

Healthy

DIRECTIONS

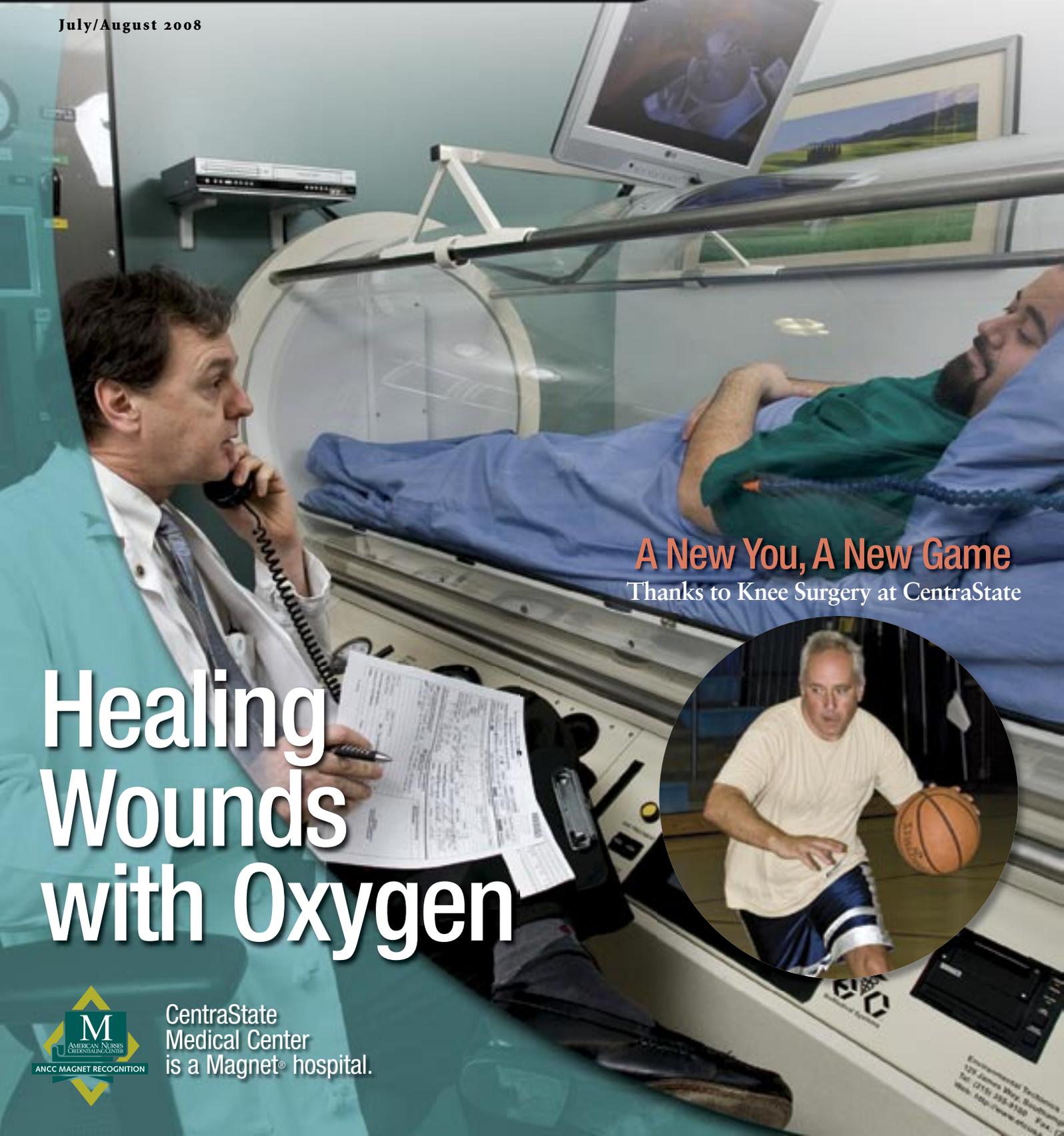
July/August 2008

The full circle of health and wellness
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President's Message

THE HEALING TOUCH

Sooner or later, we all suffer minor cuts, scrapes, or bruises. Unfortunately, for the millions of Americans whose wound-healing process is compromised by a chronic condition like diabetes or multiple sclerosis, even a minor injury can result in a non-healing wound and infection, possibly leading to further complications.

For those with non-healing wounds, CentraState Medical Center now offers the most advanced treatment for wound healing. Even patients whose wounds have not responded to traditional therapies may experience life-changing healing with hyperbaric oxygen (HBO) therapy, now available at the Central Jersey Wound Treatment Center at CentraState.

HBO therapy is painless and safe, involving the exposure to 100 percent oxygen over the course of several relaxing treatment sessions. In this issue, you'll learn how oxygen supports the healing process and share in the dramatic improvements experienced by patients who have received HBO therapy at CentraState's Wound Treatment Center.

The HBO program—directed by Jody DiGiacomo, MD, FACS, who is board certified in surgery and hyperbaric medicine—is part of the Central Jersey Wound Treatment Center's powerfully effective, multidisciplinary approach to the diagnosis and treatment of chronic wounds. The Center is located at the Star and Barry Tobias Ambulatory Campus, offering convenient access to a wide range of other healthcare resources at the Health Awareness Center, the Fitness and Wellness Center, and the Novo Nordisk Diabetes Center.

CentraState's HBO program demonstrates how, in the hands of caring and highly trained clinicians, new technologies and innovative procedures open the door to the successful treatment of challenging health issues. CentraState maintains a commitment to providing these sophisticated services so all members of our community, even those with chronic health conditions, have every opportunity to enjoy healthy, active lives.

Yours in good health,


John T. Gribbin, FACHE
President and CEO

On the cover: Jodi DiGiacomo, MD, medical director of the Central Jersey Wound Treatment Center and the hyperbaric oxygen therapy program (seated), communicates with a technician in one of CentraState's hyperbaric oxygen chambers.

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July/August 2008

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We hope you enjoy this issue of *Healthy Directions*. Comments about the publication can be directed to the Public Relations and Marketing Department, CentraState Healthcare System, 901 West Main Street, Freehold, NJ, 07728. (732) 234-7080.

Healthy Directions is published by CentraState Healthcare System to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a healthcare provider.

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Community Voices

Dear CentraState,

My husband and I extend a warm thanks to the staff in the Labor and Delivery Department. Your staff helped to deliver our beautiful baby boy on January 17. We arrived at CentraState Medical Center at approximately 2 a.m., and I was dilated about two centimeters. I was immediately admitted and introduced to my nurse, Alison Weyersberg. She established that I was in labor and proceeded to make my husband and me feel comfortable. Throughout the early morning hours, Alison constantly monitored my need for pain relief. When it came time for my epidural, Alison was so sweet and kind and walked me through the entire process. She put me at ease and spoke to me in an informative manner.

My epidural was not working to full efficiency due to the fact that I have scoliosis. My right side was not getting numb. Throughout this process, Alison made sure that the anesthesiologist was available and reiterated my concerns to him. My right side was finally numbed and I felt relieved. I can't say enough about Alison's professional, calm, and warm demeanor. She is perfectly suited for her profession.

At about 7 a.m. my charge nurse changed. Alison told me that my new nurse would be Eileen Meyers and that she would take great care of me and my family. She couldn't have been more correct. Eileen helped to deliver our son and also constantly monitored my need for pain management. Alison did not immediately leave. She checked in a few hours after her shift had ended, just to see if I delivered my baby.

