

Health *Sense*

Your resource for health and wellness in Washington Township

Fitness fun for the Vanderhoff family

When Hudson Vanderhoff made a commitment to his wife to lose weight, he visited the Virtua Center for Health-Fitness in Washington Township.

Now he, along with 12 members of his 21-member immediate family, has joined the gym. And they all love it.

"We toured the facility and immediately knew it was a good fit for our large family," says Vanderhoff. He and his wife Patti have 21 children of which 9 are biological and 12 are adopted. Some have special needs.

"The handicap accessibility of the building, facility and equipment is

very important for my family," says Vanderhoff. "Plus, the knowledgeable staff can customize exercise plans to meet our individual needs."

Jef Hewlings, senior director of Virtua's Centers for HealthFitness in Washington Township and Voorhees, says: "Our credentialed fitness professionals help healthy people stay healthy and help those with medical problems – such as a heart condition, arthritis or cancer – to feel better."

The Vanderhoffs are feeling great.

The family exercises on all the fitness equipment, swims in the warm-water pool, and jogs on the indoor track.

"Some of us – who need to – have lost weight," says Vanderhoff. "Others are building muscle and continuing to grow and thrive."

And it's not only good for the kids. "Making this a family activity has really motivated my wife and me to exercise regularly," says Vanderhoff. "I don't see us stopping any time soon. We have a common interest that allows us to spend meaningful time together."

Pictured are 11 members of the Vanderhoff family.



Get up-to-date on your vaccination schedule

It's time to move your health from the back burner to the front. Andrew Cohen, MD, Virtua Family Medicine physician at the Health and Wellness Center, says: "Every year, the whole family needs to have a routine physical that includes diagnostic tests and screenings. It's also important to make sure that you're up-to-date with vaccinations."



Some of the top vaccinations to discuss with your family doctor are listed below.

Pneumonia vaccine

What it prevents: This vaccine protects against streptococcal pneumonia, a bacterial infection. Symptoms of this infection include cough and fever.

Who gets it: It's recommended for adults over age 65 and children and adults with chronic medical problems such as diabetes or lung, heart and kidney disease.

Shingles vaccine

What it prevents: Chicken pox can be re-activated. And, when it is, it results in shingles. This illness appears as a tingling, burning, bubbly rash, which can cause irreparable nerve damage.

Who gets it: A shot is recommended for every adult over age 60.

Influenza vaccine

What it prevents: This vaccine prevents influenza (flu) types A and B and the swine flu. Symptoms include fever, aches, chills and tiredness. A shot is administered every year between the months of September and February.

Who gets it: It's recommended for adults and children older than 6 months.

Tetanus/diphtheria/pertussis (Tdap) vaccine

What it prevents: The Tdap vaccine prevents three illnesses: tetanus, diphtheria and pertussis (whooping cough). Whooping cough is a respiratory tract infection marked by a violent, chronic cough. tetanus and diphtheria are bacterial infections. Tetanus is marked by lock-jaw, neck stiffness and swallowing difficulties; diphtheria causes sore throat, fever and swollen glands.

Who gets it: One shot every 10 years is recommended for those age 7 and older.

How to catch your **ZZZZs** during this hectic holiday season

Planning holiday get-togethers and managing the gift-giving budget can leave you too wound up to sleep. Albert Belli, DO, sleep specialist at the Virtua SleepCenter in the Virtua Health and Wellness Center in Washington Township, can help you feel less distressed.

“Stress is a part of life,” says Dr. Belli. “But it becomes a problem if it’s causing you to toss and turn at night. Sleep is necessary to maintain a healthy lifestyle. Just by trying a few natural methods, you’ll be on your way to a restful night.”

To catch those **ZZZZs** during the holiday season:

- Avoid caffeine and caffeinated drinks in the afternoon and evening.
- Do not smoke or drink alcohol. They are stimulants.
- Perform light exercises in the afternoon or evenings to relax those racing thoughts.
- Unwind your mind and body through meditation or yoga exercises.

