SUMMER 2010

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL RAHWAY

THE Rose

Your source for healthy living

Stay Safe

& Enjoy Summer Fun PAGE 4

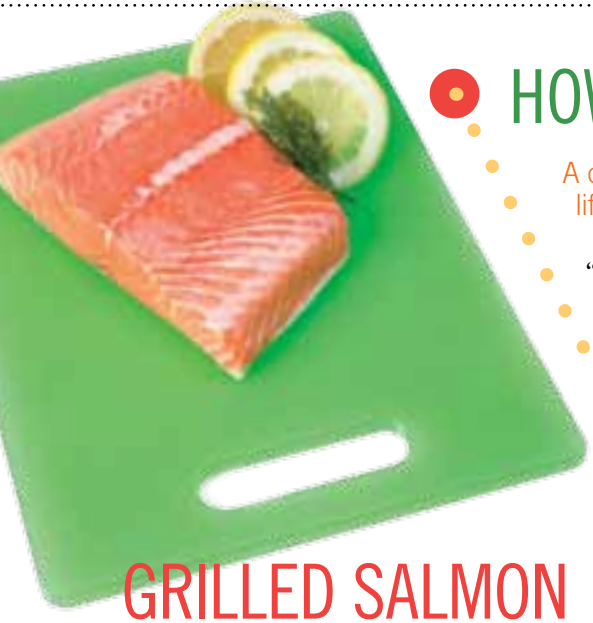
Healing & Support

Gregory Kava Is Back on Two Feet After Treatment at the Wound Care Center® PAGE 5

Answers to Your Questions About Joint Replacement

PAGE 6

NEED A DOCTOR?
Call Our Physician Referral Line at (732) 815-7513.



HOW TO **Eat + Shop Smart**

A commitment to healthier eating is a wonderful step toward a better lifestyle—but how do you decide where to begin?

"It's all about the basics," says Diane Weeks, chef and Registered Dietitian on staff at Robert Wood Johnson University Hospital Rahway. "Taking time to plan meals before going shopping is the first step. Keep it simple. Incorporate one item from each food group in your meal."

- **Eat by color**—Fill your plate with foods of various colors. This can help you include a better assortment of foods for a more nutrient-rich meal. If you see a lot of beige or white items, for example, chances are you're eating too many starches in one sitting.
- **Poor Man's Diet**—Ask relatives about old family recipes or research "poor man's food." Beans, for example, are extremely inexpensive and a great source of fiber and protein. They can also be prepared in hundreds of different ways.
- **The New American Plate**—The American Institute for Cancer Research has revised what's considered a healthy diet for today's American. Two-thirds or more of the items on a plate at each meal should consist of vegetables, fruits, whole grains, or beans. One-third or less should be animal protein.

GRILLED SALMON With RICE VINEGAR *Splash*

The secret to this dish is splashing a very simple sauce on the salmon fillets just after removing them from the broiler.

INGREDIENTS

- 1 cup rice vinegar
- 3 cloves garlic, minced
- 3 shallots, finely minced
- 3 slices ginger, minced
- 1½ lbs. salmon fillets
- 1 tablespoon olive oil

DIRECTIONS

Mix rice vinegar, garlic, shallots, and ginger together and set aside. Brush each salmon fillet with olive oil. Broil 3 to 4 minutes on each side or until done. Splash the sauce over the cooked fillets.

NUTRITION INFORMATION

Number of Servings: 6	Fat: 12g	Carbohydrates: 3g
Serving Size: 3 oz.	Cholesterol: 77mg	Protein: 24g
Calories: 220	Sodium: 60mg	

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

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL RAHWAY

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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.

HELPING PATIENTS COPE WITH HEART DISEASE

Cardiac rehabilitation can help patients who have suffered a cardiac event or are recovering from heart surgery regain their strength in a positive and safe environment.

When the topic of cardiac rehabilitation is first mentioned, however, people can have many questions. Helen Peare, RN, BSN, coordinator of ambulatory cardiac services at Robert Wood Johnson University Hospital Rahway, explains how this important program can help.

Q: What is cardiac rehabilitation?
A: Cardiac rehabilitation is an education and exercise program that focuses on cardiac exercise, nutritional counseling, and support services to help patients adjust to lifestyle changes after a cardiac event.

