

Healthy

DIRECTIONS

The full circle of health and wellness
dedicated to excellence.



CentraState
Healthcare System®

Freehold, New Jersey
www.centrastate.com

July/August 2006

**Image-Guided
Radiation Therapy**

**Pediatric
Emergency Services**

**Bringing Life
Back to Kidneys**

*A member of the Robert Wood Johnson Health
Network and The Cancer Institute of New Jersey.*

President's Message

At the heart of our commitment at CentraState, we strive to find new and meaningful ways to guide people to make healthy lifestyle choices, empowering them to take charge of their own health. Midway into the year, we've made significant strides toward that end. In May, we broke ground to begin the largest construction project in CentraState's 35-year history—a 170,000-square-foot ambulatory campus, at a cost of \$48 million. With a focus on wellness, fitness, and rehabilitation, this outpatient campus will house CentraState's Health Awareness Center, a medical fitness center, and outpatient services, including Rehabilitation, the Center for Sleep Disorders, and Cardiac Diagnostics. The services at the new campus will help patients and clients affect lifestyle changes like never before. This expansion also provides us with several opportunities to upgrade and expand existing services and units within the hospital.

In clinical areas, CentraState is now participating in clinical trials for cancer, multiple sclerosis, and carotid artery stenosis, providing more patients access to clinical trials that are otherwise unavailable locally.

Following on the success of computer-assisted total knee replacement launched last year, we also expanded our orthopedic surgery program by adding computer-assisted, total hip replacement surgery for more precise alignment of the hip socket.

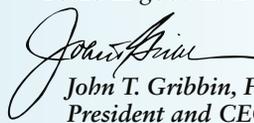
This July, we also celebrate our one-year anniversary as a teaching hospital. Operated in conjunction with the UMDNJ-Robert Wood Johnson Medical School, the Family Medicine

Residency Program aims to expand access to primary care in our community by training physicians in family practice medicine. Six new residents joined the program this year, bringing the total of residents to 18.

Finally, we're proud of first quarter results provided by Press Ganey Associates, the nation's leading patient satisfaction measurement and improvement firm. Impressive scores were achieved by Inpatient Care, in the 99th percentile, the highest out of New Jersey hospitals; the Emergency Department in the 97th percentile; Outpatient Services in the 96th percentile and Ambulatory Surgery in the 93rd percentile.

By offering more health and wellness choices, CentraState is redefining our role as a community health system and helping people take more personal accountability for their health lifestyles.

Yours in good health,


John T. Gribbin, FACHE
President and CEO

State Senator Ellen Karcher presents a Joint Legislative Resolution recognizing the ambulatory campus project to John Gribbin (left) and Robert O'Donnell, chair, CentraState Healthcare System Board of Trustees.



▲ (From left) Rachel Blackford, RN, BSN; Larissa Semenoff, RN, CNOR; Larry Shindelman, MD; Athena Farella, RN, BSN; and Rosanne Messina, RT, BS, make up the endovascular surgery team.

Community Voices

Dear Sirs,

It is with gratitude and appreciation that I am writing you regarding the treatment I have received at CentraState from Dr. Larry Shindelman and his most competent and caring staff. Only too often these days, a patient is treated more like a number rather than an actual person. Happily, this has not been my experience. Dr. Shindelman's reputation speaks for itself. However, his patients are most fortunate to receive the same caring and quality of care from his associates and staff right down the line. Those of us who are unfortunate enough to require the attention they provide are truly blessed to be their patients.

They have proven to be most professional, competent, sympathetic, supporting, and genuinely interested in my well-being. Words are not sufficient to convey the appreciation I sincerely feel. You can be proud of all of them. They are truly a credit to their chosen profession and to CentraState Medical Center.

Most sincerely,

Sol Itzkowitz

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July/August 2006

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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) 294-7080.

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.

CENTRASTATE HEALTHCARE SYSTEM, INC.

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Image-Guided Radiation Therapy:

COMBATING CANCER WITH TOP TECHNOLOGY



Brian Chon, MD, board-certified radiation oncologist

Barry Geffen's cancer journey began with a visit to his urologist for a urinary problem. Results of a biopsy showed that there were no urinary issues, but there was a malignancy in his prostate.

"I almost hit the floor when my doctor said I had cancer. I never had to deal with anything like this before," says Geffen, a 73-year-old resident of Howell. "He assured me I would be fine, but we needed to get rid of it."

Geffen chose CentraState Medical Center for treatment. "I chose CentraState because the program has an excellent reputation and it's really close to where I live."

DETERMINING THE BEST COURSE OF TREATMENT

Board-certified radiation oncologist Brian Chon, MD, coordinated Geffen's treatment. "Mr. Geffen had localized prostate cancer; therefore, he had a lot of treatment options available to him, including surgery," says Dr. Chon. "Every case is different, with a number of factors to consider. Mr. Geffen elected to go with external radiation beam therapy because it was the least invasive of the options."

According to Dr. Chon, long-term data supports that radiation is just as effective as other modalities of treatment, including surgery, in many cases. "Mr. Geffen was choosing between his desire to avoid surgery and his need to maximize his likelihood for cure," he says.

Radiation Oncologists on Staff at CentraState

John Baumann, MD
Robert Cardinale, MD
Brian Chon, MD
Douglas Fein, MD
Andrew Greenberg, MD
Edward Soffen, MD

TWO TECHNOLOGIES, ONE GREAT OUTCOME

Geffen was treated using a combination of two state-of-the-art technologies: IGRT (image-guided radiation therapy), one of the latest additions to radiation oncology's treatment arsenal, and IMRT (intensity-modulated radiation therapy).

"Before any radiation therapy begins, we use IGRT, an ultra-advanced daily imaging method, to localize the organ being treated. In Mr. Geffen's case, it was his prostate," explains Dr. Chon. "Organs can move. For example, the prostate can actually move quite a bit, depending on the amount of bowel gas and how full the bladder is on any given day. IGRT pinpoints where a tumor is positioned from day to day, allowing for a more precise delivery of radiation."

CentraState is the first hospital in New Jersey to offer the On-Board Imager by Varian™, an automated system for IGRT.

"Once the tumor is localized, we use IMRT to configure not only the shape, but also the intensity of the radiation beams. This allows us to precisely direct the optimal radiation dose to tumors while protecting the surrounding healthy tissue," says Dr. Chon. "The IMRT unit is mounted on a linear accelerator, which actually produces the radiation."

Each session lasts about 20 minutes with the actual beam time going for several minutes. Geffen underwent 40 days of radiation treatment.

"The process itself was completely painless. Dr. Chon is a wonderful doctor; always with a smile, always with a handshake," says Geffen. "Everyone involved in my care was great. I didn't mind the treatment because everyone was so nice and it was convenient."

