

BARNABAS TODAY

COMMUNITY MEDICAL CENTER
KIMBALL MEDICAL CENTER



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To Our Community,

For the past 15 years, the Saint Barnabas Health Care System’s reputation as New Jersey’s Health Care Leader has grown as a result of the collaborative hard work, dedication and commitment to excellence demonstrated each and every day by our employees, nurses, physicians, volunteers and trustee leadership.

Today, because of their combined extraordinary efforts, the Saint Barnabas Health Care System name, our hospitals, programs and services, have become synonymous with the highest quality care throughout New Jersey and the country.

And now, as we lead the way to a new generation in medicine, we enter a new era, with a new name – Barnabas Health.

Barnabas Health connects our rich tradition of health care excellence, with the promise of a dynamic and progressive future. It is, quite literally, who we are and what we do. A reflection of where we’ve come from. And of where we’re going.

The people of New Jersey deserve the absolute best in medical care and as proud affiliates of Barnabas Health, Community Medical Center and Kimball Medical Center will continue to deliver the most advanced, compassionate and high quality care. Every day. In extraordinary ways.

Sincerely,

Ronald J. Del Mauro
 Ronald J. Del Mauro
 Chief Executive Officer
 Barnabas Health

Stephanie L. Bloom
 Stephanie L. Bloom, FACHE
 Executive Director
 Community Medical Center

Michael Mimoso
 Michael Mimoso, FACHE
 Acting Executive Director
 Kimball Medical Center



Ronald J. Del Mauro
 Chief Executive Officer
 Barnabas Health



Stephanie L. Bloom, FACHE
 Executive Director
 Community Medical Center



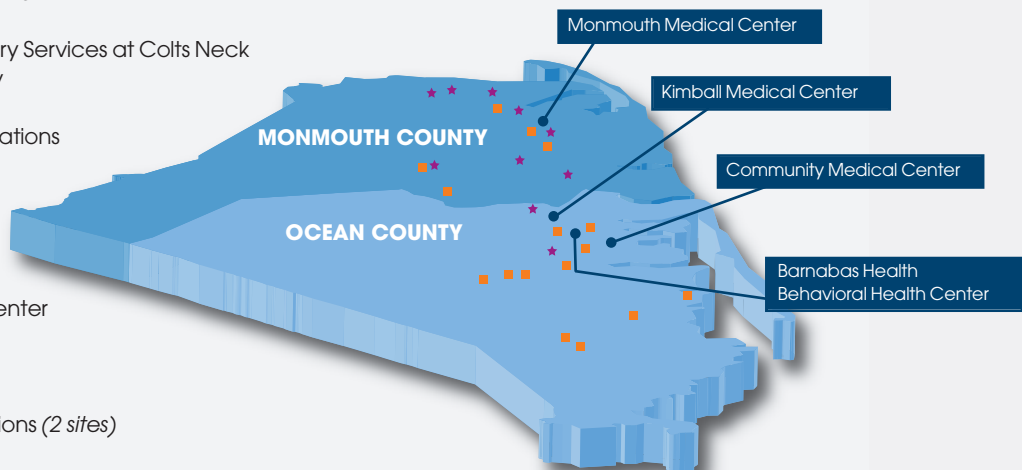
Michael Mimoso, FACHE
 Acting Executive Director
 Kimball Medical Center

★ **Monmouth Medical Group**

Monmouth Medical Group, an affiliate physician practice of Monmouth Medical Center/Barnabas Health, includes 15 medical specialties with locations throughout the region. Visit www.monmouthmedicalgroup.com for more information.

■ **Outpatient Centers**

- Community Medical Center Laboratory Drawing Stations - Toms River, Forked River, Whiting
- Community Medical Center Outpatient Diagnostic X-Ray Services - Toms River, Whiting
- Community Medical Center for Sleep Disorders at Toms River
- Community Medical Center for Sleep Disorders at Manahawkin
- Community Medical Center Women’s Imaging Center
- Jacqueline M. Wilentz Breast Center at Howell
- Jacqueline M. Wilentz Breast Center and Laboratory Services at Colts Neck
- Monmouth Medical Center Outpatient Laboratory and Diagnostic X-ray Services
- Monmouth Medical Center Laboratory Drawing Stations
- Pediatric SubSpecialty Center - Toms River
- Barnabas Health Heart Center - Toms River
- Shrewsbury Diagnostic Imaging
- Corporate Care at Kimball Medical Center
- Corporate Care at Monmouth Medical Center
- The Center for Healthy Living at Kimball Medical Center
- Kimball Medical Center’s Wound Care Center
- The Kimball Institute for Rehabilitation
- Kimball Medical Center’s Mobile Lab (10 sites)
- Kimball Medical Center Laboratory Screening Stations (2 sites)



Community Medical Center

THE BEST POSSIBLE CARE FOR STROKE RECOVERY



During a stroke – when the blood vessels that carry oxygen to the brain suddenly rupture or are blocked by a clot – parts of the brain begin to die almost immediately. And while highly effective treatments exist that can improve the odds you can survive a stroke and significantly reduce the debilitating damage to your brain – they need to be delivered quickly. That’s why recognizing the symptoms of stroke, seeking immediate medical assistance, and when possible, choosing a hospital that specializes in caring for stroke patients are key.

