

CHECK *up*

Kimball News For Our Community



FIRST-EVER CHILD SUMMER SAFETY REPORT RANKS NEW JERSEY SECOND IN NATION IN PREVENTING ACCIDENTAL DEATH IN CHILDREN

Kimball Joins Child Safety Advocates in Stressing Safety First

According to The Safe Kids U.S. Summer Safety Ranking Report, New Jersey is second only to Vermont in the U.S. with one of the lowest children's accidental injury death rates in summer.

Despite this good news, the report also shows that an average of 17 children a day, or 2,143 children in total, die during warm-weather months due to injuries, many of which could have been prevented. Each year, more than 2 million children make emergency room visits due to accidental injuries, many of which resulted in paralysis, brain damage and other serious disabilities.

Release of the report coincided with summer, known by emergency personnel as "trauma season," since preventable accidental deaths and serious injuries to children increase dramatically.

For your children, the lazy, hazy days of summer mean freedom — and outdoor pleasures. But warm-weather fun also has its hazards. Kimball Medical Center offers the following tips on keeping kids safe:

Bikes and Other Rides

In New Jersey, all riders of bikes, skateboards and in-line and roller skates under age 17 are now legally required to wear helmets.

Fortunately, says sports medicine specialist James Morales M.D., the law has brought a steep reduction in the number of serious head injuries sustained by bike-riding youngsters.

"Teenagers are often tempted to take risks to prove they're cool and to be accepted, so regular reinforcement of the importance of helmet use is in order," says Dr. Morales, M.D., a physician who specializes in non-surgical intervention of orthopedic injuries and joint pain.

When purchasing a helmet, look for a sticker indicating it's been approved by the U.S. Consumer Product Safety Commission.



The website of the Bicycle Helmet Safety Institute, www.helmets.org, shows where to buy low-cost helmets.

Ideally, Dr. Morales says, a child who is an inexperienced bike rider should wear knee and elbow pads as well as a helmet.

"And don't forget to check periodically to make sure brakes are working properly and there's enough air in tires. Remember, too, that helmets aren't just for bikes — kids should wear them when using scooters, skateboards or any other wheeled conveyance — especially all-terrain vehicles, which are more prone to flipping over than they appear.

Kids using three- and four-wheeled vehicles on sandy beaches are often tempted to drive them onto the rocks, says Dr. Morales, causing accidents that produce deep lacerations on the extremities—and fractures on the toes, because they're just wearing sandals.

"Parents should warn their children appropriately," he says.

Trampoline Trouble

Kids love trampolines, but things can get out of hand when they jump together—especially kids who differ greatly in weight.

The Consumer Product Safety Commission estimates that each year, more than 90,000 people are sent to emergency rooms with trampoline-related injuries. About 75 percent of injuries occur when more than one person is on the trampoline, with the person who weighs less five times more likely to be injured.

Children younger than 6 are particularly vulnerable and should only use trampolines that are specially designed for their age range.

"Trampolines are great fun for children, and a good form of exercise, but accidents

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Dear Neighbor,



At Kimball Medical Center, we are committed to providing you — members of our community — with the highest-quality medical and health care services. We are committed to caring for our community by delivering care that goes beyond the expectations of every patient who walks through our doors.

We are very proud of our high-caliber staff in every area throughout the hospital — from our patient care areas and ancillary services to the many departments that help support the delivery of medical care. In addition, throughout the years, Kimball has taken pride in the caliber of the physicians who join our staff. These physicians are steadfastly dedicated to caring for the sick and advancing the art and science of medicine, and we are so grateful for the many hours of medical care they provide to our patients and the communities we serve.

Finding new ways to better meet your health care needs can only take place through strong relationships between Kimball, our practitioners and you — our community. In this issue of *Checkup*, we spotlight a host of physician practices who have come together in the Howell Medical Pavilion — a unique setting to provide the most convenient, multidisciplinary health care possible.

As we continue to meet the needs of our patients in this ever-changing health care environment, our outstanding physician staff is working hand-in-hand with us to keep Kimball Medical Center the standard-bearer of quality care for decades to come. We are grateful for their commitment, dedication and continual service to Kimball Medical Center and our patients.