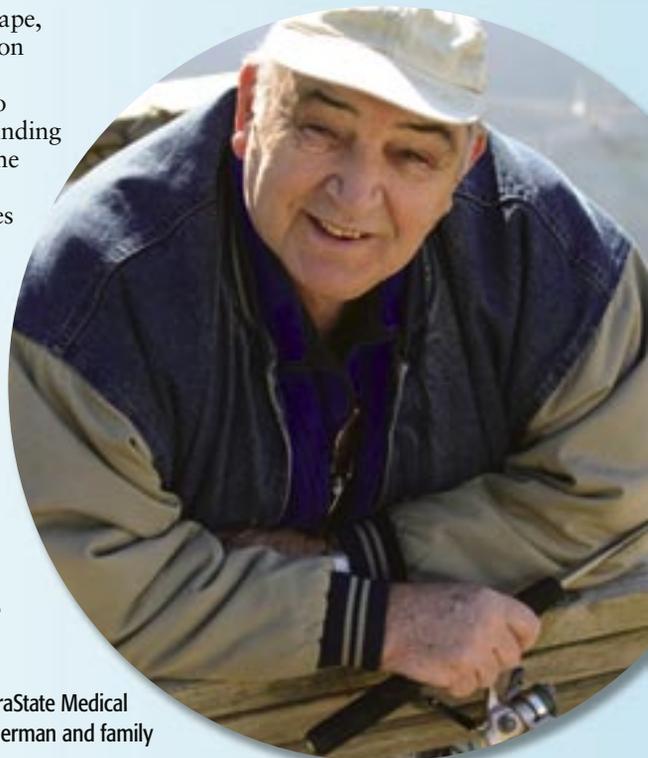
Receiving prostate cancer treatment at CentraState Medical Center meant that Barry Geffen, an avid fisherman and family man, could stay close to home. ►

CONVENIENCE AND COMFORT

"Going to CentraState for my treatments was a beautiful thing—no battling traffic, no searching for a parking place. I was in and out in less than an hour, and they even served cookies and coffee in the waiting area...and I liked chatting with the staff," says Geffen. "Why would I have gone anywhere else, when everything I needed was right here?"

Geffen, a great fishing enthusiast, adds, "I'm looking forward to spending my summer with friends, family, and lots and lots of fish."

To find a physician trained in radiation oncology, call 866-CENTRA7 or visit www.centrastate.com. For more information about CentraState's Radiation Oncology Department, call (732) 303-5290. HD



▶ When she slipped and broke her wrist, Joyce Brokstein benefited from advanced surgical procedures at CentraState Medical Center. She's now able to enjoy holding her grandson.



Wrist Surgery

A HANDS-ON APPROACH TO FRACTURES

A restaurant get-together ended with a trip to the Emergency Department when Joyce Brokstein slipped on something wet. As she tried to break the fall, her right wrist bore the impact. At the hospital, the joint was temporarily wrapped in an Ace bandage and supported with a sling. Broken and swollen, her wrist required further care in a non-emergency setting. The injury was painful and distressing to Brokstein, who used her right hand for everything.

Soon afterwards, she visited Gregg S. Berkowitz, MD, a board-certified orthopedic surgeon on staff at CentraState Medical Center who was voted Physician of the Year by the nursing staff at CentraState this year. He fit her with a cast, and shortly thereafter took X-rays to monitor the healing. The images revealed that the radius bone had shifted.

Brokstein recalls his attempt to resolve the complication noninvasively. "He tried stretching my wrist into position, but that did not work," she says. Outpatient surgery was required to achieve the desired outcome of permanent bone realignment.

LOCKING BONES IN PLACE WITH "PLATES"

In the past, doctors accepted the way bones healed in casts, even when not perfectly aligned. However, improper setting can cause permanent stiffness and pain. The current approach to treating such fractures is proactive and hands on.

"The emphasis is on healing in as close to normal position as possible, even if that means doing surgery. Now there is a way to do that better," says Dr. Berkowitz. Brokstein benefited from this advanced protocol. During surgery her bone was realigned, and locking plates were implanted to hold it in place.

Orthopedic surgeons are now using this new breed of plates, vastly improved over earlier ones. Made of metal alloys, they are inert and are left in place, reaction-free, for life. Their superior design is pre-shaped to fit the contour of bone, and the new locking technology

uses screws, which attach plates to bone to hold the position more securely.

Dr. Berkowitz treats his fair share of wrist and other orthopedic maladies. Some situations require non-surgical care, such as casts for stable fractures. He performs invasive surgery at CentraState for non-traumatic conditions like carpal tunnel syndrome as well as for traumatic injuries. Sometimes simple wire implants or external fixators are used to stabilize bones, but neither offers patients swift mobility. Enabling wrist motion shortly after surgery is one of the advantages of locking plates and screws.

As she left the hospital, Brokstein required only a removable splint for comfort and protection. She took it off for light activity and to immediately begin wrist and finger exercises at home. Physical therapy followed. The outcome was ideal. She regained full movement quickly, and the pain subsided and never returned.

One year later, Brokstein stills feels fortunate to have found Dr. Berkowitz. "He's a wonderful surgeon and compassionate person. I felt comfortable with him from the start. Most importantly, everything is working fine," she says. "I can even open a jar." For cooking at home, that sure comes in handy.

To find a physician trained in orthopedic surgery, call (866) CENTRA7 or visit www.centrastate.com. HD



Gregg Berkowitz, MD,
board-certified orthopedic surgeon

Orthopedic Surgeons on Staff at CentraState Medical Center

Central Jersey Sports Medicine and Orthopedic Center

Andrew Harrison, MD, FAAOS

New Jersey Orthopedic Associates

Manuel T. Banzon, MD, FAAOS

Gregg Berkowitz, MD, FAAOS

Cary Skolnick, MD, FAAOS

Western Monmouth Orthopedic Associates, PA

James Cozzarelli, MD

Gerardo Goldberger, DO

Michael Greller, MD, FAAOS

After getting her diabetes under control, Michelle Burton enjoys spending time with her son, Justin. ▶

Life beyond the Diagnosis

Inpatient Diabetes Care at CentraState



“I thought ‘this is it—my son is going to grow up without a mother,’” says Michelle Burton, a 38-year-old single mother and substance abuse counselor from the Atlantic Highlands. When Burton’s fiancé was having trouble waking her up, he brought her to the Emergency Department at CentraState Medical Center. Burton was about to hear life-altering news.

“Michelle was admitted with diabetic ketoacidosis (DKA),” says Laura Farrell, RN, certified diabetes educator. “Michelle’s blood sugar was at 537, and she was diagnosed with diabetes. Her life was in danger.”

Eric Wining, MD,
board certified
in internal medicine

Ketoacidosis is a serious medical condition resulting from uncontrolled blood sugars that can lead to diabetic coma or even death. It occurs when the body uses fat as an energy source, which results in dangerously high levels of ketones (acids) build up in the blood.

THE DIFFICULT NEWS

After two days of insulin therapy in the Intensive Care Unit, Burton’s condition stabilized. “I held her hand and asked if she knew what had happened,” says Farrell. “Michelle was shocked and sad to hear that she had diabetes. After a few tears, she looked at me determinedly and said ‘Okay, I have a son depending on me. What do I need to do?’”

