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## 2 SMALL CHANGES

# SHOW STRESS WHO'S BOSS

IF YOU HAVE diabetes, physical and mental stress can exacerbate the problem by raising glucose levels and causing you to neglect self-care, according to the American Diabetes Association. Paula Rovinsky, MA, RN, and Certified Diabetes Educator at Robert Wood Johnson University Hospital Rahway's Center for Healthy Lifestyles, offers two tips for coping with stress.

1. **JUST BREATHE.** "Deep, slow, full breaths have a profound effect on resetting a person's stress response," Ms. Rovinsky says. "Slowly inhale to the count of three, pause, and gently exhale. Strive to take 36 deep breaths throughout the day."
2. **GET MOVING.** "Physical activity increases the body's production of endorphins—chemicals that reduce stress—and refocuses the mind on the body's movements, improving your mood and helping the day's irritations fade away," Ms. Rovinsky says. "Consider walking, jogging, gardening, biking, swimming, or another activity of interest that gets you off the couch for 30 minutes at least five days each week."

# SIZZLING CHICKEN AND VEGETABLES WITH BROWN RICE

Tired of leftover turkey?

Try this easy Asian-style chicken dish for a change of pace.

## INGREDIENTS

1	pound boneless chicken breast, cut into 1-inch cubes	1	small white onion, cut into small, 1/8-inch thick wedges
3	cups hot cooked brown rice	2	cloves garlic, minced
1 1/2	cups broccoli florets	1/4	cup water
1	cup carrots (3 medium), peeled and thinly sliced diagonally	3	Tablespoons low-sodium soy sauce
1	medium red bell pepper, cut into 1-inch pieces	1 1/2	Tablespoons canola or corn oil
		1	Tablespoon honey
		1	Tablespoon cornstarch

## DIRECTIONS

- In a small bowl, mix soy sauce, honey, and cornstarch; set aside.
- Heat oil in a large wok or skillet. Add garlic and sauté until golden, about one minute. Add chicken and cook, stirring frequently, for five to six minutes; push to one side of skillet. Repeat steps with onions, carrots, broccoli, and peppers, one at a time. Place each vegetable in center of skillet, cook until just tender, and push to the side.
- Pour soy sauce mixture into center of skillet and stir until thickened. Mix chicken and vegetables into sauce. Serve over rice.

## NUTRITIONAL INFORMATION

### Servings: 4

Calories: 410

Fat: 10g

Carbohydrates: 49g

Protein: 30g

Fiber: 6g

Sodium: 560mg

Source: [choosemyplate.gov](http://choosemyplate.gov)



## We may have a new logo and look, but we won't forget our story.

For many years, Robert Wood Johnson University Hospital Rahway had a rose in its logo. *The Rose* is also the name of our community publication. Why a rose? The rose reflects our hospital's heritage of community involvement. The story goes like this: To raise money to build a civilian hospital in the city of Rahway after World War I, auxiliaries sold locally grown roses at the Rahway train station.

RWJ Rahway is a member of the Robert Wood Johnson Health System. Our new logo reflects that proud affiliation. And while we no longer use the rose symbol in our logo, we keep alive its spirit of community involvement in special hospital awards given each year by our hospital foundation and in the name of this publication.

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# HAPPY HIPS AT ANY AGE

Faced with debilitating hip damage, two patients sought relief from Robert Wood Johnson University Hospital Rahway.

**THOUGH MORE THAN** 30 years separate their ages, both benefited from hip replacements at The Joint Replacement Center at RWJ Rahway. The damaged joints were removed and durable synthetic replacements were attached, offering them a second chance at living their lives to the fullest.

## SPRY ENOUGH FOR A SUMMER WEDDING

When he was in his late 40s, Gene Schaefer, now 59, began feeling pain in his hips. His doctor diagnosed him with osteoarthritis, a degenerative condition that gradually breaks down cartilage—the cushioning in joints.

Without this protective cushion, the bones in his hip joints rubbed against each other every time he moved, causing pain and inflammation. He tried nonsurgical solutions such as medication, massage therapy, and chiropractic adjustments, but the pain kept getting worse.

“It got to the point where I was avoiding doing things with my family and was worried that I couldn’t keep up with my young grandchildren,” says Mr. Schaefer, who, along with wife, Diane, lives in Westfield. “I had my left hip replaced in August. I was walking the same afternoon, and two days later I came home.”

Today, Mr. Schaefer is back on his feet and walking about three miles a day. He’s looking forward to fly-fishing at his favorite spots and walking his daughter down the aisle next summer. Mr. Schaefer credits his

orthopedic surgeon, David Rojer, MD; his occupational therapists; and his physical therapists for continued recovery.

