

HEALTH **U**

Being the Difference



Hackensack
Meridian *Health*

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Tune in to our
HealthU podcast!
For more details, visit
[HMHforU.org/Podcast](https://www.hmhforu.org/Podcast).



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and other great health care content.

HealthU is the winner of the 2023
Content Marketing Award for Best
Content Marketing Program in
Healthcare, as well as a 2023 Hermes
Creative Awards Platinum winner
and a 2022 APEX Award winner.





At Hackensack Meridian Health, we're proud to have two hospitals ranked in New Jersey's top four, according to U.S. News & World Report 2024–2025. Hackensack University Medical Center is the #1 adult and children's hospitals in New Jersey, with the team gathering in celebration pictured above. Learn more about our top ranked care below.

Where You Go Matters

When it comes to you and your family's health care, where you go and who you see truly matter. For the busy adult working long hours, that means the convenience of a nearby urgent care center. For the parent of a young child with an earache, it's the comfort of a pediatrician who takes time to listen to their concerns.

And for those facing a life-threatening illness or condition, it's the hope that can be provided through clinical trials, the latest treatments and support services.

At Hackensack Meridian Health, we are committed to providing life-changing care, from the most routine visits to the most complex treatments. Specifically for cancer care, that means constantly seeking new answers for difficult-to-treat cases.

John Theurer Cancer Center conducts more clinical trials than any other cancer center in New Jersey—with hundreds of trials available and more than 1,500 patients enrolled every year—giving new hope when all cancer treatments have been exhausted and there is no other option. Learn more on [page 22](#).

Our dedication to clinical excellence and compassionate care was recently recognized by *U.S. News & World Report*:

- ▶ **Hackensack University Medical Center** was named the #1 hospital in New Jersey.
- ▶ **Jersey Shore University Medical Center** was named the #4 hospital in New Jersey.
- ▶ **John Theurer Cancer Center** was named the best cancer center in New Jersey and a top 50 cancer center nationwide.
- ▶ **Joseph M. Sanzari and K. Hovnanian Children's Hospitals** were named the top children's hospitals in the state.
- ▶ **JFK Johnson Rehabilitation Institute** is ranked #33 nationwide for rehabilitation.

Behind these rankings is the hard work and dedication of our team members and doctors. We are so grateful for their constant commitment to every patient, every day. Read more about the latest *U.S. News & World Report* rankings at [HMHforU.org/USNews](https://www.hmhforu.org/USNews). 🌐

Robert C. Garrett, FACHE, CEO
Hackensack Meridian Health



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Better

quick tips to help you live your healthiest life

INSIDE THIS SECTION

- 6 Why animals make us feel better
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Supplement Secrets

Get the inside scoop on pre-workout supplements.

Pre-workout supplements—marketed to athletes or those trying to build muscle—are a growing multi-billion-dollar industry. These products claim to increase energy, focus, stamina and performance. But are they healthy for you?

While a few third-party organizations have their own standards for analyzing and approving supplements, neither the U.S. Food and Drug Administration (FDA) nor any other government oversight organization regulates these products. Follow these guidelines when incorporating supplements into your workout routine.

Read the Ingredients List

Select a supplement that has just a few ingredients and doesn't have a lot of caffeine. Excessive caffeine intake, which can cause jitteriness, anxiety and sleep issues, is the most common risk with pre-workout supplements.

Use Less Than Directed

Use just a portion of the recommended serving size when starting off, as labels may not be accurate. One small study found that just 11 percent of the 60 supplements tested contained accurate amounts of ingredients listed on their labels. Approximately 40 percent didn't contain any detectable amount of the specified ingredient at all.

Prioritize Sleep and Nutrition

Pre-workout supplements aren't necessary to have a good workout and feel better. In fact, if you are struggling with your workout or feeling extra fatigued, try analyzing your sleep and nutrition. Simple adjustments in these areas may make the difference.

Go Online

Find more tips for working out at [HMHforU.org/Exercise](https://www.HMHforU.org/Exercise).



Paw-sitive Vibes

Animal therapy can help people heal, face their fears, tell their story and understand how their actions impact the outside world.

There is something profoundly wonderful about our furry, four-legged friends. Animals can provide comfort, joy and non-judgmental support. They can also be used in animal therapy to help people build relationships, face fears and develop or improve behavioral skills.

Why Do Animals Make Us Feel Better?

According to the National Institutes of Health, studies have shown that interactions with animals have several positive health benefits, including:

- ▶ Decreased cortisol levels (stress hormone)
- ▶ Lowered blood pressure
- ▶ Reduced feelings of loneliness
- ▶ Boosted mood

Who Can Benefit From Animal Therapy?

Owning a pet can provide general health benefits, such as helping to increase activity levels and decrease loneliness.

Structured animal therapy may be recommended for a variety of behavioral health conditions and can help people achieve their educational, professional or personal goals.

Animal therapy has been proven effective for many groups, such as:

- ▶ Veterans and individuals experiencing post-traumatic stress disorder
- ▶ People with substance use disorder
- ▶ People with behavior issues

“By working with animals, people may discover they can change an outcome based on new behavior,” says Mary Ann Brewer, therapeutic equine specialist at **Carrier Clinic**.

Animal therapy can open discussions about new concepts, such as the idea of empathy or how participants’ behavior affects others.

The long-lasting benefits of animal therapy depend on the participant’s motivation. “Some people make significant changes after just one session,” Mary Ann says. “Others will have a dozen sessions before changes begin to emerge.”

Find a behavioral health specialist near you at HMHforU.org/BehavioralHealthDoc.

Turkey Tricks

The holidays can be filled with lots of laughter, love and joy—but also hefty calories and temporary passes on healthy habits. Here's how to avoid overindulging.

Need help maintaining your nutrition and fitness routines during the holidays? Try these tips for a healthy and happy Thanksgiving.

Explore the Variety of Seasonal Produce: What foods come to mind when you think of Thanksgiving? Probably turkey, stuffing and mashed potatoes, right? But there's so much healthy seasonal produce available during this time of the year. Try featuring foods like squash, Brussels sprouts, cauliflower, apples, carrots, cranberries, pumpkin and pomegranates on your Thanksgiving table.

Modify and Experiment: Alter your favorite recipes by replacing those not-so-healthy ingredients with healthier options. For example, using applesauce instead of oil when baking can significantly decrease the fat and calorie content. Adding extra seasonal vegetables to any dish can increase the nutrient content of the food.

Make Time for Physical Activity: Thanksgiving Day is a great time to get outside with friends and family. Try a family football game, or walk around the neighborhood. Exercise will offset some of the calories consumed at the Thanksgiving table.

Watch What You Drink: You can curb the amount of calories you consume by limiting sweetened and alcoholic beverages. Try seltzer and lime or water to save calories for the feast.

Indulge a Little and Enjoy a Lot:

Thanksgiving only comes around once a year, so it's important to enjoy it. Embrace the cornucopia of delicious food and the value of time spent with family and friends.



Find more tips for healthy eating at HMHforU.org/HealthyEating.



