

WINTER 2011

**ROBERT
WOOD
JOHNSON
UNIVERSITY
HOSPITAL
RAHWAY**

THE *Your source for
healthy living*
Rose

A Closer Look at
EMERGENCY
Angioplasty
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—Are You
in Control?
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**IS TOTAL JOINT
Replacement**
Right for You?

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Warm Up

WITH WHITE BEAN AND CHICKEN CHILI

Preparing a warm, nourishing meal can be as easy as turning on your slow cooker before you head out the door for work. Fix this flavorful chili when you're short on time this fall.



INGREDIENTS:

- 1 1-pound bag Great Northern beans, rinsed and picked over
- 4 cups low-sodium chicken broth
- 2 cups yellow onion, chopped
- 1 cup celery, diced
- 2 teaspoons ground cumin
- ½ teaspoon ground oregano
- 1 teaspoon dried ground coriander
- ¼ teaspoon ground cloves
- 1 4-ounce can chopped green chilies
- 2 pounds skinless chicken breast, grilled and cubed

DIRECTIONS:

1. Put beans in a heavy pot, then add water to cover beans by 2 inches. Bring to a boil, then cover, remove from heat, and let sit for an hour.
2. Drain beans and rinse well. Discard any leftover liquid.
3. Put beans in a slow cooker, then add chicken broth, onion, celery, and spices.
4. Cover ingredients and cook on low for 6 or 7 hours, or until beans are tender.
5. Mix in chilies and cubed chicken, then cook on low another hour.

Nutritional Information (per serving)

SERVINGS: 8

CALORIES: 352

FAT: 2.3g

CARBOHYDRATES: 41g

PROTEIN: 42.4g

Source: Lauren Bernstein, MS, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway



Satisfying YOUR Sweet TOOTH

The holidays are a time filled with friends, family, and sugar-laden foods. Before you indulge at your next holiday get-together, keep these tips in mind:

► **HAVE A PLAN IN PLACE.** If you know your grandmother is making her famous chocolate cake and you want to indulge, cut back on your carbohydrates for the rest of the day.

“Remember to keep portions small,” says Lauren Bernstein, MS, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. “People should also pay attention to the starch they had at the previous meal to balance the extra carbohydrate intake.”

► **STEER CLEAR OF ARTIFICIAL SWEETENERS.**

While you may think having a diet soda could curb your appetite for sugar, it could actually increase it.

“Certain research shows that people who drink diet soda actually gain more weight,” says Bernstein. “Drink tap or sparkling mineral water instead of soda.”

Robert Wood Johnson University Hospital Rahway offers effective programs to support healthful eating, including Lighter Lifestyles, Diabetes Self-Management, and SHAPEDOWN® for kids. To learn more, call (732) 499-6109.



ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL

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The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns.

Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital in New Brunswick, Robert Wood Johnson University Hospital Hamilton, and Children's Specialized Hospital.

The publication's name, *The Rose*, acknowledges our history of community support. Locally grown roses were sold to raise money to build a hospital for civilians in the city of Rahway. Founded in 1917, Rahway Memorial Hospital was dedicated to those who lost their lives in World War I. The hospital became Robert Wood Johnson University Hospital Rahway in 2003.

A CLOSER LOOK AT Emergency Angioplasty

Heart attacks are frightening, often life-threatening events, but more people are surviving them when they receive emergency care. Now, Robert Wood Johnson University Hospital Rahway has the capability to perform emergency angioplasty, an important option for saving lives.

About 80 percent of heart attack patients are eligible for either clot-busting medication or angioplasty — both treatments that must be performed quickly after symptom onset for the best patient outcome. Angioplasty must be done in a cardiac catheterization laboratory, and hospitals that offer this service will be able to provide the fastest response.

“Angioplasty is a non-surgical procedure performed to open blocked arteries,” says Helen Peare, RN, BSN, coordinator of ambulatory services at Robert Wood Johnson University Hospital Rahway. “The benefits of angioplasty prove more effective than clot-dissolving drugs for those suffering from ST-segment elevation myocardial infarction [STEMI].”

HOW IT WORKS

After a patient is medicated for comfort and the entry site has been numbed with local anesthesia, a thin, soft tube called a catheter is typically inserted into a blood vessel in the groin or arm and carefully guided to the blocked artery near the heart. A safe contrast agent is injected into the tube

and followed on cardiovascular imaging equipment to identify blockages. When a blockage is found, a stent may be inserted to open the artery and improve blood flow.

