

AtlanticView

at Hackettstown | Fall 2020



Don't delay care:
We are here with safety
measures in place
#ForwardTogether ❤️

*Jaymes Testa, PA-
Emergency Medicine*
**MOMENTS THAT MATTER
FAST ACTION
AND TEAMWORK
SAVE A LIFE**
Read Eduardo's Story
on Page 7

**A Heart-to-Heart About
Women's Health**

PAGE 8



Atlantic Health System
Hackettstown Medical Center

CEO's corner

What a year it has been. While our team is always prepared for all sorts of emergencies and unexpected events, no one could have predicted the challenges we've faced during the coronavirus pandemic.

I have never been prouder of the Atlantic Health System team or more grateful to be here for our patients when they need us the most. Every day, I am in awe of our doctors and nurses working tirelessly around the clock; our caregivers preparing hot meals and keeping our facilities safe and clean; those who are transporting patients to our hospitals and home again; and countless others who stand ready to do whatever it takes to heal our community and restore our hope in brighter days soon to come.

You can help us beat the coronavirus by continuing to do a few simple things – stay six feet away from others, wear a mask when you go outside, wash your hands regularly with soap and hot water, and use hand sanitizer when soap is not available. We will get through this together if we all do our part.



Brian A. Gragnoli

Brian A. Gragnoli
President & CEO,
Atlantic Health System

Now more than ever before, we thank you for entrusting Atlantic Health System to care for you and your family. Be well and stay safe.



ATLANTIC HEALTH SYSTEM RANKED FOR 12 YEARS ON FORTUNE'S 100 BEST COMPANIES TO WORK FOR® LIST



ATLANTIC HEALTH SYSTEM NAMED TO THE FORTUNE 100 BEST WORKPLACES FOR DIVERSITY LIST

AtlanticView

at Hackettstown | Fall 2020

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AtlanticView at Hackettstown is published for Atlantic Health System by **Wax Custom Communications**. For additional information, visit atlantichealth.org.

Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation Institute. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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OFFICIAL HEALTH CARE PARTNER

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Please note: Some photos were taken before masking and social distancing guidelines were in effect.



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8 A Heart-to-Heart About Women's Health





LETTER FROM THE PRESIDENT

Greetings,

At Hackettstown Medical Center, our priority is providing the highest quality medical services in a safe and caring environment. We have implemented vigorous health and safety standards to ensure the care you receive is evolving for today's needs. In both new and familiar ways, our hospitals stand ready to deliver the extraordinary care you have come to expect from us.

In this issue of *AtlanticView at Hackettstown*, you'll learn from our bariatric surgeon about a correlation between COVID-19 and obesity; our extraordinary nurses who were honored with DAISY Awards; and about Eduardo and Jaymes, our physician assistant who saved his life. For now, our community events are mostly online so please take a look on page 15.










We are here for you, to treat you, support you and answer your questions. Our physicians and health care professionals are here working diligently to keep you safe.



Robert Adams, FACHE
President, Newton and Hackettstown
Medical Centers

*Feel free to call your provider with any questions or concerns.
To learn more, visit atlantichealth.org/forward.*

ACTIONS WE ARE TAKING TO KEEP YOU SAFE

 <p>Clean, protected environments: All public areas are cleaned throughout the day, every day with hospital-grade disinfectant.</p> <p>All patient rooms, patient care areas and equipment are thoroughly cleaned between patients.</p>	 <p>Facemasks: Everyone must wear a facemask at all times.</p>	 <p>Hand sanitizer: Hand sanitizer is readily available.</p>
 <p>Emergency departments: EDs have been reconfigured to optimize safety.</p>	 <p>Temperature checks: All patients and team members are screened for COVID-19 symptoms prior to entering the hospital or office.</p>	 <p>Social distancing: Observed throughout the hospital, except as needed in treatment areas for care delivery.</p>
 <p>No wait times and express check-in: In many offices and departments, patients can wait in their cars, complete check-in procedures using a cell phone, and are escorted right to the exam room/treatment area when ready.</p>	 <p>Express checkout: Patients are discharged immediately, when possible. An after-visit summary will be sent digitally to your MyChart account.</p>	 <p>Limited Visitors: To see the latest information, visit atlantichealth.org/visitor.</p>

Feel free to call your health care professional with any questions or concerns. We are here for you.

