

WINTER 2011



SHORE MEMORIAL  
HOSPITAL

# Embracing Health

Are you getting  
enough fiber?

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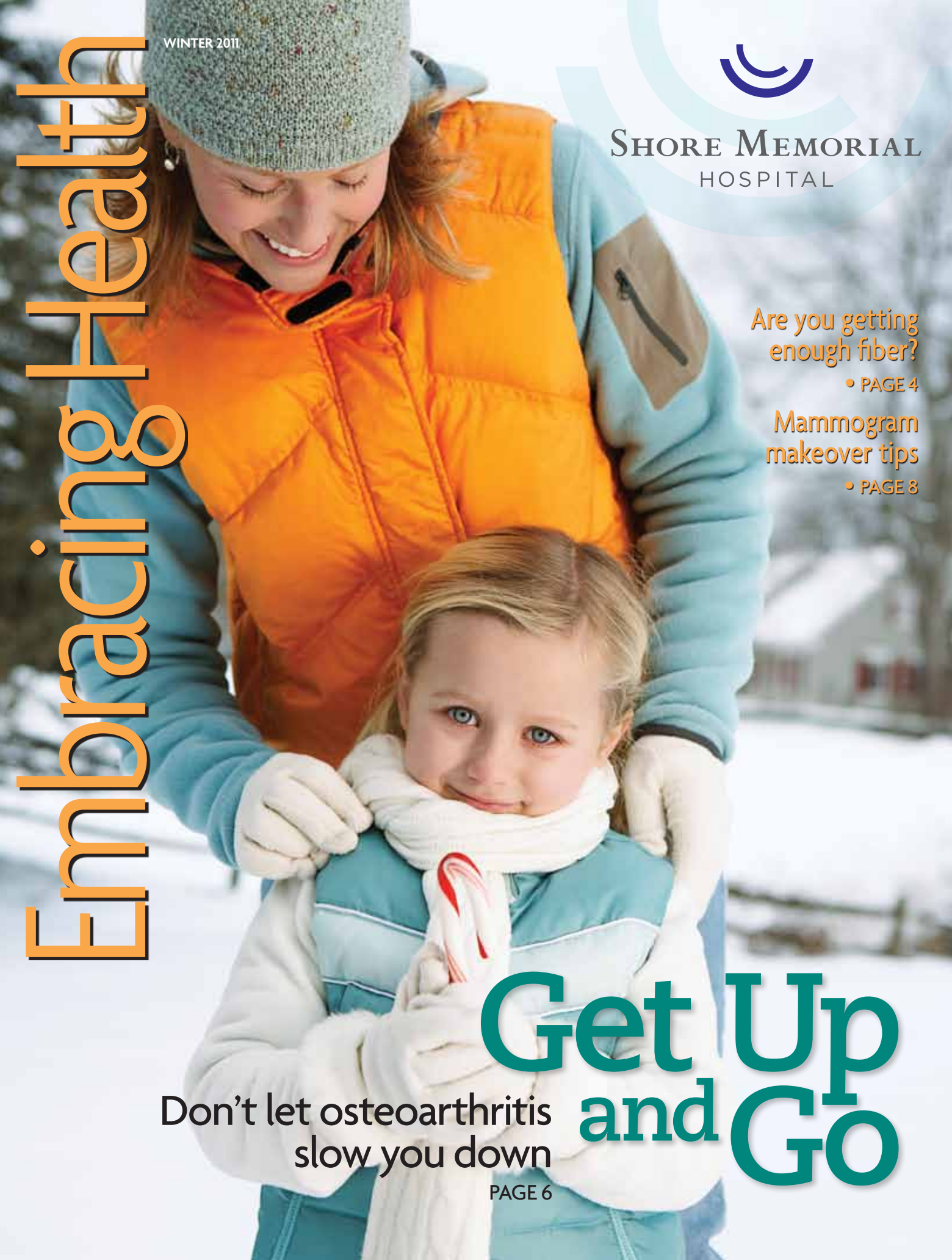
Mammogram  
makeover tips

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Don't let osteoarthritis  
slow you down

PAGE 6

# Get Up and Go





### (do you have diabetes?)

Find out more about diabetes education at Shore Memorial by calling **609/927-8069**.