EDUCATION IS EVERYTHING

“Like most patients who are newly diagnosed with diabetes, Michelle was overwhelmed,” says Burton’s physician, Eric Wining, MD, of Endocrinology Associates of Central NJ and on staff at CentraState. “Diabetes is a complex disease that requires a lifetime of daily management and ongoing education.”

CentraState offers inpatient diabetes education as part of a multidisciplinary approach to the full circle of care for diabetes management. “At CentraState, our inpatient diabetes education is not just for newly diagnosed diabetes patients,” says Dr. Wining. “We seek to identify, treat, and educate new and existing patients with diabetes as well as those who have elevated blood glucose levels.”

“Laura spent five hours with me that day,” says Burton. “She answered all

my questions. She gave me literature to read, taught me how to test my blood sugar and take insulin, and even showed me the different kinds of devices I could use. When I was transferred to a regular room, Laura came every day and taught me more about how to manage this disease.”

Coordinated efforts between Dr. Wining, a dietitian, and Farrell taught Burton about the lifestyle changes she was going to have to make.

“I learned about what I should and shouldn’t eat, how to count carbs, and how critical exercise is,” says Burton. “Before I went home, Laura also introduced me to the staff at the outpatient Novo Nordisk Diabetes Center. By the time I left CentraState, I wasn’t overwhelmed anymore. I was totally prepared.”

TAKING CONTROL

Today, Burton has her diabetes under control and has slimmed down from a size 18 to a 12.

“Being diagnosed with diabetes was a good thing for me,” adds Burton. “I cherish every moment with my son. For the first time, taking care of myself has become my number-one priority. At work, I plan meetings around my meals and testing needs. I eat right and exercise and make sure that I pamper myself. And when I have questions, I have resources. Dr. Wining, Laura, and the staff at the Diabetes Center are always there for me.”



Laura Farrell, RN, certified diabetes educator (right), demonstrates a glucose monitoring device to Margaret Kingsley, LPN, Med/Surg.

For more information about diabetes care and the Novo Nordisk Diabetes Center at CentraState, call (732) 294-2574. HD

Learning to Walk Again

PHYSICAL THERAPY HELPS TURN TRAGEDY INTO TRIUMPH

Taryn Eisenman of Jackson was making the most of her summer last year—working full-time as a supervisor at Six Flags’ Hurricane Harbor, taking classes toward an MBA at Georgian Court University, and enjoying a full social life.

In June after a double shift, the 22 year old was seriously injured when the car in which she was the passenger hit a tree at 70 miles per hour. The initial prognosis was devastating: broken sacrum (curved triangular bone at the base of the spine), pelvis, hip, foot bones, both ankles, two vertebrae, shattered left leg in three spots, her right leg in two, and broken tibias and fibulas (leg bones); a total of 18 bones. It was questionable if she would ever walk again.

“I had so many things I wanted to do,” says the motivated young woman. “I’ve never been the person to roll over and play dead.”

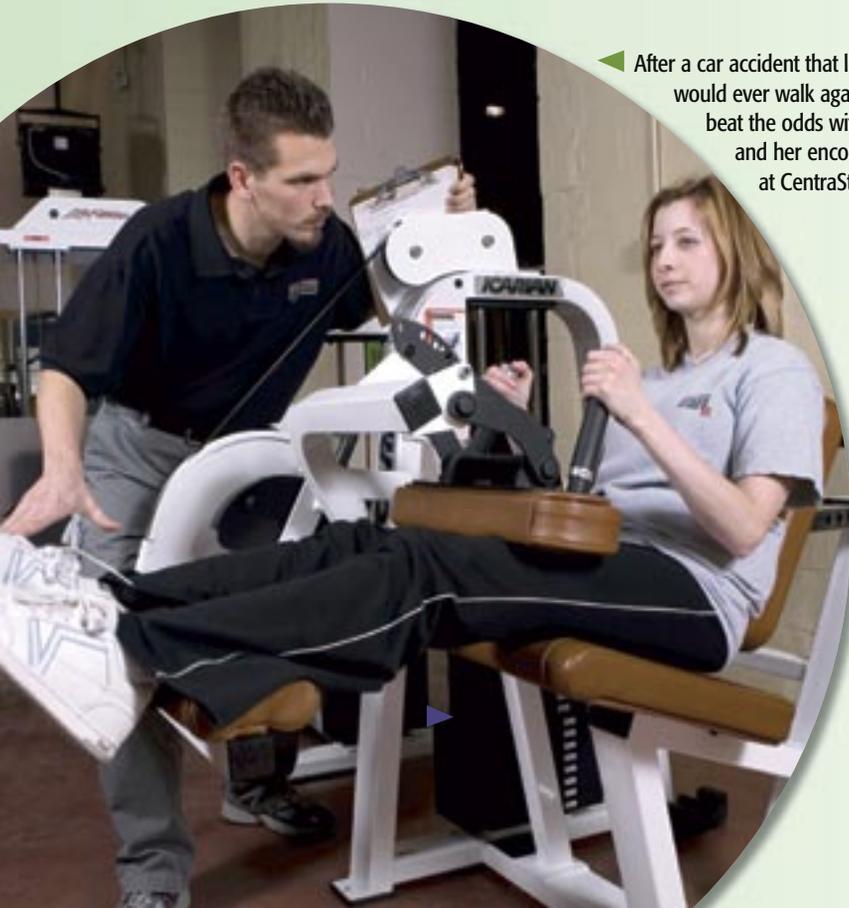
Eisenman underwent emergency surgery, which included the insertion of plates, screws, and an intramedullary rod (a rod into her bone marrow).



▲ Taryn Eisenman works on her strength with Chris Skok, DPT, MSCS, CEAS, her physical therapist at CentraState Medical Center.

Following 18 days in the hospital, she was bedridden for nearly one month at home. She recovered more rapidly than doctors had predicted. Less than two months after the accident, she began outpatient physical therapy through CentraState’s Physical Therapy Department.

▼ After a car accident that left doubt if she would ever walk again, Taryn Eisenman beat the odds with her strong will and her encouraging therapists at CentraState Medical Center.



FROM SMALL STEPS TO LEAPS AND BOUNDS

Eisenman first met with Brian Mason, clinical director of Rehabilitation, who assigned Doctor of Physical Therapy Chris Skok to her recovery. Wearing what are known as “cam walkers,” essentially boots from knee to toe, she was helped from her wheelchair to the parallel bars to begin the long walk to recovery.

Eisenman went from wheelchair to walker to crutches. Together, she and Skok built her strength and balance to the point where she could walk around the house, and eventually drive. After 10 weeks, they picked up the pace.

Skok began training Eisenman at Work Out World in Freehold, where CentraState operates a satellite rehab center. Exercising without casts, among her peers, was even more motivation to get her life back.

“The gym was so much better for her than a hospital. There were people her own age; it was much more upbeat,” recalls Skok.

Eisenman’s father, Barry Eisenman, is a respiratory therapist at CentraState.

“She did such a great job and they really came through for her. It’s such a great place to work,” he says.

