

WINTER 2010

SHORE MEMORIAL
HOSPITAL

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Embracing Health

Back in the Rhythm

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Finding Dr. Right

Finding the right doctor can be tricky. Whether you're looking for your child's new pediatrician or a cardiologist to treat your husband's heart condition, Shore Memorial's FREE Physician Referral Service can help you find the right doctor to meet your healthcare needs. This service provides information about physicians affiliated with Shore Memorial including insurances accepted, office locations and hours, and educational background. It's also available 24 hours a day, seven days a week, giving you the flexibility to get the information you need, when you have the time. To find a doctor, call **609/653-4600** or visit **www.shoredoctors.com**.



dreamstime.com

Healthy Television

Learn about health and wellness from the comfort of your living room by watching **Health Today**, Shore Memorial's weekly television program. This season's topics include the warning signs of sleep disorders, relief from back pain with or without surgery and treating lung cancer. For a complete listing, call **609/653-3670** or visit **www.shorememorial.org**.

Health Today TV Listings:

- NBC 40: Saturday, 9 a.m. and 7 p.m.; Sunday, 11 a.m.
- Mainland Channel 2: Wednesday, 9 a.m., 3 p.m. and 11 p.m.; Saturday, 9 a.m. and 4 p.m.
- Stockton Channel 9: Thursday, 11 a.m. and 9 p.m.

Savory Couscous and Vegetable Skillet Dinner

It's OK to splurge on seconds with this low-calorie and low-fat vegetable and grain combination. Eating large amounts of greens and grains fills you up so you can stick to your healthy lifestyle.



INGREDIENTS:

- 1 Tbsp. grated fresh ginger root
- 1 small onion, chopped
- 1 small red bell pepper, cored, seeded and chopped
- 1 medium sweet potato, peeled and cut into ½-in. cubes
- 2 medium carrots, pared and cut into ½-in. pieces
- 2 Tbsp. chopped, sun-dried tomato*
- ½ tsp. hot red pepper sauce or more to taste
- ½ tsp. ground cinnamon
- ¾ tsp. salt
- ¼ tsp. pepper
- 1 c. canned garbanzo beans
- ¼ c. raisins
- 1½ c. vegetable broth, divided
- 1½ c. green beans in bite-size pieces
- ¾ c. whole-wheat couscous**
- 4 cilantro leaves or sprigs

*Use dry, not oil-packed, sun-dried tomatoes. Soak 3 or 4 tomato halves in boiling water for 10 minutes to soften. Drain and chop.

**If you can't find whole-wheat couscous, use the refined grain; you will get about 6 g dietary fiber per serving.

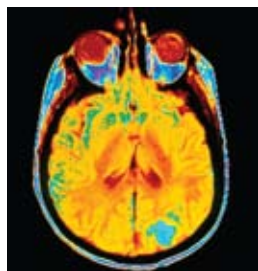
DIRECTIONS:

1 Spray large nonstick skillet with cooking spray. Add ginger root, onion and bell pepper. Cook over medium heat for 5 minutes, stirring occasionally. Add sweet potato, carrots, tomato, pepper sauce, cinnamon, salt and pepper. Cook over medium heat 1 minute. Add beans, raisins and ½ cup vegetable broth.

2 Cover skillet, reduce heat to low and simmer 20 to 25 minutes or until carrots are almost tender. Add green beans, cover and simmer 5 minutes. Add remaining 1 cup broth. Bring to a boil. Stir in couscous. Cover. Cook over low heat 3 minutes or until couscous absorbs broth. Remove from heat and set aside for 5 minutes. Fluff with fork. Garnish with cilantro.

Makes 4 (2-c.) servings. Each serving has: 320 calories; 2.5 g total fat; 11.5 g protein; 53 g carbohydrates; 300 mg sodium; and 10 g dietary fiber.

What's Your Stroke IQ?



How much do you really know about stroke? The Shore Memorial Neuroscience Center offers the following questions and answers about the third leading cause of death among Americans and the No. 1 cause of adult disability.

Q: What is a stroke?

