

SUMMER 2011

Embracing Health



SHORE MEMORIAL
HOSPITAL

Leading-edge
cancer care in
a comfortable
setting • PAGE 6

CHOP care,
close to home
• PAGE 8

Let the Sun Shine

Keeping your kids safe and healthy
all summer long PAGE 5



Q&As About AAAs

An AAA, or abdominal aortic aneurysm, is a bulge in the aorta, the main artery that carries blood away from your heart. If the bulge—caused by a weakened vessel—ruptures, the results can be deadly. Take this quick true/false quiz, and find out what you need to know.

1. True/False
If I have an AAA, I'll know it.

False. An AAA typically has no symptoms. But if it expands rapidly, leaks blood along the aortic wall or ruptures, you may experience severe and persistent pain in the abdomen or lower back, clammy skin and nausea.

2. True/False
AAA can be detected before it ruptures.

True. An ultrasound or CT scan of the abdomen can be used to detect an AAA. Ask your doctor for a screening if you have risk factors such as being a man older than 60, smoking or having a family history of the disease.



(are you at risk?) Shore Memorial offers vascular health screenings for various cardiovascular conditions. Call **609/927-8069** for an appointment.

The Perfect Fit: Physician Finder

Finding a physician who is the right fit for you and your family is essential. Shore Memorial makes that process easier with **ShoreDoctors.com**, an online physician finder that lets you search our staff of more than 350 skilled physicians by specialty, location, language and more. Visit **ShoreDoctors.com** or call **609/653-4600**.



Shore Memorial Introduces the Advanced Spine and Orthopedic Institute

The new Shore Memorial Hospital Advanced Spine and Orthopedic Institute offers patients in need of spine and orthopedic treatment access to a comprehensive, sophisticated plan of care.

With you all the way: Blending Shore Memorial's Joint Commission Certified spine surgery programs and clinically sophisticated orthopedic services, the Advanced Spine and Orthopedic Institute offers care for patients from the moment they are diagnosed, through surgery to rehabilitation and recovery.

Working Together: By integrating the patient's primary care physician and surgeon with a host of clinical staff, the Advanced Spine and Orthopedic Institute provides a comprehensive treatment plan with services including: advanced spinal surgery, joint replacement and reconstruction, physical rehabilitation, and sports medicine.

(talk to the best) For more information about Shore Memorial's Advanced Spine and Orthopedic Institute or to arrange for a referral to one of our specialists, please call **609/653-4600**, prompt 4, or visit **shorememorial.org**.



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Here's to a Healthier Summer

We all know to break out the SPF 15 sunscreen when summer rolls around, but here are two other ways to stay healthy this season.

- **Dig it.** Gardening gives you a double dose of wellness. It lowers stress, builds strong bones and increases physical activity. Plus, you'll enjoy nutrient-rich, fresh-from-the-dirt produce.
- **Take time off.** Vacations don't just up summer's fun factor; they're good for your health. Studies show that people who take regular vacations have lower levels of depression, lower blood pressure and lower levels of the stress hormone cortisol—and they live longer.

 **SUMMER SAFETY TIPS** For more ways to keep you and your family healthy this summer—including nutritious recipe ideas, health tips, fitness classes and more—visit ShoreHealthToday.com.

Turn Downtime into Slim-Down Time

Challenged to find time to work out? We've all been there. Although we can't promise to free up a few hours, we can show you some ways to sneak exercise into your schedule.

While you ...	You could ...
Talk on the phone 	Take it with you, if you spend a lot of time chatting with friends, and go for a walk while you talk. During business calls, you can stealthily perform squats or seated calf raises.
Fix dinner 	Use a gallon of milk or some large soup cans for bicep curls, squats and other strength-training exercises. Or do some tricep dips on a kitchen chair.
Watch TV 	Use your TV time for old-school calisthenics such as push-ups and sit-ups, or let the commercials run and see how many times you can go up and down the stairs or do lunges down the hallway.

Veggin' Out

You don't have to become a total vegetarian—and give up meat altogether—to make a healthy change in your life



©iStockphoto

WATCH OUT, BURGERS—you may be getting the boot. More and more, health-conscious individuals and families are choosing to replace Burger Night with new veggie-friendly traditions, such as Meatless Monday, a movement started by Johns Hopkins' Bloomberg School of Public Health to help reduce meat consumption by 15 percent.