Zingy Roasted Vegetables

Serves 4

Ingredients

- 2 large carrots
- 1 medium parsnip
- 1 medium turnip
- 1 medium rutabaga
- 1 medium yam
- 2 small red potatoes, quartered
- ½ large red onion, sliced into 4 wedges
- 2 large mushrooms, quartered
- 1 large red bell pepper, seeded and cut in 8 equal strips
- 1 small zucchini cut in 1-inch slices
- ½ teaspoon each, dried oregano, thyme, rosemary, black pepper
- 1 Tablespoon prepared horseradish sauce
- 1 Tablespoon cider vinegar

Preparation

- ❶ Preheat oven to 425° F.
- ❷ First five ingredients, remove skins with vegetable peeler and cut into large bite-sized pieces (1-inch cubes). Then place with potatoes on large cookie sheet lightly sprayed with cooking oil. Roast uncovered for 20 minutes.
- ❸ Remove from oven. Turn with spatula. Vegetables should still be firm but beginning to color. Add onions, mushrooms, pepper and zucchini, and sprinkle with herbs and pepper. Roast 15 more minutes or until all are tender.
- ❹ Combine horseradish sauce and vinegar, and spoon over vegetables. Toss and serve.

Nutrition

Per serving: 192 calories, 5g protein, 44g carbohydrate (9g fiber), 1g fat (0g sat, 1g mono/poly), 71mg sodium

Find more recipes at HMHforU.org/HealthyEating.



Why does belly bloat happen?

Darshini Shah, M.D., weighs in:

Belly bloating can happen for many different reasons. You may have an allergy to gluten or suffer from a chronic condition like irritable bowel syndrome. Many women also experience bloating while pregnant or when menstruating. However, diet is most often the culprit.

High FODMAP foods can cause or contribute to belly bloat. FODMAP is an acronym for a specific group of carbohydrates that are poorly absorbed by the upper GI tract and can lead to bloating. High FODMAP foods include dairy, rye, beans and asparagus, just to name a few.

Other items, such as carbonated beverages, artificial sweeteners and highly processed foods containing a lot of salt, can also contribute to bloat. Sometimes, bloating is simply caused by eating too fast!

Besides watching what you eat—and staying hydrated—you can reduce belly bloating by:

- ▶ **Exercising.** Regular exercise can help keep your GI tract moving. Even just 15–30 minutes of walking can make a big difference.
- ▶ **Eating slower.** If you are a speed eater, it may not be your diet that's causing your bloating but rather the rate at which you consume food.

Learn more at HMHforU.org/BellyBloat.



Darshini Shah, M.D.

Family medicine specialist

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Clark

Should I use a humidifier?

Killol Patel, M.D., weighs in:

When the air is too dry, you may experience irritating symptoms like dry skin, mouth and nose, and you may begin to sneeze. Humidifiers can help relieve these symptoms, as well as alleviate symptoms from the common cold or more chronic conditions, such as asthma or COPD.

There are two general types of humidifiers: cold misters and steam vaporizers. They both help to increase the humidity in the air. However, cold misters seem to work better for colds, RSV or COVID—anything with congestion.

No matter what model you choose, keep your humidifier clean. Given their moist environment, they can accumulate mold and bacteria quickly, so clean it with mild dish soap and water twice a week. If it has a filter, clean it once a month or more often if you have asthma.

If your humidifier isn't helping your symptoms or they have worsened, you need to see a doctor. Humidifiers can help control symptoms, but they won't cure their root cause.



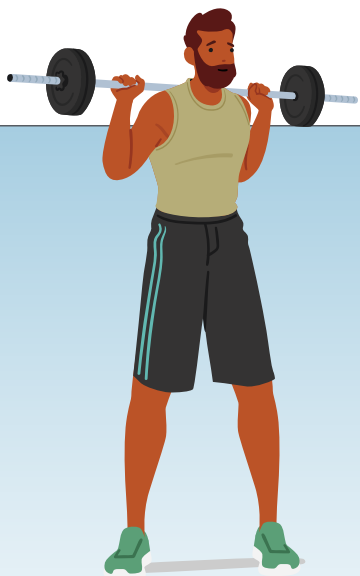
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Fort Lee and Edison

Learn more at HMHforU.org/Humidifier.



Does getting a vasectomy affect your testosterone?

Michael Lasser, M.D., FACS, weighs in:

If you're getting a vasectomy, you may worry that the procedure will affect your testosterone levels or sex drive. But you can rest assured that this safe and effective permanent birth control option won't affect your hormones. The procedure does not harm the testicles or reduce testosterone production.

To fully understand how a vasectomy has zero effect on testosterone levels, it's helpful to know how a vasectomy works. This minor surgical procedure blocks or removes a small section of the vas deferens, which are the tubes that carry sperm from the testicles. This interrupts the sperm's passage without affecting the blood flow to the testicles or the production of testosterone. Moreover, vasectomies don't affect erections or lower sex drive.

If you're on the fence about having a vasectomy, it's important to have a frank conversation with your urologist. They can address any questions or concerns you may have and help you determine if a vasectomy is the right choice for you.



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Edison and Old Bridge

Learn more at [HMHforU.org/Vasectomies](https://www.HMHforU.org/Vasectomies).

How do I know if I have a weak pelvic floor?

Sharon Arditti, PT, and Harinder Bajaj, PT, weigh in:

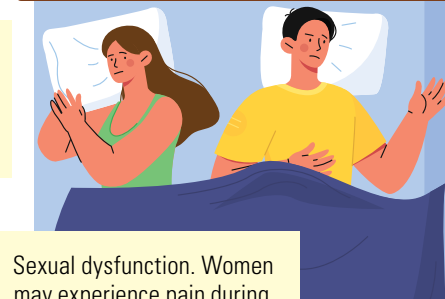
Your pelvic floor—the muscles in the base of your torso—is responsible for bowel and bladder function and sexual pleasure. These inner muscles work with abdominal, hip and back muscles to provide support to your pelvic organs, including the bladder, uterus and vagina in women, prostate in men and the rectum. If they are weak, you may experience uncomfortable, inconvenient or embarrassing symptoms.

Signs that mean you may have pelvic floor weakness include:

Urinary or stool leakage, or incontinence. Constipation or difficulty urinating.

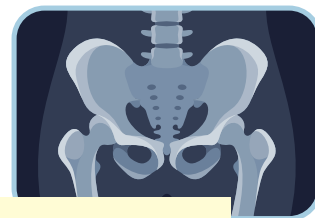
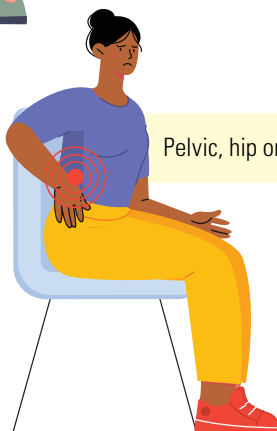


Urgently needing to urinate or have a bowel movement.



Sexual dysfunction. Women may experience pain during sex; men may experience erectile dysfunction.

Pelvic, hip or lower back pain.



Pelvic organ prolapse. This occurs when the muscles and ligaments of the pelvic floor weaken, causing pelvic organs to drop lower in the pelvis and forcing the vagina or rectum to bulge.

If you are experiencing these symptoms, your doctor can refer you to a specially trained physical therapist who can help you strengthen your pelvic floor.

