

Spring/Summer 2011

MIND, BODY & SPIRIT

balance



**Good Friends
= Better Health**

Page 2

Social Seniors

Page 4

**The Skinny on
Probiotics**

Page 7



A Partner

Better Partnerships, Better Health

You lead a healthy life by exercising regularly, eating right and not smoking. Are you also focusing on your social life? If not, you should, because happy relationships could affect your health.

- ♥ A recent study involving more than 300,000 men and women showed that individuals with unhappy social lives have 50 percent higher odds of premature death than those with healthy relationships.
- ♥ Published in the *British Medical Journal*, a 2011 study revealed that marriage can improve emotional health, diet and life span.
- ♥ A study conducted at the University of Utah found that women feeling depressed due to unhappy marriages were more likely to have hypertension, high blood sugar levels and weight problems.

Healing Wounds in the Community

Prevention is essential for reducing the risk of pressure ulcers and maintaining a high quality of life. St. Mary's Hospital has formed an initiative to educate healthcare staff in the community about this critical element of care.

Estrellita Rojo, R.N.C., B.S.N., and Mary Xavier, R.N., B.S.N., inpatient wound care nurses at St. Mary's, worked together to create the Wound Care Team. The team's goal focuses on preventing pressure ulcers — the deterioration of skin under constant pressure.

The team is led by Jeanine Ferrao, A.P.N.-C., Director of Nursing Education and Practice at St. Mary's, and includes St. Mary's staff members Sue Fernandez, R.N., B.S.N.; Barbara Sofanda, R.N., B.S.N.; Yvette Todd, R.N.; Holly Klukowicz, R.N.; Maritza Diaz, R.N.; Loretta Klukowicz, R.N., B.S.N.; Theresa Gamoso, R.N., B.S.N.; Sandy Uzzalino, A.P.N.-C.; Emma Wilkes; Maria Rodriguez; and Refine Philistine.

Working Together for Better Patient Care

The Wound Care Team sponsors seminars about wound care with hospital and nursing home staff in attendance. The team also facilitates hospital-wide education and visits local nursing home facilities. The St. Mary's team has formed wound care partnerships with several local nursing home facilities, including:

- Hamilton Plaza Nursing and Rehabilitation Center
- Chestnut Hill Convalescent Center
- Daughters of Miriam Center/The Gallen Institute
- Bristol Manor Health Care Center
- The Chateau at Rochelle Park Nursing Home
- Select Specialty Hospital at Rochelle Park Nursing Home

"The Wound Care Team has created stronger partnerships among St. Mary's and community nursing home facilities," Estrellita says. "We constantly seek ways to improve care, and this is one of many examples of how we're benefiting patients across multiple facilities."

MIND, BODY & SPIRIT
balance

Balance is published quarterly by St. Mary's Hospital; sponsored by the Sisters of Charity of Saint Elizabeth, Convent Station, N.J.

President and Chief Executive Officer

Michael J. Sniffen, FACHE

Executive Editor and Director of Public

Relations, Marketing & Volunteer Services

Vanessa Warner

Publisher

Allison Fincher

Managing Editor

Noelle Omer

Designer

Sherri Thornton

If you have an address change, would like to be removed from our mailing list, or have a comment or article suggestion, please contact Vanessa Warner at BalanceMagazine@smh-passaic.org.

Interested in helping
in your community?
Contact Sister Marion Scranton
at 973-365-4793.

For Life



Robert Cole, M.D., (center) and a team of post-baccalaureate medical students from Columbia University traveled to Central America to treat patients.

A Caring Global Partner

Providing care for people in need can range from helping a neighbor to traveling thousands of miles to provide assistance for patients. Two St. Mary's Hospital team members share their stories about caring beyond borders.

St. Mary's Presence in Central America

Inspired by his daughter's medical trip to Zambia, South Africa, Robert Cole, M.D., board-certified radiation oncologist at St. Mary's, embarked on a medical mission of his own. Joining students enrolled in Columbia University's Post-Baccalaureate Medical Program, Dr. Cole traveled to Costa Rica and Panama to volunteer his time.

