



healthyconnections

GUARD AGAINST
BREAST CANCER

PAGE 4

**'TOP DOCTORS'
LISTINGS INCLUDE
MORE THAN 40
IN THE GROUP**

**SIGN UP NOW
FOR ONLINE
HEALTH NEWS**

FALL 2009

www.summitmedicalgroup.com

NEWS AND HEALTH INFORMATION FROM SUMMIT MEDICAL GROUP

A Message from the Chairman

Fall is a great time for beginnings, and with this issue we are announcing a new feature—Tell Us Your Story (see below). We're hoping you'll tell us how we've helped you and/or a family member to live well and stay well, so we can share the good news with all of our readers.

It's also time for fall sports, and that can mean fall sports injuries. The article on page 3 offers advice on keeping young athletes safe and healthy. As flu season will soon be upon us, see page 6 for the latest information on flu strains and vaccines. Finally, see page 8 for an offer you don't want to miss—be one of 50 new subscribers to *Thrive*, our free e-newsletter, and we'll send you a cookbook of recipes for healthier eating.

Yours in good health,



Jeffrey Le Benger, MD
Chairman of the Board
Summit Medical Group

Tell Us Your Story and Win a Spa Gift Card!

Tell us how *Healthy Connections* and Summit Medical Group are helping you live well and stay well, and you will be eligible to win a \$100 gift card to Apogée Spa at Summit Medical Group. In your letter, tell us which articles are most helpful or which of our doctors has gone above and beyond for you! E-mail us at mbennett@smgnj.com or write to:

Summit Medical Group
Healthy Connections c/o Marketing Dept.
1 Diamond Hill Road
Berkeley Heights, NJ 07922

You must be eighteen years old or older to enter. Summit Medical Group employees and their immediate families are not eligible for the drawing. *Healthy Connections* welcomes your comments and suggestions. Any correspondence to the newsletter may be reproduced in part or whole.

SUMMIT MEDICAL GROUP SERVICES

At our state-of-the-art medical campus, patients of our multispecialty practice have ready access to compassionate care from more than 100 outstanding physicians, surgeons, and clinicians.

▶▶ Take a look at what we have to offer—you may be surprised!

Visit our website, www.summitmedicalgroup.com, for more information on our services and related links.

Adolescent Medicine	Medical Spa
Allergy	Nephrology
Ambulatory Surgery	Neurosurgery
Anesthesiology	Neurotology
Audiology	Nutrition
Behavioral Health Center	Obstetrics
Cardiology	Occupational Health
Chiropractic Medicine	Oncology
Community Health Lectures	Ophthalmology
Complementary Medicine	Orthopedics
Corporate Health	Otology
Coumadin Clinic	Pediatrics
Dermatology	Pediatric Weight Management
Diabetes Live Well Program	Pharmacy
Emergency Medicine	Physiatry
Endocrinology	Physical Therapy
ENT	Plastic Surgery
Evening Primary Care	Podiatry
Executive Health	Preventive Medicine Program
Facial Esthetics	Pulmonology
Family Medicine	Rheumatology
Gastroenterology	Sleep Disorders Center
General Surgery	Speech Therapy
Genetic Counseling	Sports Medicine
Gynecology	Surgical Oncology
Hematology	Therapeutic Massage
Hospitalists	Thoracic Surgery
Imaging	Travel Medicine
Immunology	Urgent Care Center
Infectious Disease	Urology
Internal Medicine	Vascular Screenings
Laboratory Services	Vascular Surgery
LASIK	Vein Care Center
Male Infertility	Weight Management

Manage Your Health Care Online

Our new interactive communication portal, mysummitmedicalgroup.com, allows you to conveniently and securely manage your health care from your computer. The portal makes it easier for you to live well and stay well, with simple online transactions and tools. It's customizable, private, and secure.

Register with a secure name and password at mysummitmedicalgroup.com so you can:

- E-mail your provider
- E-mail the office staff
- Request lab/test results
- Request appointments

Not all physicians in the Group participate in mysummitmedicalgroup.com. For an updated list, visit mysummitmedicalgroup.com.



IT'S NO ACCIDENT:

SPORTS SAFETY FOR YOUNG ATHLETES

Kick! Touchdown! Point! Ouch!

