

Healthy

DIRECTIONS

The full circle of health and wellness
dedicated to excellence.



CentraState
Healthcare System®

Freehold, New Jersey
www.centrastate.com

September/October 2006



Sports Medicine for the Athlete

**Ambulatory Campus
Construction Underway**
\$48 Million Project

**Clinical Trials
Offer More Choices**

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



President's Message

Quality Indicators Set CentraState Apart

At CentraState, we set high standards for ourselves. Our physicians, nurses, and clinical staff continually strive to improve processes through which we deliver care better, faster, and more accurately. Increasingly, the results of our efforts are measured as quality indicators by outside agencies.

Access to care, timeliness of treatment, clinical expertise, staff performance, minimization of risk, and patient satisfaction are just some of the factors used to measure quality of care. These measures are intended to set standards for a broad population, and CentraState has not only met but exceeded some of the highest standards in clinical and consumer ratings.

CentraState Medical Center is the only hospital in our service area to achieve simultaneously three of the most distinguished critical indicators of quality care.

First, being designated as a hospital of clinical excellence by a national authority on healthcare standards puts CentraState in impressive company. We were one of only 12 percent of hospitals across the country to be awarded a five-star rating. Mandating and enforcing board

certification for the members of the Medical Staff is just one way in which this is achieved.

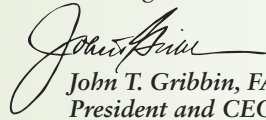
Second, achieving Magnet status from the American Nurses Credentialing Center is an honor only 3 percent of hospitals nationwide can claim.

Third, our patient satisfaction scores are consistently in the top 10th percentile regionally or nationally in four key categories: inpatient, outpatient, ambulatory surgery, and emergency care.

It is the combination of these achievements that sets CentraState apart from other hospitals. They are broad-based indicators of the quality of care provided by our physicians, nurses, and other clinical staff. In turn, our patients are reporting they are highly satisfied with the care they receive.

While many hospitals are striving to achieve these quality accomplishments, we can say that we've done so. We will continue to raise the bar—setting ever-higher standards to deliver high-quality care on a consistent basis.

Yours in good health,


John T. Gribbin, FACHE
President and CEO

Community Voices

Dear Mr. Gribbin:

Because October is Breast Cancer Awareness Month, I scheduled my mammogram during the month of October. During this past year I moved from Freehold, and I am now 65 miles away. However, this did not deter me from returning to CentraState Medical Center where I had all my prior mammograms.

Much to my surprise and concern an abnormality was detected on one of my films. I was so frightened. The entire staff of the Women's Health Center was comforting and reassuring during my visit. To determine the nature of this nodule, Dr. Stanley Rich ordered an additional view of the area in question to be performed via ultrasound. Based on this ultrasound exam performed by Mary Beth Tkach, RDMS, and Pat Walker, RDMS, a breast aspiration was scheduled the following day.

Dr. Kenneth Tomkovich, assisted by Meredith Fernandez, RDMS, and Miriam Esposito, RT(M), performed this procedure. The nodule, a cyst, was completely drained in a short time, and the pathology report was negative.

I am writing to compliment your staff on their professionalism. Each individual I encountered was extremely professional, kind, and caring. You can be assured that in the future I will continue to travel to Freehold where I am confident I will receive consistent, quality care.

Sincerely,

Margaret Parise

The Women's Health Center consistently ranks high in patient satisfaction, scoring in the 90th percentile for the first quarter in 2006, as measured by Press Ganey Associates, the leading patient satisfaction measurement firm.



The Center's staff includes (l-r) Lisa Farro, RT(M), Kristie Stauss, Ellen Graber, RN, and Angela Culkin, RT(M).

Healthy Directions is produced by CentraState Healthcare System, Freehold, New Jersey.

CentraState Healthcare System is a member of the Robert Wood Johnson Health Network and The Cancer Institute of New Jersey.

September/October 2006

Editorial Advisors

Robert D. O'Donnell
Chair, Board of Trustees
John T. Gribbin, FACHE
President and CEO

Daniel J. Messina, PhD, FACHE, LNHA
Senior Vice President & COO

Benjamin Weinstein, MD, PhD
Senior Vice President & Medical Director

Linda W. Geisler, RN, MNEd, CNA, BC
Vice President, Patient Care Services

James M. Goss
Vice President, Public Relations and Marketing

Kim A. Kelly, RN, MS, CNA, BC
Vice President, Clinical Services

Roman N. Lucky, CFRE
Vice President, Development

Rich Mackesy
Vice President, Strategic Planning & Business Development

Jay Solomon, MPA, LNHA
Vice President, Senior Services

Managing Editor
Renee Crofts

Writers
Ronda Mathews Cluff
Jon Coen
Stephanie Duncan
Wendy Reizer
Dominick Rinelli Jr.

