

NJ's Top 100 Doctors for Women's Health
Author: George Anderson
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The proof, as they say, is in the doing. The 100 medical experts listed here from 11 Northern and Central New Jersey counties are, according to the healthcare research firm of Castle Connolly Ltd., among the very best within their area of specialty in advancing the cause of women's health. New Jersey Savvy Living is honored to share this valuable resource with you, our readers.

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Dr. Antonio Sison, medical director of the Robert Wood Johnson OB/GYN Group and chairman of the department of Obstetrics and Gynecology at Robert Wood Johnson University Hospital - Hamilton, is understandably excited about the brand new labor and delivery unit recently opened at the hospital.

The new unit with 30 beds was needed, said Dr. Sison, because births at the hospital have increased some 400 percent over the last 10 years with 1,500 deliveries last year. The growth, Dr. Sison reasoned, is not simply from an increase in the local population but because of the individual care shown to patients. The hospital has consistently received high marks from evaluation services such as Press Ganey and Healthgrades.

Dr. Sison, who has achieved some celebrity status appearing on TLC's "A Baby Story" three times, espouses a by-the-book formula that concentrates on what works best for moms and babies. "I think that we pride ourselves in this hospital of providing very good quality care in all aspects of the community.

My patients run from professors at Princeton to people who do the landscaping and clean the hospital. We pride ourselves on providing care to people from all different walks of life. The people who provide that care come from a pretty international type of practice," he said.

While Dr. Sison is optimistic about the strides being made in providing care to women having children, he is extremely concerned about the issue of teenage pregnancies across all segments of society.

"It has presented itself on our front door and it is a continuous problem. We've seen it through all walks of life. Middle-class, upper middle-class, affluent families; it would not be unusual for me to see a patient, 12, 13, 14 without any understanding of pregnancy come into my office pregnant. I would not tag that with low socio-economic status. It runs the whole gamut of the economic strata," he said.

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Ovarian Cancer, Cervical Cancer

As a gynecological oncologist, Dr. Lorna Rodriguez-Rust, knows all too well the devastation that ovarian cancer brings. That is why Dr. Rodriguez-Rust has dedicated herself to better understanding the disease so that perhaps she can help vanquish it once and for all.

Dr. Rodriguez-Rust who is chief of gynecologic oncology at The Cancer Institute of New Jersey and associate professor of obstetrics and gynecology at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School, is excited about research she is involved in that seeks to understand the role of a cell surface receptor known as CD44 in the metastases of ovarian cancer cells. CD44, Dr. Rodriguez-Rust explained, is a glycoprotein on cell surfaces that is involved in interactions between cells.

"I'm excited about the research work because it may enable us to develop a new range of treatment modalities to treat (ovarian cancer)," she said.

Sue Jane Grosso, MD - Diagnostic Radiology
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Breast Imaging

"When one becomes a physician, many of us do it because we want to help people," said Dr. Jane Grosso, medical director at the Breast Imaging Center at Overlook Hospital. "I was always interested in women's health issues and what I found with mammography and breast imaging was that I just wasn't the radiologist that sat and read the films in some dark room. I came out of that room as a mammographer or breast imager to meet the patients."

Dr. Grosso, said there are new technologies and research that give her reasons to be optimistic about improving the outcomes of patients with breast cancer.

Digital mammography, said Dr. Grosso, "makes a difference for women that are younger than fifty or are pre-menopausal or perimenopausal. It also makes a difference for women with dense breasts. Digital allows us to see those breasts better. It penetrates better."

The issue of breast density is important for women to understand, said Dr. Grosso. "We've been telling them all along that they need to examine their breasts, they need to know their breasts, they need to understand how their breasts feel so that they can tell when an abnormal lump is coming. But the other thing that lately has come out and I would love women to understand and think about this and have a discussion with their doctors, their primary care physicians or gynecologist, they need to ask, 'Are my breasts dense?'"

Dr. Grosso pointed to a study in the New England Journal of Medicine that said women with dense breasts appear to have an increased risk of developing breast cancer.

"It's important for women to have a discussion with their healthcare provider as to whether or not they have dense breasts," said Dr. Grosso, "because a woman who has this information may say to herself, say, 'You know what, my doctor just told me that my breasts are dense.

