

HEALTH U



Hackensack
Meridian Health

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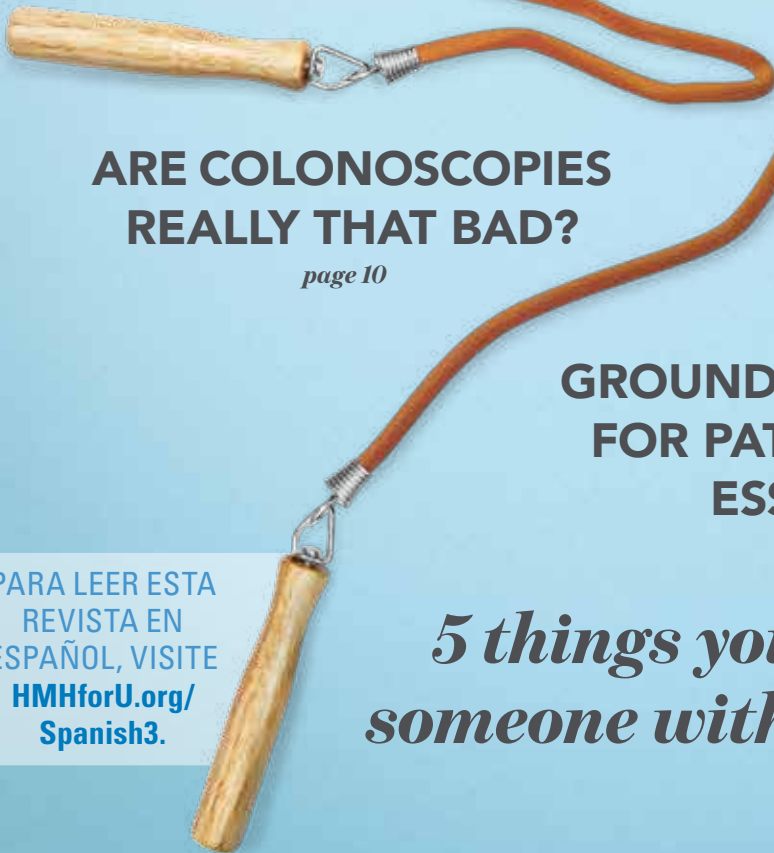
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 Hackensack Meridian Health Theatre
at the Count Basie Center for the Arts

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October is Breast Cancer Awareness Month! Gain tips to prepare for your next mammogram at [HMHforU.org/MammoPrep](https://www.hmhforu.org/MammoPrep).



Learn when you should take your child to the doctor for a headache at [HMHforU.org/KidsHeadache](https://www.hmhforu.org/KidsHeadache).



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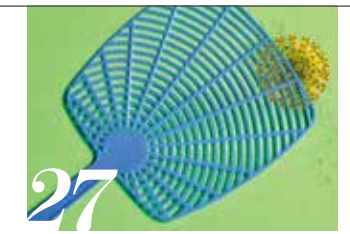
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HealthU is a 2021 APEX Award winner and a 2021 Content Marketing Awards finalist



Visit [HMHforU.org](https://www.hmhforu.org) for these and other great health care stories.

BetterU

quick tips to help you live your healthiest life

A New U

This fall has provided us all with a unique opportunity to thoughtfully look back and reflect, and simultaneously look forward to better tomorrows.

In September, we commemorated the 20th anniversary of the horrific 9/11 attacks on our country. It was a time to remember those lives lost and celebrate the countless heroes who emerged that day. But it was also a time to recommit to caring for one another and finding unity where divisions are seen.

In the spirit of striving to keep getting better, we've embarked on a redesign of HealthU. When we launched the magazine in spring 2019, our goal was to provide you with the resources needed to make informed decisions about your health and well-being. While that remains our goal, we turned to a panel of readers and website data to better understand what information you want and how you prefer to receive it. The consensus was clear: more emphasis on trending health topics, and tips and educational stories featuring our doctors' advice.

Here is some of what we heard:

"It would be beneficial to get factual information. There's a lot of information on the internet that appears factual but may be more of an advertisement."

"I am more interested in learning how to better take care of myself and family."

We are listening. Starting with this issue of HealthU, we're changing the content we deliver to you. You'll find:

- ▶ A new "What's Trending?" section covering some of the most commonly asked health questions
- ▶ More tips and educational articles featuring doctors' advice
- ▶ A stronger focus on new and innovative technologies and research in health care

We hope HealthU continues to inspire your journey toward healthier living. We remain here for you every step of that journey. It's still all about the power of U. 🌟



Eli Manning and Bob Garrett had an opportunity to thank three of our EMS first responders, Debbie Quintana, Mike Welsh and Sean Reilly, who put their lives on the line 20 years ago during 9/11. We are honored to call you team members and so glad you were able to be a part of the New York Giants flag ceremony commemorating 9/11.

Five Top-ranked Hospitals in the State

We are honored that *U.S. News & World Report* has ranked five Hackensack Meridian Health hospitals among the best in New Jersey: Hackensack University Medical Center (ranked #1 in New Jersey), Jersey Shore University Medical Center, Riverview Medical Center, JFK Johnson Rehabilitation Institute and Joseph M. Sanzari Children's Hospital. Hackensack Meridian Health now has more ranked hospitals than anyone in the state. Learn more at [HMHforU.org/USNews](https://www.hmhforu.org/USNews).

Robert C. Garrett, FACHE, CEO
Hackensack Meridian Health



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How to Ease Back Into a Workout

If more than a year at home has thrown off your exercise routine, here are tips to help you ease back into working out.

Start Slow

Don't feel pressured to exercise at the same level and intensity as before. If it's been a while since you last worked out, take it easy and start off slow. Gradually increase the weights that you use or number of reps for each workout. After a few weeks of consistency, you'll see improvement in your endurance and stamina.

Be Realistic

Set realistic fitness goals for yourself. Setting your expectations too high can lead to frustration if you are unable to meet them. Be sure you are considering that your body needs time to adjust to being active again.

Find a Place Where You're Comfortable

Find a gym that feels safe and comfortable. Wear your mask, continue to socially distance and sanitize any surface you touch. If you are still wary of going back to the gym, find workouts online that you can do from the comfort of your home. If home workouts aren't your thing, try working out in your yard or at a park.

Listen to Your Body

Don't push yourself past your limit or ignore when your body is telling you it needs rest. If you become breathless or your body is aching, take a break. Make sure you are stretching before and after workouts.

Track Your Progress

Use your cell phone, smart-watch or fitness tracking ring to track your steps, heart rate and distance. Being able to see a visual of your gradual progress can keep you motivated.

Ease in if Recovering From COVID-19

Returning to exercise after recovering from COVID-19 can be an especially slow process. It's important to watch for symptoms such as chest pain or heart palpitations, and stop immediately if you experience these. You likely will need to gradually get back into exercise and build up intensity over time. If you are experiencing long-term symptoms of COVID-19, our COVID Recovery Center can help: [HMHforU.org/COVIDRecovery](https://www.hmhforu.org/COVIDRecovery).

Go Online

Find more tips for staying healthy through exercise at [HMHforU.org/Exercise](https://www.hmhforu.org/Exercise).

5 Things You Should Never Say to Someone With Depression or Anxiety

If a loved one opens up about their mental health, here is how you can ensure you provide comfort and reassurance.

It can be difficult knowing what to say to a loved one who's been diagnosed with depression or anxiety. While you may have good intentions, sometimes the things we say can intensify the negative feelings someone else is experiencing. It's important to know how to effectively support the people in our lives who struggle with their mental health.

Arunesh Mishra, M.D., a psychiatrist based in Perth Amboy, New Jersey, provides five things to avoid saying if a loved one opens up to you about their mental health.

1 *"It could always be worse/other people have it worse."*
This can make the person feel guilty for being depressed or anxious when it is not their fault. Also, this dismissal of their feelings may make them feel like they shouldn't open up to anyone again. Instead: "I'm so sorry this is happening."

2 *"I know/understand how you feel. I was so depressed when [something trivial]."*
You don't have to understand what someone is going through to be there for them. Instead: "I'm really sorry you're going through this. I'm here for you whenever you need me."

3 *"Everything will be OK. Think happy thoughts."*
"Don't try to overload the person with positivity. It's much better to empathize with them and let them know the way they feel matters to you. Instead: "You are important to me. Would you like to talk about your feelings?"

4 *"Have you tried meditating/yoga/journaling?"*
While these wellness practices may be helpful to some people, they might not work for everyone. Unsolicited advice isn't always beneficial if you are not a trained mental health professional. Instead: "What can I do to help you?"

5 *"Why aren't you in therapy/on medication?"*
Seeking professional help is a decision that someone should make on their own. Being asked a question like this may make the person experiencing depression or anxiety feel shame or as if they are being judged for not doing so. A better way to approach would be letting the person know that you are concerned about them. If they say they are ready to seek professional help, you can support them in finding a good mental health professional. Instead: "I've noticed you seem very anxious/sad lately. I'm concerned about you."

If you are experiencing feelings of depression or anxiety, find a mental health provider near you: [HMHforU.org/FindADoc](https://www.hmhforu.org/FindADoc).



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Is a Plant-based Diet Right for You?

A plant-based diet could help you boost your immune system and reduce your risk of certain health conditions, such as heart disease.

Plant-based diets are becoming increasingly popular. But what exactly are these diets, and why might they be right for you?

What Are Plant-based Diets?

"Plant-based diet" is an umbrella term under which many diets (the Mediterranean diet, for example) may fall. A plant-based diet can be similar to a vegetarian or vegan diet, but it is not exactly the same. Those who follow strict vegan diets abstain from consuming all animal products, while vegetarians may still consume foods like eggs, milk and honey. To have a plant-based diet doesn't mean you never eat meat. Rather, you are choosing to make plant sources the central part of your meals.

