

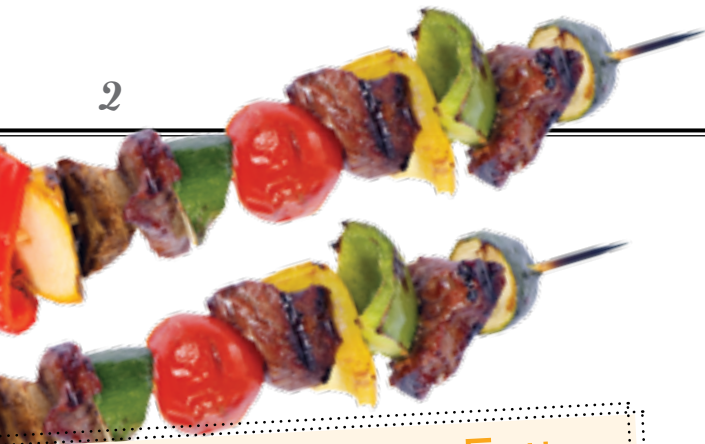
**UNCOVERING  
AND CURING  
BLOOD CLOTS**  
PAGE 4

TREATING A NON-  
HEALING WOUND:  
**STEVE'S STORY**  
PAGE 6

THE  
*Science  
of  
Hydration*

IT'S MORE THAN **DRINKING** WATER

▼  
PAGE 3



## Safe Summer Eating

**SUMMER MEANS LONG DAYS** spent outdoors with your favorite foods sizzling on the grill. Don't let common food-preparation pitfalls spoil the party.

### WARM AND COLD RULES TO GRILL BY

When preparing food, temperature can make the difference between a delicious meal and a possible trip to the emergency room.



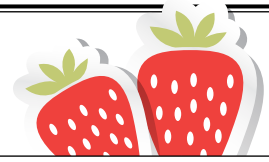
"If marinating meat or vegetables, make sure you do so in the refrigerator instead of on the countertop," says Diane Weeks, Registered Dietitian, who conducts monthly cooking

demonstrations at the Robert Wood Johnson Rahway Fitness & Wellness Center.

Never leave perishable food at room temperature for more than two hours. Use a food thermometer to ensure meats have reached a safe, minimum internal temperature. Once cooked, keep meats at 140°F or warmer on a side burner or in the oven.

Last but not least, never use the same utensils or platters that you used to prepare the raw meat to serve cooked meat—you could contaminate the food. Cookouts are fun, but sometimes chaotic, so designate a "sous chef" to ensure clean plates and cutlery are being used to serve food.

## Grill Up a



# Delightful Dessert

### INGREDIENTS

BURGERS MIGHT BE THE FIRST FOOD THAT COMES TO MIND WHEN YOU FIRE UP YOUR GRILL, BUT FOR A CHANGE OF PACE, TRY THIS GRILLED FRUIT AND STRAWBERRY DIP RECIPE.	8	ounces part-skim ricotta cheese
	2	tablespoons plain non-fat yogurt
	1/4	teaspoon dried ground ginger
	8	strawberries, halved
	4	peaches, halved
	8	chunks pineapple
	4	papayas, halved
	1/4	cup balsamic vinegar
	2	tablespoons granulated sugar

### DIRECTIONS

1. Purée cheese, strawberries, yogurt, and ginger in a blender until smooth. Refrigerate mixture two hours before grilling fruit.
2. Thread cut fruit onto eight skewers. Mix sugar and balsamic vinegar. Place fruit on grill, turning and brushing with the vinegar mixture until lightly browned. Serve grilled fruit with dip.

### NUTRITIONAL INFORMATION (PER SERVING)

Servings: 8  
 Calories: 222  
 Fat: 2.6g  
 Cholesterol: 10mg  
 Carbohydrates: 43.3g  
 Dietary fiber: 4.7g



## 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. That was one method of raising money to build the hospital. Auxiliaries also sold jelly, sauces, and prepared foods. Girl Scouts held bake sales. School children saved ice cream money and donated it. A variety show was held to raise money and many local businesses, fraternal and civic organizations, and physicians contributed. It was a true community effort.

Robert Wood Johnson University Hospital Rahway is a member of the Robert Wood Johnson Health System. Our new logo reflects that strong and 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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People can become dehydrated any time of the year, but especially in searing summer heat. It pays to know the signs and what factors put you at greatest risk.



## DON'T LET DEHYDRATION WILT YOUR SUMMER FUN

**THE HUMAN BODY IS** about 70 percent water, and if this balance is disturbed by losing too much fluid and then failing to replace that fluid, you can become quickly dehydrated.

