

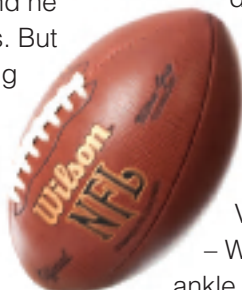
Health *Sense*

Your resource for health and wellness in Washington Township

When a Band-aid® just won't do

Eagles fan blitzes a bad burn thanks to Virtua's Wound Healing Center

Vincent Pietrafesa from Sewell, NJ, was having a good time. The Philadelphia Eagles were beating the New York Giants on Lincoln Financial Field, burgers were on the grill, and he was celebrating with friends. But the fun came to a screeching halt when Vincent accidentally knocked over the portable grill.



"The hot coals landed on my jeans, and my pant's leg and ankle caught fire," says Vincent. "My friends held me down and put the fire out, but the damage was done."

His ankle was severely burned. "It was ugly and looked infected," says Vincent. He went to the Virtua Express Immediate Care Center at the Virtua Health & Wellness Center – Washington Township to have his ankle assessed. He was immediately referred to the Wound Healing Center in the very same building. "It was convenient and reassuring to know that there are so many specialists all in one location to take care of me," says Vincent.

There, he saw Jack Bondi, DPM, foot and ankle surgeon and medical director of the Wound Healing Center. Dr. Bondi says: "Vincent had third degree burns that damaged the nerves on his ankle. As part of his treatment, we placed skin grafts in the wounded area. Over time, the skin will regenerate and heal."

Vincent Pietrafesa is ready for another football season thanks to Virtua's Wound Healing Center.

Virtua's Wound Healing Center cares for burns, cuts and wounds.

For more information, call **1-888-VIRTUA-3** or visit virtua.org.

The recuperation period was just four weeks. Today, Vincent's ankle is fully functioning, and he has returned to the gym.

"Vincent was one of the lucky ones because he sought treatment in a timely manner," says Dr. Bondi. "This is especially important for those with diabetes or poor circulation. They should see their doctor when they have a cut or wound. The slightest tear in the skin can lead to serious infection or even the loss of a limb."

Vincent escaped that fate with just a small scar. "I'm very fortunate that the team at Virtua saved my leg," says Vincent. "That and the Eagles won that day."



Immediate Care or ER? Knowing the difference

It's a sunny summer afternoon. Your son falls at the playground, and you think he may have broken his arm. Typically, you'd take him to the emergency room (ER), but now you have another option – the Virtua Express Immediate Care Center in the Virtua Health & Wellness Center – Washington Township.

Virtua Express is not an ER. But it is equipped to care for those ages six months and older suffering from minor illnesses and injuries.

Edwin Williams, MD, Virtua Express medical director, explains: "Virtua Express is for those who are too sick to wait for a doctor's appointment but too well to go to the emergency room."

For those who fit this description, going to Virtua Express has benefits. Patients often spend less in co-pays and go home faster than those who go to the ER for minor illnesses and injuries.

But those facing life-threatening illnesses and injuries should call 9-1-1 or go directly to the nearest ER.



Edwin Williams, MD, Virtua Express medical director, cares for a young patient.

Virtua Express Immediate Care Center

Monday to Friday

9 am to 9 pm*
(Open until 10:30 pm
beginning this fall.)

Saturdays, Sundays and Holidays

9 am to 5 pm*

** Patients will be accepted up
to 30 minutes before closing.*

Immediate Care treats:

- Breaks and sprains
- Colds and flu
- Ear infections and strep throat
- Minor cuts, scrapes, burns
- Stitches and removal of stitches
- Minor dental complaints

ER treats:

- Chest or belly pain
- Shortness of breath
- Motor vehicle accidents
- Dizziness, headaches or seizures
- Pregnancy-related complaints
- Severe fractures or lacerations

For a complete list, visit virtua.org.

The facial that cured cancer

Cyndy Healey may be an operating room nurse, but even she – with her clinical background – did not realize that a small pre-cancerous spot was developing on her face.

The person who discovered it was an aesthetician at vir tú spa in the Virtua Health and Wellness Center – Washington Township.

Cyndy explains: “I love getting facials, so a friend suggested I try one at vir tú. Tara, my aesthetician, carefully examined my face before starting the treatment. She noticed a tiny area on my face that looked a bit unusual and asked about it. I explained that the area often became rough and scaly. Tara suggested that I have it checked by a dermatologist.” It was really smart advice. Cyndy’s dermatologist biopsied the area which turned out to be a small pre-cancerous lesion.

