



WOMEN & HEALTHCARE

SAINT
BARNABAS
MEDICAL
CENTER

**Big News for New Families:
Our Maternity Rooms are
Now Private**

A MESSAGE FROM RICHARD MILLER, M.D.

Chairman, Department of OB/GYN,
Saint Barnabas Medical Center

Dear Readers:

The Department of Obstetrics and Gynecology at Saint Barnabas Medical Center is pleased to present you with



the newest issue of Women & Healthcare. Our Department is home to a nationally-recognized group of physicians who offer world-class services for maternity, gynecologic oncology, infertility and reproductive medicine, maternal-fetal medicine and urogynecology.

This issue explores a variety of services that impact the day-to-day lives of women such as robotic equipment that allows for less invasive surgeries with quicker recovery times; gynecologic cancer services that rival those found at major cancer centers across the country; and neonatology expertise that, for one set of parents, made all the difference in their pregnancy outcome.

One of the most exciting new developments in our department is our ability to offer all new mothers in maternity with a private room at no extra cost. Not only will this allow for closer bonding with baby and family after delivery, but more rest and serenity for new parents.

We have also added a concierge service to offer assistance and additional services to new mothers.

To further explore our OB/GYN department and all our new services, as well as to access prior issues of Women & Healthcare, please visit saintbarnabas.com/hospitals/obgyn.

I wish good health to you and your family.

Sincerely,

Richard C. Miller MD

Richard Miller, M.D.

BIG NEWS FOR NEW FAMILIES: OUR MATERNITY ROOMS ARE NOW PRIVATE

A baby's birth is one of life's most precious moments. At Saint Barnabas Medical Center, we are committed to providing new families with a special experience in a nurturing and comfortable environment. With that in mind, all maternity rooms in Saint Barnabas Medical Center are now private - at no additional cost.

Susan McCallum recently had her third child at Saint Barnabas Medical Center. Having used Saint Barnabas for the birth of her two older children, she was excited to learn she would be given a private room at no additional charge.

For Mrs. McCallum, having her own room gave her the freedom to chat on the phone and have her kids visit without worrying if they were causing a disturbance. "Having my own bathroom was also a huge benefit," she explained.

"Offering all of our patients a private room is the latest enhancement to our obstetrical services," explains Karen Ahearn, R.N., Director of Nursing for Women's Health and Pediatrics. "Our specially trained nurses are available to provide bedside guidance and support in newborn care while your baby remains with you in the room."

The nursing staff teaches new mothers how to bathe and diaper their newborn. In addition, they provide instruction in daily care and breast and bottle-feeding. All of our nurses are lactation specialists with years of experience.

The McCallum family, who lives in Hamburg, N.J., feels that the expertise and services available at Saint Barnabas are well worth the hour-long drive. "Thankfully we didn't need the NICU, but we do have a friend who credits the NICU at Saint Barnabas with saving her baby's life."

Extra-Special Care

Husbands/partners can now visit anytime. Visiting for family and guests has been extended to 8 a.m. to 11 p.m. daily. In addition, we've added a number of complimentary amenities to make our new moms' stays even better, including: wireless internet access, in-room refrigerator with light refreshments, a snack basket and a sandwich or yogurt in the evening. We also provide a daily newspaper, an enhanced amenity bag and "Lunch-to-Go" for two if discharge occurs prior to 11:00 a.m.

To provide the utmost convenience, Saint Barnabas Medical Center also offers a concierge service to help families celebrate and to provide assistance during their stay. Gourmet meals and specialty food items, kids' meals, flowers and edible bouquets can be conveniently ordered in advance of your stay online at sbmcamenities.com or from our family waiting area. ❖



SAINT BARNABAS MOM RAVES ABOUT STAFF, FACILITIES AFTER HIGH-RISK PREGNANCY

With light brown hair and huge, almond-shaped eyes, 16-month-old Noah Pinzon would be easy for any parents to love. But a rare and dangerous condition in utero – treated successfully by a quick-thinking Saint Barnabas perinatologist – make Sandy and Buddy Pinzon all the more grateful for the healthy arrival of their son.

Sandy's first pregnancy was going smoothly until she noticed, at 23 weeks, that the baby's once-vigorous movements had tapered off. A sonogram by Sandy's OB/GYN revealed fluid in the baby's abdomen, but no concrete reasons why.

"We were dumbfounded," says Sandy, 34, who has been married to 35-year-old Buddy for four years. "What do we do? At that point I didn't want a second opinion – I wanted to crawl into a hole."

Time was of the essence, however, and Sandy's doctor immediately referred her to the perinatology team at Saint Barnabas Medical Center, which has earned a first-rate reputation for treating hundreds of high-risk pregnancies every year. Edward Wolf, M.D., Associate Director of Maternal-Fetal Medicine, quickly calmed the Pinzons and reassured them he would soon determine the cause of their baby's condition.

"It was like an instant bonding," says Sandy, who works for Barnes & Noble College Booksellers and lives with Buddy in Linden. "He was so comforting."



Sandy, Noah and Buddy Pinzon of Linden, NJ

A subsequent sonogram and amniocentesis revealed that Sandy had contracted parvovirus, a virus living in red blood cells that causes the common childhood infection known as Fifth disease. But only about one in 400 pregnant women contract the virus, which in the fetus can cause anemia, or low blood count.