“Dehydration is a common problem that can occur year-round,” says Michael Bernstein, MD, MBA, Medical Director of the Department of Emergency Medicine at Robert Wood Johnson University Hospital Rahway. “It is most common in children and the elderly, due in part to body composition. Additionally, medications may facilitate water loss or reduce the capacity to recognize thirst. Finally, there may be reluctance to drink water due to incontinence.”

### WHAT TO WATCH FOR

There are three stages of dehydration, ranging from mild to severe.

Symptoms of **mild dehydration** include increased thirst and decreased urination. Urine color can sometimes be a more reliable indicator than thirst of the body's need for water; clear or light-colored urine generally means a person is sufficiently hydrated, while a darker, yellow-brown colored urine is often a sign of dehydration.

People who are **moderately dehydrated** may experience lethargy, headaches, dizziness, muscle weakness, dry mouth, and lack of tears when crying.

**Severe dehydration** often includes the aforementioned symptoms and potentially life-threatening ones such as low blood pressure, fever, lack of sweat, shriveled or dry skin, increased heart rate, delirium, and unconsciousness or coma.



***Some of the symptoms of dehydration, such as lethargy and confusion, can also be signs of other medical conditions. It is always best to have your physician assess any abnormal symptoms. It could save your life***

—MICHAEL BERNSTEIN, MD, MBA, MEDICAL DIRECTOR OF  
THE DEPARTMENT OF EMERGENCY MEDICINE  
AT RWJ RAHWAY



### Medications That Make Matters Worse

Certain medications can increase urination, actually making you more prone to dehydration. Talk with your physician about the signs of dehydration if you take:

- » Diuretics and laxatives
- » Antihistamines
- » Blood pressure medications

### CAREFUL HOW YOU HYDRATE

“Rehydration with water is the best way to avoid or treat dehydration,” Dr. Bernstein says. “Avoid sugary juices, soda, and caffeinated beverages, which can actually work against rehydration. Some sports drinks fall into all categories.”

If you are engaged in prolonged physical activity and need electrolyte replenishment, consult your physician or pharmacist to learn about electrolyte-based drinks that are sugar- and caffeine-free.

In a nutshell, staying hydrated is about vigilance and paying attention to what your body is telling you.

Dehydration is a serious threat to health. If you or someone you know becomes dehydrated or is unable to hydrate properly, visit the Emergency Department at RWJ Rahway or the hospital in your community.

## CHEST AND LUNGS

# A Deadly Condition Down

## LEGS AND THIGHS

▶ When a blood clot forms within the veins of the legs, it can result in an embolism that can be fatal.

**O**FTEN UNDER DIAGNOSED, Deep Venous Thrombosis (DVT) and pulmonary embolism (PE) are serious medical conditions that can happen to anyone, although the risks increase with age.

A blood clot formation (or thrombus) may be called a “silent killer,” but for the nearly 600,000 Americans affected by them each year, the results of their damage can resonate throughout the body. The seriousness of a clot depends on where in the body it is formed and whether or not it breaks off and travels to another part of the body.

DVT refers to a blood clot that develops in a vein deep within the body, most often in the lower legs and thighs. On occasion, DVT may also occur in other parts of the body, such as the pelvis, groin, or arm. Dangerous, life-threatening complications arise when a blood clot detaches from the vein wall, travels to the heart, and becomes trapped in the pulmonary arteries of the lungs, causing a disruption in blood flow back to the heart, thereby resulting in a PE.

### A FINE LINE

“There is a balance in the body between bleeding and clotting, and this occurs constantly on a microscopic

scale,” explains Salvador Cuadra, MD, Vascular Surgeon at Robert Wood Johnson University Hospital Rahway. “When the balance shifts toward clotting due to factors such as critical illness, cancer, trauma, or slow blood flow, clots will form. The majority of the clots form in small veins in the calf, which sometimes progress to larger veins in the leg, making them more dangerous.”

When clots reach larger veins, Dr. Cuadra explains, they are bigger and more likely to break off and travel to the lungs.

Each year, it is estimated that nearly 2 million people in the United States develop a blood clot in the calf or leg. The most common indication of a clot is swelling (edema) in the leg, sometimes accompanied by pain, reports Dr. Cuadra. According to the Centers for Disease Control and Prevention, people 65 or older have a higher incidence of DVT and PE. Because many seniors experience some age-related swelling and pain in their legs, blood-clot formation can often go undetected. An ultrasound of the leg can be used to detect DVT, which is typically treated with blood thinners or anticoagulants such as warfarin or heparin. This helps prevent future clots from forming and pre-existing clots from enlarging, breaking away, and going to the lungs.