Photographers
Kevin Birch
Ron Wyatt

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.

Developed by
TRUE NORTH
CUSTOM PUBLISHING, LLC



98 and Going Strong



Harry DeRisi celebrated his 98th birthday with fellow residents of CentraState's Monmouth Crossing.

At 98 years, Harry DeRisi has lived a full life. An avid athlete in his youth, he went on to a distinguished career with the U.S. Postal Service and is a decorated veteran who served in World War II. He was married for 53 years and has an extended family that keeps him active even today.

One of the first residents to move into CentraState's Monmouth Crossing six years ago, DeRisi knows a good thing when he sees it. "I look forward to the shows we have here every week, especially the musicals," he says.

Monmouth Crossing, Freehold's first assisted living community, focuses on a key factor for today's seniors—offering and ensuring the freedom that independent living provides, but also support when it's needed. Monmouth Crossing bridges the gap between these two avenues, providing seniors the comforts of home, plus the peace of mind that comes from knowing assistance is close at hand any time day or night.

Best of all, CentraState Medical Center is located across the street from the community, offering a higher level of medical care if needed. Residents

at Monmouth Crossing receive a personalized care plan that is customized to meet their unique needs and preferences. An on-site clinic provides additional opportunities for residents to maintain good health and avoid potential waits at private physicians' offices.

Mary Ellen Burns, BA, ADC, Monmouth Crossing's activity director, sees firsthand the importance of a full social calendar.

"Our social life is dedicated to meeting the needs of the whole person—socially, spiritually, and healthfully," she says. Burns coordinates frequent trips to movies, restaurants, and shopping venues along with community trips to Atlantic City, shore cruises, and a yearly visit to the Monmouth County Fair.

DeRisi enjoys his active lifestyle. When asked to what he attributes his long and healthy life, he smiles and says, "I never smoked, and I'm not a big drinker—it's really about simple, clean living."

To schedule a tour of Monmouth Crossing or learn more about this special community, call (732) 303-8600. HD

SENIORSFIRST CALENDAR OF EVENTS

SEPTEMBER & OCTOBER 2006

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

STROKE SUPPORT GROUP

Westlake Adult Community
1 Pine Lake Circle
Clubhouse, Jackson, NJ
Mondays, September 11 & October 9, 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, September 13 & October 11,
9:30 a.m.–1 p.m.

PARKINSON'S SUPPORT GROUP

Manalapan Senior Center
211 Freehold Road, Manalapan, NJ
Tuesdays, September 19 & October 17, 11:15 a.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—"WELCOME FALL"

Applewood Estates Auditorium
Entertainment by Marti Noel, **\$9.**
Friday, September 15, 11:30 a.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 check payable to AARP, \$10 and send to SeniorsFirst.
Tuesdays and Thursdays, September 26 & 28
& October 24 & 26, 12:30–4:30 p.m.

SENIORSFIRST MEMBERSHIP LUNCHEON—"HALLOWEEN BASH"

Applewood Estates Auditorium
Entertainment by Dee Fisher, **\$9.**
Friday, October 20, 11:30 a.m.

Supporting Healthy



TAKING A DEEP BREATH

After an unexpected diagnosis of pulmonary fibrosis (scarring of the lung tissue), Joan P. Tighe of Freehold Township found herself carrying an oxygen tank with her everywhere. The transition was difficult for the active senior.

“I couldn’t come to terms with this new appendage I had—I was uncomfortable. Worse, I was still having trouble breathing,” recalls Tighe.

Tighe’s life changed after speaking with Dawn Similo, RRT, RPFT, a CentraState registered respiratory therapist and coordinator of the Pulmonary Rehabilitation Program, at a health fair at the Freehold Township Senior Center.

“Dawn opened a whole new world for me. She invited me into CentraState’s Pulmonary Rehab Program where I met people like me dealing with the same disease,” says Tighe.

Over time, Tighe came to terms with her oxygen tank, and also found a completely new network of friends in the rehab program.

TURNING FEAR INTO ACCOMPLISHMENT

The program has improved the quality of life for many area residents. Many patients in the program have emphysema or chronic destructive pulmonary disease.

“Our new patients are often fearful of exercising,” says Similo. Patients learn that exercising may bring on shortness of breath at some point, but the situation is manageable. “It’s all about establishing limits for each individual.” Similo also hosts a

▲ Joan Tighe (left) and Nate Neiwert (center) found a new network of friends and the support to breathe easier through CentraState’s Pulmonary Rehabilitation Program. Salvatore Croce, MD, medical director of the program, encourages them during an exercise session.

Helping Patients Breathe Easier

CentraState Healthcare System provides comprehensive pulmonary care through leading-edge diagnostics and treatment.

