Climbing High

Jersey Shore University Medical Center

Optimal care prevents permanent damage to Manahawkin girl's broken arm.

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A MESSAGE TO THE COMMUNITY

At a time of unprecedented change in cancer medicine, Hackensack Meridian Health is pleased to announce a 10-year partnership with Memorial Sloan Kettering Cancer Center, which will aim to improve the state of cancer care in New Jersey and beyond.

The new partnership joins us with another world-class organization with deep New Jersey roots and a single goal: finding more cures for cancer faster while ensuring that patients have access to the highest-quality, most individualized cancer care when and where they need it.

Today, Memorial Sloan Kettering and Hackensack Meridian Health treat one in five New Jersey residents who are diagnosed with cancer. Combined, we will annually serve the most patients with cancer in the region, and many of our programs are among the largest and most respected in the country. Together, we will offer an unparalleled team of cancer specialists.

Combining our capabilities will allow us to offer residents of New Jersey affected by cancer the opportunity to receive world-class care close to home. Together, our organizations will enhance the capabilities of each other, offering our cancer patients access to clinical trials that may have otherwise been unattainable.

This momentous partnership will help rewrite the future of cancer care in New Jersey.

Sincerely,

John K. Lloyd, FACHE, Co-CEO
Hackensack Meridian Health

Robert C. Garrett, FACHE, Co-CEO
Hackensack Meridian Health

Groundbreaking Cancer Care

Through our new partnership with Memorial Sloan Kettering, we’ll be collaborating to discover new treatments for cancer and train a new generation of physicians and health professionals. Read more about our partnership at HackensackMeridianHealth.org.
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Get the latest health news on a wide range of topics — everything from hip replacement to health screenings to nutrition.

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A Second Chance
Jeanette Poole, pictured above, survived catastrophic injuries thanks to expert trauma care.
We’ve all heard about the negative health risks that being overweight has on your health, such as increasing your risk for heart disease, diabetes and certain cancers. A recent study found that extra pounds in middle age may also have an effect on your brain — aging it by as much as 10 years.

The researchers looked at the brains of 527 people, ages 20 to 87. They found that starting at about age 40, the brains of those who were overweight had lost more white matter, the part of the brain that communicates information, than their lean counterparts. However, it didn’t appear to affect cognitive skills.

“As our population ages, we need to learn more about how obesity affects overall health,” says Lisa Tank, M.D., FACP, of Hackensack University Medical Center.

HAVE JOINT PAIN? YOU’RE NOT ALONE

The number of Americans who report having severe joint pain climbed from about 10.5 million in 2002 to 14.6 million in 2014, according to a recent study by the Centers for Disease Control and Prevention. Researchers expect that this number will continue to rise as more Americans are diagnosed with arthritis. Severe joint pain can limit your ability to perform daily tasks and reduce your overall quality of life.

“If you have joint pain, strengthening exercises, if done correctly, can help to stabilize joints and decrease pain,” says Stanley Michael, M.D., of Southern Ocean Medical Center.

“Low-impact cardiovascular [aerobic] exercises, such as walking, swimming or cycling, help decrease the risk of joint injuries and progression of arthritis. In addition to strengthening and aerobic exercises, stretching exercises for increasing flexibility should make up the third element of a basic exercise program. Stretching can decrease pain in conditions such as tendinitis and decrease the risk of stress injuries by increasing flexibility and shock absorption by the muscles and joints.”

GET JOINT SAVVY   Considering joint replacement surgery? Attend our class to learn the latest. See page 26.
IS THERE A CONNECTION BETWEEN ORAL CONTRACEPTIVES AND DEPRESSION?

Women who take oral contraceptives are more likely to be depressed, according to the findings of a recent Danish study. The study, published recently in *JAMA Psychiatry*, studied over 1 million women between ages 15 and 34 who had never been diagnosed with depression. They found that women who took oral contraceptives were 23 percent more likely to start taking antidepressants than women who did not use this type of contraception. Adolescents had the highest rates of antidepressant use.

“We need more research to learn if depression might be a side effect of oral contraceptives,” says Paulina Sedutto, M.D., MPH, an OB/GYN with Jersey Shore University Medical Center. “If you have any concerns about oral contraceptives and your own risk for depression, talk with your doctor.”

GETTING ALONG WITH YOUR COWORKERS COULD IMPROVE YOUR HEALTH

Do you attend company potlucks or get together with colleagues after work? A recent meta-analysis found that having social links with your coworkers may help improve your overall health. Having social ties at work may also help reduce your stress levels and risk for burnout on the job.

The study, published in the journal *Personality and Social Psychology Review*, looked at more than 19,000 people from 15 countries in many types of employment.

“This study adds to the growing body of literature that shows we generally feel better and have a greater sense of well-being when we have a sense of community,” says Richard Murachanian, M.D., of Ocean Medical Center.

CAN HAY FEVER AFFECT YOUR BRAIN?

If you sneeze your way through allergy season, here’s some food for thought: In a recent study on mice, scientists found an increase in the number of new neurons formed in the hippocampus during an allergic reaction. The hippocampus is the part of the brain that helps form new memories.

However, they also discovered that allergies have the opposite effect on the immune cells in the brain, called the microglia. These cells were deactivated during an allergic reaction.

“It will be interesting to see the results of further studies and how allergies may affect memory and aging,” says John Roche, M.D., of Riverview Medical Center and Bayshore Community Hospital.

GO VIRTUAL WITH YOUR DOCTOR VISITS

Hackensack Meridian Health is now offering virtual physician visits through Teladoc Inc., the nation’s first and largest telehealth provider. This service will provide residents with 24/7/365 access to Teladoc’s quality network of New Jersey–licensed, board certified doctors via phone, mobile device or secure online video. Learn more at MeridianHealth.com/Teladoc or by calling 1-800-835-2362.
Mike Messina, 60, senior manager of Diagnostic Imaging at Jersey Shore University Medical Center, struggled with back pain for years due to a degenerative disc in his spine.
In 2014, while trying to uproot a tree stump in his yard in Jackson, Mike wrenched the unstable disc and experienced the most debilitating pain of his life.
“I couldn’t stand up, I couldn’t work, I couldn’t do anything — it felt like my life was over,” Mike says.

His medical diagnosis was grim: Doctors told Mike that nothing could be done to treat his spinal condition.

**Novel Treatment for Debilitated Spines**

Then a colleague told Mike about David Wells-Roth, M.D., a board-certified neurosurgeon at Jersey Shore who trained in state-of-the-art, minimally invasive alternatives to traditional back surgery and performs leading-edge procedures for challenging spinal conditions.

“I made an appointment, and after Dr. Wells-Roth examined me, he told me, ‘I can fix you,’” Mike says. “That statement gave me hope and changed my life dramatically.”

In December 2014, Mike had spinal surgery at Jersey Shore. Dr. Wells-Roth made a small incision in Mike’s back. Then he used an endoscope to insert surgical tools and

**Striking Back**

Innovative spinal surgery at the hospital where he works enables man to return to his life — and his favorite sport.

Mike couldn’t believe that after he awoke from surgery, the crippling pain in his back and legs completely disappeared.
“I am so glad I went for a second opinion,” Mike says. “Dr. Wells-Roth accomplished something that others could not.”

**Right up His Alley**

After several months of physical therapy at Jersey Shore, Mike returned to work in March 2015 and resumed life as he knew it.

“I’m not doing anything reckless, like pulling out tree stumps, but I rejoined my bowling team and, a year after surgery, I bowled a perfect game in league play,” Mike says.

Getting Mike back on his feet was Dr. Wells-Roth’s goal from the get-go.

“Spinal surgery has come so far in the last decade, and we now offer outstanding options that are much less invasive and far less taxing on patients like Mike,” says Dr. Wells-Roth. “At Jersey Shore, we provide the most advanced services currently available to successfully treat severe spinal pain.”

**Sign Up for Health News**

My Health eNews is a personalized e-newsletter that lets you select your own topics of interest, such as neurological health. Sign up at HackensackMeridianHealth.org/enewsletter.
A Tennis Titan

Octogenarian and highly decorated senior tennis star King Van Nostrand attributes his withstanding tennis career to Michael Kelly, M.D., chair of Orthopedic Surgery at Hackensack University Medical Center. Dr. Kelly and his team have implanted not one, but two sets of knee replacements so that King can continue his extremely successful tennis career.

“Dr. Kelly is wonderful!” says King. “Tennis has always been my life, but I was ready to hang up my racquet back in the 1990s. Dr. Kelly saved my tennis career by replacing both of my knees.”

Solving a Setback

King hails from Long Island, New York, where his entire family played tennis. After serving as a tennis pro and coach, King was ready to jump into a senior career touring the globe in 1997. After struggling with severe arthritis in his knees, he sought out Dr. Kelly and was able to have both knees replaced successfully in what’s called a simultaneous bilateral total knee replacement.

“A lot of people feel sorry for me because they feel like I have a handicap with my knee replacements. But I feel fantastic! I’m running around like I did 30 years ago,” King says.

New Technology Means Better Knees

Dr. Kelly, who says it’s a “tremendous feeling” to play such an important role in King’s career, warned that overuse of the implants would result in wear and tear. Sure enough, in 2011, King had to have them revised. This time, technology had changed, and the implants were a new, heavy-duty model that fit even better. “In the old days, there were only four sizes, and we would fit the person’s knee to the knee replacement,” Dr. Kelly explains. “Today we can fit the knee replacement to the knee within 1 or 2 millimeters.”