A: A stroke occurs when an artery going to the brain is blocked or one of the arteries in the brain ruptures, causing damage to the brain.

Q: What is a TIA?

A: A TIA (transient ischemic attack) is a “warning stroke” or “mini stroke.” A TIA produces stroke-like symptoms, but there is no lasting damage. A TIA is a warning sign and should be taken seriously, as this indicates that you have a higher risk for a stroke.

Q: What are the symptoms of a stroke?

A: Sudden weakness of the facial muscles or on one side of the body. Sudden confusion or trouble speaking. Sudden trouble seeing in one or both eyes. Sudden trouble walking, dizziness or loss of balance. Sudden severe headache with no known cause. If you have one or more of these symptoms, you could be having a stroke.

Q: What should you do if you think you, or someone else, is having one or more of these symptoms?

A: Don't delay. Call 911 immediately. Note the time the symptoms began, if you know, as that will be important for further treatment when you arrive in the emergency room.

LEARN MORE Contact Shore Memorial Hospital's Primary Stroke Center at 609/653-3650 or visit www.shorememorial.org and click on the Neuroscience Center link under the Centers of Excellence tab.

Extended Hours for MRI and Mammography Services

In order to offer more flexible times and accommodate patients' busy schedules, Shore Memorial's MRI department is offering extended hours for patients needing an MRI. The department, located on the second floor of the main hospital, is open from 8 a.m. to 8 p.m. Monday through Friday and from 8 a.m. to noon Saturdays.

Similarly, the mammography department has extended hours at the Shore Memorial Health and Conference Center on the corner of Shore Road and New York Avenue on Saturdays from 8 a.m. to noon. To schedule a test or procedure, call 609/926-4SMH (4764).



A 2-for-1 Deal

We've all heard about the health benefits of breastfeeding for babies. But did you know it's a two-for-one bargain for moms as well? Here are the advantages for you both:



BENEFITS FOR YOU	BENEFITS FOR YOUR BABY
May lower risk for heart disease	Fewer illnesses due to the mother's antibodies in human milk
May lower risk for strokes	Human milk straight from the breast is always sterile, never contaminated
Can help you lose pregnancy weight and stimulates the uterus to contract back to its original size	Sucking at the breast promotes good jaw development and encourages the growth of straight, healthy teeth
May decrease your odds of developing diabetes	A sense of security and warmth from the nursing mother

(gain mom-fidence) Shore Memorial's Family Life Services offers classes on breastfeeding, childbirth and early parenting, and sibling preparation. For more information call 609/653-3238.

Sources: Obstetrics & Gynecology, May 2009; U.S. Food and Drug Administration

Take Action

Get your blood pumping for good vascular health and disease prevention

JOHN KIPHORN IS A REGULAR FIXTURE on the trails at Birch Grove Park. When the weather is bad, you'll find him on the treadmill at his health club.

"I walk for an hour every day," notes the 62-year-old Northfield resident. "But I really want to do more."

Beyond benefiting his heart, Kiphorn's exercise helps treat his peripheral artery disease (PAD), or blockage of arteries that carry blood to extremities such as arms and legs. The condition was flagged during cardiac rehabilitation at Shore Memorial Hospital after his triple bypass heart surgery in April.

Catching a Killer

Kiphorn's PAD included the classic symptom of leg pain. "I'd be on the treadmill for five minutes, and my calves would start cramping. When I stopped, the pain went away, but would come back. I thought I was just out of shape."