PULMONARY TESTING AND DIAGNOSTICS

CentraState offers a full range of testing to screen for restrictive and obstructive respiratory conditions. “These tests also are valuable in determining the progression of a disease and the effectiveness of treatment, or for patient evaluation before surgery,” says John Whalen, RRT, NPS, clinical director, Respiratory Care at CentraState. Tests offered by referral include:

- complete pulmonary function—measures lung functioning
- cardiopulmonary stress—helps diagnose lung or heart problems that only manifest during exertion
- helium dilution—assesses how well oxygen and carbon dioxide move in and out of the lungs
- high altitude simulation—mimics conditions that occur during a plane flight to see if and how much blood oxygen levels decrease

- methacholine challenge—assesses airway responsiveness for patients who experience bronchospasms but who have normal results on other tests

CentraState also performs minimally invasive procedures to diagnose pulmonary lesions and inspect airways, including bronchoscopy, fiber-optic bronchoscopy, ultrasound-guided radiology, and CT-guided radiology.

ADDRESSING SLEEP CONCERNS

Accredited by the American Academy of Sleep Medicine, CentraState’s Center for Sleep Disorders offers private suites where diagnostic tests including polysomnograms, or sleep studies, are conducted by highly trained staff. The center’s medical director is Samuel Krachman, DO, board certified in sleep medicine, who trained at the University of Texas Health Science Center. Either Dr. Krachman or a physician board certified in pulmonary disease interprets the studies and tailors treatment to the individual.

Continuous positive airway pressure is a sleep apnea treatment that involves the delivery of air into the airways through a nasal mask. Other treatments include lifestyle and behavioral modification, medication therapy, mechanical therapies, alternative therapies, and surgery.

Call 877-NJ-SLEEP (657-5337) to schedule a tour of the Center. HD

Lung Month in October



Dawn Similo (right), registered respiratory therapist, measures Joyce Zarsky's oxygen level.

monthly support group for people with pulmonary disease. Participants have an open forum to discuss their situations and obtain new information about managing their medical challenges.

Except for transplants, damage to the lungs cannot be repaired. Therefore, pulmonary rehabilitation strengthens the rest of the body, so the lungs do not have to work as hard. Exercise optimizes the body's ability to use the limited lung function that is available. It also serves another critical role—enhancing mental and emotional well-being. The program includes up to 36 one-hour rehab

sessions. John Whalen, RRT, NPS, clinical director, Respiratory Care, recommends that anyone with chronic respiratory ailments, including asthma and emphysema, ask their primary care physicians for a referral or further pulmonary testing.

Salvatore Croce, MD, section chief of Pulmonary Medicine and the medical director of Pulmonary Rehabilitation, says CentraState offers the premier pulmonary program in Central New Jersey. "Physicians from across the state are referring their patients to us," he says.

The success of the program is attributed to a highly trained staff that is focused on enhancing patients' quality of everyday life. "Our patients are our biggest supporters, and that's the finest compliment any medical team can receive."

A VNACJ THERAPIST OFFERS HELP AND MORE

A former systems engineer, Nate Neiwert was left with a paralyzed left diaphragm after thoracic surgery in 1998. Chronically short of breath and diagnosed with obstructive and restrictive pulmonary disease, he avoided any kind of exercise and began gaining weight. In 2005, after a short hospitalization, a physical therapist from the Visiting Nurse Association of Central Jersey (VNACJ) devised a home-based exercise program for Neiwert. Soon after, his ability to breathe and move about improved. He started walking outdoors and began losing weight. Next, he joined the Pulmonary Rehab Program and within a few months had lost 30 additional pounds. His diabetes was now under control as well.

"I never would have believed that anyone could make exercise something I look forward to. This program at CentraState has given me my life back. I can go outside and enjoy my life again," says Neiwert.

For additional information about the Pulmonary Rehabilitation Department or to schedule an appointment, call (732) 294-2671.

To contact the VNACJ, call (800) 862-3330. ^{HD}

LIVE SMOKE FREE

Cigarette smoking is a leading cause of lung cancer and a major factor in heart disease and stroke. CentraState's Health Awareness Center (HAC) offers a comprehensive, seven-week smoking cessation program developed by the School of Public Health at UMDNJ and taught by trained tobacco dependence treatment specialist Maryellen Dykeman, RN, and another instructor.

"We meet one on one with participants the first week to create an individualized plan for quitting smoking, then work from that plan in a supportive group environment," explains Dykeman. "Treatment combines customized behavior modification techniques with nicotine replacement therapy, providing a success rate four times higher than quitting without a program."

To register, call the HAC at (732) 308-0570. ^{HD}



VIDEO-ASSISTED THORACIC CHEST SURGERY

CentraState's LungCare Comprehensive Cancer Center offers advanced technology, including video-assisted thoracic surgery (VATS). VATS is a minimally invasive procedure used in diagnosing and treating conditions including lung cancer and emphysema.

