

BARNABAS

TODAY

COMMUNITY MEDICAL CENTER
KIMBALL MEDICAL CENTER
MONMOUTH MEDICAL CENTER
SAINT BARNABAS BEHAVIORAL HEALTH CENTER



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A Message To Our Community

As the Executive Directors of Community, Kimball and Monmouth Medical Centers and the Saint Barnabas Behavioral Health Center, it is our job to ensure that our hospitals are providing outstanding health care services to the residents of Monmouth and Ocean counties. Each year, tens of thousands of patients throughout the region come through our doors to access the superior health care available right here in your community.

Symbolic of the promise to delivering outstanding healthcare services, Community, Kimball and Monmouth Medical Centers were each ranked among the top 50 hospitals according to *US News and World's Report's* recently released "Best Regional Hospitals in New York Metro Area."

Our employees – most of whom are your friends and neighbors – are dedicated to providing safe, high-quality services with the utmost commitment to patient satisfaction. Our extensive medical staff comprised of more than 1,500 physicians in this region alone, work in tandem with us to deliver the ultimate goal: your good health.

There are many exciting things going on in our hospitals, and we're proud to share some of these stories with you through this magazine.

As you can see, our range of services is broad and extensive. From the tiniest patients in our NICU, to cutting-edge surgical treatments or world-class cancer care, we care for you and your families close to home.

If there's a story or topic you'd like to see covered in a future issue of *Barnabas Today*, email us at info@sbhcs.com. Thanks for taking time out of your busy schedule to read our stories.

We wish you good health.



Stephanie L. Bloom, FACHE
Executive Director
Community Medical Center



Thomas Bojko, MD, MS, JD
Executive Director
Kimball Medical Center



Frank J. Vozos, MD, FACHE
Executive Director
Monmouth Medical Center



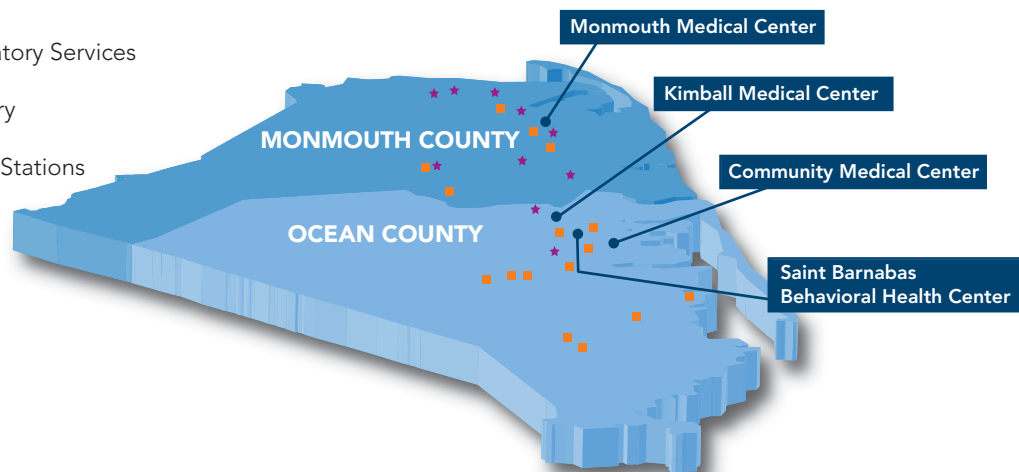
Joe Hicks
Executive Director
Saint Barnabas Behavioral Health Center

★ Monmouth Medical Group

Monmouth Medical Group, an affiliate physician practice of Monmouth Medical Center/Saint Barnabas Health Care System, is a physician practice of 15 medical specialties with locations throughout the region.

■ Outpatient Centers

- Community Medical Center Laboratory Drawing Stations
- Community Medical Center Women's Imaging Center
- Community Medical Center for Sleep Disorders at Toms River
- Community Medical Center for Sleep Disorders at Manahawkin
- 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 SubSpeciality Center - Toms River
- Saint Barnabas Heart Center - Toms River
- Shrewsbury Diagnostic Imaging





Big Strides For Tiny Twins

Angela Scalpati and her husband Joseph Jr., of Long Branch, have a deep appreciation for everything their sons Luca and Lorenzo have achieved. Born 11 weeks premature at just a little over two pounds a piece, the twins have battled for their lives and won.

Angela was healthy, felt great and had an uneventful pregnancy – until her water broke just after she reached 28 weeks. The Scalpati's called their doctor and headed to Monmouth Medical Center, where her doctor confirmed she was in preterm labor.

Despite attempts to forestall labor, Luca and Lorenzo arrived some 12 hours later, on Saturday, December 4, 2010 at 3:45 a.m., just seconds apart. Thankfully, Monmouth Medical Center is equipped with a Level III neonatal intensive care unit (NICU), which is able to provide the highly specialized care the preterm twins would need to survive.

According to Monmouth Medical Center Neonatologist **Diane Attardi, MD**, preterm babies like Luca and Lorenzo can suffer from a host of problems associated with the immaturity of their brain, lungs and other organs.

"Luca and Lorenzo, while almost 29 weeks gestation, were too small and fragile to maintain their own body temperature. They were unable to coordinate sucking and swallowing, suffered from jaundice, and were at a high risk for infection," recounts Dr. Attardi. The twins were immediately placed in the NICU's isolettes to keep them warm. Their heart rate, breathing and other vital functions were continually monitored, and the boys were fed through feeding tubes. "Both Luca and Lorenzo also had issues with lung function," says Dr. Attardi, "suffering from mild respiratory distress syndrome." The boys received respiratory support through nasal CPAP, which helped them maintain good oxygen levels, and kept the air sacs in their lungs open. "Caffeine was also administered to stimulate the respiratory control centers of their brains, to help treat the problem of apnea of prematurity," she adds.

"In the beginning, it was hard staring at these tiny babies in these pods," says Angela, "but the doctors and nurses were excellent," she says. "They involved me in their care and helped me gain confidence as their mom. They taught me how to do everything from holding and feeding them, to changing their diaper and bathing them, so I was completely comfortable caring for them. The staff was amazing."

Little by little, Luca and Lorenzo began to improve. "Every day you look for the smallest achievements to keep you going. Then one day they graduate from the incubator to the crib. They take a bottle. The first day off the CPAP when they were breathing on their own was the best day of my life. It's all about those milestones," she adds.

"Eventually, preterm babies start to catch up; they grow, put on weight and their brain gets better at reading the signals the body provides," says Dr. Attardi.

That care and coordination paid off. A little more than eight weeks after they first entered the NICU, Luca and Lorenzo, at nearly five pounds each, were both doing great.

"Every day I appreciate every little thing that these babies can do. For a premie, nothing comes naturally. They've had to do a lot of learning, and I'm so proud of them and all they've accomplished – and so thankful to everyone at Monmouth Medical Center who helped us get here," says Angela.



