

Fall 2011

MIND, BODY & SPIRIT

# balance

**6** Signs of  
Concussion

Cardiac Excellence  
Then and Now

Caring About Cancer

from  
**ST. MARY'S  
HOSPITAL** to **YOU**



## Wheels on the Bus Go on a Direct Route

**DON'T LET** transportation hold you back from seeking the care you need. New Jersey Transit provides direct transportation to and from St. Mary's Hospital, Passaic's only community hospital and the closest hospital to many of the surrounding towns, via the No. 707 bus route.

● For bus schedules and more information, visit [www.smh-passaic.org](http://www.smh-passaic.org).

St. Mary's Hospital, 350 Boulevard, Passaic, NJ 07055,  
973-365-4300



## Celebrating Their P.A.S.T. for a Healthy Future

### MIND, BODY & SPIRIT balance

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**TO IMPROVE** post-career healthcare for retired professional athletes, St. Mary's Hospital's own William Focazio, M.D., gastroenterologist, has spearheaded the Pain Alternatives, Solutions and Treatment (P.A.S.T.) program. P.A.S.T. provides a comprehensive, fully integrated medical and behavioral health program for former pro athletes with and without healthcare coverage.

"I'm so appreciative of these doctors," says Ray Williams, former basketball player for the New York Knicks and New Jersey Nets, during a press conference. "When you see somebody go the extra yard without asking, it really touches your heart."

Because of St. Mary's dedication to providing advanced care, it is the hospital of choice for this special program.



St. Mary's Hospital hosts NBA pro athletes at a P.A.S.T. press conference.



## Spot the Concussion

According to the Centers for Disease Control and Prevention, a serious brain injury occurs every 21 seconds. Studies are revealing that more and more of these injuries are concussions in adolescent and child athletes. This fall sports season,

recognize a concussion earlier by watching for the following signs in your young athlete:

- blurred speech or vision
- headache
- memory loss

- nausea or vomiting
- sensitivity to light
- trouble with balance, coordination or focus

➔ If you notice these signs in your child, take him or her to the St. Mary's Hospital Emergency Department immediately.

# When the ED Becomes Part of the Game Plan

One Friday night you're watching your son's football game, and he takes a hard hit from a linebacker. Later at home, you notice your son seems a little foggy. Should you wait for a Monday morning doctor's appointment or visit the emergency department (ED)?



Estelle Williams, M.D.

**"PARENTS SHOULD** always trust their intuition," says Estelle Williams, M.D., F.A.C.E.P., Chair of the Department of Emergency Medicine at St. Mary's Hospital. "It is much better to have an illness or injury checked out and find that everything is OK, then to not seek medical services and have a condition worsen."

### Fast Track

The ED at St. Mary's includes an ER Fast Track, where pains and strains, as well as ear infections and fevers, can be evaluated quickly by an emergency medicine professional. Children can be evaluated by a board-certified pediatrician. Open from 11 a.m. to 11 p.m. every day, the ER Fast Track cuts the wait down to approximately 60 minutes from your arrival to your departure.

When making the call about your child's health, or your own, follow St. Mary's decision-simplifying chart.



Head to the ED for	Rest at Home for
A change in mental status, such as disorientation or memory loss	Bleeding that clots within 30 minutes
An illness or injury that does not improve after three days of home care	Bumps to the head or falls that do not cause any signs of confusion, sleepiness or vomiting
Shallow or rapid or difficulty breathing	Cuts less than a 1/2-inch long that can be cleaned with soap and water and stop bleeding
Vomiting or diarrhea that continues for more than a day	A small burn that can be eased with cool water

*"Parents should always trust their intuition."*

Estelle Williams, M.D.

● To learn more about the ER Fast Track, visit [www.smh-passaic.org](http://www.smh-passaic.org), highlight "Services" and click on "ER Fast Track."

# Humanizing LEADING-EDGE HEART CARE

## Milestones for the Heart

Since the 1950s, St. Mary's Hospital has pushed the boundaries of standard practice for heart care; today it remains at the forefront of cardiac medicine and techniques.



**E**astern Heart Institute at SMH is one of the few truly comprehensive heart programs in the entire area. Our specialties include:

### Open-Heart Surgery

Our Cardiovascular Services include an ever-evolving state-of-the-art Cardiac Surgery Program. We specialize in beating heart surgery, which bypasses blocked heart arteries without the heart "skipping a beat." We also offer minimally invasive options for heart valve repairs and replacements.

