

INCIDENCE OF SKIN CANCER

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Kimball Marks Skin Cancer Detection and Prevention Month With Free Screenings

May is National Melanoma/Skin Cancer Detection and Prevention Month — an observance dedicated to increasing public awareness of the importance of prevention, early detection and treatment of skin cancer.

To mark the observance, Kimball Medical Center dermatologist Julianne Kuflik, M.D., pictured at right, will offer free cancer screenings on Monday, May 14 at the Center for Healthy Living at Kimball, where a screening by a physician assistant from Dr. Kuflik's office will also be held on Monday, May 21.

Call 1.888.SBHS.123 to register or for more information.

Kimball Medical Center Offers the Finest in Dermatologic Care

Dermatologic specialists at Kimball Medical Center offer comprehensive care in all areas of dermatology, including diagnosis and medical, surgical and cosmetic treatment of the skin, hair and nails. For a referral to these Kimball Medical Center dermatologists, call the Saint Barnabas Health Care Link at 1.888.724.7123, Kimball's toll-free physician referral service.

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|------------------------|-----------------------|----------------------|
| Geover Fernandez, M.D. | Rami Geffner, M.D. | Avery Kuflik, M.D. |
| Emanuel Kuflik, M.D. | Julianne Kuflik, M.D. | Patricia Tager, M.D. |
| Mordechai Tarlow, M.D. | Barry Weiner, M.D. | |



DEPRESSION AND DIABETES:

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Research shows that depression leads to poorer physical and mental functioning, so a person is less likely to follow a required diet or medication plan. Treating depression with psychotherapy, medication, or a combination of these treatments, can improve a patient's well-being and ability to manage diabetes.

Causes underlying the association between depression and diabetes are unclear. Depression may develop because of stress but also may result from the metabolic effects of diabetes on the brain.

Studies suggest that people with diabetes who have a history of depression are more likely to develop diabetic complications than those without depression. People who suffer from both diabetes and depression tend to have higher health care costs in primary care.

"If you are feeling symptoms of depression, don't keep them to yourself," Dr. Juneja says. "First, talk them over with your doctor. There may a physical cause for your depression."

To learn more about Saint Barnabas Behavioral Health Care services for people with depression, or to inquire about depression screenings, call 1.800.300.0628.

Source: American Diabetes Association

KIMBALL MEDICAL CENTER

CHECKup

Kimball News For Our Community



OCEAN COUNTY HAS STATE'S THIRD-HIGHEST INCIDENCE OF SKIN CANCER

Kimball Medical Center is Dedicated to Prevention, Early Detection of Deadly Melanoma

Ocean County accounts for 10 percent of the approximately 1,300 new cases of melanoma diagnosed annually in New Jersey — with approximately 1,700 Ocean County residents currently living with diagnosed melanoma.

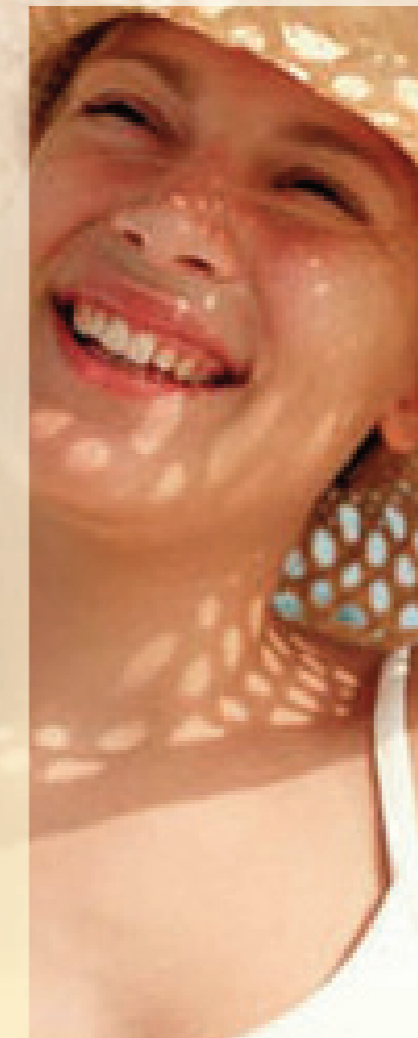
That's the news from the Cancer Control and Prevention Capacity and Needs Assessment Report Summary produced by the New Jersey Department of Health and Senior Services Center for Cancer Initiatives, The Office of Cancer Control and Prevention.

