



SUMMIT  
MEDICAL  
GROUP

# healthyconnections

PICK UP YOUR PACE TO  
**GET IN SHAPE**

**ANXIETY**  
APPROACHES  
SHOW RESULTS

**FREE LECTURES**  
**AND EVENTS**



KNOW THE RIGHT RESPONSE  
TO **HEAD INJURIES**

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## A Message from the Chairman

Fall brings a myriad of activities to occupy our bodies and minds in the coming months.

With much to think about, excessive worry can complicate busy lives. If anxiety affects you or a family member, the article on Cognitive Behavioral Therapy offers help. This short-term counseling targets negative thoughts and beliefs that cause anxiety and returns people to happier lives.

Every year, millions of people sustain a head injury. In this issue, learn about symptoms and treatment for head injury from our Urgent Care Center. If you are admitted to a hospital for any reason, the information on our hospitalist program will bring peace of mind concerning the continuity and quality of care you can expect to receive.

This fall, we welcome new faces to our Group and expand our internal medicine, endocrinology, orthopedic and urology specialties with the expertise and talent of five new physicians. Also, check out our growing fall calendar, which offers events to meet a variety of health interests.

In everything we do, Summit Medical Group is committed to being the one resource for all your medical needs.

Yours in good health,



Jeffrey Le Benger, M.D.  
Chairman of the Board  
Summit Medical Group



## SUMMIT MEDICAL GROUP SERVICES

At our state-of-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](http://www.summitmedicalgroup.com) for in-depth information on our services and related links.

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

Learn how  
to thrive with  
our **FREE**  
e-newsletter!

## Latest Health Information E-Mailed Directly to You

Summit Medical Group now offers a free, monthly e-mail newsletter filled with vital health news. *Thrive* covers an array of health topics and offers take-charge tips for a healthy lifestyle.

You'll also learn about new technologies, procedures, and screenings at SMG. The e-newsletter's convenient format lets you quickly click on the topics that interest you.

**Sign up today for our FREE e-newsletter at [www.summitmedicalgroup.com](http://www.summitmedicalgroup.com).**

## SETTING AMBITIOUS GOAL PUTS MEDICAL DIRECTOR *Back on Healthy Track*

“My exercise routine was falling off,” says Robert Brenner, M.D., M.M.M., medical director at Summit Medical Group. “I enjoy an active lifestyle and needed a challenge to motivate myself to get back into shape.”

Dr. Brenner wanted to get healthy while incorporating his favorite activity, cycling. “It was something I’d been wanting to do personally,” he says. “I also have diabetes in my family and, through proper diet and exercise, want to curtail any possibility of the disease in myself.”

Dr. Brenner decided to combine his personal goal and health goal into one unique experience: The Longest Day Bike Ride, which he and other cyclist friends completed on Saturday, June 14.

His commitment to exercise goes beyond disease prevention. “As a doctor, I know well the benefits of regular physical activity. It helps prolong the



A desire to kick-start his fitness routine prompted Dr. Brenner to pedal 215 miles with his cycling friends. Dr. Brenner is in the center of the group, holding a silver bike. Next to Dr. Brenner is Summit Medical Group physician, Dr. Jed Kwartler, with a red bike.

time you can be active during your life, doing the things you love.”

Dr. Brenner researched how to train for and complete a ride like The Longest Day. His research showed it would be a very time-consuming, rigorous process. Excited by the possibility of achieving such a goal, he modified the training schedule to fit into his life.

“I broke it down and made it realistic,” Dr. Brenner states. “I had my job and my family to consider. I also knew that I couldn’t do it alone, so I enlisted the help of some friends to form a cycling team for this event. In planning the ride, we thought it would be a great idea to raise funds for the Joseph E. Enright Foundation.” The foundation is named for a former Summit Medical Group physician and its mission is one that Dr. Brenner and many of his colleagues at the Group support.

All the training and preparation were put to the test as the cyclists gathered at 5:15 a.m. on June 14 in the Port Jarvis/High Point area of New Jersey

for the 215-mile trek to Cape May.

The team kept an appropriately steady pace through 94-degree heat and high humidity, taking breaks as needed. Each team member had calculated in advance what his caloric and fluid intake should be that day to reach the finish line.

At 9:35 p.m., the team reached the Cape May Lighthouse.