### Cardiac Catheterization and Peripheral Angiography

Cardiac catheterization, also called coronary angiography, is a procedure to check blood flow and pressures in the heart and coronary arteries. This advanced exam can also be used to capture images of leg and kidney arteries. Coronary



**2011** —

New Jersey Monthly Magazine includes 11 St. Mary's physicians, including two cardiologists and one cardiac surgeon, in its statewide "Top Docs" list. View the list of St. Mary's physicians at [www.smh-passaic.org](http://www.smh-passaic.org).

**1990** — St. Mary's is named one of the 100 Best Hospitals in the United States by U.S. News & World Report.

**1985** — The Eastern Heart Institute opens.

**1984** — St. Mary's launches its cardiac intervention program, another first in New Jersey.



**1967** — Christiaan Barnard, a South African physician, performs the first human heart transplant on an elderly man with fatal heart damage.

**1956** — St. Mary's incorporates horizontal and upright cinefluoroscope and X-ray equipment, considered the most modern of its time, into its cardiology services.



**ST. MARY'S HOSPITAL IS HOME TO THE RENOWNED EASTERN HEART INSTITUTE, WHICH HAS BEEN A PIONEER IN CARDIOVASCULAR SURGERY AND CARDIOLOGY SERVICES FOR DECADES.**



Neil Goyal, M.D., and Ravinder Narang, M.D.

angiography is the definitive test to show blockages in the arteries of the heart and other parts of the body. The Cardiac Catheterization Laboratory at St. Mary's Hospital has specially equipped rooms with leading-edge digital equipment, meaning if any blockages are found, they can immediately be repaired with stenting and/or angioplasty.

**Heart Rhythm Disorders**

Normally, the heart beats 60 to 100 times a minute. When something goes wrong with the heart's electrical system, the heart beat becomes irregular, resulting in a rhythm disorder, also called arrhythmia. Many kinds of arrhythmia exist; fortunately, they can be detected and treated by the specialists at the Eastern Heart Institute.

Our team of electrophysiologists is internationally recognized for each member's expertise in this unique area of cardiac medicine. The physicians offer the most sophisticated treatment options, including complex ablation procedures and advanced device implantations.

**Heart Imaging**

One of the most complicated organs in the body, the heart must first be examined in order to be healed. Modern technology gives doctors at St. Mary's a wide array of diagnostic tools to see the heart from every angle. These tools include the latest 64-slice computed tomography cardiac angiogram, diagnostic cardiac ultrasound and cardiac nuclear imaging studies.

● *Learn more about advanced cardiac care at the Eastern Heart Institute by visiting [www.smh-passaic.org](http://www.smh-passaic.org).*



Daniel Conroy, M.D.



Atul Prakash, M.D.



Stanley Szwed, M.D.

**1950s** — *St. Mary's Hospital becomes the first hospital in New Jersey to offer cardiac surgery.*



**1947** — *In Cleveland, a Case Western Reserve University professor revives a young patient with a defibrillator for the first time.*

**1929** — *Werner Forssmann develops the innovative method of vein catheterization as a safer way to deliver medicine directly to the heart.*



**1896** — *Ludwig Rehn completes open-heart surgery on a German soldier, making it the world's first successful procedure of its kind with no complications.*

**1628** — *English physician William Harvey introduces the theory that the heart, not a "pulsative virtue" inherent to the blood vessels, controlled the arteries' pulsing mechanism.*

# Targeted Treatment

When a person learns he or she has cancer, his or her thoughts generally turn to defeating the disease and living life to its fullest. A specialized treatment available at St. Mary's Hospital is helping cancer patients fight the disease with fewer treatment side effects.

**E**ACH DAY, researchers experiment to find new ways to increase survival rates for those affected by cancer, whether through improved screenings, better medicine or advanced technology. One impressive innovation from this effort is highly targeted radiation therapy, and it can be found at St. Mary's.



Frank Gingerelli, M.D.

"The linear accelerator is a piece of special equipment that allows doctors to deliver high-dose radiation to a tumor while sparing healthy tissue and reducing side effects," says Frank Gingerelli, M.D., oncologist at St. Mary's. "This precision enables us to shrink or destroy a tumor and spare the surrounding healthy tissue."

## Decoding the Technology

A linear accelerator allows physicians to pinpoint a target for external beam radiation treatment. By focusing on the cancerous tumor, the machine concentrates high-energy radiation on a treatment area to damage, thus destroying, cancerous cells.

