

HEALTH SECTION

BAYONNE COMMUNITY NEWS

JCMC's next 'Dinner With the Doctor' focuses on GI problems

Do you or a loved one suffer from stomach problems? Gas or bloating? Acid reflux?

Information on these and other gastrointestinal problems will be discussed at the next "Dinner with the Doctor" event at Jersey City Medical Center, on Wednesday, March 24, beginning at 6:30 p.m.

The speaker will be Dr. Paul Weissman, chair of the Department of Endoscopy and GI at Jersey City Medical Center. Jersey City Medical Center will soon be expanding its service line by developing and opening a GI Center of Excellence that will offer outpatient extensive screening, diagnostic and treatment options for digestive diseases and other problems relating to the urinary or gastrointestinal tract. It will be the first of its kind in Hudson County.

The facts about GI problems

Digestive system symptoms are responsible for an estimated 35.5 million office visits annually, according



Dr. Paul Weissman

to the Centers for Disease Control and Prevention. These include approximately 14.5 million American adults diagnosed with ulcers, 7.95 million seeking help

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for constipation and about 15 million annually who complain of abdominal pain, cramps and spasms.

The upcoming "Dinner with the Doctor" event will focus on such common digestive problems as gastroesophageal reflux disease (GERD), Irritable Bowel Syndrome, Crohn's and Celiac diseases, constipation and diarrhea, gas and bloating, and will focus on diagnostic and treatment options (including the advent of new procedures like capsule endoscopy), and the importance of proper diet.

Dr. Weissman, who is board certified in gastroenterology and internal medicine, graduated from the University of Medicine and Dentistry of New Jersey and Yeshiva University. He did his residency and fellowship training at UMDNJ in Newark. He is an Associate Clinical Professor at the Mt. Sinai School of Medicine.

"Dinner with the Doctor" held monthly at Jersey City Medical Center and at other community locations, gives area residents the chance to enjoy a light dinner and listen to leading physicians discuss their specialty and answer questions. There is no cost for the hour-long program.

"Our mission is 'enhancing life' and, with our 'Dinner with the Doctor' series, we do it through fostering education and awareness," said Joseph F. Scott, president and CEO of LibertyHealth, which operates and manages Jersey City Medical Center. "We strongly encourage those people who live and work in the communities we serve to meet some of the area's best doctors and get answers to questions they may have on various health and medical topics."

"Dinner with the Doctor" is held in the first-floor cafeteria at Jersey City Medical Center (355 Grand St., corner of Grand and Jersey). To register, call (201) 3915-2000, ext. 4305. The session is limited to 125 people. □

Liberty Health opens outpatient physical rehab center at JCMC

Outpatients recovering from the pain and discomfort of trauma, surgery, geriatric and sports-related injuries will soon be able to take advantage of the new state-of-the-art LibertyHealth Outpatient Physical Rehabilitation Center.

The new facility opens this month on the second floor of the Medical Office Building (377 Jersey Ave. at Grand, Skinner Memorial Drive) on the campus of the Jersey City Medical Center.

The 25,000 square foot center will serve outpatients needing rehabilitation following fractures, sprains/strains, bursitis, tendonitis, sciatica, painful joints, arthritis, strokes, radiculopathies, joint replacements and other conditions.

"We will be using the most advanced modalities and providing personalized one-to-one physical rehabilitation for outpatients suffering from conditions of the neuromuscular system, including

hand, elbow, shoulder, neck, back, hip and knee problems," said Norman Resurrection, manager of physical therapy at Jersey City Medical Center.

"This will be the first of its kind in Hudson County to have all outpatient services under one roof, the latest technology and physical rehab specialists on site to diagnose and treat."

The center is conveniently located near the Light Rail at Grand Street and Jersey Avenue and has ample parking available. The building offers full handicap access.

The Medical Office Building, which will be fully occupied by early spring, will soon include the new Christie Kerr Women's Health Center, a pharmacy, and physician offices.

To make an appointment or for more information, call (201) 309-2425

HEALTH CALENDAR

thurs. 25

Palisades Medical Center Women's Health Seminar on Incontinence

and Pelvic Floor Disorders scheduled for Thursday, March 25 from 7 p.m. to 9 p.m. 6:30 p.m. check-in/registration, 7600

River Road North Bergen, NJ. Free admission, parking, food and refreshments will be provided. Free transportation available

from 60th St. & Bergenline Ave. starting at 5:30 p.m. For more info, call 201-854-5010.

upcoming

Christ Hospital is offering a Prepared Childbirth Program on weekends.

Next program to be held Saturday, May 1st and Sunday, May 2nd from 9 a.m. to 3 p.m. in the staff room at Christ Hospital, 176 Palisade Avenue, NJ.