## Just Try to Relax

Everyone knows that good nutrition and exercise are essential to managing diabetes. But did you know that controlling stress is also important to maintaining good health?

According to the American Diabetes Association, studies have shown that high stress levels can have negative effects on diabetics—both physically and mentally.

Physically, long-term stress has been shown to cause high blood glucose levels. Mentally, long-term stress can lead to unhealthy habits, such as drinking alcohol, eating a poor diet, neglecting to exercise and not checking your glucose levels.

Eliminating the stress in your life may require some drastic changes, such as switching careers. But if you're looking for some quick stress-busters, give these activities a try:

- Start a new exercise regimen that includes one of your favorite sports.
- Take up a new hobby you've been meaning to try.
- Volunteer at a local organization in your community.
- Set aside time each day to meditate or to just sit quietly.

## A New Beginning for Cancer Survivors

A cancer patient's journey doesn't end on the final day of treatment. There are many physical, mental and emotional hurdles that still must be overcome.

To help cancer survivors and their families navigate the rocky road of cancer remission, the Shore Memorial Hospital Cancer Center presents "A New Beginning," a six-part series on cancer survivorship.

These free presentations, held on the third Tuesday of each month at the Cancer Center, address a number of issues facing survivors, including:

- Communication with your healthcare team
- Late effects of cancer treatment
- Managing stress
- Caring for the caregiver

"Transitioning from the role of patient to survivor is a time of confusion, chaos, anxiety and uncertainty," says Anne Marie Taggart, manager of the Shore Memorial Cancer Program. "We aim to help cancer survivors and their families and friends define a new normal."



Anne Marie Taggart, manager of Shore Memorial's Cancer Program, hosts "A New Beginning," a free six-part series on cancer survivorship.

The first presentation, "Your Cancer Treatment is Over—Now What?," will take place at 7 p.m. Tuesday, Feb. 15, in the Rulon Conference Room on the second floor of the Cancer Center, located at the corner of Shore Road and Brighton Avenue.

Registration is recommended. Attendance at every session is not required.



## A Healing Touch

The Spirit of Shore is a philosophy at Shore Memorial that cultivates an environment that promotes the healing of the body, the spirit and the mind. While this includes traditional medicine, the philosophy is also based upon integrative care and the power of healing touch.

Practices such as the Japanese art of Reiki, the M-technique of gentle massage and basic healing touch techniques have been shown to help patients reduce stress, decrease pain and anxiety, improve their sleep and strengthen their immune system.

Integrative care and healing touch can be used for self-care, to help family and friends, or when caring for children, the elderly, or someone recovering from illness or surgery. Healthcare professionals can also employ integrative care as a way to enhance their own professional practice.

On March 26 and 27, Shore Memorial will host Healing Touch – Level 1, a certificate program that teaches students the basics of the human energy system and how to recognize aches and pains as signals of energetic imbalance. Eighteen contact hours will be awarded for nurses and massage therapists.

Tuition is \$325 for the general public and \$290 for Shore Memorial staff. The course book is an additional \$25.

**(register now)** Information about the Healing Touch program and registration forms are available at [healingtouchnj.com](http://healingtouchnj.com) or by calling **609/653-3459**.



## Is Your New Year's Resolution to Quit Smoking?

According to the National Cancer Institute, those who quit smoking by age 50 reduce their risk of dying prematurely by about 50 percent compared with those who continue to smoke. Shore Memorial's Smoking Cessation Program offers counseling with trained tobacco dependence treatment specialists and other tools to help you quit. Call **609/653-3440** or visit [ShoreHealthToday.com](http://ShoreHealthToday.com).