While choosing to switch to a vegetarian diet is too daunting a commitment to some carnivores, vegging out part time can do wonders for the body. Meals full of vegetables, fruits, beans, grains and nuts can give you all the nutrients you need—minus the saturated fat and cholesterol found in many meat dishes.

Keen on Quinoa

Low-calorie and satisfying, mushrooms and quinoa are good sources of potassium, a mineral that may reduce your risk of high blood pressure. Enjoy this burger on a whole-wheat bun.

INGREDIENTS

¾ c. quinoa
1 c. chopped brown mushrooms
1 small garlic clove, minced
½ tsp. salt
¼ tsp. pepper
¼ c. finely chopped chives
7 Tbsp. low-fat mayonnaise, divided
1 egg white
½ c. whole-wheat bread crumbs
2 Tbsp. fat-free plain yogurt
1 Tbsp. Dijon-style mustard
6 whole-wheat buns, toasted
3 small tomatoes, thinly sliced
2 small red bell peppers, cut into thin rings
1 small head lettuce

PREPARATION

- 1 Rinse quinoa in sieve under cold water. Place in small pot. Add 1½ c. water. Bring to a simmer. Cover; cook over low heat 15 minutes or until water is absorbed. Spoon into large bowl; fluff with fork.
- 2 Spray large nonstick skillet with cooking spray. Add mushrooms and garlic; cook 5 minutes over medium heat until mushrooms are tender. Add to quinoa. Stir in salt, pepper, chives, 4 Tbsp. mayonnaise, egg white and bread crumbs. Shape into 6 (½-inch thick) patties. Chill 1 hour.
- 3 Stir together remaining 3 Tbsp. mayonnaise, yogurt and mustard for spread.
- 4 Spray large nonstick skillet with cooking spray. Add patties, not crowding. Cook 5 minutes over medium heat or until bottom browns. Gently turn over; cook 5 minutes longer.
- 5 Place 1 quinoa patty on each bun. Top with 1 Tbsp. spread. Add tomato slices, bell pepper slices and 2 or 3 lettuce leaves.

Makes 6 servings.

Nutritional information per serving:
350 calories, 5.25 g total fat,
13.5 g protein, 62 g carbohydrates,
584.5 mg sodium and 9.5 g dietary fiber.

Wellness Programs and Events



FITNESS PROGRAMS

To register, go to ShoreHealthToday.com or call **609/653-4600**. **Press option 3 then 1.**

Zumba

Zumba is a dance-fitness class that incorporates Latin and international music and dance movements. It creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers and those who have previously hesitated to participate in group classes. Wear comfortable clothing and sneakers, and bring a water bottle. *This is a six-week series.*

Thursdays, May 5 to June 9
5 to 6 p.m.
6:15 to 7:15 p.m.
\$45

Ballroom Dance

Designed for beginners wanting to get started on the dance floor, this class will introduce students to the basic steps. No partner required. Wear comfortable clothing and sneakers, and bring a water bottle. *This is a six-week series.*

Mondays, May 9 to June 20
(no class May 30)
6:15 to 7:15 p.m.
\$45

T'ai Chi

The ancient art of T'ai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Our certified instructor trained by the Arthritis Foundation will teach you the basic movements that make up the practice of T'ai Chi. Wear comfortable clothing and sneakers, and bring a water bottle. *This is a six-week series.*

Mondays, May 9 to June 20
(no class May 30)
5 to 6 p.m.
\$45

Yoga

This class is an attempt to balance mind and body via physical exercise, controlled breathing and the calming of the mind through relaxation and meditation. The postures in this class are easy and can be adapted to different ability levels. Wear comfortable clothing and bring a water bottle and mat. *This is a six-week series.*

Tuesdays, May 10 to June 21
(no class June 7)
Thursdays, June 16 to July 21
5 to 6 p.m.
6:15 to 7:15 p.m.
\$45

Pilates

This course provides the foundation to build core strength in your abdomen, legs and back. Wear comfortable clothing and bring a water bottle and mat. *This is a six-week series.*

Wednesdays, June 15 to July 20
5:30 to 6:30 p.m.
\$45

PREVENTIVE SCREENINGS

FREE Blood Pressure Screenings

Shore Memorial Hospital Outpatient Center, Somers Point. Call 609/653-4500. Fridays, 11 a.m. to 1 p.m.

