When it comes to matters of the heart, this is where you want to be.

Meridian CardioVascular Network
Our philosophy:
It’s not just the ability to do a single thing well, but the unique ability to do everything better.
Heart disease is the leading cause of death in the United States. And vascular disease afflicts more than 12 million people. Consequently, knowing where to go for care is one of the most important decisions you can make for yourself and your family.

The Meridian CardioVascular Network provides the most comprehensive services in the region. It’s an overarching umbrella coordinating all aspects of heart and vascular care from research and education to diagnosis and treatment to rehabilitation and post-hospital care. Meridian brings together the efforts of hundreds of physicians and cardiovascular health professionals of Jersey Shore University Medical Center, Ocean Medical Center, Riverview Medical Center, and K. Hovnanian Children’s Hospital and bridges that with a host of additional community-based and home care services.

When you’re facing a vascular or heart condition, you want everything focused on getting you back to your life. The Meridian CardioVascular Network gives you the comprehensiveness no other program in the region delivers: a partner who offers a unique path to recovery that starts with access to the leading network of primary care physicians and heart and vascular specialists. With your doctor’s guidance, you then have access to a more seamless coordination of your care.

The integration of cardiovascular services paves the way for the best possible outcomes and patient experience and distinguishes the Meridian CardioVascular Network as the place to go for the highest quality care.

When it comes to matters of the heart, this is where you want to be.
Research & Education

Across the country, people turn to teaching hospitals every day for specialized surgeries, life-saving care, and complex treatments. Academic medical centers are where medical knowledge continuously evolves and new cures and treatments are found. They are also the training ground for tomorrow's physicians.

Meridian upholds a mission of training the next generation of health care professionals. Tomorrow's physicians must understand how to incorporate patients into decision-making. They need to know how to relate to diverse cultures. They also need a business mind so they can understand how to work within the complexities of insurers.

Jersey Shore University Medical Center is the academic hub of the Meridian CardioVascular Network. With the support of Riverview Medical Center and Ocean Medical Center, physicians are actively researching ways to improve heart care. As a result of this focus, many of the latest treatment options are available to the Network's patients first.

As a patient of the Meridian CardioVascular Network, you'll benefit from multi-disciplinary collaboration among physicians. You'll have access to the most advanced diagnostic and treatment options and a full network of compassionate caregivers each step of the way. Lifesaving care is provided at each hospital, close to home, and seamless transfer to Jersey Shore is available for cardiac surgery and complex electrophysiology and stroke procedures.

We also offer the services of a renowned medical library recognized by many outside organizations for its resources, including a free and unique service for you. Specifically, the Booker Health Sciences Library provides you with answers to health questions based on research. Simply call, fax, or e-mail the library your health question. In response, the library staff will put together a packet of scientifically-based information with references and mail it to your home, free of charge:

**Main Number:** 732.776.4265
**Fax:** 732.776.4530
**E-mail:** JSUMClibrary@meridianhealth.com
Outreach & Prevention

Cardiovascular disease is the leading cause of death in our region, and Meridian is committed to reducing the toll it takes on our communities. The best way to fight cardiovascular disease is through education and lifestyle changes. Know yourself and your medical history. Change things in your life that put you at risk. Prevention does make a difference.

Here are some prevention tips:

• Have your Doctor Check your Blood Pressure Regularly
• Maintain a Healthy Weight
• Be Active and Exercise Regularly
• Reduce Salt, Red Meat, and Fatty Foods in your Diet
• Keep Stress in Check
• Don't Smoke

The Meridian CardioVascular Network offers online risk assessments, screenings, and educational programs designed to lessen the incidence of and even prevent heart disease. Many of these programs and services are free to area residents through civic and religious organizations, events at the hospitals, active adult communities, and senior centers throughout Monmouth and Ocean counties. Last year alone, Meridian’s outreach team performed more than 13,000 screenings for heart disease.

