

ALWAYS ADVANCING...

NEUROSCIENCES

New Leadership, Innovative Technology Take Neurosciences at Capital Health to the Next Level

Capital Institute for Neurosciences has the reputation in central New Jersey and the greater Delaware Valley for providing advanced care to patients with complex, neurological conditions affecting the brain and spine. The Institute draws patients from throughout the New Jersey/Philadelphia region and beyond. As part of its commitment to advancing brain and spine care throughout the region, Capital Health recently welcomed new leadership to the Institute.



DR. MICHAEL STIEFEL, a fellowship trained, board certified neurosurgeon specializing in cerebrovascular and endovascular

neurosurgery, recently joined Capital Health as the director of its Capital Institute for Neurosciences and director of the Stroke & Cerebrovascular Center. Dr. Stiefel oversees all neurosurgical and neurological services offered at the Institute as well as Capital Health's Comprehensive Stroke Program, Neurosurgical Intensive Care Unit, and neuroscience research activities.

"Dr. Stiefel's experience clearly demonstrates his commitment to excellence and his leadership will result in even greater advances for our patients," said Al Maghazeh, president and CEO of Capital Health. "I have no doubt that our Capital Institute for Neurosciences will further elevate the level of care patients can expect to receive at an advanced neuroscience center like the one we opened eight years ago."

Dr. Stiefel completed fellowships at both the University of Pennsylvania and Barrow Neurological Institute, and is trained in both open neurosurgical approaches and endovascular techniques.

Prior to joining Capital Health, Dr. Stiefel practiced at Westchester

Medical Center in New York where he was director of the Neurovascular Institute, director of Cerebrovascular and Endovascular Neurosurgery, and co-director of Neuro-Critical Care. While at Westchester, he established one of the largest comprehensive neurovascular programs for the treatment of stroke, aneurysms, and brain hemorrhages in the New York/Connecticut region and Hudson Valley. Prior to that, he served as director of the Comprehensive Cerebrovascular & Endovascular Neurosurgery Program and associate director of Neuro-Critical Care at the University of Pennsylvania.



"One of the most impressive things about Capital Health, and a big part of why I decided to join the Institute, is its willingness to invest in and promote highly specialized, advanced care for patients with brain and spine diseases," said Dr. Stiefel.

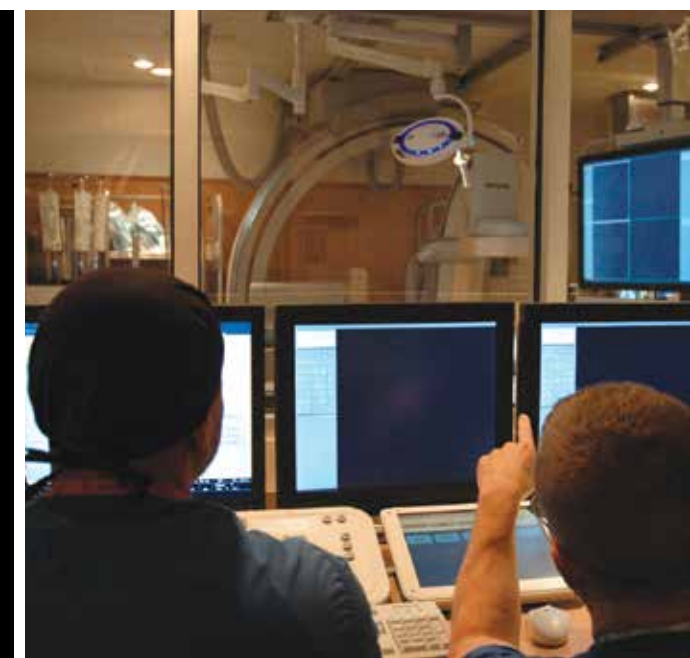
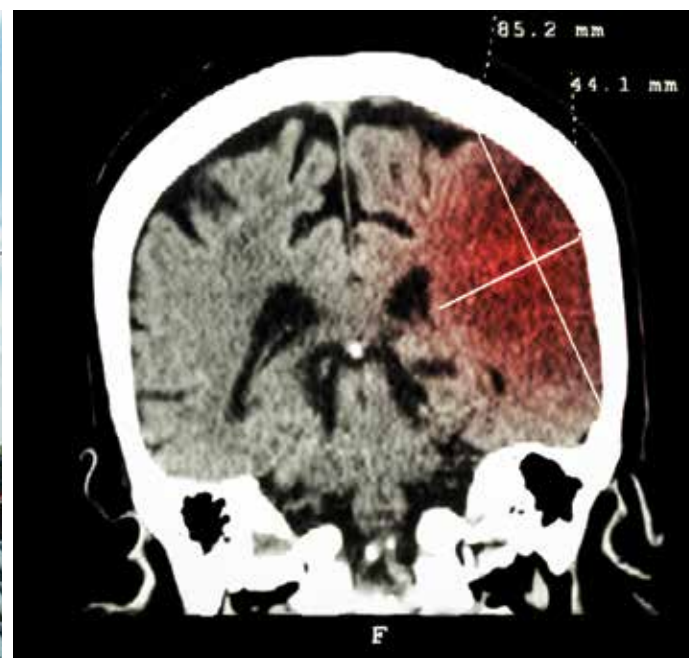
"For patients in the region, that means access to extensive experience in caring for neurologic issues, whether they are time sensitive emergencies like stroke, or conditions that require ongoing specialized care such as Parkinson's Disease, brain tumors, headache, spine disorders or complex and difficult to treat pain. I look forward to working with

