

Winter 2011

MIND, BODY & SPIRIT

# balance

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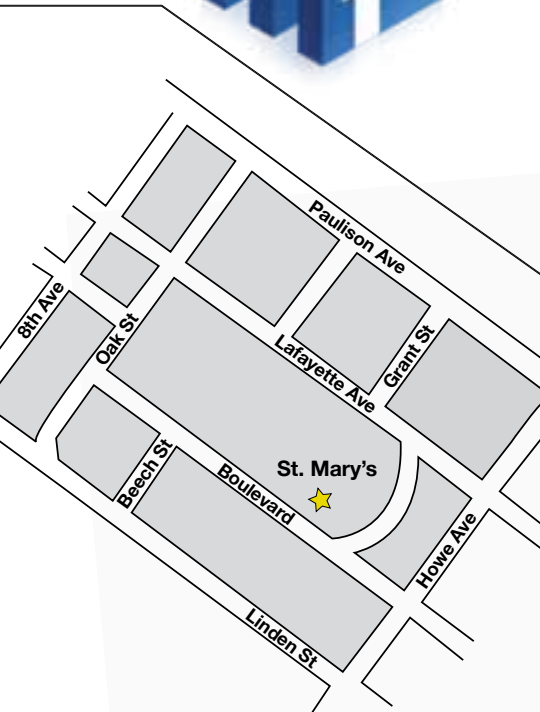


# Connecting You to CARE

**Staying in touch** with St. Mary's Hospital has never been easier with the St. Mary's Facebook page. Get the latest news, free event and screening information, photos and much more on Facebook.

**Love Facebook? "Like" St. Mary's!** Find us on Facebook by visiting our official page at [www.facebook.com/stmarys.fanclub](http://www.facebook.com/stmarys.fanclub) and clicking on the "Like" tab at the top of the page. You can also connect by logging on to our website: [www.smh-passaic.org](http://www.smh-passaic.org).

✧ Like to surf the web at home or on the go? Visit [www.smb-passaic.org](http://www.smb-passaic.org) for news and upcoming events, as well as visitor and patient information.



MIND, BODY & SPIRIT  
**balance**

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**President and Chief Executive Officer**

Michael J. Sniffen, FACHE

**Executive Editor and Director of Public Relations, Marketing & Volunteer Services**

Vanessa Warner

**Publisher**

Allan Taylor

**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](mailto:BalanceMagazine@smh-passaic.org).

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

## Image Is Everything

**People in** Passaic and Bergen counties requiring advanced cardiac imaging now have access to a new GE® volume computed tomography (VCT) scanner — one of the first in the state — located in the Radiology Department at St. Mary's Hospital.

"The new scanner not only provides our patients with the lowest radiation dose possible, but it also documents the radiation dose each patient receives," says Charles Herbstman, M.D., Chairman of Radiology at St. Mary's. "It is our goal to provide safe, state-of-the-art imaging with the highest quality and fastest speed achievable, and this new scanner allows us to accomplish that."

✧ To learn more about all of the imaging services available at St. Mary's, call 973-365-4607.



# Welcoming You in Style

*St. Mary's Hospital rolled out a new welcome mat in the form of a new admitting and registration area designed specifically for our patients.*

“A hospital’s admitting and registration area is the face of the facility for many patients,” says Adrienne Meislohn Dale, Director of Patient Financial Services at St. Mary’s. “The new space includes functional design improvements to open the area by using greens and other earth tone colors, as well as live plants. The changes create a positive experience for all visitors.”

The renovated admitting and registration area — located on the first floor of the Hospital to the left of the main lobby — is fully accessible for both ambulatory (those who can walk on their own) and wheelchair-bound patients. The space features several aesthetic enhancements, including an open atmosphere achieved by the removal of the old area’s glass walls. Other eye-catching elements include:

- artwork by local high school students will adorn the walls in the patient waiting area
- fish tank to promote a soothing environment during registration
- flower boxes
- signs above the greeter’s desk with information in English, Polish and Spanish
- television airing health information

“The new admitting and registration area facilitates a streamlined process for patients,” says Maureen Fontenot, Manager of Admitting and Registration at St. Mary’s. “It’s truly designed with special services to work for you.”

✧ *For referral to a St. Mary’s physician, please call 888-SMH-DOCS (888-764-3627).*



## Next Stop: St. Mary’s Hospital

*When you need care, convenience and accessibility can make all the difference. Today, NJ TRANSIT provides a direct route to St. Mary’s Hospital.*

In September 2010, NJ TRANSIT’s No. 707 bus route introduced a direct line to St. Mary’s. The stops have greatly reduced walking distances for patients, visitors and team members of St. Mary’s —

one of the largest employers in the Passaic area — who depend on public transportation.

