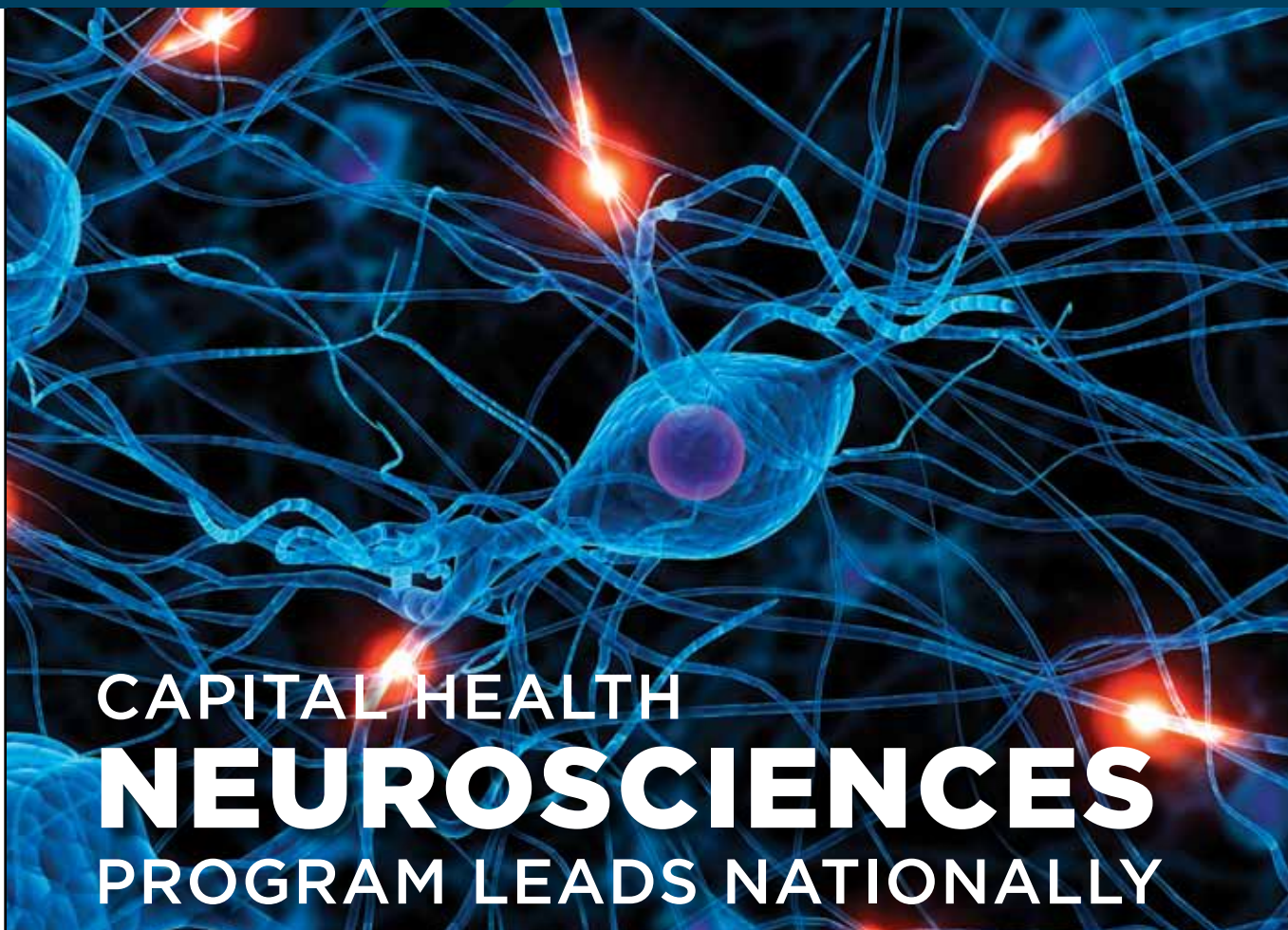


## AWARDS & RECOGNITION



The American Heart Association and American Stroke Association recognize this hospital for achieving 85% or higher adherence to all Get With The Guidelines® Stroke Performance Achievement indicators for consecutive 12 month intervals and 75% or higher compliance with 6 of 10 Get With The Guidelines Stroke Quality Measures to improve quality of patient care and outcomes in addition to achieving IV rt-PA door-to-needle times < 60 minutes in 50% or more of applicable acute ischemic stroke patients (minimum of 6) during one calendar quarter.



