

Embracing Health

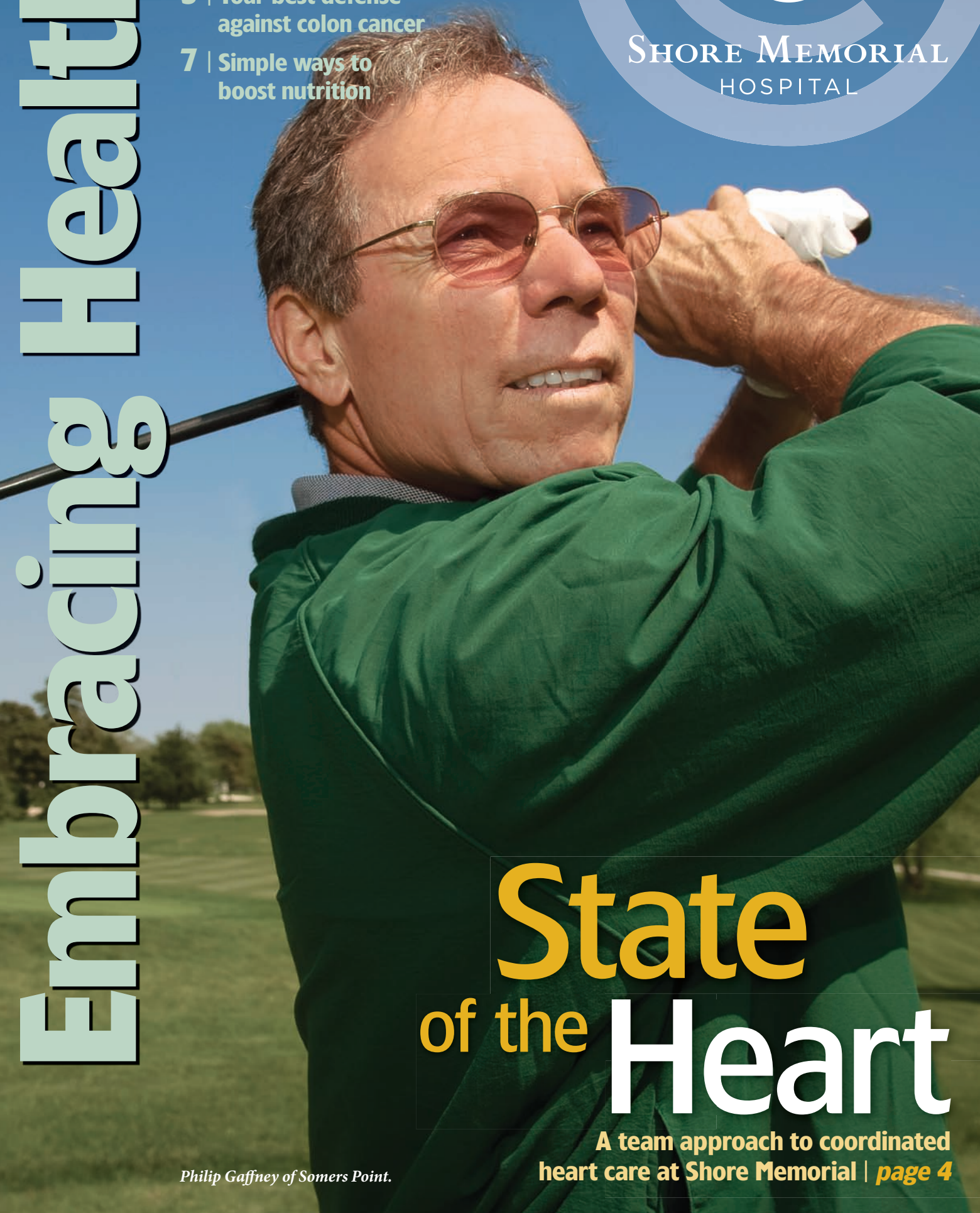
Fall 2008

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against colon cancer

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boost nutrition



SHORE MEMORIAL
HOSPITAL



State of the Heart

A team approach to coordinated
heart care at Shore Memorial | **page 4**

Philip Gaffney of Somers Point.



Wake-Up Call

Although most kids will use any excuse in the book to avoid going to bed at night, staying up past their bedtimes can lead to serious problems. Sleep disorders put kids at risk for attention problems, emotional outbursts, frustration and other behaviors that can get in the way of success at school.

