



healthyconnections

BLEND OF EASTERN, WESTERN MEDICINE
EXPANDS PATIENTS' OPTIONS

PAGE 3

HELP YOURSELF, HELP MEDICAL
SCIENCE

MEET OUR NEW PRESIDENT AND CEO



A Message from the Chairman

Summit Medical Group is pleased to introduce our new president and CEO, Dr. Simon J. Samaha, on page 5. We look forward to having the benefit of his expertise and knowledge.

Also new to our Group is the field of Integrative Medicine, including acupuncture. Learn more about how we are expanding patient options for treatment, on page 3.

The Electronic Health Record (EHR) is a computerized version of your medical chart that allows your doctor to quickly and accurately document and retrieve your medical history. Throughout the Group, EHR with e-prescribing has been in use for the past two years. It is the most accurate and updated source of patient information. Find out how we use it in our Urgent Care Center, on page 6.

If you are struggling with a decision to quit smoking, read about the numerous benefits you will gain from taking this important health-saving step, on page 8. And we're here to help you along that journey, offering smoking cessation assistance and a plan to go entirely smoke-free at all of our locations in April.

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-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 in-depth information on our services and related links.

Adolescent Medicine	Medical Spa
Allergy	Nephrology
Ambulatory Surgery	Neurosurgery
Anesthesiology	Neurotology
Audiology	Nutrition
NEW: 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
NEW: Corporate Health	Pediatrics
Coumadin Clinic	Pediatric Weight Management
Dermatology	Pharmacy: NEW
Diabetes Live Well Program	Physiatry
Emergency Medicine	Physical Therapy
Endocrinology	Plastic Surgery
ENT	Podiatry
NEW: 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

Coming Soon to Summit Medical Group: Evening Primary Care



Beginning in early April, Summit Medical Group will offer expanded primary care services for adults in the evenings, Monday through Friday, from 5 to 9 p.m. With this new service, patients who cannot take time off for daytime appointments will be able to make evening appointments in advance with the primary care physician of their choice for continuous care, well visits and episodic problems. Seasoned family practice physicians, internists, as well as nurse practitioners and physician assistants will be part of the caregiving team. Patients will be seen in the On-Call Office, Suite A, now to be known as the Evening Primary Care practice. On-Call services remain available through the Evening Care practice. **For an appointment that fits your busy schedule, call 908-277-8800.**

BLEND OF EASTERN, WESTERN MEDICINE *Expands Patients' Options*

Spa. The gentle-sounding word conjures images of a tranquil place to relax and rejuvenate. Summit Medical Group's Apogée Spa, though, is much more, taking clients a step deeper into health and wellness.

The state-of-the-art facility offers a coordinated approach to integrative medicine as well as traditional spa services.

Integrative medicine refers to the blending of effective complementary therapies from disciplines such as Chinese medicine with Western techniques, explains Eileen Klein, M.D., F.A.C.P., internist and medical director of Apogée Spa. Dr. Klein oversees the Group's integrative health initiative.

"Services such as massage, energy therapy, and acupuncture offer a wonderful adjunct to other healing modalities offered by Summit Medical Group," says Dr. Klein. "These services give us new ways to partner with patients and improve their health and vitality. They also offer patients effective treatment for pain—without the side effects associated with narcotics," she notes.

ACUPUNCTURE: EFFECTIVE PAIN MANAGEMENT

Rohit Oza, M.D., a physical medicine and rehabilitation specialist at the Group, says that acupuncture has come so far in the medical community that he no longer considers it alternative therapy. "If a patient has chronic pain, I

will offer them acupuncture as an option alongside other treatments such as physical or injection therapy," he says.

This is a significant shift from medical thinking even a few years ago, Dr. Oza points out. "In my fellowship, we used acupuncture—but only after we tried everything else. But now, as part of Summit Medical Group's integrative health initiative, I can offer acupuncture at any point in the pain management spectrum when I feel it will benefit the patient."

