



SUMMIT  
MEDICAL  
GROUP

# healthyconnections

EXPLORE OUR ONLINE  
**COMMUNICATION  
PORTAL**

*PAGE 3*

STAY HEALTHY IN TOUGH  
**ECONOMIC TIMES**

READY WHEN YOU ARE:  
**EVENING PRIMARY CARE**

SUMMER 2009

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

NEWS AND HEALTH INFORMATION FROM SUMMIT MEDICAL GROUP



## A Message from the Chairman

Communicating with you about your health is a very important aspect of our relationship with our patients. We are pleased to introduce our new online communication portal, [mysummit-medicalgroup.com](http://mysummit-medicalgroup.com). You can communicate with doctors and staff, request lab or test results, and request appointments. Read the article on page 3 to learn more about this exciting new service.

If you're looking for ways to maintain your health in a tough economy, then our experts on page 4 can help. We've asked them for their best advice on good nutrition and staying emotionally and physically healthy, too. And if you think you have no time to take care of your health, then our Evening Primary Care service can be the right prescription for your busy schedule. See page 8.

Sports-minded readers should know how to avoid common injuries and enjoy their favorite sports. Check out the article on page 6 and meet our two new orthopedic and sports medicine physicians, Dr. Hurley and Dr. Kocaj.

New technology, new services, new physicians—we are always looking for ways to improve your care experience at Summit Medical Group and to help you live well and stay well.

Yours in good health,



Jeffrey Le Benger, MD  
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](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
Cardiology	Occupational Health
Chiropractic Medicine	Oncology
Community Health Lectures	Ophthalmology
Complementary Medicine	Orthopedics
<b>NEW:</b> Corporate Health	Otology
Coumadin Clinic	Pediatrics
Dermatology	Pediatric Weight Management
Diabetes Live Well Program	Pharmacy: <b>NEW</b>
Emergency Medicine	Physiatry
Endocrinology	Physical Therapy
ENT	Plastic Surgery
Evening Primary Care	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 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](http://www.summitmedicalgroup.com).**



MANAGING YOUR HEALTH

Frequently Asked Questions

**Is there a fee for this service?**  
 No, there is no charge to access or use [mysummitmedicalgroup.com](http://mysummitmedicalgroup.com)

**What computer hardware/software requirements are there?**  
**MySummitmedicalgroup.com** requires only a connection to the Internet and a web browser.

**Is my privacy protected?**  
**MySummitmedicalgroup.com** messages are encrypted and use secure technology. Only you and your doctor's authorized staff have access.

**Can I communicate on behalf of a family member?**  
 Each family member (with the exception of minors) should register separately as a new user.  
 You can manage your records and those of your minor children.

**To get started, visit [www.mysummitmedicalgroup.com](http://www.mysummitmedicalgroup.com)** and register as a new user. Not all physicians are participating in this new service, so be sure to check if yours are by accessing the "View Participating Providers" link. If your doctor(s) is participating, you can register via the website or give your e-mail address to the office staff at your next office visit.

➔ Register with a secure name and password at [mysummitmedicalgroup.com](http://mysummitmedicalgroup.com), so you can:

- E-mail your provider
- E-mail the office staff
- Request lab/test results
- Request appointments
- Sign up to receive health and wellness tips and news and about new services and free community events at Summit Medical Group

MANAGE YOUR HEALTH CARE ONLINE

Summit Medical Group is proud to introduce its new website, at [www.summitmedicalgroup.com](http://www.summitmedicalgroup.com). A fresh look reflects its new interactive functionality, including a communication portal called **mysummitmedicalgroup.com**, which allows you to conveniently and securely manage your health care from your computer.

You'll also find physician-generated content and RSS feeds for Health in the News, with more than 30 topics to choose from. You can sign up to receive information on topics of your choice, such as weight loss, aging, cardiology, women's health, men's health and children's health.

**MySummitmedicalgroup.com** also makes it easier for you to live well and stay well, with simple online transactions and tools for saving the content you use most often, such as doctors you see frequently, services you use frequently, and pages from our Live Well

Library. It's customizable, private, and secure.

The secure e-mail function, through our partner, Relay Health, allows you to communicate with participating doctors and their office staff, send messages, and request appointments and lab or test results.

