

Embracing Health

SHORE MEMORIAL
HOSPITAL

SHOREMEMORIAL.ORG ■ FALL 2011



HEALTH ASSESSMENTS

Assess your health risks with our online tools **2**

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Assess Your Health

Regular doctor visits and annual screenings are essential to good health. But there are other steps you can take. Shore Memorial offers five online health risk assessments that you can take at home to determine your risk for some of life's most common health conditions.



GENERAL HEALTH

Learn how some of your daily habits might be affecting your overall health with this general assessment. By knowing your body, you help ensure you are taking care of yourself the right way.

HEART

Heart disease continues to be the leading cause of death in the United States, but keeping a healthy weight, managing your cholesterol and blood pressure levels and understanding your family history can help you keep your heart in good health.

DIABETES

Diabetes comes with its own set of complications, but it can also lead to heart disease, kidney failure, loss of vision, nerve damage and more. By answering questions about your family history and current activity, you can determine if you are at risk.

STROKE

Strokes occur when blood clots block vessels to the brain. Risk factors range from age and gender to high blood pressure and heart disease. Find out if you are at risk.

ARTHRITIS

No one said getting older is easy, but by understanding the common causes of arthritis, you can help reduce the wear and tear on your joints as you get older.

TRY THIS ARE YOU AT RISK?

Shore Memorial's Health Risk Assessments are available online and take just minutes to complete. Visit shorehealthassessments.com.



Mammograms Matter

Studies show that getting the proper cancer screenings can go a long way in both preventing and treating the disease. As the lead agency for the New Jersey Cancer Education and Early Detection Program (CEED) in Atlantic County, Shore Memorial's Cancer Community Outreach Department arranges free cancer screenings for those who cannot afford them. To see if you qualify, and for more information about the program, call **609/653-3484**.



SHORE MEMORIAL HOSPITAL

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Connect



SURF Get tips on healthy living, sign up for a fitness class or watch a clip from Shore Memorial's "Health Today" TV show at shorehealthtoday.com.



LIKE Keep tabs on the latest news at Shore Memorial, from our Surgical Tower opening to patient stories, at facebook.com/shorememorial.



ASSESS Find out if you're at risk for common health conditions and arrange a one-on-one consultation with our healthcare professionals at shorehealthassessments.com.



Get Help for a Healthy Diet

Shore Memorial Nutrition Counseling

Good nutrition is important, but sometimes it takes a little help to get your diet on the right track.

That's why Shore Memorial is now providing outpatient nutrition counseling to members of our community. By working with one of our registered dietitians, you can come up with a nutrition plan tailored to fit your personal health needs.

Counseling sessions will be held Fridays by appointment at Shore Memorial's Outpatient Testing Center, located at the corner of New York Avenue and Shore Road in Somers Point. A physician referral is required and most insurance plans are accepted.

SCHEDULE AN APPOINTMENT TODAY!



For more information or to schedule an appointment with one of our nutrition counselors, call 609/653-4600, prompt 1.

A Healthy Meal from Shore Memorial



Pepper-Grilled Steak

with Rice and Southwest Vegetables

Steak doesn't have to be a diet-busting food, especially when you choose lean cuts, like sirloin. Red meat comes packed with iron and zinc, which can boost your energy and your immune system.

INGREDIENTS

- | | |
|---|---|
| 1 (8-oz.) sirloin top steak (about 1- to 1½-inch thick) | 1 (15-oz.) can no-salt-added kidney beans, drained and rinsed |
| 1 garlic clove, smashed | 2 c. chopped bell peppers (red, green or yellow, or combo) |
| ¼ tsp. coarsely ground pepper | 2 Tbsp. beef broth |
| 1 tsp. canola oil, optional | 1 Tbsp. red wine vinegar |
| 1 c. cooked brown rice | 1 Tbsp. olive oil |
| 1 c. cooked frozen corn kernels | 1 tsp. Dijon mustard |
| | ¼ tsp. salt |
| | ⅛ tsp. pepper |