Benefits of a Plant-based Diet

There are many health benefits to following a plant-based diet. Expanding the amount of plant protein in your diet can support your immune system, reduce inflammation and increase your fiber intake. Research suggests that plant-based diets may also reduce risk for certain cancers and chronic diseases. "Those who follow a plant-based diet can lower their risk of certain health conditions such as heart disease and type 2 diabetes," says AnnMarie McDade, MS, RD, CDCES, Registered Dietitian/Certified Diabetes Care and Education Specialist at the Endocrinology Center of Old Bridge. "It is also a way to reduce calorie intake and could potentially lead to weight loss."

What to Include in a Plant-based Diet

Since plant-based diets are such a broad category, they can vary greatly from person to person. Most people who follow plant-based diets eat a lot of fruits, vegetables, nuts, whole grains, seeds, beans and lentils. Some who follow a plant-based diet choose to limit or avoid consuming foods like meat, seafood, dairy, sweets and refined grains, such as white pasta and white rice. Others may choose to eat meat and sweets every now and then. It all depends on the individual, but the emphasis of a plant-based diet is on using fresh, whole ingredients while reducing your intake of processed foods.

Learn about nutritional counseling at Hackensack Meridian Health at [HMHforU.org/NutritionCounseling](https://www.hmhforu.org/NutritionCounseling).



Butter Bean Burgers

Serves 6

- Ingredients**
- 1 15-ounce can butter beans, drained and rinsed
 - ½ cup red onion, finely chopped
 - ½ cup carrot, grated and finely chopped
 - ¼ cup celery, finely chopped
 - 1 egg, beaten
 - ¼ cup fresh cilantro, roughly chopped
 - 1 garlic clove, minced
 - ½ teaspoon dried oregano
 - 1 teaspoon ground cumin
 - ¼ teaspoon salt
 - ¼ teaspoon pepper
 - ¾ cup cooked brown rice, cooled
 - 6–12 large butter lettuce leaves
 - 2 tablespoons extra-virgin olive oil

- Steps**
- 1 In a medium bowl, coarsely mash drained beans with a fork or potato masher.
 - 2 Add the remaining ingredients with brown rice. Mix well.
 - 3 Shape into 6½-inch-thick patties. Refrigerate for at least 30 minutes.
 - 4 Heat oil in a large skillet over medium heat. Add patties to skillet, and cook for 10–12 minutes or until heated through, turning patties once halfway through cooking.
 - 5 Place in lettuce leaf. Top with thinly sliced red onions, cilantro and tomatoes.

Nutritional Information

Per patty: 145 calories, 6g protein, 18g carbohydrate (4g fiber), 6g fat (1g sat, 5g mono/poly fat), 230mg sodium

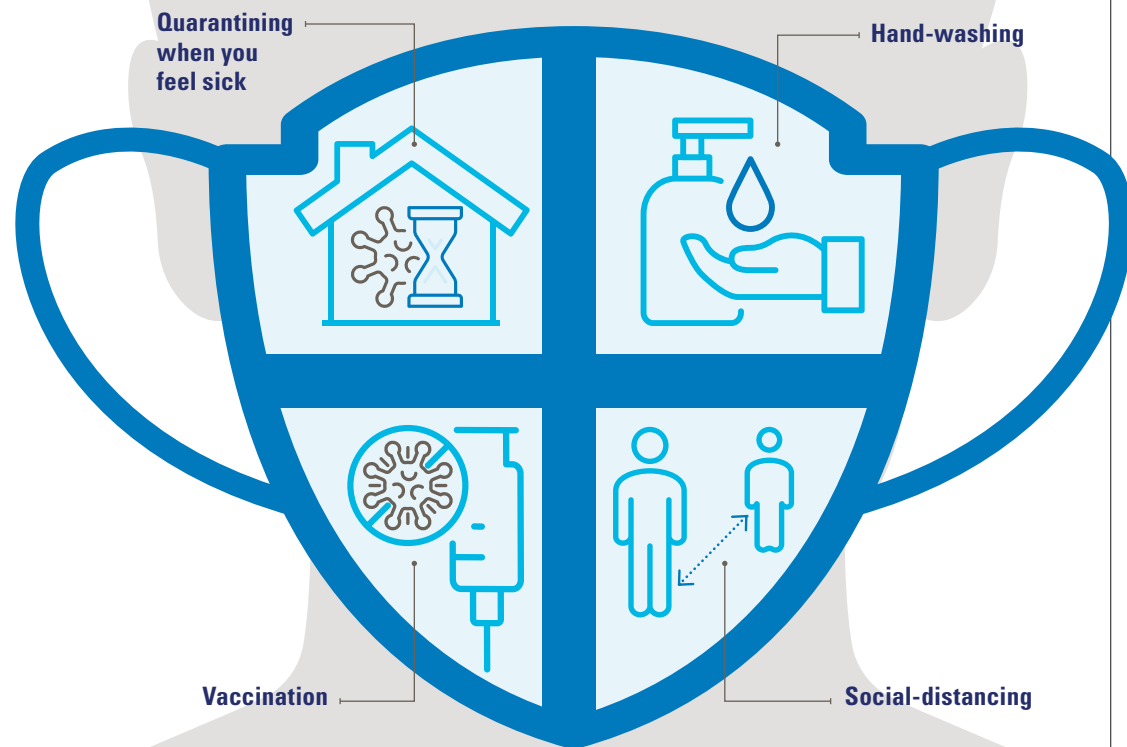
Find more recipes and tips for healthy eating at [HMHforU.org/HealthyEating](https://www.hmhforu.org/HealthyEating).

Can a mask help prevent seasonal flu?

Nazar Raof, M.D., weighs in:

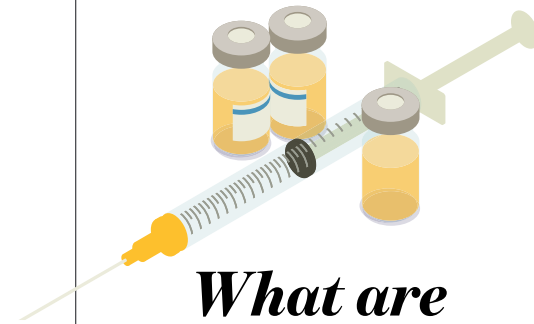
Masks can help reduce the transmission of respiratory diseases such as COVID-19 and influenza, but a mask alone is not enough. The most effective way to protect yourself from the flu every season is to get an annual flu vaccine.

Masks work together with the following precautions to prevent disease, as they did last year:



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Read more at [HMHforU.org/Masks](https://www.HMHforU.org/Masks).



What are cancer vaccines?

Andre Goy, M.D., weighs in:

Vaccines can prevent viruses that may lead to cancer or treat certain forms of cancer. For example, there is a vaccine against the human papillomavirus (HPV), which is spread through sexual contact and has been known to cause cervical, anal, throat, vaginal, vulvar and penile cancers. Additionally, vaccines can be used as part of treatment for refractory prostate cancer, skin cancer and early-stage bladder cancer. While new discoveries on cancer vaccines are exciting, the best way to improve cancer outcomes is through regular screenings. Catching cancer at an early stage offers patients the most treatment options and the best prognosis.

Read more at [HMHforU.org/CancerVaccine](https://www.HMHforU.org/CancerVaccine).



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How do I avoid seasonal depression?

Ram Mahato, M.D., weighs in:

Although you can't stop the changing of the seasons, there are a few things you can do to combat seasonal depression.

Stay Active

Exercise is a great way to naturally combat the imbalance of brain neurotransmitters that can contribute to depression. Pick an activity you enjoy: Gardening, walking, dancing and even playing with your kids are all good forms of exercise.

Eat Healthily

Our diets impact our mental health. A healthy diet rich in vegetables and fruits and low in highly processed foods can help curb feelings of depression by reducing inflammation in our bodies, which is a risk factor for depression.

Stay Connected

Social connections can be a great defense against depression. Whether you talk on the phone, video chat or meet in person, keep in regular contact with friends and family for a healthy and happy mind.

Get Outside

Even on a cloudy day, go outside for a walk or eat lunch at a park. Get sunlight where you can: Sit or work close to a window, open your blinds or trim trees blocking sunlight.

Read more at [HMHforU.org/SeasonalDepression](https://www.HMHforU.org/SeasonalDepression).



Ram Mahato, M.D.
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How can I limit my child's screen time?

Arvind Patel, M.D., weighs in:

If your child has become accustomed to using screens for entertainment, it will likely take some time to rein in their screen time. Here's how to get started:

Set Realistic Goals

It's unlikely that you will be able to significantly reduce your child's amount of screen time overnight. Try easing down the time first by cutting it in half. Let your child know how many hours of screen time they are allowed each day, and keep track of it.

Make Screen Time Active

When your child is engaging with screens, try to incorporate physical activity into their viewing. Get them interested in motion-sensitive video games that require them to dance, jump or perform other physical movements in place.

Set No-device Zones and Times

Using screens around bedtime can disrupt sleep, so it's a good idea to make your child's bedroom screen-free. At mealtime, encourage your family to talk to one another rather than engage with phones or watch TV.

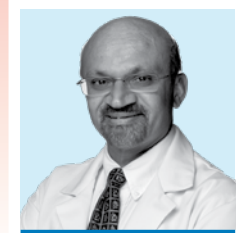
Don't Make Screens a Reward or Punishment

Offering screen time as a reward or taking it away as punishment inflates its value in your child's mind, making it harder to set limits.

Introduce Exciting Alternatives

Help kids see that screens are not their only option for entertainment by introducing them to new sports, hobbies and people. It's even better if you can participate in the activity with them.

Read more at [HMHforU.org/Screens](https://www.HMHforU.org/Screens).



Arvind Patel, M.D.
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Get Screened for Colon Cancer

The U.S. Preventive Services Task Force recently lowered the recommended age to start colorectal cancer screening to 45. Here's what you should know.



5 Things to Know About Colonoscopies

Gearing up for your first colonoscopy? Here are answers to five of the top questions about this important screening procedure.

There are likely a few things you dread about hitting your middle-age years, but getting a colonoscopy may be high on the list.

The recommended age to start colorectal cancer screening is 45. Colorectal cancer is the second leading cause of cancer death in the U.S., but it's generally a slow-growing cancer that is treatable if caught early enough. Colonoscopies and other tests help doctors find the cancer early and begin treatment.

