

SPRING 2011

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THE *Your source for  
healthy living*  
**Rose**

Why a Wound  
Care Center  
Is Important

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Stories of Triumph  
and Healing

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The Time  
& Place  
to Recover

# Sunrise Parfait



Jazz up snack time or breakfast with a healthy dish your child can help prepare. Fruit and low-fat dairy provide calcium and vitamins C and D to support healthy growth. And by the way—it tastes terrific!

**INGREDIENTS**

- 2 cups pineapple tidbits or chunks in 100 percent fruit juice, drained
- 1 cup raspberries or mixed berries (fresh or frozen)
- 1 cup low-fat vanilla yogurt
- 1 medium banana, sliced
- 1/3 cup dates, chopped
- 1/4 cup granola

**DIRECTIONS**

Layer the pineapple, raspberries, yogurt, banana, and dates in parfait glasses.

Sprinkle the granola on top and serve.

Makes 4 servings.

**NUTRITION (PER SERVING):**

- CALORIES:** 206
- TOTAL FAT:** 1.5g
- CARBOHYDRATES:** 48g
- PROTEIN:** 5g
- FIBER:** 5g
- SODIUM:** 52mg

Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

# KIDS AND CALORIES



According to a recently published study, 40 percent of the average American child's daily calories come from solid fat and added sugar. Fast food is a major contributor.

“Choose smaller portions and make sensible substitutions, such as salad or fruit for French fries and water for soda,” says Lauren Bernstein, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. “Parents need to teach children how to make better food choices.”

Help is available through the SHAPEDOWN® program, which begins a new eight-week session on Thursday, March 17 from 6 to 8 p.m. This fun and positive program helps the whole family work as a team to make good choices and maintain healthy lifestyles.

To register for SHAPEDOWN® or learn more about our adult weight-loss program, call (732) 499-6109.



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MANAGING EDITOR Candice St. Jacques  
SENIOR DESIGNER Victoria R. Carlson  
PUBLISHER Tosha Weekly

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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.

ON THE COVER: RWJ physical therapist Claudine Gimlette in the pool at the RWJ Rahway Fitness & Wellness Center. See story on page 7.

# WHY a Wound Care Center Is Important

If you develop a non-healing wound, you want fast treatment from providers with the specialized knowledge and resources to help.

## RELIEVING THE *PRESSURE*

Many adults today find themselves caring for elderly parents at home, often in a household that includes children. One of the major challenges faced by members of the Sandwich Generation is preventing a loved one confined to a bed or wheelchair for lengthy periods of time from developing pressure ulcers, areas of skin that deteriorate due to prolonged immobility.

Pressure ulcers, which look like red/purple sores and occur most frequently on the lower back and heels, usually develop without a patient realizing it. Denise Gerhab, wound-certified nurse and inpatient wound care coordinator at Robert Wood Johnson University Hospital Rahway, offers the following advice to prevent pressure ulcers.

- » Apply absorbing creams, such as Remedy® Skin Repair Cream, to the patient's skin.
- » Every two hours reposition the person in the bed or wheelchair.
- » Clean the patient's skin with pH-balancing cleansing cloths instead of soap and water.
- » Ensure the patient receives proper nutrition and hydration.
- » Place a pillow between the patient's knees and under the heels.
- » Don't drag or slide a person across the bed surface; it can damage the skin.



The Wound Care Center® at Robert Wood Johnson University Hospital Rahway offers expert care for persistent wounds. Our team of Wound Care Certified registered nurses and physicians—who represent specialties that include general surgery, vascular surgery, plastic surgery, podiatry, and internal medicine—helps patients at the Center achieve healing rates greater than 90 percent, with a median of 24 days to heal.

Each patient at the Center receives an individualized treatment plan based on his or her existing health problems, ability to change dressings, family support, and other factors. The Center's physicians specialize in advanced wound healing treatments, including debridement, compression therapies, and the use of Apligraf®, a bioengineered skin product placed directly on a wound to support new-cell growth and promote healing.

