

CHECK *up*

Kimball News For Our Community



THE RIGHT HEART ATTACK CARE AT THE RIGHT TIME

Kimball Among Nation's Best at Delivering Life-Saving Treatment

Kimball Medical Center ranks among the top 10 percent of hospitals in New Jersey for heart attack care, and among the very best in the country, according to National Hospital Quality Measures.

That's good news for our community, according to Joe Hicks, executive director of Kimball, who notes that in America, a third of the estimated 1 million Americans who suffer heart attacks annually don't survive.

"If you have a heart attack, the right care counts," says Tony Lombardino, M.D., vice president of Medical Affairs at Kimball. "Underlying factors such as coronary heart disease affect outcomes, but surviving a heart attack also depends on the actions taken in a hospital emergency room in the crucial first minutes."

Dr. Lombardino points to a host of treatments where Kimball outperforms more than 90 percent of the state's hospitals, including:

- ◆ Treatment with aspirin early in the episode and after hospital discharge.
- ◆ Blood thinner administered within 30 minutes of arrival in the ER.
- ◆ Administration of special medications including beta-blockers and ACE-inhibitors.
- ◆ Smoking cessation assistance.

Chest Pain Center at Kimball Gains Re-Accreditation

Kimball Medical Center recently joined all six Saint Barnabas Health Care System acute care hospitals awarded a three-year Accreditation as a Chest Pain Center for Cycle II by the Society of Chest Pain Centers. All six hospitals received Accreditation as Chest Pain Centers for Cycle I from the Society in 2005.

"Achieving Accreditation for Cycle II demonstrates the commitment of our teams of emergency and cardiology physicians and staff at each of the Saint Barnabas System's hospitals to continually review and refine the way care is provided to all patients treated for acute coronary syndrome or a heart attack with the goal of providing the best outcomes possible for patients," said Ronald J. Del Mauro, President and Chief Executive Officer, Saint Barnabas Health Care System. "We are exceedingly proud of this designation."

The Society of Chest Pain Centers, founded in 1998, is a non-profit international society "whose primary purpose is to significantly reduce heart attack deaths" by improving emergency care for patients with acute coronary syndromes. In 2003, the Society inaugurated a national accreditation process through which it

"For heart attack patients, good care means rapid care," Dr. Lombardino says. "Time is muscle, because when blood flow to the heart is interrupted, muscle cells quickly die off. The faster we're able to restore blood flow, the better the chance of a full recovery."

"Good heart attack care means making sure every patient gets the appropriate treatment at the right time," Hicks adds. "At Kimball, we've made a commitment to eliminate every possible barrier to this timely care. Teamwork is key, and we found that when we work as a team to examine the process, we found minutes every step of the way that we could save."

The National Quality Measures Clearinghouse, or NQMC, is sponsored by the Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services to help consumers make informed health care decisions. NQMC — which provides a database and Web site for information on specific evidence-based health care quality measures and measure sets — is sponsored by AHRQ to promote widespread access to quality measures by the health care community and other interested individuals.

To learn more, visit www.qualitynet.org. For a referral to a Kimball Medical Center cardiologist, call 1.888.SBHS.123 (1.888.724.7123).

evaluates Chest Pain Centers across the country in order to ensure that these centers meet or exceed quality-of-care measures in emergency cardiac medicine. The accreditation process, established and administered by the Society of Chest Pain Centers, formalizes and standardizes this elite accreditation into 4 Cycles. Accreditation is granted by a formal Accreditation Committee only to a hospital whose Chest Pain Center meets or exceeds an extensive set of stringent criteria and then allows an on-site evaluation by a review team from the Society of Chest Pain Centers.

Accreditation signifies that a Chest Pain Center has developed and implemented processes and procedures for evaluation and treatment using best practices by organizations such as the American Heart Association (AHA) and the American College of Cardiology (ACC). These include EMS response to a 911 call; Emergency Department evaluation and treatment using t-PA- the drug used to break up clots in the coronary arteries or emergency cardiac intervention procedures such as angioplasty; and diagnostic evaluation using cardiac stress testing and other tests.

