

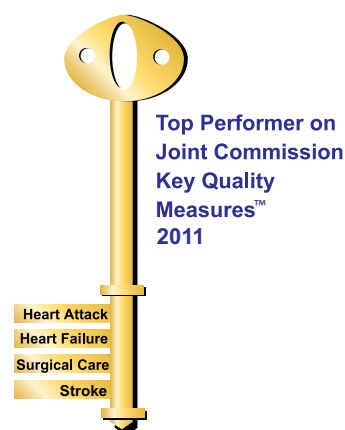
## AWARDS & RECOGNITION



Capital Health Medical Center - Hopewell  
GERIATRICS | NEPHROLOGY  
ORTHOPEDECS



Capital Health Regional Medical Center  
GASTROENTEROLOGY | NEPHROLOGY  
PULMONOLOGY | UROLOGY



## HELP FOR WOMEN AT HIGH RISK FOR BREAST CANCER

Recent stories in the news about women taking proactive measures to address their high risk for breast cancer may leave many wondering, "How do I know if I'm high risk?"

Capital Health's High Risk Breast Cancer Program, part of the new Center for Comprehensive Breast Care at Capital Health Medical Center - Hopewell, helps women understand what it means to be at high risk, how to manage the risk factors, schedule important screenings, and recommend other tests or treatments that can help address your personal needs.



"The physicians and staff at our Center educate patients on the risk factors and use a variety of tests to identify those women who are at risk and at what level. If a patient is identified as having a high risk for developing breast cancer, our patient navigator works with her to identify a specialist who can help them define the best way to manage the risk going forward," said **DR. LISA ALLEN**, a fellowship trained breast surgeon at Advanced Surgical Associates of New Jersey and director of the Capital Health Center for Comprehensive Breast Care.

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Based on the National Comprehensive Cancer Network's guidelines, the Center's multispecialty team of experts recommends screenings every six months for those who are identified as high risk, as well as a physical exam. All of the Center's services, from annual mammograms and advanced diagnostic tests to genetic counseling, surgical services and other treatment modalities are available at Capital Health Medical Center - Hopewell.

Call **609.537.7485** to speak with our patient navigator about the Capital Health Center for Comprehensive Breast Care's High Risk Breast Cancer Program.

### WHO IS CONSIDERED HIGH RISK?

Women are identified as high risk through multiple pathways, including:

- A Gail risk score of greater than 20% (an estimate based on personal medical history, reproductive history and history of breast cancer among first-degree relatives)
- An identified high risk lesion
- A mutation in your BRCA1 or BRCA2 genes and/or other mutations, which can increase your risk

## MULTIPLE SURGICAL SPECIALITIES ... 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, breast surgery, general surgery, liver/pancreas/gall bladder surgery, minimally invasive surgery, 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
- 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  
Tel: **609.537.6000**

- Lisa R. Allen, MD
- Two Capital Way, Suite 505 • Pennington, NJ 08534  
Tel: **609.537.6700**

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



# WEST WINDSOR RESIDENT SAVED THROUGH TOP NOTCH TRAUMA CARE

In early August 2012, Arnold Chen was walking his dog, Holly, by a street corner in West Windsor when he was suddenly struck by a car, leaving him in critical condition.

When emergency personnel arrived, Arnold was quickly brought to the Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center in Trenton. It was here that Arnold received the kind of care that only comes from a well-coordinated, highly trained team of experts.

After surgery, Arnold was transferred to the Trauma/Medical ICU for monitoring under the supervision of **DR. YURI ROJAVIN**, a fellowship trained critical care surgeon and intensivist at Capital Health.



"His leg was badly mangled and required an amputation. When the body receives such a deep soft tissue injury, like the one Arnold sustained, it can overwhelm your

entire body and cause severe shock," said Dr. Rojavin.

When he arrived, Arnold was fighting multiple organ failure, including kidney failure which required hemodialysis, and severe respiratory failure which made it impossible to get oxygen into his blood. The trauma team's challenge was to keep Arnold stable.