It was caught just in time. The treatment was relatively easy. Cyndy used a topical medication for several weeks followed by a steroid cream. The pre-cancerous spot is now gone, and she is back to facials with Tara.


Tara explains: “At vir tú, the emphasis is on both a luxurious facial or spa treatment, as well as protecting our clients, making sure that everything we do is in their best interest.”

Vir tú aestheticians, like Tara, analyze every client before getting

started with a facial. They examine the skin, ask about allergies, medical history and at-home skin care – anything that might affect the facial or the skin overall.

Cyndy says: “Vir tú is more than just a beautiful spa experience. It’s a place where the staff educates you about the services they are providing. In my case, it’s education that saved me from a very serious problem.”

Age spots, liver spots, sun spots, oh my! Read about spot removal options on virtuawoman.org.

A woman with brown hair, wearing a white bathrobe, is sitting in a light-colored armchair. She is smiling and looking towards the camera. To her left is a tall, clear glass vase containing several long, thin, dried grass-like plants and a few red flowers. The background is a soft, out-of-focus interior setting with light-colored curtains.

Cyndy Healey is cancer-free thanks to a routine facial.

Health Events

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.

Read one woman's personal experience with bio-identical hormone replacement therapy at virtuawoman.org.

Dates: **July 25 and September 22**

Time: 6:30 to 8:30 pm

Speakers: William B. Miller, DO, and Dee Turse, MSN, APN-C

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

This informative session is for individuals considering gastric bypass surgery, sleeve gastrectomy 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: **August 16, September 20, October 18, November 22, December 13**

Time: 6:30 to 8:30 pm

Abdominal Aortic Aneurysms (AAA) Screening - Are You at Risk?

If you are a man over age 60 and exhibit at least two risk factors – (smoking, high blood pressure, high cholesterol, family history of AAA, heart disease, or have had bypass surgery) – you are eligible for this free screening. If an AAA is detected, you will be evaluated by one of Virtua's fellowship-trained vascular surgeons. Call 1-888-Virtua-3 to book your appointment.

Date: **September 14**

Time: 10 am to 4 pm

Kids' exercise classes

A variety of these classes are available for children and adults.

Classes include Zumba for Kids, Hip Hop Dance, Yoga for Kids and Mini-Recruits Boot Camp.

Membership to the Center for Healthfitness is not required.

Holiday Slim Down

Avoid the notorious holiday weight gain. Weight gain typically starts to climb from September to December. Join FitSmart for "Holiday Slim Down" weight management. Program consists of eight classes taught by FitSmart registered dietitians and nurses. Topics include: proven weight-loss tips, body composition, understanding food labels, stress and emotional eating, tips on fitness, the value of protein and fiber, food shopping, dining out. Classes (with pre- and post-class weigh-in) are every other week with weekly weigh-ins. Payment in advance is required.

Dates: **September 14 to December 14**

(eight-class session)

Time: 11:30 am and 12:15 pm:

Weigh-in (enrollees can weigh-in during either weigh-in time)

11:45 am: education class

Outsmarting Diabetes - Meals, Movement, and Motivation

Are you at risk for developing diabetes? Has your doctor told you that you have pre-diabetes? Newest research reveals that type 2 diabetes is avoidable and preventable with simple lifestyle changes. Come hear how to lower your risk for diabetes, make healthier food choices, and keep motivated to stay active. The class is taught by a Virtua registered dietitian.

Date: **September 27**

Time: 7:30 to 8:30 pm





Get a chance to win a free massage at vir tú spa or a 30-day free membership to the Center for HealthFitness. Visit facebook.com/virtuahealth and click on the Sweepstakes link to enter to win.

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: **July 21, 28; August 4; September 8, 15, 22; October 20, 27; November 3**
 Time: 6:15 to 9 pm

Individual Nutrition Counseling

Learn to make healthy choices and develop a strategy to achieve your personal nutritional goals with a Virtua registered dietitian. Counseling is by appointment, and there is a fee that may be covered by your health insurance.

Arthritis Foundation Exercise Program

A land-based, low impact program that helps increase joint flexibility and find relief from arthritis pain.

Arthritis Foundation Aquatic Classes

Classes are held twice a week in our warm-water therapy pool.