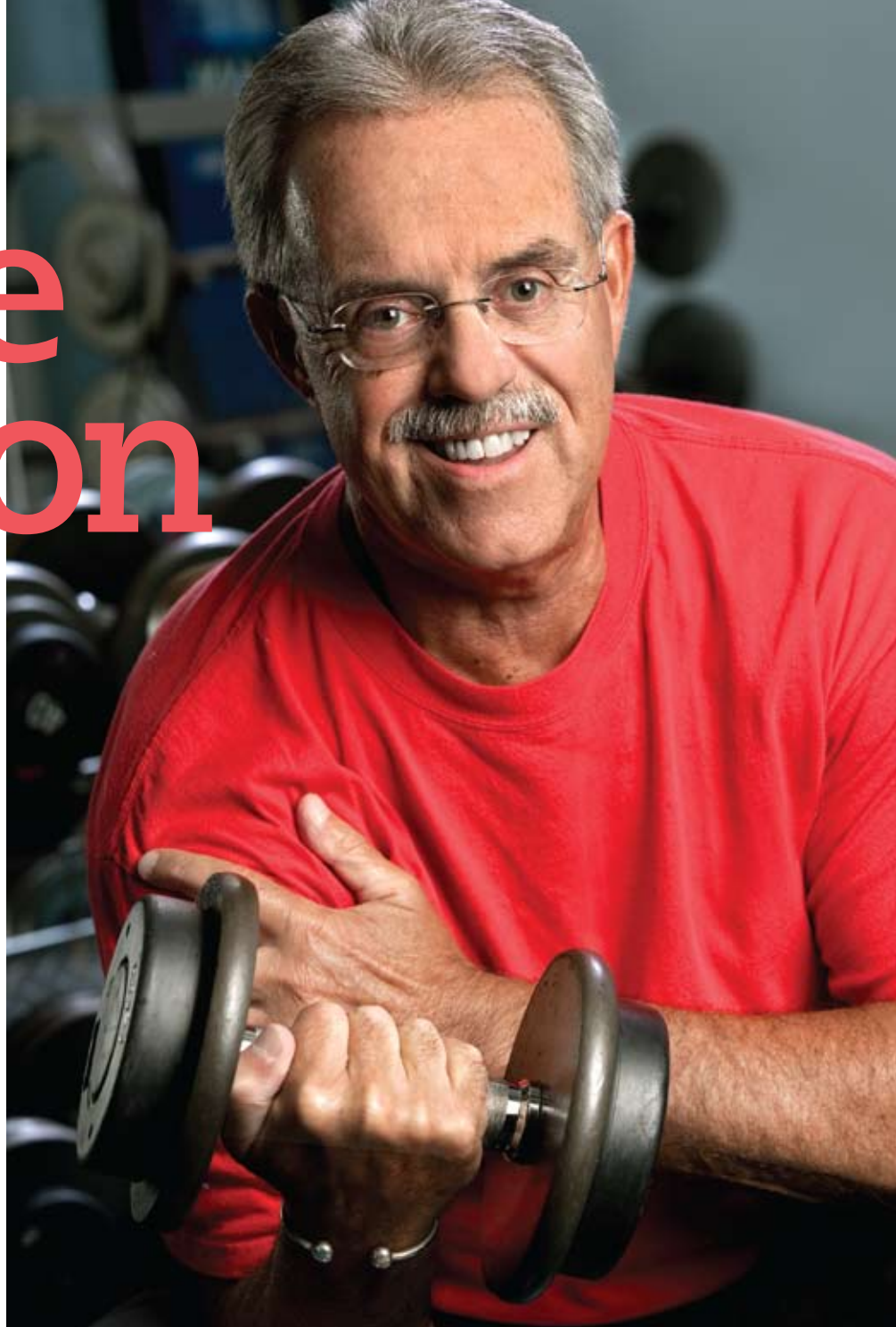
A simple Brachial/Ankle Index indicated otherwise. "They took blood pressure readings at my arms, legs and ankles, and compared the results," he recalls.

Significant variations indicated Kiphorn's blood was not circulating properly. "When blood isn't flowing into the muscles, they hurt because they're not getting the oxygen

they need," explains Christina Kozmor, RN, director of Cardiopulmonary Rehabilitation and Community Outreach at Shore Memorial.

An estimated 10 million Americans over the age of 50 share Kiphorn's diagnosis. Many control their PAD through lifestyle modifications under the close surveillance of a vascular specialist; others require medication or intervention such as minimally invasive angioplasty or a stent. In some cases, surgery may be needed. If left untreated, PAD can lead to amputation in severe cases.

John Kiphorn is back to working out at the gym after completing cardiac rehabilitation at Shore Memorial for peripheral artery disease.