To learn more about the physicians featured in *Checkup*, or for a referral to a host of other specialists or primary care physicians, call the Saint Barnabas Health Care Link at 1.888.SBHS.123 (1.888.724.7123).

Wishing you good health!

Joe Hicks
Executive Director

PRECONCEPTION CARE FOCUSES ON RISK PREVENTION, HEALTH PROMOTION

Kimball Women's Health Specialist Stresses 'Process of Care' to Address Needs Throughout Reproductive Life

At Kimball Medical Center, obstetricians and gynecologists are dedicated to promoting optimal health throughout a woman's lifespan.

For women of childbearing years, Kimball obstetrician/gynecologist E. David Morgan, M.D., stresses that promoting preconception health is a process of care and interventions designed to address the needs of women during the different stages of reproductive life.

Dr. Morgan notes that obstetricians use a broad definition of prenatal care that includes ongoing preconception interventions, the addition of a pre-pregnancy visit, multiple postpartum visits, and the currently recommended prenatal care visits.

"Preconception care offers health services that allow women to maintain optimal health for themselves, choose the number and spacing of their pregnancies and, when desired, prepare for a healthy baby," he says.

Dr. Morgan notes that as with other types of preventive care services, preconception care can be integrated into a limited number of model visits to focus on specific issues at different visits, as is done for well-child care.

"The purpose of preconception care is to deliver risk screening, health promotion, and effective interventions as a part of routine health care," he says. "In the United States, this approach is the standard used to achieve prevention of vaccine-preventable disease, heart disease, diabetes, and other chronic conditions."

This approach is similar to well-child care, prenatal care, and adult wellness care in which studies have demonstrated effectiveness, according to Dr. Morgan.

"Preconception care should be tailored to meet the needs of the individual woman," he says.

"Because preconception care needs to be provided across the lifespan and not during only one visit, certain recommendations will be more relevant to women at different life stages and with varying levels of risk. Health promotion, risk screening, and interventions are different for a young woman who has never experienced pregnancy than for a woman 35 or older who has had three children.

"Women with chronic diseases, previous pregnancy complications, or behavioral risk factors might need more intensive interventions," he adds.

The need for preconception health promotion and care was recently identified as a critical public health topic by the Centers for Disease Control and Prevention (CDC). In a recent report, the CDC outlined steps to increase access to and use of preconception care with recommendations that emphasize individual behavior and responsibility for improving preconception health and behaviors across the lifespan.

"Staying healthy is a concern for any women contemplating pregnancy," Dr. Morgan says. "It becomes particularly important if she suffers from a chronic condition such as diabetes or high blood pressure or if she develops a problem when she is pregnant. But with proper preconception and prenatal care and testing, these women usually experience few problems during pregnancy if their condition remains under control."

For a referral to a Kimball Medical Center ob/gyn, call 1.888.SBHS.123 (1.888.724.7123).



Kimball obstetrician/
gynecologist
E. David Morgan, M.D.

New Saint Barnabas Behavioral Health Program Changing Lives Through Specialized Treatment and Support

The Saint Barnabas Behavioral Health Center has introduced outpatient services that provide the structure and support for patients who are ready to participate in their treatment on the road to recovery from mental illness.

The Stepping Stones intensive outpatient program is designed for individuals who need treatment three to five days a week. Three-and-a-half-hour sessions are offered weekday mornings or afternoons for patients who have serious emotional or behavioral disorders, as well as those with psychological disorders that are coupled with substance abuse problems.

As part of this outpatient program, patients receive highly structured therapies including individual, psychotherapy, psycho-educational groups and recovery-based groups. Additionally, family therapy is provided when appropriate, and groups focusing on women's, men's and geriatric issues are offered.

"Highly specialized therapy and counseling are vital for individuals with behavioral health disorders in order to achieve positive and lasting change in their lives," says Saint Barnabas Behavioral Health Center psychiatrist Maher Awad, M.D., the program's medical director. "Our treatment programs are personally tailored to individuals who are diagnosed with all major psychiatric conditions, including depression and anxiety, as well as those with a dual diagnosis of a major psychiatric condition and a substance abuse problem."

SURGEONS BRING WORLD-CLASS THORACIC AND UROLOGIC CARE TO HOWELL AND SURROUNDING COMMUNITIES

In 2006, identical twin brothers Vincent Moss, M.D., and Vance Moss, M.D. created Mid-Atlantic Specialty Surgical Group to bring convenient access to state-of-the-art thoracic and urologic surgery to the region.