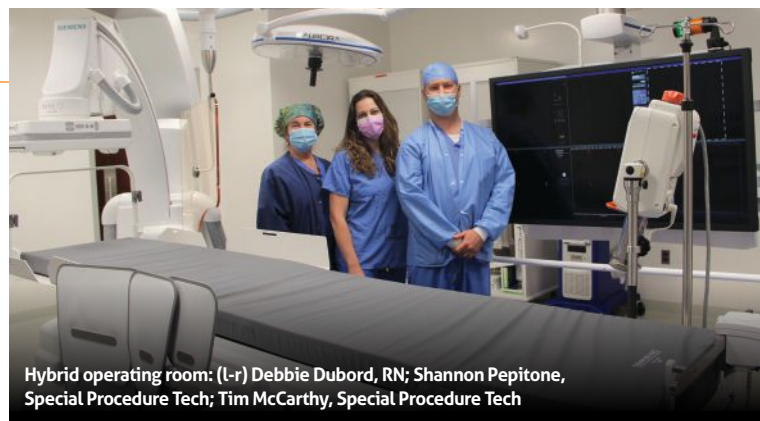
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HACKETTSTOWN MEDICAL CENTER OPENS NEW HYBRID OPERATING ROOM

A brand-new, state-of-the-art hybrid operating room (OR) is now open at Hackettstown Medical Center. A hybrid OR combines the safety and expertise found in a traditional operating room, along with an image-guided interventional suite.

The new hybrid OR provides physicians a single suite where they can perform both traditional open surgeries and minimally invasive procedures while also allowing them to work in the most efficient manner to achieve the best possible outcome.

"The addition of the hybrid OR to Hackettstown Medical Center is great news for patients in our community," says Bob Adams, president, Hackettstown Medical Center. "Continuously investing into the hospital reinforces our message to the community that we are committed to delivering high-quality care and enhanced patient safety to our patients and their families."



Hybrid operating room: (l-r) Debbie Dubord, RN; Shannon Pepitone, Special Procedure Tech; Tim McCarthy, Special Procedure Tech

The imaging technology housed within this single room offers high-quality, extremely clear images that can be taken from any angle. When not in use, the equipment can be moved out of the way so the medical team can step in to perform necessary procedures with unobstructed access to the patient.

Additionally, funds raised by the Foundation for Hackettstown Medical Center, through individual donations and event sponsorships, contributed to the completion of the new hybrid OR.



In middle of photo: Marwin



Dale Thomas

DAISY Award Winners

Congratulations to Marwin Fernandez from the Emergency Department for being the first DAISY Award honoree for Hackettstown Medical Center and to Dale Thomas, RN, in the ICU as the second DAISY Award recipient. Marwin was recognized for being infallible, supportive and having the ability to hit as many curve balls as you can pitch. He is courteous to patients and families, is extremely knowledgeable in his field, and is always there to assist his colleagues. Dale was recognized for her compassion, dedication and hardworking nature. She always goes above and beyond what's needed and sings to her patients or makes them smile with her dance moves. A DAISY Award is given to a deserving nurse based on criteria established by the hospital to meet our hospital's mission and values. The DAISY Award was established to celebrate the extraordinary compassion nurses provide their patients and families every day.

To nominate a nurse for a DAISY Award, visit atlantichhealth.org/daisy.

HACKETTSTOWN MEDICAL CENTER'S EMERGENCY DEPARTMENT ACHIEVES LEVEL 3 GEDA ACCREDITATION



Atlantic Health System's Hackettstown Medical Center has earned Level 3 (bronze) Geriatric Emergency Department Accreditation (GEDA) from the American College of Emergency Physicians (ACEP). The award recognizes emergency departments that provide excellent care for older adults.

ABOUT THE GERIATRIC EMERGENCY DEPARTMENT ACCREDITATION PROGRAM

The GEDA program is the culmination of years of progress in emergency care of older adults. In 2014, ACEP, along with Society for Academic Emergency Medicine, Emergency Nurses Association, and American Geriatrics Society, developed and released geriatric ED guidelines, recommending measures ranging from adding geriatric-friendly equipment to specialized staff to more routine screening for delirium, dementia, and fall risk, among other vulnerabilities.



Mammograms Save Lives

Now in its fifth year, **#AskHer** is a movement that has impacted thousands of lives in our communities. When it comes to breast cancer, early detection literally saves lives.

If you have delayed your mammogram, now is the time to schedule your appointment. Do not wait; our Breast Centers are here for you with safety measures in place.