I really have to check myself and make sure I don't have a lump that is developing or I really have to get to that doctor and make sure I get a physical exam annually."

Most women, Dr. Grosso points out, have nothing show up when having a mammography. Even those women who

get called back for another test are often given a clean bill of health.

"A lot of women get very scared, very anxious, very nervous if they are called back for another view that they must have cancer. Most women that come back for additional views are also normal. Out of 100 women, maybe 10 or 15 women will have to come back for additional images. Out of 100 of those women, maybe 10 will need biopsies. And, even most of the biopsies are negative. So, the truth is most women are normal. Breast cancer is out there but we are catching it earlier and earlier and the sooner you get it the better off you are."

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Women's Health, Eating Disorders

Dr. Vivian Lan, an internal medicine specialist, has developed a practice that consists primarily of women patients although she will tell you that it has very little to do with any conscious choice on her part.

"It's really self-directed," she said of women's decision to choose her as their physician. As to the why women seek her out as their doctor, Lan said,

"We really work at having an environment that women can feel comfortable in. Our staff is extremely courteous and helpful."

An increasing number of patients, Dr. Lan said, come to her as a result of hearing about her work with people who have eating disorders.

"There's a lot of stigma around eating disorders," said Dr. Lan. "One of the first things we do to help our patients deal with this is to understand that there is a biological basis for what they have."

Many people with eating disorders fail to seek help as a result of the stigmatizing factors that Dr. Lan seeks to overcome in her practice, according to the National Eating Disorders Association and other groups.

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Breast Surgery, Breast Cancer

Dr. Rachel Dultz, a fellowship trained surgeon and medical director of the Princeton Breast Health Center at University Medical Center at Princeton, doesn't have an easy job. Fortunately for her patients, she has an uncommon level of empathy for the people she treats.

"I usually see patients when they have a problem on their mammogram or when they or their doctor discovers a lump. So, I'm usually the very first one to see the patient to do a biopsy, make the diagnosis, and unfortunately, at times, to deliver the news that they have cancer," she said. "What I see myself doing is everyday trying to make that process a bit easier by having a welcoming staff, having very flexible hours to see and meet with patients, talking to them not only during office hours but after hours. I give patients, the majority of the time, my cell phone and talk to them at night because they'll have questions and concerns that span beyond nine to five when they can reach us in our office."

The ultimate goal is to end breast cancer but in the meantime, Dr. Dultz sees a lot of progress being made both in the detection and treatment of the disease.

"Probably for the first time in a long time we are seeing cases going down, but unfortunately they are not going away just yet. We're able to diagnose cancer with minimally invasive surgery and that's relatively new. People don't have to go to the operating room just to get a diagnosis. We're able to diagnose them in the office with smaller biopsy instruments. We're able to get the results back much quicker and we do less invasive surgery than we used to years ago," she said.

While progress is being made, Dr. Dultz warns against complacency. Women, she said should continue to examine their breasts, see their healthcare provider annually and get mammograms starting at the age of 40.

"If they do all those things than they can detect cancer at an early stage when it is very treatable and perhaps curable," she said. "Informed patients make for better patients and better outcomes. I can never overemphasize that enough."

~ njsaThe proof, as they say, is in the doing. The 100 medical experts listed here from 11 Northern and Central New Jersey counties are, according to the healthcare research firm of Castle Connolly Ltd., among the very best within their area of specialty in advancing the cause of women's health. New Jersey Savvy Living is honored to share this valuable resource with you, our readers.

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One Hamilton Health Place
Hamilton
609.631.6999
Robert Wood Johnson University Hospital - Hamilton

Michael Slowey, MD
Reproductive Endocrinology
25 Rockwood Pl
Englewood
201.569.7773
Englewood Hospital & Medical Center
Holy Name Hospital
Infertility-IVF, Infertility-Male & Female, Minimally Invasive Surgery

Leon Smith, MD
New Jersey Perinatal Assocs
94 Old Short Hills Rd, East Wing, Ste 402
Livingston
973.322.5287
Maternal & Fetal Medicine
St Barnabas Medical Center
Ultrasound, Prenatal Diagnosis, Perinatal Infections, Amniocentesis

