



SUMMIT
MEDICAL
GROUP

healthyconnections

SLOAN-KETTERING,
SUMMIT COLLABORATE
ON CANCER CARE

PAGE 3

**TO YOUR
HEALTH IN '09:
DOCTORS' TIPS**

**FREE LECTURES
AND EVENTS**



A Message from the Chairman

The "new" in Summit Medical Group's New Year means many advances in the ways we care for our patients and friends.

Our relationship with Memorial Sloan-Kettering Cancer Center is the beginning of advancements in the care for cancer patients in our area. This collaborative relationship will allow for the highest quality of comprehensive cancer and medical care, close to home.

Caring for your child's fever just got a little easier with advice from one of our pediatricians and the Urgent Care Center. We welcome more new faces to our group, expanding patient care in cardiology, surgery and emergency medicine. And because we care about the health of our patients and our environment, in the coming months all of our locations will be going smoke-free.

Every January, people make resolutions to live healthier. Four of our specialists in cardiology, endocrinology, gynecology and urology give you their best tips for taking good care of yourself. Our calendar of events offers free community health lectures, classes and support groups to help you keep those resolutions through the winter. For reliable health information all year long, visit our Live Well Library at www.summitmedicalgroup.com/library/.

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 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

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 Summit Medical Group. 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.

MEMORIAL SLOAN-KETTERING AND SUMMIT MEDICAL GROUP: *Collaborating in Caring for People with Cancer*

Memorial Sloan-Kettering Cancer Center and Summit Medical Group have formed a collaborative relationship for the care of people with cancer, offering greater access to an array of services available at both locations.

The synergy between Memorial Sloan-Kettering Cancer Center and Summit Medical Group allows for the highest quality of comprehensive cancer and medical care, close to home.

Memorial Sloan-Kettering in Basking Ridge will offer clinical services to Summit Medical Group cancer patients, including additional diagnostic services such as positron emission tomography-computed tomography (PET-CT), pathology consultations, Moh's surgery, and treatments not already offered at Summit Medical Group.

Summit Medical Group will offer patients of Memorial Sloan-Kettering access to clinical services that support and supplement the cancer care they are receiving, including:

- Presurgical testing such as lab work, imaging services, and physician consultation

- Consultation and treatment from a variety of medical specialties, including cardiology, pulmonology, obstetrics/gynecology, pediatrics, and behavioral health

- Genetic counseling and testing
“This relationship will ensure cancer patients will have access to the highest quality medical services along with the seamless, sensitive, and convenient care we have always been known to provide for our patients,” says Robert W. Brenner, M.D., M.M.M., medical director for Summit Medical Group.

Cancer patients also can benefit from Summit Medical Group's nationally accredited imaging center, equipped with the latest diagnostic technology, including an open MRI, 64-slice CT scanner and cardiac CT scanner, as well as a medical laboratory which provides accurate diagnostic testing with quick results.

The laboratory has been approved by COLA, a nationally recognized not-for-profit healthcare organization.

For unanticipated medical needs, our Urgent Care Center offers immediate care seven days a week.

Our on-site pharmacy, operated by Walgreens, communicates electronically with each physician's office so medications are available immediately after appointments.

In addition, Apogée Spa at Summit Medical Group provides patients with integrative wellness options to enhance healing and well-being, including acupuncture, therapeutic massage, stress reduction techniques, and Reiki therapy. These services can help patients manage pain, alleviate nausea, release physical tension, and find inner balance. Finally, in collaboration with Girl on the Go!, a unique personal wig service founded by a cancer survivor, Apogée Spa offers the finest wigs available. Our experienced staff can help patients meet this difficult challenge with grace, style, and privacy. ♦

➔ Find out how this new synergy can help you or someone you care about by calling Summit Medical Group's Department of Oncology at 888-241-8848.

When Should You Worry About *Your Child's Fever?*

It's late at night, and your child is "burning up" with a fever. What should you do?

"Depending on the severity of your child's symptoms, you should first contact your pediatrician for advice and/or direction," advises Summit Medical Group pediatrician Marnie J. Cambria, M.D.

Parents or caregivers should call the doctor if:

- A child age 2 months or younger gets a temperature of 100.2 degrees Fahrenheit or higher
- A child between ages 3 and 6 months gets a temperature of 101 degrees Fahrenheit or higher
- A child older than age 6 months gets a temperature of 103 degrees Fahrenheit or higher
- The child begins acting or talking strangely, or has a seizure
- The child has an earache, sore throat, or cough, in addition to a fever

Dr. Cambria often talks to parents who worry that their youngster's fever is dangerous.