Every year about 3 million sports-related injuries force American children and adolescents to take time off from their game. But children love sports anyway. And participating in sports helps kids improve fitness and coordination, develop skills and self-esteem, and learn how to be a member of a team. Fortunately, you can help ensure your young athlete's safety by following some simple guidelines.

THE RIGHT SPORT FOR THE RIGHT CHILD

Choose a sport appropriate for your child's age and ability. The American Academy of Pediatrics recommends that children wait until at least age 8 to participate in contact sports, including

basketball and soccer, and age 10 to participate in collision sports, such as football and hockey.

COACHING IS KEY

Make sure your child's sport is supervised by a trained teacher or coach. A good coach:

- Emphasizes participation, fun, and skill development over winning (makes children less likely to ignore signs of pain and risk injury because the pressure to win is too high)
- Matches players of equal size and strength
- Helps young athletes progress as they gain skills
- Teaches players how to minimize the risk for injury
- Limits practice times to an appropriate length
- Encourages players to drink plenty of water during practices and games, especially in hot weather
- Requires the use of safety equipment such as helmets, mouth guards, face guards, padding, shin guards, and protective cups
- Maintains safe equipment and playing areas
- Enforces safety rules

WHAT PARENTS SHOULD—AND SHOULDN'T—DO

- Don't put pressure on your child to win at all costs. Like the coach, you should focus on fun—and safety.
- Take your child's physical complaints seriously; don't require your child to "play through the pain."
- Watch for warning signs of pain in

→ Orthopedists at Summit Medical Group diagnose and treat conditions such as disorders of the bones, joints, ligaments, tendons, and muscles. Our highly skilled orthopedists and medical staff provide a full spectrum of musculoskeletal care, including surgical and nonsurgical management. Summit Medical Group's Orthopedics and Sports Medicine specialists provide care at our Berkeley Heights, Morristown, and Westfield locations. For a convenient appointment at any of these locations, call **888-889-5439**.

Rely on the Group for Allergy and Immunology Care

Our expert physicians in Allergy and Immunology, Kerry Le Benger, MD, and Gary Pien, MD, PhD, can help you manage hypersensitive or immune system reactions to specific substances.

Some common conditions we treat include:

- Allergic skin conditions
- Asthma
- Food allergies
- Esophagitis
- Rhinitis
- Sinusitis
- Eosinophilic disorders
- Immunodeficiency disorders

Ask us about allergy screening. We offer extensive testing for suspected allergies and focus on treating all aspects of the immune system. For a convenient appointment with Dr. Le Benger or Dr. Pien, call **888-880-8239**.

If you believe you are experiencing hypersensitivity to a substance or have a condition that affects your immune system, you may want to consult your regular physician first. He or she can decide which specialists are right for your needs. If you are or someone else is experiencing a severe food-allergic reaction, however, call **911** (or an ambulance) immediately.

your child, including a limp or other favoring of a part of the body, a loss of enthusiasm for the sport, or a decline in performance.

Finally, a note of caution: If your child does get injured, remember that "no pain, no gain" is poor advice. Unhealed childhood sports injuries can cause lifelong damage, so even a minor injury may warrant a call to the doctor. ♦

BREAST CANCER:

WHEN FAMILY HISTORY REPEATS ITSELF

The women in your family may share the same curly hair and sense of humor—as well as some of the same health risks.

One disease that can run in families is breast cancer. While most cases are not inherited, having a sister or mother who has had this disease can double a woman's risk of getting it herself. The risk triples for women with a close relative who was diagnosed before age 50.

In some families, a history of breast cancer is caused by changes in certain genes. Two genes called BRCA1 and BRCA2, for example, are related to higher risks for breast cancer—as well as ovarian and possibly even colorectal cancer. Breast cancer caused by these genes

tends to occur earlier in life and involve both breasts.

If you have a family history of breast cancer, ask your doctor about some of the ways you can protect yourself. For example, you might discuss the pros and cons of getting mammograms before age 40—the recommended age for most women to start these screening tests. Other tests also may be helpful to determine your risks or check for early signs of breast cancer. You may also discuss the benefits and risks of taking a selective estrogen receptor modulator. This type of medicine can reduce the risk for breast cancer in high-risk women.