Learn more at [HMHforU.org/PelvicFloor](https://www.HMHforU.org/PelvicFloor).

Doctor Spotlight

KAREN YOUNG, M.D.

Family medicine doctor

Hackensack Meridian Medical Group
Primary Care—Perth Amboy

Family medicine specialist Karen Young, M.D., firmly believes she was put on Earth to help and empower the people in her community.

"The city reminds me of where I grew up in Paterson, and I appreciate the different cultures here," says Dr. Young, who has been in practice for 27 years and with Hackensack Meridian Health since February 2024. "I like to see families outside having fun here—enjoying life with big smiles on their faces. I believe in the power of laughter and connection."

Always seeking ways to help, she has actively volunteered at church in the past and has given local presentations about key health issues. She plans to do so again in the near future once she's a bit more settled into her new job and community.

Why did you choose a career in medicine?

I was inspired as a child by TV doctor "Marcus Welby, M.D." and by my grandmother, who was a maid and nanny for a successful New York City female pediatrician.

How do you approach your patients' care each day?

I focus on whole-body wellness and lifestyle choices to prevent and manage chronic conditions. If they have a preventable disease, it's like a train going down the track. I want to slow the progression of that disease—and do it in a positive way. I want them to know their numbers, such as blood pressure and A1C (blood sugar levels), because knowledge is power. I want to be a "home base" for care for patients of all ages. I especially enjoy treating families, watching them grow and helping them navigate their health care journeys.



To stay active, Karen Young, M.D., enjoys walking and kayaking with her husband.

How do you take care of yourself?

I believe in the physical, emotional and health benefits of exercise. I use my rowing machine and look out my window at the peaceful waters of Raritan Bay. I walk and kayak with my husband, and I lift weights. I like to eat healthy food, and my husband is a wonderful cook—me, not so much. I prefer vegetables and salads, seafood, and sometimes, I like to eat slow-roasted pork as a treat.

What rock band would you be in, and what instrument would you play?

I would be in Prince's band—maybe playing drums like Sheila E.—or in the 70s/80s funk rock band Funkadelic.

You are clearly proud of your family. Can you tell us more about them?

My husband is my best friend. We have been together for more than 30 years and have known each other since we were 15. He's brilliant and kind, extremely accomplished academically and professionally, and a successful entrepreneur. He is a terrific role model for our son, who is studying aerospace engineering. ⚙️

To make an appointment with Dr. Young or a doctor near you, call **800-756-1282** or visit **HMHforU.org/FindADoc**.

Spotlight on

health topics that matter the most to you



Healthy Eating on the Go

Even with a hectic lifestyle, you can establish healthy eating habits with some planning, creativity and a commitment to nutrition. Try these five ideas.

Keep healthy snacks on hand.

Purchase reusable food containers for your car, bag or desk, and keep them stocked with healthy snacks, like dried fruits, nuts, sunflower or pumpkin seeds, trail mix, roasted chickpeas and vegetable chips. Keeping these nutritious options on hand will help you avoid less healthy snacks from vending machines, gas stations or fast-food restaurants.

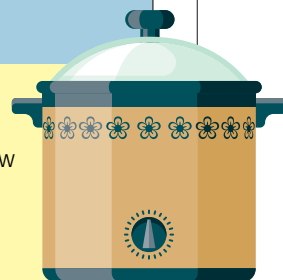


Plan ahead. Effective meal planning and prepping can be a lifesaver for busy families. Set aside time each week to plan meals, create a shopping list and prepare ingredients in advance.



Use time-saving kitchen gadgets.

Appliances like air fryers and pressure cookers can cut cooking time, while slow cookers can reduce effort (set it in the morning and forget it until you're ready for dinner).



Rely on recipes that require minimal ingredients and preparation time.

One-dish cooking—where you use a single pot or dish for all ingredients—can significantly cut down the prep and clean-up time.

Look for shortcuts when purchasing whole foods.

Pre-washed and pre-cut or frozen fruits and vegetables, canned beans and precooked grains are nutritious options that save prep time. Read labels carefully, opting for products with minimal additives, preservatives and added sugars.



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



Best for the Breast

When it comes to detecting breast cancer, are mammograms or thermograms the safer, more effective option? Our experts break it down.

Lately, many people are talking about thermography for breast cancer screening, claiming that it's a safer option than mammography. Our expert radiologists help break down how thermography works, address safety concerns around mammography and clarify the most effective option for catching breast cancer early.

How Thermography Works

Thermography uses infrared technology to detect heat patterns on the surface of the breast. This can indicate inflammation or other abnormalities.

Unlike mammograms, thermography does not involve uncomfortable breast compression. However, if thermography finds an abnormal area, "a mammogram is always recommended to reinforce any thermogram finding, whether negative or positive," says **Harriet Borofsky, M.D.**, medical director of breast imaging at **Riverview Medical Center** and **Bayshore Medical Center**.



Harriet Borofsky, M.D.

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Hackensack, North
Bergen and Oradell

"In my 30 years of practice, I've never seen a thermogram detect a single case of breast cancer," Dr. Borofsky adds. "Since it uses infrared light, a tumor would have to be very large to emit the significant temperature changes that a thermogram would notice."

The FDA has explicitly stated that thermography should never be used as a substitute screening tool for mammography to detect breast cancer.

How Mammography Works

Only mammograms are effective for detecting small, early breast cancers.

Mammography uses X-ray technology to capture images of the breast from two angles—from the top and from the side. The breast is compressed between two "paddles" to get clear images. A radiologist examines these images to identify any abnormal areas. If something suspicious is found, further tests like ultrasound or MRI may be needed.

Are Mammograms Safe?

Mammograms are essential and safe for breast cancer screening. Although they deliver a dose of radiation, the amount emitted during a mammogram is so tiny, it's considered negligible.

"A flight from the East to West Coast exposes us to a similar amount of radiation," says **Gail Starr, M.D., MSED**, chief

of breast imaging, diagnostic radiology, at **Hackensack University Medical Center**.

"Radiation is a scary word for many people, but the dose of radiation from a mammogram is exceedingly low."

Pros and Cons of Mammography and Thermography

Mammograms and thermograms each come with benefits and drawbacks.

Mammography

Pros:

- ▶ Proven to detect breast cancer at early stages. "Mammography is considered the gold standard," Dr. Starr says. "Over many years, it's been proven to save lives and give patients many more treatment options when breast cancer is detected early."
- ▶ Reduces breast cancer mortality by 30 to 40 percent.
- ▶ Generally covered by health insurance.

Cons:

- ▶ Involves low-dose radiation.
- ▶ May cause discomfort due to breast compression.

Thermography

Pros:

- ▶ No radiation exposure.
- ▶ No breast compression.

Cons:

- ▶ No scientific evidence supporting early cancer detection.
- ▶ Not covered by health insurance.
- ▶ Less effective compared to mammography.

"I tell patients to save their money—there's no good reason to have a thermogram," Dr. Borofsky says.

"The FDA has cleared thermography as an 'adjunct' tool to use alongside a primary screening test like mammography, but there are many superior adjunct tools, such as ultrasound, MRI and contrast-enhanced mammography," Dr. Starr says. "While some patients may turn to thermography because it seems like a better option, it's not. It's safe but not effective."