Last year, the Center was recognized for its outstanding outcomes by being named a Center of Distinction by Diversified Clinical Services (DCS), the world's largest wound care management company. The award was based on several indicators, including the Center's healing rate and days-to-healing record.

"Having access to DCS's knowledge base has positioned us on the cutting edge of wound care," says Sherry Kaczan, RN, BSN, WCC, clinical coordinator of the Center. "When patients come to our Center, we initiate appropriate testing and implement clinical guidelines that assist them in achieving healing and returning to their normal lives quickly. Our nurses and physicians are wound care experts."

To learn more about the Wound Care Center®, visit [www.rwjuh.com](http://www.rwjuh.com) and select "Wound Care."



Sherry Kaczan, RN, BSN, WCC



Denise Gerhab, RN, BSN, WCC

The Wound Care Center® at Robert Wood Johnson University Hospital Rahway will hold a fair on Friday, April 1, from 7:30 a.m. to 2:30 p.m. in conference room 1 at the hospital, located at 865 Stone Street in Rahway. See the latest products, learn what causes nonhealing wounds, and meet the Wound Care staff. FREE.

# STORIES OF TRIUMPH

“Every step I took felt like I had gravel or broken glass in my knee joint.

I’d been told in the past that at my age, I wasn’t an ideal candidate for joint replacement surgery, so I tried to put it off as long as I could. When the pain got so bad that my lifestyle was being compromised despite medication and therapy, I knew something had to be done. And that’s when I found Dr. Rojer.”

—Warren Heiser, 51, of Linden, N.J.

When he was 26 years old, Warren Heiser learned he had severe osteoarthritis in both knees. After a lifetime of dealing with constant pain, Mr. Heiser, now 51, is looking forward to his pain-free, mobile future made possible by partial knee replacement surgery.

Athletic throughout his youth, Mr. Heiser, a former member of the U.S. Marine Corps, maintained his active lifestyle by playing softball until the age of 45, when he could no longer bear the pain caused by progressive arthritis.

“My cartilage had completely worn away over the years,” says Mr. Heiser. “I tried a number of therapies, including taking regular pain medication, to help me deal with the aches and the bone-on-bone rubbing sensation that came with every step. When I realized I was becoming sedentary, I knew I couldn’t take it anymore.”

Mr. Heiser sought the help of David Rojer, MD, orthopedic surgeon and medical director of the Joint Replacement Center at Robert Wood Johnson University Hospital Rahway, who recommended he have a partial unicompartmental replacement surgery performed on both knees, one at a time.

“As orthopedic specialists, we can recommend a patient undergo joint replacement surgery when necessary,” explains Dr. Rojer. “But ultimately, the decision is a personal choice made by the patient.”

## THE ROAD TO A RENEWED LIFE

The surgery on his left knee was completed in November 2010. He was back to work in five weeks. Now, Mr. Heiser is looking forward to Dr. Rojer repeating the procedure on his right knee in the coming months.

“In my opinion, Dr. Rojer is a rock star,” Mr. Heiser says. “I have never received respect and dignity at a hospital the way I received it at RWJ Rahway. Every person I came in contact with—from housekeeping to the physicians, therapists, and nurses—was amazing. I cannot say enough about how nice and knowledgeable everyone was.”

Mr. Heiser says he is excited to be able to play golf, ride a motorcycle, and walk with his wife and nephews once again without feeling pain.

“If you’re suffering from joint pain and replacement surgery is recommended, don’t put it off,” explains Mr. Heiser. “Without surgery, your pain will never go away. With surgery, yes, you’ll typically have some pain right afterward and during rehabilitation, but the difference is you know that pain will go away.”

Warren Heiser visited David Rojer, MD, to thank him.



Warren Heiser shows therapist Nora Roberti how he walks without a limp following joint replacement surgery.



# & HEALING

Ten years ago, Anthony Pikul Jr., 73, of Avenel never imagined the arthritis in his knee could become so bad he wouldn't be able to attend a ballgame. But last fall, he could no longer walk from his car to the sports stadium entrance.

Giants fan, Yankees fan, Rutgers fan and devoted follower of grandchildren's sports—Mr. Pikul enjoys attending as many sporting events as possible.