Lack of sleep isn't the only sleep issue affecting kids. Other common sleep problems include:

- ▶ Frequent awakening during the night
- ▶ Talking during sleep
- ▶ Waking up crying
- ▶ Feeling sleepy during the day
- ▶ Nightmares
- ▶ Bedwetting
- ▶ Teeth grinding and clenching
- ▶ Waking up early

Help your kids get the recommended nine hours of sleep by:

- ▶ Setting a regular bedtime and sticking to it
- ▶ Removing TVs and other distractions from their room
- ▶ Avoiding big meals and caffeinated drinks close to bedtime
- ▶ Setting a relaxation routine and quiet time before bed
- ▶ Making sure the bedroom is dark, quiet and comfortable.
- ▶ For more information, visit www.shorememorial.org/sleep-center.cfm.

What Next?

If you've tried changing your child's sleeping habits but have had little success in changing their behavior, ask your pediatrician to schedule a sleep study with Shore Memorial's Center for Sleep Medicine. The Sleep Center provides studies for children as young as three. For more information, sign up for a free lecture on sleep disorders in children on Thursday, Oct. 16. Call **609/653-4500** to register.

Convenient Care

Shore Memorial's Outpatient Diagnostic Testing Centers—in Somers Point, Ocean City, Mays Landing and now Egg Harbor Township—provide convenient outpatient testing services to meet your healthcare needs.

Most major insurance plans are accepted at all outpatient facilities. Walk-ins are welcome, but some exams may require an appointment. Call your preferred location beforehand to verify hours and services offered.

Outpatient Diagnostic Testing Center locations:

Somers Point

Shore Memorial Hospital
1 East New York Avenue
Lab studies:

609/653-3577

Diagnostic imaging:

609/926-4SMH

Services provided: Lab studies, X-ray, digital mammography, ultrasound, nuclear medicine, CT scan, interventional radiology and MRI.

Somers Point

649 Shore Road
Corner of Shore Road and New York Avenue

609/653-3620

Services provided: Lab studies, X-ray, digital mammography, bone densitometry (DEXA), ultrasound, EKG, and pre-admission testing.

Mays Landing

Shore Health Park
5401 Harding Hwy
609/625-9580

Services provided: Lab studies.

Ocean City

914 Haven Avenue
609/391-8105

Services provided: Lab studies and X-ray.

Egg Harbor Township

Harbor Village Square
Ocean Heights Avenue and Zion Road

609/927-8069

Services Provided: Lab studies, X-ray and EKG.



A SHOT IN THE ARM



It's that time of the year again when flu shots make the news and are offered at hospitals, your family doctor's office and maybe even at your workplace. But is the vaccination right for you? The Centers for Disease Control recommends it especially for:

- ▶ Children ages 6 months to 5 years
- ▶ Pregnant women
- ▶ People age 50 and older
- ▶ Those who live with or care for a person at high risk of flu

As for the rest? Your call. Anyone who wants to reduce the chances of coming down with the flu can get vaccinated, the CDC advises.



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Your **BEST** Defense

What you must know about colon cancer

Turning 50 has its rites of passage: You can join AARP, and it's time to start screening for colon cancer. The second could save your life.

"This is one of the few cancers where the test can help prevent the disease," says Kenneth Schwab, MD, FACP, division director of gastroenterology at Shore Memorial.

Colon cancer is the second leading cause of cancer death in the United States. If the condition is caught early, nearly all patients survive five years and beyond. But just four in 10 cases are caught at that stage. Despite the fact that the disease may be preventable, only about half of all Americans age 50 and older have been tested.

We asked Dr. Schwab to share his expertise on screening. Here's a summary:

For people with an average risk, what's the best defense?

Screening should begin at age 50, or earlier if patients have symptoms such as abdominal pain, rectal bleeding, changes in bowel habits or even microscopic amounts of blood in the stool. (This last symptom can be checked by a doctor.) Some physicians recommend screenings beginning at age 45 for African-Americans.

The College of Gastroenterology recommends a colonoscopy every 10 years. The American Cancer Society recommends several screening modalities ranging from testing the stool for microscopic amounts of blood to a colonoscopy. The more invasive tests (such as colonoscopies) offer better chances of finding and treating growths (or polyps) before they become cancerous.



The Inside Tract

Screening for colon cancer saves lives. Colon cancer screenings should begin at age 50 or sooner if you are at high risk. The Shore Memorial Cancer Center is the lead agency for the New Jersey Cancer Education and Early Detection (NJ CEED) program in Atlantic County. Through this program, residents with a limited income who do not have insurance coverage for screening tests may be eligible for **FREE** colon cancer screenings. For more information about the screenings provided by the NJ CEED program, call **609/653-3484**, or visit www.shorememorial.org.

How can a colonoscopy help?

It inspects the entire colon and allows on-the-spot removal of growths long before they become cancerous. Removal of precancerous polyps reduces colon cancer risk by 80 percent.