Dear Neighbor,



In this issue of Checkup, we focus on Kimball Medical Center's ranking among the very best hospitals in the country at delivering timely and appropriate care for heart attack patients.

Fast and effective heart attack care is a key initiative of the National Hospital Quality Measures – an unprecedented campaign to promote quality health care. Kimball Medical

Center is proud to be counted among the nation's best hospitals when it comes to putting proven, life-saving improvement techniques into action. For our community, it's reassuring to know that at Kimball, we deliver the right heart attack care to 100 percent of our patients, 100 percent of the time.

This achievement comes on the heels of Kimball's recognition as a primary Stroke Center - a program dedicated to delivering the highest quality comprehensive emergency and continued care to our stroke patients. As a part of our comprehensive approach to fighting cardiovascular disease, The Stroke Center at Kimball participates in quality and data collection in order to benchmark the outcomes of diagnosis and treatment against similar designated Primary Stroke Centers.

Quality measures such as these are used to gauge how well a hospital provides care to its patients. These measures are based on scientific evidence and can reflect guidelines, standards of care, or practice parameters. A quality measure converts medical information from patient records into a rate or percentage that allows facilities to assess their performance.

Data is a particularly powerful motivator, and at Kimball, we use it to ensure that our patients get all of the appropriate treatments on time, every time. This quality information not only helps patients make good decisions about their health care, but also encourages hospitals to improve the quality of health care they provide.

Our community can feel comfortable knowing that the best heart attack and stroke care is available right here at Kimball Medical Center.

Sincerely,

Joe Hicks
Executive Director

Behavioral Health Outpatient Program Changing Lives One Step at a Time

Mental illness is fairly common in the United States. According to the National Institute of Mental Health, an estimated one in four adults suffers from a diagnosable mental disorder in any given year.

“Maintaining good mental health is essential to our overall health and wellness,” says Chris Belluardo-Tierney, administrative director of Behavioral Health Services at the Saint Barnabas Behavioral Health Center in Toms River.

The center, a freestanding 100-bed acute care psychiatric facility, offers a full continuum of inpatient and outpatient behavioral health services for adults of all ages. One such service is the Stepping Stones program, an intensive



outpatient program designed for individuals with serious emotional or behavioral disorders, as well as those dually diagnosed with psychological disorders and substance abuse problems.

The program can also be used to ease a patient's transition from inpatient to outpatient care, with treatment available three to five days a week. Three-and-a-half-hour sessions are offered Monday through Friday with both morning and afternoon sessions available for patient convenience.

“A team of board-certified psychiatrists and advanced practice psychiatric nurses carefully monitor each patient's medication and their progress throughout the program. Licensed clinical social workers and licensed alcohol and drug counselors offer patients highly structured individual, group and family counseling, as well as recovery-based therapy, if needed,” Belluardo-Tierney says.

“The group therapy is a particularly important piece of the overall treatment program,” she explains. “Group therapy enables patients to see that they're not alone; that we all experience similar situations in life. Patients within the group lean on each other, support each other, and often gain hope from each others' successes.”

Therapy is tailored to meet the needs of patients, and groups focusing on women's, men's and geriatric issues are offered. The program is covered by most insurance plans, including Medicare and Medicaid.



“The goal of the Stepping Stones program,” explains Belluardo-Tierney, “is to help patients resume the ability to function in their lives again and to step down to a less intensive mental health treatment program.”

For Belluardo-Tierney, the success of the Stepping Stones program is satisfying to see. “It's wonderful to see a turnaround in a patient who was suffering from mental health issues. To have a patient walk in here – crying, depressed and unable to function, walk out four to six weeks later – happy, confident and able to cope is what this program is all about.”