Diane Attardi, MD
Monmouth Medical Center, Neonatologist

Elective Angioplasty Averts Future Heart Attack



When Ralph Ruocco, 56, of Toms River, began to feel lightheaded and experience cold sweats at work, he knew something wasn't quite right. Despite the fact that this Industrial Maintenance Mechanic for the Ocean County Utilities Authority was healthy and physically fit, working out for an hour or two almost daily – he had a feeling his symptoms might be something serious.

"I told my boss that I had to leave early and when he asked me why, I said because I think I'm having a heart attack," he recounts of his May 2009 ordeal. Ruocco got in his car and drove himself straight to the Emergency Department at Community Medical Center. **(Be sure to call 911 if you think you are experiencing a heart attack.)**

The hospital maintains one of busiest emergency departments in the state, treating more than 100,000 patients each year, and is an accredited Chest Pain Center. For Ruocco, this designation meant he was brought into a specialized cardiac area for immediate evaluation and treatment of his coronary symptoms using standardized "best practice" processes and procedures. The Center works to reduce the amount of time from a patient's diagnosis to treatment during a cardiac event – reducing damage to vital heart tissue and ultimately saving lives.

RADIAL ACCESS FOR CARDIAC CATHS

Cardiac catheterization is a method physicians use to perform tests and procedures aimed at diagnosing and treating coronary artery disease, more commonly known as heart disease.

A catheterization involves threading a long, thin tube through a vein or into the heart. Commonly, the tube, or catheter, is placed into the femoral artery – a major artery in the groin area – and guided to the heart where procedures like angioplasty or placement of stents takes place.

At Monmouth Medical Center, cardiac catheterizations are also done through radial access, or through the radial artery in the patient's arm/wrist. The benefits of radial access for cardiac catheterization include less bleeding at the puncture site, and less discomfort since the radial artery is smaller than the femoral artery.

In addition, radial artery access allows a patient to walk and move around right after the catheterization, while a catheterization performed in the groin requires the patient to lie still for several hours to assure bleeding has stopped.



To learn more about radial access for cardiac catheterization at Monmouth Medical Center, call the Saint Barnabas Health Care LINK at 1.888.SBHS.123.

An electrocardiogram (EKG) was performed and blood tests confirmed what Mr. Ruocco suspected; he had suffered a heart attack. Ruocco underwent a cardiac catheterization, and his doctors subsequently recommended angioplasty - a procedure in which cardiologists use a small balloon to open clogged arteries in the heart.

Ruocco was one of the first patients to undergo the interventional heart procedure on an elective or non-emergency basis at Community Medical Center. Cardiologists at the hospital have performed hundreds of angioplasty procedures to treat heart attacks on an emergency basis since 2005, but State regulations had previously required elective angioplasties to be performed at teaching hospitals with open-heart surgery programs.

In 2008, Community Medical Center was one of only 12 hospitals in New Jersey selected by the Department of Health and Senior Services to provide elective angioplasty - an option offered through the Atlantic C-Port Elective Angioplasty research study, in collaboration with Johns Hopkins University School of Medicine.

"Community Medical Center is extremely proud to be able to offer this continuum of cardiac care to our patients," says **Jay Stone, MD**, Medical Director of the Invasive Cardiovascular Labs at Community and Ruocco's cardiologist. "Because of our participation in this study, patients like Mr. Ruocco, now have the option of receiving the comprehensive cardiac care they need right here at home, rather than traveling outside the area for care."

"I was glad I could have the procedure done right then and there," says Ruocco, who attributes his heart attack to a family history and years of not-so-healthy eating. "I was completely comfortable, close to home and the doctors and nurses at Community Medical Center were just great. I received excellent care and was out of the hospital in just a few days,"

Today, this Toms River resident is healthy, fit and feeling great - and attributes the comprehensive cardiac care he received at Community Medical Center for making that possible.

To schedule an appointment with a cardiologist, call the Saint Barnabas Health Care LINK at **1.888.SBHS.123 (888.724.7123)**.



Jay Stone, MD
Director of the Invasive Cardiovascular Labs
at Community Medical Center

KIMBALL MEDICAL CENTER



KEYS TO GOOD HEART HEALTH

There's no time like the present to take a closer look at your heart health. Knowing your risk factors and making simple lifestyle changes can greatly reduce your risk of developing heart disease. **Moshe Bacharach, MD**, Chairman of Cardiology at Kimball Medical Center, says, "Heart disease is preventable. Taking steps to incorporate a heart-healthy lifestyle can greatly improve your overall heart health, and dramatically reduce your risk of heart disease."

According to Dr. Bacharach, risk factors for heart disease include: gender, family history, age, high blood pressure, high cholesterol, smoking, obesity, physical inactivity and diabetes.

A significant and modifiable risk factor is high blood pressure. "The only way to know if you're at risk is to have your blood pressure checked on a regular basis," says Dr. Bacharach. Normal blood pressure readings are generally around 120/80. High blood pressure is usually controllable with lifestyle changes and with medication.

DR. BACHARACH RECOMMENDS THE FOLLOWING HEART HEALTHY TIPS:

- Know your cholesterol level
- Quit Smoking
- Watch your weight
- Eat heart-healthy foods
- Increase physical activity
- Keep blood sugar under control



Moshe Bacharach, MD
Chairman of Cardiology
at Kimball Medical Center

Can You Hear Me Now?

Auditory Brainstem Response Hearing Test Available for Babies and Adults

Traditional hearing tests usually require patient response, but during recent technological upgrades at Kimball Medical Center's Radiology Department, a new state-of-the-art exam has been added, Auditory Brainstem Response (ABR) testing.

ABR is a test of the hearing system, which assesses the functions of the ears, cranial nerve and the lower part of the auditory system. The test can be completed with minimal cooperation from the patient. "This type of testing is extremely useful for babies and others who can not participate in traditional testing," said **Sue Ellen Boyer, AuD** a clinical audiologist at Kimball Medical Center.

The ABR is a painless, non-invasive test involving the attachment of skin electrodes to your ears and forehead. Small foam-tipped earphones are used to deliver a clicking sound. The test requires no direct reply or response from the patient. "During the test, an audiologist will be recording and watching the electrical responses generated by your auditory nerve and brainstem," explained Boyer. "These responses appear as lines on the computer screen. Based on the shape and timing, we can determine the condition of the auditory nerve and other nervous system components that are responsible for hearing."

ABR testing is commonly used to identify hearing loss in infants and young children, as well as for diagnostic purposes for adults with medical concerns, with hearing and balance-related disorders.

For adults, clinical symptoms may include, but are not limited to: *unexplained hearing loss in one ear only, hearing loss that is not symmetrical, unexplained ringing in one ear only, unusually poor ability to recognize words clearly and distorted sound perception when hearing is essentially normal.*

Approximately 31 million Americans have some type of hearing problem, but the problem often goes unrecognized by the person suffering from it, said Boyer. She notes that the first step in the determination or treatment of a hearing problem, is a hearing evaluation by an audiologist.

At Kimball Medical Center's Institute for Rehabilitative and Occupational Health Services, comprehensive audiological evaluations, industrial screenings and newborn hearing screenings are performed.

