

NEWS *Line*

A Publication of Monmouth Medical Center's Senior Health Services

A Progression of ACHIEVEMENTS

After accomplishing an impressive roster of milestones in its first decade, the Jacqueline M. Wilentz Comprehensive Breast Center continued to build on that record of achievement in 2005.

The center extended its unblemished record for meeting the nation's top standards for mammography by passing the annual Food and Drug Administration inspection for the 10th consecutive year.

The center gained another three-year accreditation from the American College of Radiology (ACR) for all four of its state-of-the-art mammography units. It also is ACR accredited for stereotactic breast biopsy, full-field digital mammography, breast ultrasound and ultrasound-guided breast biopsy performance.

Leon Hess Cancer Center Marks Year with Impressive Growth in Services

Oncology Unit Debuts, Breast Center Expands

For more than 30 years, the Leon Hess Cancer Center at Monmouth Medical Center has been the region's leader in delivering the most comprehensive cancer services — a position of prominence that gained strength in 2005 as the hospital invested significantly in its ongoing expansion.

The Monmouth Medical Center family gathered this past spring to dedicate the new Bernard Fromkin Oncology Unit, marking an exciting step forward in Monmouth's continued development of the Leon Hess Cancer Center. (See related story below.) And recently, the hospital family was brought together once

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Major donors to the Jacqueline M. Wilentz Comprehensive Breast Center's capital campaign gather at the dedication marking its recent renovation and expansion, including from left, Simon and Bonnie Levin of Interlaken, Ann Unterberg of Rumson, and third and fourth from right, Bruno and Lindsey LaRocca of Rumson. Also pictured are, from left, Melinda Staiger, M.D., medical director of the breast center, Frank J. Vozos, M.D., FACS, executive director of Monmouth Medical Center, Tammy Murphy, board chair of Monmouth Medical Center Foundation, Terry Ingram, chair of the Two Rivers Antiques Show and Garden Tour Committee, which has raised nearly \$2 million in support of the breast center over the last 11 years, and Michael A. Goldfarb, M.D., FACS, chairman and residency program director of the Department of Surgery and surgical coordinator of the breast center.



Breast Cancer Screening: Don't Think Age Lessens Need for Mammograms

By Tulay Ersan, M.D.
Monmouth Medical Center
Director of Geriatrics

As women age, their risk of developing and dying from breast cancer increases steadily, making breast cancer screening a critical issue for older women to consider.

The chance of developing breast cancer by age 50 is one in 50; by age 90, it increases to one in eight. As a result, the U.S. Preventive Services Task Force recommends screening mammography with or without a clinical exam every one to two years for women age 40 through age 70. The American Geriatric Society recommends annual or at least biennial mammography until age 75, and biennially or at least every three years thereafter.

Several studies have shown that the quality of mammography as a screening tool improves as women age. The risk of false-positive results decreases with age, as the absolute probability of benefit from regular screening mammography increases.

Effectiveness of Other Screening Modalities

There is insufficient evidence to recommend for or against routine breast self-examination. However, a clinical breast exam (CBE) by a trained professional has many potential advantages as a screening test in older women.

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New Cancer Care Unit Driven by 'Power of Philanthropy'

The recent opening of Monmouth Medical Center's Bernard Fromkin Oncology and Special Care Unit illustrates another example of "the power of philanthropy" in the continued development of the Leon Hess Cancer Center.

The 14-bed unit, which features private and semiprivate rooms for hospitalized patients with cancer and other medical conditions, has been supported by the Fromkin family, which has contributed \$500,000 in support of the center.

For the past eight years, brothers Louis Fromkin of Long Branch and Samuel Fromkin of

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Stress-Free Workshops

Tuesday, December 13 and January 10 • 7-9 p.m.

\$10/person

DECEMBER'S TOPIC: "Releasing Worry, Finding Peace"

JANUARY'S TOPIC: "The Mystery of Emotions"

Monmouth Medical Center, 300 Second Avenue,

Long Branch. To register, call 1-888-SBHS-123.

Free Blood Pressure Screenings (two locations)

Conducted by health care professionals from

Monmouth Medical Center

Wednesday, December 14 and January 11

• 10 a.m.-2 p.m.

Monmouth Mall, Eatontown (near the food court in front of the Sony Theatre). No registration required.

• 10:30-11:30 a.m.