The Saint Barnabas Behavioral Health Center Access line — 1.800.300.0628 — puts individuals in touch with access specialists – trained mental health professionals who can evaluate callers and steer them to the appropriate level of mental health care. For more information or a referral to the Saint Barnabas Behavioral Health Center's Stepping Stones Program, call 1.800.300.0628, 24 hours a day, seven days a week.

Saint Barnabas Behavioral Health Center to Offer Free Depression Screenings

Mental health professionals from the Saint Barnabas Behavioral Health Center will offer free, confidential screenings in recognition of National Depression Screening Day on Friday, October 10.

The program — which is open to the public and is designed to educate the community about the signs and symptoms of depression — will be held at the Saint Barnabas Behavioral Health Center, 1691 U.S. Highway 9 in Toms River, from 2 to 4 p.m. Screenings also will be offered at the Center for Healthy Living at Kimball Medical Center from noon to 2 p.m.

National Depression Screening Day is held each October during Mental Illness Awareness Week. The Screening Day is designed to call attention to the illness of depression on a national level, educate the public about its symptoms and effective treatments, offer individuals the opportunity to be screened for depression, and connect those in need of treatment to the mental health care system.

For more information or to register for a confidential screening, call the Saint Barnabas Behavioral Health Access Center at 1.800.300.0628.

QUALITY FOCUS: KIMBALL OFFERS HIGHLY SPECIALIZED WOMEN'S HEALTH CARE

Working to Ensure Healthy Births

Maternal-fetal Medicine Specialists Clarify and Reduce Risks for Moms-To-Be

Ocean County women with difficult pregnancies, including multiple fetuses and complications that require a prenatal diagnosis, now have convenient access to the region's most experienced maternal-fetal medicine specialists.

David M. Wallace, M.D., David Gonzalez, M.D., Nisha Malik, M.D., and Carl Nath, M.D., who specialize in managing the most complicated pregnancies, are now offering full-time coverage at the Women's Specialty Center in Lakewood.

"Grateful moms often say, 'The doctor saved my baby!' but we take a less grandiose view," says Dr. Gonzalez. "On a daily basis our job is a technical one."

The doctors treat complications such as preterm labor, premature rupture of membranes and placenta previa — a condition affecting 1 in 200 pregnancies in which the placenta partially covers the cervix, triggering third-trimester bleeding and potentially serious complications for mother and child.

"Happily, with most of the problems we deal with there's usually a good outcome," says Dr. Gonzalez.

The specialists also quantify the risk of Down syndrome and other chromosomal abnormalities. A woman of any age can have a baby with such an abnormality, but the risk rises as she ages: It is 1 in 200 at age 35

and 1 in 100 by 38. That's why it was once routine for pregnant women ages 35 and older to have amniocentesis. Typically done at 16 to 18 weeks, this test involves the extraction of amniotic fluid from the gestational sac. Cells in the fluid are cultured, and the number of chromosomes in the fetal cells can be determined.

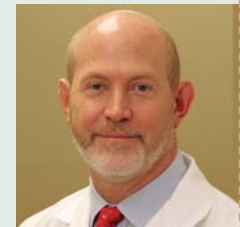
However, amniocentesis carries a 1-in-200 to -300 risk of triggering miscarriage, and some couples don't want to take that chance. That's why the maternal-fetal medicine specialists offer nuchal translucency screening, which has come into wide use only in the last few years. Done between 11 and 14 weeks, it uses ultrasound to measure the thickness of a translucent fold in back of the fetal neck. Combined with a blood test that measures proteins in the mother's blood produced by the fetus and the placenta, it can detect about 92 percent of Down syndrome pregnancies (with a 5 percent screen positive rate), allowing mothers with a negative screen to avoid amniocentesis.

In 2005, Kimball Medical Center teamed with Monmouth Medical Center, the region's leading provider of high-risk maternity care to open the Women and Children's Subspecialty Center. To learn more about the center, which is located in Lakewood at the intersection of Routes 70 and 9 just south of Kimball, call 732.901.0211.