This was my second pregnancy, but my first delivery at CentraState. I had a great experience in your Labor and Delivery Department. Mark Seigel, MD, was the Ob/Gyn who delivered our baby. He, as well, was the epitome of professionalism. I hope that you share these sentiments with these healthcare professionals. Their jobs are extremely stressful and the rewards are sometimes far and few between. My family is glad to know that they are working to help us.

Sincerely,

Angela and David Rivera



Mark Seigel, MD, board-certified obstetrician/gynecologist



(left to right): ▲

Alison Weyersberg, RNC, and Eileen Myers, RNC

GETTING BACK **in the Game** FASTER

After playing basketball for 35 years on concrete surfaces, Mitch Martinez gradually began to feel the effects on his 40-something-year-old knees. In one knee particularly, he knew something was wrong, and the pain became more pronounced each time he played. “It felt like a hamstring injury—but in my knee. Sometimes the cramping sensation was so strong, I had to sit out part of my game.”

Mitch, a business owner from Marlboro, doesn’t recall a single point in time that the injury occurred. “I really only experienced the knee pain when I was playing. But over the course of time, the pain became more significant.”

Finally, Mitch asked one of his basketball league teammates, Gregg S. Berkowitz, MD, of Advanced Orthopedics and Sports Medicine Institute, for assistance. Dr. Berkowitz, a board-certified orthopedic surgeon with an interest in arthroscopic treatment of knee injuries and a physician at CentraState Medical Center’s Total Joint Center of New Jersey, scheduled a magnetic resonance imaging (MRI) scan to identify the problem and determine a course of action.

THE MICROFRACTURE TECHNIQUE

The MRI revealed damage to knee cartilage. Dr. Berkowitz recommended an arthroscopic surgical procedure called the microfracture technique (also called abrasion chondroplasty), which allows for the regrowth of new cartilage. “This procedure, one of several available to repair damaged cartilage, uses the body’s own healing abilities and provides an enriched environment for cartilage regrowth at the affected area,” notes Dr. Berkowitz.

Signs and symptoms of a knee cartilage injury, some of which may require the microfracture technique, are intermittent swelling, pain with prolonged activity, hearing “noise” from the knee during motion, and knee locking, catching, or giving way. The procedure is not appropriate for arthritis patients, however.

SURGERY CONVENIENCE

Mitch was ready to move forward with the surgical repair of his knee. He arrived at CentraState’s Ambulatory Surgery Center at 11 a.m. for the procedure. The Surgery Center is conveniently located at CentraState’s Medical Arts Building connected to the Medical Center, providing additional resources for patient safety and peace of mind. Mitch was on his way home later that afternoon. “I had undergone other surgeries so I was prepared for a lot of pain. But because this was an arthroscopic procedure, it was a completely different experience. In fact, I only used crutches for two days.”

Mitch was driving his car and back to work less than a week after surgery. A few months later, after a period of rehabilitation, he gradually returned to the action on the basketball court.

Reflecting on his decision to proceed with the surgery, he notes, “I’ll be honest. I was skeptical about how much this surgery

would actually decrease the pain in my knee. I had no idea the improvement would be this significant.”

The players in the basketball league had better be at the top of their games—Mitch Martinez is back and better than ever.

CentraState’s Total Joint Center of New Jersey offers a wide range of minimally invasive and computer-assisted orthopedic services. For more information call (866) CENTRA7. HD

Orthopedic Surgeons on Staff at CentraState Privileged to Perform Microfracture Technique

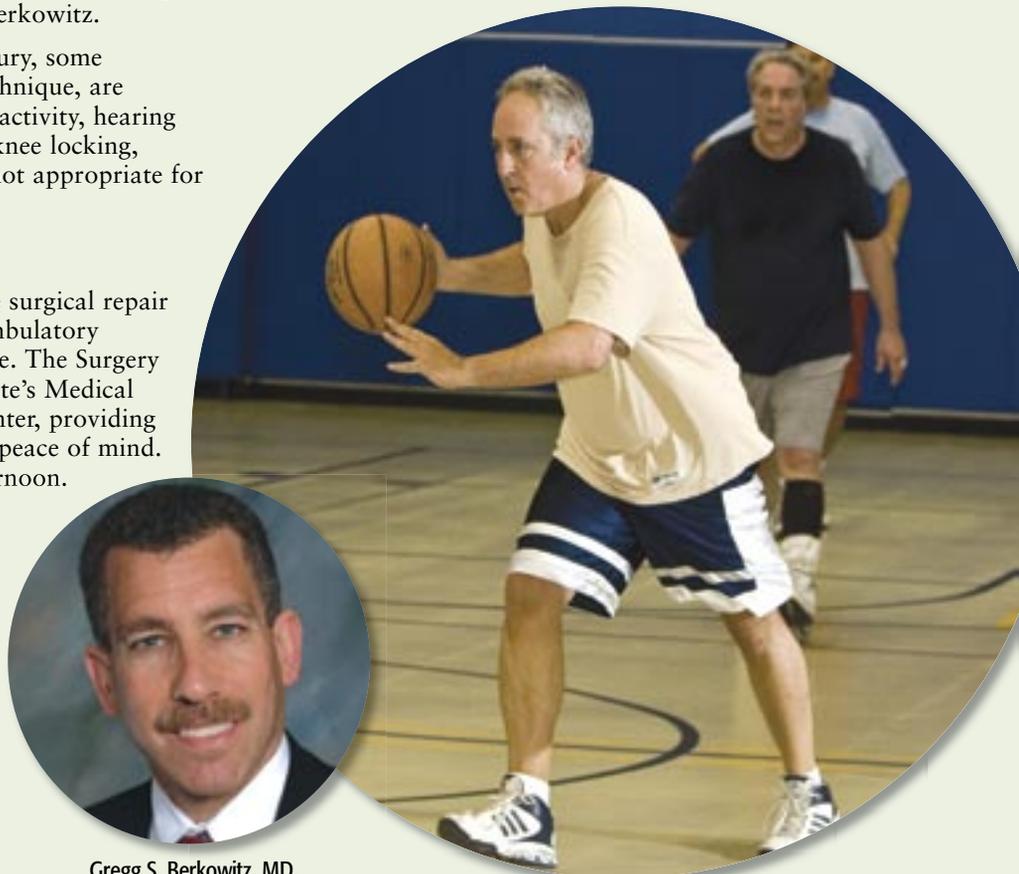
Advanced Orthopedic and Sports Medicine Institute

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Gregg S. Berkowitz, MD, FAAOS
James Cozzarelli, MD
Gerardo Goldberger, DO
Michael Greller, MD, FAAOS
Alan S. Nasar, MD

Central Jersey Sports Medicine and Orthopedics Center

Andrew Harrison, MD, FAAOS

▼ Mitch Martinez is back on the court and playing his favorite sport again after undergoing arthroscopic knee surgery at CentraState Medical Center.



Gregg S. Berkowitz, MD,
board-certified orthopedic surgeon

WEIGHT-LOSS SURGERY **Opens** NEW DOORS

Kaitlyn Jacob, 18, of Neptune City, wasn't always able to do everything she enjoyed. While other teenagers played sports, went to the mall, and spent time with friends, Kaitlyn struggled with limitations caused by her weight. However, thanks to the Bariatric Surgery Program at CentraState Medical Center, Kaitlyn is now able to enjoy the activities she once thought were impossible.

"I first heard about gastric bypass surgery when Kaitlyn was 16," says Kaitlyn's mother, Kerrie Jacob.

"Initially, I was upset with her pediatrician for mentioning the option in front of her. But it turned out to be a blessing in disguise."