Before the first treatment, physicians determine a patient's treatment plan and map the cancerous area to ensure the radiation is delivered to the right spot. Because higher concentrations of treatment can be performed, patients typically experience a reduced treatment time and fewer radiation side effects.

With the advanced technology offered at St. Mary's, certain cancers — such as cancer of the larynx and

rectum — may now be cured without surgery. Today, a combination of radiation and chemotherapy may be used so patients can resume their normal lives with minimal interruption.

## Adding a Personal Touch

The Cancer Center at St. Mary's provides personalized care close to home so patients may concentrate solely on getting better.

"We have a well-trained and compassionate medical team, social workers, case managers and patient representatives who all really support cancer patients both physically and emotionally during this difficult time," Dr. Gingerelli says. "At St. Mary's, we provide holistic care by treating the whole person — not only the cancer — to help patients become survivors."

● *If you or a loved one is diagnosed with cancer, entrust your care to the team at St. Mary's Hospital Cancer Center. To find a cancer specialist close to where you live or work, call 888-SMH-DOCS (888-764-3627).*

*Frank Gingerelli, M.D., oncologist at St. Mary's Hospital, was named as being among "NJ's Top Doctors" by New Jersey Monthly Magazine. Twelve of St. Mary's esteemed physicians were honored by being on this list.*



# Caring About Cancer Care

Have you ever heard of someone looking forward to getting chemotherapy? It's true for Louise McDaniel — and she receives her treatment every Wednesday at St. Mary's Hospital.

**LOUISE GETS** the medicine she needs to get well, as well as a healthy dose of laughter and camaraderie, at St. Mary's.

"I enjoy everyone there," Louise says. "The staff is so friendly, and the other patients are so nice. I actually look forward to it every week."

A positive attitude about your care can make a big difference while undergoing chemotherapy. "They make me feel important," Louise says. "I get my treatment and extra support. Plus, the hospital provides free transportation from my home in Passaic and even lunch if I get hungry."



Kyudong Uhm, M.D.



Patient Daniel Coman and one of his favorite caregivers

## Improving for You

Considered a Center of Excellence, the Cancer Center at St. Mary's has improved tremendously during the last five years. According to local hematologist-oncologist Kyudong Uhm, M.D., this improvement can be attributed primarily to nursing.

"The nursing team in the Cancer Center is extremely well-trained," Dr. Uhm says. "Their compassion for patients is extraordinary."

Daniel Coman of Clifton especially appreciates that blend of expertise and caring. "The medicine I received had a huge, positive impact on my cancer, but the spirit of survivorship and hope I learned from the staff was equally amazing."

"I was scared to death of chemotherapy," Daniel continues. "I didn't want to see people crying and suffering in some cold clinic. But I was absolutely stunned when I walked into the Chemotherapy Infusion Suite at St. Mary's. The atmosphere was cheerful, with people laughing and talking together. The staff is so accommodating that I never even have to wait for my treatment. They'll even call me at home if they're running off schedule so I can get there when they're ready for me."

A self-described pessimist, Daniel claims his St. Mary's "family" has changed his outlook on cancer and on life.

"The team at St. Mary's has helped instill a new positive spirit inside of me. Instead of making me feel like a cancer patient, they make me feel like a survivor."

Hematologist-oncologist Sheue-Horng Lee says, "The psychological support from doctors and nurses is a very important part of the recovery process. That is why the attentive, family-feeling at the St. Mary's Chemotherapy Suite is so beneficial."

● *If you or a loved one is diagnosed with cancer, entrust your care to the team at St. Mary's Hospital Cancer Center. To find a cancer specialist close to where you live or work, call 888-SMH-DOCS (888-764-3627).*

*"The team at St. Mary's has helped instill a new positive spirit inside of me."*  
Daniel Coman

Here is **some insight** into cancer and its reach within New Jersey:

in **2010**  
roughly  
**48,100**

people were diagnosed with cancer in our state.

Nearly **6,800**

men learned they had prostate cancer, and slightly more women than that discovered they had breast cancer.



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

# Pay It Forward

**WHETHER YOU HAVE** a medical emergency or need routine healthcare, St. Mary's Hospital is here to serve every resident of the community.

To ensure everyone receives the most appropriate care possible, the St. Mary's Hospital Foundation raises funds through events and other special projects, such as our annual Gala.

**Give the gift of good health. Your gift, no matter the size, can make a big impact for generations to come.**

- *Ready to help? Visit [www.smh-passaic.org](http://www.smh-passaic.org), and select "Ways You Can Give."*