Long Branch Senior Center (age 60 and over),

85 Second Avenue. No registration required.

Grandparents Program

A childbirth preparation class to help grandparents-to-be support their own children as they become parents.

Monday, January 9 • 7-9 p.m.

\$30/person; \$40/couple

Monmouth Medical Center, 300 Second Avenue, Long Branch.

Registration required; call 732-923-6990.

Smoke-Free: Addressing the Mind,

Body and Spirit (two offerings/five sessions each)

• Tuesday, January 17 and Monday, January 23 and 30, February 6 and 13 • 7-9 p.m. • \$60/person

Monmouth Medical Center, 300 Second Avenue, Long Branch.

Registration required; call 1-888-SBHS-123.

• Wednesday, January 18, and 25, February 1, 8 and 15 • 7-9 p.m.

Thompson Park Visitors Center, 805 Newman Springs Road, Lincroft.

For information on program fees and registration, call 732-842-4000, Monday through Friday, 8 a.m. to 4:30 p.m.

Breast Cancer Screening *continued from page 1*

CBE detects cancers that are missed by mammography, supporting a modest role as a screening examination.

For the women who are not candidates for mammography or who do not wish to undergo mammography screening, it is an important tool for detecting cancers before they become symptomatic with pain, ulcerations or symptoms of metastatic spread.

A number of new technologies are in development as screening tools, but none is considered preferable to mammography as a screening tool. Magnetic resonance imaging (MRI) is used in some centers as a diagnostic tool. MRI is a promising tool because it can find tumors even in very dense breasts, as well as very small tumors.

So far, though, there is not enough evidence to recommend MRI or another screening tool instead of mammography. For one thing, MRI is very expensive, compared to

"While the risk and incidence of breast cancer increases as women age, evidence shows that screening mammography for women over age 67 can decrease the death rate and help to diagnose breast cancer at an earlier age."

Tulay Ersan, M.D.
Monmouth Medical Center
Director of Geriatrics

Osteoporosis Treatment Options

Wednesday, January 18 • 1-3 p.m.

PRESENTED BY: MUTAHIR ABIDI, M.D., RHEUMATOLOGY

SCAN Learning Center (age 50 and over), Monmouth Mall,

Eatontown. Registration and SCAN membership required;

call 732-542-1326.

Hypnosis for Weight Loss

Thursday, January 19 • 7 p.m. • \$35/person

Monmouth Medical Center, 300 Second Avenue, Long Branch.

Registration required; call 1-888-SBHS-123.

Cosmetic Surgery for the 50+ Generation

Wednesday, January 25 • 1-3 p.m.

PRESENTED BY: ANDREW ELKWOOD, M.D., PLASTIC AND

RECONSTRUCTIVE SURGERY

SCAN Learning Center (age 50 and over), Monmouth Mall,

Eatontown. Registration and SCAN membership required;

call 732-542-1326.



THESE PROGRAMS ARE BROUGHT TO YOU BY

The Center For Kids & Family at Monmouth

'Power of Philanthropy' *continued from page 1*

Monmouth Beach have specifically donated the proceeds of the Bernard Fromkin Memorial Golf Tournament, held in memory of their father, to benefit the center.

Maureen Swick, R.N., Ph.D., CNAA, vice president of patient care services at Monmouth, described the Fromkin unit as *"a private, comforting facility for patients and their families alike. This beautifully appointed unit offers a calming, peaceful atmosphere that promotes healing and well-being for patients receiving cancer or other medical treatment, as well as specialized care to alleviate their symptoms."*

a mammogram. And although MRI finds many cancers, it will not find them all, and it also finds many things that aren't cancer (a false-positive result), leading to unnecessary follow-up procedures.

But for women at high risk — those with a strong family history of the disease or with a genetic mutation that predisposes them to breast cancer — a more aggressive schedule may be needed. These women are at greater risk of developing breast cancer before age 40, when regular screening would ordinarily begin, or they may have cancers that grow very fast, developing between mammograms.

American Cancer Society guidelines advise high-risk women to discuss with their doctor other screening methods — like MRI or ultrasound — that can be used to supplement regular mammography. (*Screening Breast Cancer at a younger age and screening more frequently are also options.*)

There are effective treatments for breast cancer, especially in its early stages, and early treatment will certainly be more likely to have less illness associated with it. That's

"To Your Health" Monthly Showcase

PRESENTED BY: MONMOUTH MEDICAL CENTER AT MONMOUTH MALL
10 a.m.- 2 p.m.

