Fighting Summer Allergies

Sun and Skin Care

Thriving in Survivorship:
Two friends continue to beat breast cancer
Immunizations protect kids—and others—against more than a dozen serious childhood diseases and outbreaks. These diseases can cause devastating illness, permanent disability, and even death.

There are still misconceptions about vaccines that aren’t true. These put unvaccinated kids and the community at risk. Doctors are happy to clear up any questions or concerns about vaccines.

**COMMUNITY PROTECTION**
You’re protecting more than your child when you choose to vaccinate. People who aren’t vaccinated or can’t receive all their vaccines are the most vulnerable, such as infants, pregnant women, older adults, and people who are already sick.

When people in a community who can safely receive all their vaccines do so, there’s a very low risk that an outbreak of a vaccine-preventable disease will occur, such as whooping cough (also known as pertussis). Vaccines expose your body to weak or dead versions of disease-causing germs or viruses. Your immune system then builds up resources to fight those bugs in the future. As a result, people in the community who cannot get vaccines are protected. This is known as herd immunity or community immunity. If most of a community is immunized, it’s harder for a contagious disease to spread.

**SHOTS FOR YOU AND YOUR CHILDREN**
Ask your pediatrician for an immunization schedule for your child, including what is needed for school each fall.

The human papillomavirus (HPV) vaccine protects kids against the virus that can lead to cancers of the mouth, throat, anus, penis, vagina, vulva, and cervix. The optimal age for vaccination against HPV, which is transmitted through skin to skin contact, is 11 to 12 years old.

Adults of all ages may need missed or new vaccines, along with annual flu shots. Talk with your doctor to be sure you have the shots you need.
Dr. Huang says. Skin cancer screening can also help diagnose skin cancer earlier, when it’s easier to treat.

EXPERT CARE FOR A VARIETY OF SKIN CONDITIONS

If you’re diagnosed with skin cancer, SMG physicians offer the latest treatment options available. This includes a procedure known as Mohs micrographic surgery. “Mohs micrographic surgery is the most precise way of removing skin cancer. It gives the highest cure rate, while removing the least amount of normal skin. It is the gold standard of treating basal and squamous cell carcinomas of head/neck, face, and feet,” says Hari Nadiminti, MD, chairman of Dermatology and Mohs micrographic surgeon at Summit Medical Group MD Anderson Cancer Center. Mohs is a specialized technique in which a surgeon removes one thin layer of tissue at a time and examines it under a microscope. The surgeon continues removing layer after layer until it is free of cancer cells. This reduces the amount of tissue that needs to be removed, which is often preferable for highly visible areas, such as the face.

PROTECT YOUR SKIN

Dr. Huang reminds you to keep summer sun safety in mind and teach kids sun-sensible habits, too. Apply sunscreen with an SPF of 30 or higher, protect your skin with wide-brimmed hats and sun protective clothing, and wear sunglasses. It’s also best to minimize the time you spend in the sun between 10 a.m. and 2 p.m., when rays are strongest.

MOHS SURGERY AND MORE

Summit Medical Group patients have access to enhanced, state-of-the-art care as part of our partnership with MD Anderson Cancer Center. For the Mohs surgery scheduling line, please call 908-673-7167. For all other dermatology needs, please call the main Dermatology number: 908-277-8668.

Be Sun Smart:
Reduce Your Skin Cancer Risk

Did you know that more people are diagnosed with skin cancer each year than any other cancer? Fortunately, you can reduce your risk for developing skin cancer by being properly protected.

However, there’s a lot of misinformation about skin cancer that could be standing in your way. Eric Huang, MD, a dermatologist at Summit Medical Group (SMG), explains the truth behind these common myths he hears about skin cancer:

1. I tan easily, so I’m not at risk for skin cancer.
   “There’s no such thing as safe tanning, and it doesn’t offer any protection against skin cancer—quite the opposite, actually,” Dr. Huang says.

2. I can spend as much time in the sun as I want as long as I wear sunscreen.
   “There isn’t a sunscreen that blocks 100 percent of the sun’s skin-damaging rays,” Dr. Huang says. “Even if you use a broad-spectrum sunscreen that blocks both UVA and UVB rays and reapply frequently, you should still seek shade after a few hours.”

