



HEALTH HEADLINES

JANUARY 2013

MONTHLY NEWS FROM CAPITAL HEALTH

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.



A MESSAGE FROM OUR PRESIDENT & CEO



Back on November 6, 2012, we celebrated the one-year anniversary of Capital Health Medical Center – Hopewell officially opening its doors to the public and the landmark conclusion of our enormous transformation project at Capital Health Regional Medical Center in Trenton. Although at the time we were ensuring a smooth immediate transition, instead of celebrating, I am proud to look back today at how our new hospital took shape over the first year.

While many hospitals are unfortunately experiencing declines in admissions, we are steadily increasing. We continued to grow some of our highly successful programs such as the Capital Institute for Neurosciences and Capital Health Center for Digestive Health. We also continue to introduce new programs—such as our Heart and Vascular Institute. And we keep a close watch on everything we do to make sure that the care you receive is of the highest quality.

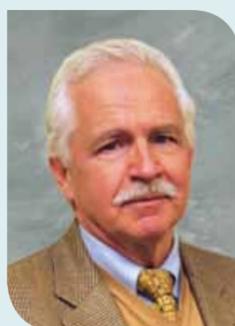
It is nice to reflect on the first year of our journey and that inspiring day one year ago as the first patient came through the door, but it's time to look ahead. And on behalf of the physicians, nurses and staff here at Capital Health, I invite you to make Capital Health your hospital of choice and experience the bright future for yourself.

Best wishes for a safe and healthy 2013!

Al Maghazeh, PhD FACHE

President & CEO

ESTEEMED PRINCETON NEUROLOGIST JOINS CAPITAL INSTITUTE FOR NEUROSCIENCES



Capital Health is pleased to announce that **DR. JOHN VESTER** has joined the Capital Institute for Neurosciences and will continue to provide neurology care at his Princeton, NJ office location.

“Dr. Vester is well respected in the Princeton area and surrounding region for neurology care. We are very pleased he has joined the Capital Institute for Neurosciences to enhance our roster of neurology generalists and specialists including headache, pain management, movement disorders, epilepsy, and pediatric neurology,” said Dr. Erol Veznedaroglu, chairman of the Department of Neurosurgery at Capital Health and director of the Capital Institute for Neurosciences.

Dr. Vester earned his medical degree from Georgetown Medical School in Washington, DC and completed his medical internship and internal medicine residency at Hartford Hospital in Hartford, CT. Following completion of his neurology residency at Georgetown University Hospital, he started his private practice in Princeton, NJ which he has now led for more than 35 years. Dr. Vester previously served as chief of Neurology and director of the Neurophysiology Lab at University Medical Center at Princeton.

Dr. Vester's specialty interests include epilepsy, multiple sclerosis, trauma proficient EEG, and EMG evoked potential studies.

Dr. Vester will continue to see patients at his Princeton office address (1000 Herrontown Road, Princeton, NJ 08540). Appointments with Dr. Vester and the Capital Institute for Neurosciences' neurological specialists can be made by calling **609.537.7300**.

WOMEN'S HEALTH

FIX PAINFUL VEINS, RECLAIM YOUR CONFIDENCE

OUR VEIN CENTER PHYSICIANS

Vascular Surgeons

Joshua A. Eisenberg, MD, FACS
Daniel J. Lee, MD, FACS
Biagio Manna, DO

Interventional Radiologist

Ajay Choudhri, MD

Vein disorders can cause persistent discomfort and compromise your confidence due to their unattractive appearance.

At the Capital Health Vein Center, part of the Capital Health Heart & Vascular Institute, our fellowship trained physicians diagnose and treat varicose veins, spider veins, deep vein thrombosis (DVT), venous insufficiency and other vein disorders in two convenient locations in Hamilton and Hopewell.

"Our experienced, fellowship trained surgeons collaborate with the interventional radiologist to provide patients with the highest quality care that they expect and deserve," said Dr. Joshua Eisenberg, director of the Capital Health Heart and Vascular Institute, and fellowship trained open and endovascular surgeon. "With this level of expertise, we can accomplish standard procedures and complex cases, all without having to change your doctor or travel far from home."

To schedule an appointment or for more information, call **1.855.VASCDOC (827.2362)** or visit our website at capitalhealthveincenter.com.

A CONVENIENT ALTERNATIVE FOR TREATING UTERINE FIBROIDS



Uterine fibroid embolization (or UFE) is a new procedure to treat benign growths in the uterus that can cause excessive bleeding, urinary frequency, pain, or sexual dysfunction.