"It's important to remember that fever alone, unless it is extremely high and

persistent, is not a life-threatening condition," she explains. "It may be indicative of a serious illness, but most commonly fever is caused by nonserious infections," she adds.

"Fever is the body's way of fighting off an infection," says Dr. Cambria, noting that fever is defined as a rectal temperature of more than 100.4 degrees Fahrenheit or 38.0 degrees Celsius.

Bacterial infections, viral infections, medications, illicit drugs, or heat-related illness can all cause fevers.

"In some cases, children with high fevers may become dehydrated and your pediatrician may recommend emergency care, either by visiting the Urgent Care Center at Summit Medical Group (for all children ages 1 year and older), or calling 911 as recommended by your pediatrician," notes Scott Greenstone,

R.N., clinical manager of the Urgent Care Center at Summit Medical Group.

Symptoms of fever can vary depending upon the age of the child. Infants can become irritable, fussy, lethargic, quite warm or hot to the touch, or they may not feed or sleep normally. Older children may complain about feeling warm or hot, having body aches and/or headaches, or they may have difficulty sleeping or a poor appetite.

To soothe a fever:

- Sponge your child with lukewarm water.
- Keep the room cool and dress your child in light clothes.
- Offer plenty of water or fruit juice.
- Children who are uncomfortable can be given acetaminophen or ibuprofen. But never give aspirin to children because it can cause Reye's syndrome. ♦

➔ **When you arrive to the Urgent Care Center at Summit Medical Group, you will be triaged by an Advanced Cardiac Life Support certified registered nurse and evaluated by a board certified emergency physician. You can rest assured that 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**

Evening Hours for Well Child Visits Now Available

All SMG pediatricians are now available on a rotating basis for evening well child visits. Evening appointments are held in the Pediatrics Department at the Berkeley Heights campus only. Call your physician for more information or to schedule an appointment.



**FARSHAD ABIR, M.D.,
GENERAL SURGERY/COLON
AND RECTAL SURGERY**

Dr. Abir received his B.S. in biology, magna cum laude, with honors and distinction in research from Syracuse University, Syracuse, N.Y. in 1994. He received his Doctor of Medicine, summa cum laude, in 2000 from SUNY Downstate

College of Medicine, Brooklyn, N.Y.

In 2004, Dr. Abir completed his internship and residency in general surgery at Yale University School of Medicine, New Haven, Conn. He served as administrative chief resident from 2004 to 2005. Dr. Abir completed a colon and rectal surgery fellowship at Cleveland Clinic Foundation, Weston, Fla., in 2006. Dr. Abir had been in private practice in Atlanta, Ga., for the past two years before joining Summit Medical Group.

Dr. Abir is board certified in general surgery, and in colon and rectal surgery. He has a special interest in minimally invasive colorectal surgery, including laparoscopic colectomy and transendoscopic microsurgery.

Additionally, he manages various degrees of hemorrhoids with multiple types of medical therapy or, if needed, operative intervention.



**SUNIL MIRCHANDANI, M.D.,
CARDIOLOGY**

Dr. Mirchandani received his Doctor of Medicine from New York University School of Medicine in 2001 and his B.A. from Harvard University in 1997.

He completed his residency and internship at NYU Medical Center in 2004. Dr. Mirchandani served as chief

resident at NYU Medical Center from 2004 to 2005.

Since 2005, Dr. Mirchandani has been working on his fellowship in cardiovascular disease at New York Presbyterian/Cornell. Dr. Mirchandani is board certified in internal medicine.



**HENRY P. SENDYK, M.D., M.B.A.,
EMERGENCY MEDICINE**

Dr. Sendyk earned a B.A. in biology from New York University in 1976. He went on to earn a master's degree in medical biology from C.W. Post of Long Island University in New York in 1977. In 1981, Dr. Sendyk earned his Doctor of Medicine from Ross University, Dominica, and in

2000 earned his Master of Business Administration from Rutgers University School of Business in New Jersey. He completed his internship and residency in Internal Medicine at Lincoln Hospital Medical Center in New York City in 1983, and in 1985 completed his fellowship in Emergency Medicine at New York University/Bellevue Hospital Medical Center in New York City. Dr. Sendyk has many years of experience as an emergency medicine physician at Overlook Hospital, is board certified in emergency medicine, coded by the New York Workers Compensation Board, and has practiced occupational medicine at GE/NBC for the past 20 years.