“Everyone is really incredible. They work with me. They’re concerned, and they know my progress,” adds Eisenman, who was miraculously resuming her life only nine months after the accident.

In March, she began working again at Six Flags as an aquatics instructor and senior supervisor of Retail Merchandise. She’d been off crutches for a month and had her first night out with her friends.

“I feel like I’m finally better and can do things normally,” she says positively. “I know I missed out on the fun of summer as a 21-year-old, but I’ll just make up for it this year.”

For more information about CentraState’s Physical Therapy Program, call (732) 294-2700 or visit www.centrastate.com. HD

EXCELLENCE IN Outpatient Rehab Services

CentraState Medical Center's Outpatient Rehabilitation Services provide professional outpatient treatment for a variety of disabling conditions. In addition to Physical Therapy Services, the Rehabilitation Department offers specialized treatment for spine and neck pain, wound care, multiple sclerosis, occupational therapy, lymphedema, and speech pathology.

COMPREHENSIVE REHABILITATIVE CARE

CentraState's Pain/Spine Rehabilitation Center ranks among the best nationwide for treating spine pain, according to data from Focus on Therapeutic Outcomes Corporation, an independent international benchmarking organization. The CentraState Spine Rehab team ranked in the top 10 percent for quality indicators in 2005 as compared to all other reporting physical therapy departments in the New Jersey, New York, and Pennsylvania regions. Successful outcomes are measured by increased function, number of treatment visits, and duration of treatment episode. The rehab staff includes members who have been designated certified mechanical therapists by the prestigious McKenzie Institute. In conjunction with the Center for Medicare Services, the Rehabilitation Department recently completed one of the largest outpatient outcome studies undertaken by the federal government. CentraState was chosen because of its exceptional efforts in using outcome measurements to improve rehabilitation efficiency.

OUTPATIENT SPEECH- PATHOLOGY SERVICES

CentraState's Outpatient Speech-Pathology Services offers a comprehensive program for communication and swallowing disorders and therapy for

cognitive-linguistic deficits, which are characterized by memory and thought difficulties that affect the ability to communicate. These impairments stem from a variety of medical conditions that include stroke, brain injury, multiple sclerosis, Parkinson's disease, and amyotrophic lateral sclerosis.

WOUND TREATMENT CENTER

CentraState's Wound Treatment Center provides multidisciplinary care by certified wound care specialists and therapists trained in the latest wound care techniques, including the latest technologies to speed the healing process. The center works in conjunction with the patient's primary care physician and, if necessary, has specialists available. The center also offers expanded hours to accommodate the needs of the community.

MULTIPLE SCLEROSIS CENTER

The Multiple Sclerosis Center offers comprehensive and coordinated care for the evaluation and treatment of MS. The center is the only one on the East Coast with clinicians from nursing and occupational and physical therapy holding advanced certifications in the treatment of MS. The center was developed with the support of the Mid-Jersey Chapter of the National Multiple Sclerosis Society and offers nutritional services, patient education/counseling, and complementary medicine alternatives such as Reiki.

LYMPHEDEMA PROGRAM

CentraState's Lymphedema Program is one of only a few in New Jersey that is recognized by the Lymphedema Association, and has completed more than 2,000 treatments since it began in 1999. It is staffed by specially trained,

certified therapists who are members of the Lymphedema Association of North America. They design a personalized treatment plan for patients and educate them about their condition. While lymphedema, a painful swelling of the limbs, is often a chronic, progressive condition, it is highly treatable and manageable with proper care.

OCCUPATIONAL THERAPY

CentraState's Occupational Therapy services help people improve their ability to perform tasks in their daily living and working environments. Occupational therapists work with individuals who have conditions that are mentally, physically, developmentally, or emotionally disabling and help them quickly return to the highest level of independence possible. CentraState's Hand Program, with hand therapists, is one of the most recognized in the state. CentraState also has developed a collaborative Cognitive Therapy program between Speech and Occupational services to deliver the finest care possible for patients. Occupational Health Services is a joint service of Physical Therapy, Family Practice of Central Jersey, and CentraState's Health Awareness Center.

For more information about Outpatient Rehab Services at CentraState, call (732) 294-2700 or visit www.centrastate.com. HD



▲ Deborah Pearce, DPT, helps a patient with his physical therapy.



◀ After the discovery of a blocked artery that hindered Edward Friedman's dialysis treatment for his kidneys, Larry Shindelman, MD, performed minimally invasive endovascular surgery to re-open the artery.

REPAIRING FISTULAS, the Dialysis Patient's

and returned quickly and efficiently during dialysis.

"My nurse contacted my nephrologist, who sent me that same day to the Endovascular Lab at CentraState so the staff there could repair my access," says Friedman.

Larry Shindelman, MD, a board-certified vascular surgeon at CentraState Medical Center, successfully repaired Friedman's access the same day using minimally invasive endovascular techniques. After inserting a catheter (a long, bendable, ultra-thin tube) through a tiny needle hole in Friedman's arm, Dr. Shindelman used interventional devices, including wires and balloons, to remove the blockage. A monitor positioned above Friedman allowed Dr. Shindelman to see inside Friedman's damaged blood vessel while performing the surgery. Friedman was back on dialysis the next day and in Atlantic City the following Saturday to celebrate his birthday with his wife of 60 years, Linda.

"For dialysis patients, the access is their lifeline," says Friedman's nephrologist, Daniel Zirkman, MD. "Without a functioning dialysis access, you can't do dialysis."

◀ Edward Friedman receives lifesaving dialysis treatments so that he can enjoy his life with his wife, Linda.



What Do Kidneys Do and How Do They Work?

The kidneys are filters. They are responsible for filtering blood, similar to the way a filter in a fish tank filters the water. Kidneys play a critical role in the body's physiological balance, removing waste products and excess sodium, potassium, calcium, and water.

What Happens When They Fail?

When kidneys fail and lose function over time, their ability to remove waste products becomes impaired. Those waste products accumulate in the blood, and they begin to affect how the body functions as a whole.

The increased levels of waste product adversely affect heart and lung function and the immune system. As fluid increases and sodium is retained, it can lead to edema and congestive heart failure.

What Causes Kidney Failure?

The single most common cause of kidney failure and people going on dialysis is diabetes, which accounts for more than 50 percent of the people receiving dialysis. The second most common cause is hypertension. After that, a number of primary kidney diseases can damage the kidney. ^{HD}

Larry Shindelman, MD, (left) board-certified vascular surgeon, instructs another physician during endovascular surgery. ▶



LIFELINE

MAKING THE DECISION TO GO ON DIALYSIS

“For people who choose hemodialysis, it’s a big commitment of time—usually three days a week for four to five hours,” says Dr. Zirkman. “The goal of dialysis is to ensure maximum blood flow through the filter during the dialysis treatment. The greater the volume of blood you can put through the filter, the more effective the dialysis is. With a poorly functioning dialysis access, the dialysis becomes less efficient; you’re removing fewer waste products, and the patient doesn’t do as well.”

