

# Seafood Lovers' Guide

# New Jersey

*Live by it*

MONTHLY

**Barnegat  
Scallops:**

**Landing  
Jersey's  
Premium  
Catch**



**22**

**BEST  
PLACES  
to EAT:**

From Crab  
Shacks to  
Fine Dining

**A FISH  
MARKET  
ODYSSEY**

**12 Ideas**

**for Jersey  
Homes**

Expanded Home  
& Garden Section



SAUTÉED  
SCALLOPS:  
Blue Point Grill,  
Princeton

MAY 2012 \$3.99





# New Jersey Hospitals



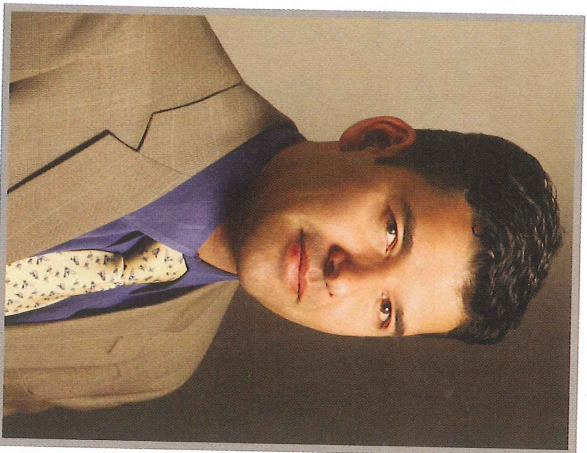
## Q&A

For administrators at leading hospitals across the Garden State

## ATLANTIC HEALTH SYSTEM

*“Atlantic Health System recognizes that bringing together exceptionally talented people in sports health care provides a significant benefit to the community.”*

*—Dr. Damion Martins, is director of Atlantic Sports Health and team physician for the New York Jets*



*Damion Martins, MD.*

### Why did Atlantic Health System establish Atlantic Sports Health?

Treatment for sports-related injuries extends far beyond orthopedic care. At Atlantic Health System, we are focused on the bigger picture—preventing injuries, improving performance and helping people establish a lifelong commitment to health and wellness. Our sports

medicine program is one of the most comprehensive in the country, bringing together experts from varying disciplines for a total approach to care. Under one roof we have board-certified physicians in sports medicine, orthopedic surgery, internal medicine and primary care, along with physical therapists, nutritionists, sports psychologists, acupuncturists, chiropractors and exercise physiologists. This combination of subspecialties brings the best treatment, education and services to our patients.

### How will this center benefit the community?

We bring a range of expertise to our community because we know how to care for the total athlete. Atlantic Health System is the official health care provider for the New York Jets and the New Jersey Devils. We're also the official sports medicine and rehabilitation partner for the New Jersey State Interscholastic Athletic Association (NJSIAA), the governing body that oversees the state's athletic trainers, referees and coaches. So, whether someone is an athlete at the professional or college level, or a recreational athlete of any age, we apply the same level of expertise.

### What trends are you seeing in this new and growing field?

We are seeing several trends, primarily in the younger population. Concussions are on the rise. We're managing and evaluating record numbers of high school kids with concussions. We're also seeing more overuse injuries, because children are specializing in sports too early, playing on multiple teams and having no “off-season,” all of which increase the risk of injury. Additionally, we recognize the increasing participation of female athletes



ic surgery program for prostate cancer and is expanding our comprehensive lung cancer program. We're also hosting a team of interventional radiologists from China for a course in the latest diagnostic techniques to treat breast cancer. And, we've started a cancer navigator program in which an advanced-practice nurse helps guide patients through the cancer diagnosis and treatment process.

### Can you explain the cancer survivorship program you are establishing?

We are working hard right now to reinvent a cancer survivorship program—a new primary care model for the growing number of patients who are living with cancer. Through the concept of survivorship programs, we can link cancer survivors into the primary care system and treat their needs, both physically and holistically. Some patients will always require tertiary centers, but the majority of patients living with cancer would be best served in a community setting where we can connect all the diagnostic pieces and better coordinate their care.