“It was quite an achievement,” says Dr. Brenner. “And it helped me get back to a healthier lifestyle. I don’t recommend you bike over 200 miles in one day as an exercise routine, but think about what you’d like to do for your own health and how you’d like to get there. Set a health goal and break it down into manageable parts—it’s absolutely doable.” ♦

➔ If you are beginning or resuming a fitness routine or have a health goal you’d like to discuss with a doctor, call Summit Medical Group. Make an appointment with one of our board-certified internists at 888-241-8237 to get started on the road to good health.

### New Option for Heart Failure Patients in Berkeley Heights

Summit Medical Group now provides its heart failure patients with greater access to advanced heart failure treatment services at the Berkeley Heights campus. The addition of the Heart Failure Transplant and Treatment program, offered through Saint Barnabas Heart Center at Newark Beth Israel Medical Center, provides the most advanced treatment options available for congestive heart failure. Patients of the Group who require intensive treatment, but are not candidates for a heart transplant, may benefit from participation in program research studies and clinical trials.

Through the program, patients have improved access to cutting-edge treatment and services in addition to the Group’s expertise in cardiac imaging, including MRI, echocardiography, and 64-slice coronary CT angiography. To schedule a consultation, call **888-241-8157**.

## IS IT A CONCUSSION OR *something worse?*

**E**very year, millions of people sustain a head injury. Most of these injuries are minor because the skull provides the brain with considerable protection. More than half a million head injuries a year, however, are severe enough to require hospitalization.

“Any injury to the head that causes a brief loss of consciousness, confusion, or dizziness can be considered a concussion, which is the most common type of traumatic brain injury,” says Scott Greenstone, R.N., clinical manager of the Urgent Care Center at Summit Medical Group.

### WHAT TO LOOK FOR

Some of the immediate signs of a concussion include:

- Blank stare
- Responding slowly to questions
- Confusion that does not resolve quickly
- Stumbling when walking
- Ringing in the ears
- Brief loss of consciousness

People who have had a concussion also may have a headache, dizziness, vomiting or lack of awareness of their surroundings for hours after the head injury. Days or weeks later, other problems may pop up, such as light-headedness, poor concentration, blurred vision, frequent crying in children, fatigue, and problems sleeping or with memory.

If the injured person can't explain what happened, look for clues and ask witnesses. In any serious head trauma, always assume the spinal cord is also injured; the victim should not be moved in any way and 911 should be contacted immediately.

### WHAT TO DO

A doctor or urgent care facility should be contacted immediately if the person has lost consciousness for any amount of time or if any other symptoms get worse or start up days or weeks later. Otherwise, rest is the only way to care for a mild concussion. Children should not rush back into activities until all symptoms

have cleared. Any subsequent concussion could lead to brain damage or even death.

“Signs of a more serious head injury—requiring emergency medical treatment—include convulsions, fracture in the skull or face, and inability to hear, see, taste or smell,” says Lois O’Sullivan, R.N., of the Urgent Care Center at Summit Medical Group.

Taking safety precautions is a good way to avoid head injuries. Helmets offer great protection, and mouth guards can help lessen injury to the brain if an athlete is hit in the jaw or chin. And if there are soccer players in the family, make sure they learn the right way to “head” the soccer ball. ♦

➔ Patients arriving at the Urgent Care Center at Summit Medical Group are triaged by an Advanced Cardiac Life Support certified registered nurse and evaluated by a board certified emergency physician. When leaving the Urgent Care Facility, seamless continuity of care will be arranged for you with appropriate specialists or the Emergency Department. The Urgent Care Center is open every day: Monday to Friday 8:30 a.m. to 9 p.m., Saturday and Sunday 8 a.m. to 5 p.m. No appointment is necessary. Call 888-241-8391 or visit [www.summitmedicalgroup.com](http://www.summitmedicalgroup.com)



## Medicare Eligibility and Coordination of Benefits

If you become eligible for Medicare benefits and you or your spouse has health insurance coverage from an employer, Medicare will not always become your primary health insurance. The size of your or your spouse's employer determines this: If the employer has 20 or fewer employees, Medicare becomes the primary insurance. If not, then the employer's health insurance remains primary and Medicare is secondary.

Should you have further questions about coordination of benefits, please call our patient accounts department at 908-790-6500.


**JEFFREY BLITSTEIN, M.D., UROLOGY**

Dr. Blitstein received a B.S. with honors in BioPsychology and Cognitive Science at the University of Michigan in 1997. In 2001, he earned his Doctor of Medicine, cum laude, from SUNY Downstate Medical School. Dr. Blitstein completed his residency at SUNY Downstate Medical School in the Department of Surgery from 2001 to 2003 and the Department of

Urology from 2003 to 2007. Most recently, he completed a fellowship in Laparoscopy, Robotics and Endourology at Albert Einstein College of Medicine.