Three easy ways to make an appointment:

- Text ASKHER to 555-888
- Visit atlanticealth.org/askher
- Call 1-844-343-3540

CHAMBERS CENTER FOR WELL-BEING NOW OPEN

At Atlantic Health System, we believe preventive care, wellness services and an integrated approach are the foundation for health. The Chambers Center for Well-Being offers high-quality, affordable services to keep you well and feeling your best, delivered with the same safety and level of care you trust at Atlantic Health – and in a beautiful, supportive environment.

The Center offers a comprehensive range of lifestyle and functional medicine, acupuncture, fitness, nutrition, spa, well-being, and therapeutic services to improve your overall wellness.

Visit chamberscenterforwellbeing.org to view our menu of services and book today. 



(L to R): Leslie DeHerde, MSN, FN; U.S. Congressman Josh Gottheimer (NJ-5); and Michaela Hruskova, RN.


Emergency Department Nurse Recognized as Hometown Hero

Imagine your elderly parent with dementia goes missing or your child who was hiking with friends cannot be found. What do you do? One of your first calls may be to local law enforcement and, luckily for our community, our law enforcement calls Michaela Hruskova, RN.

Michaela is a K9 search and rescuer who volunteers her time – and three Belgian Malinois – to help locate missing people.

For the past eight years, Michaela and her K9s have participated in approximately 50 searches annually across our community. This has included searches on both water and on land. When she's not searching, she helps train and educate others. She volunteers her time to local scouts, training them about search and rescue techniques and is a certified Wilderness First Aid Instructor.

Throughout the years, Michaela has also traveled and trained with different instructors to train others in search and rescue techniques as part of her volunteer role as a K9 educator with Northeast Search and Rescue. Michaela was recently honored at the Hometown Hero award ceremony. Representative Josh Gottheimer presented Michaela with a Congressional Certificate of Recognition in honor of her contributions, not only in the Hackettstown Medical Center Emergency Department, but also in the community as a volunteer search and rescue team member. The Congressman ended the nomination presentation with these inspiring words:

"Some heroes don't wear capes; they wear hiking shoes. Often putting her safety at risk, Michaela has been known to rush from her role as a nurse to volunteer her own time to search for missing persons in our community. Never knowing what to expect, she and her K9 companions search for runaways, Alzheimer's and dementia patients, missing children, hikers and others." 

ATLANTIC HEALTH SYSTEM OPENS TRIO OF SERVICES IN BYRAM

Rehab, primary care and lab services find home in \$1.3 million renovated space

Atlantic Health System has brought a trio of much-needed services – primary care, rehab and laboratory – together in a prime retail location conveniently accessible to township residents as well as commuters traveling between Sussex and Morris counties.

The three services exist in an adjoining space in the Shop-Rite commercial plaza, on Route 206 North, a heavily traveled corridor leading into Sussex County from Morris County.

“Expanding patients’ access to needed services like these is a vital part of our overall efforts to build healthier communities,” said Paul Marmora, vice president, ambulatory care for Atlantic Health System. “We are excited to make access to high- quality care more convenient for Byram and the surrounding communities.”

PRIMARY CARE

Atlantic Medical Group Primary Care at Byram offers expert care provided by family physicians John C. Murphy, MD, and Noha A. Eltaki, MD. As part of Atlantic Medical Group, Primary Care at Byram is connected to a network of more than 1,000 health care providers, including specialists, throughout northern and central New Jersey.



REHABILITATION

Atlantic Rehabilitation at Byram will provide orthopedic and sports medicine rehabilitation services for a variety of conditions, including pre- and postoperative total joint replacement, rotator cuff repairs, ACL repairs, knee and ankle injuries, and back and neck pain. The location will offer evaluations within 24 to 48 hours and convenient follow-up appointments.

LAB

The lab will provide a convenient location where patients can get blood and specimens taken, whether it be as part of their primary care visit, employer-mandated testing, or other needs. ▲

For more information about any of the new services at Byram, call:

- ***Primary Care: 973-500-4344***
- ***Rehabilitation: 973-500-4340***
- ***Lab: 973-971-5271***

90 Route 206, Suite 10A, Byram, NJ 07874

FAST ACTION AND TEAMWORK SAVE A LIFE

The staff of Hackettstown Medical Center often get letters of appreciation from patients and families, but one recent letter was extra special because it was from a hospital employee:

"My father, Eduardo, came to the emergency department with chest pain," says Stephanie Pires, department lead for patient access and emergency registration. "Jaymes, our physician assistant, who was absolutely phenomenal, knew my father's situation was serious and acted fast. He was extremely thorough, explaining every step of the way to us."