Additionally, computerized balance and vestibular assessment, ototoxic drug monitoring, as well as educational consultation services, are available.

"Children and teenagers seldom complain about the symptoms of hearing loss, and adults may lose their hearing so gradually they do not realize it is happening"

For further information about ABR testing or other audiology services at Kimball Medical Center, call the Saint Barnabas Health Care LINK at **1.888.SBHS.123**.



Sue Ellen Boyer, AuD
Clinical Audiologist at Kimball Medical Center



COLON CANCER Awareness

If you could reduce your risk for colorectal cancer by more than 70 percent, wouldn't you jump at the chance? The simple fact is, regular screenings for colon cancer, combined with healthy lifestyle choices, can significantly reduce your risk for developing colon cancer. **Jill Collier, MD**, chair of Gastroenterology at Community Medical Center, says "Despite the obvious health benefits of prevention and early detection, many people are still hesitant to pursue preventive screenings for colorectal cancer."

Each year, approximately 150,000 Americans are diagnosed with colorectal cancer – and some 50,000 die from the disease. While it is the second leading cause of cancer deaths in the United States, it is also one of the most preventable.

"People delay being screened for colorectal cancer for a variety of reasons," explains **Mathew Kandathil, MD**, Chair of Gastroenterology at Kimball Medical Center. They may have concerns about undergoing a colonoscopy – afraid it might be painful, or that they'll have side effects from the anesthesia. There are also people who avoid the screening because they feel healthy and have no symptoms.

The truth is, that while colon cancer is a frightening diagnosis, the prognosis is best when it's detected early. "There is up to a 90 percent cure rate with colorectal cancer when it's detected early," says **Ben Terrany, MD**, Chief of Gastroenterology at Monmouth Medical Center, "which is why regular screenings and early detection are so important."

A colonoscopy is currently the most common and effective screening procedure in the prevention and early detection of colon cancer. During the procedure, any suspicious tissue or polyps can be easily removed for biopsy.

Dr. Collier stresses the importance of regular screenings. "It's important to participate in regular screenings in order to detect polyps before they become cancerous. It can also help find colorectal cancer in its early stages when you have the best chance for recovery."

According to Dr. Terrany, polyps rarely produce symptoms, but any change in bowel habits (including diarrhea, constipation or a narrowing of the stool), blood in the stool, unintentional weight loss, anemia, persistent cramping, gas or abdominal pain, should be reported to your doctor.

While colorectal cancer can occur at any age, it occurs most often in people over the age of 50, which is why the American Cancer Society recommends annual screenings beginning at age 50, and more frequently or earlier if other risk factors exist.

For those with a family history of polyps or colon cancer, Dr. Kandathil recommends starting screenings at age 40, or ten years earlier than the age of the youngest family member involved. "Also, people who have a history of inflammatory bowel diseases, are considered to have a higher risk for developing colon cancer and need to be screened more frequently."

In addition, the NIH recommends that a few simple changes in your diet and lifestyle can dramatically reduce your overall risk for developing this disease. These include getting regular exercise, eating a low-fat, high-fiber diet, getting recommended amounts of calcium and folic acid, limiting alcohol and quitting smoking.

For more information on colon cancer, or to find a gastroenterologist in your area, call the Saint Barnabas Health Care LINK at 1.888.724.7123.



Jill Collier, MD
Chair of Gastroenterology
at Community Medical Center



Mathew Kandathil, MD
Chair of Gastroenterology
at Kimball Medical Center



Ben Terrany, MD
Chief of Gastroenterology at
Monmouth Medical Center

BRAIN TUMOR PATIENT FINDS HOPE AND RECOVERY

J. Phillip Citta Regional Cancer Center



Tell Nick Pelino, 46, of Forked River, that lightning doesn't strike twice and he'll most likely laugh and shake his head. That's because Pelino was diagnosed with a brain tumor – twice. His first diagnosis came in July 1999, after this successful theatre director and playwright began suffering debilitating seizures. He underwent surgery to remove the benign tumor and was thankful the ordeal was over.

In 2005, however, another round of seizures prompted Pelino to undergo an MRI. The test revealed another brain tumor – a grade 4 glioblastoma multiforme, one of the most aggressive and deadly types of malignant brain tumors.

"It was basically the worst prognosis you could get," recounts Pelino, "but I refused to give up." He had surgery once again and then turned to a local neuro-oncologist for care at Community Medical Center.

Pelino enlisted the expert advice of **Sumul Raval, MD**, a board-certified neurologist and neuro-oncologist affiliated with Community Medical Center and Monmouth Medical Center. Raval was using a new experimental protocol – part of a clinical trial for patients with glioblastoma multiforme and achieving promising results.

Pelino remembers his first meeting with Dr. Raval as a turning point in his recovery. "Dr. Raval listened to me and really heard me," he says. "He didn't mince words, but looked me right in the eye and asked me if I knew that I was a very sick man." Pelino found his honesty refreshing. "He told me that he'd work very hard to help me, but that I'd have to do everything he said."

Pelino began a grueling regimen of chemotherapy that would last for two years, and he underwent radiation therapy treatments at the J. Phillip Citta Regional Cancer Center at Community Medical Center. They offer a full array of radiation oncology services including some of the most advanced treatment technologies available.



Dr. Raval collaborated with **Dr. Rajesh Iyer**, a board certified radiation oncologist at the center to coordinate Pelino's treatments. "I had nothing short of excellent care from every doctor, therapist and nurse while I was there undergoing treatment," says Pelino.

"I was sicker than I could ever have imagined, but I was happy despite it all," he adds, "because I knew the treatments were going to save my life."

Dr. Raval was thrilled by Pelino's progress and his drive to continue living despite his prognosis. "While he was undergoing treatment, Nick managed to complete his master's degree and PhD online, which is unreal. I'm really proud of him. Nick is an example of hope for every person out there with a malignant brain tumor. He's proof that you can survive, do well and live a normal life," Dr. Raval says.

Today, nearly five years later, Pelino remains under Dr. Raval's care. He is monitored with brain scans every three months, and has no evidence of tumor recurrence. His recovery, according to Dr. Raval, is unprecedented.

Pelino hesitates to talk about being "in remission" because of his history – but thanks to the efforts of Dr. Raval and the staff at Community Medical Center, Nick Pelino's prognosis and future look bright.

For more information about brain tumor care and radiation oncology at the J. Phillip Citta Regional Cancer Center at Community Medical Center, call 732.557.8294.



Sumul Raval, MD
Board-Certified Neurologist
and Neuro-oncologist
at Community Medical Center;
Medical Director,
David S. Zocchi Brain Tumor Center



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

GAMMA KNIFE CENTER OPENS AT MONMOUTH MEDICAL CENTER

Monmouth Medical Center is now offering Gamma Knife, a non-invasive brain surgery tool, to treat conditions previously considered inaccessible or inoperable. The Gamma Knife is not a knife, but a highly developed treatment system that directs multiple beams of gamma radiation to converge, with pinpoint accuracy, on a targeted abnormality within the brain.