## A NEW LEASE ON LIFE

Josephine Beninato, a 91-year-old Linden resident, may not sound like a typical joint replacement candidate. But when debilitating pain in her right hip threatened to restrict this retired preschool teacher to a wheelchair, her surgeon offered an alternative.

“My mother’s condition progressed until she couldn’t walk because it hurt too much,” says Angela Beninato, Josephine’s daughter. “She’s a vibrant person, and it broke my heart to see her in so much pain. Unlike some other doctors, Dr. Rojer gave us hope, and, after running tests, he told us she was a candidate for hip replacement.”

Ms. Beninato received a new right hip joint in August, then spent several weeks in the care of physical and occupational therapists at RWJ Rahway, learning how to walk again after years of pain.

The relief of her pain was almost immediate, and though she’s used a walker for several months, her family looks forward to having her back on her feet soon.

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For more information about joint replacement at RWJ Rahway, visit [www.rwjuh.com](http://www.rwjuh.com) and select “Medical” under the “Services” heading.

**Hip replacement isn’t limited to patients of a specific age.**

Anyone can benefit from hip replacement, which results in reduced pain, improved movement and strength, and greater comfort when walking and climbing stairs.

## THE LOWDOWN ON

**HIGH BLOOD PRESSURE**

High blood pressure (HBP), also called hypertension, is one of the most common health conditions in the United States—and one of the sneakiest.

**HBP CAN AFFECT** anyone but is more likely to develop in certain people. Being older than 60 increases the risk, as does being overweight or obese. Unhealthy habits such as being physically inactive, smoking, and drinking alcohol excessively also raise the risk of HBP.

While one in three American adults has HBP, fewer than half of people with hypertension know they have it. Why?

“One of the most dangerous aspects of hypertension is that it often produces no symptoms, hence it is recommended that

one should have it checked periodically,” says Varsha Singh, MSN, APN-C, Stroke Coordinator at Robert Wood Johnson University Hospital Rahway. “Contrary to popular belief, you can’t feel blood pressure rise. This is why it is vital to have your blood pressure checked periodically.”

**KNOW YOUR NUMBERS**

Blood pressure is measured at two points in the blood-pumping process. The first measurement (systolic) represents maximum pressure, and the second measurement (diastolic) is the minimum. The two measurements are combined into one reading, written as 120/80 and said as “120 over 80.”

The American Heart Association categorizes blood pressure readings from normal to critical:

Category	Systolic	and	Diastolic
Normal	less than 120	and	less than 80
Pre-hypertension	120–139	or	80–89
HBP: stage 1	140–159	or	90–99
HBP: stage 2	160 or higher	or	100 or higher
HBP: crisis*	180 or higher	or	110 or higher

\*Emergency medical attention is needed immediately.

A single high reading may not mean you have hypertension. Your physician will want to monitor your blood pressure over time before making a diagnosis.

“HBP is most commonly responsible for about 60 percent of hemorrhagic strokes,” Singh says. “If blood pressure is consistently more than 135/85, it is very important to speak with your primary care provider. Controlling blood pressure is considered one of the most effective measures for reducing your risk for hemorrhagic stroke.”

**PREVENTING AND CONTROLLING HBP**

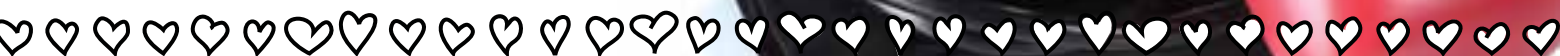
Diet and exercise are both effective ways to reduce blood pressure. The American Heart Association recommends a diet low in sodium, high in potassium and low-fat dairy products, and filled with a variety of fruits and vegetables. Thirty minutes of moderate exercise each day not only helps control blood pressure, but it can also help you manage your weight, strengthen your heart, and improve your outlook on life.

If lifestyle changes are not enough to bring blood pressure down to a healthy range, medication is the next treatment option to consider.

The American Heart Association recommends blood pressure screenings at least every two years beginning at age 20. Looking for a physician? Visit [www.rwjuhr.com](http://www.rwjuhr.com) and select “Find a Physician.”

**Why Is Blood Pressure Important?**

As the heart pumps blood throughout the body, the blood puts pressure on blood vessel walls. When blood pressure is too high for a long time, the heart and blood vessels can become damaged. This damage increases the risk of heart disease and stroke, two of the leading causes of death in the United States.





PENNI GREEN  
WITH NIECE NIKI

# REFUSING TO Accept the Worst

A nonhealing wound wasn't enough to keep Penelope "Penni" Green from living life on her terms.