Eduardo says he was at work when he started feeling ill. "I felt a little bit of chest pain, but I felt like maybe it was the food I had at lunch. So I sat down and relaxed, and it went away." The next day the pain came back so when he called his doctor, he was told to get to the emergency department.

"I actually have a very clear memory of this whole event," says physician assistant Jaymes Testa. "When he came in, he had chest pain that had developed several days before. He had pain in his sternum that would go straight to his back. He looked OK, but he was pensive, stressed. You could tell he was controlling his emotions for his family."

An electrocardiogram (EKG) was performed along with lab work. Based on the results of these tests, Testa initiated the transfer process to Morristown Medical Center, where Eduardo eventually had open-heart surgery.

"I knew this patient was very critical at that time," says Testa. "I tried to instill a sense of confidence in the family and let them know they were in good hands. I kept updating them about what was happening as I was treating him."

Thinking back on his experience in the emergency department, Eduardo remembers Testa. "He was good, a great person, very helpful. He's the one I can say who saved my life."

Eduardo's daughter, Stephanie, credits Testa's speed and accuracy with saving her father's life. In her letter, she says, "Timing was so important in this situation, and Hackettstown and Morristown's great teamwork and fast decision-making saved my father's life."

"My father has always been the greatest gift of my life, and I wanted to thank everyone. My father talks about Jaymes every day and hopes he can shake the hand of the man who saved his life." ▲

Visit atlantichealth.org/moments to read more about our Extraordinary Caring Moments.



**"Jaymes, our physician assistant, who was absolutely phenomenal, knew my father's situation was serious and acted fast. He was extremely thorough, explaining every step of the way to us."
– Stephanie Pires**



“Heart disease is the No. 1 killer of both men and women, but it may manifest itself differently in women.”

– Cindy Codispoti, DO

ATLANTIC MEDICAL GROUP

Dr. Cindy Codispoti is a cardiologist with Atlantic Medical Group, a multispecialty network of health care providers. She is affiliated with Hackettstown and Morristown medical centers. For more information, visit atlanticmedicalgroup.org. To schedule an appointment with Dr. Codispoti, call 908-441-7201.

A Heart-to-Heart About Women’s Health

Awareness of different heart disease symptoms in women could save lives

The heart has been referred to as the seat of the soul. You can wear your heart on your sleeve, get to the heart of the matter or have a broken heart. But the primary function of the heart is to pump blood via the vast network of arteries throughout the body. When those arteries get blocked, that can cause a myriad of medical issues. “Heart disease is a big basket term for many types of conditions,” says cardiologist Cindy Codispoti, DO. “Coronary artery disease, arrhythmias (or irregular heart beats), heart valve problems, and heart failure are some of the most common. A heart attack is usually due to a blockage in an artery that either partially or fully blocks the vessel.”

Heart disease is the No. 1 killer of both men and women, but it may manifest itself differently in women. Classic symptoms of coronary artery disease are chest pain that radiates to the left arm, neck or jaw, and may be associated with sweating and nausea. There may be light-headedness, dizziness or numbness and tingling in the left arm. According to Dr. Codispoti, women more frequently have different symptoms such as indigestion, shortness of breath, nausea, severe fatigue or back pain.

RISK FACTORS THAT MAY BE UNIQUE TO WOMEN

Dr. Codispoti says women also have some unique risk factors, which include: “Menopausal or post-menopausal state, pregnancy-related complication of high blood pressure or diabetes, and unique life stressors.”

Another factor that impacts women is the work-family conflict. “Women in the workplace strive to balance home life as they care for children and/or elderly parents,” says Dr. Codispoti. “Trying to maintain a career while managing these life stressors are important factors to consider, and may be treated as novel risk factors for cardiovascular disease.”

While heart disease was traditionally thought of as a male disease, Dr. Codispoti says, “The field of cardiovascular disease has come a long way in research looking specifically at women. We have to think outside the box and be advocates for ourselves. If there are symptoms like profound fatigue or exercise intolerance, women should be aware that this may be an unusual manifestation of heart disease and seek medical attention.” ▲

HACKETTSTOWN MEDICAL CENTER

Seamlessly Connected to Atlantic Health System's Nationally Acclaimed Heart Care.