CREATING THE FISTULA

Fistulas are created through traditional open surgery. This connection increases blood flow through the vein, causing it to stretch and become strengthened, explains Mark Lehman, MD, board-certified surgeon and chair, Department of Surgery, who has created many fistulas for dialysis patients.

“Once matured, a fistula should be large and strong enough for dialysis technicians and nurses to see and feel it under the skin, allowing them to insert the dialysis needles easily,” says Dr. Lehman. During dialysis, two needles are inserted into that vein—one to take the blood out and run it through the dialysis filter and the second to return the filtered blood into the vein so that it goes back into the body.

“The surgeon, in a sense, creates a U-turn so that fast-moving blood in the artery, instead of going down the hand into the capillaries, goes back into that thin-walled vein that normally collects the blood coming back from the capillaries,” says Dr. Zirkman. “The fistula is the best type of access because it provides a permanent lifeline for putting in the needles to do the dialysis treatment. Fistulas also last much longer because you’re using a natural artery and vein. They don’t tend to clot off as easily as an artificial vein graft.”

ADVANTAGES OF ENDOVASCULAR SURGERY FOR DIALYSIS ACCESS

The sooner a failing fistula is repaired, the faster a patient can get back on dialysis.

“Recently, I had a case where a dialysis patient with a clogged access was transferred from the 5th floor dialysis unit at CentraState to the Endovascular Lab. She arrived at 2 p.m. and was back on dialysis at 3:20 p.m.—that same afternoon. She received her treatment and went home,” says Dr. Zirkman. “That’s the beauty of having an endovascular surgeon and endovascular lab available.” HD

Endovascular Surgeon on Staff at CentraState

Larry Shindelman, MD

Vascular Surgeons on Staff at CentraState

Central Jersey Surgical Associates

V.K. Ashok, MD
Gabor Kovacs, MD

Charles R. Dinerstein, MD
Mark Lehman, MD

Interventional Radiologist on Staff at CentraState

Kenneth Tomkovich, MD

Nephrologists on Staff at CentraState

Huq, Cruz & Strauss, MD, PA

Muhammed Huq, MD
Avais Masud, MD
Ira Struass, MD

Nephrology-Hypertension Associates

Andrew B. Covit, MD
Thomas Drabik, DO
Glenn A. Dubov, MD
Julia Hydrusko, NPC
James Matera, DO
Nilesh Mhaskar, MD

Renal Associates of Monmouth County

Daniel Zirkman, MD

Pediatric Emergency Specialists On-site 24/7

CENTRASTATE EMERGENCY SERVICES OFFER

Children Care & Comfort

Department is a Level II state-of-the-art facility with 48 private treatment rooms. Each room is equipped to provide specialized emergency care, including pediatrics, mental health, and critical care isolation.

THE 15/30 GOAL

Attention, diagnosis, treatment—right away. That's the motivation behind the ED's 15/30 service goal. At CentraState, an ED patient is seen by a nurse within 15 minutes of arrival and a doctor within 30 minutes.

Laurie Gambardella, RN and clinical director of Emergency Services, recently joined the CentraState team and was impressed by its national ranking.

"The ED team was recently ranked in the 97th percentile by Press Ganey, a nationwide survey measuring patient satisfaction," she says.

DEDICATED PEDIATRIC ED SERVICES

A pediatric emergency physician is on duty 24/7 in the new ED pediatric care area, which includes five treatment rooms decorated in child-friendly themes. Children and parents appreciate each room's large LCD televisions that provide comfort and familiarity for children of all ages.

Florence Ibale, MD, the pediatrician on site when Patrick arrived, closed his injury with 30 sutures. Today, Patrick is back to playing football and feels like his knee injury "never even happened."

"I'm so appreciative that a hospital of this caliber is in my community," says Conti. "It offers a tremendous peace of mind for my family and friends."

For more information about CentraState's Emergency Department services, call (866) CENTRA7 or visit www.centrastate.com. #D



OFF-DUTY NURSE TAKES CHARGE

Miller saw what happened and did what comes naturally—she stepped in to help. "Seeing that the boy was about to lose consciousness, I asked him to put his head between his knees," says Miller. Next, she requested bandages from the store's first-aid kit while offering words of comfort to calm Patrick's fears.

Patrick recalls, "If Mrs. Miller hadn't been at the store, I would have passed out. She made me feel like I would be okay."

"I was so grateful that Valeria came to our aid. Her experience and professional demeanor immediately calmed the situation. She was able to quickly stabilize him so we could get him to the hospital," says Conti.

Miller then called CentraState's Emergency Department to advise the staff that Mrs. Conti was en route with her son. The Contis were already familiar with CentraState's ED; Patrick had been previously treated for a broken finger and sprained ankle.

Benefiting from a \$10 million expansion in 2004, CentraState's Emergency

▲ After an injury in a sporting goods store sent him to CentraState Medical Center's Emergency Department, Patrick Conti is now back to the active life he loves.

"I knew taking my two sons and their friends shopping to a sporting goods store would be an adventure in itself," says Valeria Miller, a nurse at CentraState Medical Center's Emergency Department for the past 12 years. "But, as things turned out, I'm glad we went."

Fran Conti was back-to-school shopping at the same store with her son, Patrick, age 13. Unexpectedly, Patrick fell at the top of the escalator and cut his knee so deeply his mother was able to see his bone.

"I knew the situation was serious, but neither the store's staff nor I knew what to do," says Conti. Meanwhile, Patrick began to perspire and lose color in his skin.

EMERGENCY FOOT SURGERY

Putting a Young Boy Back on His Feet

Last December, Johnny Lucas, a first grader from Freehold Township, was watching a Giants football game with his father, John Lucas, Sr., when the boy stepped on a fallen Christmas ornament that cut deeply into the bottom of his foot. Not only was Johnny bleeding, but his second toe was sticking straight up and he was unable to move it back in line with his other toes. John and Mabel Lucas rushed their son to CentraState Medical Center's Emergency Department (ED).

The ED physician immediately saw that Johnny's severe cut needed more than suturing and made an emergency call to board-certified podiatrist Elliott Lehrer, DPM. Dr. Lehrer found that Johnny's flexor tendon, which makes the toe work and stay in its normal position, was severed and that the joint and cartilage were shining through the opening.

SAVING THE FOOT

"I saw immediately that the injury to the tendon needed to be repaired as soon as possible. This would minimize the

chance for infection and permanent loss of function for Johnny," says Dr. Lehrer. "Patients with serious injuries of this nature recover faster if you operate soon after the injury." With an office in Monroe since 1983, Dr. Lehrer specializes in diabetic foot care and any problems related to the foot. He helps patients of all ages.

On a snowy Sunday night, Dr. Lehrer quickly called in a CentraState emergency operating room team and podiatric surgeon, Brent Rosenthal, DPM, to assist. After administering local anesthesia, the surgeons located the tiny ends of the sliced tendon, fused the tendon, and repaired the joint. Next, they repositioned Johnny's toe back to its normal anatomical position. Dr. Lehrer praised the caliber of the CentraState operating room team, particularly the OR nurse who offered calm reassurance to the 7-year-old, who was conscious throughout the procedure.

