



HEALTH HEADLINES

JULY 2016

capitalhealth.org



MONTHLY NEWS FROM CAPITAL HEALTH



Top Causes of Death

HIGHLIGHT IMPORTANCE of PRIMARY CARE

According to the Centers for Disease Control and Prevention, the ten leading causes of death in the U.S. include: heart disease, cancer, chronic lower respiratory diseases, accidents, stroke, Alzheimer's disease, diabetes, flu/pneumonia, kidney disorders, and intentional self-harm.

"Many of the top causes of death have preventable risk factors that can be detected and managed by working with a primary care physician. Other diseases, which may not be preventable, can still be better managed if discovered early.



A primary care physician can detect many diseases in their preliminary stages and work with you to enjoy a better quality of life," said **DR. JERROLD GERTZMAN**, a board certified primary care physician and medical director of Capital Health Medical Group's Primary Care Division.

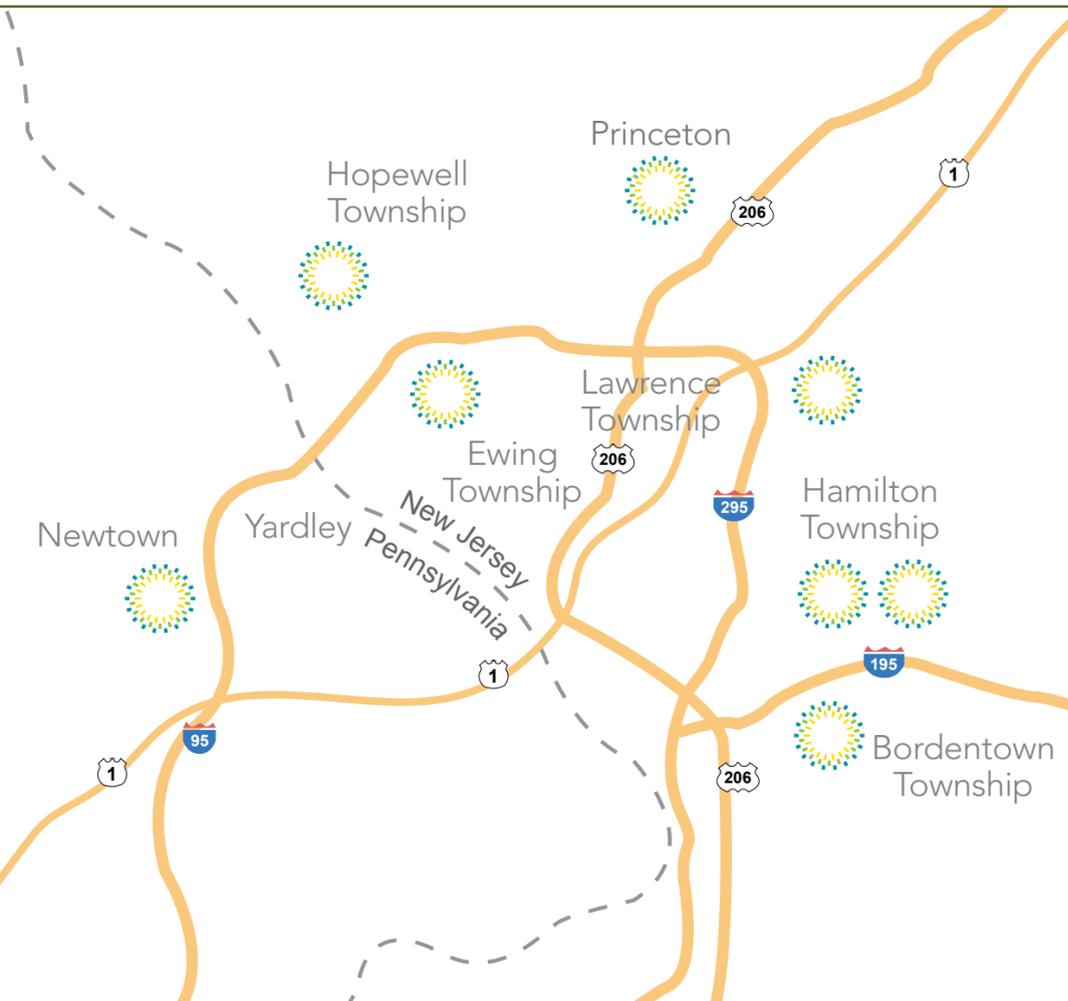
When someone has preventable risk factors (such as smoking or obesity) combined with risk factors that can't be controlled (such as family history, age or ethnicity), it becomes even more important to have a primary care physician. Various risk factor

combinations can put you at greater risk for what is known as a comorbidity, or having two or more chronic diseases at the same time. For example, diabetes and heart disease are commonly found, together, in those who have chronic kidney disease.