**DAVID D. BULLEK, M.D., ORTHOPEDICS**

Dr. Bullek received his B.A., magna cum laude, from the College of the Holy Cross, Worcester, Mass., in 1983. He was a scholarship football player earning Academic All-American honors his senior year. He earned his Doctor of Medicine in 1987 at the University of Medicine and Dentistry of New Jersey—Robert Wood Johnson Medical School and completed both his Surgical

Internship and Orthopedic Surgical Residency at Columbia Presbyterian Hospital, New York, N.Y. Dr. Bullek continued his education by completing a Knee Reconstruction and Sports Medicine Fellowship at Insall Scott Kelly Institute for Orthopedics and Sports Medicine at Beth Israel Medical Center in New York. Dr. Bullek specializes in sports medicine and knee, hip and shoulder replacement surgery. He has been in practice in Westfield, N.J., since 1984.

Dr. Bullek is Board Certified in Orthopedic Surgery.


**DAVID M. DERAMO, M.D., ORTHOPEDICS**

Dr. Deramo received his B.S. in Biology, cum laude, from Duke University, Durham, N.C., in 1997. In 2001 he earned his Doctor of Medicine from the University of Medicine and Dentistry of New Jersey, Newark, N.J. He completed his residency in Orthopedic Surgery at State University of New York at

Stony Brook from 2002-2006. From 2006 to 2007, Dr. Deramo also completed a fellowship in Sports Medicine at Union Memorial Hospital in Baltimore, Md., where he was an assistant team physician for the NFL's Baltimore Ravens and MISL's Baltimore Blast. He also served as assistant team physician for Johns Hopkins University, Loyola College, and Morgan State University athletics.

Dr. Deramo specializes in arthroscopic procedures, including complex surgery of the shoulder and knee and is also Board Eligible in Orthopedic Surgery.


**MICHAEL J. BLECKER, M.D., F.A.C.P., INTERNAL MEDICINE**

Dr. Blecker, a graduate of Rutgers University, received his Doctor of Medicine from Jefferson Medical College, Philadelphia, Pa., in 1971. After a residency in internal medicine, military service, and a pulmonary fellowship, he served as an attending physician in the Medicine and

Emergency Medicine Departments at St. Vincent's Hospital and Medical Center, New York, N.Y., for more than 25 years, beginning in 1979. During that time he participated in the acute care of victims of both World Trade Center attacks. Most recently, he was an attending physician in the Emergency Department at Lenox Hill Hospital, New York, N.Y.

Dr. Blecker is Board Certified in Internal Medicine and a Fellow of the American College of Physicians.


**ALBERT B. THROWER, M.D., ORTHOPEDICS**

Dr. Thrower received his B.S. from Emory University in 1973 and completed his Doctor of Medicine at Hahnemann Medical College, Philadelphia, Pa. Dr. Thrower also completed his general surgery residency and orthopedic residency at the Hospital of the University of Pennsylvania, Philadelphia, Pa. He served as resident in pediatric

orthopedics at the Children's Hospital of Philadelphia in 1981. He has been practicing orthopedic surgery in Westfield since 1982 and founded the Center for Orthopedic Surgery-Sports Medicine in Westfield, N.J. Dr. Thrower has been on the staff at Overlook Hospital since moving to Westfield and recently acted as chief for the section of Orthopedic Surgery at Overlook Hospital in Summit, N.J. He has a special interest in shoulder and knee disorders and has served as the team physician for several local high schools.

Dr. Thrower is Board Certified in Orthopedic Surgery.


**AMY TOSCANO-ZUKOR, D.O., ENDOCRINOLOGY**

Dr. Toscano-Zukor received a B.A. with high honors in Biological Sciences from Douglass College, Rutgers University, and earned her Doctor of Osteopathy from the University of Medicine and Dentistry of New Jersey—School of Osteopathic Medicine in 2003. In 2006, she completed her internal medicine

internship and residency at UMDNJ—Robert Wood Johnson Medical School, New Brunswick, N.J. In 2008, she completed an Endocrinology fellowship at UMDNJ-RWJMS. Dr. Toscano-Zukor is board certified in Internal Medicine and Board Eligible in Endocrinology.