WEIGHING THE OPTIONS

Kaitlyn wasn't able to lose weight using special diets or personal trainers. In fact, instead of losing weight, Kaitlyn was still gaining weight despite her best efforts. Naturally, Kerrie became concerned about the possibility of her teenage daughter developing other health conditions common with obesity, including heart disease and diabetes. Kerrie began researching bariatric surgery, and that research led her to Morris Washington, MD, bariatric surgeon on the medical staff at CentraState and medical director of the Bariatric Surgery Program.

"Gastric bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine. Patients feel full more quickly than when their stomachs were their original sizes, which reduces the amount of food they eat and thus the calories consumed," says Dr. Washington.



Morris Washington, MD,
board-certified surgeon

"The surgery can vastly improve the quality of life for older teens who, like Kaitlyn, are unable to lose weight through diet and exercise. With a body mass index (BMI) over 60, Kaitlyn was a good candidate for this surgery."

According to the National Institutes of Health, a person is "morbidly" obese when he or she reaches a BMI of 40 or greater, or is 100 pounds over his or her ideal body weight. An estimated 5 million to 10 million Americans are morbidly obese.

Before her surgery, Kaitlyn underwent a variety of tests and screenings, as do all weight-loss patients. Between standard visits with a cardiologist and a psychiatrist as well as pre-surgery nutrition classes and a medical diet, both Kerrie and Kaitlyn realized the level of commitment required for the surgery.

"The procedure involves a complete lifestyle overhaul," says Kaitlyn. "I was always eating the wrong foods and the wrong portion sizes. When I decided to go through with the surgery, it meant a future commitment to eating right and exercising."

SEEING POSSIBILITIES

Kaitlyn's surgery at CentraState was a complete success, and she has lost more

than 80 pounds. Dedicated to improving her health and embracing her new life, Kaitlyn now works as a teaching assistant at an area preschool and has no problem keeping up with the kids. In her spare time, she plays soccer on a traveling team.

"Gastric bypass has changed my life completely and opened doors for me," says Kaitlyn. "I can't thank the physicians and nurses at CentraState enough for all that they did for me."

For more information about both types of weight-loss surgery available through the Bariatric Surgery Program at CentraState—gastric bypass and laparoscopic banding—call (866) CENTRA7. HD

Bariatric Surgeons on Staff at CentraState

Endo-Surgical Associates of Central Jersey

Morris Washington, MD

Ragui Sadek, MD

Lisa Dobruskin, MD

Earl Noyan, MD

With more energy and a positive outlook after undergoing weight-loss surgery and losing 80 pounds, Kaitlyn Jacob enjoys playing goalie with her traveling soccer team. ▶



KIDS LEARN Healthy Lifestyle Lessons

It's important to teach kids healthy eating and exercise habits. That's the goal of CentraState's new healthy living program—Project: Fit Kids—designed for fourth and fifth grade students at the Park Avenue Elementary School, Freehold Borough. The Star and Barry Tobias Health Awareness Center and the CentraState Family Medicine Residency Program partnered with the school in late 2007 to offer the free, eight-month program that teaches kids how to make living a healthy lifestyle part of their everyday lives.

Eighteen students participated in the program. Cara Megill, 10, signed up for the program at her mother's recommendation. "I thought a class about health and fitness might be boring, but it's been really fun. They give us a lot of cool games to play and we're learning at the same time," Cara explains.

GAMES, "GOOD" FOOD, AND HULA HOOPS

Nutrition and fitness-focused games were designed to educate children about the importance of fats, proteins, and carbohydrates. The program also supplied samples of tasty "light" foods that the students, often to their surprise, actually enjoyed. Additionally, the group examined fun, diverse, and challenging fitness options—from in-

line skating to hoola hoops and jump-roping.

Martin Araujo, MD, a first-year resident in the Family Medicine Residency Program, says that the students were at the optimal age to learn about health and nutrition. "Ten- and 11-year-old children are still young enough to change and adopt new ways of thinking about their health. In turn, the tools they absorb from our program will be shared with the whole family," says Dr. Araujo.

LIFELONG HEALTHY LIVING TOOLS

CentraState physicians provided each child with a preliminary health assessment at the beginning of Project: Fit Kids and monitored their progress throughout the program. A registered dietitian and certified personal trainers from the Health Awareness Center also worked directly with the children. "Our mission is to help them make the right choices now so they can avoid health challenges when they're adults," says Karen Scott, RN, program coordinator, Health Awareness Center.

Kenneth Faistl, MD, medical director of the Family Medicine Residency Program, explains that one of the goals is to measure and monitor each participant's long-term success. "From a

▲ Caryn Alter, MS, RD, Health Awareness Center, speaks to students of Project: Fit Kids about nutrition and healthy eating choices.

healthcare provider perspective, we want to learn whether kids will apply what they've learned and what the outcome will be to their overall health down the road."

Cara's mother, Denise Megill, smiles as she notes that her daughter came home from school and recapped the healthy items she ate for lunch that day. "Project: Fit Kids has much more impact on all the kids because they are learning from healthcare professionals, not just their parents," she says.

For more information about CentraState's Health Awareness Center roster of programs, call (732) 308-0570. HD



◀ Martin Araujo, MD, CentraState Family Medicine Center, checks in with Cara Megill (left) and her mom, Denise, during a parent/child dinner held at Park Avenue Elementary School.

YOUR HEART IS IN Good Hands

Cardiologists on Staff Privileged to Perform Cardiac Catheterization

Jack Dworkin, MD, FACC

Scott Eisenberg, DO, FACC

Heart Specialists of Central Jersey

Ashish Awasthi, MD, FACC

Ted Gutowski, MD, FACC

Monmouth Cardiology Associates, LLC

Matt Bach, MD, FACC

Lance Berger, MD, FACC

John Checton, MD, FACC

Steven Daniels, MD, FACC

Nelson LaMarche, MD, FACC

Marcia Liu, MD, FACC

Charles Mattina, MD, FACC

Gregory Noto, MD, FACC

Mark A. Rosenbloom, MD, FACC

Shore Heart Group

Renato Apolito, MD, FACC

David Pinnelas, MD, FACC

At 425 pounds, longtime Howell resident Jim VanWie, 51, knew he had considerable health problems. It wasn't until he began experiencing shortness of breath after walking only short distances that he realized something may be very wrong.

"I could barely walk 15 or 20 feet before I would be out of breath, and it was really keeping me from the things I wanted to do in life," says Jim. "That's when I decided it was time to see the doctor."

In June 2007, Jim visited an internal medicine physician at CentraState Medical Center. The doctor suspected Jim might have a heart condition and referred him to Gregory Noto, MD, FACC, medical director of CentraState's Cardiac Catheterization Lab. Jim underwent cardiac catheterization—a procedure in which a long, flexible tube is inserted into an artery in the arm, neck, or groin and threaded into the heart for diagnostic testing. Although slightly nervous at first, Jim soon found he had nothing to worry about.

"It was a lot easier than I thought it would be," says Jim. "I didn't feel a thing, and the staff was excellent and kept me relaxed throughout the procedure. It was also neat because I



GIVING BACK THROUGH THE Grateful Patient Program

"Thanks to our many grateful patients, CentraState Medical Center remains a premier healthcare facility and offers quality diagnostic and treatment services using state-of-the-art technology."

—Roman Lucky, CFRE, vice president of Development at CentraState

◀ Grateful to be healthy and back on the green, Roger Knox shows his appreciation for the care he received at CentraState by donating to the hospital Foundation's "Grateful Patient" Program.

was able to see everything that was happening on a screen.”

