

SUMMER 2011

**ROBERT
WOOD
JOHNSON
UNIVERSITY
HOSPITAL
RAHWAY**

THE Rose

*Your source for
healthy living*

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the Sneaky Ingredient
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Arthritis Pain
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**COMING
SOON:**

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Mouthwatering Grilled Vegetables

Add a serving of healthy vegetables to your summer cookout menu by firing up your gas or charcoal grill for this tasty recipe.

Choose your favorite combination of the following vegetables:

ASPARAGUS: Cut 1 inch off the white end. If grilling with other veggies, cut into 1-inch pieces.

BRUSSELS SPROUTS: Remove stem, peel outer layer, and cut in half.

CARROTS: Peel whole carrots and cut them into 2-inch pieces.

ONION: Peel off outer layer and slice into rings.

PEPPERS: Try a variety of colors—red, green, orange, and yellow.

Remove stem and seeds and slice into strips.

ZUCCHINI: Slice down the middle and cut into cubes. Leave on skin.

ADDITIONAL INGREDIENTS: olive oil, salt, pepper, Parmesan cheese

DIRECTIONS: Wash and dry vegetables. Drizzle olive oil to coat, and then sprinkle with salt and pepper. Place vegetables in large grill basket. If using a gas grill, heat on high, and then reduce to medium heat when adding vegetables. Cook, turning vegetables frequently, until they reach desired tenderness. Remove vegetables from grill, sprinkle with Parmesan cheese, and enjoy.

NUTRITION (PER SERVING)

SERVING SIZE: 1 cup **CALORIES:** 72 **FAT:** 2.5g

CHOLESTEROL: 0mg **SODIUM:** 260mg

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



QUICK TIPS for eating MORE HEALTHFULLY

So, you want to make healthier food choices? The resolve to stick with your decision begins with a plan.

“Start by disposing of junk foods in your refrigerator and cabinets,” suggests Lauren Bernstein, MS, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. “Next, plan a menu for the week and be sure to include plenty of fresh fruits and vegetables, whole grains, and lean meats. Prepare a shopping list for your meals and snacks, and head to the grocery store.”

These easy ways to incorporate nutrient-rich fresh fruits, vegetables, nuts, and seeds into your diet will also help make meals and snacks more satisfying.

- ▶ Add fresh fruit and chopped nuts to oatmeal or whole-grain cereal.
- ▶ Place sliced tomato, cucumber, and/or bell peppers on sandwiches.
- ▶ Mix berries into yogurt.
- ▶ Include a vegetable and a side salad with dinner.
- ▶ Make salads more filling by sprinkling on sunflower or pumpkin seeds.

Avoid cooking the same vegetables with the same methods. This summer, start grilling vegetables for a whole new taste.

Try the “Mouthwatering Grilled Vegetables” recipe on this page.

Save the date

for the Robert Wood Johnson University Hospital Rahway Annual Meeting, to be held September 14 at 6 p.m. For more information, call (732) 499-6135.

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 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: Chef and Registered Dietitian Diane Weeks and helper, nurse Carol O’Donnell, cook at the RWJ Rahway Fitness & Wellness Center in Scotch Plains. To learn more about upcoming classes, see the calendar on page 8.



DON'T LET SALT SNEAK UP ON YOU

Even if you have shaken the habit of salting your food at the dinner table, you may be overlooking other common sources of sodium in your diet.

While food items such as chips and pretzels are known for being salty, you could be eating more sodium than you think in other common foods. High levels of salt in the diet can contribute to a variety of health problems, including high blood pressure, heart attack, and stroke.

“Processed food items contain more sodium than fresh items,” says Stephanie Madeira, Registered Dietitian and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway. “Refined items include boxed, canned, frozen, and other prepackaged foods.”