Community Medical Center in Toms River is designated as a Primary Stroke Center. That means patients entering the Emergency Department with the symptoms of a stroke are treated under their Rapid Stroke Assessment protocol in a specialized area to diagnose, treat and care for stroke and heart attack patients without delay.

“For patients suffering from acute stroke symptoms, rapid assessment is critical,” explains **Dr. Gerald Ferencz**, a board certified Neurologist and Medical Director of the Primary Stroke Center at CMC. “Within the Center, patients receive an immediate medical and nursing assessment and the on-call neurologist is brought in,” explains Dr. Ferencz. “An intravenous line is started, blood is drawn for lab work and patients undergo a CT scan, and other imaging studies if necessary – all within a matter of minutes.”

The goal is to quickly identify whether a stroke has occurred and the type, so that appropriate treatment can be administered – and in some cases, so that an imminent or subsequent stroke can be averted.

“Patients experiencing Ischemic strokes can be given a clot-busting medication called tissue plasminogen activator, or tPA, but it is critical that the medication be administered within the first three hours of the onset of symptoms,” he adds. tPA has shown to save brain function and reduce major stroke-related disability in patients who receive it.

As part of CMC’s Primary Stroke Center, patients have access to a higher level of follow-up care with a designated neuroscience unit and specially trained nurses who foster recuperation and rehabilitation. “The staff on this inpatient stroke unit have a higher level of knowledge regarding stroke care, its complications and treatment,” explains Dr. Ferencz. “They work together to make assessments and communicate with the family at a level of significant knowledge to help facilitate recovery,” he adds.

“Just ten years ago, people didn’t think there was much to do for stroke, but all that has changed. The key is rapid assessment and treatment – and the kind of treatment we’re delivering here at Community Medical Center through the Primary Stroke Center,” says Celina Holden, RN, BSN, Community’s Stroke Center Coordinator. The Center currently treats more stroke patients than any hospital in New Jersey, some 1,000 patients in 2010.

In addition to prompt diagnosis and expert treatment, prevention and stroke awareness are also key, according to Holden. “Our efforts to increase the public’s awareness of the signs and symptoms of stroke and the importance of seeking prompt medical attention have made a significant difference in the lives of our patients,” she adds. The staff holds regular education and awareness programs to facilitate the early recognition of stroke using the acronym FAST – which stands for face, arms, speech and time.

“While symptoms of stroke can be vague and are different for everyone, in general, any drooping of the facial muscles, the inability to move your arms or to speak are key signs of stroke and an indication to act fast. Call 911 and get to a primary stroke center for care,” says Holden.

Think**FAST**: Know the signs of a stroke

- ▶ **FACE:** Does the face look uneven?
Ask them to smile
- ▶ **ARM:** Does one arm drift down?
Ask them to raise both arms
- ▶ **SPEECH:** Does their speech sound strange?
Ask them to repeat a phrase
- ▶ **Time:** Every second, brain cells die.
Call 9-1-1 at any sign of stroke!



Gerald Ferencz, MD
Board-Certified Neurologist
and Medical Director of the
Primary Stroke Center

For a referral to a neurologist on staff or to learn more about our stroke and neurology services, please call **1.888.724.7123** or visit **barnabashealth.org**.

COMMUNITY MEDICAL CENTER NAMED ONE OF THE NATION'S TOP 50 HOSPITALS

Community Medical Center has been recognized by HealthGrades as one of America's 50 Best Hospitals for 2011. HealthGrades is the leading independent healthcare ratings organization in the nation.

Hospitals achieving the Top 50 award demonstrated superior and sustained clinical quality over an eleven year time period, based on an analysis of more than 140 million Medicare patient records.

"Being recognized as one of America's Top 50 hospitals is an achievement only made possible by the dedicated and highly skilled physicians, nurses and staff who work at Community Medical Center," said **Stephanie L. Bloom, FACHE**, Executive Director. "Our staff is committed to assuring patient safety at all times and providing the highest quality care. This award validates the care we provide."

On average, patients treated at America's 50 Best Hospitals had a nearly 30% lower risk of death and 3% lower rate of complications while hospitalized. The HealthGrades study found that if all U.S. hospitals had performed at this level, more than a half million Medicare deaths could have been prevented between 1999 and 2009.

"As our nation searches for a solution to providing Americans with access to high quality health care at an affordable price, hospitals like Community Medical Center are setting the standard, demonstrating that consistent, sustainable clinical excellence is achievable," said Dr. Rick May, HealthGrades vice president of clinical quality services and co-author of the report.

Acknowledging the importance of team work in providing high quality care, **Sripad Dhawlikar, MD**, president, Community Medical Center Medical Staff, said, "Many of our physicians have earned distinction in their area of specialization and they are all committed to providing the best possible care to our patients. Always keeping the patient as our focus, we work collaboratively with the hospital and staff to achieve what is best for our patients." He added, "It is gratifying that our work has been acknowledged."

Community Medical Center has been the recipient of HealthGrades Distinguished Hospital Award for Clinical Excellence since 2005, and is one of only three hospitals in New Jersey to be recognized with the Emergency Medicine Excellence Award. In addition, Community has earned distinction for providing quality care in numerous clinical areas including orthopedics, cardiology, pulmonology, general surgery, gastroenterology, maternity and gynecologic surgery.