The No. 707 route includes stops at:

- the main driveway of St. Mary’s Hospital northbound at Beech Street and Boulevard
- across from the main driveway southbound at Beech Street and Boulevard

Riders may board the bus at marked locations at Oak Street and Paulison Avenue and Broadway and Paulison Avenue. Two new stops — Oak Street westbound at Paulison Avenue and Paulison Avenue northbound at Oak Street — have also been added to the route. The No. 707 bus provides transportation on weekdays from 6 a.m. to 6 p.m. and on Saturdays from 6:30 a.m. to 6 p.m.

✧ *For more information about bus transportation to St. Mary’s, visit [www.njtransit.com](http://www.njtransit.com) or call 973-275-5555. To find a physician at St. Mary’s, call 888-SMH-DOCS (888-764-3627).*



# Zap These Zappers to Get More ZZZs

*As a nation, we're always on the go. As our lives become busier, we often begin replacing sleep with other activities. Be careful: Experts say we could be damaging our health.*

**Y**ou've gone to work, picked up the kids, prepared dinner, hit the gym and showered. Now it's 10:30 p.m., and you're settling down to catch up on your favorite television shows or e-mail, meaning you won't get to bed until at least midnight. It's OK if this scenario describes your day once in a while, but it's probably not a great idea to skip out on sleep regularly. Sleep is a vital part of a healthy, fulfilling life, and shaving time off — whether it's for work or play — won't allow you to feel your best.

To help you get better sleep, Beverly Kmetz, R.N., Manager of the St. Mary's Hospital Sleep Center, identified what she feels are the five most common reasons people have trouble sleeping and provided some tips on how to turn them around.

- 1 Stress.** “Refuse to worry,” says Beverly. “Write down your problems or concerns before bedtime or make a list of things to do, and then put those things out of your mind until the next day.”  
Beverly also recommends turning clocks away from you if you're having trouble falling asleep. Watching the clock, she says, only adds to the stress of not being able to sleep.

- 2 Sleep disorders.** If you get regular sleep and follow the rules set forth in the other items on this list but feel excessively tired during

the day, you may have a sleep disorder. Discuss an evaluation with your primary care physician.

- 3 Poor sleeping environment.** Beverly recommends a cool, comfortable room with minimal noise and light. If you're trying to drown out active noise, set the radio to low static or turn on a fan.
- 4 Lack of exercise.** Without exercise, you're not burning up all of your energy. Try to get aerobic exercise most days of the week, but avoid vigorous workouts within six hours of bedtime.
- 5 Medical problems.** Conditions such as heartburn, arthritis and perimenopause may negatively impact sleep patterns. Speak with your primary care physician if pain or other problems interfere with your ability to sleep.  
“Sleep is as important to our health as nutrition, exercise and stress management,” Beverly says. “It's not something to overlook. Sleep is a necessity for health and well-being.”

*\* To learn more about services at the SMH Sleep Center, visit [www.smb-passaic.org](http://www.smb-passaic.org).*

## Did You Know?

Maggie's Law, developed after a young woman was killed by a drowsy driver who hadn't slept for at least 30 hours, makes it illegal to drive while knowingly drowsy in the state of New Jersey.



# Patient-Friendly Prevention

*For many people, simply hearing the word “colonoscopy” is uncomfortable. Thanks to the efforts of a St. Mary’s Hospital physician, these valuable procedures are becoming more comfortable and convenient.*

In the United States, the vast majority of colonoscopy procedures are performed using general (intravenous) anesthesia. For those undergoing the valuable screening — which should begin when a person reaches age 50 — this means **no** driving or working for at least 24 hours following the test.

“Often, undergoing a colonoscopy requires time off work and causes an inconvenience for patients,” says Jeanine Ferrao, A.N.P., Director of Nursing Education and Practice at St. Mary’s. “Coupled with other misunderstandings about colon cancer screening, the perceived hassle of simply undergoing the procedure is enough to keep individuals from actively focusing on colon health.”

## A More Convenient Screening

In response to patient concerns about the inconvenience caused by sedation, Boris Reydel, M.D., gastroenterologist at St. Mary’s Hospital, developed a colonoscopy technique that minimizes the need for sedation and reduces post-procedure discomfort for patients.