Shore Memorial Thrift Shop, Somers Point. Call 609/653-8374.

Second Wednesday of every month, 11 a.m. to 1 p.m.

Egg Harbor Township Community Center. Call 609/272-8179.

First and third Monday of every month, 9:30 to 10:30 a.m.

Vascular Health Screening

Fast, painless screenings are available to check for life-threatening cardiovascular conditions such as heart disease and stroke. Call **609/927-8069** to schedule an appointment.

Thursday, July 7
\$49

FREE Screenings for Breast, Cervical, Colon and Prostate Cancers

As lead agency for the New Jersey Cancer Education and Early Detection Program in Atlantic County, Shore Memorial's Cancer Community Outreach Department will arrange free cancer screenings for people who meet the program's eligibility requirements. To qualify, you must be age appropriate, uninsured or underinsured, and have a limited income. For more information, call **609/653-3484**.

EDUCATIONAL PROGRAMS

To register for any of the programs below, go to **ShoreHealthToday.com** or call **609/653-4600**. **Press option 3 then 1.**

How to Become Tobacco Free

Everyone knows tobacco use is unhealthy, but quitting can be a daunting task. Join Stephanie Bordonaro, MAS, CSW, TDTS, for a workshop on demystifying the quitting process. Discussions will include strategies, how to put a smoking cessation plan together and avoiding relapse.

Tuesday, May 10
9:30 to 11 a.m.
Thursday, June 9
6 to 7:30 p.m.
FREE

Keep on Moving!

You're always on the go, and ankle problems shouldn't cause you to slow down. Join Shore Memorial Hospital Podiatric Surgeon Ira Fox, DPM, to hear the latest on ankle joint replacement, from diagnosis and treatment to recovery—everything you need to know about moving forward one step at a time.

Thursday, May 12
6 p.m.
FREE

Women's Luncheon

The women's luncheon provides an opportunity for the women of our community to gather with friends and business associates each month for networking, a brief presentation and luncheon. To register, go to

ShoreHealthToday.com or call **609/653-4600**. **Press option 3 then 1.**
Third Wednesday of every month
12 p.m.

Greate Bay Country Club, Somers Point
\$15 (includes lunch)

May 18: Cruise the Sea of Healthy Living

We'll discuss the Dietary Guidelines for Americans and show you how to use MyPyramid to decrease your risk of chronic disease and manage your weight. Presented by Jennifer Crowley, Clinical Nutrition Manager and Registered Dietitian.

June 15: Know Your Skin

An informal discussion on how to achieve great skin and on preventing, recognizing and treating common skin conditions and cancers. Presented by Coyle Connolly, DO, board-certified dermatologist.

July 20: The Varieties of Physical Therapy

A discussion about the different rehabilitation locations that are available and how physical therapy can benefit countless types of diagnoses and injuries. Presented by Jennifer Pesce, Rehabilitation Director.

Aug. 17: How Sleep and Your Health Affect Each Other

A review of some of the common sleep disorders and their impact on your health and well-being. Also, how medical problems and medications can worsen your sleep and what you can do about it. Presented by James J. O'Connor III, MD, Medical Director, Shore Memorial Hospital Sleep Center.

Medical Explorers

For high school students interested in medical careers. Must be 14 years old and at least a freshman. Call **609/653-3724** for more information.

First and third Wednesday of every month,
6:30 to 8 p.m.

Surgical Education Programs

The Joint Replacement and Spine Surgery education programs provide a comprehensive educational opportunity to visit with some of the disciplines that will be involved in your care at Shore Memorial. You will meet with nurses, physical therapists, social workers and discharge planners. These sessions are designed to allow you to be knowledgeable about each phase of your surgery and recovery.

Neck and Spine Surgery

To schedule an appointment, call **609/653-3512**.

Second and fourth Thursday of every month, 4 to 5 p.m.

FREE

Joint Replacement

To schedule an appointment, call **609/653-4600**. **Press option 4.**

First and third Monday of every month,
10 to 11:30 a.m.

