

WINTER 2010

**ROBERT
WOOD
JOHNSON
UNIVERSITY
HOSPITAL
RAHWAY**

THE *Your source for
healthy living*
Rose

**Common Diabetes
Myths—and Facts**

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**Cold, Flu, OR
Something More?
What You Need to Know**

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**“Doctor,
Something’s
Wrong”**

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Asking About Unusual
Symptoms Led to
Life-Saving Surgery



PACKING A PUNCH in a Portable Snack

Between dropping the kids at school and making it to work on time, you may find it difficult to pack fresh, healthy meals and snacks. If a prepackaged energy or granola bar is sometimes your best option for a healthy snack, these tips can help you choose one that's better for you.

Remember that foods are packaged and marketed to appeal to the consumer. If claims on the box sound too good to be true, they probably are. Don't automatically pick a product that touts an "all natural" bar with "high fiber" content—be sure to read the ingredients.

In addition, consider this advice from Lauren Bernstein, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway, about questions to keep in mind:

1. WHAT IS THIS MADE OF? Avoid bars with extremely long ingredient lists, as well as those that contain numerous items you've never heard of and/or can't pronounce.

AVOID THE MID-MORNING MUNCHIES

To prevent cravings for a mid-morning snack, be sure to consume some protein at breakfast. Examples are an English muffin topped with peanut butter, an omelet, or cottage cheese with fruit.

2. HOW MANY CALORIES? People often use energy bars as "fuel" for a workout—but consuming more calories than you need for your activity level defeats the purpose of burning them.

3. HOW MUCH FIBER? Select a bar with at least three grams of fiber per serving.

4. WHAT SHOULD I AVOID? Some bars may claim not to contain any trans fat, but this isn't true if partially hydrogenated oil is one of the ingredients. Also, try to avoid high fructose corn syrup.

"Advertising pitches on the box do not mean the bars inside are nutritious," says Ms. Bernstein. "Carefully consider the ingredients to be sure you're making a healthy choice."

For more information about weight loss for kids and adults, call (732) 499-6109.

Carrot... Cookies? Kid-pleasing and a nutritious energy boost, this cookie can also double as a breakfast food paired with a banana or yogurt, according to Lauren Bernstein, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway.

INGREDIENTS

½ cup canola oil	½ teaspoon baking soda
½ cup brown sugar	½ teaspoon salt
½ cup granulated sugar	½ teaspoon allspice
2 large eggs, beaten	½ teaspoon ground cinnamon
1 cup all-purpose flour	1½ cup oats
1 cup whole-wheat flour	1 cup grated or finely chopped carrots
¼ cup ground flaxseed	1 cup chopped walnuts
2 teaspoon baking powder	

DIRECTIONS

Whisk together the oil and sugars until well combined. Whisk in the eggs until well combined. In a large bowl, whisk together the flours, flaxseed, baking powder, baking soda, salt, allspice, and cinnamon. Add the liquid ingredients to the dry ingredients and stir until combined. Stir in the oats, carrots, and nuts. Drop by rounded tablespoons onto a cookie sheet. Bake at 350° Fahrenheit for 9 to 12 minutes until golden brown on the bottom. Repeat with remaining batter.

NUTRITION INFORMATION

SERVING SIZE: 1 cookie
CALORIES: 90
FAT: 6g (.5g saturated, 2.5g monounsaturated)
CARBOHYDRATES: 9g
FIBER: 1.5g
PROTEIN: 2g
VITAMIN A: 20 percent of recommended dietary allowance



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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 RWJ Health System, which includes Robert Wood Johnson University Hospital in New Brunswick, Robert Wood Johnson University Hospital Hamilton and Children's Specialized Hospital.



“A LITTLE SUGAR” AND A GRAIN OF SALT

Exercise Physiologist and Certified Diabetes Educator Gary Paul tackles six common myths and misconceptions about diabetes.

1.

“I get enough exercise going up and down the stairs all day in my house.”

FACT: A person with diabetes should exercise 30 minutes or more per day. At the end of the day, your total time spent on your stairs typically adds up to less than five minutes.

