

onCall

JFK
MEDICAL
CENTER

APRIL - MAY, 2006

Sleep Disorders: More Common than You Dreamed

Think you are immune to having a sleeping disorder? Think again. "Many people are surprised that sleeping disorders affect people of all ages, from infants to children, adolescents to adults," comments Kay Rahman, Technical and Administrative Director of the Sleep Center at the New Jersey Neuroscience Institute (NJNI) at JFK Medical Center in Edison. The Sleep Center is home to two divisions—one that serves the pediatric population and another to meet adult needs.



"Sleep is a critical factor for optimum health," explains Rahman. "The lack of it can not only cause other health problems, but it can also be a symptom of something wrong."

Noisy or troubled breathing or snoring are what comes to mind when most people think of sleep disorders, but other symptoms can include bedtime resistance in children, difficulty in falling or staying asleep in adults, breathing through one's mouth, night terrors, sleepwalking, bedwetting, excessive sleepiness, waking and feeling unrested, hyperactivity, irritability, and difficulty with concentration at school or work, just to name a few.

"Sleep disorders are more common and more serious than many recognize," says Rahman. "It's been estimated that approximately 40 million Americans (one in six) suffer sleep disorders. Of that number,

between seven and eight million are children.

"Sleep is about more than just a good night's rest. Sleep problems can indicate sleep disorders which require medical attention to determine what is happening in the body to impact one's sleep. Sleep disorders can impact one's ability to function during awake times, as well as impact long-term health and wellness," Rahman explains. "Early and accurate diagnosis, preventative measures, and diligent treatment are essential to managing these disorders."

Adds Rahman, "There are many reasons why one may have a sleep disorder, which is why it is important to have a multi-disciplinary approach for proper evaluation and treatment as it allows the disorder to be reviewed from many different perspectives."

As a multi-disciplinary center, the Sleep Disorder Center provides resources for the evaluation and management of a full range of sleep concerns, from the most common disorders to the most rare. It all begins with a sleep study at the Center to determine the cause of poor sleep and develop a medical or behavioral treatment plan.

The Sleep Disorder Center at JFK Medical Center in Edison is fully equipped for sleep studies with state-of-the-art monitoring digital devices, yet designed to provide a comfortable environment for patients, and in the case of young patients provides accommodations for parents. "The more comfortable the environment, the more comfortable the patient," notes Rahman. "When a patient feels at ease and is able to sleep as if at home, we get an accurate understanding of their nightly experience which results in the most accurate diagnosis and appropriate treatment."

American Academy of Sleep Medicine accredited, the Sleep Center at JFK is staffed by board certified sleep physicians and neurologists, registered polysomnographic technologists, and offers a comprehensive suite of services, including

sleep consultations, overnight sleep studies (for disorders such as sleep apnea; parasomnias, such as night terrors, sleep walking, and restless leg syndrome; seizure disorders; sleep insufficiency; insomnia; and narcolepsy), and various treatment regimens.

On April 17, 2006, renowned sleep medicine expert Arthur S. Walters, M.D. will be presenting an interactive discussion, *Diagnosing and Treating Your Sleep Disorder*. Walters is Director of the Center for Sleep Disorders Treatment, Research and Education and Professor of Neuroscience at NJNI. To reserve a seat, please call 732-321-7089.

Upcoming Lectures

To register for these lectures please contact the Community Outreach Department at (732) 321-7089. These lectures are FREE and open to the community.

Diagnosing and Treating Your Sleep Disorder

This will be an interactive discussion between the doctor and the audience, diagnosing sleep disorders and providing preventable measures for those problems.

Date: April 17, 2006

Time: 7:00pm - 8:00pm

Where: JFK Medical Center, Conference Center, 70 James St., Edison, NJ

Arthritis: Prevention and Treatment

The number one cause of injury in seniors is arthritis. The lecture will cover diagnosis, causes, and preventative measures for arthritis.

Date: May 31, 2006

Time: 6:00pm - 7:00 pm

Where: JFK Medical Center, Auditorium 65 James St., Edison, NJ

Cardiac Wellness

This lecture will provide a comprehensive look at what causes coronary artery disease, how it can be detected early, and prevention methods.

