

HEALTHCARE INFORMATION AND NAVIGATION FROM SOUTH JERSEY'S PREMIER PROVIDER

HEALTHSAVVY



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Like an
ELEPHANT
on your chest

P. 6

Need help with health care?
Call toll-free 1-855-Virtua-8
for a Personal
Health Navigator.



24/7 TECHNOLOGY MAKES HEALTH EASIER

Virtua's free mobile website is at your fingertips

These days, people on the go need health-related information quickly and easily. Virtua's new mobile website may be just what the doctor ordered. Now you can access this important information on your smartphones for free!

This emerging technology provides a number of handy features, including access to Virtua's personal health navigators, physician directory, turn-by-turn directions to Virtua locations, services and specialties, and details about classes and events.

It's just another way Virtua helps you manage your healthcare. Visit us at www.virtua.org on your Android- or Apple-based mobile device or Blackberry touch mobile device (6.0 or higher).



Trusted health information on your schedule

Main Virtua site: www.virtua.org

Especially for women: www.virtuawoman.org

For expectant and new moms: www.virtuababy.org

Facebook: www.facebook.com/virtuahealth

Twitter: www.twitter.com/virtuahealth

YouTube: www.youtube.com/virtuahealth



Get the inside scoop on health care

Virtuawoman.org is an online magazine that connects you to the hottest news in health and wellness, and delivers the health care information, resources and experts that can keep you and your family in good health.



- Free access to Virtua Personal Navigators to coordinate your health care by helping you find doctors, make your appointments and schedule diagnostic tests.
- Current, engaging articles about what's important to women – no matter the subject, if women are talking about it you'll be reading about it here. Hot topics include sex, beauty, fitness, nutrition and aging.
- Facebook and Twitter connection for online discussions about life, aging, parenting, fitness, beauty, and more.
- Free online, secure Personal Health Record to keep track of your family's health, allergy and medication records.

24
HOURS A DAY

Ovarian cancer meets its match: Dr. Randy Deger

In early 2006, Medford mom and wife Linda Xerri entered Virtua Voorhees to have a simple, minimally invasive procedure to remove a benign ovarian cyst. She would be in and out of the hospital the same day. A few hours later, Linda awoke in a hospital room to the worried faces of her family.

The benign cyst turned out to be ovarian cancer. Within hours, Linda met with Virtua gynecologic oncologist, Randy Deger, MD, who laid out a surgical plan. "The goal was to find and destroy every bit of cancer in her body," says Dr. Deger. A few days later, Dr. Deger performed surgery.

After a two-month recovery, Linda underwent 16 weeks of chemotherapy to eradicate any microscopic cancer cells that remained.

Understanding why

After completing treatment, Linda wanted to understand why she got ovarian cancer, when throughout her life she was most worried about breast cancer, the disease from which both her mother and maternal aunt had died. And, from age 18 on, Linda had been scrupulous about following all of the recommended breast cancer screenings

for someone with a family history of the disease.

"When she developed ovarian cancer, I suggested that she have genetic counseling and testing," says Dr. Deger. It revealed that she had a BRCA-1, a genetic mutation, which puts women at high risk of developing breast, as well as ovarian cancer."

With the BRCA-1 genetic mutation, women have about a 40 percent risk of developing ovarian cancer in their lifetime and an 80 percent chance of developing breast cancer," says Dr. Deger. Given this information, Linda made the tough decision to undergo a double mastectomy to reduce the chance of developing breast cancer.

In addition, she discussed the genetic risk with her 19-year-old daughter, who also will be at higher risk for having BRCA-1 and for developing breast and ovarian cancer.

While Linda credits Dr. Deger for his compassion and life-saving care, she admits that she only thinks of him four times a year when she goes in for follow-up appointments. This thrills him. "I don't think of myself as a lifesaver," admits Dr. Deger. "I have a skill that helps women live longer, healthier lives, and I'm happy I can share that."

MEET THE PHYSICIAN

Randolph Deger, MD, is board certified in gynecologic oncology, obstetrics and gynecology, and hospice and palliative medicine. He earned his medical degree from Mt. Sinai School of Medicine in New York. Dr. Deger completed a residency in obstetrics and gynecology and a fellowship in gynecologic oncology at the Hospital of the University of Pennsylvania.

toll-free 1-855-VIRTUA-8 (1-855-847-8828)

Watch Linda's story at

 [virtuawoman.org](https://www.virtuawoman.org)



When a life is at risk, Virtua is ready: The best care for mom and baby



“You’d never know my kids were premies,” says Shannan.