## Shore Memorial Launches Wound Care and Hyperbaric Medicine Center

Each year, chronic wounds and other conditions keep millions of Americans from enjoying their best quality of life. With this in mind, Shore Memorial is proud to introduce the Wound Care and Hyperbaric Medicine Center, where patients



have access to innovative treatments designed to help them heal more quickly and effectively.

- **Advanced Treatment.** The Wound Care and Hyperbaric Medicine Center applies proven wound care practices and advanced clinical approaches, including wound care products, dressings, antibiotics and therapies.
- **Hyperbaric Oxygen Therapy.** Also known as "HBO therapy," this treatment enhances the body's natural healing and strengthens the immune system. Delivered by trained specialists, HBO therapy is an effective treatment option for most chronic wounds.
- **High Healing Rates and Reduced Healing Time.** Using a team of multidisciplinary specialists and state-of-the-art wound care techniques, the Wound Care and Hyperbaric Medicine Center achieves some of the best healing rates and fastest healing times. That means you can get back to living your life the way you want in the shortest time possible. For more information, please call **609/653-4526**.



# 5 Facts about Fiber

What you need to know about fiber and the best way to incorporate it into your diet

FIBER IS EVERYWHERE you look these days—from cereal commercials to daytime talk shows. Studies by the American Dietetic Association show that most of us aren't getting enough. But the media's fiber overload has Americans wondering how much fiber they truly need and where they should be getting it from.

Read on as Jennifer Crowley, nutrition manager and registered dietitian at Shore Memorial, answers five of the most common questions about fiber.

## Q What is fiber?

Fiber is the indigestible portion of plant foods, including fruits, vegetables and grains. It is best known for its therapeutic effect in the intestines, but it also plays a role in glucose control and weight reduction. Some studies even show that it is helpful in preventing certain cancers.

## Q Is all fiber the same?

There are two types of fiber: soluble and insoluble. "Soluble fibers are somewhat dissolvable in water and have a gel-like texture," says Crowley. "They attract water during digestion, help lower total and LDL cholesterol and regulate blood sugar." Insoluble fibers, meanwhile, remain in the intestinal tract and help speed up the passage of food.

## Q How much fiber do I need?

The recommended fiber intake for adults is 25 to 35 grams per day. The recommended intake for children varies. To determine how much fiber your child needs, take his or her age and add five grams to that.

## Q What are the best ways to get fiber?

The supermarket shelves are filled with products chock-full of extra fiber, from drink supplements to cereals. But when in doubt, go natural. "The American Dietetic Association recommends a certain amount of fruits and vegetables for each person," Crowley says. "If you follow those recommendations, that daily intake should give you enough fiber." Foods with "added fiber," such as granola bars or beverages, may help give your daily intake a boost, but be aware that they may also add unwanted calories and sugar.

