



SUMMIT  
MEDICAL  
GROUP

# healthyconnections

STAY SAFE WHEN THE  
HEAT IS ON

DIABETES  
PROGRAM HELPS  
YOU REACH GOALS

FREE LECTURES  
AND EVENTS



KEEP CHILDREN HEALTHY  
WITH **VACCINATIONS**

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SUMMER 2008

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

NEWS AND HEALTH INFORMATION FROM SUMMIT MEDICAL GROUP

## A Message from the Chairman

Summer's here! This issue is filled with timely advice from our doctors on how to avoid summer-related health concerns, including heatstroke and sun damage to the eyes. And because good health is always in season, you won't want to miss the article on the importance of childhood vaccinations, a topic that's been in the news recently and stirred up some confusion. Be sure to discuss this and all topics that affect your child's health with your doctor.

Our Diabetes Live Well Program helps our diabetic patients take charge of and reach their wellness goals. Also, be sure to check out our new Web site, which offers breaking health news every day; a free e-health newsletter, *Thrive*; information on free community lectures; online bill payment; a comprehensive health education library filled with trusted health information, and more!

Summit Medical Group's experience, resources, and technology are available to help you and your family live well and stay well, year 'round.

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!

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 Lectures	Orthopedics
Complementary Medicine	Otology
New: Corporate Health	Pediatrics
Coumadin Clinic	Pediatric Weight Management
Dermatology	Pharmacy
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
Lecture Series	Vein Care Center
Male Infertility	Weight Management



## Latest Health Information E-Mailed Directly to You

Summit Medical Group is now offering 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).**

Learn how  
to thrive with  
our FREE  
e-newsletter!



# Diabetes Program HELPS PATIENTS REACH THEIR GOALS

better discussion and raises the patient's awareness of the condition. Right away, we can start talking about a treatment plan."

People with diabetes need to make lifestyle changes to manage their condition, and Dr. Bauman believes that motivation can help. "Because diabetes is often a 'silent' condition, many patients feel they don't need to do anything because they don't have any symptoms," says Dr. Bauman. "Within our program, patients are educated and motivated to take charge of their health and actively participate in their care. People who are in control of their diabetes are less likely to develop complications, allowing them to live longer and healthier lives."

### TOOLS TO IMPROVE TREATMENT

In the program, treatment tools for people with diabetes include:

- A letter sent to screened patients who have an A1c that's above goal, prompting them to visit their primary care provider.
- Wallet cards that outline the patient's goals and help with tracking progress.
- A six-week program of education and exercise run by a certified diabetes educator.
- Case management provided by the program's own case managers, for patients with complicated regimens who are at high risk for short-term problems.

Diabetes care is integrated at Summit Medical Group. Specialties connected to diabetes—endocrinology, nutrition, diabetes education, podiatry, and ophthalmology—are grouped together, making collaboration easy and efficient. "Our patients get better care," says Dr. Bauman. "Patients in our Diabetes Live Well Program appreciate the extra attention they receive. It raises awareness for them and allows them to become more goal-oriented." ♦

**Behavioral Health Center Opens Doors to Happier Lives**

The Behavioral Health & Cognitive Therapy Center has opened its new offices at 654 Springfield Avenue in Berkeley Heights (formerly SMG pediatric offices). The center offers counseling services to people struggling to overcome a variety of emotional and situational problems. The center treats teens, adults, and the elderly in individual, family, and group therapy. In a warm and welcoming environment, the center provides effective short-term treatment for:

- Depression
- Anxiety
- Chronic pain
- Stress
- Adjustment to medical conditions
- Grief and loss
- Family conflict
- Insomnia

The center is open Monday through Friday, 9 a.m. to 5 p.m., as well as select holidays. Call XXX-XXX-XXXX for an appointment.

**T**here are 20.8 million children and adults in the United States who have diabetes. While an estimated 14.6 million have been diagnosed with the condition, approximately one-third (6.2 million) don't know they have it.

