

Embracing Health

FALL 2009

Caring for the whole person • PAGE 2

Joint replacement recovery tips • PAGE 6



SHORE MEMORIAL
HOSPITAL



Smart Plays

Perfect your health game plan—see our tips for women of all ages **PAGE 4**



Bumper “T” Caring Clowns use gentle humor when visiting patients at Shore Memorial.

Embracing the Spirit of Shore

At Shore Memorial, we understand that caring for the individual means more than providing patients with the latest technology and clinical expertise to diagnose and treat disease. That’s why we’re creating a patient-centered culture focused on the holistic approach to healthcare called the *Spirit of Shore*. Here’s an overview of some of the services available at Shore Memorial to complement our existing medical practices and care for the whole person, mind, body and spirit.

Music Therapy

Music therapy has been used in healthcare to manage stress, alleviate pain, counteract depression, promote physical rehabilitation, reduce apprehension and lessen muscle tension, among other benefits. Volunteer pianists play the 1927 handcrafted Steinway piano in the hospital lobby and musicians from the community provide calming music throughout the hospital for both patients and visitors.

Warm Cookies

Who doesn’t like a freshly baked cookie? Each Wednesday, our volunteer “Cookie Lady” bakes and distributes chocolate chip, sugar, oatmeal and sugar-free cookies to patients.

Pet Therapy

Six therapy dogs visit patients weekly in the hospital’s neuroscience, oncology and medical-surgical floors. Before visiting with patients, the dogs undergo extensive training and are certified by an outside therapy dog organization.

Healing Humor

Laughter is the best medicine. The Bumper “T” Caring Clowns receive specific sensitivity training on how to use humor to aid patients and family members in the healing process.

Book Cart

To provide reading materials to patients during their stay, the book cart is taken around the hospital by volunteers. Patients can keep the books they select.

Circle of Knitters and Crocheters

Individuals who knit or crochet can meet as a group to create handmade blankets, shawls and lap covers for patients. Donations are also accepted from community members.

(call) For more information about the *Spirit of Shore*, call **609/926-4791**.

Grateful Patient Gives Cancer Gowns a Makeover

While she was being treated for breast cancer in 2007 at the Shore Memorial Cancer Center, Ocean City resident Jeanne Robinson realized that little things make a big difference.

She was extremely pleased with the care she received from the physicians, nurses and staff, the efficiency of the facility and the social support she shared with her fellow patients. Yet Robinson felt that

something was missing, and there was something she could do to make things better for future patients. She decided to donate funds to purchase 50 new gowns for the Cancer Center. These new waist-length gowns are soft to the touch and more comfortable than typical hospital gowns. Patients also have the option of choosing from three colors: blue, pink or floral print.

Robinson, who is in good health and enjoying life since finishing her radiation therapy sessions, was pleased to give back to others. “I feel grateful that I am alive and doing well and that I’m able to contribute in my own way,” she says.

Breast cancer survivor Jeanne Robinson of Ocean City models the new floral print gowns available for patients at the Shore Memorial Cancer Center.



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Summer's Over Sweet Potato and Pear Soup

Find a heartwarming, heart-healthy entree in this sweet soup. Fat-free, full of vitamins A and C, and an excellent source of fiber, the dish is perfect for a rainy day, a sick day or any kind of day.

- | | |
|---|---|
| 1 large sweet potato, peeled and cut into 1-inch chunks | ½ tsp. fresh thyme leaves, chopped or ¼ tsp. crushed, dried thyme |
| 2 medium ripe pears, peeled, cored and cut into 1-inch chunks | ¼ tsp. crushed red pepper flakes |
| 1 small red onion, trimmed and cut into 1-inch chunks | ¼ tsp. salt |
| ¾ c. evaporated, nonfat milk | ⅛ tsp. pepper |
| | 2 c. reduced-sodium chicken broth |
| | ¼ c. fat-free yogurt, preferably Greek-style |
| | Fresh thyme sprigs for garnish, optional |

1 Preheat oven to 400 degrees. Place sweet potato, pears and onion in a nonstick roasting pan. Spray vegetables and pear with nonstick cooking spray. Toss. Roast for 50 minutes or until fork tender. Remove from oven.

