

WINTER 2012

ROBERT  
WOOD  
JOHNSON  
UNIVERSITY  
HOSPITAL  
RAHWAY

THE  
**Rose**

Your source for  
healthy living

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to **BE IMMUNIZED**

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## HONEY-ROASTED PARSNIPS WITH

# Sweet Potatoes & Apples

Fat- and cholesterol-free, parsnips are rich in folic acid, fiber, and vitamin C. This dish, which combines parsnips with sweet potatoes and apples, is nutritious as well as sweet and flavorful.



Catch one of the healthy cooking programs presented by

Chef and Registered Dietitian Diane Weeks at the RWJ Rahway Fitness & Wellness Center in Scotch Plains. Programs are free and open to the public. For a schedule, visit [www.rwjhr.com](http://www.rwjhr.com) and click on "Community Education."

### INGREDIENTS

- Canola oil spray
- 1 1/2 cups parsnips, peeled and chopped
- 1 large sweet potato, peeled and chopped
- 2 firm apples, peeled, cored and chopped
- 1 tablespoon canola oil
- 1 tablespoon honey
- 2 tablespoons balsamic vinegar
- Salt and pepper

### DIRECTIONS

- + Preheat oven to 375 degrees Fahrenheit. Coat casserole dish with canola oil spray and set aside.
- + Combine parsnips, sweet potatoes, and apples in bowl and set aside.
- + Mix canola oil and honey in a microwave-safe bowl. Place in microwave and warm for 10 seconds. Mix in balsamic vinegar. Pour mixture onto vegetables and apples, coating thoroughly. Transfer coated mix to casserole dish, cover and bake about 1 hour.

### NUTRITIONAL INFORMATION

- SERVINGS:** 6
- CALORIES:** 112
- FAT:** 2g
- CARBOHYDRATES:** 23g
- FIBER:** 4g
- PROTEIN:** 1g
- SODIUM:** 208mg

SMALL CHANGES

## 2 Steps to a MORE ACTIVE YOU

Make a move for better health by following these two simple steps.

Sitting is the newly targeted enemy of good health. Researchers have learned that sitting for long periods, as many people do when watching television, leads to health problems and shortens life expectancy. Physical activity, especially any that uses the legs, temporarily lowers insulin resistance and reduces the risk of developing metabolic syndrome and pre-diabetes.

Standing more is better than sitting. Walking is the next step, and walking up stairs or on an incline brings even more benefits.

Gary Paul, MS, RCEP, CDE, Clinical Exercise Physiologist and Diabetes Educator at Robert Wood Johnson University Hospital Rahway, says people can remain active, even if they work long stretches sitting at a computer.

1. **SET AN HOURLY TIMER AWAY FROM YOUR DESK.** When you get up to turn the timer off, complete two minutes of moderately easy activity, such as marching in place. Reset the timer and repeat.
2. **DELIVER IN-HOUSE MESSAGES PERSONALLY.** Rather than phoning or sending an email, walk to your coworker's desk to deliver a message. If you take the stairs, you'll get even more health benefits, even if you only use them to go downstairs.

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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 New Brunswick, Robert Wood Johnson University Hospital Hamilton, and Children's Specialized Hospital.

The publication's name, *The Rose*, acknowledges our history of community support. Locally grown roses were sold to raise money to build a hospital for civilians in the city of Rahway. Founded in 1917, Rahway Memorial Hospital was dedicated to those who lost their lives in World War I. The hospital became Robert Wood Johnson University Hospital Rahway in 2003.

Gloria Wierzalis put off following up on her primary care physician's advice that she look into joint replacement surgery. She was concerned the process would be long and painful. She also assumed her insurance wouldn't cover it. She has never been more pleased about being wrong.

## Gloria's Hip Replacement Story:

### "Why Did I Wait So Long?"

A social worker and former teacher, Ms. Wierzalis had been active throughout her life. In her mid-60s, she still did all her own housework, including cutting the grass, cleaning gutters, and shoveling snow.

"Two years ago, I started experiencing pain in my right hip," Ms. Wierzalis says. "Eventually, pain medication stopped working. Even though joint pain was keeping me up at night, my immediate reaction when my primary care physician mentioned the word 'surgery' was 'I don't think so!'"

One night, after a session of aquatherapy at the RWJ Rahway Fitness & Wellness Center in Scotch Plains, Ms. Wierzalis saw a notice about a presentation on joint replacement surgery. The lecture changed Ms. Wierzalis' thinking.

"My surgeon did an excellent job of explaining joint replacement surgery and answering my questions," Ms. Wierzalis says. "He didn't pressure me, and I appreciated that. It took six months for me to

feel convinced I would be a good candidate. After that, I knew I had to do it."