2.

“I’ve fixed my diabetic diet by cutting out all sweets and sugar.”

FACT: You’ve addressed half the carbohydrate issue. Simple sugars are listed on the label, but after digestion starches or complex carbohydrates also convert to glucose and affect blood sugar. “Total carbohydrates” is the more important number for you to consider.

3.

“Sugar-free cookies and sugar-free ice cream won’t raise blood sugar.”

FACT: Sugar-free doesn’t mean carbohydrate-free. Flour contains carbohydrates (see above). No ice cream on the market is carbohydrate-free. The package may say “zero sugar,” but it will not say “zero carbohydrates.”

4.

“Skim milk won’t affect my blood sugar.”

FACT: All milk contains lactose or “milk sugar,” which affects blood glucose. Skimming the fat from milk only changes the fat content. Per cup, skim milk actually has more milk sugar than whole milk. Also, lactose-free milk contains an equal amount of sugar, but in a different form.

5.

“I switched to brown rice and whole wheat, which won’t raise my blood sugar.”

FACT: Starches convert to glucose and affect blood sugar. Any form of wheat or rice kernel consists mainly of white starchy nutritive tissue (endosperm) wrapped in thin darker skin (bran). The difference is just the skin—like eating an apple peeled, instead of whole. Whole grains are better for you, but when it comes to starch, they don’t differ that much from processed grains.

6.

“I was recently told I have mild diabetes or ‘a little sugar.’ It doesn’t seem bad enough to worry about yet. I’ll make changes if it gets worse.”

FACT: In diabetes, control is better sooner rather than later. Good control (termed “tight control”) in the first 12 years post diagnosis lowers the risk of complications over a 30-year period, even if blood sugar levels worsen later on. Studies suggest it doesn’t work the other way: lax control at first followed by aggressive methods later seems to increase the risk for complications. If you wait too long, you’ll miss an opportunity. Serious effort to control blood sugar right after a diagnosis is made will pay off in old age, even if you loosen control later.



An American
Diabetes Association-
certified diabetes
self-management program is
available at Robert Wood Johnson
University Hospital Rahway.
For more information, call
(732) 499-6109.

CHECKING OUT UNUSUAL SYMPTOMS

Led to *Life-Saving* Cardiac Surgery

Anne Carr admits she was not one to run to a doctor when she didn't feel well, but when extreme fatigue and shortness of breath slowed her down last spring, she sought help. The expertise of the Robert Wood Johnson Health System gave the Carteret woman a second chance.

Anne Carr with grandchildren Raven and Tommy Poulos



A diagnosis of pneumonia sent the 69-year-old Carteret grandmother of two to Robert Wood Johnson University Hospital Rahway, where she also learned there was another reason for her fatigue and breathing problems—heart failure.

“She was tired, short of breath, and her legs were swollen,” said Michael Chen, MD, chair of cardiology at RWJ Rahway and Mrs. Carr’s husband’s cardiologist. “We did an echocardiogram that revealed an enlarged heart.”

Mrs. Carr’s heart was struggling. Three of her coronary arteries were blocked, and the aortic and mitral valves in her heart—the inflow and outflow valves for oxygenated blood—were leaking.

Dr. Chen called cardiothoracic surgeon Mark Anderson, MD, chief of cardiac surgery at Robert Wood Johnson University Hospital in New Brunswick.

The question was whether Mrs. Carr was a candidate for open-heart surgery.

If deemed she could not sustain the rigors of the operation, her options were limited. She could receive an implantable defibrillator, which would have left her with a poor prognosis, or she could be on the list for a heart transplant, explained Dr. Anderson, who is also a professor of surgery at UMDNJ–Robert Wood Johnson Medical School.

Dr. Anderson, along with cardiologist Amardeep Saluja, MD, believed Mrs. Carr could withstand the operation.

Mrs. Carr was frightened and decided to leave the decision about her surgery to her daughter.

