

DR. JAY CHUN DRAWS STRENGTH FROM HIS SPORT PERSONALLY AND PROFESSIONALLY

A NATIONALLY RANKED FENCER AND FORMER FENCING INSTRUCTOR, DR. CHUN ENJOYS FENCING WHEN HE IS NOT WORKING WITH HIS PATIENTS. He has been fencing for over 12 years, holds a reoccurring state championship title from college, and has competed in the Junior Olympics.

Dr. Chun was drawn to fencing because of the combined mental and health benefits. Fencing develops the mind's tactical skills in a similar manner to playing chess. Additionally, fencing develops situational awareness and trains faster reflexes. Dr. Chun explains how fencing has helped him to hone in on his skills as a neurosurgeon. "Training in fencing provides endurance and improved mental focus, the same skills required for neurosurgery. While many aspects of a surgery are physical, there is a mental component which requires making the right choices and foreseeing the potential outcomes. You must mentally scrutinize all possible scenarios so you are prepared to perform the operation properly. Both surgery and fencing present very dynamic situations demanding preparedness and precision in your decision making. It's imperative to understand that each patient is different, just like each competitor and competition is different."

Although Dr. Chun has been injured on numerous occasions and even has a few scars from his beloved sport, don't count on him quitting anytime soon. "Fencing makes me a better, wiser person. When I am fencing, I am in a zone and I am there to accomplish my goals. When I am in surgery, I go into that same zone." ▼



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Jonathan J. Baskin, MD, FACS Dr. Baskin is fellowship trained in spine surgery and specializes in minimally invasive and complex spine surgery, tumors of the spine, image-guided neurosurgery for brain tumors, spinal stabilization, CyberKnife® surgery, and kyphoplasties.



Ronald P. Benitez, MD Dr. Benitez is a fellowship trained vascular neurosurgeon specializing in minimally invasive techniques. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysm, and AVMs using new and innovative techniques. Additionally he specializes in tumors of the skull base.



Brian D. Beyerl, MD, FACS Dr. Beyerl specializes in stereotactic neurosurgery and radiosurgery for brain tumors and AVMs. He also practices general neurosurgery as well as spinal and carpal tunnel surgery.



Kyle T. Chapple, MD Dr. Chapple is fellowship trained and specializes in neurovascular skull base surgery and endovascular neurosurgery as well as minimally invasive and complex spine surgery. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysms, and AVMs using new and innovative technologies.



Jay Y. Chun, MD, PhD Dr. Chun is fellowship trained in spine surgery and specializes in complex and minimally invasive spine surgery. In addition he specializes in general neurosurgery.



John J. Knightly, MD Dr. Knightly is a fellowship trained spine surgeon who specializes in complex and minimally invasive spine surgery. His other specialties include trauma, CyberKnife® stereotactic neurosurgery, and concussion treatment.



Scott Meyer, MD Dr. Meyer is a fellowship trained spine surgeon. His areas of clinical expertise include complex cervical spine surgery, minimally invasive spine surgery, degenerative spine disease, adult spinal deformity (kyphosis and scoliosis), spinal tumors, and spinal trauma. Dr. Meyer also maintains a strong interest in neurotrauma and general neurosurgery.



Yaron Moshel, MD, PhD Dr. Moshel is board certified, fellowship trained, and specializes in neuro-oncology, stereotactic, and skull base surgery. His specialties also include functional brain mapping, management of brain and spine tumors, epilepsy surgery, stereotactic radiosurgery, and complex spine surgery.



Joelle Stabile Rehberg, DO Dr. Rehberg is board certified by the American College of Osteopathic Family Physicians and her areas of interest include sports medicine and the treatment of concussion. Currently, she is the medical director and a clinical instructor for the Athletic Training Education Program at William Paterson University in Wayne, NJ.



Joseph Rempson, MD Dr. Rempson specializes in the field of physiatry, which helps patients who suffer injuries to the muscles, bones, tissues, and nervous system. Dr. Rempson concentrates not only on musculoskeletal injuries, but on the rehabilitation of neurological disorders such as stroke and brain tumors.