the impressive group of physicians and other providers who are already part of the Capital Health team to continually advance the care we can provide to our patients."

As a nationally recognized leader in stroke research, Dr. Stiefel has been at the forefront of trialing new devices for the treatment of ischemic stroke and cerebral aneurysms. He was first in the New York region to use the Solitaire Stent-Triever for stroke (after FDA approval) and is currently one of the most experienced users of the Pipeline Embolization Device for the treatment of aneurysms.

Visit capitalneuro.org to learn more about Dr. Stiefel and the Capital Institute for Neurosciences.

Read more on the next page about some of our *Capital Institute for Neurosciences'* new advancements in technology — including an upgrade to its unique operating room, and an advanced neurovascular simulator to train physicians for the most complex brain procedures.





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



A Growing Team for COMPREHENSIVE BRAIN and SPINE CARE

Meet Some of Our New Physicians at the
Capital Institute for Neurosciences



DR. MICHAEL STIEFEL, a fellowship trained, board certified neurosurgeon specializing in cerebrovascular and endovascular neurosurgery, recently joined Capital Health as the director of its Capital Institute for Neurosciences and director of the Stroke & Cerebrovascular Center. Here are some of the other specialists who also recently joined our Institute.

CENTER FOR PAIN MANAGEMENT and CENTER FOR SPINAL DISORDERS



RONALD H. GONZALEZ, MD

Dr. Gonzalez is board certified in physical medicine and rehabilitation and joined the Capital Institute for Neurosciences after years of private practice in the greater Mercer County area. He completed a physical medicine and rehabilitation residency at New York Presbyterian-Columbia University Medical Center in New York City, where he served a term as chief resident. He also completed an internship in general surgery at South Baltimore General Hospital in Maryland and earned his medical degree from the Universidad Central del Caribe Escuela de Medicina in Puerto Rico. He is a member of the Hispanic American Medical Association of New Jersey.

Dr. Gonzalez's extensive clinical experience includes electrodiagnostic testing to help determine the function of muscles and nerves, as well as the cause of pain, numbness, and loss of strength.

CENTER FOR NEUROLOGIC DISEASES



CALLUM DUPRE, DO

Dr. Dupre is board certified in neurology and sleep medicine. He joined Capital Health after completing his fellowship training in sleep medicine at the nationally renowned Mayo Clinic in Rochester, Minnesota. He earned his medical degree from the New York College of Osteopathic Medicine in Westbury, NY.