The Gamma Knife's precision makes it appropriate for both pediatric and adult patients. Supported by well-documented research, evaluation and clinical use, Gamma Knife surgery is ideal for treating deep-seated brain tumors, functional and neurological disorders and vascular malformations.

With Gamma Knife, there is no incision, no blood and it is virtually no pain. The procedure is completed in a matter of hours and patients generally go home the same day, resuming normal activity immediately.

The addition of this new technology to Monmouth Medical Center's radiosurgery program, which also includes TomoTherapy, makes Monmouth a regional leader in the treatment of benign and malignant tumors as well as functional brain disorders. Monmouth Medical Center is also the only hospital in Monmouth and Ocean Counties to offer Gamma Knife.

The Gamma Knife Center, led by Co-Medical Directors **Ty J. Olson, MD**, neurosurgeon, and **Sang Sim, MD**, radiation oncologist, offers a multidisciplinary team of experts including a chief physicist as well as a full team of neurosurgeons, neurologists, neuro-radiologists and neuro-oncologists.

The opening of the Gamma Knife Center, in conjunction with the David S. Zocchi Brain Tumor Center at the Leon Hess Cancer, significantly enhances Monmouth Medical Center capabilities for the treatment of benign tumors and malignant cancers. With the opening of the brain tumor center, Monmouth became the first hospital in central and southern New Jersey to provide a full spectrum of comprehensive services to treatment benign and malignant tumors originating in the brain and spinal cord, as well as neurological complications of the metastatic cancer. The introduction of Gamma Knife technology is the latest advancement at Monmouth Medical Center, which is equipped with the most technologically advanced systems for the treatment of neurological disorders.

For more information about the Gamma Knife Center at Monmouth Medical Center, call 732.923.6562 or visit www.monmouthgammaknife.com.

For more information about the David S. Zocchi Brain Tumor Center, call the Saint Barnabas Health Care Link at 1.888.SBHS.123.



Ty J. Olson, MD
Co-Medical Director
Neurosurgeon
at The Gamma Knife Center



Sang E. Sim, MD
Co-Medical Director
Radiation Oncologist
at The Gamma Knife Center



POINT PLEASANT RESIDENT FINDS HOPE IN HEALING

Point Pleasant resident Betty Sutphen was in her kitchen one morning when she suddenly began having a vertigo attack. Feeling rather unsteady, she walked to her family room so that she could grasp onto the arm of her couch for support and sit down. In doing so, she cut her leg on a tear in the plastic covering her couch. She soon realized that the cut was bleeding quite badly.

She called her physician to explain the incident. Her doctor helped her to get the bleeding under control, and told her to make an appointment to come in and see her. "For six and a half weeks, I visited another physician who gave me a cream to put on the cut and had me bandage it. Every week I went to the office so they could look at it, but over time, it was not healing, but rather seemingly getting worse," said Sutphen.

"My daughter-in-law is a nurse, and she suggested that I go to a wound care center, and she told me about the one in Lakewood," she explains.

Sutphen came to the Wound Care Center at Kimball Medical Center. At her first visit she had a thorough medical evaluation by **Affan Akhtar, DPM**, a podiatrist on staff at Kimball Medical Center.

Dr. Akhtar worked with wound care specialty nurses to create a comprehensive treatment plan aimed at healing the wound on her leg. "We applied an advanced wound dressing called X-cell to the affected area. A

compression bandage was used from the base of her toes to the knee to aid healing by improving her circulation, and decreasing swelling," explained Dr. Akhtar.

Sutphen was seen weekly by the specialists at the Wound Care Center, where they changed her wound dressings, checked the progress of the wound, reapplied the dressing and rewrapped her leg. Within three weeks, the wound was completely healed.

"I am so grateful to all the people at the Wound Care Center," says Sutphen. "I had such a good experience there. The staff was excellent, and I felt as though they really, really cared about me."

The Wound Care Center provides comprehensive and compassionate wound care, and offers advanced clinical approaches to wound management. Whether you are a diabetic, have poor circulation or suffer from a medical condition that affects the natural wound-healing process, the combination of medical expertise and state-of-the-art treatment can get you on the path to better healing.

For more information about the Wound Care Centers at Kimball, Community or Monmouth Medical Centers call the Saint Barnabas Health Care LINK at 1.888.724.7123.



Affan Akhtar, DPM
Podiatrist at Kimball Medical Center

Hyperbaric Oxygen Therapy: INNOVATIVE TREATMENT FOR CHRONIC WOUNDS



Every year, chronic wounds keep between 3 million and 5 million Americans from enjoying life. The Wound Care programs at Monmouth and Kimball Medical Centers apply proven wound care practices and advanced clinical approaches including Hyperbaric Oxygen Therapy (HBOT) to help heal patients suffering from chronic wounds.

Hyperbaric oxygen therapy (HBOT) is a high-oxygen-pressure course of treatment used for various conditions and illnesses, including diabetic ulcers and other non-healing wounds, necrosis of soft tissue and bone, gas gangrene and more. HBOT is a proven medical treatment that enhances the body's natural healing while strengthening the immune system. Delivered and monitored by trained wound healing center specialists, HBOT is an effective treatment option for many chronic wounds.

Inside a comfortable chamber, pure oxygen is administered at an air pressure two to three times higher than that of the external atmosphere. This high-pressure forces pure oxygen into the bloodstream while breathing, therefore increasing blood flow and helping to boost the body's natural healing process.

The Center for Wound Healing and Hyperbaric Medicine will open at Community Medical early this summer.

For more information on HBOT, call the Saint Barnabas Health Care LINK at 1.888.SBHS.123.



VOLUNTEERING

BRINGS SPECIAL REWARDS

Step foot in any one of our hospitals in Monmouth and Ocean counties, and you are likely to come across one of our more than 1,000 volunteers.

While job responsibilities vary, volunteers help with everything from delivering newspapers and books to patients, answering phones and other clerical duties, or greeting visitors at the front desk. There are unique opportunities too, like staffing thrift shops, transporting patients for radiation oncology treatments, or working with pet therapy programs.

Volunteers range in age from 14 to the 90s, with the most dedicated logging hundreds to thousands of hours per year. But no matter how much time one dedicates, all of our volunteers provide tremendous support to many of our programs and services.

The benefits of volunteering are two-fold. While volunteers work in partnership with our hospital staff for the benefit of patients and families, they also benefit from the knowledge that they have helped others. Volunteering is also beneficial for those poised to embark upon a new career or higher education, as volunteer service provides the opportunity to learn new skills and gain exposure to the health care field.

