



Hunterdon Healthcare
Your full circle of care.

EMPOWERING health

HUNTERDONHEALTHCARE.ORG

SPRING 2014

Picture Perfect

Hunterdon Regional Cancer Center helps a young woman go from cancer patient to bride.

Ashley McRoy was diagnosed with stage 4 colon cancer and given a 20 percent chance of survival. Doctors at Hunterdon Regional Cancer Center made sure she made it to her wedding day – and beyond.



COVER STORY

Pictu

It was a joyous, teary-eyed day at Kleinfeld, the famous New York City bridal boutique and setting for TLC's hit show, "Say Yes to the Dress."

Bride-to-be Ashley McRoy, 28, radiated grace in her sleek white gown. Even her father, Jerry, the group's harshest critic, glowed.

Trying on wedding dresses is a dream come true for most women: But for Ashley and a team of Hunterdon Regional Cancer Center doctors and nurses, this made-for-TV moment represented so much more.

That's because Ashley has now been cancer-free for 18 months, and she credits Hunterdon Regional Cancer Center with her recovery from a rare and deadly form of cancer.

Seven years ago, Ashley, then 19, was attending Raritan Valley Community College. She was also just starting her modeling career when she felt a hard knot by her belly button. Two weeks later, and the knot had grown bigger. Ashley's mother, Louise, called the family doctor, which led to a CT scan and the shocking news: Ashley had stage 4 signet cell adenocarcinoma in her colon.

"The cancer was incredibly rare — .05 percent of colon cancer patients are under the age of 20 —and high-risk," according to Myron Bednar, MD, Medical Oncologist and Director of Clinical Trials at Hunterdon Regional Cancer Center. She was given a 20 percent survival rate.

"Her type of colon cancer wasn't typical," says Dr. Bednar. "This one featured more aggressive cells."

Hunterdon Healthcare staff began treatment right away. Cancerous tumors were removed from Ashley's colon and abdominal cavity. After the surgery, she utilized Hunterdon Regional Cancer Center's considerable resources.

"She benefited from our social services to help her cope, though she did a great job on

re Perfect

her own," Dr. Bednar says. "She worked with a dietitian for nutritional help while going through biological therapy, and she got state-of-the-art chemotherapy and radiation treatments."

It was a long journey: The cancer recurred in October of 2012, and had

boyfriend James Disney, who was constantly by her side throughout treatment. In fact, Ashley was featured on "Say Yes to the Dress" in part because of her incredible cancer recovery.

"I've been so incredibly blessed," she says. "I want to move forward,



Ashley with James by her side during treatment at HMC.

"The nurses and doctors at Hunterdon are my family now. I even invited my doctors to my wedding!" – Ashley McRoy

spread to part of her kidneys. She needed a second surgery, and then returned to Hunterdon Regional Cancer Center for follow-up care.

But after a final round of chemotherapy and radiation, Ashley at last received the news she longed to hear: The cancer was gone. Today, with cancer behind her, the Wilhelmina-represented model and graphic designer is continuing to model, and wants to share her story with others.

Most importantly, she wants to savor life, starting with her April 5th marriage to

to look at life more positively. I'm learning to see the glass half-full."

"Everyone at the Hunterdon Regional Cancer Center treated me amazingly," she adds. "They are my family."

In fact, Dr. Bednar, along with gastroenterologist Samuel Bae, MD and surgeon John Bello, MD were invited to Ashley's wedding.

"James and I have been through a lot," Ashley jokes. "We can survive being married!"

CONCERNED ABOUT YOUR RISK FOR CANCER? Learn more about the Family Risk Assessment Program (FRAP) at Hunterdon Regional Cancer Center by calling **908.237.2330**.

Dear Friend,



It has been a long winter, but finally, spring is upon us. Spring is a time of renewal and often associated with cleaning. It is a time when you wash your windows, put away your winter clothing and tune up the lawnmower. But it should also be a time to spring "clean" your health.

Most Americans only schedule time to see their doctor when they are sick. Use spring cleaning as an opportunity to schedule your preventive care. Make that appointment with your primary care physician, gynecologist or dermatologist and plan to have that annual checkup you have been putting off.