Meridian’s ongoing programs and tools to help people understand their risk for cardiovascular diseases, recognize symptoms, and make healthy lifestyle choices include a Women’s Heart program, Cooking with Heart sessions, and an annual Gospelfest targeted at audiences with higher risks for heart disease and stroke. We offer a program for every need: community heart-risk assessment screenings; CPR training; programs on nutrition, fitness, smoking cessation and stress management; and workshops on preventing, identifying, and treating cardiovascular disease. In addition, Meridian Life Fitness provides one of the most comprehensive wellness programs in the area at four convenient locations. Life’s Plus Fitness is a two-step program designed to help you achieve healthy weight loss and lower risks for cardiovascular disease with the help of certified and trained exercise specialists.

Information about and registration for upcoming screenings can be easily accessed on our Web site MeridianHealth.com or by calling 1-800-DOCTORS, 24 hours a day, 7 days a week.
Sophisticated Diagnostics to Target Treatment

Heart and vascular disease can take many forms and present through a variety of symptoms, often very subtle. Successful treatment of disease begins with a thorough understanding of the patient's history and risk factors. Meridian’s patients have access to the most sophisticated inpatient and outpatient imaging services and labs.

With over 1,500 physicians on the medical staffs at Meridian hospitals, including almost 200 specialists in the Meridian CardioVascular Network, there is a practice close to you. Physicians also utilize advanced technology and testing at the hospital to diagnose your condition, including:

- Catheterization Lab
- Coronary Computed Tomography Angiography
- Cardiac Calcium Scoring
- Echocardiogram
- Stress (Exercise, Nuclear and Ultrasound)
- Vascular Suites
- Electrophysiology Lab

For the diagnosis and treatment of heart attack, each hospital has developed nationally accredited Chest Pain Centers inside their Emergency Rooms. When a heart attack occurs, it is critical to recognize the symptoms and respond immediately. Fast treatment by the right specialists can mean the difference between life and death, and can define the quality of life to which you’ll return.

The catheterization lab is a focal point in the diagnostic and treatment process. Advanced imaging helps the specialist see inside the coronary arteries to evaluate or confirm the presence of heart disease, and intricate monitoring equipment measures blood flow. Physicians in the Meridian CardioVascular Network perform more than 10,000 procedures a year in these state-of-the-art labs.

While many people think of heart attack, or the heart more generally, there are other conditions that must be diagnosed carefully. Blockages in the arteries can affect other areas of the body, and certain types of leg pain can be important warning signs of potentially serious problems.

Peripheral artery disease restricts blood circulation in the arteries and may cause pain and non-healing wounds in the legs and feet. Experts in the network are leading the way in diagnosing vascular disease. Diagnosis is made by medical history, physical examination, and imaging tests such as magnetic resonance arteriography, Doppler ultrasound, and CT scans.
Non-invasive and minimally invasive testing in the vascular laboratory are key steps for diagnosing circulatory conditions evolving in veins and arteries. Both common and serious forms of disease include:

- Peripheral Artery Disease
- Deep Vein Thrombosis
- Abdominal Aortic Aneurysm
- Carotid Artery Stenosis

When blood vessels are weakened or narrowed in the neck, they can cause a stroke. Nationally accredited Stroke Centers have been developed at each hospital. Ocean and Riverview have also achieved state designations as Primary Stroke Centers, and Jersey Shore as a Comprehensive Stroke Center. This means all three Meridian hospitals meet the highest national standards for safety and quality. This is quite impressive considering less than 5% of hospitals in the nation meet these rigorous requirements. When stroke symptoms occur, every minute matters. Effective treatment delivered within the first three hours is critical to limiting the damaging effects of stroke. Treatment may involve multi-disciplinary teams of specialists, who are adept at working together in a variety of settings from the endovascular lab, to the operating room, to the catheterization lab to interventional radiology. Patients experiencing these warning signs should seek immediate medical attention:

