

CHECK *up*

Kimball News For Our Community



TAKE CARE OF YOUR EARS: Kimball Medical Center Offers Comprehensive Audiology Services

Approximately 31 million Americans have some type of hearing problem, but the problem often goes unrecognized by the person suffering from it.

“Children and teenagers seldom complain about the symptoms of hearing loss, and adults may lose their hearing so gradually they do not realize it is happening, says Sue Ellen Boyer, AuD., a clinical audiologist at Kimball Medical Center. She notes that the first step in the determination or treatment of a hearing problem is a hearing evaluation by an audiologist.

“Many people don’t really understand what an audiologist is,” Boyer says. “We are hearing health care professionals who can diagnose, treat and manage patients with hearing or balance problems.”

At Kimball Medical Center’s Institute for Rehabilitative and Occupational Health Services, Boyer provides comprehensive audiological evaluations, industrial screenings and newborn hearing screenings. Additionally, she offers computerized balance and vestibular assessment and ototoxic drug monitoring, as well as educational consultation services.

“Audiologists use specialized equipment to obtain information about a person’s hearing or balance function,” she says. They can also inspect the eardrums, perform limited

ear wax removal, and check for medically related hearing, balance and processing problems.

“After the evaluation is done, an audiologist will determine the appropriate treatment and present the options to the patient,” she adds. “Hearing aids are often part of the rehabilitative program, as many people with hearing impairment can benefit from the use of hearing aids.”

Boyer earned a doctoral degree in audiology from Pennsylvania College of Optometry and Audiology and completed pediatric training with Utah State’s National Center for Hearing Assessment and Management. Additionally, she attends ongoing vestibular

training around the country and she specializes in vestibular assessment — the testing of inner ear and central balance function of the “dizzy” patient — as well as pediatric evaluation.

“We are primary health providers, so we refer patients to physicians when the hearing or balance problem requires medical or surgical intervention,” says Boyer, who notes that hearing loss is caused by medical problems about 10 percent of the time. “Audiologists are trained to recognize these medical problems and refer patients to ear, nose and throat doctors.”

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The Doctors Are In >

Cutting the ribbon to dedicate the Howell Medical Pavilion is Joe Hicks, the executive director of Kimball Medical Center. He is joined by the pavilion’s physicians — all of whom are members of the Kimball Medical Center Medical Staff, and local dignitaries, from right, Howell Deputy Mayor Robert F. Walsh and state Sen. Robert Singer.
 > Details on the unique medical facility are on page 3.



Dear Neighbor,



Every day we are exposed to a world of sound. And still, we take good hearing for granted – only appreciating the importance of our sense of hearing when we realize we may be losing it.

Not treating a hearing loss can lead to a significant reduction in the quality of daily life. However, awareness of a hearing problem can be the first step toward prevention.

At Kimball Medical Center's Institute for Rehabilitative and Occupational Health Services, clinical audiologist Sue Ellen Boyer provides comprehensive audiological services. Hearing health care is constantly improving due to new and improved technology, and specialized care provided by doctors of audiology like Sue Ellen, who are educated to provide hearing and balance care to people from infancy to adults.

The ability to hear all of the sounds of our world — music, the auditory tones of nature and voices of loved ones — contributes immensely to our quality of life. According to the Audiology Foundation of America, every adult should have a baseline hearing test by the age of 30, and adults over the age of 40 should have an annual hearing test, in order to preserve this precious sense.

At Kimball, we are committed to improving the quality of daily life for our community, whether enabling our neighbors to hear better, or providing the host of other programs and services designed to meet their health care needs. To find out more about our audiology program, or any other Kimball Medical Center service, call our toll-free Health Care Link at 1.888.SBHS.123 (1.888.724.7123).

Wishing you good health!

Joe Hicks

Joe Hicks
Executive Director

Free Program Targets Prevention of Kidney Disease

One in nine Americans have chronic kidney disease, and another 20 million U.S. adults are at risk for the condition.

Early detection can help prevent the progression of kidney disease to kidney failure. At Kimball Medical Center, a free health screening program designed to raise awareness about kidney disease among high-risk individuals and provide free testing and educational information will be offered this fall.

The National Kidney Foundation of Greater New York, in collaboration with the Center for Healthy Living at Kimball, will conduct the Kidney Early Evaluation Program (KEEP) for adults at risk for kidney disease on Thursday, November 8, from 10 a.m. to 3 p.m. The screening will be held at the Center for Healthy Living, which is located

at 198 Prospect Street on Kimball's Lakewood campus.

High-risk groups include those with diabetes, hypertension and family history of kidney disease. African-Americans, Hispanics, Pacific Islanders, Native Americans and seniors are at increased risk.

Three simple tests can detect chronic kidney disease: blood pressure and blood and urine tests for signs of diabetes or kidney disease. Test results are provided on site by a qualified health professional, and free educational materials are also available.

Appointments are necessary, and early registration is suggested. To make an appointment or to learn more about the KEEP screening, call Kimball Medical Center, an affiliate of the Saint Barnabas Health Care System, at 1.888.SBHS.123 (1.888.724.7123).