DIRECTIONS

- 1 Rub steak on both sides with garlic. Press ground pepper into steak, half on each side. Brush canola oil on stove-top grill pan (or use seasoned cast-iron skillet and skip the oil).
- 2 Place pan on medium-high heat. Cook steak in skillet for 7 to 8 minutes per side or until medium-rare. Remove steak from heat. Set aside for 10 minutes for beef to firm up. Slice ¼-inch thick across the grain into bite-size strips. Combine brown rice, corn, beans and bell peppers in large bowl. Add beef strips.
- 3 In small bowl, combine beef broth, vinegar, olive oil, mustard, salt and pepper. Stir well. Pour over steak and vegetables, and toss gently.

Note: If desired, stir-fry beef strips using as little oil as possible instead of pan grilling.

Makes 4 (1½-cup) servings.

Nutrition information per serving: 305 calories; 7 g total fat; 21.5 g protein; 39 g carbohydrates; 37.5 mg cholesterol; 208 mg sodium; and 4.5 g dietary fiber.



We're putting our best face forward!

Thank you for voting Shore Hospital a Best of the Atlantic City Press Reader's Choice Award Winner.

Shore Memorial Hospital remains steadfast in its commitment to provide the finest care and medical services for your community. In July we debuted the family-friendly Pediatric Care Center, the first of its kind in New Jersey. In September our \$125 Million Surgical Pavilion and Campus Expansion opens its doors and will feature an ultra contemporary facility, accommodating the most sophisticated technology available in a warm and welcoming environment. At Shore, we believe you deserve the best!



SHORE MEMORIAL
HOSPITAL



Shore's Going Green. You Can Too!

To get your free eco-friendly tote bag please visit us online at ShoreMemorial.org/tote

Shore, keeping you and the environment healthy.

Wellness Programs & Events



FALL 2011

→ FITNESS PROGRAMS

To register, go to ShoreHealthToday.com or call 609/653-4600. Press option 3, then 1.

Zumba

Zumba is a dance-fitness class that incorporates Latin and international music and dance movements. It creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers and those who have previously hesitated to participate in group classes. Wear comfortable clothing and sneakers, and bring a water bottle. *This is a six-week series.*

Mondays, Sept. 19 to Oct. 24
5 to 6 p.m.
6:15 to 7:15 p.m.
\$45

Yin Yoga

This is a passive practice of supported postures with focus on gently stretching connective tissue to increase mobility and flexibility. Each posture is sustained for 3 to 5 minutes. Yin yoga is believed to be a practice similar to acupuncture but without the needles, as the postures work meridian points in the body. Wear comfortable clothing, and bring a water bottle, a yoga mat and two yoga blocks. *This is a six-week series.*

Thursdays, Sept. 22
to Oct. 27
5 to 6 p.m.
\$45



Yoga for All Levels

Balance mind and body through the practice of postures, breath awareness and control, and meditation. Posture options will be offered to accommodate different needs. Wear comfortable clothing, and bring a water bottle, a yoga mat and two yoga blocks. *This is a six-week series.*

Thursdays, Sept. 22
to Oct. 27
6:15 to 7:15 p.m.
\$45

Breathe Dance

We'll teach you how to stretch and breathe properly before moving and dancing to various songs. Warm up with some T'ai Chi moves, then dance the hour away. From Broadway to Michael Jackson, we'll dance to different types of music each week. Wear comfortable

clothes and shoes, and bring a water bottle. *This is a six-week series.*

Wednesdays, Oct. 12
to Nov. 16
6 to 7 p.m.
\$45

Line Dancing

Our line dance classes are not just "Country" anymore! We play great music of genres such as Pop, Soul, Country, Hip Hop, Blues, Funky, Latin and more. No partner is needed. Wear comfortable clothes and shoes, and bring a water bottle. *This is a six-week series.*

Mondays, Nov. 7 to Dec. 12
5:15 to 6:15 p.m.
\$45

→ PREVENTIVE SCREENINGS

FREE Blood Pressure Screenings

Shore Memorial Hospital
Outpatient Center,
Somers Point.
Call 609/653-4500.
Fridays, 11 a.m. to 1 p.m.