**HER MEDICAL JOURNEY** began in January 2013 with a small blister on the inner side of her left foot. The 71-year-old Rahway resident didn't think much of it at first, but after a few weeks the blister had developed into a large, open wound. Ms. Green's niece, Niki, who is a nurse, looked at the wound and knew it needed special care. Niki set up an appointment for Ms. Green to see Anthony Tonzola, MD, FACS, Medical Director of the RWJ Rahway Center for Wound Healing.

"Penni's wound was an advanced, stage-IV wound about 10 centimeters long and four centimeters wide with an exposed tendon," Dr. Tonzola says. "Because the wound was on the foot, which has weaker circulation and a very slow healing time, we knew it would be difficult to treat."

"They told me the worst-case scenario—that I could lose my foot," Ms. Green says. "But I told them, 'You do your thing, I'll do mine, and everything will be all right.' No matter what happens in life, I always have a positive attitude."

## THE POWER OF POSITIVE THINKING

Ms. Green's optimism is hard-won. As a small child, she had a stroke that led to permanent tightening of her heel cord. After doctors clipped the tendon, Ms. Green was never able to walk normally again. But she didn't let it hold her back. As a teenager, she played sports, went dancing, and even learned to drive. Dr. Tonzola credits Ms. Green's wound healing in part to this determined spirit.

"Mind over matter can make a big difference in healing time," Dr. Tonzola says. "A positive attitude benefits any patient with a chronic illness."

## A SURPRISING RESPONSE

Ms. Green's healing time was faster than anyone expected. After trying out a few different treatments, Dr. Tonzola found success using an innovative new product known as



“Every patient responds differently to treatment. Penni's case is a perfect example of doctors and nurses collaborating to find the most responsive and effective personalized treatment.”

—ANTHONY TONZOLA, MD, FACS,  
MEDICAL DIRECTOR OF THE RWJ RAHWAY  
CENTER FOR WOUND HEALING

the Endoform Dermal Template™ and a special pressure dressing. Within seven weeks, Ms. Green's wound was completely healed.

Ms. Green has no hesitations recommending people go to the RWJ Rahway Center for Wound Healing.

"I don't have a single complaint about my experience," Ms. Green says. "Everyone there was polite, professional, and honest. It was just great care."

The Endoform Dermal Template is a sheet of collagen that promotes cell regeneration and acts like a scaffold for new skin cell growth.

You don't have to live with a chronic wound. Ask your physician for a referral to the RWJ Rahway Center for Wound Healing or call (732) 453-2915.

# A HUMAN ANGEL

Streetlight alternated with shadow as Melanie Mercado, BSN, RN, drove home. She had stayed late to help discharge a patient from Robert Wood Johnson University Hospital Rahway.

Now, it was dark outside. She smiled, remembering the patient's "thank you." Then, she saw something that jerked her thoughts back to the present.

A BULKY SHAPE—like a garbage bag lying in the middle of the road—caught her eye. She braked and started to steer around it.

Then she saw a shoe. A young man was walking toward the shape. Goosebumps rose on her neck when she realized the shape was actually a pedestrian who had been hit by a car.

Ms. Mercado stopped the car, turned on her emergency flashers, and hurried over. As she got close, she saw a woman lying on her side, unconscious on the pavement. She asked the bystander to call 911. Ms. Mercado turned the woman over and saw blood on her face and mouth, blood on the pavement. She checked the woman's pulse and breathing and began performing CPR, not stopping until the paramedics came and took the woman to a trauma center.

When she got home, Ms. Mercado was shaking. She had blood on her white nursing uniform. She could not sleep, playing the scene over and over again in her head.

## "DID YOU HEAR ABOUT LAST NIGHT?"

The next day at work, Ms. Mercado told her colleagues about the woman. In an uncanny coincidence, one of her nursing assistants knew the victim's family through a friend.

"She has two young children," the assistant told Ms. Mercado. "She's just 39."

Ms. Mercado's knees went weak. What if she had not come along? Would these children have gone through life without their mother?

Weeks later, when the two women met for the second time, Ms. Mercado could hardly contain her joy. The young mother was alive and recovering.

"When you're there and someone needs help, you just do it," Ms. Mercado says. "I think God put me there for a reason."

## What Should I Do?

From car accidents to a choking child, traumatic injuries and accidents happen in the blink of an eye. Are you prepared to handle an emergency?

A life-threatening accident or traumatic event like Melanie Mercado saw can be nerve-shattering, even for a highly trained nurse. Calling 911 for immediate medical assistance should always be the first response. However, being prepared ahead of time could help you save a person's life during those critical moments before the ambulance arrives.