"The earlier we are able to catch this cancer, the better chance we have at treating it effectively," says **Chintan Modi, M.D.**, gastroenterologist in Edison, New Jersey.

Knowing what to expect when getting a colonoscopy can help calm your nerves and get you through the exam with minimal discomfort.

Here are answers to five of the top questions about colonoscopies that will help you determine if they're really as bad as you think:

1 Does It Hurt?

Most patients are sedated through conscious sedation or twilight sleep and don't feel anything during the exam. Many patients don't even remember they had a procedure. Some doctors prefer patients to be a bit more awake through the procedure and conduct the exam with minor sedation and pain relievers. Ask your doctor about what kind of sedation is right for you.

2 What Is the Prep Like?

"To have a successful colonoscopy, your bowel must be completely clear so that your doctor can see your colon and assess for polyps or other signs of disease," Dr. Modi says.

There are different types of prep strategies, but they generally cover diet and drinking bowel-cleansing liquids. Your doctor will give you complete instructions, including information about certain types of food and medications to avoid for about two weeks before the exam.



Chintan Modi, M.D.
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- ▶ A few days before the procedure, start eating a low-fiber diet. You'll have to avoid whole grains, nuts, seeds, dried fruit and raw vegetables.
- ▶ The day before, you'll switch to a liquid diet. Be sure to stock up on clear broth, black coffee or tea, clear juices, sports drinks, popsicles, etc.
- ▶ The afternoon or evening before your procedure, you'll begin drinking the bowel-clearing liquid. Bowel movements usually start within one to three hours of taking the prep. Mixing the prep with a clear liquid, like your favorite sports

iStock.com/Jackie Niam

When the world lost actor Chadwick Boseman at age 43 to colon cancer, it brought to light the importance of colorectal cancer screening. In May 2021, the U.S. Preventive Services Task Force shed even more light on this critical screening—lowering the recommended age to start colorectal cancer screening from 50 to 45.

Who Should Be Screened?

The task force says all adults ages 45 to 75 should be screened for colorectal cancer.

This recommendation is intended for:

- ▶ Asymptomatic people
- ▶ People at average risk of colorectal cancer
- ▶ People with no previous diagnosis of colorectal cancer
- ▶ People with no history of colon or rectal polyps
- ▶ People without a personal or family history of genetic disorders that put them at higher risk
- ▶ For those who are symptomatic, have a family history or previous diagnosis, or are 76 to 85 years old, the task force recommends screening at the discretion of a doctor.

Why Screen Sooner?

According to research from the American Cancer Society, the rate at which people 65 and older are diagnosed with colorectal cancer in the U.S. is dropping. But in younger age groups, that rate is rising. In 2020, 12 percent of colorectal cancer cases were diagnosed in people under age 50. Since the 1990s, rates have increased in adults ages 40 to 54.

"We don't know exactly why we're seeing a trend of colorectal cancer in younger patients. But by proper screening, we can effectively reduce the number of colorectal cancer cases and deaths in a younger population of patients," says **Jennifer Turkish, M.D.**, family medicine specialist in Old Bridge, New Jersey. "If polyps are found through early screening, they can be removed before they develop into cancer."



Jennifer Turkish, M.D.
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drink, will make it go down easier. You will likely experience high-volume and high-velocity diarrhea. Plan to be near a bathroom, with plenty of reading material and toilet paper. Pick up medicated wipes and a skin-soothing product to apply after bowel movements to prevent irritation.

- ▶ The day of the colonoscopy, you will be told not to eat or drink anything before the procedure. Ask your doctor about taking any daily medication or supplements.

3 How Long Does It Take?

A colonoscopy generally takes 30 minutes to an hour to complete. The doctor will examine the colon using a flexible camera that is inserted into the anus. The goal is usually to find any cancer at an early stage, so your doctor can provide treatment options for the best possible outcome. This can

include removing precancerous polyps before they turn into cancer. Doctors also perform colonoscopies to diagnose symptoms such as weight loss, changes in stool and rectal bleeding.

4 How Is Recovery?

After the exam, it usually takes about an hour to recover from the sedatives. You will wake up in a recovery room for observation, and then stay there until you're ready to go home. You will probably feel some cramping or bloating, which should go away quickly. Walking around can help relieve these issues. You should avoid alcohol, driving and operating heavy machinery for 24 hours after the procedure. If you had polyps removed or biopsies taken, you might see some light bleeding for a few days after the procedure. Your doctor will tell you when it's safe to start taking blood thinners again.

Types of Colorectal Cancer Screening

Several tests may be used to screen for colorectal cancer. The tests are generally divided into two categories:

1

Tests that look for signs of cancer in your stool

2

Visual exams of your colon and rectum using a viewing scope (colonoscopy) or CT scan (virtual colonoscopy)

Stool testing is typically done annually to every three years, and visual exams are done every five to 10 years. "Each type of screening has different benefits," says Dr. Turkish. "Your doctor can help you choose the right one for you and tell you how often it should be repeated. Overall, the best screening test is the one that actually gets done!"

5 When Will I Know Results?

It can be scary waiting to hear about medical test results. "Your doctor may be able to tell you some basic findings about the appearance of the colon and if any biopsies were taken right away," Dr. Modi says.

If biopsies or polyps were removed, it may take a few days to learn more about the samples. Follow-up appointments are usually recommended to go over the findings.

So, despite what your friends might say, or what you read on the internet, colonoscopies really aren't that bad. The prep is usually the worst part, but it's all necessary and a worthwhile sacrifice when it comes to protecting your health. 🌟

Go Online

Are you due for colorectal cancer screening? Find a doctor near you at [HMforU.org/FindADoc](https://www.hackensackmeridianhealth.org/FindADoc).

Are Cortisone Shots Bad for You?

Cortisone shots provide immense relief from pain and decrease inflammation, but they aren't for every person in every situation. Here's what you should know.

Many people have had cortisone shots—sometimes called steroid shots—to relieve pain and improve function for sports injuries like tendinitis and meniscus tears, as well as chronic conditions like arthritis, bursitis and carpal tunnel syndrome. These injections can provide immense relief from pain and promote healing, but they aren't for every person in every situation.

Orthopedic surgeon and sports medicine specialist **Kenneth G. Swan, M.D.**, breaks down what you need to know.

How do cortisone shots work?

Cortisone is a powerful and focused inflammatory medication. When an injury or medical condition includes swelling, cortisone shots can provide intense, localized relief without the full-body exposure to medications that over-the-counter products like aspirin and ibuprofen can cause.

How long before you get relief from pain?

Cortisone can take up to several days to provide relief. Because of that, Dr. Swan and other physicians often include a local anesthetic in the shot to provide immediate relief until the cortisone kicks in.

How long does the relief last?

The relief provided by the cortisone can last anywhere from a few weeks to a few months.

What are the possible side effects of cortisone shots?

While cartilage damage, bone death, joint infection and nerve damage are possible, if the shot is done by an experienced doctor, those complications are exceedingly rare. More common but still rare side effects can include temporary facial flushing, a temporary flare of pain and inflammation



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in the joint, and temporary skin lightening when the shot is near the surface and the person has dark skin tones. In addition, a temporary increase in blood sugar can occur, especially in patients who have poorly controlled diabetes.

Do cortisone shots work for everyone?

Some patients respond better than others, and in some cases, there is no noticeable improvement from the treatment.


Do you have to be a certain age to get cortisone shots?

Younger people and children will often heal without these shots, so cortisone is probably not an appropriate way to get them back into sports before they heal. Older patients who are not candidates for surgical treatment of their injury or chronic condition may benefit from one or a series of shots.

Do cortisone shots hurt?

Shots in small joints like fingers and feet can be quite painful; shots in knees, shoulders and hips are much less so. Your doctor has topical treatments that can be used to minimize discomfort.

After an injury, should I get a cortisone shot right away?

A lot of things get better on their own within a couple of weeks. If you are in pain, give it a few weeks to heal on its own. If you are in a lot of pain, consult your doctor about which treatment options are the best for your situation. 

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Go Online

Learn more about care after a sports injury at [HMHforU.org/Sports](https://www.hmhforu.org/Sports).

Step by Step



A sudden stroke put Fran Hudak in a wheelchair. The Stroke Recovery Program at JFK Johnson Rehabilitation Institute is helping her regain mobility.

Fran Hudak from Old Bridge, New Jersey, was shopping with her husband, Mike, on Memorial Day weekend in 2019 when she started to feel unwell. At first, the 66-year-old blamed it on the sleeping medication she'd recently started taking, but she soon suspected something else was at fault.

Mike suggested a visit to the hospital. "After 48 years together, you just know when something's not right," he says.

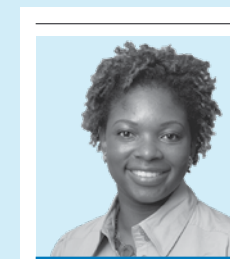
Mike took Fran to the emergency room at **JFK University Medical Center**. There, it was determined that she was experiencing a series of transient ischemic attacks (TIA), which are temporary blockages of blood flow to the brain. Thankfully, she was still in the emergency room later that night when she experienced a full stroke. Fran spent a few days in the hospital's stroke unit before being transferred to **JFK Johnson Rehabilitation Institute** for inpatient treatment.

Her stroke, which was on the left inner part of her brain, affected the right side of her body. She required a wheelchair at first but moved to a walker as she began to regain strength.

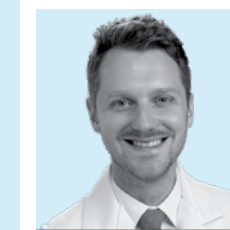
Fran's rehabilitation didn't end when she went home. She continued as an outpatient as part of the Stroke Recovery Program at JFK Johnson. The program offers personalized physical therapy, occupational therapy, speech and language pathology, rehabilitation psychology and audiology services, among other rehabilitation specialists.