During his two weeks in Central America, Dr. Cole helped treat patients who lined up at a clinic, many of whom walked for days to receive care. The group served about 150 patients every day with a nonstop work schedule.

"Traveling to Central America was my first medical mission trip, and it was a great experience," Dr. Cole says. "The opportunity to provide care for these people while interacting with a future generation of physicians was amazing."

Meeting a Need in Haiti

A native of Haiti, Marie James Bond, R.N., Nurse Manager of Maternal-Child Health Services at St. Mary's, was asked to travel to her country of birth to serve as a translator for a medical mission. Eight years later, Marie continues to visit Cap-Haitien in Milot and Jacmel in the southern region of the country two to three times a year to provide care and preventive medicine.

After the devastating earthquake in Port-au-Prince in January 2010, Marie's group continued with their planned trip in February and helped treat victims flown in via helicopter.

"I think what we are able to do in Haiti is beyond belief," Marie says. "These people desperately need help, and we so often take our fortunate experiences for granted. Our responsibility is to help the community and give when we can."



"In 1994, with a grant from the sponsors of the Sisters of Charity, a Health Education Department was founded. Its purpose was to improve health and quality of life for the people of Passaic and the surrounding towns. St. Mary's Hospital needed churches and agencies that would partner with us on this endeavor. St. Anthony's Parish was one of the first to endorse this program by kindly offering office and classroom space to carry out the dream. The first request of people in the community was teaching English as a second language. As the program developed, we began conducting periodic health screenings, neighborhood health lectures, parenting classes and an award-winning, school-based program called Pro-kids. Our partnership with St. Anthony's has grown significantly, and it is our hope to continue this needed relationship."

— Sister Marion Scranton, S.C.,
Vice President of Mission Services at St. Mary's

Partnering for Expertise



Shan Nagendra, M.D.,
Chief of Neurology

Through a partnership with the University of Medicine and Dentistry of New Jersey-New Jersey Medical School, St. Mary's recently launched a Telemedicine in Neurosurgery program aimed at providing the highest level of neurosurgical support and consultation to the St. Mary's community of physicians and patients. This unique service provides St. Mary's physicians with real-time access to UMDNJ-NJMS faculty neurosurgeons for review of specific patient cases, consultation and immediate recommendations on a plan of care. After close evaluation of MRI results by both hospital teams,

When a person experiences a stroke, fast care by a specialized team is essential. A component of that team includes a neurologist, and St. Mary's Hospital is bringing that expertise to the community.

those patients needing urgent and concentrated neurological care are transferred to UMDNJ for treatment.

"Providing quick access to neurosurgical consultations from one of the region's leading medical schools no doubt benefits our patients in receiving the best neurological care," says Shan Nagendra, M.D., Chief of Neurology at St. Mary's.

The first hospital in the state to have access to Telemedicine in Neurosurgery, St. Mary's introduced the program for Emergency Department patients in late 2008 and expanded the services to all patients this year.

✦ *To find a neurologist in your area, call the St. Mary's Find-A-Doctor service at 888-SMH-DOCS (888-764-3627).*

YOUR LINK TO *Senior Care*

As people age, many find staying healthy and in sync with their physical well-being can become challenging. Additionally, maintaining emotional well-being can be difficult for some, as social outings and activities may not be easily accessible to those who live alone or are not active through their local community centers.

St. Mary's is here to change scenarios such as those above with a program designed especially for seniors. Senior Link is a free program enjoyed by approximately 2,000 members in Passaic, Bergen and Essex counties. Senior Link offers a wide variety of senior-specific health programming, including monthly meetings, screenings, health forums, support groups, trips and much more. Senior Link members can also take advantage of discounted healthy dinners at St. Mary's Cafe Maria every Monday through Friday, as well as free parking at the Hospital.