Knowing the basics of CPR can be lifesaving. The American Heart Association now recommends Hands-Only CPR, which has two simple steps: First, call 911. Then push hard and fast in the center of the affected person's chest.

**Robert Wood Johnson University Hospital Rahway provides courses in basic life support. For more information, call (732) 499-6074.**





ALL PRESENTATIONS ARE  
HELD AT THE RWJ RAHWAY  
FITNESS & WELLNESS CENTER  
AT SCOTCH PLAINS.

PROGRAMS + SUPPORT GROUPS

# SCOTCH PLAINS

## Healthy Resolutions

### This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193, or visit [www.rwjhr.com](http://www.rwjhr.com) and click on "News & Events."

If you have special needs, please phone ahead so we can accommodate.

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 each 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-operative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email [firstsaturdaysupport@gmail.com](mailto:firstsaturdaysupport@gmail.com).

**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 6:30 to 8 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.rwjhr.com](http://www.rwjhr.com) and click on "Patient & Family Services" and then "Community Information."



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

10

**Satisfying Vegan Soups**—6:30 p.m., Lauren Defreest

11

**I Love Someone With Autism**—6 p.m., Jill Harris, PhD, Children's Specialized Hospital

17

**Sensational Seafood**—7 p.m., Diane Weeks, RD, Chef



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**South Asian Stroke Prevention: It's Within Your Grasp**—10 a.m.–1 p.m., Varsha Singh, MSN, APN-C, Stroke Coordinator, RWJ Rahway

## JANUARY

7

**New Options for Knee Pain**—6:30 p.m., Howard Pecker, MD, Orthopedics

**500-Calorie Dinners**—7 p.m., Diane Weeks, RD, Chef



16

**Carbs and Weight**—6 p.m., Lauren Bernstein, RD

▶ 21

**Confused About Carbs?**—7 p.m., Not all carbs are evil; here are some good ones. Diane Weeks, RD, Chef

## FEBRUARY

4

**Soups and Sandwiches Without All the Sodium**—7 p.m., Diane Weeks, RD, Chef

5

**The Kidneys' Role in Hypertension and Diabetes**—6 p.m., Bhavani Rao, MD, Nephrology



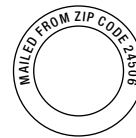
▶ 18


**Heart-Healthy Meals**—7 p.m., Diane Weeks, RD, Chef

### Did You Know?

RWJ Rahway has a successful weight-loss program for adults called "Lighter Lifestyle." The eight-week program addresses nutrition, portion control, behavior, and support—everything you need to make positive changes and develop successful habits. Our program uses the expertise of a dietitian, nurse, and exercise physiologist to help you reach your goal. We also offer weight programs for children. For more information, call (732) 499-6109.





 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.

PROGRAMS + SUPPORT GROUPS

ALL PRESENTATIONS ARE  
HELD AT THE RWJ RAHWAY  
FITNESS & WELLNESS  
CENTER AT CARTERET.

# CARTERET


## Healthy Resolutions

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.

Connect with Robert Wood Johnson

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[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).

## Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone Street, Rahway. For more information, call (732) 499-6109.

## Cardiac Support Group

Meets the first Monday of each month from 7 to 8:30 p.m. on the second floor of the Nicholas Quadrel Healthy Heart Center, 865 Stone Street, Rahway. For more information, call (732) 499-6073.

## DECEMBER

**10** **Reiki Demonstration**—5:30–7 p.m., Paula Rovinsky, RN, Holistic Nurse Practitioner, CDE. Please call (732) 499-6109 to reserve a time.

## JANUARY

**08** **Glucose Check and Diabetes Education**—6 p.m., Gary Paul, Certified Diabetes Educator

**14** **Reiki Demonstration**—5:30–7 p.m., Paula Rovinsky, RN, Holistic Nurse Practitioner, CDE. Please call (732) 499-6109 to reserve a time.

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## Your Gift Makes a Difference, Especially in This Season of Giving

When minutes count, RWJ Rahway is right here for you and yours—24/7. Just ask John D., whose life was saved in our emergency department. Your gift can help make that kind of difference. Your support helps the hospital continue providing high-quality, safe health care using state-of-the-art medical equipment. Please help us continue to be here for you, your loved ones, and neighbors. Remember: Every gift counts!

Please include us in your holiday gifts. Donate online by visiting [www.rwjahr.com](http://www.rwjahr.com) and click on the "Donate Now" button or send your tax-deductible donation to RWJ Rahway, 865 Stone Street, Rahway, NJ 07065.