"Millions of women every year suffer from these symptoms, but not every woman is a viable candidate for traditional hysterectomy," said **DR. AJAY CHOUDHRI**, assistant director of Radiology and chief of Interventional Radiology at Capital Health. "For these women, we offer an alternative that can avoid the long recovery and potentially risky complications that can come with a hysterectomy."

Typically performed in less than an hour, UFE starts with a nick in the skin of the upper leg area. A slender catheter is inserted into the arteries, and tiny sphere-shaped objects are injected to stop blood flow to the fibroids. Without a blood supply, the fibroids starve and eventually shrink.

Bleeding stops immediately and patients often return to work within days. The entire treatment is performed on an outpatient basis.

For more information, call the Capital Health Interventional Radiology Department at **609.394.6181** (Trenton) or **609.303.4049** (Hopewell).

MORE BREAST IMAGING OPTIONS FOR EARLY DETECTION, SUCCESSFUL OUTCOMES

At the new Capital Health Women's Imaging Center, located at Capital Health Medical Center – Hopewell, our board certified radiologists and highly trained staff perform a wide variety of tests and procedures using the most state-of-the-art options available in a soothing, private suite that's just for women.

"Having a full roster of advanced options at our fingertips—including digital mammography, molecular breast imaging, breast ultrasound, breast MRI, cyst aspiration, ultrasound and MRI guided core biopsies, stereotactic breast biopsy, and bone mineral density scans—allows us to give our patients and their referring physicians a better picture of what's going on," said **DR. ANNE MOCH**, a board certified radiologist at Capital Health.

Capital Health is the only hospital in Mercer County (and one of the first in the country) to offer molecular breast imaging, which can identify breast cancer that may not be visible on a mammogram.

To schedule your tests, call Central Scheduling at **609.394.6695** or visit capitalhealth.org/mytest to request an appointment online.



FIRST & ONLY HOSPITAL IN NJ & PA NAMED A CENTER OF EXCELLENCE FOR GYN MINIMALLY INVASIVE SURGERY

Demonstrates Commitment to Advanced Surgical Procedures for Women



Capital Health is the first and only hospital in New Jersey and Pennsylvania to achieve status as a GYN Center of Excellence from the American Institute of Minimally Invasive Surgery (AIMIS).

Presently, only 23 hospitals in the United States have met the stringent criteria to become a Center of Excellence. AIMIS recognized **DR. DANIEL SMALL** as a "physician champion" for pioneering minimally invasive techniques in

the Mercer-Bucks region.

"Becoming a GYN Center of Excellence further demonstrates our commitment to offering women the latest in advanced medicine. I congratulate Dr. Daniel Small for leading the effort to achieve this prestigious designation for Capital Health," said Al Maghazehe, president/CEO of Capital Health.

"The benefits of minimally invasive surgery are convincing, such as smaller incisions, decreased scarring, less blood loss, fewer complications, and faster recovery," said Dr. Small of Lawrence Ob/Gyn, with offices in Lawrenceville and Hamilton, NJ and

Yardley, PA.

Gynecologists at Capital Health perform minimally invasive procedures for women that include hysterectomy, treatment for uterine fibroids and chronic pelvic pain, urinary incontinence, and endometriosis. These are done with incisions less than a half-inch in diameter, and sometimes require the *da Vinci*® surgical robot. Most women leave the hospital the same day.

To learn more about Dr. Small, call **609.896.1400** or visit lawrenceobgyn.com.



ORTHOPAEDIC SURGERY OPTIONS AROUND

The most renowned orthopaedic surgeons in the region are performing their advanced procedures at the new Capital Health Medical Center – Hopewell because of the Magnet-recognized, orthopaedic-trained nursing staff and amenities like room service and concierge to make their patients as comfortable as possible.

Here's a list of orthopaedic surgeons who are members of the Capital Health Medical Staff's Orthopaedic Surgery Section. You can find more information on each of these surgeons by visiting our website at capitalhealth.org and click on the "Find a Doctor" link.