✦ *For more information about Senior Link and current programming, please visit www.smb-passaic.org or call 973-365-6021.*

Adding another candle to your birthday cake should not equate to subtracting an element from your social life. Through a special program at St. Mary's Hospital, seniors can remain active.

A Look at What's in Store

Because Senior Link features monthly programs, members get to attend a variety of events. June's informational sessions included:

What About Me: The Self Checkup

Behavioral Health Specialist Denise DeAngelis discussed how to check in with ourselves and manage overwhelming thoughts and emotions, as well as offered tips on relaxation, positive thinking and coping with stress.

Skin Deep: Recognizing, Preventing & Treating Common Skin Conditions

Dermatologist Joanna Zurada, M.D., reviewed the most common skin diseases and disorders and how to prevent them and recognize their symptoms.

Super Skin THIS SUMMER



Mom always warned you to protect your skin from the sun during the summer, but here are some **warm-weather solutions** she may not have reviewed.

2



Itching and scratching:

While delicious produce, such as tomatoes and squash, thrive during the warmer months, so do some not-so-pleasant flora, including poison ivy, oak and sumac. These plants contain urushiol, an oil that can cause a sometimes painful rash upon contact. While not contagious, rash symptoms, including itchy skin, red bumps and blisters, can be unpleasant and painful. Some people may experience more severe symptoms, such as impaired breathing. Avoid these plants, and remove them if you find them in your yard. Do not compost them (to prevent their spreading), and do not burn the plants.

Getting buggy: Insects of the stinging and biting varieties can put a damper on summertime picnics and evenings spent on the porch. Keep ants from ruining your outing by properly storing food when dining outdoors, including disposing of trash and leftovers quickly. Fight mosquitoes by using insect repellent sprays that contain DEET. For those seeking a more natural approach, products containing oil of lemon eucalyptus could be useful alternatives.

Know your plants

Poison ivy has spoon-shaped leaves in clusters of three;

poison oak's leaves resemble oak leaves but grows as a vine;

and **poison sumac** leaves have smooth edges that end in a sharp tip.



Drinking from the tap: Those who exercise are especially aware of the importance of hydration—keeping fluid intake up helps a person power through a workout. However, adequate water consumption isn't just for athletes. Anyone spending time in the summer's heat needs to drink extra water before going outdoors and continue to do so until back indoors and cooled down. In addition to providing hydration, water nourishes the skin, helping it remain in top condition. When hydration drops, so can the skin's appearance.

✧ *Find a physician who can provide you additional summertime health guidance by calling 888-SMH-DOCS (888-764-3627).*

SUN SAFETY CHECKLIST

If you're heading out for a break at the pool, beach, lake or city park, be sure to pack the basics.

- Sunscreen with at least 30 SPF
- Wide-brimmed hat
- Umbrella for shade
- Loose-fitting cotton shirt with long sleeves
- Water bottle
- Sunglasses that protect against ultraviolet rays
- Lotion to help nourish your skin after a day in the sun
- Fresh fruit snacks, including watermelon and oranges
- Aloe vera gel in case of slight sunburn
- Cell phone



New Equipment + New Procedures = A Healthier

You

A patient is rushed into the Emergency Department with severe chest pain and nausea. Because a heart attack is suspected, physicians need to perform a cardiac catheterization immediately to confirm and identify the blockage with rapid care and accuracy.

Cardiac catheterization can prove lifesaving for patients who experience a situation like the one detailed here.

When an individual is experiencing chest pain — a key symptom of coronary heart disease — it's vital for physicians to have access to cardiac catheterization (cath) technology to properly evaluate and treat the condition. Thanks to the recent addition of state-of-the-art equipment, St. Mary's Hospital, a pioneer in cardiac care, will be able to deliver a new level of rapid care of this essential service to its patients and physicians.

"With this new equipment, SMH physicians will be able to perform advanced peripheral artery disease work-ups and interventions," says Ravinder Narang, M.D., Director of the Cardiac Catheterization Lab and cardiologist at St. Mary's. "We can continue to perform essential interventions, including angioplasty, stenting and intravascular ultrasounds, to detect blockages even faster and safer than before, all to determine the most appropriate methods for treatment."