ARE YOU A CANDIDATE?

Although there is risk associated with any surgery, the National Heart Lung and Blood Institute reports that only 2 percent of people die during angioplasty.

Not everyone is an ideal candidate for the procedure. Issues that prevent patients from receiving angioplasty:

- ▶ **Delayed response time**—For the best outcome, an angioplasty procedure should occur within a 12-hour window of opportunity following the first heart attack symptom.
- ▶ **Ongoing medical conditions**—People with kidney disease or diabetes are at greater risk for developing kidney failure associated with the contrast dye.
- ▶ **Adverse reactions to contrast agents**—An allergic reaction to the contrast dye could result in serious blood flow complications.

Manage Your Diabetes

The nationally recognized Diabetes Self-Management Program at Robert Wood Johnson University Hospital Rahway provides the education people need to make healthy choices for effective diabetes management. The program's highly trained staff develops a customized plan for each participant that includes exercise, counseling, support groups, and education about nutrition and healthy cooking.

To learn more about the Diabetes Self-Management Program, call (732) 499-6109.



Getting Your Heart Back in Shape

Cardiac rehabilitation services available at RWJ Rahway's Nicholas Quadrel Healthy Heart Center for Cardio-Pulmonary Rehabilitation put patients on the right path for recovery following angioplasty, bypass surgery, or another cardiovascular procedure.

Our medically supervised program works with patients

with cardiac problems to address high blood pressure, high blood cholesterol, diabetes, excess weight, lack of physical activity, and other risk factors that affect heart health. The cardiac rehabilitation team develops a personal plan for each patient that includes:

- ▶ nutritional education
- ▶ smoking cessation counseling and support
- ▶ supervised exercise programs

Cardiac rehabilitation is a proven way to improve function for those with cardiovascular disease.

For more information about cardiac rehabilitation at RWJ Rahway, please call (732) 499-6056.



AN IMPORTANT CHOICE: TOTAL JOINT REPLACEMENT SURGERY

The decision to undergo surgery to repair a knee, hip, or other joint should be made after careful consideration and discussion with your physician. The next big decision is where to turn for help.

Unless you have a close friend or relative who has undergone a total joint replacement, you may believe that recovery will mean weeks of rehabilitation in a skilled nursing facility—so you might be surprised to learn that 95 percent of patients at The Joint Replacement Center at Robert Wood Johnson University Hospital Rahway are home three days after surgery.

Our board-certified surgeons, nurses, and therapists are specially trained and experienced in all phases of joint replacement surgery.

STARTING WITH EDUCATION

- ▶ **LEARNING ABOUT THE SURGERY.** Patients receive the information and educational materials they need to understand what to expect the day of surgery and during recovery.
- ▶ **GETTING THE ANSWERS.** Many patients have questions about pain management, so specialists at The Joint Replacement Center explain the steps taken in partnership with Anesthesiology to minimize discomfort and speed recovery and rehabilitation.
- ▶ **PREPARING FOR THE PROCEDURE.** Patients see a physical therapist (PT) two to four weeks prior to surgery to learn home-based exercises. This practice helps patients begin the rehabilitation process immediately following surgery.

“Addressing patients’ expectations and educating them is vital to their success, and this is achieved through a pre-operative class that addresses the surgery and the details of the hospital care,” says Phil Colombrita, orthopedics manager and joint care coordinator at The Joint Replacement Center. “Patients can execute the rehabilitation plan much more easily when they are informed.”

THE BIG DAY

Once the surgery is done and the patient is recovering, a PT performs an assessment, which includes the patient’s walking the day of surgery. This evaluation sets the bar for the patient’s progress for the next few days.



Hip replacement patient Corinne Wnek

Numbers Don't Lie

Successful outcomes for patients at The Joint Replacement Center at Robert Wood Johnson University Hospital Rahway can be measured in several ways.

In 2011, **95 percent** of total joint replacement patients at the Center returned home just three days after surgery.

On the day of surgery, most patients walk **50 to 100 feet**. In the past and at some other centers, this has not been the practice, but research shows that standing and beginning to walk the day of surgery speeds recovery.

Patients walk an average of **460 feet (about one block)** at one time during

the three days they spend at the hospital after surgery.

