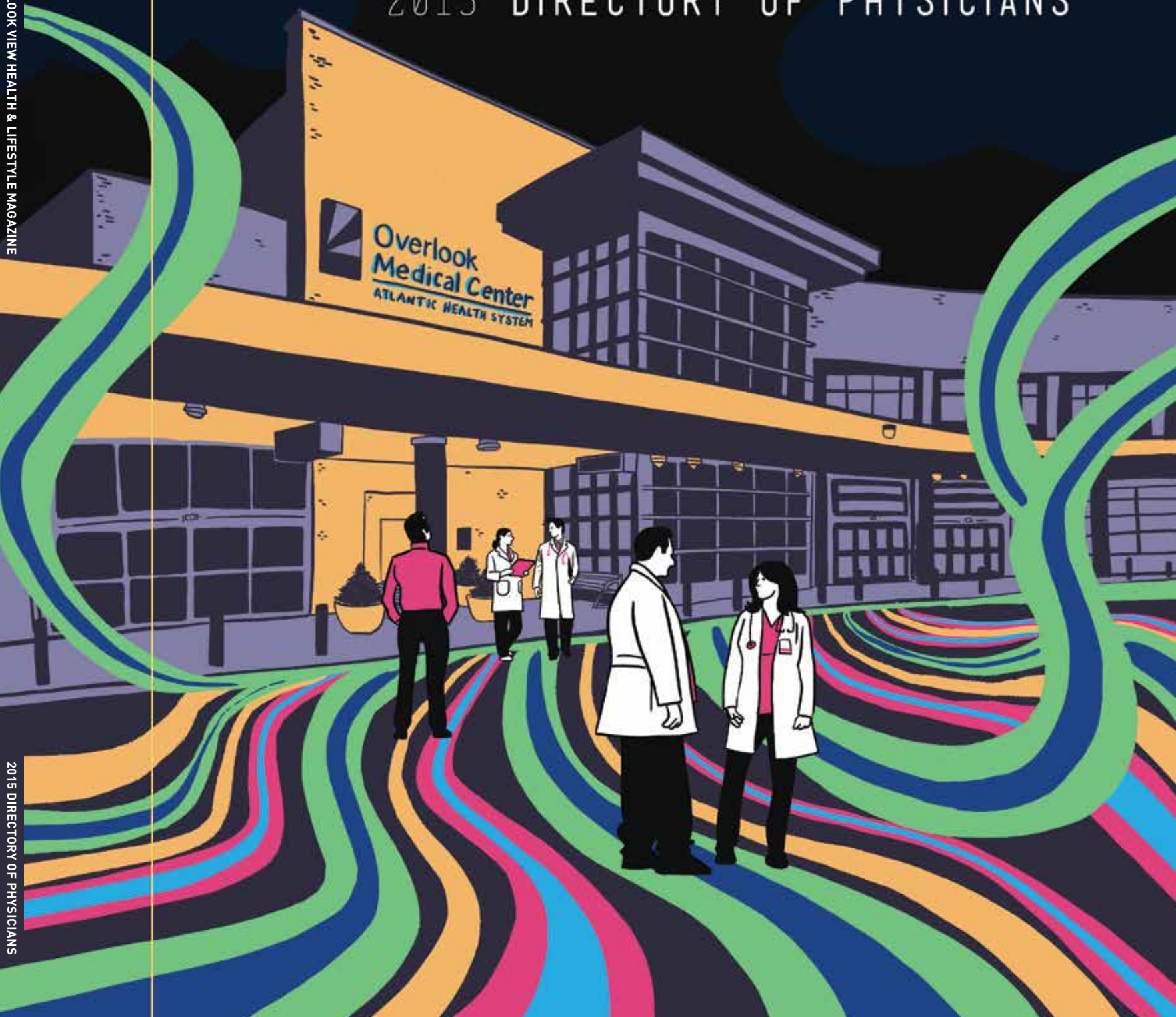


Health & Lifestyle Magazine

View

OVERLOOK

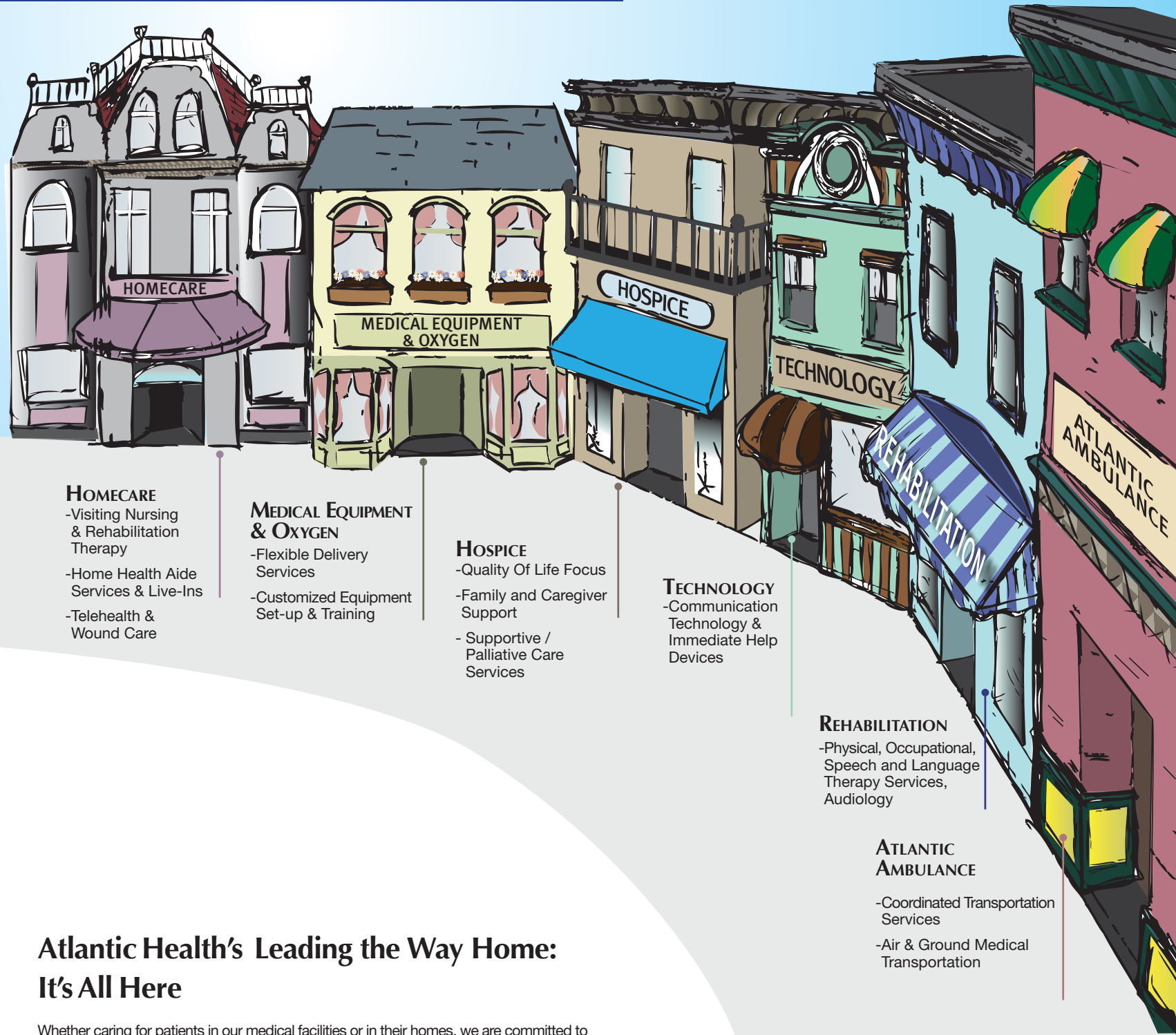
2015 DIRECTORY OF PHYSICIANS



OVERLOOK VIEW HEALTH & LIFESTYLE MAGAZINE

2015 DIRECTORY OF PHYSICIANS

Leading the Way Home



HOME CARE

- Visiting Nursing & Rehabilitation Therapy
- Home Health Aide Services & Live-Ins
- Telehealth & Wound Care

MEDICAL EQUIPMENT & OXYGEN

- Flexible Delivery Services
- Customized Equipment Set-up & Training

HOSPICE

- Quality Of Life Focus
- Family and Caregiver Support
- Supportive / Palliative Care Services

TECHNOLOGY

- Communication Technology & Immediate Help Devices

REHABILITATION

- Physical, Occupational, Speech and Language Therapy Services, Audiology

ATLANTIC AMBULANCE

- Coordinated Transportation Services
- Air & Ground Medical Transportation

Atlantic Health's Leading the Way Home: It's All Here

Whether caring for patients in our medical facilities or in their homes, we are committed to providing a variety of services that support the diverse healthcare needs of our community. When it comes to homecare services, partnering with a familiar, trusted provider can mean so much. **Atlantic Health's Leading the Way Home**—for all of your homecare needs, it's all here. For information about the full range of services available, please call **1-888-4AH-DOCS**.



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We define success as providing exceptional care and service to our patients every day.

Our achievements have been recognized by some of the most prestigious healthcare organizations.

Here, we present a collection of **Overlook Medical Center's** recent accolades.



Overlook Medical Center is accredited by The Joint Commission, an independent, not-for-profit organization that accredits and certifies more than 19,000 healthcare organizations and programs in the United States. Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting the highest performance standards.

Our physicians *U.S. News & World Report* again recognized Overlook Medical Center among the best hospitals in central New Jersey and as a "Best Regional Hospital" for Neurology and Neurosurgery, as reported in the publication's annual Best Hospitals list for 2014-15.

The magazine also ranked Overlook Medical Center as a "High Performing" hospital for Gastroenterology & GI surgery, geriatrics and urology. The annual U.S. News Best Hospitals rankings, now in its 25th year, recognize hospitals that excel in treating the most challenging patients.

Overlook was recognized by *U.S. News & World Report* as a Best Regional Hospital in seven specialties, including: gastroenterology, geriatrics, nephrology, and urology.

Overlook received the Access to Quality of Care Award from the New Jersey Hospital Association.

Overlook's Emergency Department at its Union campus is one of only 20 nationwide to receive a Lantern Award from the Emergency Nurses Association. The award recognizes the hospital's culture of excellence in emergency care, including strong leadership, practice credibility, and workplace recognition.

Atlantic Neuroscience Institute (ANI) Overlook Medical Center has been recognized by The Joint Commission and the American Heart Association/American Stroke Association as meeting The Joint Commission's standards for Disease-Specific Care Comprehensive Stroke Center Certification, which means it is part of an elite group of providers focused on complex stroke care. Complex Stroke Centers are recognized as industry leaders and are responsible for setting the national agenda in highly-specialized stroke care.

Comprehensive Stroke Center Certification recognizes those hospitals that have state-of-the-art infrastructure, staff and training to receive and treat patients with the most complex strokes. Overlook Medical Center underwent a rigorous onsite review in September 2014. Joint Commission experts reviewed Overlook Medical Center's compliance with the Comprehensive Stroke Center standards and requirements including advanced imaging capabilities, 24/7 availability of specialized treatments, and staff with the unique education and competencies to care for complex stroke patients.

ANI's Epilepsy Center houses a Level 4 epilepsy center, one of only a handful of such centers in New Jersey. Overlook Medical Center is the first and only place in the tri-state area using MEG technology solely for the treatment of patients. MEG technology maps electrical activity in the brain to locate the source of seizures, thereby allowing for successful brain surgeries in the treatment of epilepsy.

Overlook's Spine Program received the Gold Seal of Approval™ from The Joint Commission, achieving Disease-Specific Care Certification for cervical and lumbar spine treatments—a designation held by only 13 hospitals in the United States. This certification recognizes that our spine program is patient-centered, comprehensive, and well developed, resulting in better outcomes for patients. Perhaps that's why our spine program has performed more spine surgeries than any other hospital in New Jersey.

Carol G. Simon Cancer Center is a major clinical research affiliate of The Rutgers Cancer Institute of NJ, and Atlantic Health System is the primary academic and clinical affiliate in New Jersey of Mount Sinai School of Medicine and The Mount Sinai Hospital. Carol G. Simon Cancer Center has received the Outstanding Achievement Award and Three-Year Approval with Commendation from the American College of Surgeons Commission on Cancer.

The Breast Center at Overlook Medical Center is accredited by the National Accreditation Program for Breast Centers (NAPBC), which means we provide the highest level of quality breast care using the most advanced diagnostics, treatments and technologies for all types and stages of benign and malignant breast disease.

Our maternity services have been designated a Level III Intensive Perinatal Unit by the New Jersey Department of Health and Senior Services.

Goryeb Children's Center at Overlook Medical Center has more than 100 Board-certified physicians in more than 20 different medical and surgical specialties.

The Chest Pain Center, part of Gagnon Cardiovascular Institute (GCI), is accredited by the Society of Chest Pain Centers. GCI has received Cardiac Rehabilitation Center Accreditation from the American Association of Cardiovascular and Pulmonary Rehabilitation; Vascular Laboratory Accreditation from the Centers for Medicare and Medicaid Services and Intersocietal Commission for the Accreditation of Vascular Laboratories; and Echocardiography Laboratory Accreditation from the Intersocietal Commission for the Accreditation of Echocardiography Laboratories. GCI is the recipient of the ACTION Registry®-GWTG™ Gold Performance Achievement Award from the American College of Cardiology Foundation and American Heart Association.

Overlook's Women's Heart Awareness Program received the Circle of Excellence Award from the American Association of Critical Care Nurses.

The Metabolic Weight & Wellness Center at Overlook Medical Center is a Center of Excellence in Bariatric Surgery, as designated by the American Society for Metabolic and Bariatric Surgery.

Overlook's Wound Healing Program is accredited by the Undersea & Hyperbaric Medicine Society, and received the Gold Seal of Approval™ Disease-Specific Care Certification from The Joint Commission.

Atlantic Health System has been selected by *Fortune*® Magazine five years in a row as one of the 100 Best Companies to Work For®. We're proud to be the only hospital system in northern New Jersey to earn this prestigious designation.



For a referral to an Overlook Medical Center physician, please call 800-247-9580 or visit www.atlantichealth.org/overlook

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Every year, Overlook touches the lives of thousands of people—from nearly 40 towns last year alone—who never even come through the hospital’s doors. How do we do this? Our Community Health Department sponsors year-round screenings and lectures, helping to promote healthy living. We also provide educational materials and counseling. We perform screenings for such common problems as hypertension, diabetes, high cholesterol, osteoporosis, hearing loss, skin damage, and even breast and prostate cancer. Many of these screenings are free, and many yield immediate results. Our award-winning follow-up program enables Community Health participants to navigate the healthcare system with ease. We alert participants of potential health concerns, and help them secure medical referrals when needed.

If you spot our Healthy Avenues van in your neighborhood, stop in! It just may change—or even save—your life.

For more information on lectures and screenings, look for the Community Health Calendar in *Overlook View* or go to www.atlantichealth.org.