PET/CT SERVICE DEBUTS AT KIMBALL MEDICAL CENTER

The Department of Radiology at Kimball Medical Center has enhanced its capabilities with the addition of a new, state-of-the-art imaging system that offers early and highly accurate detection of cancer.

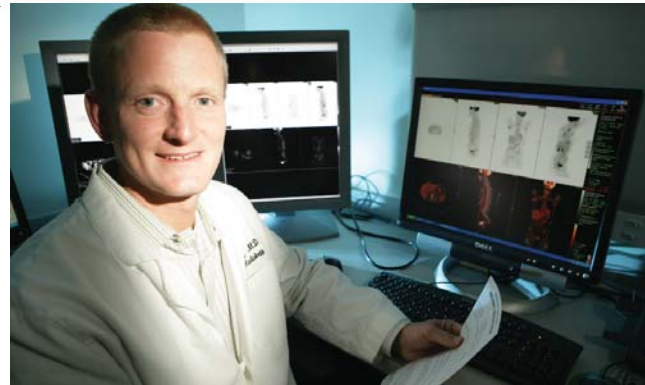
PET/CT system (positron emission tomography combined with a Cat Scanner) is an imaging procedure that provides physicians with information about the body's chemistry, cell function and exact location of disease. The precise images obtained with PET/CT are not available with other technologies such as CT, MRI or X-ray alone.

"The difference lies in the ability of the PET/CT equipment to combine or "fuse" the images of the PET scanner — which provides details on metabolic function of cells — with the CT scanner — which shows anatomic location of body structures — into one extremely detailed image," says Robert Cranley, M.D., medical director of radiology at Kimball. "This combination of the metabolic information from PET and the anatomic information from CT places PET/CT at the forefront of cutting-edge technology that is allowing physicians to more accurately stage and treat patient disease processes."

For cancer patients, PET/CT is used to determine the exact location and stage of cancerous tissue and can prevent unnecessary surgery and biopsies and

inappropriate treatments.

"PET/CT will have a major impact on our clinical evaluations of cancer patients, and in many cases will enable physicians to begin treatment earlier and increase the odds for successful patient outcomes," Dr. Cranley explains.



Robert Cranley, M.D., medical director of radiology at Kimball, says that for cancer patients, PET/CT can prevent unnecessary surgery and biopsies as it helps doctors determine the exact location and stage of cancerous tissue.

All studies are interpreted by a medical team comprising six board-certified radiologists, two of whom also are board certified in interventional radiology. All Kimball Medical Center radiologists are fellowship trained from leading university programs.

For more information on PET/CT or any other radiology service, call the Department of Radiology at Kimball at 732.886.4445.

Dedication Marks Opening of Howell Medical Pavilion

Expert Physicians Located Under One Roof

Physicians specializing in family practice, obstetrics/gynecology, thoracic surgery, urology and sports medicine have all come together under one roof in a convenient community location

On Wednesday, August 1, an open house and dedication for the Howell Medical Pavilion, located on Route 9 North near the Aldrich Road intersection, was held, drawing local dignitaries including Howell Deputy Mayor Robert F. Walsh and state Sen. Robert Singer. The event featured a ribbon-cutting ceremony and a host of free health care screenings and refreshments.

Family practitioners Vincent DeStasio, D.O., Lisa Kassenoff, D.O., and Mina Garrett-Scott, M.D., staff the Family Walk-In Center, which offers convenient all-day, after-hour and weekend care for routine illnesses and minor emergencies.

Also opening an office at the pavilion are Mid-Atlantic Multi-Specialty Surgical Group's thoracic surgeon Vincent Moss, M.D., and urologist Vance Moss, M.D. — who have advanced training in minimally

invasive surgery — and obstetrician/gynecologists David Morgan, M.D., Alfred Parchment, M.D., and Didi Salloum, M.D., of Monmouth Ocean Medical Services (MOMS) for Women.

Additionally, fellowship-trained sports physicians James Morales, M.D., and Mark Harary, M.D., of Shore Sports Medicine, have opened an office in the Howell Medical Pavilion to provide convenient access to care for non-surgical musculoskeletal injuries.

The physicians are all members of the Kimball Medical Center Medical Staff, and according to Joe Hicks, the hospital's executive director, they have come together in this unique setting to provide convenient, multidisciplinary health care to the residents of Howell.

“Finding new ways to better meet the health care needs of our community can only take place through strong relationships between Kimball, our practitioners and our community, and with this facility, we have really raised the bar for medical care in the



From right, Howell Deputy Mayor Robert F. Walsh and state Sen. Robert Singer display a New Jersey State Senate proclamation recognizing the dedication of the Howell Medical Pavilion. Also pictured are James Morales, M.D., and Mark Harary, M.D., of Shore Sports Medicine, who opened an office at the pavilion.

region,” he said before cutting the ribbon to the suite of medical offices. “Kimball takes great pride in the caliber of the physicians who join our staff, and they have the full support of the medical center. We are so proud of our association with them.”

To learn more about the physicians located at the Howell Medical Pavilion, call 1.888.SBHS.123 (1.888.724.7123).

