



Hamilton Resident Recovers from Heart Attack *thanks to* CAPITAL HEALTH CARDIAC REHABILITATION

On July 10, 2015, Gary Hogentogler's day started like any normal summer day. He spent some time at home before taking a trip to his in-laws' house to help them move a few items. *Then it all changed.*



“I’ve never been an exercise person, but the positive reinforcement I got from Laurie [Beck] and Jack kept me working and I wanted to exercise,” Gary says.

“I was helping them unload a few things when I felt this crushing feeling in my chest. I felt very tired all of a sudden and couldn’t catch my breath,” Gary said, adding that he has asthma but this was something he knew was far worse.

The 57-year-old Hamilton resident only trusted one place. “I told my wife I wanted to go to Capital Health,” Gary said.

When he arrived at Capital Health Medical Center – Hopewell, it was quickly determined that Gary was having a heart attack and that he would need an emergency stent placed by the team in Capital Health’s Catheterization Lab.

“All I can remember is laying in the ER, sweating so badly that I could smell the chlorine from the pool I was in the day before. Then Dr. [Harit] Desai introduced himself, told me he was going to place a stent and got me ready for the procedure,” says Gary.

His door-to-balloon time (the time between a heart attack patient’s arrival at the hospital to the time he or she receives intervention) was 43 minutes, much faster than the 90-minute national standard.

While recovering from his procedure, Gary met Jack Stolte from cardiac rehab. “He told me that I might not remember our meeting but that I would need to have cardiac rehab when I got out of the hospital,” Gary said.

Stolte is an exercise physiologist and coordinator at the Cardiac Rehabilitation Center at Capital Health Medical Center – Hopewell. The Center provides individually prescribed education and exercise for people with heart disease who are recovering from a heart-related illness, surgery or other treatment procedures.

Gary started his rehab in August soon after his heart attack. His weight was at 365 pounds, his blood glucose level was more than 300 mg/dl (well above the target range), and he had a history of asthma and blood clots. When Gary graduated from the program on December 4, 2015, he’d lost almost 100 pounds, his blood glucose level was under control (165 mg/dl at its highest), and he was feeling much more energetic.

“I’ve never been an exercise person, but the positive reinforcement I got from Laurie [Beck] and Jack kept me working and I wanted to exercise. The videos and information they provided to me were also very useful,” Gary said.

Gary now has a cardiologist and visits him regularly. He also continues to work with his primary care doctor and a private diabetes educator and dietitian, and he meets with Jack Stolte once a month to check on his progress.

Visit capitalhealth.org/cardiocrehab for more information about our Cardiac Rehabilitation Center at Capital Health Medical Center – Hopewell. To schedule an appointment, call 609.537.6420.

CREENTIALS



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



NAPBC[®]
NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER



Get a LUNG SCREENING in a MATTER of SECONDS

The screening takes less than 10 SECONDS.
The results can be LIFESAVING.

Our Lung CT Screening Program is now being offered through the Center for Oncology at Capital Health Medical Center – Hopewell for current or former smokers. Studies show that low-dose CT screening exams (LDCT) can lead to better outcomes for those who are at risk of lung cancer by finding it early, when it is easier to treat.

By using extremely low-dose 128- and 256-slice CT scans, our highly trained radiologists and staff take incredibly detailed images of the lungs. These results are then shared with your primary care doctor for follow up care. There is no contrast involved and no blood test required. Therefore, no needles are used.

“Certain symptoms — fever, chest pain, a new or changing cough, shortness of breath, or unexplained weight loss to name a few — can provide a clue. Sometimes there are no symptoms to detect lung cancer in an early stage. The only way to be sure is to get screened,” said **RONA REMSTEIN**, director of Oncology Services at Capital Health.



All screenings take place at Capital Health Medical Center– Hopewell, which provides free valet parking and access to amenities all in one soothing environment.

WHO IS ELIGIBLE?

Anyone with a history of smoking without apparent symptoms can get screened. Those at high risk for lung cancer are 55 – 77 year olds with a long history of smoking, including those who still smoke or quit in the past 15 years.

For more information or to see if you are eligible, call our patient navigator toll-free at **1.844.303.LUNG (5864)** or visit capitalhealth.org/lungct.

Coping With **CANCER** SERIES

Our *Coping with Cancer Series* is four workshops dedicated to empowering patients, caregivers and loved ones to gain knowledge related to their own personal experiences with cancer. Each workshop is led by a healthcare professional who specializes in the topic being presented. Light refreshments will be served.

**6 to 7:30 p.m. · Radiation Oncology Conference Room
Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ 08534**

Thursday, November 17, 2016

Coping With Treatment Side Effects, Part I

Learn how to manage cancer treatment-related side effects.