I know our residents take their health very seriously. It is why for the past five years, Hunterdon has been ranked the healthiest county in the state of New Jersey through a study conducted by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

In this issue of *Empowering Health* you will read about Ashley McRoy, a young cancer survivor and her journey to recovery with the help of the Hunterdon Regional Cancer Center. You will also learn how Monica Lluch-Lotfi is better managing her diabetes with guidance by the experts at the Center for Nutrition and Diabetes Management; how a double hip replacement has changed Ernie DiFazio's life and a simple procedure for Alan Swenson has caused him great relief. In addition, this newsletter provides information on the symptoms and dangers of untreated sleep apnea, a new lung screening program and a test to calculate your metabolic rate.

Hunterdon Healthcare offers a full range of resources to help keep you and your family in good health. We will continue to promote the health of our community with an expanded cardiovascular center that is currently under construction and expected to open in 2015. We also have two state-of-the-art medically-based Hunterdon Health and Wellness Centers located in Clinton and Whitehouse Station, which focus on disease management and health enhancement. Explore our new integrated medicine program that offers complementary therapies such as reiki, massage and acupuncture.

To your good health,

Bob Wise

Robert P. Wise
President and CEO, Hunterdon Healthcare

Better Sleep Leads to a Healthier Life

Do you sleep poorly every night? It could be the symptom of a larger health issue — one that, if left untreated, could wreak lifelong havoc.

By conducting intensely monitored sleep studies to identify and treat sleep disorders, the Sleep Disorders Center at Hunterdon Medical Center and the Hunterdon Health and Wellness Center in Clinton awakens people to an often overlooked part of their health.

“We don’t just diagnose people and send them on their way,” says David Cohn, MD, FCCP, Sleep Disorder Specialist and the Center’s Medical Director. “We recognize the importance of close follow-up of patients diagnosed with sleep disorders to ensure successful treatment.”

A number of sleep disorders exist (insomnia, restless limb syndrome) but one dominates in prominence and risk: According to Dr. Cohn, 15 percent of adult males suffer from sleep apnea, when a person’s sleep features one or more pauses or shallow breaths.

Those with severe sleep apnea could suffer



30 or more episodes of obstructed breathing per hour, contributing to a fragmented, unsatisfying sleep. That leads to spotty concentration, fatigue, and worse. If left untreated, sleep apnea could even lead to heart failure and stroke.

“Many don’t know they suffer from sleep apnea,” says Tina Giovannini, RRT, BS/BA, MBA, the Center’s Administrative Director. “They’re used to it being that way,” she says of poor sleep.

She recommends anyone whose sleep is frequently disrupted to schedule an appointment at the Sleep Disorders Center. Initial visits, sleep studies and follow-ups are done in either Clinton or Flemington. Prescribed equipment can be acquired or repaired at either location.

The Center can also perform sleep studies on children as young as three. If you prefer to have a sleep study done in the comfort of your own home, just ask.

The home-based equipment is less expensive—and covered by most insurance carriers—but is not as advanced as the equipment at the Center.

Regardless, Dr. Cohn and his team want to help problem sleepers. Remember: Quality of sleep is important and poor sleep is treatable.



How to Get a Good Night’s Sleep

Dr. Cohn offers the following advice:

- **GET ENOUGH SLEEP.** Sleep seven to eight hours daily in a quiet, dark environment.
- **AVOID OVERSLEEPING.** “It compromises your ability to fall asleep on subsequent nights, setting yourself up for a vicious cycle,” Dr. Cohn says. Keep a consistent sleep schedule.
- **LYING AWAKE IN BED UNABLE TO SLEEP?** Leave. After 20 minutes, go to another room. “The longer you stay in bed,” Dr. Cohn says, “The longer you develop a mental association with the bedroom and the frustration in not sleeping.” Do something relaxing. Avoid bright lights. Return to bed only when you are tired.

IN NEED OF A GOOD NIGHT’S REST? Learn how the Sleep Disorders Center can help you by visiting hunterdonhealthcare.org/sleep, or call **908.735.3939**.

Let HMC Manage Your Diabetes

If you have diabetes, you have a place to turn to at the Center for Nutrition and Diabetes Management, located in Flemington and Raritan.

Twenty-six million Americans have diabetes, and each person manages the disease best with an individualized approach.

"We're here to help patients learn the necessary skills so that they can be healthy with diabetes," says Beverley Manganelli, RD, BS, CDE, the Center's Director. "We're here to guide and to support."

Patients, with a physician's referral, attend two sessions with a certified diabetes educator who reviews the ins and outs of the disease — blood sugar monitoring, medications, reducing the risk of complications. That is followed by another two sessions with a registered dietitian who develops a personalized meal plan for each patient.