Shore Memorial Thrift Shop,
Somers Point.
Call 609/653-8374.
Second Wednesday of every
month, 11 a.m. to 1 p.m.

Egg Harbor Township
Community Center.
Call 609/272-8179.
First and third Monday
of every month,
9:30 to 10:30 a.m.

Vascular Health Screening

Fast, painless screenings are available to check for life-threatening cardiovascular conditions such as heart disease and stroke. Call **609/927-8069** to schedule an appointment. **Thursdays, Oct. 6 and Dec. 1 \$49**

FREE Screenings for Breast, Cervical, Colon and Prostate Cancers

As lead agency for the New Jersey Cancer Education and Early Detection Program in Atlantic County, Shore Memorial's Cancer Community Outreach Department will arrange free cancer screenings for people who meet the program's eligibility requirements. To qualify, you must be age appropriate, uninsured or underinsured, and have a limited income. For more information, call **609/653-3484**.

→ EDUCATIONAL PROGRAMS

Prostate Health: Come and Get the Facts

Know your score! Take charge of your health by learning about prostate changes and when to begin screening for prostate cancer. Join Barry S. Kimmel, MD, to get an overview of prostate health, screening recommendations and treatment options. Both men and women are encouraged to attend. To register, go to **ShoreHealthToday.com** or call **609/653-4600**. **Press option 3, then 1. Wednesday, Sept. 21 6 to 7:30 p.m. FREE**

Breast Cancer: There's More to Know

Learn something new this year during breast cancer awareness month. Julianne W. Childs, DO, will discuss breast cancer, including specific types such as inflammatory and triple negative breast cancers. Take the time and join us for this informative presentation. To register, go to **ShoreHealthToday.com** or

call **609/653-4600**. **Press option 3, then 1. Thursday, Oct. 6 6 to 7:30 p.m. FREE**

Nutrition Counseling

Good nutrition is important, but sometimes it takes a little help to get your diet on the right track. Shore Memorial registered dietitians can help come up with a nutrition plan tailored to fit your personal health needs. A physician referral is required and most insurance plans are accepted. To make an appointment, call **609/653-4600**. **Press option 1. Every Friday**

Diabetes Self Management Education

Patients will gain knowledge and skills to help them manage diabetes. A physician referral is required and most insurance plans are accepted. A pre- and post-personalized assessment is included, in addition to a four-week education series. To make an appointment, call **609/653-4600**. **Press option 1. Tuesdays, Sept. 20 to Oct. 11 2 to 4 p.m. and 6 to 8 p.m.**

Teen Diabetes Support Group

Meet other local people who have been diagnosed with diabetes. Gather for support and make new friends with those who can relate. Ages 12–19 and parents/guardians are welcome. For more information, call **609/653-3489**. **Press option 1. FREE**

Balance Disorders: Diagnosis and Treatment Options

Learn more about balance disorders, such as vertigo and dizziness, and methods of treatment from specialty trained physical therapists and Balance Care Center staff. With proper diagnosis and treatment, patients are able to gain confidence and get back on their feet. No appointment needed. For more information, call **609/653-3512**.

9 a.m. to 12 p.m.

Tuesday, Sept. 13: Shore Memorial Outpatient Center, Egg Harbor Township

Tuesday, Nov. 15: Shore Memorial Outpatient Center, Ocean City

Sleep Disorders: Diagnosis and Treatment Options

Most people who have a sleep disorder don't even know it. Learn how you can be diagnosed and treated for your sleep issues. No appointment needed. For more information, call **609/653-3512**.

9 a.m. to 12 p.m. Tuesday, Oct. 11: Shore Memorial Outpatient Center, Egg Harbor Township

Tuesday, Dec. 13: Shore Memorial Outpatient Center, Ocean City

Protect Your Back and Joints While Shoveling Snow

Snow shoveling can contribute to a host of injuries to the back, knees and hips. Learn some tips from a physical therapist to avoid pain and injury this winter. No appointment needed. For more information, call **609/653-3512**.