Traditional or open thoracic surgery requires large incisions and the spreading or breaking of ribs to access the chest area. In contrast, video-assisted surgery involves small incisions through which surgeons insert an endoscope, or tiny telescope, attached to a video monitor, and small surgical tools.

"Typically, patients are out of the hospital in a day or two, experience much less pain, and can return to work earlier than with an open procedure," notes Ledford Powell, MD, board-certified thoracic surgeon and medical director of the LungCare Center.

For more information about VATS, call (866) CENTRA7. ^{HD}

Sports Medicine AT CENTRASTATE

Joe Cilea, of Marlboro, is a dedicated athlete. The 36-year-old local chiropractor had been a star outfielder for Marlboro High School and Villanova University. In June of 2003, playing in the Jersey Shore Baseball League, Cilea sprinted in from center field to grab a line drive. He planted his right knee, and it buckled.

"I heard a distinct rip and a pop," he recalls. An MRI revealed both anterior cruciate and meniscal tears. Cilea was devastated.

Ligaments are dense structures of connective tissue that fasten bone to bone and stabilize the knee. The anterior cruciate ligament (ACL) is one of two major ligaments inside the knee joint. These ligaments cross in the center of the knee and control the backward and forward motion of the knee. The meniscii are pieces of cartilage on both the inner side (medial meniscus) and the outer side (lateral meniscus) of the knee. They attach to the top of the shin

bone and the thigh bone and act as shock absorbers during weight-bearing activities.

THE COMEBACK

Through his practice, Cilea had formed a professional relationship with Michael J. Greller, MD, FAAOS, sports medicine fellowship-trained and board-certified orthopedic surgeon at CentraState Medical Center.

Dr. Greller, who was a tennis standout during high school, specializes in getting athletes back to health.

"I understand the athlete, the sport, and the climate of competition that motivates the athlete," says Dr. Greller, who has spent most of his life in an athletic environment. He spent his residency at the Hospital for Joint Disease Orthopedic Institute at New York University, a leading orthopedic institution. He completed his Sports Medicine Fellowship at the Temple University Sports Medicine Program, where he was a team physician for the Owls football and basketball teams, in addition to running a sports medicine training room for all athletes.

"I knew Dr. Greller had a good sports background, coming from Temple, and I'd seen the outstanding recovery time his patients had," Cilea says.

Cilea visited Dr. Greller and, four weeks later, returned for arthroscopic surgery. Dr. Greller made a pair of five-millimeter incisions to remove the torn ACL. He then reconstructed the ACL using a graft, securing it with dissolvable pins and screws. Also, instead of removing the meniscus, he repaired the meniscal tear. The entire surgery lasted about an hour.

"By the second week, I began rehab intensively. I started with restoring my full range of motion," recalls Cilea. "Dr. Greller built up my strength and mobility. He reassured me that I would get back to an active life. He saw my situation through the eyes of an athlete."

"Joe returned to as high, if not higher, of a level than before the injury. He's that determined," explains Dr. Greller.

Using Dr. Greller's specific regimen, strengthening the major muscle groups that surround the knee and lower extremity, Cilea rehabbed and returned to the baseball diamond for the next season.

"I was pleased with my recovery, and in fact, I often forget which knee I had surgery on," laughs Cilea.

SPORTS MEDICINE IN OUR COMMUNITY

Dr. Greller's work at Temple gave him the opportunity to work with world-renowned surgeons, developing advanced arthroscopic skills to treat athletes of all sports. He also worked as a physician with the U.S. Open Tennis Tournament, Alvin Ailey Dance Theater, and Pennsylvania and New Jersey high school football leagues. In addition, he often lectures students, nurses, and community groups on prevention, diagnosis, and treatment, and was recently awarded "Most Complimented Physician at CentraState" for the first quarter of 2006.

"These diversified activities gave me the knowledge to deal with a wide variety of sports injuries," says Dr. Greller. "No matter if it's a promising high school



◀ An avid athlete, Joe Cilea sought the expertise of a fellow athlete—and skilled orthopedic surgeon Michael J. Greller, MD, who is fellowship-trained in sports medicine—when he tore several ligaments in his leg.



Michael J. Greller, MD,
board-certified orthopedic surgeon

athlete who injured her knee or an older gentleman who hurt his shoulder raking leaves, we can get people back into action faster, better, and with a less-invasive procedure.”

While Dr. Greller’s background gave him specific training in advanced arthroscopic surgical techniques, he’s a believer in physical therapy. He explains that 90 percent of all sports injuries are actually non-operative, and specializes in reconditioning the muscles, joints, and ligaments that were injured. In Cilea’s case, it was surgery, and then specific exercises to rebuild the knee.