#### PUTTING LIFE BACK IN JOINT

Ms. Wierzalis underwent surgery at the Joint Replacement Center at RWJ Rahway in February 2012. She returned home within three days. After four weeks of physical therapy and very little pain, Ms. Wierzalis returned to doing light housework with the support of her cane. She returned to work full time after 12 weeks of therapy.

"I put off surgery for two years, thinking it would be a huge ordeal," Ms. Wierzalis says. "Looking back, I have no regrets about moving forward with the surgery. Everyone I worked with was wonderful, and the process went so smoothly. I can't speak highly enough about the Joint Replacement Center."

**To learn more about the Joint Replacement Center or to schedule a consultation, call Phil Colombrita at (732) 499-6343.**

### Is Joint Replacement Right for Me?

More than 800,000 Americans now undergo hip or knee replacements each year. Ask your primary care physician about joint replacement surgery if you experience arthritis, joint pain or stiffness that limit daily functions, or if medication use and lifestyle changes fail to provide pain relief.

### Did You Know?

Outpatient physical therapy services are available at Robert Wood Johnson University Hospital Rahway, as well as at the RWJ Rahway Fitness & Wellness Centers in Scotch Plains and Carteret. Aquatic therapy, which puts less stress on the joints, is also available at the fitness centers.

Call (732) 969-8030 to schedule a physical therapy appointment in Carteret, or call (908) 389-5405 for an appointment in Scotch Plains. A physician's prescription is required.





Experiencing an occasional sleepless night is nothing to worry about. However, if you find yourself tossing and turning or hitting the snooze button on a weekly or monthly basis, it could be a sign of something more complex—a sleep disorder.

## WARNING SIGNS OF A SLEEP DISORDER

A sleep disorder is a medical condition that keeps people from getting the rest their bodies need. General symptoms related to a sleep disorder include:

- ▶ Experiencing leg cramps or teeth grinding while asleep
- ▶ Feeling tired during the day or having others tell you that you look tired
- ▶ Feeling more emotional or having a harder time controlling your emotions
- ▶ Having trouble staying awake during activities where you sit still for long periods of time, such as reading, watching television, driving or working at a desk
- ▶ Needing a daily nap
- ▶ Nightmares or sleep terrors
- ▶ Problems falling or staying asleep

- ▶ Relying on coffee, tea, caffeinated sodas or energy drinks to stay alert
- ▶ Slower reaction time when performing tasks
- ▶ Snoring that interrupts sleep

When left untreated, sleep disorders could increase your risk of experiencing chronic conditions, such as diabetes or heart disease. Three common sleep disorders are:

1. **Insomnia** makes it hard for people to fall asleep at night and causes people to be tired during the day.
2. **Sleep apnea** causes a person to snore loudly and temporarily quit breathing during sleep.
3. **Delayed sleep disorders** mainly affect children who make it to school early but do not fully wake up until later in the day.

# SLEEP ELUDING YOU?

## Clean Up Your Sleep Act

Sleep hygiene is vital to getting restful sleep. For good sleep:

**COOL DOWN.** Set the temperature to 65 degrees to help you drift off.

**DECAFFEINATE.** Don't consume lattes, colas or energy drinks after 3 p.m.

**EXERCISE EARLIER.** Staying in shape can lead to better, deeper sleep. However, too much activity can make it harder to fall asleep. Schedule workouts for early morning or late afternoon instead of right before bedtime.

**RELAX.** Stretching, meditation, or listening to classical music or nature sounds can help clear your mind of the day's stressors and prepare your body and mind for sleep.

**SAY NO TO THE NIGHTCAP.** A glass of wine or beer might help you unwind after work, but it can lead to waking later. Try curling up with a cup of herbal tea instead.

**SET THE TIME.** When your body knows what to expect, you're more likely to sleep well. Go to bed and rise at the same time every day—even on weekends.

**KEEP TECHNOLOGY OUT OF THE BEDROOM.** Phones, computers, tablets, mp3 players and televisions should be kept in your personal office or den.

However, a simple sleep assessment and study done by a sleep specialist can get you or your loved one back on the track for dreamland. During a sleep assessment, a sleep specialist will examine the hard and soft palate, as well as neck circumference. Men with a neck larger than 17 inches and women with a neck larger than 16 inches may be at higher risk for sleep apnea. The physician will also have patients rate their sleepiness using the Epworth Sleepiness Scale by asking simple questions regarding their sleep habits and lifestyles.

“Many times, common sleep disorders can be treated with lifestyle modifications,” says Ram Bangalore, MD, pulmonary disease physician and certified sleep specialist at Robert Wood Johnson University Hospital Rahway. “Other times, we may use medication or devices, such as a CPAP [continuous positive airway pressure] mask, to help patients sleep better.”