9 a.m. to 12 p.m. Tuesday, Dec. 13: Shore Memorial Outpatient Center, Ocean City

Medical Explorers

For high school students interested in medical careers. Must be 14 years old and at least a freshman. Call **609/653-3724** for more information.

First and third Wednesday of every month, 6:30 to 8 p.m.

Surgical Education Programs

The Joint Replacement and Spine Surgery education programs provide a comprehensive educational opportunity to visit with some of the disciplines that will be involved in your care at Shore Memorial. You will meet with

nurses, physical therapists, social workers and discharge planners. These sessions are designed to allow you to be knowledgeable about each phase of your surgery and recovery.

Neck and Spine Surgery Education

To schedule an appointment, call **609/653-3512**. **Second and fourth Thursday of every month, 4 to 5 p.m. FREE**

Joint Replacement Education

To schedule an appointment, call **609/653-4600**. **Press option 4. First and third Monday of every month, 10 to 11:30 a.m. FREE**

Living at the Shore with Lymphedema

Join Jennifer Brooks, PT, for educational sessions on lymphedema management. For more information or to register, call **609/653-3512**. **Thursdays, Oct. 13 and Dec. 8 7 p.m. FREE**

Tobacco Treatment

Shore Memorial Hospital's Tobacco Prevention and Treatment Program offers counseling with trained tobacco dependence treatment specialists. You will receive individualized planning sessions focused on tips, strategies, replacement therapies and relapse prevention. For more information, call **609/653-3440**.

Foot Reflexology

Foot reflexology helps reduce stress and promote healing. Betty Burke, RN, certified reflexologist, conducts these sessions. To schedule an appointment, call **609/653-3585**. **Fourth Wednesday of every month 9 a.m., 10 a.m., 11 a.m., 1 p.m., 3 p.m. \$40 per session**

FREE Physician Referrals

Shore Memorial's FREE Physician Referral Service is available 24 hours a day, seven days a week. To find a doctor, call **609/653-4600**, or visit **ShoreDoctors.com**.

→ FAMILY LIFE SERVICES

To register for any of the classes below, call **609/653-3238**.

Preparation for Childbirth and Early Parenting Series

This series will help prepare couples for the birth of their baby and the early parenting experience. Practice sessions on relaxation, breathing, conditioning exercises and other coping techniques for labor are combined with discussion of the labor and birth process and possible medical interventions. Care and characteristics of the newborn and a session on breastfeeding and nurturing are included, along with a tour of the Maternity Care Center.

Thursdays, Oct. 6 to Nov. 10

Wednesdays, Nov. 2 to Dec. 14

7 to 9 p.m.
\$100 per couple

Preparation for Childbirth

A single session for those couples who would like to focus solely on the labor and birth. Registrants are invited to participate in a breastfeeding class at no additional charge.

Saturday, Oct. 15

9 a.m. to 4 p.m.
\$100 per couple

Nursing Your Baby

Bring your partner or another support person and learn the benefits of breastfeeding and how to do it properly. This class is included in the Preparation for Childbirth and Early Parenting series.

Wednesday, Sept. 21

Monday, Nov. 3

Monday, Dec. 7

7 to 9 p.m.
\$20 per family

Mom to Mom

Gather with other moms to socialize, network and support one another while making lasting friendships. This group is facilitated by a social worker and a registered nurse.

Every Monday

1 to 2 p.m.

Jenkins Room

Refreshments served

FREE

→ AUXILIARY

The Auxiliary of Shore Memorial is a forum for interacting socially, meeting new friends and networking. Members have the opportunity to participate in and contribute to a wide range of events and activities. The Auxiliary welcomes all who have a desire to make a difference for the future of Shore Memorial

Hospital. To become a member, please fill out the membership application below. For more information, call **609/653-4646**.

Upcoming Auxiliary Fundraisers

Fall: Wine Tasting. Call for more information.

