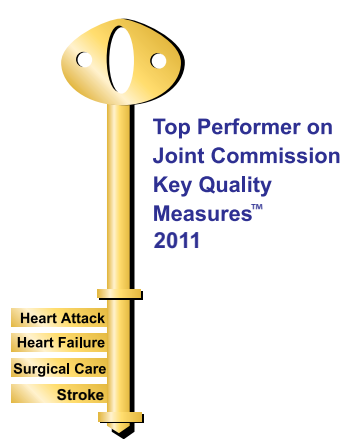


AWARDS & RECOGNITION



Baby® Friendly Designated Facility

UNIQUE SURGICAL SERVICES REQUIRE SPECIALIZED INTENSIVE CARE

Capital Health has provided intensive care/critical care services at both of its hospitals for many years. Recently, with the growth of its neurosciences, trauma and surgery programs, dedicated intensive care units were built to ensure that patients who require these advanced medical services receive their care in environments where more specialized pre and post operative monitoring and care can take place.

NEUROSURGICAL INTENSIVE CARE

Both Capital Health Regional Medical Center (RMC) and Capital Health Medical Center – Hopewell include dedicated Neurosurgical Intensive Care Units (Neuro ICUs).

Managed by some of the most experienced neurosurgeons in the country in conjunction with neuro intensivists, Capital Health has one of the largest Neuro ICUs on the East Coast.

“Our dedicated Neuro ICU at RMC is centrally located between our helipad, emergency department, radiology department, neurosurgical operating rooms and neuro endovascular suite so patients are able to move quickly

and efficiently between the various areas they may need to visit during their stay,” said **DR. EROL VEZNEVAROGLU**, chairman of the Department of Neurosurgery at Capital Health and director of the Capital Institute for Neurosciences.

In total, Capital Health has 40 neuro-dedicated intensive care beds.

TRAUMA/MEDICAL INTENSIVE CARE

Capital Health has a dedicated Trauma/Medical Intensive Care Unit at Capital Health Regional Medical Center.

“Our unit was designed for surgical and trauma patients who have chronic and critical health issues, including

new bedside computers to allow faster transfer of information, new nursing stations that provide our medical professionals with better visibility of patients, and new lifts and monitors to



give our clinicians the most state-of-the-art technology,” said **DR. LOUIS D’AMELIO**, medical director, The Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center.

SURGICAL INTENSIVE CARE

Capital Health’s new Surgical Intensive Care Unit is located at Capital Health Medical Center – Hopewell and staffed by surgical intensivists trained in surgical critical care, highly skilled nurses, and other medical professionals.

“Because of the advanced level of work being done by the surgeons on our medical staff, we created a specialized ICU staffed by surgical intensivists and specially trained professionals who can provide around-the-clock expertise in



general surgery and surgical critical care,” said **DR. STEVEN JOHNSON**, vice chairman of the Department of Surgery and director of Surgical Critical Care at Capital Health.



COMPLEX PANCREAS SURGERY INTRODUCED LOCALLY

A pancreaticoduodenectomy (commonly referred to as a Whipple operation) is a surgical procedure performed to treat cancers of the pancreas. The operation is complex, technically demanding, and not something typically offered in a community hospital setting.



Now, thanks to the arrival of **DR. CHRISTOPHER GANNON** and Dr. Francis Rosato with their team of health care providers dedicated to the care of patients with pancreatic diseases, procedures like the

Whipple are being performed routinely at Capital Health.

“Deciding on the appropriate surgical treatment for cancer of the pancreas is largely based on the location of the tumor. Tumors located in the head and neck of the pancreas require removal of the head of the pancreas as well as portions of the duodenum, bile duct, gallbladder and lymph nodes. For tumors located in the body and tail of the pancreas, a distal pancreatectomy is performed leaving the head intact,” said Dr. Christopher Gannon, a fellowship trained surgical oncologist from MD Anderson Cancer Center who joined Capital Health in 2011.

The Whipple procedure requires the

surgeon to disconnect and reconnect the pancreas and nearby digestive organs in order to complete the surgery, which is why the procedure requires only the most skilled surgeon. In some cases, a minimally invasive approach can be used in order to reduce incision size, decrease pain and shorten recovery time.

“In the past, operations to treat pancreatic cancer meant that patients could expect big incisions and long recovery times. Today, we can aggressively treat cancers and other lesions of the pancreas using minimally invasive techniques proven to reduce recovery time while providing equivalent outcomes to traditional open surgery,” said **DR. FRANCIS ROSATO**, a fellowship trained minimally invasive surgeon from the Hospital of the University of Pennsylvania who also joined Capital Health in 2011.