When Dr. Lehrer emerged from the operating room, he was greeted by 14 of Johnny's worried friends and family. He quickly reassured the group that the operation was a complete success. After spending a few hours in the recovery room, Johnny was able to go home to rest in his own bed.

PARENTS' FEAR, WORRY, AND GRATITUDE

Mabel went from sobbing to feeling a sense of incredible relief, thanks to Dr. Lehrer and CentraState. She says, "I have four children and have met many doctors over the years, but Dr. Lehrer is one of the most sincere and attentive doctors I've ever encountered. He was so wonderful with my little boy."

After the surgery, Dr. Lehrer reassured Johnny that he could expect a full recovery after a six-to-nine-week healing period. Surprisingly, Johnny missed only a few days of school. On his first day back, his classmates welcomed him with a standing ovation for his bravery. One day recently, when speaking about his experience to his mother, he announced that someday he, too, plans to become a doctor. HD

Johnny Lucas is all smiles after CentraState Medical Center podiatric surgeon, Elliott Lehrer, DPM, repaired his injured foot. ▼

Podiatrists on Staff at CentraState Medical Center

John Brandeisky, DPM, FACFAS

The Center for Foot & Ankle Medicine

Keith Rosenthal, MD

Anthony Fiorilli, DPM

Bruce Frankel, DPM

Elliott Lehrer, DPM

Steven Lemberger, DPM

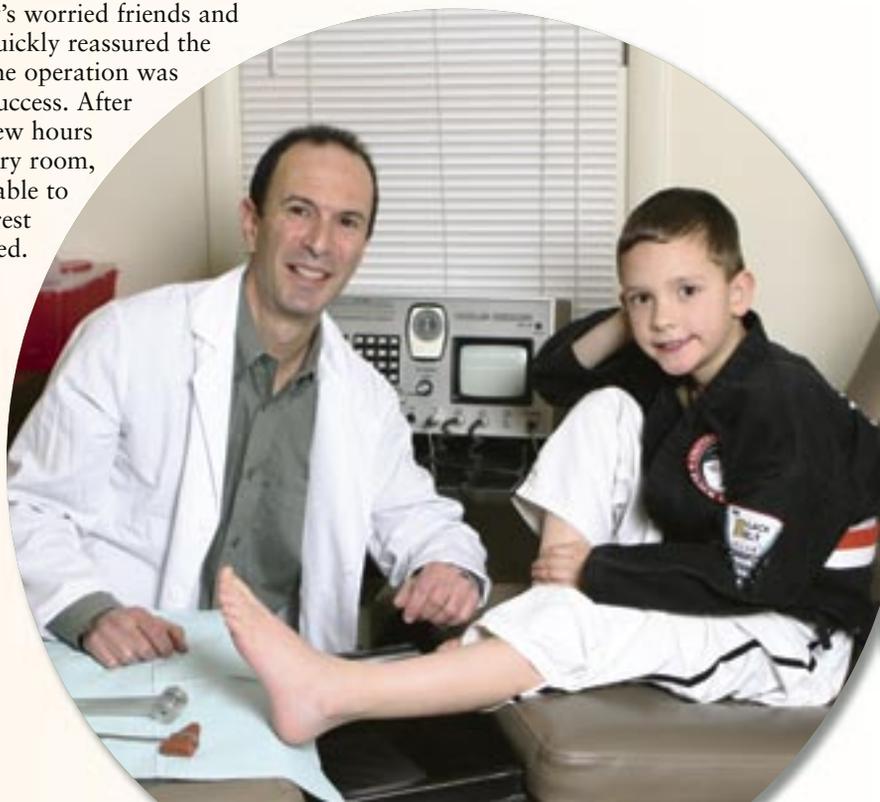
Marlboro Podiatry Center

Marc Cohen, DPM

Henry Miller, DPM

Brent Rosenthal, DPM, FACFAS

Alan Tuchman, DPM, FACFAS



CentraState Expands Partnership with Visiting Nurse Association of Central Jersey

CONTINUITY OF CARE FOR

Senior Rehab Patients

Marty Karsh, manager of Rehabilitation Services at the Visiting Nurse Association of Central Jersey (VNACJ), understands why the partnership with CentraState's senior Physical Rehabilitation Program has been a success from the start.

"CentraState and the VNACJ share an affiliation of patient philosophy—we focus on treating patients holistically," says Karsh. "Patients receive consistent, seamless care from inpatient to home care to outpatient."

CentraState and the VNACJ have joined forces to offer enhanced services in a variety of healthcare and community outreach programs. The latest joint effort includes the Physical Rehabilitation Program at CentraState's Applewood Estates and Monmouth Crossing senior living communities.

In the event residents from these two communities require physical therapy after hospitalization, they will temporarily move into Applewood Estates' or Monmouth Crossing's healthcare unit to receive treatment by CentraState therapists. When they are ready to move back to their independent living apartments, VNACJ or CentraState therapists step in to continue home-based therapy.

CONTINUUM OF CARE

Elvira Ngo, CentraState's manager of Rehabilitative Senior Services, couldn't be happier with the VNACJ partnership.



▲ Rod Justiniani, BSPT, physical therapist, VNACJ, helps Monmouth Crossing resident Milton Sigberman with his physical therapy.

"There is no dividing line between the end of CentraState's therapy services and the start of VNACJ therapy services," says Ngo. "It's a continuum of care that is working successfully for patients and staff."

As an example, Ngo recounts a recent case with an Applewood Estates' resident who was hospitalized at CentraState for knee surgery. After leaving the hospital, she recuperated in Applewood's healthcare unit. Soon after, she was ready to return to her independent living apartment where she would receive further therapy at home.

"Our patient was nervous about transitioning to her apartment and worried that her therapy program might be different," recalls Ngo.

Because of the VNACJ partnership, Ngo was able to introduce the patient to the VNACJ therapist in advance, and they all discussed how her care would continue uninterrupted. Once the VNACJ home-based therapy was complete, the patient returned to CentraState for outpatient therapy services as needed.

REACHING OUT TO THE COMMUNITY

CentraState and the VNACJ are also working together on innovative community outreach programs. One such program, Telecare Connections, helps seniors monitor their blood pressure, heart rates, and blood sugar—right from home. CentraState partnered with the VNACJ and the Monmouth County Office on Aging to establish this consortium of care.

Karsh believes that CentraState is one of the most progressive health systems in the region. "CentraState is aggressively leading the medical community by enhancing services in many vital areas—ambulatory care, orthopedics, satellite clinics, and senior housing options. The facility is equipped to provide a full range of superior healthcare that is second to none."

For further information about CentraState's senior physical therapy program, please call (732) 294-2835. To contact the Visiting Nurse Association of Central Jersey, please call (800) 862-3330. HD

APPLEWOOD ESTATES SENIORSFIRST PROGRAM

Offering Seniors Health and Friendship

Barbara Christer of Freehold Township is more than a volunteer with the SeniorsFirst program—she's also a member. For more than eight years, she has helped host parties, health and wellness events, bus trips, and even a "hillbilly wedding."