3. I’d be able to tell if a mole was different.
   Regularly examining your skin for signs of skin cancer—such as changes in the size, shape, color, or border of a mole—and an annual skin cancer screening by a dermatologist are smart ideas. “Skin cancer can develop in many areas that are difficult to see, such as on your scalp and back,” Dr. Huang says.
For the past 14 years, Lauren Myler, 52, and Michelle Kaplan, 51, have been close friends. They met when they were in their 30s and receiving care for breast cancer. “We were both attending a breast cancer group meeting and noticed we were among the youngest women in the room,” Michelle says. “We started talking and found out that we had a lot in common right away. We even had the same oncologist. We’ve been friends and each other’s support system ever since.”

FROM DIAGNOSIS THROUGH TREATMENT
In 2004, before Lauren and Michelle ever met, they each discovered a lump in their left breasts. Diagnostic tests revealed they had cancer. They both had lumpectomies. Following surgery, when it was determined they’d need additional treatments, they turned to Kenneth Adler, MD, an oncologist/hematologist now with Summit Medical Group MD Anderson Cancer Center.

Dr. Adler was the first oncologist Lauren met. “I knew right away he was the doctor for me,” she says. “Besides being completely knowledgeable and up-to-date on everything going on in the world of breast cancer treatment, he’s so warm and compassionate. He’s genuinely interested in his patients and what’s going on in our lives beyond our cancer diagnosis.”

Michelle was unhappy with several other oncologists she had met for consultations, and breast cancer patients referred her to Dr. Adler. “I could tell Dr. Adler really cared about me as a person,” she says. “I never felt rushed, and he spoke in terms I could understand. He didn’t just tell me what he recommended; he took the time to explain why he was recommending it.”

Lauren and Michelle both completed chemotherapy and radiation treatments, as well as years of hormone therapy. During her treatment, Michelle learned that she carried the BRCA2 gene mutation, which increased her risk for cancer recurrence. In 2008, she underwent a prophylactic double mastectomy.

After five years of hormone therapy, Lauren’s ovaries were still producing estrogen, which increased her risk for cancer recurrence. With Dr. Adler’s support and guidance, in 2009 she had her ovaries surgically removed.

LIFE AFTER CANCER
Today, Lauren remains cancer-free and is living life
BEAT BREAST CANCER

“We started talking and found out that we had a lot in common right away. We even had the same oncologist. We’ve been friends and each other’s support system ever since.”

MICHELLE KAPLAN

Friends Michelle Kaplan and Lauren Myler

to the fullest. After her care and treatments, Lauren discovered that she had a passion for connecting with and supporting other people who are fighting cancer. Lauren received a Master of Social Work degree from Columbia University School of Social Work and is currently working at a hospital in Jersey City as a clinical oncology social worker and psychosocial service coordinator, helping patients and families who are facing the impact of a cancer diagnosis. “After treatment, I was trying to find something meaningful that I could do with this life-altering experience,” she says. “I discovered that I wanted to work with patients who have cancer and help them navigate such an emotionally challenging time.”

A lifelong runner, Lauren has completed several triathlons with an organization called Team Survivor, has participated in a 220-mile bike ride with the Young Survivor Coalition, and was one of the top 100 fundraisers in the country for the Susan G. Komen Foundation.

Michelle’s treatment put her into menopause at just 38 years old. “I still felt this deep desire to become a mom,” says the full-time HR professional and business coach. Michelle began the adoption process, but soon faced rejection due in part, to her history of cancer. “I never let the rejection stop me,” she says. In 2007, she adopted her daughter, Mia, now 11, from Guatemala. She also authored a book of poetry that will be published this year. “It’s a collection of my musings of self-discovery based on my life experiences going through cancer, being a mom, and my work,” Michelle says. Last year, still cancer-free, she celebrated her 50th birthday with a trip to Australia. “I felt very grateful for this milestone,” she says.

Providing Compassionate, World-Class Care

Watching patients like Lauren and Michelle thrive in survivorship is incredibly fulfilling for Dr. Adler. “Medical oncology is a unique specialty because I’m taking care of patients during the scariest time of their lives,” he says. “When people do well and thrive, there’s nothing more personally satisfying than that.”