FREE

Living at the Shore with Lymphedema

Join Jennifer Brooks, PT, for educational sessions on lymphedema management. For more information or to register, call **609/653-3512**.

Thursdays, June 9 and Aug. 11
7 p.m.

FREE

Tobacco Treatment

Shore Memorial Hospital's Tobacco Prevention and Treatment Program offers counseling with trained tobacco dependence treatment specialists. You will receive individualized planning sessions focused on tips, strategies, replacement therapies and relapse prevention. For more information, call **609/653-3440**.

Foot Reflexology

Foot reflexology helps reduce stress and promote healing. Betty Burke, certified reflexologist, conducts these sessions.

To schedule an appointment, call **609/653-3585**.

Fourth Wednesday of every month
9 to 10 a.m., 10 to 11 a.m., 11 a.m. to 12 p.m., 1 to 2 p.m., 3 to 4 p.m.
\$40 per session

FREE Physician Referrals

Shore Memorial's FREE Physician Referral Service is available 24 hours a day, seven days a week. To find a doctor, call **609/653-4600**, or visit **ShoreDoctors.com**.

FAMILY LIFE SERVICES

To register for any of the classes below, call **609/653-3238**.

Preparation for Childbirth and Early Parenting Series

This series will help prepare couples for the birth of their baby and the early parenting experience. Practice sessions on relaxation, breathing, conditioning exercises and other coping techniques for labor are combined with discussion of the labor and birth process and possible medical interventions. Care and characteristics of the newborn and a session on breastfeeding and nurturing are included, along with a tour of the Maternity Care Center.

Thursdays, May 26 to June 30

Wednesdays, June 22 to July 27

Thursdays, July 28 to Sept. 1

Wednesdays, Aug. 24 to Sept. 28

7 to 9 p.m.

\$100 per couple

Preparation for Childbirth

A single session for those couples who would like to focus solely on the labor and birth. Registrants are invited to participate in a breastfeeding class at no additional charge.

Saturday, July 23

9 a.m. to 3:30 p.m.

\$100 per couple

Nursing Your Baby

Bring your partner or another support person and learn the benefits of breastfeeding and how to do it properly. This class is included in the Preparation for Childbirth and Early Parenting series.

Wednesday, May 25

Thursday, June 23

Wednesday, July 20

Thursday, Aug. 25

7 to 9 p.m.

\$20 per family

Mom to Mom

Gather with other moms to socialize, network and support one another while making lasting friendships. This group is facilitated by a social worker and a registered nurse.

Every Monday

1 to 2 p.m.

Jenkins Room

Refreshments served

FREE

AUXILIARY

The Auxiliary of Shore Memorial is a forum for interacting socially, meeting new friends and networking. Members have the opportunity to participate in and contribute to a wide range of events and activities. The Auxiliary welcomes all who have a desire to make a difference for the future of Shore Memorial Hospital. To become a member, please fill out the membership application below. For more information, call **609/653-4646**.

Upcoming Auxiliary Fundraisers

May 16: Women's Golf Tournament,

Linwood Country Club

June 1: D. Allen Stretch Golf Tournament,

Harbor Pines Golf Club

July 16: Kids Swim, Linwood MRA
Sept. 20: Thrift Shop Fashion Show,
Greate Bay Country Club

Thrift Shop Locations

Somers Point Shopping Plaza
275 New Road, Somers Point
609/653-8374

South Shore Plaza
232 S. Shore Road, Marmora
609/390-0913

Harbor Village Square
Ocean Heights Avenue and Zion Road,
Egg Harbor Township
609/601-2710

START MAKING A DIFFERENCE IN LIFE. JOIN THE AUXILIARY TODAY!



Membership Application

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

E-mail address: _____

Home phone: _____

Work phone: _____

Cell phone: _____

Please check your membership level:

Active \$20 Annual Dues Sustaining \$30 Annual Dues

Active Lifetime \$200 One-time Dues Sustaining Lifetime \$250 One-time Dues

I am interested in working on the following activities:

Fashion Shows Golf Tournaments Gift Shop Member Recruitment

Thrift Shops Vendor Sales Mailings Community Events

Charge my membership dues to: MasterCard Visa

Card number _____ Exp. date _____

Name on card _____

Signature _____ Date _____

\$ _____ Check amount

Make check payable to Shore Memorial Auxiliary. **MAIL TO:** Shore Memorial Hospital

Attn: Auxiliary

1 East New York Ave.

Somers Point, NJ 08244



Celebration of Life Party

Anyone who has been diagnosed with cancer recently or in the past is invited to attend this fun event. Enjoy a delicious brunch, gifts and entertainment. Family and friends are welcome. To register, call **609/653-3585**.