On average, 130 new melanoma cancer cases and 28 deaths are reported annually in Ocean County. And while melanoma is more common among those age 15 to 64, both in the state and nationwide, this is not the case in Ocean County, where only 42 percent of new cases occurred in persons under age 65. Overall, county melanoma incidence rates were higher than state rates for both males (25.5 per 100,000 vs. 20.1 per 100,000) and females (16.7 vs. 11.9).

"This report provided potential opportunities to reduce melanoma," says Kimball Medical Center dermatologist Julianne Kuflik, M.D., who notes that the report points to the latency of melanoma and underscores the importance of targeting Ocean County's nearly 119,000 youngsters with education about skin protection and safety behaviors. "The good news is that in Ocean County and New Jersey, most cases of melanoma were diagnosed in the localized stage."

May is National Melanoma/Skin Cancer Detection and Prevention Month — an observance dedicated to increasing public awareness of the importance of prevention, early detection and treatment of skin cancer. Throughout the month, Dr. Kuflik will join her colleagues at Kimball Medical Center and around the state to offer skin cancer screenings.

Among skin cancers, melanoma comprises approximately 5 percent of all cases but accounts for 75 percent of the deaths due to skin cancer. Early detection is the key to a high cure rate for melanoma, which if undetected, will over time spread throughout the body.



Melanoma can be cured if it is diagnosed and treated when the tumor is thin and has not deeply invaded the skin — the stage at which about 82 percent of these cancers are diagnosed. Caught at a local stage, the five-year survival rate is 94 percent for melanoma — underscoring the importance of regular screenings for skin cancer, according to Dr. Kuflik.

Since 1973, the incidence rate of melanoma has increased about 4 percent each year. Environmental problems, particularly the depletion of the ozone layer, have heightened the insidious effects of the sun's rays, as sun worshippers are being subjected to more ultraviolet exposure, particularly ultraviolet B rays.

"Additionally, UVA (ultraviolet A), the longest wavelength in the ultraviolet spectrum of sunlight, is causing more and more problems as the deeper penetration of this form of radiation has also become a major contributory factor to the onset of malignant melanoma," Dr. Kuflik says.

Adding to this problem is the fact that the harmful effects of the sun's ultraviolet rays are cumulative — as much as 80 percent of lifetime sun exposure and subsequent damage occurs before a person reaches age 20. Because of the possible link between severe sunburns in childhood and greatly increased risk of melanoma in later life, cancer experts stress that children, in particular, should be protected from the sun. A survey sponsored by the Centers for Disease Control and Prevention found that approximately 43 percent of white children under age 12 had at least one sunburn during the past year.

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600 River Avenue, Lakewood, NJ 08701

Just minutes from home.

Dear Neighbor,



During the past several decades, advances in the field of surgery have been astounding — a trend that has been driven by the introduction of cutting-edge techniques to the operating room that are truly transforming the lives of patients.

As executive director of Kimball Medical Center, I continue to be impressed by not only the growing

sophistication of surgical technology, but by the determination of Kimball Medical Center surgeons to become highly skilled and accomplished in the most innovative techniques.

At Kimball, this enterprising spirit is clearly evident in our new reconstructive plastic surgery program. In marking yet another surgical milestone, we have brought together the region's finest reconstructive plastic surgeons — all of whom are expertly qualified to collectively perform the broadest array of cutting-edge procedures.

As you'll read in these pages, advanced reconstructive surgery is widening its reach to treat conditions in nearly every area of the body. Kimball Medical Center has expanded our adult and pediatric plastic surgery services, and our highly skilled surgeons have the extensive experience to handle the most complex reconstructive procedures.

We're also opening the door to surgical advances in other areas — including a breakthrough treatment for a condition estimated to affect more than 5 million people each year in the United States. Only a fraction of Americans with hernias seek medical attention, but the pain and discomfort of the condition can interrupt your daily activities and prevent you from living a full, unrestricted life. At Kimball, surgeons have options available to you for solving your hernia problem, including an alternative to traditional hernia repair that uses a lightweight mesh that is strong and highly secure.

With the phenomenal growth in advanced surgical approaches — in terms of both technology and clinical expertise — there's no question that our patients are emerging as the real winners. And to us, there's nothing more important than making the lives of our patients healthier and more rewarding.

If you would like additional information on any of the services spotlighted in Checkup, please call our toll-free referral line at 1.888.SBHS.123.

Joe Hicks
Executive Director

Kimball Medical Center Diabetes Support Group Fosters Communication, Sharing Ideas on Common Health Issues

Many people find it helpful to open a dialogue with others in similar health situations — whether they are suffering from a certain medical problem or grappling with a particular stage in their life.