By the time patients are discharged, they have typically walked **2,500 feet (less than half a mile)**, a much greater distance than patients were traditionally encouraged to attempt so soon after surgery.

The average knee flexion of total knee replacement patients after three days is **90 degrees**.

The Joint Replacement Center at RWJ Rahway has been in Castle Connolly's Top 10 Joint Centers for **two years** in a row.

"We believe in an initially aggressive approach to rehabilitation, which is why we have patients moving and performing exercises on day one," says David E. Rojer, MD, orthopedic surgeon and medical director of The Joint Replacement Center.

Pain management is addressed prior to, during, and after surgery.

Patients participate in twice-daily group therapy sessions with other joint replacement patients. Occupational therapists also visit the rooms and show patients various precautions to take while dressing and moving about during recuperation.

A "JOINT" EFFORT

Including your friends and family in your recovery is important to your success. That's why each patient is asked to designate a "coach" who will be given information on how to help with exercises and offer assistance once the patient returns home. The coach will serve in the important role of helping to keep the patient motivated during the recovery process.

THE HOME STRETCH

On day two, patients enjoy a group lunch with other patients and their coaches and are then given discharge instructions.

If joint pain fails to respond to conservative treatment and keeps you from activities you enjoy, talk to the specialists at The Joint Replacement Center at Robert Wood Johnson University Hospital Rahway about advanced surgical options now available. For more information, visit www.rwjuh.com or call (732) 499-6343.

Is This for Me?

Is pain in your hip or knee interfering with everyday activities? Are you reluctant to climb stairs because you anticipate severe pain in your joints? Have anti-inflammatory medications and physical therapy treatments lost their effectiveness?

If so, total joint replacement may be an option for you. However, undergoing a joint replacement procedure is a major decision, one that requires thorough consideration.

"A discussion about joint replacement should involve the patient, his or her physician, and the family," says David E. Rojer, MD, orthopedic surgeon and medical director of The Joint Replacement Center at Robert Wood Johnson University Hospital Rahway. "This potentially life-changing choice can provide significant improvement in a patient's quality of life, but it's important to understand success with joint replacement involves more than surgery."

In the past, the majority of joint replacement patients were older than 65. However, the number of patients undergoing joint replacement procedures between the ages of 45 and 64 has grown from 20 percent in 1998 to 40 percent in 2008.

"Joint centers around the country are seeing a trend toward a younger patient population, including some in their 40s and 50s," says Phil Colombrita, orthopedic manager and joint care coordinator at The Joint Replacement Center. "Many individuals do not want to wait until age 70 to live pain-free, and because the materials and technologies used are always advancing, replacement joints last much longer than they once did, reducing the need for future surgeries."



Healthy Lungs FOR A HEALTHY LIFE!

Do you avoid activities because of shortness of breath and fatigue?

Pulmonary rehabilitation is a program of supervised exercise and specialized education that can empower a person with asthma to be more active, social, and independent. When people with asthma go through a pulmonary rehab program, they learn to be more in control of their asthma.

Additional benefits include:

- ▶ building strength and endurance to enhance the ability to perform daily living
- ▶ increasing exercise performance with less shortness of breath
- ▶ increasing knowledge about living with a pulmonary disease
- ▶ reducing anxiety and depression

Pulmonary rehab is a standard medical treatment program for people with chronic respiratory diseases, such as:

- ▶ asthma
- ▶ bronchiectasis
- ▶ chronic bronchitis
- ▶ chronic obstructive pulmonary disease (COPD)
- ▶ emphysema
- ▶ idiopathic pulmonary fibrosis
- ▶ interstitial lung disease
- ▶ lung cancer
- ▶ pulmonary hypertension
- ▶ sarcoidosis
- ▶ scleroderma
- ▶ pre- and post-lung transplant

A physician referral is required. Medicare and most private insurance companies cover this program. The pulmonary rehabilitation program at the Nicholas Quadrel Healthy Heart Center for Cardio-Pulmonary Rehabilitation is designed to help patients experiencing debilitating symptoms from chronic asthma or other lung disorders. For more information, call (732) 499-6190.

Asthma—Are You in CONTROL?

Every day, more than 40,000 Americans miss school or work as a direct result of asthma. Are you in control of your asthmatic symptoms?