2 Place vegetables and pears in large pot. Add evaporated milk. Purée mixture using an immersion blender. (If desired, purée vegetables with milk in a free-standing blender, in batches if necessary.) Pour purée into large pot. Add thyme, red pepper flakes, salt, pepper and chicken broth to pot. Simmer soup for 10 minutes, stirring occasionally.

3 Spoon soup into 4 bowls. Top each serving with 1 Tbsp. of yogurt. Garnish with thyme sprigs.

Makes 4 (1-cup) servings. Nutritional information per serving: 190 calories, 0.5 g total fat, 7 g protein, 45 g carbohydrates, 430 mg sodium, 5.5 g dietary fiber

Maintain Your Mind

Just as important to your brain as the food you eat are the activities you do. Here are some ways to keep your mind sharp in the years to come, according to the AARP:

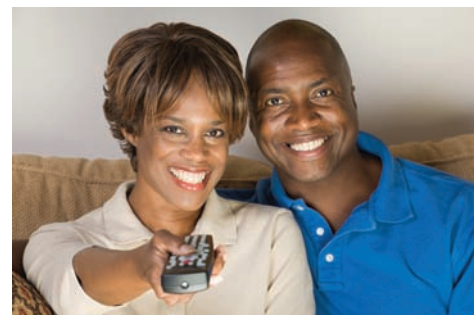
GO DANCING. Learning some new steps can help form new neural connections and ease your brain's stress response.

WALK IT OUT. Just 20 minutes of walking a day can lower blood sugar and increase blood flow to the brain.

BE A RESOURCE. Volunteer at a library, museum or Shore Memorial Hospital. You'll learn new facts and have opportunities to think on your feet. For more information about volunteering at Shore Memorial, call 609/653-3543.

REDECORATE. Making changes to your living space can encourage cell growth in the brain.

COOL DOWN. Anger has been found to inhibit memory. Take a few moments to take some deep breaths instead of getting hotheaded.



Be a Healthy Couch Potato

A new season of *Health Today*, South Jersey's only weekly health program, starts Sept. 26 on NBC 40. Tune in to learn about timely health topics and the services available at Shore Memorial, your local community hospital.

Health Today airs on NBC 40 on Saturday at 9 a.m. and 7 p.m. and Sunday at 11 a.m.; Mainland Channel 2 on Wednesday at 9 a.m., 3 p.m. and 11 p.m. and Saturday at 9 a.m. and 4 p.m.; and Stockton Channel 9 on Thursday at 11 a.m. and 9 p.m.

Miss an episode? Visit our website at www.shorememorial.org for a complete listing of shows or to watch episodes online.



Savvy Women

Making your health a priority through every stage of your life

THERE'S NO END TO THE DIVERSE ROLES WOMEN ASSUME—mother, wife, caregiver, friend ... the list goes on indefinitely. That's why it's vital for women to remember to take care of themselves, too. The continuum of women's healthcare care begins by establishing healthy lifestyles early in life, reinforcing these habits as teenagers and maintaining them during childbearing years, through menopause and beyond.

Adolescent Care

Natalia Rezvina, MD, an obstetrician/gynecologist who practices in Somers Point, recommends the HPV (human papillomavirus) vaccine for patients as young as 11—just as the Centers for Disease Control and Prevention advocates. Some parents are hesitant about the vaccine (brand name Gardasil) because the viruses it protects against are transmitted sexually. The health problems these viruses can cause, however, range from relatively benign plantar warts to potentially deadly cervical cancer.

“The idea is to immunize girls before they're at risk,” explains Dr. Rezvina. “But the vaccine can still help if you're

sexually active, or even if you're already infected. The benefits far outweigh the side effects.”