Tips for a More Comfortable Mammogram

- ▶ If you have sensitive breasts, take an over-the-counter pain reliever, such as acetaminophen or ibuprofen, before your appointment.
- ▶ Schedule your mammogram for the first week of your menstrual cycle, when breasts are typically less tender.
- ▶ Tell your mammography technician if you're experiencing discomfort during the test. They may be able to reposition your breasts to make the process more comfortable. ⚙️

**Book your
mammogram
online.**



CANCER CARE

On the Rise

Unfortunately, cancer numbers are growing in people ages 20–40. Here's why.

Historically, cancer was considered a disease of the aging. Yet it's becoming all too common for an increasing number of young adults. Recent reports paint a troubling picture: Cancer rates among younger generations are escalating.

The American Cancer Society's annual report on cancer shows that while cancer deaths are declining, new cases are increasing—from 1.9 million in 2022 to more than 2 million in 2023. More of the new instances involve young people. The report shows that younger people were the only age group to see an increase in total cancer incidence between 1995 and 2020, with rates rising by 1 to 2 percent each year.

Gregory Shypula, M.D., an oncologist at **JFK University Medical Center**, says one in every five cancer patients is 50 years old or younger.

What's Behind the Surge?

Many factors could contribute to young cancer diagnoses at younger ages:



What You Eat

The modern American diet is full of processed foods, genetically modified organisms (GMOs) and other potentially carcinogenic ingredients. Even diets marketed as healthy can disrupt the delicate balance of our gut biome (the healthy bacteria in the digestive system).



What You Drink

Alcohol is a well-established carcinogen, and its link to many types of cancer—including breast, liver and colorectal cancer—is clear. Despite this information, many young people continue to drink alcohol in large quantities, without fully considering the long-term consequences for their health.



Smoking and Vaping

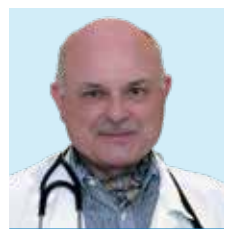
When you expose your lungs to harmful chemicals and toxins through vaping or smoking, you're exposing them to known carcinogens. Doing this long-term can damage lung tissue and increase the risk of developing various types of cancer, including lung cancer.

Scan the QR code to take a cancer risk assessment and understand your personal risk level.



Cancer cases are increasing, from

1.9
million
in 2022
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more than
2
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Old Bridge and Edison

Take Control of Your Health

Cancer doesn't discriminate—it doesn't care if you're young and have your whole life ahead of you. Your health is your most valuable asset. Know your risks and family history, make healthy choices and get screened. 🌀



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Holmdel and Red Bank

Ready and Willing

Thanks to proactive screening, Christina Deluca's breast cancer was caught and treated in its earliest stage.

For good reason, Christina Deluca, 37, of Aberdeen, New Jersey, was vigilant about staying on top of her breast health, starting with annual mammograms at age 30.

Although recent recommendations suggest starting mammograms at age 40, Christina, a wife and mother of two young boys, knew that because of her family history and her dense breasts, she had to be more proactive.

Years before, her mother had been diagnosed with breast cancer and underwent a single mastectomy. But cancer in her second breast 20 years later resulted in a second mastectomy and radiation. Both Christina and her mother tested BRCA negative, but she wanted to remain diligent.

No Stone Unturned

In 2022, despite a negative mammogram and breast ultrasound, Christina received a breast MRI in June—she typically did MRIs every year-and-a-half. “It’s the most sensitive test we have for the detection of breast cancer,” says **Denis G. D’Angelo, M.D.**, breast imaging and

diagnostic radiologist at **Bayshore Medical Center** and **Riverview Medical Center**. “We can see more of the breast tissue all the way to the chest wall on an MRI, which is not possible with a mammogram.”

Dr. D’Angelo found a pattern of small lesions in the imaging that he hadn’t observed before. So instead of waiting her usual year-and-a-half, Christina returned for a repeat MRI on January 2, 2023. The breast MRI revealed a straight-line pattern in the right breast that can indicate an abnormality. Dr. D’Angelo also reported two new masses in her left breast.

Troubling Result

On January 20, a biopsy, which removes a small portion of the tumor, revealed that the two new masses in the left breast were non-cancerous breast tumors.

Christina then underwent an MRI-guided biopsy in her right breast in early February. It revealed an atypical ductal hyperplasia, a “precursor” bordering on early breast cancer, Dr. D’Angelo says.

Christina followed up in mid-March with a breast surgeon to undergo an excisional biopsy, the removal of the entire troublesome area. On further inspection, it was confirmed that she had the earliest stage of cancer, ductal carcinoma in situ, or DCIS, a stage 0 cancer.

Still optimistic after such a comprehensive diagnostic path, Christina chose a double mastectomy in May 2023, then reconstructive surgery in September.

Ready for the Future

Christina is grateful for her early diagnosis. “I thank Dr. D’Angelo so much for helping me stick to a diagnostic schedule and for being so diligent,” she says. “I didn’t *have* to do a double mastectomy. I *chose* to do that, and so I was able to avoid chemotherapy and radiation.”

Christina has become an enthusiastic advocate for early screening and detection. Most of all, she thinks about what taking preventive steps means for her family. “I want to be with my boys for the long run as their healthy, forward-looking mom.”

Sleep Well



Could the position that you sleep in have an impact on your digestion, sleep apnea or heart health?



Saleem Husain, M.D.

Interventional
cardiologist

800-756-1282

Plainfield

If you toss and turn at night, you may be looking for a comfortable sleep position. There may be benefits to sleeping on your side, but does it matter which side?

Some research suggests that sleeping on one side may be better for certain reasons. But it's more important to focus on getting enough rest, rather than your position.

"While it's true that the position in which we sleep can have some positive effects for our heart health, keep in mind that most of us do not stay in the same position all night long," says **Saleem Husain, M.D.**, interventional cardiologist at **JFK University Medical Center**. "So our quality of sleep is more important."

Why Your Sleep Position May Matter

Whether or not side sleeping is best, it's better than other positions. Lying on your stomach may lead to back pain or other complications, such as sleep apnea.

Sleeping on your back may be fine, but side sleeping may be better. Consider the effects that side sleeping may have on these conditions:

- ▶ **Heart health.** Because of gravity, left-side sleeping may slightly shift the heart's position in the chest. This may cause slight positive changes measurable by echocardiogram, but more research is needed.
- ▶ **Heartburn.** Many people who experience heartburn sleep on their right side, hoping to ease symptoms. The thinking is that the position elevates the stomach, which may encourage it to empty. "Researchers haven't yet confirmed that right-side sleeping can improve reflux, but overall, it's harmless to try," Dr. Husain says.

▶ **Sleep apnea.** People with this sleep disorder stop breathing multiple times each night and are at increased risk for heart disease. Doctors prescribe continuous positive airway pressure (CPAP) machines to treat sleep apnea, but sleep position may also have an impact for milder cases. Sleeping on your side can improve how the mouth and throat tissues lay, which can create more breathing space.