Known as the goggle balloon colonoscopy, Dr. Reydel’s technique employs a balloon to expand the colon, which provides a superior clinical perspective. Currently, air or water is used to expand the colon.

By using a balloon and scope, Dr. Reydel’s colonoscopy procedure requires a lower level of sedation — or no sedation at all with only minimal and short discomfort — and minimizes the bloating often caused by current procedures. This technique also makes the procedure shorter and, it is expected, safer.

“The goggle balloon technique has been used on small test populations here in the United States,” explains Dr. Reydel. “In the next few months, I will be partnering with a physician in Rome to expand our test population and move on to a larger-scale study.”

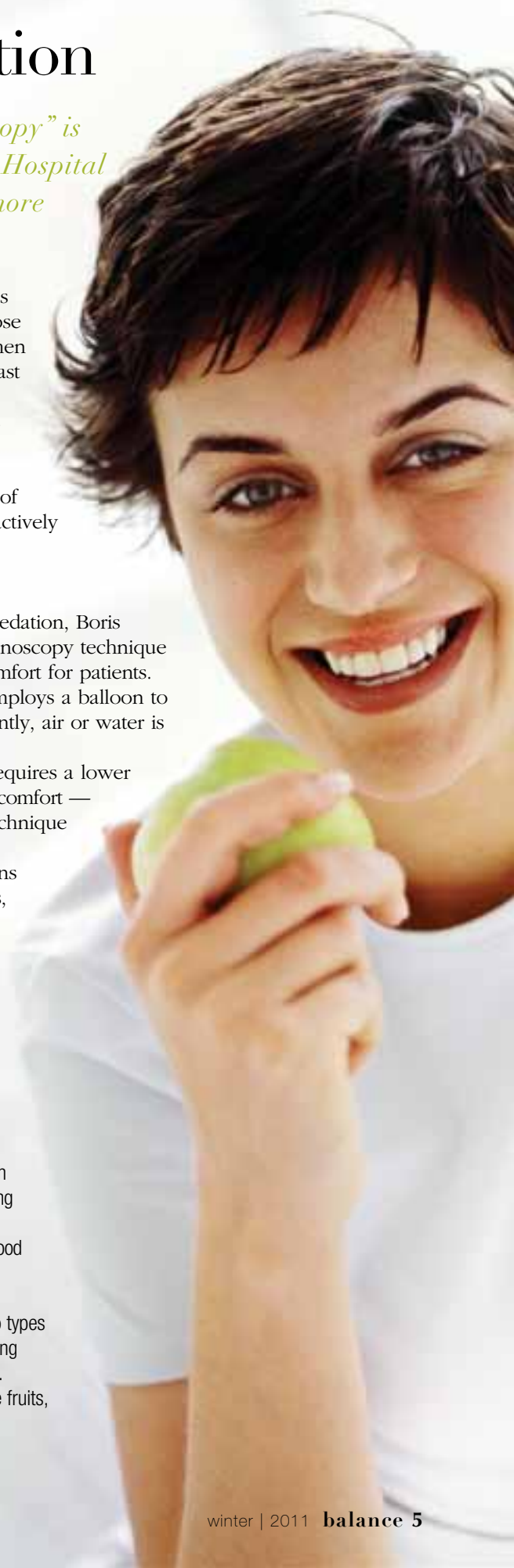
✦ *For more information about colonoscopies at St. Mary’s, visit [www.smb-passaic.org](http://www.smb-passaic.org).*

## You Are What You Eat

In the battle against colon cancer, the dietary choices you make may have a much greater impact than you think. As with other health problems, the risk of developing colon cancer is linked with lifestyle. Inactive people who consume diets high in saturated fats stand a higher chance of developing colon cancer. Making sound food choices may help lower your risk for many health issues, as well as help you feel healthier and have more energy.

To promote colon health, a diet rich in fiber is essential. People consume two types of fiber — soluble and insoluble — and your diet should be rich in both. Working together, these types of fiber can promote bowel regularity and digestive health.

To get appropriate levels of soluble and insoluble fiber, be sure to incorporate fruits, such as apples or oranges, vegetables, beans and nuts into your diet.



# Spirit of Community

*When Passaic's oldest resident, Pauline Krakowsky, passed away, she left behind an all-embracing faith in her community.*

Before Pauline passed away in July 2009 at age 106, she was still the warm, alert woman her past students remembered as their second grade teacher. In fact, she suffered from no major health issues and retained her clear state of mind until the end of her life.