# Short-Term Counseling CAN HELP OVERCOME ANXIETY

Most people see great improvement in their worry and anxiety within six to 10 sessions, with these improvements lasting a lifetime.

Everyone worries sometimes, but for some people worrying interferes with work, family, and social lives.

They may lose sleep over things they cannot control, or even avoid people and places due to their persistent concerns. This worry may also lead to anxiety that causes physical symptoms such as sweating, shaking, a racing heart, and shortness of breath.

One of the most effective forms of treatment for anxiety and worry is Cognitive-Behavioral Therapy. This form of counseling is available at Summit Medical Group's new Behavioral Health and Cognitive Therapy Center in Berkeley Heights.

Cognitive-Behavioral Therapy is a structured form of treatment that targets negative thoughts and beliefs that cause worry and anxiety.

## UNDERSTANDING ANXIETY

"It's not just the events in our lives that can cause anxiety, it's how we think about those events that can cause

anxiety," explains James Korman, Psy. D., A.C.T., director of the Behavioral Health and Cognitive Therapy Center.

People with anxiety have negative and often catastrophic thoughts, according to Dr. Korman. They ruminate over bad events that have a low likelihood of happening but which they believe are right around the corner.

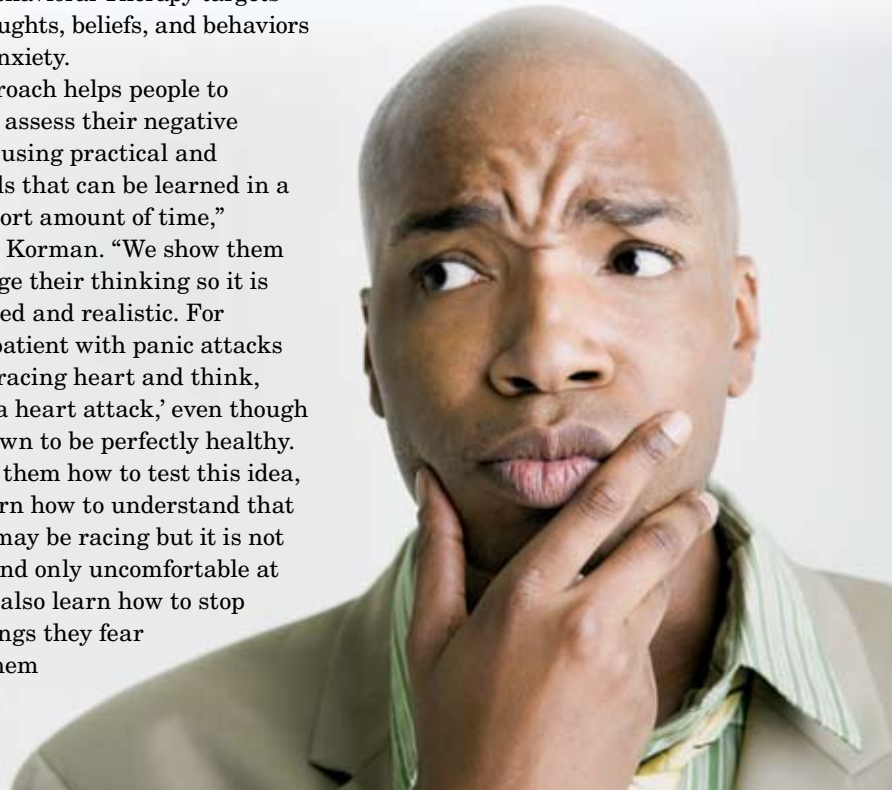
## CHANGING THINKING TO EASE WORRY AND ANXIETY

Cognitive-Behavioral Therapy targets negative thoughts, beliefs, and behaviors that cause anxiety.

"This approach helps people to identify and assess their negative thoughts by using practical and effective tools that can be learned in a relatively short amount of time," explains Dr. Korman. "We show them how to change their thinking so it is more balanced and realistic. For example, a patient with panic attacks may have a racing heart and think, 'I'm having a heart attack,' even though they are shown to be perfectly healthy. By teaching them how to test this idea, they can learn how to understand that their heart may be racing but it is not dangerous and only uncomfortable at worst. They also learn how to stop avoiding things they fear will cause them to panic."

Cognitive-Behavioral Therapy also works more quickly than traditional therapy. Most people see great improvement in their worry and anxiety within six to 10 sessions, with these improvements lasting a lifetime.