NEUROPSYCHOLOGY PROGRAM



JENNIFER DAVE, PHD

Dr. Dave is a fellowship trained clinical neuropsychologist, specializing in the function of the brain and its relationship to patient behaviors. Prior to joining Capital Health, she served as a clinical neuropsychologist and director of Neuropsychology Services for the Center for Neurosciences at Riddle Memorial Hospital in Media, PA. She received her doctorate and master's degrees in clinical psychology from the University of Southern California, and completed her fellowship training in clinical neuropsychology at the Comprehensive Epilepsy Center at Columbia University Medical Center in New York City. Dr. Dave is specifically trained to conduct neuropsychological evaluations, which can assist with differential diagnosis, treatment planning, and psychosocial recommendations.

MOVEMENT DISORDERS/ PARKINSON'S DISEASE



ALEXANDRA LANDEN, DO, MPT

Dr. Landen is board certified in neurology and joined the Capital Institute for Neurosciences from Jefferson University Hospitals in Philadelphia, PA. She received her Doctor of Osteopathy degree from the University of Medicine and Dentistry of New Jersey (UMDNJ) after completion of her Master of Physical Therapy degree, which she received from UMDNJ as well. Following the completion of her degrees, Dr. Landen completed a neurology residency, followed by a fellowship in movement disorders at Georgetown University Hospital in Washington, DC.

Dr. Landen treats patients with movement disorders, Parkinson's, essential tremor, atypical Parkinson's (multisystem atrophy, progressive supranuclear palsy, and corticobasilar degeneration), dystonia, ataxia, Huntington's disease, tic disorders, and spasticity.

TO MAKE AN APPOINTMENT with specialists at our Capital Institute for Neurosciences, call 609.537.7300 or visit capitalneuro.org to learn more about the Institute.



AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



TECHNICALLY SPEAKING

Our Capital Institute for Neurosciences is introducing our region to even more high-tech medicine over the next few months.



THE REGION'S MOST ADVANCED, and only, NEUROSCIENCE-DEDICATED NEUROENDOVASCULAR SUITE

Biplane angiography is a powerful tool that allows physicians to see the tiny blood vessels of the brain in great detail while performing endovascular procedures to treat patients.

Physicians at Capital Institute for Neurosciences use biplane imaging to assess and treat patients using minimally invasive approaches for aneurysms, arteriovenous malformations (AVMS), stroke, carotid stenosis, and intracranial atherosclerosis. A recent upgrade to the biplane angiography system at Capital Health means a reduction in radiation exposure by more than 70 percent for patients, and increased clarity and precision for physicians treating patients requiring neuroendovascular interventions. For patients, this means shorter surgery times and reduced exposure to radiation.

Endovascular procedures access the brain using a small incision in the groin and a catheter that is threaded to the part of the brain being affected by vascular disease.



STATE-OF-THE-ART SIMULATOR HELPS SURGEONS PREPARE FOR COMPLEX BRAIN PROCEDURES

Successful surgeries begin with a plan and specialized physicians in the operating room begin with extensive training. Capital Health is the first hospital in the country to purchase a new simulator that will uniquely position the hospital as a location for training and give physicians the ability to pre-plan complicated surgeries.

While many of today's simulators are largely software-based, the Vascular Replication System® that will be used at our Capital Institute for Neurosciences, offers next-generation technology to physically replicate the blood flow through the heart, aorta, and brain from images taken by a CT scan or MRI. This will allow Capital Health to train physicians on neuroendovascular treatments for complex stroke, aneurysm and other neurovascular disorders. It will also provide the option for our team to perform simulated procedures in a clinical environment that is identical to the one in which they will actually treat patients.

With the ability to prepare ahead of the actual procedures in this way, patients experience shorter procedure times and less risk in surgery as physicians are less likely to face unforeseen complications.

