

# NEWS *Line*

A Publication of Monmouth Medical Center's Senior Health Services

## Participation in National Cardiovascular Study Opens Way for Elective Angioplasty Procedures Among Select Group of New Jersey Hospitals Chosen

**M**onmouth Medical Center has joined a select group of New Jersey hospitals for a national medical research trial that is allowing certain community hospitals to perform elective balloon angioplasty to open clogged arteries for heart attack patients.

Monmouth's Cardiac Catheterization Program was approved to offer nonemergency angioplasty through a statewide demonstration program that is being conducted by the Atlantic C-PORT (Cardiovascular Patient Outcomes Research Team). Hospitals accepted into the study are permitted to perform certain therapeutic cardiac catheterizations such as coronary angioplasty without having on-site cardiac surgical services.

In 2004, Monmouth Medical Center became the first hospital in Monmouth and Ocean counties to introduce angioplasty services without on-site open-heart surgical backup for emergency cases. The hospi-



*Cardiology chief John Checton, M.D., and interventional cardiologist Rita Watson, M.D., have been instrumental in the growth of cardiology services at Monmouth Medical Center since they were pictured here several years ago when the Cardiac Catheterization Laboratory earned full-service designation. Most recently, Monmouth joined a national research trial that allows certain community hospitals to perform of elective balloon angioplasty.*



## Taking Wellness To Heart is Crucial for Older Wome at Cardiac Risk

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

**C**ardiovascular disease, including coronary heart disease (CHD) and stroke, is the leading cause of death in women age 65 and older. Each year in the United States alone, it claims the lives of some 500,000 American women — nearly two-thirds of whom experienced no recognizable symptoms of a cardiac problem.

Menopause only increases a women's risk for coronary artery disease, as the degree of its severity surpasses that of men by the time women reach their late 70s and 80s.

As part of a national campaign to heighten awareness of cardiovascular disease prevention among women, the American Heart Association recently published evidence-based guidelines that encourage women to take wellness to heart by following these steps:

- Do not smoke cigarettes and avoid environmental tobacco, primarily second-hand smoke.
- Accumulate a minimum of 30 minutes of moderate-intensity physical activity, (for example, brisk walking), most preferably on a seven-day-a-week basis.

*continued on page 2*

## It's Time to Take Your Heart Health's Pulse

Keeping your heart healthy begins with gaining a better understanding of cardiovascular disease, particularly the importance of early detection and prevention.

In observance of American Heart Month in February, Monmouth Medical Center will present a cadre of cardiac-related programs that can help seniors keep a check on their heart health.

Its monthly "To Your Health" Showcase at Monmouth Mall is appropriately dubbed "Matters of the Heart" on **Wednesday, February 8** from 10 a.m. to 2 p.m. A wealth of information will be offered on heart disease, stroke, heart healthy diet and exercise, as well as on Monmouth's wide range of cardiology services and programs. Health professionals will conduct free blood pressure screenings and cholesterol screenings that involve a simple "finger stick" with no fasting required.

The showcase will be situated near the food court in front of the Sony Theatre at Monmouth Mall, Routes 35 and 36, Eatontown.

On **Wednesday, February 8**, free blood pressure screenings also will be provided from 10:30 to 11:30 a.m. at Long Branch Senior Center (*age 60 and over*), 85 Second Avenue. Registration is not required.

Following up on those blood pressure screenings, Monmouth Medical Center internist Sherif Malek, M.D., will discuss the latest guidelines for the detection, prevention and treatment of hypertension during a **Wednesday, February 15** program at SCAN Learning Center, Monmouth Mall. To be held from 1 to 3 p.m., the program is open to SCAN members (*age 50 and older*); registration and membership can be obtained by calling 732-542-1326.