Faces of Maternal / Fetal Medicine

David M. Wallace, M.D.

Medical degree: Hahnemann University, Residency in obstetrics and gynecology: Monmouth Medical Center, Fellowship in maternal-fetal medicine: Pennsylvania Hospital



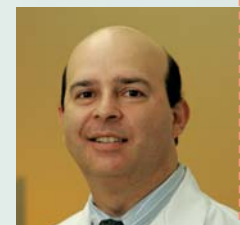
Carl Nath, M.D.

Mount Sinai School of Medicine, Residency in obstetrics and gynecology: St. Luke's-Roosevelt Medical Center, Fellowship in maternal-fetal medicine: Robert Wood Johnson



David Gonzalez, M.D.

Medical degree: Temple University, Residency in obstetrics and gynecology and fellowship in maternal-fetal medicine: University of Medicine and Dentistry of New Jersey



Nisha Malik, M.D.

Medical degree: Medical College of Wisconsin, Residency in obstetrics and gynecology and fellowship in maternal-fetal medicine: University of Medicine and Dentistry of New Jersey



ALLEVIATING THE PAINFUL EFFECTS OF UTERINE FIBROIDS THROUGH SURGERY-FREE TECHNIQUE PERFORMED AT KIMBALL MEDICAL CENTER

Wall Township Woman Undergoes Uterine Fibroid Embolization as Alternative to Hysterectomy

After giving birth to five children, including twins, Angela Shannon-Lombreglia thought she had experienced every degree of pelvic pain and pressure during those earlier childbearing years of her life.

That was before she began to feel the serious effects of uterine fibroids that had developed over time in the muscular wall of her uterus. One of the benign tumors had grown to 6 inches in diameter — about the size of an orange. When she lay down on her back, it created a noticeable bump below her navel.

"The pain was ruining my life. It became so bad, I couldn't even breathe," says the 45-year-old Wall Township resident. "The fibroids were pressing on my bladder and kidneys, making it difficult to sleep and to travel since I constantly needed to urinate."

Accompanying the daily pain and discomfort was the heavy and prolonged bleeding she suffered during her monthly menstrual period. "I bled so badly at times, I would become extremely anemic and

hemorrhage," says Shannon-Lombreglia, an interior designer who found herself in embarrassing situations while meeting with clients because of the heavy bleeding.

After initially seeking medical advice on treatment for her condition, Shannon-Lombreglia was told she would need a hysterectomy, the surgical removal of the entire uterus — a major operation that she was reluctant to undergo. "I didn't want to be opened up one more time. I wanted to explore whether I could find a more natural, less-invasive option," she explains.

She then consulted with Frank Cocco, M.D., and Eric Lehnese, M.D., of Ocean Gynecological and Obstetrical Associates in Lakewood, who suggested another alternative — uterine fibroid embolization (UFE), a nonsurgical procedure that is performed at Kimball Medical Center.

"Drs. Cocco and Lehnese were the first physicians who actually listened to me and understood that I didn't want to undergo a

hysterectomy," says Shannon-Lombreglia, who was referred to Robert Cranley, M.D., chief of Radiology at Kimball. "I met with Dr. Cranley, who thoroughly explained UFE and what would be involved. It seemed like the perfect option for me."

During the past 25 years, UFE has emerged as a viable and successful treatment alternative to hysterectomy and other surgical and nonsurgical treatment options for uterine fibroids, according to Dr. Cranley, a board-certified interventional radiologist who is fellowship trained in vascular and interventional radiology procedures, including UFE.

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Wall Township resident Shannon-Lombreglia says she feels like a "whole new person" after undergoing an innovative procedure to treat uterine fibroids, which was performed at Kimball by Robert Cranley, M.D., chief of Radiology at Kimball.

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“Since fibroids draw blood directly from the uterine arteries, we can starve them by taking away the blood supply, effectively killing the fibroids, causing them to shrink in size and eliminating symptoms,” he explains.