- Weakness on one side of the Body
- Difficulty Speaking
- Blurred Vision
- Dizziness
- Trouble Walking

Sometimes heart and vascular diseases are less impacted by blockages, and diagnosis must be targeted on the electrical system that allows heart muscle contractions to pump blood through the body. A problem anywhere along the electrical pathway may cause an irregular heartbeat (or arrhythmia) which impacts millions of people each year. Sudden death from cardiac arrest is the leading cause of death in this country. It occurs when the heart stops functioning. While many forms of heart disease can cause sudden death, it occurs most often when electrical impulses become too rapid or chaotic. Specially trained electrophysiologists diagnose the precise cause of an arrhythmia by collecting data about the flow of electricity and locating the specific areas causing the arrhythmias.
Advanced Treatment

With individuals experiencing many different forms of heart and vascular disease, no one treatment works for everyone. There are approaches that can include medication or lifestyle changes such as diet and exercise.

Sometimes, treatment is an emergency situation. Physicians in the Meridian CardioVascular Network have developed treatments and services for heart attack that save lives:

- **SPEED:** Meridian works with Monmouth-Ocean Hospital Service Corporation (MONOC) to equip their vehicles and transmit EKGs from the scene to Meridian hospitals before you arrive, ensuring that the most appropriate treatment is delivered in the timeliest manner.

- **EXPERIENCE:** Emergency angioplasty is available 24/7 at each hospital — a life-saving technique to unblock arteries in certain cases of heart attack.

- **QUALITY:** Meridian hospitals are among the leaders in quality scores for heart attack in the State Hospital Performance Report.

- **REPUTATION:** Meridian has nationally accredited Chest Pain Centers that ensure rapid diagnosis and treatment of heart attacks through carefully executed protocols at each hospital.

- **INNOVATION:** Each hospital provides advanced protocol for cooling the patient — hypothermia — which research shows helps prevent brain damage and improves outcomes in certain cases of a heart attack.

- **COMPREHENSIVENESS:** Jersey Shore University Medical Center has the only cardiac surgery program in Monmouth and Ocean counties and consistently performs among the most cases and best outcomes in the state. Seamless transfers from area hospitals are coordinated when surgery is needed.

Treatment can often require an interventional procedure such as an angioplasty. Experienced cardiologists at Meridian have performed thousands of lifesaving angioplasty and stent procedures to clear blocked arteries. They treat more than ten times the number of interventional patients than all other hospitals in Monmouth and Ocean counties combined, and are among the leaders in the tri-state area.

Jersey Shore University Medical Center features a next generation operating room, specially designed to combine interventional procedures and surgery based on the unique needs of the patient. The hybrid operating room allows minimally invasive cardiac surgery procedures with catheter-based intervention in these cases.

Jersey Shore also offers the only cardiac surgery program in Monmouth and Ocean counties. Surgeons continue to achieve outstanding patient outcomes. In fact, Jersey Shore’s cardiac surgery outcomes rival some of the nation’s best. Specific cardiac surgery specialties include:
In contrast to treatments when heart blockages occur, other serious conditions are impacted when the electrical system to the heart malfunctions or suddenly becomes very irregular. Each hospital has experienced electrophysiologists adept at pacemaker procedures used in treating many of these cases.

The Heart Rhythm Center at Jersey Shore University Medical Center has state-of-the-art equipment and licensure to treat the full range of these conditions. Here, Jersey Shore is advancing another innovative approach to treating arrhythmia with a minimally invasive catheter-based procedure for atrial fibrillation using a robotic system designed to facilitate complex procedures with accurate and stable control. The procedure room houses the most advanced mapping and imaging equipment controlled by leading electrophysiologists in the field. Jersey Shore is also the only hospital in the area that can perform Implantable Cardioverter Defibrillator (ICD) procedures. For treatment of congestive heart failure, a biventricular pacemaker or ICD may be used to reduce symptoms and improve cardiac function.