### #1 in the State, Pioneers New Stroke Device and Welcomes Prominent Brain Tumor Neurosurgeon

#### Top Neurosurgery Hospital in the State

Based on 2011 data from the State of New Jersey, the [Capital Institute for Neurosciences](#) performed more brain surgery procedures - and more aneurysm procedures - than any other hospital in New Jersey. Their neurosurgeons, national leaders in the treatment of brain tumors and aneurysms, receive patients from more than 80 hospitals throughout New Jersey and beyond. And they have the first and only neurological emergency room in the nation.

#### Cutting Edge Treatment

Capital Institute for Neurosciences was first in the nation to utilize a revolutionary, FDA-approved device to remove a clot from the brain of stroke patients. Unbelievably, this procedure is performed starting with a tiny incision in the leg.

#### Nationally Recognized Tumor Surgeon

The Institute recently expanded its physician team adding a brain tumor specialist to its roster of neuroscience experts. **DR. ARLAN MINTZ**, a nationally recognized neurosurgeon specializing in neurosurgical oncology, joined Capital Health after leading University of Pittsburgh Medical Center's Adult Neurosurgical Oncology program, one of the leading neurosurgery programs in the country. He is director of Neurosurgical Oncology and surgical director of Radiosurgery providing advanced care for patients with brain and spine tumors. Dr. Mintz performed the first surgical procedure worldwide using High Definition Fiber Tractography (HDFT) mapping to preserve critical areas of brain function during complex tumor surgery.

To learn more about the Institute, visit [capitalneuro.org](http://capitalneuro.org) or call **609.537.7300**.

## CAPITAL HEALTH MEDICAL CENTER – HOPEWELL EARNS “TOP PERFORMER ON KEY QUALITY MEASURES™” RECOGNITION FROM THE JOINT COMMISSION

### Only NJ and PA Hospital, and One of Only Eight in the Country, Recognized for Stroke Care

Capital Health Medical Center – Hopewell was named one of the nation's *Top Performers on Key Quality Measures* by The Joint Commission, the leading accreditor of health care organizations in America. The recognition looked at performance in using evidence-based clinical processes that are shown to improve care for certain conditions, including stroke, heart attack, heart failure, surgical care.

Capital Health Medical Center – Hopewell was the *only* New Jersey and

Pennsylvania hospital, and *one of only eight* in the country, to have achieved recognition for excellence in stroke care.

“Our ongoing commitment to stroke patients is clear,” said Dr. Erol Veznedaroglu, chairman for the Department of Neurosurgery and director of the Capital Institute for Neurosciences at Capital Health. “This recognition coupled with our continued commitment to being on the forefront of new stroke treatments and our innovative programs, such as our neuro dedicated emergency department, are all part of our leadership in this area to the benefit of our patients.”



## CENTER FOR WOMEN'S HEALTH ANNOUNCES EXPANSION



Dr. Randi Protter, medical director of the [Capital Health Center for Women's Health](#), has announced that **DR. SARAH WISTREICH** has joined the practice. Wistreich graduated from UMDNJ – School of Osteopathic Medicine, where she specialized in women's health. She completed her residency in Family Medicine as well as the Women's Health Fellowship Track at Robert Wood Johnson Medical School.

Our physicians and healthcare providers are specifically trained in women's health," said

Dr. Protter. "Our approach is to treat all aspects of a women's life that impacts her health, all in one place at her convenience."

Dr. Protter added that a patient concierge works with patients to facilitate the scheduling of tests and referral appointments.

The Center for Women's Health is located at 1401 Whitehorse-Mercerville Road, Hamilton Township, NJ. The Center can be reached at **609.588.5059** or [capitalhealthwomen.com](#).



Capital Health Center for Women's Health presents

### Yoga for Beginners

Two sessions available:

- January 9, 16, 23, & 30 (\$40)
- March 6, 13, 20, 27 & April 3, 10 (\$60)

6:45-7:45 pm

Classes will be held at Capital Health – Hamilton  
1445 Whitehorse-Mercerville Rd.

Please bring your own mat.