The immunization is so beneficial, she reports, some physicians are trying to make it a universal vaccine like the one for smallpox.

Dr. Rezvina also stresses the importance of prompt and regular gynecological exams for any woman who is sexually active. Yearly Pap tests typically begin three years after intercourse, or at age 21 for women who are not sexually active.

The Childbearing Years

Ask any new mother-to-be what she wants most, and her answer will be to have a healthy baby. Appropriate prenatal care before conception and during pregnancy is vital to keeping mothers and their babies healthy.

When it comes time for delivery, patients rave about the homey “bed and breakfast” décor at Shore Memorial's Maternity Care Center, while physicians focus on its equipment and clinical

excellence of the nursing staff and allied health professionals.

“Having all electronic medical records is superb,” says Obstetrician/Gynecologist Nicole Baptiste, MD. “We didn't have that option in New York where I did my residency.”

Dr. Baptiste also appreciates the large bank of screens in the nursing station that allows staff to check the monitor tracings of all laboring patients. “It makes it very quick and easy to track their progress,” she explains.



Carole McDowell, RDMS, lead sonographer, is seen here with the ultrasound technology available at Shore Memorial for prenatal testing and screenings.

Additionally, through Shore Memorial's affiliation with The Children's Hospital of Philadelphia (CHOP), CHOP pediatricians are available on site 24 hours a day, every day, to assist with especially challenging deliveries. And CHOP neonatologists add another measure of safety for mothers and their babies.



Obstetricians/Gynecologists Nicole Baptiste, MD, (left) and Natalia Rezvina, MD, provide a variety of women's healthcare services, ranging from performing minimally invasive surgeries to correcting common female conditions to delivering healthy babies.

Perimenopause and Beyond

According to Bette Davis, "Old age ain't no place for sissies." As women get older, they shouldn't be afraid to talk to their doctor about relieving common perimenopausal or menopausal conditions.

For genitourinary health, Dr. Rezvina provides minimally invasive outpatient procedures to remedy stress urinary incontinence. "It's an issue women shouldn't be shy about addressing, and it's certainly not something they just have to live with," she says.

DEXA scans help diagnose and evaluate osteoporosis. "It's not the disease itself that is so damaging," she explains. "It's the fractures it causes. A broken hip can severely change a woman's lifestyle. The loss of independence can be devastating."

In addition, Dr. Rezvina uses laparoscopic techniques for hysterectomies and to repair pelvic organ prolapses. "It's more conservative than traditional surgery and often allows for better recoveries," she explains.

Cancer Prevention Through the Ages

While women of all ages are encouraged to perform breast self-exams, mammograms are generally recommended at age 40 for women with no family history of breast cancer and age 35 for those with a history. Shore Memorial's full-field digital mammography allows for the earliest possible detection of cancer cells and generates images in just 10 to 15 seconds. Fewer than 500 locations in the world (and only five others in the state) offer this breakthrough technology.

Dr. Rezvina also urges women to get a colonoscopy at age 50. "For women, it's the second most common cancer, after breast cancer; yet so many avoid the test," she notes. "It's ordinarily done every five to 10 years, and the testing methods have really come a long way."

Shore Memorial offers both video colonoscopies by radiologists and standard tests by gastroenterologists. "The type of test isn't crucial," says Jeffrey Meltzer, MD, division director of radiation oncology. "The important thing is to have one done.

"I can't tell you how many people come to me saying they haven't been to a doctor in 20 years," he notes. "And those are often the patients with advanced cancers. Screenings can catch cancer in the early or even pre-cancerous stages. That's the key to a good outcome." ■

The Heart of the Matter

The obstetrical nurses at Shore Memorial Hospital consistently earn exceptional ratings from professional accreditors and patients alike. But that doesn't stop them from striving for more.