**We are phasing in this stage of the portal, so your doctor may not yet be available for requests and e-mails. Be sure to click on the link, "View participating providers," to see if your doctor is available.** You can also go directly to your doctor's profile page. The page will show a ✓ to indicate if the doctor can receive and send e-mail from and to patients. If not, the list will show an "x" next to the doctor's name.

As always, you can continue to pay your regular Summit Medical Group bills or ambulatory surgery bills online, and ask billing questions via e-mail at [billing@smgnj.com](mailto:billing@smgnj.com). ♦



## STAYING HEALTHY IN *TOUGH ECONOMIC TIMES*

The old saying “an apple a day keeps the doctor away” still rings true. But there’s much more to maintaining your family’s good health in today’s economy. Three specialists at the Summit Medical Group offer their expert advice.



### DON'T WORRY, BE HAPPY

Elizabeth Nikol, MSW, LCSW, a social worker with the Group, says many of her clients are trying to do more with less. She tells them, “If you’re worried about something you can

control, make an action plan to deal with it. Worrying about something you can’t control just produces more stress.

“To reduce stress, try mindfulness or deep breathing. Here’s how: Rest your hand on your belly; take a long, slow, deep breath, and feel your hand moving out. Hold for a moment or two, then exhale as if you’re deflating a balloon. Repeat for about five minutes.”

Nikol also advises seeking daily opportunities for laughter, a proven stress reliever. To find free humor, note what tickles you. “It could be playing with your pet, reading the funny cards at the store, getting the joke of the day from the Internet, taking funny books or movies out of the library, or watching comedy reruns.”



### DUST OFF THE CROCK POT

Group dietitian Sue Canonico, RD, hears more complaints these days that healthy food is too expensive. So she counsels her clients to buy sale items, use

Sue Canonico, RD

coupons, and compare unit prices. She explains, “When you do compare, you may find that the ‘2 for \$5’ or ‘3 for \$6’ deals aren’t always the cheapest.”

“Fruits and vegetables in season make the best bargains,” Canonico says. “Those are the ones that are usually on sale. Or buy frozen vegetables and steam them.”

Canonico finds herself increasingly turning to her crock pot. This kitchen workhorse softens less expensive cuts of meats and the food seasons itself through long, slow simmering.

“If you’re making soups, stews, a casserole, or chili, you can use canned vegetables because nobody will taste the cost difference. Just remember to rinse off the salty liquid first.”

And, she advises, “Choose skim milk or 1 percent milk, whichever one is on sale.”



### KEEP MOVING

Richard Lesko, MD, an internist at the Group, advocates regular exercise as the single best way to stay healthy on a budget.

“Exercise reduces stress, helps you sleep better, and lengthens your life. It’s also the single most important way to reduce blood pressure.”

Best of all, exercise costs almost nothing. Dr. Lesko advises checking into community parks and recreation programs. “Many have free or low-cost programs for children and adults or even free gym access. You can also make the most of your tax dollars and use local parks and walking trails for family bike rides,” he adds. “Or stay home, where you can work out in front of your television to an exercise tape. An exercise ball costing \$25 is good for at least 30 different exercises. You could also go to the mall and walk indoors.”

Dr. Lesko counsels maintaining a positive outlook by insulating yourself as much as possible from bad news. And he promotes regular checkups and vaccinations, including shots to prevent flu, tetanus, pneumonia, and shingles. “These preventive measures are very cost-effective in the long run,” he notes. ♦



## New Location to Better Serve You

Some of our administrative offices have moved to a new location at 150 Floral Avenue in New Providence.

- Our Medical Records Department has moved to Floral Avenue and the phone number to request medical records is: **908-790-6520**.
- Our Patient Care Resources Department has also moved to Floral Avenue and the phone number to call with insurance questions is: **908-790-6545**.
- Our Billing Department has also moved to Floral Avenue, but the phone number for billing questions remains the same: **908-790-6500**.





**ELIZABETH FAGAN, MD, FAMILY MEDICINE**

Dr. Fagan earned her Doctor of Medicine from Thomas Jefferson University, Philadelphia, Pa., in 2001. She completed

her family practice residency at Overlook Family Practice Residency Program, Summit, N.J. Dr. Fagan worked as the assistant director for Mountainside Family Practice Associates from 2004 to 2005 and as a clinical faculty member for Overlook and Chatham Family Practice from 2006 to 2008. Her responsibilities included educating and supervising residents and medical students, participating in the development of new protocols for office-based procedures, and providing exceptional continuity of care for patients with a variety of medical issues. Dr. Fagan has special interests in adolescent health, sports medicine, and preventive medicine. She is board certified in family medicine.