The effects can be devastating. Noah had already suffered by developing excess fluid in his abdomen, a condition known as hydrops fetalis. Hydrops is one of the effects of anemia.

Essentially, Dr. Wolf told the Pinzons, Noah's anemia was not allowing his developing body to receive enough oxygen. And unless they could fix it, he might not survive.

"Hydrops fetalis is usually lethal," Dr. Wolf says. "We were thrilled when we found this case was treatable and curable."

To save the Pinzons' baby, Dr. Wolf administered a blood transfusion to Noah in utero by sending the fresh blood through his umbilical artery. "The idea was to give this poor kid some red blood cells to get enough oxygen," Dr. Wolf says.

Within a few days, it was clear that Sandy and Noah had tolerated the transfusion well and that the pregnancy would continue. But while the rest of it was fairly routine – aside from frequent checks of the baby's blood levels – his relieved and grateful parents hardly take Noah's existence for granted.

Sandy chose to deliver at Saint Barnabas because of its nationally recognized neonatal intensive care unit (NICU), which is a state-designated Regional Perinatal Center. Noah arrived three weeks early, on July 15, 2007, and weighing in at a respectable six-and-a-half pounds.

To sign up for a FREE, weekly e-mail newsletter for expectant and new parents, visit sbmcobnews.com.

SAINT BARNABAS MOM RAVES continued from page 3

"The fact that Dr. Wolf acted immediately . . . it's remarkable to me how we might not have had Noah," Sandy says. "Every morning I wake up and I'm so thankful that he's here and healthy."

Sandy and Buddy may add another baby or two to their family in the next few years, but they have no doubt where Noah's future siblings will be born. Besides, Sandy admits she's still suffering from withdrawal from Dr. Wolf and the Saint Barnabas staff, who all know her by name when she sometimes pops in with Noah to say a quick hello.

"If she doesn't come with Noah," quips Dr. Wolf, "we tell her she can't come to see us."

"They always welcome us when we come," Sandy says. "Obviously, I owe them everything. It's like a little extended family." ❖

WHAT SHOULD EXPECTANT PARENTS SEEK IN A HOSPITAL?

- Caring and attentive doctors, nurses and staff
- High-level neonatal intensive care unit (NICU)
- Family-centered care that allows 24/7 bonding with newborn for both parents
- Attractive, modernized facilities
- Private rooms to all new mothers at no additional cost
- Active maternal-child education program with a wide variety of classes
- Specially trained nursing staff
- 24/7 in-house anesthesiologists, OB/GYNs, and neonatologists
- Post-partum depression (PPD) support

PREPARING FOR YOUR NEW BABY:

EXTENSIVE CHILDBIRTH AND FAMILY EDUCATION CLASSES AVAILABLE

To help prepare you and your family for the birth of your new child, The Women's Health Education Department at Saint Barnabas Medical Center offers a wide variety of programs. For class fee, schedule, and to register, please call 973.322.5360.



- ❖ Adoptive Parents Baby Care Consultations
- ❖ Breastfeeding Basics
- ❖ Childbirth Preparation Class
- ❖ Grandparenting Seminar
- ❖ Lamaze Refresher
- ❖ Marvelous Multiples
- ❖ Pets and Babies Class
- ❖ Siblings Class

NICU celebrates 30 years of miracles

For 30 years, The Neonatal Intensive Care Unit (NICU) at Saint Barnabas Medical Center has been providing specialized care for New Jersey's smallest and most ailing babies. As a Regional Perinatal Center, the 56-bed NICU offers the latest treatments and modalities to provide the most advanced care for more than 1,200 premature and ill newborns each year.

The NICU at Saint Barnabas treats premature babies born at less than 34 weeks gestation, as well as full-term infants with special needs. The average baby in the NICU was carried to between 24 to 36 weeks, although the unit has cared for infants born at only 23 weeks. The NICU treats many multiple birth babies as they have a greater chance of premature birth.

When a premature infant enters the world at Saint Barnabas, he or she immediately receives medical care by an attending neonatologist in the delivery room. The NICU at Saint Barnabas has only board-certified neonatologists attending to young patients and they are available in the unit at all times of the day or night.

"The most critical period of human life is the first few minutes," says Shyan Sun, M.D., Director of Neonatology at Saint Barnabas. "More babies die during this first hour of life as compared to later in childhood. Life threatening complications occur during this period and mismanagement or lack of attention at this time carries long-term consequences."

In 2005, the NICU was among 12 hospitals worldwide to be selected by the Vermont Oxford Network to participate in a two-year improvement project to help develop an "ideal" NICU to serve as a model for other network hospitals to follow. Based on data collected, infants born prematurely have a much better chance to survive at Saint Barnabas Medical Center with little or no long term problems than most any other hospital in the Vermont Oxford Network.

30 years of miracles

QUESTIONS & ANSWERS

on prenatal testing with Saint Barnabas OB/GYN Chairman



With more than 6,400 babies born each year, Saint Barnabas is New Jersey's largest, full-service, hospital-based Ob/Gyn program. Richard Miller, M.D., Chairman of the Saint Barnabas Medical Center Department of Obstetrics and Gynecology, shares some of his

expertise about prenatal testing, its uses and its benefits.