The Sleep Center staff will take a full medical history before conducting a variety of tests, such as a sleep study, also called a polysomnogram. During a sleep study, patients go to sleep in a hotel-like environment while sleep technologists monitor them using a video camera and other equipment, to look for any changes in the individual’s sleep pattern.

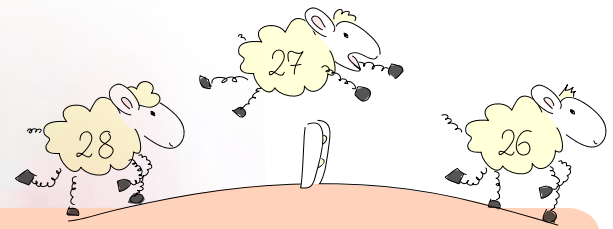
#### ON THE PATH TO BETTER SLEEP

Making overall changes can be hard for some patients, and wearing a CPAP mask can be challenging.

“We are happy to discuss options that will comfortably fit the individual patient’s face shape and other needs, based on the components used or the style of the mask,” says Dr. Bangalore. “Some masks cover just the nose and make patients feel more comfortable. We also have patients bring in their masks to adjust the gentle air pressure as needed.”

The medical staff is also on hand to answer any questions and offer support as you make the lifestyle changes that will help you sleep better—and improve your overall health.

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



### A Closer Look at Common and Rare Disorders

More than 100 sleep disorders have been identified, according to the National Institutes of Health. While many sleep disorders affect the general population, others only affect a small group of people. **Are you at risk?**

- ➔ **COMMON:** SLEEP APNEA. This condition occurs when individuals breathe shallowly or stop breathing momentarily while asleep, keeping them from the deep sleep needed to feel rested. Typically, sleep apnea is treated with a CPAP mask and lifestyle changes.
- ➔ **RARE:** REM SLEEP BEHAVIOR DISORDER. Affecting only 0.5 percent of adults, this condition causes individuals to kick violently during the rapid-eye-movement sleep period. People most likely to experience this are older males who smoke or have been exposed to chemicals, such as pesticides. This condition is treated with muscle relaxers and changes to the sleeping area, such as removing breakables, sleeping alone and putting the mattress on the floor.
- ➔ **COMMON:** INSOMNIA. The most common sleep disorder, insomnia occurs when a person is unable to fall asleep for long periods of time and feels tired during the day. People with insomnia can typically make lifestyle changes—such as setting a regular bedtime or cutting back on caffeine—to get their sleep schedules back on track.
- ➔ **RARE:** NOCTURNAL EATING DISORDER. This condition, which is associated with depression and common in those who carry excess weight, causes people to rise in the middle of the night, eat something and then forget having done so. People with this condition are typically treated with medication.

# YOU'RE NEVER *Too Old*

Even though vaccines have eradicated or nearly eradicated many serious and potentially deadly infections and diseases in childhood, some people are not aware that immunizations should continue for life.

The Centers for Disease Control and Prevention recommends every adult who has not had a severe reaction to a previous flu vaccine receive an annual flu shot, ideally in September.

“We’ve done a better job getting the word out about the importance of vaccinating adults against influenza than against pneumonia,” says Bernard Toro-Echague, MD, internist with Robert Wood Johnson University Hospital Rahway. “I recommend the pneumococcal vaccine, which benefits anyone age 65 or older, as well as younger individuals who smoke, have any type of lung disease or chronic illness, or have a weak immune system.”

One pneumonia vaccination is sufficient for most people. You may need another dose if you are older than 65 and received the vaccination more than five years ago, have a weakened immune system, or lost your spleen or had organ transplant surgery since you last received the vaccine.

The following vaccinations are also recommended for adults:

- ▶ ***Tetanus, diphtheria, and pertussis (Tdap)***—1 dose of the full series, followed by a booster every 10 years
- ▶ ***Measles, mumps, and rubella***—1 or 2 doses
- ▶ ***Shingles***—1 dose
- ▶ ***Varicella***—2 doses, unless you have had chicken pox

Adults who are around young children should be aware that vaccines may lose effectiveness over time. Those who do not follow the recommended schedule could spread diseases, such as whooping cough, to children who have not yet been vaccinated.

Search “Find a Physician” at [www.rwjhr.com](http://www.rwjhr.com) to locate a Robert Wood Johnson University Hospital physician near you.



RWJ Rahway  
Fitness & Wellness  
Center in

# SCOTCH PLAINS

## Healthy Resolutions

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

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.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

### SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of every month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.

**Breast Cancer Support Group** meets the first Wednesday of each month at 5:30 p.m.

**Bariatric Support Group**, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and post-operation. Not affiliated with any physician or medical group. For more information, email [frstsaturdaysupport@gmail.com](mailto:frstsaturdaysupport@gmail.com) or call (908) 654-3369.