Under Medicare, patients with diabetes get three hours of medical and nutrition therapy, plus ten hours of diabetes education the first year they are diagnosed and two hours each of diabetes education and nutrition counseling every year thereafter.

"I always leave with the sense that someone understands and cares about what diabetes is and can help improve my life," says Monica Lluch-Lotfi of Bridgewater, a diabetes patient who has used the Center.

In addition, one of the Center's goals is to help patients get the bigger picture regarding their health so they can avoid diabetes.

A class on pre-diabetes, which affects 79 million Americans, is offered twice a month at the Center. Among its numerous classes is the popular "Why Can't I Lose Weight?" a weight-management program for adults.

NEED HELP MANAGING YOUR DIABETES? For more information, visit hunterdonhealthcare.org/diabetes or call 908.237.6920.

Asian Shrimp Rolls

Heart Healthy | Diabetic-Friendly

- 1 package (10 sheets) rice paper (spring roll paper)
- 1/2 lb peeled and deveined shrimp, boiled or steamed
- 1 medium carrot, peeled and grated
- 1/2 cucumber, peeled, seeds removed and cut into 1-inch sticks
- 1 cup guacamole
- 1 cup fresh mint

Fill a large pot with hot water. Dip one sheet of rice paper into hot water for five to ten seconds, or until hydrated. Lay out rice paper on a plate. In the center of the rice paper, arrange some of the shrimp, carrot, cucumber, guacamole and mint. Roll the rice paper by folding two sides in and then rolling from the bottom up. The rice paper is sticky and will seal the roll up. Repeat with remaining ingredients. The shrimp rolls can be made one day ahead, wrapped in plastic wrap and refrigerated. *Makes ten rolls.*

Nutrition Facts (per one roll): Calories: 114; Fat: 5g; Saturated Fat: 3g; Cholesterol: 34mg; Sodium: 281mg; Carbohydrates: 12g; Fiber: 1g; Protein: 6g



HMC Offers Lung Screening Program

Hunterdon Healthcare is now offering a lung screening program to help detect lung cancer early, when it is still treatable.

According to the U.S. Preventive Services Task Force, lung cancer is the third most common cancer and the leading cause of cancer-related deaths in the United States. The most common risk factor for lung cancer is smoking, which results in 85% of all U.S. lung cancer cases. About 37% of U.S. adults are current or former smokers.

Recent studies have shown that an annual low-dose chest CT scan for individuals who meet screening criteria can decrease lung cancer mortality.

"The goals of the lung screening program are to identify lung cancer at its earliest stage, increase participation in smoking cessation programs and to improve the overall health of our community," says Geralyn Prosswimmer, M.D, Medical Director, Primary Care for Hunterdon Healthcare.

Individuals should consider screening if they are between the ages of 55-80, have a 30-pack a year history of smoking or have quit smoking less than 15 years ago.

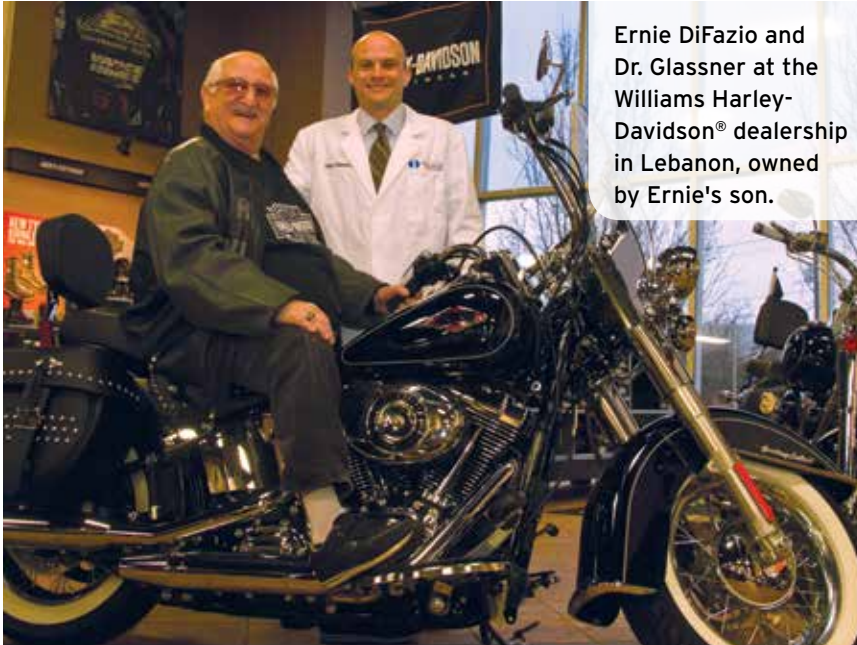
"This test is noninvasive and takes about ten minutes," Dr. Prosswimmer explains. "The screening can be ordered by a patient's primary care physician. Once the test is completed, a radiologist will report the results to the physician."