MORRISTOWN MEDICAL CENTER
**NEW JERSEY'S LARGEST
CARDIAC SURGERY PROGRAM**

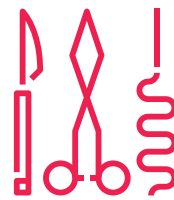
COMPREHENSIVE
Afib Program



ONLY HCM
(hypertrophic cardiomyopathy)
CENTER IN NEW JERSEY



4 Hospitals
perform
**emergency
angioplasty**



900+
VALVE SURGERIES A YEAR



136 cardiologists and more than
150 locations for cardiac care

59%
Of cardiac
catheterizations
are performed
through the wrist

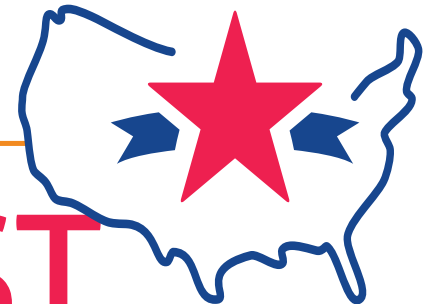
65
ACTIVE
CARDIAC
RESEARCH
STUDIES

9 CATHETERIZATION
LABS

**Women's
Heart
Program**



RANKED 38TH
**IN CARDIOLOGY
AND HEART SURGERY
IN THE U.S.**
BY U.S. NEWS & WORLD REPORT



Performed more than
2,000
TAVR procedures (Most in NJ)
TOP 5 PROGRAM IN U.S.

ONE OF AMERICA'S

**100 BEST
HOSPITALS**

FOR CARDIAC CARE
BY HEALTHGRADES

24
AUTOMATIC EXTERNAL
DEFIBRILLATORS
(AEDs) donated through
Project Heartbeat

with **133**
people trained



PERFORMED
WORLD'S 1ST
CATHETER-BASED
MITRAL VALVE REPAIR



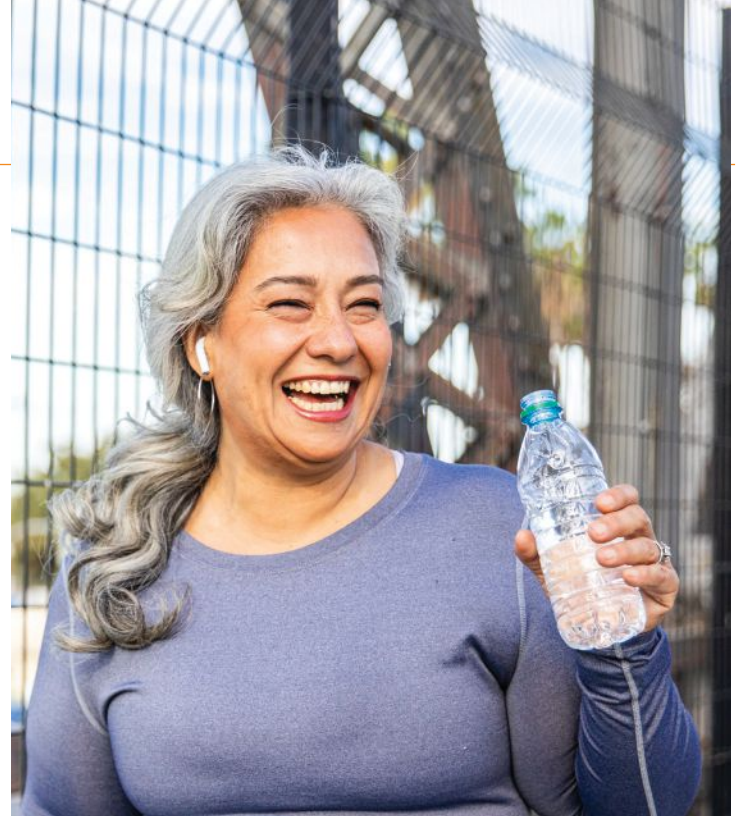
Most Advanced **Cardiac Imaging**

Bariatric Q&A with Dr. Ajay Goyal, director of bariatric surgery for Hackettstown Medical Center


Q. Is weight loss surgery right for me?

A. The decision to have weight loss surgery is a life-changing moment. Most of my patients can recall the exact moment they decided to take charge of their weight and their health. For some, it was finding out they had type 2 diabetes. For others, it was the realization they couldn't keep up with their child on the playground. Whatever that moment is for you, if you're thinking about gastric bypass or gastric sleeve, here are some ways you can determine whether bariatric surgery is right for you and some steps you should take before scheduling your first appointment.