Q: Who benefits from a cardiac rehabilitation program?
A: Patients who have coronary artery disease or who have had a heart attack, heart valve surgery, heart transplant, cardiac bypass surgery, or angioplasty are all candidates for cardiac rehabilitation.

Q: What added benefits do patients receive from cardiac rehabilitation that aren't available through a gym or home exercise program?
A: Patients referred to our cardiac rehabilitation program meet with a nurse who helps create an individualized exercise plan. When a patient is exercising, a nurse is on hand and the expertise and equipment of the hospital are nearby if any concerns arise. The blood glucose levels of patients with diabetes are checked before and after exercise for six visits, and the results are logged and reviewed by the referring physician and/or our dietitian. Monthly reports of the patient's progress are made to his or her referring physician, and if any problems occur, the patient's physician is immediately notified. We also provide a support group for patients and follow up with anyone who misses several days. Rehab programs consist of personalized services you don't find elsewhere. They help patients feel safe again after a cardiac event.

Michael Chen, MD, Medical Director, Nicholas Quadrel Healthy Heart Center at RWJ Rahway, where cardiac rehabilitation takes place.

For more information about cardiac rehabilitation services at Robert Wood Johnson University Hospital Rahway, please call (732) 499-6056.

IS THERE A *PROBLEM*, OFFICER?

Checking blood sugar levels with a glucometer once a day on an empty stomach is like taking a drive and only checking the speedometer as you leave the driveway. Mix up your glucometer testing times for more effective diabetes management.

People with diabetes help manage their disease by regularly monitoring their blood glucose (BG) levels with a glucometer—a small portable testing device. For many people, BG levels "reset" lower during sleep, so only testing first thing in the morning may result in not detecting sugar abnormalities that often occur later.

"We recommend taking readings at different times of the day, such as two hours after eating, to see how your blood sugar levels respond to particular foods, exercise and medicines, as well as on an empty stomach," says Gary Paul, exercise physiologist and Certified Diabetes Educator for the Diabetes Self-Management Program at Robert Wood Johnson University Hospital Rahway. "While consistently high BG levels can cause blood vessel damage and diabetic complications, short-term spiking above 200mg/dL has been associated with an increased mortality risk. Checking BG levels at different times and under different circumstances will give you and your physician a clearer picture of whether your medication, exercise and diet are helping you manage diabetes well, or if changes are required."

For more information about how to use a glucometer or about services available through the Diabetes Self-Management Program at Robert Wood Johnson University Hospital Rahway, call (732) 499-6109.

ARE YOU GETTING ENOUGH SHUT-EYE?

You rush from work to pick up your children from school and head home to start dinner and help with homework. After your kids have fallen asleep, you're still up cleaning the kitchen and paying the bills.

A busy life can leave you tired, but if you feel exhausted all the time, you may be one of the millions of Americans suffering from a sleep disorder.

Pulmonologist and sleep specialist Dr. Ramesh Adabala, medical director of the SleepCare™ Center at Robert Wood Johnson University Hospital Rahway, answers some common questions about ways to tell if you are getting enough rest.

Q: What are the most common sleep disorders?
A: The most common conditions are obstructive sleep apnea, insomnia, restless legs syndrome, narcolepsy, and idiopathic hypersomnia, all of which can be treated at the SleepCare Center.

Q: How does sleep deprivation affect overall health?
A: Most adults need five to seven hours of sleep per night, although some need less and some need more. Too little sleep may cause depression, memory problems, difficulty concentrating, a weakened immune system, marital problems, and work-related issues.

Q: If a patient believes he or she has a sleep disorder, what's the next step?
A: Anyone who is concerned about this possibility should visit the SleepCare Center for a clinical evaluation or sleep study. We offer comprehensive testing and advanced treatment options to help people get the rest their bodies need.

For more information about sleep disorders or to schedule an appointment, call 1-800-SleepRX (753-3779).

HAVE A Healthy Summer

For many, summer is a time to kick back, relax, and enjoy the great outdoors. Make the most of your summer by following a few precautions.

"Summer is a great time of year, but the season also comes with some risks for injury," says Dr. Christopher De Masi, medical director of the RWJ Rahway CareCenter. "To protect yourself from potential summer dangers, make these good practices part of your routine."

