

HEALTHY € YOU

Healing and Hope

at New Dialysis Center

Keep Flu
at Bay

&

Stroke: When Time
Is of the Essence



ENGLEWOOD
HOSPITAL AND MEDICAL CENTER™

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TACKLING BREAST CANCER Through Advanced Care Options



Breast cancer is the most common cancer among American women, according to the Centers for Disease Control and Prevention. The American Cancer Society estimates 7,360 New Jersey women will be diagnosed with breast cancer in 2011.

The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Hospital and Medical Center is dedicated to providing women the highest level of personalized care. Using advanced technology, our medical staff—which includes radiologists and cytopathologists—expertly detects cancerous changes in the breasts, so patients receive definitive diagnoses in the least amount of time.

“Englewood Hospital offers patients results within hours of testing, giving them peace of mind while allowing further follow-up care to begin immediately,” states Christine Weiselberg, DNP, FNP-BC, Administrative Director of The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Hospital. For example, if a woman finds a lump in her breast in the morning, our medical professionals will work to provide same-day diagnostics and results to the patient.

If a patient requires further treatment, highly skilled oncologists, radiation oncologists, and surgeons

work with the patient to develop an individualized treatment plan that best meets her needs.

NAVIGATING CANCER TREATMENT

Englewood Hospital staff members are committed to addressing the physical and emotional needs of every woman who faces cancer. A full-time Patient Navigator has joined the medical team to ensure every patient receives the appropriate support she needs after a breast cancer diagnosis.

“By listening and connecting patients to information, services, and support within Englewood Hospital and the community, we offer an extra level of support and compassionate care to assist patients facing breast cancer,” says Cathy Lauer, MS, LCSW, Manager of Patient Navigation.

To schedule an appointment at The Leslie Simon Breast Care and Cytodiagnosis Center, call (201) 894-3202.



Christine Weiselberg, DNP, FNP-BC, Administrative Director of The Leslie Simon Breast Care and Cytodiagnosis Center



Cathy Lauer, MS, LCSW, Manager, Patient Navigation



RAISING AWARENESS, ONE STEP AT A TIME

Englewood Hospital and Medical Center has been committed to promoting breast cancer awareness within our community for the past 12 years through the Annual Walk for Awareness.

Thanks to the generous donations from our community, more than \$1 million has been raised for breast cancer care and services, including mammography services for the under- and uninsured and advanced mammography and ultrasound technology.

Be a Part of the Excitement

This year's 13th Annual Walk for Awareness will be held October 23. The much-anticipated event offers fun, camaraderie, and a chance to make a difference. Whether you walk or pledge a gift in a loved one's name, your support helps give women within our community access to high-quality breast care.

To register for the 13th Annual Walk for Awareness, visit EnglewoodHospitalFoundation.org or call (201) 894-3725.



Hundreds of community members participate in the Walk for Awareness.

FLU, COLD, GO AWAY



TAKE ACTION THIS SCHOOL YEAR TO HELP YOUR CHILD AVOID CATCHING OR SPREADING HARMFUL COLD AND FLU GERMS.

Did you know that about 2,700,000 bacteria live on water fountain spigots, and 15,800 bacteria hide on cafeteria plates? According to the National Education Association, your child's school is a center for both learning and germs. To help your child combat the germs he or she can pick up at school, the Centers for Disease Control and Prevention recommends:

- Keeping your child out of school when he or she is sick with a cold or the flu to rest at home for at least 24 hours
- Seeing your child's pediatrician at Englewood Hospital and Medical Center to receive an annual flu shot
- Teaching your child to use a tissue to cover his or her mouth when coughing or sneezing

THE MORNING BOOST

Since breakfast is the most important meal of the day, it's the perfect time to give your child's immune system an extra lift. Make vitamins C, A, and E part of a balanced meal by pairing old favorites like orange juice and whole-grain cereal with new dishes like garlic and oregano eggs, pumpkin pancakes, and yogurt with fruit.

