Health Sense
Your resource for health and wellness in Washington Township

Expert care from shoulder to fingertips

Shane Duffy, a basketball and football player at Gloucester Catholic High, dislocated his shoulder during football practice. Not just once, it happened twice in two weeks. The result was a torn labrum, the cartilage that stabilizes the shoulder. Shane needed surgery.

His family trusted the expert care of the Virtua Upper Extremity Program at Virtua's Health & Wellness Center in Washington Township. Orthopedic surgeon and shoulder and elbow specialist, Jennifer Vanderbeck, MD, performed Shane's minimally invasive surgery.

"Injuries like Shane's are caused by trauma, but common upper extremity injuries such as a torn rotator cuff, tennis elbow or carpal tunnel syndrome are often due to repetitive motion or the structural breakdown that occurs with age," says Dr. Vanderbeck. "Symptoms can be managed – through therapy and medication – but when pain and limited function or mobility affect your quality of life, it's time to see a specialist."

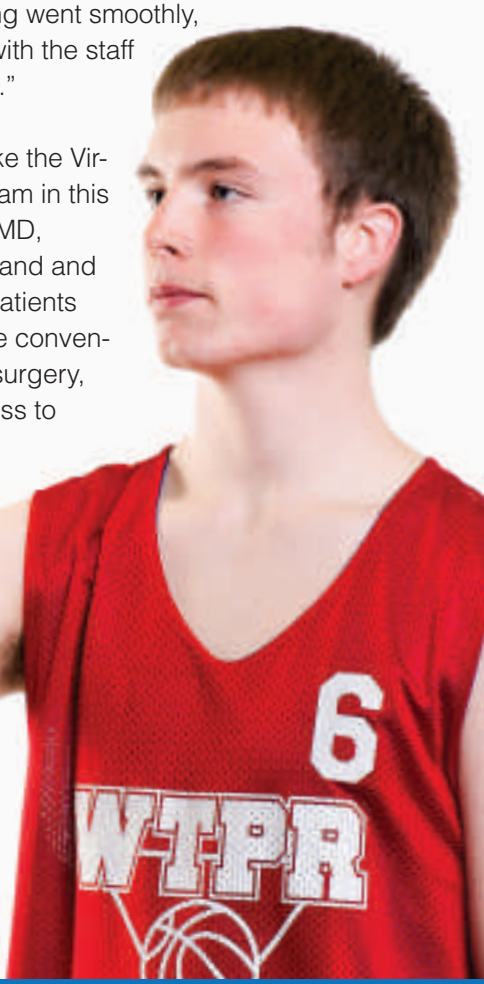
The Virtua Upper Extremity Program provides highly specialized treatment for the unique bones and joints in the hand, wrist, arm, elbow and shoulder. It combines the expertise of well-respected orthopedic surgeons with Virtua's state-of-the-art surgical center and physical therapy center.

"After an injury is structurally repaired, it's critical that patients complete physical or occupational therapy to restore motion and strengthen muscles to prevent future injury," says Keith Abruzzese, manager of Virtua in Motion rehabilitation services.

"Our therapists stay in close contact with the surgeons to ensure each patient's full recovery." Shane continues to do physical therapy and is looking forward to playing basketball and football again.

His mother, Kelly Duffy, is pleased with his recovery and grateful that they didn't have to travel far for expert care. "I had heard horror stories about shoulder surgery, but everything went smoothly, and I was impressed with the staff and the facilities at Virtua."

"There is no other place like the Virtua Upper Extremity Program in this area," says Stuart Trager, MD, orthopedic surgeon and hand and wrist specialist. "It offers patients coordinated care and one convenient location for x-rays, surgery, rehabilitation and access to fellowship-trained physicians."



Shane Duffy

For more information or to schedule an appointment with the Virtua Upper Extremity Program, call 1-888 VIRTUA-3.

The many benefits of massage

When Williamstown resident Tricia Hogan's back pain flares up, instead of reaching for a pain reliever, she reaches for the telephone and calls her massage therapist, Shari Simmons.

Shari is a certified massage therapist at vir tú, Virtua's spa in Washington Township.