When Shannan Herckner got pregnant for the first time, she delivered at Virtua because it was close to home. The second time around, she chose Virtua because of its outstanding care.

“During pregnancy number one, everything went along fine until my water broke six weeks early,” says Shannan. She gave birth to a premature baby girl named Kendell. The infant experienced problems with feeding, sucking and breathing – common for premies – so Kendell was cared for in Virtua Voorhees’ neonatal intensive care unit (NICU) by highly skilled clinicians until she was strong enough to go home.

Advanced care for newborns

“Premature newborns are very fragile and often need intensive care,” says Elizabeth Fong-DeLeon, MD, Virtua neonatologist and chief of neonatology at

Virtua. “For these babies, Virtua Voorhees provides a state-of-the-art Level III NICU – one of only three regional perinatal centers in South Jersey.”

High-risk care for moms

“When women have one premature baby, they are 20 percent more likely to have a second,” says Virtua obstetrician-gynecologist Emily Ricci, MD.

During her second pregnancy, Shannan began bleeding at 17 weeks, so it was recommended that she see a Virtua maternal-fetal medicine (MFM) specialist.

OB and MFM specialists team up for care

“Obstetricians like me work closely with Virtua’s MFM specialists to develop a care plan,” says Dr. Ricci.

For Shannan, the plan was to stay on modified bed rest, which she continued, until her son, Breck, was born at 30 weeks old. He also needed time in

Renowned maternal-child services at Virtua Memorial.

A transformation is taking place on Virtua Memorial’s maternity floor. Helen Gorlitsky, MD, FACOG, a



Virtua OB/GYN explains: “To date, nine mother-baby rooms have been remodeled. And, the special care level II nursery is doubling in size.

See photos at [Virtua.org/special care nursery](http://Virtua.org/special_care_nursery).

Future Plans: Memorial’s new Women’s and Children’s Tower

It will be a 125,000-square-foot tower featuring the most advanced maternal-fetal, ante-partum and post-partum care, as well as a pediatric unit.

the Voorhees NICU, along with additional care once he left the hospital.

Because Breck was born with low muscle tone, he received physical therapy. Breck’s care is a perfect example of how “Virtua’s services for children start at the very beginning of life to give every child the healthiest possible future,” says Virtua pediatrician Jeffrey Blackman, MD.



For more information on Virtua’s maternity services, visit www.virtua.org or call toll-free 1-855-VIRTUA-8 (1-855-847-8828).



Services available at Voorhees and Memorial Hospitals

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Jeffrey Blackman, MD, is a board-certified pediatrician who completed medical school at Hahnemann University School of Medicine, and his residency at

St. Christopher’s Hospital for Children. He is also on staff as a clinical affiliate at The Children’s Hospital of Philadelphia.



Elizabeth Fong-DeLeon, MD, is board certified in neonatal and perinatal medicine. She graduated from the University of the Philippines College of Medicine. She completed her pediatric residency at the

University of Illinois Hospital in Chicago and her fellowship in neonatology at the Children’s Hospital of Philadelphia.



Helen Gorlitsky, MD, FACOG, is a board-certified obstetrician-gynecologist who completed medical school at Temple

University School of Medicine. She completed her residency in obstetrics and gynecology at Pennsylvania Hospital.



Emily Ricci, MD, received her medical degree from Jefferson Medical College and completed her internship

and residency at Thomas Jefferson University Hospital.

Health care delivered to **the comfort of home**

Placidia Lee has a long history of chronic illness, including high blood pressure and diabetes. Recently, she was admitted to Virtua Voorhees for difficulty breathing due to congestive heart failure. After her acute illnesses were stabilized, Placidia was sent home to recover more fully.

A medical team and advanced technology went with her

“Resting in the comfort of your own home can reduce stress and significantly improve recovery when you have the necessary clinical care and monitoring,” says Sue Burt, RN, BSN, BC, Virtua home care nurse.