Paul S. Saphier, MD Dr. Saphier is fellowship trained and specializes in endovascular neurosurgery. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysms, and AVMs using new and innovative technologies.



Charles Blair Stillerman, MD, FACS Dr. Stillerman's clinical interest is in thoracic and lumbar trauma. Named frequently as one of the Best Doctors in America in Castle Connolly's Top Doctors, Dr. Stillerman has written and lectured extensively on spinal disorders, spinal injuries, and specifically on thoracic and lumbar stabilization.



Igor Ugorec, MD Dr. Ugorec is one of the most highly regarded neurointensivists in the country. His expertise is invaluable to ANS and our patients.



David Wells-Roth, MD Dr. Wells-Roth has specialized fellowship training in endovascular neurosurgery, cerebrovascular surgery, skull base surgery, and complex and minimally invasive spine surgery. His specialties include the treatment of cerebrovascular diseases such as stroke, aneurysms, and AVMs using new and innovative technologies as well as the latest spine surgery treatments.



Edward J. Zampella, MD, FAANS, FACS Dr. Zampella's specialties include surgical management of brain and spinal tumors, endoscopic surgery, pediatric neurosurgery, spinal cord stimulation, intraspinal drug infusion, neurosurgical treatment of movement disorders, epilepsy, stereotactic radiosurgery, and CyberKnife® surgery. Dr. Zampella also has extensive experience in pediatric neurosurgery.

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Atlantic NeuroSurgical Specialists

Edition 9



New Jersey's largest
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Atlantic NeuroSurgical Specialists (ANS) is a premier neurosurgical practice based in Morristown, NJ. We are the largest private neurosurgical practice in the state with 6 offices conveniently located throughout NJ. Our physicians are leaders in the areas of tumors and diseases of the brain, stroke, and spine. ANS physicians have been trained at the most prestigious programs in the nation, and are proud to house this knowledge and expertise in your area. Our doctors are affiliated with hospitals all over the state of NJ, including Atlantic Health System, Saint Barnabas Health System, Meridian Health System, and Saint Clare's Hospital.

In this issue, we highlight Dr. Chun's passion for fencing – a sport that possesses both mental and health benefits. We will introduce you to Yaron Moshel, MD, PhD, who recently joined the ANS team and whose specialty is removing complex brain tumors. We are honored to introduce you to Ramsey Police Officer Rich Falotico, who suffered a blood clot in his brain stem. Dr. Ronald Benitez recently received a "Life Saving Award" from PBA Local 155 for saving Rich's life. Our patients are the heart of our practice and we hope you enjoy reading their stories. As always, we are proud of our patients' resilience and the courage they have shown throughout their recovery.

For more information about ANS, visit www.ansdocs.com or call our main location at **973.285.7800**. ▼

Dr. Yaron A. Moshel Joins ANS

ANS adds newest team member, Dr. Yaron Moshel, known for his specialized training in skull base surgery and his approach to removing complex brain tumors in eloquent brain regions.

Morristown, NJ... Yaron A. Moshel, MD, PhD, recently joined **Atlantic NeuroSurgical Specialists (ANS)**, making him the 11th neurosurgeon on staff for the practice. Dr. Moshel joins ANS from Thomas Jefferson University Hospital in Philadelphia, Pennsylvania, where he was an Assistant Professor of Neurosurgery.

Dr. Moshel is known in the medical community for his approach to removing brain tumors. "Many surgeons are hesitant to remove a tumor if it's too close to eloquent brain structures that control vision, language, body movements, or other higher cognitive powers that would result in a significant loss of function," says Dr. Moshel. "My approach is different. I map out critical structures of the brain to avoid these areas. By doing this, I am able to remove all or most of the tumor otherwise considered inoperable. This makes a huge difference in the patient's outcome." Dr. Moshel uses technology including computer-guided navigation, functional MRI scans, awake functional brain mapping, endoscopy, and microsurgery. There are only a select few surgeons nationally who specialize in removing some of these deep-seated brain tumors.