QUESTION *What's the difference between a screening test and a diagnostic test?*

ANSWER A screening test tells us if a condition has a higher or lower risk of occurring in the fetus. Examples of such genetic disorders include Tay-Sachs disease, a fatal enzyme deficiency that is particularly high in people of Eastern European Ashkenazi Jewish descent, or Down syndrome, which occurs at a greater rate as the mother's age increases. But a diagnostic test is a more certain analysis, confirming if the condition is or is not present.

QUESTION *Which prenatal tests are considered optional?*

ANSWER All prenatal tests are optional, which might surprise some expectant parents. Pregnant women are not required to undergo any testing. However, there are certain tests we consider "universal" – meaning we feel every woman should have them while pregnant. They include blood tests for infectious diseases such as HIV and Hepatitis B. Some may choose to screen for chromosomal abnormalities, such as Down syndrome, but others may object to such tests and may choose not to have these screening tests.

QUESTION *Are the risks of prenatal diagnostic tests such as amniocentesis worth the potential benefits?*

ANSWER Fortunately, the risks are very low, and with some newer, more sensitive screening tests that we offer, we do fewer amniocenteses than ever before. The risk of pregnancy loss after amniocentesis used to be about 1 in 300; now, the miscarriage risk is much lower.

QUESTION *Ultrasound has evolved to become an earlier and more effective tool to screen for Down syndrome with the measurement of nuchal translucency, which measures the clear space in the tissue at the back of the baby's neck. What other non-invasive tests have enhanced the ability to screen for Down syndrome?*

ANSWER There are two blood tests: one that assesses the level of the maternal serum free beta-hCG and another that measures a different protein called PAPP-A. Both of these substances are secreted by the placenta and can be measured in the mother's blood early in the pregnancy. It's the combination of the ultrasound nuchal translucency and these blood tests that give us the more powerful first trimester screen, more sensitive than either the ultrasound or blood tests alone.

QUESTION *How commonly are 3-D ultrasounds performed?*

ANSWER We commonly get 3-D fetal views. The 3-D technology has been around since the 1990s, but it wasn't until the beginning of the 21st century that we have seen very realistic 3-D representations of the fetus. While the 3-D fetal views aren't necessary to detect birth defects, it helps to refine views of certain anomalies, such as cleft lip or clubfoot. Often, it's a tool that helps parents bond with the baby and it does give us a unique look at the baby in a previously inaccessible setting.

QUESTION *Are more tests recommended for mothers over age 35 as the average maternal age has increased?*

ANSWER In an area of the country like ours, many women postpone pregnancy and this situation is common in our practices. We spend more time discussing the testing options with women at or over 35 years old because they start the pregnancy at a higher risk of having a child with a chromosome problem. They have the option of diagnostic prenatal testing, such as chorionic villus sampling or amniocentesis, first or second trimester screening tests, or, if they desire, no testing for chromosome abnormalities. They need to know what is available to make informed choices.

The Division of Maternal-Fetal Medicine at Saint Barnabas Medical Center performs extensive services in prenatal testing and are dedicated to providing expectant mothers and their babies with the most advanced, complete and professional care before delivery. For more information, please call 973.322.5287.



WHY CHOOSE THE INSTITUTE FOR REPRODUCTIVE MEDICINE AND SCIENCE AT SAINT BARNABAS?

The Institute has earned a reputation of being able to successfully treat patients with particularly challenging infertility circumstances.

Top Doctors

Each physician at the Institute for Reproductive Medicine and Science at Saint Barnabas is extraordinarily well qualified to provide both the highest level of medical treatment and thoughtful individualized care. Drs. Cekleniak, Chen, Garrisi and Greenseid are all certified by the American Board of Obstetrics and Gynecology with fellowship training in Reproductive Endocrinology. Even more important than their training and certifications is the manner in which this group of doctors works together to continually improve and expand treatment modalities for their own patients, as well as for the benefit of other physicians and infertile patients in the field of reproductive medicine.



Doctors with the Institute for Reproductive Medicine and Science at Saint Barnabas include, from left: Natalie A. Cekleniak, M.D., Serena H. Chen, M.D., Keri L. Greenseid, M.D., Margaret Graf Garrisi, M.D. and G. John Garrisi, M.D.

Top Embryologists

The embryology team at IRMS has been widely praised over the years as the premier assemblage of high level embryologists in the world. The embryology group is led by Dr. John Garrisi who has selected and meticulously trained his team over the past 13 years. IRMS is affiliated with Tycho-Galileo Research Laboratories and Scientific Director Dr. Jacques Cohen, as well as Reprogenetics and its director Dr. Santiago Munne. This group of scientists is unique in that they have worked together continuously through most of the major advances in in vitro fertilization. In many cases, they developed and refined new procedures in the IRMS laboratories, for the benefit of our patients. This unparalleled experience allows the team to tailor embryology treatment plans for each patient using an extraordinarily wide range of technical protocols.

Nursing and Patient Support

The Nursing department, led by Nurse Manager, Pat Rucinsky, and patient support services, coordinated by Claudia Pascale, Ph.D., are key elements in the overall care that IRMS patients receive. Our Nursing Team is

a tremendous resource to help patients navigate the challenges of infertility.