"I put off the surgery more than 10 years because I thought I could live with the pain, even though X-rays showed my cartilage was worn out and my knee joint had bone-on-bone contact," says Mr. Pikul. "My walk was deformed and the pain was always there, but I still felt I could put up with it—until this past year. Then the pain became unbearable and I couldn't walk. I finally made up my mind and had total knee replacement surgery on November 2, 2010."

## HOMERUN DECISION

Following the surgery at the Joint Replacement Center at Robert Wood Johnson University Hospital Rahway, Mr. Pikul began rehabilitation.

"My knee and leg are now straight, and I can walk and sleep pain-free," Mr. Pikul says. "The rehab staff at the Joint Replacement Center is 100 percent on top of everything. They know exactly what they are doing and how to urge me through the necessary strain the rehab exercises put on me—which I need. This year marks the beginning of a whole new life for me, thanks to my new knee and rehab."

Anthony Pikul, Jr., goes out to cheer on his granddaughter, Erin McGovern.



"The hospital and rehab staff members at Robert Wood Johnson University Hospital Rahway were perfect. When I go for rehabilitation, the Joint Care Coordinator, Phil Colombrita, always makes time to come see me. In fact, he stops in to greet every patient. That commitment speaks of the high quality of care and attention to detail this program provides."

—Anthony Pikul, Jr., 73, Avenel



## Strategy for Recovery

The goal of treatment at the Joint Replacement Center at Robert Wood Johnson University Hospital Rahway is for each patient to get back the quality of life he or she deserves.

"Patients get group support as well, and we provide a group room for the family member, friend, or volunteer coach to help the patient heal emotionally and physically," says Phil Colombrita, joint care coordinator and orthopedic service line manager at RWJ Rahway. "The Center's group therapist facilitates exercise sessions and educates the designated coach about what to do after the patient is discharged. The coach follows through with the at-home care, and the patient attends outpatient physical therapy sessions to regain mobility and flexibility."

For more information about the Joint Replacement Center, visit [www.rwjhr.com](http://www.rwjhr.com) or call (732) 499-6343.



Michael Bernstein, MD, MBA, is chairman of the Emergency Department at Robert Wood Johnson University Hospital Rahway. He is board-certified in Emergency Medicine and Internal Medicine.

## A Concussion IS A BRAIN INJURY

Traumatic brain injury (TBI) ranges from minor to major, but all represent injuries to the brain that interfere with the way the brain functions. A concussion is considered a minor TBI and can temporarily affect memory, judgment, speech, balance, and coordination.

Concussions are usually caused by direct trauma to the head but can also occur when another part of the body sustains trauma and transmits that force to the brain. Concussions don't always involve a loss of consciousness. In fact, some people who have had concussions may not realize it.

The exact cause of a concussion may not be fully known but it occurs when

trauma to the brain leads to a disturbance in brain function. Generally speaking, this is rapid in onset and resolves spontaneously. The disturbance is considered functional rather than structural—meaning it has to do with the way the brain functions, not with the structures within the brain. This functional disturbance may result in confusion, amnesia, repetitive questioning, headache, dizziness, vertigo, imbalance, lack of awareness of surroundings, nausea, or vomiting.

### SPORT-RELATED CONCUSSIONS

Concussions can occur in any sport. They are most commonly reported in football, ice hockey, soccer,

boxing, and rugby; they can also occur in gymnastics, swimming, or diving. Most commonly, however, they occur in motor vehicle accidents and falls.

Depending on the intensity of the trauma, the recovery period will vary from seconds to hours and can even last a few days. In fact, a post-concussion syndrome has been reported. This syndrome consists of headache, dizziness, and/or cognitive impairment lasting from days to weeks. The recovery from a concussion is usually quick and complete with no permanent brain damage.

Your concussion symptoms should quickly improve. Symptoms that worsen could be a sign of a more serious head injury or bleeding in the brain. Follow-up with a physician is imperative if symptoms do not improve or in the event of vomiting, severe or worsening headache, severe or worsening dizziness, or progressive drowsiness. These symptoms usually require a computed tomography scan or magnetic resonance imaging of the head and brain.