Stephanie L. Bloom, FACHE
Executive Director
of Community Medical Center



Sripad Dhawlikar, MD
President, Community Medical Center
Medical Staff and Board-Certified
Orthopedic Surgeon



Awards & Accreditations

- ▶ **The Joint Commission – Gold Seal of Approval**
 - ▶ Primary Stroke Center
 - ▶ Acute Coronary Syndrome - first hospital in NJ
 - ▶ Total Joint Replacement – Hip & Knee: *only hospital in Ocean County*
- ▶ **NJ 2010 Hospital Performance Report**
Ranked # 1 in Ocean County for Surgical Care and the treatment of Heart Attack, Heart Failure and Pneumonia
- ▶ **American College of Radiology**
Accreditation for Mammography, Ultrasound, Nuclear Medicine, CT Scan, MRI
- ▶ **Commission on Cancer of the American College of Surgeons** designation as a Community Hospital Comprehensive Cancer Program since 1986
- ▶ **Member of the Penn Cancer Network**
- ▶ **Toms River-Ocean County Chamber of Commerce 2010 Organization of the Year - The J. Phillip Citta Regional Cancer Center**
- ▶ **2011 American Cancer Society**
Visionary Award recipient
- ▶ **American Association of Blood Banks**
Accreditation
- ▶ **U.S. News & World Report's Regions Top 50 Hospitals in the Metro Area**
2010-2011 for Geriatric, Pulmonary and Cancer care
- ▶ **Health Care Processing News**
Department of the Year 2010,
Central Sterile Processing Department

Pulmonary Rehabilitation Program

Helps Patients Breathe Easier



Breathing easy is something many of us take for granted – unless you're one of the 35 million Americans who live with chronic lung disease. Patients suffering from any number of lung conditions in Lakewood and the surrounding communities can breathe a little easier, thanks to the Pulmonary Rehabilitation program at Kimball Medical Center.

“The average American takes about 25,000 breaths a day,” says **Vincent Tomasuolo, MD**, Medical Director of Respiratory Care at Kimball Medical Center. “With every breath we take, oxygen rich air enters our lungs where it meets carbon dioxide rich blood carried from all parts of your body. Inside the lungs an exchange occurs – blood cells take in oxygen and dispel carbon dioxide waste. The oxygenated blood then carries its life giving cargo to the heart, brain, liver and all other parts of our body.”

If you or a loved one are experiencing shortness of breath due to a pulmonary condition including: COPD, Emphysema, Asthma, Asthmatic Bronchitis, Chronic Bronchitis, Bronchiectasis, Pulmonary Fibrosis, Sarcoidosis, or Kyphoscoliosis, you truly need the expertise and knowledge that only a trained respiratory therapist can provide.

“Our Pulmonary Rehabilitation program helps people with moderate to severe breathing problems overcome the physical limitations resulting from their disease,” explains **Frank Rizzutto**, Director of Respiratory Care at Kimball Medical Center. “Candidates for this program include patients recovering from an acute episode, individuals with lung disorders who need conditioning in preparation for surgery and anyone whose activities are limited by chronic lung disease and shortness of breath,” he says.

Each patient's program begins with a comprehensive pulmonary evaluation, conducted by nationally board-certified respiratory therapists trained in pulmonary rehabilitation. Once completed, a carefully planned and individualized treatment program is designed. Each treatment program includes supervised physical conditioning, exercise and educational and nutritional counseling. The goal for every patient is to increase physical capacity and overcome shortness of breath.

“Typically, we work with every patient twice a week throughout the length of the pulmonary rehabilitation program, which will vary based on each patient's condition and individual assessment,” explains Rizzutto. “In addition to exercise and education, every visit includes monitoring of your oxygen level, blood pressure, respiratory and heart rates, as well as assessing your lungs. Your progress is constantly being closely monitored and recorded by our respiratory therapists, and is overseen by Dr. Tomasuolo. Our goal is to help patients improve their quality of life,” Dr. Tomasuolo said.

For more information or to schedule an appointment for a Pulmonary Rehabilitation assessment, please call the Respiratory Care Department at **732.886.4426**.



Vincent Tomasuolo, MD
Medical Director of Respiratory Care
at Kimball Medical Center

A Personalized Approach

Provides Hope and Healing

Jake and his mother, father, Derrick, and younger brother, Colton, began a very long, stressful and challenging journey into a world that none of them were prepared for.

At age 6, Jake endured a full year of chemotherapy followed by two and a half years of follow-up care and treatments. In 2007, Jake had a relapse and had to begin chemotherapy treatments yet again. In July of 2008, Jake had a bone marrow transplant, and had several serious side effects, including a major kidney infection. A year after the transplant, Jake was weaned off of all his medications and his body was almost back to its normal strength.

“Throughout this entire process, the staff at the Valerie Center was there for us...all of us,” says Susan. “The physicians explained everything and educated us about treatments, medical options and government programs,” she said. “They listened and understood what we were going through. They assisted us with the anxieties, the stress and all the little things.”

“When Jake was in first grade, he went to the Valerie Center’s Camp Happy Times for a week. He slept in a cabin, he did arts and crafts, he went swimming and he even went to a baseball game! The doctors, the nurses and all the staff were there to ensure that Jake and all of the Valerie Center children were taken care of. For the first time in a long time, Jake got to be a kid -just a kid- and do things other kids could do, and be with other children who were just like him. It was a wonderful experience for him,” said Susan.