King was recently honored in Paris by the International Tennis Federation (ITF) with the presentation of the third ITF Seniors Award for Outstanding Achievement. He is one of the most decorated senior players in tennis history and has won 10 World Individual Singles titles, 10 World Individual Doubles titles and 16 World Team Championships representing the U.S.

“A lot of people think when you get a knee replacement, it’s the beginning of the end,” Dr. Kelly says. “It’s quite the opposite — it’s a means to a beginning, and King is the epitome of that.”
Terry Williams was only 49 when his left hip started to bother him.

He was an active man whose pastimes included bull riding, motocross racing and wakeboarding in his younger days, and playing plenty of golf in middle age — until his aching hip began to intrude on his busy life.

Finally, he made an appointment with Arthur Mark, M.D., an orthopedic surgeon affiliated with Ocean Medical Center. Terry was impressed with Dr. Mark’s knowledge and experience. “I did a lot of research on hip replacements, and I asked him many questions, all of which he answered in detail,” Terry says.

After an extensive examination, Dr. Mark concluded that Terry’s hip had deteriorated significantly and recommended minimally invasive joint replacement surgery.

“I was vice president of operations for a large company and didn’t feel it was the right time for a medical leave, so I postponed surgery,” Terry says. A year passed, his company grew and the pain in Terry’s hip became unbearable. In the fall of 2016, he returned to Dr. Mark and decided that it was time to have surgery.

Minimally Invasive, Maximum Results

On Halloween morning, Terry arrived at Ocean for his hip replacement. During the 60-minute procedure, Dr. Mark used a minimally invasive posterior approach. It involved making a 4-inch incision in the side of Terry’s hip and using special surgical instruments to replace his hip joint with less disruption to surrounding tissue.

Dr. Mark replaced the old hip with an implant that included a ceramic ball, durable plastic lining, and titanium stem and shell, all designed to fit Terry’s anatomy perfectly.

“Joint replacement technology is constantly evolving, and current implants are more customized and last much longer than older models,” says Dr. Mark.

After surgery, Terry spent a few hours in the recovery room. Once he was alert, physical therapists aided him as he took his first steps with his new hip. “Everyone at Ocean was so nice, and my care was outstanding,”
Terry says. “I never had major surgery before and was impressed with how well the orthopedic team performed.”

**Home Sweet Home**
A highlight of Terry’s surgical experience was that he was able to return home the evening of his procedure.

“Once the physical therapy team made sure I could get up and down stairs, they said I could be released,” Terry says. “I was thankful because, quite frankly, I’d much rather be at home than in the hospital.”

For the first week following his hip replacement surgery, a physical therapist from Meridian At Home visited Terry at his home every day to guide him through rehabilitation. He used a walker at first and then graduated to a cane. By the second week, the therapist visited several times a week and provided Terry with exercises to perform on his own. A nurse from Meridian At Home also checked on him the day after surgery and periodically for the next few weeks.

“The first week was uncomfortable, but Dr. Mark and his team managed my pain well,” says Terry. “After day seven, I felt substantially better. Each day after, I progressively improved.”

**So Much Better Now!**
Terry worked from home as he recovered and, four weeks after surgery, he returned to his office. He’s thrilled with his progress and anxious to start golfing again.

“If you need a joint replaced, my advice is to do it sooner rather than later,” Terry says. “I hobbed around for a year, and it wasn’t worth the agony.”

At Ocean, advances in medical technology enable joint replacement patients to recover fully and more quickly than ever before.

“Our skilled and experienced team of surgeons, nurses and physical therapists provides the most progressive orthopedic services currently available,” says Dr. Mark. “Our goal is to get patients back on their feet and, when possible, help them to do so in the comfort of their own home.”

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**Knowledge Is Power**

Meridian Orthopedics offers classes on total joint replacement and other educational programs promoting long-term joint health. For upcoming events, visit [MeridianOrthopedicsNJ.com/ClassesEvents](http://MeridianOrthopedicsNJ.com/ClassesEvents).
Jeremiah Stevens is all about football. But two years ago, an anterior cruciate ligament (ACL) tear in his knee during a Perth Amboy High School football game almost permanently sidelined him.

“The injury was so severe that Jeremiah and I feared he would never play again,” says his mother, Mara Santos.

Luckily, the team’s physician was Kenneth Swan, M.D., director of the Division of Orthopedic Surgery and medical director of the Human Motion Institute at Raritan Bay Medical Center.

### Getting Athletes Back on Their Feet
Dr. Swan repaired Jeremiah’s damaged ACL during an intricate surgical procedure that required the deft touch of an experienced orthopedic specialist.

“When the ACL tears, we can’t just sew it back together; instead, we reconstruct it by taking tissue or a tendon from elsewhere in the body, tunneling into the bone and placing the new ligament,” says Dr. Swan.

Jeremiah’s surgery was successful, but then it was time for phase two of his recovery. “Surgery is only half the battle with a torn ACL,” says Dr. Swan. “Well-planned postoperative physical therapy is crucial, and Jeremiah and his therapist worked hard to increase his knee strength over a period of months.”

A multidisciplinary team of surgeons and clinical support staff provides a full range of advanced musculoskeletal services at the Human Motion Institute, including assessment, treatment and rehabilitation. The team tailors a plan of care to meet the individual needs of every patient, from teens like Jeremiah to patients older than 100. “Everyone on our team is a specialist in their field, and we are equipped with the latest diagnostic and treatment technology for professional and recreational athletes,” says Dr. Swan.

### Friday Night Lights
Jeremiah is now a high school junior and back to playing offense and defense with his high school team. The multitalented athlete has come a long way since his injury.

“Dr. Swan has a gifted hand,” says his mom. “He guided us through this entire process and assured us that Jeremiah would be well enough to play again.”

Dr. Swan believes that a combination of factors contributed to the player’s successful treatment. “Much of the credit goes to Jeremiah because he focused on his recovery,” says Dr. Swan. “Our goal at the Human Motion Institute is to provide athletes with exceptional care in their own backyard and help them return to their sport as safely and quickly as possible.”

### Partnering with Patients
To learn more about the Human Motion Institute or make an appointment, call 1-855-5-MOTION (1-855-566-8466).
Expanding the Family

**Southern Ocean Medical Center** When a couple had trouble conceiving, they turned to Southern Ocean Medical Center.

When Stephanie and Paul Chung, M.D., of Ship Bottom decided to expand their family, they figured they’d have no problem conceiving another happy, healthy baby like their daughter, Lily. But after years of trying, they began to think maybe they were meant to have only one child.

Stephanie consulted her OB/GYN, who ordered blood work and noticed that her hormone levels were low. The doctor suggested Stephanie seek fertility help, which was a step Stephanie and Paul didn’t wish to take.

“I was a little bummed hearing that Lily would be an only child because I knew that she would love to have a sibling,” Stephanie says. “But we felt blessed that we had her, so we were grateful.”

### Renewed Hope

Then Paul, a hematologist-oncologist at Southern Ocean Medical Center, overheard a conversation while having physical therapy at Meridian Rehabilitation at Manahawkin and learned that pelvic floor therapy might help.

Physical therapist Jamie Scomak, PT, DPT, CLT, PRPC, of Southern Ocean, mentioned that she had recently trained at a conference to add another skill set in treating infertility. Pelvic floor therapy is a type of physical therapy that treats bladder, bowel and sexual dysfunction as it relates to the musculoskeletal system. Treatable problems affecting fertility include tight or weak pelvic floor muscles, injury from giving birth, scar tissue or misaligned joints. Paul shared the information with his wife, and they decided to try the treatment. Upon meeting Jamie, Stephanie instantly felt comfortable. She began having therapy a couple of times a week.

### Addressing Physical Problems

For treatment, Jamie used a research protocol created by a physical therapist in Florida that addresses fertility issues with the goal of helping patients conceive and carry a baby to full term. The protocol, accompanied by a home program, includes manual external and internal pelvic therapy techniques. For example, the therapist might manually manipulate the pelvic organs from the outside to reposition them and break up scar tissue. This increases blood flow and mobility, helping the body balance its hormones naturally. Working toward a healthier mind is also an important part of the program, as stress can be another barrier to fertility.

“Physical therapy can help improve the chances of becoming and staying pregnant,” says Jamie. “It is a cost-effective, low-risk and effective way to treat mechanical reasons for infertility.”

Just four months after meeting Jamie, Stephanie and Paul were expecting their second child. Today, they are the parents of a happy, healthy 14-month-old son, Alexander. “We were at the point where this was our last hope,” says Stephanie. “I would tell someone to try it. Jamie is so passionate and knowledgeable, and on top of that we had great results.”

*By Kylie Stanger*

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**At Your Service**

Interested in trying physical therapy? Find a licensed physical therapist at a location near you at HackensackMeridianHealth.org/Rehabilitation.

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Stephanie Chung enjoys time with her son, Alexander, pictured at 14 months.
Lenny Gray understands hospitals and emergency care all too well. Over the years, the 68-year-old has dealt with extensive cardiac issues. He’s received care at dozens of hospitals throughout the state, undergoing 41 cardiac procedures, including triple bypass and the placement of 21 cardiac stents. Typically, he drives to Manhattan for cardiac care. But when Lenny lost consciousness at an appointment with an ear, nose and throat specialist, he was rushed to the Emergency Department at Riverview Medical Center.