Sue visited Placidia three times a week to make sure she took her medication, ate the right foods, and reduced her smoking to control her diabetes and blood pressure. On the days that Sue wasn't there, she taught Placidia how to care for herself. Placidia learned how to monitor her own vital signs via a portable telemonitoring system.

Moving ahead at home

“Every morning, I took my blood pressure and stepped on the scale. The results were sent electronically to Sue and the doctor. It was simple to use and a relief to know I was doing ok,” says Placidia.

Carol Golden, a Virtua physical therapist, also visited Placidia at home to help her regain strength and endurance through a home exercise program. “We did gentle exercises like marching in place. The goal was to get her back to performing daily activities like walking up and down her apartment's hallway without becoming too exhausted or short of breath.”

Today, Placidia continues her road to recovery – outside her home – with physical therapy at Virtua in Motion in the William G. Rohrer Center for HealthFitness in Voorhees.

Placidia says: “Because Virtua brought so much care to me, I've regained my independence and my life.”



Everything to recover at home

- Telemonitoring
- Physical, speech and occupational therapy
- At-home nursing care
- At-home physician visits, x-rays and blood work
- Certified home health aides to help with personal needs
- Social services and community resources like smoking cessation, managing diabetes and losing weight
- A 24/7 medical alert service to connect you with care during a medical emergency with just a push of a button

Visit www.virtua.org to learn more about Virtua Home Care or call toll-free 1-855-VIRTUA-8 (1-855-847-8828).

FROM LIFE TO DEATH

Virtua's advanced interventions for heart attacks and cardiovascular

The last thing 72-year-old Virgil McGough remembered is going out for a walk on a Friday with his wife Lynne. "My next recollection is waking up at Virtua Marlton six days later," McGough says. He had collapsed and gone into cardiac arrest – McGough's heart had stopped beating.

Fate was on his side. Lynne, a nurse, immediately started CPR. Within minutes 911 was called. McGough was rushed to Virtua Marlton where he was treated with therapeutic hypothermia – an intervention that saved his life. Therapeutic hypothermia is the most advanced therapy for stopping the brain damage associated with many types of heart attacks. Randy Mintz, MD, Virtua cardiologist and medical director of the cardiac catheterization lab at Virtua Marlton, explains: "Sometimes, because of the devastating shock of a heart attack, the heart can stop beating. The lack of blood flow causes the brain to immediately swell – a dangerous situation."

Hypothermia involves cooling the patient's entire body down to between 90 and 93 degrees Fahrenheit.



This reduces the body's metabolic needs and substantially lessens damage to the brain and heart. The patient is cooled for 24 hours after which his temperature is slowly returned to normal.

"Everything worked the way we designed it to work," said Scott Kasper, Virtua's corporate director of emergency services. "Getting Mr. McGough quickly to a Virtua emergency department capable of using hypothermia treatment surely contributed to saving his life."

The care you need, when and where you need it.

"The type of heart attack someone suffers determines the type of treatment the individual receives," explains Dr. Mintz. "Fortunately, Virtua can deliver it all – the highest level of cardiovascular care close to home."

Whether it's an evaluation at Virtua Marlton's accredited chest pain center, the need for an emergency angioplasty in one of Virtua's state-of-the-science catheterization labs or therapeutic hypothermia, Virtua's experienced clinical teams are ready to stop life-threatening cardiovascular problems round-the-clock.

What does a heart attack feel like?

"It's like an elephant sitting on your chest," says Charles Dennis, MD, Virtua cardiologist.

"Many patients experience extraordinary pressure, squeezing and burning in their chest. Unfortunately, some people ignore these symptoms and don't call 911. They worry that they will be embarrassed if it turns out not to be heart attack."



"I can't say this strongly enough: Better to be embarrassed and alive than ending up in intensive care or worse. Call 911 and get to the closest hospital that can perform emergency angioplasty," emphasizes Dr. Dennis.

Virtua Memorial and Marlton Hospitals are staffed so that once a patient arrives, an angioplasty can be completed in 90 minutes, door-to-balloon time, the national standard.

"The sooner a person is treated the better the chance we have to save the most important muscle in the body – the heart," adds Dr. Mintz.

Stopping a heart attack. Saving a life.

A 52-year old man has crushing chest pressure. 911 called; Virtua paramedics arrive. His EKG indicates a heart attack.