KIMBALL MEDICAL CENTER OFFERS RELIEF FOR THOSE ACHING FEET

Sore, aching feet is a common complaint, but when the pain becomes so severe that it affects the daily quality of life, the Kimball Institute for Rehabilitative and Occupational Health Services can help get you on the road to recovery.

“Plantar fasciitis, which is commonly referred to as heel spur, is caused by a number of factors and is a common overuse injury that is believed to affect hundreds of thousands of Americans,” says David Terlizzi, director of Rehabilitation Services at Kimball and a physical therapist with 20 years of orthopedic experience who has worked extensively with ankle and foot injuries. “The plantar fascia is responsible for maintaining the arch of your foot, and when this muscle pulls away from the bone, it causes heel pain with each step. The body may react by filling this space with new bone, or a heel spur.”

Plantar fasciitis occurs when the long, flat ligament on the bottom of the foot (plantar fascia) stretches irregularly and develops small tears that cause the ligament to become inflamed. Plantar fasciitis is the most common cause of severe heel pain.

Treatments to control pain and inflammation include iontophoresis — a transdermal delivery system in which a substance bearing a charge is propelled through the skin by a low electrical current. Additionally, ultrasound and cryotherapy, which help decrease the inflammation in the fascia, are treatment options for severe foot pain.

Terlizzi, who also has expertise in soft tissue mobilization, stretching techniques and



David Terlizzi, director of Rehabilitation Services at Kimball Medical Center, is a physical therapist with 20 years of orthopedic experience who has worked extensively with ankle and foot injuries.

therapeutic exercise, says that for people with chronic foot pain, physical therapy is an important component in getting their feet back on track.

“Deep tissue massage helps relieve tight plantar fascia, and your therapist can teach you how to massage the fascia at home to relieve pain,” he says. “Physical therapy also can correct muscle imbalances. Muscle tightness in the lower limbs, particularly the calves, can increase pressure on the fascia

as you exercise, and your physical therapist will show you what needs to be stretched and how.”

Terlizzi also points to other common overuse injuries such as tarsal tunnel syndrome — a condition caused by compression of the tibial nerve, which runs down the back of the leg to the ankle — and ankle sprains that can be treated through physical therapy.

Kimball's Institute for Rehabilitative and Occupational Health Services is conveniently located on the Kimball Campus at 500 River Avenue in Lakewood.

Kimball's expansion into the outpatient rehabilitative arena represents a continuum of care that crosses a multitude of specialties including post-stroke care; sports' injury rehabilitation, pediatric rehab programs, and speech and language therapies. The new center provides the community with convenient access to some of the region's most specialized physicians, nurses and therapists.

Restoring one's ability to achieve their daily life routines is the sole focus of each of the facility's team members, according to Terlizzi.

Through customized care plans, Kimball's team stands ready to help every patient return to their optimal level of function and good health.

For more information on the Kimball Institute for Rehabilitative and Occupational Health Services, call the Saint Barnabas Health Care Link at 1.888.SBHS.123 (1.888.724.7123).

TAKE CARE OF YOUR EARS: *continued from front page*

She says that hearing loss can occur due to congenital or hereditary factors, aging, exposure to loud noise, medications, infections, head or ear trauma, disease processes and many other causes.

“It is a fact of life that we lose hearing acuity as we grow older, and that hearing problems are commonly associated with the elderly, like eyesight problems,” she notes. “But while hearing loss is commonly associated with the elderly, we are finding more and more Baby Boomers have hearing loss that is negatively impacting the quality of their life, overall health, personal and professional relationships and ability to effectively communicate.”

Children are also a focus of an audiologist’s attention, says Boyer, who notes that ear infections are the most common problem that children face today, and adds that hearing loss is the single most common birth defect in America.

“Out of the 4 million live births in the United States each year, it is estimated that 10 percent are at risk for congenital hearing loss, and of these infants, 30 to 50 of every 1,000 newborns will suffer hearing impairment,” she says, adding that the evaluation of hearing in newborns requires specialized training and highly advanced equipment.



Audiologists are concerned that every person, regardless of age, benefits from good hearing, according to Kimball Medical Center audiologist Sue Ellen Boyer, AuD.

Additionally, she points to untreated or undiagnosed ear infections as a problem that could lead to hearing problems in the future.

“Good hearing is essential to the social and intellectual development of infants and

young children,” she says. “It is also essential to their development of speech and language, as well as their cognitive development.”

Audiologists are concerned that every person, regardless of age, benefits from good hearing, according to Boyer, who provides individual counseling to help patients with hearing loss function more effectively in social, educational and occupational environments.

“We’re also concerned with the prevention of hearing loss and quality of life,” Boyer says. “We are often involved in implementing programs to protect the hearing of those people at risk for hearing loss, including those with noisy hobbies or occupations. Prolonged exposure to loud noise causes permanent hearing loss, and audiologists are often involved in implementing programs to protect the hearing of individuals who are exposed to noisy industrial and recreational situations.”

To contact Dr. Boyer for a hearing or balance evaluation, or to learn more about audiology services at Kimball Medical Center, call 1.888.SBHS.123 (1.888.724.7123).

Just minutes from home.



600 River Avenue, Lakewood, NJ 08701



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