Date: June 27, 2006

Time: 6:00pm - 7:00 pm

Where: JFK Medical Center, Conference Center, 70 James St., Edison, NJ

Aetna Health Plan Accepted at JFK

As of February 15, 2006, JFK Medical Center now accepts all Aetna plans. This is a tremendous addition for JFK, which applies to all Aetna plans (Commercial and Medicare) and includes all inpatient and outpatient services at JFK. Aetna is one of the nation's leading providers of health, dental, group, life, disability and long-term care benefits. Now, more patients can be admitted into JFK confident that their Aetna insurance is accepted.

"The new contract with Aetna is a great addition to the growth and development taking place at JFK, particularly within the past year," says John McGee, President and Chief Executive Officer. "Our goal is to meet the healthcare needs of our community and we want to be in-network whenever possible. The Aetna agreement, along with new clinical programs, facility renovations and medical technology upgrades, enables us to better serve the residents of our region."



The New Jersey Neuroscience Institute at JFK

State-Of-The-Art Neurological Care... Right in Our State

The New Jersey Neuroscience Institute at JFK Medical Center is the state's leader in advanced diagnosis and treatment of brain, spine and peripheral nerve disorders.

The Institute offers the state's only Gamma Knife – the gold standard for non-invasive brain surgery, New Jersey's number one stroke assessment and treatment specialists and a world-class team of neurosurgeons who provide the most innovative options available today.

Neurological Research

The New Jersey Neuroscience Institute conducts advanced research into the normal development and function of the nervous system, pathologies that disturb its function, and methods by which we may better diagnose, treat and prevent neurological disorders in the future.

University Resident Training

The Institute is also a department within the School of Graduate Medical Education at Seton Hall University and provides residency training in Neurology. JFK Medical Center is an affiliate of the University for the purposes of this training, providing the administrative offices and the clinical setting for faculty and residents.



The scope of the Neuroscience Institute's services includes:

COMPREHENSIVE NEUROLOGICAL PROGRAMS

- Adult Brain Surgery
- Balance Disorders
- Cerebral Vascular Surgery
- Dementia Treatment (Alzheimer's)
- Epilepsy Services
- Gamma Knife
- Minimally Invasive Spine Surgery
- Movement Disorders
- Neuromuscular Disorders
- Neuro-Oncology
- Neuro-Ophthalmology
- Neuropsychology
- Pediatric Neurology & Neurosurgery
- Pain Management
- Sleep Disorders
- Stroke Treatment Center

TECHNOLOGY THAT HEALS

- Ambulatory EEG
- Automated Perimetry
- Autonomic Nervous System Testing
- Brain SPECT

- Computerized ENG
- Computerized Tomography (CT)
- CPAP Studies
- CT Angiography
- Digital Angiography
- Electroencephalography (EEG)
- EMG/NCS
- Evoked Potentials (BAER, SSEP, VEP)
- Functional MRI
- Interventional Neuroradiology
- Intraoperative Electrophysiologic Monitoring
- Magnetic Resonance Imaging (MRI)
- MR Angiography
- MR Spectroscopy
- Nova Vision
- Polysomnography (sleep study)
- Posturography
- Pupillography
- Rotary Chair Testing
- Stereotactic Neurosurgery
- Gamma Knife Radiosurgery
- Transcranial Doppler
- Video EEG
- Video Oculography

To learn more about the New Jersey Neuroscience Institute at JFK, please call 732-321-7010 or visit our website at www.njneuro.org

Q&A: Focusing on Hearing

Q: Are personal stereo ear buds harmful?

A: Personal stereos like iPods are all the rage these days. It's not a surprise that audiologists are seeing more and more hearing loss in personal stereo users. People often equate the volume of music with how much they like that music, and so they turn up the volume. Exposure to extremely loud sound, including from music concerts, stereos, headphones and ear buds, can permanently damage one's hearing. Earbuds placed directly into the ear can boost the sound signal by as much as six to nine decibels.

Q: How do I know when loud noise is harmful?