Dr. Greller has a growing list of similar cases to Cilea’s in his Freehold office. Many patients, including promising high-school athletes, who would have once sought treatment in Philadelphia or New York, are now coming for expert care at a local facility. Sports-specific treatment has tripled in recent years.

“I am seeing 50 to 75 sports-related injuries in the office per week. I’m performing approximately 200 sports-specific operations a year,” says Dr. Greller.

Many of the athletes he treats are simply overworking certain joints. He gives the example of a quarterback who is also a pitcher on a baseball team. For many of today’s multi-sport athletes, there is no down time. One season leads into the next. With summer leagues and intense year-round training, many athletes don’t allow for a recovery phase.

A SPECTRUM OF CARE

Sports medicine encompasses a spectrum of functions beyond orthopedic surgery. Specialists offer pre-participation examinations, make decisions on when an injured athlete should return to play, advise on nutrition and supplement issues, and handle injury assessment and management.

Dr. Greller counsels athletes, educating them to the mechanics of injuries. He forms relationships, ensuring that they have the proper knowledge and rehabilitation to prevent reoccurrences.

“I’ve worked with high-school and college athletes for years. I understand them and what they are trying to accomplish,” Dr. Greller explains.

Cilea continues to shine on the diamond. As for his injury, “I knew I had a lot of work ahead, but I never doubted I would play again.”

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

SPORTS-RELATED INJURIES

Sports medicine deals with any injury involving joints, whether the damage is to ligament, tendon, or bone. Here are a few of the acute injuries most commonly treated.

Most Common Injuries

Ankle sprains and muscle sprains in the back, leg, and arm.

Common Injuries Requiring Surgeries

Knees; usually meniscal cartilage tears, anterior cruciate ligament tears, and, in some cases, both.

Shoulders; tears in the (cartilage) labral, rotator cuff, bursal and tendon injuries (bursitis, tendonitis) and shoulder-instability procedures (dislocations and strains)

Other joints, including the elbow, wrist, ankle, or foot, also may require surgery.

Non-Acute Injuries

Sports medicine doctors also treat overuse injuries, primarily in athletes who abuse muscle groups, bones (stress fractures, shin splints), tendons, and ligaments in multiple seasons.

Sports Physical Therapy at CentraState

Sports physical therapy is a specialized area of physical therapy that concentrates on the rehabilitation of musculoskeletal athletic injuries. The aim is to get patients back to a maximum functional level. CentraState offers sports physical therapy at its Outpatient Rehabilitation Department in the medical center and at its satellite rehab center at Work Out World on Route 9 in Freehold. The rehab staff includes members who are doctors of physical therapy and mechanical therapists certified by the prestigious McKenzie Institute.

For more information, call (732) 294-2700. HD

Orthopedic Surgeons on Staff at CentraState Medical Center

Western Monmouth Orthopedic Associates, PA

James Cozzarelli, MD
Gerardo Goldberger, DO
Michael J. Greller, MD, FAAOS

Medical Specialist Associates, PA

Alberto Velez, MD

New Jersey Orthopedic Associates

Manuel T. Banzon, FAAOS
Gregg Berkowitz, MD, FAAOS
Cary Skolnick, MD, FAAOS

Central Jersey Sports Medicine and Orthopedic Center

Andrew Harrison, MD, FAAOS

Endovascular Clinical Trials

BREAKTHROUGH TREATMENT FOR CAROTID ARTERY DISEASE

“I just felt dizzy and sluggish all the time,” says Gloria Parrilla, an active 74-year-old grandmother with a history of vascular and heart disease. “I couldn’t walk or even sit down without getting dizzy...it was awful.”



Gloria Parrilla is back to volunteering after having her blocked carotid arteries cleared at CentraState Medical Center.

Her cardiologist had Parrilla undergo an MRA (magnetic resonance

angiography)—a diagnostic test that allows doctors to view the flow of blood inside the vessels.

Her carotid arteries, which deliver blood to the brain, were dangerously blocked by a buildup of plaque and cholesterol. He immediately set up an appointment with Parrilla’s endovascular surgeon, Larry E. Shindelman, MD.

DANGEROUS BLOCKAGE

“I’ve worked with Gloria several times, stenting her lower extremities as well as her renal arteries. This time it was her carotids. Her main artery to the right side of the brain was moderately narrowed; however, her left carotid was critically narrowed, impeding the flow of blood and oxygen to her brain, which was causing her dizziness,” explains Dr. Shindelman, a board-certified vascular surgeon and medical director of CentraState’s new, state-of-the-art Endovascular Lab.

“She was an excellent candidate for endovascular intervention and the ongoing Abbott Laboratories National

Carotid Artery Stenting Trial we’re conducting at CentraState.”