9:15 pm

From the ambulance, Virtua's ED and cardiac catheterization lab is called. Patient's EKG is sent to cardiologist's smart phone.

9:22 pm

Man loses consciousness en route. EKG shows a life-threatening heart rhythm.

9:24 pm



AND BACK AGAIN

vascular emergencies saves lives.

Exactng protocols for heart attacks

Virtua has exactng protocols in place for what happens when someone arrives in the emergency department with heart attack symptoms.

Rick Ludwin, DO, medical director, Virtua Berlin Hospital emergency medicine says: For a patient with chest pain, time is critical, so these patients are seen immediately. An EKG is performed within 10 minutes of arrival. If it shows a heart attack is in progress, a life-saving protocol is immediately triggered. The patient is rushed to Marlton Hospital where angioplasty team is waiting in the catheterization lab – ready to open the blocked artery and restore a normal heart beat.”

Learn how heart attack risk factors can be controlled at www.virtua.org.

Striking back at stroke, epilepsy and brain disease: Virtua Neuroscience Program

- Four Joint Commission Accredited Advanced Primary Stroke Centers at Virtua Hospitals: Berlin, Marlton, Mount Holly, Voorhees
- Neurologist on call 24/7 through teleneurology for diagnosis and treatment of stroke and other neurological emergencies
- Dedicated stroke units in-hospital
- In-hospital neurologists at Marlton and Voorhees
- Epilepsy specialist to monitor/treat inpatient and outpatient disease-related problems



Virtua Hospital Services and Locations

Therapeutic Hypothermia

Berlin
Marlton
Mount Holly
Voorhees

Emergency vascular surgery/aneurysm repair

Berlin
Marlton
Mount Holly
Voorhees

Cardiac Care Centers with angioplasty, interventional cardiology, interventional radiology

Marlton
Mount Holly

Virtua Accredited Chest Pain Center

Marlton

Virtua Cardiac Rehabilitation

Voorhees
Washington Township
Mount Laurel

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Randy Mintz, MD, graduated from the University of Medicine and Dentistry of New Jersey. He completed his residency in internal medicine at Cooper

Medical Center, and fellowships in cardiology and interventional cardiology at the Medical College of Pennsylvania.



Charles Dennis, MD, graduated from the University of Arizona School of Medicine. He completed his residency at Brigham & Women’s Hospital

in Massachusetts and his fellowship at Stanford University Health System.



Rick Ludwin, DO, is a graduate of the College of Osteopathic Medicine and Surgery, Des Moines, Iowa. Dr. Ludwin completed his residency in emergency medicine at the Hospital of

Philadelphia College of Osteopathic Medicine. Dr. Ludwin is chair of the department of emergency medicine at Virtua West Jersey Hospitals.

Virtua medics “shock*” patient back into a heart rhythm that can sustain life.

9:25 pm

Patient rushed to cardiac catheterization lab; angioplasty team waiting.

9:35 pm

Angioplasty performed; blocked artery cleared. Normal blood flow restored to heart, brain and body.

9:52 pm

A normal heart beat, a life saved.

9:52 pm



*Defibrillator used



Small incisions. **Cutting**

With minutes to live, every second counts

One summer evening, Tim B. was strolling down a supermarket aisle when he felt a tearing sensation in his abdomen. A former football player, Tim was no stranger to pain, but says: "It was the worst I'd ever felt in my life." Then he collapsed. "All I remember is my wife yelling: 'Call an ambulance!'"

Tim was clinging to life when Constantine Andrew, MD, Virtua vascular surgeon, swept into the Virtua Marlton emergency room.

There he and his team swiftly evaluated Tim and determined that he had a ruptured abdominal aortic aneurysm, or AAA (pronounced Triple-A). Within minutes, Tim was in the operating room, and Dr. Andrew was positioning a stent graft through Tim's largest artery, the aorta, creating a new passageway for blood to flow through.

Tim's aorta had ruptured, and the doctor was rushing to stop massive internal bleeding.

Over 60 and smoke?

AN AORTIC ANEURYSM
could threaten
your life.

Learn about other risk factors at www.virtua.org.

How does an aneurysm happen?