In response to these needs, Kimball Medical Center sponsors or hosts support groups that offer individuals the opportunity to meet and discuss a broad range of health issues. Led by professionals in their specific area of expertise, sessions are held regularly and are offered free as a service to the community.

“Our support groups provide patients, their family members and loved ones with a forum where they can come together to communicate, and share ideas and feelings,” says Teresa Duffy, R.N., M.S., community outreach manager for Kimball. “By being part of a group of people with similar experiences, they discover they are not alone and they can actually help each other.”

One such forum is the monthly diabetes support group, which is supported by a grant from The Ocean County Office of Senior Services. All meetings are held on the third Thursday of each month from

1:30 to 3 p.m. at the Center for Healthy Living on the Kimball Medical Center campus, and topics for the remainder of the 2007 sessions include:

May 17: May Day, May Day! Learn how to manage your diabetes when ill.

June 21: How to Survive Summer Barbeques and Picnics; Eat More of the Best and Less of the Rest

July 19: Travel Well With Diabetes; Helpful Travel Hints

August 16: Heart Health; Reduce the Risk of Chronic Complications

September 20: Learn Safe Armchair Exercises

October 18: Fall into the Right Step; Learn the Benefits of Exercise.

November 15: Let's Talk Turkey

December 20: Survive the Holidays; Learn to Manage Your Stress

To register or for more information on any of the Diabetes Support Group sessions, call the Saint Barnabas Health Care Link at 1.888.724.7123.

DEPRESSION AND DIABETES:

Treating the Blues Can Aid Diabetes Management

Depression can strike anyone, but people with diabetes, a serious disorder that afflicts an estimated 16 million Americans, may be at greater risk.

In addition, individuals with depression may be at greater risk for developing diabetes. Treatment for depression helps people manage symptoms of both diseases, thus improving the quality of their lives.

Several studies suggest that diabetes doubles the risk of depression compared to those without the disorder. The chances of becoming depressed increase as diabetes complications worsen.

“The stress of daily diabetes management can build,” says Saint Barnabas Behavioral Health Center psychiatrist Tony Juneja, M.D. “You may feel alone or set apart from your friends and family because of all this extra work.

“If you face diabetes complications such as nerve damage, or if you are having trouble keeping your blood sugar levels where you'd like, you may feel like you're losing control of your diabetes,” he adds. “Even tension between you and your doctor may result in you feeling frustrated and sad, which then has direct physiological consequences.”

Dr. Juneja notes that stress is thought to affect immune function through emotional/behavioral — anxiety, fear, tension, anger, sadness and uncertainty and — biochemical — serum norepinephrine, epinephrine, and adrenal steroids — changes, as well as physiological changes such as those affecting heart rate and blood pressure.

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An advanced reconstructive surgical program at Kimball Medical Center is being led by Stephen Small, D.O., left, and Michael Nagy, M.D.

Kimball Medical Center Surgeon Using Advanced Treatment Option to Repair Hernias

An advanced treatment option that can repair many hernias in just a few hours in an outpatient procedure has been introduced at Kimball Medical Center.

Jarrod Kaufman, M.D., a board-certified general surgeon on staff at Kimball Medical Center, is specially trained in an innovative procedure that uses a synthetic mesh device that can repair a hernia from both the inside and outside of the abdominal wall.

“Hernias continue to be a major health problem for millions of Americans,” Dr. Kaufman says. “With the introduction of this new treatment option, Kimball is bringing its patients the most advanced and effective treatment options for hernias.”

A hernia is a weakness or tear in the abdominal muscles that allows fatty tissue or an organ such as the intestines to protrude through the muscle tissue. Hernias most often occur in or around the groin, abdomen, and navel or near previous sites of abdominal surgery. A hernia will generally increase in size and become more painful if left untreated, and can also lead to more serious, life-threatening complications.

The National Center for Health Statistics estimates that about 5 million people in the U.S. have an abdominal hernia. Hernia repair is one of the most common surgical procedures performed in the U.S., with more than 750,000 people seeking treatment for hernias each year.