**Overeaters Anonymous**, a peer-to-peer group for compulsive eating disorders that uses the 12-step program, meets Sundays at 12:30 p.m.

**Fibromyalgia Support Group**, a professionally facilitated group, meets the first Thursday of each month from 7 to 8:30 p.m. Those newly diagnosed are welcome.

**Spousal Bereavement Group** sessions last seven weeks. For information about when and where the next group starts, call Jane Dowling, RN, at (732) 247-7490.

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

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

[www.Facebook.com/RWJRahway](http://www.Facebook.com/RWJRahway)

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

## DECEMBER



11

**Appetizers for the Holidays**—7 p.m., Diane Weeks, R.D., Chef

12

**The Slow-down Diet: How Less Is More**—6 p.m., Elizabeth Miller, MPH



18

**Fabulous Fish**—7 p.m., Diane Weeks, R.D., Chef

## JANUARY

07

**Heartwarming (and Tummy Filling) Soups**—7 p.m., Diane Weeks, R.D., Chef



16

**Strength Training for Seniors: Benefits from 40 to 85**—6 p.m., Frank Mathews

22

**One-Pot Meals**—7 p.m., Diane Weeks, R.D., Chef

30

**Feel the Focus With Your Healthy Resolutions**—6 p.m., Elizabeth Miller, MPH

## FEBRUARY



12

**Heart to Heart**—6 p.m., Q&A with Cardiologist Paul Schackman, MD, followed by a heart-healthy cooking demonstration at 7 p.m. with Diane Weeks, R.D., Chef

21

**Why Does Your Back Hurt?**—6 p.m., Kumar Sinha, MD, Orthopedics



26

**Low Salt, High Flavor**—7 p.m., Diane Weeks, R.D., Chef

27

**How to Age Well**—6 p.m., Elizabeth Miller, MPH

## MARCH



06

**Human Papillomavirus: What Is It? How Dangerous Is It?**—6 p.m., Patricia Ruggeri-Weigel, MD, Infectious Disease Specialist

14

**Resveratrol and Longevity: Is There a Connection?**—6 p.m., Bernard Toro-Echague, MD, Internal Medicine



22

**Living With Congestive Heart Failure**—6 p.m., Ghassan Chehade, MD, Cardiologist

27

**Decoding Food Cravings**—6 p.m., Elizabeth Miller, MPH  
**Stress: You Can Manage It**—6 p.m., Frank Mathews



This is a  
recyclable product.

## Wellness Programs

**RWJ Rahway Fitness & Wellness Center in Carteret is located at 60 Cooke Avenue, Carteret.**

**This is just a sample!** For a complete listing of events at both RWJ Fitness & Wellness Center locations in Scotch Plains and Carteret, call (732) 499-6193, or visit [www.rwjuhr.com](http://www.rwjuhr.com) and click on "Latest Events."

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®.

[www.Facebook.com/RWJRahway](http://www.Facebook.com/RWJRahway)

For more information or to arrange a tour of the Carteret facility, call (732) 541-2333. Visit our website at [www.RWJFitnessCarteret.com](http://www.RWJFitnessCarteret.com).

All presentations are held at the RWJ Rahway Fitness & Wellness Center at Carteret.

PROGRAMS + SUPPORT GROUPS  
RWJ Rahway Fitness & Wellness Center at

# CARTERET

## DECEMBER

- 12** **Ask the Diabetes Educator**—4:30 p.m., Certified diabetes educator and exercise physiologist Gary Paul can handle your questions about monitors and monitoring, exercise and medication.
- 18** **Personal Reiki Demonstration**—5:30 p.m., Paula Rovinsky, Holistic Nurse and Reiki Master

## JANUARY

- 09** **Ask the Physical Therapist**—5 p.m., Nina Mastrogiacomo answers your questions
- 14** **Diabetes Screen and Ask the Diabetes Educator**—10 a.m., Registered Dietitian and Diabetes Educator Lauren Bernstein is available to handle your questions about diabetes, risk factors, diet, and control.
- 15** **Personal Reiki Demonstration**—5:30 p.m., Paula Rovinsky, Holistic Nurse and Reiki Master

## FEBRUARY

- 06** **Stroke Is a Leading Killer**—10 a.m., Varsha Singh, Stroke Coordinator, shows you the risk factors for stroke and how to prevent it.  
**Ask the Physical Therapist**—5 p.m., Nina Mastrogiacomo answers your questions
- 12** **Personal Reiki Demonstration**—5:30 p.m., Paula Rovinsky, Holistic Nurse and Reiki Master
- 19** **Reiki Demonstration**—5:30 p.m. Paula Rovinsky, Holistic Nurse and Reiki Master