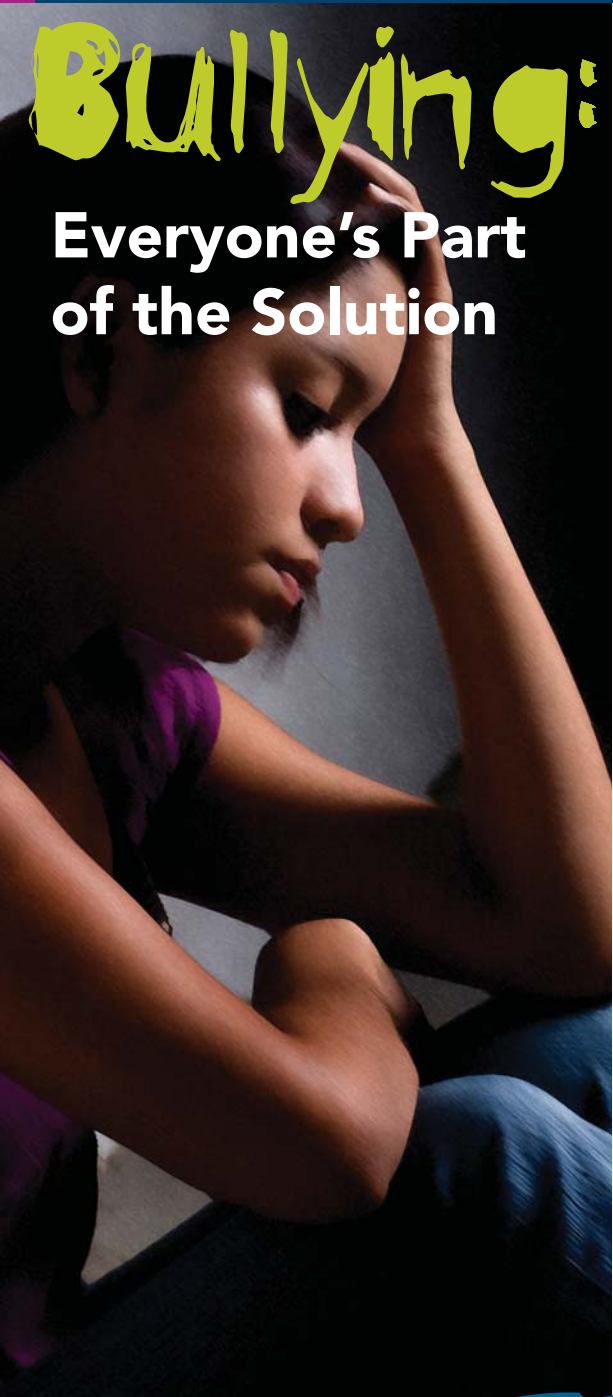
Currently, Community, Kimball and Monmouth Medical Centers are recruiting new volunteers. To become a volunteer, interested candidates must fill out an application and attend an interview. This is followed by an orientation program on hospital policy and procedures.

For more information on volunteering, visit our web site at www.saintbarnabas.com or call the Saint Barnabas Health Care LINK at 1.888.SBHS.123. Volunteer applications are also available online.



Bullying:

Everyone's Part of the Solution



Every parent wants their child to be safe at home, in the community and especially when in school. Unfortunately, due to the widespread bullying problem affecting so many children today, school has quickly turned into unsafe territory for many children who are victims of bullying.

Bullying can take on many forms, such as hitting or punching (physical bullying); teasing, name calling, threats (verbal bullying); intimidation, use of gestures or social exclusion (social bullying); sending insulting messages via e-mail, text messaging, or social networking sites (cyber bullying).

If you suspect that your child is being bullied and they haven't shared this with you, there are signs that could indicate they have had such an experience, as reflected in his or her behavior. Children who are victims of bullying may feel insecure, grow to dislike school and have difficulty focusing in school.

According to Krista DeFilipo, Prevention Specialist, Saint Barnabas Behavioral Health Institute for Prevention, the effects of bullying typically do not end in childhood if it is not effectively addressed. She explains, "As they grow older, children who are bullied can experience depression, low self-esteem, health problems, poor grades and suicidal thoughts."

Tips to keep your child safe

If your child is being bullied, it can be a very painful experience for your child and your family. Here are some tips to support your child during this experience:

1. Talk with your child and ask questions
2. Gather information about any incidents your child brings to your attention
3. Empathize with your child and express continual care and concern
4. Collaborate with your child's teacher, counselor and school administrator to ensure that steps are being taken by the school to prevent the bullying from continuing
5. Develop an action plan with your child
6. Teach and practice assertive skills with your child
7. Model problem-solving for your child

Effectively addressing the problem of bullying requires cooperation between everyone involved with our youth – parents school, and the community. Remember, when it comes to bullying "everyone is part of the solution."

For more information on bullying or ways to strengthen your family, call **1.888.724.7123** or go to www.instituteforprevention.com/bullying

Cyberbullying: A Growing Problem

Cyberbullying is like playground bullying, but takes place either online or with cell phones. It can take on the form of individual harassment and/or public humiliation.

Tips for parents:

- Encourage your child to talk to you about it
- Use filters or blockers on web sites and/or email providers
- Inform local police if necessary
- Document:
 - Copies of emails or text messages
 - Date and time of messages
 - Email address or phone number of the person who sent the message
 - URL of offending site
 - Nickname or profile of offending person
- DO NOT respond to messages from sender
- Inform Internet, IM or mobile phone service
- DO NOT delete messages from sender





GETTING A GOOD NIGHT'S SLEEP IS MORE IMPORTANT THAN YOU THINK

Few people recognize the importance of a good night's sleep. And while our individual needs for sleep may vary, all of us need an adequate amount of rest in order to feel both physically healthy and emotionally refreshed during our waking hours. Unfortunately, for millions of Americans each year, sleeping disorders can make getting a good night's sleep anything but restful. If you have trouble falling asleep, staying asleep, or wake up feeling drowsy and lethargic – you may have a sleeping disorder.

Other signs of a treatable sleeping disorder:

- Restless legs
- Excessive use of sleeping pills
- Nightmares
- Sleepwalking
- Nighttime chest pains
- Morning headaches
- Weight gain
- Irritability or personality changes
- Heavy snoring
- Breathing irregularities or sleep apnea
- Shortness of breath at night

If you experience any of these symptoms, talk with your doctor. He or she may recommend specialized testing or a sleep study.

Community and Monmouth Medical Centers offer sleep centers that provide a full range of services to evaluate, diagnose and manage sleep-related disorders in adults and children. Our centers are equipped with the latest monitoring equipment allowing for the opportunity for full overnight sleep studies, as well as daytime testing.

Locations:

The Sleep Disorders Center – Long Branch
Monmouth Medical Center
300 Second Avenue
732.923.7660

The Center for Sleep Disorders – Manahawkin
697 Mill Creek Road, Suite 7
732.557.2798

The Center for Sleep Disorders – Toms River
67 Highway 37 West
Riverwood I Building
732.557.2798

Accredited by the Joint Commission and by the American Academy of Sleep Medicine (AASM).





NURSING EXCELLENCE SHINES

at Kimball Medical Center

At Kimball Medical Center, nursing excellence has always been a way of life.