Reputation

The Institute has earned a reputation of being able to successfully treat patients with particularly challenging infertility circumstances. Over the years, patients have been referred to IRMS from dozens of countries in Europe, Asia, and Africa, as well as North and South America and almost every state in the union. Many of these patients come to

Saint Barnabas after having failed to become pregnant with treatment near their home.

A Team Approach

At IRMS, a large number of professionals experienced in all aspects of Assisted Reproduction – including reproductive medicine, nursing, embryology, and genetics, all work together to contribute to treatment plans that focus on the individual needs of each patient. In a unified approach to infertility care, it is common for a patient's case to be reviewed by all the IRMS specialists before finalizing the treatment plan. The embryology team performs its own review of every aspect of the patient history that may impact laboratory treatment, and then coordinates their approach in detail with the patient's primary physician at IRMS.

Treatments

The Institute provides a comprehensive range of services including basic evaluation and fertility testing, artificial insemination, and the use of fertility medications. We also provide the most advanced forms of fertility treatment including: IVF, ICSI (Intracytoplasmic Sperm Injection), Assisted Hatching and Fragment Removal, Blastocyst Transfer, Egg Donation and PGD (Preimplantation Genetic Diagnosis). The Institute continues its tradition of active development of new clinical and laboratory procedures to facilitate infertility treatment with on-going research studies on the issue of Egg Freezing. IRMS patients are frequently the first to benefit from new ideas pioneered by this diverse and committed group of scientists and physicians. ❖

For more information or to make an appointment, please call The Institute for Reproductive Medicine and Science at Saint Barnabas at 973.322.8286 or visit sbivf.com

WORLD-CLASS GYNECOLOGIC ONCOLOGY CARE AT SAINT BARNABAS MEDICAL CENTER

Saint Barnabas has a remarkably wide reach, attracting patients from all over New Jersey and the tri-state area. And women with gynecologic cancer can take extra comfort during a difficult time by knowing the expertise and techniques available at Saint Barnabas Medical Center resemble those of the most prestigious cancer facilities across the United States.

A multi-disciplinary approach combines the skills, expertise and equipment of specialists from both the Gynecologic Cancer and Pelvic Surgery Center and The Cancer Center at Saint Barnabas to treat ovarian, uterine and cervical cancers. About 200 women diagnosed with these forms of gynecologic cancer come to Saint Barnabas every year in their quest for wellness, according to Robert Taylor, M.D., associate director of the Division of Gynecologic Oncology and Reconstructive Pelvic Surgery.

Dr. Taylor and Thad Denehy, M.D., who is also associate director of this division, meet regularly with Cancer Center physicians Jennifer Wagmiller, M.D., and Raquel Wagman, M.D., to consult on these patients' cases. Drs. Taylor and Denehy often tackle these cancers with surgery, whose effects are enhanced by chemotherapy and radiation administered by Drs. Wagmiller and Wagman.

Drs. Wagmiller and Wagman, through their work at The Cancer Center, also treat patients with many other types of cancer.

Saint Barnabas specialists are also experts in the management of abnormal Pap smears and pre-invasive disease of the cervix, vagina and vulva. About 150 major cases of uterine cancer are treated each year, along with 50 cases of ovarian cancer and 20 of cervical malignancies, Dr. Taylor says. The average length of treatment for ovarian cancer treatment is six months; for advanced cervical cancer, six weeks.

"We four (physicians) meet on a regular basis to discuss treatment plans," Dr. Taylor says. "It's not that one particular discipline is dictating the management of a case. It's very interactive and rewarding to be in a room of bright, committed people who can bring to the table new findings or technology. Our working relationship is wonderful."

"It's the same philosophy executed at all the major cancer centers," adds Dr. Taylor. "And we are on the forefront of bringing it to our own community."

Dr. Denehy also enjoys the team approach to treating women with gynecologic cancer.

"In most places, it's a hit-or-miss kind of process, with some specialists seeing some patients but not others," he says. "Here, we treat everyone the same. It's really a streamlined practice." With the advent of the Internet and easily available medical information, women often know what to expect before beginning treatment for gynecologic cancer, Dr. Taylor says. More than that, however, informed patients also understand that Saint Barnabas' multi-disciplinary approach to such malignancies is the best available.

"Those that are worldly realize that the medicine involved is so complex that a difficult problem really needs a team approach," he says.

In addition to the surgical removal of tumors, the Center also provides a comprehensive range of services necessary for the proper treatment of gynecologic malignancies. These include cytoreduction, bowel and urologic surgery, lymphadenectomies, implantable vascular ports, laser and laparoscopic surgeries, and multi-agent chemotherapeutics.

A new chemotherapeutic known as HIPEC, or hyperthermic interperitoneal chemotherapy, is now available for the treatment of ovarian cancer at Saint Barnabas, according to Dr. Denehy. HIPEC involves using a heated sterile solution, which is >



circulated throughout the abdominal cavity by a series of tubes and a pump. The technique bathes the inside of the abdomen with a heated chemotherapy solution, whose higher temperature has been found to enhance the drugs' effects and potentially destroy more cancer cells.