In addition to surgical procedures, both surgeons collaborate with other specialists who treat these complex pancreatic diseases. The Pancreas Program at Capital Health also includes an advanced therapeutic gastrointestinal endoscopist, radiation oncologists and other cancer and GI-related specialties to provide

MULTIPLE SURGICAL SPECIALTIES... ALL IN ONE PLACE

Advanced Surgical Associates of New Jersey is a multi-specialty surgical practice comprised of experienced surgeons who are experts in acute care surgery, bariatric surgery, breast surgery, general surgery, liver/pancreas/gall bladder surgery, minimally invasive surgery, surgical oncology, vascular surgery and surgical critical care. Visit ASAofNJ.com or call one of our two offices listed to learn more about this unique practice or to make an appointment.

- Alfredo R. Abud, MD
- Joanne Chung, MD
- Joshua A. Eisenberg, MD, FACS
- Christopher J. Gannon, MD, FACS
- Steven A. Johnson, MD, FACS
- Michael Kalina, DO, FACOS
- Francis E. Rosato, MD, FACS

Two Capital Way, Suite 356
Pennington, NJ 08534
609.537.6000

- Lisa R. Allen, MD

Two Capital Way, Suite 505
Pennington, NJ 08534
609.537.6700

Scan this QR Code™ to learn more about the surgeons at Advanced Surgical Associates of NJ.



patients with an unparalleled multidisciplinary approach to pancreatic diseases at Capital Health Medical Center–Hopewell.

To contact Dr. Gannon, Dr. Rosato or any of the surgeons at Advanced Surgical Associates of New Jersey, call **609.537.6000** or visit asaofnj.com.

CONTROL YOUR DIABETES THROUGH EDUCATION

Capital Health offers two ways for you to learn how to manage diabetes in your everyday life. Call **609.537.7081** or visit capitalhealth.org/events for more information or to register.

DIABETES EDUCATION PROGRAM

The Capital Health Diabetes Education Program is a comprehensive physician referral-based diabetes education program that empowers individuals to successfully self-manage their diabetes. The program has been recognized by the American Diabetes Association since 2005.

UPCOMING SESSIONS

- August 5 & 12 | 8:30 a.m. – 2:30 p.m.
September 3, 10, 17, & 24 | 5:30 – 8 p.m.
Capital Health Medical Center – Hopewell
- September 9 & 16 | 8:30 a.m. – 2:30 p.m.
Capital Health – Hamilton

DIABETES EDUCATION SERIES AT THE NOVO NORDISK FAMILY RESOURCE ROOM

In addition to the referral-based program, informal classes are offered on a regular basis free of charge in the Novo Nordisk Family Resource Room, located on the Garden Level at Capital Health Medical Center—Hopewell.

Here is a list of some of the upcoming classes:

- August 1 | 2 p.m.:
Dining Out & Special Occasions
- August 6 | 1:30 p.m.:
Diabetes & Your Heart
- August 14 | 10 a.m.:
Managing Pre-Diabetes
- August 14 | 2 p.m.:
How to Manage Stress Rather Than Stress Manage You
- August 15 | 2 p.m.:
Weight Management & Conscious Eating



Scan this QR Code™ to learn more about the Diabetes Education Program and other Capital Health events.

OVEREXPOSURE TO SUN CAN CAUSE SEVERE EYE DAMAGE

With the arrival of summer, when the sun’s ultraviolet (UV) rays are strongest, ophthalmologists are warning the public that overexposure to these rays can burn the eyes’ corneas and cause painful, temporary blindness.

“It’s important for people to remember their protective gear on sunny days,” said **DR. CYNTHIA MATOSSIAN**, a board certified ophthalmologist and CEO of Matossian Eye Associates and member of the Capital Health Medical Staff. “In far too many cases, people think that a little redness on the skin is not a big deal; but, consider what that burn could feel like on your extremely thin and delicate corneas. Don’t leave home without sunglasses and hats if you are heading outdoors.”



A number of scientific studies indicate that continuous years of unprotected exposure to the sun without eye protection can damage the eyes by contributing to cataracts and macular degeneration and even lead to tumors that may require surgical removal.