THE RESULTS ARE IN

Based on the results of the cardiac catheterization, Dr. Noto diagnosed Jim with multiple heart problems, including coronary atherosclerosis (a thickening of the coronary arteries); aortic and mitral stenosis (a narrowing of the aortic and mitral valves in the heart); coronary artery disease; and pulmonary hypertension.

“Jim also may have acquired rheumatic fever as a child, which is a slow, progressive disease that could have contributed to many of his problems,” says Dr. Noto. “Without surgical intervention, he was headed for heart failure.”

BETTER THAN EVER

Since undergoing valve replacement and bypass surgery in August 2007, James has been undergoing cardiac rehabilitation at CentraState. He says he has never felt better.

“I’ve lost 125 pounds in the last 18 months and feel 300 percent better than I did,” says Jim. “Dr. Noto calls me ‘the miracle man,’ and I can’t thank him or the CentraState Cardiac Rehab nurses enough for everything they’ve done for me. If it weren’t for them, I probably wouldn’t be here today.”

For more information about Cardiac Services, the Cardiac Catheterization Lab, or the Cardiac Rehabilitation Program at CentraState, call (866) CENTRA7. HD

Jim VanWie says he feels better than ever after receiving rehabilitative care for multiple heart problems revealed by a cardiac catheterization procedure performed at CentraState. ▼



About a year ago, CentraState Healthcare Foundation started a program that gives patients and their families a way to show their gratitude to medical staff who go above and beyond in their care by making a donation to the department where they received their care. Since that time, the program has raised more than \$130,000 for new equipment and technology that will benefit patients today and in the future.

“The ‘Grateful Patient’ Program creates awareness and an opportunity for patients and their families who wish to do more than say ‘thank you’ to nurses or a doctor who played a critical role in their care,” says Roman Lucky, CFRE, vice president of Development at CentraState. “It also allows patients to make a tangible difference for their community hospital.”

Some of the areas that have benefited from “grateful patient” gifts have been

the Radiation Therapy Department and Nurse Education programs. For the medical staff in radiation therapy, the “wall” is the best reward.

“Every day, as I walk to Radiation Oncology, I look at the wall of plaques from patients who have contributed to this department,” says Edward Soffen, MD, chairman of Radiation Oncology at CentraState and member of the CentraState Healthcare Foundation Board of Trustees. “It creates both a nice feeling and a lasting impression in our department knowing that we have made a difference in patients’ lives.”

A GRATEFUL PATIENT

Roger Knox, chairman of Commonwealth Title-Monmouth located in Freehold, had been traveling to New York for his healthcare needs. One day he decided to give CentraState a try. Roger was amazed by the quality care he received and has since made several contributions

through the Grateful Patient Program.

“The first time I stepped into CentraState, I was immediately impressed,” says Roger. “From the people in admitting to the nurses—everyone was unbelievably professional and pleasant.”

Roger was first admitted to CentraState for a heart problem, which was resolved with stent surgery. Since that time, he has also been admitted for colon cancer treatment.

“Coming to CentraState was one of the best decisions I ever made,” says Roger. “It is a wonderful community hospital and something we should be proud to support. I am glad I was able to give back to the hospital that gave so much to me.”

For more information on the Grateful Patient Program, call the CentraState Healthcare Foundation at (732) 294-7030. HD

HEALING CHRONIC WOUNDS WITH High-Pressure Oxygen



▲ Stanley Abrams is enjoying walking again after hyperbaric oxygen treatments at CentraState healed a chronic wound on his leg.

Every day, new technology brings renewed hope to people suffering from chronic diseases. Now, patients suffering with non-healing wounds are receiving long-awaited relief. CentraState Medical Center offers a new hyperbaric oxygen (HBO) therapy program located in the Central Jersey Wound Treatment Center.

HBO is a non-invasive, safe, and painless treatment for wound care. During the therapy session, patients lie down in a specially designed glass chamber and comfortably breathe 100 percent oxygen. This, in turn, provides increased oxygen to damaged tissue.

RETIRED JEWELER'S SUCCESS STORY

Today, approximately 5 million Americans suffer from non-healing wounds as a result of several conditions, including diabetes, multiple sclerosis, poor circulation, side effects of radiation therapy, advanced peripheral artery disease, or extended immobility. For these chronic sufferers, even the most minor injuries can result in non-healing wounds and subsequent infections. Often, non-healing wounds can lead to even more serious complications.

Stanley Abrams, a retired jeweler and patient with diabetes from Monroe, recently completed 20 HBO treatments after previous attempts to heal a leg wound proved unsuccessful. "I didn't think anything was going to work," recalls Stanley, "but I realized, never say 'never.'"

Today, Stanley no longer requires HBO treatments and only visits the Wound Center for routine monitoring. During his 90-minute therapies, Stanley would pass the time watching his favorite programs on television.

PAIN-FREE TREATMENT

The HBO therapy program is directed by Jody DiGiacomo, MD, FACS, board certified in surgery and hyperbaric medicine, and medical director of the Wound Center. "Patients undergoing a variety of



▲ Jody DiGiacomo, MD, board certified in surgery and hyperbaric medicine

Physicians on the Wound Care Team

A.K. Bhattacharya, MD, plastic surgery

Jody DiGiacomo, MD, surgery

Anthony Fiorilli, DPM, podiatry

Steven Lemberger, DPM, podiatry

Henry Miller, DPM, podiatry

treatments at CentraState can now receive wound treatment care in the newest hyperbaric chamber available in New Jersey at one of the most advanced hyperbaric centers in the world,” Dr. DiGiacomo says.

Dr. DiGiacomo explains that HBO therapy is the single most sophisticated treatment for promoting wound healing. Patients with osteomyelitis (chronic hard-to-heal wounds and diabetic ulcers of the feet and legs) for whom traditional medication and surgical management have failed, may heal with HBO therapy and also prevent the need for amputation.

Oxygen is the critical element necessary to fight infection and support the healing process. HBO stimulates new blood vessel growth in damaged tissue, enhances the infection-fighting power of white blood cells, kills bacteria, and reduces inflammation and swelling that disrupts blood flow to the tissue.

Outpatients are generally treated for two hours per day, five days a week. The number of treatment sessions range from 20 to 60 over a span of several weeks. Chambers are also equipped with audio-visual entertainment systems, allowing patients to relax and listen to music or watch television or movies.

SIGNS OF HEALING

Freehold resident, Anthony Modafferi, has seen more than his share of illness over the course of his life. But with the support of his wife, Maureen, and HBO therapy, he is successfully fighting back against one of the complications of diabetes.

Anthony, a former dock builder for the City of New York, lost one of his legs late last year to complications from diabetes. He was one of the first patients to undergo this treatment for his non-healing wounds on his other leg.

“We’d been battling Anthony’s open wounds for the past five years and had no success whatsoever. After last year, we were truly desperate to find a solution to save my husband’s other leg,” Maureen notes.

Henry Miller, DPM, a podiatrist and member of the wound care team, is Anthony’s physician. “Hyperbaric therapy is a wonderful option for patients who are not candidates for vascular surgery,” Dr. Miller says. “Without hyperbaric therapy, there was a high probability that Anthony would lose a second leg. Now, we’re seeing signs that his wound is healing.”

Maureen has watched her husband’s improvement firsthand. “Over the past several years, we’ve experienced so much disappointment and frustration in trying to overcome Anthony’s wounds,” says Maureen. “The change in my husband’s leg over just a few months has been nothing short of incredible.”