**Sunday, June 5
11 a.m. to 1 p.m.**

CANCER RECOVERY AND SUPPORTIVE SERVICES

A New Beginning

Transitioning from the role of the patient to the role of the cancer survivor can be a time of confusion, anxiety and uncertainty. The survivorship series, "A New Beginning," will help people through the transition, giving the necessary support and education. To register, call **609/653-3585**.

Third Tuesday of every month

May 17: Managing Your Stress

**June 21: Caring for Your Body
after Treatment**

July 19: Caring for the Caregiver

7 p.m.

FREE

American Cancer Society's "Look Good ... Feel Better"

Enhance your appearance by learning to use makeup techniques, turbans and scarves.

By appointment only. Call your local ACS at **800/ACS-2345**.

FREE

Live, Laugh, Love Boutique

For patients undergoing cancer treatment, the boutique is a calming place to be fitted for a wig or to select a specially designed hat or scarf. To schedule a wig fitting, call **609/653-3585**.

Monday to Friday

10 a.m. to 2 p.m.

Breast Health Navigation Program

If you are having any breast procedures or have concerns about your breast health, call our certified breast care nurse at **609/653-3772**.

Penn Lung Center at Shore Memorial

The Penn Lung Center at Shore Memorial provides lung cancer and other lung disease patients access to a multidisciplinary team of specialists from the University of Pennsylvania Health System and Shore Memorial. For more information, call **609/653-3222** or toll-free at **888/428-LUNG (5864)**.

Gilda's Club South Jersey

For FREE cancer support for the whole family, call Gilda's Club for a calendar of monthly activities at **609/926-2699**.



Summer Fun in the Sun

Help ensure your kids have a happy and safe summer with these helpful tips!

SUMMER IS HERE and kids are going to be on the move, which means more itches, ouches and injuries, from sprains and strains to cuts and poison ivy. Ann Grosso, MS, RN, APN, clinical manager of Shore Memorial Hospital's Quick Care Centers in Egg Harbor Township and Ocean City, offers advice to help parents keep summer fun and safe.

First Steps for First Aid

Parents should be prepared with first-aid items on hand to treat common injuries. A few items Grosso recommends include:

- Antihistamines, such as Benadryl, for allergy relief.
- Anti-itch creams, for poison oak or bug bites.
- Antibiotic creams, for minor cuts and scrapes.
- Adhesive bandages, such as Band-Aids.
- Aloe gels or lotions for achy, red sunburns.
- Ice packs.



"If ice packs aren't available, bags of frozen peas or any frozen veggie work great to get ice on injuries," says Grosso.

R.I.C.E.

Rest, Ice, Compression, Elevation, is what Grosso suggests following every limb injury. "Rest it, apply ice to it, compress it with a wrap—not too tightly—and elevate it."

When it comes to limb injuries in children, it is important to have them X-rayed, especially if there is swelling, discoloration or difficulty walking, Grosso says. Even a sprain should be X-rayed to ensure there are no fractures.

Water Safety

Always swim with a buddy and near the lifeguards. Putting brightly colored shirts on your children can make it easier to watch them closely. In addition, horseplay near slippery pools should be discouraged to avoid falls.

"There is risk in anything we do, but with children, they always need adult supervision with any activity so the adult can intervene quickly," says Grosso.

Sun Safety

The younger a child is exposed to the sun, the greater the chance the child will get skin cancer later in life. Remember to apply sunblock throughout the day, especially after swimming. If your child is sunburned, be sure to cool the burn down and apply aloe to it. Severe burns should be treated by a medical professional.

Finally...

- Remember safety equipment: helmets and life jackets.
- Shoes: Don't walk around barefoot, especially on the boardwalks.
- Sleep: Children stay up later in the summer and then run around all day. Make sure they get enough rest to keep up with their active lifestyles. ■

(we're here when you need us)

Shore Memorial's Quick Care Centers in Egg Harbor Township, **609/927-8069**, and Ocean City, **609/391-8105**, are available to treat minor illnesses and injuries.