"During the months that he was in our ICU, there were several times when he could have passed away but each time we were able to bring him back. His age and the fact that he didn't have a lot of pre-existing conditions made it possible for us to successfully bring him back each time," said Dr. Rojavin.

Arnold spent nine weeks in the Trauma/Medical ICU, a time period remembered by his care providers and family as being very fragile with Arnold's life hanging in the balance. Arnold's wife, Mo, recalls Capital Health's patient-centered culture as being one of the keys to keeping her family composed and encouraging them to be part of Arnold's care.

"The nurses and doctors had the heart and the faith to keep working on him, no matter how bad things looked at times," Mo said.

"Nobody gave up. They were fearless. They were faithful. They were determined. And they never made us feel like we were in the way. Every day, they supported us in this way," Mo said.

As he grew more independent and was able to communicate, Arnold was transferred to an inpatient rehabilitation facility. Today, Arnold is back home in West Windsor and working on getting back to normal.

Mo Chen said, "My husband is working hard to get back to being himself and living through a combination of faith, perseverance, and great healthcare."

Scan this QR Code™ to learn more about Trauma and Emergency Services at Capital Health.



## BRISTOL-MYERS SQUIBB TRAUMA CENTER LEVEL II STATUS REVERIFIED

The Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center has been reverified as a Level II Trauma Center by the Committee on Trauma (COT) of the American College of Surgeons (ACS). This achievement is the fifth verification for Capital Health since 1999.



"Surveyors remarked that they were extremely impressed with the evolution of our Regional Medical Center in Trenton into a tertiary level medical center,"

said **DR. LOUIS D'AMELIO**, director of Surgical Services and the Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center.

## PRINCETON-BASED RESEARCH FIRM HONORS TRAUMA CENTER WITH \$16K GIFT

More than 160 of Arnold's colleagues at Mathematica Policy Research, Inc. made gifts to the Capital Health Foundation to honor Arnold's caregivers. The company matched these donations, making a combined donation of \$16,000 to honor Arnold's recovery and to recognize his caregivers through the Capital Health Foundation's Healthcare Heroes program.

"When I visited Arnold at the hospital, I realized the amazing support he was getting from the staff at Capital Health so it was natural for us to support the staff that was caring for Arnold and his family," said Christopher Trenholm, vice president and director of NJ Health Research, Health Research Division at Mathematica.

To honor a caregiver at Capital Health, contact the Capital Health Foundation at **609.394.4121** or visit [capitalhealth.org/foundation](http://capitalhealth.org/foundation).



At center, Arnold Chen, his wife Mo, Christopher Trenholm, vice president and director of NJ Health Research, Health Research Division at Mathematica and Arnold's daughter Patty (far right), with staff from the Capital Health Trauma/Medical ICU.

## MIGRAINES FOUND MORE COMMON AMONG TEEN GIRLS



According to a recent paper published by **DR. MITRA ASSADI**, director of the Headache Center at Capital Health's Capital Institute for Neurosciences, migraine headaches are surprisingly

common among teenage girls. However, many have limited knowledge of the disorder and frequently misuse over-the-counter medications that can worsen their symptoms.

"Empowering girls with basic information regarding migraine could have an impact on both their medical care and quality of life," Dr. Assadi said. "Too many teen girls suffer needlessly because they are not getting properly diagnosed and treated."

Dr. Assadi's study, published in the *Journal of Pediatric Neurology*, recruited 309 girls

ages 14-18. Just more than half of the girls with definite migraine correctly identified their headaches as migraine, while only 28 percent of those with probable migraines considered themselves to have migraines.

The study also looked at the use of over-the-counter medications, such as aspirin, acetaminophen, naproxen and ibuprofen. "What we know from existing literature is that overuse of these medications can lead to rebound headaches, and may produce renal and liver damage," Dr. Assadi said.