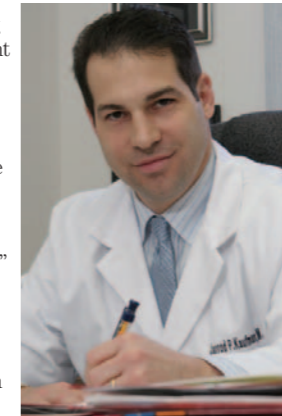
Traditional hernia repair surgery involves making an incision in the abdomen, pushing back any protruding tissue, and then stitching the tissue together to close the

incision. Recovery time is usually four to six weeks, and there is a 10 percent to 15 percent chance that the hernia will recur.

In the procedure involving the mesh device, known as the PROLENE* polypropylene Hernia System, surgeons insert the device right through the abdominal wall at the site of the hernias. The inside section of the mesh device is positioned to lie flat against the inner abdominal wall, and is held in place by the natural pressure of the abdomen.

According to Dr. Kaufman, minimal suturing is used to secure the outer section of mesh in place on the outside of the abdominal wall. The high tissue compatibility of the mesh enables tissue ingrowth for fast healing, he adds.

“With newer treatment options we can now repair a hernia using an outpatient procedure that is generally faster and less invasive than traditional surgical procedures,” he says. “Following treatment, hernia patients can now often return home the same day and resume many normal



Kimball Medical Center surgeon Jarrod Kaufman, M.D., is specially trained in an innovative new procedure to treat hernias.

activities in a matter of days.”

In the past, patients often spent weeks or even months recovering from hernia repair surgery.

Kimball Medical Center is committed to being a leader in hernia repair to make sure that patients have access to all of the most advanced treatment options.

“Our goal is to get them back to their regular routine faster and with less discomfort,” he adds.

Hernia Signs and Symptoms

Each hernia is different, and the symptoms of a hernia can appear gradually or suddenly. Different people feel varying degrees of pain. Some people feel nothing except the presence of a lump, while others feel that something has ruptured or given way.

Other symptoms may include:

- ❖ Feelings of weakness, pressure, burning or pain in the abdomen, groin or scrotum.
- ❖ A bulge or lump in the abdomen, groin or scrotum that is easier to see when you cough and disappears when you lie down.
- ❖ Pain when straining, lifting, or coughing.

If you have these symptoms, see your doctor to confirm a diagnosis and discuss treatment options. Your doctor will evaluate your situation with a medical history and physical exam to determine how — and when — your hernia needs to be treated. Early diagnosis and appropriate treatment is the best way to avoid serious complications.

To learn more or to find a Kimball Medical Center physician, call the Saint Barnabas Health Care Link at 1.888.SBHS.123.

Kimball Medical Center Committed to Providing an Advanced Approach to Reconstructive Surgery

When it comes to advanced reconstructive surgical procedures, the right experience makes all the difference.

At Kimball Medical Center, an advanced reconstructive surgical program is led by plastic surgeons Stephen Small, D.O., and Michael Nagy, M.D., who offer their patients innovative and highly skilled approaches to reconstructive surgery.

“Kimball Medical Center is committed to providing an advanced, multidisciplinary team approach to reconstructive surgery,” says the hospital's executive director, Joe Hicks. “As a part of this commitment, we have established a program dedicated to delivering the highest quality comprehensive treatment for individuals requiring corrective surgery.”

According to the American Society of Plastic Surgeons, reconstructive surgery is performed on abnormal structures of the

body, caused by birth defects, developmental abnormalities, trauma or injury, infection, tumors or disease. It is performed to improve function, as well as to approximate a normal appearance.

Restoring form and function to patients is the goal of reconstructive surgery. Reconstructive procedures offered through Kimball include breast and facial reconstruction, body contouring following bariatric surgery for morbid obesity, skin grafting, correction of congenital defects and wound care.

“There are two basic categories of patients who undergo advanced reconstructive procedures, “ according to Drs. Nagy and Small, who underwent specialty training in reconstructive plastic surgery. “There are those who have congenital deformities, or birth defects, and those with acquired deformities, which occur as the result of accident, infection or disease.”

At Kimball, surgeons take an individualized approach to each case, carefully formulating a treatment plan based on the needs of each patient.

In addition to the most advanced reconstructive surgical procedures, Kimball's plastic surgeons offer the latest cosmetic procedures, including liposuction and “tummy tucks,” breast lifts or augmentation, rhinoplasty (nose surgery) and eyelid, face and neck lifts.

“Whether it's reconstructive or cosmetic surgery — we hope area residents will look to the experience of one of our skilled plastic surgeons at Kimball Medical Center,” Hicks says.

To learn more about advanced reconstructive surgical procedures or cosmetic surgery services offered at Kimball Medical Center, call the Saint Barnabas Health Care Link at 1.888.SBHS.123.