Be Informed

In an effort to reduce the serious risks associated with vascular disease, Shore Memorial Hospital is offering low-cost screenings once a month at its Outpatient Center in Egg Harbor Township. Screenings will be on the first Thursday of each month, starting Jan. 7.

Screenings are targeted toward individuals at risk for heart disease or stroke and are recommended for:

- Smokers/ex-smokers
- Anyone with a family history of heart or lung disease
- People with diabetes
- Anyone with high cholesterol or high blood pressure
- Anyone who is more than 50 years old and overweight or inactive

All four screenings—for peripheral artery disease, carotid artery stenosis, aortic aneurysms and high blood pressure—take about 30 minutes total and are noninvasive and painless. Results are provided from the hospital's accredited laboratory within a week.

"We want to do everything we can to help local residents become more proactive about their own well-being," explains Valerie DeJoseph, administrative director of Cardiovascular Health and Rehabilitation Services. "Health is wealth."



Shore Memorial Hospital is providing vascular screenings to test for four vascular conditions: peripheral artery disease, carotid artery stenosis, aortic aneurysms and high blood pressure. To schedule your session, call 609/653-4500.

Kiphorn is able to control his PAD through lifestyle modification, specifically regular cardiovascular exercise. "Cardiac rehab was the best thing for me," he notes. "I feel so much better. Now, I feel discomfort about 20 to 30 minutes into my workout, but I've learned to walk through it."

The technique, officially called "walk-through claudication," helps patients cope with spasms that occur when leg vessels narrow, then relax. "We start with non-weight bearing exercise like riding a stationary bike," explains Kozmor, "and gradually work up to more strenuous workouts on the treadmill. Exercise is a huge component of preventing PAD from getting worse."

Silent but Dangerous

Other forms of vascular disease don't always include a warning sign like leg pain. Carotid artery stenosis (CAS), narrowing of the main artery in the neck that feeds blood to the brain, is often dangerously silent. "A major stroke can be a patient's first symptom," warns Jeffrey Gosin, MD, division director of vascular surgery. "That's why screenings are so important." (See sidebar.)

Some CAS patients suffer a transient ischemic attack, also known as a "mini stroke"—a neurologic event that resolves itself in 24 hours. Others experience sudden loss of vision that's usually temporary but can be permanent. "Amaurosis fugax occurs when a blood clot or piece of plaque breaks off of the carotid artery and lodges in the first main branch off of it, which leads to the eye," explains Dr. Gosin.

When CAS is not severe, close surveillance, controlling risk factors and medication are often used to reduce stroke risk. In more serious cases, surgical cleaning of the artery, a procedure called an endarterectomy, can be very effective.

Aortic aneurysms are the third main category of vascular disease. The most common type, abdominal aortic aneurysm, occurs when the abdominal aorta expands too much. "The abdominal aorta is the largest artery in the body," explains Dr. Gosin. "A rupture can be lethal. Again, they're difficult to diagnose on physical examination alone, so screenings are crucial."

Like CAS and PAD, aortic aneurysms don't always require surgery. "When we catch them early, medication and lifestyle modification are quite effective," notes Dr. Gosin. "Depending on their size and how rapidly they change, not all aneurysms need to be repaired." ■

(take charge of your health) Call 609/653-4500 to schedule an appointment. Vascular screenings will be offered Jan. 7, Feb. 4 and March 4. Cost is \$95.

Teaming Up

When your opponent is cancer, losing isn't an option. Here's how to build a cancer-fighting dream team



Nurse Navigator Anne Marie Taggart, RN, MSN, NE-BC, provides personalized support for cancer patients.

IT'S NEVER EASY TO HEAR THAT YOU HAVE CANCER, no matter what options are available or how straightforward the treatment plan to treat it. Yet what do you do once the words have finally sunk in and you're ready to take the first step on the road to recovery?

Put Together a Game Plan

Julianne Childs, DO, a medical oncologist with Shore Memorial Hospital, urges patients to be their own advocates by finding out as much as they can about their specific cancer.