The reason for this is that diabetes often isn't addressed during regular doctor visits. "The question of diabetes often comes up after the person's annual physical, after the labs have been done," says Jeffrey Bauman, M.D., head of the Diabetes Program at Summit Medical Group. Many times, the discussion about the person's sugar level is done briefly by phone.

### EMPOWERING PATIENTS

The goal of the Diabetes Program is to improve the overall care for patients with diabetes at the Summit Medical Group. For example, patients are encouraged to have diabetes-related lab work done one week before their doctor visit, so the results are available at the time of their exam. "It's better to show the patient his or her numbers right there, in the exam room," says Dr. Bauman. "It makes for a

## Stay Safe WHEN THE HEAT IS ON

Summer's carefree lifestyle can still present some health concerns.

Heat-related illnesses are a growing concern, with more than 60,000 cases a year in the U.S. When external and internal conditions affect the body's ability to dispel heat, heat illness can occur. Anyone can develop a heat-related illness. However, those facing the highest risk include adults age 65 and older, kids age 4 and younger, overweight individuals, and people who have chronic health problems.

The most effective way for the body to dispel heat is through the evaporation of sweat. But when humidity is high, sweat evaporation is affected. So, during the dog days of summer, hydration is key.

If you're exercising, it can be a challenge to stay hydrated. Adults should drink 8 to 10 ounces of fluid every 15 to 20 minutes during exercise, and children should drink 6 to 8 ounces of fluid. Don't forget to drink before and after your workout, too.

### KNOW THE SIGNS

It's important to recognize the symptoms of heat illness, which can include:

- Pain/cramps in the legs or abdomen
- Dizziness
- Weakness
  - Profuse sweating
  - Headache
  - Pale, moist skin
  - Disorientation

If you're experiencing symptoms, find a cool place and sit quietly. Drink clear juice, a sports beverage, or 500 milliliters of water mixed with a teaspoon of salt. Apply some cool, wet washcloths to your skin or take a cool shower.

Symptoms can grow worse the longer you stay in the heat. Heat illness can progress to heatstroke, which has symptoms including very high body temperature; hot, dry skin; lack of sweating; fast pulse; confusion; and, in some cases, loss of consciousness.

### WHEN IT'S TOO HOT TO HANDLE

Depending on the severity of your symptoms, you should seek medical care. Many heat-related conditions can be treated at the Urgent Care Center at Summit Medical Group, including heat edema, heat syncope (fainting), heat cramps, and heat exhaustion. If you're having severe symptoms such as those associated with heatstroke, call 911.

When you arrive at the Urgent Care Center, you'll be triaged by an ACLS-certified registered nurse and evaluated by a board certified emergency medicine physician. You can rest assured that when leaving the Urgent Care Center, your care will be continued with the right specialists or the Emergency Department. ♦

➔ The Urgent Care Center is open seven days a week: Monday to Friday 8:30 a.m. to 9 p.m., Saturday and Sunday 8 a.m. to 5 p.m. We offer a walk-in service; no appointment is necessary. Or, you may call xxx-xxx-xxxx. To see the full range of conditions treated at the Center, visit us online at [www.summitmedicalgroup.com](http://www.summitmedicalgroup.com).



**DEBORAH CHEUNG, M.D.,  
INTERNIST**

Dr. Cheung received her B.A. from Yale University, New Haven, Conn., in 1991 and completed premedical courses as a postbaccalaureate student at Stanford University, Palo Alto, Calif. In 1997, she received her Doctor of Medicine, AOA, from George Washington University School of Medicine, Washington, D.C.

Dr. Cheung completed her internship and residency in internal medicine/primary care at Columbia Presbyterian Medical Center, New York, from 1997 through 2000. She has a special interest in women's health and preventive medicine. Dr. Cheung is board certified in internal medicine.



