

SPRING 2010

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RAHWAY

THE  
**Rose**

*Your source for  
healthy living*

**Cold Therapy  
Speeds Recovery  
After Cardiac Arrest**

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**Exercise Despite  
Mobility Challenges**

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# Move Pain-Free

**Joint Replacement Helps  
Get You Back to Your Life**

Pair this healthy snack with fruit and low-fat yogurt for a breakfast or light meal your family will love.

## POWER Bites

### INGREDIENTS

½ cup	brown sugar
⅓ cup	applesauce
1	egg
1 teaspoon	vanilla
¾ cup	grated carrots
½ cup	oats, quick or old fashioned
¼ cup	chopped pecans (optional)
1 cup	whole-wheat flour
1 teaspoon	baking powder
1 teaspoon	cinnamon
½ cup	raisins

### DIRECTIONS

Preheat oven to 350° F. Lightly coat a 9" by 9" pan with cooking spray. In a large bowl, combine brown sugar, applesauce, egg, vanilla, and grated carrots. Add remaining ingredients and mix well. Bake 20 to 25 minutes or until golden brown around the edges. Cut into squares and enjoy!

Source: Lauren Bernstein, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway

### NUTRITION INFORMATION

Number of servings: 9	Serving size: 1 square
Calories: 180	Fat: 4g
Sodium: 70mg	Protein: 2g

...to Robert Wood Johnson University Hospital Rahway, your community hospital, and help ensure that you, your loved ones and your neighbors will get the care they need. You can mail your contribution to RWJ Rahway Foundation, 865 Stone Street, Rahway, NJ 07065, or call 732-499-6135 or e-mail [foundation@rwjuh.com](mailto:foundation@rwjuh.com).

give a gift

## Healthy Parents, Healthy Kids

With childhood obesity on the rise, parents need to help their children maintain a healthy weight.

Lauren Bernstein, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway, says the most important thing parents can do is to model healthy habits for their children.

"Children learn to eat from what their parents eat," says Ms. Bernstein. "Likewise, when kids see their parents exercising, they are likely to be active, too."

Here are some additional tips:

- ▶ Have sit-down meals as a family as much as possible.
- ▶ Limit fast food to one or two times per month.
- ▶ Send healthy lunches with your child to school and limit his or her purchasing cafeteria meals.
- ▶ Introduce new foods in a fun and positive manner.
- ▶ Encourage drinking water instead of high-calorie soft drinks and juices.
- ▶ Set regular meal and snack times to discourage "grazing"
- ▶ Place sensible portion sizes of meats and rich sides on plates in the kitchen and bring only salad, fruit, and vegetable dishes to the dinner table.

For information about the next SHAPEDOWN® healthy lifestyle session for children, please call (732) 499-6109.



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The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns.

Robert Wood Johnson University Hospital Rahway is a proud member of the Robert Wood Johnson Health System and Network.  
ON THE COVER: Hip replacement surgery patient Patricia Mastrogiacomo and daughter Nina, a physical therapist at RWJ Rahway who recommended the Joint Replacement Center to her mom.

# The Big Chill for Heart Care



Immediate action can be lifesaving in a cardiac emergency. Now, Robert Wood Johnson University Hospital Rahway offers advanced treatment to reduce the risk of brain damage when heartbeats falter.

Therapeutic hypothermia is used to preserve brain function for patients surviving cardiac arrest. Recent studies show cooling body temperature during the first 24 hours after resuscitation can have a significant effect on a patient's recovery.

"This treatment has been proven to protect neurological function, which can be damaged by the body's response to restricted blood flow," says Linda Quinto, Emergency Department (ED) and Critical Care Nurse Educator at RWJ Rahway. "Our aim is for patients who survive cardiac arrest to walk out of the hospital and return to their normal activities."

## STANDARD OF CARE

When patients fit the criteria for use of therapeutic hypothermia, trained nurses apply and monitor special cooling wraps to lower a patient's body temperature to between 89.6° F and 93.2° F. Cooling the body gives the brain a break while other organs compete for oxygen. Hypothermia protects the brain cells from damage, a common problem after cardiac arrest.