Having voted in every presidential election since 1924, Pauline was extremely civic minded and planned her estate with donations to 23 medical, municipal and religious charities.

"She had an extraordinary belief in Passaic," says David Bunevich, Pauline's nephew and a Pottersville, N.J., resident. "Through her passing, she wanted to enhance the community she had lived in for so long and that had given so much to her."



Pauline Krakowsky gave to her community even after her passing at age 106, leaving \$153,000 to St. Mary's Hospital.

## Charity for All

Although her will included gifts to the town's three original hospitals, St. Mary's Hospital was the only Passaic hospital at the time of Pauline's death. Remembering his aunt, David decided the difference of faith — her Judaism and St. Mary's Catholicism — was not a difference at all. Pauline had wished to help the community regardless of religious affiliation. Her gift of \$153,000 will be used to improve St. Mary's cancer-related services.

✧ *No gift is too small. To learn how to give to The Foundation, visit [www.smb-passaic.org](http://www.smb-passaic.org).*

## It's a World of Hope

*The mission of St. Mary's Hospital, which follows the example of Jesus, is rooted in the traditions of Catholic healthcare. This mission obliges us not only to celebrate the diversity of cultures that exists in Passaic, but to respond compassionately to the needs of this community — body, mind and spirit.*

"We serve this diverse population with the highest quality medical expertise and qualified interpreters when necessary," says Sr. Marion Scranton, S.C., Vice President of Mission Services at St. Mary's. "Cultural sensitivity training is provided during orientation, and we periodically offer 'Spanish for Medical Professional' classes. The Sisters of Charity were founded by an Irish immigrant who knew the struggles of the newcomer and instilled in us a commitment to the poor and strangers among us."

### So Much That We Share

Outreach to the community — a hospital without walls — is a value that is embraced by the Hospital's staff. The Community Health Education Department

provides wellness classes and screenings throughout Passaic and the surrounding cities free of charge.

"Diversity is a blessing and a grave responsibility," says Sr. Marion. "We do our best to ensure the Hospital community projects a balance of cultures we meet in our patient population. All people are made in God's image, and that impels us to do good for all. We believe that we meet God in the people we serve."



# Let's Talk

*Tell us what you need to know for your chance to win \$250!*

**Honest conversation** is the key to good health. We want to know what you want to know — whether that's about keeping fit, making sure your family stays well, or about any health concern from the common cold to cardiac disease or cancer. So email us at [BalanceMagazine@smh-passaic.org](mailto:BalanceMagazine@smh-passaic.org) and let us know what topics you would like to read about in the next issue of the magazine. Please include the year you were born, your gender (female/male) and your ZIP code. All entries received by March 15, 2011, will be eligible to **win \$250!**

*P.S. St. Mary's Hospital does not sell or share people's addresses.*



## *Save the Date*

St. Mary's Hospital Foundation presents

## *Casino Night Gala*

dinner, dancing and casino games to benefit the new Endoscopy Center at St. Mary's Hospital

**Saturday, March 5 at 6:30 p.m.**

**Pleasantdale Chateau**

**West Orange, New Jersey**

The evening's honorees:

**Richard Fadil, M.D.**

**Fortunato Ocello, M.D.**

**Valentino Sica, M.D.**

**Pulse Medical Transportation**

For additional information, please call 973-365-4615 or email [ceam@smh-passaic.org](mailto:ceam@smh-passaic.org).

## A New Way to Say Thanks

*Two new ambulances are delivering patients to important care faster.*

**Last September**, St. Mary's Hospital welcomed two new ambulances into the emergency transportation fleet. These advanced vehicles enhance volunteer ambulance coverage in Bergen, Passaic and parts of Essex County and serve as another step St. Mary's is taking toward a positive future.

The St. Mary's logo adorns the ambulances, which are in service Monday through Friday, from 6 a.m. to 6 p.m. Each county's 911 system is responsible for dispatching the ambulances, and a team of specially trained emergency medical technicians staff the ambulances to provide the community with the highest-quality care. Pulse Medical Transportation — the hospital's contracted ambulance company that helped make St. Mary's ambulance service a reality — provides backup ambulance assistance when needed.

The ambulances take patients to the Emergency Room at St. Mary's, where the ER Fast Track staff provides rapid care. ER Fast Track is supervised by board-certified physicians

and houses a variety of specialists, including an emergency-trained pediatrician.

✦ *Learn more about the ambulance service and rapid care in ER Fast Track at St. Mary's by visiting [www.smb-passaic.org](http://www.smb-passaic.org).*





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