



HEALTH HEADLINES

OCTOBER 2013

MONTHLY NEWS FROM CAPITAL HEALTH

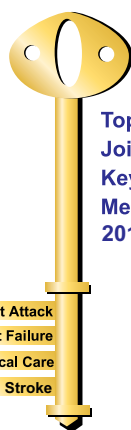
AWARDS & RECOGNITION



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Comprehensive Stroke Center



AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



Top Performer on
Joint Commission
Key Quality
Measures™
2011

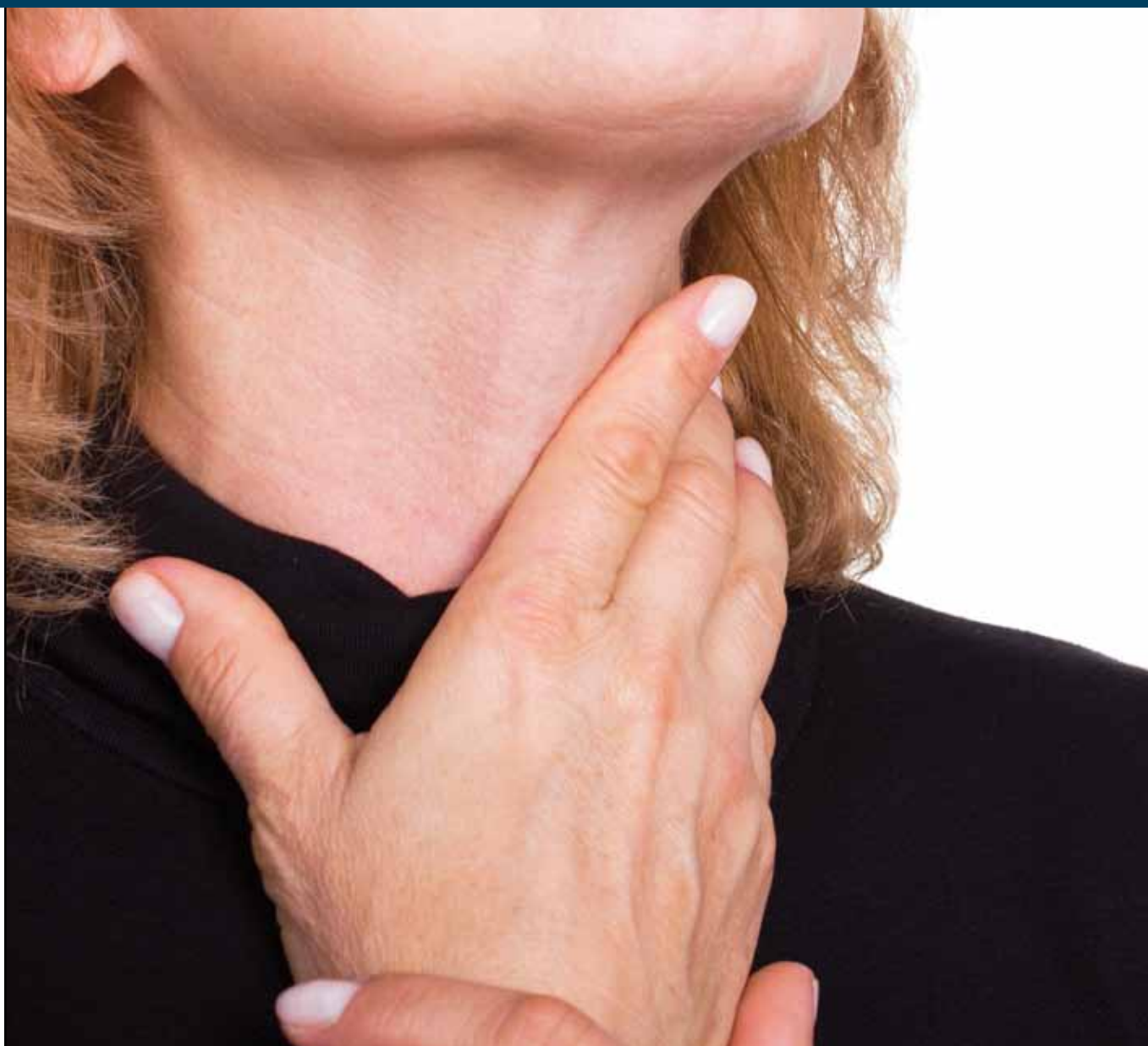
Heart Attack
Heart Failure
Surgical Care
Stroke