Wednesday, December 14 A Salute to the Ronald McDonald House of Long Branch



Located a short walk from Monmouth Medical Center, Ronald McDonald House is a "home-away-from-home"

for families of seriously ill children being treated at area hospitals. Join representatives from the facility — one of 240 Ronald McDonald Houses in 25 countries — to learn about its many services.

Monmouth Mall, Eatontown (near the food court in front of the Sony Theatre).

Wednesday, January 11 Another Year, Another Resolution?

Get a healthy start to the new year by discovering how you can stop smoking, as well as lose weight — first by having a free body fat analysis during this month's showcase (See related programs on page 2.)
Monmouth Mall, Eatontown (near the food court in front of the Sony Theatre).

Having trouble kicking that stubborn smoking habit?

Join our Smoke-Free Support Group on Tuesday, January 24.
(See information at right.)

Screening continued from page 2 why it is important healthy elderly women continue screening. Co-existing other illnesses and functional status, rather than a woman's absolute age, should dictate when to stop screening. *If you have a senior health topic you'd like Dr. Ersan to address, please call 732-923-6632.*

Monmouth Medical Center sponsors or hosts a wide variety of support groups that are led by professionals in their field. Sessions are held regularly, bringing people together to discuss concerns and share ideas.

Unless otherwise indicated, sessions are held at Monmouth Medical Center, 300 Second Avenue, Long Branch.

Here's a list of groups of particular interest to seniors, including meeting times and telephone numbers. For more information, call The Center For Kids & Family at Monmouth at 732-923-6990.

GENERAL HEALTH

Bariatric Surgery Support

For persons who have undergone bariatric surgery for weight management or for those considering the procedure.

Fourth Thursday, 7-9 p.m. • 1-888-SBHS-123

Chronic Fatigue Syndrome

For persons with this serious, often disabling syndrome, which is characterized by unrelenting exhaustion and unexplained fatigue that lasts more than 24 hours, and their family members.

Third Sunday, 1:30-3 p.m. • 732-923-6990

Diabetes Support

For persons with diabetes, their family members and friends to learn how to be self-sufficient in the daily management of the disease.

Third Wednesday, 7:30-9 p.m. • 732-923-6990

Monmouth Easy Breathers

Adult Pulmonary Support

For adults with chronic obstructive pulmonary disease (COPD), emphysema, chronic asthma, asthma or bronchitis and their family members. *Co-sponsored by the American Lung Association of New Jersey.*

First Monday in December, 1:15-2:30 p.m.

Beginning in January **First Tuesday, 2:15-3:30 p.m.**

732-923-6990

Long Branch Senior Center, 85 Second Avenue, Long Branch.

Shore Area Stroke Survivors

For stroke patients and their family members and friends, featuring monthly speakers on stroke-related topics.

Second Wednesday, 2:30 p.m.

732-460-5377

Rehabilitation Hospital of Tinton Falls cafeteria, 2 Centre Plaza.

CANCER SERVICES

Hope, Survival and Strength

For newly or recently diagnosed cancer patients and their loved ones.

First Thursday, 6-7:30 p.m. • 732-923-6727

Early-Stage Breast Cancer Support

Second and fourth Tuesdays, 7:15-9 p.m. • 732-923-7711

Metastatic Breast Cancer Support

First and third Tuesdays, 1-2:30 p.m. • 732-923-7711

Colorectal Cancer Support

First Wednesday, 7:30-9 p.m. • 732-923-7711

Us TOO: Prostate Cancer Support

First Thursday, 7-9 p.m. • 732-923-6575

BEHAVIORAL HEALTH

Adult Attention Deficit Disorder Support

Fourth Thursday, 7:30-9 p.m. (third Thursday in December) • 732-842-4553

IN THE SPOTLIGHT Smoke-Free Support

Opened to persons who have recently quit the stubborn habit, are struggling in their attempts to quit or contemplating smoking cessation, the group meets on the fourth Tuesday of every month from 7 to 9 p.m.

For more information, call 732-923-6990.