Every beat of your heart unleashes a torrent of blood down your aorta, the garden-hose sized artery that runs from your heart to your abdomen. The abdominal section of this critical artery supplies oxygen to the lower half of your body and the body's vital organs. An aortic aneurysm occurs when a small section of the aorta swells and weakens. "If diagnosed early, a smaller aortic aneurysm can be managed through careful observation and, when appropriate, a scheduled surgery," says Dr. Andrew. "If left unchecked, an aneurysm swells. As the aneurysm increases, the wall of the aorta gets thinner until it ruptures."

In many cases, Virtua surgeons and interventional radiologists can now repair the aneurysm tear using a minimally invasive approach.

Virtua's Acute Vascular Emergency Service

"Patients must seek immediate medical attention for sudden severe abdominal pain or back pain – a common symptom of a ruptured aneurysm," says Dr. Andrew.

Virtua's Acute Vascular Emergency Service at Marlton provides rapid diagnosis and treatment for these and other vascular emergencies, 24 hours a day, seven days a week.

A small diagnosed aneurysm is much easier to treat than one that has ruptured, and the outcomes are better. However, aortic aneurysms often have no symptoms. Therefore, Dr. Andrew recommends ultrasound screenings for people at risk including those over 60 who smoke.

recovery time.

MEET THE PHYSICIAN



Constantine Andrew, MD, is board certified in general and vascular surgery. He earned his medical degree at Eastern Virginia Medical School and an internship at Riverside Hospital Medical College, Virginia. Dr. Andrew completed his residency in general surgery at Cooper University Medical Center and a fellowship in vascular surgery at the University of Medicine and Dentistry of New Jersey.

The best surgical hands: human or robot

The chest cavity is the grand central station of the body. It houses the heart, lungs, esophagus and many critical blood vessels. Because so many vital organs overlap each other in this complex region, performing surgery here has always been technically challenging.

An example: Not too long ago, a routine lung biopsy required a six-inch incision so the surgeon could safely operate on the lungs and obtain a proper tissue sample. "For patients, a long, uncomfortable recovery followed," explains Christopher Derivaux, MD, an experienced Virtua thoracic surgeon.

With robot-assisted surgery, Virtua surgeons now perform many types of thoracic surgery

treating lung and esophageal disease with a minimally invasive procedure. A one-to-three inch incision is all that is needed. Patients recover with far less pain.

Dr. Derivaux says: "What's amazing is that, with robot-assisted surgery, we actually get a better view of the chest cavity. We can more comfortably operate on hard-to-reach areas, like certain regions of the lung or esophagus." The camera used during the surgery offers a 3-D image that allows for very precise robotic surgery. The robotic arms – controlled by the surgeon – refine his hand movements providing remarkable precision and dexterity.

The best approach for any chest surgery is to tailor the procedure to the patient's needs and safety. Either way, it's reassuring to know that, at Virtua, patients are in the best surgical hands: human or robotically assisted.

MEET THE PHYSICIAN



Christopher Derivaux, MD, is a board-certified thoracic surgeon. He graduated from UMDNJ-Robert Wood Johnson Medical School and completed a surgical

residency and critical care fellowship at Thomas Jefferson University Hospital. He also did an additional fellowship in thoracic surgery at New York University Medical Center and currently is the division chief of thoracic surgery at Virtua.

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Robotic-controlled arms provide flexibility that parallel the human hand and wrist while operating in an area the size of a quarter.

Virtua Fracture Centers: The best places for bad breaks



Every day, 81-year-old Christopher Timmons looks forward to strolling down his long country driveway to pick up the mail. But his pleasure was cut short not too long ago when Timmons fell and fractured his hip. Luckily, he was rushed to Virtua's Fracture Center which specializes in treating breaks in those over age 65.

Orthopaedic surgeon Gerald Hayken, MD, director of Virtua's Fracture Center explains: "People over 65 do best when surgery to repair a hip is performed within 24 hours after an injury – as long as the patient is medically stable." This is exactly the way Mr. Timmons was treated at Virtua.

Expediting surgery is one of many specialized protocols at Virtua's Fracture Center, with sites in Mt. Holly and Berlin Hospitals. "Our team of orthopaedic surgeons, internal medicine physicians, and physical and occupational therapists, coordinate care after surgery to ensure that patients are kept alert and moving for improved outcomes," adds Dr. Hayken.