This screening is considered preventive health care and is covered by most insurance companies. The lung screening program also offers smoking cessation counseling and resources, regardless if an individual meets the testing criteria.

GET SCREENED. Talk to your primary care physician to see if you are eligible for the lung screening program or if you want help to quit smoking.

Screening is considered preventive healthcare and is covered by most insurance companies.

Hip Replaced at HMC, Life Restored



Ernie DiFazio and Dr. Glassner at the Williams Harley-Davidson® dealership in Lebanon, owned by Ernie's son.

Ernie had his right hip joint replaced in May of last year and the left one five months later. He credits Dr. Glassner and Nancy Miller, the coordinator for HMC's Bone & Joint Health Program with making the experience "fantastic."

"Nancy coordinated everything from day one," says Ernie. From pre-surgery education to post-surgery rehab and home care, every question was answered and every need anticipated. For Ernie, it was truly a full circle of care.

"Today my legs are completely different," Ernie says. "I can walk without a cane and get in and out of bed and the car without a problem. I couldn't be happier."

A Doctor Comes Home

For Dr. Glassner, the satisfaction he gets from helping Ernie and others has its roots right at HMC, the hospital where he was born.

As a teen, he worked as a trainer at the Hunterdon Health and Wellness Center and also volunteered in patient transport. Following medical school and advanced training in hip and knee replacement, he carefully considered where he would establish his practice. He decided the Hunterdon Orthopaedic Institute provided him with exactly the mix of what he wanted professionally and personally. He was recently named "2013 Physician of the Year" at HMC.

"Some of the guys I worked with in transport, former teachers, even doctors from when I was a kid are my patients now," he says. "I like that. It's nice to give back."

Erne DiFazio could see the writing on the wall. The severe pain in his hips and legs that forced him to use a cane, and then a walker, would soon put him in a wheelchair, if he didn't do something about it.

He went to see Philip Glassner, MD, an Orthopedic Surgeon at Hunterdon Medical Center (HMC). "Dr. Glassner was very upfront with me, which I appreciated," says Ernie. "He told me my hip joints were badly damaged by arthritis and that hip replacement could help. He explained the process, but left the decision completely up to me. I told him right then and there that I wanted to go ahead with it."

CONSIDERING JOINT REPLACEMENT? Learn more by calling Nancy Miller, Coordinator, Center for Bone and Joint Health at **908.788.6423** or visit centerforjointhealth.com.

New Treatment for Hemorrhoids

Do you suffer from hemorrhoids? You're hardly alone: nearly half of people over the age of 50 have chronic hemorrhoid problems.

That's why Hunterdon Medical Center is proud to offer patients a new treatment for hemorrhoids. The HET System is a non-surgical technology that allows physicians to treat internal hemorrhoids in a single procedure.

Alan Swenson, 75, had the HET procedure at HMC in February, and so far, he's been extremely pleased. "It was great," says the Easton, PA resident. "It's been

a real noticeable improvement since I had the procedure. I have not had any recurring hemorrhoid symptoms so far, and I've had no discomfort."

HET is associated with rapid recovery, minimal discomfort and excellent results.

"This new treatment is having a dramatic impact. Following treatment, we see a remarkable improvement in the patient's symptoms and an impressive reduction in the size of the hemorrhoids," says Stephen Willis, MD, a Gastroenterologist at



Advanced Gastroenterology and Nutrition, a specialty practice of Hunterdon Healthcare.

"Hemorrhoid surgery in the past was typically miserable," adds Jeffrey Hartford, MD, also at Advanced Gastroenterology and Nutrition. "The HET system allows us to treat most patients with a five-minute procedure."

INTERESTED IN HET? If you have internal hemorrhoids, learn more about HET. Call Advanced Gastroenterology and Nutrition for more information or to schedule an appointment, at **908.788.4022**.

CENTER FOR ADVANCED WEIGHT LOSS

Your Breath May be the Key to Weight Loss

According to the 2013 Hunterdon County Community Health Needs Assessment, about 55% of Hunterdon County residents are either overweight or obese. If you are among that group, then you know how difficult it can be to shed extra pounds. The Center for Advanced Weight Loss now offers a 10-minute metabolic breath test that establishes the number of calories you burn at rest, in a single day.