“Here at the Valerie Center, we provide our patients and families with comprehensive, personalized medical care, close to home,” explains **Heather Grossman, MD**, section chief of Pediatric Hematology/Oncology at The Children’s Hospital at Monmouth Medical Center. “We have very special patients with very special needs.”

The Valerie Center provides family-centered care. Both the patient and the family are engaged to be active participants in the care plan. From the beginning, each patient and family meets with the team of care providers at the Valerie Center including the physicians, nurse practitioners, nurses, child life specialists, social workers and clinical director. “During the initial meeting, we explain the diagnosis, outline the treatment plan, and provide the family with an overview of what is going to happen,” says Dr. Grossman. “Most importantly, we allow the family time to absorb overwhelming amounts of information and help them prepare for the future with great hope.”

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Jake Healy from Ocean Township was 6 years old when he was diagnosed with acute lymphocytic leukemia (ALL), a type of cancer of the blood and bone marrow. His mother, Susan, recalls, “Jake was sick for a long time, but wasn’t getting any better. The pediatrician ordered blood work and called us the following day with the results.”

“Our journey began when we went to the Valerie Center the next day. We couldn’t have gotten through this without them,” said Susan.

The Valerie Fund Center at the Children’s Hospital at Monmouth Medical Center provides comprehensive medical services to infants, children, adolescents and young adults with leukemia and other cancers and blood disorders, such as sickle cell anemia, thalassemia and thrombocytopenia.

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“Our patients’ needs come first and we center their care, and the way the care is administered, on their individual needs,” explains Dr. Grossman. “Our child life specialists, nurses, nurse practitioners, social workers and clinical administrator are part of a fantastic team of incredibly dedicated, energetic, compassionate and experienced professionals who work closely with children and their families. Ongoing support at every level is vital in managing both the diagnosis and the treatment.”

The Valerie Center provides a soothing atmosphere for its patients, with seashore-themed exam rooms, floor-to-ceiling wildlife murals and themed treatment rooms. “Jake would have his transfusions in the “cinema.” He would come in to have his treatments and not feel like he was in a clinical setting at all. He was going to see a movie in the theatre,” said Susan.

The Valerie Center offers various therapies and counseling opportunities for patients, including pet therapy, art therapy, music therapy and interactive play therapy. Support groups are available for all members of the family, including a patient support group, sibling support group and family support group. Annual parties for all Valerie Center families are held, including a holiday party, summer beach party and Halloween party.

“Jake was in first grade when his initial treatment was done and it was time for him to go back to school. The Valerie Center child life specialist and social worker went to Jake’s school and held a special program for his classmates. They explained that he was not contagious, they explained his challenges and they worked with the children, the teacher, school nurse and school administrators to make sure his transition back to school was safe and seamless,” explained Susan. “I will never forget that.”

Today, Jake is a healthy, vibrant young teenager, who is preparing to receive his driver’s permit in the fall. He continues to come to the Valerie Center every six months for follow-up tests and check-ups, and he always returns for annual events.

“Everyone out there needs to understand that they do not need to travel to Philadelphia or New York to get better care. What the team at the Valerie Center provides is superior to what you would receive anywhere else. Here we are treated as family. Elsewhere, we would just be a number,” explains Susan.

“I can’t even express in words how grateful I am to the entire team at the Valerie Center. They will forever be a part of our family.”

The Valerie Fund Children’s Center for Cancer and Blood Disorders at The Children’s Hospital at Monmouth Medical Center cares for patients on the campuses of Monmouth Medical Center in Long Branch and at Community Medical Center in the J. Phillip Citta Regional Cancer Center in Toms River.

For further information about the Valerie Fund Center at the Children’s Hospital at Monmouth Medical Center, call **732.923.7455**.



Pediatric Subspecialty Center at Toms River

67 Route 37 West

Riverwood 2 Building, Third Floor
Toms River, New Jersey

The Pediatric Subspecialty Center is a partnership between The Children’s Hospital at Monmouth Medical Center and Community Medical Center, both affiliates of Barnabas Health.

▶ Pediatric Endocrinology

Pediatric endocrinologists *Frank P. Barrows, DO*, and *Vlady Ostrow, DO, FAAP*, diagnose and treat hormonal disorders and conditions, including diabetes, thyroid dysfunction and growth disorders.

▶ Pediatric Gastroenterology

Pediatric gastroenterologists *Jonathan Teitelbaum, MD*, and *Tina Rakitt, MD*, provide a comprehensive approach to the diagnosis and treatment of common and complex digestive problems, including colic, diarrhea, abdominal pain, Crohn’s disease and colitis.

▶ Pediatric Pulmonology

Pediatric pulmonologists *Robert Zanni, MD*, and *Eduardo Sembrano, Jr., MD*, offer asthma education and specialized expertise to diagnose and treat pulmonary and respiratory disorders including asthma, cystic fibrosis, respiratory infections and sleep-related breathing problems.

For information or to schedule an appointment, call **732.557.3541**.



Heather Grossman, MD
Section Chief of the Valerie Center
at The Children’s Hospital at Monmouth.