While garlic contains anti-tumor and antioxidant sulfur compounds, oregano carries both antioxidant and antimicrobial traits. The beta-carotene in pumpkin metabolizes as vitamin A in the body, and yogurt provides a healthy dose of white blood cell-boosting probiotics.

For a referral to an Englewood Hospital pediatrician, call 1-866-980-EHMC (3462).

THE ABCS OF HAND WASHING

One of the easiest ways to catch a cold or the flu is to touch your face or nose after your hands have come into contact with a strain of the viruses. Luckily, properly and frequently washing your hands and passing on the habit to your child are the easiest ways to protect your family. To outsmart germs this fall, follow these guidelines:

- Stick with warm water when washing your hands.
- Use antibacterial or regular soap at the sink after being around a person who is sick, or opt for alcohol-based hand sanitizer if soap and water are unavailable.
- Scrub your hands clean by washing the back of your hands, your fingers, and your palms, as well as the smaller spaces like those in between your fingers and around your nails, for a full 15 seconds.
- Rinse every surface with warm water and pat dry with a cloth or paper towel.



Cutting the ribbon (L to R): Ken Nelson, Regional Vice President, Fresenius Medical Care; Anthony Chioccarelli, Director of Operations, Fresenius Medical Care; Douglas A. Duchak, President and CEO of Englewood Hospital; and Austin Pattner, MD, Section Chief of Nephrology at Englewood Hospital and Medical Director of Fresenius Medical Care Dialysis Center at Englewood Hospital

INSPIRING HOPE

for Dialysis Patients

The kidneys play a vital part in maintaining overall health; they clean the blood and make hormones that keep bones strong. Because our bodies cannot survive without them, if our kidneys fail, treatment is imperative.



Warren Geller, Executive Vice President and COO of Englewood Hospital

“Having Fresenius Medical Care—a world leader in dialysis care—on our campus will allow Englewood Hospital and Medical Center to provide a full

spectrum of healthcare services in one place for patients who require dialysis. We’re listening to the community and will continue to strive to meet their needs. We are sensitive to ensuring convenient access to state-of-the-art care in a humanistic environment.”

—Warren Geller, Executive Vice President and COO of Englewood Hospital

Unless a kidney transplant is performed, individuals with kidney failure will require dialysis for treatment. Dialysis is the process of filtering the blood to rid the body of harmful wastes, excess salt, and water. There are two types of dialysis: hemodialysis, which is performed with a machine, and peritoneal dialysis, which utilizes the lining of the abdomen to filter blood. Individuals requiring either type of dialysis generally must visit a dialysis center three to four times a week for treatment sessions that can last up to four hours.

“In the United States, chronic kidney disease and kidney failure are most commonly caused by diabetes,” says Gerald Grodstein, MD, nephrologist, Medical Director of Acute Dialysis at Englewood Hospital and Medical Center and Medical Director at Fresenius Medical Care in Fairview.

“Other major causes of kidney failure include hypertension and inherited conditions, such as polycystic kidney disease. The dialysis population in America and the need for treatment have grown exponentially.”

Englewood Hospital is proud to welcome Fresenius Medical Care—an internationally recognized leader in kidney dialysis services and renal care products—in opening a brand new, humanistic outpatient dialysis center located on the hospital campus at Englewood Hospital for both inpatient and outpatient treatments.



Gerald Grodstein, MD, Medical Director of Acute Dialysis at Englewood Hospital

ADDED AMENITIES

Fresenius Medical Care’s Medicare-certified dialysis facility at Englewood Hospital will make dialysis

GIVING COMFORT, CHANGING LIVES

Englewood Hospital and Medical Center is pleased to report some very exciting developments regarding our inpatient dialysis service. A state-of-the-art inpatient dialysis center will soon be completed, dedicated, and named in memory of Nason and Hattie Gordon, parents of Suzan Gordon of Tenafly.

“Both my parents were longtime patients of Dr. Austin Pattner, my father first seeing him for dialysis treatments in 1989 and my mother in 1994,” says Suzan. “Although my

parents received exceptional care from Dr. Pattner and Englewood Hospital, the process of dialysis treatment can be quite dismal. I felt that if people had a more humanistic and comfortable place to receive treatment, it would be a much better experience for patients and their families involved. I spent many hours throughout the years at Englewood Hospital with my parents, I still see Dr. Pattner as my personal physician, and I’ve witnessed the hospital grow and develop into the reputable facility it is today.”