Additional foods that can increase your salt intake without your knowing include:

- ▶ cheese
- ▶ condiments such as ketchup, mustard, and salad dressings
- ▶ dried noodle soups
- ▶ frozen pancakes
- ▶ hot instant cereals
- ▶ smoked meats and fish

BE WELL READ

The average adult should consume fewer than 2,300 milligrams of sodium per day. To stay within the recommended daily amount, check food labels.

“Taking a moment to read food labels can make a big difference,” says Ms. Madeira. “People seeking to lower their salt intake should look for a food item that contains less than 10 percent daily value of salt or less than 300 milligrams of sodium per serving.”



Sodium vs. Salt: A Shade of Difference

▶ **Salt Is Sodium Plus Chloride.** Both are minerals. Salt is made up of 40 percent sodium and 60 percent chloride. It's that 40 percent that causes so much concern among doctors today.

▶ **Salt Is Only One Source** One level teaspoon of salt contains about 2,325 milligrams of sodium, but salt is only one source of sodium: Processed and prepared foods also contribute greatly to sodium levels.

▶ **Sodium: Counting Down** As a rule of thumb, think of the range this way: Don't go over 2,300 milligrams if you're a healthy adult, but aim for the lower threshold of 1,500 milligrams if you have high blood pressure, kidney disease, or diabetes. Older people should aim for that lower range, too.

Spices add
flavor without
increasing
sodium
content.



Weight-loss, nutrition, and diabetes self-management counseling are available at Robert Wood Johnson University Hospital Rahway. To learn more, call (732) 499-6109.

Make Your Core YOUR Powerhouse

Maintaining strong core muscles can help prevent injuries.



Your abdominal muscles work harder when performing crunches on an exercise ball than on the floor. **STEP 1:** Lie back with your arms behind your head and the ball under your lower back. **STEP 2:** Tighten your abs to lift up off the ball, which should stay stable and not roll. Build up to three sets of 12 to 16 repetitions. **STEP 3:** Crunches should tighten the muscles from the bottom of the ribcage toward your hips.



If you experience back pain or have problems with balance, take a serious look at your workout routine. Building and maintaining strong core muscles can help you keep good posture and allow you to engage in daily activities with ease and comfort later in life.

“Strong core muscles decrease the risk of falling,” says physical therapist Nora Roberti, MPT at Robert Wood Johnson University Hospital Rahway. “If these muscles are weak, pain and susceptibility to injuries increase.”

STRENGTHEN CORE BELIEFS

When a child first lifts his or her head, parents and physicians consider it a milestone. Core muscles make this movement possible and demonstrate good overall control. As the body matures, the source of power and mobility remains the same.

Back pain affects eight of 10 people at some point in their lives. A core exercise program is often the first step toward reducing that pain.

“When building the core, exercise safely by maintaining a neutral spine, using weights properly, following the correct form, and employing appropriate breathing techniques,” says Ms. Roberti. “Also, be sure to rest between exercises or sets of repetitions.”

FROM THE CORE UP

If you are considering adding exercises to build core muscles to your routine, keep these points in mind:

- ▶ **BACK TO BASICS.** Strength-building boot camp programs and personal training sessions provide much-needed core support, as does the basic push-up. Using a fitness ball can be a fun way to incorporate core training into your workout. A fitness ball provides the spinal support you need when building abdominal muscles.
- ▶ **PARTICIPATE IN YOGA.** Yoga poses strengthen muscles, improve flexibility, enhance respiratory endurance, and promote balance. Because yoga breathing focuses attention on the lungs and torso,

this training is excellent for building core muscle strength.

- ▶ **PILATES, PLEASE.** Like yoga, Pilates strengthens and stretches core muscles. Deep abdominal stretches help elongate the torso and prevent injury. Because Pilates emphasizes proper alignment and balance, active participants tend to stand taller over time.
- ▶ **SEEK PROFESSIONAL HELP.** If you’ve tried strengthening your core on your own and haven’t seen results, a personal trainer can help point you in the right direction. If you have been injured, experience pain while working out, or have a medical need, your physician may prescribe physical therapy.