Helpful Tips for Better Sleep

Most adults don't sleep the recommended seven to nine hours each night. Instead of focusing on which side you sleep on, prioritize your rest these ways:

- ▶ **Stick to a consistent sleep schedule.** Wake up and go to bed at roughly the same times, counting weekends. Your circadian rhythm—your daily internal clock—needs consistency.
- ▶ **Practice good sleep hygiene.** As bedtime approaches, dim the lights and put away smartphones and other screens. Consider taking a warm shower, and keep your bedroom cool and quiet.
- ▶ **Give your body and brain daily workouts.** Exercise daily, and do things to stimulate your mind, like reading or crossword puzzles. These habits should make it easier for you to fall asleep at night. 🌟

Go Online

Understand your risk for heart disease. Schedule a heart screening near you: [HMHforU.org/HeartScreen](https://www.hmhforu.org/HeartScreen).

Spray Away the Pain

More than 39 million people in the United States suffer from migraines. For fast relief, nasal sprays have become a reliable treatment for many patients.

A migraine is a type of headache characterized by recurrent attacks of moderate to severe throbbing and pulsating pain on one side of the head. Often running in families, migraines can worsen with routine physical activity, movement, coughing or sneezing. Migraines tend to occur most often in the morning, especially when a person wakes up.

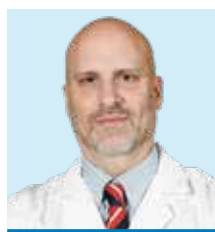
Migraines may cause nausea, sensitivity to light or sound, confusion and other symptoms. They can last for hours or even days, and women are more than three times more likely to experience one than men.

Nasal Sprays Really Work

Nasal sprays or intranasal agents work well for people with chronic or episodic migraines. Episodic is defined as zero to 14 headache days each month, while chronic migraine is characterized by 15 or more.

“Nasal sprays can actually stop headaches before they begin,” says **Brian Gerhardstein, M.D., Ph.D.**, a neurologist and headache medicine specialist at Hackensack Meridian Neuroscience Institute at **JFK University Medical Center**.

“They’re a great at-home remedy for abortive or acute therapy.”



Brian Gerhardstein,
M.D., Ph.D.

Neurologist and
headache medicine
specialist

800-756-1282

Edison

Benefits and Side Effects

Although many people use pills to relieve migraine pain, here’s why Dr. Gerhardstein says a nasal spray may be right for you.

Efficiency: Sprays work faster because they’re absorbed quickly by the tissue that lines your nose. Pills must travel through the gastrointestinal (GI) tract. Sprays may bring relief in just 15 minutes, compared to 30 minutes with pills.

Ease: Some migraine patients may have gastroparesis, partial paralysis or weakness of the stomach, causing the entire GI system, along with digestion, to slow down. This can happen during and between acute migraine attacks and can negatively impact how the body absorbs migraine medications.

All medications can have side effects, and migraine nasal sprays are no exception. Discuss these symptoms with your doctor if they occur:

- ▶ Unusual taste
- ▶ Nasal discomfort
- ▶ Dry mouth
- ▶ Tiredness
- ▶ Sore throat
- ▶ Nausea or vomiting 🌀

Go Online

Make an appointment with
a headache specialist at
HMHforU.org/NeuroDoc.

ORTHOPEDICS

Ski Safety

Stay out of the emergency room with these five tips.

A momentary lapse in judgment on the ski slopes may sideline you for weeks. And some skiing injuries cause significant damage, requiring physical therapy or even surgery.

Skiers tend to injure their knees more often than any other body part. “But we see all sorts of ski- and snowboard-related injuries, particularly with the shoulders and wrists,” says **Alexander Russoniello, M.D.**, orthopedic surgeon at **JFK University Medical Center**. “Concussions and traumatic brain injuries can happen, too.”

Dr. Russoniello shares five tips for hitting the slopes safely:



Alexander Russoniello, M.D.

Orthopedic surgeon

800-756-1282

Edison

1 Get Fitted for Ski Equipment

It's important to wear skis and boots that were chosen for you. Also, make sure the bindings are adjusted for your weight and ability.

2 Wear a Helmet

Put on a well-fitting ski helmet (not a bike helmet) whenever you ski. You'll reduce your likelihood of having a serious head injury.

3 Take Ski Lessons

Skiing is a learned skill, so even adults need lessons to become competent. You'll learn how to turn, stop and fall safely, which may help prevent injury.

Banged Up

Skiers and snowboarders are at risk for a painful condition called shin bang. Our expert explains it and offers tips on staying pain-free.

Hitting the slopes on fresh powder is fun, but repetitive motions can result in something known as shin bang.

“Shin bang is a condition experienced by skiers and snowboarders where the tibia repeatedly hits against the ski boot,” says **Mitchell Stroh, D.O.**, an orthopedic surgeon at **JFK University Medical Center**. “It can result in inflammation, bruising and pain.”

Causes of Shin Bang

Dr. Stroh says a few factors can make shin bang more likely:

- ▶ **Improperly fitting boots.** Boots that are too big or small can cause shin bang by allowing the shin too much movement or putting too much continuous pressure on the area.
- ▶ **Improper form.** If you don't have proper skiing form, you may lean back with your shins pushed forward, hitting the front of the boot.
- ▶ **Skiing beyond your skill level.** Tackling more challenging courses or terrain without the proper skills can result in poor form, accidents and shin bang.

Preventing Shin Bang

“The best treatment for shin bang is to prevent it,” says Dr. Stroh. There are many ways you can help prevent shin bang, such as:

- ▶ **Get boots that fit.** When you get your boots, take the time to make sure they fit well.
- ▶ **Take lessons.** If you are new to skiing, take lessons to learn proper form. Then gauge which courses are best for your skill level.
- ▶ **Strengthen shin muscles.** Strong muscles can help provide natural cushioning.
- ▶ **Wear ski-appropriate clothing.** Make sure that you wear socks that are taller or designed for skiing. Most socks end mid-shin, and this can become a pressure point while skiing. You also want to avoid any bunching or seams within your boot.

4 **Choose an Appropriate Ski Trail**

You may love a good challenge, but avoid trails that are too advanced. To improve as a skier, choose slightly harder trails, not extremely difficult runs.

5 **Learn How to Fall**

Skiers who instinctively fall on their hands often break their wrists. Try falling differently: Fall to your butt, or drop to your knees. If you have to reach out to slow your fall, put out your forearms to brace yourself. ❄️

Treatment for Shin Bang

If you get shin bang, it means the tibia is bruised, and you need to let it rest and heal on its own. "With rest, you should be back to normal in a week or two," says Dr. Stroh. "You can take an anti-inflammatory and use ice to help with pain and swelling." See your doctor if your symptoms don't improve or you have trouble walking.

Long-term Effects

Generally, if you experience shin bang, even repeatedly, you won't have long-term consequences if you rest when you feel pain. But if you ignore the pain, Dr. Stroh says, "you run the risk of developing something more serious, such as a stress fracture."



Mitchell Stroh, D.O.

Orthopedic surgeon

800-756-1282

Old Bridge and Edison

Go Online

Make an appointment with an orthopedic specialist at [HMHforU.org/OrthoDoc](https://www.HMHforU.org/OrthoDoc).