## Q Is there such a thing as too much fiber?

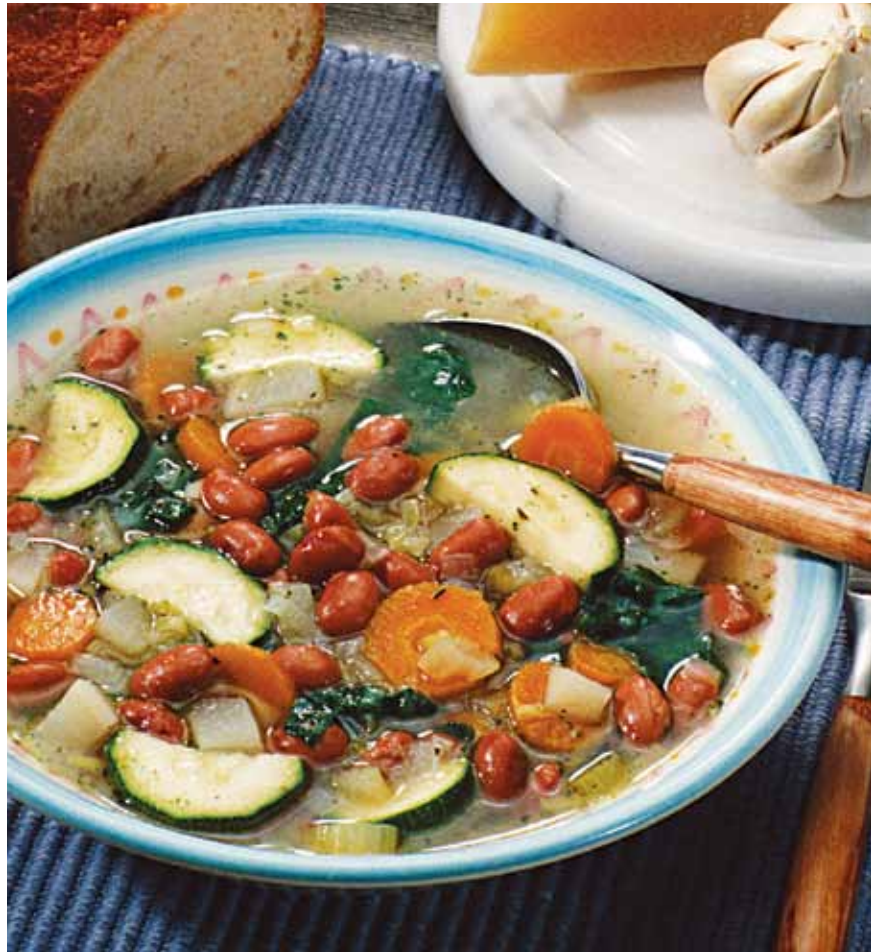
While it is important to make sure you are getting enough fiber, there is such a thing as too much. If you increase your fiber intake too quickly, it can lead to unpleasant side effects such as diarrhea, gas and bloating. "The best way to add fiber to your diet is to gradually increase the fiber intake on a consistent basis," Crowley says. "This gives the body time to adapt." ■



## Healthy Ways to Add Fiber to Your Diet

Need ideas for increasing your fiber intake? Try these tips provided by the Mayo Clinic:

- **Start in the morning.** Choose a breakfast cereal with five or more grams of fiber per serving. Opt for cereals with “bran” or “fiber” in the name. Or add a few tablespoons of unprocessed wheat bran to your favorite cereal.
- **Choose whole grains.** Look for breads that list whole wheat, whole-wheat flour or another whole grain as the first ingredient on the label. Look for a brand with at least two grams of dietary fiber per serving. Experiment with brown rice, wild rice, barley, whole-wheat pasta and bulgur.
- **Mix it up.** Add precut fresh or frozen vegetables to soups and sauces. For example, mix chopped frozen broccoli into prepared spaghetti sauce or toss fresh baby carrots into stews.
- **Think beans.** Eat more beans, peas and lentils. Add kidney beans to canned soup or a green salad. Or make nachos with refried black beans, lots of fresh veggies, whole-wheat tortilla chips and salsa.
- **Eat fruit at every meal.** Apples, bananas, oranges, pears and berries are good sources of fiber.
- **Choose healthy snacks.** Fresh and dried fruit, raw vegetables, low-fat popcorn and whole-grain crackers are all good choices. An occasional handful of nuts is also a healthy, high-fiber snack.



## Quick Vegetable Minestrone

In less than 20 minutes, you can make this light yet filling soup, which is a good source of vitamin A, vitamin C, calcium and iron. If you can wait for a day to serve it, the herbs will infuse the vegetables, and it will taste even more flavorful.

### INGREDIENTS

¼ c. olive oil  
 1 small onion, chopped  
 4 garlic cloves, crushed  
 1 lb. kale (2–3 c.),  
 prewashed, chopped  
 1 (1-lb.) bag frozen mixed  
 Italian vegetables  
 (zucchini, green beans,  
 cauliflower and broccoli)  
 5¼ c. (42 fl. oz.)  
 reduced-sodium  
 chicken broth  
 1 c. water  
 ¼ c. fresh basil  
 ½ tsp. black pepper  
 1 can (19 oz.) kidney beans,  
 rinsed and drained

### PREPARATION

Heat oil in a large pot over moderately high heat. Sauté onion and garlic in oil, stirring occasionally, until golden, about 3 minutes. Add kale and sauté, stirring, 1 minute. Add frozen vegetables, broth and water, basil and pepper and simmer, uncovered, stirring occasionally, until vegetables are tender, about 10 minutes.