Overlook Medical Center welcomes you! As one of the region’s leading providers of state-of-the-art healthcare, we serve the health and wellness needs of dozens of communities in northern and central New Jersey.

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A CULTURE OF HEALING + HEALTH




At Overlook Medical Center, we are always aware that every person who turns to us—in health, or in need of healing—is someone’s parent, someone’s child, someone’s friend or loved one. Delivering the very best care in the very best facility is a responsibility we are proud to shoulder.

LEADING THE WAY

Overlook’s commitment to every patient means that we do more than meet basic requirements; we challenge ourselves not only to anchor the healthcare needs of the communities we serve but also to achieve measurable excellence at every point where patients touch our system. Our talented physicians consistently proliferate Top Doctors lists from *New Jersey Monthly* and Castle Connolly, and our nurses are equally lauded for their high quality of care and expertise. Overlook—together with its Atlantic Health System counterparts Morristown Medical Center, Newton Medical Center, Chilton Medical Center, and Goryeb Children’s Hospital—provides unparalleled specialty care, superior clinical offerings, and a comprehensive medical

staff across multiple campuses throughout northern and central New Jersey. Our centers—the Atlantic Neuroscience Institute, Carol G. Simon Cancer Center, Gagnon Cardiovascular Institute, and Goryeb Children’s Center, among others—are recognized for cutting-edge treatments and technologies. In fact, *US News & World Report* named Overlook a Best Regional Hospital for neurology and neurosurgery, gastroenterology and gastrointestinal surgery, geriatrics, and urology; Castle Connolly named Overlook one of the top hospitals in New Jersey for the treatment of neurological disorders and stroke; and in 2014, we were recognized as Leaders in LGBT Healthcare Equality by the Human Rights Campaign Foundation.



“Our ongoing investment in our facilities, staff, and programs is an investment in our future and in our patients. It is not enough to be stewards of healthcare; we are stewards of the healthcare system as well.”

THE ROAD AHEAD

Our ongoing investment in our facilities, staff, and programs is an investment in our future and in our patients. In 2015 it is not enough to be stewards of healthcare; we are stewards of the healthcare system as well. We have made a commitment to improving access to primary care, the frontline for all healthcare. Moreover, we are shifting the paradigm from waiting for people to get sick and then treating them, to proactively reaching out to patients and keeping them healthy.

We have joined Accountable Care Organizations (ACOs)—groups of doctors, hospitals, and other healthcare providers who come together voluntarily to provide coordinated high-quality care. Our Atlantic Accountable Care Organization, launched in 2012, continues to thrive and recently was included in the list of “100 Accountable Care Organizations to Know” by *Becker’s Hospital Review*, one of the healthcare industry’s leading publications. And we created Atlantic Medical Group, a strong aggregate of 600 primary care and specialty physicians, five hospitals (Overlook, Morristown, Newton, and Chilton Medical Centers, plus Goryeb Children’s Hospital), and related healthcare services. (For more on Atlantic Medical Group, read “World-Class Healthcare, Local Access,” at right.) This allows physicians to focus more on what matters most: patient care. In tandem, all of these measures help to ensure that quality care remains in the hands of quality physicians and remains accessible to all.

THE OVERLOOK DIFFERENCE

At every turn, we strive to empower our communities to be among the healthiest in the nation. In fact, in an effort to recognize the integral role that our communities—from organizational partners to individuals—play in achieving that goal, Atlantic Health System’s Healing Culture Council has dedicated 2015 as “The Year of Community.” We will work with departments throughout the organization to offer events and activities that promote connection, healing, diversity, empowerment, creativity, and other components that help build community within our walls, and better connect with those we serve.

At Overlook, you can be sure that whatever your healthcare needs, our continuum of care will rise to meet those needs. And you can be certain that you will be treated with the highest quality of care and service—with professionalism, respect, involvement, dignity, excellence, and so much more. The convergence of talent and technology, compassion and caring—that’s our pact with every patient.

WORLD-CLASS HEALTHCARE, LOCAL ACCESS

Atlantic Health System is proud to announce its creation of Atlantic Medical Group, an alliance of 600 physicians plus five hospitals. Together, they deliver the strength of a world-class healthcare system into the heart of your community.

Quality healthcare delivered locally, with effortless access, ease of communication, and a sharing of resources. Atlantic Health System has achieved this by developing an innovative care delivery model that partners a committed physician enterprise with a quality hospital system. The result is Atlantic Medical Group, an alliance of 600 primary care and specialty physicians, five hospitals (Overlook, Morristown, Newton, and Chilton Medical Centers, plus Goryeb Children’s Hospital), and related healthcare services.

Over the past several years, Atlantic Health System has had a strategy to align resources economically in order to provide benefits to patients, to physicians, and to the system. The creation of Atlantic Medical Group—a physician-led, professionally managed physician enterprise—was the next step in realizing this vision. As a patient, you likely will not notice any changes; you will be seeing the same physicians you have come to know and trust, and they will deliver the same high-quality care you expect. But by working together responsibly as an integrated healthcare system, we are able to enhance communication and cooperation, optimize care system operations, reduce costs, and improve the overall patient care experience. This has been an ambitious task for sure, but one that we believe was our responsibility to the communities we serve. With the top doctors, top hospitals, and full services across the continuum of care—now with an even wider geographical footprint—the creation of Atlantic Medical Group has helped to cement Atlantic Health System’s status as a leading healthcare provider in our region.



ANESTHESIOLOGY

BARIATRIC SURGERY

BEHAVIORAL HEALTH

- Crisis Intervention
- Inpatient Adult Psychiatric Unit
- Outpatient Programs

BIOETHICS CONSULTATION

BLOOD DONOR SERVICES

BREAST CENTER

- 3-D Tomosynthesis
- Digital Mammography
- Breast Biopsy/Localization Services
- Breast MRI
- Bone Densitometry
- Dedicated Breast Ultrasound

CANCER CENTER

- Adult Oncology Unit
- Brain Tumor Center
- Breast Center
- Cancer Research
- Cancer Registry
- CyberKnife®
- Genetic Counseling
- Infusion Center
- Lymphedema Treatment
- Medical Oncology
- Mind-Body Treatment
- Multidisciplinary Treatment Programs
 - Breast Cancer
 - Colon Cancer
 - Gynecologic Cancers
 - Leukemia/Lymphoma
 - Lung Cancer
 - Rectal Cancer
 - Urologic Cancers
- Nutritional Counseling
- Psychological Support
- Radiation Oncology
- Valerie Fund Center (Pediatrics)
- Women's Cancer Center

CARDIOLOGY

- Access to Advanced Treatment Referral Studies
- Angioplasty
- Cardiac Care Unit
- Cardiac Catheterization
- Cardiac CTA
- Cardiac Imaging
- Cardiac MRI
- Cardiac Rehabilitation
- Chest Pain Center
- Congestive Heart Failure
- Echocardiography with 3-D Technology
- EECF
- EKG
- Health Screenings
- Heart Success Program
- Pacemaker
- Telemetry Unit
- Vascular Imaging
- Vascular Lab (Doppler, etc.)
- Women's Heart

CARE MANAGEMENT

- Addiction Services
- Case Management
- Family Violence
- Outpatient Diabetes & Assessment Program
- Social Work

COMMUNITY HEALTH

- Education Programs
- Guest Speaker Bureau
- Health Screenings

COMMUNITY HEALTH CENTER AT VAUXHALL

CYBERKNIFE®/STEREOTACTIC RADIOSURGERY

DENTAL

- General Dentistry
- Oral Surgery
- Residency Program

DERMATOLOGY

DIABETES SELF-MANAGEMENT EDUCATION & COUNSELING PROGRAM

DIETARY

DIGESTIVE CENTER

DIALYSIS/RENAL DISEASE

EATING DISORDERS

EMERGENCY MEDICINE

- Chest Pain
- Fast Track
- Pediatric
- Trauma

ENDOCRINOLOGY

ENDOSCOPY CENTER

FAMILY MEDICINE

GASTROENTEROLOGY

HOME CARE/HOSPICE

INFECTIOUS DISEASE

LABORATORY

- Chemistry
- Hematology
- Coagulation
- Urinalysis
- Microbiology

LIBRARY SERVICES

NEUROLOGY/NEUROSURGERY

NEUROSCIENCES

- Clinical Programs
 - Atlantic Neuroscience Institute Epilepsy Center
 - Comprehensive Stroke Center
 - Concussion Center
 - Minimally Invasive Neurosurgery (Aneurysm, Spine, Stroke)
 - Memory & Cognitive Disorders Program
 - Movement Disorders Program
 - Multidisciplinary Brain Tumor Program
 - Multidisciplinary Pain Center
 - Neuromuscular Disease Program
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ONCOLOGY

OPHTHALMOLOGY

OUTPATIENT NUTRITION SERVICES

PALLIATIVE CARE

PATHOLOGY

- Genitourinary Pathology
- Gastrointestinal Pathology
- Dermatopathology
- Gynecologic Pathology
- Hematopathology
- Cytopathology
- Breast Pathology
- Neuropathology

PAIN MANAGEMENT

PARENT EDUCATION

PASTORAL CARE

PEDIATRICS

- Adolescent Medicine
- Cardiology
- Child Development
- Ear, Nose & Throat
- Endocrinology
- Gastroenterology
- Healthstart Clinic
- Infectious Disease
- Neonatology
- Oncology/Hematology
- Orthopedics
- Pulmonology
- Pulmonology Surgery
- Surgery
- Urology

PRE-ADMISSION TESTING SERVICES

PULMONOLOGY

RADIOLOGY

- Breast Biopsy, MRI, and Ultrasound
- CT-320 Slice
- CT Angiography
- Interventional Procedures
- Mammography
- MRI
- Nuclear Medicine
- Nuclear Scanning
- PET Scan
- Registration/Information Services
- Ultrasound
- X-ray (Digital Radiography & Fluoroscopy)

REHABILITATION & PHYSICAL MEDICINE

- Audiology
- Physical Therapy
- Occupational Therapy
- Speech Language/Pathology

RESPIRATORY CARE SERVICES

RHEUMATOLOGY & AUTOIMMUNE DISEASES

SURGERY

- Bariatric
- Breast
- Colon & Rectal
- Ear, Nose & Throat
- Extracorporeal Shock Wave
- General
- Gynecological
- Gynecologic Oncology
- Laser
- Lithotripsy
- Neuro
- NOTES
- Ophthalmology
- Orthopedic/Joint
- Plastic/Reconstructive
- Podiatry
- Robotic
- Thoracic
- Urology
- Vascular

THE CENTER FOR SLEEP MEDICINE

VASCULAR LAB

- Arterial Doppler
- Congestive Heart Failure
- EECF
- Limb Salvage
- Pacemaker
- Peripheral Artery Disease
- Second Opinion Service
- Transcranial Doppler
- Venous Doppler
- Women's Heart Disease

TRANSPORTATION

- Ambulance Service
- Cencom 911 Emergency Mobile
- Helicopter Transfers
- Intensive Care Dispatch
- Wheelchair Coach Service

VOLUNTEERS

WOMEN'S SERVICES

- Bone Density
- Breast-feeding Support
- Family Violence
- Genetic Counseling
- Healthstart Clinic
- Labor & Delivery
- Mammography
- Maternal Fetal Medicine
- Mother/Baby Unit
- Neonatal Intensive Care Unit
- Obstetrics & Gynecology
- Teen Program
- Urogynecology

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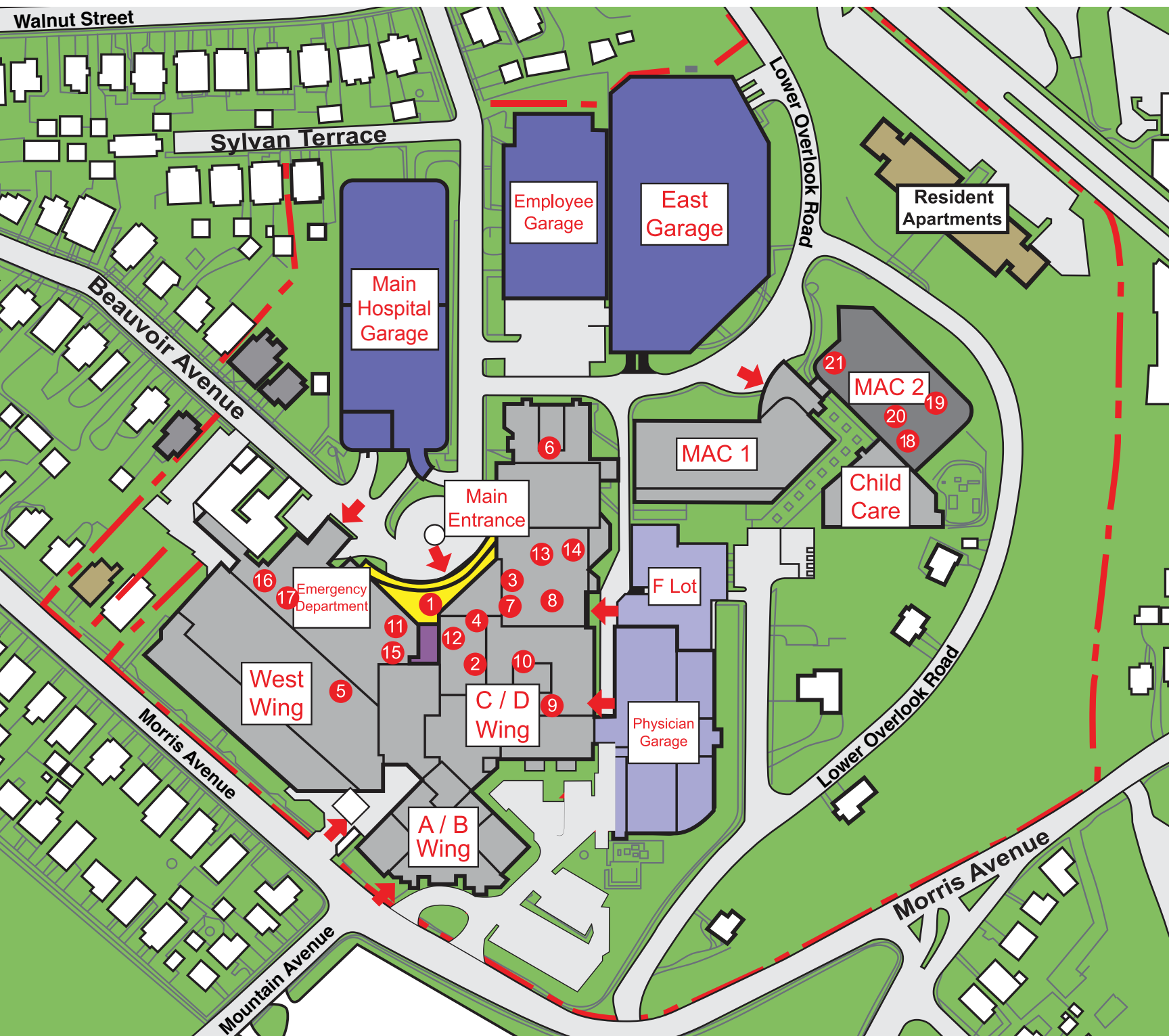
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Saint Barnabas Medical Center
The Cardiovascular Care Group
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New Providence Internal Medicine Associates
Northeast Regional Epilepsy Group
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Overlook Medical Center Medical Staff
Pediatric Associates of Westfield, PC
Premier Urology Group, LLC
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Summit Medical Group, PA
Summit Neurology Consulting, PC
Summit Plastic Surgery
Summit Urologic Associates, PA
Team Health, Inc.
Tri-Boo Obstetrics and Gynecology LLC
Watchung Pediatrics