UPPER LEGS

# Deep

## The Clot Stops Here

In addition to knowing your risk factors for blood clots, it is also important to be aware of the symptoms of a blood clot, which vary depending upon where the clot is located:

- 1 » When blood clots in the extremities break loose, they can travel into the lungs and create a life-threatening condition. Symptoms of a lung-based clot include difficulty breathing, shortness of breath, chest pain, or a bloody cough. A person experiencing any of these symptoms should immediately call 911.
- 2 » The higher up in the leg, the more dangerous the clot becomes. When a clot breaks loose from a vein in the leg it goes immediately to the lungs. If a person is experiencing any unusual swelling or pain in the upper leg, he or she should see a physician. An ultrasound can determine whether or not there is a clot.
- 3 » This is the most common location for the origin of clots in deep veins, or deep venous thrombosis. Leg swelling, pain, and difficulty walking often indicate blood clots. Treatment with blood thinners and anticoagulants can often bring relief.

### THE REASONS WHY

“The most common reason for developing a blood clot is immobility,” Dr. Cuadra says. “This tends to happen to older patients who have an illness that has put them in the hospital for an extended period of time. It is also common after major surgery, especially orthopedic procedures. Only a minority of blood clots are related to family history, where genetic defects can render someone hypercoagulable, meaning blood can clot more easily. These people can get blood clots for no apparent reason. Some people with cancer also tend to be hypercoagulable and are at very high risk for developing DVT.”

While some patients may be predisposed to blood clots due to medications or genetic factors, other risk factors that cause blood clots to form include:

- Cancer
- Congestive heart failure or respiratory failure
- Obesity
- Pregnancy or giving birth
- Sitting for a long time in a cramped space such as an airplane
- Smoking
- Taking estrogen or birth control pills

### GET MOVING

Dr. Cuadra believes the most effective “medicine” for preventing blood clots is lifestyle changes.

“The best way to prevent blood clots from forming is by being active and exercising your lower leg muscles. Walking helps keep blood moving throughout the legs,” says Dr. Cuadra. “People who are at risk for DVT should visit their primary care physicians for regular checkups and talk with them about the best practices for preventing blood clots according to their current state of health.”

If you believe you have any signs of a blood clot, please schedule an appointment with your primary health care provider as soon as possible. If you have more serious symptoms such as chest pain or difficulty breathing, call 911.





After surgery for a broken left ankle in 2010, Steve Klastava noticed the surgical area wasn't healing. A worsening situation required intervention by a specialist in wound care to make him healthy again.

# Healing a Wound THAT WOULDN'T HEAL

IN THE FALL OF 2010, Steve Klastava fell and broke his ankle, which required surgery to fix. Several months later, Peggee Klastava noticed that her father's ankle was not healing properly. She monitored the condition of the wound until, becoming alarmed, she took her 95-year-old father in for an exam and discovered that an infection had formed around the bone screws used to mend the fracture. She knew she needed medical advice and treatment for her dad. "I asked my father's primary care provider about another place I could take him. He recommended Robert Wood Johnson University Hospital Rahway," said Ms. Klastava.

## NO-NONSENSE WOUND CARE

Ms. Klastava's father received the attention his medical condition required at the Wound Care Center at RWJ Rahway.

"The nurses were friendly, helpful, and communicative," Ms. Klastava said. "Every time I called them or took my father to the hospital, they would ask how he was doing. Other patients we talked to in the waiting room also had positive experiences."

Mr. Klastava met with Anthony Tonzola, MD, FACS, Medical Director of the Wound Care Center at RWJ Rahway. After a thorough evaluation, Dr. Tonzola developed a custom treatment plan based on the origin and cause of Mr. Klastava's wound.

"In any nonhealing wound where orthopedic hardware is exposed, it becomes more difficult to achieve healing," Dr. Tonzola said. "Adding to this was the fact that Mr. Klastava had reduced skin elasticity."

## COLLABORATING FOR SWIFTER TREATMENT

Dr. Tonzola consulted with Mr. Klastava's orthopedic surgeon to have the surgical screws removed as soon as the ankle was stable and used a hypoallergenic skin graft to repair the wound. Within six weeks, Mr. Klastava's wound healed.

"Dr. Tonzola took the initiative to work with my father's orthopedic surgeon to come up with a plan to heal the wound," Ms. Klastava said. "He took care of everything."

To schedule an appointment at the Wound Care Center, call (732) 453-2915.

## When Do I Need a Wound Care Center?

Chronic or non-healing wounds affect up to 7 million Americans every year and often develop because of diabetes or circulatory problems. Aging is also a risk factor for non-healing wounds. As we age, our skin produces less of a substance called sebum, causing skin to become dry and less elastic. Small cracks can develop that leave skin vulnerable to bacterial infection. You may require specialty treatment at a wound care center if:

- » Your wound doesn't show signs of healing after three or four weeks.
- » You have diabetes and develop a foot ulcer.
- » Your wound shows signs of infection, such as redness or puss.
- » You notice skin around a wound blackening, which is a sign of necrosis (irreversible tissue death).