INNOVATIVE TREATMENT

The Trial uses a special stent system for treating narrowed carotid arteries—a leading cause of stroke. The system includes distal embolic protection, a miniature filter that captures debris loosened by the implantation of the stent (a tiny, metal, scaffold-like tube). This helps to prevent another blockage or stroke.

During the procedure, a long, ultra-thin, hollow catheter is inserted through a needle puncture in an accessible groin artery. While viewing real-time images on a computer monitor, the physician guides the bendable catheter through the circulatory system into the carotid artery. Once in place, he uses a long, thin wire to snake a filter, balloon, and stent through the catheter to the blocked area.

The balloon is inflated to open the artery, and the stent is implanted to keep it open. The filter, which is positioned above the blockage, catches any debris that may

Cancer Clinical Trials and Research

Having a “Comprehensive” Cancer Program means CentraState Medical Center does more than provide patients with state-of-the-art cancer care. By participating in clinical trials—a criterion for designation of a comprehensive cancer program by the American College of Surgeons (ACoS) Commission on Cancer (COC)—the hospital also offers qualified cancer patients the chance to try emerging treatments that might prove even more effective than current standards.

Clinical trials test treatments or ways of using existing treatments in humans after the treatments have been fully tested in the laboratory and on animals. A treatment undergoes three trial phases before it can be considered for approval for widespread use: Phase I trials evaluate the maximum tolerated dose and toxicity in humans; Phase II trials study how well the treatment

works against a certain type of cancer; and Phase III trials compare the new treatment with the standard, or most widely accepted, treatment.

“Participating in clinical trials gives patients more choices,” says board-certified hematologist/oncologist Jeffrey Silberberg, MD, FACP, chair of CentraState’s Cancer Committee. “When deciding which trials we want to participate in, we look at which are the best match for the types of patients we see.”

He notes that CentraState takes part in Phase II and Phase III trials, so “the treatment being studied is likely to be equal to or better than the current standard.” As with all treatments, each patient is closely monitored so that if the trial treatment does not perform as well as hoped, the patient can be returned to his or her prior care regimen.

CentraState is one of only three sites in New Jersey and 60 sites nationally to be approved as a clinical trial site by the Cancer Trials Support Unit (CTSU) of the National Cancer Institute (NCI), which provides access to approximately 50 clinical trials. CentraState also participates in trials through The Cancer Institute of New Jersey (CINJ). Trials currently underway include four for breast cancer, three for lung cancer, one for pancreatic cancer, and one for prostate cancer. They all involve either chemotherapy or radiation therapy, or both.

“People have different reasons for wanting to participate in a trial. Some may be hoping for better results than they’ve achieved with the currently available treatments. Some simply like the idea of helping to advance the standard of care,” says Janice De Young Breen, RN, APRN, BC, clinical nurse researcher and assistant vice president, Quality and Performance Improvement. #D

be dislodged during the procedure. This filter is removed after the procedure.

“With Gloria, because her left internal carotid artery was the critical side, we decided to do a balloon angioplasty and stent in the left carotid, and consider the right carotid at a later date,” Dr. Shindelman says.

PREOPERATIVE PREPARATION

A week before her scheduled carotid surgery, Parrilla visited CentraState’s Endovascular Lab, which is conveniently located in CentraState’s Donna O’Donnell, RN, Medical Arts Building.

“Dr. Shindelman and his team gave me a tour of the lab. They also explained everything that would take place on the day of the procedure and answered all of my questions,” she explains. “What a wonderful hospital and staff.”

“Gloria’s carotid intervention was performed on a Friday, and she was discharged two days later,” Dr. Shindelman says. “When I saw her in the office the following week, she looked wonderful and her dizziness had completely resolved.”

BENEFITS OF ENDOVASCULAR INTERVENTION

Historically, patients at high risk for stroke or those who have significant carotid artery disease have been treated

with anti-thrombotic (clotbusting) drugs and/or were referred for open carotid surgery—a surgical procedure that involves making an incision in the neck, to access the carotid artery and remove plaque buildup.

Unlike open surgery, this minimally invasive procedure eliminates the risks associated with general anesthesia and avoids the risk of cranial nerve injury and neck scarring. Plus, the procedure can be performed in less than an hour, hospital stays are shorter, and recovery is faster.

Prior to participating in the Abbott trial, Dr. Shindelman successfully completed a similar trial sponsored by Cordis Endovascular, a Johnson and Johnson company.

“To date, I have performed the procedure on more than 30 patients. In my experience, there have been no major stroke, death, or myocardial infarction,” Dr. Shindelman says.