Advanced Orthopedics and Sports Medicine Institute

James F. Cozzarelli, MD
Grigory Goldberg, MD

Mercer-Bucks Orthopaedics

Edward J. Armbruster, DO
Paul W. Codjoe, MD
Keith M. Crivello, MD
David S. Eingorn, MD
Edward J. Ford, MD
David P. Hardski, MD
Fredric A. Kleinbart, MD
John P. Nolan, MD

Princeton Orthopaedic Associates

Jeffrey S. Abrams, MD
Jon W. Ark, MD
Hari P. Bezwada, MD
Richard E. Fleming, Jr., MD
Steven R. Gecha, MD
Walter T. Gutowski, III, MD
Michael N. Jolley, MD
David J. Lamb, MD
Marc J. Lamb, MD
Stuart E. Levine, MD
C.A. Moskwa, Jr., MD
Ronniel Nazarian, MD
Meelan N. Patel, MD
Mark J. Pressman, MD
Frederick S. Song, MD
Brian M. Vannozzi, MD

Associated Orthopaedics and Sports Medicine

James P. Taitsman, MD

Central Jersey Spine Associates

John D. Tydings, MD

Champion Orthopedics

Scott D. Miller, MD
Ahmar Shakir, DO

NJ Neck and Back Institute

Sandro LaRocca, MD

Princeton Regional Orthopaedics

Leon N. Costa, MD
Michael S. Grenis, MD

Trenton Orthopaedic Group

Daren J. Aita, MD
Thomas J. Capotosta, MD
Steven A. Caruso, MD
John J. DiBiase, MD
Michael R. Duch, MD
Daniel J. Fletcher, MD
William Gomez, MD
Joshua Hornstein, MD
Kevin L. Kunkle, MD
Marc J. Levine, MD
Andre J. Pagliaro, MD
Arjun Saxena, MD
John Schnell, MD



CAPITAL HEALTH HOSTS PANCREATIC CANCER CONFERENCE, FOCUS ON ONE OF THE DEADLIEST CANCERS

Capital Health recently hosted the Rose Kline Oncology Lecture on Pancreatic Cancer entitled, "Pancreatic Cancer: A Changing Disease in Need of New Thinking." The program was open to the public as well as physicians.

Dr. Robert Wolff, a nationally recognized expert in pancreatic cancer from MD Anderson Cancer Center, delivered the keynote while other speakers included the following Capital Health physicians: Dr. Christopher J. Gannon

(a fellowship trained surgical oncologist), Dr. Jason N. Rogart (a fellowship trained interventional gastroenterologist and therapeutic endoscopist), Dr. Francis E. Rosato (a fellowship trained minimally invasive surgeon), and Dr. Shirnett Williamson (a board certified radiation oncologist).

According to the Pancreatic Cancer Action Network, pancreatic cancer is the fourth leading cause of cancer death in the U.S.

PENNINGTON RESIDENT FINDS ADVANCED GI SURGERY IN HIS NEIGHBORHOOD

When Joseph Egrie of Pennington got the news that he needed surgery to remove a tumor from his stomach wall, the inconvenience of trips back and forth to Philadelphia made the diagnosis even worse. Joe needed another solution.

Tumors like Joe's, called gastrointestinal stromal tumors, are rare and start anywhere in the digestive system but usually in the stomach. The procedure can be done minimally invasive with the help of a specially trained surgeon. Fortunately for Joe, Dr. Francis Rosato is one of the area's foremost experts in

minimally invasive procedures having performed hundreds in Philadelphia prior to joining Capital Health.

Unlike past surgeries, Joe had the laparoscopic gastrectomy which meant less recovery time and little discomfort.

"To me, it was painless," Joe said. "Everyone at the hospital was very pleasant and professional and provided great care. I was home four days later feeling strong enough to take care of things again."

To learn more about Joe's story or Dr. Rosato, visit ASAofNJ.com.

SURGEON FINDS WISDOM TOOTH IN PATIENT'S NOSE: SAVES PATIENT FROM POTENTIAL LOSS OF SIGHT



Recently, Amber Martindell, of Howell, NJ almost lost her sight from complications of a wisdom tooth which had been pushed up under her right eye, near the top of her nose.

After visiting multiple emergency rooms and being told that they cannot do anything for her, she was seen at the Emergency Department at Capital Health Medical Center – Hopewell. At this point, Amber had difficulty seeing things as well as severe pain to the touch of her face. A CT scan and other tests were taken which showed that a very large cyst had in fact pushed the tooth all the way to the top of her sinus cavity and was compressing her eye bones.

"I was in so much pain," she said. "I knew something was wrong even though I was being told nothing could be done. I just didn't know the severity of my situation. I could have permanently lost my eyesight."



She was seen and operated on by **DR. MANSOOR MADANI**, chief of Oral and Maxillofacial Surgery at Capital Health. Amber underwent a specialized sinus procedure to

remove the wisdom tooth as well as the associated cyst that had filled up her entire sinus cavity under her cheek.