To learn more, call, write, or e-mail
**OVERLOOK
FOUNDATION**
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www.overlookfoundation.org
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Admitting—Central Access	908-522-2523	Goryeb Children's Hospital.....	908-522-2750
Adult Neurology Center.....	908-522-2829	Hemodialysis Center	908-522-5320
At Home Medical (Equipment and Oxygen) ..	800-287-0643	Homecare and Hospice.....	973-379-8400
Atlantic Neuroscience Institute	908-522-4983	Information Desk/Directions.....	908-522-2100
Atlantic Private Care (Nurses and Aides)	973-540-9000	Institute for Rheumatic & Autoimmune Diseases	908-598-7940
Auxiliary	908-522-2004	Laboratory.....	908-522-2313
Bariatric Services.....	908-522-5794	Maternity	908-522-4838
Behavioral Health.....	888-247-1400	Medical Records	908-522-2111
Billing	800-619-4024	Memory and Cognitive Disorders	908-522-6140
Blood Donor Services	973-971-5621	Movement Disorders	908-522-6144
Brain Tumor Center	908-522-5914	Organ Donation.....	800-742-7365
Breast Center	908-522-5762	Overlook Downtown	908-598-7997
Cardiac Rehabilitation	908-522-2945	Pain Management Center.....	908-522-6980
Caregivers Center	908-522-6348	Parking Garage	908-522-2017
Carol G. Simon Cancer Center	908-522-6100	Pastoral Care Services	908-522-2108
Case Management.....	908-522-2103	Patient Relations.....	908-522-2948
Cashier's Office	908-522-2050	Patient Transfer Center.....	877-441-4450
Center for Well Being.....	908-598-7997	Pulmonary Rehabilitation	908-522-5256
Chemotherapy & Infusion Center.....	908-522-2255	Radiation Oncology.....	908-522-2871
Community Health.....	908-522-2963	Radiology.....	908-522-2065
Concussion Center	908-522-6146	Rehabilitation Services	908-522-2216
Diabetes Center.....	908-522-3738	Safety and Security.....	908-522-5529
Digestive Center	908-522-5786	Sleep Medicine	908-522-2650
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Emergency Department	908-522-2232	Stroke Center	908-522-5545
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Find a Doctor	800-247-9580	Weight and Wellness	908-522-5794
Foundation Office	908-522-2840	Women's Cancer Center	908-522-6160
Gagnon Cardiovascular Institute.....	973-971-1156	Wound Care Center	908-522-5900
Gift Shop and Bloom	908-522-2133		







OVERLOOK CAMPUS MAP



DIRECTORY

- | | |
|---|--|
| 1. Lobby 5th Floor, Main Hospital | 12. Security 5th Floor, Main Hospital |
| 2. Cafeteria 4th Floor, Main Hospital | 13. Central Access 5th Floor, Main Hospital |
| 3. Cardiac Cath Lab 4th Floor, Main Hospital | 14. Same Day Surgery 6th Floor, Main Hospital
(Above Lobby) |
| 4. Caregivers Center 5th Floor, Main Hospital | 15. O.R. 4th Floor, West Wing |
| 5. Lab 3rd Floor, West Wing | 16. Emergency Department 4th Floor, ED Wing |
| 6. Carol G. Simon
Cancer Center 5th Floor, Main Hospital | 17. Pediatric Emergency
Department 4th Floor, ED Wing |
| 7. Endoscopy Suite 4th Floor, Main Hospital | 18. Breast Center 1st Floor, MAC 2 |
| 8. Library 5th Floor, Main Hospital | 19. Women's Center 1st Floor, MAC 2 |
| 9. Medical Records 5th Floor, Main Hospital | 20. Wound Healing 1st Floor, MAC 2 |
| 10. Bouras Auditorium 5th Floor, Main Hospital | 21. Pain Center Lower Level, Mac 2 |
| 11. Neuroscience 5th Floor, West Wing | |

KEY

- | | | |
|---|---|--|
|  Parking |  Main Entrance/Lobby |  Hospital |
|  Physician Parking |  Entrances |  Other Owned Properties |



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DIRECTORY OF PHYSICIANS

What are your healthcare needs—and how will you ensure they are met with the highest quality of care? You may find that you uncover the answers to both questions here, with our 2015 Directory of Physicians. *Overlook View's* annual directory contains valuable information about many of the services available through Overlook Medical Center, part of the Atlantic Health System network. It also contains the names, phone numbers, and addresses of all of the physicians affiliated with the hospital,

arranged alphabetically by specialty and subspecialty. Keep this directory handy throughout the year; as healthcare needs arise and change for you and your family, turn to these pages as a resource to help meet those needs. From Allergy & Immunology to Weight & Wellness—and every health specialty in between—Overlook is proud to be one of the region's leading medical centers, and we are committed to ensuring that our communities are among the healthiest in the nation.



TECH HIGH TOUCH

WHEN IT COMES TO A CHILDREN'S HOSPITAL YOU NEED BOTH

With over 120 pediatric specialty physicians in 20 concentrated areas of pediatric medical and surgical care, we can treat everything from the simplest injury to the most complex issues. And we believe that treatment takes more than just the latest technology and medical expertise.

This is why our medical staff goes above and beyond to minimize stress and create a more positive experience. We've created a kid-friendly environment with everything from ice cream parties to art therapy, to provide kids a place to escape, play and recuperate.

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CAUTION: HAZARDS AHEAD

Allergies can keep you from feeling your best, but there are ways to manage the problem.

Itching, wheezing, sneezing, sniffing—or worse? If you have allergies—to a food, to something in the environment, or even to a medication—you're certainly not alone. In fact, the Asthma and Allergy Foundation of America estimates that 50 million Americans struggle with some kind of allergy, making allergies among the nation's most common health conditions.

Allergies occur when the immune system reacts to substances called allergens, which are harmless for most people. When you are allergic to something—whether it's a food or an environmental factor—your body produced antibodies to stimulate the release of histamine and other chemicals to fight the allergen. Those chemicals produce classic allergic symptoms. One person may experience a stuffy or runny nose; another may develop hives or head congestion. In the most serious cases, a person may experience anaphylaxis—an allergic reaction that is rapid in onset and can be fatal. Symptoms of anaphylaxis include a tingling sensation, itching, or a metallic taste in the mouth; hives; warmth; wheezing, coughing, or other difficulty breathing; swelling of the mouth and throat area; vomiting, diarrhea, or cramping; a drop in blood pressure; and loss of consciousness. These symptoms may begin within seconds of exposure to the allergen, and may get worse over a period of several hours. If you are having an anaphylactic reaction or suspect that someone is, call 911 immediately.



TAKE HEED

Most allergic reactions can be managed effectively by limiting exposure to the trigger while also working with an allergist to treat symptoms or prevent their onset. Other suggestions:

- Tell people about your allergies (especially food allergies or allergies to bees, wasps, hornets, and yellow jackets) so they are aware of the problem.
- Wear a medical-alert bracelet.
- Have injectable epinephrine on hand if you know you're someone who could need it.

OHP = Optimus Accountable Care Organization Affiliated

AACO = Atlantic Accountable Care Organization Affiliated

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TECH HIGH TOUCH

WHEN IT COMES TO MAMMOGRAPHY YOU NEED BOTH

At our dedicated breast center, our specialized radiologists look at breast cancer screening from every angle with our breast tomosynthesis 3D mammography—the latest innovation that makes breast cancer screening and detection much more accurate.

And because we know medical care isn't just about the technology, we threw out the paper gowns and the cold changing rooms and replaced them with an experience that many patients have described as "spa-like"—complete with comfortable robes, complimentary coffee and tea and our peaceful lounge.



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TAKING CONTROL OF CANCER

At Carol G. Simon Cancer Center, cancer patients become cancer survivors.

Cancer. It's an all-encompassing word for so many different diseases, and it is a word fraught with emotion and surrounded by questions. What now? What next? What will happen to me ... to my family? Where should I turn?

Overlook's Carol G. Simon Cancer Center provides state-of-the-art innovations, services, and proven treatment techniques, integrated holistically with such complementary therapies as yoga, massage, meditation, nutritional counseling, and more. Our patients are supported by a multidisciplinary team of Board-certified physicians—many of whom are recognized regionally and

nationally as experts in their fields—and by an army of experienced and compassionate professionals: oncology-trained nurses, a genetic counselor, technologists, pharmacists, dieticians, social workers, and therapists all coming together to provide unparalleled care and support to our patients and their families. Our experienced and dedicated physicians have trained at the country's leading medical institutions and specialize in the gamut of cancers: brain and neurologic, breast, colorectal, esophageal, gynecologic, head and neck, liver, melanoma, pancreatic, sarcoma, thoracic, and urologic.



Technologies cure, people heal. And when the two come together, as they do at Overlook, we are able to turn cancer patients into cancer survivors. Highlights of our program include:

DIAGNOSTIC & SCREENING SERVICES

Carol G. Simon Cancer Center is equipped with a full complement of diagnostic technologies, including magnetic resonance imaging (MRI), computed tomography (CT), positron emission tomography (PET), ultrasound and endoscopic ultrasound (EUS), nuclear medicine, angiography, and 3-D digital mammography (tomosynthesis), as well as advanced biopsy, pathology, and molecular oncopathology.

PROVEN TREATMENT

In treating complex cancers, there is no one-size-fits-all treatment plan. At Carol G. Simon Cancer Center, patients have access to an array of proven therapies.

Medical oncology: Patients receive the most advanced chemotherapy treatments, targeted biological therapies, blood tests, and treatment for blood cancers and disorders in a comfortable outpatient infusion center.

Radiation oncology: The radiation oncology program at Carol G. Simon Cancer Center is nationally recognized for innovative services and exceptional care.

CyberKnife® radiosurgery: CyberKnife® combines robotics and image guidance to obliterate tumors with precisely targeted doses of radiation. It is painless and noninvasive, and patients are able to return to their normal activities right away. Originally used only for small, early-stage tumors or inoperable tumors in the brain and spine, the scope of CyberKnife® now

extends to the lungs, liver, pancreas, and prostate, and can be used in conjunction with chemotherapy and general external radiation when necessary.

Minimally invasive surgery: The da Vinci® Surgical System and ViKY robotic-assisted surgery offer many advantages over traditional surgery, including smaller incisions; less blood loss, scarring, and pain; the potential for fewer surgical-related complications; shorter hospital stays; and faster recovery times.

CLINICAL TRIALS

Overlook is actively engaged in clinical research trials that improve patient outcomes today and help to establish new standards of care in the future. Through national cooperative oncology groups, clinical trials of pharmaceuticals, treatment protocols, and more, we offer patients therapies before they are available to the public.

GENETIC TESTING

This ever-evolving specialty is helping people manage risk by revealing genetic predispositions for disease. For example, women with BRCA mutations carry a significantly increased risk for developing breast and ovarian cancers (men with the same mutation are more vulnerable to male breast cancer, prostate cancer, and pancreatic cancer), and adults with mutations linked to Lynch syndrome are at an increased risk of many types of cancer, particularly cancers of the colon and rectum but also cancers of the stomach, small intestine, liver, brain, ovaries, and uterus. Carol G. Simon Cancer Center at Overlook is one of the few hospitals in New Jersey to screen all newly diagnosed colorectal cancer cases for Lynch syndrome in order to lower secondary cancer risks, not just for our patients but for their relatives as well. Genetic testing is also increasingly instrumental in shaping treatment plans, as more therapies are being targeted to a tumor's specific genetic makeup.

SUPPORT SERVICES

Throughout treatment and well into survivorship, Overlook offers a variety of programs to help patients and their families cope with their disease, enhance treatment, and manage the many emotional challenges associated with a cancer diagnosis. These services include counseling, education programs, and support groups, as well as nutrition counseling, pain management, and integrative medicine. In addition, we have dedicated and compassionate nurse navigators who help coordinate care for our patients from diagnosis through treatment, and into survivorship.

For more information about Carol G. Simon Cancer Center at Overlook Medical Center, call 908-522-6100.

SURVIVING—AND THRIVING

What happens after cancer treatment is completed—after a patient has been treated with surgery or chemotherapy or radiation, and the cancer has been removed or cured or sidelined into remission? What happens when patients live with cancer, staying a step ahead of their disease while continuously undergoing treatment? At Overlook's Carol G. Simon Cancer Center, the scope of our care extends beyond treatment and into survivorship.

Every patient is supplied with a post-treatment summary for their records, and they can share it with their other healthcare providers. Additionally, patients are given a Survivorship Care Plan, which is completed by their treating physician and includes management and follow-up plans, guidelines for necessary tests, and recurrence information.

Overlook is also the first hospital in New Jersey to employ clinicians who have completed the STAR Program Certification, the gold standard in cancer survivorship

training and rehabilitation for hospitals and cancer centers that offer multidisciplinary survivorship care. The program uses an evidence-based approach to develop treatments that improve the physical and emotional functioning of patients who are undergoing or have recently completed cancer treatment, or who may have unresolved issues (chronic pain, fatigue, decreased range of motion, decreased endurance/strength, impaired balance, and more) as a result of their cancer treatment. STAR therapy typically utilizes physical therapy, soft-tissue massage, and exercise, as well as nutritional counseling or support groups if these services would be beneficial.

Our support programs, including our "Now What?" survivorship series and integrative medicine therapies, further help to ensure that our patients thrive in survivorship. Because after cancer treatment, we remain dedicated to helping our patients achieve their best quality of life.

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Moriarty, Daniel J., M.D.
Morse, Sophie, M.D.
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MELANOMA

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Moshel, Yaron, M.D.
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Bouffard, Jean-Paul, M.D.	
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RADIATION ONCOLOGY	
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Hoey, Courtney, M.D.	
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TAKE IT TO HEART

Your cardiac health is in good hands: Ours.

For years, heart disease has been the leading cause of death among men and women. But at Overlook Medical Center's Gagnon Cardiovascular Institute—a leading provider of cardiac care services in our region—we're doing all we can to change that. From state-of-the-art technologies to a first-class team of doctors, nurses, and technicians, we offer a full complement of care in the diagnosis and treatment of cardiac conditions. In many cases, our physicians and technicians are even able to intervene before a potential problem becomes a real concern. Highlights of our cardiac program include:

Cardiac Imaging: Overlook is proud to offer the very best cardiac imaging and testing services. This includes: stress testing, echocardiography, nuclear cardiology, and cardiac CT.