BACK IN ACTION

“Before this procedure, I was stuck in my house for almost two months with overwhelming dizziness. I couldn’t go anywhere or do anything,” Parrilla says. “Now I’m back to volunteering at my local Senior Center, and I feel great.” HD



Larry E. Shindelman, MD, board certified in vascular surgery

CentraState Medical Center also has been approved as a Phase III clinical trial site for multiple sclerosis (MS) patients. CentraState’s MS Center is one of 80 participating sites nationwide. The multi-site study is based at Mt. Sinai Medical Center in New York.

For more information on clinical trials at CentraState, please call (866) CENTRA7 (236-8727) or visit www.centrastate.com. HD

REACHING OUT TO Women in the Community

CentraState Medical Center’s Women’s Health Center is among the most comprehensive in New Jersey. While it features state-of-the-art equipment and knowledgeable staff, it’s the ability to bridge the gap between quality care and the community that makes it stand out.

Mandi Wortman, director, Radiology, and Ellen Graber, RN, breast healthcare specialist, have been working with Liz Donahue, RN, BSN, practice manager of CentraState’s Family Medical Center, to extend services to the growing population of non-English speaking residents. Donahue found that 90 percent of patients who she refers to the Women’s Health Center speak only Spanish.

“We found that some patients were reluctant to come back after they were diagnosed or didn’t realize the importance of a return visit, and they

weren’t getting the proper care,” says Graber.

A GRANT TO BRIDGE THE GAP

The Susan G. Komen Foundation recognizes the challenge as well and awarded the Women’s Health Center a \$22,500 grant to reach out to underserved women of the area’s Hispanic population. The center was the only facility in Monmouth County to receive the grant.

The Women’s Health Center’s goal is to reach at least 250 women in October, national Breast Cancer Awareness Month. Plans include weekly health education sessions, including breast self-exam demonstrations, women’s health literature in Spanish, and translators.

“In this era of cost containment, in which health systems are burdened with high costs for charity care and facilities are closing their breast-care centers, CentraState is seeking ways to expand

its outreach through its Family Medicine Center,” says Wortman. “It actively recruits uninsured residents of Monmouth County.”

HIGH-TECH DIAGNOSTICS

The Women’s Health Center offers the following services to women:

- ultrasound, vacuum-assisted breast biopsy
- computer-aided detection mammography
- core biopsy
- stereotactic biopsy
- ultrasound-guided breast cyst aspiration
- Breast needle localization

To learn more about these procedures or to schedule an appointment at the Women’s Health Center, call (732) 294-2626 or visit www.centrastate.com. HD

STUDENT HEALTH AWARENESS CENTER

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

GIRLS/BOYS GROW UP

\$15; parents free.

Girls—Ages 9–12.

Thursday, September 14,
7–8:30 p.m.

Saturday, October 14,
10–11:30 a.m.

Boys—Ages 10–13.

Thursday, September 21,
7–8:30 p.m.

BIRDS & BEES

How to talk to your children about sex. Learn improved communication skills, what to say, and how to say it.

Tuesday, September 19, 7–8:30 p.m.

\$15 for 1 parent; \$25 for couple. HD

Programs for students at all grade levels include substance abuse prevention, family life, general health, and nutrition. Scout programs to help boys and girls earn badges, try-its, and patches are also available.

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

CentraState has a comprehensive Bariatric Surgery Education and Support Program with pre- and postoperative instruction and support. Monthly support group meetings. One time fee \$299.

KIDS IN CONTROL

3 weeks, \$75.

PERFECT FIT: LIFESTYLE WEIGHT MANAGEMENT PROGRAM

This program includes an individualized food plan and nutritional classes as well as an exercise component.

8 classes. Call (732) 308-0570 to register. HD

FITNESS CLASSES

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

PILATES

(With rings) 8 weeks, \$64.

(Advanced) 8 weeks, \$72.

(Beginner) 8 weeks, \$64.

AM WORKOUT

8 weeks, \$68.

LET'S GET PHYSICAL

8 weeks, \$68.

MOVE IT & LOSE IT

8 weeks, \$68.

PRO-FIT

8 weeks, \$68.

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.

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, \$68.

TWIST & STRETCH

Ages 8–12. 8 weeks, \$35.

KIDS CRAFTS

Ages 3–5.

7 weeks, \$65.

TUMBLING TOTS

Ages 3–5. 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, September 16 or October 21, \$30. HD

PROSTATE CANCER AWARENESS: AN EVENING WITH THE EXPERTS

This interactive seminar is open to the community to provide information on treatment options, strategies for handling a rising PSA, and the impact a cancer diagnosis has on the entire family.

Wednesday, September 27, 7–8:30 p.m., 5th floor auditorium. HD

PRO-FIT PLUS

8 weeks, \$68.

STRENGTHEN AND LENGTHEN: BREATHE, STRETCH, AND RELAX

8 weeks, \$34.