Throughout its history, nurses at Kimball have had a strong commitment to patient satisfaction through the delivery of high quality, safe and compassionate care. In 2002, this commitment was validated when Kimball Medical Center became the first hospital in the Saint Barnabas Health Care System to achieve Magnet status from the American Nurses Credentialing Center (ANCC), a designation the hospital continues to hold today.

Magnet status is a recognition given by the ANCC, an affiliate of the American Nurses Association (ANA), to hospitals that satisfy a rigorous set of criteria designed to measure the strength and quality of their nursing care. Magnet recognition is the highest and most prestigious international distinction a hospital can receive for nursing excellence and is considered the "gold standard" for nursing.

Kimball Medical Center is only one of 383 Magnet hospitals worldwide.

Deanna Sperling MAS, RN, NE-BC, Vice President of Patient Care Services at Kimball Medical Center, said, "Our Magnet designation is a reflection of Kimball's dedication to recruit and retain highly qualified and skilled nurses that help deliver the best clinical care and patient outcomes. Magnet designation only helps to affirm what everyone in our hospital – and most importantly our patients – already knows: nursing excellence is at the very core of what defines the overall patient experience at Kimball Medical Center."

Magnet recognition comes only after a meticulous application process involving submission of details about how the hospital exceeds established standards of excellence in nursing practice and leadership followed by an on-site accreditation visit.

Jeanann Early, RN, BSN, Rapid Response Nurse and Clinical Educator, has worked at Kimball Medical Center since 2002. She said, "Working as a nurse at a Magnet hospital means that there is a solid foundation to provide safe and effective care which guides our nursing practice."

Thomas Bojko, MD, MS, JD, Executive Director of Kimball Medical Center added, "Although the hospital itself is designated as a Magnet facility, it is really the nurses who earn this award through their collective dedication to clinical excellence. It is an honor to receive this very prestigious recognition and a testament to the solid commitment our nurses have made at Kimball."

Community and Monmouth Medical Centers are also currently in the process of applying for Magnet status.

For more information about Kimball Medical Center, its Magnet designation, nursing programs or employment opportunities, call the Saint Barnabas Health Care LINK at **1.888.SBHS.123**.



NOTABLE NEWS

COMMUNITY MEDICAL CENTER

RAPID ARC RADIOTHERAPY

Rapid Arc Radiotherapy, now available at The J. Phillip Citta Regional Cancer Center at CMC, offers the highest dose rate radiation therapy with all the benefits of IMRT in dramatically shorter treatment times. The technology improves patient comfort; spares more normal, healthy surrounding tissue; matches unprecedented speed with uncompromised quality; and is capable of targeting even the smallest lesions and ultra-precise CT scans utilizing Cone-Beam CT. Led by Rajesh Iyer, MD, Chairman, Department of Radiation Oncology, the Cancer Center will also be introducing the Cyberknife® radiosurgery system later this year, and has been accredited by the Commission on Cancer of the American College of Surgeons as a Community Hospital Comprehensive Cancer Program since 1986.

For more information about Rapid Arc Radiotherapy, please call **732.557.8148**.

SECOND CATH LAB OPENS

Community Medical Center has opened its



second Cardiac Catheterization Laboratory, also known as the Cath Lab. The new interventional and diagnostic catheterization lab brings advanced technology and flexibility to the Saint Barnabas Heart Center at Community Medical Center. The second cath lab was constructed to manage increasing volume, including cases generated by Community's participation in a clinical trial of elective angioplasty.

Equipped with state-of-the-art all-digital equipment, the new room offers physicians more flexibility in scheduling procedures, and will ease possible delays caused by emergent cases.

KIMBALL MEDICAL CENTER

NEW SENIOR MANAGEMENT TEAM

Kimball Medical Center has appointed a new executive management team to provide leadership, direction and vision for the medical center. **Thomas Bojko, MD, MS, JD**, a prominent critical care specialist and a leader in the educational, clinical and administrative aspects of children's hospital development, has been appointed Executive Director. Dr. Bojko has received numerous awards, sits on the board of directors of several professional organizations, has authored many peer-reviewed publications, and has been invited nationally and internationally to speak as a guest lecturer. Most recently, Dr. Bojko was Associate Professor and Senior Vice Chair for Clinical Affairs, Department of Pediatrics, UMDNJ-Robert Wood Johnson Medical School; Director of Medical Services and Clinical Operations at the Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital and Director of the Pediatric Critical Care Fellowship Program.

Michael Mimoso, FACHE, has been appointed Kimball Medical Center's Chief Operating Officer. He comes to Kimball Medical Center from Robert Wood Johnson University Hospital in New Brunswick, NJ, where he served as Vice President of Operations. Mimoso has more than a decade of experience in health care management, and is an active member of the American College of Healthcare Executives.

Thomas Percello has been named Chief Financial Officer of Kimball Medical Center. Percello holds a bachelor's degree in business administration and an MBA from Monmouth University, West Long Branch, NJ. Prior to his new position at Kimball, Percello acted as CFO of Ancillary Services for the Saint Barnabas Health Care System, and Senior Vice President of Revenue Cycle Management. He has also held the role of CFO at Community Medical Center in Toms River, where he first joined the System in 1985.

SUNDAY HOURS FOR PET/CT SCANNING



Kimball Medical Center offers appointments on Sundays for PET/CT scans. Appointments are available from 8 a.m. until 3:30 p.m. every Sunday, to accommodate patients in the community.

PET/CT is a multi-functional diagnostic tool that combines two scanning techniques – the PET (Positron Emission Tomography), which shows functional activity in the body, and the CT (Computed Tomography), which shows detailed structural anatomy. The PET/CT scan permits accurate tumor detection and localization for a variety of cancers, including melanoma, lymphoma, lung, colorectal, head and neck and ovarian cancers.

To schedule a PET/CT scan call the Radiology Access Line at **1.888.724.7123** and press **option 2**.

MONMOUTH MEDICAL CENTER

Closer to Home

Monmouth Medical Center's new outpatient satellite locations in Colts Neck, Howell, Long Branch and Ocean Township are bringing the hospital's trusted diagnostic services out to the community. All satellite locations feature highly trained staff supported by Monmouth Medical Center's state-of-the-art equipment and quality standards. In addition to outpatient laboratory, X-ray and mammography services available within Monmouth Medical Center, patients can now access these high quality services in other convenient locations throughout Monmouth County. Monmouth Medical Center's new Ocean Township Laboratory and Diagnostic X-ray facility at 1910 Hwy 35 South, Oakhurst, offers laboratory drawing services and diagnostic X-ray services for both adult and pediatric patients. All testing is performed in Monmouth Medical Center's Clinical laboratory, and all X-rays are interpreted by Monmouth Medical Center's highly skilled radiologists. Laboratory drawing services are also available at the hospital's new satellite laboratory facility located on Morris Avenue in Long Branch, across the street from the Long Branch train station. Additionally, the renowned Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center now offers two satellite screening mammography facilities – The Jacqueline M. Wilentz Breast Center at Colts Neck at 310 Route 34 in Colts Neck and The Jacqueline M. Wilentz Breast Center at Howell in the Village Square Shopping Center at 59 Kent Road in Howell, The Jacqueline M. Wilentz Breast Center at Colts Neck also offers adult and pediatric laboratory drawing services.