A Team Approach

The Stroke Recovery Program provides a seamless transition of care from the hospital to outpatient rehab and helps patients get the support they need as they progress in their recovery. "We designed our program where early on patients get more support



Talya Fleming, M.D.
Physical medicine and rehabilitation specialist
800-822-8905
Edison



Craig Van Dien, M.D.
Physical medicine and rehabilitation specialist
800-822-8905
Edison

compared to traditional follow-up, and that support continues as their needs change as time passes," says **Talya Fleming, M.D.**, medical director of the Stroke Recovery Program.

Together, Fran and Dr. Fleming pick a short-term goal to work toward; when that goal is reached, they move to the next one. Part of that process is to educate patients like Fran that there's a next step in their recovery. With the help of her multidisciplinary team, Fran has improved her mobility and coordination. She no longer needs a walker and instead uses a cane as needed.

A year after the stroke, Fran started seeing **Craig Van Dien, M.D.**, sports medicine and physical medicine and rehabilitation physician at JFK Johnson, because of shoulder pain. "As patients move through the Stroke Recovery Program, we want to optimize their recovery, so sometimes we have to focus on the pain that develops as a consequence of stroke," says Dr. Van Dien, who successfully treated Fran's shoulder pain with an ultrasound-guided injection of steroids.

Road to Recovery

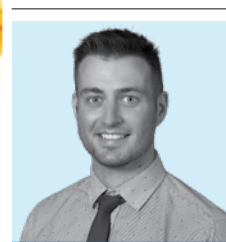
Recovering from a stroke can be a lengthy and challenging process. "I can't do a lot of things that I used to do, and I find that very frustrating," says Fran. "But we're very satisfied with JFK Johnson and the rehab procedures they have in place that are helping me."

Adds Dr. Fleming: "Everyone's stroke is different, and everyone's recovery after stroke is different. That's why it's important to have a treatment team that can grow with you and adjust goals based on what you need at that particular time."

Learn more about the Stroke Recovery Program at JFK Johnson Rehabilitation Institute at [HMHforU.org/StrokeRecovery](https://www.hmhforu.org/StrokeRecovery).

Know the Difference Between Heart Attack and Heartburn

If you are unsure whether that burning sensation in your chest is heartburn or a heart attack, ask yourself these questions.



Brian Salata, M.D., M.S.
Cardiovascular disease specialist
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Edison

You've just polished off a large beef and cheese burrito, and suddenly it hits: a burning sensation, right around your chest and your neck. It's heartburn, right? Or could this be something much more dangerous, like a heart attack?

It's easy to confuse the two events because the symptoms can feel very similar, says **Brian Salata, M.D., M.S.**, cardiovascular disease specialist in Edison, New Jersey. "Depending on where the heart attack is happening, the type of pain can mimic heartburn and vice versa," he says.

If it is a heart attack, it's critical that you address it as soon as possible. "If a heart attack is treated promptly, the damage done to the heart muscle can be minimized or even avoided," Dr. Salata says. "Time is critical when it comes to heart attack."

Keep in mind that the movie version of a heart attack (chest clutching, difficulty breathing) and a real-life heart attack may

look and feel very different. Add to that, heart attack symptoms can vary from person to person, including factors such as gender, and even from heart attack to heart attack.

So how do you know if it's heartburn or a heart attack? Here are a few questions to ask yourself:

Did you just eat? Heartburn often strikes after a fatty or spicy meal. The pain tends to get worse if you lie down or bend over. You also might have a sour taste in your mouth when stomach acid travels up to your esophagus.

Do you have chest pain and discomfort? These are the most common symptoms of a heart attack, for both men and women, young and old. But there are other symptoms to look out for, as well. Women are more likely to experience heavy, continuous pressure; shortness of breath; a squeezing, aching or sharp pain in the chest or arms that may spread to the neck, back or jaw; unexplained nausea; heartburn; vomiting; sweating; fatigue; irregular pulse; lightheadedness; or sudden dizziness.

Do you have any risk factors for a heart attack? If you do, a heart attack may be more likely. These factors include high blood pressure, diabetes, high cholesterol, obesity, smoking and a family history of heart disease. Also, heart disease is more common in men over 45 and in women over 55.

The bottom line is this: If you think you may be having a heart attack, call 911. "If you're thinking about it enough, that should answer the question," says Dr. Salata, adding that doctors would much rather see you and diagnose you with heartburn than have you die of a heart attack at home.

One more important tip to keep in mind: Don't ever try to drive yourself to the hospital. Call 911. "While the ambulance is en route, they can get your EKG, send it to the hospital and have everyone ready to treat you the minute you reach the emergency room," Dr. Salata says. ❄

Go Online

Find out more about comprehensive cardiac care, close to home, at HMHforU.org/Heart.

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iStock.com/Lasha Klasonia

Can Lipstick Cause Breast Cancer?

What you should know about hormone-disrupting ingredients in cosmetic products and their possible link to cancer.

You've likely heard that what we put in our bodies—junk food, cigarette smoke and alcohol, for example—directly impacts our health. But what about what we put *on* our bodies?

"Lipstick, foundation and other beauty products can contain ingredients that act as hormone disruptors," says breast surgeon **Renee Armour, M.D.** "Over time, these disruptors can affect how estrogen and other hormones act in the body, which throws off the body's hormonal balance. In very extreme cases, these hormonal changes could potentially lead to cancer, including breast cancer."

What Should You Do?

That doesn't mean you have to throw out all the contents in your makeup bag. While cosmetic products are made of a number of ingredients, a few chemicals are being studied for possible links to breast cancer:

- ▶ **Parabens.** Parabens are a preservative used to prolong the shelf life of lipstick and other makeup products. "Parabens can disrupt hormone function by mimicking estrogen," Dr. Armour says. "We know that too much estrogen can lead to the growth of tumors, breast cancer and reproductive issues."
- ▶ **Phthalates.** This hormone-disrupting ingredient is used to hold color in cosmetic products. While phthalates don't mimic estrogen, they can change the balance of hormones that interact with estrogen.

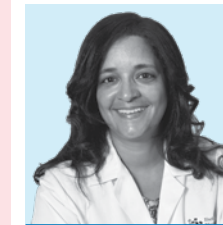
"Some women choose to limit their exposure to these chemicals and look for products that are paraben- and phthalate-free, including mineral makeup," Dr. Armour says.

Screening to Reduce Breast Cancer Risk

When it comes to breast cancer, screening is key to early detection. Women at average risk of breast cancer should start annual mammograms in their 40s:

- ▶ Women between age 40 and 44 have the option to start screening with a mammogram every year.
- ▶ Women age 45 to 54 should get mammograms every year.
- ▶ Women age 55 and older can switch to a mammogram every other year or choose to continue annual mammograms.

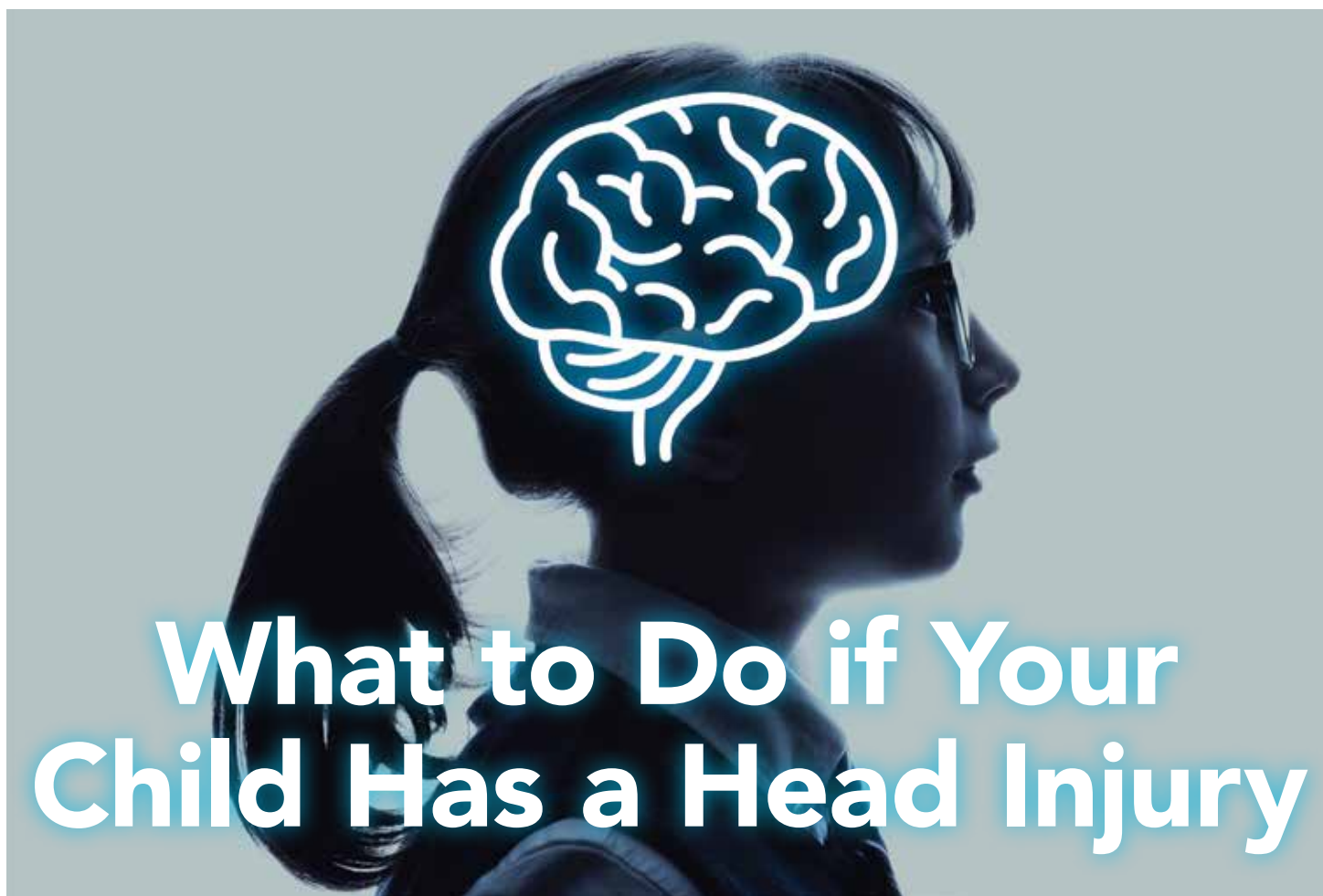
For women with a family history of breast cancer or genetic tendency for breast cancer, earlier screening may be needed, including breast MRI. "Your doctor can talk to you about your individual risk of breast cancer and the best screening plan for you," Dr. Armour says. ❄



Renee Armour, M.D.
Breast surgeon
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Edison and Old Bridge

Go Online

For a breast imaging location near you, visit HMHforU.org/BreastCancer.