To show her appreciation, Suzan made a generous donation to help fund the soon-to-open Nason and Hattie Gordon Dialysis Center for Humanistic Care, where she hopes others will benefit from the compassionate care she and her parents experienced in a new, up-to-date facility.

If you are interested in giving to Englewood Hospital, please visit EnglewoodHospitalFoundation.org or call (201) 894-3725.

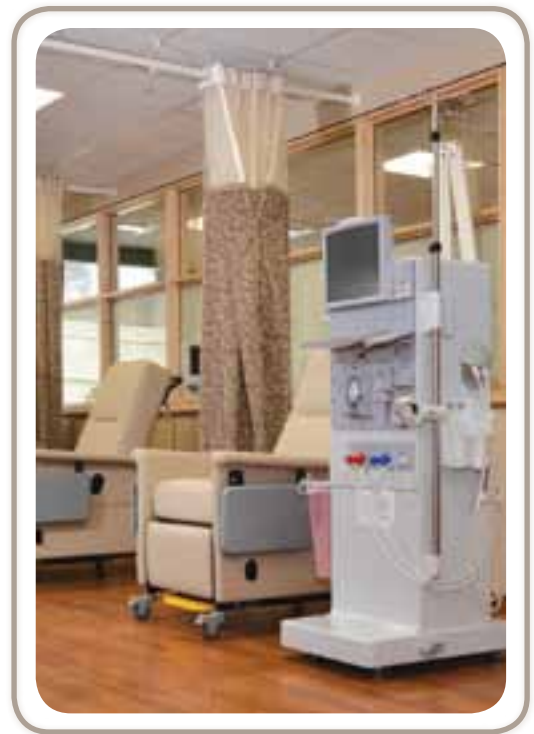
treatment more accessible and comfortable for patients. One of only 40 of its kind in the country, the new unit features:

- 21 dialysis treatment stations
- CHAIRSIDE® online charting and electronic health record system with touchscreen monitors at dialysis stations for more accurate entry and security of critical patient information
- Reclining, heated treatment chairs with massage features
- Single use of dialyzers
- Treatment stations designed for patient comfort and convenience that feature individual media systems
- Traditional in-center daytime hemodialysis
- Wireless Internet access throughout the facility
- An emergency backup electrical generator to help continue critical patient care in the event of a power outage

“Fresenius Medical Care and Englewood Hospital share a commitment to providing high-quality health care,” says Anthony Chioccarelli, Director of Operations for Fresenius Medical Care. “Locating the dialysis clinic in the hospital provides enhanced access to high-quality medical care that is important to our patients’ well-being.”

ENHANCED CARE

Spearheading the program is Austin Pattner, MD, FASP, nephrologist, Section Chief of



A look inside the state-of-the-art Fresenius Medical Care Dialysis Center location at Englewood Hospital.

Nephrology at Englewood Hospital and Medical Director of Fresenius Medical Care Dialysis Center at Englewood Hospital.

“Having the dialysis facility located on hospital grounds will provide a better continuity of care,” explains Dr. Pattner. “If an emergency occurs, our outpatient dialysis patients can be immediately transported into the Emergency Department instead of waiting on paramedics. It’s a much smoother, more fluid process. We’re very excited to provide this beautiful new facility to patients requiring dialysis and their families to not only help ensure they can maintain life, but also improve their quality of life.”

Dr. Pattner also encourages physicians and subspecialists to visit the new facility and speak directly with dialysis staff to ensure their patients receive seamless, comprehensive care.

Patients can receive dialysis treatment as their schedules allow Monday through Saturday, from 6 a.m. to 10 p.m.

For more information about dialysis at Fresenius Medical Care located at Englewood Hospital, call (201) 541-8150.