OFFERING MULTI-DISCIPLINED HEALTH SERVICES

James Karaman, assistant vice president of Ambulatory Services, says that CentraState’s addition of hyperbaric oxygen therapy enhances the Wound Treatment Center and supports the hospital’s dedication to offering the community



▲ Anthony Modafferi watches television while undergoing hyperbaric oxygen therapy at the Central Jersey Wound Treatment Center at CentraState.

the latest evidence-based medicine. “We continue to be focused on CentraState’s ‘big picture’ development plan because it illustrates our commitment to continually adding new programs supported by the latest technology. This commitment is not only important for our hospital, but for the community at large.”

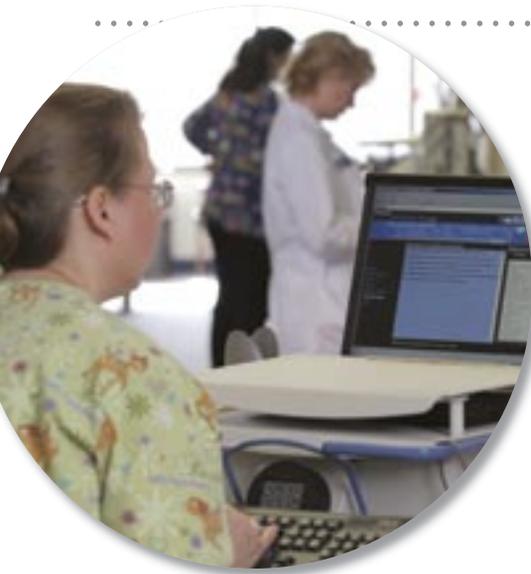
The Central Jersey Wound Treatment Center team includes advanced practice nurses, physical therapists, and board-certified physicians from a variety of specialties, including podiatry and general, vascular, and plastic surgery. Staff members also educate patients and caretakers on optimal wound care, appropriate nutrition, and exercise, which can accelerate healing and prevent recurrences.

The Center helps more than 700 patients annually recover from non-healing wounds. “We’re one of the top-performing wound care centers in the region,” says Brian Mason, DPT, clinical director of Rehabilitation Services. Many medical issues can affect wound healing, and patients often require a wound specialist rather than a traditional primary care physician, he explains. “The specialized care provided by our team of professionals can make a huge difference on the quality of life of our patients.”

The Center also offers convenient access to a wide range of additional healthcare resources, including nutritionists at the Health Awareness Center, exercise physiologists at the Fitness and Wellness Center, and foot screenings at the Novo Nordisk Diabetes Center.

To learn more about HBO therapy or the Central Jersey Wound Treatment Center, call (866) NJWOUND. HD

Patient Safety IS *Our* PRIORITY



◀ Using the new Soarian clinical information system, nurses can access comprehensive patient information from portable, computerized workstations.

through the right method, at the right dose, at the right time. To accomplish these goals, the pharmacy labels each individual dose of the medication with a barcode, and the nurse scans his or her own barcoded ID card and the patient's barcoded wristband prior to administering medication. If there is a problem with any aspect of delivering the medication, a tone sounds and a visual "X" appears on the monitor to alert nurses that there is a reason to reevaluate the situation.

Less than 10 percent of hospitals in the country use barcoded medication verification technology, according to the American Society of Health-System Pharmacists. MAK's use at CentraState was recently recognized by *InfoWorld* magazine as one of the top 100 technology projects in the United States.

Siemens Soarian Plan of Care

To help make patient care more consistent, CentraState has implemented Soarian Plan of Care technology. CentraState partnered with Siemens Medical Solutions, a leader in healthcare technology, to develop this new state-of-the-art clinical information system. The system allows nurses to more efficiently manage patients, direct interventions, and monitor outcomes. Using the system, nurses develop flowcharts that consistently lead them to certain actions that should be performed in order to promote patient safety. Examples of the flowcharts include direction on follow-up lab work that should be taken with certain medications, evaluations for the risk of falling, and reminders about removing catheters. Through this system, CentraState has seen improvements in several areas that allow the hospital

to exceed the national standards for patient safety.

Medical Response Team

Research has shown that during the six to eight hours prior to patients going into cardiac arrest, their breathing, consciousness, urinary output, pulse, and blood pressure can make subtle or dramatic changes. When a staff member notices these changes have occurred in patients already admitted to the hospital, he or she can alert the medical response team—a physician, respiratory therapist, and nurse who work together to regulate problems before cardiac arrest occurs.

"Patient safety is an ongoing, collaborative effort that involves every department in the hospital," says Linda Geisler, RN, MNEd, CNAA, BC, vice president of Patient Services. "We're continually working to improve our protocols to better serve our patients."

To learn more about patient safety initiatives at CentraState, call (866) CENTRA7. HD

Patty Barnosky, RNC, scans a patient's barcoded wristband to ensure that the patient is getting the right medication and dose, through the right route, at the right time. ▼



While medical errors are an unfortunate reality in hospitals across the country, CentraState Healthcare System is helping to improve the safety of its patients by making a \$17 million investment in new technology and initiatives.

"Our mission is to provide high quality and compassionate care to our community," says Neal Ganguly, vice president and chief information officer for CentraState. "We can't accomplish this without making patient safety a core part of the equation."

CHANGING FOR THE BETTER

To improve patient safety, the hospital made numerous changes from both technological and clinical standpoints.

By bringing together departments within the hospital, CentraState was able to use several types of advanced technology and develop new procedures to take patient safety to the next level.

Medication Administration Check (MAK) System

At CentraState, the complex, bedside MAK system ensures the right patient is receiving the right medication

REACHING NEW HEIGHTS IN MATERNITY CARE

CentraState's Maternal Child Health Department experienced a variety of highlights for both mother and baby over the past year.

DEALING IN MULTIPLES

CentraState's third set of triplets arrived in January. Michael, Benjamin, and Kelsey Marzarella were delivered by Joseph Cipriano, MD, and Susan Pacana, MD, of Healthy Woman Ob/Gyn (formerly Colts Neck Ob/Gyn). A comprehensive staff, including neonatologists, pediatricians, nurses, and respiratory therapists, works to ensure the highest level of quality care in delivering multiples.

HANDLING SPECIAL NEEDS

CentraState's Colette Cipriano Special Care Nursery provides specialized care for babies born prematurely. The facility is equipped and ready to handle nearly any complication a premature baby may encounter.

MILESTONE

CentraState celebrated a milestone in June 2007 when Peter Mandel, MD, of Women's Physicians and Surgeons, delivered Jason Lopes—the 40,000th baby born since CentraState opened 36 years ago.

ON THE INCREASE

"Maternity services in the area are growing," says Dawn Kline,

RNC, BSN, MHA, director of Maternal Child Health at CentraState. "We handle lots of deliveries, and area physicians recommend our facilities to their patients."

To meet this growing need, two local practices added physicians—Neeti Misra, MD, joined Healthy Woman, and Women's Physicians and Surgeons welcomed Karen Krieg, DO. Overall, the number of Ob/Gyns on staff has risen from 12 in 2000 to 18 this year.

MORE BABIES

Since 2000, births at CentraState's First Impressions Maternity Center have increased by more than 60 percent. CentraState marked the deliveries of 2,026 babies in 2007—another hospital record. More mothers are choosing CentraState for their delivery needs for a variety of reasons, including high-quality patient care, physician expertise, and a warm and inviting environment. In response, CentraState plans to add three additional postpartum beds to its growing Maternity Pavilion.

"The environment that our mothers are laboring and delivering in and the quality care they are getting in the unit explains why our numbers keep rising," says Norman Back, MD, with Drs. Back, Seigel & Goldstein and chair of the Ob/Gyn Department at CentraState.