Sept. 20: Thrift Shop Fashion Show and Luncheon, Great Bay Country Club

Dec. 4: Tree of Lights, Shore Memorial Hospital Lobby

Auxiliary Thrift Shop Locations

Somers Point Shopping Plaza
275 New Road, Somers Point
609/653-8374

South Shore Plaza

232 S. Shore Road, Marmora
609/390-0913

Harbor Village Square*

Ocean Heights Avenue and Zion Road, Egg Harbor Township
609/601-2710

*Clearance outlet: Everything is \$1.



START MAKING A DIFFERENCE IN LIFE. JOIN THE AUXILIARY TODAY!

Membership Application



Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Email address: _____

Home phone: _____ Work phone: _____

Cellphone: _____

Please check your membership level:

- Active \$20 Annual Dues Sustaining \$30 Annual Dues
 Active Lifetime \$200 One-time Dues Sustaining Lifetime \$250 One-time Dues

I am interested in working on the following activities:

- Fashion Shows Golf Tournaments Gift Shop Member Recruitment
 Thrift Shops Vendor Sales Mailings Community Events

Charge my membership dues to: MasterCard Visa

Card number _____ Exp. date _____

Name on card _____

Signature _____ Date _____

\$_____ Check amount

Make check payable to Shore Memorial Auxiliary. **MAIL TO:** Shore Memorial Hospital
Attn: Auxiliary
1 East New York Ave.
Somers Point, NJ 08244

→ CANCER RECOVERY AND SUPPORTIVE SERVICES

A New Beginning

Transitioning from the role of the patient to the role of the cancer survivor can be a time of confusion, anxiety and uncertainty. The survivorship series, "A New Beginning," will help people through the transition, giving the necessary support and education. To register, call **609/653-3585**.

Third Tuesday of every month

Sept. 20: Your Cancer Treatment Is Over—Now What?

Oct. 18: Communication with Your Healthcare Team

Nov. 15: Late Effects of Cancer Treatment

7 p.m.
FREE

American Cancer Society's "Look Good ... Feel Better"

Enhance your appearance by learning to use makeup techniques, turbans and scarves. By appointment only. Call your local ACS at **800/ACS-2345**.

FREE



Live, Laugh, Love Boutique

For patients undergoing cancer treatment, the boutique is a calming place to be fitted for a wig or to select a specially designed hat or scarf. To schedule a wig fitting, call **609/653-3585**.

Monday to Friday
10 a.m. to 2 p.m.

Breast Health Navigation Program

If you are having any breast procedures or have concerns about your breast health, call our certified breast care nurse at **609/653-3772**.

Penn Lung Center at Shore Memorial

The Penn Lung Center at Shore Memorial provides lung cancer patients access to a multidisciplinary team of specialists from the University of Pennsylvania Health System and Shore Memorial. For more information, call **609/653-3222** or toll free at **888/428-LUNG (5864)**.

Gilda's Club South Jersey

For FREE cancer support for the whole family, call Gilda's Club for a calendar of monthly activities at **609/926-2699**.

Breast Cancer: There's More to Know

Learn something new this year during breast cancer awareness month. Julianne W. Childs, DO, will discuss breast cancer, including specific types such as inflammatory and triple negative breast cancers. Take the time and join us for this informative presentation. To register, go to **ShoreHealthToday.com** or call **609/653-4600**. **Press option 3, then 1.** **Thursday, Oct. 6** **6 to 7:30 p.m.** **FREE**



FIND US ON FACEBOOK AND YOUTUBE!

Want to keep up on the latest news and upcoming events at Shore Memorial? Follow us on Facebook. **facebook.com/shorememorial**

Go inside Shore Memorial's operating room, get health advice from some of the top physicians and hospital staff, and get healthy cooking tips from local chefs. Visit us on YouTube. **youtube.com/user/shorememorial**





From left, Janice Piccirilli, Shore Memorial Wound Care Center technician; Athanasios Papastamelos, DO, FACP, Shore Memorial infectious disease physician; Christa Sawyer, Wound Care Center program director; and Shore Memorial patient Stephen Klein

‘Diving’ into a Successful Recovery

Shore’s Wound Care and Hyperbaric Medicine Center helps patient recover from hard-to-heal wound

Stephen Klein’s battle with injury began in December 2009 when he shattered his collarbone into 12 pieces during a bicycle accident.