Tricia regularly visits Shari at vir tú for massage. "After being extremely active my whole life and giving birth to four children, I have trouble with my lower back. To avoid taking medication or needing more invasive medical intervention, I use massage to treat my pain."

And it works. Not only does massage help Tricia with her back pain, she also sees a mental benefit to massage. "I am more relaxed and have more patience with my children. They know when mom has been to vir tú."

While Tricia is using massage from a preventative standpoint, it also has medical benefits.

"Massage is great for relieving headaches and pain in other areas," says Shari. "I've seen clients with physical ailments such as muscle spasms and arthritis find great relief from regular massage."

In addition, massage can boost your immune system. Shari explains: "When you are stressed, your body releases cortisol, which suppresses your immune system. Massage relieves your stress and brings down your cortisol level making it easier for the body to fight infection."

Tricia Hogan prepares for her regular massage with Shari Simmons, certified massage therapist at vir tú, Virtua's spa in Washington Township.

To find out more about how massages can benefit you, visit virtu4u.com or call (856) 728-7722.

Virtua Express:
Seeing more patients faster

Pink eye, while not life threatening, can be a nuisance. Highly contagious, it can easily spread throughout a household. And when this happens, mom is left washing bed sheets and disinfecting everything in site.

When Karen Indenbom noticed the pink color of her son Jason's eye, she immediately called her pediatrician.

With only a 9 pm appointment available that day, she turned to Virtua Express: Immediate Care Center in Washington Township.

"My son needed to see a doctor right away," says Karen. "But the 9 pm appointment was too late. I needed an appointment, and I needed it to be quick."

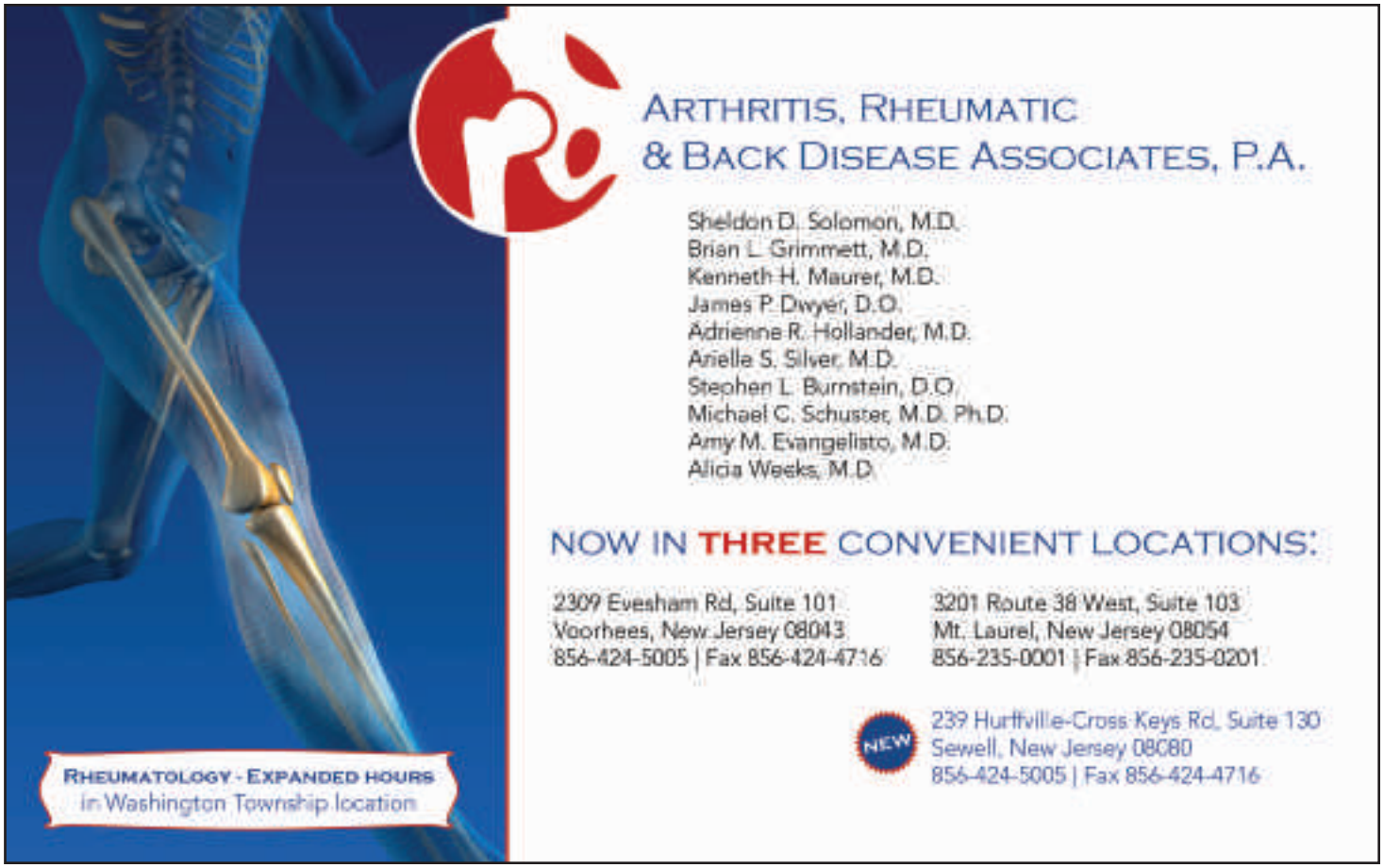
And that's just what she got at Virtua Express. "We arrived around 6:30 pm and saw the doctor right away. I had Jason back home and in bed by 8:30 pm," says Karen. "It's just what we needed."