The Congestive Heart Failure Program provides comprehensive services for heart failure patients, including a multi-disciplinary team of state licensed, board certified nurse practitioners who work closely with heart failure patients and their physicians to control symptoms and prevent future hospitalizations through a comprehensive disease management program.

Each of the hospitals offers cutting edge stroke treatment in the designated Stroke Centers, and the Meridian Transfer Center coordinates transportation to Jersey Shore for interventional procedures from neuro-specialists when appropriate for the following cases:

- Subarachnoid Hemorrhage
- Aneurysm or Arteriovenous Malformation
- Complex Ischemic Stroke (IA tPA; MERCI)
- Intracerebral Hemorrhage

Each hospital offers comprehensive vascular treatment options including minimally invasive approaches where possible. The advantage of these nonsurgical interventions is that risk, pain and recovery time are reduced. No general anesthesia is required and hospital stays are shorter than with surgery. In some cases, these procedures can be performed on an outpatient basis.
Vascular treatment encompasses a full range of procedures and surgery including:

- Thrombectomy to Remove Blood Clots
- Stent Grafts to Repair Aneurysms
- AAA (Abdominal Aortic Aneurysm) Repair
- Carotid Surgery and Stenting
- Endovenous Laser Treatment to Treat Varicose Veins
- PAD (Peripheral Artery Disease) Surgery
- Dialysis Access Procedures to enable Dialysis Patients to Receive Treatment

Ocean Medical Center developed the region’s first endovascular surgical suites, specifically designed to combine the efficiency of a surgery center within a hospital to ensure the highest quality of care. Riverview was the first in Monmouth County to develop a dedicated endovascular suite.

**Compassionate Follow-Up Care**

Meridian knows that after a patient's treatment, there's still work to be done helping our patients to develop a healthy lifestyle that can make a lifelong difference and protect them from future health problems.

Cardiac rehabilitation is recognized as an essential factor in recovering from heart disease, and consists of medically supervised exercise, nutrition counseling, and education programs that are intended to strengthen the heart. This is done at each hospital.

Acute rehabilitation is another level of care at Riverview Medical Center and Ocean Medical Center, offering stroke and cardiovascular patients a high level of inpatient and outpatient care.

When rehabilitation can be done outside the hospital setting, Meridian offers skilled nursing and non-acute facilities to ensure that patients maximize their chances of returning to healthy, active lifestyles.

For those interested in additional support networks from peers, Meridian offers a host of support groups including Mended Hearts at all three hospitals. Groups meet to discuss the latest topics regarding cardiovascular disease as well as mutually supporting one another regarding their physical and emotional well-being.

After a cardiovascular procedure, recovery may require additional types of follow-up. At times you may feel depressed. Your physician can help, and has the support of Meridian Behavioral Health and its leading team of experienced professionals. Meridian Behavioral
Health is recognized as the premier service in the region, and is staffed by all levels of providers including psychiatrists, psychologists, social workers, licensed professional counselors, registered nurses, advanced practice nurses with prescribing privileges, behavioral health technicians, and adjunctive therapists.

Additional services are important for cardiovascular health and the millions of people suffering from sleep disorders. People who have sleep apnea stop breathing repeatedly during sleep, and these pauses can put strain on the heart and cause serious and long-term health issues. Sleep Labs are provided at or next to each of our three hospital campuses.

Home...Where You Want to Be

When skilled nursing or personal care is required at home, Meridian At Home’s breadth and depth of services bring comfort and peace of mind to our patients and their families.

With one phone call to our home care advisor, we can provide innovative solutions that ease concerns by meeting all their needs. Combining leading edge technology with our credentialed and compassionate staff accomplishes one goal: helping patients and their families live well at home while maintaining control of their lives.

Meridian At Home also fills the needs of those requiring home oxygen therapies or other health and wellness equipment, such as wheelchairs, hospital beds, air mattresses for wound therapy, walkers, commodes, canes, and bath safety equipment. Products are designed to assist you and help you feel secure so you can live well and independently at home.