"Until recently, treatment options for patients with advanced cancer of the ovary included surgery and conventional chemotherapy, explains Dr. Denehy. Now, the Center may dramatically improve the odds for certain patients by combining aggressive surgery with heated intraperitoneal chemotherapy. A formal evaluation of this exciting new technology is underway."

Other new developments in gynecologic cancer treatment at Saint Barnabas include the expanded use of laparoscopic surgery to aggressively debulk tumors, removing as much cancerous tissue as possible and potentially increasing the effectiveness of subsequent chemotherapy or radiation.

Ovarian cancer in particular has a poor long-term survival rate because most cases are not detected until the disease has spread beyond the initial site. The five-year survival rate is 75 percent if the cancer is contained to the ovary; it drops to 20 percent if the malignancy has metastasized to other organs in the upper abdomen.

"We all suspect that aggressive initial surgical therapy improves interval treatment and long-term survival," Dr. Taylor says. "We find that our patients' disease-free interval is expanding."

Another potential development involves an early warning blood test for ovarian cancer, Dr. Denehy says. While still evolving, such a test would more accurately detect which women have ovarian cancer without requiring as many painful biopsies.

A currently available blood test for ovarian malignancies measures the level of a tumor marker in the blood known as CA-125. A woman's CA-125 level is elevated in more than 80 percent who have ovarian cancer and in about 50 percent with early ovarian cancer. But the level of this tumor marker can be influenced by numerous other factors, including age, pregnancy, and liver and heart conditions, so it has a high false positive rate.

"We need to be able to differentiate ovarian cysts from tumor masses," says Dr. Denehy. "This new blood test would help." ❖

To make an appointment with the Gynecologic Cancer and Pelvic Surgery Center, please call 973.243.9300 or learn more by visiting njgynoncology.com

Robotics deliver less pain, shorter hospital stays after surgery

A new generation of technology combining optics and engineering is helping some women who come to Saint Barnabas for pelvic surgery to return to normal life more quickly, with less pain and smaller scars.

State-of-the-art robotic arms, paired with magnifiers, allow physicians at our Gynecologic Cancer and Pelvic Surgery Center to deliver cutting-edge methods to patients without as much cutting as before, according to the Center's associate directors, Thad Denehy, M.D., and Robert Taylor, M.D.

Not all pelvic surgeries can be performed by robotics, nor can all patients benefit from it, but more and more women each year come to the Center for procedures such as fibroid removal or hysterectomy, Drs. Taylor and Denehy say.

The Center attracts patients from all over New Jersey and the tri-state area, boasting one of the highest volumes of related surgeries in the Northeast.

Employing less-invasive laparoscopic techniques, robotic surgeries are done using only several half-inch scars around the navel instead of longer cuts along the bikini line. One of the incisions holds a tiny camera that allows doctors to peer inside the patient's abdomen; others support surgical and suction tools.

"It's still emerging as a technique," Dr. Taylor says. "But it allows us to see inside the patient with a very clear, three-dimensional picture and lets us suture with ease."

"This is going to allow us to do a lot more surgeries that are less invasive, and with shorter hospital stays," agrees Dr. Denehy.

Other benefits of robotic surgery include less blood loss and a quicker return to normal daily activities, as well as better clinical outcomes in some cases.

But Denehy notes that the Center's acclaimed expertise in dealing with difficult cases of fibroids – non-cancerous tumors that attach to the interior walls of the uterus – means "we get the fibroids no one else wants to see" that consequently require more traditional surgical techniques to remove.

Robotics are also used in certain gynecologic cancer surgeries at the Center, which functions as a regional referral center for reconstructive pelvic surgeries that repair conditions such as hernias, vaginal and uterine prolapses and urinary incontinence.

< Robert Taylor, M.D., and Thad Denehy, M.D., associate directors of the Division of Gynecologic Oncology and Reconstructive Pelvic Surgery, can be reached by calling 973.243.9300.

NEW CONSERVATIVE MANAGEMENT OPTION FOR PELVIC ORGAN PROLAPSE

Do you feel a bulge or pressure in your vagina or have the feeling that something is ‘falling out’? “These are symptoms of pelvic organ prolapse, or ‘POP,’” says Jeffrey Segal, M.D., Director of the Center for Urogynecology of Saint Barnabas Medical Center. Other conditions that may be associated with pelvic organ prolapse include urinary incontinence, fecal incontinence, and sexual dysfunction.

As many as 50 percent of all women who have had children lose support of their pelvic floor muscles, which normally hold the pelvic organs (bladder, uterus, colon) in place. “Pelvic organ prolapse can occur in women of any age, and many women suffer in silence because they are too embarrassed to discuss their symptoms with a physician or may not be aware that treatment options are available,” says Dr. Segal.