"Through all areas of treatment, patients of an advanced age have unique needs" says Greg Busch, DO, medical director at Virtua Berlin and director of Virtua's Acute Care for the Elderly program (ACE). "We know that older patients require very specialized care. From a medical perspective, we keep patients clear-headed by avoiding certain medications. We want them to be alert and moving for optimal recovery."

Timmons was out of bed and on his feet within 24 hours of his surgery and quickly moved to rehabilitation: "I was up and around right away. My physical therapist was there immediately, encouraging me. It was a challenge but it was worth it," he says.

The goal at Virtua's Fracture Center is always the same – to do everything possible so the patient has a good outcome and gets back to an independent life.

Mr. Timmons is walking proof of this.

Go to virtua.org to learn about preventing hip fracture.

MEET THE PHYSICIANS



Gerald Hayken, MD, is a board-certified orthopaedic surgeon and chief of orthopaedics at Virtua Memorial. He earned his medical degree at Temple University School of Medicine and completed his internship and residency in orthopaedic surgery at the Hospital of the University of Pennsylvania.



Gregory Busch, DO, is board certified in family medicine and geriatrics. He earned his medical degree at Philadelphia College of Osteopathic Medicine, where he also completed his residency in family medicine, and a fellowship in geriatric medicine. He completed an additional residency year at the Hospital of the University of Pennsylvania.

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3 ways to get the skinny

1



Prevent diabetes

All it takes is 30 minutes of physical activity, five times a week to help prevent type 2 diabetes – if you are borderline for the disease – according to a study by the American Diabetes Association. People also lost 10 to 20 pounds by making changes in their eating habits.

Here's how to do it:

- Slowly incorporate exercise into your day with 3-minute workouts.
- Start with twice a week and slowly work towards a more frequent goal.
- Reaching a five-day routine will be easier than you think.

Lose weight and enjoy your foods.

- Cut what is on your plate in half.
- Buy single serving containers of snacks and ice cream.
- Remember that every calorie adds up.

Lose 5 pounds in one month

2

A realistic way to reach this goal is by losing one pound per week – eliminating about 500 calories per day. Increasing your exercise will cut that number in half, leaving just 250 calories to cut from your diet.

Some tips:

- Switch your soda, iced tea or favorite coffee drink to diet.
- Buy portion controlled low-calorie ice cream bars or 100-calorie single serving snack bags.
- Eat breakfast.
- Choose high fiber, low-fat foods, reduced fat or fat-free milk and drink lots of water.

Learn the latest on health and wellness

 [virtuawoman.org](https://twitter.com/virtuawoman.org)



Get six-pack abs at home

Six-pack abs are not just for celebrities with a personal trainer. According to a recent study, two of the most effective exercises can be done in the privacy of your own home.

Do the bicycle maneuver:

- Lie down pressing your lower back into the floor.
- Place your fingertips on the back of your head and bring your knees to a 45-degree angle.
- Begin pedaling touching opposite elbow to opposite knee.
- Remember to breathe.

Work with the exercise ball:

- Lie on your back and place the stability ball under your calves and knees.
- Extend your arms out flat on the ground.
- Let your legs fall to one side while maintaining contact with the ball.
- Return to the starting position and repeat to the other side.

Get real results starting with just five minutes a day, no more excuses.



3

Virtua's 7th Annual Women's Health Symposium



Keynote speaker
Bette Midler

Saturday, November 19
PA Convention Center

Toll-free 1-855-VIRTUA-8 (1-855-847-8828)



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HEALTHSAVVY

HealthSavvy is designed to provide current information about Virtua's services. It is not meant to replace the advice of a physician.



Coming in 2012: Moorestown Health and Wellness Center



For the residents of Moorestown and beyond, Virtua's new state-of-the-science health and wellness center is designed to keep people healthy and help those who are not so healthy manage their conditions through easy access to physicians, exercise, nutrition and support programs.

Richard P. Miller, CEO



It is thrilling to be building such a progressive center that will serve the community, providing the highest quality care outside of the traditional hospital settings. The new 200,000-square-foot Moorestown Health and Wellness Center will offer physician offices, imaging services, cardiac rehabilitation, a state-of-the-art fitness center, a spa, on-site child care – the right care in the right place at the right time.

**Ninfa M. Saunders
President and COO**