A healthy lifestyle is important, too. A recent study found that many women with strong family histories of breast cancer often don't make lifestyle changes. Risk-reducing strategies may include exercising, not smoking, staying at a healthy weight, eating plenty of fruits and vegetables, and limiting alcohol. ♦

➔ The Genetic Counseling Center at Summit Medical Group provides risk assessment and genetic testing for individuals and couples with concerns about breast cancer and many other conditions. Call 888-880-7012 to make an appointment.

Breast Health Services at Summit Medical Group

Managing your breast health can be an overwhelming process. Summit Medical Group is proud to announce a unique breast health service designed to specifically guide a woman through the breast health process.

Our specially trained Breast Health Navigator serves as care coordinator, easing your anxiety by guiding you through all aspects of breast care, including:

- Women's Imaging
- Breast Disease Diagnosis
- Physician Referral

- Oncology
- Breast Surgery
- Plastic Surgery
- Behavioral Health Services

Our Breast Health Navigator is knowledgeable in breast disease. She can facilitate physician recommendations for your care, provide educational information and support for you and your family, and act as overseer of all your breast health needs.

To find out more, call our Breast Health Services at 888-875-5642.



18 in Summit Medical Group Named to Castle Connolly's 'TOP DOCTORS' LIST

Summit Medical Group is proud to recognize the 18 doctors representing 17 medical services and specialties who have been named to Castle Connolly's America's Top Doctors list. Castle Connolly is a health care research and information company. Physicians are selected through a rigorous screening process, including peer review and peer nomination. These doctors represent the compassion and dedication of our entire team of physicians. We congratulate them on this noteworthy achievement.

Lloyd H. Alterman, MD, Nephrology
 Brian Beyerl, MD, Neurosurgery
 Avrim R. Eden, MD, Otolaryngology/Neurotology
 Sue Jane Grosso, MD, Radiology
 John Hurley, MD, Orthopedics
 Peter Hyans, MD, Plastic Surgery

John Knightly, MD, Neurosurgery
 Jed A. Kwartler, MD, Otolaryngology/Neurotology
 Kerry S. Le Benger, MD, Internal Medicine
 Jerrold S. Lozner, MD, General Surgery
 Richard S. Nitzberg, MD, Vascular Surgery
 Gary Pien, MD, Allergy/Immunology

Robert L. Rosenbaum, MD, Endocrinology
 R. Gregory Sachs, MD, Cardiology
 Robert D. Slama, MD, Cardiology
 Michael B. Wax, MD, Oncology/Hematology
 Hendricks H. Whitman, III, MD, Rheumatology
 Edward Zampella, MD, Neurosurgery

33 in Summit Medical Group Named to *New Jersey Monthly's* 'TOP DOCTORS' LIST

Summit Medical Group is proud to recognize the 33 doctors representing 19 medical specialties who have been named to *New Jersey Monthly* magazine's 2009 "Top Doctors" list. Doctors named to the list were recommended by their colleagues as those they would trust to treat their family and friends. These doctors represent the compassion and dedication of our entire team of physicians. We congratulate them on this noteworthy achievement.

Kerry Le Benger, MD, Allergy
 Scott Pacific, MD, Anesthesiology
 Andrew Beamer, MD, Cardiology
 Robert Slama, MD, Cardiology
 Gabriel Gruber, MD, Dermatology
 Barry Silver, MD, Dermatology
 Monib Zirvi, MD, Dermatology
 Jeffrey Le Benger, MD, Ear, Nose, and Throat
 Alexander Gnoy, MD, Ear, Nose, and Throat
 David Cooper, MD, Ear, Nose, and Throat
 Jeff Bauman, MD, Endocrinology
 Robert Rosenbaum, MD, Endocrinology
 Adam Barrison, MD, Gastroenterology

Joseph Belladonna, MD, Gastroenterology
 J. Scott Gillin, MD, Gastroenterology
 Richard Nitzberg, MD, General Surgery
 Lisa Mills, MD, Hematology/Oncology
 Michael Wax, MD, Hematology/Oncology
 David Schreck, MD, Emergency Medicine/
 Hospitalist
 Redentor Mendiola, MD, Infectious
 Disease/Travel Medicine
 Lawrence Nastro, MD, Infectious Disease/
 Travel Medicine
 Charles Gelber, MD, Nephrology/Internal
 Medicine