Physical therapy is available at Robert Wood Johnson University Hospital Rahway and the RWJ Rahway Fitness & Wellness Center in Scotch Plains. The RWJ Rahway Fitness & Wellness Center has personal trainers to help you meet your exercise goals. For a tour of the Scotch Plains facility, call (908) 232-6100.

ALL GAIN, LESS PAIN

Whether you already have a finely tuned exercise regimen or are a fitness novice, you may experience an occasional setback or misstep: a muscle cramp here or a shin-splint there.

To achieve your desired results and prevent injuries, get off to the right start by learning to exercise properly. Consult an expert to learn ways to avoid pitfalls. Common exercise and sport-related problems include knee and tendon injuries, muscle swelling, shin pain, sprains, and strains. These often result from poor form, overuse, and unsuitable gear.

Three Exercise Moves to Avoid

1. HAVING BAD POSTURE

Setting the treadmill for a steep incline can force your spine out of its natural alignment. If you hunch over an elliptical or treadmill to adjust to the machine's incline or speed, your stooped position will increase stress on your spine and shoulders. Also, avoid the lying leg press, which can cause your legs to bend at an extreme angle, leading your pelvis to tilt. This position causes the lower back to absorb the weight machine's load rather than exercising the hamstrings and quadriceps as intended.

DO

STAND UP STRAIGHT

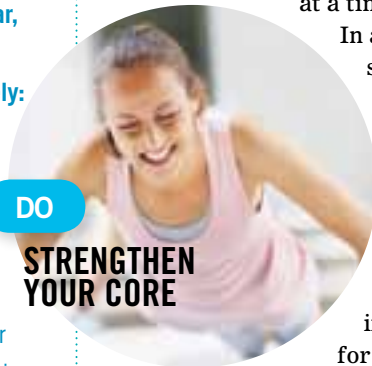


2. FOCUSING ON A SINGLE RESULT

Although you may want to tone one particular area, targeting one muscle at a time is less effective than strengthening a group of muscles. In addition, exercises that train a single muscle without the support of surrounding muscle are more likely to lead to strains and swelling.

DO

STRENGTHEN YOUR CORE



3. USING IMPROPER GEAR

Proper attire and equipment are essential for a safe workout. The correct shoes for the kinds of activities in your routine provide necessary stability, cushioning for your joints, and padding for your feet. Work out in something comfortable. Choose clothes that are not restrictive and made from fabrics that breathe. Clothing that wicks moisture can keep you more comfortable when you perspire.

DO

WEAR GOOD SHOES



For Safety's Sake

To remain active year after year, follow these basic rules about exercising safely and effectively:

- ▶ Avoid overuse by building a rest day into your routine and varying the muscle groups exercised throughout the week.
- ▶ Maintain proper alignment of your spine during cardiovascular exercise or strength training by standing up straight and monitoring the tilt of your pelvis or shoulders.
- ▶ Start your exercise session with an active warm-up and stretch and end with a cool-down session followed by more stretching.
- ▶ Use your full range of motion by slowly completing each exercise with controlled movement.

Ready to experience a great environment for getting fit? Call (908) 232-6100 for details about a two-week trial membership at RWJ Rahway Fitness & Wellness Center, in Scotch Plains.

OUT OF JOINT

Arthritis affects one in seven people in the United States, causing severe pain, stiffness, and reduced movement. At Robert Wood Johnson University Hospital Rahway, surgical and nonsurgical treatment options can help people with arthritis resume their active lives.



MOTION as Medicine

Stiff joints can reduce the motivation to exercise. However, for people with arthritis, moderate exercise lowers pain and reduces inflammation. Exercise can also strengthen the muscles that surround and support affected joints while helping control weight, improve self-esteem, and increase flexibility.

If you have arthritis, try low-impact activities, such as cycling, golf, swimming, Tai Chi, walking, or yoga.

Always speak with your primary care provider before beginning an exercise routine.

Robert Wood Johnson University Hospital Rahway has been voted by doctors as a **Top Hospital** in New Jersey *for Joint Replacement* for the second year in a row!