▶ **Stay hydrated.** When summer heat and humidity are at their highest, it's easy to become dehydrated. Carry a water bottle with you throughout the day and steer clear of sodas and other sugary drinks.

▶ **Cover up.** Apply a sunscreen with a sun protection factor of 30 or higher every two hours and immediately after swimming or sweating. Also, protect your face with wide-brimmed hats and cover your arms and legs with long-sleeved shirts and pants made of cotton or another open-weave fiber.

Dr. Christopher De Masi

▶ **Beware "leaves of three."** Avoid contact with poison ivy or its cousins poison oak and sumac by becoming familiar with the look of the leaves and identifying locations near you where they might grow. The oil that causes the allergic reaction will soak into your skin in about half an hour and stay potent indefinitely on clothing and tools. If you have been exposed, rinse within the hour with lots of cold water. Washing with alcohol may also help. Do not immediately shower in warm water, as this can cause your pores to open and the rash to spread. For a serious case, your physician or the RWJ Rahway CareCenter can prescribe an ointment to help.

▶ **Buzz off.** A product containing the ingredient DEET can help deter biting and stinging insects. Also, don't wear perfume or flowery or brightly colored clothing, which can attract bees and other insects.

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

FINDING Healing *and* Friendship

Forty-five-year-old Gregory Kava faced a struggle with a diabetic foot ulcer that could have claimed his right leg, but the team at the Wound Care Center® at Robert Wood Johnson University Hospital Rahway refused to let that happen.

The resident of Middletown, N.J., and retired New York City Transit Authority worker had dealt with a non-healing wound on his right foot for years before visiting the Center in January 2009. After having a toe amputated at another facility in November 2008, he contracted gangrene as well as an infection with methicillin-resistant Staphylococcus aureus (MRSA) that required open-heart surgery after spreading to his heart through his bloodstream. The six-inch wound left when physicians had to remove the infected area around the site of the amputated toe caused Mr. Kava to visit the Center at his family's recommendation.

Gregory Kava (front) with his son, Gregory Michael, and wife, Karen

For more information about the Wound Care Center® at Robert Wood Johnson University Hospital Rahway, visit www.rwjuhr.com and select "Wound Care" or call (732) 453-2915.

PUTTING A TREATMENT PLAN IN PLACE

"Things looked pretty bad for Mr. Kava when he came to us," says Laurie Yorke, case manager at the Center. "He was at risk of losing his leg below the knee. Our initial priority was to clean the wound by removing anything gangrenous, which unfortunately included all of his toes. Once that was accomplished, we began working toward the ultimate goal of final wound closure."

For five months, Mr. Kava wore a portable wound vacuum-assisted closure (VAC) device to constantly draw fluid out of the wound. In July 2009, four weeks after having the wound VAC removed, an advanced biological dressing that encourages new skin growth called Apligraf® was applied to Mr. Kava's wound. By the end of August, after a second Apligraf application, the wound was fully healed.

"It wasn't an easy process, but I never doubted the team at the Wound Care Center for a moment," Mr. Kava says. "The people there became my friends, and over time I began to look forward to my visits. The team at the Center always made me feel better, even if I couldn't see any progress. It's great to be able to put on a pair of sneakers and go for a walk now without worrying about pain or infection."

After achieving closure of the wound on Mr. Kava's right foot, his friends at the Center healed a smaller, less complex wound on his left foot in eight weeks using the same methods.

"If a wound has not improved significantly in four weeks or healed entirely in eight weeks, it is considered chronic," says Ann Lubas, director of the Center. "Our outpatient treatment center provides technically advanced, interdisciplinary care that has proven highly effective in healing chronic wounds that resist conventional therapy. We have a professional team that is highly trained in the specialized, comprehensive care of problem wounds. We're here to help."

The Wound Care Center® at Robert Wood Johnson University Hospital Rahway threw a celebration lunch for Gregory Kava and his family on March 1. Soon after the Kava family headed to Disney World to celebrate.

"The ability of the team at the Wound Care Center® to save Gregory Kava's leg illustrates how expertise in wound healing and the application of advanced wound care therapies produce great outcomes for patients."

—Lawrence Plotkin, DPM, podiatrist and wound care specialist at the Wound Care Center® at Robert Wood Johnson University Hospital Rahway

A JOINT EFFORT

Understanding the intricacies of joint replacement can be challenging. Many patients considering this surgery have questions about the procedure and whether it's the right move for them.