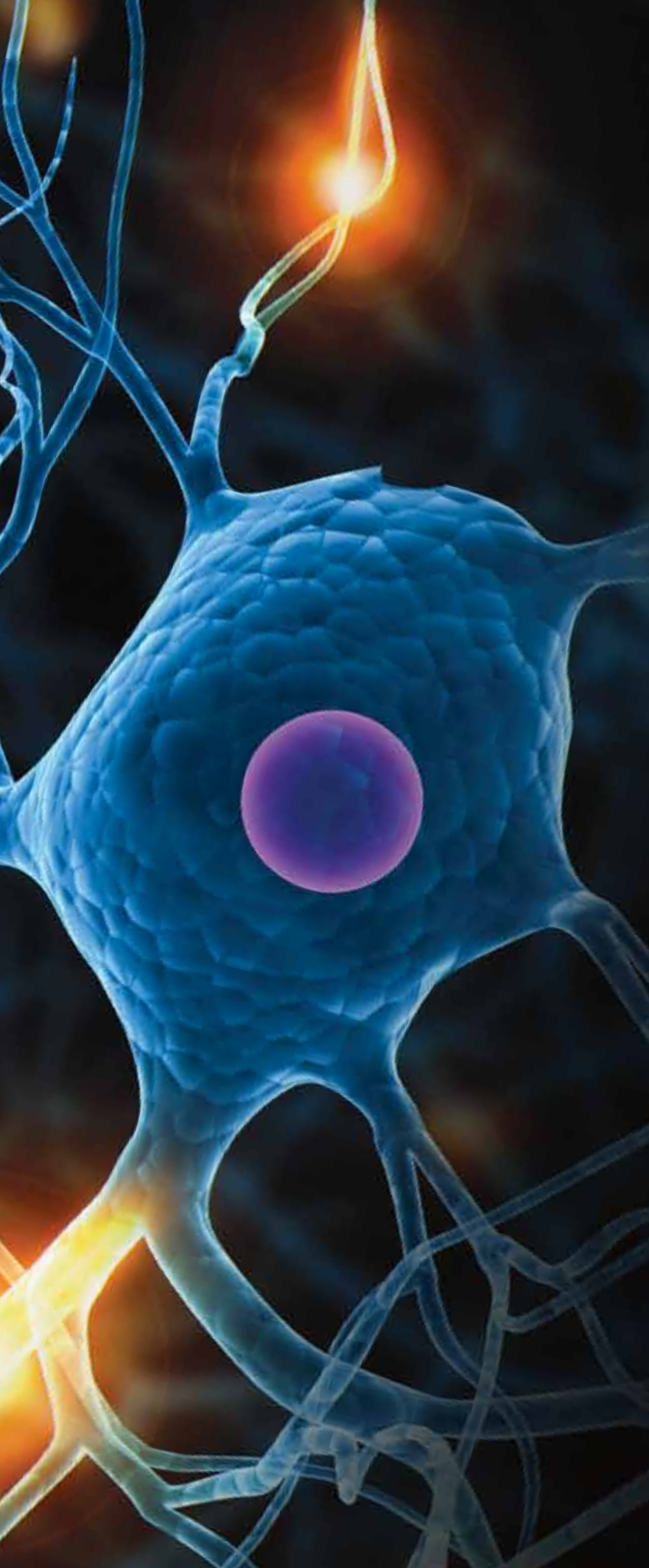
The American Academy of Ophthalmology and Matossian Eye Associates offer these tips to protect your eyes:

- Wear sunglasses that offer 100% UV protection and block both UV-A and UV-B rays.
- Choose wrap-around style sunglasses so the sun’s rays can’t enter from the side.
- Wear a hat with a three inch brim.
- When at the beach or in the water, remember that UV light reflected off sand, water or pavement can also damage the eyes.
- Don’t rely on contact lenses. Even if you wear contact lenses with UV protection, remember your sunglasses.
- Don’t be fooled by clouds. The sun’s rays can pass through haze and clouds.

To contact Dr. Matossian, call Matossian Eye Associates at **1.800.708.8800** or visit matossianeye.com.



WHEN IT'S **YOUR** BRAIN AND IT'S SERIOUS, YOU NEED CAPITAL HEALTH. **BECAUSE EXPERIENCE MATTERS**



We treat **more patients** requiring brain surgery—and more aneurysms—than any hospital in New Jersey.

Our neurosurgeons are **national leaders** in the treatment of brain tumors and aneurysms.

We are **1 of only 8** hospitals in the nation—the only one in NJ, PA & DE—recognized as a 2011 Joint Commission *Top Performer on Key Quality Measures* for Stroke Care.

We receive patients from **more than 85** healthcare facilities in the tri-state area.

We were the **first in the nation** to use a revolutionary, FDA-approved device to remove clots in the brain, starting with a tiny incision in the leg.

We have the **first and only** neurological emergency room in the nation.

Why would you go anywhere else?