## Make Time for Cancer Prevention Screenings

**Wednesday, February 1 • 1-3 p.m.**

PRESENTED BY: RAHAB KHALIL, M.D., OBSTETRICS AND GYNECOLOGY

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

**Registration and SCAN membership required; call 732-542-1326.**

## Stress-Free Workshops

**Tuesday, February 7 and March 21 • 7-9 p.m.**

\$10/person

**FEBRUARY'S TOPIC: "Anger and Toxic Feelings"**

**MARCH'S TOPIC: "Inner Voices"**

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, February 8 and March 8**

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.**

## Finding Joy

**Wednesday, February 22 • 1-3 p.m.**

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**

- Adopt a heart-healthy eating pattern by making food choices that include a variety of fruits, vegetables, grains, low-fat or nonfat dairy products, fish, legumes and sources of protein low in saturated fat. Recent studies show that fish is a good source of omega-3 fatty acids, which can benefit the cardiovascular system.
- Maintain and/or reduce weight through an appropriate balance of physical activity and caloric intake is encouraged to maintain a body mass index (BMI) of between 18.5 and 24.9 and a waist circumference that is less than 35 inches. (To calculate your BMI, visit the National Heart Lung and Blood Institute Web site at <http://nhlbisupport.com/bmi/>.)
- Reach an optimal blood pressure level through lifestyle approaches and/or medications. Blood pressure readings should be less than 140/90. (For diabetic patients, the target blood pressure should be less of 130/85.) Despite evidence that shows women benefit as much as men from treatment of hypertension, blood pressure control in older women seldom meets national guidelines.
- Achieve optimal levels of lipids — the fatty substances

If you have a senior health topic you'd like Dr. Ersan to address, please call 732-923-6630.

## Age-Related Eye Issues

**Thursday, March 2 • 11 a.m.**

PRESENTED BY: JOHN GHOBRIAL, M.D., OPHTHALMOLOGY  
Howell Senior Center (age 60 and over),  
251 Preventorium Road.

**Free membership and registration required; call 732-938-4500, ext. 2554.**

## "To Your Health" Monthly Showcase

**Wednesday, March 8**

10 a.m.- 2 p.m.

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

## Grandparents Program

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

**Monday, March 13 • 7-9 p.m.**

\$30/person; \$40/couple

Monmouth Medical Center, 300 Second Avenue, Long Branch.

**Registration required; call 732-923-6990.**

## Is the Medicare Prescription Drug Program Right for You?

**Friday, February 17 • 1-2:30 p.m.**

**Thursday, March 30 • 10-11:30 a.m.**

As an affiliate of the Saint Barnabas Health Care System, Monmouth Medical Center is collaborating with Aetna Medicare to offer free educational workshops on the new Medicare Prescription Drug Program, which took effective last month.

Participants will be given an overview of the program, including a description of available options for 2006. COMPLIMENTARY INFORMATION KITS AND LIGHT REFRESHMENTS WILL BE PROVIDED.

At Monmouth Medical Center, 300 Second Avenue, Long Branch. **Registration required; call 1-800-244-7993, ext. 601.**

in the blood and body tissues, including cholesterol — through a combination of a healthier diet and medications.

- Women with diabetes should strive to achieve near normal blood glucose levels by making lifestyle modifications and undergoing medical treatment.

*Women also should heed this advice:*

- Hormone therapy and antioxidant supplementation based on recent clinical trials showed no benefit for CHD prevention, but showed possible adverse effects.
- Routine use of aspirin in women at low risk for cardiovascular disease is not recommended pending the results of ongoing trials. Although women typically develop CHD later than men, they have worse outcomes. That is why early, accurate diagnosis is very crucial for women with suspected heart disease. Noninvasive cardiac tests such as stress echocardiography and stress heart perfusion imaging can play a key role in potentially reducing death from cardiovascular disease to match the dramatic declines seen among men at similar risk.



### Heart Attack Facts

♥ Heart attacks strike 1.2 million people a year.

♥ Heart attacks kill 502,000 people a year.

♥ The average age of a first heart attack is 65.8 for men, 70.4 for women.

♥ The average number of years of life lost due to a heart attack is 11.5.

♥ Within six years of a heart attack, 18 percent of men and 35 percent of women will have another heart attack; 22 percent of men and 46 percent of women will be disabled by heart failure; and 8 percent of men and 11 percent of women will have a stroke.

#### 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.

## SUPPORT GUIDE FOR SENIORS

**M**onmouth 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 Tuesday, 7-8:30 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 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.*

#### Smoke-Free Support

For persons who have recently quit smoking, are struggling in their attempts to quit or contemplating stopping the habit.