Cardiac Catheterization: The Cardiac Catheterization Laboratory at Overlook Medical Center is fully equipped with digital, high-resolution X-ray systems and offers a variety of tests for diagnosing heart disease. The lab is staffed by a team of highly trained cardiologists, registered nurses, and technologists, who are available after hours and on weekends for emergency cardiac catheterization laboratory procedures.

Accreditation as a Chest Pain Center: Overlook received full accreditation for the R. Gregory Sachs Chest Pain Center

from the Society of Chest Pain Centers, an international organization that establishes standards for cardiac medicine.

Clinical Trials: Our doctors and patients work together to try innovative treatment plans that may affect the course of patient care and safety for years to come. Overlook is also engaged in ongoing clinical trials of new pharmaceuticals and medical devices, and has been part of a National Institutes of Health study to determine the role of gender in heart attack patients.

Cardiac Rehabilitation: Gagnon Cardiovascular Institute provides exceptional cardiac rehabilitation and care, helping thousands of patients every year enjoy longer, healthier lives. Our rehabilitation program has received national certification from the American Association of Cardiovascular and Pulmonary Rehabilitation for superior cardiac rehabilitation services.

The Women's Heart Awareness Program: The Women's Heart Awareness Program, run by Overlook's Community Health Department, goes into the community to educate women on the warning signs and risk factors for heart disease, performing cholesterol, blood pressure, and body-fat screenings. The program's administrators love interacting with participants—and participants report that they come away from the program feeling motivated to make heart-healthy life changes.

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TREATING HEART FAILURE SUCCESSFULLY

Heart failure—a chronic and progressive disorder in which damage to the heart causes weakening of the cardiovascular system, resulting in fluid congestion or inadequate blood flow to the body’s tissues—is frequently the result of the added stress of other health conditions (a history of diabetes, hypertension, previous heart attacks, or various other heart or lung diseases or malformations) that either damage the heart or cause it to work too hard. So too can it be the end result of such lifestyle factors as smoking, physical inactivity, being overweight or obese, or eating foods high in fat and cholesterol.

With so many contributing factors, it’s no surprise that heart failure is so prevalent. In fact, it’s the No. 1 discharge diagnosis of the Medicare population and the single largest healthcare expenditure for the Medicare population as well. At Overlook, however, we’re turning more cases of heart failure into examples of success. A team of physicians and nurses examined specific healthcare practices associated with heart failure to determine what works, what doesn’t, and what could be improved, thereby eliminating many of the typical heart failure-related gaps in the system. The aim at Overlook is to make faster diagnoses and to administer care faster, which in turn gets patients back to baseline. The hospital also has developed tools for Emergency Department care to be more effective, so that hospital stays are shorter and re-admittance rates much less. Patients are educated on the importance of blood pressure control, the roles of nutrition and weight management, and measuring and recording changes in fluid intake and removal. There also have been improvements in the flow of communication from door to discharge and beyond. This proactive approach, in contrast with the standard reactive model of treating heart failure, pays big dividends for our heart-failure patients.

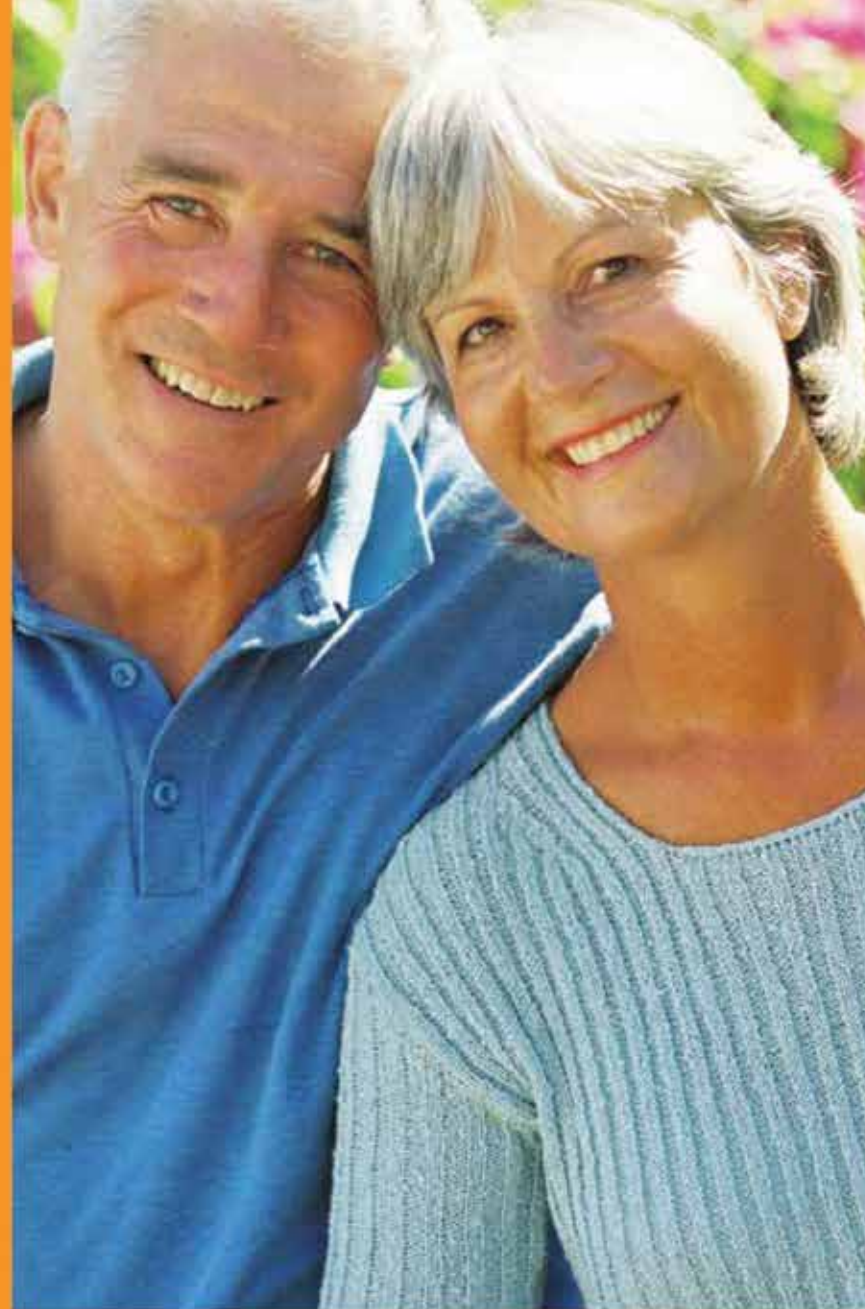


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MAKE THE CONNECTION

A healthy mouth contributes to systemic health and wellness.

You know that brushing and flossing should be part of your daily routine, but do you know that any signs of "pink in the sink" could be a indication that something is wrong? That blood you're seeing is likely a sign of periodontal disease—and considerable research has shown that periodontal and dental diseases link to a person's systemic health, putting you at increased risk for a host of problems, including heart disease, stroke, diabetes, and osteopenia.

Although an epidemiological link has been proven, researchers have yet to establish exactly how this happens. The most widely accepted theory postulates that plaque-ridden teeth and diseased gums release higher levels of toxic bacteria into the bloodstream; bacteria then travel throughout the body and add to the body's overall burden of inflammation ... which then contributes to cardiovascular disease, stroke, and more.

What's so tricky about periodontal disease is that it is usually asymptomatic, and it is only through a careful

dental examination that the condition can be diagnosed. For those with advanced periodontal disease, it is not unusual for a dentist to recommend that the patient follow up with a physician. In fact, since many people see their dentists more often than they see their physicians, dentists are often the first healthcare professionals to detect a problem and guide patients to other pathways for healthcare. Similarly, it is not unusual for internists, cardiologists, obstetricians, and even orthopedic surgeons to consult with a patient's dentist. In a pregnant woman, for example, periodontal disease can contribute to low birth weight. In a patient undergoing joint replacement surgery or a cardiac procedure, an oral infection can compromise the outcome of those procedures.

Dentistry today goes beyond checkups, drilling, and filling; it's about total health and wellness. To take the best care of your teeth and gums and avoid potential health threats—and put your best face forward, too—seek regular care from dental professionals.

GENERAL DENTISTS are your first line of defense in preventative dental health and for any issue you may be having with your teeth or gums. Many general dentists are also skilled in such cosmetic procedures as whitening and veneers. If your general dentist determines that you need a doctor with different skills or equipment, he or she will then refer you to a specialist.

PERIODONTISTS specialize in treating the gums and other soft tissue around the teeth.

PROSTHODONTISTS design and place dental implants, bridgework, and dentures. They also treat problems arising from missing teeth or damaged gums.

ENDODONTISTS care for the inner portion of the teeth, perform root canals, and treat diseases of the dental nerves.

ORAL AND MAXILLOFACIAL SURGEONS take the lead if your mouth or jaw is injured or deformed in some way, or if you're in need of a complex tooth extraction (like an impacted wisdom tooth).

PEDIATRIC DENTISTS care exclusively for children and teens.

ORTHODONTISTS address skeletal abnormalities of the mouth and fit such corrective devices as braces and retainers to straighten crooked teeth.

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MORE THAN SKIN-DEEP

Consider your dermatologist a partner in safeguarding your overall health.

Dermatologists today often attract attention for cosmetic procedures that promise a more youthful appearance, but their attention to your skin, hair, and nails can reveal valuable clues about underlying health conditions.

SKIN CANCER

See your dermatologist yearly for a full-body check of moles and other spots, but also be aware of any changes to your skin, so you can alert your doctor if you notice a problem.

ADULT-ONSET ACNE

If you're experiencing acne as an adult, realize that it is not at all like the acne you dealt with as a kid. Most women with adult-onset acne have a few larger pimples that are temporary, recurring, and usually relegated to the lower third of the face. Because this form of acne is so strongly caused by hormonal changes that occur on a monthly basis, it does not respond well to topical treatments. Instead, a systemic treatment—antibiotics or, frequently, birth control pills—is usually what's needed.

ROSACEA

Reddening of the face, skin sensitivity (including itching and burning), and little pimples or pustules (but no blackheads) are the hallmarks of rosacea. It is typically treated first with antibiotics, then with a topical therapy and avoidance of common triggers. Left untreated, rosacea can damage skin permanently.

NAILS

It's not unusual to pick up a fungal infection through manicures and pedicures. Dark streaks on nails are common among dark-skinned people, but on a light-skinned person, this could raise a red flag. Nails that split and crack may be revealing a sign of dehydration or an iron deficiency.

HAIR LOSS

There is a genetic predisposition for hair loss, which can start as early as puberty. Hair loss also can be the result of normal hormonal changes (as with pregnancy), or even months following a major life stress. Other times, it can point to a more serious problem like an abnormal amount of male hormone or a tumor on the adrenal gland. Don't dismiss hair loss; bring it to a doctor's attention.

SKIN CANCER S.O.S.

Melanoma is not the most common skin cancer, but it is the most serious and has the most potential to spread and metastasize to other parts of the body. Fortunately, like most other cancers, melanoma is treatable when caught early.

At Carol G. Simon Cancer Center's Atlantic Melanoma Center, physicians are on the leading edge of treatment for all forms of melanoma. The Center is internationally known for having the newest and most advanced treatment options. A multidisciplinary approach to care combines the expertise of Board-certified surgeons, medical oncologists, pathologists, radiation oncologists, and nurses. (In cases where melanoma has spread to other parts of the body, as it frequently does,

comprehensive treatment plans are designed to aggressively attack the cancer to try to improve a patient's prognosis.)

The primary treatment for almost all skin cancers is surgery, and Atlantic Melanoma Center does more melanoma surgeries than any other hospital in the state. Additionally, in the past few years, a number of new drugs have been approved for the treatment of melanoma. Of course, the key is to do everything you can to prevent melanoma in the first place by avoiding excess sun exposure. Also be sure to get examined by a screener experienced in diagnosing melanoma and other skin cancers, and seek treatment as soon as possible if you need it.

For more information on Carol G. Simon Cancer Center's Atlantic Melanoma Center, call 973-971-7111.

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THE 411 ON 911

Two fully equipped Emergency Departments are easily accessible to serve the emergent-care needs of our community.

Emergencies arise without warning—everything from falls and fevers to chest pain, stroke, and more. When an emergency strikes, it's reassuring to know where to turn. Overlook Medical Center operates two fully staffed, fully equipped Emergency Departments to manage all of your emergent-care needs. The Summit location, located on-site at the hospital, is prepared for any emergency situation, no matter the severity. A Fast Track system is in place to treat minor complaints and ailments in a quick and efficient

manner. There are also specialty areas for pediatrics, geriatrics, radiology, and chest pain. At the satellite Union campus (at the site of the former Union Hospital), the medical, nursing, and technical staffs are expertly qualified to care for a wide range of emergency conditions, and are readily able to transport patients to the Summit location in the most serious circumstances. At both Emergency Departments, patients can expect to receive the highest quality of care as expeditiously as possible.

IN AN EMERGENCY, CALL 911.

Overlook Medical Center Emergency Services

Summit Campus
99 Beauvoir Avenue
Summit, New Jersey 07902
908-522-2000

Union Campus
1000 Galloping Hill Road
Union, New Jersey 07083
908-522-6300

EMERGENCY MEDICINE

Deciding to go to the ED can feel like a difficult decision—concerns about “overreacting” are common, and people often want to want to downplay symptoms—but it’s always best to err on the side of caution. In any of the following instances, seek help at an Emergency Department immediately.

- Chest pain
- Stroke-related symptoms
- Belly pain with fever
- Signs of anaphylaxis (a severe, whole-body allergic reaction)
- Trouble breathing
- Head injury accompanied by a loss of consciousness, confusion, headache, or vomiting
- Deep cuts or lacerations, or uncontrolled bleeding
- A seizure of any kind
- A fever above 100.5 in an infant under one year
- Severe abdominal pain in a child
- Signs of dehydration or heat exhaustion
- A sunburn so severe you can no longer hold down fluids, you experience chills or aches, run a dangerously high fever, or begin to drift in and out of consciousness
- Food poisoning accompanied by headache, blurred vision, and muscle weakness
- Burns (especially those accompanied by dizziness, weakness, confusion, or shivering), including electrical or chemical burns

Remember: It’s better to be safe than sorry, and it’s always better to go the ED than to “wait things out” at home. When in doubt ... check things out!

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IN CHECK

The endocrine system keeps your body in balance.

Your thyroid gland sends messages to every part of your body, affecting your muscles and skin, menstrual cycles and cholesterol levels, and even your metabolism. Unfortunately, the thyroid is prone to a variety of diseases and disorders that can wreak havoc on the body's delicate balance of hormones. When any of these disorders strike, your body's delicate balance of hormones is thrown into turmoil. Fortunately, there has been an increase in awareness about the thyroid's function, as well as improved manageability of thyroid diseases.

- Patients with hyperthyroidism (an over-active thyroid) may experience heart palpitations, nervousness, irritability, hair loss, or breathlessness, among other signs. This condition is frequently detected with a simple blood test, but an endocrinologist often will prescribe a nuclear imaging test to determine what has caused the hyperthyroidism and to arrive at the best

course of treatment. In some cases, hyperthyroidism can be treated with medication; in other cases, radioactive iodine may be the preferred treatment.