Dr. Assadi and the team at Capital Health work with patients to identify an individualized treatment plan using a variety of pain assessment and diagnostic tools.



Scan this QR Code™ to learn more about Dr. Assadi and the Headache Center at Capital Institute for Neurosciences.



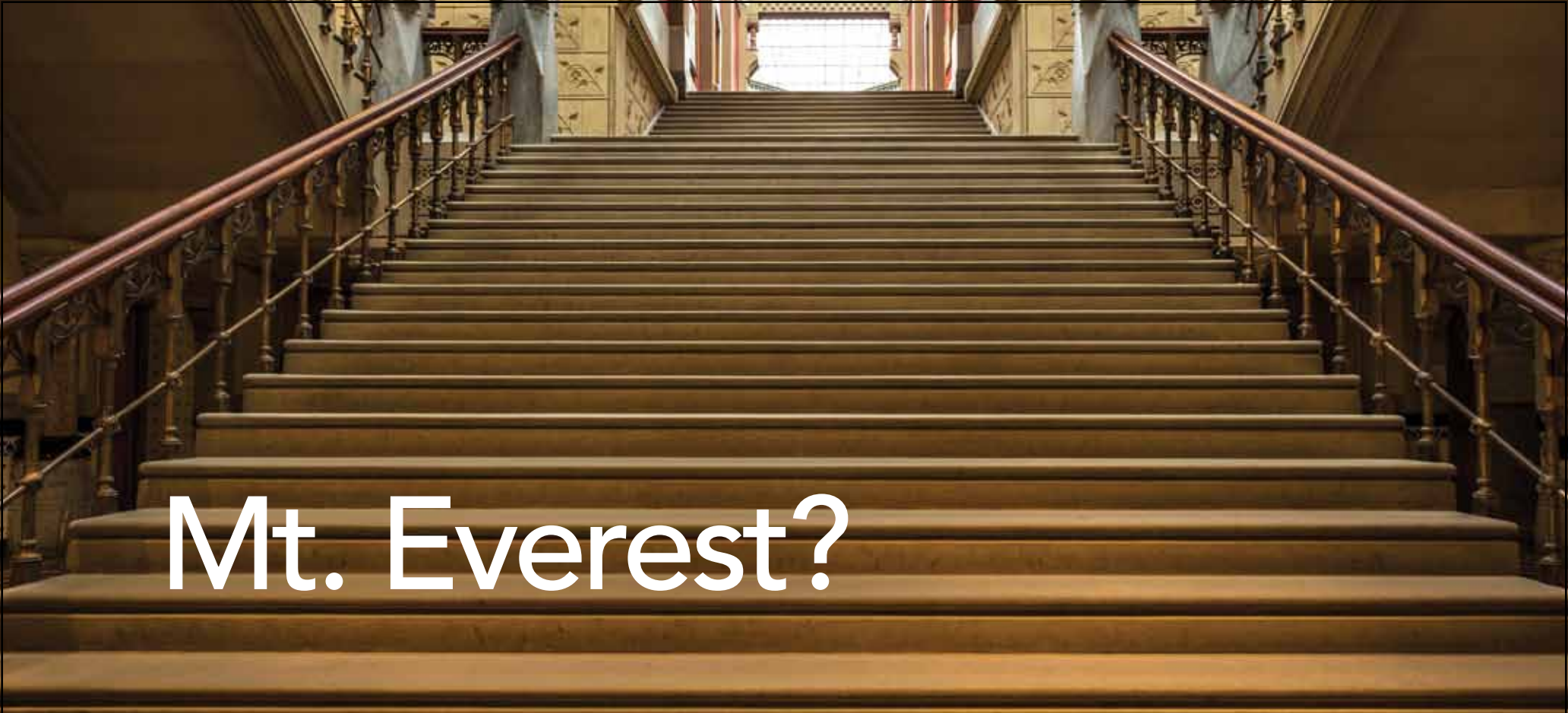
## KNOW THE SYMPTOMS OF A MIGRAINE HEADACHE

Patients who exhibit two of the following four symptoms may be diagnosed with a migraine headache:

- Pain on one side of the head.
- Pain that is throbbing.
- Pain that increases with exertion.
- Pain that is moderate to severe.