NO PLACE LIKE HOME

Safirir Neuwirth, MD, an Ob/Gyn on staff at CentraState with Women's Physicians and Surgeons, and his wife were blessed with their third child in 2007. They chose to deliver at CentraState

again, where many physicians and other staff come for their personal needs.

"When physicians and employees choose our hospital for their deliveries, it's the ultimate recommendation," says Kline. "It says a lot about the hospital and the maternity unit that our staff feels comfortable here and chooses our facility for their own needs."

To learn more about CentraState's Maternity Center or to schedule a tour, call CentraState's Health Awareness Center at (732) 308-0570. #D

Obstetricians/Gynecologists on Staff at CentraState

Drs. Back, Seigel & Goldstein

Norman Back, MD, FACOG
Mark J. Seigel, MD, FACOG
Steven A. Goldstein, MD, FACOG
Susan Schneider, RN, APNC

Healthy Woman Ob/Gyn (formerly Colts Neck Ob/Gyn)

Joseph Cipriano, MD, FACOG
Rebecca Cipriano, MD, FACOG
Neeti Misra, MD
Susan Pacana, MD, FACOG
Gabrielle Pinzon, MD
Helen Simigiannis, MD

Robert Mayson, MD, FACOG

Women to Women Obstetrics and Gynecology Assoc., LLC

Cassandra Hicks-Autry, MD, FACOG
Kimberly Baldwin, MD, FACOG

Women's Physicians and Surgeons

Michael Dimino, MD, FACOG
Michael Kirwin, MD, FACOG
Karen Krieg, DO, AOBG
Peter Mandel, MD, FACOG
Safirir Neuwirth, MD, FACOG
Robert Portadin, MD, FACOG
Stefanie Spadafino, PA-C



◀ CentraState's third set of triplets, Ben, Kelsey, and Michael Marzarella (left to right), are held by parents Jennifer and Michael as older sister Cecilia smiles for the camera.

Excellence NEXT DOOR

During three weeks of rehabilitation at The Manor Health and Rehabilitation Center, Eleanor Nover had to relearn how to do some of the simplest things, like walk across the room and fold clothes. The independent 90-year-old from Manalapan, who has problems with balance and falling, didn't understand the value of these simple exercises at first. "It's funny. At my age, they're teaching me how to walk and stand. It seemed ridiculous," Eleanor says.

Eleanor was admitted to The Manor after receiving treatment at CentraState Medical Center for pneumonia and doctors learned that she had been falling frequently before her hospital stay. Therapists at The Manor observed Eleanor walk from one end of the room to the other while carrying an object. They noticed that she turned in one of her feet while walking, which affected her balance and caused her to fall over. By the time her therapy was completed, Eleanor realized the improvement. "I can do things I couldn't do before, like balance on one foot," she says.

From elective orthopedic procedures to medically complex procedures, The Manor is an integral part of a patient's path to recovery. Individualized treatment plans created by the therapy team are focused on returning each patient to maximum

levels of functioning in a program nationally recognized for excellence.

"Only 12 percent of skilled nursing and rehabilitation facilities in New Jersey are accredited by The Joint Commission, and The Manor Health and Rehabilitation Center is one of them," says Andrew Harris, LNHA, FACHE, administrator at The Manor Health and Rehabilitation Center. "We achieved the perfect score of 100 in our last survey for functional independence measure self-care (FIMS), reflecting our expertise in quickly returning patients to functional ability."

CUSTOMIZED CARE

Family and friends are invited to participate in the rehabilitation and treatment plan, which is created when a patient is still at the medical center. Each patient is thoroughly evaluated before individual rehabilitation goals are set.

As therapy at The Manor progresses, a staff monitors patient improvements, and the entire clinical team evaluates each patient weekly. The focus is on progressive rehabilitative care to facilitate optimum outcomes. The average length of stay for rehabilitation is 14 days, compared to the national average of 20.

Education for patients and their families allows them to take control of the ongoing recovery and rehabilitation process. Before discharge, a home evaluation ensures each patient's living environment is optimized for transition to home care. Eleanor says she felt prepared going home—she

had a new walker, plans for delivery of meals, instructions for home exercises, and arrangements for a visiting nurse and physical therapist. "I'm glad to be going home," she says. "I feel like I can take care of myself, although I realize I do need some help."

Eleanor says she's been pleased with CentraState during the past 28 years while living in the area. As for her time at The Manor, "They are wonderful here."

◀ During her stay at The Manor Health and Rehabilitation Center, Eleanor Nover worked with therapists to learn how to properly perform simple tasks, like folding clothes, to avoid injury.

Everyone is pleasant and cheerful," she says. "They taught me how to do things properly. I'm doing so much better now."

For more information on comprehensive services or to arrange a tour, call The Manor Health and Rehabilitation Center at (732) 431-5200. For more information on CentraState's lifecare and assisted living communities, call (800) 438-0888. #

SENIORSFIRST CALENDAR OF EVENTS

JULY & AUGUST 2008

Call (732) 780-3013 for reservations for all programs.

STROKE SUPPORT GROUP

Jackson, NJ

Mondays, July 14 & August 11, 2 p.m.

DINING OUT PROGRAM AND SENIOR GAMES

The Wellness Center at CentraState

Join us for good food and fun with other seniors. Breakfast: scones, muffins, and hot beverages. Lunch: sandwiches, wraps, pasta, soda, and water. **\$7** pay at door.

*Wednesdays, July 16 & August 13,
9:30 a.m.–1 p.m.*

SENIORSFIRST MEMBERSHIP LUNCHEON— "IT'S A GRAND OLE FLAG"

Applewood Estates Performing Arts Center
1 Applewood Drive, Freehold
\$9. Friday, July 25, 11:30 a.m.

PARKINSON SUPPORT GROUP

Manalapan Senior Center
211 Route 522, Manalapan

Tuesdays, July 15 & August 19, 11:15 a.m.

SENIORSFIRST MEMBERSHIP LUNCHEON— "DOWN BY THE SEASHORE"

Applewood Estates Performing Arts Center
1 Applewood Drive, Freehold
\$9. Friday, August 22, 11:30 a.m.

To learn more about the lifecare advantage at Applewood Estates, attend an information session. Please RSVP to (732) 303-7416.



Integrative Medicine— PROACTIVE HEART DISEASE PREVENTION

“Cardiovascular disease is the leading cause of death in men and women.

Fortunately, most cardiovascular disease can be prevented. Large epidemiologic studies have shown us that diet, exercise, stress reduction, friendship, and affiliation all have a large impact on if we will get sick, and if we will be able to get healthy again when we get sick,” says Vivian Kominos, MD, program director of Integrative Health and Preventive Cardiology at CentraState. “Integrative medicine offers a way to address and ward off disease before it manifests itself in the body, and ways to treat disease that are individualized to a patient’s needs.”

CentraState’s new Integrative Health and Preventive Cardiology Program offered at the Star and Barry Tobias Ambulatory Campus combines traditional medicine with evidence-based alternative medicine.

Integrative medicine looks collectively at the entire person: the body, mind, spirit, and even the community connection. Partnering this treatment with conventional medical care can help prevent, identify, and treat the root causes of a variety of heart and other health conditions.

PREVENTING DISEASE AND ILLNESS

Dr. Kominos, of Heart Specialists of Central Jersey, and board-certified in cardiovascular disease, says there are a multitude of reasons to adopt proven integrative health services. “Conventional medical care generally addresses afflictions that have already occurred in the body, not what actually caused them. Integrative medicine takes a more preventive approach so that sickness and



◀ Vivian Kominos, MD, and Andrew Weil, MD

disease can be avoided before they occur. Integrative medicine also can treat certain diseases where conventional medicine has failed. For instance, botanicals may not have the same side effects as prescription drugs, and sometimes can be used in place of prescription medicine.”