Whether you are recovering from surgery, tending to a family member, or have other flexible care needs, you can trust us to handle the details so you can focus on getting better. This ranges from highly skilled nurses to rehab therapists helping patients achieve their highest level of function in everyday living. In addition, we provide caring housekeepers and helpers for companionship, medication reminders, meal preparation, assistance in scheduling appointments, and aid in walking.

We have developed partnerships to expand cardiovascular care with daily telemonitoring for those with cardiac or pulmonary diagnoses. Meridian At Home can provide new ways to manage other chronic diseases as well.
Good Heart and Vascular Health Starts with You

The risk of disease can be reduced by taking steps to prevent and control factors that put you at greater risk for heart and vascular disease, heart attack, and stroke. Additionally, knowing the signs and symptoms of serious health issues, calling 911 right away, and getting to the right hospital are crucial to the most positive outcomes.

If you have a recurring or chronic heart or vascular condition, it’s a good idea to regularly check in with your doctor to make sure you’re properly managing your condition. Regular checkups can help your doctor decide if you need to change your treatment, and may help catch new problems early, if they occur.

Being connected to a physician who is connected to the Meridian CardioVascular Network is a good way to ensure access to cardiovascular experts skilled in disease treatment options as well as a host of specialty and supportive programs available right here in Monmouth and Ocean counties. When it comes to matters of the heart, this is where you want to be.

Meridian CardioVascular Network

Medical Centers

<table>
<thead>
<tr>
<th>Medical Center</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jersey Shore University Medical Center</td>
<td>1945 Route 33, Neptune, NJ 07753</td>
<td>732.775.5500</td>
</tr>
<tr>
<td>K. Hovnanian Children's Hospital</td>
<td>1945 Route 33, Neptune, NJ 07753</td>
<td>732.775.5500</td>
</tr>
<tr>
<td>Ocean Medical Center</td>
<td>425 Jack Martin Boulevard, Brick, NJ 08724</td>
<td>732.840.2200</td>
</tr>
<tr>
<td>Riverview Medical Center</td>
<td>1 Riverview Plaza, Red Bank, NJ 07701</td>
<td>732.741.2700</td>
</tr>
<tr>
<td>Ocean Care Center</td>
<td>1517 Richmond Avenue, Point Pleasant, NJ 08742</td>
<td>732.295.6377</td>
</tr>
</tbody>
</table>

Behavioral Health

<table>
<thead>
<tr>
<th>Behavioral Health Center</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meridian Behavioral Health</td>
<td>Parkway 100, 3535 Route 66, Building 5</td>
<td>732.643.4400</td>
</tr>
<tr>
<td>Booker Behavioral Health Center</td>
<td>661 Shrewsbury Avenue, Shrewsbury, NJ 07702</td>
<td>732.450.2900</td>
</tr>
</tbody>
</table>

Health Information

<table>
<thead>
<tr>
<th>Library</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Booker Health Sciences Library</td>
<td>Jersey Shore University Medical Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Booker Pavilion, 1st Floor, South Wing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Neptune, NJ 07753</td>
<td>732.776.4265</td>
</tr>
</tbody>
</table>

Family Health Centers and Clinics

<table>
<thead>
<tr>
<th>Family Health Center</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ocean Medical Center</td>
<td>425 Jack Martin Boulevard, Brick, NJ 08724</td>
<td>732.840.3290</td>
</tr>
<tr>
<td>George &amp; Vita Kolber Health Center</td>
<td>1 Riverview Plaza, Red Bank, NJ 07701</td>
<td>732.530.2358</td>
</tr>
<tr>
<td>Jane H. Booker Family Health Center</td>
<td>Jersey Shore University Medical Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>71 Davis Avenue, Neptune, NJ 07753</td>
<td>732.776.4209</td>
</tr>
</tbody>
</table>
Fitness
Life Fitness of Brick
Ocean Medical Center
425 Jack Martin Boulevard
Brick, NJ 08724
732.836.4007