There, doctors and nurses evaluated Lenny quickly to determine the cause of his problem. They determined that a procedure performed during Lenny’s appointment had caused his blood pressure to suddenly drop, leading to loss of consciousness.

“After all my hospitalizations, I know when I’m dealing with competent people,” explains Lenny. “I had never been to Riverview, but from the minute I arrived it was clear everyone knew exactly what to do.”

A Thorough Investigation
Although the cause of his fainting episode had been identified, Lenny was admitted to Riverview for close follow-up and evaluation due to his complex cardiac condition. Ravi Diwan, M.D., a cardiologist who is part of Meridian CardioVascular Network at Riverview, led Lenny’s cardiac evaluation. Dr. Diwan performed extensive examination and testing to ensure an underlying cardiac issue didn’t contribute to Lenny’s health event. Tatyana Ponti, M.D., an internal medicine physician at Riverview, oversaw and coordinated Lenny’s hospital care. “In my experience, most emergency departments stop the process of learning once an initial diagnosis is made. Riverview didn’t,” says Lenny. “When it came to investigating potential heart issues, Dr. Diwan did not leave a stone unturned. He went above and beyond to ensure nothing was missed.”

A Lasting Impression
Dr. Diwan confirmed Lenny’s Emergency Department diagnosis, determining that his heart did not play a role in the problem. After three days at Riverview, Lenny went home.

“I didn’t know what to expect at Riverview, but what I found surprised me. It was such a great experience,” says Lenny. “I work with some of the best cardiologists in the country, and Dr. Diwan is on that level. He is more than a doctor — he is a cardiac scientist.”

Today, Dr. Diwan is now part of Lenny’s cardiac team and Dr. Ponti serves as his primary care physician. Dr. Diwan explains, “The caliber of physicians at Riverview and the gamut of cardiac services we provide are on par with any institution. My team is able to perform the most complex cardiac procedures available. We handle anything that comes our way.”
Henry Christiansen, 75, suffered from diabetes for many years. By 2015, he had developed poor circulation in his right toes. He had five surgeries to treat his condition, but ultimately the toes on his right foot were amputated. In the following months, Henry’s wound failed to heal and he was in danger of losing his foot.

That’s when Henry, who previously had received care at Jersey Shore University Medical Center, and his wife, Julie, turned to the Center for Wound Healing at Ocean Medical Center so he could receive his care closer to home.

“From the first day we arrived there, I was amazed because everyone, from the parking valets to the receptionist to the nurses and doctors, was completely wonderful,” Julie says.

Understanding Treatment Options

Best of all, Greg Clark, D.P.M., patiently explained the status of Henry’s large wound to the Christiansens. He also told them about the latest treatments available, including hyperbaric oxygen therapy, wound vacuum-assisted therapy and bioengineered tissue skin graft therapy.

“Dr. Clark was very caring, and the whole team made us feel confident that they would do whatever it took to heal Henry’s wound,” Julie says.

Dr. Clark and the Center for Wound Healing’s multispecialty team of wound experts began Henry’s treatments with weekly debridement — the delicate removal of nonliving tissue from the wound site. The wound showed improvement for a while, but when it began to stall, Dr. Clark switched to skin graft material, which he placed over the wound to stimulate rapid healing.

“The skin graft helped Henry’s healing tremendously, and without it, he probably would have faced below-the-knee amputation,” says Dr. Clark.

Tough Wounds Require an Expert Touch

The Christiansens are delighted with Henry’s outcome. “He is 100 percent better,” Julie says. “The wound team’s effort to heal this wound really paid off.”

Like most people with diabetes, Henry is at high risk for recurrent ulcerations, so he visits the Center for Wound Healing whenever another wound develops.

“If you have a wound that does not heal in a few weeks, have it examined by a specialist,” says Dr. Clark. “Our multidisciplinary approach and state-of-the-art technology at the Center for Wound Healing help to mend serious wounds and get patients healthy again.”

Healthful Healing

Watch videos of our experts discussing wound care and test your knowledge of wound healing at MeridianHealth.com/Wound.
“A hundred years ago, food and electricity were scarce and it wasn’t as easy to store things,” explains Dr. Reich. “We’re not designed to have food on demand; we’re designed to still be hunting and gathering. That’s where this appetite hormone really comes into play.”

During the sleeve procedure, the stomach is reduced to about 35 percent of its original size. It still works the same way it did before, except that a person will get full faster and produce less of the hormone that tells his or her body to find more food.

A New Beginning
Since having weight loss surgery in August 2014, Patrick has lost about 260 pounds and wears a size 36 in pants. He had no difficulties adjusting to his new life and diet, although he did have to attend physical therapy to work on his muscle tone.

“Patrick has done phenomenally well,” Dr. Reich says. “He’s lost a tremendous amount of weight and completely changed everything he does in terms of function. We’re as happy as can be that he’s now healthy and able to move.”

His wife, too, has been pleased with what her husband of eight years is capable of now that he’s had the surgery. “Before, it was like I didn’t even have a husband; he didn’t do anything with me at all,” Beth says. “Now, he helps me around the house and goes everywhere with me. Our relationship is so much better.”

Even though it took Patrick a while to decide he wanted the surgery, he urges anyone else in the same position to consider it. “I’m happy with the success that it is,” Patrick says. “Take the chance and go for it. You’ll see your life will begin again.”

Are You a Candidate?
Wondering if weight loss surgery might be for you? Visit MeridianWeightless.com to calculate your body mass index (BMI) and learn more. You can also find the schedule for upcoming seminars in your area, where you can get more information and ask questions.
Patrick Greene, pictured with his dog, Sasha, owns several dogs and birds.
A Second Chance

Expert care from trauma team helps Long Beach Island woman recover from catastrophic injuries.

Fifty-one years as a nurse has taught Jeanette Poole that patients need help navigating the health care system. Ironically, when Jeanette, 71, was involved in a terrible car accident in March 2016 while driving from Bordentown to her home on Long Beach Island, she couldn’t have been more alone.

An ambulance rushed Jeanette to Southern Ocean Medical Center, where a helicopter was waiting to airlift her to the Level II Trauma Center at Jersey Shore University Medical Center. By the time Jeanette’s family tracked her whereabouts and arrived at Jersey Shore, she was in the operating room.

No Time to Lose

Nasim Ahmed, M.D., FACS, trauma surgeon and chief of Trauma Surgery at Jersey Shore, worked quickly to evaluate Jeanette’s injuries and performed imaging studies. Immediately he knew that the damage was life-threatening and called for additional support from a respiratory therapist and anesthesiologist.

Jeanette, who arrived at the trauma center unconscious and partially paralyzed, suffered a fractured pelvis, a fractured hip socket, a broken leg, a crushed ankle, three broken ribs, a punctured and collapsed lung, a fractured and dislocated neck with a spinal cord injury, and liver and spleen injuries. She needed 18 units of blood and was placed on a ventilator to help her breathe.

“Much of the left side of her body was pretty much crushed,” Dr. Ahmed says. “We were concerned about the obvious injuries, but at the same time we were trying to determine whether there were internal injuries and internal bleeding because they can be fatal.”

Dr. Ahmed inserted a chest tube to drain blood and air from around Jeanette’s punctured and collapsed lung. He and the trauma team performed the initial stabilization of Jeanette’s fractures and her fractured neck. Fortunately, an ultrasound of Jeanette’s abdomen showed no active internal bleeding. Jeanette’s blood pressure began to increase — a good sign. It was time to mobilize the specialists. The team consulted with thoracic surgeon Peter Scalia, M.D., along with other specialists.

Highly Specialized Support

Michael Lospinuso, M.D., chief of Spinal Surgery at Jersey Shore, performed surgery to stabilize Jeanette’s fractured and dislocated neck. Orthopedic surgeon David Polonet, M.D., repaired her fractured pelvis, aligned the fractured bones in her leg and repaired her crushed ankle. Michael Rose, M.D., chief of Plastic Surgery at Jersey Shore, performed reconstructive surgery on Jeanette’s legs.

After three weeks at Jersey Shore, Jeanette was transferred to Meridian Subacute Rehab at Wall. On May 2, she returned home, where she continued to receive care from a nurse and physical therapist from Meridian At Home. That was followed by four months of outpatient physical therapy at Southern Ocean.

Journey to Health

Today Jeanette can walk independently and is gradually resuming daily activities. To give back to the community, she performs faith-based volunteer work and is available to speak with other families impacted by a traumatic injury.

“I’m so happy I’m alive,” Jeanette says. “I’ve been given a second chance, and it’s because of the great care I received from the trauma team, including the wonderful nurses.

“What struck me about my experience was that I was totally unable to speak for myself at the time of the accident, and yet I received superlative care,” she says. “When something like this happens, your loved ones are in shock, too, and things are happening so quickly that it’s difficult to process everything. Our care team listened, talked with us about our feelings and explained what was happening at all times. That spoke volumes about how tremendous their trauma services are.”