The Capital Institute for Neurosciences at Capital Health.

The experience you need. The care you deserve.



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CAPITAL INSTITUTE
FOR NEUROSCIENCES

capitalneuro.org

WELCOME NEW PHYSICIANS



A special welcome to the following new physicians who recently became members of the Capital Health Medical Staff or were granted privileges at Capital Health.

EMERGENCY MEDICINE

Britt Lacher, MD
Board Certified in Emergency Medicine

PEDIATRICS

Sabah Kalyoussef, DO
Board Certified in Pediatrics & Pediatric Infectious Disease
John Murphy, MD
Board Certified in Pediatrics & Pediatric Cardiology

RADIOLOGY

Mimi Lee, MD
Board Certified in Diagnostic Radiology & Neuroradiology

SURGERY

OPHTHALMOLOGY

Jeylan El Mansoury, MD
Board Certified in Ophthalmology

A HEALTHY FALL REQUIRES SUMMER HEALTH HOUSEKEEPING



Though many children are in the midst of summer activities, many are getting ready to return to fall sports when school resumes.

While conditioning for fall sports should ideally take place over an extended period of time during the summer, getting your fall sports physical during the summer is not only required, it's also a good opportunity to ask your doctor about potential problems that you may encounter during the fall sports season.

For example, knowing the difference between soreness and chronic pain by visiting your doctor is a good way to avoid suffering a more serious sports injury in the fall. Soreness is temporary. Chronic pain reveals itself over a long period of time. If you're experiencing intense pain, limping, loss of flexibility, numbness, stiffness, swelling, tenderness or loss of range of motion, schedule an appointment with your doctor.

Professionals will examine the extent of the injury by employing diagnostic

tools including X-rays and MRIs to arrive at a treatment regimen. Most likely, the path to wellness will start with a conservative treatment involving rest, ice, anti-inflammatory medicines, protective devices, splints, casts, physical therapy, and if all else fails, perhaps surgery will be necessary to correct the problem

If you don't already have a primary care physician, the following offices are taking appointments now as part of Capital Health's primary care network:

Capital Health Center for Women's Health
1401 Whitehorse-Mercerville Road, Ste 220
Hamilton, NJ 08619
609.588.5059 | capitalhealthwomen.com

Hamilton Physicians Group
1445 Whitehorse-Mercerville Road, Ste 103
Hamilton, New Jersey 08619
609.587.6661 | hamiltonphysiciansgroup.com

Capital Health Primary Care-Bordentown
One Third Street
Bordentown, NJ 08505
609.528.2005 | capitalhealth.org/Bordentown

Capital Health Primary Care-Mountain View
850 Bear Tavern Road, Ste. 309
Ewing, NJ 08628
609.656.8844 | capitalhealth.org/mountainview

Capital Health Primary Care-Pennington
2480 Pennington Road, Ste 108
Pennington, NJ 08534
609.737.6700 | capitalhealth.org/pennington

West Trenton Medical Associates
Parkway Corporate Center
1230 Parkway Avenue, Ste 203
Ewing, NJ 08628
609.883.5454 | westtrentonmedical.com

Capital Health Primary Care-Quakerbridge
4056 Quakerbridge Road, Ste 101
Lawrenceville, NJ 08648
609.528.9150 | capitalhealth.org/quakerbridge

PLASTIC SURGERY

ASSOCIATES OF NEW JERSEY
GARY A. TUMA, MD, FACS



PLASTIC SURGERY ASSOCIATES OF NEW JERSEY WELCOMES CERTIFIED MEDICAL AESTHETICIAN SHANNON SIMMONS, CMA.

At Plastic Surgery Associates of New Jersey, we provide a wide range of skin care solutions. Our medically driven products and treatments can enhance the health of your skin. Beginning with your initial appointment, Ms. Simmons will develop a personalized skin care regimen for you to follow. This comprehensive treatment plan, along with your diligence, will result in a healthy, beautiful, more youthful looking complexion.

With wide-ranging experience, Ms. Simmons specializes in advanced microdermabrasion techniques, therapeutic anti-aging peels and progressive acne/rosacea control. She also has extensive knowledge in developing skin care regimens using proven skin care lines. Ms. Simmons also works closely with Dr. Gary Tuma, a double board certified plastic surgeon, to develop a comprehensive treatment plan when you decide to pursue more advanced options such as injectables, fillers, or surgical solutions.

TO SCHEDULE A CONSULTATION WITH MS. SIMMONS CALL 609.537.7000.

Two Capital Way, Suite 505
Pennington, NJ 08534
609.537.7000 • psaofnj.com