The American Heart Association and American Stroke Association recognize this hospital for achieving 80% or higher adherence to all Get With The Guidelines® Stroke Performance Achievement Indicators for consecutive 12-month intervals and 70% or higher compliance with 6 of 10 Get With The Guidelines Stroke Quality Measures to improve quality of patient care and outcomes.



Baby® Friendly Designated Facility



FIRST IN NJ

CENTER FOR DIGESTIVE HEALTH TO OFFER ALTERNATIVE THERAPY FOR ACID REFLUX

Experts at the Capital Health Center for Digestive Health continue to be on the cutting edge of medical, surgical and endoscopic treatments for acid reflux (GERD) and Barrett's esophagus, conditions commonly linked to esophageal cancer.

"We're currently the first center in New Jersey to offer Stretta® therapy, a safe and effective procedure that can significantly reduce or even eliminate reflux symptoms such as heartburn. By reducing acid exposure in the esophagus, this may also limit the risk of Barrett's esophagus, which if left untreated, is a precursor to cancer. This and other therapies offered at our center make it easier for those who suffer from acid reflux to find the treatment they need closer to where they live," said **DR. JASON ROGART**, director of Interventional Gastroenterology and Therapeutic Endoscopy at Capital Health.



Dr. Rogart adds that endoscopic procedures such as Stretta therapy and Barrett's eradication therapy are being performed

in less than an hour on an outpatient (same-day) basis.

In addition to Stretta therapy, experts at the Capital Health Center for Digestive Health collaborate to provide a wide range of options for those in various stages of acid reflux, Barrett's esophagus or esophageal cancer, including radiofrequency ablation, endoscopic mucosal resection, endoscopic ultrasound and minimally invasive surgery — all at Capital Health Medical Center – Hopewell.

To learn more, visit capitalhealthGI.org or call **609.537.5000**.

JOIN US ON NOVEMBER 6

If you are taking prescription anti-reflux medications such as proton pump inhibitors (Prilosec, Prevacid, Nexium, etc.) or H2-receptor antagonist drugs (Tagamet, Zantac, Pepcid), and you are not achieving good control of your symptoms, you may benefit from additional therapies that may be available to you, such as Stretta therapy.

Join Dr. Rogart for a free information program about GERD and Barrett's, including Stretta therapy and BARRX® 6 p.m. on Wednesday, November 6 at Capital Health Medical Center – Hopewell. Register online at capitalhealth.org/events or call **609.394.4153**.

TV SHOW BRINGS PARKINSON'S INTO NATIONAL SPOTLIGHT

Join us on **November 14** at Capital Health Medical Center — Hopewell when Dr. Farmer and Dr. Connolly will lead a discussion about the early signs and treatment options for Parkinson's disease. Call **609.394.4153** or visit capitalhealth.org/events to sign up.

Each year, over 50,000 new cases of Parkinson's disease are diagnosed. Despite the prevalence of the disease and the serious risk factors, the condition does not typically receive significant attention. This fall, the premiere of The Michael J. Fox Show on NBC has brought Parkinson's to a national viewing audience.



"I am thrilled to see the lead character of a major television program living a full and robust life with Parkinson's," said **DR. JILL FARMER**, board certified in neurology and fellowship trained

in the treatment of movement disorders. "The show helps dispel myths about the

condition by featuring the title character living with the disease while balancing a busy career and active family life."

Dr. Farmer is the director of the Parkinson's Disease and Movement Disorders Program at the Capital Institute for Neurosciences. "Identifying early signs and establishing a multi-disciplinary network of healthcare professionals are key steps toward effectively managing Parkinson's," adds Dr. Farmer. "The new mentality toward treatment is to fully understand each patient as an individual and define the most effective plan for that patient."