Virtua Express is ideal for those who are too sick to wait for a doctor's appointment but not sick enough to go to the emergency room. Physicians at Virtua Express diagnose and treat patients with conditions from broken bones and minor cuts to respiratory infections and strep throat.

And now, patients are being seen faster than ever. "With an improved process for seeing patients, extended hours and more physicians on staff, we are able to see more patients faster," says Sarah Sivon, Virtua Express practice administrator.

To accommodate more patients, the hours of operation have been extended to Monday through Friday from 8 am to 11 pm, Saturday and Sunday from 9 to 5 pm. Virtua Express is also open on holidays.

For more information on Virtua Express, visit virtua.org or call 1-888-VIRTUA-3.



Health Events

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

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: **May 3, 10, 17**
June 14, 21, 28
Time: 6:15 to 9 pm

Outsmarting Diabetes: Meals, Movement and Motivation

Are you at risk for developing diabetes? Newest research shows that type 2 diabetes is avoidable and preventable with simple lifestyle changes. Come hear how to make healthier food choices, keep motivated every day, and stay active.

Date: **April 4**
Time: 7 pm
Speaker: Charlotte Genetta, RD, CDE
Virtua Center for Nutrition & Diabetes Care

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: **April 11, May 9, June 13**
Time: 6:30 to 8:30 pm
Speaker: William B. Miller, DO

The HERO Program

This program is designed to address the special physical fitness, nutrition and lifestyle needs for firefighters, police, military and EMS in the South Jersey region. For dates, times and to register, call (856) 341-8111.

Next Step (Land or Water)

Next Step is best suited for (but not limited to) individuals with heart disease, diabetes, orthopedic conditions, or have recently graduated from physical therapy/cardiac rehabilitation, but are not ready for independent exercise. For dates, times and to register, call (856) 341-8111.

Kids Fitness Classes

Try a variety of classes aimed at our youth community as well as adults. Some classes offered are Zumba for Kids, Hip Hop Dance, Yoga for Kids, Kids Kickboxing and Mini-Recruits Boot Camp. For dates, times and to register, call (856) 341-8111.

Prenatal Yoga

Learn the physical and mental benefits of Prenatal Yoga. For dates, times and to register, call (856) 341-8111.

Infant Massage

Learn the benefits and techniques of infant massage. For dates, times and to register, call (856) 341-8111.

Arthritis Foundation Aqua Classes

Designed for people with arthritis and related conditions, this program takes place in the warm-water therapy pool. The exercises are gentle and improve range-of-motion, endurance, balance and stability. For dates, times and to register, call (856) 341-8111.

Arthritis Foundation Exercise Program

This land-based, low-impact program helps most people with arthritis increase their joint flexibility and find relief from arthritis pain. The strength, endurance and balance components can be adapted for various fitness levels. For dates, times and to register, call (856) 341-8111.