Role Model

COVID-19 brought children's mental health into greater focus. Parents can support their kids by modeling healthy coping skills.



Mona Vellanki, M.D.

Psychiatrist

800-756-1282

Red Bank and
Perth Amboy

"Children often struggle to understand or explain difficult emotions," says **Mona Vellanki, M.D.**, a psychiatrist at **Raritan Bay Medical Center**. "That's why it's so important for parents to pay attention and pick up on behavioral clues. Put yourself in your child's shoes to better understand what they're going through emotionally. Be curious, engage in their interests, validate their feelings, and most importantly, show them that you care and love them unconditionally. This will foster a trusting environment, so your child feels comfortable opening up to you."

Mental disorders can change the usual ways children learn, behave and handle their emotions. Those most commonly diagnosed in children include attention-deficit hyperactivity disorder (ADHD), anxiety, depression and behavior disorders, according to the U.S. Centers for Disease Control and Prevention (CDC).

How Parents Can Help

Dr. Vellanki emphasizes the need to model healthy coping skills in these ways:

Practice mindfulness. This technique, considered a form of meditation, is characterized by simply noticing your surroundings, focusing on the present moment and using grounding exercises. Meditation has been found to reduce stress, anxiety and depression.

Exercise together. Taking a brisk 30-minute walk five days a week (or doing other aerobic activities) increases your body's levels of natural feel-good chemicals called endorphins. "You'll find that exercise benefits everyone mentally and physically, regardless of age," says Dr. Vellanki.

Socialize more. One damaging aspect of the pandemic was social isolation, which many attempted to combat by spending more time on social media. "Social media has its pros and cons, but it cannot replace real-life, in-person interaction. We all need to feel meaningfully connected to others for our mental health," Dr. Vellanki says.

Seek professional help when needed. It may feel impossible to respond optimally to your child's feelings and behavior if you're dealing with your own anxiety or depression. Prioritize your own mental health first and practice some form of self-care. You cannot pour from an empty cup. Consider family therapy if challenging issues crop up that would benefit from expert insight. 🧠

Go Online

Find the right psychiatrist for your family's needs at HMHforU.org/MentalHealthDoc.

A Bright Tomorrow

After years of mental health struggles, Jasmine S. found healing and hope at Carrier Clinic.

Today, Jasmine S. is no longer in therapy, has graduated from college and loves to travel when she isn't working.



Eric Alcera, M.D.

Psychiatrist

800-756-1282

Belle Mead,
Shrewsbury and Brick

In December 2013, Jasmine S. of North Brunswick, New Jersey, was 14 and exhausted from struggling with depression, anxiety, self-hatred, body dysmorphia and the pressure to fit in and be accepted. She looked for distraction from the emotional pain, which for Jasmine and many others, can come in the form of physical pain inflicted on themselves by “cutting” or using blades or sharp instruments to cause self-harm.

“They didn’t teach things like managing emotional pain or coping skills in school, so I had no way of knowing how to deal with [these emotions] in a healthy way,” says Jasmine, now 24.

She recognized that self-harming was not helping her and that she needed help. Her parents were loving and empathetic but didn’t know how to best support a child struggling with mental illness. They assumed it was a teenage phase.

After talking to a school guidance counselor, she was admitted to a behavioral health care facility in late 2013.

“I anticipated things to change quickly,” she says. “What I found is that I was in such a crisis that they really needed to monitor me and make sure that I wasn’t harming myself or that I wasn’t going to attempt [suicide].”

Caring Counselors and Successful Therapy

Jasmine attempted suicide after that short stay. Six months after her first hospitalization, she was admitted into long-term residential care at **Carrier Clinic**.

“Taking that first step to reach out for help is so vital and important to get a diagnosis and treatment plan in place, but it is not always a quick and direct path to emotional and mental wellness that people think it may be,” says **Eric Alcera, M.D.**, vice president and chief medical officer at Carrier. “It is important to understand that it is a journey to mental health and wellness, every step is progress, and there will be stumbles along the way.”

During her nine months at Carrier, Jasmine bonded with her counselors and participated in various therapies, such as equine, art and music therapy, traditional “talk” therapy and dialectical behavior therapy (DBT).

“[The counselors] gave an understanding of my condition and helped me develop the skills and tools to manage things when days were tough,” she says.

After leaving Carrier and before returning to school, Jasmine spent time in Carrier’s East Mountain School, which offers educational programs and therapeutic services to middle and high school students.

A Bright Future

Jasmine’s therapists helped her turn her life around by giving her knowledge, self-understanding and acceptance.

Today, she is no longer in therapy, has graduated from college, travels and splits her working life between teaching, counseling and working in her family’s videography business.

“It took a while, but the path to self-understanding and a better life is possible. You have to find hope and know that there are people who love you and want to help, even on days when you feel alone and a burden to them,” she says. “Push those thoughts aside. Life is worth living, and help is out there.”

Taking Flight

If you've been told there are no treatment options for your type of cancer or your cancer is not responding to treatment, a Phase 1 clinical trial may be an option.



Martin E. Gutierrez, M.D.

Medical oncologist

800-756-1282

Neptune and
Hackensack

When all cancer treatments have been exhausted and there is no other option, a Phase 1 clinical trial can offer new hope. And **John Theurer Cancer Center** is constantly offering that hope.

John Theurer Cancer Center conducts more clinical trials than any other cancer center in New Jersey. Patients have access to hundreds of clinical trials at every stage of development across every specialty of cancer care. At any given time, there are 40–45 Phase 1 trials open and ready for patient enrollment.

“When all standard care therapy has failed, patients have the opportunity to try clinical trial treatments that could give them more time and maybe even alleviate some symptoms,” says Suzanne Kosky, project manager for Phase 1 research at John Theurer Cancer Center. “We have seen these trials extend lives. We’ve seen people who were told they had weeks to live continue on for several more months or years.”

What Is a Phase 1 Clinical Trial?

We hear about clinical trials in movies and in medical dramas made for TV, but what are they exactly? Phase 1 studies primarily focus on drug safety, with the goal of determining a drug’s most common and serious side effects. It is a “first in human trial,” which means it’s the first time a patient is receiving the medication and the first time the treatment is being tested.

Even still, far too many patients don’t take advantage of this potentially life-bettering and life-extending option.

“If your doctor doesn’t bring it up or doesn’t know to refer you, you may not know there is a trial out there that could help you,” Suzanne says. “Understandably, there are also patients who are hesitant because they’re nervous, but I see it as an opportunity. Being in a trial means the patient is being monitored more and therefore receiving extra care. Although it may be hard to think

Clinical Trials by the Numbers

350+

clinical trials available
at Hackensack
Meridian Health

1,500+

patients enrolled
each year

100%

of patients are
screened for
trial eligibility

About

50%

of new patients
are enrolled



about at the time, the information learned from their participation in the study could also benefit someone down the line.”

Working in oncology research for the past decade and under the direction of renowned medical oncologist **Martin E. Gutierrez, M.D.**, the groundbreaking team has seen the benefits firsthand. Phase 1 trials performed at John Theurer Cancer Center have proven to attack cancer in various ways, including shrinking tumors, slowing tumor growth and helping the immune system better defend against cancer cells.