For some patients, deep brain stimulation (DBS) may be the best option, and it is among the many treatment options available at Capital Health.

"In DBS, a surgically implanted

neurostimulator, similar to a heart pacemaker, delivers electrical stimulation to targeted areas of the brain. This blocks the abnormal nerve signals that cause Parkinson's symptoms," said **DR. PATRICK CONNOLLY**, a board certified and fellowship trained neurosurgeon who works with patients requiring DBS as part of the Capital Institute for Neurosciences. Dr. Farmer works closely with Dr. Connolly and handles DBS programming in the Institute's Hopewell Township office.

In addition to individualized treatment options, including drug therapy and DBS, Dr. Farmer also uses physical, speech, and occupational therapies for complete management of movement disorders.

To learn more, visit capitalneuro.org or call **609.537.7300**.

NAVIGATOR BRINGS PERSONAL APPROACH TO BREAST CARE



The Capital Health Center for Comprehensive Breast Care is guided by the idea that the best way to treat breast disease is to treat the person who has it. Not the patient, the person.

Meet Trish.

TRISH TATRAI is a registered nurse and certified breast care navigator who has been coordinating cancer care and providing education and support to

cancer patients in the greater Mercer County region for over 20 years. She is the Center's personal breast health navigator, which means she works with women one-on-one to help provide them with the support they need.

"At our Center, women are not treated like just another patient. That's where Trish's role in our Center is very important. She provides women with a direct contact to ask questions and better understand their personal needs during treatment, recommend resources, set up and track all care services and provide ongoing support," said **DR. LISA ALLEN**, a fellowship trained breast surgeon and director of the Capital Health Center for Comprehensive Breast Care.

"Some breast care centers offer the medical services a patient needs, but they leave the management of care to the woman or their loved ones. At Capital Health, my job is to make sure that these women can remain focused on getting well and their daily lives," said Trish, who also organizes support groups.

Trish's services are provided at no additional cost to patients or their insurance companies. To learn more about the Center for Comprehensive Breast Care, visit capitalbreast.org or call **609.537.6767**.



DIABETES AWARENESS DAY

Sponsored by the Greater Mercer Public Health Partnership

The Greater Mercer Public Health Partnership is sponsoring its first-ever Diabetes Awareness Day, a coordinated effort to raise community awareness by providing diabetes education and screenings at five locations throughout Mercer and Middlesex counties. Bring the whole family to this fun, educational and invaluable community health day to learn about pre-diabetes, diabetes, nutrition and exercise and to have a free blood glucose screening.

Join us on **November 6** from **7 to 9 a.m., 2 to 4 p.m., or 6 to 8 p.m.** at any of these locations:

Quaker Bridge Mall
150 Quakerbridge Mall, Lawrenceville

Capital Health Medical Center — Hopewell
One Capital Way, Pennington

RWJ Fitness & Wellness Center
3100 Quakerbridge Road, Mercerville

St. Lawrence Rehabilitation Center
2381 Lawrenceville Road, Lawrenceville

University Medical Center of Princeton at Plainsboro
1 Plainsboro Road, Plainsboro

The Greater Mercer Public Health Partnership is a collaboration of hospitals, local and county health departments and other not-for-profit organizations whose mission is to measurably improve the health of residents of Mercer and Middlesex counties. For more information, e-mail GMPHP.NJ@gmail.com.

Greater Mercer Public Health Partnership

Your Brain and Spine, Our Experts

Friday, November 1 | 2 – 4 p.m. • Capital Health Medical Center — Hopewell



2-3 p.m. FREE Carotid, Blood Pressure and BMI Screenings

Cholesterol/HDL/Glucose Screenings (\$10 and requires 2 hour fasting)

3 p.m. Expert Roundtable

Join us for a unique opportunity to talk about stroke, aneurysm, memory loss and Alzheimer's disease, headaches, brain tumors, Parkinson's, and other conditions with physicians, including some of the nation's most experienced cerebrovascular neurosurgeons. Learn what your risk is, how to prevent certain diseases and learn what you need to know if you or a family member faces a diagnosis.