- 1. FIND OUT IF YOU QUALIFY.** The first qualifying factor you'll look at is your body mass index, or BMI, which is a calculation based on your height and weight. You can find a BMI calculator online at njbariatriccenter.com. If your BMI is 40 or above, you meet the first clinical qualification for bariatric surgery. If your BMI is between 35 and 39.9, you may be a candidate if you also have an obesity-related illness, such as type 2 diabetes, high blood pressure or sleep apnea. Since surgery is only a tool, your doctor will also want to know that you are committed to the lifestyle changes and follow-up visits required after undergoing a bariatric procedure.
- 2. LEARN ABOUT THE PROCEDURES.** At Hackettstown Medical Center, we provide free online information sessions on bariatric surgery, where you can learn about the most commonly performed procedures – gastric sleeve and gastric bypass – and how they work to help you lose weight. We review the risks and benefits of each surgery so you can make an informed decision. We talk about the type of diet you'll need to adhere to after surgery. The session will give you all the information you need to decide whether surgery is right for you and which procedure you are most interested in so if you decide to schedule an appointment, you can have a productive conversation with your surgeon on your first visit.
- 3. TALK TO YOUR SUPPORT SYSTEM.** Having a support system can help you stay focused on your weight loss goal. Your ultimate weight loss success lies with you, but your family and friends play a large role. From the simplest family dinner to large holiday celebrations, food and family are closely linked. Having the support of your loved ones goes a long way. In fact, I have many patients who say their whole family got healthier after their weight loss surgery.



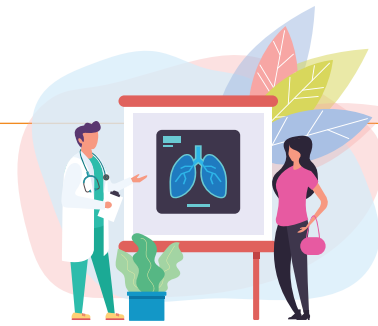
- 4. UNDERSTAND COVID-19 AND OBESITY.** The current pandemic highlights the effects obesity has on our health. Obesity (BMI greater than 30) is on the CDC's list of factors that put people at a higher risk for complications from COVID-19. Obesity is known to alter your immune response and decrease your body's ability to fight infection. Taking the necessary steps to lose weight and improve your health increases your body's ability to fight many diseases and viruses.

Weight loss surgery is a lifelong commitment. With preparation, a support system and in partnership with your surgeon, you will be ready to decide whether bariatric surgery is the best choice for your life and your health. 

For more information, visit atlanticealth.org/bariatrics.



Ajay Goyal, MD, FACS, is the director of bariatric surgery for Hackettstown Medical Center. To find out more information about Dr. Goyal and Atlantic Health System-affiliated providers, visit atlanticealth.org/doctors. Dr. Goyal can be reached at 908-481-1270.



OVERCOME THE STIGMA OF HPV AND THROAT CANCER

The FDA is to be applauded for its recent approval of the expanded use of a human papillomavirus (HPV) vaccine for individuals up to age 45.

We need to overcome the misunderstanding, embarrassment and stigma associated with head and neck cancers caused by HPV – the most common sexually transmitted disease. We must do this not just for the sake of those who suffer today, but for the next generation.

“HPV” includes a family of over 200 viruses. It is transmitted through direct contact. Most of us are exposed to these viruses once we become sexually active. A vast majority of us, through our immune system, clear the HPV without even realizing its presence. In a minority of us, the virus can evade our detection system and stay inside our cells for years.

It may then cause warts, benign tumors or, on rare occasions, cancer. HPV-associated cancers of the head and neck have tripled in the past several decades, while other types of head and neck cancers have been declining. Cancer of the oropharynx (back and side of the tongue and the tonsils) used to affect older men – longtime heavy smokers or drinkers. Many of today’s patients with HPV-associated throat cancer are men in their 40s and 50s.

According to the National Cancer Institute, HPV is now responsible for 70% or more of oropharyngeal cancers. The incidence of head and neck cancers associated with HPV will, if not already, outnumber that of cervical cancer in 2020.