Girls with migraine may also have sensitivity to light and sound, nausea and vomiting plus visual or speech changes, which signify migraine auras.

If you or someone you know is experiencing these symptoms, call **609.537.7300** or visit [capitalneuro.org](http://capitalneuro.org) to learn more about the Headache Center at Capital Institute for Neurosciences.



# Mt. Everest?



Scan this QR Code™ to learn more about Capital Health Orthopedics.

**Is it time to consider a knee replacement?**  
At Capital Health Hopewell, the region's progressive new hospital, we have 50 highly experienced orthopedic surgeons ready when you are. With a dedicated orthopedics unit, specialized nursing care, on-floor rehab, and an [capitalhealth.org/ortho](http://capitalhealth.org/ortho)

advanced approach to pain management, we get you up, moving and back to your life faster than you ever thought possible. For more information, visit [capitalhealth.org/ortho](http://capitalhealth.org/ortho).  
**You'll wonder why you waited so long.**



## CONTROL YOUR DIABETES THROUGH EDUCATION

Capital Health offers two ways for you to learn about how to better manage diabetes through informed choices in your everyday life. Call **609.537.7081** or visit [capitalhealth.org/events](http://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. Combined with the care you receive from your referring physician, the program's unique curriculum will help you take charge of your own health under the supervision of our multidisciplinary team. The program has been recognized by the American Diabetes Association since 2005.

### UPCOMING SESSIONS

- July 1 & 8 | 8:30 a.m. – 2:30 p.m.  
Capital Health – Hamilton
- August 5 & 12 | 8:30 a.m. – 2:30 p.m.  
Capital Health Medical Center – Hopewell

### 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:

Here is a list of some upcoming events taking place at the Novo Nordisk Family Resource Room:

- July 17 | 10 a.m.: Foot & Skin Care
- July 17 | 2 p.m.: Stop Using Food to Cope
- July 18 | 2 p.m.: Reading Food Labels & Carb Counting
- July 23 | 1:30 p.m.: Benefits of Exercise



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



## CAPITAL HEALTH OFFERS NEW PROCEDURE FOR METASTATIC CANCER TO THE LIVER

Capital Health offers a new FDA-approved treatment to patients with cancer that has spread to the liver. The treatment uses small beads (known as SIR-Spheres® microspheres) that contain radiation and are injected into the tumor. The microspheres are used in Selective Internal Radiation Therapy (SIRT) to precisely direct high doses of radiation into the tumor and preserve healthy liver tissue.

"Capital Health is committed to bringing innovative treatments for complex conditions to our patients. This latest one will help us make a difference in the lives of people with advanced metastatic liver cancer," said Al Maghazehe, president and CEO, Capital Health.

"We are pleased to be able to provide this new treatment to our patients with cancer that has metastasized to the liver. It greatly



enhances our toolset for liver-directed therapies. This is an outstanding addition to Capital Health's portfolio of comprehensive treatment for gastrointestinal cancers in collaboration with Gastroenterology, Radiation Oncology, Medical Oncology and GI Surgery," said **DR. AJAY CHOUDHRI**, director of Interventional Radiology, Capital Health.

In addition to Dr. Choudhri, Dr. Shirnett Williamson, director of Radiation Oncology and CyberKnife® and Dr. Timothy Chen, director of Stereotactic Radiosurgery are licensed to provide the SIR-Spheres treatment at Capital Health.

To learn more, call the Capital Health Interventional Radiology Department at **609.303.4049**.