Join experts from Capital Health's Capital Institute for Neurosciences as they share their expertise, insight and answer your questions.

Call **609.394.4153** or visit capitalhealth.org/events to sign up today.

REDUCE DAMAGE
BY RECOGNIZING

EARLY SIGNS OF HEART ATTACK



According to the Society of Cardiovascular Patient Care, 85% of heart damage occurs within the first two hours of a heart attack.

“Recognizing a heart attack when it starts is critical to preventing damage to the heart,” said **DR. KRISTOPHER YOUNG**, a board certified cardiologist and director of the Chest Pain Center at Capital Health Medical Center – Hopewell. “For the 50% of people who experience early symptoms, timely treatment at a chest pain center can prevent serious damage to the heart or a heart attack altogether.”



When experiencing these symptoms, it’s also important to know that your first step should be to call 911.

“It’s best to call an ambulance, even if you think you can get to the hospital faster by driving yourself,” said Philomena Fonollosa, a registered nurse and coordinator of the Chest Pain Center. “Calling 911 puts you in contact with a trained dispatcher who will tell you what to do and send an ambulance to your location. Treatment begins when you call 911, and the emergency department will be prepared for your arrival. Because your symptoms may get worse, driving yourself is dangerous to you and other drivers.”

The Chest Pain Center at Capital Health Medical Center – Hopewell provides specialized care and treatment for heart attack patients. As part of the Heart & Vascular Institute and other cardiology services offered at Capital Health, cardiologists, emergency room physicians, nurses, and other clinicians have worked together to speed up the triage and evaluation process and get testing done faster.

For more information, visit capitalchestpain.org. And again, if you or a loved one is having a medical emergency, call 911.

DIFFERENT SYMPTOMS FOR MEN & WOMEN

Men and women can have different symptoms of a heart attack. Women are more likely to have mild or atypical symptoms. That is, symptoms other than chest pain or chest tightness. Men are five times more likely to notice their symptoms as being related to a heart attack.

Here is a comparison of how most heart attack symptoms present in men and women.

Symptom	Men	Women
Chest Pain	Crushing, center of chest	Pressure, tightness, ache, stomach pain, sweating
Shortness of breath	With or before pain, may occur	With or before pain, common
Sweating	With cold, clammy skin, may occur	Similar to men
Arm Pain	Pain, numbness	Similar to men
Back, Neck, Jaw Pain	May occur	More common than in men
Stomach Pain	May occur	Extend to abdomen or only abdomen
Indigestion	May occur	2x’s more likely than men
Anxiety	May occur	Mistaken for panic
Fatigue	May occur	Flu-like symptoms
Dizzy/Lightheaded	May occur	More common than in men

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

- November 5, 12, 19 & 26 | 5:30 – 8 p.m.
Capital Health – Hamilton
- November 4 & 11 | 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 at Capital Health Medical Center—Hopewell.

Here is a list of some of the upcoming classes:

- November 5 | 1:30 p.m.: Diabetes & Your Heart
- November 7 | 2 p.m.: Healthy/Diabetes-Friendly Snacks
- November 13 | 7 p.m.
How to Manage Stress Rather than Stress Managing You
- November 19 | 1:30 p.m.
Environmental Precautions
- November 20 | 10 a.m.
Sick Days & Emergencies
- November 21 | 2 p.m.
Winter Holiday Meal Planning



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

Mammograms Save Lives.

Schedule yours today—
capitalbreast.org or
609.394.6695



RESPIRATORY CARE FOR AT-RISK NEWBORNS RECEIVES NATIONAL ATTENTION

Capital Health's Neonatal Intensive Care (NICU) program provides care for the most at-risk and medically fragile newborns in the region, but it is gaining attention across the country for its practices in protecting and nurturing the lungs of these very small patients.

"Babies who are born prematurely, especially those 28 weeks or earlier, are at great risk for a condition called Respiratory Distress Syndrome, where their lungs are immature and not producing a substance called surfactant, which helps their lungs inflate and exchange the gases needed for survival," said **DR. RANDI AXELROD**, a



board certified neonatologist and medical director of the NICU at Capital Health.