Eric Cohen, MD, Neurology
 Lisa Coohill, MD, Neurology
 John J. Knightly, MD, Neurosurgery
 Linda Hsueh, MD, Ophthalmology
 John Hurley, MD, Orthopedics
 Eric Mirsky, MD, Orthopedics
 Peter Hyans, MD, Plastic Surgery
 Reza Momeni, MD, Plastic Surgery
 Linda K. Lee, MD, Rheumatology
 John Siegal, MD, Urology
 Michael Volpe, MD, Urology

WHAT'S NEW WITH FLU THIS SEASON?

The H1N1 flu virus has been on many people's minds lately, especially since the World Health Organization designated it a global pandemic. The virus was originally known as swine flu because it had many genes in common with a similar influenza virus found in pigs in North America. However, scientists have discovered that the virus is actually very different from the one that normally affects pigs.

H1N1 has spread to all 50 states and more than 70 countries. That may sound scary, but keep in mind that most people in the U.S. who have gotten the virus have recovered fully without medical treatment.

With all the attention that H1N1 is getting, it's easy to forget that traditional flu season is just around the corner. Outbreaks can occur as early as October and peak during the winter months. In the U.S., more than 200,000 people are hospitalized and 36,000 die every year because of flu-related complications.

So how can you protect yourself and your family?

KEEP GERMS AWAY

Scientists have found several similarities between the H1N1 flu virus and seasonal flu. For instance, symptoms of both include fever, cough, sore throat, runny or stuffy nose, body aches, headache,

chills, and fatigue. Many people diagnosed with the H1N1 flu virus have also reported diarrhea and vomiting.

Seasonal flu and H1N1 appear to spread in the same way: from person to person through coughing or sneezing. Follow these precautions to avoid both:

- Cough or sneeze into a tissue and then throw the tissue away.
- Wash your hands frequently with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners work, too.
- To prevent the spread of germs, do not touch your eyes, nose, or mouth.
- Avoid sick people as much as possible.

YOUR BEST SHOT AGAINST FLU

As of this printing, there is no widely available vaccine to prevent the H1N1 flu virus. However, the Centers for Disease Control and Prevention still recommends getting an annual flu shot. The vaccine is the single best protection against the seasonal flu. Since viruses are constantly changing, the vaccine is different every year. It's designed to protect against the three viruses most likely to make people sick during the upcoming flu season.

Beginning in September, Summit Medical Group is offering vaccinations for protection against **seasonal flu**. For information on schedules and locations, please call **888-856-9837** or visit online at **www.summitmedicalgroup.com**. ♦

→ Are you looking for a primary physician or specialist? Check online at **www.summitmedicalgroup.com**. You can browse the list alphabetically, by specialty, or by location, and read about each doctor's background.

WHICH INSURANCE PLAN IS RIGHT FOR YOU?

Hundreds of insurance plans are available to our patients. Summit Medical Group works with your personal insurance to provide all the necessary information to appropriately pay for your services. We also try to identify your personal financial responsibility based on your insurance coverage. Ultimately, the responsibility for payment is yours. It is very important to understand your plan coverage and limitations as well as communicate with your insurance representative to ensure that you are informed about all aspects of your fiduciary responsibility. For a list of insurance plans we participate with, visit our website, **www.summitmedicalgroup.com/about/Insurance**. Our Patient Services representatives also offer expert assistance in helping you better understand health care plans. To speak with a trained Patient Services representative, please contact us at **908-790-6500**.



FREE LECTURES & EVENTS

All lectures will be held at Summit Medical Group, Education Center, 1 Diamond Hill Road, Berkeley Heights, NJ 07922, unless otherwise noted. Reservations required: 888-241-6981 or www.summitmedicalgroup.com/events

SEPTEMBER

Symptoms, Treatment, and Prevention of Hemorrhoids and Related Problems

Wednesday, September 30, 7 p.m.