SYMPTOMS AND TREATMENTS

If a physician discovers a lump or ulceration in your throat, he or she should refer you to a specialist such as an otolaryngologist (ENT) or head and neck surgeon. If you do not have these symptoms, but you or someone you have been intimate with has a history of sexually transmitted diseases, ask your physician to examine your throat and neck area carefully. Dentists can also detect suspicious-looking lumps or ulcers in the mouth. Treatments for these cancers have significantly improved in recent years. Therapies may include minimally invasive robotic or laser surgery done through the mouth, targeted radiation therapy that spares healthy tissue, and tried-and-true chemotherapy.

The best treatment for HPV-associated head and neck cancer is prevention. We have effective HPV vaccines that prevent infection with cancer-causing HPV types. In general, the vaccine must be given before a person has become sexually intimate. We are many years into this growing silent epidemic, and the stigma shows no signs of abating. If you get HPV-associated cancer, or suspect you may have it, you are not alone. Do not be afraid to speak with your physician and your significant other. More importantly, get your children vaccinated. ▲



ATLANTIC MEDICAL GROUP

Tom Thomas, MD, MPH, is director of head and neck reconstructive surgery and transoral robotic surgery at Morristown Medical Center. He is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit atlanticmedicalgroup.org. He can be reached at Atlantic Head & Neck Surgery, 973-971-7355.

An illustration on a pink background showing two stylized human lungs. Two figures, a man and a woman, are using magnifying glasses to inspect the lungs. The man is on the left, and the woman is on the right. The lungs are depicted with branching bronchial structures.

November Is Lung Cancer Awareness Month
LUNG CANCER SCREENING

In the United States, lung cancer is the second most common cancer in both men and women. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. This test uses low-dose computed tomography (LDCT) that only takes a few minutes to complete and may identify lung cancer at earlier, more curable stages. Research has shown that using LDCT scans to screen people at higher risk of lung cancer saved more lives compared to chest X-rays. For higher-risk people, getting yearly LDCT scans before symptoms start helps lower the risk of dying from lung cancer.

Contact the Atlantic Health System Lung Cancer Screening Program at 1-844-228-LUNG (5864).

9 WAYS TO REDUCE ANXIETY DURING UNPRECEDENTED TIMES

Staying calm during challenging times such as the novel coronavirus (COVID-19) pandemic is not easy, but it's possible



REDUCE YOUR STRESS WITH THESE NINE TIPS:

- 1 MEET YOUR BASIC NEEDS.** Create a new daily schedule. Prioritize healthy eating. Hydrate regularly. Aim for seven to nine hours of sleep per night. "A new routine will help ease the chaos," Dr. Bolo says.
- 2 PRIORITIZE YOUR HEALTH.** Manage any current medical conditions. It will help you feel better and will offer greater protection if you get sick. Avoid alcohol or drugs, which can heighten anxiety.
- 3 STAY INTENTIONALLY CALM.** An occasional outburst is OK. But staying composed most of the time will benefit you and others. Free apps like Calm and Headspace have brief meditation exercises to help you self-soothe.
- 4 GET OUTDOORS.** Walk, hike, bike or jog.
- 5 BE KIND TO YOURSELF.** "You're probably already doing a good job under this very stressful situation, so give yourself a pat on the back," Dr. Bolo says.
- 6 CONNECT WITH OTHERS.** Use online messaging and video apps to talk with family members and friends. Host virtual game nights or family dinners.
- 7 USE UPLIFTING WORDS.** Remind loved ones you appreciate them. "Reassuring language soothes unsettled feelings," Dr. Bolo says.
- 8 LIMIT MEDIA EXPOSURE.** Stay informed with reputable media sources but take screen breaks so every "breaking news" banner does not create stress.
- 9 GET CREATIVE.** "Any major crisis is an opportunity for creativity," Dr. Bolo says. Turn hand-washing into a 20-second "spa" for your hands. Create a pandemic playlist on Spotify or other streaming services. ▲



"Having some fear and anxiety over coronavirus is perfectly normal. But if anxiety begins to impede your ability to care for yourself or others, it's a problem," says Peter Bolo, MD, Interim Medical Director, Atlantic Behavioral Health; Chairman of Psychiatry, Overlook Medical Center; and Resiliency Advocate, Atlantic Health System.

The Foundation for Hackettstown Medical Center:

Proud to Be Part of This Community

Hello from your friends at the Foundation for Hackettstown Medical Center!

What a challenging, yet rewarding, past few months it has been here at Hackettstown Medical Center. It has been all hands on deck, and every thoughtful donation and gesture, large or small, has provided a warm reminder for all that the strength of this loving community is behind us.