### WHEN TO RETURN TO THE GAME

Returning to sports is a controversial issue and should be made on an individual basis. Most concussion specialists believe players with symptoms suggesting a concussion be removed from competition. Generally, they can return to play the following day if the symptoms last for seconds to minutes and do not recur. If the symptoms last for more than 15 minutes, most recommend removal from competition for a week.



# The Time & Place to Recover

RWJ Physical Therapy at the RWJ Rahway Fitness & Wellness Center in Scotch Plains customizes physical therapy to meet each individual's needs.

Because each patient's goals are unique and vary based on rehabilitation needs, therapists spend 45 minutes to an hour during the first visit evaluating and getting to know the patient. Therapists then design a personalized program with creative exercises to improve balance, function, and strength. With access to the RWJ Rahway Fitness & Wellness Center, therapists can incorporate exercises in the Fitness Center and the heated therapy pool into a patient's rehabilitation plan.

Therapists see patients with pain and stiffness from different orthopedic and podiatric conditions as well as

surgeries, which range from anterior cruciate ligament (ACL) and rotator cuff repairs to spinal fusion. Arthritic and neurological patients often find their mobility and function improved through the Center's aquatic physical therapy program, a gentle form of exercise that uses the buoyancy of the water for low impact exercise and the resistance of the pool's water instead of weights.

The center has a reputation in the area for its attention to patients' needs. RWJ Physical Therapy schedules appointments that allow more individual time with the therapists.

"As physical therapists, we work to alleviate pain through change in movement, pattern, and positioning," says manager Mike Baumer, PT. "The time a therapist invests in evaluating to determine how to treat a patient, as well as the increased one-on-one treatment time, contribute greatly to a patient's overall success and outcomes."

**Membership at the RWJ Rahway Fitness & Wellness Center is not needed to use RWJ Physical Therapy services, but a prescription is required. For an appointment, call (908) 389-5400.**

## FOUNDATION NEWS: An Evening of Glamour, Glitz & Glitter

Join us for an exciting and fun-filled evening at RWJ Rahway Foundation's annual gala on Saturday, April 16, in support of Robert Wood Johnson University Hospital Rahway. This year, The Rose Ball Goes Hollywood, and the theme is carried out with plenty of glamour, glitz, and glitter at the Hotel Westminster in Livingston.

Elizabethtown Gas Company will be honored and inducted into the Order of the Rose. The Order honors individuals, corporations, and foundations for providing outstanding support and leadership to RWJ Rahway. Elizabethtown Gas will join

Northfield Bank, former Rahway Mayor James Kennedy, and Merck & Co., Inc. as recipients of this prestigious honor.

Ron Kowalczyk of Scotch Plains will be inducted into the Guardians of the Rose. A past Chairman of the Board of Governors, Mr. Kowalczyk continues to serve on the Hospital Board. He joins a special group of hospital family members who have provided leadership and philanthropic support.

Past recipients of Guardians include RWJ Rahway's Medical/Dental Staff; Dr. Eric Karp and Rahway Regional Cancer Center; Allen Geyer; the Nicholas & Catherine Quadrel

family; Dr. Michael & Michele Chen; Dr. John and Christine Kline; Dr. Frank and Cathi Light; and the late Dr. John Sprowls and

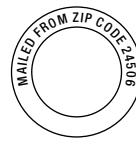
his wife, Lucille. Rose Ball Chairman Christine Kline says that through the years, more than \$1.2 million has been raised to benefit the hospital. Proceeds have supported community health and wellness programs, the recently renovated Cardiac Telemetry Unit, state-of-the art pharmacy and radiology information systems, and the Fund for Technology Advancements.