“Dr. Anderson called my daughter on his cell phone and told her everything,” recalls Mrs. Carr, who heard the conversation from her bedside. “He told my daughter, ‘I know I can do this’ and my daughter said, ‘Do it.’”

Coming through a triple bypass, aortic valve replacement, and mitral valve repair put an enormous strain on Mrs. Carr’s already weakened heart, so Dr. Anderson implanted a small mechanical pump to help move oxygenated blood from the left ventricle, the heart’s lower left chamber, through the body. The device, called a left ventricular assist device or LVAD, was easy to implant and easy to remove, said Dr. Anderson. Once her heart



Mark Anderson, MD, chief of cardiac surgery at Robert Wood Johnson University Hospital in New Brunswick



Michael Chen, MD, chair of cardiology at RWJ Rahway

regained strength, Mrs. Carr was weaned off the device, and it was removed.

Mrs. Carr was discharged from RWJ in New Brunswick on May 18, two weeks after her operation. Today, she says she feels good and is able to take deep breaths.

Mrs. Carr was fortunate in that she was able to access the collective expertise of the Robert Wood Johnson Health System, which is made up of experienced community physicians, her local hospital, and an academic medical center with the experience and technology to perform the complex surgery she needed.

“Everyone was so gracious and concerned,” she said of the care at both hospitals. “It could not have been better.”

Today, Mrs. Carr is more mindful of symptoms, noting that she had noticed her legs were swollen last spring but thought it was because she was just “slowing down.”

“I didn’t realize how bad I was,” she recalls. “I felt like I got another chance.”

For information about cardiac services at RWJ Rahway, call (732) 499-6056.

RWJ Patients Now Have Access to Neurologists 24/7

Area residents experiencing a stroke or other neurological emergency now have 24/7 access to board-certified, fellowship-trained neurologists, thanks to a partnership between Robert Wood Johnson University Hospital Rahway and the telemedicine company Specialists on Call (SOC).

“During a stroke, every second counts,” says Michael Bernstein, MD, MBA, chairman of the Department of Emergency Medicine at RWJ Rahway. “Prompt diagnosis and treatment can mean the difference between recovery and permanent brain damage, or even death.”

Stroke is the leading cause of serious, long-term disability and the third leading cause of death in the United States.

“We can now provide immediate access to emergency neurologists, ensuring prompt diagnosis and treatment for our patients,” says Kirk Tice, President and CEO of RWJ Rahway. “This will have a big impact on patients’ recovery and their quality of life.”

If a stroke is suspected, the emergency physician would order a computed tomography (CT) scan of the brain, which is digitally sent to the SOC neurologist. A sophisticated audiovisual communication system is brought to the patient’s bedside, where the Emergency Department staff connects to an SOC neurologist.

The neurologist facilitates a patient exam, views the CT scan, and consults with the emergency physician, patient, and family members. The neurologist, along with the emergency physician, then assesses whether the patient may be a candidate for surgery or the clot-dissolving drug, tissue plasminogen activator (tPA), which can halt or even reverse the damage caused by an ischemic stroke if administered within three hours of symptoms. Ischemic stroke is the most common type of stroke.

SOC is the nation’s leader in emergency neurology services. Operating in more than seven states, it is the first private telemedicine company to earn The Joint Commission’s Gold Seal of Approval and maintains an active quality assurance program with regularly scheduled peer review conferences.



Dr. Michael Bernstein prepares a patient for a teleneurology consultation with help from nurses Megan Madara and Eric Bermudez.



Michael Bernstein, MD, MBA, chairman of the Department of Emergency Medicine at Robert Wood Johnson University Hospital Rahway, is board certified in Emergency Medicine and Internal Medicine. He is also a member of the American College of Emergency Physicians and the American Academy of Emergency Medicine.

KNOW THE SIGNS AND ACT **F.A.S.T.**

According to the National Stroke Association, 2 million brain cells are lost each minute during a stroke. If you see anyone who shows the following signs of a possible stroke, act **F.A.S.T.**:

F **ACE.** Does the person’s face droop when he or she attempts to smile?