What to Do if Your Child Has a Head Injury

How to know when a child's head injury is serious enough to require medical help.

Parents know how common it is for kids to bump or bang their heads. But how do you know when a head injury is serious enough to require medical help or when it should be managed at home?

When to Provide Care at Home
For minor head injuries, you might notice:

- ▶ Your child was temporarily agitated or confused right away but is now alert
- ▶ Your child might have vomited, but just once
- ▶ Your child might have minor bruises or cuts on their head
- ▶ Your child is acting, speaking and moving normally

“In these cases, continue observing your

child at home, but if you're worried about them, you should always call your doctor to get a second opinion,” says pediatric physiatrist **Nicole Marcantuono, M.D.**

When to Seek Care Immediately

“If your child has hit their head and experiences any severe symptoms of a head injury, you should seek medical care right away. That might include calling 911 for an ambulance,” says Dr. Marcantuono.

Severe symptoms include:

- ▶ Loss of consciousness
- ▶ Drowsiness
- ▶ Dazed state
- ▶ Confusion, memory loss or loss of orientation
- ▶ Bleeding that is difficult to stop

- ▶ Vomiting more than once
- ▶ Seizure or convulsion
- ▶ Visual disturbance
- ▶ Weakness in arms or legs
- ▶ Slurred speech

“A child can develop symptoms over several days after a head injury,” says Dr. Marcantuono. “So it's important to continue watching for new ones. But the good news is most children recover well after mild injuries. If your child has any symptoms following a head injury, evaluation by a medical provider is necessary.”

Go Online

Learn more about our pediatric care for concussion and head trauma: [HMHforU.org/HeadInjury](https://www.hmhforu.org/HeadInjury).

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Nicole Marcantuono, M.D.

800-822-8905

Neptune



Roopal Karia, M.D.

Pediatric neurologist

800-822-8905

Neptune and Jackson



In one afternoon, 2-year-old Dariel Armando Sanchez went from being an active toddler to fighting for his life in the hospital.

April 7, 2021, started out like any other day for the Sanchez family, but in an instant, it turned into every parent's nightmare. Two-year-old Dariel Armando Sanchez was with his family at a neighbor's house in Perth Amboy, New Jersey, when he suddenly ran after a friend. He opened a door to the house, ran toward the street where cars were passing and was hit by a car.

Worried an ambulance would take too long, his mother, Doris left for the hospital with her son in a police car. “Dariel was breathing but could not speak or cry,” she says. He was taken to the closest hospital, **Raritan Bay Medical Center**, where he arrived unconscious and having trouble breathing. Doctors inserted a tube through his mouth and into his airway, and placed him on a ventilator to help him breathe.

After a few hours, he was taken by ambulance to **K. Hovnanian Children's Hospital at Jersey Shore University Medical Center**.

Extensive Injuries Requiring Specialized Care

Dariel suffered multiple injuries to his head, knee and kidney. He fractured his skull bone, and an MRI showed he had a subdural hematoma, a condition that is serious and needs to be monitored closely in order to prevent further brain damage. He also had other concerning MRI findings. Given such abnormalities, Dariel was at risk for neurologic complications.

In addition, Dariel had a seizure and was at risk for having more. Luckily, the Children's Hospital is a Level III Epilepsy Center, which means it is accredited to provide high-quality, specialized seizure care.

Pediatric neurologist and seizure expert **Roopal Karia, M.D.**, came to see Dariel in the pediatric intensive care unit. She placed him on a video EEG test, which continuously monitors and records brainwaves, to pinpoint where the seizure was coming from.

“Video EEG testing is important for patients who are having seizures, or for patients who have waxing and waning responses after trauma and for those who are not having overt seizures. It can show us the brain function at any given time,” Dr. Karia says.

The video EEG allowed Dr. Karia to tailor Dariel's treatment. He started an anti-seizure medication to prevent more seizures.

“This was a complex case because it involved a head trauma, fractures, seizure and abnormal MRI findings,” Dr. Karia says. Dariel benefited from a talented, versatile care team that included trauma, pediatric intensive care led by **Matthew McCarrick, M.D.**, and pediatric neurosurgery led by **Lawrence Daniels, M.D.**

Happy Homecoming

On April 16, after nine days in the hospital, Dariel was discharged home.

“Today, he is doing much better, thank God,” says Doris. “He wants to run all the time like any 2-year-old, but he falls a lot.” Sometimes, Dariel will touch the back of his head and tell his parents that his head hurts. He continues physical therapy and follow-up visits with Drs. Karia and Daniels.

“I would recommend this hospital to anyone without hesitation,” says Doris. “The attention to my baby's needs was very thorough—not just expert but caring. And it wasn't just the attention to his needs but to ours, too.” She credits the team with helping her and her family get through an incredibly tough time.

“Dariel's family support was indispensable,” says Dr. Karia. “They were always there, always available to answer questions. It makes a difference when the family is there, involved in their loved one's care, working with us as one team.”

Learn how our pediatric experts have specialized training in caring for children with concussion or head injuries at [HMHforU.org/HeadInjury](https://www.hmhforu.org/HeadInjury).

Breaking Ground With Tremors

Hackensack University Medical Center is the first and only center in New Jersey offering cutting-edge technology for movement disorders.

Dezso Balint relied on steady hands every single day of his 45-year career in construction. But after retiring several years ago, the 70-year-old grandfather of two developed tremors so violent he could no longer sign a check or drive a car.

Medications didn't work well to control his essential tremor, a nervous system disorder characterized by involuntary and rhythmic shaking. Month after month, Dezso's condition progressively worsened, making even feeding himself an impossible task. "He was very sad, emotional and depressed," recalls his wife, Anna.

That all changed in June 2021, when neurosurgeons at **Hackensack University Medical Center** began treating Dezso

and other tremor patients with a leading-edge therapy that can erase disabling shaking, restoring independence and confidence. Hackensack recently became the first and only hospital in New Jersey—and one of only a few in the United States—to offer a non-invasive MRI-guided technology called focused ultrasound.

The treatment is approved by the U.S. Food and Drug Administration (FDA) for essential tremor or tremor-dominant Parkinson's disease. About 10 million Americans cope with essential tremor, while another 1 million have Parkinson's.

"Tremor is not a terminal condition, but it can be very debilitating," says **Hooman Azmi, M.D.**, chief of the Center for Functional



Hooman Azmi, M.D.

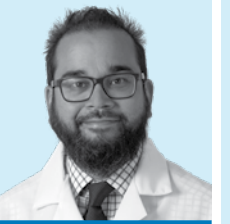
Neurosurgeon

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Hackensack, Oradell, North Bergen, Nutley and Montvale

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Fact or Fiction: Essential Tremors



Shabbar Danish, M.D., FAANS

Neurosurgeon

800-822-8905

Neptune

Any person can have a tremor. Anxiety, excess caffeine, skipped meals, medications, alcohol and stress can all cause a slight shake of the hands. However, there are also a number of neurological disorders that can cause a tremor, says **Shabbar Danish, M.D., FAANS**, chairman of neurosurgery at **Jersey Shore University Medical Center**.

"Shaky hands may often be mistaken for Parkinson's disease, but one of the most common causes is benign essential tremors. Essential tremor is a neurological disorder that causes involuntary, rhythmic shaking," shares Dr. Danish, who helps us separate the facts and fiction of essential tremor.

FACT

The cause of essential tremors is unknown.

"Unfortunately, since the cause of essential tremors is unknown, it's not something you can actively prevent," says Dr. Danish. "While it can spontaneously occur for some, essential tremor may run in families." Essential tremors can occur at any age and often start as early as age 20.

Anxiety or caffeine can make tremors worse.

"Anxiety or anything with caffeine can make tremors worse. For example, if someone has an essential tremor and they are in a situation that's making them anxious, their tremor can become more pronounced," says Dr. Danish.

It's important to consult a movement disorder specialist if you notice a tremor. They can determine the cause. If it's an essential tremor, or if it's associated with another condition like Parkinson's, your neurologist will work with you to determine if a treatment plan is needed to help minimize your symptoms.

FICTION

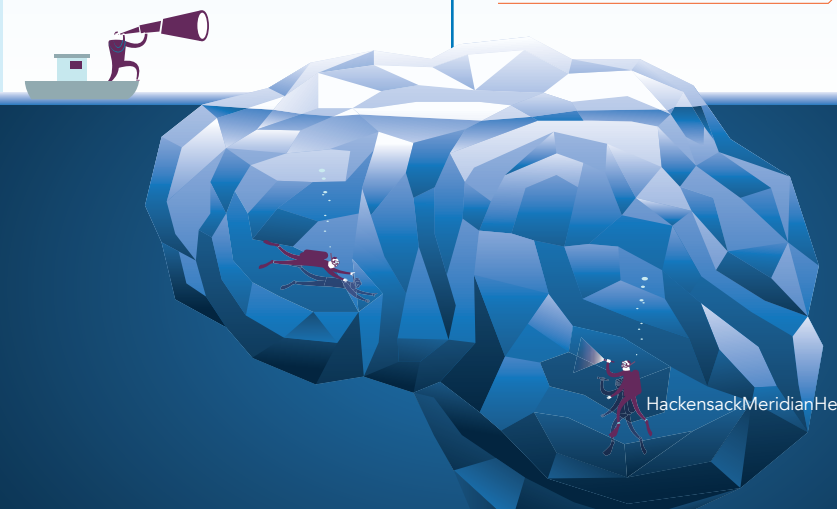
An essential tremor only presents as hand shaking.