Register online at:  
[capitalhealth.org/events](#)

For more information, call  
**609.588.5059**.

## NO KIDDING — AN ER THAT'S JUST FOR KIDS

A trip to the emergency room with a child is never fun and can get even worse with stressors like long waiting, crowded waiting areas and staff who aren't trained to treat children.

Our [Pediatric Emergency Department](#) is completely separate from our adult emergency department, and only treats children (newborn through 17 years old). We only offer highly qualified pediatricians and pediatric trained nurses—24 hours a day, seven days a week—and every child is seen by a pediatrician, no exceptions.

Capital Health Medical Center – Hopewell also offers an all-private Inpatient Pediatric Unit with a 4-bed high observation room for those with more serious conditions that require overnight visits. The unit is staffed by board certified pediatricians and specially trained pediatric nurses.

Visit [capitalpeds.org](#) or call **609.303.4466** for more information.



Pediatric Emergency Department Waiting Room

## CAPITAL HEALTH ADDS FELLOWSHIP TRAINED BREAST SURGEON TO ITS ROSTER OF SURGICAL SPECIALISTS



A breast cancer diagnosis can be overwhelming and frightening. For **DR. LISA ALLEN**, a board certified breast surgeon who recently joined Capital Health from MD Anderson Cancer Center in Texas, her job is to

not just provide the most advanced, and comprehensive, surgical breast care for her patients, but to be an educational resource and part of their support network.

"Breast surgery was the perfect specialty for me," says Allen, who is fellowship trained in breast surgical oncology. "I knew I wanted to be a surgeon and this specialty enables me not only to practice in a very specialized

surgical area, but to work with women who are a continuous source of inspiration. It was the patients I encountered during my training that motivated me to focus specifically on breast surgery."

Dr. Allen joins Capital Health as director of its Center for Comprehensive Breast Care. Dr. Allen provides comprehensive surgical care for patients with malignant breast disease, including primary breast cancer (pre-malignant and malignant, inflammatory breast cancer), as well as benign breast conditions.

To schedule an appointment with Dr. Allen, call **609.537.6700**.



## DETECTING BREAST CANCER EARLIER

Capital Health is the only center in New Jersey or Pennsylvania to offer molecular breast imaging (MBI), which can identify breast cancers not visible on mammography. It is recommended in particular for women with dense breast tissue (for whom it is three times more sensitive than mammography), as well as those who have a previous history of breast cancer, are BRCA positive, or who have an area of concern on a mammogram.

To schedule appointments at the Women's Imaging Center, call Capital Health Central Scheduling at **609.394.6695**. You may also visit [capitalhealth.org/mytest](#) to request an appointment online.





# NEW HEART & VASCULAR INSTITUTE **CLEAR** A HEALTHY PATH



The Capital Health Heart & Vascular Institute offers a new model for providing comprehensive vascular care all in one convenient location. This new, multi-specialty

approach to the treatment of heart and vascular disease offers those with heart or vascular problems to receive the most up-to-date techniques and treatment options.

Located at Capital Health Medical Center – Hopewell, the Institute features a new interventional vascular surgery suite, which includes stents and embolization for complex vascular conditions (including abdominal and thoracic aneurysms) that require highly specialized treatment. **DR. JOSHUA EISENBERG**, director of the Heart & Vascular Institute, oversees the new interventional suite at Hopewell. Prior to joining Capital Health, Dr. Eisenberg was chief of the Division of Vascular and Endovascular Surgery at Methodist Hospital (one of the Thomas Jefferson University Hospitals in Philadelphia, PA).

Learn more about the Capital Health Heart & Vascular Institute by calling **1.855.VASCDOC** (827-2362).

## VASCULAR SURGERY

Complex open and minimally invasive procedures performed by board certified, fellowship trained surgeons

## CARDIOLOGY

Board certified non-invasive and interventional cardiologists for preventive care, diagnosis and treatment

## NEPHROLOGY

Complex dialysis access and treatments for peripheral vascular disease

## NON-INVASIVE VASCULAR IMAGING

Performed in an ICAVL-approved vascular lab and interpreted by heart and vascular specialists

## VEIN CENTER

Minimally invasive treatment for varicose veins, spider veins, DVT, and venous insufficiency

## WOUND CENTER

Comprehensive treatment of difficult wounds, including hyperbaric oxygen therapy

## SLEEP WELL WITH CAPITAL HEALTH

More families in Mercer and Bucks counties should be getting better sleep in 2013 thanks to new developments at the Capital Health Center for Sleep Medicine.