In 2010, Capital Health's NICU program was the first in the country to receive Disease-Specific Care Certification in Respiratory Distress Syndrome in Preterm Infants from The Joint Commission. Surveyors from The Joint Commission recently reviewed the program again, and today, it remains one of only two hospital programs in the country to earn this important national distinction.

At both hospitals in Hopewell Township and Trenton, Capital Health's NICU program follows a consistent care protocol that requires the use of surfactant therapy, state-of-the-art oscillators that provide the gentlest ventilation available and increased monitoring to take babies off of oxygen

support as quickly as possible to protect the other healthy organs in their bodies.

"Our long experience using respiratory protocols and being among the very few programs in the country to achieve national certification means families and their newborns can count on our team to provide the most cutting edge, evidence-based care for their babies," said Chris Saltzman, nurse manager of the NICU at Capital Health.

Visit capitalhealth.org/maternity for more information. To schedule a tour of our Maternity Department or to sign up for a childbirth class, call **609.303.4140** or visit capitalhealth.org/childbirth.

WANT TO DELIVER AT CAPITAL HEALTH?

The OB/GYNs listed below have clinical privileges to deliver babies at Capital Health and are members of the Department of Obstetrics & Gynecology.

AFFILIATES IN WOMEN'S CARE 609.530.1818

James M. O'Mara, MD

CAPITAL WOMEN'S GROUP 609.394.4111

Hina S. Ahmad, MD
Nkechinyere Amadi, MD
Kimberly S. Baldwin, MD
Bruce I. Brodtkin, MD
Lisa I. Granderson, MD
Olasinbo A. Olukoya, MD
Uma R. Panganamamula, MD

CENTER FOR WOMEN'S HEALTH 215.750.6611

ctrforwomenshealth.com
Robert L. Berk, MD
Neil D. Bluebond, DO
Amy Harvey O'Keeffe, MD
Mark D. Kuhn, MD
Meghan A. Patel, MD
Lester A. Ruppertsberger, DO
Stephanie J. Schwartz Kravatz, MD
Anne M. Walker, MD

FRED W. WILLIAMS, MD 609.406.1250

LAWRENCE OB/GYN ASSOCIATES 609.896.1400

lawrenceobgyn.com
Judith M. Funches, MD
Karen A. Leedom, MD
Paul N. Loeb, DO
Kira L. Przybylko, MD
Farnaz Safi, MD
William P. Stanell, MD
Audrey B. Tashjian, MD

RONALD E. BURBELLA, MD 609.530.9100

WOMEN'S HEALTH CHOICE 609.586.4474

choicesmedical.com
Eva R. Jones, MD



'TIS THE SEASON FOR HALLOWEEN SAFETY

Halloween can bring with it potential hazards and injuries. Here are some Halloween safety tips, courtesy of the Capital Health Pediatric Emergency Department:

- Children should wear light or brightly colored costumes that are visible at night. Carry a flashlight as well.
- When your child gets home, inspect the candy before he or she eats it. Discard unwrapped or loosely wrapped candy or fruit.
- When choosing costumes, wigs, and accessories, purchase those clearly labeled as flame resistant.
- If no sidewalk is present, walk at the far edge of the road toward traffic. Motorists cannot always see trick-or-treaters.
- Prepare your yard by sweeping away wet leaves and clearing hoses, toys and other possible hazards.
- Avoid dressing your child in masks, wigs, or veils that obstruct vision. If make-up is used, look for non-toxic, hypoallergenic kits.

While simple preparation and care on Halloween can prevent minor accidents or more serious injuries, also remember that Capital Health is always ready to treat children in an emergency through

its specialized Pediatric Emergency Department.

Completely separate from our adult area and designed with children in mind, our specialized Pediatric Emergency

Department is staffed 24/7 by experienced pediatricians and award-winning nurses certified in pediatric emergency medicine.

For information, call **609.303.4466** or visit capitalpeds.org.