***Patient satisfaction at our Wound Care Center consistently ranks in the 90th percentile nationally. We have the latest techniques and technologies, but the thing people seem to remember most is our caring attitude.***

—CARI PEREZ, RN, WCC, PROGRAM DIRECTOR OF THE WOUND CARE CENTER AT RWJ RAHWAY

RWJ RAHWAY  
FITNESS & WELLNESS  
CENTER IN

# SCOTCH PLAINS

PROGRAMS + SUPPORT GROUPS

## Healthy Resolutions

**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.rwjuhc.com](http://www.rwjuhc.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 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-operation patients. 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 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.rwjuhc.com](http://www.rwjuhc.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.**

## JUNE



6

**What's New in Breast Augmentation: Cohesive Gel Implants, the "Gummy Bear" Implants**—6 p.m., Carlos Burnett, MD, Plastic Surgery, is available to handle all your questions about this type of breast augmentation.

▶ 11

**Ancient Grains, Super Grains**—7 p.m., Diane Weeks, Chef and Registered Dietitian, will provide a cooking demonstration and tips about the best way to prepare and cook these nutritious and delicious foods.

12

**Viva Vegan: The Fun of Vegan Cooking**—6:30 p.m., Samantha Kowalczyk, Holistic Health Coach will give a cooking demo and answer your questions about vegan food and cooking.

13

**Diet for Diabetes**—6:30 p.m., Lauren Bernstein, Registered Dietitian and Diabetes Educator, is available to handle all your questions about how to manage your diet and live healthfully with diabetes.



▶ 18

**Celebrate the Flavors of Morocco**—7 p.m., Diane Weeks, Chef and Registered Dietitian, shows how to cook foods from this North African country.

19

**Five Things You Must Ask Your Doctor: Improving Doctor-Patient Communication**—6 p.m., Bernard Toro-Echague, MD, Internal Medicine

## JULY

9

**A Different Kind of Burger**—7 p.m., Diane Weeks, Chef and Registered Dietitian demonstrates many different kinds of burgers.



▶ 17

**Vicarious Traumatic Stress and How to Manage It**—6:30 p.m., Frank Mathews, Stress Educator

18

**Headaches and Your Eyes: What's the Connection?**—6 p.m., Matthew Hosler, MD, PhD, Ophthalmology

23

**Summer Salads**—7 p.m., Diane Weeks, Chef and Registered Dietitian, demonstrates how to make tasty summer salads that will delight your guests.

## AUGUST



7

**Plantar Fasciitis: New Strides in Treatment**—6 p.m., Dennis Turner, DPM

▶ 13

**Summer Appetizers**—7 p.m., Diane Weeks, Chef and Registered Dietitian, demonstrates ways to cook entertaining appetizers that are easier and healthier.

21

**Memory: Did You Forget Something?**—6:30 p.m., Frank Mathews, Stress Educator

27

**Summer Soups: Refreshing and Easy**—7 p.m., Diane Weeks, Chef and Registered Dietitian, cooks and serves delightful and refreshing summer soups.



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

## 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. Connect with Robert Wood



Johnson University Hospital Rahway on Facebook®.

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

## JUNE

**19** **Ask the Podiatrist**—6 p.m., Krupa Patel, DPM, foot screenings

## JULY

**17** **Is Diabetes Your Destiny?**—6:30 p.m., Gary Paul, Certified Diabetes Educator and Exercise Physiologist is available to answer your questions and help you understand your risks.

## AUGUST

**15** **What's Your Stroke Risk?**—5:30 p.m., Varsha Singh, MSN, APN-C, Stroke Coordinator

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).

## FOUNDATION NEWS

# The Rose Ball Rocked!

“Elton John”, “John Lennon” and even “Cyndi Lauper” were among the many costumed guests rocking the decades at RWJ Rahway Foundation’s annual gala at The Wilshire Grand in West Orange.

The Ball honored 2013 Order of the Rose recipient Annette Catino, QualCare, Inc., and 2013 Guardian of the Rose recipient Brian P. Leddy, past chairman

of the RWJ Rahway Board of Governors, for their longtime dedication, commitment and philanthropic support of RWJ Rahway.

\$110,000 net proceeds from the event were raised to benefit the Hospital’s ICU renovation and refurbishment.



Pictured left to right: Bernice “Bunny” Bowen, Foundation Chairperson, Marlene H. Lubinger, Foundation President, Brian P. Leddy, Annette Catino, Stephen Timoni, Esq., Chairman, RWJ Rahway Board of Governors and Kirk Tice, President and CEO.

For more information, to make a contribution or leave a legacy of good health to the community, please call the Foundation Office, 732.499.6135, e-mail [foundation@rwjuhr.com](mailto:foundation@rwjuhr.com), or donate on-line at [www.rwjuhr.com](http://www.rwjuhr.com).