Dr. Farshad Abir, General Surgeon

Sponsored by the Joseph E. Enright Foundation

Common in both men and women, hemorrhoids will affect half the population by the time they reach age 50. Learn what causes this condition to occur, symptoms, treatment and prevention methods, including nonsurgical techniques to relieve pain.

OCTOBER

Corrective Eyewear: Getting the Right Lenses for Your Lifestyle

Tuesday, October 6, 7 p.m.

James Kymer, licensed optician

In addition to choosing the right frames, lenses can be tailored to fit your needs. Learn more about advances in polarized, transition, and progressive lenses and find out which are best for you.

Food Allergies: Myths, Facts, and the Impact on Quality of Life

Thursday, October 8, 7 p.m.

Dr. Gary Pien, Allergist/Immunologist

Sponsored by the Joseph E. Enright Foundation

Take an inside look into the mechanisms of different types of food allergies, their various manifestations, and the evaluation and management of such conditions. Dr. Pien will also review anaphylaxis and treatment of acute allergic reactions, the impact of food allergies on families, plus ongoing research and clinical trials.

Thinking of Quitting Smoking?

Thursday, October 15, 7 p.m.

Pulmonologists Jon Bass, MD, and Howard Blaustein, MD; Gloria Dierberger, APN; Theresa Madden, PA-C; Karen Little, LPC; Walter Cifuentes, RPh; Risa Silverstein, Acupuncturist

Sponsored by the Joseph E. Enright Foundation

Join our panel of experts as they reveal the effects of smoking on your health and review various methods to overcome both the physical addiction and behavioral habit. You will learn about the benefits of acupuncture, behavioral modalities, and medications (over the counter and prescription), among other smoking cessation programs.

Preventing Sports Injuries of the Elbows & Knees

Wednesday, October 21, 7 to 9 p.m.

Dr. Stephen Kocaj and Dr. John Hurley, Orthopedists

Preventing joint and ligament injuries is crucial for the health and success of professional and amateur athletes. Learn strategies and tips to prevent elbow injuries in young throwing athletes and get specifics on an injury prevention program you can incorporate into your workouts to decrease ACL and knee injuries.

Memory Concerns of the Baby Boomer Generation

Thursday, October 22, 7 p.m.

Dr. Eric Cohen, Neurologist

Learn to distinguish between normal, age-appropriate memory loss and the development of Alzheimer's. Receive tips to combat memory loss and find out about computerized cognitive testing to assess cognitive health.

Breast Health and Women's Health Awareness Expo

Tuesday, October 27, 11:30 a.m. to 3 p.m.

Carol Boyer, RN, MSN, APN-C, and Theresa Galla, RT

Join us for education and information on breast health and women's overall health issues including genetic counseling, osteoporosis, nutrition, fitness, stress management, beauty and anti-aging strategies. **No reservations needed. Expo area in Café.**

What's in Your Medicine Cabinet? Personalized Drug Review

Wednesday, October 28, 10 a.m. to 2 p.m.

Walgreens Licensed Pharmacists Walter Cifuentes, RPh, and Astride Romelus, PharmD

If you have questions or concerns about your drug regimen, join our Walgreens pharmacists for a 15-minute one-on-one consultation. They will review such topics as drug interactions, optimal dosing times and side effects. Be sure to bring your current prescription and over-the-counter medications for your personalized consult. **No appointment needed. First come, first served.**

NOVEMBER

Herbal and Alternative Medicine 101

Thursday, November 5, 7 p.m.

Walgreens Licensed Pharmacists Walter Cifuentes, RPh, and Astride Romelus, PharmD

Herbal products are dietary supplements that people take to improve their overall health. This lecture will discuss dietary supplements, such as herbals, minerals, and vitamins, commonly used to treat cardiovascular disease and other conditions.

Are You Red Cross Ready?

Thursday, November 12, 7 p.m.

American Red Cross Colonial Crossroads Chapter

This presentation teaches you how to keep yourself and your family safe during a disaster or first aid emergency. Topics include having a disaster plan, preparing a first aid kit, and caring for shock. We will also cover fire prevention and how to keep your family safe from fire hazards this holiday season.