Both Drs. Oza and Klein say that a patient must be open to acupuncture, because it typically works over time. But Dr. Oza says he is pleased to practice in the Group's multidisciplinary setting. "I can refer a patient for treatment and be assured of care quality," he says.

A PASSION FOR INTEGRATIVE CARE

Personal experience plays a role in Dr. Klein's passion for integrating complementary therapies into patient care. "After a car accident several years ago, I was in pain," she recalls. "Acupuncture, as well as chiropractic care with the Group's chiropractor, Dr. James McDaid, were the only things that worked for me.


"I'm thrilled Summit Medical Group is responding to patient demand for new solutions and looking to the future of health care," Dr. Klein adds. "I hope more patients will experience the immense benefits of our approach as they access our services." ♦

➔ Talk with your physician or call Apogée Spa at 800-504-5034 to discover whether one of these complementary therapies could help you.

Appointment No-Shows Are a No-No

Some people may think that not showing up for a medical appointment is no big deal. Unfortunately, skipping a scheduled and confirmed appointment takes time away from those who may be very ill and need to see a physician for a same-day appointment. If you can't keep your appointment, please call the physician's office as soon as possible to let them know.

Help Yourself, *Help Medical Science* Clinical Trials Available at Summit Medical Group



Would you like to have access to new medical treatments that aren't yet widely available? Or maybe you'd like the satisfaction of knowing you have contributed to advances in medicine. If either—or both—of these appeal to you, consider the new treatment opportunities available through Summit Medical Group's clinical trials program.

Clinical trials are research studies that test how well new medical treatments or interventions work. Participation in a clinical trial is entirely voluntary. Your doctor may recommend that you participate in a particular study or you may apply yourself for a trial that interests you. Each clinical trial has specific guidelines about who can participate.

Once you become a participant in a clinical trial, all doctor visits, lab work, and medications associated with the study are provided to you at no cost.

Every clinical trial at Summit Medical Group is reviewed by our Research Review Committee—composed of physicians and staff members—to determine the scientific and ethical merits of the trial and maximize patient safety. Each clinical trial is also reviewed and approved by an outside, independent review board.

“All participants in our clinical trials are very closely monitored and are in constant contact with me and the doctors involved in the study,” explains Kelly Ritter, Clinical Trials Coordinator.

Summit Medical Group offers participation in clinical trials related to arthritis, asthma, diabetes, and oncology. ♦

➔ **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 Insurance and Your Surgery

The dollar amount covered for your surgery depends on your insurance carrier and benefit plan. Many benefit plans have a larger patient cost-sharing component, meaning you may be responsible for a higher deductible or higher co-insurance. Patients should review their Schedule of Benefits and contact their insurance carrier with questions.

Prior to your surgery, we will contact your insurance carrier to get specific benefit information and, if necessary, may contact you to collect a deposit. You will be billed any additional financial responsibility after your claim has been processed by your insurance carrier. Please note that if you have your surgery at our Ambulatory Surgery Center (ASC) you will receive two bills from Summit Medical Group—one for the surgeon and anesthesiologist fees and one for the ASC (facility) fee.

Should you have further questions about your surgery bills, please contact our patient accounts department at 908-790-6500.

SIMON J. SAMAHA BRINGS BROAD EXPERTISE TO SUMMIT MEDICAL GROUP

Simon J. Samaha, M.D., began his new role as president and chief executive officer of Summit Medical Group in December. An experienced executive leader, Dr. Samaha possesses a wealth of strategic planning, operations, business development, information systems, and fiscal expertise.

Most recently, Dr. Samaha served as senior executive vice president and chief medical officer at Cooper University Hospital in Camden, N.J., where his responsibilities



included oversight of the 375-member University Physicians Practice.

Since 1993, Dr. Samaha held positions of successively increasing responsibility at Cooper, where he completed his medical internship and then joined the Department of Internal Medicine. After serving for almost two years as medical information officer, he assumed the role of vice president and chief information officer in 2001.