She suggests starting by doing research as if you were a reporter on a hot assignment. Use available sources to find out the information you crave. For example, a nurse navigator is available at the Shore Memorial Cancer Center to answer questions or coordinate appointments with physicians and support staff.

Additionally, the American Cancer Society, whose national call center (800-ACS-2345) employs more than

400 people, can help newly diagnosed cancer patients learn about their disease.

"Getting a diagnosis of cancer or recurrent cancer is a terrible situation, but it's not hopeless," says Dr. Childs. "Patients need to be strong, get informed, take responsibility and take charge. Shore Memorial's approach to coordinating care through the use of patient navigation adds a measure of reassurance that truly empowers the patient and their loved ones."

With the patient at the center of each case, Shore Memorial assembles each member of the patient's medical team to design a comprehensive and synchronized treatment plan.

Fill the Positions

In the fight against cancer, the patient is most important. But here are 10 other key members who contribute to healing:

1. PRIMARY CARE PHYSICIAN.

"Don't wait until you receive a cancer diagnosis to sign on this key player,"

Dr. Childs says. A primary care physician is your source for regular preventive care and early screenings. "Studies show that people with breast, cervical and colon cancer who have a primary care physician are diagnosed at earlier stages than those without a primary care doctor," Dr. Childs adds.

And after a frightening cancer diagnosis, it's reassuring to turn to a primary care physician whom you trust. "It's a scary time," Dr. Childs says. "It can be numbing even if the news is optimistic. Your primary care physician can become an enormous advocate for you and guide you as you assemble the rest of your cancer team." He or she can refer you to doctors specializing in cancer care, including oncologists.

2. MEDICAL ONCOLOGIST.

Often the main healthcare provider for someone with cancer, this physician specializes in drug therapies (chemotherapy, hormone therapy and biological therapy) either used alone

On YOUR Terms

As the person in charge of your cancer support system, here is some basic terminology you need to know:

Adjuvant therapy (A-joo-vant THAYR-uh-pee). Treatment given after the primary treatment to increase the chances of a cure. It may include chemotherapy, radiation therapy, hormone therapy or biological therapy.

Biopsy (BY-op-see). The removal of cells or tissues for examination by a pathologist to detect cancer.

Lymph node (limf node). Lymph nodes are bean-shaped masses that can be found in the groin, armpit, neck or other places in the body's lymphatic system, which acts like a filter. Important for the body's immune system, they try to trap cancer cells and bacteria causing an infection.

Metastasis (meh-TAS-tuh-sis). The spread of cancer from one part of the body to another.

Source: National Cancer Institute

or combined with other treatments. A medical oncologist can discuss the best treatment choices for you, whether standard therapy or participating in clinical trials.

3. NURSE NAVIGATOR.

Patients at the Shore Memorial Cancer Center receive individual support and one-on-one attention from a nurse navigator. The nurse navigator works with the patient every step of the way to help you make decisions and resolve issues. The nurse navigator works to make the entire process as seamless as possible.

4. SURGEON.

A surgeon is often the first cancer specialist a patient sees if he or she needs a surgical biopsy or a tumor removed. The surgeon works in conjunction with other team members to plan the best course of treatment.

5. RADIATION ONCOLOGIST.

This physician specializes in the use of radiation to treat cancer. Because there are many types of radiation, your oncologist will work with you to find the type that will best treat your cancer.

6. DIETITIAN.

This health professional can help cancer patients with everything from preparing menus to meet their special nutritional needs to making certain foods more palatable if you have a loss of appetite.

7. PHYSICAL OR OCCUPATIONAL THERAPISTS.

These healthcare professionals teach exercises and physical activities that help patients gain muscle strength and movement. For example, physical therapy can help rebuild muscles in your arm and shoulder if you have chest surgery. They also can help patients avoid or minimize

certain side effects of cancer surgeries, such as swelling after a mastectomy.

8. SOCIAL WORKER.

Social workers who specialize in working with cancer patients can anticipate problems or difficult emotions patients might feel and offer solutions. Social workers often arrange for patients to join free support groups available at Gilda's Club South Jersey, where cancer patients and their families can gather to share experiences and gain support from people in similar situations.