The injury required multiple surgeries, but things grew worse when Klein developed a bone marrow infection, resulting in a hole in his collarbone.

The wound and the resulting infection led Klein’s attending infectious disease physician, Athanasios Papastamelos, DO, FACP, to refer his patient to Shore Memorial Hospital’s new Wound Care and Hyperbaric Medicine Center.

Enhancing the Natural Healing Process

He didn’t know it then, but Klein would soon have the distinction of becoming the first patient to “graduate” from this innovative outpatient service.

“I didn’t know I was the first patient originally, but it was kind of cool when I came in and everyone was excited,” says Klein, a retired Atlantic City firefighter.

Shore Memorial’s Wound Care Center opened in early 2011. The program uses hyperbaric oxygen therapy (HBOT), a

noninvasive, painless treatment that enhances the body’s natural healing process, resulting in more rapid and complete recovery for patients.

“This sort of treatment cannot be duplicated with topical oxygen treatments, and has been extremely successful in treating chronic wounds that previously resisted healing,” says Christa Sawyer, program director for the Wound Care Center.

Klein’s treatments—commonly known as “dives”—involved lying in one of the center’s Sechrist hyperbaric chambers for two hours a day, Monday through Friday, for six weeks.

While it was a strange sensation lying in the tube initially, Klein says it was something he soon became used to.

“There was really nothing to be afraid

of,” Klein says. “You just lay there and watch TV for two hours.”

The simple treatment proved to be very successful for Klein’s injuries.

Our Patients Are Our Priority

“With this new HBOT modality, Mr. Klein accelerated and improved his outcome and quality of life,” Dr. Papastamelos says. “He had no further signs of infection and his blood tests were normal at the end of his treatments.”

Shore Memorial is currently “diving” up to eight patients per day and is continuing to see success with its treatments.

“Our unit has become a family in which we have developed relations with our patients,” Sawyer says. “Our priority is that patients know we are always available for them.” •

DO YOU HAVE A WOUND THAT WON’T HEAL?

Learn more about the Shore Memorial Hospital Wound Care and Hyperbaric Medicine Center. Call **609/653-4526** to speak to a member of our staff about the treatments available.



Treating Children with Specialized Care

Shore Memorial
opens innovative
Pediatric Care Center



The Pediatric Care Center offers inpatient and emergency pediatric care in a child-friendly setting.

A fever that suddenly jumps from mild to burning. A sprain that reveals itself to be a broken bone. An allergic reaction gone out of control.

When it comes to your child needing emergency care, having the best treatment available, delivered as quickly and efficiently as possible, is paramount.

This is where the Shore Memorial Hospital Pediatric Care Center comes in, which officially opened its doors in July. The hospital's newest Center of Excellence is designed specifically to provide both inpatient and emergency pediatric care in an innovative and efficient child-friendly setting.

INDIVIDUALIZED CARE FOR YOUR CHILD

We provide a family-centered approach to pediatric care under the direction of your child's pediatrician. For more information, visit ShorePediatricCare.com or call 609/653-4600.



First of Its Kind in New Jersey

"Hospital experiences are frightening for everyone, but particularly children," says Jody Brady, RNC, clinical supervisor of the Pediatric Care Center at Shore Memorial. "Scary medical equipment, painful procedures and many unfamiliar faces talking about things they don't understand can be very frightening for children. In the Pediatric Care Center, the specially trained staff is aware and sensitive to the special attention and extra time children need during this stressful time."

Shore Memorial's Pediatric Care Center is the first of its kind in the state of New Jersey. Located adjacent to the hospital's Emergency Department, the Pediatric Care Center includes a flexible mix of pediatric emergency bays, pediatric inpatient rooms and clinical support areas. Parents have the peace of mind that their child has access to the full resources of Shore Memorial's skilled staff of physicians and healthcare professionals as well as The Children's Hospital of Philadelphia (CHOP) pediatricians.