Subsequently, he served as acting chief operating officer and chief information officer/vice president of Information Technology. He was appointed senior vice president of clinical operations at Cooper in 2004, where he had direct oversight of most clinical departments, including Information Technology, Laboratory, Pharmacy, Radiology, and quality programs. In 2007, Cooper was named one of the “Most Wired” health care organizations in the country.

Dr. Samaha received his M.B.A. from the N.Y.U. Stern School of Business, his M.S. in Information Systems from Drexel University, and was named one of *Modern Healthcare* magazine’s “2001 Up and Comers.” He received his medical degree from Saint Joseph University in Lebanon, is board certified in internal medicine, and practiced in internal medicine until 2004. ♦

Summit Medical Group's Reputation? 'Priceless'

WHAT ATTRACTED YOU TO THE GROUP?

I was attracted by the opportunity to lead a unique organization to the next chapter in its success story.

WHAT'S OUR GREATEST ASSET?

There are many pieces to the SMG story that have the potential to become one phenomenal picture. Our multidisciplinary approach and our electronic health record are key pieces of the picture. The capital investments we have made are above what any physician practice would make. Our reputation in the market is priceless. And, of course, the people of Summit Medical Group are its greatest asset. They have a wonderful entrepreneurial spirit, combined with a sincere commitment to the organization and to providing world-class care.

HOW WOULD YOU DESCRIBE YOUR MANAGEMENT STYLE?

Four words:

- Learn
- Communicate
- Collaborate
- Succeed

WHAT ARE YOUR OUTSIDE INTERESTS?

I enjoy golf and like to ski with my family. I also enjoy cooking. I take lessons in fusion cuisine with the Culinary Institute of America. Most recently, I made sushi rolls, twice-cooked dumplings, and chicken satay for a friend's party. I'm a very good cook!

Survey Says: We Couldn't Have Done It Without You!

Over the past year, we sent satisfaction surveys to randomly selected patients for their feedback, to help us initiate a comprehensive effort to improve the patient experience at Summit Medical Group.

The feedback provided was invaluable to us, and the improvements we've made based on that feedback earned us a Press-Ganey 2008 Success Story Award. We thank all of you who took the time to fill out

the survey, as well as those of you who let us know in other ways what we could do to serve you better. We continue to send out random surveys and if you receive one, please help us help you by filling it out and sending it back. Of course, we welcome your comments at any time—visit www.summitmedicalgroup.com/about/Contact_Us/ to get in touch.

Move to Electronic Records *Streamlines Care*

The next time you have an appointment at Summit Medical Group, see if you notice something missing. That something—long a mainstay of medical offices—is the paper medical record.

In their place, Summit Medical Group is now utilizing a state-of-the-art electronic health record, or (EHR), to store all patient medical information. The array of information available on the EHR includes demographics, progress notes, problems, medications, vital signs, allergies, past medical history, immunizations, laboratory data, and radiology reports.

The benefits of electronic records are apparent throughout Summit Medical Group, where the system assists the staff and physicians alike by streamlining the workflow.

Every department utilizes the EHR, but the system is particularly useful in the Urgent Care Center. At an often-stressful time, patients and family members can be assured that health providers have the most up-to-date information to provide the safest, highest-quality care possible. Past imaging studies or labs can quickly and easily be compared with current studies performed in the Urgent Care Center, enabling physicians to give more accurate and timely diagnoses. In addition to safer, higher-quality care, the EHR also allows improved follow-up visits with primary care physicians or specialists throughout Summit Medical Group. Information captured in the EHR is more legible and immediately available for any office providing follow-up care than the old paper records. The EHR also provides a standardization of forms, terminology and abbreviations, and data input, helping reduce errors associated with handwritten documentation.

Speedier patient registration is another benefit of the EHR at Summit Medical Group. Saving time in registration means the staff can respond more quickly to patients' needs. Since many of the patients who come to the Urgent Care Center have been to Summit Medical Group in the past, most of the information needed to register is already in the system.