**AVINASH KOTHAVALE, M.D.,  
CARDIOLOGIST**

Dr. Kothavale earned his M.D. from Case Western Reserve University School of Medicine in 1999 and his Bachelor of Science in biological sciences from Stanford University in 1994. He completed his internal medicine internship and residency training at the University of California, San Francisco (UCSF), in 2002. He

completed an echocardiography fellowship at UCSF and a cardiology fellowship at Beth Israel Deaconess Medical Center/Harvard Medical School in Boston before joining us in 2006. Dr. Kothavale is board certified in internal medicine, cardiovascular disease, nuclear cardiology, and echocardiography. He has advanced training in cardiac MRI and has founded the Summit Medical Group Cardiac MRI Center.



**LISA MILLS, M.D.,  
HEMATOLOGIST, ONCOLOGIST**

Dr. Mills received her B.A. at the College of the Holy Cross, Worcester, Mass., in 1996. In 2001 she received her Doctor of Medicine from SUNY Downstate College of Medicine, Brooklyn, N.Y. Dr. Mills completed her residency in internal medicine at Long Island Jewish Medical Center, New Hyde Park, N.Y., from 2001

to 2004. From 2004 to 2007, she completed a fellowship in hematology and oncology at the Cancer Institute of New Jersey/UMDNJ, Robert Wood Johnson Medical Center, New Brunswick, N.J. Dr. Mills has a special interest in bleeding and clotting disorders, hematologic malignancies, and breast cancer. Dr. Mills is board certified in internal medicine, hematology, and medical oncology.



**KOMAL NAIK, D.O.,  
NEUROLOGIST**

Dr. Naik received her B.S. at New York University, New York, in 1997. In 2002 she received her Doctor of Osteopathy from the New York College of Osteopathic Medicine. She did her residency in neurology at the University of Connecticut Health Center, Farmington, Conn., from 2003 to 2006.

Dr. Naik served as Chief Resident in Neurology from 2005 to 2006. From 2006 to 2007 she completed a fellowship in clinical neurophysiology at Brown Medical School, Rhode Island Hospital, Providence, R.I. Dr. Naik has a special interest in patients with neuromuscular disease and epilepsy as well as procedures such as EMG, EEG, and Botox. Dr. Naik is board certified in neurology.

## I Thought I Was Covered!?!

Our Patient Accounts phone team receives many questions from patients about billing. Although you may have insurance with a health plan that Summit Medical Group participates with, and your coverage may include the procedure that was performed, that doesn't necessarily mean you won't get a bill from our office. Your health plan may indeed cover the procedure you had, but the plan will pay only after you've paid your deductible.

Nowadays, many health plans also include a coinsurance component—an amount

shared by the patient for medical services, even after a deductible is met. This coinsurance, or out-of-pocket expense, will be billed to you after your health plan processes your claim and informs Summit Medical Group of your financial responsibility for the claim. You should receive an Explanation of Benefits (EOB) from your plan that details the amount that Summit Medical Group may bill you.

Your health plan should be able to give you detailed information about your cost-sharing responsibility and coverage. Our financial counselors and main-lobby registra-

tion team also can help you get information about your plan.

For questions about your SMG bill, please call our Patient Accounts Department at **908-790-6500** or visit our financial counselors at the Diamond Hill campus.



## KEEP CHILDREN HEALTHY WITH *Vaccinations*

Remember the days when children couldn't play outside in the summer because they might be infected by a local polio outbreak? You probably don't if you're the parent of a young child now, says pediatrician Michelle Bender, M.D. That's because polio, which can cause paralysis, is one of many childhood diseases stopped or greatly reduced in recent decades by vaccines.

"We don't see the terrible diseases we used to see because now most people get vaccinated," says Dr. Bender, chair of the Department of Pediatrics at Summit Medical Group. "So it's easy to be complacent." Yet each year there are still small outbreaks of conditions, such as measles and mumps, that can be prevented by vaccines.

### WEIGHING THE BENEFITS AND RISKS

Measles can cause pneumonia, inflammation of the brain (encephalitis), and even death. Complications from mumps and rubella can include deafness and fertility problems. To protect your children from serious, preventable conditions like these, it's important to get them vaccinated. Talk with your child's doctor about which vaccines your

child should have and when. If you have any questions or concerns about vaccines, bring them up, too. Your child's doctor is a good resource to help you weigh the benefits and risks of any choices about your child's health care.