"This treatment requires an understanding of how hypothermia works and training in ways to handle side effects,"

says Ms. Quinto. "We provide this gold-standard treatment in resuscitation as our way of bringing the community the most up-to-date care."

## ONE PATIENT'S STORY

In December 2009, Jeff Holt, 49, went into cardiac arrest in the ED at RWJ Rahway. The ED staff immediately treated him with cardiopulmonary resuscitation and medication, reviving him after 19 minutes. They then began cooling him with ice packs and external wraps, lowering his temperature to 91 degrees. The next day, the staff started the process of elevating his temperature.

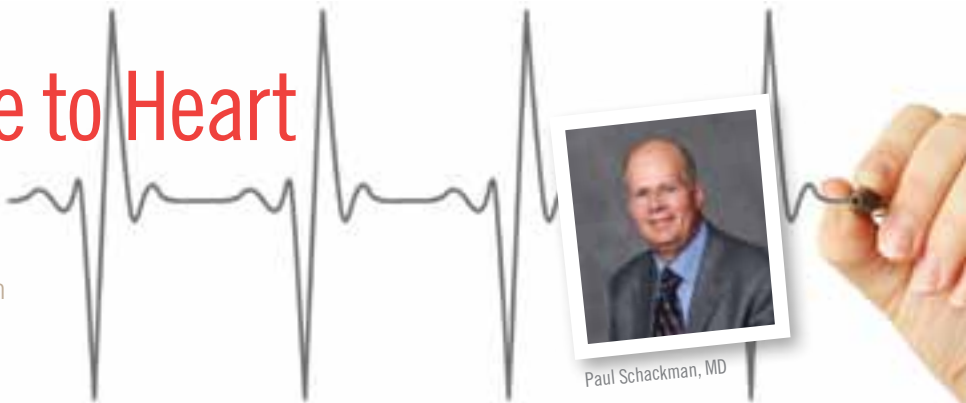
Rosalia Rosa, Jeff's wife, remembers the anxiety she felt over whether he might have lost memory or function.

"We were talking to him, telling him that we were going shopping to buy a microwave," Ms. Rosa recalls. "When he asked us if we were going to buy the one he wanted, we knew he was okay."

For more information about services at RWJ Rahway, visit [www.rwjhr.com](http://www.rwjhr.com).

## SIGNS to Take to Heart

Great consideration usually goes into major life decisions such as choosing a college, proposing marriage, or purchasing a home. Take a few minutes to consider how you can help protect your or your loved one's health in the event of a heart attack.



Paul Schackman, MD

When minutes matter most, know the signs and symptoms of a heart attack to act quickly and prevent further damage to the heart. While some people may experience sudden chest pain, other symptoms may have a slower onset, especially in women.

Signs of a heart attack can include:

- ▶ chest discomfort
- ▶ discomfort or tightness in other areas of the body, including one or both arms, the upper back, neck, jaw, or upper abdomen
- ▶ shortness of breath
- ▶ nausea
- ▶ lightheadedness
- ▶ breaking out in a cold sweat

"Often, people mistake subtle pain in the middle of the chest for heartburn," says Paul Schackman, MD, cardiologist on the medical staff at Robert Wood Johnson University Hospital Rahway. "If the chest pain comes on with exertion and is relieved with rest, be aware this is a warning of a possible future heart attack."

## ACT FAST

Sudden loss of consciousness, sudden collapse, interrupted breathing, or lack of a pulse are signs of cardiac arrest. If someone near you exhibits one of these symptoms, call 911 immediately.

For help finding a cardiologist, call the physician referral line at (732) 815-7513.

# NEW JOINTS HELP PATIENTS *Rediscover* THEIR OLD



Patricia Mastrogiacomo returned to her spin class and other favorite activities after her successful hip replacement surgery at the Joint Replacement Center at RWJ Rahway.

