

# Healthy CONNECTIONS



CELEBRATING  
**100 YEARS**

THE NEXT CHAPTER IN  
PATIENT-CENTERED CARE **PAGE 4**

## TOGETHER 2 GOAL CAMPAIGN FOR PEOPLE WITH TYPE 2 DIABETES

For the past three years, Summit Medical Group (SMG) has been part of the AMGA Foundation's Diabetes: Together 2 Goal® (T2G) campaign, which is aimed at improving care for 1 million people with type 2 diabetes in the U.S. Together with medical groups and health systems across the country, the campaign has collectively improved care for more than 750,000 people with type 2 diabetes. To continue this strong progress, AMGA is extending the T2G campaign through March 2021. To help our patients with type 2 diabetes meet their goals, SMG has added additional certified diabetes educators (CDEs) to its team of experts—which include physicians ([primary care](#), [endocrinology](#), [cardiology](#), [ophthalmology](#), [nephrology](#), and [podiatry](#)), nurses, and pharmacists—and has increased access to emotional and [behavioral support](#) and [nutrition services](#) for patients with diabetes. In addition, there'll be more outreach by care navigators to help patients stay on top of their care.

SMG is also a participant in a supplemental, intensive learning collaborative, which provides additional resources to further improve the care of our patients with type 2 diabetes and achieve higher bundled measure outcomes in four components:

- ▶ Hb A1c control
- ▶ Blood pressure control
- ▶ Lipid management
- ▶ Medical attention for nephropathy

The Centers for Disease Control and Prevention estimates that more than 30 million Americans have diabetes (about 1 in 10). Type 2 diabetes accounts for 90 to 95 percent of diagnosed diabetes. Type 2 diabetes most often develops in people older than 45, but more and more children, teens, and young adults are also developing the condition. People who have diabetes are at higher risk for serious health complications, such as heart disease and stroke, two of the leading causes of death in the U.S. Other complications can include blindness, kidney failure, and loss of toes, feet, or legs.

With good medical care and education to help control blood sugar levels, however, you can significantly reduce your risk for long-term problems from diabetes.

## A MESSAGE TO OUR COMMUNITY

It's an energizing time at Summit Medical Group as we mark 100 years of delivering high-quality multispecialty care and look ahead to an exciting new chapter in our history. As pioneers in the group practice movement, we have a long and proud history in health care. Our main spread (pages 4–5) in this issue looks back at some of the milestones that have contributed to SMG's history during the past century.

We remain committed to delivering coordinated, high-quality, cost-effective care, with an emphasis on improving our platform, patient satisfaction, and access. And, we will continue to grow our patient base, allowing our model of care to be available to more patients in the New York metropolitan area.

As of August, Summit Medical Group and CityMD have merged to provide our patients with exceptional medical care and a continuous experience across a full spectrum of primary, specialty, and urgent care. As one company, we will focus on meeting the changing health care needs of patients who expect and deserve on-demand access to the best health care and customer service when and where they need it.

Many of our SMG patients seek care from urgent care facilities

# Hello

when they need quick access, oftentimes in areas where we currently do not have an urgent care center. This merger will offer our current patients improved access to urgent care centers in New Jersey and when traveling to and from New York via the many CityMD locations. In the near future, we will adopt one electronic health record platform and a single patient portal. Ultimately, this merger allows patients to enjoy a truly coordinated health care experience by leveraging the strengths of both entities.

*Yours in good health,*



*Jeffrey Le Benger, MD  
Chief Executive Officer*



## CONNECT WITH US!

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



[facebook.com/summitmedicalnj](https://facebook.com/summitmedicalnj)



[twitter.com/summitmedicalnj](https://twitter.com/summitmedicalnj)



[youtube.com/smanj](https://youtube.com/smanj)



[slideshare.net/smanj](https://slideshare.net/smanj)



# Women's Health Check

**Several health awareness months** in the fall provide opportunities to draw attention to important women's health issues, including menopause, gynecologic cancer, and breast health, and offer advice for women in various seasons of life.



## MENOPAUSE

Menopause is the time that marks the end of a woman's menstrual cycles. It's confirmed after you've gone 12 months without a menstrual period. Menopause can happen in your 40s or 50s, but the average age is 51 in the U.S. "Menopause is a natural biological process. However, hormone changes can cause physical symptoms, such as hot flashes and vaginal dryness, and emotional symptoms that may disrupt your sleep and affect emotional health," says [Soma Mandal, MD, internal medicine](#) and women's health specialist at Summit Medical Group (SMG), and author of "Menopause: I Do Not Fear You."