Barbara Snyder, MD
Adolescent Medicine
Childrens Health Inst New Jersey
89 French St, Ste 2230
New Brunswick
732.235.6230
Robert Wood Johnson University Hospital - New Brunswick
Eating Disorders, Pediatric Gynecology

Jane Sofair, MD
Psychiatry
35 Airport Rd, Ste 350
Morristown
973.292.0960
Morristown Memorial Hospital
Anxiety & Depression, Women's Health

Gara Sommers, MD
Gynecologic Oncology
718 Teaneck Rd
Teaneck
201.929.011
St Mary Hospital - Hoboken
Christ Hospital
Gynecologic Cancer

Paulette Stanford, MD
Adolescent Medicine
UMDNJ-Dept Pediatrics, Adolescent Medicine
90 Bergen St, Ste 4300
Newark
973.972.2100
UMDNJ-University Hospital-Newark
AIDS/HIV in Adolescents, Adolescent Gynecology, Adolescent Behavior-High Risk

Robert Steer, MD
Obstetrics & Gynecology

32 Maple Ave
Morristown
973.993.1919
Morristown Memorial Hospital
Pregnancy-High Risk, Multiple Gestation

Deborah Toppmeyer, MD
Medical Oncology
Cancer Inst of New Jersey
195 Little Albany St
New Brunswick
732.235.6777
Robert Wood Johnson University Hospital - New Brunswick
St Peter's University Hospital
Breast Cancer, Hereditary Cancer

Susan Treiser, MD/PhD
Reproductive Endocrinology
IVF NJ Fertility & Gynecology Center
81 Veronica Avenue
Somerset
732.220.9060
St. Peter's University Hospital
Infertility, Infertility-IVF

Anne Marie Valinoti, MD
Internal Medicine
301 Godwin Avenue
Midland Park
201.444.4526
Valley Hospital
Women's Health

Anthony Vintzileos, MD
Maternal & Fetal Medicine
RW Johnson Med Sch, Dept Ob/Gyn
125 Paterson St, Clin Acad Bldg, rm 2150
New Brunswick
732.235.6600
Robert Wood Johnson University Hospital - New Brunswick
Ultrasound, Fetal Therapy

Alexander Vukasin, MD
Urology
281 Witherspoon St,
Ste 100
Princeton
609.924.6487
University Medical Center at Princeton
Robert Wood Johnson University Hospital - New Brunswick
Laparoscopic Surgery, Urologic Cancer, Urology-Female

Stanley Waintraub, MD
Medical Oncology
Northern NJ Cancer Associates
20 Prospect Ave, Fl 4

Hackensack
201.996.5900
Hackensack University Medical Center
Holy Name Hospital
Breast Cancer, Gynecologic Cancer, Bleeding/Coagulation Disorders

Joseph Wallis, DO
Obstetrics & Gynecology
600 Mt Pleasant Ave
Dover
973.989.9000
St Clare's Hospital - Denville
St Clare's Hospital - Dover
Laparoscopic Surgery, Endoscopy, Infertility

Christina Walsh, MD
Medical Oncology
180 White Rd, Ste 101
Little Silver
732.530.8666
Riverview Medical Center
Cancer Genetics, Breast Cancer

Gerson Weiss, MD
Reproductive Endocrinology
214 Terrace Ave
Hasbrouck Heights
201.288.6330
Hackensack University Medical Center
Infertility, Menopause Problems

Michael Wesson, MD
Radiation Oncology
223 N Van Dien Ave
Ridgewood
201.634.5403
Valley Hospital
Breast Cancer, Brachytherapy

David Worth, MD
Rheumatology
2376 Morris Ave
Union
908.686.6616
Overlook Hospital
Union Hospital - New Jersey
Rheumatoid Arthritis, Osteoporosis

Roger Yang, MD
Diagnostic Radiology
Somerset Med Ctr, Dept Radiology
110 Rehill Ave
Somerville
908.685.2930
Somerset Medical Center
Breast Imaging, Women's Imaging

RMA, Reproductive Medicine Associates,
NJIVF, IVFNJ, IVF New Jersey,
Reproductive Science Center,
Princeton IVF, Shore IVF. www.ivfnj.com,
www.fertilitynj.com, www.eastcoastfertility.com
www.rmany.com, www.rmanj.com,
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Cancer, Gynecologic Cancer