DAVID ROJER, MD

Arthritis is a chronic condition that occurs when cartilage around joints deteriorates, causing bones to rub together. The result is inflammation, swelling, and stiffness. People with arthritis of the hip often experience difficulty performing daily tasks such as putting on socks and shoes and getting in and out of a car. Arthritis can also manifest in lack of stability while standing or walking, change in movements, or deformity.

More than 100 forms of arthritis exist, including osteoarthritis (age-related cartilage degeneration), rheumatoid arthritis (an autoimmune disease resulting in chronic inflammation of the joint), and gout (joint pain and swelling due to uric acid crystal build-up).

RISK FACTORS FOR ARTHRITIS INCLUDE:

- ▶ being overweight or obese
- ▶ having a family history of the condition
- ▶ previous orthopedic injuries
- ▶ overuse of a joint
- ▶ excessive alcohol use
- ▶ participating in deep sea diving

OPTIONS FOR TREATMENT

Medical management provides people with arthritis a chance to reduce symptoms and return to activities they enjoy.

Rheumatology specialists can help patients manage arthritis symptoms with medications.

For patients whose condition does not respond to conservative medical treatments, joint replacement surgery may be the solution. The majority of patients who are eligible for joint replacement have osteoarthritis—the most common type of arthritis.

“About 90 percent of joint replacement patients have significant improvement of symptoms after surgery,” says David Rojer, MD, orthopedic surgeon and medical director of the Joint Replacement Center at RWJ Rahway. “For the patients who tried conservative treatments without positive results, joint replacement surgery can be dramatically life changing.”

If joint pain fails to respond to conservative treatment and keeps you from activities you enjoy, talk to the Joint Replacement Center at Robert Wood Johnson University Hospital Rahway about advanced surgical options now available. For more information, visit www.rwjhr.com or call (732) 499-6343.





Rose Ball Goes Hollywood A GREAT SUCCESS!

Guests walked the red carpet and enjoyed a night of glamour at the RWJ Rahway Foundation's annual gala on Saturday, April 16. Attendees were delighted by many surprises, including appearances by impersonators of Hollywood legends Marilyn Monroe and James Dean.

During the event, Elizabethtown Gas Company and hospital Board of Governors member and former Chairman Ron Kowalczyk were honored for their dedication and commitment to Robert Wood Johnson University Hospital Rahway.

Through the years, this event has raised more than \$1.2 million to benefit the hospital. Proceeds from the ball have supported community health and wellness programs, the recently renovated 3C Telemetry Unit, state-of-the-art pharmacy and radiology information systems, and the Fund for Technology Advancements, helping the hospital to purchase necessary equipment.

For more information or to make a contribution, please call the Foundation Office at (732) 499-6135 or email foundation@rwjuhr.com.

A Fitness Center Like No Other

Coming this fall, the 42,000-square-foot RWJ Rahway Fitness & Wellness Center at Carteret is perfect for the fitness fanatic, first-time or occasional exerciser, and person with special challenges.

This comprehensive center has Junior Olympic, therapy, and spa pools, full-amenity locker rooms, state-of-the-art strength and cardiovascular equipment, plus more than 100 fitness programs, including Zumba®, kick-boxing, Body Training Systems, ball-room dancing, spin studios, Pilates, and TRX® Suspension Training.

A Clearer Picture of Prevention

Robert Wood Johnson University Hospital Rahway recently added a powerful new tool in the fight to detect breast cancer: digital mammography.

We began offering digital mammograms in our Radiology Department in April after acquiring the new unit at the end of March. In addition to digital mammograms, the technology can be used to perform breast biopsies and localization procedures, when needed.