It is important to know what your metabolic rate is because it can provide statistics

to help manage your caloric intake for successful weight loss. "During the test, the air you breathe out is analyzed to determine exactly how much oxygen the body consumes. This is how your metabolic rate is measured," explains Christine Meny, BSN, Program Coordinator, Center for Advanced Weight Loss.

Immediately after the test, the patient will know if their metabolism is low, normal or high. The test also determines exactly how many calories a person needs to maintain, lose, or even gain weight.

"Many times patients have no idea how many calories they should be eating to lose weight or improve the quality of their diet. This test will provide objective information to help design a personalized plan including specific examples of what and how to eat," explained



Jennifer Exley of High Bridge takes the metabolic test at the Center for Advanced Weight Loss.

Rosemary Logue, RD, MS, a Clinical Dietitian at the Center.

The fee for the metabolic rate test is \$75 and includes a guest pass to the Hunterdon Health and Wellness Centers. For \$250, you receive the test, three visits with a registered dietitian and also receive three guest passes to the Hunterdon Health and Wellness Centers.

HOW FAST IS YOUR METABOLISM? Find out! The breath test is available at the Center for Advanced Weight Loss, located at 1738 Rt. 31 North in Clinton. To schedule an appointment, call **908.735.3912**.

HUNTERDON MEDICAL CENTER

Named Best Breast Center

Hunterdon Medical Center has been named a recipient of the Women's Choice Award as one of America's Best Breast Centers, acknowledging its dedication to providing exceptional patient care and treatment.

By carrying the Women's Choice Award seal, HMC has signified its commitment to a global mission to elevate the patient experience for women and all patients.

Hunterdon Medical Center earned the award by having met the National Accreditation Program for Breast Centers standards from the

American College of Surgeons. As one of America's Best Breast Centers, HMC also carries the Seal of the American College of Radiologists as a Breast Imaging Center of Excellence, and scored above-average on the Centers for Medicare and Medicaid Services patient satisfaction measures.

HMC's nationally accredited Hunterdon Regional Breast Care Program plays a major role in assuring that the highest standard of care is provided. A skilled team of breast specialists from different medical disciplines provide diagnostic testing,



treatment, surgery, psychosocial support, education and rehabilitation.

The Hunterdon Women's Imaging Center provides diagnostic services including digital mammography, ultrasound and breast MRI and breast intervention procedures. If a woman's mammogram comes back with abnormal results, Alice Quinn, BS, RT, RDMS, RVT, provides care coordination for patients who need additional testing.

HUNTERDON WOMEN'S IMAGING CENTER Located at 121 Route 31, Suite 1100 in Flemington. To schedule an appointment, call **908.782.4700**. To learn more, visit hunterdonhealthcare.org/breastcare.

Double Your Donation with a Matching Gift

AT LEAST \$10 BILLION IN WORKPLACE MATCHING FUNDS GO UNCLAIMED EACH YEAR.



Often, corporate employees and retirees are not aware that their employer has the opportunity to match their charitable gifts. So when you make a donation or volunteer at Hunterdon Medical Center, your employer will match the donation or volunteer time with an equal or greater amount.

DOES YOUR COMPANY HAVE A MATCHING GIFT PROGRAM? To find out, talk with your Human Resources Department or contact Tawana Baker at **908.788.6504**, or baker.tawana@hunterdonhealthcare.org.

Debra Porcell

Vice President of Marketing

Kathleen Seelig

Director of Public Relations and Marketing

Lou Pereira

Senior Graphic Design Specialist

Robin Vonohsen

Media Specialist

Jennifer Exley

Marketing and Public Relations Assistant

Nick Francis

Web Designer

Find Us on Facebook.

Follow Us on Twitter and Pinterest.



facebook.com/hunterdonhealthcare



twitter.com/HunterdonHealth



pinterest.com/hunterdonhealth

The articles in *Empowering Health* are intended to keep you informed and to encourage a healthy lifestyle. Please see your doctor for medical care and advice. Copyright © 2014 Baldwin Publishing. 800.705.6522. *Health eCooking* is a registered trademark of Baldwin Publishing.

What's Inside?



SLEEP DISORDERS CENTER

How to get a good night's rest



ORTHOPEDIC SURGERY

He chose HMC for hip replacement



CENTER FOR ADVANCED WEIGHT LOSS

Your breath may be the key to weight loss

AD Here