The Joint Replacement Center at Robert Wood Johnson University Hospital Rahway including these two about women who rediscovered just how satisfying life can be

To replace a knee or hip, an orthopedic surgeon removes the damaged or arthritic joint and replaces it with a prosthetic version. For Patricia Mastrogiacomo and Barbara Spiegel, their new joints have made all the difference in the world, leaving them free to pursue their favorite activities instead of being constrained by pain.

#### KICKING BACK INTO HIGH GEAR

Mrs. Mastrogiacomo had always led an active life—she enjoyed taking spin classes with her daughter, Nina, a

physical therapist at RWJ Rahway—until a fall led to pain that wouldn't go away. The 54-year-old home care nurse from Randolph eventually consulted an orthopedic surgeon, who recommended she undergo hip replacement.

“I was shocked,” says Mrs. Mastrogiacomo. “I'd heard about the Joint Replacement Center at RWJ Rahway from my daughter, and the fact that the Center focuses exclusively on joint replacement piqued my interest. I sought a second opinion at the Center, and Dr. Rojer [David Rojer, MD, medical director of the Center], confirmed the earlier recommendation. By that time, the pain was so severe that I couldn't even walk my dog, so I knew it was time to have the surgery.”

Mrs. Mastrogiacomo had her hip replaced in June 2009 and was amazed that she was able to walk a short distance on the day of surgery. Her family had longstanding plans to visit Italy in August, and thanks to her loved ones' help and her physical therapy regimen, she was able to enjoy the art and culture of Rome, Florence, and Milan without a hitch. Once back at home, she returned to work and resumed her favorite activities, including doubles tennis, a sport she had given up before surgery.

“I received excellent care at RWJ Rahway,” Mrs. Mastrogiacomo says. “If you're experiencing joint pain, don't hesitate to have joint replacement. Think of what I would have missed out on if I hadn't had the surgery!”

#### A TEAM ACCOMPLISHMENT

Mrs. Spiegel of Winfield Park had walked with a limp since sustaining an injury to her right knee in a car accident in 1986. Through the years, she had five arthroscopic surgeries on the knee, but the joint grew steadily weaker, and the pain became more intense. After twisting the knee in December 2008 on a patch of ice, she was only able to walk with the aid of a cane, a development that caused her to visit the Center.

The stairs in her home caused Mrs. Spiegel to worry about her ability to get around after discharge, but the Center's pre-operative education class eased her fears. She was extremely skeptical when she was told she would walk 50 to 100 feet the day of the procedure, but following her knee replacement in May, she logged 340 feet a few hours after the surgery.

# SELVES

has produced many patient success stories, when joint pain is gone.

With the help of a physical therapist, a Joint Replacement Center patient is out of bed and walking the day of surgery and will participate in physical and occupational therapy for three to four hours daily for the remainder of the three-day hospital stay. The goal is to become as independent at home as possible.

Coaches, an integral part of a patient's therapy, are often family members who can help with the transition home and accompany patients to therapy sessions. For her coach, Mrs. Spiegel chose her husband, Joe.

"I gave her moral support, but Barbara did all the work," says Mr. Spiegel. "She always wanted to keep progressing. I'm so proud of her."

"Everyone at RWJ Rahway was so caring and supportive," says Mrs. Spiegel. "I can walk tremendously well now, and my limp is gone. I went to a street fair with my family recently, and when my son-in-law offered to pull the car close and drop me off, I said, 'You don't need to do that anymore.' People should know that it's not always about returning to sports activities; sometimes it's just about living a functional life. I'm grateful every day that I can walk."

She is now a consistent morning walker and looks forward to her walking ritual.

**For more information about the Joint Replacement Center at RWJ Rahway, call (732) 499-6343.**

Now walking easily and enjoying the benefits of regular exercise, Barbara Spiegel recommends the Joint Replacement Center at RWJ Rahway for those considering knee replacement.



## Could You Be a Candidate for Joint Replacement?

After consultation and careful consideration, Patricia Mastrogiacomo and Barbara Spiegel decided to replace their painful joints while still in their 50s. Each woman carefully assessed her personal situation as well as what she'd heard about the "right" age for this surgery.