→ **Once at the Urgent Care Center at Summit Medical Group, you will be triaged by an ACLS certified registered nurse and evaluated by a board certified emergency physician. You can rest assured that when leaving the Urgent Care Center, 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**

Vote of Confidence for Urgent Care Center

Summit Medical Group's Urgent Care Center has been awarded a Certificate of Accreditation from The American Academy of Urgent Care Medicine. Our accreditation is a benchmark of excellence in the health care industry and a symbol to our patients that our Urgent Care Center is committed to providing the highest quality urgent care.





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

APRIL

Looking Younger Without Surgery: Myth or Truth
Wednesday, April 1, 7 p.m.

Dr. Reza Momeni and Dr. Peter Hyans, Plastic Surgeons
Is it really possible to turn back time without the use of a scalpel? Find out about all the great advances in cosmetic medicine in the past few years.

Breathe Deeply: Celebrating Earth Day Through Art

Opening and Reception: Thursday, April 2, 5 to 8 p.m.; exhibit continues through June 10
Lawrence Pavilion, Lower Lobby Gallery

This exhibit, featuring the artwork of Liron Sissman, celebrates the Earth through the ephemeral beauty of flowers and the serenity found in trees and water. Refreshments served.

Babysitter's Training Camp & CPR/First Aid Certification

Monday-Wednesday, April 6-8, 9 a.m. to 12:30 p.m.
American Red Cross, Colonial Crossroads Chapter.

This camp teaches prospective babysitters how to care for children and stay safe in any babysitting situation. Students will receive certifications in Babysitter's Training, Child and Infant CPR, and Standard First Aid. **For FEE and REGISTRATION information, contact American Red Cross at: 908-273-2076 or www.ccnjredcross.org/class_schedule**

Pet First Aid for Dogs and Cats

Thursday, April 9, 9 a.m. to noon
American Red Cross, Colonial Crossroads Chapter

Build your pet first aid skills and learn how to provide guidance in emergency situations until veterinary care is available. (No pets allowed.) **For FEE and REGISTRATION info, contact American Red Cross at: 908-273-2076 ext. 22 or www.ccnjredcross.org/class_schedule**

Drug Interactions and Patient Compliance: Safe and Effective Use of Medications

Thursday, April 23, 7 p.m.
Walter Cifuentes, Walgreens Pharmacist
Join us for a talk on common concerns regarding drug interactions and patient compliance, including interactions between major classes of drugs (i.e., blood pressure, diabetes, cholesterol, antibiotics); prescription and OTC drugs or vitamins; optimal time to take medication; etc. Plus, learn how to better adhere to a drug regimen for safe and optimal effectiveness.

2009 Spring Meeting: Bone-Anchored Hearing Appliance (BAHA)

Sunday, April 26, 1 p.m.
Dr. Kwartler, M.D., and a representative of Cochlear America

The BAHA is used to rehabilitate people with conductive and mixed-loss hearing impairment, including those with a single-sided hearing loss as a result of surgery for an acoustic neuroma. Questions about the appliance will be answered and information will be available for those considering BAHA. People with the BAHA will also share their experiences and answer questions. Seating is limited. Reservations are required, at 609-799-4442 or info@ananj.org.

MAY

Avoid Billing Surprises
Thursday, May 7, 11 a.m. to noon

Learn about internal billing processes, general insurance benefits, and carrier-specific jargon. Reservations required. Call 908-277-8896.

Physical Activity and Arthritis: You Can Do It
Thursday, May 7, 7 to 8:30 p.m.

Arthritis Foundation of New Jersey
Learn about arthritis risk factors and myths, the relationship between physical activity and arthritis (including recommended physical activity for people with arthritis), and exercise safety tips.

Arthritis Foundation Exercise Program
May 19 to June 23, 10 to 11 a.m.

Arthritis Foundation of New Jersey
Six-week introductory program. This land-based program uses gentle activities to help increase joint flexibility and maintain range of motion and muscle strength. Participants may perform the exercises seated or use a chair or assistive device. Held in SMG's exercise room, LG-400. **Limit of 15 registrants. Contact Apogee Spa at 908-277-8900 to register.**

Joint Pain of the Shoulders and Knees
Wednesday, May 20, 7 p.m.