CANCER'S WORST ENEMIES AND YOUR BEST HOPE

The J. Phillip Citta Regional Cancer Center

Two new additions to the J. Phillip Citta Regional Cancer Center at Community Medical Center bring the most advanced cancer fighting technologies to area residents - Rapid Arc Radiotherapy & CyberKnife.



David D'Ambrosio, MD
Board-Certified Radiation Oncologist and Medical Director, CyberKnife Program



Rajesh Iyer, MD
Board-Certified Radiation Oncologist and Chair, Radiation Oncology at Community Medical Center

EVERYTHING YOU NEED TO FIGHT CANCER IS NOW AVAILABLE RIGHT HERE IN TOMS RIVER

- ▶ The region's top oncologists
- ▶ The most advanced technology
- ▶ Access to national clinical trials
- ▶ State-of-the-art Infusion Center

The J. Phillip Citta Regional Cancer Center offers comprehensive cancer care:

- ▶ Medical Oncology
- ▶ Surgical Oncology, including Ocean County's only Robotic Surgery Program
- ▶ Radiation Oncology
- ▶ Infusion Program
- ▶ Access to national clinical research trials
- ▶ Diagnostic and Interventional Imaging
- ▶ Complementary and Holistic Services
- ▶ Accredited by the Commission on Cancer of the American College of Surgeons as a "Community Hospital Comprehensive Cancer Program" since 1986

MEMBER



Penn Cancer Network

For information about the full scope of services and new technology available in the J. Phillip Citta Regional Cancer Center, please call **732.557.8148**.

RAPID ARC



Rapid Arc radiotherapy technology is one of the most sophisticated technologies currently available in the fight against cancer. Rapid Arc is able to fight cancer up to eight times faster than most linear accelerators with dramatically increased precision. This combination of unprecedented speed and uncompromised quality allows our Radiation Oncologists to improve the standard of care for our patients while increasing their comfort level.

CYBERKNIFE



The CyberKnife is a non-invasive alternative to surgery for the treatment of both cancerous and non-cancerous tumors anywhere in the body. The treatment, which delivers beams of high dose radiation to tumors with extreme accuracy, offers new hope to patients. The CyberKnife is the world's first and only robotic radiosurgery system designed to treat tumors throughout the body non-invasively. It provides a pain-free, non-surgical option for patients who have inoperable or surgically complex tumors, or who may be looking for an alternative to surgery.

AN INSIDE LOOK AT KIMBALL MEDICAL CENTER'S RADIOLOGY SERVICES

Whether you need a routine chest x-ray, a CT scan or MRI for diagnostic purposes, or an interventional radiology treatment to open a blocked vein or artery, you can count on the state-of-the-art technology, staff expertise and convenience of the Radiology Department at Kimball Medical Center. Kimball offers some of today's most advanced medical imaging, diagnostic and interventional technologies, as well as expertise in a myriad of subspecialties to meet virtually every radiological need.

According to **Robert Cranley, MD**, board certified radiologist and Chairman of the Radiology Department at Kimball Medical Center, the department has evolved with new advances in technology, expanding the scope of imaging capabilities. "New technology has made radiology increasingly key to not just securing the most accurate diagnoses, but also to facilitating advanced treatments as well," he adds.

"CT scans, MRI and ultrasounds have become so advanced over the last decade that the type of information we're able to acquire and provide to physicians is forming the basis of their treatment regimes," he adds. "New technology like PET scans at Kimball Medical Center are now the modality of choice for determining if patients have cancer and what their course of treatment will be," he adds.

"We no longer use film technology," explains Dr. Cranley, "but instead we're completely computerized and use advanced digital technology." That advanced computer technology allows Kimball's staff of board certified radiologists to access the highest quality imaging results across every modality and provide results to referring physicians almost instantly – bypassing the need to chemically process or develop films before they undergo interpretation. It also means the images can be optimized using advanced computer technology to improve visualization – allowing the staff to further enhance their diagnostic capabilities.

"Our team of licensed and certified medical imaging technologists and registered interventional radiology nurses are exceptional at what they do," says Dr. Cranley. And our medical staff are experts in their field, with training and clinical expertise in virtually every aspect of radiology, from diagnostic x ray, CT scanning, MRI and PET scanning, to interventional radiology,

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neuroradiology, musculoskeletal imaging, ultrasound and nuclear medicine,” notes Dr. Cranley.

The department also has a fully integrated Picture Archive and Communication System – known as PACS. This system, a combination of hardware and software, manages the short and long term storage, retrieval, management, distribution and presentation of images.

It enables physicians to view images on a computer from any location – whether they’re in the hospital, at home, in their office or elsewhere. “The images can also be viewed simultaneously by referring physicians and radiologists for real-time consultations,” adds Dr. Cranley. The PACS system archives all the information for later comparisons – which can be key in the early diagnosis of certain cancers or other diseases.

“Together, Kimball’s state-of-the-art diagnostic equipment coupled with the computerized picture archive system enables us to provide an enhanced level of services to referring physicians and to our patients,” says Dr. Cranley. “Enhancing the level of diagnostic information we’re able to provide and ensuring a higher continuum of care overall.”



Robert Cranley, MD

Chairman, Department of Radiology
at Kimball Medical Center

For more information or to schedule an appointment
call **732.886.4447**.

WHY CHOOSE A HOSPITAL BASED RADIOLOGY FACILITY?