"Self-managing chronic medical problems is not recommended. It's important to detect and manage medical problems as early as possible in order to maximize your potential for a long, healthy and active life. A primary care physician can treat and manage your chronic medical conditions, but the best way to prevent illness in the first place is by seeing your primary care physician on a regular basis. It is easier to keep you healthy than to get you healthy once you become sick," said Dr. Gertzman.

Capital Health's primary care offices are located throughout the greater Mercer, Bucks and Burlington county region. They're part of the larger Capital Health Medical Group, a network of more than 220 healthcare providers.

Learn more at capitalmedicalgroup.org.



ONE EXTENSIVE NETWORK OF PRIMARY CARE. YOUR NEIGHBORHOOD.

Whether it's scheduling a wellness check-up or you're not feeling well, advanced medicine starts with your primary care doctor. Capital Health Medical Group has a network of primary care offices throughout the greater Mercer, Bucks and Burlington county region.

Find an office convenient to you at capitalmedicalgroup.org.



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MEDICAL GROUP

CREENTIALS



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



NAP BC
NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER



From left, Capital Health representatives **Jeremy Cohen**, director of Planning, Volunteer, and Retail Services; **Bainy Suri**, manager of Volunteer Services; and **Suzanne Borgos**, senior vice president of Corporate Services greeted employee volunteers from Bank of America as two trucks full of flowers and vases were unloaded.

A Kind Gesture from Our Community

Employees from Bank of America wanted to brighten the days of patients at CAPITAL HEALTH REGIONAL MEDICAL CENTER and CAPITAL HEALTH MEDICAL CENTER – HOPEWELL. On June 29, they delivered 150 bud vases and flowers that included inspiring, handwritten note cards signed by the employees and affixed with a ribbon.

Learn more about Capital Health's Volunteer Services Department and how you can get involved at capitalhealth.org/volunteers. If you are interested in volunteering, e-mail volunteer@capitalhealth.org or call 609.303.4023.



Nurses and staff from 2 Front North at Capital Health Regional Medical Center bring flowers to **William Harvey** of Trenton, NJ.



Capital Health volunteers and Patient Experience staff at both hospitals helped prepare and deliver the flowers to patient care units.

Volunteers at Capital Health Medical Center – Hopewell bring flowers to **Lisa Cipriano-Rogalski** of Mercerville, NJ.

Celebrate Summer with Salad



Warmer weather makes for fun trips to the local farmers markets. Plan ahead by picking the right ingredients for your perfect salad. The dietitians at our Metabolic & Weight Loss Center at Capital Health Medical Center – Hopewell can show you:

HOW to BUILD the PERFECT SALAD in 5 EASY STEPS!

STEP 1: Choose a Leaf or Two. Dark, leafy greens are excellent sources of fiber, folate, vitamin K and carotenoids, which act as antioxidants in your body. Spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens, chicory and Swiss chard all make an excellent base for a salad.

STEP 2: Pop In Some Color. Toss in 3 – 4 different fruits or vegetables to make your plate shine with color.

- **Purple/Blue:** Blueberries, cabbage, eggplant (with the skin), prunes, and plums make great salad toppings. They also have anthocyanins, which are antioxidants known to be heart healthy and can possibly lower blood pressure.
- **Yellow/Green:** Carrots, sweet potatoes, apricots, oranges, mangos, cantaloupe, or yellow bell peppers provide your daily dose of Vitamin A, which is good for vision, immune function, bone, and skin health.
- **Red:** Lycopene creates the reddish pigment seen in many fruits and vegetables. It's also a powerful antioxidant shown to reduce the risk of some cancers, including prostate cancer, and protect against heart attacks. Try tomatoes, red bell peppers, or beets (roasted or raw), or go with red fruits like apples, cherries and strawberries.

STEP 3: Pump Up the Protein. Three to four ounces of lean meat or fish provide our bodies with 21-28 grams of protein, the perfect amount for any meal. Protein helps build and repair muscle, helps with weight loss and maintenance, stabilizes blood sugar, and keeps us full from meal to meal. Mix in eggs, chicken, lean beef, pork, fish, or shrimp for extra protein. Vegetarian options include tofu and a variety of legumes.



STEP 4: Add Some Crunch. Sprinkle in a teaspoon of nuts, seeds, or dried fruit for some extra flavor, increased nutrition, and increased feeling of fullness. Avoid going overboard with these delicious but calorie-dense toppings.

STEP 5: Dress It Up. Dress to impress, but don't go too over the top. Read the label as many salad dressings provide excess calories from fat and sodium. Fat is an important for normal body processes and helps us absorb great nutrients from our salad, but it is also the most calorically dense nutrient.