Dr. Lospinuso says Jeanette’s story shows the value of Hackensack Meridian Health’s integrated health care system. “You begin with front-line acute care — in Jeanette’s case this was our highly specialized trauma center and expert surgical care — and continue through rehabilitation and follow-up care with your same physicians,” Dr. Lospinuso says. “That is the essence of what allows us to sustain our high quality, reliability and excellent outcomes.”

The Best Regional Trauma Care

If you or a loved one is in a life-threatening situation, you can take comfort that excellent care is nearby. Designated by the American College of Surgeons, the Level II Trauma Center at Jersey Shore provides expertise, equipment and specialized capabilities that no other hospital in Monmouth or Ocean counties offers.

Find directions and more at HackensackMeridianHealth.org.
Jeanette Poole, pictured with one of her nine grandchildren, Lincoln Johnson, loves living near the beach. She is also very involved in the church.
Several years ago, Robert Pritchard talked with his doctor about some problems he was having with his sleep. The Old Bridge resident repeatedly woke up during the night, gasping for air. His wife complained about his snoring. But there were other problems, too.

“It got to the point where I woke up so many times during the night that the following day I was constantly tired,” Robert says. “I couldn't function that well. On my lunch hour at work, I'd go to my car and take a nap.”

**First Step: Sleep Study**
Robert’s doctor suggested he have a sleep study — an overnight test used to diagnose sleep disorders. Robert contacted the Center for Sleep Medicine at Raritan Bay Medical Center and consulted with David Goldstein, M.D., the center’s medical director. Dr. Goldstein referred Robert for the sleep study, and soon the problem was clear. The sleep study found that Robert had obstructive sleep apnea (OSA) — a common sleep disorder in which partial or complete obstruction of the upper airway causes a person to stop breathing during sleep, sometimes up to hundreds of times.

“People with OSA are constantly sleepy because they’re continually waking up during the night, and they have lots of difficulties with their jobs and personal life because they’re so exhausted,” Dr. Goldstein says. “But the condition also raises their risk for many serious health conditions, such as high blood pressure, heart attack, congestive heart failure, diabetes and stroke.”

Dr. Goldstein recommended Robert be treated with continuous positive airway pressure (CPAP), a machine that keeps air flowing to the lungs during sleep. The therapy has helped him greatly.

**Reaping the Benefits**
Sticking with his treatment plan has brought Robert, 66, numerous health benefits. CPAP therapy helps keep his blood pressure and diabetes in check. Research shows that it also may help prevent a recurrence of his atrial fibrillation, a type of abnormal heart rhythm, which he had treated several years ago.

Robert has much more energy now to do the things he loves, such as playing golf two to three times a week and helping neighbors with home repairs.

“I would sincerely tell others to look at getting treatment for a sleep disorder as a life-changing event,” he says. “You’ll make adjustments, but it enhances your life, without a doubt. Now, I couldn't live without my CPAP machine. When I travel, it’s the first thing I pack.”

**Sweet Dreams**
Raritan Bay Medical Center  
Sleep disorder treatment changes Old Bridge man’s life.

**Robert Pritchard, 66, has enjoyed golfing more since retiring. The Old Bridge resident golfs twice a week at Tamarack in East Brunswick or other local clubs.**

**David S. Goldstein, M.D.**
Board certified in Pulmonary Disease, Sleep Medicine, Critical Care Medicine and Internal Medicine
Old Bridge 1-800-560-9990

**Get Started on Your Journey to Better Sleep**
Ask your doctor for a referral for a sleep study, or call the Center for Sleep Medicine at Raritan Bay Medical Center for a physician referral. For more information, call 732-360-4255.
A Same-Day Surgical Solution

Southern Ocean Medical Center  Progressive surgery relieves Lakewood man’s facial pain.

When Rick Tucker, 58, first noticed swelling on the right side of his face, he thought it would go away. But the swelling continued — seeming to grow whenever he ate. A computed tomography (CT) scan at his doctor’s office showed Rick had a fluid-filled mass due to an infected salivary gland.

“I needed the fluid drained, but the procedure was only performed in New York and Philadelphia, and my insurance didn’t cover either place. I didn’t know what to do,” explains Rick. “People were staring at me because the swelling was so pronounced. It was really difficult.”

Months went by and the condition worsened. In addition to swelling, Rick experienced dry mouth and pain when he ate. Finally, he learned from a coworker that the procedure he needed — called a sialendoscopy — was offered by otolaryngologist Matthew Jung, M.D., at Southern Ocean Medical Center. Rick was thrilled.

“I met with Dr. Jung and was very impressed. I was surprised I could get this leading-edge procedure right here at home,” says Rick.

Specialized Surgery

A sialendoscopy is a minimally invasive procedure that involves threading a tiny, 1-millimeter camera through the ducts that drain saliva from the salivary glands into the mouth to identify areas of blockage. Blockages can occur due to the narrowing of the duct itself or when substances in the saliva accumulate in the duct or gland, forming a stone. Once diagnosed, the physician either dilates a tiny balloon to open the narrowed duct or uses a wire-cage device to remove the stone.

“Traditionally, treatment of blocked ducts and recurrent salivary gland infections was performed with open surgery, cutting through the face or neck to remove the entire gland. Not only did patients suffer the loss of their gland, but they were at increased risk for injury to important nerves such as the facial nerve,” explains Dr. Jung, who is among a small group of surgeons in the country who performs sialendoscopy. “This is a tremendous advancement.”

Quick Results

After eight months of living with pain and swelling, Rick underwent the 90-minute outpatient surgery with Dr. Jung at Southern Ocean. Rick had multiple strictures, or areas of narrowing, in his salivary gland duct — not unlike links of sausage. After opening each stricture, Dr. Jung flushed trapped saliva and debris from the gland and injected a steroid to help bring down the swelling.

“I was content, happy and home the same day,” says Rick, who was quickly back to normal activities, including work as a voice recording artist and painter. “No one would ever know I had surgery. I’m ecstatic at my results.”
The Heart of the Issue

Dara O’Neil is a young and active mom of two. She would often be found running, hiking and training for triathlons. Last March, the 35-year-old Middletown resident was suffering from an upper respiratory infection and was prescribed antibiotics by her primary physician, Robert Carracino, M.D., affiliated with Riverview Medical Center. In the days that followed, Dara continued to feel weak and she nearly passed out at home on Easter Sunday. Her husband took her to the Emergency Care Center at Riverview late that evening.

While waiting in her treatment room, Dara’s blood pressure began to drop and she lost consciousness. The emergency medical staff immediately got Dara stabilized and performed initial diagnostic tests. Dara had no prior history of cardiac issues. “We were very concerned and scared, but the staff at Riverview did an excellent job of explaining everything,” says Dara.

A Puzzling Case

Julie Master, D.O., a cardiologist at Riverview Medical Center and part of Meridian CardioVascular Network, assessed Dara and determined that Dara’s heart was being squeezed by fluid that had built up around it. “Dara was sick with myopericarditis, a condition where the sac that surrounds the heart and heart muscle itself gets inflamed. It can cause an abnormal buildup of fluid between the pericardium and the heart, leading to cardiac tamponade, a condition where fluid can put pressure on the heart, so it does not fill with normal amounts of blood. Cardiac tamponade is an emergency condition because the inability of the heart to pump enough blood will eventually cause it to fail. Dara was fainting because she had already reached the stage where her heart could not pump,” says Dr. Master.

At Riverview, a cardiac window procedure was performed on Dara to surgically drain the excess fluid from around her heart.

Following her surgery, Dara spent a week under close observation in the Intensive Care Unit at Riverview. There, she was monitored by a multidisciplinary team of physicians. “I remember the nurse in the Emergency Department telling me, ‘If you didn’t come here tonight, you would not have woken up in the morning,’” says Dara. Dara then spent three days at Riverview for further observation and to continue on her road to recovery.

A Reoccurring Issue

Despite the lifesaving procedures Dara received at Riverview, she experienced recurrent symptoms of pericarditis, which only happens rarely, in the following months that led her back to the Emergency Department at Riverview. “My body was continuing to shut down,” says Dara. Dr. Master reevaluated Dara’s condition and started her on medication that would prevent recurrent inflammation around her heart.

“Dr. Master was always very attentive to my needs. She was amazing. She would sit on the end of my bed, look me in the eyes and ask how I was doing. We never felt like the doctors were rushing to get out of the room,” says Dara. After the medication adjustments, Dara was finally well and on therapy.

Regaining Strength

Dara and Dr. Master continue to meet monthly to monitor Dara’s heart. Dara remains on the therapy plan mapped out by Dr. Master and values the relationship she’s developed with her cardiologist. “I am just the biggest fan of Dr. Master. She is the hardest working physician I have ever worked with. She will even call me on Sundays with my blood work results,” says Dara.

Dara has resumed her normal activities and continues to feel stronger. She’s recently gone on some hiking trips with her family, and she hopes to get back to competing in races later this year. “I have active kids, and I have to be active. I am feeling great,” says Dara.

By Jim Kelly
Red Bank resident Dara O’Neil enjoys spending time with her husband, Michael, and her children Aiden, 5, and Madison, 3.
Climbing High

K. Hovnanian Children’s Hospital Optimal care prevents permanent damage to Manahawkin girl’s broken arm.

When the weather is warm, 8-year-old Emily Baker loves to build forts and climb trees with her older sister, Abigail, in the wooded area near their home.