"As a volunteer, I never expected to make so many wonderful friends," says Christer.

SeniorsFirst is a free community outreach and education program sponsored by CentraState's Applewood Estates, a lifecare community located in Freehold Township. It is geared to individuals age 60 and up who live within a 25-mile radius of CentraState Medical Center.

SeniorsFirst hosts a wide variety of social events and educational programs that address issues important to today's seniors. Additionally, support groups are available for seniors and their families dealing with stroke recovery, Parkinson's Disease, and weight loss. Monthly blood pressure screenings, health insurance counseling, and even AARP defensive driving courses represent a sampling of the resources available.

"Seniors sometimes are forgotten members of society," says Janet Burns, LPC, LSW, program coordinator, SeniorsFirst. "They need opportunities for socializing along with access to useful community resources."

A FULL SOCIAL CALENDAR

Burns, who has more than 30 years in the mental health field, oversees the 12,000 SeniorsFirst members. The program emphasizes a key component



▲ Volunteer, member, and friend, Barbara Christer enjoys the many benefits of the SeniorsFirst program.

for healthy senior living—socialization. Activities like celebrations and day trips are plentiful. Monthly breakfasts and luncheons with games and entertainment and holiday celebrations can quickly fill up a senior's social calendar. The group even hosted its own "hillbilly wedding" last year, with everyone playing a role.

Additional programs offered by SeniorsFirst focus on health and wellness. Free health screenings and support groups are offered throughout the year, in addition to a health fair and Alzheimer's disease conference. Physicians and clinicians regularly host informative talks on different health topics.

When asked why she volunteers at SeniorsFirst, Christer responds, "My mother said to me, 'when you retire, don't just sit in the house—do something.' That's why I love this group—we are all about good health, good friends, and fun!"

SeniorsFirst welcomes anyone 60 and up to join. Seniors discharged from CentraState Medical Center automatically receive a call from SeniorsFirst inviting them to join. Please call (732) 780-3013 to learn more about the programs and upcoming events.

For information about CentraState's senior living facilities—Applewood Estates lifecare retirement community, Monmouth Crossing assisted living, and The Manor skilled nursing center—call (732) 780-7370 or visit www.centrastate.com. #D

SENIORSFIRST CALENDAR OF EVENTS

JULY & AUGUST 2006

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

STROKE SUPPORT GROUP

Westlake Adult Community

1 Pine Lake Circle

Clubhouse, Jackson, NJ

Mondays, July 10 & August 14, 2 p.m.

DINING OUT PROGRAM AND SENIOR GAMES

Old Country Buffet, Route 9 North,
Freehold

Join us for good food and fun with other seniors. Breakfast roll and coffee, cards, or board games (bring your own), and buffet lunch. **\$6 pay at door.**

Wednesdays, July 12 & August 9, 9:30 a.m.–1 p.m.

PARKINSON'S SUPPORT GROUP

Manalapan Senior Center

211 Freehold Road

Tuesdays, July 18 & August 15, 11 a.m.

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

Applewood Estates Auditorium

Entertainment by Joey, **\$9.**

Friday, July 21, 11:30 a.m.

KOSIN CHIROPRACTIC CENTER

Applewood Estates Meeting Room B

"Oh, My Aching Back"

Presented by Neil Kosin.

Monday, July 24, 1:30 p.m.

SENIORSFIRST—AARP DEFENSIVE DRIVING CLASS

Health Awareness Center—Freehold

Raceway Mall—Route 9 South

A two-day class to improve your driving skills and insurance discount. Make \$10 check payable to AARP and send to SeniorsFirst.

Tuesdays and Thursdays, July 25 & 27 and August 29 & 31.

SENIORSFIRST MEMBERSHIP LUNCHEON—"BACK TO THE 50s"

Applewood Estates Auditorium

Entertainment by Dee Fisher, **\$9.**

Friday, August 18, 11:30 a.m.



Janet Burns, SeniorsFirst program coordinator

STUDENT HEALTH AWARENESS CENTER

Call (732) 308-1850 for information or to register.

GIRLS GROW UP

\$15; parents free.

Girls—Ages 9–12.

Monday, July 10, 7–8:30 p.m.

Thursday, August 17,
7–8:30 p.m.

CHOOSING TO BE SAFE

Ages 9–12.

\$15; parents free.

Tuesday, August 29,

7–8:30 p.m. HD

BLOOD PRESSURE AND CHOLESTEROL SCREENING

Thursday, July 20,

2–5 p.m.

Cholesterol \$10

Blood Pressure—FREE. HD

WEIGHT MANAGEMENT FOR THE WHOLE FAMILY

Nutrition consultation and personal training by appointment.

MEASURE YOUR METABOLISM

MedGem. Determine resting metabolic rate and fine-tune weight-control efforts. \$49.

POST-GASTRIC BYPASS SURGERY SUPPORT AND EDUCATION

Monthly support group meetings. One time fee \$299. HD

FITNESS CLASSES

Fitness Classes held at 65 Gibson Place, Freehold. Call (732) 308-0570 for information or to register.

PILATES

(With rings) 7 weeks, \$56.

(Advanced) 8 weeks, \$72.

(Beginner) 8 weeks, \$64.

(Saturday mixed) 6 weeks, \$48.

AM WORKOUT

8 weeks, \$68.

LET'S GET PHYSICAL

8 weeks, \$68.

STRENGTHEN AND LENGTHEN: BREATHE, STRETCH, AND RELAX

8 weeks, \$68.

CIRCUIT TRAINING FOR KIDS

8 weeks, \$125.

MOVE IT & LOSE IT

7.5 weeks, \$63.75.

PRO-FIT

8 weeks, \$68.

PRO-FIT PLUS

7.5 weeks, \$63.75.

7 weeks, \$30.

CIRCUIT TRAINING FOR ADULTS

6.5 weeks, \$55.25.

FIT ZONE FOR TEENS

8 weeks, \$34.

KIDS IN CONTROL

3 weeks, \$75. HD

INTEGRATIVE THERAPIES

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

HATHA YOGA

7 weeks, \$52.50.

8 weeks, \$60.

T'AI CHI

(Beginner) 8 weeks, \$68.

MASSAGE THERAPY

One hour, \$60.

PRENATAL MASSAGE THERAPY

One hour, \$65.

RAINDROP TECHNIQUE

One hour, \$72.

REIKI

One hour, \$60. HD

FREEHOLD RACEWAY MALL PROGRAMS

Please call (732) 294-0011 for information or to register.

AFTERWORK WORKOUT

8 weeks, \$68.

FABULOUSLY FIT

8 weeks, \$35.

"NEW" PILATES

8 weeks, \$35.

BEGINNER YOGA

Bring a Yoga mat.

8 weeks, \$65. HD

FASTING BLOOD GLUCOSE SCREENING

It is recommended that participants fast 5–8 hours prior to the test.