"I was shocked that no one had found this tooth until Amber was 18 years old," said Dr. Madani. "I am just thankful that, with the help of our medical team at Capital Health, we were able to help save her eyesight and allow her to go back to living a normal and comfortable life."

To learn more about Dr. Madani, call **610.667.6161** or visit snorenet.com.

LEADERS ELECTED TO CAPITAL HEALTH MEDICAL STAFF

The following physicians have been elected by their peers to the leadership of Capital Health's medical staff:

OFFICERS:

President
Clinton Ogolo, MD

Vice President
Telechery Sudhakar, MD

Secretary/Treasurer
Carolyn Gaukler, MD

Immediate Past President
Marc S. Whitman, MD

DEPARTMENT CHAIRPERSONS:

Anesthesiology
Joaquin Cantillo, MD

Emergency Medicine
Garrett Sutter, MD

Family Medicine
Ruppert Hawes, MD

Medicine
Lee Glickman, MD

Neurological Surgery
Erol Veznedaroglu, MD

Obstetrics & Gynecology
Patrice Trauffer, MD

Pathology
Ellen Fox, MD, PhD

Pediatrics
Rajeev Shah, MD

Psychiatry
Gary Brown, MD

Radiology
Yaakov Applbaum, MD

Surgery
Dominick Eboli, MD



FINDING PRIMARY CARE THAT'S CLOSE TO HOME

In addition to private primary care physicians who are members of the Capital Health Medical Staff, here is a list of Capital Health-employed offices located across the greater Mercer County area.

Bordentown Family Medical Center
One Third Street, Bordentown, NJ
609-298-2005
www.bordentownfamilymedical.com

Capital Health Center for Women's Health
1401 Whitehorse-Mercerville Road Suite 220
Hamilton, NJ
609-588-5059
www.capitalhealthwomen.com

Capital Health Primary Care – Mountain View
Mountain View Office Park
850 Bear Tavern Road, Suite 309
Ewing, NJ
609-656-8844
www.capitalhealth.org/mountainview

Capital Health Primary Care – Pennington
2480 Pennington Road, Suite 108
Pennington, NJ
609-737-6700
www.capitalhealth.org/pennington

Capital Health Primary Care – Quakerbridge
4056 Quakerbridge Road, Suite 101
Lawrenceville, NJ
609-528-9150
www.capitalhealth.org/quakerbridge

Hamilton Physicians Group
1445 Whitehorse-Mercerville Road
Hamilton, NJ
609-587-6661
www.hamiltonphysiciansgroup.com

West Trenton Medical Associates
Parkway Corporate Center
1230 Parkway Avenue, Suite 203
Ewing, NJ
609-883-5454
www.westtrentonmedical.com

COMMUNITY EVENTS AT CAPITAL HEALTH

Capital Health
Center for Women's Health presents

Yoga for Beginners

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 Road

Please bring your own mat.

Register online at:
capitalhealth.org/events

For more information, call 609.588.5059.

Family & Friends CPR Training

Wednesday, February 20

9-11 a.m., 1-3 p.m., or 5-7 p.m.

Capital Health – Hamilton
1445 Whitehorse-Mercerville Road

Sign up for one of these free family and friends CPR classes being offered by Capital Health Community Education/ Emergency Medical Services (EMS). Participants will learn how to perform CPR on adults, children, and infants, and how to help people that are choking.

This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Call the EMS Education Department at 609.815.7291 to register today



PREVENTING ILLNESS STARTS WITH PRIMARY CARE



Scheduling well visits (not just when you are sick) with your primary care doctor can help you avoid major medical issues or better manage chronic conditions without having to visit a hospital.

Regular well visits can include preventive medicine such as scheduled immunizations, outpatient blood tests, and mental and physical screenings.

"A primary care doctor is your one-stop resource for managing all of your medical needs. We help you accomplish your short- and long-term goals while keeping track of your progress along the way and enlisting the help of

appropriate specialists when needed," said **DR. WILLIAM STANLEY**, a primary care physician at West Trenton Medical Associates.

"For example, if you made a New Year's resolution to lose weight, we can help you achieve your goal by tracking your progress, monitoring your blood pressure and sugar levels, and getting you connected with a cardiologist or endocrinologist if you need one."

If you already have a primary care physician, be sure to schedule regular well visits.

If you do not have a primary care physician, visit capitalhealth.org and click on our "Find a Doctor" link to find a list of doctors. You can also find a list of Capital Health-employed primary care physicians by clicking on the "Our Locations" section of the website.