While tremors most commonly affect the hands, they can also affect the head, voice, arms, tongue, legs or even trunk.

If you have a tremor, you have Parkinson's disease.

"A tremor can be a symptom of Parkinson's disease, but it does not mean you have Parkinson's," Dr. Danish says. "It could be an essential tremor." Symptoms of Parkinson's include tremors, slowed or impaired movement, speech changes, and gait or balance problems. With essential tremors, you may experience tremors but not all of the other symptoms that go along with Parkinson's."

To learn more about our comprehensive lineup of neuroscience services for stroke, spine injuries, concussion, epilepsy, brain tumors, movement disorders, memory and more available across New Jersey through Hackensack Meridian Health, visit [HMforU.org/Neurosciences](https://www.hackensackmeridianhealth.org/Neurosciences).





Watch a video of Dezso's progress after his focused ultrasound treatment: [HMHforU.org/Dezso](https://www.hmhforu.org/Dezso)

and Restorative and Image-guided Neurosurgery at Hackensack. "People who suffer tremors can't hold a cup of coffee without spilling it. Sometimes they have a hard time brushing their teeth or buttoning shirts. Cognitively they're fine, but they need help performing many daily activities."

How Focused Ultrasound Works

Medications are the first-line treatment for essential tremor and Parkinson's, but they don't always work. Even when they do, some patients experience burdensome side effects, such as sleepiness, brain fog, dry mouth or lightheadedness, that make it intolerable to continue taking the drugs, notes Dr. Azmi, associate professor of neurosurgery at Hackensack Meridian School of Medicine.

"Then we start to think about alternate treatment options. One option is surgery, called deep brain stimulation, which works extremely effectively—but it is surgery," Dr. Azmi says. "Focused ultrasound is an incredibly good option for patients having medication side effects who would otherwise be very good candidates for surgery but don't want to undergo surgery. Now we have the option of non-invasively treating the tremor with just sound waves."

Focused ultrasound works by using sound waves that travel through the skin and skull, and the procedure can be performed without any incisions. MRI guidance helps doctors precisely focus the sound waves on a targeted area deep in the brain. These sound waves create heat that disrupts the abnormal brain signals that cause tremor. The focused ultrasound system includes safety features that measure temperature changes in the skull and reduce the risk of damage to surrounding brain tissue.

"We know there are circuits in the brain that give rise to tremor," Dr. Azmi explains. "With the use of MRI to see the areas involved in that circuit, we aim sound waves onto one particular spot we know will have the best response. If we're getting positive results, we make the effect of the sound waves permanent."

Changing the Lives of Patients

Since surgical incisions aren't involved, focused ultrasound treatment boasts several added benefits:

- ▶ No overnight hospital stay is typically needed.
- ▶ Patients can quickly return to everyday activities.
- ▶ Potential complications are minimal and typically short term, including balance issues or a pins-and-needles sensation in the hands, face or tongue.

Dezso, whose right-hand tremor virtually disappeared, hopes to also have his left-hand tremor treated in the near future. This will involve aiming sound waves toward a slightly different spot in his brain.

The Paramus, New Jersey, father of two grown sons weeps when recalling the stark improvement in his right hand within moments after his focused ultrasound treatment was complete. Before the three-hour procedure, Dezso was asked to write the word "hope" on a piece of paper. He was then asked to repeat the task just afterward.

The first handwriting attempt was barely legible, while the second was far clearer to read—and much easier to write. He's also back to easily signing checks, driving and doing jobs around the house that require hand dexterity.

"The difference was enormous right away," Dezso says. "It was day and night. It's a miracle what this procedure did for me."

Most hand-tremor patients who undergo focused ultrasound can expect immediate and life-altering results like Dezso's.

"Only a limited number of centers across the globe have the ability to offer this incredible technology to patients," Dr. Azmi says. "It really emphasizes the expertise and innovation at Hackensack Meridian Health for the treatment of neurological disorders, particularly movement disorders." 🧠

Go Online

Learn more about our comprehensive, state-of-the-art Center for Functional and Restorative and Image-guided Neurosurgery at Hackensack University Medical Center: [HMHforU.org/Tremor](https://www.hmhforu.org/Tremor).

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Doctor Spotlight

JESSYCA CAMPOS, D.O.

Family Medicine

JFK University Medical Center

When her grueling medical residency merged with the first weeks of the COVID-19 pandemic, Jessyca Campos, D.O., found refuge in a tiny toy poodle named Chanel.

After long hours tending to extremely ill patients, **Jessyca Campos, D.O.**—now a family medicine doctor at **JFK University Medical Center**—rebooted her tired psyche by coming home to her ever-supportive husband Daniel and snuggling with their new puppy. "Coming home and having a break from everything with our dog Chanel was a nice way to turn the day off, if I could even do that," says the newlywed.

A trilingual first-generation American, Dr. Campos' Brazilian heritage threads through both her work and personal life, sparking fun pastimes and driving her to provide the best possible care to diverse patients of all ages.

How does being able to speak English, Portuguese and Spanish help your practice?

It allows me to reach different patient populations and make sure they don't get lost in what they need to do for their health. The most important thing is understanding why they need to take a certain medication or get a certain test.

How does your family's background influence your goals as a doctor?

I think everyone should have the best care regardless of background. When my mom was pregnant



Jessyca Campos, D.O., with her dog Chanel.

with me, she couldn't completely speak English, and that impacted some aspects of her care. It's my passion and duty to help patients understand their options, their illness or the different treatments.

How did you become such an avid soccer fan?

Being Brazilian, soccer is a big thing in our culture. I grew up with that since I was a baby, and I played soccer in high school. Watching a game with my family is probably the best thing ever—it becomes a party and such an emotional

experience, with everyone yelling and cheering. It brings everyone together.

If you could have dinner with any celebrity, past or present, who would you pick?

Both Barack Obama and Trevor Noah. Politics aside, Barack Obama seems like a regular guy, and it would be cool to pick his brain. In his podcast and on the "Daily Show," Trevor Noah is not only funny but talks about different things going on in society. I think the three of us together would be a fun but informative dinner. 🧠

To make an appointment with Dr. Campos or a doctor near you, call 800-822-8905 or visit [HMHforU.org/FindADoc](https://www.hmhforu.org/FindADoc).

SchedUle

Events & classes November 2021 through January 2022

Bayshore Medical Center
727 North Beers St., Holmdel

Jersey Shore University Medical Center and K. Hovnanian Children's Hospital
1945 Route 33 Neptune

JFK University Medical Center
65 James St. Edison

Ocean University Medical Center
425 Jack Martin Blvd., Brick

Raritan Bay Medical Center
530 New Brunswick Ave. Perth Amboy

Old Bridge Medical Center
1 Hospital Plaza Old Bridge

Riverview Medical Center
1 Riverview Plaza Red Bank

Southern Ocean Medical Center
1140 Route 72 West Manahawkin

HOSPITAL LOCATIONS

Special Events

Mitchell Vassar Vision Awareness Day Join inspirational keynote speaker Christine Ha as she guides you to uncover your full potential to lead a more fulfilling life. Donald J. Parker, president, Behavioral Health Care Transformation Services, Hackensack Meridian Health, will discuss resiliency.

Nov. 18, 11 a.m.–noon, virtual event



HPV, Cervical Cancer & the Importance of Speaking Up

Human papillomavirus (HPV) is the cause of most cases of cervical cancers. Join cervical cancer survivor Amanda Tanay as she shares her personal journey with HPV and cervical cancer, as well as her thoughts on the importance of asking questions and being your own best advocate when it comes to your health.

Jan. 8, 11 a.m.–noon, virtual event



Behavioral Health

Stress and Depression Around the Holidays

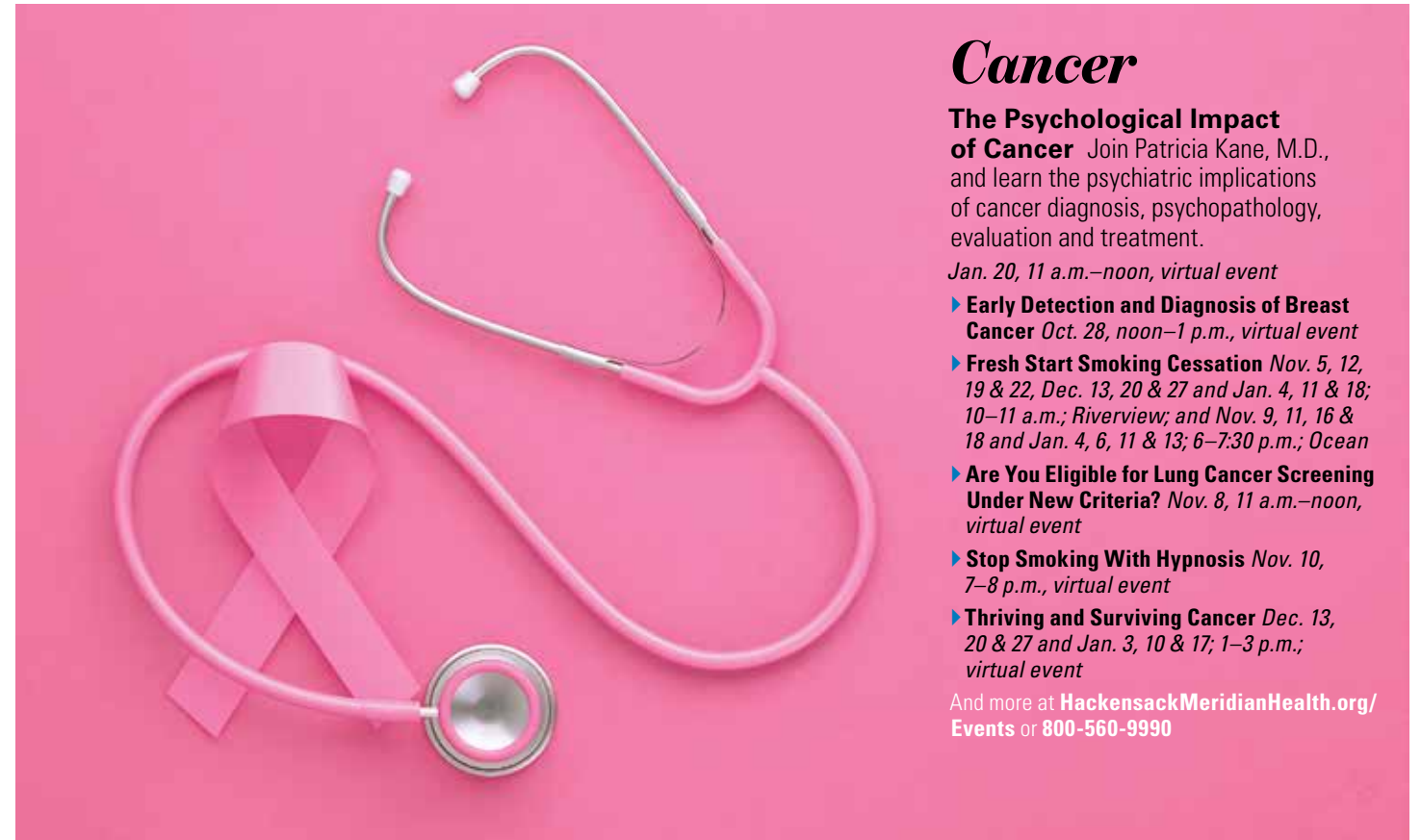
Do the holidays make you stressed or feel blue? Our behavioral health expert will discuss strategies on how you can cope during the holiday season.