All locations are open 8:30 a.m. to 5 p.m. Monday through Friday, and offer convenient free parking. No appointments are required at any of the facilities. To learn more, call Monmouth Medical Center at **1.888.SBHS.123**.

NOTABLE NEWS

Monmouth Medical Center Outpatient Locations *Walk-ins are welcome at all locations

COLTS NECK

The Jacqueline M. Wilentz Breast Center at Colts Neck

Mammography & Laboratory Services
310 Route 34 South, Second Floor
Colts Neck
732.923.7700 Mammography Scheduling
732.462.1793 Laboratory and Site Information

HOWELL

The Jacqueline M. Wilentz Breast Center at Howell

Mammography Services
59 Kent Road, Village Square Shopping Center, Howell
732.923.7700

LONG BRANCH

Laboratory Drawing Station
166 Morris Avenue, Long Branch
732.263.5028

Monmouth Medical Center Outpatient Laboratory Services

300 Second Avenue (inside the hospital)
Long Branch, NJ
732.923.7380

Monmouth Medical Center Outpatient Diagnostic Imaging

Services (CT Scan, MRI, Ultrasound, X-Ray)
300 Second Avenue (inside the hospital)
Long Branch
732.923.6800

OCEAN TOWNSHIP

Monmouth Medical Center Laboratory and Diagnostic X-Ray Services
1910 Hwy 35 South, Oakhurst
732.775.1024

SHREWSBURY

Shrewsbury Diagnostic Imaging
1131 Broad Street, Shrewsbury
732.578.9640

EPILEPSY MONITORING PROGRAM DEBUTS



A new Epilepsy Monitoring Program has debuted at Monmouth Medical Center, the goal of which is to improve seizure control and quality of life for adults and children suffering from epilepsy. The program is led by neurologist **Joshua Mendelson, MD**, who completed fellowship training in Clinical Neurophysiology at Atlanta's Emory University with a special concentration in

the medical and surgical management of epilepsy. Central to the Epilepsy Monitoring Program is state-of-the-art technology that provides continuous video and EEG (electroencephalography) monitoring of electrical activity in the brain. Dr. Mendelson works with a dedicated EEG technologist and nurses on the adult and pediatric inpatient units, who have received special training in the care of patients with epilepsy. He also works closely with Monmouth Medical Center director of pediatric neurology, **Shirley Fisch, MD**, attending neurologists and primary care physicians in developing treatment options for the patients.

To learn more about the Epilepsy Monitoring Program at Monmouth Medical Center, call **732.923.6839**.

SAINT BARNABAS BEHAVIORAL HEALTH CENTER HELP FOR POSTPARTUM DEPRESSION



For most new mothers, postpartum mood swings are mild and go away on their own. For anywhere from 5 to 25 percent of new moms, however, a more serious case of the 'baby blues' known as postpartum depression is not as easy to overcome. In fact, postpartum mood swings are common and affect up to 80 percent of new mothers.

At the Saint Barnabas Behavioral Health Center, free screenings for depression are available every month. Women who suffer from postpartum depression and their families should recognize that they are not alone, not at fault and that the situation can improve. Even if they think their feelings of sadness are minimal, they may not realize the impact on those around them, and should be evaluated by a qualified mental health professional.

The Saint Barnabas Behavioral Health Center treats all forms of depression and other behavioral health disorders through its Stepping Stones Outpatient Program. Therapy is tailored to meet the needs of patients and the issues they are facing. The program is covered by most insurance plans, including Medicare and Medicaid.

For more information about free screenings for depression or a referral to the Saint Barnabas Behavioral Health Center's Stepping Stones Program, call **1.800.300.0628**.

PEDIATRIC SUBSPECIALTY CENTER OPENS IN TOMS RIVER



The Children's Hospital at Monmouth Medical Center has opened a Pediatric Subspecialty Center in Toms River located at 67 Highway 37 West in the Riverwood 2 Building on the campus of Community Medical Center. The center brings several renowned pediatric subspecialists to Ocean County for the benefit and convenience of patients and their families. The physicians participating in the Pediatric Subspecialty Center include:

Frank P. Barrows, DO
Pediatric Endocrinologist

Vlady Ostrow, DO
Pediatric Endocrinologist

Jonathan E. Teitelbaum, MD
Pediatric Gastroenterology

Tina S. Rakitt, MD
Pediatric Gastroenterology

Robert Zanni, MD
Pediatric Pulmonologist

Eduardo U. Sembrano, Jr., MD
Pediatric Pulmonologist

The new Pediatric Subspecialty Center joins The Valerie Fund Children's Center for Cancer and Blood Disorders satellite located at the J. Phillip Citta Regional Cancer Center, which opened a year ago, and further enhances access to the experts of The Children's Hospital at Monmouth Medical Center to Ocean County.

To schedule an appointment, call the main office line at **732.557.3541**.

Minimally Invasive Surgery Helps Rumson Attorney Achieve Life Saving Weight Loss

For Mark F. Hughes III of Rumson, food was the way to relieve the pressures of his life as an attorney. Though heavy as a child, Mark continued to put on weight while attending law school, working as a legal assistant, a municipal prosecutor and now running his own law practice. When he reached 407 pounds, Mark, his wife Lisa and their son Connor knew he needed help.

They turned to Monmouth Medical Center, where **Frank J. Borao, MD**, Surgical Director of the Centers for Minimally Invasive Esophageal /Gastric and Complex Hernia Surgery, and Chief of Minimally Invasive Surgery, performed a bariatric procedure called lap-band surgery two years ago.

Since then,
Mark has
lost over
72 pounds.



"I was using food to manage the stress of supporting a family while running my own business," Mark said. With his weight continually increasing, Mark developed high blood pressure, hyperglycemia, cellulitis and sleep apnea – all common, dangerous conditions related to excess weight.

After meeting Dr. Borao, Mark started a six-month pre-testing program required of all bariatric surgery patients, in which he attempted to lose weight with the assistance of a physician. When that failed to result in significant weight loss, both Dr. Borao and Mark agreed to try the lap-band procedure, where a small pouch is made at the top end of the stomach with a saline-filled band.

Dr. Borao said the lap-band procedure is a minimally invasive surgical technique that requires no overnight stay in the hospital. For Mark, it meant he arrived in the hospital early in the morning, and was back home later in the afternoon.

In addition to his weight loss, Dr. Borao said Mark has reduced his blood pressure, cut back on his hyperglycemia medications and is sleeping better. As Mark's weight loss is monitored, Dr. Borao can modify and adjust the lap-band as needed in a simple procedure that takes only five minutes to perform in the doctor's office.

Mark says his decision to undergo lap-band surgery was a positive experience. Acknowledging that his dependence on food caused some serious health complications, he knows he doesn't want to go back there again. "I want to be around for my son," he said.