Comfortable Convenient Care

Shore Memorial Hospital's Cancer Center provides advanced treatment and a healing atmosphere—all under one roof

SINCE OPENING ITS DOORS IN 2004, the Shore Memorial Hospital Cancer Center has been committed to providing patients with leading-edge cancer care in a convenient, comfortable setting. The freestanding Cancer Center, located across the street from Shore Memorial's main building, is home to a number of cancer detection, treatment and support services ranging from radiation oncology to free cancer screenings.

Now, the Cancer Center is excited to announce a new partnership and a new treatment suite designed to offer enhanced medical oncology services to patients battling various types of cancer.

"Today, a vast majority of cancer patients desire to receive their outpatient cancer services—radiation therapy and medical oncology therapy as well as supportive care programs—in one convenient location," says Donna J. Cericola, RN, OCN, administrative director of oncology services at Shore Memorial. "By adding medical oncology services, Shore Memorial is positioned to offer people diagnosed with cancer easy access to a full range of quality, comprehensive services in one facility."

Leading-edge treatment

Under the direction of Julianne W. Childs, DO, medical director of the Cancer Center's ambulatory hematology/medical oncology department, and in conjunction with oncology specialists Hemang Dave, MD; Kaleem Ahmad, MD; and Fahd Rahman, MD; the Shore Memorial Cancer Center will provide hematology and medical oncology services to patients five days a week, 9 a.m. to 5 p.m. Monday through Friday.



Julianne W. Childs, DO, medical director of the Cancer Center's ambulatory hematology/medical oncology department, joins Donna Cericola, RN, OCN, administrative director of oncology services at Shore Memorial, in providing enhanced medical oncology treatment options to Shore Memorial Cancer Center patients.

"The program provides a cohesive approach to taking care of patients diagnosed with cancer so they can receive their care in one place," Dr. Childs says. "The patient's treatment plan can be coordinated with a medical oncologist, radiation oncologist, surgeon, pathologist, radiologist and anything else they may need in order to come up with the most effective plan for them."

Located on the second floor of the Cancer Center, the medical oncology suite houses four treatment stations where patients can receive chemotherapy, hormone therapy and targeted therapy, as well as treatments for symptoms such as dehydration, nausea, vomiting and fatigue.



With the addition of an all-new advanced infusion suite, patients at the Shore Memorial Cancer Center have access to a full range of supportive care services—as well as radiation and chemotherapy modalities—all in one soothing, patient-centered environment.

As a part of the Penn Cancer Network, Shore Memorial is able to provide treatments involving the best-available technology, experts and services, as well as access to clinical trials for patients who meet eligibility requirements.

A healing atmosphere

In addition to providing an advanced level of care for cancer patients, the Shore Memorial Cancer Center is also well-known for its physical design, which is devoted to creating a calming and healing atmosphere. From artwork and furnishings to convenient parking access directly in front of the building, Shore Memorial aims to make patients feel at ease when they come for treatments.

The design of the Cancer Center's new treatment suite is no exception.

"One of the primary goals of the design of the unit was to provide physical and emotional cancer care in a warm, supportive environment," Cericola says. "The suite has been designed to create a calm, beautiful atmosphere that relaxes patients."

The treatment chairs are upholstered in calming colors and the windows were designed to let natural light enter every area of the suite. Each treatment chair has a television within easy reach and patients have access to DVD players and a large selection of DVDs and reading material.

Patients can also derive comfort from companionship. Nurses working in the treatment suite are able to spend more time with their patients while documenting their care, thanks to computers that have been placed next to each treatment chair.

"A patient undergoing cancer treatment is already under enough stress," Dr. Childs says. "The more convenient and comfortable we can make this process for them, the better." ■

About the Cancer Center

Shore Memorial Hospital's Cancer Center offers a variety of support services designed to help cancer patients and their families through their cancer battle, from diagnosis and treatment to recovery.

Nurse Navigation

One-on-one sessions with a trained nurse navigator include information and education to guide patients through the treatment process, helping them understand the surgery or procedure that may be performed and addressing any questions or concerns.