During stressful holiday times, Dr. Belli says to control your racing thoughts and focus on the tasks at hand by making a list of worries and ways to resolve them.

“If these natural methods aren’t working, there are over-the-counter sleep aids available,” says Dr. Belli. “But consult with your physician first because these medications are for short-term sleep problems. To treat long-term problems, it’s best to manage what’s really causing your anxiety.”

Watch a video to see how you can get a good night’s sleep. Visit www.virtua.org/sleep.



Health *Events*

Diabetes Self-Management Education Classes

In a series of three small group classes, Virtua nurses and registered dietitians teach participants to monitor blood sugar, exercise safely, prevent complications, plan healthy meals and take medications. Diabetes education is a covered benefit under Medicare and most private insurances with a doctor's referral or prescription.

Dates: **December 1, 8, 15**
January 26, February 2, 9
March 15, 22, 29
Time: 6:15 to 9 pm

Care of the Aging Skin

Learn about the most common skin problems that occur as we age. Topics will include dry skin, brown age spots, wrinkles and more.

Date: **December 8**
Time: 10 am to noon
Speaker: Cheryl Hall, RN, BSN,
Advanced ENT

New Beginnings Orientation: Is weight loss surgery right for you?

This informative session is for individuals considering gastric bypass surgery, sleeve gastrectomy, duodenal switch or the adjustable gastric banding (lap-band) procedure. It covers program expectations, preparation for surgery and after care. Individuals, friends and family must register due to space limitations.

Dates: **December 13, January 17**
Time: 6:30 to 8 pm
Speakers: Emeka Acholonu, MD
Wilbur Bobila, MD
Christopher Boynton, MD
Adam Goldstein, DO
David Greenbaum, MD
Marc Neff, MD
Sam Wasser, MD

Recapture Your Youthful Vitality

Are you experiencing the effects of peri-menopause, menopause or andropause? Both men and women may experience decreased or absent sex drive, decreased energy or mental clarity, insomnia and irritability as a result of mid-life hormone changes. Join us to learn how bio-identical hormone replacement therapy can improve your sense of well-being. Sponsored by Exuberan by Virtua.

Date: **December 19**
Time: 6:30 to 8:30 pm
Speakers: William B. Miller, DO
Dee Turse, MSN, APN-C

What's New in Facial Rejuvenation?

This session will emphasize non-surgical treatments and products that promote a healthy, more vibrant and younger look.

Date: **January 19**
Time: 10 am to noon
Speaker: Cheryl Hall, RN, BSN,
Advanced ENT

Minimizing Scar Appearance after Surgery on the Face or Neck

Methods to promote the healing process will be discussed to help minimize the appearance of incisional scars.

Date: **February 9**
Time: 10 am to noon
Speaker: Cheryl Hall, RN, BSN,
Advanced ENT

Sunscreen – Get the Facts

Learn about the most comprehensive protection against sun damage and skin cancer.

Date: **March 15**
Time: 10 am to noon
Speaker: Cheryl Hall, RN, BSN,
Advanced ENT

Prenatal & Postnatal Programs

Feel better, look better and stay healthy during and after pregnancy. Try out one or all of these classes for eight weeks and see results. To register, call (856) 341-8111.



Mommies-to-be Fitness
Wednesdays from 4 to 5 pm
Prenatal Yoga
Wednesdays from 5 to 6 pm
Infant Massage
Fridays from 10 to 11:30 am
Mommy and Me Boot Camp
Saturdays from 10 to 11 am


Kids Fun Fitness Programs

Try one of our classes especially designed with kids' health and fun in mind. These activities can enhance coordination and endurance; teach a unique and highly energizing form of dance and improve self-esteem through yoga. To register, call (856) 341-8111.

Yoga 4 Kids
Mondays from 4:30 to 5:15 pm
Mini-recruit Boot Camp
Mondays from 6 to 6:45 pm
Hip Hop Dance
Tuesdays from 5 to 5:45 pm
Zumbatonic
Wednesdays from 6 to 6:45 pm



 **All classes are held at the Virtua Health and Wellness Center – Washington Township. Unless otherwise noted, call 1-888-VIRTUA-3 to register.**





TRUST OUR experience.