Menopause increases the risk for some conditions, such as heart disease, osteoporosis, urinary incontinence, sexual dysfunction, and weight gain. Treatments focused on

relieving signs and symptoms may include:

- ▶ Hormone (estrogen) therapy
- ▶ Vaginal estrogen
- ▶ Low-dose antidepressants
- ▶ Osteoporosis medications
- ▶ Diet and exercise

Keep up with regular visits with your gynecologist or primary care doctor for preventive health care and any medical concerns. Talk with your gynecologist or primary care doctor about your treatment options and the risks and benefits associated with each as well.

## GYNECOLOGIC CANCER

Endometrial cancer, which starts in the lining of the uterus, is the most common gynecologic cancer diagnosed in women and most frequently occurs in women age 50 and older. Abnormal vaginal bleeding, such as a change in menstrual periods, bleeding in between periods, or bleeding after menopause, are the most common warning signs of endometrial cancer. "The good news is that when endometrial cancer is caught early and has not spread, five-year survival rates are high: 88 percent for stage 1A and 75 percent for stage 1B," says [Susan Angelicola, MSN, APN, obstetrics and gynecology](#) at SMG.

## WISDOM IN BREAST MAMMOGRAPHY

Current recommendations for breast cancer screening in average-risk women vary. To help determine if a personalized screening schedule based on individual factors is as good as annual mammography, SMG is the first health care provider in New Jersey to participate in a national precision medicine study aimed at ending confusion and anxiety over when to



[Soma Mandal, MD](#)  
Internal Medicine



[Susan Angelicola, MSN, APN](#)  
Obstetrics and Gynecology



[Priya Jadeja, MD](#)  
Breast Surgery

initiate mammogram screening and improving breast cancer screening guidelines.

The Women Informed to Screen Depending on Measures of Risk ([WISDOM](#)) Study seeks to ascertain if a personalized, risk-based screening schedule that takes into consideration genetic and other personal factors, like family history and breast density, is as effective and safe for women as the current standard of care—annual screening mammograms based on age. "Breast cancer screening guidelines have the potential for more personalized care," says [Priya Jadeja, MD](#), a [breast surgeon](#) at SMG.

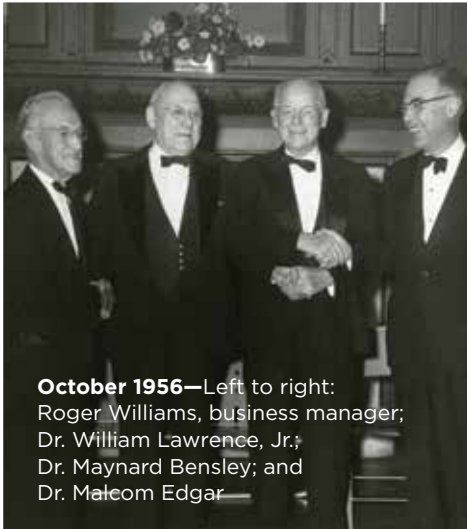
Who is eligible? Women ages 40 to 74 who:

- ▶ Have not had breast cancer or ductal carcinoma in situ (DCIS)
- ▶ Are eligible members of Horizon Blue Cross Blue Shield of New Jersey as of October 2018

For more information on the WISDOM Study, visit [wisdomstudy.org](http://wisdomstudy.org) or [summitmedicalgroup.com/wisdomstudy/](http://summitmedicalgroup.com/wisdomstudy/).



# CELEBRATING 100 OF INNOVATIVE, PATIENT-CENTERED



**October 1956**—Left to right: Roger Williams, business manager; Dr. William Lawrence, Jr.; Dr. Maynard Bensley; and Dr. Malcom Edgar

*Although group medical practices existed in the late 1800s and grew rapidly in some parts of the U.S., they were rare in the East, prompting a need for experts in an increasing variety of medical specialties. It was against this backdrop, in 1919, after returning from service in World War I, that Drs. William H. Lawrence, Jr., and Maynard G. Bensley first articulated their vision for a coordinated, multispecialty practice and began their partnership "... for the dual purpose of efficient care of the ambulatory sick and direct saving of finance."*

As pioneers in the group practice movement, the physicians realized that combining doctors from different specialties with the latest diagnostic options would be an efficient way to provide comprehensive care to a community, cultivate long-term patient relationships, and position medical professionals to provide optimal care for their patients.