To find out more about bariatric surgery at Monmouth and Community Medical Centers or other weight-loss surgical options, call **1.888.SBHS.123**.



Frank J. Borao, MD
Surgical Director of the Gastric Esophageal Center
and Chief of Minimally Invasive Surgery

SPOTLIGHT ON:

EMERGENCY MEDICINE

Patients in need of emergency care who choose treatment at Community, Kimball or Monmouth Medical Centers, are being treated at three of the top ranked Emergency Departments in the state of New Jersey.

Both Community and Monmouth Medical Centers were recently ranked in the top 5 percent of hospitals nationwide for excellence in emergency medicine by HealthGrades, the leading independent health care ratings organization. Additionally, Kimball Medical Center has achieved the highest Emergency Department patient satisfaction scores in the state of New Jersey.

All three Emergency Departments handle a diverse mix of patient cases, from minor emergencies to major life-threatening conditions. The Emergency Departments also offer unique services like pediatric emergency services, stroke and heart attack programs.

Catherine Hanlon, MD, chair of Emergency Medicine at Monmouth Medical Center, said, "Our team of dedicated and skilled physicians, nurses and staff in the Emergency Department are committed to providing excellence each and every day."

William Dalsey, MD, chair of Emergency Medicine at Kimball Medical Center, echoed that sentiment, "We are proud that our hospital and its Emergency Department staff have achieved a distinguished reputation for patient satisfaction. "Combined, the three hospitals treat approximately 200,000 patients in the Emergency Department each year. The Emergency Departments offer specialized areas for minor emergencies, stroke and chest pain, as well as specialized services for pediatric emergencies. Both Kimball and Monmouth Medical Center's Emergency Departments are state-designated sites for PESS – Psychiatric Emergency Screening Services – where crisis intervention, stabilization, outreach and family crisis services are provided.

Laurence DesRochers, MD, chairman of Emergency Medicine at Community Medical Center, said, "We are ready and able to handle all emergencies. No problem is too big or too small for our team of qualified staff."

For more information on Emergency Services, visit www.saintbarnabas.com.



William Dalsey, MD
Chair of Emergency Medicine
at Kimball Medical Center



Laurence DesRochers, MD
Chair of Emergency Medicine
at Community Medical Center



Catherine Hanlon, MD
Chair of Emergency Medicine
at Monmouth Medical Center

SAINT BARNABAS HEALTH CARE SYSTEM

Community Medical Center

99 Route 37 West, Toms River, NJ 08755

Kimball Medical Center

600 River Avenue, Lakewood, NJ 08701

Monmouth Medical Center

300 Second Avenue, Long Branch, NJ 07740

SOUTHERN REGION DIRECTORY

COMMUNITY MEDICAL CENTER

MAIN NUMBER: 732.557.8000

Cardiology Services	732.557.8031
Childbirth Education	732.557.8034
J. Phillip Citta	732.557.8294
Regional Cancer Center	
Community	800.621.0096
Health Education & Outreach	
Emergency Department	732.557.8080
Foundation	732.557.8131
Home Health & Hospice	732.818.6800
Information Desk	732.557.8003
Infusion Program	732.557.8013
Laboratory	732.557.8100
Outpatient Facilities	
Maternity Services	732.557.8034
Nutritional Counseling	732.557.8143
Patient Satisfaction	732.557.8078
Pediatric Subspecialty Center	732.557.3541
Physician Referral Service - LINK	888.SBHS.123
Pulmonary Rehabilitation	732.557.8357
Radiation Oncology, J. Phillip Citta Regional Cancer Center	732.557.8148
Radiology	732.557.8146
Rehabilitation Services (PT,OT, Speech)	732.557.8046
Robotic Surgery	888.724.7123
Center for Sleep Disorders	732.557.2798
Volunteer Resource Center	732.557.8129
Weight Loss Institute of New Jersey	732.557.8960
Women's Imaging Center	732.557.8150
Wound Care	732.557.2121

KIMBALL MEDICAL CENTER

MAIN NUMBER: 732.363.1900

Admitting	732.886.4424
Behavioral Health	800.300.0628
Cardiac Catheterization	732.942.5684
Cardiac Rehabilitation	732.886.4428
Cardiology Services	732.886.4426
Case Management	732.886.4436
Center for Healthy Living (CFHL)	732.886.4731
Corporate Care/ Occupational Health	732.942.5900
Education/Literacy Program	732.886.4555
Emergency Department	732.886.4525
Foundation	732.886.4438
Human Resources	732.886.4407
Hyperbaric Oxygen Therapy	732.886.4100
Kimball Kids, Child Care Center	732.886.4466
Kimball Radiation Oncology	732.363.2699
Laboratory Services	732.886.4452
Medical Records	732.942.9634
Neurodiagnostics (EEG)	732.886.4426
Outpatient Infusion	732.886.4833
Patient Accounts / Billing	800.810.0384
Patient Information	732.886.4400
Patient Satisfaction	732.886.4600
Physician Referral	888.SBHS.123
Pulmonary Rehabilitation	732.886.4426
Rehabilitation Services -Inpatient	732.886.4531
-Outpatient	732.942.5900
Respiratory Care	732.886.4426
Volunteer Resource Center	732.886.4523
Wound Care Center	732.942.5900

SAINT BARNABAS BEHAVIORAL

HEALTH CENTER

MAIN NUMBER: 732.914.1688

TOLL FREE: 800.300.0628

MONMOUTH MEDICAL CENTER

MAIN NUMBER: 732.222.5200

Emergency Services	732.923.7300
Psychiatric Emergency Screening Services (PESS)	732.923.6999
Children's Hospital	732.923.7250
Pediatric Emergency Department	732.923.7325
Pediatric Surgery	732.923.6091
Asian Health Initiative	732.923.5057
Behavioral Health	732.923.6900
Breast Centers (Long Branch, Colts Neck, Howell)	732.923.7700
Cancer Services	732.923.6575
Cardiology Services	732.923.6595
Chest Pain Center	732.923.5000 ext. 31297
Community Health Education	732.923.6990
Dental Department	732.923.6585
Diabetes Education Center	732.923.7550
Epilepsy Monitoring Program (adult & pediatric)	732.923.6839
Foundation	732.923.6886
Obstetrical Services	732.923.6880
Gamma Knife Center	732.923.6562
Geriatric Services	732.923.7550
Heart Failure Program	732.923.6702
Hospice Care	732.923.6226
Laboratory Services	732.923.7380
Laboratory at Morris Avenue (Long Branch)	732.263.5028
Laboratory and X-Ray at Ocean Township	732.775.1024
Physician Referral	888.724.7123
Radiation Oncology	732.923.6890
Radiology	732.923.6800
Sleep Disorders Center	732.923.7660
Surgical Services & Robotics	888.724.7123
Stroke Center	732.923.6635
Volunteer Services	732.923.6670
Weight Loss Institute of New Jersey	732.923.6070
Wound Treatment Center and Hyperbaric Medicine	732.923.6060

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monmouthmedicalgroup.com