Robert Wood Johnson University Hospital Rahway is rated a Top Ten Hospital in New Jersey for Joint Replacement, according to Inside Jersey *and Castle Connolly.*

To help clear things up, David Rojer, MD, orthopedist on staff at Robert Wood Johnson University Hospital Rahway, and Phil Colombrita, orthopedic service line manager at RWJ Rahway, have agreed to answer some common questions.

Q: CAN PATIENTS TELL WHEN KNEE REPLACEMENT MAY BE RIGHT FOR THEM?
DR. ROJER: The simple answer is yes. Judging by individual symptoms such as the level of pain and ability to perform daily tasks, patients can decide whether they would like to pursue joint replacement. The procedure will only be performed, however, after consultation with a physician and approval to move forward.

Q: IS IT SAFE TO REPLACE BOTH KNEES OR HIPS AT THE SAME TIME?
MR. COLOMBRITA: Technically, yes. Both knees or hips can be replaced safely at the same time. However, the approach at RWJ Rahway is to not rush joint replacement. The use of one sturdy leg often aids in the rehabilitation process. In what is called "staging," joints are replaced one at a time, which allows patients to rely on the stronger leg while the replaced joint becomes more stable. The ultimate decision is determined by the patient and surgeon.

For more information about joint replacement procedures available at RWJ Rahway, visit www.rwjuhr.com and click on "Joint Replacement."

Q: WHAT AGE IS RIGHT FOR A REPLACEMENT PROCEDURE? IS 90 TOO OLD? IS 45 TOO YOUNG?
DR. ROJER: In my opinion, there is no such thing as a definite age for joint replacements. The optimal age, however, tends to be between 65 and 85. When patients replace joints within this window, they are still active enough to improve their quality of life for many years. On the other hand, younger patients suffering from extreme pain and discomfort may be appropriate candidates for joint replacement. The decision is made on a case-by-case basis.

Q: HOW LONG DOES RECOVERY LAST?
MR. COLOMBRITA: Typically, replacement procedures require three days of intense post-operative rehabilitation inside the hospital. The week after being discharged from the three-day acute stay, a knee replacement patient will begin outpatient physical therapy, which is typically three times per week for four-to-eight weeks. The hip patient will be discharged with home-based exercises to do for about four weeks, after which outpatient physical therapy of about three times per week for four-to-eight weeks will begin.

FOUNDATION HONORS MEDICAL/DENTAL STAFF AND NORTHFIELD BANK AT ROSE BALL

Northfield Bank was honored with the 2010 Order of the Rose, and the Robert Wood Johnson University Hospital Rahway medical and dental staff received the 2010 Guardians of the Rose at the 21st annual Rose Ball held April 24 at the Hotel Westminster in Livingston.

RWJ Rahway Foundation Chairman Joseph Gibilisco said the gala event netted more than $100,000 to benefit RWJ Rahway.

Northfield Bank has shown outstanding commitment and support to RWJ Rahway over the years. Founded in 1887, Northfield is active in the health of its community, funding many hospital initiatives. In 2009, it sponsored a charity golf outing that benefited the hospital's Emergency services, with funds going toward equipment such as a cardiac monitor/defibrillator and laptop equipment for nursing education.

For the past 93 years, the RWJ Rahway medical and dental staff has shown both medical expertise and compassion in the community. A major supporter of the hospital's Emergency Center, the staff was recognized for continued commitment to our patients and hospital.

Your gift stays in our community. To learn about various forms of giving opportunities, please call (732) 499-6135 or e-mail foundation@rwjuhr.com.

TRAINING HELPS PREVENT PRESSURE ULCERS

Robert Wood Johnson University Hospital Rahway's hospital-acquired pressure ulcer rate has fallen significantly over the past eight years, thanks in large part to nursing education funded by the Walter and Louise Sutcliffe Foundation.

Sutcliffe funding made it possible for seven RWJ Rahway nurses to receive specialized wound care training and certification, making them experts on their units in the prevention of pressure ulcers and the treatment of wounds. Certification courses cost thousands of dollars, usually borne by the nurses themselves, but Sutcliffe funding made it possible for the nurses to receive this invaluable education.

Denise Gerhab, RN, (left), inpatient wound care coordinator, and Paula Mattis, RN, are both certified in wound care thanks to the Walter and Louise Sutcliffe Foundation.