Our board-certified physicians pride themselves in providing complete healthcare to their OB/GYN patients. They treat each patient with warmth, encouragement, and comfort – combined with thorough knowledge and expertise in the field of obstetrics and gynecology for women of all ages.

Obstetrics and Gynecology Associates


For an appointment, call 856-262-8300
 Virtua Health and Wellness Center
 239 Hurffville-Crosskeys Road, Ste 250, Sewell, New Jersey 08080




Joann Richichi, DO



Marianne DiGiovanni, DO

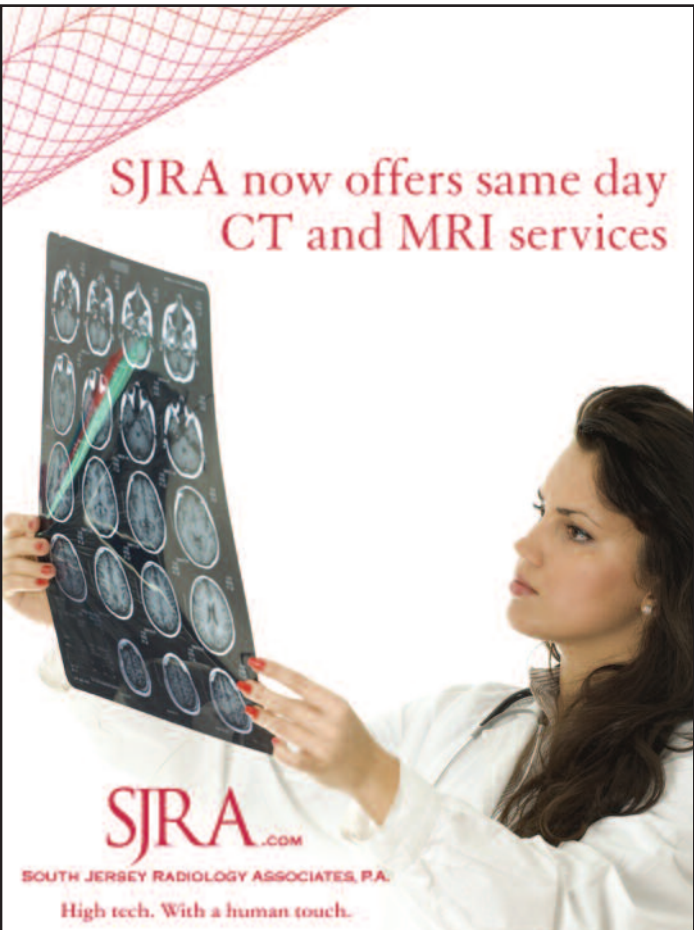


Juanita Huggins, DO



Catherine Minter, DO

SJRA now offers same day CT and MRI services



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virtuafitness.org 239 Hurffville-Crosskeys Rd., Suite 100, Sewell, NJ

Virtua
 Center for HealthFitness
 Washington Township

Prostate cancer radiation treatment on target and on schedule

Working 12-hour days is tough. Working 12-hour days while getting radiation therapy seems impossible. But Jeff Krautwald, an electrician from Elmer, NJ, found a way to make it happen.

Diagnosed with prostate cancer, Jeff needed several rounds of radiation therapy following removal of his prostate. Jeff did his homework and researched treatment facilities. He found that the Virtua Fox Chase Cancer Center Radiation Oncology service at the Virtua Health and Wellness Center in Washington Township offered state-of-the-art treatment options and was close to his home.

He also found that the program offers Calypso GPS for the Body, a tumor tracking device for patients with prostate cancer. If the tumor moves out of range during the radiation session, a common occurrence, the radiation oncologist can adjust the radiation beam or stop the treatment to readjust the patient's body.

"Calypso allows us to accurately target the cancer in real time," says David Lowther, MD, medical director of the center and associate professor, department of radiation oncology, Fox Chase Cancer Center. "This treatment allows for higher doses of radiation while reducing radiation exposure to surrounding normal tissue."