* *Learn more at www.smb-passaic.org.*

NEW TECHNOLOGY IN ACTION

This past spring, the first aortic valvuloplasty at St. Mary's Hospital took place. The procedure, which was performed in the Cardiac Catheterization Lab by Stanley Szwed, M.D., and Ravinder Narang, M.D., involves a small balloon being inserted and inflated to stretch and open a narrowed heart valve. A common cause of these narrowed valves—called stenosis—is calcium deposits that lead to hardening and result in an inconsistent flow of blood to and from the heart.

Valvuloplasty is used for select patients who have critical valve stenosis and cannot undergo open-heart surgery. The success of the procedure is just one of the many ways the new and improved Cardiac Catheterization Lab at St. Mary's is leading the way for a high level of cardiac care in the region.



Probiotics: The Good, the Bad and the Helpful

The opposite of antibiotics, probiotics are bifidobacteria that live in the human intestines, breaking down food, helping the body absorb nutrients and fighting “bad bacteria.”

Known as “good bacteria,” probiotics can be found in supplements or in foods, such as milk, miso, some juices and soy beverages, tempeh, and yogurt.

The Good

Probiotics have shown to be beneficial for a number of gastrointestinal conditions, including:

- bladder cancer recurrence reduction
- diarrhea treatment (especially when caused by rotavirus)
- eczema prevention and treatment in children
- female genital or urinary tract infection prevention and treatment
- irritable bowel syndrome treatment

The Not So Good

Mild side effects, which most often include gas and bloating, can occur with probiotic use. Please consult with your healthcare provider before taking any supplements, such as probiotics, to ensure you are pursuing the best health option.

✧ *Thank you to all of our readers who submitted article ideas for Balance. This story was inspired by reader feedback. Let us know which topics you would like to see in upcoming issues by emailing BalanceMagazine@smb-passaic.org.*

Cautious Optimism

While probiotics show promise in small studies, further research is needed to establish their safety. Areas of particular concern are use for children, people with compromised immune systems and seniors.

Partnering for the Smallest Patients

Thanks to the partnership between St. Mary's Hospital and local politicians, St. Mary's Maternal-Child Health Services recently expanded to include a Level II nursery.

A Level II-designated nursery means specialized technology and expert training are available nearby for high-risk deliveries. This is an important service in a city where women receive less prenatal care than other women in the state, according to the New Jersey Department of Health and Senior Services.

“A Level II nursery enables us to provide lifesaving care for these newborns closer to their families and in their own community,” says Elliott Samet, M.D., neonatologist at the new Level II nursery. “This advanced nursery also allows us to avoid the

additional risks involved with transferring them to another facility.”

The Omnibus Appropriations bill, supported by Congressman Bill Pascrell Jr. and U.S. Senators Robert Menendez and Frank Lautenberg, included a \$950,000 grant that allowed for the construction of the Level II nursery, as well as upgrades to the Hospital's information technology.

“We are all committed to helping St. Mary's Hospital realize its future of continuing to serve Passaic and the surrounding communities,” Congressman Pascrell says. “I believe in the future of this hospital.”

✧ *Learn more about care for new moms and newborns at St. Mary's by visiting www.smb-passaic.org and clicking “Maternal-Child Health.”*



Balance is not intended to provide personal medical advice, which should be obtained directly from a physician.

Playing “Fore” a Great Cause

St. Mary's Hospital Foundation
Presents the

Annual Golf Classic

September 19, 2011
Alpine Country Club
Demarest, New Jersey

Exercise while supporting your
community hospital!

Registration Fee of \$600 includes
greens fee, cart, brunch, on-course
beverages and lunch, cocktail hour
and dinner. Every golfer receives a
number of great giveaways!

To reserve your spot now, call
Maria Cea at 973-365-4615.



Casino Night Gala



March 5, 2011
St. Mary's
Hospital
Foundation

For more information,
scan the code below
with your smartphone
to access our website.