What's involved in a colonoscopy?

You take laxatives in preparation, then for the procedure you are sedated. The doctor, usually a gastroenterologist, inserts a tube attached to a video camera to inspect the colon. Patients usually need to take a day off from work and get a ride home.

Why do some people avoid it?

Because it's invasive, people believe it will be painful. But sedation prevents most discomfort.

Is it risky?

Risks are small. If a growth is removed, bleeding may occur or the colon may be nicked inadvertently. Complication risks are approximately one in 1,000. To further minimize your risk, seek an experienced physician for your colonoscopy. ■

LEARN MORE

Kenneth Schwab, MD, gastroenterologist, will give a **FREE** medical lecture about early detection and the latest in colon cancer screenings on **Wednesday, Sept. 24, at 6:30 p.m.** Registration is required. Call **609/653-3585** to reserve your place.

State of the Heart

Shore Memorial provides easy access to comprehensive cardiac care

By Rebecca Douglas

What's That You Say?

Cardiac care can have a language all its own. Here's a quick overview of common terms:

CREATINE KINASE, OR CK: the most common blood test used to detect damage caused by heart attack. Creatine kinase is an enzyme that increases about six hours after the start of a heart attack and peaks in about 18 hours.

CORONARY ATHEROSCLEROSIS: a buildup of fatty plaque in the arteries that supply the heart muscle with blood.

MYOCARDIAL INFARCTION: medical term for heart attack.

TROPONINS: proteins in the heart muscle that usually increase within four to six hours of a heart attack. Blood tests revealing elevated troponins can indicate minor heart muscle injury not flagged by CK tests.

For more information, visit www.shorememorial.org/cardiac.

Hear disease remains a leading cause of death in the nation, and South Jersey is no exception. Diagnosis, treatment, education and lifestyle changes are at the heart of Shore Memorial's CardioVascular Institute. From routine physicals for beginner joggers to rehab that will make you strong enough to frolic in the ocean with your grandkids again, Shore Memorial Hospital has just what you need.

"Our team approach to coordinated care makes the whole process much easier," notes Valerie DeJoseph, MS, RDMS, RVT, administrative director of Cardiovascular Health and Rehabilitation Services. "You don't have to go to one place for initial testing, then drive across town for other tests or follow-ups. Everything you need to take care of your heart is in one building.

"In addition, all our labs are accredited by professional outside organizations which recognize global standards of excellence in technology, and we hire registered or registry eligible sonographers, technologists and technicians. It's all about providing the best patient care possible."

Early Detection

Convincing Jersey Shore residents to know and take seriously the signs of a heart attack is a professional mission for Christina Kozmor, RN, M.Ed., director of cardiopulmonary rehabilitation and community outreach.

"If you feel discomfort or tightness in your chest and you're nauseous, sweaty or lightheaded, chew (don't swallow) an aspirin and call 911 immediately," Kozmor urges. "You may not feel chest pain—especially if you're diabetic or female."

Kozmor also stresses the importance of calling for an ambulance instead of having a friend or relative drive you to the hospital. "The paramedics can administer oxygen and begin assessing you right away," she explains. "The sooner we begin working, the better."

At the hospital, simple blood tests can detect specific chemicals released by tissue degenerating from lack of oxygen in the heart muscle (see



A patient is airlifted from Shore Memorial's rooftop helipad to Penn Presbyterian Medical Center for emergency cardiac surgery.

sidebar). A painless, three-minute electrocardiogram can confirm or rule out rhythm irregularities. Beta blockers and thrombolytic “clot-buster” medications can also be administered.

Cardiac catheterization is another common element of treatment. “It’s a low-risk, minimally invasive procedure that is the most definitive way to tell what’s going on in the heart,” explains Steven Kornberg, MD, cardiology division director.

During catheterization, a small tube is inserted through the groin or arm to measure oxygen levels and blood pressure within the heart and/or assess its ability to pump. Dye is often injected so narrowing and blockages in the arteries are visible during coronary angiography or arteriography.

Last year, more than 300 cardiac catheterizations and more than 400 other cardiovascular procedures were performed at Shore Memorial.

The Interventional Radiology Suite at Shore’s CardioVascular Institute offers a full spectrum of services, including balloon angioplasty, chemo and fibroid embolization, vascular stent placement and many others.

Powerful Partners

In most cases, heart attack patients are stabilized and monitored for several days at Shore Memorial. Often stress tests are used to determine why a cardiac event occurred. The hospital also offers nuclear medicine and advanced gamma camera testing to further diagnose and manage cardiac stress.