At Summit Medical Group, caring for patients who have cancer doesn’t stop once they’re cancer-free. “We have a cancer survivorship program that provides ongoing support and education,” Dr. Adler says. In addition to regular screening for cancer recurrence, patients are also monitored for health problems that may result from treatments.

Dr. Adler continues to provide state-of-the-art cancer care at Summit Medical Group MD Anderson Cancer Center in Florham Park. “By partnering with the nation’s leading cancer center to provide comprehensive, patient-centered care, what’s been good will only get better,” Dr. Adler says. There, patients will receive the compassionate, expert-level care that bolstered Michelle and Lauren throughout their journey. “Dr. Adler is a hero,” Michelle says. “He just wears his cape on the inside.”

Breast Cancer Support Group

for Newly Diagnosed Patients (within one year of diagnosis)
Monday, September 10, 5 to 6 p.m.
Berkeley Heights, 1 Diamond Hill Road
Breast Center Waiting Area
Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator
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.

Summit Medical Group
MD Anderson Cancer Center
Taking Cancer Serious
Our Doctors

Looking for a Physician?
Check out our Physician Finder online by going to summitmedicalgroup.com and scrolling to “Find a Practitioner.”

Summit Medical Group WELCOMES 16 NEW DOCTORS

Rowland Chavez, MD
Internal Medicine
Livingston
973-436-1776

Justina Deitz, DO
Endocrinology
Fair Lawn
201-254-0260

Scott Gelman, MD
Gastroenterology
Randolph
862-260-3022
Florham Park
973-401-0500

Ruth Gold, MD
Allergy/Immunology
Fair Lawn
201-414-5095

Mary Harris, MD
Pulmonology
Livingston
973-436-1404
Millburn
973-763-6800

Jenny Kim, MD
Pulmonology
Livingston
973-436-1404
Millburn
973-763-6800

Kenneth Kopacz, MD
Orthopedic/Spine Surgery
Livingston
973-226-2725

Joel Mendelson, MD
Allergy/Immunology
Westfield
908-389-6366

Arnold Rabinowitz, MD
Pediatrics
Paramus
201-291-9797

Evelyn Rodriguez-Zierer, MD
Pediatrics
Paramus
201-291-9797

Douglas Seiden, PhD
Behavioral Health and Cognitive Therapy
Springfield
908-436-1142

Jennifer Sivitz, MD
Pediatric Endocrinology
Livingston
973-577-4160

Swosty Tuladhar, MD
Rheumatology
Berkeley Heights
908-277-8640
Fair Lawn
201-796-2255

Yu-Lan Mary Ying, MD
(Independent Contractor)
Otolaryngology/Neurotology
Florham Park
973-404-9970

Larysa Zaputowycz, MD
Rheumatology
West Orange
973-261-1470

Christopher Zarro, MD
Orthopedic/Spine Surgery
Livingston
973-226-2725

FREE LECTURE
Managing Medication Mayhem
Wednesday, June 13, 7 p.m.
Berkeley Heights, 1 Diamond Hill Road
Lawrence Pavilion
Conference Room CI-100
Laura Balsamini, PharmD, BCPS
Gwen Egloff-Du, PharmD, BCPS
Are you or a loved one overwhelmed with multiple medications? Learn how to manage a complex medication regimen to improve health and well-being.
FREE LECTURES

June
Managing Medication Mayhem
Wednesday, June 13, 7 p.m.
Berkeley Heights,
1 Diamond Hill Road
Lawrence Pavilion,
Conference Room C1-100
Laura Balsamini, PharmD,
BCPS
Gwen Egloff-Du, PharmD,
BCPS
Are you or a loved one overwhelmed with multiple medications? Learn how to manage a complex medication regimen to improve health and well-being.

August
Helping Your Child with Anxiety
Wednesday, August 22, 7 p.m.
Berkeley Heights,
1 Diamond Hill Road
Lawrence Pavilion,
Conference Room C1-100
Allison Berry, LCSW
Kristin Cole, LCSW, ACT
Parenting an anxious child can feel extremely challenging. Come hear our pediatric behavioral therapists give their thoughts and tips about how to best understand, respond to, and approach your anxious child. We’ll learn about how anxiety works and strategies for maximizing your benefits.