Dr. Moshel has many clinical interests and his neurosurgical ability extends beyond the treatment of brain tumors. He specializes in the surgical treatment of skull base, pituitary, and spine tumors using the latest techniques in computer-guided surgical navigation, minimally invasive endoscopy, microsurgery, and stereotactic radiosurgery. He also has expertise in the surgical treatment of epilepsy and in minimally invasive treatment of trigeminal neuralgia. Dr. Moshel also maintains an active clinical practice in cervical spine surgery, Chiari malformations, degenerative spine disease, and minimally invasive spine surgery.

"Dr. Moshel brings so much to the ANS practice," says Marketing Director Tom Wood. "ANS is known for its ability to be super-specialized and Dr. Moshel adds a tremendous amount of value with his subspecialized training in functional brain mapping and skull base surgery."

Dr. Moshel remarked how unusual it is to see a practice set-up such as ANS. He was drawn to the organization and how it mimics what a high-level academic neurosurgical department would have in place. "ANS is able to take this ideal level of super-specialized care and make it a reality for patients."

ANS, a neurosurgical powerhouse, is the largest private neurosurgical practice in NJ. In practice for over 50 years, ANS has paved the way for patients to receive the most groundbreaking treatments for all of their neurosurgical needs. Their sub-specialized team of surgeons allows patients to receive a comprehensive approach with expertise specific to each patient's condition. ANS is also the leader in stroke treatment in New Jersey and leads the stroke rescue teams at the 3 major comprehensive stroke centers in the state.

Dr. Moshel has participated in thousands of cases and he prides himself on following his patients from the simplest operation to the most complex cases. "I love taking care of my patients and I remind them that every day is precious," states Dr. Moshel. "My job is to not only help my patients live, but to help them live a functional and quality life." ▼

Dr. Benitez of ANS Honored for Saving Local Police Officer

Neptune, NJ... Ronald Benitez, MD, of Atlantic NeuroSurgical Specialists (ANS) recently received a "Life Saving Award" from PBA Local 155 for saving Ramsey Police Officer Rich Falotico from a life-threatening stroke. The award ceremony took place at the Ramsey Country Club in late December.

"The most rewarding part of my job is to see my patients recover and enjoy the life they had before," says Benitez. "I was moved by the PBA honoring me for just doing my job. I could say the same about Rich being a police officer, but I am sure he would say the same thing."



Dr. Benitez (L) and Rich Falotico (R)

Rich Falotico, 41, of Allamuchy, was home when he suffered a blood clot in his brain stem, a deadly condition that affects the blood supply to areas of the brain. If left untreated,

the prognosis is most probably fatal for these severe types of strokes.

"If it wasn't for the emergency responders, my wife, and Dr. Benitez, I would not be here today," says Falotico. "The dinner gave me a chance to shake their hands and really thank them for saving my life."

Dr. Benitez chose to treat this stroke utilizing the remarkable mechanical thrombectomy procedure where a device is used to capture the clot and remove it during the actual stroke. Using a specialized biplane angiography machine, he is able to navigate this device through the arteries originating in the patient's groin into the vessel of the brain being affected to retrieve the clot. The procedure is technically challenging and does require special training. Dr. Benitez is the Director of Endovascular Neurosurgery at 3 of New Jersey's comprehensive stroke centers and has treated and saved hundreds of patients, along with his 2 partners, Dr. David Wells-Roth and Dr. Kyle Chapple, from this devastating illness.

Falotico's story starts when he woke up on a Friday morning in June with a severe throbbing headache at the base of his head.

He remembers never feeling pain like it before, but shrugged it off as a bad headache. After a morning of increased symptoms, including a feeling of tingling in his face and blurred vision, his wife, Marilyn, called 9-1-1. The situation went from bad to worse and Rich's life was in jeopardy. After being airlifted from the Allamuchy elementary school, he was taken to Morristown Memorial Hospital, where he was met by Dr. Benitez.

"The most rewarding part of my job is to see my patients recover and enjoy the life they had before," says Benitez.

"Time was of the essence in this case," states Benitez. "If the condition was left untreated, Mr. Falotico did not have a chance of survival, and even with treatment there was no certainty he would recover fully, but we had to try to save him."