In April 2016, however, something went wrong while the girls were playing outdoors. Abigail ran into the house and told their mom, Kate, that Emily had fallen from a damaged tree. Kate rushed Emily to the Emergency Department at Southern Ocean Medical Center, where staff stabilized her arm and took X-rays of the damage. The images showed that Emily had an open elbow fracture, which is very uncommon, meaning the bone had punctured through the skin.

After splinting her arm, staff quickly transferred Emily to K. Hovnanian Children’s Hospital at Jersey Shore University Medical Center. There, orthopedic surgeon and medical director of Pediatric Orthopedics Paul Haynes, M.D., and radiologist Rajiv Biswal, M.D., assessed the damage.

Dr. Biswal completed an angiogram, an X-ray of blood vessels, and diagnosed Emily with an artery laceration.

“We knew that, because of this type of injury, we had to act fast,” says Dr. Haynes. “We had to perform surgery within 24 hours of the injury or she would face significant infection, a neurovascular injury or compartment syndrome, in which her arm wouldn’t heal properly and it would be shorter than the other.” During surgery, Dr. Haynes cleaned out the exposed area and placed five pins to hold the bones in place for the next four weeks while they healed.

Three days later, Emily said that her fingers felt sleepy. Dr. Haynes immediately consulted with Michael Rose, M.D., FACS, a nerve and microsurgery specialist and chief of Plastic Surgery at Jersey Shore.

“It was easy to see what had occurred,” says Dr. Rose. “The Doppler machine showed that the broken bones from Emily’s fall had damaged her artery, and that her arm was not circulating blood properly.” After monitoring her artery for two days, Dr. Rose performed surgery to remove the part of the blood vessel that was damaged, repaired it under a microscope and put it back in place. The damaged area was limited enough in size that it was an easy repair for Dr. Rose.

One month later, Emily returned to the hospital to have her pins removed. The doctors are pleased with her progress. She continues to have monthly checkups with Dr. Rose to monitor her blood flow and median nerve regeneration, and will visit Dr. Haynes annually to make sure her bones are growing properly. She is expected to make a full recovery with continued physical and occupational therapy.

“Dr. Rose and Dr. Haynes took such good care of us,” says Kate. “We are so happy they got Emily back to doing what she loves!”

By Kaylin Harper

Tiny Tot, Big Emergency?

No matter what you do to keep your child safe, emergencies sometimes happen. Find out where to go when something goes wrong at MeridianPediatricNetwork.com.
Antoinette Macken wasn’t like most 86-year-olds. She went to gym class three times a week and didn’t take any medications. When she felt a pain on her right side that caused her to skip workouts, she made a doctor’s appointment. A computed tomography (CT) scan led to a surprising diagnosis: pancreatic cancer.

“It was a horrific shock. I’ve heard about pancreatic cancer and thought I would be gone in two weeks,” says Antoinette. Thankfully, she found expert treatment through Meridian Cancer Care.

Antoinette was referred to Ronald Matteotti, M.D., medical director of Hepatobiliary Surgery at Hackensack Meridian Health. After testing and evaluation by diagnostic radiologist Raven DeVincenzo, M.D., and gastroenterologist Subha Sundararajan, M.D., Dr. Matteotti determined Antoinette’s cancer had been caught early enough to be treated surgically. He recommended an operation called the Whipple procedure. Without it, Antoinette was expected to live only a few months with increasing pain.

“I trusted Dr. Matteotti. He was incredibly caring, and I knew that I was in the very best hands,” says Antoinette, who moved from Long Island to Red Bank to be closer to her family and doctors.

The Whipple procedure involves removing part of the pancreas, the upper part of the small intestine, or duodenum; gallbladder; and a portion of the bile duct and stomach. The surgeon then reconnects the remaining pancreas, small intestine and bile duct. Research shows a clear link between positive patient outcomes and the number of Whipple procedures a physician has performed. Performing 15 to 20 Whipple surgeries a year is considered a high volume; Dr. Matteotti conducts over 40 annually. “It’s important to know that no one has to go to Manhattan to get expert pancreas and liver care,” explains Dr. Matteotti.

Dr. Matteotti performed Antoinette’s surgery at Jersey Shore University Medical Center. The operation required a partial portal vein — the major vein supplying the liver — resection. This type of resection is done by only a few surgeons in the country and makes a complex surgery even more difficult.

“Antoinette had an excellent outcome,” says Dr. Matteotti. “Her margins were completely clear of cancer.”

After recovering from surgery, Antoinette began six months of chemotherapy with Denis Fitzgerald, M.D., a hematologist/oncologist at Riverview Medical Center. Dr. Fitzgerald collaborated with Antoinette’s entire team of doctors on the best course of care. “Every patient’s condition is unique,” explains Dr. Fitzgerald. “We work together to create a tailored treatment plan for each patient.”

Today, Antoinette is finishing chemotherapy and has outpatient physical therapy at Riverview. She is enjoying her newest great-grandchild and spending time with family and friends. “I wouldn’t be here now if my cancer wasn’t handled the way it was by my physicians and their incredible teams,” she says. “Thank you is not enough.”
All programs are FREE unless otherwise noted. Reserve your spot by calling 1-800-DOCTORS (1-800-362-8677) or 1-800-560-9990 or by visiting HackensackMeridianHealth.org. In cases of severe weather, a program may be canceled as late as an hour before the start time. Call 1-800-DOCTORS or 1-800-560-9990 to confirm.

**Cancer Survivor Workshop**
Four-week workshop covering motivation, movement, nutrition, spirituality, nutrition and wellness.
**APRIL 6, 13, 20 AND 27 4:00 – 6:00 P.M.**
Jersey Shore University Medical Center, Brennan Rooms 104/105

**Meridian CardioVascular Network**

**Getting a Leg Up on Varicose Veins**
Learn about varicose veins, their causes and the latest treatment options. Screenings will be provided.
**MARCH 8, 10:00 A.M. – NOON**
**APRIL 4, 7:00 – 9:00 P.M.**
Meridian Community Resource Center at Freehold Raceway Mall

**Look Good, Feel Better**
The American Cancer Society offers this program to individuals being treated for cancer. Learn makeup and hair tricks to help you look and feel better. To register, call 1-800-227-2345.

**MARCH 7, 6:00 – 7:30 P.M.**
Meridian Community Resource Center at Freehold Raceway Mall

**Stop Smoking With Hypnosis**
Hypnotherapy is effective in alleviating unwanted habits and developing positive behaviors and lifestyle changes. Fee: $30. Group session.

**MARCH 8, 7:00 – 8:00 P.M.**
Meridian Fitness and Wellness, Manahawkin

**How Healthy Is Your Colon?**
Learn the risk factors and treatment options for colon cancer and how early detection can save your life. Free colorectal take-home kits will be provided. A 12-foot colon will be on display at selected sites.

**MARCH 1, 3:00 – 6:00 P.M.**
Brick Recreation Center

**MARCH 7, 6:00 – 7:30 P.M.**
Meridian Community Resource Center at Freehold Raceway Mall

**MARCH 15, 8:00 – 11:00 A.M. AND 4:00 – 7:00 P.M.**
Meridian Fitness and Wellness, Brick

**Meridian Cancer Care**

**Fresh Start Smoking Cessation**
This four-session smoking cessation program is offered by the American Cancer Society. Success in the program requires attendance at all four sessions.

**MARCH 6, 10, 20 AND 24 10:00 – 11:00 A.M.**
**APRIL 3, 7, 17 AND 21 10:00 – 11:00 A.M.**
**Riverview Medical Center Rechnitz Conference Center**

**MARCH 8, 7, 13 AND 14 5:00 – 6:30 P.M.**
**Jersey Shore University Medical Center, Cancer Center Conference Room**

**MARCH 7, 9, 14 AND 16 6:00 – 7:30 P.M.**
**Ocean Medical Center, East Wing Conference Center**

**Head and Neck Cancer Screening**
Join Kenneth Newkirk, M.D., for a free oral, head and neck screening. Learn if you could be at risk for cancer.

**APRIL 4, 5:30 – 7:30 P.M.**
**Meridian Health Village at Jackson, Conference Center**

**APRIL 18, 5:30 – 7:30 P.M.**
**Meridian Community Resource Center at Freehold Raceway Mall**

**MARCH 10, 6:00 – 7:30 P.M.**
**Meridian Health Village at Jackson, Conference Center**

**APRIL 18, 5:30 – 7:30 P.M.**
**Meridian Community Resource Center at Freehold Raceway Mall**

**MARCH 28, NOON – 1:30 P.M.**
**Riverview Medical Center Rechnitz Conference Center**

**SPEAKER: STEVEN TIZIO, M.D.**
Lunch will be served.

**Integrative Approach to Cancer Care**
From acupuncture for cancer fatigue to nutrition-specific needs for your diagnosis, learn about the five pillars of Integrative Health & Medicine and how they can help cancer patients during their journey.

**MARCH 16, 11:00 A.M. – 2:00 P.M.**
Riverview Medical Center

**Jane H. Booker Cancer Center**

**Meridian Cancer Care**

**Look Good, Feel Better**
The American Cancer Society offers this program to individuals being treated for cancer. Learn makeup and hair tricks to help you look and feel better. To register, call 1-800-227-2345.