“Participating in Phase 1 trials has the potential to provide favorable outcomes,” Dr. Gutierrez says. “One of the main reasons for this is due to the development of the Phase 1 program and the types of therapies we now offer. There has been a huge push to more targeted therapies.”

How to Enroll in a Clinical Trial

If you’ve been told there are no treatment options for your type of cancer or your cancer is not responding to standard treatment, call 551-996-1777 to see if a Phase 1 study could be an option for you.

Phase 1 trials won’t necessarily cure a patient, but the potential benefits far outweigh the negatives. It’s not a miracle—but it’s the potential power of a Phase 1 clinical trial. ⚙️

Go Online

Learn more about clinical trials at Hackensack Meridian Health at [HMHforU.org/CancerResearch](https://www.HMHforU.org/CancerResearch) or 551-996-1777.



We offer a number of programs to help keep our communities healthy. Topics range from general wellness to heart health, stroke, cancer care, women's health and more. View some featured events below.

For a full listing or to register, visit HMHforU.org/Events or call 800-756-1282.

SchedUle

Here are just a few of the events & classes this October 2024 through January 2025

Special Events

Walk With a Doc: Eating Healthy During the Holidays

Take a stroll around the track with our registered dietitian as she discusses how to manage your eating during the upcoming holiday season. Free health and wellness screenings provided.

Nov. 13, noon–2 p.m., Piscataway YMCA, 520 Hoes Lane



Women's Health and Fitness Fair

Free health and wellness screenings provided, including blood pressure, cholesterol, glucose and more. All non-fasting. Walk-ins welcome.

Oct. 16, 10 a.m.–1 p.m., Metuchen YMCA, 65 High St.

Women's Wellness Webinar Series

Join our experts throughout the month of October virtually as they discuss various women's health topics, including nutrition, mammography, breast surgery, heart health and more. Register at HMHforU.org/WomensWellness.

virtual event



Behavioral Health

Stress Management Learn how to rewire your mindset, uncover the roots of conflicts and identify patterns holding you back. You will also learn tools and strategies to take control of your future with confidence and knowledge.

Dec. 9, 2–3 p.m., James J. Cullen Recreation Center, 1776 Union Ave., Hazlet

► **Holistic Healing for the Mind, Body and Soul** Nov. 15, 1–2 p.m., James J. Cullen Recreation Center, 1776 Union Ave., Hazlet

Cancer Care

From COPD to Lung Cancer

Learn the latest on robotics techniques that are available to diagnose and treat lung nodules and minimally invasive treatment for COPD. Speaker: M. Jawad Latif, M.D.

Nov. 19, 6–7 p.m., virtual event

► **Stop Smoking With Hypnosis** Nov. 13 and Jan. 8, 7–8 p.m., virtual event

► **Cervical Cancer: Screening, Prevention and Treatment** Speaker: Ashley Haggerty, M.D., Jan. 9, 6–7 p.m., virtual event



Are You Getting a Good Night's Sleep?

Join our certified sleep educator and learn about sleep disorders, latest advances in technologies and tips on how you can get a better night's rest.

Dec. 10, 1–2 p.m., Woodbridge Library, 1 George Frederick Plaza

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

Old Bridge Medical Center
1 Hospital Plaza
Old Bridge

Raritan Bay Medical Center
530 New Brunswick Ave.
Perth Amboy

HOSPITAL LOCATIONS

Riverview Medical Center
1 Riverview Plaza
Red Bank

Southern Ocean Medical Center
1140 Route 72 West
Manahawkin

Lung Health

Living With Chronic Obstructive Pulmonary Disease (COPD) Learn the signs and symptoms of COPD and how to best manage it.

Oct. 16, 1–2 p.m., Woodbridge Library, 1 George Frederick Plaza



Neurosciences

Can Sleep Disorders Raise Your Risk for a Stroke? Join our sleep expert and learn how sleep disorders may raise your risk for a stroke and what you can do to lower it.

Nov. 8, 11 a.m.–noon, East Brunswick Public Library, 2 Jean Walling, Civic Center Dr.

► **Parkinson's and Sleep** Nov. 12, 2–3 p.m., James J. Cullen Recreation Center, 1776 Union Ave., Hazlet



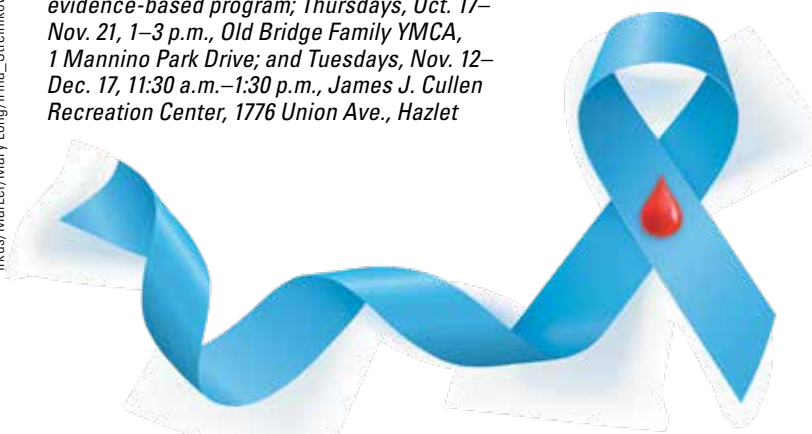
Diabetes

ABCs of Diabetes Join our experts to learn the causes, signs, symptoms, complications, management and treatment of diabetes.

Nov. 19, 11 a.m.–noon, St. Clements Senior Center, 172 Freneau Ave., Matawan

Nov. 20, 1–2 p.m., Woodbridge Library, 1 George Frederick Plaza

► **Take Control of Your Health: Diabetes** Free six-week evidence-based program; Thursdays, Oct. 17–Nov. 21, 1–3 p.m., Old Bridge Family YMCA, 1 Mannino Park Drive; and Tuesdays, Nov. 12–Dec. 17, 11:30 a.m.–1:30 p.m., James J. Cullen Recreation Center, 1776 Union Ave., Hazlet



General Wellness

Free Health & Wellness Screenings

Blood pressure, cholesterol, glucose, pulse, body mass index and stroke risk assessment (all non-fasting).

Dec. 4, 8–11 a.m., Old Bridge Family YMCA, 1 Mannino Park Drive



► **Balance Screenings** Oct. 22, noon–1 p.m., East Brunswick Public Library, 2 Jean Walling, Civic Center Dr.

► **Arthritis/Osteoporosis & Exercise** Dec. 11, noon–1 p.m., Old Bridge Family YMCA, 1 Mannino Park Dr.

► **Support Groups** Hackensack Meridian Health offers regular support group meetings. Learn more at [HMHforU.org/SupportGroups](https://www.hmhforu.org/SupportGroups).

► **AngioScreen®** Special rate: \$49.95. Registration required. Call for dates, times and locations.



Pediatrics

Parent/Guardian Talks

Healthy Weight: Healthy Lifestyle Join Dena Arumugam, M.D., Marianna Nicoletta Gentile, D.O., and Michelle Maresca, M.D., as they discuss weight management, healthy eating habits and how to support your children.