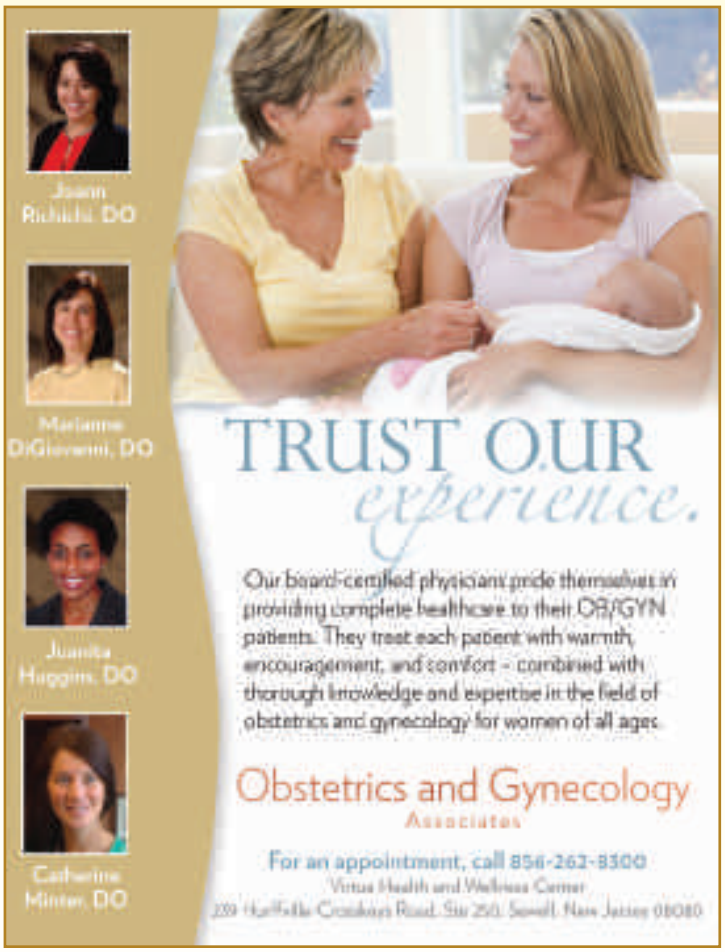
All services featured here are located at Virtua's Health and Wellness Center in Washington Township.

Empowering you to achieve your health & fitness goals!

Virtua
Center for HealthFitness
Washington Township

Featuring:
- ✓ Spacious workout areas
- ✓ State-of-the-art equipment
- ✓ Group exercise
- ✓ Personal training
- ✓ And more!

(856) 341-8111 virtuafitness.org
239 Hurffville-Crosskeys Rd, Ste 100, Sewell, NJ



Connect with Virtua

on Facebook at
facebook.com/virtuahealth
and Twitter at
twitter.com/virtuahealth.

Also check out the latest health information to keep you and your family healthy at
virtuabroadcastnetwork.org.

HI-RESOLUTION PET/CT

The county's only Hi-Rez PET/CT technology is at SJRA's Washington Township Office. **This Hi-Rez PET/CT provides the resolution needed to see tumors up 2.5 to 4 times smaller** than non Hi-Rez scanners.

Most PET/CTs can detect nodules between 8 and 10mm. **The Hi-Rez scanner has the ability to resolve nodules as small as 4.2mm.**

This provides patients earlier detection and more precision than other area scanners.

For more information **call our office at 856-740-5241** or **visit our website at www.sjra.com**

SJRA.com
SOUTH JERSEY RADIOLOGY ASSOCIATES, P.A.
High tech. With a human touch.

Five best ways to fight heart disease

Staying heart healthy isn't hard to do when you've got Virtua to help. Check out these five ways you can put your heart in the right hands at the Virtua Health and Wellness Center in Washington Township.

Stress Reduction

Being calm does more than feel good, it keeps your heart healthy. Some techniques to relax and reduce stress include massage therapy, aromatherapy, and space-age audio-therapy, allowing anyone to achieve a meditative state in minutes. Vir tú Spa offers all of these services and an advanced approach to wellness using day spa treatments and therapies to energize, relax, balance and heal.