Dec. 8, 6–7 p.m., virtual event

And more at [HackensackMeridianHealth.org/Events](https://www.hackensackmeridianhealth.org/Events) or 800-560-9990

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Cancer

The Psychological Impact of Cancer Join Patricia Kane, M.D., and learn the psychiatric implications of cancer diagnosis, psychopathology, evaluation and treatment.

Jan. 20, 11 a.m.–noon, virtual event

- ▶ **Early Detection and Diagnosis of Breast Cancer** Oct. 28, noon–1 p.m., virtual event
- ▶ **Fresh Start Smoking Cessation** Nov. 5, 12, 19 & 22, Dec. 13, 20 & 27 and Jan. 4, 11 & 18; 10–11 a.m.; Riverview; and Nov. 9, 11, 16 & 18 and Jan. 4, 6, 11 & 13; 6–7:30 p.m.; Ocean
- ▶ **Are You Eligible for Lung Cancer Screening Under New Criteria?** Nov. 8, 11 a.m.–noon, virtual event
- ▶ **Stop Smoking With Hypnosis** Nov. 10, 7–8 p.m., virtual event
- ▶ **Thriving and Surviving Cancer** Dec. 13, 20 & 27 and Jan. 3, 10 & 17; 1–3 p.m.; virtual event

And more at [HackensackMeridianHealth.org/Events](https://www.hackensackmeridianhealth.org/Events) or 800-560-9990

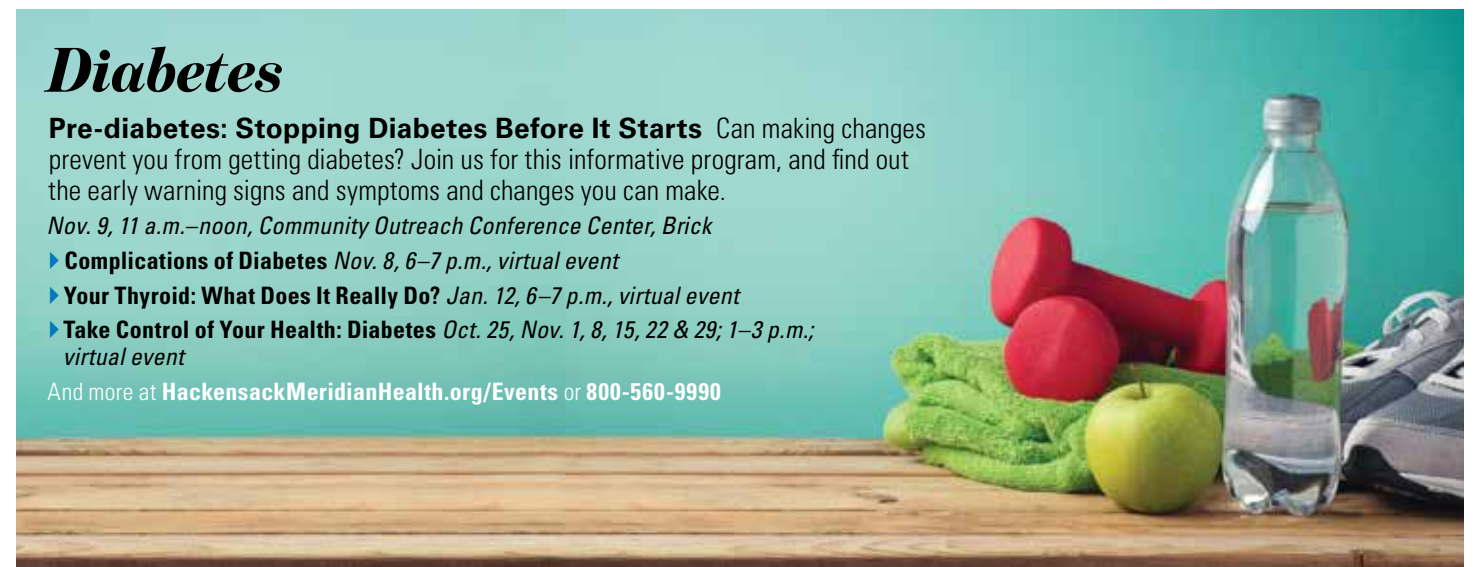
Diabetes

Pre-diabetes: Stopping Diabetes Before It Starts Can making changes prevent you from getting diabetes? Join us for this informative program, and find out the early warning signs and symptoms and changes you can make.

Nov. 9, 11 a.m.–noon, Community Outreach Conference Center, Brick

- ▶ **Complications of Diabetes** Nov. 8, 6–7 p.m., virtual event
- ▶ **Your Thyroid: What Does It Really Do?** Jan. 12, 6–7 p.m., virtual event
- ▶ **Take Control of Your Health: Diabetes** Oct. 25, Nov. 1, 8, 15, 22 & 29; 1–3 p.m.; virtual event

And more at [HackensackMeridianHealth.org/Events](https://www.hackensackmeridianhealth.org/Events) or 800-560-9990





Neuroscience

Are You Getting a Good Night's Sleep? Learn about sleep disorders, and gain tips on how to get a better night's sleep, including the latest technologies. Speaker: Adrian Pristas, M.D.

Dec. 7, 6–7 p.m., virtual event

▶ **Stroke: How Do I Know if I am at Risk?** Dec. 2, 11 a.m.–noon, Community Outreach Conference Center, Brick

▶ **Looking Beyond the Surface: Multiple Sclerosis Care in the Context of Race and Gender Identity** Dec. 4, 10 a.m.–2 p.m., virtual event

▶ **Memory Loss vs. Alzheimer's Disease** Dec. 7, 11 a.m.–1 p.m., Bay Avenue Community Center, Stafford

▶ **Cannabis and Parkinson's Disease: Is It a Healthy Relationship?** Dec. 9, 10–11 a.m., virtual event

▶ **Advances in Multiple Sclerosis** Jan. 21, 11 a.m.–noon, virtual event

And more at HackensackMeridianHealth.org/Events or 800-560-9990

Heart Health



Angioscreen® Learn your risk for heart attack and stroke. Includes carotid artery ultrasound, heart rhythm, blood pressure and screening for abdominal aortic aneurysm and peripheral artery disease (PAD). Receive a color report of your findings, educational materials and a consultation with a registered nurse. Special rate: \$49.95. Registration required.

To register, visit HackensackMeridianHealth.org/Events or call 800-560-9990.

▶ **Having Chest Pain? Is It Really a Heart Attack?** Nov. 3, 11 a.m.–noon, Community Outreach Conference Center, Brick

▶ **Hypertension and You** Nov. 11, 11 a.m.–noon, Community Outreach Conference Center, Manahawkin

▶ **Joyful Heart Tea** Dec. 1, 2–3 p.m., Hackensack Meridian Health Village, Jackson

▶ **Heart-healthy Eating** Dec. 7, 11 a.m.–noon, Community Outreach Conference Center, Manahawkin

▶ **Fitness: Exercising the Right Way** Dec. 13, 1–2 p.m., Community Outreach Conference Center, Brick; Jan. 12, 2–3 p.m., Bayshore

▶ **Living With Heart Failure** Jan. 19, 11 a.m.–noon, virtual event

And more at HackensackMeridianHealth.org/Events or 800-560-9990

Bayshore Medical Center
727 North Beers St., Holmdel

Jersey Shore University Medical Center and K. Hovnanian Children's Hospital
1945 Route 33 Neptune

JFK University Medical Center
65 James St. Edison

Ocean University Medical Center
425 Jack Martin Blvd., Brick

Raritan Bay Medical Center
530 New Brunswick Ave. Perth Amboy

Old Bridge Medical Center
1 Hospital Plaza Old Bridge

Riverview Medical Center
1 Riverview Plaza Red Bank

Southern Ocean Medical Center
1140 Route 72 West Manahawkin

HOSPITAL LOCATIONS



General Wellness

Take Control of Your Health Six-week evidence-based workshop developed by Stanford University where you will learn practical skills for chronic disease, setting goals, problem solving, meal planning and more.

Oct. 29, Nov. 5, 12, 19 & 26 and Dec. 3; 1–3 p.m.; virtual event

▶ **You Are What You Eat** Nov. 3, 2–3 p.m., Bayshore

▶ **Kundalini Yoga** Nov. 4, 11 a.m.–noon; Dec. 9, 5–6 p.m.; virtual event

▶ **Septicemia** Nov. 5, 1–2 p.m., virtual event

▶ **Living With Arthritis** Nov. 15, 1–2 p.m., Hackensack Meridian Health Village, Jackson

▶ **Weight Loss With Hypnosis** Dec. 1, 7–8 p.m., virtual event

▶ **Can Exercise Help Osteoporosis?** Jan. 13, 11 a.m.–noon, Community Outreach Conference Center, Brick

▶ **Weight-loss Surgery** Visit HackensackMeridianHealth.org/WeightLoss for a seminar near you.