Parents sometimes worry about possible vaccine side effects, says Dr. Bender. "They may have questions about short-term side effects, like 'Will my child have a fever?' or 'How will they feel the day of the vaccination?'" she says.

Some also wonder about long-term effects, like whether vaccines can cause autism—a question that has received much media attention. "Most physicians and scientists don't believe there is any connection between vaccines and autism," says Dr. Bender. "I have vaccinated my own children, and I certainly wouldn't have done that if I thought there was a connection."

### WHERE TO FIND INFORMATION

Dr. Bender encourages parents to seek vaccine information from reliable sources, such as the "Live Well Library" on Summit Medical Group's website. Also, the Centers for Disease Control and



Prevention ([cdc.gov/vaccines](http://cdc.gov/vaccines)) and the American Academy of Pediatrics ([aap.org/healthtopics/immunizations.cfm](http://aap.org/healthtopics/immunizations.cfm)) have reviewed multiple large studies and found that the rate of autism is not different between children who have had vaccines and those who haven't.

Working together, you and your child's doctor can make the best decisions about vaccines and all topics that affect your child's health. So keep the lines of communication open. ♦

To make an appointment to discuss or schedule immunizations for your child, call the Department of Pediatrics at xxx-xxx-xxxx.

## Does Your Child Need Help Communicating?

Effective communication skills are essential in the proper development of children and adolescents. They're also vital for academic learning and success. If your child is experiencing speech or language difficulties, Summit Medical Group offers specially trained speech therapists who evaluate and treat pediatric communication concerns. They provide fun, age-appropriate activities to improve speech and language use while encouraging and motivating patients to reach their goals.

- Speech and language therapy can help your child to:
- Improve comprehension and expression of language
  - Improve speech sound production
  - Improve feeding and swallowing skills

For more information or to schedule an appointment, please contact Audiology and Speech Services at Summit Medical Group by calling xxx-xxx-xxxx.

# FREE LECTURES & EVENTS

All lectures will be held at Summit Medical Group, Education Center, 1 Diamond Hill Road, Berkeley Heights, NJ 07922. Reservations required: **888-241-6981** or **events@smgnj.com**.

## SUPPORT GROUPS

### Eating Disorders

This support group meets one Sunday a month at Summit Medical Group. For information, call Leslie Oliu at **908-832-5530**.

### Overeaters Anonymous

This support group meets every Friday at Summit Medical Group. For information, call Alison at **973-379-1447**.

## UPCOMING LECTURES

### FREE Community Health Lecture: "Nutrition and Cholesterol"

Sponsored by the Joseph Enright Foundation  
Tuesday, September 23, 7 p.m.

Join us for an informative evening on how your nutrition affects your cholesterol and your overall health. Receive guidance from our registered dietitian on a nutrition plan that works for you! Reservations are required: **888-241-6981** or **events@smgnj.com**.

### Live Well Program in Pediatric Weight Management Beginning in October

Our 10-week program is designed to increase motivation to change eating and physical activity behaviors. Our multidisciplinary approach uses education, behavioral management strategies, guidance in parenting techniques, and a supervised exercise program for child participants ages 9 to 12 years old. There is a fee for this program. To learn more, call Jane Simmons at **908-277-8742**.

### ART EXHIBITION: "Crossing Boundaries": Artwork from the Matheny Arts Access Program

Through September. 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 exhibition showcases paintings, digital art, and sculpture created by artists from the Matheny Arts Access Program, an alternative fine arts program for individuals with a wide range of disabilities. The exceptional quality of their paintings, sculpture, and digital prints has resulted in exhibitions at the Newark Museum; the Trenton Museum; Johnson & Johnson's corporate headquarters in New Brunswick, N.J.; the gallery at Bristol Meyers Squibb in Lawrenceville, N.J.; as well as a major retrospective at the world headquarters of ABC Television in Manhattan, N.Y.