The UFE technique involves inserting a small catheter into the artery through a tiny incision in the skin near the patient’s groin. Once the uterine artery is selected with the catheter, small plastic particles are then passed through the catheter to block the flow of blood to the fibroid.

Shannon-Lombreglia underwent UFE during an overnight stay at Kimball Medical Center last October. “I was awake during the entire procedure and didn’t feel a thing. I wasn’t allowed to move for five hours afterward, but that was the most difficult part of the entire experience,” she says.

“I was impressed with how all three doctors worked as a team to make this possible for me to be able to fit this procedure in my hectic schedule,” she adds. “They were professionally sensitive to my needs, and I had the utmost confidence in placing my trust in their competent and caring hands.”

Within days, she was back to her normal activities as a working mom — with a small scar resembling a paper cut the only sign of her procedure. “And even that was gone within a week,” she says.

After undergoing UFE, Shannon-Lombreglia says the pain is gone, the frequent need to urinate has dissipated, and the heavy menstrual bleeding has subsided. “I can now go on long car rides and I don’t have to always wonder where the bathroom is,” she says. “I feel like a whole new person.”

To learn more about UFE or to schedule a consultation, call the Department of Radiology at Kimball Medical Center at 732.886.4445.

About Uterine Fibroids

- ❖ Uterine fibroids are common, noncancerous tumors of the uterus, or womb. They are made of muscle cells and other tissues that grow within and around the uterine wall.
- ❖ While the cause of fibroids is unknown, estimates show they could affect as many as 80 percent of all women.
- ❖ Symptoms include heavy or painful periods or bleeding between periods, feeling “full” in the lower abdomen, frequent urination, pain during sex, lower back pain, or reproductive problems that include infertility, multiple miscarriages or early labor.
- ❖ For women who undergo UFE, clinical outcomes data show that these symptoms can be alleviated with a low rate of complications.

Sources: National Institutes of Health, National Uterine Fibroids Foundation

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Signs and Symptoms from the American Heart Association

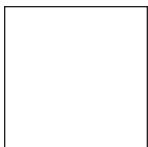
- ❖ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ❖ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ❖ Shortness of breath with or without chest discomfort.
- ❖ Other signs may include breaking out in a cold sweat, nausea or lightheadedness

For Women – although the most common heart attack symptom is chest pain or discomfort, women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you are not sure it is a heart attack, have it checked out. Minutes matter! Fast action can save lives. Don’t wait more than five minutes to call 9-1-1.

Just minutes from home.

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600 River Avenue, Lakewood, NJ 08701



SAINT BARNABAS
HEALTH CARE SYSTEM
Kimball Medical Center

KIMBALL MEDICAL CENTER'S MONTHLY

CHECKup

Community Health Programs

SCREENINGS

Prostate Cancer Screening (PSA)

September 4, noon to 3 p.m.

Prostate cancer is the most common type of cancer among American men, other than skin cancer. The American Cancer Society (ACS) estimates more than 180,000 new cases of prostate cancer will be diagnosed in the U.S. this year, which recommends that men who are in good health have an annual PSA starting at age 50, or at age 40 if you're in high-risk groups such as an African-American or those with a father, brother or son with the disease.

PSA testing allows for early detection of cancer making it easier to successfully treat the disease in the early stages. Center for Healthy Living, 198 Prospect Street, Lakewood.

Register today for your PSA at 1.888.724.7123.



Pictured from top left are urologists Mukaram Gazi, MD, Vance Moss, MD, Kiritkumar Pandya, MD and Charles Tomaszewski, MD.

Glucose Screening

Wednesday, September 3rd and October 8th, 9:15 to 10:15 a.m.

Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

Registration is required. Call 1.888.724.7123.

EDUCATION PROGRAMS

AARP Driving Safety Course

*Monday, September 8 and 15,
12:30 to 4:30 p.m.*

Center for Healthy Living, 198 Prospect Street, Lakewood. Fee: \$10.