**SHANI LIPSET, MD, FAMILY MEDICINE**

Dr. Lipset is board certified in family medicine and has been awarded a Fellowship in the American Academy of Family Physicians.

She earned her Doctor of Medicine from the State University of New York Health Science Center at Syracuse in 1997. Dr. Lipset completed her internship in family medicine at St. Joseph's Hospital Health Center, Syracuse, N.Y. She completed her residency at the Tufts University Family Practice Residency Program, Malden, Mass., where she also served as chief resident. Dr. Lipset was appointed clinical instructor at the Tufts University School of Medicine. She also served on the faculty for the residency program at Tufts.

Dr. Lipset has special interests in pediatric obesity, women's health, and the psychosocial health of all patients.

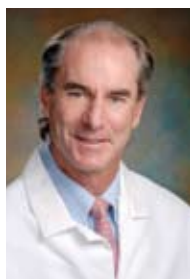


**HAYDEE SOTO, MD, INTERNAL MEDICINE**

Dr. Soto earned her Doctor of Medicine from UMDNJ–New Jersey Medical School. She completed her internal medicine

residency at Mount Sinai Medical Center, New York, N.Y. She went on to complete her nephrology fellowship at the Hospital of the University of Pennsylvania. Dr. Soto worked as a nephrologist/internist in private practice in central New Jersey for nearly 10 years with medical staff privileges at JFK Medical Center in Edison, Raritan Bay Medical Center in Perth Amboy and Old Bridge, and Barnert Hospital, Paterson, N.J.

In addition to practicing in the Evening Primary Care practice, Dr. Soto is also a hospitalist with Summit Medical Group and has Medical Staff privileges at Overlook Hospital. Dr. Soto is board certified in internal medicine and nephrology.



**JOHN A. HURLEY, MD, ORTHOPEDICS**

Dr. Hurley received his B.S., magna cum laude, from Manhattan College, Riverdale, N.Y., in 1976. He attended college on a full basketball

scholarship and was named varsity basketball team captain in 1976 to the nationally ranked, top 20 NCAA-Division I team (1975, 1976). He earned his Doctor of Medicine from New York University School of Medicine, New York, N.Y., in 1980. He completed his residency training in Orthopaedic Surgery, University of Medicine and Dentistry of New Jersey, Newark, N.J.

Dr. Hurley completed his fellowship training in Sports Medicine at the Cleveland Clinic Foundation in Cleveland, Ohio. He served as the orthopedic surgeon for the Detroit Lions and the Detroit Tigers until 1988. Over the past 20 years, Dr. Hurley has been an active orthopedic surgeon specializing in sports injuries of the knee and shoulder. He is board certified in both orthopedic surgery and sports medicine. His specialty interest is in surgical joint restoration in young and middle-aged athletes.

He serves as team physician for several universities and high schools in the Morristown area.



**STEPHEN KOCAJ, MD, ORTHOPEDICS**

Dr. Kocaj earned his BA in biochemistry from Middlebury College, Middlebury, Vt., in 1996, where he was a four-year member on Middle-

bury's football and men's lacrosse teams. He earned his Doctor of Medicine in 2000 from the University of Medicine and Dentistry of New Jersey–New Jersey Medical School, Newark, N.J. Dr. Kocaj completed his orthopaedic residency in 2005 at Emory University Hospital, Atlanta, Ga. In Atlanta, he served as an assistant team physician for the Georgia Tech football and basketball teams.

He completed a sports medicine fellowship at the American Sports Medicine Institute in Birmingham, Ala., and was an assistant team physician for the Alabama Crimson Tide, Jacksonville State Gamecocks, and the Birmingham Barons Baseball AA association.

Dr. Kocaj is currently team physician for Fairleigh Dickinson University athletics, and is board certified in orthopedic surgery, with special interests in the treatment of injuries of the upper and lower extremities.

## DODGE THESE COMMON SPORTS INJURIES

Popular recreational sports result in more than 1 million adult injuries each year, according to the Centers for Disease Control and Prevention. And women are even likelier to be injured than men. Possible reasons include structural differences in their knee and thigh muscles and bone loss.