CIRCUIT TRAINING FOR KIDS

8 weeks, \$125. HD

For more information on these classes and other programs offered at the Health Awareness Center, including schedule and description, please visit www.centrastate.com or call (732) 308-0570.

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

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. HD



All prenatal and childhood programs taught by registered nurses, and all free community screenings, including blood pressure, glucose, and mobile wellness van outreach, are co-sponsored by the Visiting Nurse Association of Central Jersey. 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 classes, **\$100.** 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.

Call (732) 308-0570. HD

BLOOD PRESSURE AND CHOLESTEROL SCREENING

Thursday, September 21, 2–5 p.m.

Cholesterol **\$10**

Blood Pressure **FREE.** HD

CENTRASTATE BRIEFS

\$48 MILLION EXPANSION PROJECT UNDERWAY

New Ambulatory Campus to Focus on Health and Wellness

CentraState Healthcare System broke ground in May to begin the largest construction project in its history: a 170,000-square-foot outpatient center. It also received the largest donation in its history—more than \$2 million—to go toward the project.

The three-story ambulatory campus, which will be adjacent to the medical center, is expected to cost \$48 million and be completed in late 2007. It will house CentraState's Health Awareness Center; a state-of-the-art medical fitness facility; outpatient rehabilitation services, which encompass physical therapy, occupational therapy, and speech pathology; and centers for wound care, multiple sclerosis, and pain and spine treatments. The building also will house cardiac diagnostics, the Center for Sleep Disorders, dialysis, physician offices, and a refreshment area.

"One of CentraState's goals is to find new ways to empower patients and clients to take charge of their own health," says John Gribbin, FACHE, president and CEO of CentraState Healthcare System. "It is important that we redefine what services are needed from a community hospital today. This new facility is designed to help people focus on wellness, not just the treatment of patients."

To raise money for the new facility, CentraState Healthcare Foundation launched the "Building for Tomorrow's Healthcare" capital campaign to raise at least \$10 million. More than \$6 million has been donated to date including \$2.125 million from The Peter Jay Sharp Foundation; \$1.5 million from Robert and Donna O'Donnell, of Millstone; \$1.5 million from a group of anonymous donors, and \$300,000 from OceanFirst Foundation.

In recognition of the single largest donation in the hospital's history, the ambulatory campus will be named for Star and Barry Tobias of Manalapan. Mr. Tobias is CEO of Peter Sharp & Co., Inc., a real estate development and property management firm, and treasurer of The Peter Jay Sharp Foundation.

▲ Nina Anuario (center), senior vice president, Business Development, OceanFirst Foundation, presents a check for \$300,000 to John Gribbin (left), president and CEO, CentraState Healthcare System, and Fred Morrelli, trustee, CentraState Healthcare System Board of Trustees and Capital Campaign co-chair, toward construction of the ambulatory campus.

Star (left) and Barry Tobias (right) and their two daughters pose next to an artist's rendering of the Ambulatory Campus building, which will be named after the Manalapan couple in honor of a \$2.125 million donation made by The Peter Jay Sharp Foundation of New York. ▲



The construction of the new outpatient center also will allow CentraState to make key enhancements to its existing hospital facilities. Plans include new and expanded intensive care units, intermediate care units, a new medical-surgical patient care unit, and a new pediatric patient care unit.

For more information about CentraState's "Building for Tomorrow's Healthcare" capital campaign, please call CentraState Healthcare Foundation at (732) 294-7135. #D

CentraState Celebrates First Anniversary as Teaching Hospital

In July, CentraState celebrated the one-year anniversary of its Family Medicine Residency Program, operated in conjunction with UMDNJ-Robert Wood Johnson Medical School. CentraState is one of only 12 New Jersey hospitals with such a program.

"Over the last year, we have increased access to quality care in our community," says Kenneth Faistl, MD, medical director of the Family Medicine Residency Program. "Patients are receiving a high level of care from residents who have tremendous knowledge and a strong grasp of the latest healthcare technology."

The three-year program is now at full enrollment, with 18 medical school graduates on board. The residents are on site daily at CentraState's Family Medicine Center, where they treat patients and perform clinical and administrative functions. These future physicians are under the close supervision of 10 full-time MD and PhD instructors hired by CentraState to oversee the program. In total, the program costs about \$2.5 million per year.

The residents' experience is not limited to the Family Medicine Center. Staff physicians mentor residents and voluntarily instruct them by allowing residents to shadow them at the hospital or at their own private practices.

One goal of the Family Medicine Residency Program is to see graduates open a family practice in the area. Studies suggest more than half of family practice residents join or open physician practices in the communities where they train.

"The residency program has received enormous support from physicians, staff, the administration, and our patients," says Dr. Faistl. "People understand its importance in helping us to expand access to primary care, and they want to be part of that process." #D