"At Summit Medical Group it has always been about the patient. Our core value of taking excellent care of the patient has never changed, and the original vision for Summit Medical Group has remained the cornerstone of our success," says Jeffrey Le Benger, MD, Chief Executive

## MEDICAL MILESTONES

Here are just some of the events that have contributed to SMG's history during the past 100 years:

### October 1919—

The medical offices of Drs. William H. Lawrence, Jr., and Maynard G. Bensley are established at 129 Summit Avenue in Summit, N.J.

### May 1931—

The Diagnostic Group of Summit changes its name to The Lawrence-Bensley Medical Group.

### 1940—

Second expansion to 129 Summit Avenue, adding a second floor and doubling the size of the facility.

### 1980s—

Summit Medical Group celebrates 60 years of service to the community.

### 1999—

Jeffrey Le Benger, MD, becomes Chairman and CEO.

### 1930—

129 Summit Avenue expands with the addition of 10 rooms and five new doctors. The group is known as The Diagnostic Group of Summit.

### October 1931—

The Lawrence-Bensley Medical Group becomes Summit Medical Group.



### 1950s—

Third expansion—the construction of a new building at 120 Summit Avenue, with nearly every medical specialty represented by the Group.

Dr. Bensley retires from Summit Medical Group.

### 1990—

The Morristown satellite opens with a cardiovascular facility. The new [Vascular Laboratory](#) opens.

### 2003—

The Electronic Health Record goes live, allowing providers to coordinate seamless care.

# YEARS

## CARE

Officer. “When I started with the Group in 1989, we were 45 providers. With continuous growth and a tireless focus on delivering the right clinical model, I’m proud to say that we are now on the cusp of 1,000 providers to serve our patients, and we’re recognized as both the premier multispecialty medical group in northern New Jersey and a model for health care organizations nationwide.”

With a 100-year legacy of pioneering coordinated, multispecialty practice of medicine, SMG maintains a 42-acre

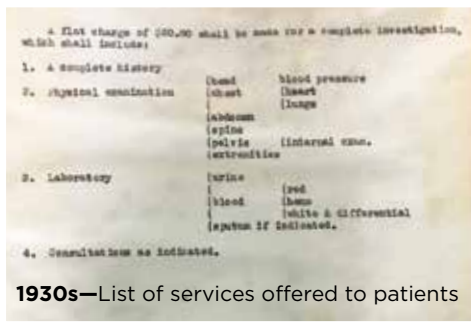
**(Continued on page 8)**



Summit Medical Group's Berkeley Heights campus



Medical artifacts



**1930s**—List of services offered to patients



Summit Medical Group's Summit offices circa 1990s

**2004**— Breaks ground at 1 Diamond Hill Road campus in Berkeley Heights.

**2009**— SMG reaches 500,000 Electronic Health Records.

**2013**— [Summit Medical Group Foundation](#) is established to further community services and community health education.

**2015**— Opens hubs in Florham Park and Livingston.

**2017**— Expands into Bergen County with the acquisition of Fair Lawn's New Jersey Associates of Internal Medicine.

Opens new [Radiation Oncology](#) department in Berkeley Heights.



**2018**— Opens state-of-the-art [Cancer Center](#) in Florham Park.

**2006**— Opens Summit Medical Group at 1 Diamond Hill Road, Berkeley Heights.

**2011**— Wittmann Pavilion opens in Berkeley Heights, housing six specialties. The new addition is named after Charles “CJ” Wittmann, MD, one of the Group’s most influential physicians.