- An underactive thyroid, or hypothyroidism, often is marked by fatigue, constipation, weight gain, abnormal menstrual cycles, or depression. This is the most common form of thyroid disease, and also the easiest to treat. It is diagnosed strictly by a blood test, and patients are prescribed any one of a number of medications that are taken daily to replace the hormones that the gland normally secretes.
- Thyroid cancer has a very high cure rate. In cases where thyroid cancer is detected, a surgeon will remove the entire thyroid; natural hormones are easily replaced by synthetic hormones in the form of a daily pill. Thyroid nodules are common, and it is important to make certain that a nodule is just that and not a malignancy.

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DEALING WITH DIABETES

If you have been diagnosed with diabetes, it's important to make sure you have access to the best care and support. The Diabetes Center at Overlook Medical Center is recognized by the American Diabetes Association for meeting the national standard for diabetes self-management education. Our team of certified diabetes educators, including nurses and dietitians, works with your primary physician or endocrinologist to help you learn how to plan meals, monitor glucose levels, administer medication, handle diabetes-related emergencies and prevent complications, and implement healthy habits—which all adds up to a better quality of life.

The Diabetes Center at
Overlook Medical Center

Outpatient Services
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Summit, NJ 07901

To schedule an appointment,
please call 908-522-5277.

Inpatient Education Program
Overlook Medical Center
99 Beauvoir Avenue, Fifth Floor
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For more information,
please call 908-522-3738.



FAMILY FIRST

A family physician can care for every member of your household.

If your family's healthcare is feeling a little disjointed—a primary care physician, a gynecologist, a pediatrician, and more—you may be wishing for one doctor who can meet everybody's needs. In fact, family physicians do just that.

Based on the principle of fostering ongoing, personal relationships between physicians and patients, family medicine physicians provide comprehensive treatment and coordination of care for men, women, and children of all ages, guiding every member of a family through health and wellness. Their care extends across all health states, from those looking to maintain their good health to those who must manage such chronic conditions as high blood pressure, asthma, arthritis, diabetes, and more. Continuity

of care is essential to family doctors, since many patients will return time and again for routine checkups and for consultations about new problems. Also critical is coordination of care when specialists are necessary, and the sharing of information between providers. To that end, family practitioners must keep abreast of current issues and the general aspects of many different specialties so that they are properly able to refer patients to specialists.

The nature of family care requires more than patient care; it calls for long-term relationship building, and it is not unusual for a family physician to treat multiple generations—keeping healthcare close to home, and all in the family.



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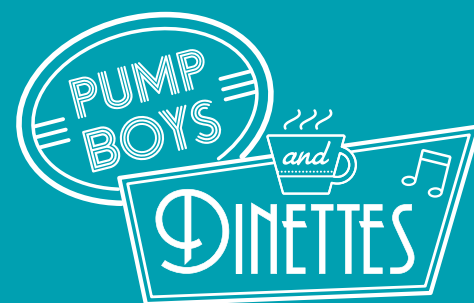
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THE GAMUT OF GASTRO CARE

The Digestive Center at Overlook Medical Center
leads the way in diagnosing and treating GI disorders.

If you've ever found yourself coping with an ill-at-ease gastrointestinal (GI) tract, you know that the discomfort can be unsettling. But when acute problems become chronic, it can be downright disruptive as patients search for a diagnosis and treatment plan, often visiting several different physicians along the way.

At Overlook Medical Center, the process of diagnosing and treating GI problems has been streamlined through the hospital's Digestive Center. Here, patients have access to a variety of diagnostic tests and minimally invasive procedures, all under the same roof.

The 48-hour Bravo pH study measures the frequency and duration of acid entering the esophagus to evaluate heartburn and determine if gastroesophageal reflux disease (also known as GERD) is the culprit.

Esophageal manometry, or motility study, assesses the pressure of muscle contractions in the lower esophagus.

Anal manometry tests the strength of the muscles that control bowel movements.

Anorectal ultrasound assists in the evaluation of structural abnormalities and growths in the anus and rectum.

Biofeedback re-educates the pelvic-floor muscles through exercise.

Electromyography (EMG) evaluates impaired control over bowel movements or problems with proper evacuation.

Pudendal nerve testing measures the delay between an electrical impulse and muscle contraction.

Small bowel capsule endoscopy examines the entire small intestine to determine the cause of recurrent symptoms, such as anemia, bleeding, or abdominal pain.

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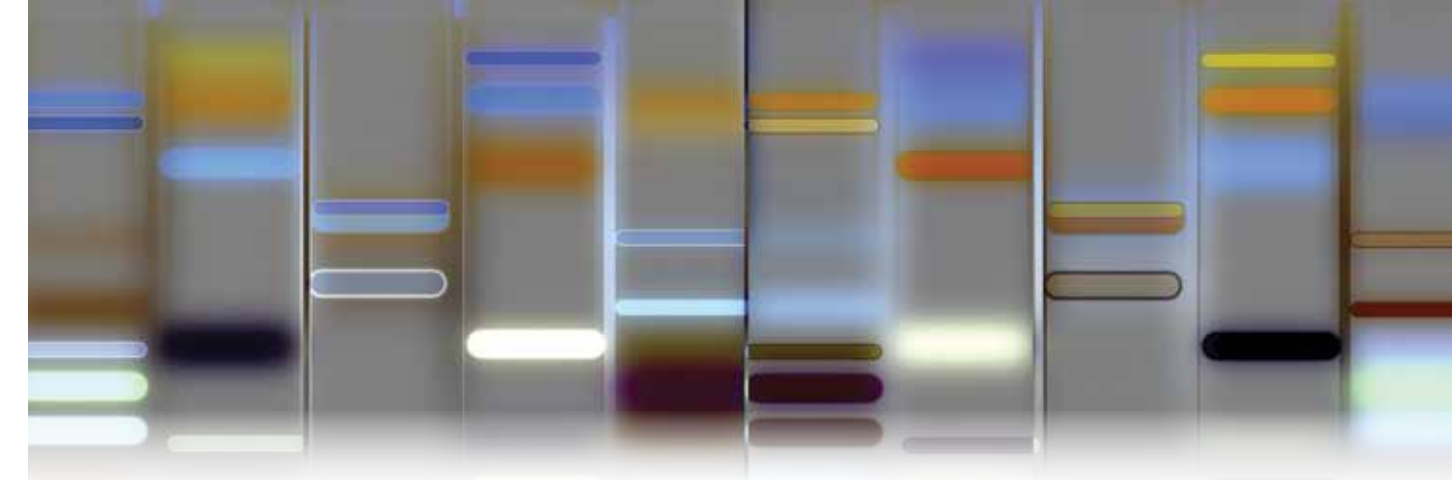
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PERSONALIZED MEDICINE

Using your DNA to unlock your body's secrets.

It may sound like science fiction, but in the world of medicine, it is no longer a futuristic consideration to diagnose or prescribe therapies for patients based upon one's own DNA makeup. Atlantic Health System's Jacobs Levy Equity Management Personalized Genomic Medicine Program at Overlook Medical Center is on the cutting edge of genetic medicine, with a comprehensive team that is a go-to resource for any issues regarding hereditary and genetic risks.

More than 2,000 genetic tests are available today, and that number is ever growing. Personalized genomic medicine is used not only to diagnose existing genetic and metabolic conditions, but also to stratify the risk for certain cancers, cardiac disease, and more, and in so doing, take proper care to alter diet and lifestyle while we utilize advanced diagnostics to handle illnesses before they may become life-threatening.

In addition to its profound usefulness in diagnoses and risk assessment, personalized genomic medicine is influencing treatment plans. Currently, there are standard doses and standard tablet sizes, but everyone is different, and everyone responds to medications differently. Through personalized medicine, geneticists are able to analyze genes to determine how they metabolize drugs, with the goal of dramatically reducing adverse reactions and allergic reactions to drugs. This is happening every day, especially in the field of oncology: If a person is sensitive to certain chemotherapeutics, side effects can be diminished by delivering the right drugs at the right dosage while still treating the tumor. Personalized genomic medicine is also being used to "type" tumors—

to determine the metabolic profile of a tumor and then set the best course of action to use drugs that offer the most potential to impact that profile and decrease tumor size.

Additional applications for personalized genomic medicine include prenatal testing to diagnose genetic problems in utero, and even pre-conception genetic testing that enables prospective parents to weigh the possibility of certain genetic conditions prior to conceiving.

Of course, personalized medicine isn't strictly about testing. It's also about having frank discussions about what's involved, what might be found, and whether a person is prepared for that. The staff of Atlantic Health System's Jacobs Levy Equity Management Personalized Genomic Medicine Program guides patients through the entire process so that every person is prepared for their own experience with the growing field of genetic medicine.

For more information about the Personalized Genomic Medicine Program and genetic testing, or to schedule an appointment, call 908-522-6289. Also visit atlantichealth.org, keyword Personalized Genomic Medicine.

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THE GOLDEN YEARS

Healthcare needs in your seventies and beyond aren't the same as they were in earlier decades.

As we age and our bodies change, our medical needs change too. Many of the challenges of aging—dementia, drug interactions, mobility, nutritional needs, and more—require specialized care, and many older patients benefit from the specialized care of a gerontologist. Gerontologists address the complex needs of older patients while also emphasizing the need to maintain functional independence even in the presence of chronic disease. The practice of geriatrics embraces an interdisciplinary approach, collaborating with other physicians, nurses, social workers, therapists, and even family members to provide comprehensive care.

Atlantic Health System offers a variety of geriatric services at Overlook Medical Center, and Overlook repeatedly has been recognized by *U.S. News & World Report* for its outstanding geriatric services. One standout is the Healthy Aging Program, which helps older people and their caregivers identify healthcare services and community resources that promote longer, healthier, and more active lives. Information is available on private home care and visiting nurse services, rehabilitation facilities, transportation services, adult day-care centers, hospice care providers, housing, and more.

To contact the Healthy Aging Program, call 973-971-5839.

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BATTLING BACTERIA & VIRUSES

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Most infections can be treated easily by a primary care physician. But there are times when a doctor may refer a patient to an infectious disease (I.D.) specialist—for example, when an infection is difficult to diagnose, or if a patient does not respond to treatment, or when treating an infectious illness becomes part of a patient's overall care. In all of these cases—and in cases when a healthy person plans to travel to a foreign country or a location where infection risk is higher—the specialized training and diagnostic tools of an infectious disease specialist can be a most valuable resource.

Infectious diseases are caused by microscopic organisms that enter the body through any number of ways: skin contact, inhalation of airborne microbes, ingestion of contaminated food or water, insect bites, and more. To diagnose disease, an I.D. specialist will review your medical data and may perform a physical exam. They may also order laboratory tests to examine samples of blood or other body fluids, or cultures from wounds. Treatment typically consists of medication—usually antibiotics—to help battle the infection and prevent it from returning.

INFECTIOUS DISEASE

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INFECTION PREVENTION

Overlook Medical Center is committed to implementing plans of action that reduce infection rates, save dollars and resources, and save lives. Our medical staff and administration are always seeking best practices and new ways to stop infection in its tracks, and that begins with prevention. The hospital's infection-prevention programs and precautions help elevate patient safety to new levels.

- **Attention to hand-washing:** The Proventix system outfits staff members with devices that link with sensors on soap dispensers and hand-sanitizer dispensers, and monitor whether a person is practicing proper hand hygiene before entering a patient's room and upon exiting. This has helped move proper hand hygiene to the forefront of care and has improved infection rates.
- **Hydrogen peroxide:** All patient rooms at Overlook Medical Center are cleaned daily and to the highest standards. In the hospital's Operating Rooms and in the Cardiac Care Unit, rooms are sprayed with a hydrogen peroxide mist after every patient discharge. This provides a second layer of protection.
- **A special focus on surgical sites:** For certain procedures, our infection control specialists and surgeons have initiated a pre-operative protocol that has patients showering with chlorhexidine gluconate (CHG) antibacterial soap the night before and the morning of surgery. The CHG helps to kill microbes on the skin that can be introduced during surgery, which helps prevent infection.

THE MIND/BODY CONNECTION

Health & healing through integrative medicine.

Medical doctors are the foundation of a strong healthcare team, but integrative medicine therapies—practices like therapeutic massage, acupressure, guided imagery, and so much more—can help support your overall health and well-being. Studies have shown that integrative medicine therapies reduce pain and anxiety, enhance healing, speed recovery, and promote feelings of peace and relaxation.

Integrative medicine can be used to maintain good health, and also can be used by those who have medical issues. At Overlook Medical Center, Atlantic Health System Integrative Medicine offers free bedside services for maternity, cardiac, orthopedic, pediatric, ICU, emergency room, and all other patients. Beyond hospital walls, at our Center for Well Being, our experts can help you address current health concerns or work with you to prevent such concerns as high blood pressure, weight issues, stress, and more.

The Center for Well Being offers many different types of outpatient healing treatments. These include:

- **Mindfulness-Based Stress Reduction (MBSR)**, an eight-week complementary medicine program that uses mindfulness in an approach to treat different conditions.
- **Holistic health assessments.** Meet with a holistic nurse to review all aspects of your health, identify areas of stress, and learn techniques to reduce stress.
- **Nutrition assessments and counseling.** A nutritionist is available for individual sessions to help you set realistic goals and form a new relationship with food.

• **Physical activity classes** (yoga, tai chi, meditation, Nia, Zumba, Dance Fit, and more).

• **Wellness coaching.** Our certified coaches provide support and develop new ways of managing stress, improving diet, and increasing activity.

• **Hands-on healing sessions and massage** (Jin Shin Jyutsu, craniosacral therapy, reflexology, and massage). Research has shown that these techniques can help reduce pain and stress, lower blood pressure, and help one's mental attitude. Massage is also offered to provide relaxation, release muscle tension, and improve overall well-being.

• **Acupuncture**, an ancient Chinese medicine, is known to help many chronic conditions, including pain, stress, migraines, osteoarthritis, sports injuries, digestive disorders, and musculoskeletal conditions. Through the Center for Well Being, we offer individual and group acupuncture sessions.

• **Lifestyle Change** is a 12-week therapeutic lifestyle program to help guide you to achieve your optimal weight and fitness goals. The program includes four hours a week of group exercise, nutrition education and sampling, meditation, yoga, and group support.

• **Meditation** has been shown to boost the immune system and help reduce stress, anxiety, and blood pressure.

CENTER FOR WELL BEING OUTPATIENT SERVICES ARE AVAILABLE AT THESE LOCATIONS:

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QUALITY CARE BEGINS HERE

Consider your internist your home base for medical care.