9. COSMETOLOGIST.

A cosmetologist knowledgeable about cancer treatments can help a patient prevent and care for side effects of chemotherapy or radiation, including hair loss and dry and sensitive skin. Shore Memorial offers Look Good ... Feel Better programs through the American Cancer Society, and the Live, Laugh, Love Boutique on the second floor of the Cancer Center provides hats, scarves, wigs and turbans to any woman undergoing treatment.

10. PASTORAL CARE PROVIDERS.

Because cancer patients may feel vulnerable and afraid, these professionals can help you through this emotionally difficult time. "Spiritual or mental health support can be a vital part of your treatment," says Dr. Childs.

Post-Treatment Follow-Up

After completing your treatments, your cancer team will advise you on what course of action to take next. "Some patients may be fine emotionally, but need additional therapy to help with side effects such as lymphedema (the accumulation of fluid in the body, a result of removing lymph nodes). Others may have no relative physical side effects but might need additional emotional support," says Dr. Childs. ■



Medical oncologists such as Julianne Childs, DO, are critical members of your cancer fighting team.

(what we offer) The full list of Shore Memorial's cancer recovery and support services can be found on the last page of our calendar insert (across from page 5) and at www.shorecancercare.com.



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Little Kids, Big Dangers

Three ways to keep your children safe

YOU TAKE NOTHING MORE SERIOUSLY than your role as a parent. You've bought every book your pediatrician has recommended, and you read about the newest and best parenting techniques. Yet even the most vigilant parents can make these three common mistakes. Learn about these hidden hazards that parents may miss and find out about the top-quality pediatric care offered at Shore Memorial through physicians from The Children's Hospital of Philadelphia, should your child ever need hospital care.

Mistake: Buying your child the latest fashionable hoodie—with drawstrings.

Keep 'em safe: Drawstrings in common winter weather clothing can be dangerous. "These can become a strangulation hazard for young children," says Magna Chang Dias, MD, pediatrician and medical director of CHOP Newborn and Pediatric Care at Shore Memorial. She recommends keeping your child warm with turtlenecks, hats and earmuffs, and removing drawstrings from sweatshirts, coats and other items.

Mistake: Putting your baby to sleep in a pillowy bed.

Keep 'em safe: Although a crib filled with pillows and stuffed animals looks cozy, it could be lethal for your baby. Some parents continue to hear conflicting messages about how and where babies should sleep, but Dr. Chang Dias wants to

set the record straight: "Babies should lie on their backs facing up in a crib with a firm mattress and well-fitted sheet." Keep the crib as empty as possible.

Mistake: Getting your child to take medicine by calling it "candy."

Keep 'em safe: Calling medicine by any other name could create harmful confusion. Instead, explain the distinction clearly, and be sure all medicines are stored in a locked cabinet out of the reach of children. "While child-resistant caps make it harder for kids to open medicine bottles, they shouldn't be the only barrier between your child and the medication," says Dr. Chang Dias. ■

(quality care fast) For minor illnesses and injuries, visit Shore Memorial's Quick Care Center at the corner of Ocean Heights Avenue and Zion Road in Egg Harbor Township. Open 7:30 a.m. to 6 p.m. Monday through Friday. Call **609/927-8069**.



Top Care for Young Ones

Let's face it: Kids will be kids. When your children need medical attention, Shore Memorial provides pediatric patients with the level of care most often found at a university medical center.

Shore Memorial is the only hospital in South Jersey to be part of The Children's Hospital of Philadelphia (CHOP) Care Network. This relationship means that CHOP pediatricians are available on-site, 24 hours a day, seven days a week at Shore Memorial to treat patients and provide consultation for pediatric emergency care.

In addition, CHOP neonatologists are now staffing Shore Memorial's Level II Neonatal Intensive Care Unit for newborn infants born preterm or with other medical problems. Together with Shore Memorial's nursing staff, they create a team of specialized professionals dedicated to caring for the unique needs of children in our area. In many cases, medical conditions that previously would have required a transfer to another facility are now managed at Shore Memorial.