Kim Hanson and Lisa Lovett, both RNs, recently became certified in advanced cardiac life support with a focus on obstetrics through a unique program that originated at St. Luke's Regional Medical Center in Boise, Idaho. As the only two nurses in South Jersey who are certified instructors for the specialized training, the duo plan to share their clinical knowledge with their fellow nurses—at Shore Memorial and throughout the region.

Although it is rare for patients to have serious emergencies such as cardiac arrest during childbirth, Hanson's and Lovett's supplementary expertise provides an additional level of skill for potentially life-threatening circumstances.

Their ultimate goal, however, is to provide yet another level of comfort and assurance for mothers-to-be.



Kim Hanson, RN, and Lisa Lovett, RN, are trained in advanced cardiac life support-obstetrics and are helping other maternity nurses receive this certification.

(physician referrals)

For more information about the obstetricians and gynecologists on Shore Memorial's medical staff, visit www.shoredoctors.com or call our **FREE** Physician Finder at **609/653-4600**.

A Joint Effort

To recover swiftly and safely after a hip or knee replacement, try these tips from a local specialist

IS JOINT REPLACEMENT SURGERY IN YOUR FUTURE? Although having to undergo any type of surgery doesn't sound like good news, these procedures can do wonders if you're in pain or just not getting around the way you used to.

Today's procedures and tools are especially effective, which means faster and more comfortable recoveries for most people. But you have to do your part, too. In this article, a Shore Memorial expert shares his best advice for a speedy and successful recovery.



Rx: Talk It Out

Establishing open communication with your surgeon tops the list of tips from Stephen Zabinski, MD, division director of orthopedic surgery at Shore Memorial Hospital.

“When patients can have a discussion with their surgeon that helps them understand what’s going to be done, and gives them time to absorb the information and ask questions, I think that’s when patients invariably have a good outcome,” Dr. Zabinski explains. “And learning how potential complications can be prevented is very important.”

Good communication should include patients’ families and friends who might be helping with home care, Dr. Zabinski adds. They should be just as educated about the recovery process as the patient is.

Rx: Be Prepared

Based on your abilities and health status, do as much as you can to strengthen the surrounding muscles before joint replacement surgery, says Dr. Zabinski.

“Strengthen the muscles in the thigh if you’re going to have a knee replacement,” he recommends. “If you’re having a hip replacement, make the muscles around the hip and abdomen as strong as possible.”

Dr. Zabinski is one of many surgeons who provide their patients with preoperative consultations that include working with a physical therapist on specific exercises.

Rx: Make It Personal

According to Dr. Zabinski, some aspects of joint replacement surgery tend to be standard practice: specific types of exercises before and after your procedure, diets that encourage good nutrition and certain pain medications. But make sure your surgeon and healthcare team are customizing your treatment and recovery plan to address your needs.

“Treatment protocols need to be individualized, because every patient is unique,” Dr. Zabinski explains. “Standard procedures and individualized features both need to be in place for a successful recovery.”

Rx: Get Moving

After joint replacement surgery, most people are up and out of bed the same day—a critical component of recovery, the experts agree.

“Especially that first week,”

Dr. Zabinski says, “patients who have a knee replacement really have to work through their discomfort to gain as much mobility as possible.” He adds that getting active fairly quickly is equally important after hip replacement surgery, and it may be easier for these patients because they tend to be in less pain than before the hip was replaced.

Everyone experiences some surgical discomfort after a joint replacement, but knee replacements are typically more painful than hip replacements. The pain is managed with medication as needed, especially in the first days after surgery.

Patients work with physical therapists at the hospital and after they’re released to build strength and mobility through exercises that are safe and effective.

Rx: Think Positive

A patient’s outlook plays a big role in his or her recovery, says Dr. Zabinski, who urges people to go into surgery expecting to do well.