Registration required.

Call 1.888.724.7123.

Childbirth Education Classes

*Three-session programs:
September 4, 11 and 18, or
October 2, 9 and 16; 6:30 to 9 p.m.*

Free tours available. Fee: \$75.

Registration required.

Call 1.888.724.7123.

Children's Health and Weight Management Program

Wednesdays, 4 to 5 p.m.

For children ages 6 to 16 who are more than 20 pounds overweight. A physician's prescription is required. Institute for Rehabilitative and Occupational Health Services, 500 River Avenue, Lakewood.

Call David Terlizzi at 732.942.5900.

Drive Defensively

Monday, October 6, 8:30 a.m. to 4:30 p.m.

Ideal for drivers of all ages who need to sharpen their driving skills. Conducted by the Ocean County Department of Safety. Fee: \$8; for point reduction an additional \$10 (money order only).

For information call 732.929.2130; to register call 1.888.724.7123.

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For complete program descriptions, visit www.sbhcs.com and navigate to Community Calendar within Kimball Medical Center's section of the website, or call the Saint Barnabas Health Care Link at 1.888.SBHS.123 (1.888.724.7123).

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Smoking Cessation Information Session

*Tuesday, September 23 or October 28,
at 7 p.m.*

Quitting smoking is difficult to do alone. Register today to attend a free information session and take your first steps to a healthier, happier lifestyle. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

**To register, call the Quit Center
at 732.914.1688.**

EXERCISE PROGRAMS

Classic Yoga

Fridays, 9 to 10:15 a.m.

Gentle Yoga

Fridays, 10:30 to 11:45 a.m.

A comprehensive system of techniques including mind-body therapies and exercise, enhances flexibility, strength and concentration. Center for Healthy Living, 198 Prospect Street, Lakewood. Fee: \$5 per session.

**Registration required.
Call 1.888.724.7123.**

Self-Defense for Exercise

For Women and Girls (Ages 12 and older)

*Fridays, September 5 and 19, October
3 and 17, 7 to 8 p.m.*

For Older Adults

*Thursdays, September 11 and 25,
October 9 and 23, 12:15 to 1:15 p.m.*

Learn critical techniques from a black-belt instructor to help protect you from personal harm, build strength and enhance core balance. Center for Healthy Living, 198 Prospect Street, Lakewood.

Fee: \$3 per session.

**Registration is required.
Call 1.888.724.7123.**

SUPPORT GROUPS

Arthritis Support Group

Fourth Thursday, 11 a.m. to noon.

Learn alternative methods for treatment of arthritis including acupuncture, massage and chiropractic therapies. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

**Registration is required.
Call 1.888.724.7123.**

Bereavement Weekly Support Group

Tuesdays, 2:45 to 3:45 p.m.

For individuals who are confronted with long-term grief, this group assists through the stages of coping with loss. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

**Registration is not required.
Call Kathleen Holahan at 732.730.9112
to learn more.**

Caregivers Weekly Support Group

Tuesdays, 12:30 to 2:30 p.m. or

Wednesdays, 11:45 a.m. to 1:45 p.m.

Facilitated by a licensed clinical social worker who offers support and education for caregivers to enhance their coping skills and maintain balance in their lives. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

**Registration is not required.
Call Kathleen Holahan at 732.730.9112.**

Diabetes Support Group

Third Thursday, 1:30 to 3:30 p.m.

Learn how to eat more of the best and less of the rest. Center for Healthy Living, 198 Prospect Street, Lakewood. Free.

**Registration is required.
Call 1.888.724.7123.**

Clean Air
for health care

*Continuing its legacy of excellence in health care
and as part of the 32nd Great American Smokeout,
all of the Saint Barnabas Health Care System's
southern facilities are becoming smoke-free. As of
November 20, smoking on SBHCS campuses will be a thing of the past,
as we strive to further promote good health and a healthy environment
for our patients, employees and the community as a whole.*