Basic Aid Training for Scouts

American Red Cross Colonial Crossroads Chapter

Visit www.ccnjredcross.org/class_schedule or call 908-273-2076 for DATES and REGISTRATION.

Basic first aid skills will be presented and taught to Scout troops and children grades 2-5. Skills covered include rescue breathing, choking, bleeding, animal bites, emergency response skills, and more.

CLASSES

Classes at Apogée Spa

Pilates Mat: Mondays, 5:15 to 6:10 p.m. with Jen

A great place to begin with pilates fundamentals.

Yoga: Mondays, 6:15 to 7:15 p.m. with Jen

Wednesdays, 5:30 to 6:30 p.m. with Karen

Join us for relaxing sessions of integrative yoga practice.

Apogée classes are held in the Lawrence Pavilion on the third floor, right outside the elevator. Please bring your own mat and pay for all classes in advance at Apogée Spa. Your Pilates/Yoga card will be initialed by the teacher at the end of each class. **Call Apogée Spa at 908-277-8900 for more details.**

➔ Summit Medical Group is now enrolling patients in a number of different clinical trials. For a regularly updated list of clinical trial opportunities, go to www.summitmedicalgroup.com/service/Clinical-Trials or contact Kelly Ritter, Clinical Trials Coordinator, at 888-504-5038 to learn more.



Your
Body
Is One
Integrated,
Intelligent
Network.

So Is
Summit
Medical
Group.

OVER 100 OF NEW JERSEY'S TOP
DOCTORS

40 SPECIALTIES FROM PEDIATRICS
TO SENIORS

ON-SITE IMAGING CENTER AND LAB
FOR FAST, ACCURATE DIAGNOSIS

MULTIPLE APPOINTMENTS IN
ONE DAY

24-HOUR ACCESS TO MEDICAL
ASSISTANCE

URGENT CARE CENTER

DAY SPA

CAFÉ

The systems in a healthy body are fine-tuned and work as one to achieve peak performance.

So is an ideal medical care system – like the one you'll find at Summit Medical Group.

With over 100 of New Jersey's top doctors and more than 40 medical specialties, we provide everything an individual or family needs – from checkups to specialized care, to scheduling appointments and our on-site labs, imaging services and Urgent Care Center.

Call us today for more information.

We'll have your medical care running smoothly in no time.



SUMMIT
MEDICAL
GROUP
Live well. Stay well.

BERKELEY HEIGHTS

1-888-241-8154

summitmedicalgroup.com

OTHER PRACTICE LOCATIONS

- ◆ SHORT HILLS ◆ WARREN
- ◆ SUMMIT ◆ WESTFIELD

To receive trusted, monthly e-health news, sign up at summitmedicalgroup.com/news15.



SUMMIT
MEDICAL
GROUP

Thrive

A FREE MONTHLY HEALTH e-NEWSLETTER

SIGN UP NOW TO GET OUR HEALTH E-NEWSLETTER DELIVERED EVERY MONTH

More people now go online to find health information than to look for sports scores or stock quotes or to do online shopping. To provide the community with credible online health information, Summit Medical Group has introduced its first free e-newsletter. Called *Thrive*, it is available to anyone with an e-mail address.

"We are committed to providing community members with health information they can trust to help them live well and stay well," said Robert W. Brenner, MD, MMM, chief medical officer for Summit Medical Group. "Our new e-publication will provide them with trusted health information they want in a form they can retrieve at any hour of the day or night."

Thrive offers a variety of informative articles—from information for expectant moms to advice on seasonal health concerns to ways to reduce the risk of heart disease.

"Every issue includes thoroughly researched articles with information that is critical for today's consumers so they can be better informed about their health," said Dr. Brenner. "Each issue also includes information on related services, educational programs, and events at Summit Medical Group. We hope everyone takes advantage of this great health resource."

If you've already signed up for the monthly e-newsletter, you know the kind of news-to-use *Thrive* delivers. If not, we have a special offer for new subscribers. The first 50 people who sign up will receive the beautifully illustrated, 36-page *Good Health, Great Food* cookbook shown at right.

➔ Be one of the first 50 to sign up and receive your free cookbook. Visit www.summitmedicalgroup.com and click on the "Sign up for *Thrive*" link.