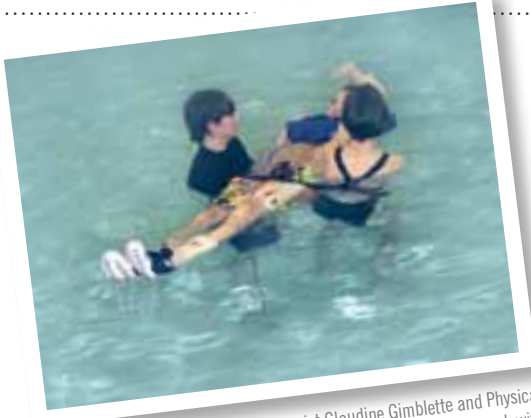
When it comes to joint replacement, age matters. According to David Rojer, MD, medical director of the Joint Replacement Center at Robert Wood Johnson University Hospital Rahway, the ideal age at which to have a knee or hip replaced is between 60 and 80 years old. Given the usual activity level at this age range, a prosthetic joint could last 20 years or the remainder of the patient's life.

"Another major consideration is that a candidate for joint replacement must have been unsuccessful with conservative treatments, such as physical therapy, medication, and pain-reducing injections," says Dr. Rojer. "While the 60 to 80 age range is considered ideal, I don't have in mind an absolute number at which I say, 'You are too young or too old for joint replacement.' The decision to have the surgery is very personal and ultimately comes down to when a person decides he or she is tired of living in pain. I have performed successful hip replacements in 30-year-old patients and recently helped a 94-year-old woman through bilateral knee replacements."

An integral part of preparing for surgery at the Joint Replacement Center is pre-operative education. Patients attend a class prior to surgery in which they view a presentation that takes them through every aspect of joint replacement at the Center. Following the presentation, patients tour the joint replacement unit and recovery rooms and meet the physical and occupational therapists who will help get them back on their feet after surgery.

One of the Center's goals is for patients to return home on the third day following surgery, a target achieved by 89 percent of patients so far. After discharge, knee replacement patients return to the Center almost immediately for physical therapy, while hip replacement patients wait three to four weeks before beginning rehabilitation, performing home exercises taught during their Joint Center stay. Patients typically undergo physical therapy three times a week for four to eight weeks, after which they're ready to return to moderate activities.

"The successes of our patients speak volumes about the excellence of our program," says Phil Colombrita, joint care coordinator and orthopedic service line manager for RWJ Rahway. "We provide dedicated care to help patients achieve their goals."



Physical Therapist Claudine Gimblette and Physical Therapy attendant Brandon Polhamus work with a patient in the therapy pool at the RWJ Rahway Fitness & Wellness Center.

## Make a *Splash* for Good Health

Many who find exercise painful or physically challenging benefit from the weightless environment provided by aquatic therapy, available at the Center for Rehabilitation at RWJ Rahway Fitness & Wellness Center in Scotch Plains.

with the transition to other forms of exercise, the aquatic therapy pool is located inside the RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, Scotch Plains.

“Patients who have difficulty walking because of weakness, pain, or problems with muscle control or balance often walk freely when they are in the water,” says Claudine Gimblette, physical therapist at the Center for Rehabilitation at RWJ Rahway. “Aquatic therapy provides freedom of movement.”

Physical and aquatic therapies are available to all at the Center for Rehabilitation at the RWJ Rahway Fitness & Wellness Center. For an appointment, call (908) 389-5400. A prescription is needed.

Aquatic therapy is a great option for any person experiencing difficulty with mobility. Those with arthritis or a muscular, neurological, or other chronic condition, as well as patients recovering from surgery or a traumatic injury, benefit from working with a physical therapist in the pool.

To ensure each patient receives the attention he or she needs, aquatic therapy is provided on a one-on-one basis. For most patients, the goal is to get to the highest level of functioning possible and then into an appropriate fitness plan. To help

## Help Get Your Diabetes Under Control

People who have or are at risk of developing diabetes can take action to safeguard their health.

Diabetes is a progressive condition. Although much of the damage done by the disease cannot be undone, taking an active role in managing the disease can enable a person with diabetes to live a long, healthy life.