**2014**— Opens comprehensive care hub in Westfield and acquires New Jersey Physicians in Clifton.

**2016**— Breaks ground on the 130,000-square-foot [Cancer Center](#) in Florham Park.

**2017**— SMG’s model of care expands nationally to Arizona and Oregon.

**2019**— [Merges with CityMD](#) to offer patients a full spectrum of high-quality primary, specialty, and urgent care.

# SUMMIT MEDICAL GROUP

## Welcomes 10 New Doctors



**Ali Ahmad, MD, FACC**  
Cardiology  
Clifton  
**973-777-7911**  
Fair Lawn  
**201-693-4445**



**Richard Berardi, DO, FACP, FACOI, CCHP**  
Internal Medicine  
Summit  
**908-588-3760**



**Charles Castellano, MD**  
Internal Medicine  
Pediatrics/  
Adolescent  
Medicine  
Florham Park  
**973-404-7880**



**Daniel Levin, MD, FCCP**  
Pulmonology  
and Sleep  
Clifton and  
Fair Lawn  
**973-777-7377**



**Melissa Leyva, MD**  
Pediatric  
Gastroenterology  
Livingston  
and Fair Lawn  
**973-436-1770**



**Matthew McCarthy, MD**  
Neurosciences—  
Sports Neurology  
Pediatric  
Neurology  
Florham Park  
**973-718-5800**



**Joanne Owsiak, MD**  
Interventional Pain  
Management  
Fair Lawn and  
Clifton  
**201-645-1010**



**Rebecca Rosen, MD**  
Geriatrics  
Morristown  
**973-267-1010**



**Kavita Sabnani-Nagella, MD**  
Internal Medicine  
Florham Park  
**973-404-7880**



**KarLeung Siu, MD**  
Oncology/  
Hematology  
Florham Park  
**973-538-5210**

### LOOKING FOR A PHYSICIAN?

Check out our [Physician Finder](#) online at [summitmedicalgroup.com](http://summitmedicalgroup.com) and click on "[Find a Practitioner](#)."



POST & SAVE

Fall 2019

# Calendar of Events

Reservations required unless otherwise noted. Call **908-277-8889** or visit [summitmedicalgroup.com/events](http://summitmedicalgroup.com/events).

## FREE LECTURES

### October

#### Living with Arthritis

Tuesday, October 15, 1 p.m.

**Livingston Senior/Community Center**  
204 Hillside Avenue  
Tahaney Room 1

**Lauren Kennish, MD,**  
**Rheumatologist**

By conservative estimates, nearly 40 million people in the U.S. are affected by some form of arthritis. Slightly more than half of those cases suffer from osteoarthritis, which is degenerative, and a small percentage suffer from rheumatoid arthritis and psoriatic arthritis, autoimmune disorders that inflame the lining of the joints. Our expert will provide an overview of different types of arthritis, with a focus on symptoms, diagnosis, and new treatment and management strategies. To register, call **973-535-7961 ext. 227** or **228** or email [jekelly@livingstonnj.org](mailto:jekelly@livingstonnj.org).

#### Understanding Medicare Advantage and Your Medicare Options

Thursday, October 17, 7 p.m.

#### **Berkeley Heights**

1 Diamond Hill Road  
Lawrence Pavilion  
Café Conference Center

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 how to enroll, when to act, and strategies for maximizing your benefits. Representatives from the major Medicare Advantage Plans and SMG Billing Department will be present to discuss your options and answer your questions.

#### It's a Pain in the Neck (and Back Too!)

Tuesday, October 22, 1 p.m.

**Montclair Public Library**  
50 S. Fullerton Avenue  
**Joanne Owsiak, MD,**  
**Interventional Pain Management**

There are many forms of neck and back pain that can occur for a variety of reasons, such as trauma, improper use, or overuse. Whether the pain is acute (healing within days or weeks) or chronic (lasting longer than three months), there is no reason to suffer when there are many innovative treatment options available. Our expert will discuss causes of the different types of neck and back pain and the pain management options available for treating all types.

#### **November** Strategies for Managing Menopause

Monday, November 18, 7 p.m.

**Livingston Public Library**  
10 Robert Harp Drive  
**Soma Mandal, MD, Internal Medicine**

Learn about menopause and associated symptoms, including hot flashes, sleeplessness, weight gain, and other changes—such as bone loss and cardiovascular risks. Our expert will also discuss treatment and management options to help you navigate this important life transition.

#### **December** The Heart of the Matter

Monday, December 2, 7 p.m.

**Livingston Public Library**  
10 Robert Harp Drive  
**Ali Ahmad, MD, FACC,**  
**Cardiology**

Heart disease is the leading killer of adults nationwide, and it carries a significant morbidity for the population at risk. Learn about traditional and non-traditional risk factors associated with coronary artery disease and how to modify your risk and

prevent heart disease. Also, learn about how heart disease affects different ethnic backgrounds, and particularly high-risk groups such as South Asians, the second-fastest growing ethnic group in America.

#### My Feet Ache, Now What?

Monday, December 9, 7 p.m.