Dr. Kominos, who completed a two-year fellowship with the program in Integrative Medicine, directed by Andrew Weil, MD—the world-renowned integrative medicine specialist—says an integrative cardiology program does not replace a patient’s primary medical doctor or cardiologist.

Rather, it expands the overall treatment plan to include the patient’s lifestyle, personality, environment, and life circumstances.

Dr. Kominos says that integrative medicine is a true partnership between patient and physician because the relationship is based upon a whole-body approach to wellness and healing, and

the patient takes a more active role in his or her care.

CUSTOMIZED TREATMENT STRATEGY

During an initial consultation with Dr. Kominos, groundwork for a customized plan is established and risk factors are identified. Participants provide a detailed health history that also includes information related to career and work environment, diet, vitamin and supplement usage, exercise, and family relationships. Additionally, information about the patient’s community environment, such as ethnic, cultural, and socioeconomic background, also provides key information for creating an individual healthcare plan. This report will be supplied to the patient and any requested physicians.

Potential candidates for the program are people who are motivated to take an active role in their healthcare and use a combination of resources to achieve improved health.

Whether they are seeking to improve their health and vitality, protect themselves against a history of family disease, or looking for ways to manage a preexisting condition such as coronary disease, the program can help change their lives.

CentraState’s Integrative Health and Preventive Cardiology Program is located at the Star and Barry Tobias Ambulatory Campus. For more information, call (732) 637-6366. HD

Student Health Awareness Center

Call (732) 308-1850 for information or to register. Programs for students at all grade levels include substance abuse prevention, family life, general health, and nutrition.

Girls Grow Up

Monday, July 14, 7–8:30 p.m. or
Monday, August 4, 7–8:30 p.m.
\$18 per child, parents free.

Boys Grow Up

Thursday, August 7, 7–8:30 p.m.
\$18 per child, parents free.

Babysitting Clinic

For girls and boys, ages 11 to 15. This one-day, all inclusive information session will help babysitters become more confident by teaching them about safety issues and how to handle emergencies. Bag lunch required. Saturday, July 19 or August 16, 10 a.m.–2 p.m. **\$35.** HD



Adventure to Health

This totally interactive health science museum continues to impress adults and children who experience it! Nineteen exciting exhibits encourage children to explore the wonders of the human body and learn while having fun. School groups are scheduled during the day, while families can participate in this adventure on Saturdays from 11 a.m. to 4 p.m., and daily during school vacations. Scout groups are welcome by appointment. Adventure to Health is best experienced by children over 6 years old.

How about scheduling a unique **birthday party**? Adventure to Health is reserved just for the “party-goers.” Healthy snacks, goody bags, special gifts for the birthday child, and other features make this a one-of-a-kind birthday. Let your child be the first on the block to experience this special party venture.

Please call (732) 308-1850 for information, fees, and scheduling. HD

Kid's Classes

Kids Crafts

Ages 3–5.
Mondays, July 21,
11 a.m.–12 p.m.
5 weeks, \$50.

Tumbling Tots

Ages 3–5.
Fridays, July 25,
10:45–11:30 a.m.
5 weeks, \$50.

Two Doodle

Ages 2 1/2–3 1/2
and their parents.
Mondays, July 21,
10–11 a.m.
5 weeks, \$50

Musical Munchkins

Ages 2–3 with
parents, 3–5
without parents.
Thursdays, July 24,
10:45–11:30 a.m. (with
parent);
11:30 a.m.–12:15 p.m.
(without parent).
5 weeks, \$50. HD

Infant/Toddler Classes

A variety of parenting programs for moms, dads, and infants/toddlers up to 3 years old are offered with age-appropriate topics by an RN instructor. Class size is small, and registration can be prorated into currently running sessions if space is available. Call (732) 308-0570 for information or to register.

Newborn Parenting

For parents and newborns up to 4 months.
Fridays, July 18, 10–11:30 a.m.
4 weeks, first week free, then \$35 for remaining three classes.

Baby & Me

Ages 2–6 months.
Thursdays, July 17,
12:15–1:30 p.m.
5 weeks, \$65.

Wee Two

Ages 7–12 months.
Fridays, July 11, 12:30–1:45 p.m.
6 weeks, \$78.

Jumping Jacks & Jills I

Ages 12–18 months.
Wednesdays, July 2 or July 30,
12:15–1:30 p.m.
Thursdays, July 17 or August 7,
10:30–11:45 a.m.
3 weeks, \$39.

Jumping Jacks & Jills II

Ages 19–25 months.
Tuesdays, July 1, 10:30–11:45 a.m.
Wednesdays, July 2, 10:30–11:45 a.m.
4 weeks, \$52.

Fun Time

Ages 26–36 months.
Tuesdays, July 1 or July 29, 10:15–11:30 a.m.
4 weeks, \$52.

Stroller Strides

Stroller Strides is a total fitness program that new moms can do with their babies. Taught by a nationally certified instructor. Mondays, Tuesdays, Wednesdays, or Thursdays, 9:30–10:30 a.m. **\$15 per class. One month unlimited, \$60. 10 classes, \$100.**

SAFE (Safety Awareness Family Education)

Information on keeping your home safe for your family. Thursday, August 14, 7–8:30 p.m. **\$10 per person/\$15 per family.** HD

Childbirth Preparation

Call (732) 308-0570 for information or to register. All prenatal and childhood programs taught by registered nurses.

Journey Through Childbirth

Understanding comfort measures for labor and birth.

- Tuesdays, July 15, 7:30–9:30 p.m., **5 weeks, \$120 (\$175 package price available for prepared childbirth, breastfeeding, and infant care).**
- **One-Day Class**, Saturday, July 12 or Sunday, July 13 9 a.m.–4 p.m., **\$130 (\$175 package price).**
- **Breastfeeding Class**, Thursday, July 24, 6:45–9:45 p.m. Saturday, July 12 and August 9, 9 a.m.–12 p.m. **\$45.**
- **Infant Care Class**, Saturday, July 26 or August 23, 9–4 p.m. **3 weeks, \$63.**
- **Multiple Birth**, Thursdays, July 17 & 24, 7–9 p.m.

Sibling Preparation

Ages 3–10,
Thursdays, July 10 or August 7.
\$15 each child, discounts for multiple children.

All prenatal and childhood programs taught by registered nurses, and all free community screenings, including blood pressure, glucose, and mobile wellness van outreach are cosponsored by the Visiting Nurse Association of Central Jersey. Call the VNA of Central Jersey at (800) 862-3330. HD

Novo Nordisk Diabetes Center

Recognized by the **American Diabetes Association**, this comprehensive program teaches people with diabetes all they need to know to lead normal, healthy lives.

Classes include:

- Survival skills
- Blood glucose monitoring and medications
- Meal planning, including carb counting
- Risk reduction
- Stress management and exercise

The Center also offers an insulin pump program, a gestational diabetes program, individualized insulin starts, and carbohydrate counting with insulin adjustment protocols.

For more information, please call (732) 294-2574. HD

Weight Management for the Whole Family

Nutrition consultation and personal training by appointment.

Reevue Metabolic Analyzer

Learn your resting metabolic rate and fine-tune your weight management efforts. A simple, 30-minute, noninvasive testing procedure helps to identify how many calories your body needs. Then learn how to use that information to make a difference in your health. By appointment. \$59.

Individual Consults: Registered Dietitian

Healthy meal planning for weight management and improved well-being. By appointment.