September
Understanding Medicare Advantage and Your Medicare Options
Thursday, September 13, 7 p.m.
Berkeley Heights,
1 Diamond Hill Road
Lawrence Pavilion,
Cafe Conference Center
Laura Balsamini, PharmD,
BCPS
Gwen Egloff-Du, PharmD,
BCPS
Are you recently retired or approaching retirement and reviewing changes to your health benefits? Learn more about your Medicare coverage options, such as Medicare Advantage, and learn how to enroll, when to act, and strategies for maximizing your benefits.

Understanding Liver Disease
Wednesday, September 19, 6 p.m.
Montclair Public Library,
50 S. Fullerton Ave.
Cecilia Minano, MD,
Gastroenterology
Learn more about the body’s largest gland and the causes and effects of liver diseases such as fatty liver and hepatitis on our overall health.

Ankle and Foot Injuries for Athletes
Thursday, September 20, 7 p.m.
Livingston Public Library,
10 Robert Harp Drive
Andre D. Ross, DPM,
Podiatry
Foot and ankle injuries are very common for active people and all types of athletes. As sports specialization increases, and extended practice, hours and participation on multiple teams become commonplace at a younger age, the risk of injury or developing an ongoing condition becomes greater. Learn about common foot and ankle injuries and the treatments available for these conditions.

Considering Weight-Loss Surgery?
Robert Bell, MD,
Bariatric Surgeon
Berkeley Heights Campus
1 Diamond Hill Road
Lawrence Pavilion, Conference Center
Mondays, July 9, August 20, September 10, 7 p.m.
Florham Park Campus,
140 Park Ave., Suite 202
Saturdays, June 16, July 21, August 18, September 15, 10 a.m.
Patrick LeMasters, MD,
Bariatric Surgeon
Livingston Office,
75 E. Northfield Road, Café
Mondays, July 2, August 6, September 10, 7 p.m.
Clifton, 6 Brighton Road,
Boardroom
Tuesdays, July 10, August 7, September 11, 7 p.m.
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.

Support Groups
Bariatric Surgery Support Group
Robert Bell, MD,
Bariatric Surgeon
Berkeley Heights,
1 Diamond Hill Road, Café
Mondays, July 2, August 6, September 10, 5:30 p.m.
Patrick LeMasters, MD,
Bariatric Surgeon
Livingston
75 E. Northfield Road, Café
Mondays, July 2, August 6, September 10, 6 p.m.
Share concerns, setbacks, and triumphs with weight-loss surgery in a safe, supportive, compassionate environment. Join this support group to explore effective strategies that can help you achieve long-term success with weight loss.

THE “BREAST” CASE SCENARIO
Thursday, September 27, 7 p.m.
Berkeley Heights, 1 Diamond Hill Road
Lawrence Pavilion, Conference Room C1-100
Summit Medical Group MD Anderson Cancer Center’s leading breast cancer care experts will provide an inside look into how a variety of breast conditions are diagnosed and a treatment plan is devised. Followed by an interactive Q & A session.
To learn more about Dr. Bell's support group, call 908-277-8950. To learn more about Dr. LeMasters' support group, call 973-436-1530.

General Cancer Support Group
Erin Groover, MSW, LCSW, Behavioral Health Therapist
Florham Park, 150 Park Avenue, 4th Floor Conference Center, Room 4119
Thursdays, July 5, August 2, September 6, 12:30 to 1:30 p.m.
Berkeley Heights, 1 Diamond Hill Road, Bensley Pavilion, Cardiac Conference Room
Mondays, July 2, August 6, September 10, 1 to 2 p.m.
Open to all patients in active cancer treatment. A safe place to share your experiences, feelings, and resources with others impacted by cancer. Please call Erin Groover at 973-841-4120 to register.

Care Giver Support Group
Erin Groover, MSW, LCSW, Behavioral Health Therapist
Berkeley Heights, 1 Diamond Hill Road, Bensley Pavilion, 2nd Floor Cardiac Conference Room
Mondays, July 2, August 6, September 10, 12 to 1 p.m.
Open to all patients with recurrent or metastatic cancer. Please call Erin Groover at 973-841-4120 to register.

