A MESSAGE TO OUR COMMUNITY

Summer calls, but we know that patients are busier than ever and have great expectations from their health care providers. Summit Medical Group (SMG) is committed to providing the best health care by improving access to the highest-quality, coordinated care.

We’re exploring a variety of programs—such as video visits; online scheduling; same-day or walk-in appointments for screening mammograms and primary, pediatric after hours, orthopedic and sports injury care—and constantly seeking out ways to improve outcomes and patient satisfaction.

Our primary care physicians really get to know you and your family and work in your interest to connect you with specialists to best manage every aspect of your health.

To help keep you and your family healthy and well during the summer months, two of SMG’s newest primary care physicians offer timely tips and advice (page 3).

Yours in good health,

Jeffrey Le Benger, MD
Chairman of the Board and CEO

LUNG CANCER CT SCREENING

Lung cancer is the leading cause of death in men and women in the United States. It often has no symptoms until it’s already at an advanced stage. Screening for lung cancer with low-dose computed tomography (LDCT), also known as CT lung screening, aims to find the disease at an earlier stage, when treatment is more effective. The LDCT scan can reduce the risk of dying from lung cancer. Yearly lung cancer screening is typically reserved for people ages 55 to 80 with a history of heavy smoking. Discuss with your doctor if lung cancer screening is recommended for you.

You Should Have Lung Cancer CT Screening If You Have No History of Lung Cancer and You:

- Are a smoker or former smoker age 55 to 80
- Quit smoking within the last 15 years
- Have a history of 30 or more pack years (the number of cigarette packs smoked per day multiplied by the number of years you smoked)

About CT Screening for Lung Cancer

CT lung screening is a noninvasive, painless procedure. It does not require contrast dye or intravenous (IV) line placement. The procedure only takes about 10 minutes. When you have the scan, the CT technologist will ask you to lie on an imaging table. You must hold your breath for about 20 seconds while the images are taken.

Most insurance plans cover the cost of cancer screening. If your insurance does not, and you qualify for this test, the cost to you is $199.

For more information, speak with your primary care provider.

CONNECT WITH US!

Keep up with breaking health news, new physicians, new services, events, videos, and more from Summit Medical Group.

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**Keep Your Family’s Summer**

**Fun, Safe, and Healthy**

*Vacations, backyard grilling, outdoor sports.* Summer is the season that many of us look forward to all year long. Now that it’s here, don’t let a preventable accident or health issue spoil the fun. Below, two family medicine specialists at Summit Medical Group (SMG) share tips to help you and your family stay safe and well this summer.

**SUN PROTECTION**

“Everyone over age 6 months should use sunscreen when out in the sun,” says Nicole Patrone, MD, a family medicine physician at SMG. “Choose a broad-spectrum sunscreen, which protects against both UVA and UVB rays. I recommend an SPF between 30 and 50.” Apply generously, and then reapply at least every two hours. Don’t forget sunglasses and a hat. If you buy special sun-protective clothing, such as a long-sleeved swim shirt, look for an ultraviolet protection factor (UPF) of 30 or higher.

**WATER PLAY SAFETY**

“Whether by a pool or at the beach, make sure children are supervised at all times by a responsible adult,” says Jamie Moy, DO, of Family Medicine at SMG. “Ideally, there should be a CPR-certified adult nearby.” Don’t rely solely on air-filled or foam toys, such as water wings (inflatable armbands) and noodles, as water safety devices.

**BUG BITE PROTECTION**

Insect bites can be more than just annoying. Ticks and mosquitoes can also spread disease. “Insect repellents containing a 10 to 30 percent formulation of DEET offer safe and effective protection for adults and children over age 2 months,” says Dr. Patrone.

**HOT WEATHER SAFETY**

“When out in the heat, drink water before and after being active as well as every 20 minutes during the activity,” says Dr. Moy. “Sports drinks contain lots of sugar, but they may be helpful if you’re exercising vigorously for more than an hour.” If possible, schedule outdoor activities during the cooler morning and evening hours.

**SUMMER ALLERGY CARE**

“If your pollen allergies flare up during the summer, nasal steroid sprays and over-the-counter allergy medicines work well for most people,” says Dr. Patrone. “You can also run your air conditioner to help filter pollens out of the air. Shower and change clothes after being outside for an extended period.” If these steps aren’t enough, talk with your health care provider for more advice.