Fourth Tuesday, 7-9 p.m.

732-923-6990

### 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. • 732-842-4553

IN THE SPOTLIGHT

#### Bereavement Support

For persons who have lost a loved one in the past year, the newly created Bereavement Support Group will meet on six consecutive Wednesdays beginning March 22 from 6:30 to 8 p.m. To join or find out more information on this evening group or the availability of registration to morning sessions that are held from 9:30 to 10:30 a.m., call the **Saint Barnabas Health and Palliative Care Center at Monmouth Medical Center** at 732-923-6226.

**Angioplasty** continued from page 1

tal then was accepted into this new clinical cardiovascular trial that is comparing the results of elective angioplasty performed at hospitals with and without a cardiac surgery program.

"We have been performing emergency angioplasty for nearly two years with excellent results," says John Checton, M.D., Monmouth's chief of Cardiology.

"Monmouth Medical Center has the expertise to participate in this trial through which we can take part in the rigorous collection and analysis of data that will contribute to the nation's evidence base regarding the comparative safety and efficacy of elective angioplasty in hospitals with and without on-site open-heart surgical backup."

During a PTCA (percutaneous transluminal coronary angioplasty) procedure, a narrowed section of the coronary artery is dilated with a balloon catheter. This procedure is less invasive and has a shorter recovery time than other types of treatment, including bypass surgery.

Dr. Checton points out that without PTCA services, hospitals must treat patients suffering a heart attack with clot-busting drugs to restore normal blood flow, a treatment option that is less effective than angioplasty, or transfer them to another facility to undergo angioplasty.

**PTCA STANDS FOR:**  
**Percutaneous:** Through the skin  
**Transluminal:** Within the lumen or artery  
**Coronary:** Artery that supplies the heart muscle  
**Angioplasty:** Remodeling the artery

Heart disease is the No. 1 cause of death in America. Nationwide, about 1.2 million people a year suffer heart attacks and about 42 percent of those people die, according to the American Heart Association. Adding to the toll, many heart attack survivors suffer debilitating heart damage that requires extensive and expensive continuing care.

Chest pain is the reason why more than 5 million Americans arrive at hospital emergency departments each year. In 2005, Monmouth Medical Center earned accreditation as a Chest Pain Center by the National Society of Chest Pain Centers, becoming the first hospital in the region to gain this important accreditation designed to provide a comprehensive management strategy for the evaluation, triage and appropriate treatment of chest pain patients.

Chest pain centers provide a comprehensive management strategy for the evaluation, triage and appropriate treatment of chest pain patients by providing a facility where patients come in with the earliest symptoms, are evaluated in a calm environment and receive prompt, appropriate treatment.

*For additional information about cardiology services at Monmouth Medical Center, call 1-888-SBHS-123.*

**Profiles in Senior Health • JOHN CHECTON, M.D., CARDIOLOGY**



**F**or more than 20 years, John Checton, M.D., has served as chief of Cardiology at Monmouth Medical Center — a role that was broadened in 1997 when he also became medical director of its Cardiac Catheterization Laboratory.

Considered one of the region's leading cardiologists, Dr. Checton is board certified in internal medicine and has attained subspecialty certification in cardiovascular disease, critical care medicine and nuclear cardiology.

After receiving his medical degree from the University of Medicine of New Jersey-New Jersey Medical School,

Newark, he completed his internal medicine residency at Monmouth Medical Center and a fellowship in cardiovascular disease at the University of Louisville School of Medicine, Louisville, Ky.

Dr. Checton is a member of numerous professional associations, including the American College of Physicians-American Society of Internal Medicine, American Heart Association and the American Society of Nuclear Cardiology. He also is a fellow of the American College of Cardiology, American Society of Echocardiography and the American College of Chest Physicians.

In private practice, Dr. Checton is a partner in Monmouth Cardiology Associates, which has five offices throughout Monmouth County.

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.

If you wish to have your name removed from future mailings of Newsline, please write to the Department of Public Relations and Marketing, Monmouth Medical Center, 300 Second Avenue, Long Branch, NJ 07740.

Newsline is published by the Department of Public Relations and Marketing at Monmouth Medical Center, an affiliate of the Saint Barnabas Health Care System.  
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