Cardiac rehabilitation

If you currently have heart disease, give yourself the edge you need to improve your cardiovascular health. Learn how to interpret food labels, exercise safely and effectively, and recognize signs and symptoms and take appropriate action to avoid re-admittance to the hospital. You can do all of this at Virtua's Cardiac Rehabilitation Program, which promotes recovery, independence and education.

Next Step exercise program

If you have recently graduated from cardiac rehabilitation or physical therapy but are not ready for independent exercise, the Center for HealthFitness offers *Next Step*. This 12-week program includes a pre- and post-program wellness assessment, supervised fitness classes, and customized workouts in any of the center's exercise venues including group classes, aquatics, and general fitness. Progress reports are sent to a referring physician and program participants often graduate from *Next Step* to independent exercise at the center.

SleepCare Center

Sleep apnea can increase a person's risk for high blood pressure, heart attack or stroke. People with this condition periodically stop breathing while they sleep, experience loud snoring and awaken through the night, which leads to day time fatigue. If you suspect that you or a loved one has sleep apnea, you can be evaluated at the Virtua SleepCare Center.

Support group

If you are looking for some support from others living with heart disease, Virtua offers a monthly cardiac support group aimed at improving and maintaining your cardiac health. Participants solve problems and share emotions, adjustments and advice.

For more information about these programs at the Virtua Health & Wellness Center in Washington Township, call 1-888-VIRTUA-3.

Thinking pink for breast cancer and breast health

Pink didn't make Molly think of little girls' bedrooms. It reminded her of breast cancer awareness and her mother's successful fight against the disease.

Because of her family history, Molly paid close attention to her own breast health. She performed monthly self-examinations and went for yearly mammograms. Everything was going smoothly until one morning, Molly felt something small and hard in her right breast. Panicked, she called her doctor.

"I kept telling myself that it was a cyst and nothing to worry about," she recalls. "But after going through mammograms, ultrasounds and finally a biopsy, I heard the words, 'breast cancer.' My world collapsed."

"Beating cancer is tough enough," says Lisa Shalkowski, RN, BSN, director of oncology services at Virtua. "We work to make it easier by providing a patient navigator, a registered nurse who connects patients with cancer specialists, keeps track of appointments, offers information and education about their condition and provides clinical and emotional support."

Thanks to Virtua's Access Center navigator, Molly got an appointment with a breast surgeon the same week that she was diagnosed. Molly was an excellent candidate for breast conserving therapy, which involves removing only the tumor cells from the breast and checking the sentinel lymph nodes.

To ensure all the cancer cells are destroyed, Molly's surgeon recommended follow-up radiation and hormone therapy and referred her to the nurse navigator to help her take the next steps in treatment.

This time, the navigator helped Molly find a Virtua radiation oncologist, who specializes in treating advanced accelerated partial breast radiation, and practices close to her home.

"Receiving radiation therapy closer to home eliminates a lot of unnecessary stress for the patients and their families," says Catherine Kim, MD, radiation oncologist at the Virtua Fox Chase Cancer Center (VFCCC) in Washington Township.

"We offer the same technology in Washington Township as the city's academic medical centers. Patients can substantially benefit from receiving treatment in their own backyard."

For more information about the Virtua Fox Chase Cancer Program, call Virtua's Access Center navigators at 1-888-VIRTUA-3.

Inside Virtua's Health and Wellness Center

Wellness Programs

Center for HealthFitness
Kidz in Motion Child Care
Lifwell 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.

Introducing the Virtua/Total Turf Experience

Virtua has partnered with an indoor sports facility in Pitman, NJ, which is slated to open this spring. The state-of-the-art sports complex will be called the Virtua/Total Turf Experience.

A certified athletic trainer will staff Virtua's onsite Sports Medicine Program to provide immediate assessment, first aid and expedite care for any athlete who may be injured while at the complex. Virtua will also provide programs for coaches, fitness trainers and parents on injury prevention and sports nutrition.

The Virtua/Total Turf Experience is the only dedicated indoor sports facility in Gloucester County. It is located on 16 acres on Lambs Road and offers six professional indoor turf fields for adult and youth league play and training.