SIGN UP for a FREE WEIGHT LOSS SURGERY INFORMATION SESSION



If you've tried almost everything else to lose weight, you could be a candidate for weight loss surgery. If you would like to learn more about weight loss surgery at the Capital Health Metabolic and Weight Loss Center, sign up for one of our free information sessions led by Medical Director **DR. JOOYEUN CHUNG**. Sign up online at capitalhealth.org/weightloss or call 609.537.6777.



AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



EXPERIENCED NURSE Focuses on Helping Those WITH DIABETES

Self-managing your daily life with diabetes can be very complicated. Whether it's making changes to your diet, trying to add exercise, or dealing with foot and skin care, there is a lot to learn whether you are newly diagnosed or have been dealing with diabetes for years.



Meet Agnes Gallagher. Agnes is Capital Health's clinical diabetes educator, an experienced registered nurse with a background in critical care who helps those with diabetes get on the path to wellness.

"When someone at Capital Health is being told that they have diabetes, it's a new normal way of daily living. What I try to do is



give them the tools that they need to successfully manage their diabetes in a way that empowers them to live their daily lives without feeling like they're sacrificing who they are," said Agnes.

She also is the coordinator for Capital Health's outpatient diabetes classes and serves as one of the educators for the program.

"If someone has diabetes and is admitted to our hospitals, I can also help explain and facilitate their treatment plan after they leave our hospital, and get them connected with the resources that allow them to focus on returning to better health," she said.

Agnes helps patients at no additional cost. Her services are among the many support programs offered as part of the Capital Health Heart & Vascular Institute. To learn more about the Institute, visit capitalheartandvascular.org.

DIABETES EDUCATION at CAPITAL HEALTH

CAPITAL HEALTH – HAMILTON
1401 Whitehorse-Mercerville Road | Hamilton, NJ 08619

CAPITAL HEALTH MEDICAL CENTER – HOPEWELL
One Capital Way | Pennington, NJ 08534

This comprehensive outpatient diabetes education program empowers patients to take control in the successful management of their disease. **A physician referral is required.**

THIS INTENSIVE PROGRAM INCLUDES:

- ... Group sessions taught by a multidisciplinary staff
- ... Blood glucose monitoring before and after meals
- ... Blood pressure check
- ... Individual or group follow-up appointment
- ... An individual appointment with a registered dietitian is available upon request by your physician

THIS PROGRAM IS EITHER: **TWO Day Sessions: 8:30 a.m. – 2:30 p.m.**
or **FOUR Evening Sessions: 5:30 p.m. – 8:30 p.m.**

DAY

August 1 and 8	Hopewell
September 12 & 19	Hopewell
October 10 and 17	Hamilton
November 7 and 14	Hopewell

EVENING

September 6, 13, 20 & 27	Hamilton
November 1, 8, 15 & 22	Hopewell

For more information call 609.537.7081



This program is recognized by the American Diabetes Association



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DANCE FOR PARKINSON'S PROGRAM

Thursdays, September 8, 15, 22, 29, 2016 | 1 – 2 p.m.
Thursday, October 6, 2016 · Friday, October 14, 2016
Wednesday, October 19, 2016 · Wednesday October 26, 2016 | 1 – 2 p.m.
Thursdays, November 3, 10, 2016 | 1 – 2 p.m.

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

or

Capital Health – Hamilton
1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

This dance class utilizes specifically designed creative movement and choreography which will help participants who have Parkinson's Disease develop more freedom of movement, with a sense of grace, rhythm and ease. All classes will incorporate live music and be lead by professional dance instructors trained through the MARK MORRIS DANCE GROUP/ DANCE FOR PD PROGRAM in Brooklyn, NY.

This class can accommodate those who walk independently, need a cane or a wheelchair. Caregivers are encouraged to participate.

SUGGESTED DONATION: \$30 couple/individual for the entire program.

Location will vary and details will be provided upon registration.

For more information or to register, contact Victoria Pena-Cardinali at 609.537.7157 or e-mail at vpna-cardinali@capitalhealth.org.

DIABETES EDUCATION SERIES at CAPITAL HEALTH MEDICAL CENTER – HOPEWELL

In addition to our comprehensive outpatient diabetes education program, we offer free informal sessions in the Novo Nordisk Family Resource Room, located at Capital Health Medical Center – Hopewell. Topics include pre-diabetes, dining out, diabetes and managing stress, exercise and heart disease, sick days and emergencies.

To learn more or to register for these classes, call **609.537.7081** or visit capitalhealth.org/events.



MANAGING PRE-DIABETES Monday, August 1 | 1 p.m.