## Our Revitalized Web Site Is Now Live!

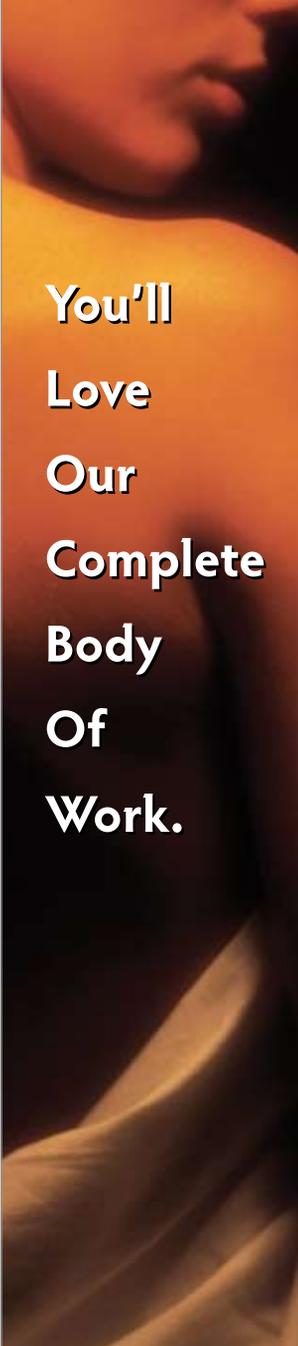
At [www.summitmedicalgroup.com](http://www.summitmedicalgroup.com), new features include:

- Enhanced physician profiles
- Refreshed services and specialty content
- Online bill payment
- New e-health consumer newsletter, *Thrive*
- Live daily feed of health news, plus access to archives
- Searchable careers database
- Patient education library, including medication advisor, cross-referenced throughout the site
- Advanced search tool

Visit us online and check it all out at [www.summitmedicalgroup.com](http://www.summitmedicalgroup.com).

Don't forget: Bookmarks to any page on the old site will now take you to the home page of the new site. You should update your bookmarks accordingly.

Watch for your fall issue of *Healthy Connections* for an updated list of free community health lectures and events.



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## BAN THE RAYS FOR A HEALTHY OUTLOOK

For many, wearing sunglasses is more fashion statement than healthy eye-care decision. Yet, inadequate protection against the sun's ultraviolet rays increases the risk of developing serious eye problems. Summit Medical Group's board certified ophthalmologists, Eric Gurwin, M.D., Linda Hsueh, M.D., and Monica Khalil, M.D., explain why it's important to shield your eyes from the sun.

"When our eyes absorb light, there is a chemical or heat reaction in the eye tissue," states Dr. Gurwin. "These reactions can cause permanent damage in the form of cataracts, macular degeneration, and photokeratitis."

Just as you can get a sunburn without realizing it, the sun can affect your eyes without you feeling it. "Sunglasses are like sunscreen for the eyes. You should put them on as soon as you go outside, every day, year-round," says Dr. Hsueh. "Even on cloudy days, UV rays can still be harmful."

When choosing a pair of sunglasses, Drs. Gurwin, Hsueh, and Khalil recommend following these tips:

- **Supersize.** Bigger lenses, including wrap-around styles, provide more UV protection by blocking peripheral rays.
- **Read the label.** Look for lenses that block out 99 to 100 percent of UV rays.
- **Polarize.** Polarized lenses block glare that can bounce off windshields and pavement when driving, or off water when fishing or sailing.
- **Clip and go.** Clip-on lenses can attach to your regular eyeglasses. Or, if you wear prescription glasses, why not try prescription sunglasses? Photochromic lenses automatically darken outside, then return to normal inside.

"Provide good sunglasses for your children, too," advises Dr. Khalil.

"Consider sunglasses an investment in their good vision, and don't let your child wear toy sunglasses. If your children are too young for sunglasses, have them wear a hat with a brim that will block the sun from their eyes." ♦