The journey through health and wellness often begins with an internist. Internists and other primary-care physicians take the lead in the prevention, detection, and treatment of illness. They have long been on the front lines of providing patients with the best possible care, and leading them to other pathways of expertise when the need arises. In fact, internists and primary care physicians—the group of doctors consisting of general practitioners, general pediatricians, and family physicians—should serve as the first point of contact for the delivery of comprehensive healthcare. This elevates quality,

eliminates redundancies, reduces medical expenses, and increases efficiencies in the manner in which healthcare is delivered. Our extensive network of Atlantic Health System internists (many of whom are specialists themselves) is connected to another comprehensive team of experts—surgeons, cardiologists, neurophysicians, orthopedists, oncologists, and more—when patients require specialty care. This empowers internists to work in partnership with specialists to meet the healthcare needs of every patient and deliver the best quality care.

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TWO OF A KIND

Your body's smallest organs tackle a very big job.

Picture an average-size water bottle. Now imagine 500 of them; that's how much fluid—200 quarts—your kidneys filter through your body every day. As all that fluid is on the move, your kidneys remove waste products and drugs from your body, balance your body's fluids, and control your body's production of red blood cells. The kidneys also release hormones that regulate blood pressure, and produce a form of vitamin D that promotes strong, healthy bones. Because these organs are so vital to maintaining the body's delicate chemistry, early detection and treatment of chronic kidney disease is essential to preventing kidney failure. If the kidneys' ability to filter blood is seriously damaged by disease, wastes and excess fluid may build up in the body.

Unfortunately, more than 26 million Americans suffer from kidney disease, according to statistics from the American Society of Nephrology, and some are affected rather severely. Those most at risk for kidney disease include seniors, diabetics, and people with high blood pressure. You're also at increased risk if you have a family member with chronic kidney disease, or if you are African-American, Hispanic-American, Asian, Pacific Islander, or American Indian. Symptoms of kidney disease include high blood pressure; blood and/or protein in the urine; difficult or painful urination, or more frequent urination (particularly at night); puffiness around the eyes; or swelling of hands and feet. If you are in one of these high-risk groups or if you think you may have an increased risk for kidney disease, speak to your doctor about having your kidneys evaluated. He or she can perform simple tests to gauge whether you are experiencing a health problem related to your kidneys.

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THE CHILDREN'S KIDNEY CENTER

At the Children's Kidney Center at Overlook's Goryeb Children's Center, physicians and staff collaborate with the child, the parents, and the child's primary care physician to develop and coordinate individualized treatment plans for a variety of kidney-related conditions. This includes:

- Hypertension (in children, this is often associated with kidney disease)
- Urinary tract infections
- Hematuria (blood in the urine) and proteinuria (protein in the urine)
- Enuresis (bedwetting)
- Nephrotic syndrome
- Glomerulopathies
- Hemolytic-uremic syndrome
- Lupus
- Renal calculus (kidney stones)



WE DEFINE NEUROSCIENCE

Overlook Medical Center celebrates more than 20 years of its award-winning neuroscience program.

When patients have a neurological disease, many disciplines are involved in their care. When these disciplines are brought together, as they are at Overlook Medical Center's Atlantic Neuroscience Institute (ANI), this results in better care for patients.

As the region's foremost provider of neuroscience services, ANI is equipped with an unparalleled breadth and depth of services, and a team of skilled doctors, surgeons, nurses, technicians, and other clinicians who are dedicated to delivering the highest levels of care. Being a true neuroscience center is about more than having neurologists on staff; it's about providing comprehensive, multidisciplinary care to diagnose and treat the full gamut of neurological disease, and having the resources to support that. It is this philosophy that permeates every facet of care at Atlantic Neuroscience Institute.

TALENT AND TECHNOLOGY

ANI has attracted experts in their respective fields, including a number of nationally recognized physicians. The hospital also has forged key partnerships that bring the most talented physicians into our realm. Our recently Joint Commission-designated Comprehensive Stroke Center has an extensive multidisciplinary team incorporating neurosurgeons trained in endovascular techniques, vascular neurologists especially trained to diagnose and treat stroke patients, and an unsurpassed neuroradiology team to diagnose subtle changes in the brain. Our Level 4 Epilepsy Center, for instance, runs in collaboration with Northeast Regional Epilepsy Group, and Atlantic Health System has fostered a decades-long collaboration with an outstanding neurosurgical group, Atlantic NeuroSurgical Specialists.



Throughout ANI, our doctors and patients have access to leading technologies that aid in diagnosis and treatment. A 320-slice CT scanner, the most powerful X-ray imaging machine in its class, helps visualize even the smallest blockages in the brain of a stroke patient. Magnetoencephalography (MEG) enables doctors to pinpoint areas of abnormal electrical activity in the case of epilepsy patients, and a stealth microscope is used to superimpose 3-D images of the brain inside the surgeon’s microscope during surgery for epilepsy. CyberKnife® is used to deliver powerful radiation to treat brain tumors. The innovative Cortex ID computer program enables clinicians to compare a patient’s brain PET/CT scan to a database of age-matched normal subjects to check for abnormalities that may be indicative of Alzheimer’s disease. Everywhere you turn, there is a convergence of talent and technology.

UNDER ONE ROOF

In place at ANI are all of the necessary elements to diagnose and treat all major neurological issues, in a manner that puts patients first. Services include:

A Comprehensive Stroke Center: The Comprehensive Stroke Center at Overlook, now designated as such by The Joint Commission, was also first in the state to be designated as a Comprehensive Stroke Center, a reflection of Overlook’s ability to diagnose and treat stroke at the highest levels. In place are all of the technologies and skills necessary for using the most up-to-date and aggressive treatments to manage stroke. The hospital is further distinguished by its impressive speed in the delivery of tPA, an intravenous clot-buster that is the first line of defense in the treatment of ischemic stroke. Nationwide, the average “door-to-needle time” — the amount of time that passes from the point a patient enters the hospital to the point he or she receives tPA therapy for stroke—is about an hour. But at Overlook, more

than 80 percent of patients have a door-to-needle time less than 60 minutes, owing to more rapid evaluations.

The Spine Center: Overlook’s Spine Center epitomizes the philosophy of comprehensive, multidisciplinary care. Physiatrists, neurologists, neurosurgeons, anesthesiologists, and specialists in sports medicine and pain management come together to deliver the right care to the right patient—there is no one-size-fits-all plan. In the traditional model of care, a patient chooses a physician and follows the treatment plan of that one physician. At ANI, however, physicians are working together side by side, so that patients who need surgery get it in a timely fashion, and patients who do not need surgery still get the treatment plan that works best for them.

The Movement Disorders Program: For the treatment of such conditions as Parkinson’s disease, essential tremor, dystonia, Tourette’s syndrome, and restless leg syndrome, the Movement Disorders Program provides not only multidisciplinary care but complementary medicine. Treatment with medication and surgery is elevated by access to such integrative therapies as tai chi, yoga, and meditation.

A Level 4 Epilepsy Center: Level 4 is a classification given by the National Association of Epilepsy Centers, based on several elements of care. Level 4 is the highest rating an epilepsy center can achieve. At Overlook, we have neurologists with epilepsy-specific training available 24/7, along with a neurosurgeon and social worker, and we offer everything from a ketogenic diet to cutting-edge surgery. We continue to develop and advance our epilepsy program, having become the first center in New Jersey to use magnetoencephalography (MEG)—a completely noninvasive procedure that uses precise sensors to detect and record the magnetic fields associated with electrical activity in the brain—and adding to our staff a luminary in the field of magnetoencephalography.

The Sports Concussion Center: Concussion is a serious sports injury that requires proper management and follow-up care. Services include screening and diagnosis, as well as evaluations to determine if a student athlete can return to normal levels of activity.

The Brain Tumor Center: The Brain Tumor Center of New Jersey, part of the Atlantic Neuroscience Institute and Carol G. Simon Cancer Center at Overlook Medical Center, provides comprehensive, state-of-the-art medical care for patients with a variety of benign and malignant brain tumors, as well as neurological complications due to cancer. The Center’s highly trained team of specialists includes neurosurgeons, medical oncologists, radiation oncologists, neuro-radiologists, neuro-pathologists, neuro-oncologists, and nurse specialists, all working together to offer the latest technologies and treatments. These treatments range from radiation, chemotherapy, and image-guided neurosurgery (utilizing MRI or CT scans to assist in the surgical treatment of tumors) to stereotactic radiosurgery with CyberKnife® (in which highly concentrated doses of radiation are computer-targeted precisely to select areas in the brain). Patients also have access to various clinical trials, including a promising brain tumor vaccine.

A Neurosciences Intensive Care Unit: A dedicated Neuro ICU is typically found only in high-level academic centers; at Overlook, we’ve made this central to delivering the highest levels of care to the most critically ill neuroscience patients. Overlook’s Neuro ICU is directed by one of the few neuro-intensivists in the state, and is supported by a team of specially trained nurse practitioners. At ANI, we’re able to care for the sickest patients. Our doctors, nurses, and other staff members are always pushing the therapeutic envelope any way they can.

For more information about any of the programs and services available at Overlook Medical Center’s Atlantic Neuroscience Institute, call 908-522-4983.

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With a comprehensive approach to specialized care, **Atlantic NeuroSurgical Specialists** (ANS) holds the keys to your new life.

This type of high-level collaboration and multidisciplinary approach to surgery and care doesn't happen everywhere, but it does happen here. New Jersey's largest neurosurgical practice consists of board-certified neurosurgeons, all of whom are fellowship-trained in their specialties including spine, brain tumors and endovascular care. Our neurosurgeons are afforded an unparalleled ability to focus on their sub-specialties. Because of this, our specialists can offer the rarest of treatment options and are the most qualified to provide an accurate diagnosis. We are highly specialized, nationally renowned, and are among the very best practicing medicine.

Don't let insurance come before your health. Ask to speak with our insurance counselor. For more information, visit www.ansdocs.com or call **973.285.7800**.



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Atlantic Neuroscience Institute, based at Overlook Medical Center, is the largest, most comprehensive neuroscience program in New Jersey. In fact, *U.S. News & World Report* just named Overlook one of the best hospitals in the region for neurology and neurosurgery. In addition to having the latest technology, we offer healing therapies such as yoga, tai chi, meditation and exercise. We find that these services, combined with our advanced technology and expert medical staff, create a neuroscience program that helps our patients achieve the best possible outcome.



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THINK FAST

Act FAST and call 911 immediately at any sign of stroke. To remember the signs, remember the acronym FAST.

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

Time: There is not a moment to waste.

IF YOU OBSERVE ANY OF THESE SIGNS, CALL 911.

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WHO WHAT WHERE WHEN TO START

For some, having a baby can take more time—especially once you're in your 30s. Seeing a specialist sooner can improve your chance of success. Timing can also affect your finances: recent changes in healthcare law may eliminate insurance benefits for many by the end of 2015. But there's hope.

With an average time in treatment of a few months and not years, access to financial programs, and success rates around 20% higher than the national average*, the experts at Reproductive Medicine Associates of New Jersey can help now.

Start today. Call our personal patient liaisons with your questions at 973-656-2089.



Reproductive Medicine Associates
of New Jersey

*Source of RMANJ Internal Data 2014; 2013 SART; Thawed Embryos From Non Donor Oocytes, n=748. Note: A comparison of clinic success rates may not be meaningful because patient medical characteristics, treatment approaches and entrance criteria for ART may vary from clinic to clinic.



AT THE FOREFRONT of WOMEN'S HEALTH

Overlook provides comprehensive and advanced care for women in every stage of life.

Women's bodies require special care through every stage of life, from adolescence to maternity to menopause. Overlook Medical Center's team of Board-certified gynecologists, surgeons, and specialists handle a comprehensive range of women's health issues. Areas of specialization include:

Adolescent gynecology. Our experts in young adult gynecology provide specialized care, such as diagnosis and treatment of menstrual disorders, family planning, and emergency contraception.

Breast health. The Breast Center at Overlook Medical Center offers mammography, ultrasound, 3-D tomosynthesis, breast magnetic resonance imaging (MRI), breast biopsy, and bone density services. The Breast

Center is staffed by an expert multidisciplinary care team of Board-certified surgeons, medical and radiation oncologists, pathologists, radiologists, a patient navigator, and a nurse educator who specialize in breast imaging, breast cancer diagnosis, and treatment planning. Our state-of-the-art facility is accredited by both the American College of Radiology and National Accreditation Program for Breast Centers.

Depression and post-partum depression. Our team of behavioral health experts strives to promote and maintain mental health and wellness through high quality, comprehensive, and accessible care.

Gynecology. From annual exams to the treatment of abnormal bleeding and infection, to obstetrics and family

planning, our Board-certified physicians provide a complete range of women’s health services.

Gynecologic surgery. Our surgeons treat a variety of gynecologic conditions and specialize in minimally invasive procedures, including robotic gynecologic surgery.

High-risk pregnancy. A high-risk pregnancy results when some condition puts the mother or the developing fetus, or both, at an increased risk for complications during or after pregnancy and birth. Some women require a single consultation with a maternal-fetal medicine specialist before or during a high-risk pregnancy to help them prepare and to provide guidance to their doctor. Other women with a high-risk pregnancy may need ongoing care, such as monitoring their condition through co-management with their obstetrician, or performing fetal assessments with ultrasound and/or invasive procedures.

Infertility. The Board-certified specialists on our medical staff provide a wide range of infertility treatment options, including intrauterine inseminations (IUI), in-vitro fertilization (IVF), donor eggs, acupuncture, emotional support programs, pre-implantation-genetic diagnosis (PGD), and comprehensive chromosome screening (CCS). Success rates are among the highest in the state.

Maternal-fetal medicine. Maternal-fetal medicine specialists specialize in the care of fetuses with illnesses and birth defects. They are trained in diagnostic ultrasound and can play an important role in screening for fetal chromosome abnormalities and birth defects. If you or your baby requires this special care related to a high-risk pregnancy, Atlantic Maternal-Fetal Medicine provides consultations and diagnostic services.

Maternity. At Overlook’s Frank and Mimi Walsh Maternity Center, the comforts of home are supported by all the advantages of technology to provide mothers and newborns with the very best care. The Center provides private rooms for every patient and a complimentary massage for every woman the day after she gives birth—and while these luxuries certainly enhance the patient experience, the focus is always on high-touch care. Your baby will stay with you during your stay as our nurses support both mom and baby in a nurturing way. We fully support breast-feeding mothers and have lactation support both on the unit and when you go home. Each labor room is equipped with the most sophisticated technologies, including fetal monitors and walking fetal telemetry units, as well as the high-touch features of birthing balls, squat bars, birthing stools, and hydrotherapy. An all-staff team of labor-and-delivery hospitalists is onsite around the clock, so there is always a physician present to handle unexpected emergencies or to assist an attending physician with complicated cases that require close monitoring. In addition, we provide anesthesia service with an anesthesiologist on the unit at all times. We provide flexibility in choosing how your baby will be delivered by offering a wide variety of medically responsible birthing



Women’s bodies require special care through every stage of life, from adolescence to maternity to menopause. Overlook Medical Center’s team of Board-certified gynecologists, surgeons, and specialists handle a comprehensive range of women’s health issues.

techniques, including hydrotherapy. Our staff will work with you to create a birthing plan that meets your specific needs.

Menopause management. We offer a comprehensive range of services for women, from medical care to massage.