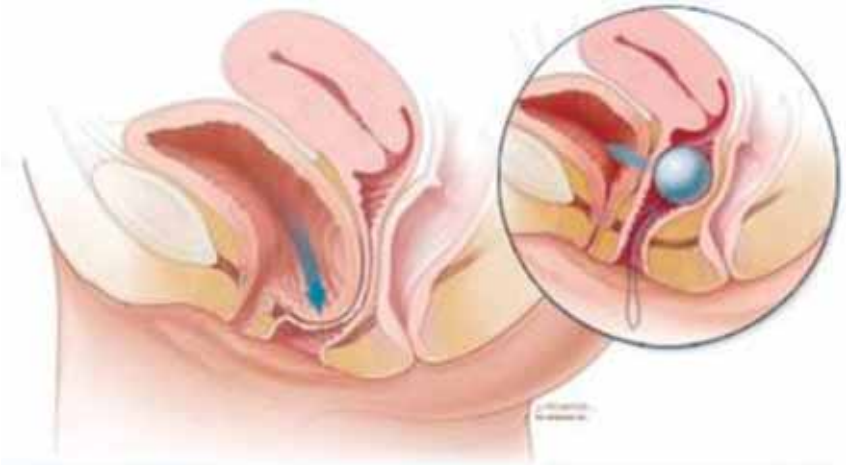


Jeffrey Segal, M.D., Director of the Center for Urogynecology of Saint Barnabas Medical Center.

Surgery to reconstruct the vaginal supportive tissues has been the most effective treatment option. But there are also a number of conservative (non-surgical) approaches for women who do

not want surgery or are not good candidates for surgery, including:

- Behavioral modification, which includes avoiding and/or treating constipation, avoiding heavy lifting, stopping smoking, maintaining a healthy weight, etc., is a simple non-surgical management approach.
- Pelvic floor muscle exercises, also known as Kegel exercises, are often prescribed to help to strengthen the pelvic floor muscle and improve symptoms.



Cystocele and Cystocele with the Colpexin Sphere in place

- Biofeedback may be useful for those unable to effectively perform pelvic floor muscle exercises on their own.

- A vaginal pessary that supports the vagina may be useful for relieving symptoms, but fitting and using pessaries can be challenging and involves multiple follow-up office visits.

In addition to these options, Dr. Segal explains “The latest advance for the conservative management of POP is a unique and simple intravaginal device, called the Colpexin™ Sphere.” The Colpexin™ Sphere is designed to support pelvic organs while strengthening weak pelvic floor muscles.

“This intravaginal device also complements easy-to-do pelvic floor muscle exercises or Kegels by helping women isolate and contract the right muscle group, providing a form of biofeedback,” says Dr. Segal. To further assist patients, a physical therapist specializing in female pelvic floor dysfunction is available at the Center.

The Colpexin™ Sphere is a smooth, round sphere made of medical-grade plastic with a securely fastened string that is inserted into the vagina by hand or with an applicator and easily taken out every day for cleaning with mild soap and water.

A clinical study conducted in the United States showed that after only 16 weeks of daily usage of the Colpexin™ Sphere, 81 percent of the women in the study experienced an improvement in their genital prolapse. In addition, 75 percent of the women who were suffering with urinary incontinence before using the intravaginal device experienced improvement in their urinary incontinence status by the end of the 16-week study.

Dr. Segal believes that the Colpexin™ Sphere is a good innovative option for active women with some degree of POP or for those who want to regain and/or maintain their pelvic floor muscle health. Its small size, light weight, ease of insertion and removal, and ability to relieve prolapse symptoms, while at the same time allowing for the concomitant performance of pelvic floor muscle exercises are unique attributes that make the Colpexin™ Sphere an attractive alternative to surgery.

“POP can negatively affect all aspects of a woman’s quality of life, including her emotional, social, physical, and sexual well-being. Early diagnosis and treatment are important so that the patient can return to the previous lifestyle she enjoyed,” says Dr. Segal. ❖

Specialists at the Center for Urogynecology of Saint Barnabas Medical Center are dedicated to improving the lives of women with pelvic floor disorders, such as pelvic organ prolapse, bladder and bowel control problems and chronic pelvic pain. For more information, please visit saintbarnabas.com/hospitals/obgyn/ or call 973.322.9998.