**MARCH 7, 10, 20 AND 24 10:00 – 11:00 A.M.**
**APRIL 3, 7, 17 AND 21 10:00 – 11:00 A.M.**
**Riverview Medical Center Rechnitz Conference Center**

**MARCH 8, 7, 13 AND 14 5:00 – 6:30 P.M.**
**Jersey Shore University Medical Center, Cancer Center Conference Room**

**MARCH 6, 1:00 – 3:00 P.M.**
**Ocean Medical Center, East Wing Conference Center**

**MARCH 13 AND APRIL 10 7:00 – 8:00 P.M.**
Meridian Fitness and Wellness, Hazlet

**Deep Vein Thrombosis (DVT)**
Learn the signs, symptoms and treatment options for deep vein thrombosis.

**MARCH 14, 11:00 A.M. – NOON**
Meridian Fitness and Wellness, Hazlet

**SPEAKER: HABIB KHAN, M.D.**

**APRIL 25, 6:00 – 7:00 P.M.**
**Jersey Shore University Medical Center, Brennan Rooms 104/105**

**SPEAKER: OWANO PENNYCOOKE, M.D.**
Cholesterol: Know Your Numbers
Learn the difference between good and bad cholesterol, risk factors, treatment options and strategies for getting your numbers under control.
MARCH 15, 6:30 – 7:30 P.M.
Riverview Medical Center
Two River Conference Suite

Heart Failure
Learn how to maximize your quality of life while living with heart failure.
MARCH 28, 10:00 – 11:00 A.M.
Meridian Health Village at Jackson, Conference Center
APRIL 26, 11:00 A.M. – NOON
Riverview Medical Center
Shrewsbury River Conference Suite

Abdominal Aortic Aneurysms
Jeffrey Hager, D.O., will discuss the signs, symptoms, diagnosis and treatment options.
APRIL 24, 2:00 – 3:00 P.M.
Meridian Fitness and Wellness, Manahawkin

Alzheimer’s Disease: Approaches to Care
Program will focus on the major areas of concern for families and caregivers of those diagnosed with Alzheimer’s or related dementias. Cosponsored by Alzheimer’s NJ. Continental breakfast provided.
MARCH 25, 8:30 A.M. – 12:30 P.M.
Meridian Fitness and Wellness, Manahawkin

Are You Getting a Good Night’s Sleep?
Lack of sleep can affect you in many ways. Learn about sleep disorders and tips on how to get a better night’s sleep.
MARCH 9, 10:00 – 11:00 A.M.
Meridian Health Village at Jackson, Conference Center
MARCH 15, 6:00 – 7:00 P.M.
2 Hospital Plaza, Suite 420
Raritan Bay Medical Center – Old Bridge
SPEAKER: DAVID GOLDSTEIN, M.D.

Memory Loss
Learn the signs, symptoms and treatments for memory loss. Memory screenings will be provided.
MARCH 28, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Hazlet

Multiple Sclerosis Update
Tommasina Papa-Rugino, M.D., will discuss the latest in diagnostic treatment options and coping skills.
APRIL 14, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Manahawkin

Stroke: Are You At Risk?
Know the signs and symptoms and what you should do if someone is having a stroke.
APRIL 25, 2:00 – 3:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

AngioScreen®
Learn your risk for heart attack and stroke. Includes carotid artery ultrasound, heart rhythm, blood pressure, and screening for abdominal aortic aneurysm and peripheral artery disease (PAD). Receive a color report of your findings, educational material and a consultation with a registered nurse.
Special Rate: $49.95
Registration is required.
MARCH 9, 9:30 A.M. – 4:00 P.M.
Good Shepherd Lutheran Church, 3139 County Road 516, Old Bridge
MARCH 14, 9:30 A.M. – 4:00 P.M.
Meridian Fitness and Wellness, Manahawkin
MARCH 16, 9:30 A.M. – 4:00 P.M.
Meridian Health Village at Jackson, Conference Center
APRIL 20, 1:00 – 7:30 P.M.
Jersey Shore University Medical Center, Brennan Rooms 104/105

Solutions to Balance Problems
Learn some of the causes of balance problems and exercises you can do to reduce your risk of falls.
MARCH 21, 10:00 – 11:00 A.M.
Meridian Health Village at Jackson, Conference Center
MARCH 30, 1:00 – 2:00 P.M.
Meridian Fitness and Wellness, Brick

Hypertension and You
Manage your blood pressure through lifestyle changes.
MARCH 29, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Manahawkin
MARCH 29, 6:00 – 7:00 P.M.
YMCA Perth Amboy
357 New Brunswick Ave.
APRIL 27, 2:00 – 3:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

Meridian Neuroscience
Are You Getting a Good Night’s Sleep?
Lack of sleep can affect you in many ways. Learn about sleep disorders and tips on how to get a better night’s sleep.
MARCH 9, 10:00 – 11:00 A.M.
Meridian Health Village at Jackson, Conference Center
MARCH 15, 6:00 – 7:00 P.M.
2 Hospital Plaza, Suite 420
Raritan Bay Medical Center – Old Bridge
SPEAKER: DAVID ZUKOFF, M.D.

Memory Loss
Learn the signs, symptoms and treatments for memory loss. Memory screenings will be provided.
MARCH 28, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Hazlet

Multiple Sclerosis Update
Tommasina Papa-Rugino, M.D., will discuss the latest in diagnostic treatment options and coping skills.
APRIL 14, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Manahawkin

Stroke: Are You At Risk?
Know the signs and symptoms and what you should do if someone is having a stroke.
APRIL 25, 2:00 – 3:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

Cooking With Heart
Join Shaddy Younan, M.D., and hear the latest information on heart disease, the warning signs and prevention measures you can take by staying healthy. There will be an entertaining heart-healthy cooking demonstration and food tasting and an information session with a nutritionist. Registration required.
APRIL 6, 11:00 A.M. – 2:00 P.M.
Bayshore Community Hospital, Conference Rooms A and B

Joyful Heart Tea
Enjoy tea and heart-healthy delights as Adam Kaplan, M.D., discusses how to keep your heart healthy.
APRIL 22, 11:30 A.M. – 1:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

Alzheimer’s Disease: Approaches to Care
Program will focus on the major areas of concern for families and caregivers of those diagnosed with Alzheimer’s or related dementias. Cosponsored by Alzheimer’s NJ. Continental breakfast provided.
MARCH 25, 8:30 A.M. – 12:30 P.M.
Meridian Fitness and Wellness, Manahawkin

Memory Loss
Learn the signs, symptoms and treatments for memory loss. Memory screenings will be provided.
MARCH 28, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Hazlet

Multiple Sclerosis Update
Tommasina Papa-Rugino, M.D., will discuss the latest in diagnostic treatment options and coping skills.
APRIL 14, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Manahawkin

Stroke: Are You At Risk?
Know the signs and symptoms and what you should do if someone is having a stroke.
APRIL 25, 2:00 – 3:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

Solutions to Balance Problems
Learn some of the causes of balance problems and exercises you can do to reduce your risk of falls.
MARCH 21, 10:00 – 11:00 A.M.
Meridian Health Village at Jackson, Conference Center
MARCH 30, 1:00 – 2:00 P.M.
Meridian Fitness and Wellness, Brick
**Meridian Orthopedics**

**Oh My Achy Back!**
Living with chronic back pain? Learn the latest in diagnosis and treatment options.

MARCH 8, 1:00 – 2:00 P.M.
Meridian Fitness and Wellness, Brick
SPEAKER: LAMBRO DEMETRIADES, M.D.
APRIL 5, 6:30 – 7:30 P.M.
Riverview Medical Center
Shrewsbury River Conference Suite
SPEAKER: HOWARD EISENBROCK, D.O.

**Total Joint Replacement**
Learn the latest in diagnosis and treatment options for total joint replacement.

MARCH 20, 10:00 – 11:00 A.M.
Meridian Fitness and Wellness, Manahawkin
SPEAKER: STANLEY MICHAEL, M.D.
MARCH 27, 6:30 – 7:30 P.M.
Meridian Community Resource Center at Freehold Raceway Mall
SPEAKER: NADER BAKHOS, M.D.

**Fall Prevention**
Learn about risk factors for falls and steps you can take to prevent an injury.

MARCH 29, 2:00 – 3:00 P.M.
Meridian Fitness and Wellness, Brick

**No Bones About It!**
Do you have osteoporosis? Learn the latest on diet and exercise for good bone health. Bone screenings provided.

APRIL 4, 10:00 A.M. – NOON
Meridian Health Village at Jackson, Conference Center
APRIL 18, 2:30 – 3:30 P.M.
Ocean County Library – Point Pleasant
834 Beaver Dam Road
APRIL 19, 6:30 – 7:30 P.M.
Raritan Bay Medical Center – Perth Amboy

**Common Foot Issues**
Join Ian Hersh, D.P.M., as he discusses common causes of foot pain and treatment options.

APRIL 12, 1:00 – 2:00 P.M.
Meridian Fitness and Wellness, Hazlet

**Managing Chronic Pain**
Jagjeet Singh, M.D., will discuss the latest treatment options for managing chronic pain.

APRIL 25, 6:30 – 7:30 P.M.
Meridian Fitness and Wellness, Brick

**Meridian Pediatric Network**

**Safe Sitter**
Babysitter training for boys and girls ages 11 to 14. The class includes handling emergencies, first aid and CPR. Fee: $40.