“Of course, patients should always be aware of the potential risks,” he explains. “But most people have a significantly better quality of life after joint replacement surgery, and going into surgery and recovery with a positive outlook can optimize their chances for success.” ■



FREE Joint Replacement Education Classes

If you or someone you know is undergoing knee or hip replacement surgery, take time to attend a FREE educational session at Shore Memorial Hospital. Physicians, nurses and other healthcare professionals provide information about pre- and post-surgical care, preadmission testing, physical therapy sessions and what to expect before, during and after knee and hip replacement surgery. Sessions are held the third Thursday of each month from 4 to 5 p.m. in the Physical Therapy Department. Caregivers and family members are also encouraged to attend. To register, call 609/653-3512.

(attend) Stephen Zabinski, MD, division director of orthopedic surgery at Shore Memorial, will present “Recent Updates on Total Hip Replacements” on Wednesday, Oct. 21 at noon at Greate Bay Country Club. The \$15 fee includes lunch. Call **609/653-3900** to register.

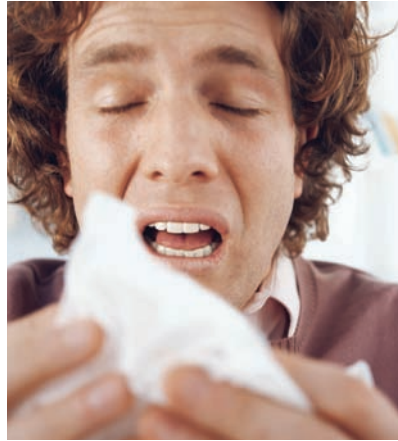


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HOSPITAL
1 E. New York Ave.
Somers Point NJ 08244



Evade the Virus

Fall officially means changing colors, crisp air—and the start of germ season. As kids are heading back to school, cold viruses called rhinoviruses are kicking into high gear. Do you know how to conquer the highly contagious common cold? Take this quiz and find out:



1 Getting less than seven hours of sleep increases your chances of getting a cold by how much?

- A. Two times
- B. Three times
- C. Ten times
- D. Doesn't increase your chances

2 Which of the following are not proven methods for preventing a cold?

- A. Taking large quantities of vitamin C
- B. Over-the-counter zinc lozenges or zinc lollipops
- C. Echinacea, a dietary herbal supplement
- D. All of the above

3 How many viruses are known to cause the symptoms of a common cold?

- A. One
- B. Five
- C. More than 50
- D. More than 200

4 How long can rhinoviruses live on your skin or objects such as telephones or doorknobs?

- A. 10 minutes
- B. Three hours
- C. Two days
- D. A week

Answers: 1. B, according to a recent study in Archives of Internal Medicine; 2. D, says the U.S. Centers for Disease Control and Prevention; 3. D, the CDC says; 4. B, according to the CDC.

(achoo!) Not feeling your best? Shore Memorial's hospital-based Quick Care Center, located within the hospital's emergency department in Somers Point, and freestanding Quick Care Center in Egg Harbor Township, provide convenient medical care for minor illnesses when the doctor's office is closed. For more information about either location, visit www.shorememorial.org.

Do Your Part

Preventive healthcare starts with you, but Shore Memorial can help you do your part to stay healthy.

See Your Doctor

It's no secret that regular checkups with your primary care doctor can help you avoid illness and prevent chronic conditions such as diabetes and heart disease.

Don't have a primary care physician? Shore Memorial's **FREE** Physician Referral Service is available 24 hours a day, seven days a week to help you find the right doctor to meet your healthcare needs. The service provides information about physicians affiliated with Shore Memorial Hospital, including insurances accepted, office locations and educational background. To find a doctor, call **609/653-4600**, or visit www.shoredoctors.com.

Get Your Flu Shot

Shore Memorial Hospital's Outpatient Centers in Egg Harbor Township and Ocean City are offering flu shots starting in September. The flu vaccines will be available to the public throughout the flu season.

For individuals not covered by Medicare, the cost is \$30. Please contact the outpatient testing site beforehand as hours vary by location.

Ocean City:
914 Haven Ave.
609/391-8105

Egg Harbor Township:
Harbor Village Square
Ocean Heights Avenue and Zion Road
609/927-8069