Jan. 23, noon–1 p.m., virtual event

► **Maternity/Parenting Classes** To learn more about maternity and parenting classes being offered near you, visit [HMHforU.org/MaternityEvents](https://www.hmhforu.org/MaternityEvents).

► **Safe Sitter** Visit [HMHforU.org/Events](https://www.hmhforu.org/Events) for more upcoming dates, or for groups of six or more, email COeventinquiries@hmhn.org for more information. Fee \$40

► **Safe at Home by Safe Sitter** Visit [HMHforU.org/Events](https://www.hmhforu.org/Events) for upcoming dates, or for groups of six or more, email COeventinquiries@hmhn.org for more information. Fee \$15



Peter Cancro and Eli Manning have plenty of career wins. The founder and CEO of Jersey Mike's Subs and the former New York Giants quarterback and two-time Super Bowl champion are icons in their fields, but they share a second calling: giving back.

This year, Eli and Peter are adding a new item to their resumé as co-chairs of Hackensack Meridian *Health* Foundation's **Be The Difference Campaign**.

"There are so many charities out there, but everyone looks to give to wherever their heart is drawn. I always challenge people to get involved in their local hospital," Peter says. "There's only a matter of time before a loved one, a friend or a family member will need care."

Ensuring our community has access to the best care possible is the mission behind **Be The Difference**.

Why Give to Hackensack Meridian?

When asked what the Hackensack Meridian difference is, Peter and Eli have the same answer: the people.

"Parents who are going through a tough time, with a child who's dealing with cancer: Every time they talk about the great care they're getting," Eli says.

"Everybody, from nurses and doctors to the foundation board and [CEO] Bob Garrett, has that same kind of positive attitude," says Peter.

Peter, and the Jersey Mike's family, has supported Hackensack Meridian since he began volunteering at



Be the Difference.
Make a gift to Be The Difference and support high-quality care for your family, friends and neighbors. Every dollar helps.

his hometown hospital, now **Ocean University Medical Center**, in 1975. Eli has remained involved since his time with the Giants.

Every Dollar Counts

As beloved New Jerseyans themselves, part of the purpose for Peter and Eli is to give back to their neighbors.

"It's all about the impact on individuals in your community," Peter says. "One of our colleagues had a baby born with some health problems, and the NICU at Jersey Shore was there. Incredible. Now the baby is stable and doing well. A friend of mine had heart troubles about a year ago, and Jersey Shore took care of them. Another friend was in for cancer treatment up at Hackensack. It just doesn't stop, with friends and family that need our help. It's critical to stay involved and give what you can so that great care can continue to be offered."

Eli agrees. "Small amounts add up and make a huge difference for the hospital, Tackle Kids Cancer and beyond."

For Peter, that's what it's all about. "Give to give. Not for the accolades, not for what you're going to get from it. But give to give." 🌟

Rapid Fire With Peter and Eli

Favorite thing to eat for breakfast?

PC: Eggs and blueberry yogurt.

EM: Oatmeal with raspberries and blueberries.

Go-to exercise?

PC: Sweating and stretching, like cross-training or biking.

EM: Lifting weights. I go to classes and just jump in. I like to be told exactly what to do, I don't want to think about it.

Coffee or tea?

PC: Coffee.

EM: Coffee.

Fruit or veggies?

PC: Neither.

EM: Fruit.

What's the meaning of philanthropy in one word?

PC: We.

EM: Giving.

Know Where to Go

When you're sick or injured, it's important to know where to go—to your primary care doctor's office, to an urgent care location or to the emergency department.

Primary Care

Usually your first point of contact for your health care needs

- ▶ Sore throat, fever or cold symptoms
- ▶ Diarrhea or vomiting
- ▶ Regular checkups
- ▶ Scheduled screenings



Scan the QR code to find a primary care doctor near you and make an appointment online today.

Urgent Care

For injuries or illnesses that are not life-threatening when you can't see your primary care doctor

- ▶ Muscle strain or sprain
- ▶ Minor cut or burn
- ▶ Minor rash or infection
- ▶ Sore throat, fever or cold symptoms

Emergency Department

For medical emergencies that threaten a person's life, limbs or organs

- ▶ Chest pain
- ▶ Difficulty breathing
- ▶ Uncontrolled bleeding
- ▶ Sudden loss of vision or blurred vision
- ▶ Loss of consciousness
- ▶ Suicidal thoughts or change in mental status
- ▶ Broken bone
- ▶ Major cut or burn
- ▶ Stroke symptoms, including sudden numbness or weakness of the face, arm or leg; confusion; difficulty speaking; and loss of balance/coordination

Go Online

Find an urgent care location near you at [HMHforU.org/UrgentCare](https://www.HMHforU.org/UrgentCare).



Hackensack
Meridian Health

343 Thornall St.
Edison, NJ 08837-2206

HMH-076_C

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Meridian Health

Know Your Risk for Cancer and Take Control of Your Health



One in three people in the United States will get cancer in their lifetime. Knowing your cancer risk is key for prevention and early detection.

At the Hennessy Institute, associated with **John Theurer Cancer Center**, we make it possible for individuals to take control of their health and reduce the impact of cancer. Our free and simple risk assessment is the first step to understanding your personal risk and helping you live a healthier life. Our team guides you through results and can combine technology, genomics and AI to intercept cancer at the earliest possible point, when it's easier to treat or prevent a diagnosis altogether.

3 Reasons to Learn Your Cancer Risk

1 Cancer could be in your genes.

About one in 10 cancers is hereditary, passed down from family member to family member.

2 Cancer is on the rise in younger adults.

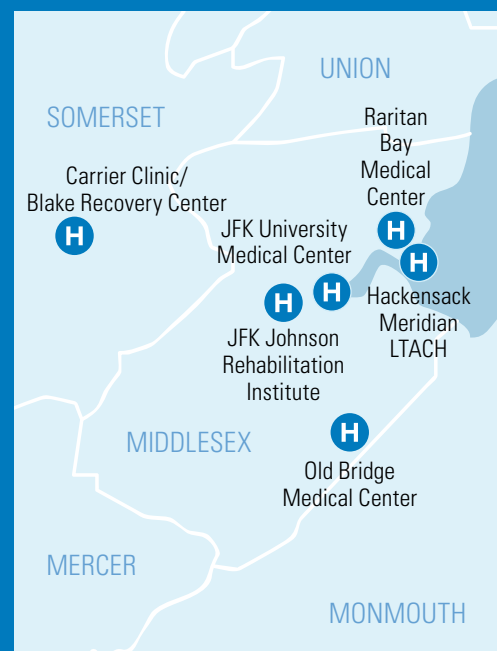
Environmental and lifestyle risk factors can affect your cancer risk.

3 Early detection saves lives.

Finding cancer at an early stage is easier to cure, yet 50 percent of cancers are still detected at an advanced stage.

As the state's largest, most comprehensive health network, Hackensack Meridian Health is made up of 7,000 physicians, 18 hospitals and more than 500 locations.

Our hospitals near you:



For a complete list of our hospitals, services and locations, visit **HMHforU.org/Locations.**



Scan the QR code to take our cancer risk assessment and learn your personal risk level.



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