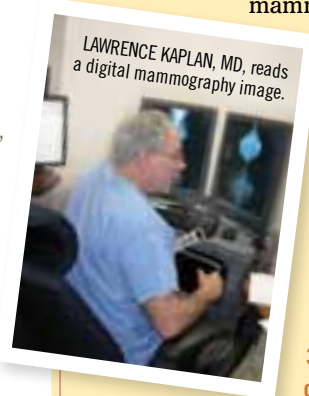
“Several studies have shown that, compared to film, digital mammography increases visualization of the fine detail of the breast anatomy in younger women, who typically have denser breasts, and offers improved breast imaging examinations compared to film mammography for all ages and breast types,” says Robert White, director of clinical services at RWJ Rahway. “In addition, the images produced by digital mammograms are easier for physicians to read, as they can be magnified, rotated, and adjusted for brightness and contrast on a special workstation instead of a conventional view box.”

ADVANTAGES FOR PATIENTS

Enhanced clarity isn't the only advantage. Radiation exposure from digital mammograms has been shown to be an average of 22 percent lower than with film versions. Digital exams also take less time, as patients no longer need to wait for film images to be developed so technicians know if they are acceptable or if new views are needed.

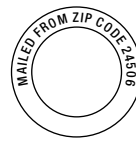
“We're proud to offer this important test using the most up-to-date imaging method available,” says Mr. White.

Hours are weekdays from 8:30 a.m. to 3:30 p.m., Thursday evenings from 4:30 to 7 p.m., and Saturdays from 9 a.m. to 3:30 p.m. To schedule a digital mammogram or bone density, call (732) 499-6299.



Screenings, health fairs, and community health programs will be featured, along with physical therapy, a healthy café, free on-site childcare for members, and easy month-to-month memberships. Hours are 5 a.m. to 10 p.m. Monday through Friday and 7 a.m. to 6 p.m. Saturday and Sunday. The Center is located at 60 Cooke Avenue in Carteret.

Check out pre-grand-opening discounts by calling (732) 541-2333 or visiting www.rwjfitnesscarteret.com. The pre-sales office is located at 47 Washington Avenue.



RWJ Rahway Fitness & Wellness Center PROGRAMS + SUPPORT GROUPS

JUNE

8

Diabetes and Your Kidneys 6 p.m., Anu Chaudry, MD, Nephrologist

9

Staying Active with Arthritis 6 p.m., David Rojer, MD, Orthopedist



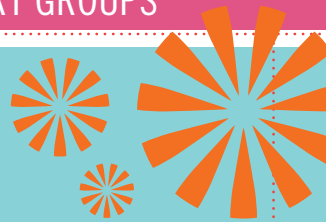
14

Breathe Easier! 6 p.m., Carlos Remolina, MD, Pulmonologist



16

Prevent Aging Skin 6 p.m., Carlos Burnett, MD, Plastic Surgeon



JULY

7

Sleep Apnea 6 p.m., Ram Bangalore, MD, Pulmonologist



20

The Real Story About Veins 6 p.m., Clifford Sales, MD, Vascular Surgeon



All programs are FREE



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.



June 7: Ancient Grains

June 21: South Asian Cooking

July 12: BBQ

August 29: New Jersey Fresh!
Bring your own vegetables.

AUGUST

9

Preventing Colon Cancer 6 p.m., Andrew Coronato, MD, Gastroenterologist

17

For Seniors: Strength Training Improves Your Mind 6 p.m., Frank Mathews

24

Killer Shoes II: Platforms, Stilettos & Worse 6 p.m., Sean Kaufman, DPM, Podiatrist



ONGOING SUPPORT GROUPS

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

The Care for the Caregiver and Breast Cancer support groups 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®—The next eight-week SHAPEDOWN program begins in the fall, with sessions from 6:30 to 8 p.m. For more information, call (732) 499-6109. Recommended for children ages 8 to 15.

If you have special needs, please phone ahead so we can accommodate. Register for programs by calling (732) 499-6193. Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

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

www.Facebook.com/RWJRahway

www.Twitter.com/RWJRahway



Check our website for speaker topics:

www.rwjhr.com and click on "Community Education" and "Speaker Topics."

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.