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Cohen, Theodore, M.D.	315 E. Northfield Rd.	Livingston	(973) 422-1200	Pitman, Susan, M.D.	769 Northfield Ave.	W. Orange	(973) 325-5670
Cooperman, Alan S., M.D.	235 Millburn Ave.	Millburn	(973) 467-9440	Pollack, Marshall S., M.D.	235 Millburn Ave.	Millburn	(973) 467-9440
Crane, Stephen, M.D.	776 Northfield Ave.	W. Orange	(973) 731-7707	Quartell, Anthony C., M.D.	316 Eisenhower Pkwy.	Livingston	(973) 716-9600
David, Gwen L., M.D.	95 Northfield Ave.	W. Orange	(973) 736-4505	Romero, Audrey A., M.D.	101 Old Short Hills Rd.	W. Orange	(973) 736-1100
DeAngelis, Thomas M., M.D.	316 Eisenhower Parkway	Livingston	(973) 740-0022	Rubino, Robert J., M.D.	101 Old Short Hills Rd.	W. Orange	(973) 736-1100
DeGraaff, Doreen E., M.D.	22 Old Short Hills Rd.	Livingston	(973) 740-1330	Russo, Donato, M.D.	1896 Morris Ave.	Union	(908) 687-8282
DeGrande, Gary C., M.D.	33 No. Fullerton Ave.	Montclair	(973) 744-2226	Russo, Neil J., M.D.	315 E. Northfield Rd.	Livingston	(973) 422-1200
DeMarsico, Richard, M.D.	33 No. Fullerton Ave.	Montclair	(973) 744-2226	Sadural, Ernani, M.D.	745 Northfield Ave.	W. Orange	(973) 736-7700
Denehy, Thad R., M.D. ²	101 Old Short Hills Rd.	W. Orange	(973) 243-9300	Sama, Jahir, M.D. ²	5 Franklin Ave.	Belleville	(973) 844-0060
Dias-Martin, Karen, M.D.	200 Highland Ave.	Glen Ridge	(973) 743-8585	Scott, Jr., Richard T., M. ³	111 Madison Ave.	Morristown	(973) 971-4600
Dresdner, Michael T., M.D.	349 Valley St.	S. Orange	(973) 763-4334	Segal, Jeffrey, M.D. ⁴	94 Old Short Hills Rd.	Livingston	(973) 322-9998
Drews, Michael R., M.D. ³	111 Madison Ave.	Morristown	(973) 971-4600	Seymour, Christopher R., M.D.	235 Millburn Ave.	Millburn	(973) 467-9440
Ericsson, Dawn, M.D.	1323 Stuyvesant Ave.	Union	(908) 686-4334	Shinbein, Aaron, M.D.	316 Eisenhower Pkwy.	Livingston	(973) 716-9600
Fain, Richard, M.D.	22 Old Short Hills Rd.	Livingston	(973) 740-1330	Simon, Stanley R., M.D.	349 Valley St.	South Orange	(973) 762-4242
Feltz, John P., M.D.	111 Madison Ave.	Morristown	(973) 285-0400	Simonetti, John M., M.D.	235 Millburn Ave.	Millburn	(973) 467-9440
Fernandez, Luis A., M.D.	111 Madison Ave.	Morristown	(973) 285-0400	Sladowski, Catherine F., M.D.	22 Old Short Hills Rd.	Livingston	(973) 740-1330
Garrisi, Margaret G., M.D. ³	Saint Barnabas Medical Ctr	Livingston	(973) 322-8286	Smith, Donna, M.D.	2040 Millburn Ave.	Maplewood	(973) 313-2600
Gaudino, Silvana, M.D.	33 No. Fullerton Ave.	Montclair	(973) 744-2226	Smith, Jr., Leon, M.D. ¹	Saint Barnabas Medical Ctr	Livingston	(973) 322-5287
Graf, Jennifer A., D.O.	745 Northfield Ave.	W. Orange	(973) 736-7700	Sogocio, Kristina, M.D.	Saint Barnabas Medical Ctr	Livingston	(973) 322-8284
Greene, Jennifer Y., M.D.	57 Willowbrook Blvd.	Wayne	(973) 754-4000	Somers, Joann, M.D.	22 Old Short Hills Rd.	Livingston	(973) 533-0638
Greenseid, Keri L., M.D.	Saint Barnabas Medical Ctr	Livingston	(973) 322-8286	Steck, William, M.D.	737 Northfield Ave.	W. Orange	(973) 731-1800
Gudz, Alexander, M.D.	749 Irvington Ave.	Maplewood	(973) 986-5576	Straker, Michael J., M.D.	181 Franklin Ave.	Nutley	(973) 667-1500
Gulati, Rita, M.D. ³	769 Northfield Ave.	W. Orange	(973) 325-2229	Sullivan, Jared, M.D.	180 Eagle Rock Ave.	Roseland	(973) 226-3030
Hamilton, Tammy J., M.D.	315 E. Northfield Rd.	Livingston	(973) 422-1200	Surmeli, Sedat M., M.D.	745 Northfield Ave.	W. Orange	(973) 736-7700
Howard, Arthur, M.D.	15 James St.	Florham Park	(973) 360-0158	Sylvester, Claudine M., M.D.	520 Pleasant Valley Way	W. Orange	(973) 669-5711
Hughes, Patricia L., M.D. ³	140 Prospect Ave.	Hackensack	(201) 342-3428	Taylor, Robert R., M.D. ²	101 Old Short Hills Rd.	W. Orange	(973) 243-9300
Jenkins, Reginald A., M.D.	393 Bloomfield Ave.	Montclair	(973) 746-8181	Terrone, Dom A., M.D. ¹	Saint Barnabas Medical Ctr	Livingston	(973) 322-5287
Jones, Shayna, M.D.	349 E. Northfield Rd.	Livingston	(973) 758-9311	Thani, Suresh R., M.D.	566 Nye Ave.	Irvington	(973) 399-9155
Kaplan, Regina M., M.D.	10 James St.	Florham Park	(973) 301-0081	Torres, Leonida d., M.D.	2166 Morris Ave.	Union	(908) 686-3933
Kaufman, Gregory J., M.D.	95 Northfield Ave.	W. Orange	(973) 736-4505	Treadwell, Kenneth, Jr., M.D.	1387 Clinton Ave.	Irvington	(973) 372-1441
Keiser, Oren, M.D.	22 Old Short Hills Rd.	Livingston	(973) 740-1330	Victor, Isaac L., M.D.	1323 Stuyvesant Ave.	Union	(908) 686-4334
Kindzierski, John A., M.D.	315 E. Northfield Rd.	Livingston	(973) 422-1200	Walk, Zem, M.D.	776 Northfield Ave.	W. Orange	(973) 731-7707
Klachko, Daria A., M.D.	769 Northfield Ave.	W. Orange	(973) 325-5670	Warren, Wendy B., M.D. ¹	Saint Barnabas Medical Ctr	Livingston	(973) 322-5287
Koch, Robert K., M.D.	316 Eisenhower Pkwy.	Livingston	(973) 716-9600	Wimmer, Angela M., M.D.	745 Northfield Ave.	W. Orange	(973) 736-7700
Ladocsi, Lewis T., M.D.	776 Northfield Ave.	W. Orange	(973) 731-7707	Wolf, Edward J., M.D. ¹	Saint Barnabas Medical Ctr	Livingston	(973) 322-5287
Lindeken, Christopher, D.O.	Saint Barnabas Medical Ctr	Livingston	(973) 322-8284	Yeum, Sandy H., M.D.	769 Northfield Ave.	W. Orange	(973) 325-5670
Lo, Vivian S., M.D.	520 Pleasant Valley Way	W. Orange	(973) 669-5711	Youngren, Sonya J., M.D.	520 Pleasant Valley Way	W. Orange	(973) 669-5711
Lucarelli, Elizabeth, M.D.	101 Old Short Hills Rd.	W. Orange	(973) 736-1100	Zuniga, Gina, M.D.	745 Northfield Ave.	W. Orange	(973) 736-7700
Luciani, Richard L., M.D.	235 Millburn Ave.	Millburn	(973) 467-9440				