Dr. Korman states that "studies show that people who learned Cognitive-Behavioral Therapy are much less likely to see their anxiety return, compared with people who take medication or have traditional types of treatment." ♦



## Anxiety disorders that can be treated with Cognitive-Behavioral Therapy include:

- **Generalized anxiety disorder:** Intense worrying with a persistently high level of tension
- **Panic disorder:** Intense physical symptoms coupled with terror or fear
- **Obsessive-compulsive disorder:** Using rituals to control upsetting thoughts, such as repeated hand washing to control fears of germs

- **Phobias:** Intense fear of specific things, such as bridges or snakes
- **Social anxiety disorder:** Intense fear of being judged by others and avoiding social situations

 To make an appointment with one of our cognitive behavioral therapists, please call the Behavioral Health and Cognitive Therapy Center at 654 Springfield Avenue, Berkeley Heights, 888-241-8465.

# 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 [events@smgnj.com](mailto:events@smgnj.com).

## ART EXHIBITION

### "Partners in Nature"

**Opening Reception: Thursday, September 18, 5 p.m. to 8 p.m.**

**Through November: Monday to Friday, 8 a.m. to 6 p.m.; Saturday, 9 a.m. to 3 p.m.**

Location: Lawrence Pavilion Lower Lobby Gallery  
This free exhibit features paintings by Watchung, N.J., artists Lisa Brown and Fermin Martinez.

## UPCOMING LECTURES

### Nutrition & Cholesterol

**Tuesday, September 23, 7 p.m.**

**Sue Canonic, Registered Dietitian**

**Kimberly Prado, NP-C, Lipid Specialist**

**Sponsored by the Joseph E. Enright Foundation**

Join us for in-depth look into the role of nutrition on wellness and prevention and the many aspects of cholesterol, including lipid profile, hypercholesterolemia, treatment options and prevention strategies.

### Osteoporosis Update '08

**Amy Toscano-Zukor, DO**

**Thursday, September 25, 7 p.m.**

Osteoporosis is a disease in which bones become fragile and can easily break. It has no symptoms in its early stages and is a public health threat to more than 44 million Americans. Learn how to identify your risk factors for osteoporosis, and about diagnosis, prevention, and treatment.

### Updates in Multiple Sclerosis

**Thursday, October 2, 7 p.m.**

**Dr. Lisa Coohill, Neurologist**

Those living with and dealing with multiple sclerosis will learn about the latest advances in treating and managing MS and hear from a patient advocate with MS.

### Breast Cancer Awareness Panel

**Wednesday, October 22, 7 to 9 p.m.**

**Dr. Cunningham, Surgical Oncologist**

**Dr. Hyans, Plastic and Reconstructive Surgeon**

**Dr. Mills, Medical Oncologist**

**Pathways Breast Cancer Teaching Program**

**Sponsored by the Joseph E. Enright Foundation**

This interactive panel session will be of special interest to newly diagnosed breast cancer patients and caregivers wanting to learn in-depth about breast health and a breast cancer diagnosis.

### Basic Aid Training for Scouts

**Thursday, October 23, 4:30 to 5:30 p.m.**

**American Red Cross, Colonial Crossroads Chapter**  
Basic First Aid skills will be taught to Scout troops and children in grades 2-5. Includes rescue breathing, choking, bleeding, animal bites and more.

### Acoustic Neuroma: Treatment Options and Quality of Life

**Saturday, October 25, 11:30 a.m. to 4:30 p.m.**

**Sponsored by the Acoustic Neuroma Society of New Jersey**

This miniconference focusing on quality of life will provide information and support to patients, their families and friends. There will also be a caregivers' support group meeting and a patients' panel. For details or to register, call **609-683-4650**, e-mail [info@ananj.org](mailto:info@ananj.org) or visit [www.ananj.org](http://www.ananj.org).

### Avoid Billing Surprises

**Monday, October 27, 5:30 to 6:30 p.m.**

Our informative seminar explains internal billing processes, general insurance benefits, and carrier-specific jargon. Reservations required. Call **908-277-8896**.

### First Trimester & Beyond

**Thursday, November 6, 7 p.m.**

**Lynda Witcowski, ANP-C, OB/GYN**

**Kathy Mueller, ANP-C, Pediatrics**

**Sponsored by the Joseph E. Enright Foundation**

First-time moms and dads will learn what to expect during all three trimesters of pregnancy: preparations needed, what to look for in a pediatrician, and essential nursery items.