Meanwhile, their children are able to receive advanced care in a reassuring setting separate from the main Emergency Department. The Pediatric Care Center also includes a playroom and family support room designed to make both children and their parents more comfortable during their stay.

"The goal of the Pediatric Care Center is to provide specialized care to the pediatric population that is family centered and also to promote a positive healthcare experience for both the patient and family," Brady says.

Capable, Caring Hands

Parents can rest assured that their little ones are in capable hands no matter the emergency. The Pediatric Care Center is staffed by highly skilled, specially trained nurses specializing in the treatment of



pediatric emergencies. Our team of emergency physicians works in tandem with physicians from CHOP who are on-site at Shore Memorial 24 hours a day, seven days a week. Together these expert teams of physicians are able to come up with the best treatment for each patient.

Children who need to stay in the hospital a little bit longer are admitted to the Pediatric Care Center's state-of-the-art inpatient unit, where they are cared for by a team of highly trained and experienced pediatricians and pediatric nurses.

The project was made possible in part through the generous support of the community, including the Shore Memorial Health Foundation's Leaders Alliance, which raised \$140,000 toward the \$2.6 million project.

"For reasons such as the fact that Shore Memorial's Pediatric Care Center has CHOP pediatricians on-site 24/7, a state-of-the-art pediatric unit, board-certified Emergency Department physicians, and highly skilled, specially trained pediatric emergency nurses, make us stand out from the rest," Brady says. •

Free Physician Referral
Shore Memorial's FREE Physician Referral Service is available 24/7. Call 609/653-4600 or visit ShoreDoctors.com.


SHORE MEMORIAL HOSPITAL
1 East New York Ave.
Somers Point NJ 08244

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South Jersey's Surgical Destination

Find out how Shore Memorial is becoming one of the leading surgical providers in the region

Shore Memorial Hospital took its first steps to becoming South Jersey's surgical destination with the recent opening of its new 135,000-square-foot Surgical Pavilion.

This \$125 million expansion houses all of Shore Memorial's surgical services—including 12 new state-of-the-art operating suites. These suites—in addition to the new recovery and pre-admission areas—are designed to not only accommodate current surgical procedures but also those that will evolve in the years to come.

Looking to the Future

"This Pavilion is one of the most exciting innovations we have made in our 70-year history," says Ron Johnson, president and CEO of Shore Memorial. "Combined with our growing partnerships with some of our region's most skilled surgeons and healthcare professionals, it will position Shore Memorial as the leading surgical provider in the region."

Shore Memorial is the region's leading spine surgery provider, and holds the Joint Commission Gold Seal of Approval for its lumbar and cervical spine surgery programs.

All of the Pavilion's operating suites include vital surgical instrumentation located in the ceilings for easier access and higher efficiency, as well as flat-screen technology for enhanced visualization and information sharing during surgery.



One of Shore Memorial's state-of-the-art operating suites with surgical instrumentation located in the ceilings.



Shore Memorial's Surgical Pavilion includes state-of-the-art operating suites and new recovery and pre-admission areas.

The new Pavilion is also home to Shore Memorial's CardioVascular Institute as well as endoscopy services and the hospital's IV therapy program.

Thank You for Your Support

The opening of the Pavilion marks the end of the Shore Tomorrow Campaign, a multi-year effort begun in 2008 by the Shore Memorial Health Foundation to raise \$20 million for the expansion project. Donations from the community, local businesses, and members of the various hospital boards, medical staff and administration enabled Shore Memorial to meet this goal and make the Surgical Pavilion a reality.

"We have always been fortunate in the support we receive from our community, and this campaign was no exception," says Bill Elliott, executive director of the Shore Memorial Health Foundation. "Our donors recognized the benefits of helping Shore Memorial to become a surgical center of

excellence for South Jersey and worked hand-in-hand with us to see this project through to the end." •

ADVANCED CARE CLOSE TO HOME



For more information about Shore Memorial's Surgical Pavilion, visit shorememorial.org.