“Patients need to educate themselves about the disease,” says Kamran Tasharofi, MD, board-certified internal medicine specialist on the medical staff at Robert Wood Johnson University Hospital Rahway. “Understanding what can be done to control the onset or progression of diabetes is the first step.”

### TAKING CONTROL

Making healthy dietary choices, establishing a regular exercise routine, and monitoring blood sugar are all key components in living with diabetes.



Kamran Tasharofi, MD

“Limiting portion sizes, eating smaller meals more frequently, and monitoring and responding appropriately to levels of blood sugars and carbohydrates enable patients to better manage the disease,”

says Dr. Tasharofi.

“When monitoring blood sugar levels, discuss both post-meal and fasting-upon-arising levels with your physician.”

Glucometers help those with diabetes understand how different foods affect their blood sugar levels, making it possible to adjust meal content and portions to stay within the desired glucose range.

In addition, incorporating regular aerobic exercise—such as walking, running, swimming, or bicycling—is crucial for success. Exercise at any time of day helps burn sugar as muscle fuel, but walking after a meal is especially effective. Exercise can lower insulin resistance for 24 to 72 hours, an effect that wears off within three days, so a “daily dose” of exercise is best.

Learn more about the RWJ Rahway Diabetes Self-Management Program by calling (732) 499-6109. For help finding an internal medicine physician or endocrinologist, call the physician referral line at (732) 815-7513.



# A Safe Home Is a Happy Home

Home is where the heart is. Show how much you care for every member of your household by taking steps to protect them from slips, trips, and accidents that can cause serious injuries.

Around the house, clutter and areas that are poorly lit may not seem major causes for concern, but these and other environmental factors can put you or your family's health at risk. From loose throw rugs that create tripping hazards to poisonous household cleaners stored within reach of children, household dangers need to be identified and managed appropriately.



Kamal Charaipotra, MD

“Common objects around the house can present a greater chance for serious injury than many homeowners expect,” says Kamal Charaipotra, MD, pediatrician and adolescent medicine specialist at the RWJ Rahway CareCenter. “Take precautions to ensure the

safety of family members, particularly children and seniors.”

To make your house safer for everyone in the family, follow these tips:

- ▶ Install hand rails in the shower and in stairwells.
- ▶ Keep areas around steps well lit and free of clutter.
- ▶ Lock all chemicals and poisonous cleaning products in cabinets.
- ▶ Make sure all smoke detectors have fresh batteries and work properly.
- ▶ Place medications beyond the reach of children.
- ▶ Set your water heater to 120° F to avoid burns.

For more information about keeping your home safe, visit [www.homesafetycouncil.org](http://www.homesafetycouncil.org).

## Be Prepared for the Unexpected

Your son ran into the coffee table and badly scraped his leg. Do you have what you need in your home first-aid kit to take care of him?

When minor injuries or illnesses occur, a well-stocked first-aid kit can be an important tool. If your child is old enough to understand the purpose of a first-aid kit, make sure he or she knows where to find it.

“Common cuts, scrapes, sore throats, and headaches can be treated at home with items from your first-aid kit,” says Asha Vijayakumar, MD, internist at the RWJ Rahway CareCenter. “Of course, in a true emergency, call 911.”



Asha Vijayakumar, MD

For prompt, non-emergency medical care, the RWJ Rahway CareCenter is now open in the Kings shopping center on South Avenue in Garwood, offering daytime and after-hours medical services every day. Call (908) 232-CARE (2273) for more information.

### WHAT TO INCLUDE

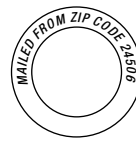
Dr. Vijayakumar recommends stocking a first-aid kit with:

- ▶ antibiotic ointment and burn ointment to prevent infection
- ▶ cleansing agent/soap and antibiotic wipes to disinfect
- ▶ a prescription EpiPen<sup>®</sup> if someone in the household has allergies
- ▶ over-the-counter medications, such as cough syrup, ibuprofen, and acetaminophen
- ▶ sterile dressings and adhesive bandages in assorted sizes
- ▶ thermometer
- ▶ two pairs of Latex or other sterile gloves (if you are allergic to Latex)

- ▶ alcohol swabs, cotton swabs, and insect bite swabs
- ▶ flashlight
- ▶ hypoallergenic tape

“Carefully read the directions and limitations on medication packaging when self-administering any type of medication, even over-the-counter ones,” says Dr. Vijayakumar. “Contact your primary care physician if you have any questions about a particular medication.”