“You don’t have to stay cooped up inside the house,” Dr. Patrone adds. “Go out and have fun! Just be as safe as you can while you do it.”

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**Jamie Moy, DO**
Family Medicine Physician

**Nicole Patrone, MD**
Family Medicine Physician

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To find a family physician at Summit Medical Group, visit [www.smgprimarycare.com](http://www.smgprimarycare.com).
To meet the growing demand for neurological services in northern New Jersey, Summit Medical Group (SMG) offers a Neurosciences program that provides a combination of strong general and specialty level expertise and a multidisciplinary approach.

Summit Medical Group Neurosciences Center delivers world-class neurological care as the only fully outpatient facility dedicated to neurosciences in the region. Our regional center will be located at 150 Park Ave., Florham Park, N.J. later this year. Presently, we offer neurosciences services at many SMG locations.

“We have always had a very strong Neurology Department says Edward Zampella, MD, FAANS, FACS, Service Line Chief, Neurosciences, at Summit Medical Group. "Now we have strengthened our practice to provide outpatient services in a wide range of subspecialties.”

Neurosciences—an interdisciplinary science that involves a variety of specialties—is the study of the brain’s influence on behavior and cognitive function, with a specific focus on the connection between psychiatric and neurodevelopmental disorders and their effect on the nervous system.

We use the most advanced treatments, diagnostics and imaging technologies, and customized therapies to meet the needs of adult and pediatric patients with a wide range of neurological disorders, including headaches, migraines, attention-deficit/hyperactivity disorder (ADHD), learning disabilities, Alzheimer’s and dementia, anxiety, depression, autoimmune diseases, and nervous system, musculoskeletal, brain, and spinal cord trauma.

OUTPATIENT BENEFITS
Outpatient care provides our patients with significant benefits: It is easier to schedule appointments, recovery at home is often more comfortable, and the costs are much lower compared with staying overnight in the hospital.

“Thanks to advances in technology and patient care, most neurological services can be safely provided on an outpatient basis,” says Dr. Zampella. “For example, we already have the only fully outpatient, intervention...
radiology suite in the state. It allows us to perform kyphoplasty procedures, which involve filling injured or collapsed vertebra or doing biopsies for deep cancers, on an outpatient basis.” He anticipates that most aspects of neurological care will be provided as outpatient services within the next five to 10 years, including spine surgeries.

MULTIDISCIPLINARY COLLABORATION
At Summit Medical Group Neurosciences, experts collaborate to provide patients with compassionate care—from diagnosis to medical treatment and recovery. The multidisciplinary team includes doctors, advanced practice nurses, physician assistants, anesthesiologists, intensivists, and radiology specialists from the neurology, pediatric neurology, pain management, neurosurgery, orthopedic spine, spine surgery, physical therapy, acupuncture, massage, and chiropractic departments.

We work together to help patients with a wide range of neurological issues, including head trauma, concussion, stroke, memory issues, headache, movement disorders, and neck and back pain. Doctors on staff also specialize in pediatric neurology and help young patients with concussion, ADHD, and epilepsy. Summit Medical Group Neurosciences is now offering the only sports medicine concussion program in the state led by two neurologists with specialized training.

BETTER ACCESS, SHORTER WAIT TIMES
SMG has hired more full-time neurologists and neurosurgeons and streamlined the intake process to ensure patients see the right specialists as quickly as possible. For example, advanced practice nurses see any patients with a neck or a back problem ideally within 24 to 48 hours of their call to review their health issues and concerns. The advanced practice nurses then refer patients to the appropriate specialists—pain management experts, physiatrists, physical therapists, or surgeons.

To give patients more convenience, Dr. Zampella and his team are also developing a comprehensive spine program. It would allow patients to schedule appointments for diagnostic procedures on the same days as appointments with specialists. For example, electromyography (EMG) and nerve conduction tests would be booked on the same day as appointments with a neurologist, saving patients travel time. Dr. Zampella is actively working with the team to have this program in place by the end of the year.