Young at Heart (land or water)

This supervised fitness program is designed for the older adult to help develop a physically independent lifestyle by building sufficient muscular strength.



Joann Richichi, DO



Marianne DiGiovanni, DO



Juanita Huggins, DO



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

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



5 Things You Can Do to Prevent Diabetes

If you or someone you know has diabetes, you know the drill. Every day revolves around diet, exercise and, in some instances, medication. Luckily, in most cases, type 2 diabetes can be prevented.

"Making simple lifestyle changes can make a difference," says Lois Gerst, RN, CDE, manager of the Virtua Centers for Nutrition & Diabetes Care at the Virtua Health & Wellness Center – Washington Township.

"Research shows that maintaining a healthy weight and being moderately active can prevent or delay the onset of type 2 diabetes in many who are at risk."

Learn how by reading Lois' five tips:

Quit drinking calories. Maintaining a healthy weight means consuming fewer calories. Cut back on sugary drinks like soda and juice. Try water with a lemon wedge instead.

Take a hike. Go for a walk after dinner. Incorporating 30 minutes of exercise, five days a week has been scientifically proven to prevent or delay the onset of diabetes.

Create your plate. Control your portions by dividing your dinner plate into three zones. Half should contain non-starchy vegetables, such as salad greens or beans.

One quarter should include lean meats or tofu. And the remaining quarter should be grains or starchy vegetables, such as potatoes. Your food should be piled about the thickness of a deck of cards.

Practice makes perfect. The longer you make smart food choices, the easier they become. After just a few weeks, you will actually start to enjoy healthier food.

Find what works for you. Not everyone likes going to the gym. But there are other ways to get active. Find an exercise video you like, start a new sport or exercise with a friend.

Learn how to outsmart type 2 diabetes. Hear how to lower your risk on **Tuesday, September 27** from **7 to 8:30 pm**. Call **1-888-VIRTUA-3** to register. See listing on Health Events page.



Total sports medicine care at Virtua in Motion

Matt Trainor makes his living as a fitness trainer. A natural athlete, he enjoyed playing touch football until nagging knee pain made it hard to demonstrate exercises to his clients. He could no longer ignore it.

In a visit to orthopaedic surgeon Brad Bernardini, MD, at the Virtua Health & Wellness Center – Washington Township, Trainor was surprised to learn that he had torn his anterior cruciate ligament (ACL). He immediately scheduled all the services he would need in the same convenient location.

“From the first appointment with the surgeon to the MRI to surgery and physical therapy, it was well-coordinated and easily accessible.

I’m convinced it made a difference in my recovery,” says Trainor.

Surgery, recovery, prevention

After surgery, Trainor began eight weeks of physical therapy that included balance and strengthening at Virtua in Motion. “Matt had an outstanding surgical result and came to us with great motion. His commitment to therapy also enhanced his recovery,” explains Keith Abruzzese, PT, DPT, rehabilitation manager.

“We don’t limit our view of a patient to a post-surgical ‘fix-it.’ We also train the healthy leg, considering things like body mechanics and physical build,” says Abruzzese.

“This more comprehensive approach can prevent future injury.”

The approach and the services worked for Trainor, who is back to his personal training business at full strength.



Matt Trainor is back in business after surgery and extensive physical therapy at Virtua in Motion.

Concussions: What every athlete needs to know. Free seminar this fall for parents and high school athletes. For more information, call **1-888-VIRTUA-3**.





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Inside the Virtua Health & 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

HealthSense is produced by the Marketing and Public Affairs Department at Virtua.

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HealthSense is designed to provide information about the Virtua Health and Wellness Center – Washington Township. It is not meant to replace the advice of a doctor.

Lifewell Studio now open

Both kids and adults can join exercise classes at the new Lifewell Studio at the Virtua Health & Wellness Center – Washington Township. There's a variety of classes every week. For more information, fees and registration, call **1-888-Virtua-3**.

For kids

- Hip Hop Dance
- Yoga for Kids
- ZumbaTomic for Kids and Pre-teens
- Mini-Recruits Boot Camp (enhances endurance and strength)

For babies, 2 weeks to 12 months

Infant Massage

For adults

- Prenatal Yoga
- Get in Get out (30-minute express work-out)



Membership to the Center for Healthfitness is not required.

Virtua Health & Wellness Center
239 Hurffville-Cross Keys Road
Sewell, NJ 08080
HealthLifeVirtua.org
1-888-VIRTUA-3