**DAVID M. SCHRECK, M.D., INTERNAL
MEDICINE/EMERGENCY MEDICINE**

Dr. Schreck earned a dual B.S. degree in chemistry and master's degree in biomedical engineering-science in 1975 from Stevens Institute of Technology. In 1980 he completed his Doctor of Medicine degree at Loyola University Chicago Stritch School of Medicine. He completed a dual residency

program in internal medicine and emergency medicine as a Visiting Clinical Fellow of Columbia University College of Physicians and Surgeons at Overlook Hospital in Summit, N.J. Dr. Schreck has more than 27 years of medical practice experience and serves as vice chairman of the Department of Medicine at Overlook Hospital. He is also a fellow of the American College of Physicians and of the American College of Emergency Physicians. Dr. Schreck also serves as the Medical Director for the Department of Emergency and Hospital Medicine at Summit Medical Group. He is board certified in internal medicine and emergency medicine.

Coordination of Benefits and Your Bill: The Birthday Rule

When parents of children both have insurance coverage, health plans apply the birthday rule to determine which plan is primary or billed first. In these cases, the parent with the birthday that comes first in the year is the primary insurance for the children. The other parent's insurance becomes secondary.

It is important that the sequencing of billing is correct or claims may be denied for payment unnecessarily. Each year, your insurance carrier may ask you to update and verify your insurance coverage information for yourself as well as your dependents. If payment for a claim is denied for coordination of benefits information, we will also send you a billing statement with a note for you to call your insurance carrier to provide them the information they are requesting. Your prompt response to these requests will ensure timely resolution of your bill. Should you have further questions about coordination of benefits or your bill, please contact our patient accounts department at **908-790-6500**.

Four Specialists Offer You *Advice for a Healthy New Year*

At the stroke of midnight on New Year's Eve, many people will commit to better health for the coming year. But resolutions don't have to be lifestyle overhauls. Small changes can make a big difference in your health. We asked four Summit Medical Group specialists to give their best advice for staying well in the new year.

GET OFF THE COUCH

"Make a serious effort to get more physically active," says Amy Toscano-Zukor, M.D., endocrinologist at the Group. "Exercise can lower blood pressure, blood sugar, and cholesterol. It can reduce your risk of developing

heart disease and diabetes. Exercise also can strengthen your bones and help to prevent osteoporosis. By strengthening your muscles, you can improve your coordination and balance and reduce the risk of falls. Start a walking regimen most days of the week with a friend. You're more likely to stay motivated if you have a walking buddy."

STEP OUT IN COMFORT

Dr. Toscano-Zukor is not the only one touting the benefits of exercise. "Equip yourself with good walking or running shoes and walk every day," says William Tansey, M.D., cardiologist at the Group. "People who walk every day feel better. If they feel better, they are instinctively more interested in good nutrition and getting the routine exams that detect cardiac risk. You don't need to work up a sweat. If you walk 20 minutes a day five times a week, the impact on cholesterol, blood pressure, and blood sugar is so positive. The thicker the cushion between you and the planet, the more you enjoy the walk."

CATCH PROSTATE PROBLEMS EARLY

Men should focus on prostate health, says Jeffrey Blitstein, M.D., urologist at the Group. "Beginning at age 50, your annual physical exam should include a prostate-specific antigen test and a digital rectal exam. Men with a family history of prostate cancer and African-American men should consider screening at an earlier age. The earlier prostate cancer is caught, the greater the treatment options. A heart-healthy diet—one that is low in saturated fat, cholesterol, sodium, and calories—is a prostate-healthy diet."

REMEMBER YOUR CALCIUM AND VITAMIN D

Women, take note: you need about 1,200 mg of calcium and 800 IU of vitamin D daily, according to Alice Gibbons, M.D., OB/GYN at the Group. "This is very important for young women as well as postmenopausal women with osteoporosis," she says. Each serving of cheese, yogurt, milk, or ice cream has about 200 mg of calcium. Vitamin D is found in fortified foods and in sunlight. If your daily food intake falls short in calcium or vitamin D, take a supplement. ♦

➔ Discover more about preventive health—from health screenings to immunizations—when you check out the Live Well Resources section of the Summit Medical Group Web site at www.summitmedicalgroup.com



Dr. Amy
Toscano-Zukor



Dr. William
Tansey



Dr. Jeffrey
Blitstein



Dr. Alice
Gibbons



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

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**.

JANUARY

Balance Disorders: Dizziness and Vertigo

Thursday, January 29, 7 p.m.

Dr. Jed Kwartler, Otolologist, Neurotologist

Sponsored by the Joseph E. Enright Foundation

Dizziness, false sensations of movement, and visual blurring are a few symptoms of balance disorders which may originate in the inner ear, brain, vascular or nervous system and can be mild to life-threatening. Learn more about the types, symptoms and causes of balance disorders along with diagnostic and treatment options.

FEBRUARY

"East Meets West:" Acupuncture in Modern Medicine

Thursday, February 5, 7 p.m.