Thursday, December 15, 2016

**Coping with Treatment Side Effect, Part II
and Coping with the Holidays**

Continue to discuss ways to manage cancer treatment-related side effects and talk about how to cope with the challenges of the holiday season.

**Cost is FREE but you must RSVP by calling 609.303.4503
or e-mail mcreevev@capitalhealth.org.**

In collaboration with:



October 7 - October 22
Hope is in the bag

Shop for Hope. Shop to Help.

Thank You!

Capital Health and its Center for Comprehensive Breast Care would like to thank the Hopewell Business Association and the Pennington Business & Professional Association, participating businesses and their patrons for the success of our HOPE IS IN THE BAG campaign in October.



1 in 8 women will face a breast cancer diagnosis.

HOPEWELL

Art Sparks, Beth Ann Designs, Blue Lotus Family Wellness, Ebb Studio, Fancy Threads, Hopewell Creative Arts Studio, Hopewell-Lambertville Eye Associates, MercerMe, Nomad Pizza, Peak Vitality, Seeds to Sew International, Sigma Integrated Resources, Stellitano Heating & Air Conditioning, Sticks and Stones Toy Shop, The Brothers Moon, Twine, Weidel Real Estate

PENNINGTON

Amber Spa, Blue Lotus Kitchen and Bath Design, Callaway Henderson Sotheby's International Realty, Chance on Main, Color in Your Life, Cooper Creative Group, Emily's Cafe & Catering, Flutter Boutique, Gloria Nilson & Co. Real Estate, Hart's Cyclery, Horizon Audiology, Inc., Knit One Stitch Too, Oasis Spa, Occasions Paperie, Orion Jewelry Studio, Perfect Performance Fitness & Dancewear, Pennington Public Library, Pennington Quality Market, Pixie Salon, Poppy Style, Pretty in Paint Parties, SpeedPro Imaging of Mercer County, Styleworthy, Title Village Title Agency, LLC, The Fashionaires, The Pennington Studio for Dance & Creative Arts, The Place Family Eatery, The Front Porch, Twirl Toy Shop, Zoe Graphics

CO-SPONSORED BY:





AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



'TIS THE SEASON FOR HALLOWEEN SAFETY

Here are some simple Halloween safety tips, courtesy of Capital Health's 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.

Capital Health is always ready to treat children in an emergency through its specialized Pediatric Emergency Department.

- Completely separate from our adult area.
- Designed with children in mind.
- Staffed 24/7 by experienced pediatricians and award-winning nurses certified in pediatric emergency medicine.

Call **609.303.4466** or visit capitalped.org.



55+ BREAKFAST SERIES

Tuesday, December 6, 2016

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

8:30 – 9 a.m. Registration/Continental Breakfast
9 – 10:30 a.m. Program



Join dual-trained neurosurgeon **Dr. Michael Stiefel**, director of Capital Institute for Neurosciences as he shares the latest in stroke prevention and treatment. Also the director of Capital Health's Stroke and Cerebrovascular Center, Dr. Stiefel will review what you can do to lower your risk of stroke, what to do if you or a loved one show the signs of stroke, and what the latest treatments are.

Register by calling **609.394.4153** or register online at capitalhealth.org/events



IBD & IBS: What's the *Difference*?

In the medical world, we use a lot of different acronyms. We asked Dr. Anil Balani, an inflammatory bowel disease (IBD) specialist at the Capital Health Center for Digestive Health, about IBD and the key differences between it and irritable bowel syndrome (IBS).

"Because the names and even some of the symptoms are similar, many people confuse the two. However, the two conditions involve very different treatments and the only way to know how best to manage your condition is to get an accurate diagnosis from your gastroenterologist," said Dr. Balani.

If you have been diagnosed with an IBD, such as Crohn's disease or ulcerative colitis, call our Center for Digestive Health today at **609.537.5000** to learn more about the treatment and therapy we provide.

IBS (aka Irritable Bowel Syndrome) vs. IBD (aka Inflammatory Bowel Disease)

... IBS is a syndrome, or group of symptoms, which can cause chronic stomach pain or discomfort, diarrhea, constipation or alternating between both.

... IBS is caused by a disturbance in how the brain and gut interact and is aggravated by stress.

... IBS affects mostly women and usually develops in late adolescence or early adult life.

... IBS can be triggered by emotional or physical stress, food, medications, gaseous distention, and hormonal changes.

... IBS does not produce any signs of disease on colonoscopy or other diagnostic tests and does not increase your risk of colon cancer.

... IBD is a group of diseases, which include Crohn's disease and ulcerative colitis.

... IBD is caused by an abnormal response from the immune system, mistaking healthy cells and bacteria in the bowel for harmful foreign substances.

... IBD can affect males and females equally and tends to run in families.

... IBD often is not associated with any obvious triggers, and is characterized by alternating bouts of flares and remission.