### ENGLEWOOD HOSPITAL AND MEDICAL CENTER

*"Contrary to public perception, laparoscopic surgery is not just for benign diseases. It is, without question, an effective treatment for gastrointestinal cancers." —Dr. Tanuja Damani, gastrointestinal and minimally invasive surgeon at Englewood Hospital and Medical Center*

### Does Englewood Hospital regularly treat gastrointestinal cancers using laparoscopic rather than traditional surgery?

Yes. Studies show laparoscopic or minimally invasive surgery offers superior patient recovery and outcomes for gastrointestinal cancers when compared with traditional surgery. As the hospital's cancer-liaison physician, I am responsible for promoting the best outcomes for our cancer patients. Since we are seeing amazing results with cancers of the stomach, gastrointestinal tract, pancreas and colon, we are striving for minimally invasive laparoscopic treatment as the standard of care for these diseases.

### What are some of the benefits of laparoscopy as compared with traditional surgery?



Tanuja Damani, MD, FACS.

There are many factors that contribute to improved outcomes. Due to the precise nature of laparoscopy, we can remove the cancer without damaging surrounding tissue. Patients experience less pain, minimal blood loss and fewer potential complications. This translates to faster recovery and shortened hospital stays, allowing patients to begin chemotherapy and radiation therapy shortly after surgery. In contrast, traditional surgery requires a large 12- to 15-inch incision that causes significant surgical trauma and blood loss, as well as an increased risk of infection.

### Why is Englewood the hospital of choice for gastrointestinal cancers?

Englewood Hospital has a team of laparoscopic surgeons with extensive experience acquired through years of fellowship training. Their expertise allows them to delicately maneuver through complex gastrointestinal procedures, removing affected tissue and lymph nodes while sparing healthy tissue. Additionally, Englewood Hospital is internationally renowned for its expertise in bloodless medicine and surgery, which utilizes specialized techniques to minimize blood loss during a procedure. This approach offers significant benefits to patients because it reduces the need for a blood transfusion and its associated complications. Our combination of surgical skill, anesthesia expertise and



bloodless surgery offers patients the optimal scenario to ensure the most successful outcome possible.

**BARNABAS HEALTH**

*“We are exceptional at caring for people when they are sick, but our ultimate goal is to keep people healthy and out of the hospital.” —Barry H. Ostrowsky, president and chief executive officer of Barnabas Health*



*Barry Ostrowsky, President and CEO.*

**As the new CEO of Barnabas Health, how will you continue the system’s long legacy of superior care?**

I am fortunate to lead a management team that knows health care extremely well. Together, we’re working to achieve a delicate balance of two priorities: continuing to provide high-quality care to more than two million patients each year while leading an overall cultural shift towards wellness that will prevent people from needing our facilities. It is a unique business model, but we believe it is as much our responsibility to support people in their pursuit of wellness, as it is to care for them when they’re sick.

**Motivating people to choose healthy living is imperative, but extremely challenging. How will Barnabas Health help make this happen?**

Wellness care begins with a slow and steady cultural

transformation that will ultimately redefine our role as a health care provider. We have to start with the basics and suggest to people—without being intrusive—that there’s a better way to live and it starts with knowledge about nutrition, food preparation, exercise and stress management. At Barnabas Health, we have more than 18,000 employees who work incredibly hard every day. They have helped to establish our reputation for exceptional care, and this makes us a logical resource for wellness education and services.

**What types of programs positively impact wellness?**

We offer sophisticated clinical programs: a successful, widely-recognized weight loss challenge featured on NBC’s The Biggest Loser; concussion and cardiac testing for young athletes; stress management services; and screenings for diabetes, heart disease and cancer. We are exploring specific regions, populations and health conditions that might benefit from wellness intervention. I truly believe that if we invest the time and replicate our successes, we will begin to see significant changes in the health of our community in the coming years.

**HOLY NAME MEDICAL CENTER**

*“The ongoing achievements that are happening in our field make every day at Holy Name Medical Center an exciting, rewarding experience.” —Dr. Benjamin Rosenbluh, chief of radiation oncology at the Regional Cancer Center at Holy Name Medical Center*

**What are some recent advances you’ve seen in radiation oncology?**

Due to recent growth and development in our field, the outlook for patients is very promising. We are seeing significantly improved outcomes and fewer side effects using a procedure called high-dose-rate brachytherapy. It targets radiation directly inside a tumor as opposed to external beam radiation, which delivers radiation from outside the body. Another important treatment—stereotactic body radiotherapy, also known as SBRT—allows us to administer much higher doses of radiation with each treatment visit, due to increased precision and accuracy. This technique enables a patient to be treated with significantly fewer total visits and has been most efficacious for cancers involving the lungs, spine and prostate. Studies have shown that SBRT is also well tolerated in patients