**Bernardsville Public Library**  
1 Anderson Hill Road  
**Marco Ucciferri, DPM,**  
**FACFAS, Podiatry**

Foot, heel, and arch pain can occur for a variety of reasons. The pain can be more severe with certain types of footwear, especially dress shoes. Don't let foot pain stop you from dancing into the holiday season. Learn about the common foot pain conditions, such as plantar fasciitis (heel pain), Morton's neuroma (feeling of a pebble or folding sock in foot), other foot pain conditions, and the many treatment methods used to alleviate pain.

#### **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](http://summitmedicalgroup.com/events).

**Robert Bell, MD,**  
**Bariatric Surgeon**  
**Berkeley Heights,**  
1 Diamond Hill Road,  
Lawrence Pavilion  
Conference Center  
Mondays, October 14,  
November 11, December 9,  
7 p.m.

**Clark,** 67 Walnut Avenue,  
Suite 202  
Saturdays, October 19,  
November 16, December 21,  
10 a.m.



#### 6th Annual Breast Reconstruction Awareness (BRA) Day Event

Wednesday, October 16,  
6 p.m. to 8 p.m.

#### **Berkeley Heights**

Lawrence Pavilion  
Café Conference Center  
Join us for a unique fashion show and celebration to build awareness of breast reconstruction. Breast cancer survivors and our champion patients will model the latest styles from Lord & Taylor of Westfield. This event is open to anyone who is contemplating breast reconstruction, has had breast reconstruction, or has a general interest in learning more about it.

**Patrick LeMasters, MD,**  
**Bariatric Surgeon**  
**Livingston,** 75 E. Northfield  
Road, Café

Mondays, October 7,  
November 4, December 2,  
7 p.m.

Saturdays, October 12,  
November 9, December 14,  
10 a.m.

**Clifton,** 6 Brighton Road,  
Boardroom

Tuesdays, October 8,  
November 12,  
December 10, 7 p.m.

**Alexandra Argiroff, MD,**  
**Bariatric Surgeon**  
**Fair Lawn,** 31-100 Broadway,  
2nd Floor Waiting Area  
Wednesdays, October 16,  
November 20,  
December 18, 7 p.m.  
**Florham Park,**  
140 Park Ave.,  
Café Conference Room



Thursdays, October 3,  
November 7,  
December 5, 7 p.m.  
Saturdays, October 26,  
November 23,  
December 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, Café  
Mondays, October 7,  
November 4, December 2,  
5:30 p.m.

##### **Patrick LeMasters, MD,**

##### **Bariatric Surgeon**

##### **Livingston,**

75 E. Northfield Road, Café  
Mondays, October 7,  
November 4,  
December 2, 6 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**

Thursdays, October 3,  
November 7, December 5,  
12:30 p.m. to 1:30 p.m.

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

##### **Berkeley Heights,**

1 Diamond Hill Road, Bensley  
Pavilion, 2nd Floor,  
Cardiology Conference Room

**Facilitator: Meredith Shufeld**

**Perrone, MSW, LCSW,**  
**Behavioral Health Therapist**

Mondays, October 7,  
November 4, December 2,  
2 p.m. to 3 p.m.

**To register, please call  
Meredith Shufeld Perrone,  
MSW, LCSW, at  
908-988-2329.**

##### **Living with Advanced Cancer Support Group**

Open to all patients with  
recurrent or metastatic  
cancer.

##### **Florham Park,**

150 Park Avenue,  
Resource Center, 2nd Floor

**Facilitator: Erin Groover,**

**MSW, LCSW, Behavioral  
Health Therapist**

Wednesdays, October 16,  
November 13, December 11,  
5:30 p.m. to 6:30 p.m.

**To register please call Monica  
Cotton, Patient Navigator, at  
973-404-7037.**

##### **Berkeley Heights,**

1 Diamond Hill Road,  
Bensley Pavilion, 2nd Floor,  
Cardiology Conference Room

**Facilitator: Meredith Shufeld**

**Perrone, MSW, LCSW,**  
**Behavioral Health Therapist**

Tuesdays, October 15,  
November 19, December 17,  
5 p.m. to 6 p.m.

**To register please call  
Meredith Shufeld Perrone,  
MSW, LCSW, at  
908-988-2329.**

##### **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, October 31,  
November 21, 6 p.m. to 7 p.m.

**To register please call  
Monica Cotton, Patient  
Navigator, 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, October 21,  
November 18, December 16,  
1 p.m. to 2 p.m.