“Our goal is to provide the best outpatient care in the state,” says Dr. Zampella. “From the moment patients walk through our doors, our focus is to help them achieve their best possible outcomes.”
Our Doctors

Summit Medical Group
WELCOMES 10 NEW DOCTORS

Olabisi Asimolowo, MD
Interventional Pain Management
Florham Park
973-718-5800

Kristen Cardamone, DO
Interventional Pain Management
Florham Park
973-718-5800

Mary Chu, MD,
FACOG
Obstetrics/Gynecology
Cedar Knolls
973-605-5090

Maria Gatoulis,
MD, FAAP
Pediatrics/Adolescent Medicine
Berkeley Heights
908-277-8601

Elizabeth Junker, MD
Urgent Care
Berkeley Heights
908-277-8880
Florham Park
973-404-9780
Livingston
973-436-1500
Westfield
908-389-6400

Shamik Patel, DO
Family Medicine
Warren
908-561-8600
Westfield
908-228-3675

Mital Patel-Cohen, MD
Dermatology
Florham Park
973-775-5156
Warren
908-769-2510
Berkeley Heights
908-277-8668

Beth Rosenblatt, OD
Ophthalmology
Berkeley Heights
908-277-8682

Carolyn Mudry, DO
Internal Medicine
Ridgewood
201-444-5200

Kristen Cardamone, DO
Interventional Pain Management
Florham Park
973-718-5800

Francesco Santoni-Rugiu, MD
Cardiology
Florham Park
973-404-9900
Fair Lawn
201-693-4445

Mary Chu, MD,
FACOG
Obstetrics/Gynecology
Cedar Knolls
973-605-5090

Elizabeth Junker, MD
Urgent Care
Berkeley Heights
908-277-8880
Florham Park
973-404-9780
Livingston
973-436-1500
Westfield
908-389-6400

Looking for a physician?
Check out our Physician Finder online at www.summitmedicalgroup.com and click on "Find a Practitioner."
Surviving and Thriving with Gynecologic Cancer
Saturday, September 7, 9 a.m. - 12:30 p.m.
SMG Florham Park Campus
150 Park Avenue, 4th Floor
Conference Center
Moderated by Darlene Gibbon, MD, FACOG,
Medical Director of Gynecologic Oncology
Join Gynecologic Oncology and wellness experts for a special “brunch and learn,” event for ovarian, cervical, and other gynecologic cancers survivors and champions. Speaker-led sessions will cover innovation in treatment and complementary medicine to help manage menopause and other symptoms.

alternative therapies, including opioid-free options. No registration required. For more information visit www.jfpl.org or call 973-538-6161.

Urgent or Emergent— How Do You Decide?
Monday, September 23, 7 p.m.
Livingston Public Library 10
Robert Harp Drive
Anthony V. Carrozza, MD, FACEP,
Urgent Care Center
When faced with a sudden illness or injury for yourself or a loved one, trying to decide where to seek treatment can be a harrowing decision. Does the illness or injury warrant a trip to the hospital emergency room, or should you seek care from an urgent care center? When should you seek treatment from your primary care physician? Let our expert answer these questions for you! Join us as we discuss various health scenarios and the treatment options available at each type of facility, so you are prepared to make an educated decision in the future.

Series
Considering Weight-Loss Surgery?
Learn how weight-loss surgery can help you improve your health, feel better, and get your life back. Join us for a review of the surgical options and lifestyle changes to keep you on track with a healthy weight after weight-loss surgery. To register, please call 908-277-8889 or visit summitmedicalgroup.com/events. Dates subject to change.

Robert Bell, MD, Bariatric Surgeon
Berkeley Heights
1 Diamond Hill Road,
Conference Center
Mondays, July 8, August 5, September 9, 7 p.m.
Clark, 67 Walnut Avenue,
Suite 202
Saturdays, July 20, August 17, September 21, 10 a.m.

Patrick LeMasters, MD, Bariatric Surgeon
Livingston, 75 E. Northfield Road, Café
Mondays, July 1, August 5, September 9, 7 p.m.
Saturdays, July 13, August 10, September 14, 10 a.m.
Clifton, 6 Brighton Road, Boardroom
Tuesdays, July 9, August 13, September 10, 7 p.m.

Alexandra Argiroff, MD, Bariatric Surgeon
Florham Park, 140 Park Avenue, Conference Room,
Wednesday, July 17, August 21, September 18, 7 p.m.
Thursdays, July 11, August 1, September 12, 7 p.m.
Saturdays, July 27, August 24, September 28, 10 a.m.