Practice limited to (1) Maternal Fetal Medicine (2) Consultative Gynecology, Gynecologic Oncology and Reconstructive Pelvic Surgery (3) Reproductive Endocrinology and Infertility (4) Urogynecology
This list reflects information as of December 1, 2008.

IMPORTANT SERVICES FOR NEW MOMS

Preparing to have a baby is a time of learning and decision making. Saint Barnabas Medical Center is dedicated to providing new moms with support, education, and the highest quality health care services to ensure that their pregnancy, delivery and hospital experience are as healthy and happy as possible. If you have questions or would like further information, please call Women's Health Education at 973.322.5360 or visit our website: www.saintbarnabas.com/hospitals/obgyn/index.html.

Educational Classes

The Women's Health Education Department offers a variety of prenatal childbirth preparation and childcare classes. They also sell and rent breast pumps and supplies and provide instruction on using and caring for the equipment. For more information or to register for a class, please call 973.322.5360 or visit our website for a registration form (located under childbirth classes).

Free Parenting E-Newsletter

Saint Barnabas offers a free, weekly e-mail newsletter for expectant and new parents. This service provides support, tips, highlights of your baby's development week-by-week, important research findings, breastfeeding information, and other resources. The information is tailored to your week of pregnancy and then the age of your newborn. To register, visit sbmcobnews.com.

Finding a Pediatrician

It is important to find a pediatrician before the birth of your child. For information about Saint Barnabas Medical Center pediatricians in your area, please call our Physician Referral Service at 1.888.SBHS.123.

Gifts and Services for New Moms

Saint Barnabas is pleased to offer a convenient Concierge Service to pamper one's self or send a gift to a friend or loved one who is or will be staying on any of our maternity units. Items include a variety of services, flowers, edible bouquets and gourmet meals and specialty food items like a celebration meal for two, chocolate covered strawberries and kids' meals. To learn more or place an order, please visit sbmcamenities.com or call 973.322.5500.



The Saint Barnabas Cord Blood Banking Program

Saint Barnabas offers access to the most complete cord blood banking service available through our relationship with LifebankUSA, a New Jersey-based company and one of the leading cord blood banks in the country. Included are options to bank either cord blood alone or to maximize the number of stem cells banked by collecting placental stem cells as well. For more information call 1-877-LIFEBANKUSA or visit lifebankusa.com.

Education and Support For After You Have Had Your Baby

- **NewBornMom Breastfeeding Solutions** has provided help to moms and babies for over 20 years. Through private, one-to-one consultation, an IBCLC-certified lactation consultant can help prevent problems and provide new moms with the breastfeeding experience they envision. To learn more or schedule an appointment, visit newbornmomsolutions.com or call 973.740.0400.
- **New Moms' Circle** is a free, six-week support group, held during the day for new moms. Led by a licensed clinical psychologist specializing in postpartum adjustment, topics include transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood. To register or for more information, please call 973.322.5360.
- **The Breastfeeding Support Group** is a free, six-week support group held during the day for new moms. Topics include breastfeeding mechanics, establishing milk supply, pumping and going back to work issues. To register or for more information, please call 973-322-5360.
- **The Warm Line**, 973.322.5684, a dedicated phone line monitored by certified lactation consultants, is designed for non-emergent breastfeeding questions. If you have a question, day or night, call the Warm Line and leave a confidential message and phone number. A lactation consultant will return your call during the next business day.

Hospital-grade breast pumps for sale or rent and supplies. For more information, please call **973.322.5360**.

NEWSLETTER

To begin receiving Healthy News, Saint Barnabas Medical Center's e-newsletter — right in your email inbox — visit our website to subscribe: www.saintbarnabas.com and select Saint Barnabas Medical Center from the System Facilities list.