**To register please call  
Meredith Shufeld Perrone,  
MSW, LCSW, at  
908-988-2329.**

##### **Head & Neck Cancer Support Group**

Open to all head and neck  
cancer patients, both newly  
diagnosed patients and  
survivors within five years.

##### **Florham Park,**

150 Park Avenue,  
Resource Center, 2nd Floor

**Facilitators: Erin Groover,**

**MSW, LCSW, Behavioral  
Health Therapist**

**Christina Lavner, RD,**

**Nutrition Services**

Tuesdays, October 15,  
November 19, December 10,  
1 p.m. to 2 p.m.

**To register please call  
Monica Cotton, Patient  
Navigator, at 973-404-7037.**

##### **Grief Support Group**

Thursdays, October 10,  
November 14, December 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 who 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  
advance registration. Please  
call the Behavioral Health  
Department at

**908-277-8908** to enroll.

**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)**

Mondays, October 7,  
November 4, December 2,  
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**

Mondays, October 28,  
November 25, December 30,  
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**

Tuesdays, October 8,  
November 5, December 3,  
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.**

##### **Cancer Transitions: My Treatment Is Over...Now What?**

Thursdays, October 17, October  
24, October 31, November 7,  
November 14, November 21,  
6 p.m. to 8:30 p.m.

##### **Berkeley Heights**

1 Diamond Hill Road,  
Breast Care Center Waiting Area

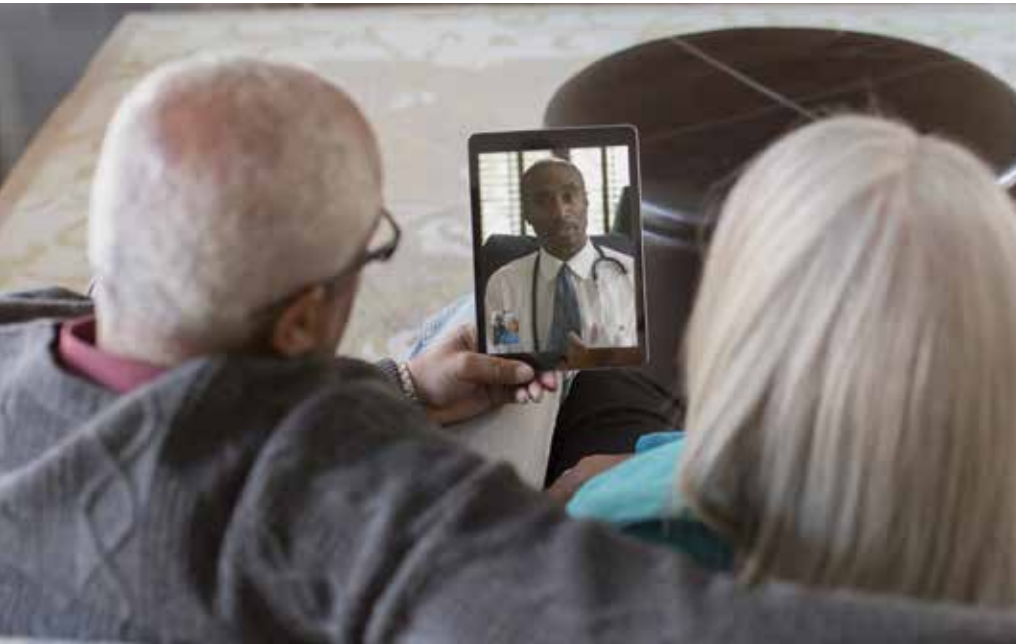
Sponsored by Summit Medical  
Group and Cancer Support  
Community of Central New  
Jersey. Return to wellness and  
take control of your

survivorship. Join us for a free  
six-part survivorship series  
focusing on exercise, nutrition,  
emotional well-being, and  
medical management. This  
series is open to people with  
ALL types of cancer. To  
register, call Jill Kaplan at

**908-658-5400.**



# Increasing Accessible, High-Quality Health Care



**At Summit Medical Group (SMG),** we believe that upholding a patient-centered philosophy means providing convenient access to outstanding [primary care](#), cutting-edge specialty care, and a broad range of ancillary services.

SMG aims to make getting the care you need as convenient as possible. We provide several timely solutions to access barriers that traditionally drive patients with nonemergent but important health concerns to the emergency room.