**Rose Ball Reservations are \$225 per person. Employee discounted reservations are available. Please call (732) 499-6135 for details. For more information about reservations, sponsorships, souvenir journal ads, or to purchase a \$50 50/50 raffle ticket, please call the Foundation Office at (732) 499-6135 or e-mail [foundation@rwjuhr.com](mailto:foundation@rwjuhr.com).**

Northfield Bank was inducted into the Order of the Rose and the RWJ Rahway's Medical/Dental Staff into the Guardians of the Rose at RWJ Rahway Foundation's 21st Annual Rose Ball last year. From left: Joe Gibilisco, the Foundation Immediate Past Chairman; Marlene H. Lubinger, Foundation President; John Alexander, Chairman & CEO, Northfield Bank; Dr. Vinod Sinha, Immediate Past President of the Medical/Dental Staff; Brian Leddy, Chairman, RWJ Rahway Board of Governors; Christine Kline, Rose Ball Chair; and Kirk Tice, President and CEO, RWJ Rahway.





This is a recyclable product.

## RWJ Rahway Fitness & Wellness Center PROGRAMS + SUPPORT GROUPS

MARCH

16

**Successful Aging: Lifestyle Over Heredity**—7 p.m., Frank Mathews



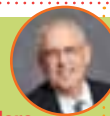
28

**Low T? Is Testosterone Replacement Right for You?**—6 p.m., Brett Opell, MD, Urology



29

**Mouth Care: It's More Than Just Brushing**—11 a.m., Gerald Coopersmith, DMD, Oral Surgery



**All programs are free & open to all!**



### 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.

**March 8: Good Carbs vs. Bad Carbs.** Healthy carbohydrates can be part of your diet.

**March 22: Food allergies? Eating Wheat, Dairy, Nut, and Egg Free.** No need to sacrifice taste and nutrition.

**April 19: Eating Green.** Come for a demonstration of easy-to-prepare recipes good for your wallet, your health, and the environment.

**May 10: Celebrate Springtime Vegetables.** Learn new ways to prepare this season's fresh produce.



APRIL

5

**Easy Meals for Busy Families**—7 p.m., Chef and Dietitian Diane Weeks

20

**Heart Attack Risks**—6 p.m., Robert Fishberg, MD, Cardiology



27

**Aging Well**—6 p.m., Elizabeth Miller, MPH



MAY

17

**Breathe Easier**—6 p.m., Carlos Remolina, MD, Pulmonology



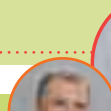
18

**Memory: Forget Something?**—7 p.m., Frank Mathews



19

**Resveratrol for Life?**—6 p.m., Dr. Bernardo Toro-Echague, Internist



ONGOING SUPPORT GROUPS

**This is just a sample!** For a complete listing of events, visit [www.rwjuh.com](http://www.rwjuh.com) and click on "Community Education," or call (732) 499-6193.

Care for the Caregiver and Breast Cancer support groups now 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.

**Bariatric Support Group** meets the first Saturday of the month from 10:30 a.m. to noon.

**Stress Management Series**—Stress Management Educator Frank Mathews will begin a Spring series on stress management techniques. Sessions will be held on April 11, 18, 25, and May 2 and 9, from 7 to 9 p.m. Cost for all five sessions is \$100 (\$85 for those age 65 or older). To register, call (908) 276-2469.

**SHAPEDOWN®**—The spring session of the SHAPEDOWN weight-management program for kids and adolescents begins March 17. This eight-week program, which includes a family member or guardian, is a sensible approach to weight management focused on healthier food options, exercise, and portion control. Learn how to make better food choices, read labels, and incorporate exercise into your lifestyle. SHAPEDOWN meets at the RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, Scotch Plains. For more information, call (732) 499-6109. SHAPEDOWN runs twice per year.

Check our website for speaker topics: [www.rwjuh.com](http://www.rwjuh.com) and click on "Community Education" and "Speaker Topics."

Connect with Robert Wood Johnson University Hospital Rahway on Facebook® and Twitter®    
[www.Facebook.com/RWJRahway](http://www.Facebook.com/RWJRahway)  
[www.Twitter.com/RWJRahway](http://www.Twitter.com/RWJRahway)

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

RWJ Rahway provides FREE speakers for your school, club, or organization on a variety of health-related topics. To arrange for a speaker, call (732) 499-6193.