According to **Fred Wishner**, Director of Radiology Services at Kimball Medical Center, it’s really about the continuum of care and scope of services that a hospital-based Radiology Center like Kimball Medical Center can provide.

1. *“Generally speaking, radiology may be just one of the diagnostic tests that your physician may require. A freestanding x-ray facility may not provide the scope of imaging services you might need – nuclear medicine for example – or provide other diagnostic services that you will find at a hospital-based facility like Kimball.”*
2. *“Plus, Kimball Medical Center’s Outpatient Pavilion is very convenient and user friendly,” Wishner adds. “We have ample parking, fast convenient registration and all the services you might need in one location. We provide the best of both worlds – the intimate environment of an outpatient center with all the services of a large hospital system,” he adds.*
3. *Patients also find the center’s extensive hours of service particularly convenient. “We’ve based our schedule around the customers’ needs,” says Wishner, “with early morning, lunchtime, and evening hours, and walk-in imaging procedures available for those who don’t need advanced preparation. We’re even open Saturdays and Sundays. If you need an ultrasound, a CT scan or an MRI and need to schedule it on the weekend, no problem; we can accommodate you.”*
4. *“We’re also a ‘one stop shop’,” says Wishner, “providing lab work, EKG, and follow up care in one appointment, with quick, efficient services. Plus, patients who use Kimball Medical Center establish a digital medical record – with all outpatient and diagnostic test results archived in our PACS system database – ready if you need it in the future,” he adds.*
5. *“Having that comparative information offers the Radiologist a full medical background to make a differential diagnosis and allow them to pinpoint more quickly if something is going on with your health. A typical freestanding radiology center just can’t offer that continuum of care.”*

IN GOOD HANDS

When Kelly Tobin of Sea Bright went to the Emergency Department at Monmouth Medical Center earlier this year with severe pain and bleeding, a CT scan revealed a massive tumor that wrapped around her kidney and slinked through a major blood vessel all the way into her heart. Doctors told her it was locally advanced kidney cancer and she would need complex surgery of the heart, chest and abdomen. They quickly contacted their colleagues at the Barnabas Health Heart Center at Newark Beth Israel Medical Center, where Ms. Tobin was transferred immediately.

Kidney cancer accounts for about three percent of all malignancies and often remains undetected until the advanced stage. "I've seen a handful of these tumors in my career, but never one this large," said **Ravinda Karanam, MD**, cardiothoracic surgeon at the Barnabas Health Heart Center at Newark Beth Israel, who immediately began gathering the team of specialists in cardiology, urology, vascular surgery, general surgery, oncology, anesthesiology and interventional radiology, who would bring Tobin through an extraordinarily delicate and complicated procedure.

"There was great urgency with Tobin's case," said Dr. Karanam. The mass had a tremendous blood supply and its surface was covered with blood clots. To complicate matters, Tobin had a congenital heart defect, a small hole between the right and left chambers of her heart known as a patent foramen ovale (PFO). The growing tumor had forced that small hole open. "If a piece of the tumor broke off and traveled from the right chamber to the left it could have flowed to her brain or any other organ. Or, if a large piece got into her lungs, it could have been instantly fatal," he explained. The day before her surgery, Tobin underwent a catheterization procedure that cut off blood flow to the portion of

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“I feel better than I have in a very long time,” said Ms. Tobin. “I have four important things going for me – amazing doctors, divine intervention, positive thinking and supportive friends and family.”

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the tumor that engulfed one kidney. In the operating room, Dr. Karanam began the procedure by repairing the PFO and removing a lemon-size tumor from inside her heart. Then he cleared more of the tumor from her inferior vena cava, the major blood vessel that delivers blood back to the heart from the lower half of the body.

“Typically we take these tumors out in one piece, but because of its extraordinary size, we operated in her chest and abdomen at the same time,” said **Bruce Brener, MD**, director of the vascular center of Barnabas Health. Surgeons also repaired her common bile duct that was invaded by the tumor.

“In this era of targeted therapy for renal cell carcinoma, I am very optimistic for Ms. Tobin,” said **Indu Sabnani, MD**, Oncologist at Newark Beth Israel Medical Center.

A CARDIAC NETWORK

The Barnabas Health Heart Centers offer a single comprehensive adult and pediatric cardiac program with locations throughout the state. Our network of cardiovascular specialists treats patients close to home in Ocean and Monmouth counties with advanced technologies and the benefits of cutting-edge cardiac research.

From heart disease prevention programs and the finest emergency heart attack care, to cardiac catheterization, minimally invasive valve and coronary bypass surgery, and heart transplant, Barnabas Health Heart Centers are nationally recognized for excellence. Families seeking the most sophisticated care for children with congenital heart defects turn to the Children’s Heart Center and its new pediatric cardiac surgery partnership with NYU School of Medicine. Working in concert, adult and pediatric cardiologists and surgeons provide lifelong care for all types of congenital heart conditions in teens, adults and seniors including those complicated by heart rhythm problems, heart failure, pregnancy and pacemakers.

SPECIALTY CARE AT TOMS RIVER

The Barnabas Health Heart and Lung Specialty Center at Toms River directly connects you to New Jersey’s leading cardiac and pulmonary subspecialists. Our team of accomplished cardiologists, cardiothoracic surgeons and pulmonologists see patients for diagnosis, treatment planning and follow-up care after heart or lung surgery. And our fully integrated imaging system allows you to have your diagnostic tests performed locally.