As the largest center in Mercer and Bucks counties accredited by the American Academy of Sleep Medicine, the Center recently became the first program in New Jersey to earn accreditation as a dental sleep medicine facility from the American Academy of Dental Sleep Medicine.

Dental sleep medicine focuses on managing snoring and obstructive sleep apnea with oral appliance therapy (OAT) – a proven alternative to continuous positive airway pressure (CPAP) that uses a “mouth guard-like” device worn in the mouth during sleep to maintain an open, unobstructed airway.



The Center’s medical staff also expanded with the addition of **DR. AMY ARONSKY** of West Windsor, a board certified sleep medicine physician. Dr. Aronsky is also a member of the American Academy of Sleep Medicine (AASM) Board of Directors, a well-recognized medical society that sets national standards and promotes excellence in sleep medicine health care, education and research.

Capital Health Center for Sleep Medicine has convenient locations in Hamilton and Trenton. For information, visit [sleepatcapitalhealth.com](http://sleepatcapitalhealth.com) or call **609.584.5150**.



## NEW ADVANCES IN KIDNEY SURGERY

“Prior to minimally invasive and robotic surgery, patients had to endure a large surgical incision and rib removal to allow the surgeon to access the kidney, which is located behind the ribs near a person’s back. However, urological surgeons are now able to access the kidney through small holes without large incisions, which means patients have shorter hospital stays and faster recovery times,” said **DR. MICHAEL COHEN**, board certified urologist and member of the Capital Health Medical Staff.

A vital step for removal of a kidney tumor includes temporarily clamping and stopping the blood flow to the kidney to allow the surgeon to operate. The length of time to clamp



the kidney is known as the “Warm Ischemia Time.” The goal for the warm ischemia time is less than 30 minutes. New surgical techniques have decreased the

warm ischemia time and have allowed more complex kidney tumors to be removed safely and efficiently.

The Capital Health Urology Department, which was recognized in 2012 by *US News and World Report*, and Dr. Michael Cohen, who was recognized as a 2012 “Top Doctor” in *South Jersey Magazine*, has been performing these more complicated urological surgeries.



## GETTING ADVANCED MEDICINE REQUIRES ADVANCED TESTING

Capital Health offers a wide array of advanced outpatient testing and the most advanced diagnostic equipment available.

Here's a list of some of the medical tests available at Capital Health. All tests can be scheduled by making one phone call (609.394.6695) or visiting [capitalhealth.org/mytest](http://capitalhealth.org/mytest).

### RADIOLOGY SERVICES

- MRI
- CT Scan
- PET/CT
- Nuclear Medicine
- Diagnostic Ultrasound
- Molecular Breast Imaging
- Digital Mammography
- Dexa Scan (Densitometry)
- Digital X-Ray

### CARDIOLOGY SERVICES

- Diagnostic Cardiac Catheterization
- Cardiopulmonary Stress Testing
- Electrocardiograms (EKG)
- Holter Monitoring
- Event Monitoring
- Ambulatory Blood Pressure Monitoring
- Pacemaker Checks
- Pacemaker Reprogramming
- Echocardiograms (Adults and Children)
- Transesophageal Echocardiogram
- Cardioversion
- Tilt Table Testing
- Routine, Nuclear and Pharmacological Nuclear Stress Testing

### VASCULAR SERVICES

- Venous Duplex Studies – Upper and Lower Extremities (Same-day appointments are available by calling 609.303.4257)
- Venous Insufficiency Studies
- Peripheral Arterial Studies – Upper and Lower Extremities
- Carotid Duplex
- Transcranial Doppler
- Renal Artery Duplex

### NEUROPHYSIOLOGY SERVICES

- Long-Term Epilepsy Monitoring (Adults and Children)
- Adult, Pediatric and Ambulatory Electroencephalograms (EEG)
- Electromyogram (EMG) Testing
- Evoked Potential Testing (Visual, Auditory & Somatosensory)

### LABORATORY SERVICES

- Walk-in testing is available (except for glucose tolerance testing)
- Same-day results are available for most routine tests

## MORE THAN MEDICINE

Capital Health Medical Center - Hopewell offers several unique and convenient amenities to our patients, visitors and guests.