MARCH 11, 9:00 A.M. – 3:30 P.M.
Jersey Shore University Medical Center, Brennan Rooms 104/105
MARCH 18, 9:00 A.M. – 3:30 P.M.
Raritan Bay Medical Center – Old Bridge
APRIL 11, 9:00 A.M. – 3:30 P.M.
Meridian Fitness and Wellness Center, Brick
APRIL 13, 9:00 A.M. – 3:30 P.M.
Meridian Fitness and Wellness Center, Hazlet

**Healthy Eating for Kids**
Learn the importance of staying healthy by eating the right foods even though you are on the run. Interactive demos and sampling.

MARCH 18, 10:00 – 11:00 A.M.
Meridian Fitness and Wellness, Brick

**Childbirth/Maternity**

**Childbirth Education Series**
We offer classes and seminars for first-time and experienced parents, as well as tours, classes for siblings and more! Registration is required. Please register before your third trimester. To learn more about our fun and informative classes, visit MeridianMomtourage.com.

MARCH 29, 6:00 – 7:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall
SPEAKER: PARINI PATEL, M.D.

**Take Control of Your Health for Diabetes**
Learn practical skills and strategies for managing diabetes symptoms, setting goals, problem solving, meal planning and more. Six-week program. Registration required.

STARTING MARCH 24
10:00 A.M. – 12:30 P.M.
Meridian Fitness and Wellness, Hazlet

**Comprehensive Diabetes Management**
Individual or group educational and support programs. To register, call Bayshore Community Hospital at 732-888-7362, Riverview Medical Center and Ocean Medical Center at 732-530-2555, Jersey Shore University Medical Center at 732-897-3980, Southern Ocean Medical Center at 609-978-3491 or Raritan Bay Medical Center – Old Bridge at 732-360-4070.

**Counseling and Behavioral Health**

**Meditation and Yoga**
Learn how meditation and yoga may benefit depression, anxiety and stress.

MARCH 29, 6:00 – 7:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

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

**Children’s Counseling**
Meridian Behavioral Health offers a variety of counseling services. We offer age-specific group therapy, a therapeutic after-school program for children ages 7 to 13 and traditional individual and family therapy. Call 732-869-2784, ext. 2, for registration, schedules and fees.

**Diabetes**

**Tips on Managing Diabetes**
Learn how to manage your diabetes and reduce risks and other complications.

MARCH 20, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Manahawkin
APRIL 6, 2:00 – 3:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall
APRIL 18, 2:00 – 3:00 P.M.
Riverview Medical Center
Shrewsbury River Conference Suite
SPEAKER: PARINI PATEL, M.D.
**Nutrition**

**Food and Fitness**
Learn how you can balance your intake of food along with your exercise routine.

MARCH 6, 5:30 – 6:30 P.M.
Meridian Fitness and Wellness, Brick

MARCH 9, 10:00 – 11:00 A.M.
Meridian Fitness and Wellness, Manahawkin

APRIL 11, 6:00 – 7:00 P.M.
Meridian Fitness and Wellness, Hazlet

APRIL 12, 10:00 – 11:00 A.M.
Meridian Health Village at Jackson, Conference Center

**Weight Loss With Hypnosis**
Lose weight with hypnotherapy. Fee: $30.

MARCH 20, 7:00 – 8:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

APRIL 12, 7:00 – 8:00 P.M.
Meridian Fitness and Wellness, Manahawkin

**Healthy Eating**
Join us for a free cooking demo and learn tips on how to make your meals healthy, but not bland or boring.

APRIL 5, 5:30 – 6:30 P.M.
Joslin Diabetes Center 2 Hospital Plaza, Suite 20 Raritan Bay Medical Center – Old Bridge

**Fitness**

**The Importance of Core Strength**
Join Meridian Fitness and Wellness experts as they discuss the importance of core strength and learn what you can do to strengthen yours.

MARCH 1, 10:00 – 11:00 A.M.
Meridian Health Village at Jackson, Conference Center

MARCH 8, 6:00 – 7:00 P.M.
Meridian Fitness and Wellness, Hazlet

APRIL 3, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Manahawkin

APRIL 5, 3:30 – 4:30 P.M.
Meridian Fitness and Wellness, Brick

**Self-Defense Exercises**
Learn how to use balance and leverage strength to help defend yourself. Fee: $3 per class.

MARCH 2, 16 AND APRIL 6, 20
12:30 – 1:30 P.M.
Meridian Fitness and Wellness, Manahawkin

**Nutrition Counseling**
Consult a registered dietitian to design a food plan that meets your weight management and medical nutrition needs. For more information, registration or fees, call Riverview Medical Center at 732-530-2555, Meridian Outpatient Rehabilitation at Brick at 732-206-8263, Southern Ocean Medical Center at 609-978-3491, Raritan Bay Medical Center – Old Bridge at 732-360-4070 or Perth Amboy at 1-855-TIME-4-ME.

**The Power of Yoga**
Yoga can help you by making you fit, flexible and stress-free. Demo class.

MARCH 15 AND APRIL 19
6:00 – 7:00 P.M.
Meridian Community Resource Center at Freehold Raceway Mall

**Screenings**

**Blood Pressure**
Free blood pressure screenings. CALL FOR DATES AND LOCATIONS.

**Wellness Screenings**
Free blood pressure, cholesterol, glucose, pulse and stroke risk assessments.

MARCH 1, 3:00 – 6:00 P.M.
Brick Recreation Center 270 Chambersbridge Road

**Diabetic Retinopathy**
Registration required.

MARCH 15, 10:00 A.M. – 1:00 P.M.
Meridian Fitness and Wellness, Hazlet

**Health and Safety Fair**
Free health screenings and education.

APRIL 28, 10:00 A.M. – 2:00 P.M.
St. Francis Center 4700 Long Beach Blvd. Brant Beach

**Genealogy: The Basics**
Interested in tracing your family history?

MARCH 30, 10:00 – 11:00 A.M.
Meridian Fitness and Wellness, Manahawkin

**NJ State Council Defensive Driving Class**
Develop safe, defensive driving techniques and save on your insurance. Certificates awarded. Fee: $8 (additional $10 fee for point reduction).

APRIL 21, 8:30 A.M. – 3:00 P.M.
Meridian Fitness and Wellness, Manahawkin

**Weight Loss Surgery**

**Weight Loss Surgery: The Facts**
Karl Strom, M.D., medical director of the Bariatric Center of Excellence at Southern Ocean Medical Center and Bayshore Community Hospital, with surgeons Jonathan Reich, M.D., and Silvia Fresco, M.D., will host educational programs on the benefits of weight loss surgery.

MARCH 7 AND APRIL 6
7:00 – 8:30 P.M.
Ramada Inn, 2373 Route 9 Toms River

MARCH 8 AND APRIL 12
2:00 – 3:30 P.M.
MARCH 23, 7:00 – 8:30 P.M.
Bayside Community Hospital Conference Rooms A and B

MARCH 8 AND APRIL 5
7:00 – 8:30 P.M.
Southern Ocean Medical Center, Conference Rooms 1 and 2

MARCH 14 AND APRIL 25
7:00 – 8:30 P.M.

**Senior Programs**

**AARP Smart Driver**
This driving program is for adults ages 50 and older who want to develop safe defensive-driving techniques. Fee: $15 for AARP members and $20 for nonmembers. Make checks payable to AARP.

CALL FOR DATES AND TIMES.

**Men’s Health Night**
Physician lectures, free health screenings and educational displays. Screenings include blood pressure, blood sugar, cholesterol, colorectal, foot, bone density, stroke risk assessments and pulmonary function. A free lipid screening will be offered on March 20, 7:00 – 9:00 A.M., at Southern Ocean Medical Center, Conference Rooms 1 and 2. A 12-hour fast is required before having your blood drawn, but you can have medications and water. Results will be available at Men’s Health Night.

MARCH 22, 6:30 – 8:30 P.M.
Southern Ocean Medical Center

HackensackMeridianHealth.org ▽ 1-800-360-9990
Mindfulness-Based Stress Reduction

This eight-week stress-reduction course will teach you skills to reduce stress by tapping into your own natural resources. This evidence-based program will help participants practice positive behavior changes, reverse stress-related health problems and improve quality of life. All participants will receive a CD of guided meditation and course materials, and will attend a day of mindfulness retreat on Saturday, April 22, 10:00 A.M. – 4:00 P.M. Fee: $400. Registration required.

EVERY WEDNESDAY, STARTING MARCH 15
10:00 A.M. – NOON
Meridian Health Village at Jackson
Meridian Integrative Health & Medicine

Is Weight Loss Surgery Right for Me?
Ayotunde Adeyeri, M.D., medical director of the Institute for Weight Loss, will discuss the benefits of weight loss surgery. To register, call 1-855-TIME-4-ME (1-855-846-3463).

MARCH 13 AND APRIL 10
7:00 – 8:00 P.M.
Institute for Weight Loss
3 Hospital Plaza, Suite 404
Raritan Bay Medical Center – Old Bridge

Weight Loss Surgery: Explore Your Options
Anil Pahuja, M.D., medical director of the Bariatric Center at Ocean Medical Center, and James Pasquariello, M.D., will discuss the benefits of and options for weight loss surgery.