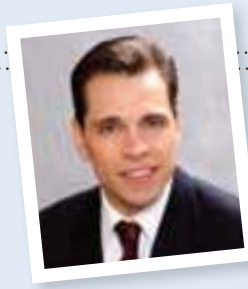
A **RMS.** If the person is asked to lift both arms above the head, does one arm drift downward?

S **PEECH.** Is speech slurred when the person attempts to repeat a simple statement?

T **IME.** Time saves brain cells, so call 911 and let them know someone may be experiencing a stroke.

ASK THE DOCTOR

Fight the Flu THIS SEASON



Dr. Christopher DeMasi, RWJ Rahway CareCenter medical director, is a board-certified family physician with extensive experience in urgent care and occupational medicine. He is a certified Medical Review Officer.

During the winter months, the influenza virus spreads rapidly. Learn more to protect yourself and your family.

Christopher DeMasi, DO, MRO, medical director of the RWJ Rahway CareCenter in Garwood, discusses how to recognize symptoms and when to contact your physician.

THE ROSE: WHAT IS THE DIFFERENCE BETWEEN THE FLU AND A BAD COLD?

DR. DE MASI: The main clinical difference is intensity. Cold symptoms—congestion, runny nose, coughing, sneezing, and sore throat—worsen gradually. A person with a cold may look sick but is typically able to function. In comparison, flu symptoms include sudden, severe head and body aches, high fever, coughing, and an inability to perform normal tasks.

THE ROSE: WHAT'S THE DIFFERENCE BETWEEN THE FLU AND PNEUMONIA?

DR. DE MASI: A lung infection can occur as a complication of the flu, especially in a very young or very old patient or a person with an underlying disease. The flu is typically treated with antiviral

medications, while pneumonia requires antibiotics.

THE ROSE: HOW DO I KNOW IF THE FLU HAS TURNED INTO PNEUMONIA?

DR. DE MASI: If you have been diagnosed with the flu, contact your physician if you experience any of these symptoms:

- ▶ chest pains
- ▶ coughing up blood or brown mucus
- ▶ mental changes, such as excessive sleepiness or confusion
- ▶ persistent fever over 102° Fahrenheit
- ▶ shortness of breath

THE ROSE: HOW CAN I PROTECT MYSELF AGAINST THE FLU?

DR. DE MASI: There are several precautions you can take to reduce your chances of catching the flu. The Centers for Disease Control and Prevention recommends that anyone over the age of 6 months should receive the flu vaccine. If your household has a child younger than 6 months of age, everyone who comes in contact with the infant should be vaccinated. Frequent hand washing is extremely important, as is

practicing cough etiquette by covering your cough with your arm rather than your hands.

THE ROSE: WHEN SHOULD I CALL MY PHYSICIAN IF I'M HAVING FLU-LIKE SYMPTOMS?

DR. DE MASI: Some groups of people are at a higher risk for flu-related complications, including children under the age of 5, the elderly, pregnant women, or anyone with a heart, lung or kidney disease. If you or a family member fall into one of these categories and have been exposed to someone with the flu, seek a physician's care immediately. If you are a parent of a young child and have been exposed to the flu, receiving medical treatment as soon as possible can protect your family from contracting the illness.

If you do not have any health conditions that might be impacted by the flu, contact your physician as soon as flu symptoms begin. Your primary care physician can prescribe antiviral medications to reduce the intensity and duration of your symptoms.



The RWJ Rahway CareCenter has all-in-one flu shots for \$25. No appointment needed.

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

AN IMPORTANT, CONVENIENT Nursing Resource

When busy nurses at Robert Wood Johnson University Hospital Rahway have specific questions about urinary tract infections or caring for patients with dementia, they can find the answers without leaving their floors.

This electronic program, known as Library Without Walls, is available at Robert Wood Johnson University Hospital Rahway, thanks to a series of grants from Verizon Communications, Inc.

“The Library Without Walls program helps a nurse find the answer to a tough question right away without having to make phone calls or leave the floor,” says Janet Coughlin, RN, director of Nursing Practice and Patient Services. “The information provided is the best out there, based on evidence-based practice.”