Life Fitness of Neptune
2020 Route 33
Neptune, NJ 07753
732.776.4485

Life Fitness of Wall
1825 Route 35
Wall, NJ 07719
732.280.8118

Life Fitness & Rehabilitation Center of Point Pleasant
801 Arnold Avenue
Point Pleasant, NJ 08742
732.295.1778

Laboratory Services
Jersey Shore University Medical Center - Outpatient Services
1945 Route 33
Neptune, NJ 07753
732.776.4499

Meridian Health Laboratory at Ocean Care Center
1517 Richmond Avenue
Point Pleasant, NJ 08742
732.295.6377

Ocean Medical Center - Outpatient Services
425 Jack Martin Boulevard
Brick, NJ 08724
732.836.4224

Riverview Medical Center - Outpatient Services
1 Riverview Plaza
Red Bank, NJ 07701
732.530.2551

Home Care
Meridian At Home
Monmouth Shores Corporate Park
1340 Campus Parkway, Suite 3A
Neptune, NJ 07753
1.800.655.2555

Nursing & Rehabilitation Centers
Meridian Manor by the Sea
160 Main Street
Ocean Grove, NJ 07756
732.481.8300

Meridian Nursing & Rehabilitation at Brick
415 Jack Martin Boulevard
Brick, NJ 08724
732.206.8000

Meridian Nursing & Rehabilitation at Shrewsbury
89 Avenue at the Commons
Shrewsbury, NJ 07702
732.676.5800

Meridian Subacute Rehabilitation at Wall
1725 Meridian Trail
Wall, NJ 07719
732.312.1800

Pharmacy
Meridian Pharmacy at Jersey Shore University Medical Center
1945 Route 33
Neptune, NJ 07753
732.776.4750

Meridian Pharmacology Institute at Ocean Medical Center
425 Jack Martin Boulevard
Brick, NJ 08724
732.836.4466

Rehabilitation
Outpatient Physical Therapy at Holmdel
100 Commons Way, Suite 120
Holmdel, NJ 07733
732.450.2920

Outpatient Therapy at Manalapan
195 Route 9 South
Manalapan, NJ 07726
732.450.2750

Progressions
Outpatient Rehabilitation at Jersey Shore University Medical Center
1945 Route 33
Neptune, NJ 07753
732.776.4558

Riverview Rehabilitation Center
Riverview Medical Center
1 Riverview Plaza
Red Bank, NJ 07701
732.530.2392

Riverview Outpatient Rehabilitation Center
Riverview Medical Center
1 Riverview Plaza
Red Bank, NJ 07701
732.530.2245

Shore Rehabilitation Institute
425 Jack Martin Boulevard
Brick, NJ 08724
732.836.4500

Sleep Centers
SleepCenter of Jersey Shore University Medical Center
1809 Route 33
Neptune, NJ 07753
732.776.4126
1.800.753.3779

Riverview Sleep Center
Riverview Medical Center
1 Riverview Plaza
Red Bank, NJ 07701
1.800.848.APNEA (27632)

Riverview Sleep Center
100 Commons Way
Holmdel, NJ 07733
1.800.848.APNEA (27632)

SleepCare Center at Ocean Medical Center
425 Jack Martin Boulevard
Brick, NJ 08724
1.800.SLEEP.RX (753.3779)

Transportation Services
Alert Ambulance
1195 Airport Road
Lakewood, NJ 08701
1.800.244.6923
Meridian CardioVascular Network

Jersey Shore University Medical Center
Ocean Medical Center
Riverview Medical Center
K. Hovnanian Children’s Hospital
Meridian Network of Physicians
Meridian At Home
Meridian Rehabilitation Centers
Meridian Life Fitness Centers

Contact your physician, or for a referral, call 1-800-DOCTORS®. Or visit MeridianHealth.com