Urogynecology. Urogynecology is an obstetrics and gynecology subspecialty that focuses on disorders of the female pelvic floor. Our Board-certified urogynecologists are specifically trained to treat pelvic-floor disorders, including urinary or fecal incontinence, constipation, or pelvic organ prolapse (displacement of the uterus and/or vagina). Atlantic Urogynecology Associates offers comprehensive management of pelvic-floor disorders, including surgical and nonsurgical options as well as state-of-the-art robotic pelvic-floor surgery.

Women’s cancers. At the Women’s Cancer Center at Overlook Medical Center’s Carol G. Simon Cancer Center, we understand that prompt and expert medical care is crucial. Our multidisciplinary team of physicians, Board-certified gynecologic oncologists, nurses, and other staff members is dedicated to providing high-quality care to women with malignancies of the female reproductive system. Advanced treatments and technologies—including minimally invasive surgery and genetic screening and counseling—are delivered in a patient-focused environment, and care plans are optimized through regularly scheduled conferences in which each patient’s care team determines best courses of treatment. Through our Women’s Cancer Research Program, patients have access to national, pharmaceutical, cooperative, and local research studies that yield innovative therapies before they are available to the general public. Individualized treatment plans integrate traditional and complementary therapies (relaxation, nutrition, guided imagery, and more), and a full spectrum of support services is available for all stages of cancer management for the patient and for caregivers and family members as well. For more information or to schedule an appointment, call 908-522-5262.

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Women's Health Services at Overlook Medical Center – comprehensive, exceptional care for every stage of life.



Maternity

- At Overlook Medical Center, you'll deliver your baby in a supportive, family-oriented environment, staffed by board-certified physicians and nurse practitioners who are trained in the newest diagnostic and therapeutic procedures.
- We are a Level III Intensive Perinatal Center, which means our NICU can provide specialized care for critically ill infants.
- Women with high-risk pregnancies are referred to Atlantic Maternal-Fetal Medicine for evaluation and treatment.
- For fertility care, we are aligned with Reproductive Medicine Associates of New Jersey.

Urogynecology

- Treats women with pelvic floor disorders, such as urinary frequency/urgency disorders, urinary/fecal incontinence, painful bladder syndrome and pelvic pain, as well as prolapse.

Women's Cancers

- The Women's Cancer Center has the largest robotics program in the state and offers the most advanced therapies through our Women's Cancer Research Program.

Breast Center at Overlook

- Fully accredited breast center with certified breast radiologists.
- Computer aided, all-digital and 3-D (tomosynthesis) mammography as well as a complete array of diagnostic imaging options.

Women's Heart Program

- Individualized counseling and management of heart disease risk factors uniquely impacting women.



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ATLANTIC COLON & RECTAL SURGEONS

908-598-0220

Aaron Miller, MD FACS FASCRS
Walter Groff, MD FACS FASCRS



Atlantic Colon and Rectal Surgeons are board certified general and colon and rectal surgeons providing comprehensive colon and rectal care and colonoscopies at Overlook Medical Center for 30 years.

HELPING HANDS

Understanding palliative care.

Palliative care is specialized medical care delivered by an interdisciplinary team of professionals for those patients with serious illness and their families. This type of care is focused on providing patients with relief from pain, symptoms, and the stress of serious illness, whatever the diagnosis. The goals of palliative care are to enhance the quality of life for the patient and family, to assist with establishing the patient's preferences, and to provide emotional and spiritual support. Palliative care is appropriate at any age and any stage of illness, and will be integrated into the plan of care along with other medical treatments. Research shows that palliative care can benefit patients and families in a number of ways. It enhances quality of life, reduces stress through expert symptom management, and may even contribute to longer life.

OVERLOOK PALLIATIVE CARE SERVICES

Consultation: A Consult Team addresses ethics and palliative care issues in patient care as they arise. Those issues may include symptom management, establishing goals of care, and addressing the psychosocial and spiritual needs of the patient and family. Consultation includes review of the chart, discussion with the physician and other specialists if indicated, and meetings with the patient and family. A consultation can be obtained by calling 908-522-5329. Patients or their families may also request palliative care services through their attending physician.

Thomas Glasser Caregivers Center: A unique support service available to family caregivers of the palliative care patient is the Thomas Glasser Caregivers Center, adjacent to the lobby at Overlook Medical Center. The Caregivers Center provides a place for families to rest in a home-like environment, away from the clinical setting but within the hospital. Family caregivers have access to Internet-capable computers, an office center, and a dining area where families can share a meal together. The coordinator of the Caregivers Center is Marian Teehan, a social worker who can provide counseling and support to families in need. Massage therapy is also available in the center, and pet therapy visits are scheduled several times per week. For further information about the Thomas Glasser Caregivers Center, contact Marian Teehan at 908-522-6347 or at marian.teehan@atlanticealth.org.

Education and Training: This includes training programs for physicians, residents, medical students, social

workers, nurses, clergy, and the community; humanities programs for physicians and hospital staff; literature and medicine programs for healthcare professionals and for the community; monthly educational programs at our Bioethics Committee meetings; monthly Schwartz Center rounds for clinician support; and training of Pain Resource nurses.

Family Caregiver Coalition: Networking, education, and collaboration for more than 40 community-based organizations providing support for family caregivers.

Regional Nursing Home Coalition: A collaboration between Palliative Care and area longterm-care facilities to assist with staff education, ethical decision-making, palliative care consultations, and continuity of care.

Atlantic Hospice: Hospice care provides pain management and symptom management for patients at the end of life, as well as support and guidance for the patient and his or her family. The goal of hospice care is to prevent and relieve suffering while supporting the best-possible quality of life. To that end, an interdisciplinary team works with the patient and family to develop and implement a plan of care that focuses on physical, emotional, and spiritual comfort while respecting individual choices and wishes. Hospice care is provided in both the inpatient and outpatient settings. Atlantic Hospice provides care to residents of Essex, Morris, Somerset, Union, and Passaic counties.

Supportive Care Program: The Atlantic Home Care and Hospice Supportive Care Program is a home-care service for individuals and their families who are facing serious illness and require skilled nursing and other clinical services such as social service and physical and occupational therapy to manage symptoms and improve overall functioning and quality of life. For questions or to make a referral, call 973-379-8400.

Anna's Story and Anna's Angels: *Anna's Story* is a 22-minute dramatic video that depicts what can happen during an unwanted journey through the medical system. After screening the video, a Palliative Care professional helps the audience reflect on what happens to Anna, her family, and the clinicians who care for her. Anna's Angels is a group of Atlantic Health System nurses and healthcare professionals who visit their own communities to discuss healthcare decision-making among their neighbors, family, and friends. The program features a showing of *Anna's Story*. Contact the Anna's Angels hotline at 908-598-7906.

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SUPPORT FOR OUR WORK

If you are interested in supporting our work, a contribution can be made to:

Palliative Care Program, Overlook Foundation
36 Upper Overlook Road
Summit, New Jersey 07902

Please make checks payable to the **Overlook Foundation** and write *Palliative Care Program* in the memo. You also can make a secure donation online by visiting www.overlookfoundation.org. Or contact **Laura Atwell**, Director of Major Gifts, at 908-522-4992 or via e-mail at laura.atwell@atlanticealth.org.

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BENEATH THE SURFACE

Pathologists uncover critical clues to help provide crucial answers.

It's been said that the waiting is the hardest part—and when you're waiting for answers about your health, any amount of time can feel like too much. That's why, at Overlook Medical Center, the Pathology Lab operates around the clock. Our team of pathologists performs and processes clinical tests on tissue samples, blood, urine, and other fluids to help diagnose medical conditions and guide treatment plans. Here, leading technologies have made it possible to prepare tissue samples faster and yield results sooner. In fact, tissue analysis that once required 24 hours can now happen within hours if necessary.

The information gleaned from pathology reports is critical. Pathologists are like medical detectives, converting tissue or blood specimens into information that a patient's treating physician can use in making appropriate healthcare decisions. A pathology report can identify conditions or rule them out, determine whether a patient requires medication or surgery, or assess whether a treatment plan has been successful. So while pathologists most often function behind the scenes, their work is at the forefront of healthcare.

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CHAMPIONING THE CHILDREN

**Child-focused, family-friendly, multidisciplinary
is the focus in our Pediatric Subspecialty Suite.**

At the Goryeb Children's Center at Overlook Medical Center, our priority is the same as your priority: your child's health and well-being. In fact, in our Pediatric Subspecialty Suite, located in the MAC II building, children are our singular focus. We've brought together multidisciplinary services in a child-friendly, family-focused environment. When health concerns arise, at birth or in the years that follow, our team of subspecialists is uniquely prepared to meet your child's needs and manage his or her care. At Goryeb Children's Center at Overlook Medical Center and Goryeb Children's Hospital at Morristown Medical Center, there are more than 100 Board-certified physicians representing 20 different specialties—cardiology, child development, eating disorders, gastroenterology, endocrinology and diabetes, neurology and epilepsy, pulmonology, rheumatology, surgery, and so much more. We also are connected with a network of 250 community pediatricians in the towns we partner to serve. Together, our doctors treated more than 50,000 babies, children, and adolescents last year.

Additionally, our Child Life Program helps children, teenagers, and their families cope with the stress of a hospital experience. Our child life specialists are on-site to provide appropriate developmental, educational, and therapeutic interventions to ease your child's stay. These interventions include music therapy, tutoring, playroom activities, and outpatient services, as well as psychosocial assessments of Critical Care and Emergency Room pediatric patients. Child life specialists are also on call throughout the hospital for children whose family members have chronic and acute illnesses or are trauma victims. They help children understand what is happening to their parent or sibling, to help them cope with the situation at hand.

Within our Pediatric Subspecialty Suite, your child's best interests are our only interests. When you walk through our doors, you can be certain that your child is receiving the very best care, delivered with the utmost caring, and that your child's health is as important to us as it is to you.

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At Goryeb Children’s Center at Overlook Medical Center, our doctors treat babies, children, and adolescents in a child-friendly and family-centered environment. The Pediatric Subspecialty Suite on the second floor of Overlook’s MAC II building offers specialized care and services in a variety of areas, including:

- Cardiology
- Child Development
- Eating Disorders
- Surgery, including ENT, Ophthalmology, Orthopedics, & Urology
- Neurology & Neurosurgery
- Epilepsy
- Gastroenterology
- Endocrinology & Diabetes
- Hematology & Oncology
- Pulmonology
- Rheumatology

For a complete list of services, visit www.atlantichealth.org/Goryeb/. To schedule an appointment with any Pediatric Subspecialty Suite physician, call 908-522-2000.

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Your mental health deserves the same attention to care as your physical health.

Overlook Medical Center's commitment to caring for the whole patient extends to patients' mental-health needs. The hospital is proud to offer a multidisciplinary team of behavioral-health experts who strive to promote and maintain mental health and wellness through high quality, comprehensive, and accessible care. Inpatient and outpatient services are available for adults 18 years of age and older.

OUTPATIENT SERVICES INCLUDE:

Comprehensive group and individual outpatient services, to help adults through depression, anxiety, stress, and coping with medical problems. Our programs encourage personal empowerment by promoting self-awareness and an understanding of the individual's illness. Contact our ACCESS Center at 888-247-1400 for additional information.

Partial-care and intensive outpatient programs, when hospitalization is not necessary or no longer required, but typical outpatient services are too limited. These programs allow patients to return home each day after treatment, and begin transitioning to everyday living situations and challenges.

Chemical dependency services, to help adults overcome drug and/or alcohol abuse and dependency. Our outpatient programs enable patients to focus on family- and work-based challenges that accompany chemical dependency while remaining at home and on the job. Treatment options range from early intervention and drug screening to relapse prevention and counseling.

A compulsive-gambling program, developed in partnership with the Council on Gambling and Gam-A-Non. After evaluation, treatment may involve individual or group therapy. Family members who are concerned about the gambling behaviors of a loved one are urged to call for an appointment.

HIGHLIGHTS OF OVERLOOK'S BEHAVIORAL-HEALTH SERVICES INCLUDE:

The 24-Hour Crisis Service. Crisis intervention services are available through Overlook's Emergency Department. A counselor is available on-site 24 hours a day, 7 days a week.

Inpatient Behavioral Health Unit, a state-of-the-art voluntary unit, is available for those who need more intensive treatment for mood disorders, anxiety, and psychosis.

Geropsychiatric services are designed to address the challenges faced by elderly adults: depression, isolation, and dependence on other family members. Our physicians evaluate elderly adults to determine if they are suffering from psychosis, depression, dementia, anxiety, delirium, and other cognitive deficits or mood disturbances. Family members are included in evaluations to determine if the patient is at risk for injury as a result of his or her immediate surroundings. At Overlook, a wing of the inpatient Behavioral Health unit has been specially designed to accommodate the physical needs of our geriatric patients.

Electroconvulsive therapy, for the treatment of depression or other mood disorders. These services are provided on both an inpatient and outpatient basis. To access outpatient ECT services, call 908-522-5652.

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BREATHE EASY

Treatment for asthma, COPD, sleep disorders, and other pulmonary disorders is within reach.

At Overlook's Pulmonary Center of Excellence, a team of adult and pediatric pulmonologists, thoracic surgeons, and critical care specialists casts a lifeline to patients who suffer from pulmonary conditions. Specialists collaborate with physicians throughout Atlantic Health's other medical and surgical specialties (including cardiology, oncology, radiology, neurology, and otolaryngology) to provide the very best care. Pulmonary care is further supported by a team of clinical nurse specialists, social workers, nutritionists, physical therapists, registered pulmonary-function technologists and sleep technologists, respiratory care practitioners, and more. For ease of care, services are coordinated by a nurse navigator who helps guide each patient's treatment, working with the patient and his or her family to keep everyone educated and informed

at all times. The Center is also home to a nationally recognized clinical research program that has performed more than 150 clinical trials over the last 10 years in COPD, asthma, pulmonary fibrosis, bronchiectasis, and the diagnosis of lung cancer.

Specialties at the Pulmonary Center include:

- allergies
- asthma
- chronic obstructive pulmonary disease (COPD)
- cystic fibrosis
- lung cancer
- pulmonary hypertension
- pulmonary rehabilitation
- sleep disorders

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At Atlantic Health Sleep Centers, our specialists are experts at diagnosing and treating sleep apnea and other sleep disorders. The Centers (at Overlook Medical Center, Morristown Medical Center, and Goryeb Children’s Center) are sites for leading clinical research in areas of sleep apnea, insomnia, medication, and CPAP therapy, and all physicians on staff are Board-certified in sleep medicine. Atlantic Health Sleep Centers are fully operational seven days and nights a week. All sleep-testing rooms

To learn more about Atlantic Health Sleep Centers or to take a sleep apnea risk assessment, go to www.ahsleepcenters.com.

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THE BIGGER PICTURE

State-of-the-art technologies capture powerful images that empower physicians in diagnosing and treating patients.