Play it safe while playing sports:

### RUNNING

- Wear well-fitting running shoes. Replace shoes every 500 miles to avoid leg and foot injuries.
- Alternate hard training days with easier days.
- Never run through pain, a signal that something is wrong. Call your doctor if pain lingers for a week.
- In warm weather, run in the early morning or evening, and run indoors when pollution levels are high.
- Plan to drink 10 to 15 ounces of fluid about 10 minutes before you run and every 20 to 30 minutes along the way.

### SWIMMING

- Always swim with a partner.
- Never dive into shallow or murky water. Each year, such dives disable about 1,000 people with neck and/or head injuries.
- Because water conducts electricity, keep out of the water during storms.
- Don't mix alcohol with water sports. Experts estimate that alcohol contributes to as many as 30 percent of drowning deaths.

### SOCCER

- Protect your vulnerable lower legs with shin guards and choose shoes with molded cleats or ribbed soles.
- Make sure the goal is padded and secured to prevent head injuries.
- Use nonabsorbent balls on wet fields.

### SQUASH OR RACQUETBALL

- Don't play if you have a history of heart problems.
- Wear cotton clothing and use protective eyewear certified by ASTM International.

If you have a disability, don't let that keep you from exercising. Check with your doctor before beginning a workout program. Together, you can come up with a plan that's right for you. ♦



John Hurley,  
MD



Stephen Kocaj,  
MD

➔ Summit Medical Group is proud to welcome John Hurley, MD, and Stephen Kocaj, MD, to our new Orthopedic and Sports Medicine office at 95 Madison Avenue, Morristown, N.J. Orthopedic and Sports Medicine specialists also provide care at our Berkeley Heights and Westfield locations. For a convenient appointment at any of these locations, call **888-890-8691**.

## Referrals to a Specialist? No Problem

Jumping to reach an item at the top of your closet, you land "wrong"—and feel a painful twist in your kneecap. Nursing your sore knee, you know you need to see a specialist—probably an orthopedist. The problem is that your managed care plan allows you to see a specialist only by referral.

In the changing market of health insurance, it is estimated that more than 75 percent of the insured population participate in some form of managed care plan. This means that patients must first choose a primary care physician (PCP) who will then refer them to a specialist to manage their acute or chronic condition.

As a convenience to our patients, Summit Medical Group does not require you to obtain a written referral as long as both your PCP and specialist are Summit Medical Group physicians. To take advantage of this added convenience, please check with your insurance carrier to be sure you have designated one of our physicians as your primary care provider.

Our Patient Care Resources Department is available to assist you if you require a referral for treatment by a specialist outside Summit Medical Group. For this question and others about referrals, please contact our Patient Accounts Department. A representative will be happy to assist you. Call **908-790-6500**.





# FREE LECTURES & EVENTS

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

## JUNE

### Babysitter's Training Camp & CPR/First Aid Certification

June 29, 30, July 1, 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](http://www.ccnjredcross.org/class_schedule)**

## JULY

### Pet First Aid for Dogs and Cats

Thursday, July 2, 9 a.m. to 12:30 p.m.

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](http://www.ccnjredcross.org/class_schedule)**

### Meditation for the Imagination for Kids and Parents

Wednesday, July 1, 6 to 7 p.m. FREE Intro class

Presented by Andrea DeHoyes of Mindful Energy Work

This fun-filled one-hour class includes a game, a 10-minute meditation, discussion and an art project. Meditation for the Imagination helps children concentrate and focus, process emotions and meet emotional needs on a subconscious level. Children diagnosed with attention deficit disorders or suffering from night terrors particularly benefit

from these classes. Parents participate too. All attendees receive the meditation to take home.

### Three-week workshop:

**\$50 per child and adult (\$43 for additional children):**

**Ages 6-8:** Wednesday, July 8, 15, & 22 from 5:45 to 6:45 p.m.

**Ages 9-12:** Wednesday, July 29, August 5, 12, from 5:45 to 6:45 p.m.

**Register at [www.mindfulenergywork.com](http://www.mindfulenergywork.com) or 877-838-3752.**

### COPD and Lung Cancer

Wednesday, July 22, 7 p.m.

Presented by Dr. Howard Blaustein and Dr. Jon Bass

Join Summit Medical Group's pulmonologists for an in-depth look at Chronic Obstructive Pulmonary Disease (COPD) and the largest single cause of all cancer deaths, lung cancer. This program will help individuals identify risk factors, causes, signs and symptoms for these diseases, including discussions on tobacco use, environmental factors, emphysema, and more. Learn about diagnosis, treatment, prevention plans and guidelines.