Inpatient wound care coordinator Denise Gerhab, RN, who is wound care certified thanks to the Walter and Louise Sutcliffe Foundation, reviews a patient's wound.

And that learning has made a big difference. The hospital-acquired pressure ulcer rate fell to 4.6 percent last year from 9.2 percent in 2001. The improvement was so dramatic that RWJ Rahway was asked by the prestigious Institute for Healthcare Improvement to be a mentor to other hospitals.

"Pressure ulcers are a big problem in hospitals," says Denise Gerhab, RN, who received the training and is now the hospital's inpatient wound coordinator. "We felt that it was important for each unit to have a wound-certified nurse to act as a resource, both for the prevention of pressure ulcers and the treatment of wounds."

Ms. Gerhab noted that many patients come to the hospital with hard-to-heal wounds due to diabetes, poor circulation, and other problems. Having a wound-certified nurse on each unit helps in the complex care required for these wounds to heal.

Pressure Ulcer Prevention Tips

They used to be called bedsores, but these ulcers are caused by pressure. Here are a few tips to prevent them if you are in bed or a wheelchair for long periods:

- **Limit pressure**—Turn or reposition every two hours while in bed. If sitting in a chair or wheelchair, shift weight every 15 minutes or reposition every hour.
- **Reduce friction**—Do not drag or pull yourself out of bed. Do not use heels or elbows to pull up in bed. Use padding on bony areas like elbows when needed.
- **Moisturize**—Apply lotion to dry skin and prevent excess moisture from building up on the skin.

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PROGRAMS AND SUPPORT GROUPS

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Ongoing Programs

Care for the Caregiver—Caring for a friend or loved one is a valuable 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.

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, (except in July, when it is the second Saturday) 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.

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

SHAPEDOWN®—For information on the fall 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.rwjuhr.com and click on "Fitness Center."

Physical Therapy

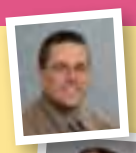
at RWJ Rahway Fitness & Wellness Center

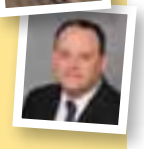
Receive expert physical therapy at the RWJ Rahway Fitness & Wellness Center. The Center for Rehabilitation has state-of-the-art equipment and experienced therapists. Exercise equipment at the Fitness Center is also available for treatment, providing even more options. The Center for Rehabilitation offers the added benefit of aquatic therapy in the low-impact physical therapy pool. Hours are Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 8 a.m. to 2 p.m. 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.

June





"Ticks, Lyme Disease, and Protecting Your Family"
–June 1, 10 a.m., Thomas Kowalenko, DO, Family Medicine

"Prevention of Sports-Related Injuries"
–June 15, 11 a.m., Paul Abend, DO, Rehabilitation Medicine

"Healthy Summer BBQ's"
–June 15, 7 p.m., Diane Weeks, chef and Registered Dietitian

"Weight-Loss Surgery"–June 28, 6:30 p.m., Joao Lopes, MD, General Surgery

"Eating for One"–June 22, 7 p.m., Diane Weeks, chef and Registered Dietitian

July

"Diabetic Neuropathy of the Foot"—July 7, 7 p.m., Lawrence Plotkin, DPM, Podiatrist

"Healthy Summer Picnics"—July 13, 7 p.m., Diane Weeks, chef and Registered Dietitian

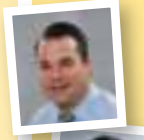
"Successful Aging"—July 14, 7 p.m., Frank Mathews

"Women and Heart Disease"–July 21, 6 p.m., Robert Fishberg, MD, Cardiology

"Healthy Barbecues"—July 27, 7 p.m., Diane Weeks, chef and Registered Dietitian

August

"From Farm to Table"—August 10, 7 p.m., Diane Weeks, chef and Registered Dietitian



"How to Have Beautiful Feet"
—August 11, 6 p.m., Sean Kaufman, DPM, Podiatrist

"More Memory"—August 18, 7 p.m., Frank Mathews

"Three Common Nutritional Deficiencies and How They Can Destroy Your Health"—August 26, 7 p.m., Michael Rothman, MD, Emergency Medicine

Connect with Robert Wood Johnson University Hospital Rahway on Facebook and Twitter.