If Shore Memorial’s emergency department physicians determine emergency angioplasty or cardiovascular surgery is needed, one of the nation’s leading cardiac programs is just a helicopter ride away at Penn Presbyterian Medical Center in Philadelphia.

“Saving heart muscle is crucial,” explains David Angelastro, MD, medical director of Shore Memorial’s emergency



Exercise physiologist Mark Zaleskiewicz, MS, FAACVPR, monitors Roy Clare’s blood pressure during a cardiac rehabilitation session.

department. “With just one phone call, the helicopter prepares for takeoff and the emergency team at Penn Presbyterian assembles.”

During the 25-minute ride, a flight nurse and paramedic continue emergency room care and prepare the patient for surgery.

“Once the diagnosis is made, the clock starts ticking,” says John Buckwalter, RN, director of the Penn Heart Rescue Program. “Data have shown that patients who have a coronary artery opened within 90 minutes of arrival have a better survival rate.”

After surgery and treatment at Penn Presbyterian, patients return to Shore Memorial and their local physicians for continued care close to home.

On the Mend

Patients who suffer a heart attack or related conditions often feel they have a new lease on life. Shore Memorial’s Cardiopulmonary Rehabilitation program helps them make the most of it.

“Supervised exercise is an important element, but there’s so much more,” notes Kozmor. “We educate patients about medications and help them modify their risk factors such as weight and smoking.

“Studies are clear about how much rehab helps. We’re hoping it gets added to standard treatment protocols.” ■

Cardiologist Harvey Waxman, MD, center, and staff perform a cardiac catheterization in Shore Memorial’s CardioVascular Institute.



On the Cover

The Road to Recovery

In July 2007, Philip Gaffney, 61, woke up with chest pains and went to Shore Memorial Hospital. After emergency department physicians performed several tests and stabilized Gaffney, he was transferred to Penn Presbyterian Medical Center in Philadelphia for an emergency cardiac catheterization.

The cardiologist at Penn informed Gaffney that although he did have a heart attack, he only lost 3 percent of his heart muscle. After several days, he was able to return home.

Gaffney, a captain with the Somers Point Police Department, was surprised to learn that he had a heart attack. He ate a healthy diet, lived an active lifestyle and exercised regularly.

"I think my case was definitely genetic," Gaffney says.

During a follow up visit with his cardiologist, Gaffney learned about Shore Memorial's Cardiopulmonary Rehabilitation program. He started the 12-week program in August 2007.

"Shore Memorial has a great program. Anyone who doesn't take advantage of going through cardiac rehab after a heart attack is doing themselves a disservice," he says.

Fortunately, Gaffney is back to work and has resumed his usual activities at the gym and on the golf course. Gaffney credits his wife, Victoria, and his faith for getting him through the experience. He's also fully committed to continuing his healthy lifestyle.

"I'm absolutely certain that living a healthy lifestyle before the heart attack made for quicker recovery time. Oatmeal every morning doesn't hurt, either," he says.

The Happiest Heart



Despite advances in treatment, heart disease is still the No. 1 killer of American men and women. Here are the top five steps you can take to keep your heart healthy:

1. Avoid smoking. Cigarette smoking is a major cause of coronary heart disease, according to the American Heart Association (AHA).

2. Exercise regularly. Regular physical activity substantially reduces the risk of coronary heart disease and helps you maintain a healthy weight, according to the Centers for Disease Control.

3. Maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and type 2 diabetes—the very factors that heighten your risk of cardiovascular disease, advises the AHA.

4. Maintain a healthy blood pressure and cholesterol levels. Total cholesterol should be less than 200, LDL less than 100, and HDL 40 or higher. Ideal blood pressure is less than 120/80 mmHg.

5. Eat a healthy diet. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key, according to the AHA.



SELF STUDY

Determine your risk factors for heart disease and identify what personal habits increase your chances of developing heart disease. Take our cardiac risk assessment quiz at www.shorememorial.org/cardiac/cardiac-assessment.cfm.

FIND OUT MORE

Steven Kornberg, MD, cardiologist, will give a **FREE** medical lecture—complete with a question and answer session—about cardiac catheterization and other screenings available for diagnosing heart disease.

Thursday, Sept. 25, 5 p.m. Registration is required.

Call **609/653-4500** to reserve your place.





Boost Your Nutrition Profile

Seven simple steps that make a big difference

At one time or another, you've probably given a friend the advice, "Don't try to change everything at once; do a little at a time." This is especially effective when it comes to nutrition.

Upping the quantity of nutrients in your diet need not

be as difficult as it sounds and can be done with simple steps.