... IBD causes inflammation in the bowel, which can be detected on a colonoscopy and other diagnostic tests and may increase your risk of colon cancer.

... Anemia, bleeding, weight loss, or fever can occur in IBD but not in IBS.



Meet Dr. Balani

Dr. Balani received his medical degree from State University of New York (SUNY) – Stony Brook Medical School and completed his fellowship training in gastroenterology at Winthrop University Hospital in Mineola, NY. Dr.

Balani previously held academic appointments at SUNY – Stony Brook Medical School and Robert Wood Johnson Medical School – University of Medicine and Dentistry of New Jersey (UMDNJ). He has also been a primary investigator in various clinical research studies for Crohn's disease and ulcerative colitis.

UPCOMING HEALTH PROGRAMS

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



capitahealth

Minds Advancing Medicine

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.

AARP SMART DRIVER COURSE

Thursday, November 10, 2016 | 9 a.m. – 3 p.m.

Capital Health – Hamilton

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. You must be 18 years of age or older and have a valid driver's license to attend this course. Upon completion, you will receive a certificate to send to your insurance company (ask your auto insurance agent for details).

Cost is \$15 for AARP members and \$20 for non-members.
Fee is payable at door (cash or check made payable to AARP).

Capital Health – Hamilton

1445 Whitehorse-Mercerville Road, Hamilton, NJ, 08619

Capital Health Medical Center – Hopewell

One Capital Way, Pennington, NJ 08534

Capital Health Regional Medical Center

Grand Lobby, 750 Brunswick Avenue, Trenton, NJ 80638

UPDATES ON PROSTATE HEALTH AND ERECTILE DYSFUNCTION

Saturday, November 12, 2016 | 1 – 3 p.m.

Capital Health Medical Center – Hopewell
Center for Oncology

Join us for an afternoon workshop that will provide you with a deeper understanding of prostate health, male urinary incontinence and erectile dysfunction. Our program will be emceed by DR. TIMOTHY CHEN, a board certified radiation oncologist and medical director of Stereotactic Radiosurgery at the Capital Health Center for Oncology. Dr. Robert Meier, a board certified radiation oncologist at Swedish Medical Center in Seattle, WA, will discuss "The PSA Screening Controversy: Does CyberKnife® Change the Game?" Dr. Deep Trevedi, a board certified urologist at Urology Care Alliance in Lawrenceville, NJ, will present "Life After Prostate Cancer." Both speakers will be available to answer questions at the end of the program.

Refreshments will be available during the program. This program is free, however, registration is required.

LUMPS, BUMPS, POPS AND CLICKS: What's Up With Your Arm and Hand?

Monday, November 14, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center

Our arms and hands are designed to be ready for action. We often take them for granted until something goes wrong. If you have problematic or painful arms or hands, Capital Health occupational therapists/certified hand therapists CHRISTOPHER SCHOELL, OT, OTD, CHT, COMT and PATRICIA TOTTEN, MA, OT, CHT, CLT-UE, supervisor of Occupational Therapy, Hand Therapy and Upper Extremity Lymphedema Therapy will lead a discussion on helpful tips to improve your functional ability.

HIP & KNEE REPLACEMENT: TALK TO THE TEAM

Tuesday, November 15, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center

DR. HARI BEZWADA, medical director of the Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center – Hopewell, will be joined by representatives from departments involved in hip and knee replacement surgery to provide a complete picture of your joint replacement surgery and answer your questions.

FREE BLOOD GLUCOSE SCREENINGS

Wednesday, November 16, 2016 | 9 – 11 a.m. & 2 – 4 p.m.

Capital Health Regional Medical Center

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 a Capital Health registered nurse. For accurate results, please fast or refrain from eating for two hours before your screening.

Experience the TRENTON MAKES ART EXHIBIT NOW Through NOVEMBER 11

Capital Health, in partnership with the Hopewell Valley Arts Council, is pleased to present **Trenton Makes: An exhibition featuring the work of local artists that bring art and community to Trenton.** The exhibit features work from local Trenton artists, including those from the SAGE Coalition and Artworks.

Trenton Makes is showing now through November 11, 2016 in the Investors Bank Art & Healing Gallery at Capital Health Medical Center – Hopewell, located at One Capital Way, Pennington, NJ 08534.

All of the artwork in the exhibit is for sale. To learn more about Capital Health's Art & Healing programs or exhibits, please contact **Bainy Suri** at bsuri@capitalhealth.org.

Here are photos from the recent opening reception that took place.



From left, curating artists Addison Vincent of Artworks, Lori Johansson, and Leon Rainbow of SAGE Coalition



From left, Capital Health President & CEO Al Maghazeh, Capital Health Vice President of Communications & Government Affairs Dennis Dooley, Trenton Mayor Eric Jackson, and Susan Bellish Fanning, art director of Anthony Fearron Art.