Asthma is a disorder characterized by inflammation (irritation and swelling) of the airways, which causes shortness of breath, wheezing, chest tightness or pain, and coughing. Although no cure exists for asthma, it can be effectively controlled.

ACE THE ACT

The Asthma Control Test™ (ACT) is a series of multiple-choice questions that prompt patients to rank their asthmatic episodes or symptoms with a numerical option linked to each possible response. When the answers are tallied, the score indicates if the patient's asthma is under control.

"Patients need to understand they must be active participants in their own care management," says Carlos Remolina, MD, board-certified pulmonologist on staff at

Robert Wood Johnson University Hospital Rahway. "Asthma is not like a cold. It needs appropriate treatment and attention just like any other chronic disease or condition."

"Asthma is a chronic condition that can have grave negative effects on the lungs if not properly controlled," says Dr. Remolina. "Utilizing the ACT, I'm able to help patients determine whether or not they are in control of symptoms or need a more aggressive approach to treatment."

Grand Opening IN CARTERET!

After much anticipation, the RWJ Rahway Fitness & Wellness Center at Carteret has opened! The 42,000-square-foot center was showcased on November 1st with a ribbon-cutting ceremony that included Carteret Mayor Daniel J. Reiman, local businesses, Robert Wood Johnson University Hospital Rahway President and CEO Kirk Tice, state and local officials, borough employees, RWJ Rahway Fitness & Wellness Center staff, and what seemed to be every local resident.

Members of the community had the opportunity to get a look at this amazing facility. The center has an astounding array of group exercise classes and fitness equipment and has created local excitement. It is fast becoming the center for health and wellness in the community.

Touring guests were able to watch group fitness classes. They were also able to have free functional movement screenings, conducted by certified personal trainers, and body fat and blood pressure screenings, performed by the nursing staff.

If you have not seen the new facility yet, take a look. The center boasts a large variety of group exercise classes; a pristine and smartly designed aquatic center with junior Olympic lap pool, therapy pool, and spa pool; a state-of-the-art fitness floor with a variety of strength and cardiovascular equipment; beautifully appointed full-amenity locker rooms; a healthy café; free on-site child care, and much more!

An added feature is that the facility will offer physical therapy services and aquatic therapy by its partner, RWJ Rahway, starting in December. The marriage of these services in a single location makes this the first of its kind in Carteret. And you don't have to be a member to use the physical therapy services. All you need is a prescription.

Month-to-month memberships are user-friendly. The staff is excited and ready to educate you on the difference the proper environment, education, and professional instruction can make in helping you achieve your fitness and wellness goals. Please stop by or call (732) 541-2333 to schedule your tour today!

COMMUNITY HEALTH EDUCATION AT RWJ RAHWAY FITNESS & WELLNESS AT CARTERET.

December 12 at 3 p.m.—Nutrition Labels: What Does it All Mean? Registered Dietitian and Certified Diabetes Educator Lauren Bernstein helps you figure it out.

FOUNDATION News

NORTHFIELD BANK FOUNDATION SUPPORTS LOCAL EMERGENCY SERVICES

Many thanks to Northfield Bank Foundation for their generous donation of \$25,300 for Emergency Services at Robert Wood Johnson University Hospital Rahway from the proceeds of their third Annual Charity Golf Outing. Almost \$65,000 has been raised for our hospital from this event.



RWJ RAHWAY RECEIVES \$100,000 MERCK GRANT FOR CARDIAC CATH LAB

The Foundation is pleased to announce a \$100,000 grant from its partner in healthcare, The Merck Company Foundation, for the training and staffing of registered nurses and radiology technologists for the newly renovated Cardiovascular Lab. The training curriculum will help provide best practice, technical knowledge, skills, and the expertise necessary for outstanding outcomes in diagnostic cardiac catheterizations and angioplasties.

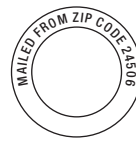
Additional generous contributions for the new Cardiovascular Lab have been received from The E.J. Grassmann Trust, The Provident Bank Foundation, and Joyce Morway.