Dr. Benitez went on to explain the condition Mr. Falotico was in during the time of his transport. If Mr. Falotico was conscious, he was most probably experiencing locked-in syndrome. Locked-in syndrome, or LIS for short, is a condition in which a patient is aware and awake but cannot move or communicate verbally due to complete paralysis of nearly all voluntary muscles in the body except for the eyes. Total locked-in syndrome is a version of locked-in syndrome where the eyes are paralyzed, as well. Some patients live the rest of their lives in this condition if not treated.

Following his stroke, Falotico completed outpatient therapy at Atlantic Rehab Institute, in which he made a full recovery and now is one of the key members of the support group started by ANS called Partnership of Strength. The group, which meets in ANS's Morristown office, brings people from all walks of life together who have suffered a traumatic condition like an aneurysm or stroke and provides support and education from other stroke victims and professionals.

"I feel great now," says Falotico. "I am back doing what I love, and feel so blessed to have an amazing family."

For more information on the Partnership of Strength, visit www.ansdocs.com or call **973.285.7800**. ▼

A Guide to Choosing the Right Spine Specialist

With back pain on the rise, the number of physicians performing back surgeries has also increased, making Failed Back Surgery Syndrome (FBSS) a lot more common. So the question arises, how do you choose the right specialist?

Make sure your spine specialist is adequately trained: Most people would be surprised to find that there is no requirement of surgical training for someone to call themselves a "spine specialist." Although a medical license is required, medical licensure only sets the minimum competency requirements to diagnose and treat patients; it is not specialty specific. Most patients would also be surprised to know that their doctor performing spine surgery may not even have undergone a surgical training program. Don't trust the surgical management of your spine and spinal cord to a doctor with no formal surgical training, who may have just attended an industry-sponsored weekend course on some new technique. Neurosurgical residencies last 6-7 years with surgical technique and spine surgery being taught throughout.

Consider a fellowship-trained physician: Fellowship training is an additional 1-2 years of training devoted to a specific area of expertise. This program allows physicians to train with recognized experts in their specialized field. For neurosurgeons this is an additional year where their expertise can be fine-tuned, often with new advanced technology. It is uncommon to find multiple experts with advanced spine fellowship training in one group. At ANS, 5 neurosurgeons are fellowship-trained in spine and hold national recognition in their specialty. As such, ANS was one of the first practices in the Northeast to participate in a national outcomes database looking at outcomes in spinal care.

Your spine specialist should dedicate over half of his/her practice to spine cases: When choosing a spine specialist, you'll want to consider the newest and most groundbreaking treatment options. If the doctor of your choice is dedicated to handling spine cases, it is more likely that he/she will be trained on the most current treatment

options available. Additionally, you'll want to look for the surgeon's success rate. The more successful a spine surgeon is, the better a patient's chance for a successful clinical outcome. ANS provides patients with the most contemporary treatment options, and has the largest experience in the state with advanced minimally invasive spinal surgery with nationally ranked clinical outcomes.



Choose the right type of back specialist: When patients hear the word "neurosurgeon," many think "treatment of brain disorders." Although this is true, what most don't realize is that neurosurgeons specialize in treating all aspects of diseases affecting the nervous system and supporting

structures including brain, peripheral nerves, and spinal disorders. In fact, neurosurgeons focus on the spine throughout their entire education, with a select few devoting an additional year to fellowship training. That means that a neurosurgeon may spend as long as 8 years in intense surgical training mastering the art of diagnosis and treatment of spinal disorders. Dr. Jack Knightly of ANS adds, "This includes not only knowing how to safely perform complex spinal procedures (including spinal instrumentation and fusion procedures), but equally as important, when these procedures should be performed." Neurosurgeons are also trained to manage problems involving the spinal cord itself, such as tumors that impinge on the spinal cord or arise from within.

When choosing the best specialist for you, it is important to understand your diagnosis and then choose the specialist who has the most experience treating your condition. "You should feel comfortable that all of your questions are answered and have trust in your physician," adds ANS neurosurgeon Dr. Scott Meyer. ▼