A: Consider these four indicators:

1. Do you have to raise your voice to be heard over the music?
2. Can you hear someone less than two feet away from you?
3. Does speech around you sound muffled or dull after leaving a loud environment?
4. Do you feel pain or ringing in your ears after exposure to the sound?

Q: Do toys pose a hearing threat?

A: Some definitely do. Here are some tips:

1. Avoid toys that pose a noise danger such as cap guns, talking dolls, vehicles with horns and sirens, walkie talkies, musical instruments, household toys like vacuum cleaners, and toys with cranks.
2. Inspect toys for noise danger just as you would for small pieces that can be easily swallowed. Inspect the label, often times the decibel label is right on the label. Toys with a decibel range louder than 85dbHL, which are held close to the ear, can cause serious injuries.
3. Parents or others who buy toys for children should listen to the toy. If the toy sounds loud, it should not be purchased.
4. Toys already at home should also be examined. Remove batteries or discard those that are too noisy and pose a potential danger to hearing.
5. Advise other gift givers of your concerns.

Q: My teenager is in a garage band. Should I be concerned?

A: Definitely. Standing within a few feet of music speakers during band practice can be as damaging as a jet plane taking off, both averaging 120 decibels. Prevention is the key word.

Wearing specially-designed musician earplugs enable you to hear the music accurately without any distortion at a safer loudness level. Check with your audiologist to find out what best suits you.

Twenty-eight million Americans have a hearing loss, according to the American Speech-Language-Hearing Association (ASHA), a national professional, scientific, and credentialing association. Nearly half are the result of damage from excessive noise and loud volumes. Both the amount of noise and length of exposure to sound determine the amount of damage that will be done.

For more information, please call Speech and Audiology at 732-321-7063 or visit www.njrehab.org.



Virginia Toth, AuD, CCC/A
is the Manager of Audiology at
JFK Johnson Rehabilitation Institute

New Jersey's Only Long-Term Care Program Dedicated to Huntington's Disease

Imagine a once-vibrant, intellectually accomplished young man transformed to a quiet, non-conversant individual who now has difficulty speaking and swallowing and suffers from dementia. This is the path of those afflicted with Huntington's Disease.

Huntington's Disease is a devastating, hereditary, degenerative brain disorder which afflicts some 25,000 Americans nationwide, with onset of the disease usually between the ages of 30 and 45.

Kathy Little, Director of the Huntington's Disease Care Unit at JFK Hartwyck at Cedar Brook, explains, "Huntington's slowly diminishes an individual's ability to walk, think, talk and reason. Eventually, the person with Huntington's becomes totally dependent upon others." With the diagnosis and the pattern of the disease comes the need for special caregiving services—something few facilities are equipped to handle.

In 1990, JFK Hartwyck Center at Cedar Brook (one of three Hartwyck facilities offering long-term care in central New Jersey), became New Jersey's first long-term care unit designed to care for those with Huntington's Disease. Located in Plainfield, JFK Hartwyck at Cedar Brook offers the only specialized Huntington's Disease Unit in NJ and one of only six in the country providing care tailored to the needs of those with Huntington's—individualized care an ordinary nursing facility simply can't provide.

Early symptoms of Huntington's Disease may affect cognitive ability or mobility and include depression, mood swings, forgetfulness, clumsiness, involuntary twitching and lack of coordination.

"As the disease progresses, concentration and short-term memory diminish and involuntary movements of the head, trunk and limbs increase," says Little. "Walking, speaking and swallowing abilities deteriorate. Eventually the person is unable to care for him or herself. Death follows from complications such as choking, infection or heart failure."

The Huntington's Disease Unit focuses on the disease process and what can be done to increase a resident's quality of life. Care is individualized and focuses on therapeutic alternatives, often minimizing the need for drug therapy.

The rehabilitative, psychological and social needs of residents with Huntington's Disease are addressed by specially trained staff, including physicians, nurses, a dietitian, a social worker and physical, occupational, speech and recreational therapists. Attention is focused on gait training, muscle strengthening, and coordination, the use of adaptive devices and treatment of swallowing problems (so that oral feeding is prolonged). Regular group outings offer residents a change of scenery. Routine and crisis counseling services are also available to residents, as well as to their families.