▶ **Support Groups** Visit HackensackMeridianHealth.org/SupportGroups for dates, times and locations.

And more at HackensackMeridianHealth.org/Events or 800-560-9990



Pediatrics

Safe Sitter Babysitter training for boys and girls ages 11 to 14. The class includes handling emergencies, childcare skills and first aid. Must attend both sessions. Fee: \$25.

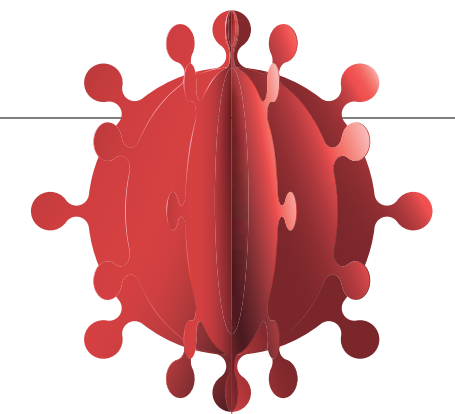
Nov. 13 & 20 and Dec. 28 & 30, 10 a.m.–12:30 p.m.; and Jan. 18 & 20, 4–6:30 p.m.; virtual event

▶ **Safe @ Home by Safe Sitter** Nov. 4, Dec. 29 & Jan. 15; 10–11:15 a.m.; virtual event

▶ **Kids and Anxiety** Dec. 7, 1–2 p.m., virtual event

▶ **Dangers of Teens and Vaping** Jan. 18, 12:30 p.m., virtual event

And more at HackensackMeridianHealth.org/Events or 800-560-9990



Due to the COVID-19 pandemic, we are taking proactive measures and postponing some of our events. Please visit HackensackMeridianHealth.org/Events or call 800-560-9990 to confirm programs are still on before showing up.

Pam Krause (left) credits her physical therapist, Hardeep "Nicki" Kaur (right), with helping her relearn how to sit up, stand and walk after a stroke.



A Standing Ovation

A rare illness knocked Pam Krause to the ground. When she finally stood again, she made a grateful gift in the name of the physical therapist who helped her do it.

Physical rehabilitation helps the body recover after a serious illness or injury, but it can restore much more than physical function. At its best, it also restores independence, confidence and community.

So was the case for 70-year-old Pam Krause of Helmetta, New Jersey. In May 2020, she went for a Sunday stroll past a pond near her home when she stopped to chit-chat with a fisherman. She began to feel ill, then fainted and cracked her head—or so she was told. All she remembers is waking up in the emergency room, where she was told she'd had a stroke.

Pam was transferred to **Jersey Shore University Medical Center** for several days of observation. While there, she unexpectedly fell on the way to the bathroom when her left leg suddenly failed beneath her. In addition to a stroke, she found out she had Guillain-Barré Syndrome (GBS), a rare, rapidly progressive disease of the nerves that causes muscle weakness and paralysis. She declined quickly, losing the ability to eat, speak, sit, stand and walk.

After a month of receiving care at Jersey Shore, Pam was transferred to **JFK Johnson Rehabilitation Institute**, where she met physical therapist Hardeep "Nicki" Kaur, PT, DPT, CSRS, a clinical consultant in JFK Johnson's inpatient rehab practice.

"God bless Nicki," says Pam, who credits Nicki with helping her relearn how to sit up, stand and even walk. "She was very encouraging. She knew exactly when to ease off and when to push me harder."

Nicki made such a positive impression that Pam and her husband, Earl, recently made a gift to Hackensack Meridian Health Foundation in her honor.

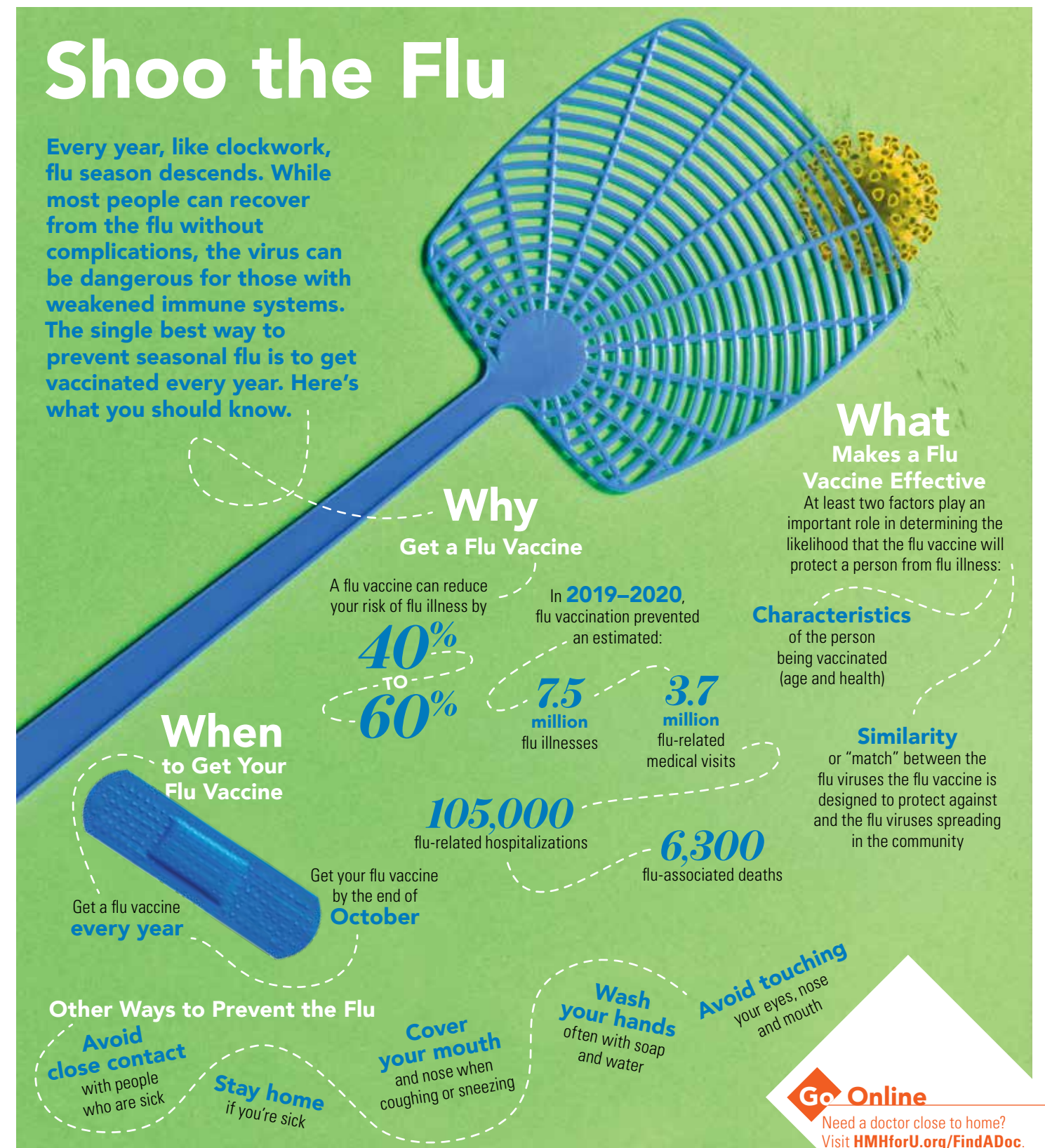
"My husband said to me, 'Nicki got your life back,' and he was right," says Pam, who has regained her speech and can now walk with a cane—sometimes even without one. As a result, she has gone from being bedridden to attending school plays, bridal showers and book club meetings, and even visiting the Pocono Raceway in Long Pond, Pennsylvania, where she works in the media center during NASCAR races. "We wanted to do something for her to say thank you."

Nicki was as surprised as she was touched. "I was definitely taken aback. It was amazing and very humbling," says Nicki. "I loved Pam's positive attitude. Right away she said to me, 'I want to walk again.' And little by little—with medicine, therapy and working together every day—we got there." 🌟

Every gift helps. Text **HMHNJ CNTRL** to **833-611-1221** to make a donation today, or visit us online at **HMHforU.org/Donate**. Message and data rates may apply.

Shoo the Flu

Every year, like clockwork, flu season descends. While most people can recover from the flu without complications, the virus can be dangerous for those with weakened immune systems. The single best way to prevent seasonal flu is to get vaccinated every year. Here's what you should know.



Source: Centers for Disease and Control Prevention



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More Tools for a Better U!

Subscribe to the HealthU e-newsletter to receive health and wellness tips and resources, patient stories and the latest information on the COVID-19 pandemic right in your inbox.

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[HMHforU.org/Subscribe.](https://www.hmhforu.org/subscribe)



COVID Recovery Center

Our COVID Recovery Center provides medical support to the hundreds of thousands of recovered COVID-19 patients in New Jersey and the surrounding tri-state area as they continue on their path to health. If you or a loved one needs medical support after recovering from COVID-19, call **833-565-0405** to schedule a physician screening and receive a customized treatment plan. Learn more at [HMHforU.org/COVIDCenter](https://www.hmhforu.org/COVIDCenter).



What to Know About COVID-19 Vaccine Boosters

COVID-19 booster shots are now being offered. Hackensack Meridian Health's chief physician executive, **Daniel Varga, M.D.**, explains who may need a booster, what it means to be immunocompromised and what type of booster you should get at [HMHforU.org/Booster](https://www.hmhforu.org/Booster).

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As the state's largest, most comprehensive health network, Hackensack Meridian Health is made up of 7,000 physicians, 17 hospitals and more than 500 locations. For a complete listing of our hospitals, services and locations, visit [HackensackMeridianHealth.org/Locations](https://www.hackensackmeridianhealth.org/locations).