The Penn Lung Center at Shore Memorial

The Penn Lung Center at Shore Memorial provides lung cancer and other lung disease patients access to a multidisciplinary team of specialists from Penn Medicine at Shore Memorial.

Survivorship: A New Beginning

Transitioning from the role of patient to cancer survivor can be a time of confusion and uncertainty. "A New Beginning," Shore Memorial's multipart survivorship discussion series, helps survivors through the transition with the necessary support and education.

Live, Laugh, Love Boutique

For patients undergoing cancer treatment, this boutique, located within the Cancer Center, is a calming place where trained staff can fit patients for wigs or a specially designed hat or scarf.

Free Screenings for Breast, Cervical, Colon and Prostate Cancers

As lead agency for the New Jersey Cancer Education and Early Detection Screening Program in Atlantic County, Shore Memorial's Cancer Community Outreach Department will arrange free cancer screenings for people who meet the program's eligibility requirements.

Convenient Access

The Cancer Center is a freestanding building located at the corner of Shore Road and Brighton Avenue, across the street from the hospital. Patients can easily access the gated parking lot and find convenient parking. Handicapped parking is located at the center entrance and wheelchairs are available in the lobby.

(learn more) For more information about Shore Memorial's nationally accredited cancer program, call **609/653-3585** or visit **ShoreCancerCare.com**.





SHORE MEMORIAL
HOSPITAL

1 East New York Ave.
Somers Point NJ 08244



The Right Connections

Shore Memorial's link to CHOP can make all the difference in an emergency

HENRY BIRTH was born with cerebral palsy. But if you ask his mother, Robin Birth, his condition does little to slow him down.

The 12-year-old Egg Harbor Township native plays in a basketball league and has a passion for monster truck shows and video games.

But on the morning of Jan. 13, Robin, a pediatric physical therapist, noticed that her normally active son wasn't feeling quite right. He complained of a headache and drowsiness—seemingly mild symptoms. But his mother realized these could be signs that Henry's ventriculoperitoneal (VP) shunt, a permanent drain in his brain placed to remove excess cerebrospinal fluid, wasn't working properly.

Henry normally sees specialists at The Children's Hospital of Philadelphia (CHOP) in the Philadelphia location. But with time being of the essence, Robin brought her son to Shore Memorial Hospital's Emergency Department, where—through Shore Memorial's CHOP Connection—CHOP doctors team with emergency physicians to treat patients 24 hours a day, seven days a week.

"My feeling was that my pediatrician was going to ultimately send me to the emergency room," says Robin. "I suggested going to Shore's ER because they had CHOP doctors on staff."

Quick Thinking—and Action

The Births were seen immediately by Emergency Department Service Chief David Angelastro, MD, who checked for minor ailments before bringing in Marissa Castellano, MD, a pediatric hospitalist with the CHOP Connection program, to oversee the case.

"We realized that the shunt that he had in place seemed to be malfunctioning and that there was an excess of spinal fluid building up in Henry's brain," Dr. Castellano says.

Within an hour, Dr. Castellano arranged for an emergency transport team to accompany the Births for the quick trip from Somers Point to the Philadelphia CHOP location where Henry underwent surgery to successfully replace a valve component in his shunt.

"By having a connection to CHOP we were able to access the specialists that Henry sees in Philadelphia," Dr. Castellano says. "We were able to admit Henry directly from the Shore Memorial Emergency Room to the Pediatric Intensive Care Unit at CHOP where there was a room waiting for him."

This was the Births' third experience with Shore Memorial's CHOP Connection, including a visit in December 2009 when Henry's shunt broke and another in May 2010 for a gastrointestinal issue.

"Without a doubt it's the best thing for us," Robin says. "We are so privileged to have CHOP in our own backyard. People come from all over the world to go there and we have it just a short drive away."

"Henry and his mom have been through so much together," Dr. Castellano says. "If we were able to provide a service that made their lives just a little bit easier, it was well worth it and we are happy to do it." ■



Thanks to Shore Memorial's connection with The Children's Hospital of Philadelphia, Robin Birth was able to get her son Henry the specialized care he needed when he needed it the most.

(CHOP care, close to home) As the only CHOP Newborn & Pediatric Care facility in the region, Shore Memorial provides families with highly specialized inpatient care in the convenient setting of a community hospital. For more information, call **609/653-3500**.