GOLF OUTING A SUCCESS

Dr. Barry Benisch (second from left) of Rahway Pathology, P.A., and this year's Honorary Golf Chairman, presents a check to Marlene H. Lubinger, Foundation President & Golf Classic Co-Chairman (center right), Kevin Headd, Golf Classic Co-Chairman (at left), RWJ Rahway President & CEO, Kirk C. Tice, (second from right), Brian Leddy, Chairman, RWJ Rahway Board of Governors (pictured right), and RWJ Rahway Foundation Chairperson, Bernice "Bunny" Bowen, (center left) at the 28th Annual Golf Classic at Echo Lake Country Club on September 19th.

COMMUNITY
HEALTH
EDUCATION



RWJ Rahway Fitness & Wellness Center Scotch Plains PROGRAMS + SUPPORT GROUPS

DECEMBER

6

Why Is P.A.D. BAD?
—6 p.m., Clifford Sales, MD, Vascular Surgery

7

Caregivers: Are Your Needs Being Met?—
6 p.m., Amy Mathews, Alzheimer's Association

10

Reiki Certification, Level II—10 a.m. to 6 p.m.,
Paula Rovinsky, RN, MA, HNC, CDE. Fee.

13

Gynecology Then and Now—6:30 p.m.,
Howard Fox, MD, Gynecology

14

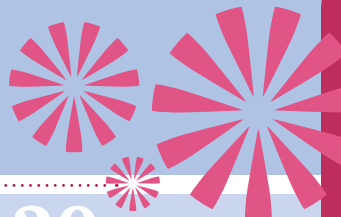
Foot and Ankle Injuries
—6 p.m., Laurence Plotkin, DPM, Podiatry

20

Celebrate Seafood
—7 p.m., cooking demo, Chef and Registered Dietitian Diane Weeks

21

Nutrients Women Need
—6 p.m., Elizabeth Miller, MPH



DELICIOUS, GOOD-FOR-YOU DISHES

Join us for a special series on healthy meal preparation by Chef and Dietitian Diane Weeks. Recipes are made and shared. Each demonstration starts at 7 p.m.

December 6:
Elegant Appetizers

December 20:
Celebrate Seafood

January 10: Soups On

January 24: One Pot Meals

February 7: Cooking With Spice



February 21: Heart to Heart
6 p.m., Paul Schackman, MD, Cardiologist, followed at 7 p.m. by a Heart Healthy Cooking Demonstration with Diane Weeks, Chef and Dietitian. Free. (Please register, because seats fill quickly.)

JANUARY

19

Diabetes and Your Feet—
6 p.m., Jason Galante, DPM, Podiatry

25

The Psychology of Weight Loss
—6 p.m., Elizabeth Miller, MPH

30

Prostate Cancer: To Screen or Not to Screen—6:30 p.m.,
Brett Opell, MD, Urologist

FEBRUARY

15

Killer Stress!—6 p.m., Bernardo Toro-Echague, MD, Internal Medicine

29

Nutrients Women Need
—6 p.m., Elizabeth Miller, MPH

ONGOING SUPPORT GROUPS

Caregivers: Are Your Needs Being Met?
— December 7, 6 p.m., RWJ Rahway Fitness & Wellness Center. Featured Speaker: Amy Mathews, Alzheimer's Association. Caring for a person with Alzheimer's disease or a related dementia can be overwhelming. Caregivers often neglect their own well-being. This program will examine the symptoms of caregiver stress and offer strategies towards becoming a healthier caregiver and setting realistic expectations. To register, call (732) 499-6193.

Starting January 4, there will be two **Caregiver Groups** meeting the first Wednesday of every month. One will be from 3:30 to 5 p.m. and the other from 6 to 7:30 p.m.

Breast Cancer Support Group meets the first Wednesday of each month at 7:45 pm.

Bariatric Support Group, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to all. Pre- and post-operation. Not affiliated with any physician or medical group.

Overeaters Anonymous, a peer-to-peer group for compulsive eating disorders that uses the 12-step program, meets Sundays at 12:30 p.m.

RWJ Rahway runs spousal bereavement groups. The sessions last seven weeks. For information about when and where the next group starts, call Jane Dowling, RN, at (732) 247-7490.

This is just a sample! For a complete listing of events, visit www.rwjhr.com and click on "Community Education," or call (732)499-6193.

If you have special needs, please phone ahead so we can accommodate. Register for programs by calling (732) 499-6193. Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

Programs are free unless indicated otherwise.

Check our website for speaker topics: www.rwjhr.com and click on "Community Education" and "Speaker Topics."

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.