Dr. Matthew Garberina and Dr. David M. Deramo, Orthopedists
Sponsored by the Joseph E. Enright Foundation
Learn about degenerative and injury-based problems and disorders including rotator cuff tears, tendonitis, arthritis, ligament and meniscal tears of the knee, fractures, instability, and osteoarthritis along with injury prevention and treatment strategies.

JUNE

Home Health, Safety & Energy Efficiency
Thursday, June 4, 7 to 8:30 p.m.

George F. Kraemer, Accredited Home Performance with Energy Star® Auditor and Contractor
Learn how to create a more comfortable, safe and energy-efficient home. Topics reviewed include combustion appliances, carbon monoxide, moisture issues, mold, asbestos, and air quality.

Dear Daughter: A Guide for Moms and Adolescent Girls on Discussing Sexuality

Wednesday, June 24, 7 p.m.
Dr. Marnie Cambria, Pediatrics/Adolescent Medicine
Get tips and advice on how to discuss sexual matters with your daughter. Topics range from statistics on teen sexuality and STDs to peer-pressure myths, self-esteem issues as well as responsibility and choice. Moms and daughters welcomed.

CLASSES

Basic Aid Training for Scouts: Spring Classes

Basic First Aid skills will be presented and taught to Scout troops and children in grades 2-5. Skills covered include rescue breathing, choking, bleeding, animal bites, emergency response skills, and more. **For DATES, FEE and REGISTRATION information, contact American Red Cross at: 908-273-2076 or www.ccnjredcross.org/class_schedule**

Classes at Apogée Spa

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

A great place to begin with pilates fundamentals.

Yoga: Mondays, 5:15 to 6:10 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 initiated by the teacher at the end of each class. **Call Apogée Spa at 908-277-8900 for more details.**

Tell Us Your Story

Looking out for your health is our most important job—and we're counting on you to help us get the word out. If Summit Medical Group has gone above and beyond for you, we'd like to hear your story. Email mbennett@smgnj.com.

Postmaster: Please deliver
within March 23-27.

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.



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.

CARDIOLOGIST OFFERS TIPS ON QUITTING SMOKING

Everyone knows quitting smoking isn't easy. But Summit Medical Group cardiologist William A. Tansey III, M.D., F.A.C.C., has some ideas to increase your chances of success.

"Write a personal letter of commitment to yourself," he recommends. "Prescribe a limited number of cigarettes that you must smoke, such as two after each meal," he adds. "Smoke no more and no less! After succeeding with this for a few months, the ultimate decision is not as difficult."

Dr. Tansey notes that physicians can prescribe medications to help, if you find you can't quit on your own. "Accountability is very important. A physician or other healthcare professional is most effective in this role," he says.

Inhaled tobacco smoke, for either the smoker or the "second-hand" friend or neighbor, compromises human immunity and therefore accounts for multiple problems, including frequent respiratory infections, various cancers of the lungs, stomach and bladder and, perhaps most importantly, an increased incidence of heart disease and stroke.

Fortunately, Dr. Tansey also knows that ending exposure to inhaled tobacco has huge benefits—no matter how long a person has been a smoker.

Smoking temporarily paralyzes the cilia in the human airway, Dr. Tansey explains. These small fibers would ordinarily capture inhaled infective particles and dispose of them. Instead, paralyzing this important human defense mechanism is much like pulling the bark from a tree and allowing the bugs free access.

As the cilia return to action, each new exposure to smoke handicaps them again. "Quitting the habit restores the full vitality of this very important immune mechanism," he says.

Summit Medical Group is going smoke-free, for the better health and safety of our patients, visitors and staff. As of April 23, all buildings and grounds at all of our seven locations will be entirely smoke-free. If you need help quitting smoking, contact our Cardiology Department at 888-518-1374 for information on our smoking cessation programs.