Survivorship Support Group
Erin Groover, MSW, LCSW, Behavioral Health Therapist
Florham Park, 140 Park Ave, 3rd floor, Conference Room 3175
Wednesdays, July 25, August 29, September 26, 6 to 7 p.m.
Open to all patients who have completed active cancer treatment and have no evidence of the disease. Please call Erin Groover at 973-841-4120 to register.

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 10, 5 to 6 p.m.
Berkeley Heights, 1 Diamond Hill Road, Breast Center Waiting Area
Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator
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
Mondays, June 25, September 24, 5 to 6 p.m.
Berkeley Heights, 1 Diamond Hill Road, Breast Center Waiting Area
Carol Boyer, RN, MSN, APN, CN-BP, AOCNS

Look Good, Feel Better (sponsored by American Cancer Society)
Monday, November 5, 10 a.m. to noon
Berkeley Heights, 1 Diamond Hill Road, Private Dining Room
Monday, December 3, 10 a.m. to noon
Florham Park, 140 Park Ave., Room 1706 (near Café)
An American Cancer Society–sponsored program for women undergoing cancer treatment. Our program teaches beauty techniques to help with appearance-related side effects. To register at our Summit Medical Group location, call the American Cancer Society at 1-800-277-2345. For more information about this program, visit lookgoodfeelbetter.org.
Seasonal Allergies Do Not Take a Summer Vacation

Fall and spring are not the only times of year when seasonal allergies flare up. Summer barbecues and poolside picnics often come with a side of runny noses, itchy eyes, and nagging coughs.

Depending on the weather, allergy seasons may last longer and start earlier. Grass pollen typically lingers around until the end of July while ragweed begins to bud in early August. The rise in humidity also causes mold spores to grow and dust mites to thrive.

Oral allergy syndrome, which affects people who are allergic to birch tree pollen, is also common in the summer. Proteins in raw seasonal fruits, veggies, and certain tree nuts are similar to those found in birch tree pollen. “The body thinks it is eating the allergen and has a local reaction,” says Jennifer Sherman, DO, an allergist and immunologist at Summit Medical Group (SMG)’s new Fair Lawn office.

Nowadays, it is easy to turn to over-the-counter antihistamines and nasal sprays for relief. But if you have been suffering from symptoms like congestion for more than two weeks, it is important to be evaluated by an allergist.

“Allergies are a leading cause of missed school and workdays,” says Ruth Gold, MD, an allergist and asthma specialist at SMG’s Fair Lawn location. “If we can identify what someone is allergic to and get ahead of their symptoms, the right medicines can be life-changing.”

A blood or skin test can screen for dozens of allergens. While avoidance is typically the best way to prevent pet and food allergies, seasonal triggers are harder to eliminate. Fortunately there are numerous medications that can provide relief.

People with severe allergies may need a form of immunotherapy that slowly exposes and desensitizes the body to the allergen. Allergy tablets (oral immunotherapy) that dissolve under the tongue are a convenient alternative to weekly shots for adults who suffer from grass pollen, ragweed, or dust mite allergies.

Dr. Sherman advises patients to start their treatment plan a few weeks before the allergen appears. It is also important not to stop the treatment until the end of the season, even if you are feeling better. “If you don’t stay ahead of the symptoms, you will spend the rest of the season chasing them,” she says.
More men than women have diabetes, and men are more likely to smoke and drink. But they are less likely to seek health care regularly. Our SMG physicians provide some helpful advice for men on these important topics.

**PREVENTIVE SCREENINGS**

**Epifanio Calcara, MD, Chair of Internal Medicine**

Don’t wait until a problem occurs.
Partner with your primary care physician to learn about screenings and healthy lifestyle choices. Together we can find diseases early, when they’re most treatable. Schedule a visit soon!

**HEART HEALTH**

Andrew D. Beamer, MD, FACC, Chair of Cardiology

Meet the World Health Organization’s guidelines of 150 minutes of moderate-intensity physical activity per week to reduce your risk for heart disease. Try walking to or at work or walking your dog—it counts.

**PROSTATE HEALTH**

Adeep B. Thumar, MD, Chair of Urology

As men age, the prostate may start causing symptoms, such as weak stream, incomplete emptying, urinary frequency, or night-time urination. Much like screenings for other organ systems, prostate cancer risk is a consideration for those older than 50 and possibly earlier for those with a family history or who are African-American. Discuss your risks with your primary care physician or a urologist.