Meanwhile, place half of beans in a shallow bowl and coarsely mash with a fork or potato masher. Stir mashed and whole beans into soup and simmer, stirring occasionally, until soup is slightly thickened, about 5 minutes.

Makes about 7, 1¼ c. servings.

Nutrition information per serving: 406 calories; 10.2 g fat (1.6 g saturated); 0 mg cholesterol; 58.1 g carbohydrates; 24.2 g protein; 14 g fiber; 618 mg sodium

**(recipe ideas)** Need dinner ideas? View Healthy

Cooking video segments from Shore Memorial's "Shore Health Today" television show. Visit [ShoreHealthToday.com](http://ShoreHealthToday.com).



*Stephen Zabinski, MD, director of orthopedic surgery at Shore Memorial Hospital, reviews X-rays with Jerry Mangano, osteoarthritis patient.*

# Man in Motion

## **Osteoarthritis couldn't slow Jerry Mangano down, thanks to Shore Memorial's Advanced Spine and Orthopedic Institute**

RARE IS THE DAY when Jerry Mangano isn't on the move.

The Voorhees, Camden County, resident played several sports as a youth and spent 26 years traveling around the country as a sales manager for major food companies such as Kraft and Sara Lee. Now retired, the father of three and grandfather of eight enjoys traveling with his wife, Sandy, and playing golf with friends.

But shortly after his retirement, it seemed Mangano's active lifestyle had finally caught up with him. Years of

standing on concrete floors at trade shows for hours combined with a genetic predisposition to arthritis led to a severe case of osteoarthritis, leaving Mangano with debilitating pain in his knees, hips and right shoulder.

"It's bad when you're 68 and you can't tie your own shoes," Mangano admits. "That's when I knew I had to have someone look at it."

A friend referred Mangano to Stephen Zabinski, MD, director of orthopedic surgery at Shore Memorial Hospital

and a member of the Shore Orthopaedics practice in Somers Point. Five years and four joint replacement surgeries later, Mangano has reclaimed his active lifestyle.

### What Is Osteoarthritis?

Osteoarthritis, one of the most common forms of arthritis, is the breakdown and eventual loss of cartilage in the joints. It has been linked to those with a genetic predisposition to arthritis and to those who played high impact sports. Nutrition is also thought to be a contributing factor.

Recent studies by the Centers for Disease Control and Prevention have found that more than 27 million adults suffer from osteoarthritis.

"Treatment depends on the severity of the arthritis," Dr. Zabinski says. "Some people with mild cases can function fairly well with just some aches and pains."

Patients with severe arthritis can pursue nonsurgical medication treatments, but ultimately, Dr. Zabinski says, joint replacement is the best option.

"It's often their best opportunity to maintain their quality of life and the function in that joint," Dr. Zabinski says.

### Replacement Parts

Upon evaluating Mangano, Dr. Zabinski decided that his shoulder joint would be the first to receive attention.

"When I examined Jerry, I was amazed that he couldn't bring his hand out away from his body," Dr. Zabinski says. "And that he couldn't bring his arm up to chest level."

Dr. Zabinski successfully replaced Mangano's shoulder in 2006. Mangano then had his left hip replaced in 2008, his left knee replaced in 2009 and his right hip replaced in 2010.

Mangano credits both Dr. Zabinski and the skilled and friendly staff at Shore Memorial with helping him through the surgeries, both in terms of recovery and the presurgery jitters.

"Some of the nurses who wheeled me in the second or third time knew who I was," Mangano says. "Shore Memorial was a good sized hospital that made me feel comfortable. I don't think I would have made the trip all the way down to work with Dr. Zabinski if I wasn't comfortable."