The incredible support and generosity of this community and region has been nothing short of incredible. Whether it has been personal protective equipment, food or much-needed financial contributions, every donation has been gratefully accepted and appreciated by our team members who have been working tirelessly on the front lines, battling COVID-19.

Please visit the Foundation for Hackettstown Medical Center's web page, atlanticealth.org/hmcf, where you can click to view photos that encapsulate recent events here at Hackettstown Medical Center and show the outpouring of community support.

We continue to move ahead with exciting plans for future enhancements to technology, programs and services here at Hackettstown Medical Center. As always, your gifts to the Foundation for Hackettstown Medical Center truly make a difference, and will continue to do so in the weeks, months and years ahead. We consider it our privilege to be here to care for you and your family, so thank you again for your support.

Stay safe and be well!



Bucket Brigade II Campaign Now Underway to Raise Additional Funds for Hackettstown Medical Center

We need your help. We did this once, and it's time to do it again. Just as with the original Bucket Brigade, every gift matters, both large and small, so please consider donating now.

Every "drop in the bucket" remains local with Hackettstown Medical Center and helps build our future – you'll be reinforcing a stronger, healthier community for you and your family – thank you.

Please visit atlanticealth.org/bucketbrigade or text BUCKET to 555-8888 to donate now.

WHEN SHOULD YOU USE ONLINE DOCTOR VISITS?


With a secure telehealth visit, you can consult with an experienced Atlantic Health physician from anywhere.



When you're traveling or on vacation



You can't take time off from work



You have kids at home and don't want to take them all to the doctor




It's difficult to get to the doctor's office




You live in an area with limited access to health care



You need a prescription refilled (when appropriate)



You aren't sure whether you should go to urgent care or wait until your doctor's office reopens



You don't feel well enough to leave the house



It's after hours, the weekend, or a holiday



Annual Wellness Visits

Why Online Visits?

- It's the fastest, easiest way to talk to a board-certified doctor for non-emergency issues.
- You can access quality care 24 hours a day, seven days a week right from your phone, computer or mobile device.
- You can see the doctor from home, work or wherever you are.

Common Conditions Treated

- Acne
- Allergies
- Cold & flu
- Cough
- Ear problems
- Fever
- Headaches
- Insect bites
- Pink eye
- Rashes
- Respiratory problems
- Sinus infection
- Sore throat
- Urinary problems and urinary tract infection (UTI)
- Vomiting



community calendar

Fall 2020

Welcome to your Hackettstown Medical Center Community Calendar.
Due to COVID-19, many of our classes will be held virtually or rescheduled.
Call the telephone number listed or email the contact person for more information.
Please visit atlanticealth.org/calendar for up-to-date information.

BEHAVIORAL HEALTH

For up-to-date information, call 1-888-247-1400.

CANCER CARE

DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES
First Friday of every month, 2:00-3:00pm	VIRTUAL CANCER SUPPORT GROUP	Email brittany.keenan@atlanticealth.org or call 908-441-1525 to preregister and receive the Zoom link.

COMMUNITY HEALTH

For information on virtual health education programs, call 908-850-6935.

Health & wellness programs specifically for adults 65+. All programs are virtual.
To register, visit atlanticealth.org/NVclasses or call 1-844-472-8499.

DIABETES AND NUTRITION

For up-to-date information, call 908-441-1258.

PARENTING AND CHILDBIRTH

Maternity tours, childbirth education, baby care classes and breastfeeding classes are currently canceled due to COVID-19.
Call 1-800-247-9580 or visit atlanticealth.org/classes for updates.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Third Saturday of the month, Noon	VIRTUAL MINDFUL PREGNANCY	To register, visit atlanticealth.org/classes .

PULMONARY

For up-to-date information on tobacco cessation classes and Better Breathers Support Group, call 908-579-8795.

Atlantic Health System
475 South St.
Morristown, NJ 07960-6459

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlanticehealth.org/doctors.



MyChart GIVES YOU ONLINE ACCESS TO YOUR MEDICAL RECORD.

- Manage your appointments
- Download your record
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- Communicate with your doctor
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- View and pay your hospital bill online

• **NEW: Reduce in-person contact with eCheck-In**

*One Patient, One Record,
One Atlantic Health System.*



To learn more, go to atlanticehealth.org/mychart

MyChart Support: 1-800-205-9911

Whether you need help enrolling, resetting your password, general technological support, or troubleshooting of any kind – call toll-free 24 hours a day, 7 days a week!



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Health System**