Support Groups
Bariatric Surgery Support Group
Share concerns, setbacks, and triumphs with weight-loss surgery in a safe, supportive, compassionate environment. Explore effective strategies that can help you achieve long-term success with weight loss. To learn more, call 908-277-8950 for Dr. Bell’s group and 973-436-1530 for Dr. LeMasters’ group.

Robert Bell, MD, Bariatric Surgeon
Berkeley Heights
1 Diamond Hill Road,
Conference Center
Mondays, July 1, August 5, September 9, 5:30 p.m.
General Cancer Support Group
Open to all patients in active cancer treatment. A safe place to share your experiences, feelings, and resources with others impacted by cancer.

**Florham Park,**
150 Park Avenue, Resource Center, 2nd Floor
Facilitator: Erin Groover, MSW, LCSW, Behavioral Health Therapist

- **Mondays, July 1, August 5, September 9,** 6 p.m.
- **Tuesdays, July 16, August 20, September 17,** 5:00 p.m. to 6 p.m.
- **Thursdays, July 25, August 29, September 17,** 5:30 p.m. to 6:30 p.m.

To register for the Florham Park Group, call Monica Cotton, Patient Navigator, at 973-404-7037.

General Cancer Support Group for Berkeley Heights
will resume meeting in September. Please check our website for the meeting date, or contact Meredith Shufeld Perrone at 908-988-2329 for more information.

**Survivorship Support Group**
Open to all patients who have completed active cancer treatment and have no evidence of disease.

**Florham Park,**
150 Park Avenue, Resource Center, 2nd Floor
Facilitator: Erin Groover, MSW, LCSW, Behavioral Health Therapist

- **Thursdays, July 25, August 29, September 26,** 6 p.m. to 7 p.m.

To register please call Meredith Shufeld Perrone, MSW, LCSW, Behavioral Health Therapist at 973-404-7037.

**Caregiver Support Group**
Open to anyone who has a loved one who is currently coping with cancer.

**Berkeley Heights,**
1 Diamond Hill Road, Bensley Pavilion, 2nd Floor, Cardiology Conference Room
Facilitator: Meredith Shufeld Perrone, MSW, LCSW, Behavioral Health Therapist

- **Mondays, July 15, August 19, September 16,** 1 p.m. to 2 p.m.

To register, call Meredith Shufeld Perrone at 908-988-2329.

**Grief Support Group**
Thursday, September 12, 5 p.m.

**Berkeley Heights,**
1 Diamond Hill Road, Bensley Pavilion, Cardiology Conference Room, 2nd Floor
This group is open to bereaved patients of Summit Medical Group that have suffered a recent loss of a loved one. It is facilitated by the Integrated Behavioral Health Team of Licensed Clinical Social Workers. The group is free but does require advanced registration. Please call the Behavioral Health Department at 908-277-8908 to enroll.

**BREAST CANCER SUPPORT PROGRAMS**
All Summit Medical Group patients are welcome to participate.

**Breast Cancer Support Group for Newly Diagnosed Patients (within one year of Diagnosis)**
Monday, September 9, 5 p.m. to 6 p.m.

**Berkeley Heights,**
1 Diamond Hill Road, Breast Center Waiting Area
Facilitators: Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator Meredith Shufeld Perrone, MSW, LCSW, Behavioral Health Therapist

This program is for those who have recently been diagnosed with breast cancer. Patients can share concerns and advice about their experiences with breast cancer treatments and more.

**Breast Cancer Survivorship Group for Patients Who Are a Year or More Post-Diagnosis**
Monday, September 23, 5 p.m. to 6 p.m.

**Berkeley Heights,**
1 Diamond Hill Road, Breast Center Waiting Area
Facilitators: Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator Elizabeth Nikol, DBH, LCSW, ACT, Behavioral Health Therapist

This group is for people who have had breast cancer and would like support from others with similar experiences. Participants share information about managing common concerns of breast cancer survivors.

No registration required. For questions, call our nurse navigation team at 908-277-8670.