▶ Cardiothoracic Surgery Consultation

Paul Burns, MD; Margarita Camacho, MD, Craig Saunders, MD

▶ Heart Failure Treatment and Transplant Program

Mark J. Zucker, MD, JD

▶ Lung Transplant Program

Sean Studer, MD, MSc

BARNABAS HEALTH HEART CENTERS

National Leader

- ▶ Performs the most cardiac catheterizations in New Jersey
- ▶ Fifth largest Heart Failure Treatment and Transplant Program in the nation
- ▶ Named among the nation’s top 50 hospitals for Specialty Care in Heart and Heart Surgery by *U.S. News & World Report America’s Best Hospitals* for three consecutive years
- ▶ Participates in the most cardiac research in New Jersey
- ▶ Received the Gold Seal of Approval from *The Joint Commission* for Accreditation for Acute Coronary Syndrome
- ▶ Awarded by the *American Heart Association* for heart attack treatment and heart failure care

Barnabas Health Heart Centers

- ▶ Clara Maass Medical Center, Belleville
- ▶ Community Medical Center, Toms River
- ▶ Kimball Medical Center, Lakewood
- ▶ Monmouth Medical Center, Long Branch
- ▶ Newark Beth Israel Medical Center, Newark
- ▶ Saint Barnabas Medical Center, Livingston
- ▶ Barnabas Health Heart Center, Hackettstown
- ▶ Barnabas Health Heart and Lung Specialty Center, Toms River
- ▶ Advanced Heart Failure Program at Summit

www.barnabashealth.org/heartcenters

1.888.724.7123



Bruce Brener, MD
Director of the Vascular
Center of Barnabas Health



Indu Sabnani, MD
Oncologist
Newark Beth Israel
Medical Center



Ravindra Karanam, MD
Cardiothoracic Surgeon at the
Barnabas Heart Center at
Newark Beth Israel Medical Center

Maintaining Good Mental Health Through the GOLDEN YEARS



COMPREHENSIVE PSYCHIATRIC SERVICES FOR OLDER ADULTS

Aging and the complex array of life changes that result can sometimes be difficult to manage. Experiencing the loss of a lifetime companion, dealing with declining physical or mental capabilities, or coping with the loss of independence can lead to confusion, mood swings, anxiety, depression and in some cases even suicide.

The Barnabas Health Behavioral Health Network offers a safe, comfortable place where older adults can find a complete range of helpful, supportive mental health services. Under the direction of a board certified geropsychiatrist, we treat a full range of conditions that are increasingly common with age. From anxiety, depression and addiction, to phobias, paranoia and dementia — we help older adults regain a sense of purpose, feel better emotionally and physically, and achieve the highest quality of life.

Programs for Older Adults Include:

- Crisis Intervention
- Inpatient Hospitalization
- Intensive Outpatient Programs
- Outpatient Services

Our board certified geriatric psychiatrists take into account co-existing medical conditions, medications, dietary needs, family issues and social concerns as they develop a treatment plan. Care is based on the severity of problems, but may include: individual, group and family therapy, grief and loss processing, disease process education, recreational therapy, medication management and home health care.

For more information call our 24-hour Access Line at 1.800.300.0628.

Maintaining good mental health is important at every age, but is particularly critical to overall health as we grow older. **Muralidhar Krishnaiah, MD**, a Geriatric Psychiatrist who oversees Older Adult Mental Health Services at the Barnabas Health Behavioral Health Center in Toms River, talks about mental health issues in older adults.

► Why are mental health issues particularly critical in those over 65?

“Mental health issues frequently go unrecognized and untreated in older adults – with serious and sometimes life threatening consequences. Untreated depression can increase the risk for chronic illness, speed cognitive decline and the onset of dementia. Untreated, late onset depression has led to an extraordinary high rate of suicide among older adults, particularly in Caucasian men over 65.”

► Why is depression so difficult to recognize in older adults?

“The symptoms in older adults are different – vague aches and pains, fatigue, insomnia, poor concentration and memory loss – and are often dismissed as an inevitable part of growing older. This population is often coping with chronic health conditions – heart disease, stroke, diabetes, cancer or Parkinson's disease and their mental health needs tend to fall to the bottom of the treatment hierarchy. Even patients who become depressed as a result of coping with chronic medical concerns, dismiss their symptoms as normal in light of their situation, and go untreated. Seeing a psychiatrist who specializes in geriatrics is key to identifying mental health issues in older adults and getting the appropriate treatment.”

► What are the symptoms to look out for?

“Older adults don't always express feelings of sadness, but rather may get irritable and agitated. They may experience confusion, memory problems and become socially withdrawn. They struggle with insomnia. They may become socially withdrawn, anxious, fearful or experience hallucinations. They may lose their appetite, experience weight loss, and complain of vague aches and pains.”

Any major change in energy, mood or cognitive functioning that lasts for more than two weeks should be evaluated. Effective treatments are available and can help older adults enjoy a better quality of life.

If you have a concern for yourself or a loved one, find out more by calling the Barnabas Health Behavioral Health Network at **1.800.300.0628**.