Thursday, August 17,
9–11 a.m., \$10. HD

CPR FIRST AID TRAINING

The American Heart Association® strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional material for this purpose. 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 PEDI CPR

Basic CPR training designed to teach one-rescuer CPR and relief of choking. Choose training to help adults, children, or both. This is a non-certification class. \$30/\$50 (couple).

HEARTSAVER CPR

Adult: \$35.

Pediatric: \$35.

Combo: \$60 (must take both adult & pedi class).

HEARTSAVER AED (ADULT CPR WITH AED)

\$45.

HEARTSAVER FIRST AID

\$45.

HEALTHCARE PROVIDER RENEWAL CPR

\$45 (with book). HD

KIDS' CLASSES

Registration for all new classes listed below at Freehold Raceway Mall can be prorated for current classes if space is available. Call (732) 294-0011 for information or to register.

NEW TWIST AND STRETCH

Ages 8–12.
8 weeks, \$35.

KIDS CRAFTS

Ages 3–5.
7 weeks, \$65.

TUMBLING TOTS

Ages 3–4 and 4–5,
scheduled accordingly.
7 weeks, \$65.

TWO DOODLE

Ages 2 1/2–3 1/2
and their parents.
7 weeks, \$65.

MUSICAL MUNCHKINS

Ages 2–3 with parents,
3–5 without parents.
7 weeks, \$65.

BABYSITTING CLINIC

Boys and girls, ages 11–15.
Bring a bag lunch.
Saturday, July 15 or Saturday,
August 19. \$30. HD



CHILDBIRTH PREPARATION

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

JOURNEY THROUGH CHILDBIRTH

Understanding Comfort Measures for Labor and Birth
5 weeks, \$120 (\$165 package price available for prepared
childbirth, breastfeeding, and infant care).

3 weeks, Saturday classes, \$120 (\$165 package price
available for prepared childbirth, breastfeeding,
and infant care).

One evening refresher class:

Monthly, \$39.

One-Day Class: Monthly,
\$130.

Breastfeeding class
\$39.

Infant Care Class

4 weeks, \$55.

1 session monthly, \$55.

PRENATAL YOGA

6 Weeks, \$60.

SIBLING PREPARATION

Ages 3–10.

\$15 each child, \$25 for two or
more children.

New!

CESAREAN PREPARATION CLASS 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 3 months.

4 weeks, first 2 weeks free,
then \$10 per class.

BABY & ME

Ages 2–6 months.
6 weeks, \$72.

WEE TWO

Ages 7–12 months.
6 weeks, \$72.

MOVING UP/MOVING ON

Ages 11–13 months.
6 weeks, \$72.

JUMPING JACKS & JILLS I

Ages 12–18 months.
6 weeks, \$72.

JUMPING JACKS & JILLS II

Ages 19–25 months.
6 weeks, \$72.

FUN TIME

Ages 26–36 months.
6 weeks, \$72. HD



NEW!

STROLLER STRIDES

Stroller Strides is a total fitness program for new moms that they can do with their babies.

Taught by a nationally certified instructor.

10 sessions, \$100.

Call (732) 294-0011. 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 checks. HD

COMMUNITY LECTURE SERIES

A series of free or low-cost programs presented by physicians or other health professionals at the Health Awareness Center at Freehold Raceway Mall

unless otherwise noted. Preregistration is required.

Call (732) 294-0011

for a brochure or information. HD

CENTRASTATE BRIEFS



CENTRASTATE BEGINS CONSTRUCTION OF NEW OUTPATIENT SERVICES

In May, CentraState broke ground to begin the largest construction project in its history—a 170,000-square-foot ambulatory services campus, at a cost of \$48 million. The complex, which will be anchored by CentraState’s Health Awareness Center and a new medical fitness club, will focus on prevention, fitness, and diagnostics. CentraState also began its largest fundraising campaign in the amount of \$10 million to help pay for the project. The Peter Jay Sharp Foundation of New York City donated \$1 million and will match the first \$25,000 of any donation in that amount or greater, up to an additional \$1.125 million. The Sharp Foundation will honor its long-time treasurer, Barry Tobias, and his wife Star of Manalapan, naming the new building after them. OceanFirst Foundation of Toms River donated \$300,000, which is the largest donation from a NJ corporation or corporate foundation.

CENTRASTATE OFFERS STATE-OF-THE-ART 64-SLICE CT SCANNER

CentraState and Freehold Radiology Group have partnered to offer a state-of-the-art, 64-slice CT scanner—the latest generation of computed tomography scanners containing many times the number of detectors as the more common four- and 16-slice systems. This advanced technology provides for greater accuracy through faster scanning and higher-resolution images. It also makes it possible to perform certain types of diagnostic procedures, such as cardiac examinations and virtual colonoscopies that require the higher level of precision and speed. The 64-slice CT scanner is located at Freehold Radiology Group in the Donna O’Donnell, RN, Medical Arts Building adjacent to CentraState Medical Center. For more information, call (732) 462-4844.

LOCAL TEENS RAISE \$1,500 FOR CENTRASTATE CANCER PROGRAM

Alex Reed (left) and Jill Gripenberg (right) receive a tour of CentraState’s Radiation Oncology Department by Edward Soffen, MD, radiation oncologist and medical director, Radiation Oncology. The two teens, students at Freehold Township High School, raised \$1,500 for CentraState’s cancer program with a banquet. CentraState was the first hospital in the state to use the Varian On-Board Imager™ to provide image-guided radiation therapy. ▶



▶ Several dignitaries help break ground, including Ted Narozanick, Monmouth County Freeholder; Ellen Karcher, State Senator; John Gribbin, president and CEO, CentraState; Robert O’Donnell, chair, CentraState Board of Trustees; Anthony Ammiano, Freehold Twp Mayor; Dorothy Avallone, Freehold Twp Council; and Penny Pinsker, U.S. Sen. Frank Lautenberg’s office.

SLEEP CENTER RECEIVES NATIONAL ACCREDITATION

The American Academy of Sleep Medicine (AASM) has accredited the Center for Sleep Disorders at CentraState Medical Center. The five-year accreditation, which was awarded after a comprehensive application process and site visit, is earned by a minority of sleep programs nationally, according to the AASM.

HIPS GO HIGH-TECH

CentraState Medical Center now offers computer-assisted, minimally invasive, total hip replacement, the latest technological advance in orthopedic surgery. CentraState is the first hospital in New Jersey to perform the procedure using the specialized Ci System by iOrthopaedics. Only 20 percent of hospitals in the United States use computer navigation in total joint procedures. At CentraState, computer-assisted surgery is performed for minimally invasive knee and hip replacement.

CENTRASTATE HONORS ‘PHYSICIANS OF THE YEAR’

▶ Board-certified gastroenterologist Shelly L. Ludwig, MD, (left) of Central Jersey Gastroenterology Associates, posing with CentraState Healthcare System President and CEO John T. Gribbin, has been selected by his peers on the medical-dental staff of CentraState Medical Center as Physician of the Year.



▶ Gregg S. Berkowitz, MD, a board-certified orthopedic surgeon with New Jersey Orthopedic Associates, has been selected Physician of the Year by CentraState’s nursing staff.