"One of the easiest ways to improve the quality of your diet is to spike entrees or meals with nutrient-dense foods," says Susan Krantz, RD, MA, outpatient dietitian at Shore Memorial Hospital. These are foods that contain high levels

of vitamins, minerals, phytochemicals (plant compounds with disease-fighting qualities), essential fatty acids and fiber.

Try these ideas:

1. Add dried cranberries, bananas or apple slices to peanut butter sandwiches. "It's a great way to get more fruit into your diet," Krantz says.

2. Spread tofu cream cheese mixed with dill and canned wild salmon on a whole-wheat bagel. The disease-fighting compounds in soybeans and the essential fatty acids and protein of salmon boost nutrition and make a good minimeal.

3. Drizzle extra-virgin olive oil on roasted veggies to increase absorption of the veggies' vitamins and minerals, Krantz suggests.

4. Make sure your plate contains half veggies and fruit at both lunch and dinner, and eat them first. This not only helps satiate you so you don't feel the need for second helpings but also ensures that you're getting nutrient-dense foods, Krantz says.

5. Drizzle real maple syrup over roasted carrots or squash. Maple sugar is lower in calories than table sugar and contains a bevy of minerals, vitamins and amino acids, and makes vegetables more palatable to those who otherwise won't eat them.

6. Top sandwiches with roasted vegetables (like lycopene-rich red peppers and grilled onions), cucumber slices, sprouts, grated carrots or olive tapenade, recommends the ADA.

7. Boost the nutritional value of prepared dishes with added ingredients: Add low-fat yogurt to cream soups, milkshakes and puddings. Add ground flaxseeds to banana bread or muffins. Mix quick-blanched and chopped rainbow chard or kale into omelets, quiches, scrambles, pastas, meatloaf, lasagna and soups. ■

Why Nutrition Matters

No matter your age, health or fitness level, the quality of the food you eat can make a big difference in how you feel and function, says Susan Krantz, RD, MA, outpatient dietitian at Shore Memorial Hospital. Here are other benefits:

- ▶ Helps prevent chronic diseases.
- ▶ Improves cognitive function: Phytonutrients and essential fatty acids literally feed the brain.
- ▶ Protects heart health.
- ▶ Prevents premature aging.
- ▶ Makes it easier to maintain appropriate body weight and composition.
- ▶ Improves exercise performance by reducing fatigue and the subsequent risk of injury.
- ▶ Decreases recovery time from strenuous exercise.
- ▶ Provides energy reserves needed during times of stress, illness and intense activity.

RATE YOUR NUTRITION IQ

How much do you really know about maintaining a healthy diet? Test your food knowledge with a quiz at www.shorememorial.org/nutrition. You'll learn about portion sizes, recommended daily servings, nutrient rich foods and more.

Keeping Kids Well

When should you take your youngsters in for screenings and physicals? Our chart clarifies.

WHEN	WHAT	WHY
birth to 2	Regularly scheduled doctor visits at: birth, 2 weeks and 2, 4, 6, 9, 12, 15 and 18 months	Tests for the genetic disorder phenylketonuria (PKU), lead poisoning, hematocrit or hemoglobin levels (to check for anemia), as well as vision and hearing
2 to 6	Annual physical	Height, weight and blood pressure assessments; eye exam for amblyopia ("lazy eye") and strabismus ("wandering eye"), ages 3 to 5; visual and hearing screenings, ages 4 to 6; urinalysis, once ages 5 to 6
7 to 12	Annual physical	Height, weight and blood pressure assessments

FIND A PHYSICIAN

Shore Memorial's free physician referral service can help you find a pediatrician or family practitioner who meets your child's healthcare needs. To find a doctor, call **609/653-4600** or visit www.shoredoctors.com.



BE CHOOSY

Incomparable healthcare means giving you more options.

Be discerning. Be informed. Be choosy. At Shore Memorial, we'll show you how. With a vast network of expert physicians to help. And advanced resources to match. Such as our affiliation with the University of Pennsylvania Health System. And the only CHOP Connection facility in New Jersey. All so you can make better health choices.

At Shore Memorial, we're changing the way healthcare is delivered. So be choosy. You deserve it.

Find a Shore Memorial physician. Call **609-653-4600** or visit www.shoredoctors.com



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Tune In for Good Health

Discover a TV show that's good for your health. This season of *Health Today* features shows on family-centered maternity care, the Penn Heart Rescue™ Program, operating room footage of neurosurgery and more.

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 and Thursday at 9 a.m., noon, 3 p.m., 6 p.m. and 9 p.m.; and Stockton Channel 13 on Thursday at 11 a.m. and 9 p.m. For a complete listing of shows, call **609/653-3670** or visit www.shorememorial.org.



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