### Stress Reduction Workshop, Part 1

Wednesday, July 29, 7 p.m.

James Korman, PsyD, ACT, Board certified cognitive therapist

### Stress Reduction Workshop, Part 2

Wednesday, August 5, 7 p.m.

SMG professionals

➔ **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/](http://www.summitmedicalgroup.com/service/Clinical-Trials/) or contact Kelly Ritter, Clinical Trials Coordinator, at **888-504-5038** to learn more.**

Learn the signs and physiological effects of stress and anxiety. Discover evidence-based approaches, including cognitive behavioral therapy and other techniques that help reduce anxiety and stress. This two-part program will provide a new understanding and awareness of practical skills that can increase your energy and improve daily well-being. Please indicate if you are registering for one or both sessions.

## CLASSES

### 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, 6:15 to 7:15 p.m. with Jen**

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

Join us for relaxing sessions of integrative yoga practice.

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

**Call Apogée Spa at 908-277-8900 for more details.**

## 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. E-mail [mbennett@smgnj.com](mailto:mbennett@smgnj.com).

## SAVE THE DATE

### BREAKING BOUNDARIES: THE ART OF ALEX MASKET

Opening Reception: Thursday, September 24, 5 to 8 p.m.

Lawrence Pavilion Lower Lobby Gallery

Entirely self-taught, Alex Masket is drawn to the interaction of color and form. Utilizing various media in unorthodox ways to realize his vision, Alex creates pieces that are intricately composed and beautifully balanced. Alex, who has severe autism (functionally nonverbal), displayed his sophisticated sense of color and his interest in letters and numbers at the age of 2. Now 22, he is able to use his instinctive understanding of color, light and form to reveal his unique view of the world. Alex is represented by the Ricco Maresca Gallery, New York, N.Y.

Postmaster: Please deliver  
within June 22-26

## IF YOU WORK 9 TO 5, OUR 5 TO 9 WORKS FOR YOU

Summit Medical Group now offers Evening Primary Care, Monday through Friday, from 5 to 9 p.m. With this new service, adults who cannot take time off for daytime appointments can make evening appointments in advance with a primary care physician.

"The focus of Evening Primary Care is to meet the health care needs of working adults," states Robert W. Brenner, MD, MMM, chief medical officer for Summit Medical Group. "Many adults are unable to make and/or keep daytime medical appointments. They are more cautious about taking time off during traditional working hours. They may make random visits to walk-in clinics or skip care entirely. Some commuters retain a physician close to their place of work because they arrive home too late in the evening to be seen by a doctor in their community. Expanded hours can also meet the needs of adults who don't want to miss out on an all-important job interview during the day."

The program will provide access to physicians for annual physicals, focusing on preventive medicine and wellness; care for short-term illnesses, such as a sore throat; and chronic problems, such as high blood pressure or diabetes, to provide continuity of care.

Three physicians are available to see patients in Evening Primary Care—Dr. Eileen Fagan, Dr. Shani Lipset and Dr. Haydee Soto. Nurse practitioners and physician assistants will also be part of the caregiving team.

**Patients will be seen at the 1 Diamond Hill Road facility in Berkeley Heights, in the On Call Office, Suite A, now known as the Evening Primary Care practice. On-call services remain available through the Evening Primary Care practice. For an appointment that fits your busy schedule, call 888-890-8069.**



**Now you can  
make your  
healthcare work  
without missing  
a day at work.**

### Introducing hours that work for you – Evening Primary Care now open 5–9 pm weekdays

In today's world, you barely have time to think, let alone take care of that nagging cough, constant headache or even get your annual physical. But taking care of yourself just got easier with Summit Medical Group's extended hours.

Summit Medical Group now has evening hours – from 5:00 - 9:00 pm – with select family practice and internal medicine physicians at the Berkeley Heights Campus.

Make an appointment today.  
Call 1-888-899-9091.

Summit Medical Group – giving you more hours in the day to take care of your healthcare.



**SUMMIT  
MEDICAL  
GROUP**  
Live well. Stay well.

**BERKELEY HEIGHTS  
1-888-899-9091  
[summitmedicalgroup.com/news27](http://summitmedicalgroup.com/news27)**