Visit capitalneuro.org to learn more about our CAPITAL INSTITUTE FOR NEUROSCIENCES.

A COMMITMENT TO EXCELLENCE

Capital Health Regional Medical Center Recertified as a Comprehensive Stroke Center

The Comprehensive Stroke Center at Capital Health Regional Medical Center, part of the Capital Institute for Neurosciences, was recently recertified as an Advanced Comprehensive Stroke Center by The Joint Commission, one of only six hospitals in New Jersey to meet the Commission's highest standards for providing complex stroke and cerebrovascular care.



"Getting recertified by The Joint Commission as a comprehensive stroke center isn't about simply maintaining a certain level of care. It's about continually raising the bar in terms of talent and technology and striving to exceed patient expectations. I'm very proud of the work done by our stroke team at Capital Health and we remain committed to delivering the highest level of stroke care to the region," said Al Maghazeh, president and CEO of Capital Health.

The Joint Commission and the American Heart Association/American Stroke Association developed the Advanced Certification program for Comprehensive Stroke Centers to recognize the significant resources in technology, staff and training that comprehensive stroke centers must have today to provide the highest level of emergency care for conditions like strokes, bleeds, and aneurysms.



Joint Commission experts extensively reviewed Capital Health's ability to meet stringent standards for Comprehensive Stroke Centers. As part of its program, some of what Capital Health offers includes advanced treatment approaches including both medical and surgical options, a dedicated neuro-intensive care unit for complex stroke patients, advanced imaging, coordination of a patient's post-hospital care, and participation in stroke research.

"Getting recertified as a Comprehensive Stroke Center is a testament to the dedication of our entire team to providing the best emergency cerebrovascular care and improving patient outcomes," said Dr. Michael Stiefel, director of the Capital Institute for Neurosciences and Stroke & Cerebrovascular Center.

Capital Health Regional Medical Center is also designated as a Comprehensive Stroke Center by the New Jersey Department of Health. It is also designated as a Gold Plus Stroke Center by the American Heart Association/American Stroke Association.

IF YOU SUSPECT A STROKE ACT F - A - S - T

F — Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A — Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S — Speech Difficulty

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T — Time to call 9-1-1

If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

SIGNS & SYMPTOMS OF STROKE Sudden Onset of the Following:

- Numbness/weakness of face, arm or leg especially on one side
- Trouble walking or dizziness
- Confusion, trouble speaking or understanding speech
- Loss of balance or coordination
- Trouble seeing in one or both eyes
- Severe headache with no known cause

ARE YOU EXPERIENCING signs or symptoms of a STROKE? CALL 9-1-1.

UPCOMING HEALTH PROGRAMS

Unless otherwise noted, call 609.394.4153 or visit capitalhealth.org/events to sign up for the following programs.



capitalhealth

Minds Advancing Medicine

HEALTHY LIVING WITH CROHN'S & COLITIS

Tuesday, October 4, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell

Join DR. ANIL BALANI, our inflammatory bowel disease (IBD) specialist at the Capital Health Center for Digestive Health, to learn more about the signs and symptoms of IBD (including Crohn's disease and ulcerative colitis), how it is identified and the latest therapies.

PARENT WORKSHOP: STAYING SAFE IN THE CAR/INFANT CPR/HOME SAFETY

Monday, October 10, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center

Led by registered nurses and public safety experts, this program offers tips on how to keep infants, toddlers, school-age, and older children safe in and around motor vehicles, including car seat safety. Participants will be taught how to perform infant CPR and safe techniques in case your baby is choking. There will also be a discussion on fire safety in the home and keeping your family safe from hazards.

DIABETES PREVENTION AWARENESS

Tuesday, October 11, 2016 | 6 p.m.

Capital Health Primary Care – Lower Makefield

DR. JANE ABDALLA, board certified family medicine physician at Capital Health Primary Care – Lower Makefield, will discuss the effect of nutrients on your blood glucose and how weight loss and physical activity can help reduce your risk for diabetes.