MARCH 7 AND APRIL 6
7:00 – 8:00 P.M.
Ocean Medical Center
East Wing Conference Center
MARCH 16 AND APRIL 11
7:00 – 8:00 P.M.
Meridian Health Village at Jackson, Conference Center

Options for Weight Loss Surgery
Seth Kipnis, M.D., medical director of the Center for Weight Loss Surgery at Jersey Shore University Medical Center, discusses the benefits of weight loss surgery.

MARCH 15 AND APRIL 19
6:00 – 7:00 P.M.
Jersey Shore University Medical Center, Medical Staff Boardroom

General Wellness

Wound Care for Your Feet
Taking care of your feet goes a long way. Learn ways you can protect your feet and prevent wounds and injury.

MARCH 23, 11:00 A.M. – NOON
Meridian Fitness and Wellness, Brick

Thyroid Disease
Join Michael Sullivan, M.D., as he discusses signs, symptoms and treatment options for thyroid disease. Light dinner will be served.

MARCH 23, 5:30 – 7:00 P.M.
Arbor Terrace
1800 Route 35 South
Middletown

Living With Low Vision
Learn tips and tools that can help improve safety, independence and your ability to function well with sight loss. Light refreshments will be served.

MARCH 28, 3:00 – 4:00 P.M.
Meridian Fitness and Wellness, Brick

Stress Management for Caregivers
Learn techniques on how to manage stress while caring for a loved one.

APRIL 13, 2:00 – 3:00 P.M.
Meridian Fitness and Wellness, Brick

Communication Techniques for Caregivers
Learn how to communicate better with your loved one who is living with dementia. Light lunch will be served.

APRIL 26, 11:30 A.M. – 12:30 P.M.
Meridian Fitness and Wellness, Manahawkin

Meridian Programs and Services

Booker Health Sciences Library Home Delivery
Looking to learn more about a medical topic, disease or condition? The library sends a packet of reliable information to you at no cost.

Phone: 732-776-4265
Fax: 732-776-4530
Email: jsnumlibrary@meridianhealth.com

Clinical Trials
To learn about our clinical trials, visit MeridianHealth.com, call 732-776-2953 or email clinicaltrials@meridianhealth.com.

CPR Training
Call for dates, times and locations of classes offered.

Infectious Disease Clinic
Located at Jersey Shore University Medical Center. Call 732-774-0151 to schedule a free, confidential appointment.

Support Groups
We offer support groups for a variety of health topics and diseases. Call for more information, dates and times.
Bob underwent multiple surgeries, received a series of chemotherapy treatments and had numerous radiology sessions coordinated by Joseph Lattanzi, M.D., during his multifaceted plan of care. Another integral member of Bob’s team was nurse navigator Lizzie Martinez, who escorted the Ominskis through appointments, tests and paperwork and was always a phone call away to answer questions for them. “She was the glue for us,” says Angela. “It was so hard to function through all of this, but she — as her title indicates — navigated us through the maze.”

Today Bob and Angela are cancer survivors who support Southern Ocean with more enthusiasm than ever. “We received world-class care right here in our neighborhood,” Angela says. “The Southern Ocean medical team helped us to get on with our lives and provided state-of-the-art treatments so that we could really concentrate on healing.”

Want to Make a Difference?

To learn more about how you can support Southern Ocean Medical Center Foundation, call 732-751-5100 or visit MeridianHealth.com/GIVE.

Angela and Bob Ominski of Manahawkin enjoy spending time with their seven grandchildren.

Seeing Both Sides

Hackensack Meridian Health

When both she and her husband faced cancer, a trustee of Southern Ocean Medical Center Foundation experienced firsthand the excellent care she has long supported.

For more than 25 years, Angela Ominski, 66, of Manahawkin, has served as a trustee for Southern Ocean Medical Center Foundation because she knows her family is fortunate to have such an outstanding health facility right in their community.

Four years ago, she experienced the hospital’s expertise firsthand after she was diagnosed with colon cancer and received exceptional care from hematologist/oncologist Evan Naylor, M.D.

Then three years ago, as she was on the road to recovery, Angela’s husband Bob, 67, was rushed to the hospital’s Emergency Department with a suspected heart attack.

However, extensive medical tests revealed that he was suffering from an entirely different condition: leukemia.

“When we heard his diagnosis, we were stunned, but we both said, ‘Call Dr. Naylor,’” Angela says. “We knew firsthand that he was knowledgeable about the latest cancer treatments and really listens to his patients.”

Their Care in Experienced Hands

Dr. Naylor and a team of oncology physicians and nurses managed Bob’s care throughout the course of his leukemia treatments.

Then came another jolt: Dr. Naylor’s careful examination of Bob’s blood work indicated that he also had three additional cancers: a nonmalignant brain tumor; an aggressive form of kidney cancer; and colorectal cancer.

“Obviously, this was uncharted territory for us, but thankfully the oncology team guided us every step of the way as they mapped out a therapeutic regimen to save Bob,” Angela says.

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Exercising can make physical activities easier and less painful.

Arthritis is a general term for more than 100 rheumatic diseases. It affects about one in five Americans and is one of the most widespread chronic diseases in people older than 45. Arthritis can affect the joints, muscles, connective tissues, skin and organs. The most obvious warning signs are pain, swelling, stiffness and problems moving one or more joints.

Current scientific evidence shows exercise is one of the best ways to minimize the pain and the limitations of arthritis. In certain circumstances, it may even reverse some arthritic changes in the body by nourishing and lubricating affected joints.

Though not a cure-all, regular exercise is an essential part of managing arthritis. “When combined with appropriate medications and therapies — such as heat and cold to treat flare-ups — it can significantly improve the way you feel and your ability to maintain an active lifestyle,” says Michael Kelly, M.D., chair of Orthopedic Surgery with Hackensack University Medical Center.

According to Javier Soares-Velez, M.D., a physician with Riverview Medical Center and Bayshore Community Hospital, “Doing all three types of the following exercises will improve your overall health and help you move with less pain.”

- Flexibility exercises that move the joints and muscles through their full range of motion and gradually increase how far they can move and the ease at which they move
- Strengthening exercises that increase the strength of the muscles that move, support and protect the joints
- Aerobic or endurance exercises that enhance your overall fitness level by stimulating your lungs and cardiovascular system

8 TIPS FOR EXERCISING RIGHT WITH ARTHRITIS

1. Flexibility exercises: Move the joints and muscles through their full range of motion and gradually increase how far they can move and the ease at which they move.
2. Strengthening exercises: Increase the strength of the muscles that move, support and protect the joints.
3. Aerobic or endurance exercises: Enhance your overall fitness level by stimulating your lungs and cardiovascular system.
1 EXERCISE AT DIFFERENT TIMES OF THE DAY. “Some people find doing range-of-motion (ROM) exercises in the morning helps them loosen up for the day’s activities; others find doing such exercises before bedtime makes them less stiff in the morning,” says Laurie Glasser, M.D., a sports medicine physician with Jersey Shore University Medical Center. “A good guideline is to exercise when you feel the least pain and stiffness.”

2 MASSAGE STIFF OR SORE MUSCLES or apply heat or cold packs to them before you exercise. Bruce Stamos, M.D., with Ocean Medical Center, explains, “Heat relaxes your joints and muscles and helps relieve pain. Cold reduces pain and swelling for some people.”

3 WARM UP FIRST. Do gentle ROM and strengthening exercises at least 10 to 15 minutes before doing more vigorous aerobic exercises.

4 DON’T DO TOO MUCH TOO SOON. “Building endurance should be a gradual process that takes several weeks,” advises Jason Wong, D.O., with Southern Ocean Medical Center. “You’ll know you did too much if your joint pain continues for two hours after exercising or if pain or fatigue is worse the next day.” The next time you work out, decrease the number of times you do each exercise, or do them more gently.

5 DO EXERCISES THAT DON’T PUT A LOT OF STRAIN ON YOUR JOINTS. Good choices include swimming, walking, tennis, golf and dancing.

6 DON’T EXERCISE A PAINFUL, INFLAMED JOINT. Apply heat or cold and rest the joint until the pain goes away.

7 SET REALISTIC EXERCISE TARGETS. There will be days when you won’t feel like doing anything. Be kind to yourself by building some rest days into your program.

8 COOL DOWN FOR FIVE TO TEN MINUTES after exercising. “This lets your heart slow down and helps your muscles relax,” explains rheumatologist Janak Goyal, M.D., RDMS, RVT, RPVI, FACP, FACR, with Raritan Bay Medical Center. “To cool down, simply do your exercise activity at a slower pace. End with gentle stretching exercises.”
Home to the
#1 Hospital in New Jersey

Hackensack Meridian Health

At the heart of our health network is an unwavering commitment to quality — a passion for excellence unsurpassed.

That’s why having three hospitals ranked in the top 10 in New Jersey by U.S. News & World Report, including HackensackUMC as #1 again is a vital sign of our network’s good health.

Recognition like this gives us a compelling moment to pause and thank the 28,000 team members and 6,000 physicians for making our care safer, our outcomes better, and our experience more human each and every day.

To learn more about how we are humanizing health, visit HackensackMeridianHealth.org

Plus 37 High Performing Recognitions for Types of Care Throughout Our Integrated Network