SAINT BARNABAS HEALTH CARE LINK:

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The Saint Barnabas Health Care Link telephone referral service provides toll-free access to information related to the Saint Barnabas Health Care System, its programs, services, physicians and facilities. Staff members of the Link can help people find a physician, make a medical appointment, learn more about a program or support group at any Saint Barnabas Health Care System facility, and register for community health programs. The Link can also provide additional information on programs and services.

To learn more, call the Link at 1.888.724.7123.

Breast Center *continued from page 1*

again to dedicate the renovated and expanded Jacqueline M. Wilentz Comprehensive Breast Center.

For the breast center, which was introduced in 1994 to bring together under one roof all preventive, diagnostic, treatment, rehabilitation, psychosocial and educational services for women concerned about their breast health, 2005 marked a major milestone. Modeled after the nation's most highly regarded breast centers, the center underwent a sweeping expansion, culminating in this fall's dedication ceremony that unveiled a redesigned facility offering greater comfort and convenience to its ever-growing number of patients.

"To better serve our patients, the Jacqueline M. Wilentz Comprehensive Breast Center embarked on a major expansion project to improve upon that original model," said Frank J. Vozos, M.D., FACS, executive director of Monmouth. "Since opening our doors more than 10 years ago, our volume has grown dramatically, with mammograms and ultrasounds increasing from 8,600 in 1994 to 23,000 procedures in 2004, and now we can accommodate our growing ranks of patients in a more comfortable and convenient environment."

The breast center's multiyear expansion included the doubling of existing space, and the addition of a second full-field digital mammography system and third high-resolution ultrasound machine. To make way for additional state-of-the-art equipment, the number of examination rooms has increased — from three to four mammogram rooms and from two to three ultrasound rooms.

The first of two spacious waiting rooms — complete with private dressing rooms — has also been completed. Both areas have been redesigned to offer the same comfortable atmosphere for women undergoing diagnostic procedures and biopsies, as well as routine screening mammograms.

The center has added a patient and family consultation room and a post-procedure room where patients can rest comfortably after undergoing biopsies.

Work continues on the expanded Dr. Lester A. Barnett Conference Room, the patient resource library and family waiting room, and the new front entrance, lobby and registration areas.

Speaking during the dedication ceremony, Tammy Murphy, chair of the Monmouth Medical Center Foundation Board of Trustees, noted that Monmouth Medical Center has the only truly comprehensive breast center in the region — a distinction largely achieved through the philanthropic support of "a caring community of donors who have given literally millions of dollars in support."

"As a way to recognize our many friends, Monmouth Medical Center Foundation has dedicated a Donor Recognition Wall as a part of the renovated and expanded breast center," she said. "The wall permanently recognizes individuals, councils, foundations and businesses who provide such generous financial support, which enables the breast center to remain on the cutting edge of the highest quality comprehensive breast care."

For more information on the Leon Hess Cancer Center, call 732-923-6575.

Profiles in Senior Health • LOURENS J. WILLEKES II, M.D., FACS, CARDIOTHORACIC SURGERY



Thoracic surgeon Lourens Willekes II, M.D., FACS, has joined Monmouth Medical Center's Medical and Dental Staff and will serve as an assistant program director in the Department of Surgery.

In that academic position, he will play an integral role in the clinical training of surgery resident physicians in its five-year general surgery residency program.

Dr. Willekes also leads the Lung Cancer Program of the Leon Hess Cancer Center at Monmouth. The program offers an advanced array of state-of-the-art diagnostic, treatment and rehabilitative services, provided in one convenient location.

Through the program, a multidisciplinary team of medical professionals evaluates patients who have been diagnosed with lung cancer — the leading cause of cancer death of men and women — and those who have symptoms.

After earning his medical degree from the University of Iowa Medical School in Iowa City, Dr. Willekes completed his general surgery residency at Morristown Memorial Hospital and then trained in cardiothoracic surgery at Albany Medical Center in New York.

Prior to joining Monmouth Medical Center, he was an associate with West Houston Cardiovascular Associates in Houston. He holds board certification from the American Board of Surgery and the American Board of Thoracic Surgery.

To learn more about the Lung Cancer Program, call 732-923-6575.

The material in this newsletter is designed to inform the community of senior programs and services of Monmouth Medical Center, an affiliate of the Saint Barnabas Health Care System. It is intended for general purposes only. Always consult a physician for individualized medical advice.

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