All The Hartwycks (Oak Tree and Edison Estates, both in Edison, and Cedar Brook in Plainfield) offer their own distinct atmosphere, but common to all is the quality care that enables residents to embrace life and live with dignity. The centers offer nursing services and respite care in pleasant and inviting environments that foster health, personal interests, and overall well-being.

The Hartwycks offer a broad array of nursing, convalescent, and resident services that include:

- Adult medical and Alzheimer's day care
- Extended recovery
- Long-term ventilation care and coma management
- NJ's only unit dedicated to Huntington's disease care
- Respite care
- Sub-acute rehabilitation
- Transitional living space for patients with Head Injuries

Hartwyck at Cedar Brook
908-754-3100

Hartwyck at Edison Estates
732-985-1500

Hartwyck at Oak Tree
732-906-2100

When Functioning is Hindered, It's Time to Work with an Occupational Therapist



What would you do if something got in the way of you physically doing your work, your hobby, or any daily activity or interest? Imagine the person with arthritis who can no longer knit as they used to, or the brain injury victim who can no longer mentally organize, plan, or perform the tasks that they were able to perform before the injury, or the stroke victim whose body and mind resist once easy and familiar movement. Whatever the cause, when functioning is hindered, it's time to work with an occupational therapist to regain the ability to function as best possible.

"Any number of things can occur to cause someone to need occupational therapy," says Carol Lewis, Clinical Director of Occupational Therapy at JFK Johnson Rehabilitation Institute (JRI) in Edison. "Whether the problem was caused by illness, injury, or general disability, an occupational therapist works with people of all ages to restore them to optimal functional ability within the limitations of their disability so that they can return to their work, their school, their activities...their lives."

Patients come to JRI's occupational therapy department with a variety of conditions. From individuals who survived stroke or traumatic brain injury, to those overcoming injury or chronic conditions like arthritis, occupational therapists at JRI help them reach their goals.

For the arthritic who can no longer knit, the occupational therapist may help her learn to use adaptive equipment that allows her to knit once again. For the stroke victim who can no longer button a shirt, the occupational therapist can provide equipment that makes that task manageable. For the brain injured patient who can no longer organize, plan, or perform once-simple tasks required to function, the occupational therapist can teach him strategies to compensate for the lost ability.

Occupational therapists help patients face their challenges so they can handle them once again or learn a new approach to a necessary and familiar task. Lewis describes occupational therapists as "experts in energy conservation and adaptive techniques and equipment." The goal is to restore patients to personal independence for everyday living.

Upcoming Lecture:
ARTHRITIS:
Prevention and Treatment

The lecture will cover diagnosis, causes, and preventative measures for arthritis.

Date: May 31, 2006
Time: 6:00pm – 7:00 pm

To reserve a seat, please call 732-321-7089.

Looking for a Doctor? Just call us and ask! PHYSICIAN REFERRAL 888-577-4424

We can help you find a primary care physician, a specialist or a program that will provide the care you require.

To help you even more, our friendly staff can tell you which physicians participate in your health plan and answer questions about available plans.

Calendar of Events • April-June

All Lectures and Support Groups will be held on the campus of JFK Medical Center, unless otherwise noted.

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This will be an interactive discussion between the doctor and the audience, diagnosing sleep disorders and providing solutions to those problems.

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Cardiac Wellness

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Date: June 27, 2006 • Time: 6:00pm - 7:00 pm



Pre-register for an upcoming Lecture and receive a

FREE JFK First Aid Kit!

To register, please call the Community Outreach Department at 732-321-7089.

Support Groups:

Spousal Bereavement Group

- For persons under 55 years old.

Date: April 25, May 23

Time: 7:00 pm - 8:30 pm

Info: Please call Haven Hospice to register (732) 321-7769

- For persons under 55 years of age who have young children.

Date: April 11, May 9

Time: 7:00 pm - 8:30 pm

Info: Please call Haven Hospice to register (732) 321-7769

- For persons 55 years and older.