### FREE VALET PARKING

### CONCIERGE SERVICES

### OASIS SPA AT HOPEWELL

### SUNFLOWER LUXURY GIFT SHOP

### PITTER PATTER BOUTIQUE

For more information on our amenities, visit the Our Locations page at [capitalhealth.org](http://capitalhealth.org).

# A CLOSER LOOK AT RADIOLOGY



Some of Capital Health's greatest investment in medical care has been in the Radiology Department, in terms both of technology and physicians.



"Capital Health has recognized that high quality imaging and interpretation is critical to good patient care," said **DR. YAAKOV APPLBAUM**, medical director and chairman of the Capital Health

Radiology Department, which consists of all board certified, subspecialty-trained physicians.

As such, Capital Health has been the first in the region to offer innovative, cutting-edge services, such as:

- Diffusion Tensor Imaging and fMRI (functional MRI) to allow for better quality imaging of brain function and anatomy for planning brain tumor surgery (both are performed on a wide bore Magnetom Skyra 3T MRI);
- Perfusion CT and CT angiography, performed on dual-source dual-energy Somatom Definition Flash CTs for crystal clear views of blood vessels in the brain for stroke analysis and coronary arteries in patients with chest pain, all at the lowest possible radiation dose.

To schedule appointments at any of Capital Health's three main locations in Hopewell, Trenton and Hamilton, call, call **609.394.6695** or visit [capitalhealth.org/mytest](http://capitalhealth.org/mytest) to request an appointment online.

## PRIMARY CARE IS YOUR FIRST STOP

When it comes to medical care, access is everything. In addition to building a brand new hospital in Hopewell and transforming Capital Health Regional Medical Center in Trenton, Capital Health has created a network of primary care facilities located throughout Mercer County to help patients find a medical home for their daily lives.

### REGULAR APPOINTMENT LOCATIONS

**Bordentown Family Medical Center**  
One Third Street  
Bordentown, NJ 08505  
Tel. 609.298.2005  
[bordentownfamilymedical.com](http://bordentownfamilymedical.com)

**Capital Health Center for Women's Health**  
1401 Whitehorse-Mercerville Road  
Suite 220  
Hamilton, NJ 08619  
Tel. 609.588.5059  
[capitalhealthwomen.com](http://capitalhealthwomen.com)

**Capital Health Primary Care – Mountain View**  
850 Bear Tavern Road, Suite 309  
Ewing, NJ 08628  
Tel. 609.656.8844  
[capitalhealth.org/mountainview](http://capitalhealth.org/mountainview)

**Capital Health Primary Care – Pennington**  
2480 Pennington Road, Suite 108  
Pennington, NJ 08534  
Tel. 609.737.6700  
[capitalhealth.org/pennington](http://capitalhealth.org/pennington)

**Capital Health Primary Care – Quakerbridge**  
4056 Quakerbridge Road, Suite 101  
Lawrenceville, NJ 08648  
Tel. 609.528.9150  
[capitalhealth.org/quakerbridge](http://capitalhealth.org/quakerbridge)

**West Trenton Medical Associates**  
1230 Parkway Avenue, Suite 203  
Ewing, NJ 08628  
Tel. 609.883.5454  
[westtrentonmedical.com](http://westtrentonmedical.com)

### WALK-IN VISIT LOCATIONS

**Capital Health Walk-In Primary Care – Bordentown**  
625 Farsworth Avenue  
Bordentown, NJ 08505  
Tel. 609.298.2005  
[capitalhealth.org/walkinbordentown](http://capitalhealth.org/walkinbordentown)  
Hours: Sun - Fri 9 a.m. – 4:30 p.m.  
(Closed daily from 12:30 - 1:30 p.m.)

**Hamilton Physicians Group**  
1445 Whitehorse-Mercerville Road  
Suite 103  
Hamilton, NJ 08619  
Tel. 609.587.6661  
[hamiltonphysiciansgroup.com](http://hamiltonphysiciansgroup.com)  
Hours: Mon – Fri 8 a.m. – 8 p.m.  
Saturday 3 – 10 p.m.