Calypso's accuracy also minimizes the risk of side effects to the bladder and rectum and increases the chance of curing the disease.

"Working full-time was important to me," says Jeff, who completed 36 rounds of Calypso radiation therapy during his lunch breaks. "With the Virtua Fox Chase Cancer Center and Dr. Lowther, I didn't miss a single day of work."



For information about
Virtua Fox Chase Cancer
Center Radiation Oncology,
call 1-888-VIRTUA-3.



Jeff Krautwald had his prostate cancer treated on his own schedule thanks to the Calypso system at the Virtua Fox Chase Cancer Center in Washington Township.

When you haven't got time for the pain

Whether suffering from back pain, headaches or the pain of cancer, pain will hold you back. With the right specialists and advanced therapies, however, people can find relief.

"Every patient is different," says AJ Rastogi, MD, co-director of Virtua Pain and Spine Specialists at the Virtua Health and Wellness Center in Washington Township. "Factors that may affect how people respond to pain and pain treatments include gender, hormones, stress and emotions, age, fitness, and underlying medical conditions. I work with all patients to find a customized care plan."

For patients with chronic problems, Dr. Rastogi combines therapies to greatly improve their quality of life.

He combines different classes of medications to optimize pain relief while keeping doses low to minimize side effects or dependency. For example, non-steroidal anti-inflammatory medications may be combined with muscle relaxants or topical agents like patches and creams. Also, rehabilitation equipment is used to provide structural support and reduce pain.

"Supplementing these medications and devices with land- or water-based physical therapy, acupuncture, meditation, or other holistic activities can provide relief without additional medications or procedures," says Dr. Rastogi.

For patients who have not found relief from conservative treatments, there are a host of advanced, minimally invasive approaches to target the source of the pain including epidural steroid injections, joint injections, radio frequency ablation, micro-surgery and implantable devices.

"My end goal is to help patients return to normal activity and lead productive lives as soon as possible," says Dr. Rastogi.



To make an appointment with Virtua Pain and Spine Specialists, call 1-888-VIRTUA-3.





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Inside Virtua's Health and Wellness Center

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Center for HealthFitness
Kidz in Motion Child Care
Lifewell Studio
vir tú Spa Services
Virtua Café

Health Services

Cardiac Rehabilitation
Center for Nutrition & Diabetes
Center for Surgery
Lab & Pre-admission Testing
Maternal-Fetal Medicine
SleepCare Center
Virtua at Work Occupational Health
Virtua Express: Immediate Care Center
Virtua Family Medicine
Virtua Fox Chase Radiation Oncology
Virtua in Motion Physical Therapy
and Rehabilitation
Wound Healing Center

Specialty Services

Advanced ENT
Advocare DelGiorno Endocrinology
Arthritis, Rheumatic & Back Disease
Associates
CADV Heart House
CoastalSpine
Community Gastroenterology Center
Drs. Lerch, Amato & Associates
(Pediatrics)
Obstetrics/Gynecology Associates
Orthopaedic Specialty Group
Regional Surgical Associates
South Jersey Radiology
The Center for Cancer and
Hematologic Disease
Urology for Children

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HealthSense is designed to provide information about Virtua's Health and Wellness Center services. It is not meant to replace the advice of a doctor.

Breakfast with Santa

Donate to
Toys for Tots, and bring
a camera to take a photo
with Santa and Mrs. Claus.

Ring in the holiday season with Santa and **bring a camera** to capture that precious family photo. Enjoy a **light breakfast** and fun activities for the kids. Donate a new, unwrapped toy to **Toys for Tots**. And, be sure to **make an appointment** to attend this FREE event.

Date: Saturday, December 10

Time: 8:30 to 11 am

Place: The Virtua Health and Wellness Center in Washington Township

For a time frame, please call 1-888-VIRTUA-3.



Virtua's Health and Wellness Center
239 Hurffville-Cross Keys Road
Sewell, NJ 08080
www.virtua.org
1-888-VIRTUA-3