WOMEN'S HEALTH UPDATE

Adenomyosis

Many women suffer unknowingly from symptoms of adenomyosis, a benign gynecologic condition that causes the uterine lining to grow into the muscular wall of the uterus. Because it can be difficult to diagnose and its symptoms mimic those of more common disorders, adenomyosis is often overlooked as a cause of pelvic pain.



Hetal Gor, MD, obstetrician and gynecologist

Of the women who develop adenomyosis, 50 percent will experience pelvic pain, such as cramps during menstruation and low back pain. Roughly 50 percent will experience abnormally heavy periods, including clotting and irregular bleeding.

“Many women think the discomfort and pain experienced during menstruation is simply a development related to age,” says Hetal Gor, MD, FACOG,

obstetrician and gynecologist at Englewood Hospital and Medical Center. “However, if you consistently notice these symptoms, you should speak with your gynecologist about properly diagnosing and treating the root cause.”

OPTIONS FOR RELIEF

Only a histopathological, or microscopic tissue, exam of the uterus can provide a definitive diagnosis of adenomyosis. However, a pelvic exam and radiology tests such as MRI can indicate the probability of the condition.

The symptoms of adenomyosis can be treated with pain relief medications and birth control pills to control heavy bleeding. Depending on the severity of a woman's symptoms and condition, a hysterectomy may be required.

Fortunately, at Englewood Hospital, hysterectomies can be performed with minimally invasive robotic surgery, a technique that offers patients numerous potential benefits over traditional hysterectomy surgery.

Pelvic Organ Prolapse

Female pelvic organ prolapse occurs when a pelvic organ shifts, or prolapses, from its normal position. Many women will experience some form of pelvic organ prolapse in their lifetimes. While the condition does not always require surgical treatment, nearly 300,000 women undergo prolapse surgery each year in the United States.

Prolapse occurs when the muscles that hold pelvic organs in place become weak and the ligaments break or stretch. Risk factors for pelvic organ prolapse include prior gynecologic surgery, childbirth, obesity, and smoking.

Women with mild cases of pelvic organ prolapse may have no noticeable symptoms. However, as the uterus slips further out of position, it can place pressure on other pelvic organs—such as the bladder or bowel—causing a variety of symptoms, including:

- Frequent urination or an urgent need to empty your bladder
- Sensation of a small bulge or ball in the vagina
- Heaviness or pressure or pulling in the pelvis
- Pelvic or abdominal pain
- Repeated urinary tract infections
- Vaginal bleeding or discharge
- Constipation or a sense of incomplete emptying

“Nonsurgical treatments, such as muscle strengthening exercises or a trial of a small pessary, can be useful in treating mild prolapse,” says Michael Vardy, MD, Director of Urogynecology at Englewood Hospital and Medical Center.

“In more severe cases, or when conservative treatment does not work, robotic surgical techniques can be utilized to perform the best of the surgical options. This minimally invasive approach can return the organs to their normal positions and help patients regain their quality of life, including a normal sex life and urinary and bowel function.”



Michael Vardy, MD, Director of Urogynecology

The Robotic Solution to Gynecologic Surgery

The highly skilled surgeons at Englewood Hospital and Medical Center are experienced in the most-effective, least-invasive treatment options for gynecologic surgery. These techniques include surgery with da Vinci® Surgical System technology, a robotic system that allows surgeons to operate with greater precision and control. Robotic-assisted surgery is performed through 8- to 12-millimeter incisions, minimizing the pain and risk associated with large incisions while increasing the likelihood of a fast recovery and excellent clinical outcomes.

For more information about robotic surgery at Englewood Hospital, visit the Robotic Surgery section on EnglewoodHospital.com.

When Roberta Abrams called her husband Mike, she could only utter one word—“stroke.” Mike rushed to meet her at the Emergency Department at Englewood Hospital and Medical Center and could only hope she made it in time.

Roberta's Race Against Time



Neurosurgeon Paul Saphier, MD,
with patient Roberta Abrams

Roberta was at home alone when she felt a “strange feeling” come over her. Fortunately, she was able to recognize that sensation signaled a stroke.