### Keeping Your Baby Safe

**Thursday, November 13, 7 p.m.**

**Presented by the American Red Cross, Colonial Crossroads Chapter**

General overview of infant first aid, conscious choking and breathing emergencies, and how to keep a "baby safe" home.

### Infant CPR Certification

**Thursday, November 20, 6 to 9:30 p.m.**

**Presented by the American Red Cross, Colonial Crossroads Chapter**

Learn to recognize and care for life-threatening respiratory or cardiac emergencies in infants and

children up to 12 months.

**Fee: \$40 per person. Register with American Red Cross at 908-273-2076 ext. 22 or at [www.ccnjredcross.org/community\\_classes](http://www.ccnjredcross.org/community_classes).**

### Live Well Program in Pediatric Weight Management Beginning in January 2009.

Our 10-week multidisciplinary program for youngsters ages 9 to 12 is designed to change eating and physical activity behaviors. There is a fee for the program. To learn more, call Jane Simmons at **908-277-8742**.

### Mother-Daughter Makeovers from the Inside Out: A day of Empowerment for Women and Girls (ages 10+)

**Date: Saturday, October 18, 10 a.m. to 2:30 p.m.**

**Keynote speaker: Courtney E. Martin, author of**

**"Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body."**

**Eating Disorders Association of New Jersey**

This workshop will actively engage women and girls as they explore and challenge their beliefs about themselves, their bodies, and body image. For more information, visit the Eating Disorders Association of New Jersey at [www.edanj.org](http://www.edanj.org) or call **732-549-6886**.

**Fee: \$20 per person, including lunch**

**Register at 732-549-6886 by October 10;**

**seating is limited.**

## CLASSES

**Yoga, offered by Apogee Spa**

**Mondays, 5:15 to 6:15 p.m.**

**Location: Exercise Room LG-400**

Join us for relaxing sessions of integrative yoga practice. Class size is limited. Series of 10 classes: \$80. Walk-ins: \$12 per class. Call Apogee Spa at **908-277-8900** for more details.

## SUMMIT MEDICAL GROUP WELCOMES

**Walgreens**  
The Pharmacy America Trusts • Since 1901

Watch for a September 2008 Opening of the new 1,200 square-foot pharmacy, located at 1 Diamond Hill Road, in the Education Center next to the Café. Patients within a 10-mile radius of the Berkeley Heights campus will receive free delivery.

Postmaster: Please deliver  
within September 15-19.

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, from 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.



BERKELEY HEIGHTS

1-888-241-8154

[summitmedicalgroup.com](http://summitmedicalgroup.com)

**OTHER PRACTICE LOCATIONS**

- ◆ SHORT HILLS ◆ WARREN
- ◆ SUMMIT ◆ WESTFIELD

To receive trusted, monthly e-health news, sign up at [summitmedicalgroup.com/news15](http://summitmedicalgroup.com/news15).

## HOSPITALISTS WORK FOR YOU

If you need to be admitted to a hospital for any reason, your medical team will include a specialist you may not have heard of before: the hospitalist.

Working closely with your primary care physician, the hospitalist will handle your care during your hospital stay. Summit Medical Group employs full-time physician hospitalists at nearby Overlook Hospital to coordinate care for Summit Medical Group patients while they are hospitalized.

A Summit Medical Group hospitalist is an M.D. or D.O., board certified in internal medicine, who is available 24 hours a day and in frequent contact with your primary care physician. He or she can assist you when you are:

- In the Emergency Room
- In inpatient wards
- In critical and intensive care units

Your hospitalist is also available to answer any questions and concerns your family may have.

"Because your hospitalist is dedicated to hospital care, he or she is familiar with all aspects of the hospital and able to streamline necessary tests and special consultations," says David Schreck, M.D., director of the hospitalist program at Summit Medical Group. "A hospitalist's knowledge not only improves the stay time of a patient, but also the careful attention to interpersonal communication that can improve the quality and efficiency of care." During your stay a hospitalist will:

- Examine you
- Discuss your needs with your primary care physician
- Coordinate all exams, tests, and treatments
- Share information on your health condition with you and your primary care physician
- Send your primary care physician a summary of your hospital records and medications
- Arrange for your follow-up care after you leave the hospital
- Prescribe the medicines you need when you leave the hospital

➔ Call 888-241-8601 or visit our website at [www.summitmedicalgroup.com/service/Hospitalist/](http://www.summitmedicalgroup.com/service/Hospitalist/) to learn more about our Summit Medical Group hospitalists.