Proper management of pre-diabetes can delay and even prevent the development of diabetes. Laura Moran, our nurse and certified diabetes educator, will discuss the effect of nutrients on the blood glucose and how weight loss and physical activity can help to reduce your risk for diabetes.



BENEFITS OF EXERCISE Wednesday, August 10 or Wednesday, September 14 | 4:30 p.m.

Learn about the effects of physical activity on blood glucose and the benefits of regular activity or exercise. Dan LaBonte, certified cardiac technician, will discuss goal-setting and creating a plan for an exercise program.



SPEAK TO THE DIETITIAN Thursday, August 11 or Thursday, September 8 | 3 p.m.

Do you have diabetes or pre-diabetes and are unsure about what to eat? Mindy Komosinsky, our registered dietitian/certified diabetes educator, will discuss meal planning strategies such as the plate method, carbohydrate consistency, meal timing, portion sizes, and snacks.



KNOW YOUR NUMBERS Monday, September 12 | 1 p.m.

Learn what your target numbers should be and take the mystery out of managing your diabetes. Laura Moran, our nurse and certified diabetes educator, will discuss A1C, blood sugar (glucose), blood pressure, cholesterol, weight, carbohydrates and other numbers related to good health.

UPCOMING HEALTH PROGRAMS

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



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Minds Advancing Medicine

PIYO CLASS

Mondays, August 1 – October 10, 2016 | 5 – 6 p.m.

(excluding August 22 & September 5)

Capital Health Regional Medical Center

Rehabilitation Department

9 classes \$90

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Call 609.537.6544 to register.

GENTLE YOGA CLASS AT OASIS SPA AT HOPEWELL

Wednesdays, August 10 – September 28, 2016 | 4:30 – 5:30 p.m.

Capital Health Medical Center – Hopewell

8-Week Session | \$80 for all eight classes;

\$15/class drop-in rate

This alignment-based class is tailored to the individual needs of each student. Detailed instructions and modifications will be provided to allow for greater accessibility in the poses. Whether you are new to yoga or further along in your practice, this deep-stretching, muscle-engaging class will be appropriately paced for your unique needs. Call 609.537.6544 to register.

ONE-DAY BABYSITTING CLASS

Wednesday, August 24, 2016 | 9 a.m. – 4 p.m.

Hopewell Township Municipal Building

This one-day program for adolescents ages 12–15 includes emergencies, safety, playtime, basic first aid and CPR. This program is led by the Mercer County 4-H Program and Capital Health's Community Education Department. Class size is limited and cost is \$28. Bring a bag lunch. Pre-registration and prepayment are required.

ADULT SKIN CANCER SCREENING

Tuesday, September 13, 2016 | 5 – 7 p.m.

Capital Health Medical Center – Hopewell

Register by calling 609.394.4153 or register online at capitalhealth.org/events and a Capital Health representative will then call you to schedule your appointment. Screenings are performed by Capital Health physicians.

STRETCHED NOT BROKEN — A CAREGIVER'S TOOLBOX FOR REDUCING & MANAGING STRESS

Tuesday, September 20, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell

NJ PURE Conference Center

Research has shown caregivers are the most vulnerable when it comes to the impact of stress on their health and wellbeing. Yet, it is possible to minimize these risks by taking action to reduce and manage stress. This workshop, led by stress and wellness expert CAROL L. RICKARD, LCSW, TTS, teaches a quick and simple, practical approach to reducing and managing the stress that goes along with being a caregiver.

CARDIOVASCULAR DISEASE PREVENTION & FREE SCREENINGS

Tuesday, September 27 &

Wednesday, September 28, 2016

Capital Health Medical Center – Hopewell

Led by experts from the Capital Health Heart & Vascular Institute, join us for a free seminar and light dinner on September 27 at 5 p.m. to learn ways to prevent cardiovascular disease, and make an appointment for the following free screenings on September 28:

- Carotid Artery Duplex
- Blood Pressure and Cholesterol Testing
- Varicose Vein Inspection
- Lower Extremity Pulse Examination
- Abdominal Aortic Ultrasound

You must attend the seminar to be eligible for the screenings. Sign up by Wednesday, September 21.

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.

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

Capital Health
Regional Medical Center
750 Brunswick Avenue
Trenton, NJ 08638

Hopewell Township
Municipal Building
201 Washington Crossing Pennington Road
Titusville, NJ 08560



savethedate

SEPTEMBER 16-18

2016 FALL CARNIVAL

SEPTEMBER 16 · 6 – 10 PM · wristband day

SEPTEMBER 17 · 2 – 10 PM

SEPTEMBER 18 · Noon – 7 PM

LOCATION: Woolsey Park (formerly Alliger Park), Hopewell Township

Visit capitalhealth.org/carnival for more information.



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AUXILIARY