When your doctor needs to know what’s going on inside your body, some of the best resources are the imaging technologies that have helped to transform healthcare. Overlook operates three imaging sites and also provides mammography services through its Breast Center. Our highly trained, Board-certified radiologists specialize in breast, body, and cross-sectional imaging, as well as neuroradiology, nuclear medicine, vascular, and interventional radiology. Overlook Imaging sites are located at three unique locations throughout Union County and are fully accredited by the American College of Radiology (ACR) and The Joint Commission.

OUR RADIOLOGICAL PROCEDURES INCLUDE:

- **X-Ray**
- **Ultrasound**
- **MRI** (magnetic resonance imaging)
- **PET** (positron emission tomography)
- **CT.** At Overlook, this includes the Toshiba Aquilion One, a high-speed CT scanner that covers as much as four times more surface area in a single image than any other commercially available CT—with just a fraction of the radiation exposure.
- **Wide-bore MRI.** This allows better positioning without compromising quality, and also allows for the imaging of larger patients, who might not properly fit into standard MRI machines.
- **Fluoroscopy.** This includes the Siemens Biplane Angiographic System, which looks inside the human body from multiple angles, meaning that views are virtually unlimited.
- **Mammography.** The Breast Center at Overlook Medical Center—accredited as a Breast Center of Excellence by the American College of Radiology and American College of Surgeons—is equipped with all-digital mammography, 3-D tomosynthesis, and dedicated breast ultrasound and breast MRI. All of the radiology proceduralists at the Center are Fellowship-trained in breast imaging.
- **Interventional Radiology.** This non-surgical alternative is used in the treatment of fibroids, blood clots, compression fractures, collected fluid, and kidney stones, among other conditions. It is often used in conjunction with other imaging techniques, such as fluoroscopy. Most interventional radiology procedures are performed on an outpatient basis or require only a short hospital stay.

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A BETTER APPROACH

A specialized team and a comprehensive method of care help deliver quick and accurate diagnoses and treatment plans for rheumatic and autoimmune diseases.

There are more than 100 disorders that cause arthritis and other painful conditions of the muscles, bones, and tissues; there is also an untold number of autoimmune diseases, in which antibodies or immune cells mistakenly attack the body's own healthy tissues, causing damage or loss of function. These disorders can be difficult to identify in their early stages, and this means that patients often go undiagnosed and untreated longer than necessary.

At Overlook's Institute for Rheumatic and Autoimmune Diseases (IRAD), a team of Board-certified rheumatologists and other practitioners is in place to recognize the symptoms of these conditions and make accurate diagnoses so that appropriate treatment can begin as soon as possible. Physicians use detailed physical examinations, careful patient histories, and sophisticated immunologic and imaging tests to diagnose and treat the full spectrum of rheumatic and autoimmune disorders. Specialists work with each patient to develop treatment plans that maximize improvements and minimize safety concerns. When a patient is referred to IRAD for care, the team handles everything from evaluation to diagnosis to treatment. In fact, all aspects of treatment are under one roof, so there is no shuttling from facility to facility.

All IRAD physicians specialize in the management of a range of rheumatic and autoimmune conditions, with a primary focus on inflammatory diseases, including rheumatoid and psoriatic arthritis, lupus (and the management of high-risk pregnancies involving lupus patients), myositis, gout, scleroderma, vasculitis, and the rheumatic symptoms of Crohn's disease and ulcerative colitis. Although there is no cure for rheumatic and autoimmune conditions, significant advances in targeted medications have made it significantly easier for patients to manage their conditions and lead active, fulfilling lives.

Infused biologic medications, which are tailored to target specific growth factors—cytokines, for example, work specifically with the immune system for intercellular communication—are perhaps the most encouraging of all developments, particularly in the treatment of severe lupus and rheumatoid arthritis. IRAD houses an infusion center for administering biologic medications; this on-site infusion center means that patients no longer have to visit chemotherapy facilities to receive IV treatment.

IRAD resources—for both patients and their family members—extend beyond the scope of traditional care. Patients are empowered to better understand their condition and how to manage it, and family support is encouraged and fostered.

The Institute for Rheumatic and Autoimmune Diseases specializes in the management of a range of rheumatic and autoimmune conditions, including rheumatoid and psoriatic arthritis, lupus (and the management of high-risk pregnancies involving lupus patients), myositis, gout, scleroderma, vasculitis, and the rheumatic symptoms of Crohn's disease and ulcerative colitis.

Care and services are available at three locations to best meet the needs of our patients.

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North Jersey Rheumatology Center, PA

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- Bursitis/ Tendonitis
- Neck/ Back pain
- Vasculitis
- Lupus
- Osteoarthritis
- Osteoporosis
- Fibromyalgia

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Phone (908) 233-9111



ON THE CUTTING EDGE

A comprehensive surgical program supports Overlook's status as one of the region's leading medical centers.

Talent and technology. It's the combination of both that delivers the very best surgical outcomes. Overlook Medical Center is outfitted with 18 operating rooms and is equipped to perform virtually any surgical procedure. Overlook is a leader in the areas of robotic surgery and bariatric surgery. With robot-assisted and minimally invasive surgery, skilled surgeons are performing complex procedures through small incisions, thereby minimizing risks and side effects. Minimally invasive surgeries cause less trauma to the body, resulting in less blood loss, less pain (and less need for pain medication), less time in the hospital, and less time recuperating overall. Because of these benefits, the majority of abdominal surgeries at Overlook—including colon, gallbladder, and bariatric procedures, as well as surgery to remove cancer in the abdomen and surgery to correct common gastrointestinal disorders and complaints—are done laparoscopically.

Overlook Medical Center offers many types of surgery using state-of-the-art equipment and minimally invasive methods whenever possible, including:

General surgery. Our general surgeons provide both elective and emergency procedures to treat disorders such as gallbladder disease, hernias, diverticulitis, pancreatitis, diseases of the spleen, and more.

Bariatrics. At Atlantic Health Weight & Wellness Center at Overlook Medical Center, our surgeons are experts in laparoscopic bariatric surgery using the most advanced techniques that result in more rapid recovery for our patients.

Brain tumors. The Brain Tumor Center of New Jersey, part of Atlantic Neuroscience Institute and Carol G. Simon Cancer Center, has specialists who provide comprehensive, individualized surgical care for patients with a variety of benign and malignant brain tumors, as well as neurological complications due to cancer elsewhere in the body.

Breast. Our breast surgeons and plastic surgeons specialize in breast-conserving and reconstructive surgeries and use a special biopsy system to reduce the amount of surgery whenever possible.

Cancer. At Carol G. Simon Cancer Center at Overlook Medical Center, physicians perform advanced surgical procedures for all types of cancer, while maximizing patients' recovery in a comfortable, family-friendly environment.

Ear, Nose, and Throat (ENT)/Otolaryngology. Our ENT surgeons perform an array of ear, nose, and throat procedures, including surgeries for hearing loss.

Eye. Our expert ophthalmologists and ocular plastic surgeons perform a wide variety of specialized eye procedures.

Colorectal and gastrointestinal. Our colorectal surgeons, general surgeons, and gastroenterologists surgically treat both benign and malignant diseases of the lower gastrointestinal tract and upper gastrointestinal system. Working in conjunction with radiation oncologists and medical oncologists, they also provide the most up-to-date minimally invasive therapies for rectal cancer.

Gynecology. Our surgeons specialize in and treat a variety of gynecological conditions.

Neurosurgery. Our neurosurgeons, part of Atlantic Neuroscience Institute, provide a wide variety of surgical procedures for conditions of the brain and spine, using focused radiation to treat tumors while minimizing damage to normal, surrounding tissue.

Orthopedics. Overlook Medical Center's orthopedic surgeons use specially developed procedures and guidelines to perform more efficient surgeries for faster recovery.

Pediatric surgery. Pediatric surgeons at Overlook Medical Center and Goryeb Children's Center offer a full range of surgical procedures and treatments. This includes surgeries of the head, neck, chest, and abdomen, as well as specialization in premature babies, oncology, gastroenterology, trauma, and wound care.

Plastic surgery. Our staff of plastic surgeons provides cosmetic procedures, assists in the treatment of trauma victims, and performs reconstructive procedures for patients who have had breast cancer surgery, bariatric surgery, hernia surgery, eye surgery, and more.

Thoracic. Our surgeons offer treatments for disorders of the thorax, thymus, mediastinum, and lymph nodes. In addition, we offer minimally invasive video-assisted thoracic surgery (VATS) to treat a variety of benign and malignant conditions of the lungs and surrounding areas.

Urogynecology. Our urogynecological surgeons specialize in treating urinary and fecal incontinence, as well as prolapse of the vagina, bladder, and uterus.

Urology. We offer a full range of surgical therapies for benign urological diseases, including kidney stones, erectile dysfunction, and enlarged prostate glands. In addition, our surgical staff specializes in oncology, female urology, minimally invasive surgery and pediatrics.



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WINNING AT WEIGHT LOSS

If excess weight is affecting your quality of life, the Atlantic Health Weight & Wellness Center can help.

Obesity isn't just about a number on a scale or the sizes on clothing labels; it brings with it a rise in metabolic problems stemming from or resulting in excess weight. Metabolic syndrome (a combination of medical disorders that, when occurring together, increase a person's risk of developing cardiovascular disease and diabetes) as well as such metabolic issues as insulin resistance, type 2 diabetes, sleep apnea, and sarcopenia (having too little muscle and too much body fat) are notoriously difficult to manage since treatment often involves a high level of patient compliance along with a mix of medications.

At the Atlantic Health Weight & Wellness Center at Overlook Medical Center—one of the only hospital-affiliated programs in the region to offer a coordinated metabolic medicine and bariatric surgery program—patients with metabolic problems will find a medical home; a place where they can receive all of their care on-site. Moreover, Overlook has been designated by the American Society of Metabolic and Bariatric Surgery as a Center of Excellence in Bariatric Surgery, in recognition of the hospital's history of excellent patient outcomes.

Atlantic Health Weight & Wellness Center programs are safe and comfortable from start to finish. Patients receive all of the services they need in order to make their weight-management programs successful, including a comprehensive testing program (all patient

testing is completed within a single 24-hour period at Overlook Medical Center); a dedicated and specially trained bariatric surgery healthcare team of surgeons, anesthesiologists, nurses, technicians, and facilitators; and a patient navigator to guide patients and families through the weight management process. The Center's staff collaborates with primary care physicians and other specialists to design a treatment or management program that is safe and effective for patients long-term.

Approaches to treatment are individualized and targeted for every patient, using a step care model that begins with low-risk interventions and advances to more powerful tools only as necessary. For those who need to lose weight but are not candidates for or are not ready for bariatric surgery, the Atlantic Health Weight & Wellness Center offers other options. The newest program is OPTIFAST, a meal-replacement plan that transitions over time to nutritious, everyday meals. It is coupled with education and support services, such as nutritional counseling, behavior modification, and exercise coaching. The Center's staff also can assess the way your body uses food for energy, and then develop a multidisciplinary plan to help you understand and control your weight through a variety of therapies. At our research-based center, we utilize sophisticated medical equipment to determine your metabolic profile and create a customized weight-loss treatment plan that addresses your individual needs.

COMPREHENSIVE SERVICES AT THE ATLANTIC HEALTH WEIGHT & WELLNESS CENTER INCLUDE:

- A detailed medical history assessment of your weight, diet, and behavioral eating issues.
- Physician visits for a weight-loss diagnosis and treatment plan.
- Blood tests and clinical examinations.
- Correction of vitamin and mineral deficiencies.
- Detection of inflammation and hormone imbalances.
- A medically guided comprehensive weight-loss program.
- Medication management.
- Prescription weight-loss medication, when appropriate.
- OPTIFAST, a meal-replacement plan that transitions over time to nutritious, everyday meals.
- Referrals to specialists, as appropriate.
- Nutrition counseling. Our nutritionist will work with you to create a personalized eating plan based on your unique metabolic profile and your lifestyle. Behavioral modifications and dietary adjustments help you make the lifestyle changes necessary to finally achieve success.
- Exercise guidelines.
- Prescriptions for physical therapy or cardiac rehabilitation, if appropriate.
- Psychological and behavior modification. Coping skills and stress-management techniques are important tools for metabolic medicine patients who need to make lifestyle changes. We work with you to help you understand and learn to cope with any unresolved emotional issues that may be contributing to excess weight gain.

For more information about the Atlantic Health Weight & Wellness Center, including free information seminars, call 800-247-9580.



BARIATRIC MEDICINE

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Find out if **Weight Loss Surgery** is right for you. Learn how **Gastric Bypass**, **Gastric Band** and **Sleeve Gastrectomy** have helped **New Jersey Bariatric Center** patients lead the healthy lives they've dreamed of.

ATTEND A FREE WEIGHT LOSS SURGERY SEMINAR

Overlook Medical Center
99 Beauvoir Ave., Summit
Tues. 3/10 at 7 p.m.
Tues. 4/14 at 7 p.m.

193 Morris Ave., Springfield
Thurs. 3/19 at 11:30 a.m.
Thurs. 4/16 at 11:30 a.m.

Hotel Woodbridge
120 Wood Ave. South, Iselin (GSP Exit T31A)
Thurs. 3/5 at 7 p.m.
Thurs. 4/2 at 7 p.m.

Register online at www.NJBariatricCenter.com or call 908.481.1270



Ajay Goyal, MD, FACS
Director, Bariatric Surgery
Overlook Medical Center



Glenn Forrester, MD, FACS
Director, Bariatric Surgery
RWJ University Hospital - Somerset



Angela Glasnapp, MD, FACS
Bariatric & General Surgeon



Leigh Montes, MD
Co-Director, Bariatric Surgery
CarePoint - Christ Hospital



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- No surgery!
- No drugs!
- No needles!

Lumbar Cervical Decompression (LCD) Therapy

Unlike spine surgery or epidural injections which have significant health risks, this new non-invasive therapy is painless without any potential side effects. Also, spinal surgery may require long recovery times and rehabilitation. In contrast, the Lumbar Cervical Decompression (LCD) Therapy protocol can be completed in only 5 weeks with minimal follow up visits.

LCD works by creating negative intra-disc pressure thereby facilitating the transfer of fluids, nutrients and oxygen back inside the affected disc. LCD Therapy actually repairs the damaged disc rather than masking the problem with drugs or removing parts of the anatomy of the spine.

If you are suffering from bulging or herniated discs, sciatica (nerve pain running down the buttock and leg), chronic back and neck pain from arthritic conditions, or spinal stenosis, you owe it to yourself to try this new treatment.

Your Invitation to Better Health

*You are cordially invited to live a better life. Everyday, thousands of people try Chiropractic care and LCD Therapy for the first time and find the relief they are looking for. This invitation entitles you to a thorough examination with Dr. Joseph J. Frasco to evaluate if you are a candidate for our treatment. You will receive these services for only **\$25** instead of the normal \$300 charge. We will be donating your **\$25** to Make a Wish Foundation of NJ. Call us today to make your appointment!*



Dr. Joseph J. Frasco
Serving our New Jersey communities for 27 years

Frasco Chiropractic Office
(908) 771 0707

www.frascochiropractic.com
1806 Springfield Avenue, New Providence, NJ 07974

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