“It started feeling like pins and needles in my right hand, and then my hand became numb,” says Roberta. “I called 911 when I realized the numbness wasn’t going away.”

BEATING THE CLOCK

When Roberta was brought to Englewood Hospital, she was unable to speak or understand anyone around her. When her husband arrived, he was alarmed at his wife’s confused state.

“Roberta and I were both very scared, but the confidence of the staff immediately reassured us both that she’d be okay,” says Mike. “I am amazed at how caring they were and how fast they reacted.”

As soon as the Medical Center’s expert team confirmed that Roberta was having a stroke, Paul Saphier, MD, a fellowship-trained endovascular and cerebrovascular neurosurgeon, was paged.

Within an hour of Roberta’s arrival at the ED, Dr. Saphier had Roberta in surgery to find the blockage in her brain and administer tissue plasminogen activator (tPA), which saved her life.

“Time is a tremendous factor in treating stroke patients,” says Dr. Saphier. “Had we not treated her as soon as we did, she may have permanently lost her ability to speak and had difficulty living independently.”

GETTING BACK TO HERSELF

Roberta’s ability to recognize her symptoms and take immediate action were vital to both her treatment and her recovery. After surgery, her speech improved almost instantaneously. She began rehabilitation at Englewood Hospital and is impressed with her progress.

“I was amazed when I woke up that I could talk again, and the staff has motivated me to overcome all of my speech problems,” says Roberta. “My favorite hobby is playing Mah Jongg and thanks to the success of the surgery

and the rehabilitation, I’m finally back to playing with my friends again.”

For more information about the Certified Primary Stroke Center at Englewood Hospital, visit EnglewoodHospital.com.

DO YOU KNOW THE SIGNS OF A STROKE?

Time is critical when someone is having a stroke. If the patient can be given tissue plasminogen activator (tPA) within the first three hours of the initial symptoms, long-term disabilities likely can be avoided. If you notice any of these signs in yourself or someone else, call 911 immediately.

- Numbness or weakness, especially if it occurs on one side of the body
- Trouble speaking or understanding
- Difficulty seeing out of one or both eyes
- Loss of balance, dizziness, difficulty walking
- Sudden, severe headache



Healthy You is a publication of the Marketing and Communications Department of Englewood Hospital.

A COMMUNITY OF LIFESAVERS

Englewood Hospital and Medical Center is pleased to announce the success of the most ambitious campaign in its history—the funding of the new emergency care center.

To meet a need for enhanced emergency care in the community, Englewood Hospital began Lifeline to Tomorrow: Our Campaign to Build an Emergency Care Center. In April 2011, Englewood Hospital received

notice of the final donation that allowed the campaign's goal—\$30 million—to be achieved. The Kaplen Pavilion was completely funded by individual donors, physicians, employees, community corporations, foundations, and other Englewood Hospital benefactors.

The campaign raised the most money in Englewood Hospital history and allowed the facility to be built without additional borrowed support.

“The Kaplen Pavilion benefits the entire community,” says Todd Brooks, Executive Director of Englewood Hospital's Foundation. “Without the community's support, we could not maintain the quality of care provided at Englewood Hospital.”



A generous gift from Maggie and Bill Kaplen was pivotal in the building of The Kaplen Pavilion.

For more information about the Lifeline to Tomorrow campaign, visit EnglewoodHospitalFoundation.org.



FOUR YEARS OF COMMUNITY DEDICATION

Since the launch of Lifeline to Tomorrow: Our Campaign to Build an Emergency Care Center in 2007, the community has remained dedicated to funding the project.

- **May 7, 2007:** The campaign to build The Kaplen Pavilion, the new emergency center, officially begins.
- **March 13, 2008:** Almost one year later, a groundbreaking ceremony is held on the site where the 60,000-square-foot building will be built.
- **September 19, 2009:** The Kaplen Pavilion is dedicated and opens a week later.
- **May 2010:** The Russell Berrie Foundation awards Englewood Hospital a \$1.5 million challenge grant.
- **April 30, 2011:** The campaign goal is achieved and the successful completion is announced at the Englewood Foundation's Annual Black Tie Gala.