The library covers a broad range of nursing topics with special emphasis on geriatric best practices, an important benefit because RWJ Rahway treats a large population of elderly patients and is also home to Kindred Hospital New Jersey–Rahway, a long-term acute care hospital, and Care Connection, a subacute unit that bridges the transition from an acute care hospital to home.

Sponsored by Nurses Improving Care of the Hospitalized Elderly (NICHE), a network of hospitals that shares geriatric information, Library Without Walls provides information on care of the confused patient, dementia and delirium, malnutrition, urinary tract infections, and pain management.

“I use it frequently to answer tough questions,” says Kara Kaldawi, advance practice nurse in geriatrics at Care Connection. “It’s especially useful for family education.”



FOUNDATION NEWS:

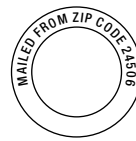
Northfield Bank Foundation Supports Emergency Services

For the past two years, Northfield Bank Foundation has donated more than \$40,000 to emergency services at Robert Wood Johnson University Hospital Rahway through their Annual Charity Golf Outing. The hospital greatly appreciates the foundation’s continued commitment and philanthropic support.

John Alexander, chairman, Northfield Bank (second from right), tours RWJ Rahway’s Emergency Department with (from left to right): Diane Senerchia, executive director, Northfield Bank Foundation; Dr. Michael Bernstein, chairman of the Department of Emergency Medicine; and Hospital President and CEO Kirk C. Tice.



For more information about fundraising events or to make a donation, call (732) 499-6135.



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RWJ Rahway Fitness & Wellness Center PROGRAMS + SUPPORT GROUPS

DECEMBER

2

Fabulous Desserts — 7 p.m., Thursday. Healthy and delicious, made with less sugar and fat, loaded with fruit, nuts, and dark chocolate



8

Comfort in Your Killer Shoes — 6:30 p.m. Sean Kaufman, DPM, Podiatry



14

Eat More Fish! — 7 p.m., Tuesday. A great source of omega-3 fatty acids, simple and delicious



JANUARY

11

Sensational Soups — 7 p.m., Tuesday. One pot does it all for these comforting soups rich in antioxidants and phytochemicals



12

Testosterone Replacement for Men: Is It Right for You? — 6 p.m., Brett Opell, MD, Urology



20

Shoulder and Knee Injuries — 6:30 pm, Howard Pecker, MD, Orthopedics



25

Eating to Prevent Stroke — 7 p.m., Tuesday. Foods that are nutritious and low in sodium

FEBRUARY

8

Tuesday: Foods for a Healthy Heart — 7 p.m., Tuesday. Choose ingredients that support cardiovascular function

22

Tuesday: Good Mood Foods — 7 p.m., Tuesday. Foods can alter our moods—and we don't mean just candy!

ONGOING SUPPORT PROGRAMS

For a complete listing of events, visit www.rwjhr.com and click on "Community Education," or call (732) 499-6193.

Our Support Groups Now Meet on Wednesday—Starting in January, the Care for the Caregiver and Breast Cancer support groups will meet the first Wednesday of every month at the following times:

Care for the Caregiver—6 to 7:15 p.m.

Breast Cancer—7:45 to 9:15 p.m.

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

RWJ Rahway provides speakers for your school, club, or organization on a variety of health-related topics. To arrange for a speaker, call (732) 499-6193. Check our website for topics: www.rwjhr.com and click on "Community Education" and "Speaker Topics."

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www.Twitter.com/RWJRahway



Mark Your Calendar

DELICIOUS, GOOD-FOR-YOU DISHES

Join us for a special series on healthy meal preparation by Chef and Dietitian Diane Weeks. Recipes are made and shared. Each demonstration starts at 7 p.m.



December 2:
Fabulous Desserts

December 14:
Eat More Fish!

January 11:
Sensational Soups

January 25:
Eating to Prevent Stroke

February 8:
Foods for a Healthy Heart

February 22:
Good Mood Foods

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