The brothers, majors in the U.S. Army Reserves Medical Corps who recently returned from a share tour of duty in Afghanistan, have opened an office in Howell Medical Pavilion, located on Route 9 North near Aldrich Road, the surgeons have made access to highly specialized surgical care more convenient than ever.

Dr. Vincent Moss, a fellowship-trained thoracic surgeon, specializes in minimally invasive pulmonary reduction for individuals with chronic obstructive pulmonary disease (COPD — see related information at right) and emphysema. He also has introduced to Kimball Medical Center a new sophisticated surgical procedure that is emerging as an effective long-term treatment option for chronic gastroesophageal reflux disease (GERD), a digestive condition that causes severe heartburn in nearly one-third of the American population.

Dr. Vance Moss is a urologist who specializes in advanced minimally invasive surgery to treat prostate cancer and kidney stones. And for residents of western Monmouth and Ocean counties who require kidney transplants, Dr. Moss hopes to introduce a program to offer crucial post-operative care, close to home.



Vincent Moss, M.D., and Vance Moss, M.D., are now accepting appointments for their Howell Medical Pavilion office.

He leads the program's multidisciplinary team of professionals certified in their areas of expertise — including psychiatrists, nurses, social workers and substance abuse counselors — who work with each participant based on his or her individual needs.

"These experienced professionals understand that continual progress in reaching personal goals is the key to successful therapy," Dr. Awad says. "Through therapeutic intervention and motivation, they are changing the lives of patients with behavioral health problems."

For additional information about Stepping Stones, or to make a referral or an assessment, call the access center for the Saint Barnabas Behavioral Health Center at 1.800.300.0628.

As an affiliate of the Saint Barnabas Health Care System, Kimball Medical Center patients have access to the system's highly regarded Renal and Pancreas Transplant Division. The division includes programs at Saint Barnabas Medical Center in Livingston and Newark Beth Israel Medical Center and is among the most active of 240 programs in the country.

"There are a lot of medical conditions related to kidney transplantation, and for patients who live in Ocean County, they won't have to travel so far for their care," Dr. Vance Moss says. "Once transplanted, a patient can do much of his or her follow-up at Kimball."

Dr. Vance Moss says he hopes to eventually offer a program to coordinate the complex treatments that characterize a patient's course both before and after transplantation.

"Kimball Medical Center offers up-to-date medical facilities that can provide most of the outpatient medical component of kidney transplantation," Dr. Vance Moss says.

The Moss brothers joined Kimball Medical Center last summer following a tour of duty in Kabul, Afghanistan, where they received a number of commendations and medals for their medical mission undertaken as a part of the U.S. military's "Operation Enduring Freedom." In addition to their shared tours of military duty, the twin brothers have shared nearly everything in life, including prep school education at the United States Military Prep School at Fort Monmouth, undergraduate education at Penn State University and medical school at Temple University School of Medicine. To learn more about Mid-Atlantic Specialty Surgical Group, call 1.888.SBHS.123 (1.888.724.7123).

Institute for Prevention

Tobacco Dependence Treatment Program Region's Only Program of Its Kind

The Saint Barnabas Health Care System is committed to improving treatment of tobacco-related illness through a unique program — The Tobacco Dependence Treatment Program.

More than 400,000 Americans die each year from smoking-related illnesses. Most tobacco users want to quit, but find it hard to break the addiction to nicotine. Recognizing how difficult it is for people to quit tobacco use, the Tobacco Dependence Treatment Program, through its funding by the New Jersey Department of Health & Senior Services Division of Epidemiology, encompasses three key service offerings:

COPD at a Glance

Quitting smoking is the best way to avoid developing COPD (see related item on help in quitting smoking, at left). Cigarette smoking is the most common cause of COPD, but breathing in other kinds of irritants, like pollution, dust or chemicals, may also cause or contribute to COPD.

The damage to the lungs in COPD cannot be repaired. But treatment can relieve symptoms.

The only thing that can slow the progress of the disease is to stop smoking. So if you're a smoker, the single most important thing you can do is stop smoking. This slows down COPD and minimizes future damage to the lungs.

