

The Scope

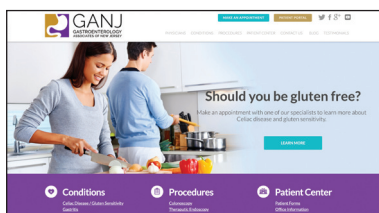
June 2018 Edition



Here Today, Here Tomorrow

Here today, here tomorrow is not just a slogan for GANJ—it is a way of life. Through our first nine years as an integrated group practice, we've prided ourselves on our patient convenience. By the end of 2017, we reached a record high of 22 locations across four counties in northern New Jersey. On top of this, our physicians have privileges in over 10 hospitals, with access to an additional eight surgery centers. All of this was done with our patients and future patients in mind. This has allowed our patients to be able to book same day appointments. On top of that, we have put together a team that can treat a full range of gastrointestinal disorders.

New State-of-the-Art Website Powers Our Integrated Group Practice

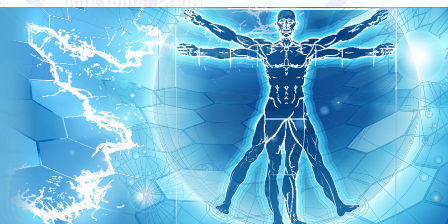


In January 2016, we rebranded the entire outlook of our practice. Gone was our old logo, colors and, especially, our website. In its place, we created a brand new website we like to call the central "hub" of our group. That's

because we grew to a 20-physician practice by 2016, which called for a site that was more user-friendly and efficient.

Now, our patients are able to find all of our information they need, such as the conditions we treat, our locations and the procedures we perform. We also have a section dedicated to physician bios, allowing new and existing patients to learn more about the superior physicians in charge of their care.

June is Men's Health Month in the U.S.



Men's Health Month Celebrated Across the U.S.

As we move into the summer months, we hit Memorial Day, the Fourth of July and Labor Day in the blink of an eye. If we stopped and looked around, we may enjoy the summer more and even take in some important health information along the way.

In fact, the entire month of June is a good time to stop and pause because not only is Father's Day celebrated, but Men's Health Month is as well. Anchored by a congressional health education program, the goal of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month is an opportunity for all healthcare professionals to spread the word through educational events, awareness activities and blogs.

Awareness at Gastroenterology Associates of New Jersey (GANJ) is never for one month. We are constantly working closely in conjunction with our primary care referral base to encourage routine checkups. In fact, just two months ago, we also celebrated Colon Cancer Awareness Month with a special video produced by the American Health Front TV network that was aired on CBS. In the video, seven of our highly-trained gastroenterologists spoke on the importance of early detection, the signs and symptoms of colorectal cancer and what age you should begin your screenings.

We would like to take this opportunity to reach out to even more individuals looking to get on their own path to wellness and assure the public that GANJ is only a phone call away.

GANJ Participates in all of Horizon's Episodes of Care Programs



GANJ Produces More Episodes Than Any Other Group in the State

We are proud to announce that our superior physicians have been chosen to participate in Horizon Blue Cross Blue Shield of New Jersey (BCBSNJ) Episodes of Care (EOC) programs. As an added bonus, the size and scope of GANJ has earned us the title of largest participating group in one of these elite programs.

What does an EOC program entail?

In these programs, a practice or physician orchestrates the full spectrum of care for a specific medical condition, illness or life event. Horizon BCBSNJ's goals for the EOC programs are to:

- Achieve better quality outcomes
- Improve the patient experience
- Reduce the total cost of care

In doing so, the program provides the highest quality of care for all Horizon BCBSNJ members.

Visit Horizon BCBSNJ's website for a full list of details, including the physicians, locations and contact information.

Our physicians currently participate in **all** of the following.

- The Gastroesophageal Reflux Disease (GERD) EOC Program
- The Colonoscopy EOC Program
- Diverticulitis EOC Program
- Inflammatory Bowel Disease (IBD) with Depression and Anxiety EOC Program

How are the physicians graded?

At the completion of each episode, patient satisfaction surveys are conducted to ensure that members are happy with the level of they were received and were an active part of making decisions regarding their health. As of 2016, overall satisfaction from members was rated at 94 percent.

Dr. Abraham Discusses Anorectal Manometry



Anorectal manometry is a test that utilizes a catheter and a balloon to study the nerves and muscles of the anus and rectum. It tests pressures and sensations in the anus and rectum as well. Dr. Rini Abraham, a partner in GANJ, is one of the few gastroenterologists in the area who

performs anorectal manometry.

"This procedure is helpful in patients who are suffering from constipation or fecal incontinence," Dr. Abraham explains. "This is more common than you would anticipate. Patients who have had a lifelong history of constipation where medications have not helped in the past have seen results from this procedure."

Dr. Abraham's two office locations in Wayne and Montclair are open Monday through Friday with flexible hours for patients. Her staff can be reached at 973-233-9559, or patients can schedule appointments through our website.

GANJ Welcomes Newest Physician Ori Rackovsky, MD



We are proud to announce that in August 2018 we will be adding a new physician to our team, Ori Rackovsky M.D. Dr. Rackovsky will be joining Dr. Michael Mainero at his Woodland Park location.

Dr. Rackovsky is a graduate of the Icahn School of Medicine at Mount Sinai. He performed his internship and residency in internal medicine at the Mount Sinai Medical Center, where he is currently completing his fellowship in gastroenterology. Dr. Rackovsky holds board certification in internal medicine and is a member of multiple professional societies including:

- The American Gastroenterological Association
- The American College of Physicians
- The New York Society for Gastrointestinal Endoscopy
- The American College of Gastroenterology

We are extremely excited to welcome Dr. Rackovsky into the Gastroenterology Associates of New Jersey (GANJ) family.

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