments will be served.

If you're interested in attending a breast cancer support group, please contact Raylene Langish at 973.450.2332 or rlangish@barnabashealth.org.

** Dates are subject to change. Please call ahead to register/confirm.*

Breathe Easy: High Risk Lung Cancer Screening

Clara Maass Medical Center offers free lung cancer screenings for individuals at high risk for developing lung cancer.

Current or former smokers ages 55 to 74 are encouraged to contact the Cancer Center at 973.844.4166 and speak with the Lung Cancer Navigator to determine if they are candidates for this important screening.

Butts Out!

12 p.m. on the first Tuesday of every month: September 2, October 7, November 4, December 2

**The Cancer Center at Clara Maass Medical Center
1 Clara Maass Drive, Belleville**

Smoking is one of the hardest addictions to shake – but quitting is the best decision you will ever make. Whether you've tried to quit smoking before or are thinking about it, join Beth Akkaway, Tobacco Treatment Specialist, and Community Health Coordinator from Clara Maass Medical Center for a smoke-free presentation. A Clara Maass nurse navigator will assess eligibility for a free lung cancer screening program using the Electromagnetic Navigation Bronchoscopy (ENB) technology available and Clara Maass Medical Center for individuals at high risk for lung cancer. Walk-ins are welcome.

*Smoking Cessation Support Group

6 Weeks, September 17 thru October 22 at 5 to 6 p.m.

Smokers with higher self-esteem and self-motivation have an increased chance of quitting success. This six-week Support Group led by a clinical psychologist, Lisa Orsini, PhD, will provide encouragement, focus, advice and listening as you make one of the most important changes in your life. Call The Cancer Center to register; 973.844.4150.

*There is a fee of \$100.

Visit barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!

Parent Education Programs

at Clara Maass Medical Center

To preregister for any CMMC Parent Education Program, please call 1.888.724.7123. Please note that all classes are subject to cancellation if a class does not reach a minimum number of participants, and you will be rescheduled for the next available class. Please call to confirm dates and times of classes

Maternity Tea

Meet the staff, tour the Maternity Center and learn about various parent education classes, admitting procedures and childbirth options.

First Saturday of each month.

3:30 p.m.

Prepared Childbirth

Perfect for the first-time mom, this three-class series provides information on the birth process, relaxation and breathing techniques, medication, and postpartum adjustment. The Belleville Police Department will provide information on car seat safety. Schedule class during the middle of your pregnancy. \$80 per couple (\$100 per couple if not delivering at CMMC).

First, second and third Wednesdays of each month, or first, second and third Thursdays of each month.

7 p.m. to 8 p.m.

Weekend Childbirth Series

A condensed two-day version of the three class Prepared Childbirth Class. Schedule class during the middle of your pregnancy. \$100 per couple (\$120 per couple if not delivering at CMMC.)

Third Saturday and Sunday of each month

10 a.m. to 12 p.m.

Thinking about Breast Feeding

Professional nurses trained in lactation consultation will offer expectant mothers information about the advantages of breastfeeding, maternal nutrition, breast care and the breastfeeding working mother. \$25 per person.

Second Monday of each month

7 p.m. to 9 p.m.



Welcome Baby! Sibling Program

Through this program, pre-school and young school aged children are introduced to the exciting role of being an older brother or sister that helps them feel involved. The program provides information about the childbirth process and newborns, and also gives a tour of the maternity unit. The class ends with a birthday party to celebrate the arrival of the new "little" brother or sister. Families should select a date close to the expected delivery date. \$15 per child.

Second Sunday of each month.

10 a.m. to 12 p.m.

Baby Shower Infant Care Class

For families planning to deliver at CMMC, this two-hour program covers basic infant care, safety and postpartum concerns. Participants receive a free gift. Required physician signature on registration form to attend.

Fourth Wednesday of each month.

7 p.m. to 9 p.m.

Free Blood Pressure, Cholesterol and Glucose Screenings

Blood Pressure & Glucose

Glen Ridge Pharmacy & Surgical
855 Bloomfield Avenue, Glen Ridge

Mondays: September 22, October 27, November 24, December 22

10 a.m. to 12 p.m.

Blood Pressure

Clara Maass Medical Center
One Clara Maass Drive, Belleville
Wednesday, October 15

11 a.m. to 1 p.m.

Belleville ShopRite

726 Washington Avenue, Belleville
Wednesdays: September 3, October 1, November 5, December 3

9 to 11 a.m.

Nutley ShopRite

437 Franklin Avenue, Nutley
Thursdays: September 4, October 2, November 6, December 4

8 to 10:30 a.m.

Bloomfield Stop & Shop

8 Franklin Street, Bloomfield
Tuesdays: September 2, October 7, November 4, December 2

10 a.m. to 12 p.m.

Clifton Stop & Shop

160 Kingsland Avenue, Clifton
Tuesdays: September 16, October 21, November 18, December 16

10 a.m. to 12 p.m.

Cholesterol

(2-hour fast recommended)

Clara Maass Medical Center Main Lobby

One Clara Maass Drive, Belleville

Wednesday, September 24

11 a.m. to 1 p.m.

Glucose

(2-hour fast recommended)

Clara Maass Medical Center Main Lobby

One Clara Maass Drive, Belleville

Wednesday, November 19

11 a.m. to 1 p.m.

Belleville ShopRite

726 Washington Avenue, Belleville
Wednesdays: September 10, October 8, November 12, December 10

9 to 11 a.m.

Nutley ShopRite

437 Franklin Avenue, Nutley
Thursdays: September 11, October 9, November 13, December 11
8 to 10:30 a.m.

Comprehensive Blood Screenings*

(fee of \$40)

Clara Maass Medical Center

One Clara Maass Drive, Belleville

Belleville Founders Room

Thursdays: September 25, October 23
7 to 9 a.m.

Morris Canal Room

Thursdays: November 20, December 18
7 to 9 a.m.

Visit www.barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!



Clara Maass Medical Center
Barnabas Health



1.888.724.7123 www.barnabashealth.org/claramaass



5K Run & 2K Fun Walk Live Life Well!

Sunday, October 12, 2014
Essex County Turtle Back Zoo
West Orange, NJ



8:30 a.m. Registration and Warm-Up

9:30 a.m. 5K Run Begins

9:45 a.m. Fun Walk Begins

Proceeds to benefit LIFELINE CHALLENGE TO HEALTHY LIVING programs empowering children and their families to make healthy and active lifestyle decisions.

Register online today at www.claramaassfoundation.org

► **Clara Maass Medical Center – Main Number: 973.450.2000**

Behavioral Health	800.300.0628
The Cancer Center	973.844.4150
Cardiac Services	973.450.2086
Clara Maass Foundation	973.450.2277
Emergency Department	973.450.2100
The Joint & Spine Institute	973.450.2399
Medical Records	973.450.2800
Patient Information	973.450.2300
Radiology	973.450.2030
Same Day Surgery	973.450.2750
Center for Sleep Disorders	973.450.2444
Wound Center	973.844.4070

Barnabas Health Ambulatory Care Center

Main Number 973.322.7000

Barnabas Health Hospice

Main Number 973.322.4800

Barnabas Health Home Care

Main Number 973.243.9666

Medical Center Health Care Services

Main Number 973.243.1001