**Breast Cancer Support Group**
Tuesday, September 10, 12 p.m.

**Florham Park,**
150 Park Avenue, Resource Center, 2nd Floor
Facilitators: Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator Margaret S. Clarke, MA, LPC, BC-DMT, ACT, Behavioral Health Therapist

This group is for all breast cancer patients—both newly diagnosed and survivors. Registration is not necessary. For additional information, call 908-277-8670 or 973-404-9756.
Men’s Health: Is Prostate Cancer Screening Right for You?

Prostate cancer is the most common cancer in men after skin cancer. About one in nine men will be diagnosed with prostate cancer in his lifetime. An estimated 174,650 new cases of prostate cancer will be diagnosed in the U.S. this year, according to the American Cancer Society. The incidence of prostate cancer is about 60 percent higher in African-American men than in Caucasian men. When it comes to screening for the disease, expert recommendations have evolved. In 2012, the U.S. Preventive Services Task Force (USPSTF) recommended against the prostate-specific antigen (PSA) blood test as a screening tool for prostate cancer. But now, the USPSTF suggests that PSA screening is a personal decision for men between ages 55 and 69 and their doctors to make together.

Adeep B. Thumar, MD, Medical Director of Urology at Summit Medical Group, says, “As men age, the prostate may start causing symptoms, such as weak stream, incomplete emptying, urinary frequency, or night-time urination. Discuss possible symptoms of prostate cancer with your primary care physician or a urologist.”

HIGH PSA LEVELS DON’T TELL THE WHOLE STORY
PSA is a compound that both healthy cells and cancer cells in your prostate make. Doctors can test the PSA level in your blood. Higher PSA levels increase the likelihood of having prostate cancer.

The USPSTF, a panel of experts that makes evidence-based recommendations about screenings and preventive services, previously suggested that the harms of screening could outweigh the benefits. One downside of PSA-based screening is that if it indicates higher-than-normal PSA levels, you could undergo additional tests and even unnecessary treatment for prostate cancer. It’s possible to have prostate cancer that wouldn’t cause symptoms during your lifetime if left untreated.

WHAT THE LATEST GUIDELINES SAY
The American Urological Association (AUA) offers the following guidelines:

- Men younger than age 40 should not be screened.
- No routine screening between ages 40 and 54. However, there are some risk factors which may promote screening in this age range: Family history of metastatic adenocarcinoma, African-American race, and multiple generations of first-degree relatives with prostate cancer development at younger ages.
- Men ages 55 to 69 are strongly advised to discuss the benefit of screening with their health care provider, which is consistent with USPSTF guidelines.
- Screening interval with PSA blood testing may be annually to biannually based on risk and baseline values.

WHAT YOU SHOULD DO
If you’re a man ages 55 to 69, talk with your health care provider about prostate cancer screening. Ask what factors you should consider before deciding whether to test your PSA levels.

“Men with close relatives who have been diagnosed with advanced prostate cancer, or who died from prostate cancer, and possibly those with early prostate cancer, would likely benefit the most from prostate cancer screening. Discuss it with your primary care physician or urologist,” advises Dr. Thumar.
Everyone deserves time to relax and recharge, and the summer months can be the perfect time for that! For kids, summer break is a critical time to break away from busy school routines. At the onset of vacation, their excitement and energy are palpable, but as the dog days creep in, that spark begins to wane. Below are some tips from our experts to help keep your child on track for a successful start to the school year.

Quick Tips to Help Your Child Thrive This Summer

ENCOURAGE HEALTHY HABITS

Stacey C. Tavel, MD, Pediatrics and Adolescent Medicine

Getting enough sleep and eating a healthy diet during the summer can help your children establish important routines they can carry into the school year. Allow children to participate in meal planning and prepping. Set an appropriate bedtime and turn off all screens at least one hour before bed.

STAY ACTIVE AND HAVE FUN

Lisa Picascia, MD, Family Medicine

Choose age-appropriate activities that will motivate your child to have a good time while getting in some physical fitness. Encourage your child to take advantage of a beautiful day and practice a skill, like swimming, or head to a playground with a friend. Offer opportunities to keep your child moving, such as walks around the neighborhood or gardening in the yard. Be sure to include healthy age-appropriate snacks that are both nourishing and hydrating, like cut-up veggies with hummus, fruit with nut/seed butter, or fruit smoothies on the go.