Muralidhar Krishnaiah, MD
Geriatric Psychiatrist



HYPERBARIC OXYGEN THERAPY

OFFERS INNOVATIVE TREATMENT FOR CHRONIC WOUNDS

As far back as the 1600s, oxygen therapy was used to treat a multitude of diseases. A British clergyman named Henshaw built the first chamber for patients using bellows to supply pressurized air. Although the technology has come a long way in 400 years, the premise is still the same.

Hyperbaric Oxygen Therapy is a course of treatment used for various conditions and illnesses, including diabetic ulcers and other non-healing wounds. Kimball Medical Center has recently opened the Center for Hyperbaric Medicine, the newest service within the hospital's well-established Wound Care Center. Now called the Center for Wound Healing and Hyperbaric Medicine at Kimball Medical Center, Kimball's ability to care for patients with slow or non-healing wounds is the most comprehensive in this region.

The Center for Wound Healing and Hyperbaric Medicine at Kimball Medical Center is led by co-medical directors **William Dalsey, MD** and **Johnny R. Larsen, DO**.

Dr. Dalsey said, "At Kimball Medical Center, we apply proven wound care practices and advanced clinical approaches to help patients suffering from chronic wounds. Our multi-disciplinary team consists of physicians with advanced training in wound management and hyperbaric medicine, and nurses skilled in chronic wound care treatment." Dr. Larsen explained that a patient undergoing hyperbaric treatment rest inside a comfortable clear chamber, while pure oxygen is administered at atmospheric pressure two to three times higher than normal pressure. "As the patient breathes normally, an increased concentration of oxygen enters the bloodstream. This process increases the oxygen delivery to all tissues, stimulates the growth of new blood vessels, improves the ability of the white blood cells to kill bacteria and helps boost the body's own natural healing process," he said.

The new Center for Hyperbaric Medicine is conveniently located on the first floor of Kimball Medical Center. Drs. Dalsey and Larsen carefully evaluate a patient's condition and medical history, and work together to develop the correct and specific treatment plan.

Throughout the treatment process, the HBOT technicians can speak directly to the patient, ensuring the highest level of comfort and accommodation.

Patients with the following diagnoses may benefit from Hyperbaric Oxygen Therapy:

- ▶ Diabetic Leg and Foot Wounds
- ▶ Chronic Bone Infection
- ▶ Acute Arterial Insufficiency
- ▶ Radiation Related Problems
- ▶ Necrotizing Infections
- ▶ Gas Gangrene
- ▶ Carbon Monoxide Poisoning
- ▶ Crush Injuries
- ▶ Other Non-healing Wounds

For more information about the Center for Wound Healing and Hyperbaric Medicine at Kimball Medical Center, visit our website at kimballwoundcare.com. To schedule an appointment at the Center for Hyperbaric Medicine, call **732.886.4100**.



William Dalsey, MD

Co-medical Director for the Center for Wound Healing and Hyperbaric Medicine at Kimball Medical Center



Johnny R. Larsen, DO

Co-medical Director for the Center for Wound Healing and Hyperbaric Medicine at Kimball Medical Center

Older Adults Encouraged to **TAKE STEPS TOWARD HEALTH**



Fall is approaching and there is no better time to think about stepping up to a new regimen of exercise – walking.

Studies have shown that walking has numerous health benefits and can reduce the risk of many diseases. An added bonus is that it requires no prescription and the risk of side effects is very low. Benefits of walking include improved cardiovascular fitness and circulation, lowered risk of stroke, weight control, improved stamina and muscle strength, and reduction in blood pressure. But the rewards don't stop there – a daily brisk walk can relieve arthritis and back pain, improve sleep and generate an overall sense of well-being that can relieve depression, anxiety and stress.

Health care professionals from the Barnabas Health Home Health Care Services and Hospice and Palliative Care Centers, suggest older adults set realistic goals when getting started and keep a steady routine to get the most out of exercising. While any amount of walking is good, for best results aim for 30 minutes a day, five times a week. Remember that physical activity does not have to be strenuous to achieve health benefits.

Starting and maintaining a walking routine may seem daunting. Here are some tips to get up and go:

- ▶ Check with your doctor. If you have any chronic medical problems, be sure to consult with your physician on the level of exercise that is best for you.

- ▶ Start slowly. Pace yourself according to what your body is telling you – increase your pace if you're breathing too lightly, slow it down if you feel winded.
- ▶ Find a buddy. A friend can encourage you to walk on days when you aren't motivated and can help you continue walking at a good pace.
- ▶ Use a pedometer. A pedometer is a great motivator and will help you keep track of your steps and measure your success.
- ▶ Schedule a time. Put a walk on your calendar to ensure you set aside the time.
- ▶ Turn off the T.V. Trade a half hour of sedentary activity for a brisk stroll around the block.
- ▶ Drink fluids. Keep hydrated, especially on hot days, to avoid heat stroke and heat exhaustion.

The Barnabas Health Home Health Care Agencies offer a wide variety of health care services in the comfortable environment of one's home. For more information, please call 732.818.6800 or visit homehealthnj.com.

The Barnabas Health Hospice and Palliative Care Centers serve infants, children, adults and the elderly while honoring the unique choices and values of patients facing advanced illness. For more information please call, 732.923.6226 (Monmouth County) or 732.818.6800 (Ocean County) or visit barnabashealthhospice.org.