## COMPLEX KIDNEY SURGERY ONLY NEEDS A SINGLE INCISION



Board certified urologist **DR. MICHAEL COHEN** recently performed the first single-incision robotic kidney surgery in Central Jersey at Capital Health Medical Center – Hopewell.

"For kidney surgery, we used to make a large incision to access the kidney. With the advent of robotic surgery, we usually make four to six small incisions to access the kidney. Now, for select surgeries, we are able to perform robotic

surgery through one small incision," Dr. Cohen said.

A robotic dismembered pyeloplasty allows the kidney to drain to the bladder by surgically correcting a blockage between the kidney and the ureter. The ureter is the tube that drains urine from the kidney to the bladder. This corrective surgery alleviates intense pain experienced by patients who have a blockage.

By performing the surgery through one incision, patients can experience less scarring, pain, and chance for complications from infections to anesthesia. It also means faster recovery and a shorter hospital stay.

At Capital Health, Dr. Cohen is using his single-incision procedure for kidney

surgery as well as prostate and other robotic procedures.

Dr. Cohen can be contacted by calling Lawrenceville Urology, a division of Urology Care Alliance, at **609.895.1991** or by visiting [lawrencevilleurology.com](http://lawrencevilleurology.com).





## NEW MEMBERS ELECTED

### TO CAPITAL HEALTH BOARD OF DIRECTORS

Capital Health's Board of Directors recently elected Dr. Kathleen Gekowski and Dr. Randi Axelrod as new members.



**DR. KATHLEEN GEKOWSKI** is an infectious disease specialist with almost 20 years of practice in the greater Mercer County region and major research interests in AIDS and nosocomial (hospital-acquired) infections.



**DR. RANDI AXELROD** is the director of the Level III Neonatal Intensive Care Unit (NICU) at Capital Health Regional Medical Center and the Level II NICU at Capital Health Medical Center – Hopewell. She is also director of Neonatology at Pediatrix Medical Group, Inc. and a practicing neonatologist.

They join the following as newly elected members to the Capital Health Board of Directors in 2013: Dr. Giovanni Caforio, president of U.S. Pharmaceuticals at Bristol-Myers Squibb; Julie Karns, vice president for Finance and treasurer at Rider University; Donald Loff, CIMA, Senior Vice President – Investments for Merrill Lynch; and Joshua Markowitz, partner in the law firm of Markowitz Gravelle, LLP.

## CAPITAL HEALTH'S PRIMARY CARE NETWORK PHYSICIANS

The following physicians and nurse practitioners are 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

Randi Protter, MD  
Sarah Wistreich, DO  
Kathleen Woods, MSN, FNP-BC

### Hamilton Physicians Group

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

Stephen Aiello, MD  
Mark Arcaro, MD  
Christine Castillio, DO  
Jessica Ramos Codjoe, MD  
Siddiq Faisal, MD  
Martin Kessler, MD  
Abigail Rose, MD  
Smitri Sharma, MD  
Robert Silverbrook, DO  
Bruce W. Stewart, MD  
Mindy Hess, APN  
Ashley Karata, MSN, APN  
Suzanne Nawrock, RN, MSN, APRN-BC

### Capital Health Primary Care–Bordentown

One Third Street  
Bordentown, NJ 08505  
609.528.2005 | capitalhealth.org/bordentown

Michael Arcaro, MD  
Maria Lugo, MD

### Capital Health Primary Care–Mountain View

850 Bear Tavern Road, Ste. 309  
Ewing, NJ 08628  
609.656.8844 | capitalhealth.org/mountainview

Mark Arcaro, MD  
Jennifer Kitchen, MD, PhD  
Scott A. Kolander, MD  
Robert Remstein, DO, MBA  
Bruce W. Stewart, MD

### Capital Health Primary Care–Pennington

2480 Pennington Road, Ste 108  
Pennington, NJ 08534  
609.737.6700 | capitalhealth.org/pennington

Jane Flynn Abdalla, DO  
Frances Chang, MD  
John Harman, MD

### West Trenton Medical Associates

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

Carolyn Gaukler, MD  
Jacqueline Gettys, MD  
William Stanley, MD  
Carl Victor, MD  
Eric Williams, MD  
Stephanie Shapiro, APN-C