Dr. Eileen Klein, Internist, and Risa Silverstein, Acupuncturist

Summit Medical Group is furthering the integration of traditional and complementary medicine. Learn about the progression of integrated medicine in the medical profession and take a close look at the history, uses, and benefits of acupuncture for treating a variety of problems including migraines, nausea, chronic illness, and pain management.

Be Red Cross Ready: Introduction to First Aid and CPR

Thursday, February 19, 7-8:30 p.m.

American Red Cross, Colonial Crossroads Chapter
If something happens to your loved one, will you be ready to help? This 90-minute American Red Cross presentation will tell you how to be prepared in an emergency, how to use basic lifesaving skills to save a life, and what to do in a first aid emergency.

Cardiac Risk Assessment & Prevention

Thursday, February 26, 7 p.m.

Dr. Sunil Mirchandani, Cardiologist

Sponsored by the Joseph E. Enright Foundation

Heart disease is the leading cause of death in the United States. Reduce your chances of a cardiac emergency by knowing your risk factors, prevention strategies, and treatment options, plus how to know if a statin is right for you.

MARCH

Fall Prevention: Reduce Your Risk of Falling

Thursday, March 12, 7 p.m.

Speaker: Julie Reich, MSW, LSW, SAGE Eldercare Inc.

Did you realize that falls are the main cause of serious injuries and accidental deaths in older adults? Please join us for a candid and informative presentation discussing the causes of falls, ways to prevent falls, and suggestions on how to "safety-proof" your home to reduce your chances of falling.

Genetic Counseling: What It Means and Is It Right for You?

Thursday, March 19, 7 p.m.

Niecee Singer Schonberger, MS, Certified Genetic Counselor

Sponsored by the Joseph E. Enright Foundation

If you are concerned about a history of family disease, birth defects, or a personal condition that you think may put you or your children at increased risk, you might consider meeting with a genetic counselor. Working with your health care team, genetic counselors identify families at risk, analyze and interpret family health information, and review options in testing, prevention and management strategies.

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, Fees, and Registration, contact American Red Cross, Colonial Crossroads Chapter, at 908-273-2076 ext. 22 or www.ccnjredcross.org/community_classes.

Yoga, offered by Apogée 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 Apogée Spa at **908-277-8900** for more details.



Filling Prescriptions is EASY at Summit Medical Group's WALGREENS

In our continuing effort to enhance patient services, Summit Medical Group has recently added an on-site Walgreens pharmacy.

Located next to the Café, Walgreens helps patients get their medications quickly and efficiently.

Stop by and meet Pharmacy Manager Walter Cifuentes, R.Ph., CCP., and staff pharmacist Prapti Bhatt, Pharm.D., Monday through Friday, 8 a.m. to 6 p.m., and Saturday 8 a.m. to 1 p.m. You can reach the pharmacy at **908-790-0490**.

Summit Medical Group Is Going Smoke-Free



For the better health and safety of our patients, visitors, and staff, Summit Medical Group is going smoke-free! Throughout the next few months, The Group will make the transition to a smoke-free environment, including the removal of all approved smoking areas already in existence. This company-wide effort—including our Berkeley Heights campus as well as all satellite campuses—is designed to create a cleaner environment. You'll see more information on smoking cessation programs at all of our locations soon.

Postmaster: Please deliver
within December 22-26.

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.

FINDING AT-RISK ARTERIES— BEFORE THEY CAUSE SYMPTOMS

The science of screening for heart disease has advanced in recent years, thanks to computed tomography, or CT, scans. These tests can detect heart disease before it causes any symptoms.

CT scans have a special role in heart care. Cardiac CT scans look for calcium in the arteries, a sign of atherosclerosis, or plaque buildup.

"Cardiac CT as a single test provides a large amount of information about the status of a patient's heart, especially the condition of the coronary arteries, and it does so without the need for an invasive procedure. It is a major advance in our ability as cardiologists to diagnose dangerous cardiac conditions before they cause life-threatening events such as heart attacks," states Daniel Schwartz, M.D., F.A.C.C., F.A.C.P., board-certified cardiologist, and Cardiac Imaging Specialist. Dr. Schwartz directs the Cardiac CT Program at Summit Medical Group's Cardiac CT Specialty Center.

If the CT finds calcium in your arteries, it could mean that you are at risk for having a heart attack or dying from heart problems. This is true even if you don't have any symptoms. If the CT scan does not find any calcium, this suggests that you probably have only minimal plaque in your arteries. This means you have a low risk for heart attack in the next two to five years.

Do you need a scan if you don't have any heart symptoms? Ask your doctor about the pros and cons. For an appointment with Dr. Schwartz or one of our other board certified cardiologists, call 888-241-8853.