Twist & Shout

Aerobic and body building program for kids ages 8–12 who want to strengthen muscles and improve balance and flexibility using varied, fun equipment. A great program for young athletes. \$79.

Custom Fit Weight-Loss Lecture Series

NEW, coming this fall. Starting in September, you can choose from 10 different lecture topics and several different cooking classes. In addition, you choose the class date and time that fits into your schedule. Don't miss classes because they don't fit into your life.

Pay for only the classes you need—set of 4, 6, or all 10. Price reflects the number of classes chosen.

Call the Health Awareness Center at (732) 308-0570 to get your Custom Fit Weight-Loss Lecture Series calendar.

Healthy Cooking Demos

New! Bring out your “inner chef” with interactive meal makeovers that will tantalize your taste buds and boost your nutrient intake. Learn simple tips that will transform your favorite meals into scrumptious, heart-smart selections. Call the HAC at (732) 308-0570 for a list of upcoming demos, including diabetes, low fat, low carb, and children's cooking classes.

Shapedown for Children Mini-Summer Shapedown 5-Week Session,

This nationally known program helps children ages 8 to 12 work together to develop healthy eating and activity behaviors while developing powerful communication skills to better navigate the formative years. Taught by specially trained professionals.

Tuesdays, July 15 through August 12, 5:45–7:45 p.m.,

Health Awareness Center.

\$235 per child and parent, \$25 for additional sibling. HD

Integrative Therapies

Please call (732) 308-0570 for information or to register.

Reiki

One hour, \$60. 1/2 hour, \$35.

Yoga for Those with Multiple Sclerosis

Work your muscles at your own pace with specially trained Yoga instructors.

Mondays, 6–7:15 p.m.,

8 weeks, \$60.

Reiki Certification Classes

\$150.

Meditation for Self-Renewal, Health, and Well-Being

Experience and explore several sitting, easy movement, and visualization meditation techniques. Ease tension, feel more positive, and boost your immune system.

Thursdays, 7–8:15 p.m.,

5 weeks, \$85.

The Lebed Method: Focus on Healing

This is an exercise program for men and women who are recovering from surgery or who have a history of cancer, lymphedema, fibromyalgia, or arthritis. This fun and medically sound six-week program, which is great for seniors, is taught by a specially trained Lebed Method instructor. Using music and gentle flowing movements, this class improves circulation and overall sense of well-being. Chairs are used for exercise and resting. \$59.

CPR First Aid Training

Use of these materials in the educational course does not represent course sponsorship by the American Heart Association, and any fees for this course and/or material do not represent income for the American Heart Association.

Call (732) 308-0570 for more information.

Friends and Family CPR

Basic CPR training designed to teach one-rescuer CPR and relief of choking. This is a non-certification class.

Saturday, August 16, 9–11:30 a.m.

\$35/\$60 (couple).

Heartsaver AED (Adult/Child CPR with AED)

Friday, July 25, 9 a.m.–12 p.m.

Friday, August 29, 9 a.m.–12 p.m.

\$50.

Heartsaver CPR

Adult, child, and infant.

Saturday, July 26 or August 23,

9 a.m.–12 p.m. \$50.

Heartsaver First Aid

Saturday, July 19, 9 a.m.–12 p.m.

\$50.

Healthcare Provider

Full course.

Saturday, August 2, 9 a.m.–2 p.m.

\$65.

Pet CPR and First Aid

Learn how to provide immediate care for an injured or suddenly ill pet.

Sunday, July 13,

11 a.m.–3 p.m. \$35.

We also offer ACLS and PALS. HD

TIME TO QUIT! SMOKING CESSATION

Trained tobacco dependency treatment specialists provide private assessments to determine which path you should take to quit smoking based on your health and social history.

Six group and individual classes are offered.

Please call (732) 308-0570 for upcoming summer dates. HD

CORPORATE HEALTH SERVICES

The Health Awareness Center offers a full range of health screenings, informative seminars, a mobile wellness van, health fairs, and customized corporate health programs. Screenings include preventive health, blood pressure, vision, hearing, and cholesterol screenings.

The program is brought on-site to large and small businesses.

Call (732) 308-0570 for more information. HD

CENTRASTATE BRIEFS

PERINATOLOGY SERVICES GROW

CentraState has expanded its Perinatology Program in collaboration with the Division of Maternal Fetal Medicine Department at Saint Peter's University Hospital, New Brunswick. The comprehensive program is under the direction of Edwin Guzman, MD, chair of Maternal Fetal Medicine, Saint Peter's. The program provides consultations for maternal and fetal conditions affecting pregnancy along with routine ultrasounds, first trimester screening for aneuploidy (a condition in which the number of chromosomes is abnormal due to extra or missing chromosomes), level II/genetic ultrasounds, 3-D/4-D ultrasounds, and a wide range of fetal testing and genetic counseling. Located at CentraState's First Impressions Maternity Center, the program's initial hours are Mondays and Wednesdays from 8 a.m. to 6 p.m.

Telephone consultations are available 24 hours a day, seven days a week, through CentraState and the Labor and Delivery Department at Saint Peter's University Hospital. For more information, call (732) 303-5114.

NATIONAL CANCER GROUP CITES "STELLAR PERFORMANCE" BY CENTRASTATE

The American College of Surgeons Commission on Cancer has presented CentraState Medical Center an Outstanding Achievement Award for high-quality cancer care. After conducting an on-site survey last November, the Commission announced in April a three-year re-accreditation with commendation through 2010 for CentraState as a Community Hospital Comprehensive Cancer Program. This is CentraState's second consecutive Outstanding Achievement Award from the Commission, which sets the standards for cancer care nationwide. Only 66 of the 453 cancer programs surveyed in the U.S. in 2007 received this award. CentraState's was one of only five in New Jersey to do so.



▲ Daniel J. Messina, PhD, FACHE, senior vice president and COO, CentraState Healthcare System and chairman, Mid-Jersey Chapter of the National Multiple Sclerosis Society (center), poses with the first graduates of the new MS Wellness Program offered through CentraState's Linda E. Cardinale Multiple Sclerosis Center. The 12-week program includes education, stress management, and aquatic therapy and exercise programs that focus on balance, movement, strength, and flexibility. The MS Center treats more than 500 patients and will be offering clinical trials.



▲ Sandra Connolly, MD (second from left) and Anthony Emanuel, MD (third from left) are the "Physicians of the Year" at CentraState Medical Center. They are flanked by Steven Mishkin, MD, chief of staff, and John Gribbin, president & CEO, CentraState Healthcare System. Dr. Emanuel, a board-certified pediatrician with Pediatric Health, PA, is the immediate past chief of staff at the hospital and a previous chair of the Department of Pediatrics. Dr. Connolly, board certified in family medicine, is a house physician at CentraState and previously worked in the Emergency Department.

CENTRASTATE WOMEN'S HEALTH CENTER OFFERS DIGITAL MAMMOGRAPHY

The Women's Health Center at CentraState Medical Center now offers digital mammography, the latest technology that provides superb images and greater exam efficiency for patient comfort. The system also features computer-aided detection (CAD), which immediately provides a "second read" of the mammography by a computer. The Women's Health Center also provides a breast health specialist who is knowledgeable about breast disease and is a public educator on early breast cancer detection.

For more information about CentraState Medical Center's Women's Health Center services, call (732) 294-2626. To schedule an appointment, call centralized scheduling at (732) 294-2778.

SAVE THE DATES

Kid's Health Fair

Saturday, September 6

Star and Barry Tobias Ambulatory Campus

Weight-Loss Symposium

Tuesday, September 23

Star and Barry Tobias Ambulatory Campus

Call (866) CENTRA7 to register.