# RWJ Rahway Fitness & Wellness Center

## PROGRAMS AND SUPPORT GROUPS

2120 LAMBERTS MILL ROAD IN SCOTCH PLAINS

### Ongoing Programs

**Care for the Caregiver**—Caring for a friend or loved one is an important job, but it can be stressful. Share tips, resources, and strength with people doing this important work. First Tuesday of each month, 7 to 8:30 p.m. Facilitated by Advanced Practice Nurse Mindy Cohen. All are welcome. For more information, call (732) 499-6193. Special Program: “Legal and Financial Issues for Caregivers”—May 4, 7 p.m. Seating is limited. Reserve your seat.

**Breast Cancer Support Group**—Get support from people who know. Free. First Wednesday of each month, 7 to 8:30 p.m. For more information, call (732) 499-6193.

**Bariatric Support Group**—First Saturday of each month, 10:30 a.m. to 12:30 p.m. Free. Peer-to-peer support for pre- and post-surgery patients. For more information, e-mail [firstsaturdaysupport@gmail.com](mailto:firstsaturdaysupport@gmail.com).

**Lighter Lifestyle Weight-Loss Support Group**—Thursdays, 6 p.m. For more information, call (732) 499-6109.

**SHAPEDOWN®**—For information on the Spring SHAPEDOWN session, call (732) 499-6109. Recommended for children ages 8 to 15.

### Wellness Calendar

For a complete calendar of wellness programs led by medical professionals affiliated with Robert Wood Johnson University Hospital Rahway, visit [www.rwjhr.com](http://www.rwjhr.com) and click on “Fitness Center.”

### Physical Therapy

#### at RWJ Rahway Fitness & Wellness Center

You can receive expert physical therapy at the RWJ Rahway Fitness & Wellness Center. The Center for Rehabilitation has state-of-the-art equipment and experienced therapists. Exercise equipment at the Fitness Center is also available for treatment, providing even more options. The Center for Rehabilitation offers the added benefit of aquatic therapy in the low-impact physical therapy pool. The Center’s hours are Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 2 p.m. Fitness Center membership is not required to receive the benefits of physical therapy. All you need is a prescription. To make an appointment, call (908) 389-5400.

### Community Wellness Programs

Unless otherwise indicated, the following programs are **FREE**. To register, call (732) 499-6193.

#### March



**“Managing Chronic Neck and Back Pain”**—March 11, 11 a.m., Eric Freeman, DO, Pain Management



**“Diet, Exercise, and Heart Disease”**—March 18, 7 p.m., Sanjiv Prasad, MD, Cardiologist



**“Foot Health for Seniors”**—March 30, 6:30 p.m., Jason Galante, DPM, Podiatrist

#### April



**“Orthotics: When and Why Do We Need Them?”**—April 8, noon, Marshall Feldman, DPM, Podiatrist, and John Mihlik, Orthotics and Prosthetics Specialist

**“Manage Your Stress”**—Stress management series with Qi Gong Master Frank Mathews. April 12, 19, and May 3, 10 and 17, 7 to 9 p.m. Fee. For more information, call (908) 276-2469.



**“Knee Ligament Injuries”**—April 13, 7 p.m., John Kline, MD, Orthopedic Surgeon



**“Managing Your Diabetes With Exercise”**—April 20, 7 p.m., Bernardo Toro-Echaque, MD, Internist



**“Breast Self-Exam and Breast Imaging: Helping You Sort It Out”**—April 26, 7 p.m., James Frost, MD, Surgeon

#### May



**“Calcium Screening: What Does It Mean? The Role of Calcium in Heart Disease Risk”**—May 18, 7 p.m., Paul Schackman, MD, Cardiologist