Date: April 18, May 16, Jun 20

Time: 7:00 pm - 8:30 pm

Info: Please call Haven Hospice to register (732) 321-7769

Head Injury Support Group

Where: Center for Head Injuries, Edison

Date: April 11, May 9 • Time: 6:00 pm

Info: Dave DiPaolo

(732) 906-2640 x 42885

Middlesex County Stroke Support Group

Date: April 3, May 5 • Time: 7:15 pm

Info: Please call Frank Roche

(732) 969-2097

Wives of Stroke Victims

Date: April 18, May 16

Time: 7:00 pm - 8:00 pm

Info: Please call

(732) 752-2644

Coping With Illness

Date: Meetings held periodically

April - May

Info: Pre-registration is necessary and there is a nominal fee.

Please call (732) 321-7769

Cancer Services:

The Healing Journey - Relaxation for Cancer Patients and Family

Date: April 18, May 16

Time: 6:00 pm - 7:30 pm

Info: Rose Slirzewski (732) 321-7769

Laryngectomy Support Group

Date: April 17, May 15

Time: 2:00 pm - 3:00 pm

Info: Janice Dibling (732) 321-7063

Voices of Healing - Breast Cancer Support Group

Date: April 4, May 2

Time: 6:30 pm - 8:00 pm

Info: Tracey Grafton (732) 321-7769

Brain Aneurysm/AMV Support Group

Date: April 26, May 24

Time: 7:00 pm - 9:00 pm

Info: Nancy DePinto Vassallo

(732) 321-7010

Coping with Cancer - Patient and Family

Date: April 18, May 16

Time: 2:00 pm - 3:30 pm

Info: Haven Hospice (732) 321-7769

Women and Children/Parenting:

Post Partum Support Group For New Moms & Babies

Meet other new moms and discuss the challenges of motherhood.

Date: April 12, May 10, Jun 14

Time: 1:00 pm - 3:00 pm

Info: Please call Perinatal (732) 632-1632

Grandparenting Class

Date: April 3 • Time: 7:00 pm - 9:30 pm

Info: \$20 per grandparent, \$30 per couple

Please call Perinatal (732) 632-1632

Diabetes Education:

Diabetes Support Group

Where: Diabetes Center of New Jersey Edison
308 Talmadge Road

Date: April 5, May 3, June 7

Time: 1:30 pm - 3:00 pm & 7:00 pm - 8:30 pm

Info: (732) 650-9207 or (800) 991-6668

Medical Weight Management Classes

Where: Diabetes Center of New Jersey Edison
308 Talmadge Road

Date: April 12, 26 - May 10, 24 - June 14, 28

Time: 1:30 pm - 3:00 pm and 7:00 pm - 8:30 pm

Info: Patients must come through our program in order to come to this free support group.

Please call (732) 650-9207 for further info.

Basic Life Support Courses:

For more information, call education at 732-321-7000 ext. 67588

CPR Courses

- Adult Module

Adult CPR / Foreign Body Airway Obstruction

Cost: \$25 per person

Date: April 22, 11:00 am - 1:00 pm

May 24, 8:00 pm - 10:00 pm

- Pediatric Module

Cost: \$25 per person

Infant & Child CPR / Foreign Body Airway Obstruction

Date: April 22, 9:00 am - 11:00 am

May 24, 6:00 pm - 8:00 pm

Adult & Pediatric Modules Combined

Cost: \$40 per person.

Heartsaver CPR (Certification Card)

- Adult Module Cost: \$30 per person

Adult CPR / Foreign Body Airway Obstruction

Date: April 5, 9:00 am - 12:00 pm

- Pediatric Module

Cost: \$30 per person

Infant & Child CPR / Foreign Body Airway Obstruction

Date: Apr 5, 1:00 pm - 4:00 pm

June 15, 6:00 pm - 9:00 pm

- Adult & Pediatric Modules Combined

Cost: \$50 per person

On Call is a publication of JFK Medical Center

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The material presented in On Call is intended to provide basic health information. Please use it as a guide. Because you and your physician are most familiar with your medical profile, we urge you to contact your physician regarding any questions you might have about how this information pertains to you and your family members.