HIP & KNEE SCREENINGS

Saturday, October 15, 2016 | 9 – 11 a.m.

Capital Health Medical Center – Hopewell
Center for Oncology

Have you been experiencing hip or knee pain? Wondering if you are a candidate for joint replacement? Meet one-on-one with an orthopedic surgeon who will conduct a free screening and recommend next steps. Please wear shorts or loose clothing.

HEALTHY EATING

Wednesday, October 19, 2016 | 6 p.m.

Mrs. G TV, Appliances and Sleep Center

Caroline Lazur, registered dietitian at the Metabolic & Weight Loss Center at Capital Health Medical Center – Hopewell, will present a program on healthy eating for weight loss and keeping it off. Mrs. G's Chef will cook a recipe to showcase how good healthy eating can be.

HOW TO SLEEP LIKE A BABY:

What Can Go Wrong With Sleep & How to Fix It

Monday, October 24, 2016 | 6 p.m.

Capital Health – Hamilton

DR. CALLUM DUPRE, board certified neurologist and fellowship trained sleep medicine specialist from the Capital Health Center for Sleep Medicine and Capital Institute for Neurosciences, will explore how to get good sleep and what makes it go bad. He will also discuss what to do to get your sleep pattern back on track.

ADVANCED TREATMENT FOR HIP AND KNEE OSTEOARTHRITIS

Tuesday, October 25, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center

Arthritis is the leading cause of joint replacements. In recent years, there have been many advances in implant technology, surgical techniques, and overall patient care to achieve a rapid return to normal function after surgery. Join DR. ARJUN SAXENA, a board certified orthopedic surgeon, to learn what to expect and get answers to your questions about arthritis and joint replacement. A physical therapist from Capital Health Rehabilitation Services will also discuss what to expect during rehabilitation after surgery, and one of our case managers will discuss planning for care after surgery.

THE AGING EYE

Tuesday, November 1, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center

JOAN MICUCCI, COMT presents a comprehensive overview of the many conditions that can affect a person throughout the natural aging process, specifically those which affect vision (cataracts, glaucoma, and age-related macular degeneration). Joan will discuss prevention and treatment of these conditions with a brief overview of each.

ON THE VERGE OF VERTIGO

Monday, November 7, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center

Do you have vertigo, dizziness, balance problems or hearing loss? Join audiologist SUSAN DONDES, MA, CCC-A and physical therapist BERNADETTE STASNY, PT, DPT from Capital Health's Balance Center to learn how these symptoms may be thoroughly evaluated and effectively treated.

MAINTAINING A HEALTHY WEIGHT

Wednesday, November 9, 2016 | 6 p.m.

Capital Health Primary Care – Quakerbridge

Join Dr. Radhika Vemishetti, board certified family medicine physician at Capital Health Primary Care – Quakerbridge, for a discussion on finding a healthy weight goal, maintaining it, and how weight impacts your overall health (cardiovascular disease, joint pain, and stroke risk are just a few). Mindy Komosinsky, a registered dietitian and certified diabetes educator, will also talk about practical eating strategies.

Capital Health – Hamilton

1445 Whitehorse-Mercerville Road, Hamilton, NJ, 08619

Capital Health Medical Center – Hopewell

One Capital Way, Pennington, NJ 08534

Capital Health Primary Care – Lower Makefield

1050 Stony Hill Road, Yardley, PA 19067

Capital Health Primary Care – Quakerbridge

4056 Quakerbridge Road, Suite 101, Lawrenceville, NJ 08648

Mrs. G TV, Appliances and Sleep Center

12720 US Highway 1, Lawrence Township, NJ 08648

CAPITAL HEALTH

in partnership with HOPEWELL VALLEY ARTS COUNCIL

is pleased to present

TRENTON MAKES

NOW through NOVEMBER 11 · 2016



ARTWORKS

INVESTORS BANK ART & HEALING GALLERY

at Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ 08534

TRENTON MAKES

An exhibition featuring the work of local artists that bring art and community to Trenton.