Medicines can also help you feel better. Common medicines used to treat COPD include:

- ❖ **Bronchodilators.** These medicines open up air passages in the lungs.
- ❖ **Inhaled steroids.** These medicines relieve symptoms by reducing inflammation in the lungs.
- ❖ **Antibiotics.** These medicines are used to clear up infections in the lungs.

Sometimes doctors also recommend the following for those with COPD:

- ❖ **Get a flu shot every year.** Influenza (flu) can cause serious problems for people with COPD.
- ❖ **Get the pneumococcal vaccine.** This vaccine reduces the risk of some kinds of pneumonia.
- ❖ **Pulmonary rehabilitation.** Pulmonary rehabilitation is a program that helps people cope physically and mentally with COPD. It can include exercise, training to manage the disease, diet advice and counseling.
- ❖ **Oxygen therapy.** Oxygen therapy helps those with severe COPD. Oxygen is inhaled through a mask or a tube connected to a tank filled with 100% oxygen. This extra oxygen helps them breathe easier, sleep better, and live longer.

assessment; behavioral therapy; and pharmacotherapy.

Each treatment plan is individualized to accommodate the clients' varying needs. In addition, individual and group therapy sessions are provided to assist the smoker in quitting and committing to a tobacco-free lifestyle.

The Saint Barnabas Behavioral Health Network's Institute for Prevention's mission is to reduce factors that place individuals, families and communities at risk and to promote healthy, drug free lifestyles. A leader in the development and delivery of specialized prevention programming, the Institute promotes wellness through a wide variety of individualized programs designed to meet the needs of all segments of society.

To learn more, call 1.888.SBHS.123 (1.888.724.7123).

SUMMER SAFETY REPORT

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involving trampolines are common,” says Dr. Morales, who notes that trampoline-related breaks accounted for more than 10 percent of childhood fractures.

Trampoline injuries are most commonly caused when one child collides with another while jumping, from landing improperly while jumping or doing stunts on the trampoline or from falling or jumping off the trampoline or on the trampoline springs or frame. Dr. Morales advised parents who want to provide a trampoline for their child to take note of these safety tips:

- ❖ Allow only one person on the trampoline at a time.
- ❖ Do not attempt or allow somersaults because landing on the head or neck can cause paralysis.
- ❖ Do not use the trampoline without shock-absorbing pads that completely cover its springs, hooks, and frame.
- ❖ Place the trampoline away from structures, trees and other play areas.

- ❖ No child under 6 years of age should use a full-size trampoline. Do not use a ladder with the trampoline because it provides unsupervised access by small children.
- ❖ Always supervise children who use a trampoline.
- ❖ Trampoline enclosures can help prevent injuries from falls off trampolines.

Sun Safety: Beyond Sunblock

Children are especially vulnerable to sunburn, and the riskiest period is between 10 a.m. and 2 p.m.

“Sometimes nothing will show when you’re at the beach or on the playground, but redness, inflammation and discomfort will appear that evening,” says Kimball family practice physician Vincent Destasio, D.O.

“Parents should guard their children’s skin by having them alternate periods in the sun with time in the shade,” he says.

They should also regularly apply a sunscreen with a sun protection factor (SPF) of 15 or higher, and reapply at least every two hours and immediately after swimming. Dr. Destasio — whose Family Walk-in at Howell Medical Pavilion is open evenings and weekends to provide convenient access to urgent medical care

for minor emergencies — notes that it’s OK to take babies under 6 months of age outdoors, but they should be kept out of direct sunlight.

“Family members of every age should be sure to wear sunglasses that protect the eyes against the sun’s ultraviolet rays,” he says. “And to avoid dehydration it’s important to increase fluid intake when you’re active outdoors. Don’t rely on kids’ thirst as a prompt, because children are easily distracted and the body can need fluid without necessarily feeling it.

Also, parents should be aware that a concentrated sweet drink can end up making kids thirstier, according to Dr. Destasio.

“The body demands more water because of the sugar,” he warns.

To learn more about the Family Walk-in at Howell Medical Pavilion, or for a referral to a sports medicine specialist, call Kimball Medical Center at 1.888.SBHS.123 (1.888.724.7123).

 **SAINT BARNABAS**
HEALTH CARE SYSTEM
Kimball Medical Center

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