### Living Life to Its Fullest

Today, Mangano is able to continue traveling with his wife. And two or three days a week you can find him playing 18 holes at his favorite golf course. While the surgeries and rehabilitation experiences were challenging, Mangano says he would never have chosen not to have the replacement procedures done.

"I can swing my golf clubs. I can write without pain," Mangano says. "It's been a very rewarding process."

Research continues on nonsurgical methods to combat the pain of osteoarthritis, but advances in technology continue to make joint replacement a safe, effective option for helping arthritis sufferers maintain a normal life.

"If these joint replacements hadn't been done, Jerry would be severely limited in what he could do," Dr. Zabinski says. "Instead, he is able to golf. He is able to travel. He is able to live a largely pain-free life." ■

## Be Gentle with Your Joints

Osteoarthritis is the most common form of arthritis, affecting more than 27 million Americans. Limit your risk and protect your bones with the following dos and don'ts:

- **Do keep your weight down.** For every one pound you shed, you'll lower the load you exert on your knees by four pounds.
- **Do exercise.** Exercise keeps your joints flexible and improves muscle strength. If pain is a barrier, consider an aquatic exercise program.
- **Don't sit still.** Changing positions regularly can loosen muscle and joint stiffness.
- **Do maintain good posture,** which will protect the joints in your neck, back, hips and knees.
- **Don't ignore pain.** If you experience pain after an activity, you may have overstressed your joints.

Source: Arthritis Foundation

**(get connected)** If you're struggling with joint pain and don't know where to turn, call **609/653-4600** to reach Shore Memorial's Advanced Spine and Orthopedic Institute or to find a physician who can meet your needs.



*Joint replacement surgery helped relieve Jerry Mangano (left) of osteoarthritis pain.*

**(have you had a joint replaced?)** Share your story of how surgery has helped improve your quality of life on our Facebook page, **facebook.com/shorememorial**.





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# Mammogram

## Makeover

With these tips to take care of yourself, your exam doesn't have to be a bummer

A FRESH HAIRCUT AND A PAIR OF CUTE NEW SHOES can uplift you instantly. You walk a little taller, smile a little wider. Put that feel-good makeover mentality into action when you think about your annual mammogram. You may not look forward to these screenings as much as your mani-pedi, but they can save your life.

"Breast cancer affects as many as one in five women," says Melissa Gerdes, MD, a member of the American Academy of Family Physicians. "Getting an annual mammogram can make a huge difference in survival and treatment success rates."

You can't skip the big M, but there are some ways to transform the way you think about the screening test.

### BEFORE:

**"Mammograms are a pain and I just don't have time."**

### AFTER:

**The X-rays themselves take only a few minutes, and it could save your life.**

Cut down on wait time by asking for the first appointment of the day or the first after lunch. Don't schedule your

appointment during weeks you're more likely to have breast tenderness. And take an over-the-counter pain reliever before your appointment to reduce sensitivity—any time of the month.

### BEFORE:

**"I feel uncomfortable when I get a mammogram."**

### AFTER:

**Talk to the tech during the exam.**

"If you feel discomfort, can't get into a certain position or the machine is too cold, speak up," Dr. Gerdes says.

"A good tech will know tricks to get things done right." Breathe deeply or let that catchy tune that's stuck in your head play at full volume. And remember, even if the compression hurts, it won't last long. To reduce

anxiety, schedule your mammogram at the same time as a gal pal. That way, if the tech sees anything unusual and asks you to stay for follow-up tests, you won't be alone.

### BEFORE:

**"The whole experience makes me stressed and anxious."**

### AFTER:

**Turn "mammogram day" into**

**"me day."** Take the day off so you aren't pressured about going back to work. "Many women schedule their appointments on their birthday so they remember," Dr. Gerdes says. "Then go out and buy yourself a gift or have lunch with friends." Even if it's not your birthday, reward yourself with a treat, such as a pretty new bra. ■

**(straight answers)** Do you have questions about mammograms and cancer prevention? Call **609/653-3585** or visit **ShoreCancerCenter.com** for information about Shore Memorial's Cancer Program.