In fact, more patients are sidestepping the emergency room for urgent care centers, according to a study published in *JAMA Internal Medicine*. Patients appreciate the convenient hours and locations, short wait times, and comprehensive care they find there.

## SWIFT, COMPREHENSIVE URGENT CARE

Not all urgent care centers are the same. [SMG urgent care centers](#) are located within comprehensive, multidisciplinary care settings and have

more extensive imaging equipment and laboratories. This allows us to diagnose more complex conditions.

Consider how this setup benefited Kimberley, who suddenly had trouble breathing, one week after starting infusion treatment for lung cancer. Her husband urged her to get checked out at SMG's urgent care center in Livingston, where [Corey Smith, MD](#), Medical Director of Urgent Care, did a CT scan and found pericardial effusion, excess fluid accumulation around her heart and lungs, which would have led to cardiac arrest and likely death.

Within minutes, she was ready to be transported directly to the hospital's surgical floor. She received the same quality of care from physicians with the same emergency medicine training at a faster pace than the average Emergency Department wait time. "Dr. Smith knew exactly what needed to happen. He saved my life," says Kimberley.

"We have such a high level of confidence in SMG's urgent care center because they have access to my medical records and my doctors, and they know my whole history, so it's highly efficient,"

adds Kimberley. "Plus, the personal connection that we have with Dr. Smith and with many of the other doctors and the team, particularly at the Livingston location, gives us a lot of confidence. For us, it's a really safe place."

## VIDEO VISITS ENHANCE ACCESS TO PRIMARY CARE PROVIDERS

Access to a primary care provider is more convenient than ever with the start of video visits for patients ages 18 and older. These virtual visits offer the option to complete some appointments from your home, office, or any location with internet access using your PC, tablet, or smartphone.

These quick, efficient visits can typically be used for non-emergency health issues, including allergies, cold/flu, abdominal pain, headache/migraine, medication changes, rash, and much more.

To book a video appointment online with one of our select primary care providers who have started offering this service, visit SMG's patient portal and download the video visit app or access the website via a link that you'll receive with your appointment confirmation email. For more information or assistance, call your provider's office.

## VIRTUAL CENTER EXPANDS ACCESS TO INTEGRATED BEHAVIORAL HEALTH

A high percentage of primary care visits are related to [behavioral health](#). SMG offers fully integrated behavioral health resources in our primary care offices with the establishment of a virtual center. It facilitates collaborative care and expedites behavioral health referrals and short-term treatment for anxiety, insomnia, weight management, substance abuse, and other concerns. Access to a psychiatrist will also be available for cases that require medication. With the high demand for behavioral health services, the virtual center aims to expedite access for SMG patients.

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## CELEBRATING 100 YEARS

*(Continued from page 5)*

flagship campus in Berkeley Heights, which opened in 2006. SMG provides more than 80 medical services and specialties and 80+ practice locations throughout central and northern New Jersey, including a world-class [cancer center](#) and four state-of-the-art comprehensive care hubs in Berkeley Heights, Florham Park (both offering outpatient surgery), Livingston, and Westfield. The group handles 1.9 million patient visits annually.

Its founders created SMG with a deep sense of caring for the health of their community, and it continues to be rooted in that principle today. In addition to community outreach programs and events, SMG established [Summit Medical Group Foundation](#) (SMGF) in 2013 to further its legacy of community service and education. SMGF is committed to improving access to health care for the underserved in our communities through free screenings, wellness programs, and cancer care and to providing health education to tomorrow's physicians and health care professionals through mentorship opportunities and health and science scholarships for deserving students.

Looking ahead, SMG will continue to meet the changing health care needs of patients who expect and deserve access to the best health care with exceptional customer service and flexibility across the full health care spectrum.



### SUMMIT MEDICAL GROUP'S 100TH ANNIVERSARY CELEBRATION

*Tuesday, October 29,  
6 p.m. to 8 p.m.*

**Berkeley Heights**

*Lawrence Pavilion  
Café Conference Center*

Join us as we look back on SMG's history from our founders William H. Lawrence, Jr., MD, and Maynard G. Bensley, MD, to our present-day health care providers, with an evening of remarks, refreshments, a SMG Then & Now exhibition, and a special musical performance by the SMGees Band.



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OUR FAMILY  
TO BETTER CARE  
FOR YOURS**

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