### Capital Health Primary Care–Quakerbridge

4056 Quakerbridge Road, Ste 101  
Lawrenceville, NJ 08648  
609.528.9150 | capitalhealth.org/quakerbridge

Emily Chung, MD  
Jerrold Gertzman, MD  
Jennifer Tang, MD  
Jill Young, DO

### Capital Health Walk-In Primary Care–Bordentown

625 Farnsworth Avenue  
Bordentown, NJ 08505  
capitalhealth.org/walkinbordentown

Stephen Aiello, MD  
Christine Castillo, DO  
Jessica Ramos Codjoe, MD  
Martin Kessler, MD  
Abigail Rose, MD  
Jennifer Tang, MD  
Mindy Hess, APN  
Ashley Karatka, MSN, APN  
Suzanne Nawrock, RN, MSN, APRN-BC

## CELEBRATING OUR MAGNET NURSES AT NURSES' DAY CEREMONIES

During National Nurses' Day (May 6), Capital Health celebrated its nursing staff for their hard work and dedication to patients and our community at large. Their diligence has earned them the prestigious Magnet recognition three consecutive times for quality patient care and is a main reason why Capital Health is the only area hospital included in the 2012-13 *US News & World Report* Best Hospital ranking and named one of the nation's Top Performers on Key Quality Measures™ by The Joint Commission.

### 2013 EXCELLENCE IN NURSING PRACTICE AWARD WINNERS

#### Capital Health Medical Center – Hopewell

Dawn Barker, RN  
Medical/Surgical Nursing

Tracy Jones, RN  
Maternal/Child Nursing

Heather Brakel, RN  
Critical Care/Telemetry

Debra Conrad, RN  
ER Nursing/Emergency Services

Susan Kirsch, RN  
Perioperative Nursing

Laurie Phillips, RN  
Ambulatory Care

Nursing Leadership:  
ANM:  
Dawn Mormando, RN

Nursing Management:  
June Wyrwas, RN

Nursing Informatics:  
Tim Sullivan, RN  
Leanna Ziolkowski, RN

Nursing Support Services  
Quality Management:  
Karen Buchko, RN  
Barbara Puca, RN

#### Capital Health Regional Medical Center (Trenton)

Leonida Matibag, RN  
Medical/Surgical/Telemetry Nursing

Catherine Luyber, RN  
Psychiatric Nursing-Milestones

Carmina Marquez, RN, BSN  
Critical Care Nursing

Lee Walker, RN, BSN, CEN  
ER Nursing/Emergency Services

Kimberly Moroz, RN, BSN, CRN  
Neuro-Critical Care Nursing

Tina Vigna, RN  
Maternal Child Nursing

Ellen Clancy, RN  
Ambulatory Care  
Renauld Williams, RN  
Operation Room

Nursing Leadership:  
Judith Landingin, RN, BSN  
ANM Trauma/Medical ICU

### MEET SOME OTHER MINDS ADVANCING MEDICINE

Capital Health Emergency Medical Services is proud to announce employee winners of the 2012 NJ EMS Awards. They were presented at the NJ EMS Awards Dinner Ceremony on May 20.

EMS Career Lifetime Achievement Award  
Daniel Newman, PRN Paramedic

Outstanding EMS Administrator Award  
James Boozan, Director

Outstanding Dispatcher Award  
James Hudock, PRN Dispatcher

Nerva Jean-Louis, emergency mental health shift supervisor for the Capital Health Mental Health Screening Center, received the Citizen's Award from the Hamilton Township Police Department (HTPD) for his efforts to protect a police officer who was attacked by a patient in the line of duty. The award was presented at HTPD's Annual Awards Banquet.