

SUMMER 2020

YOUR HEALTH, YOUR LIFE

# HEALTH

## Connections

AMAZING CLARITY WITH  
**3D MAMMOGRAMS**

**SPICE IT UP!**  
PEACH SALSA RECIPE

**Bariatric  
Surgery  
IS BACK AT SMC**



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# To Our Readers



DR. TAMMY TORRES, CEO

**Welcome to *Health Connections*!** We are excited to bring you this community magazine three times a year. Within its pages, you'll receive information about our services and our healthcare providers, along with general health and wellness articles. We look forward to engaging with you as a community member and a partner in improving healthcare in Salem County and the surrounding areas.

I want to take this opportunity on behalf of everyone at Salem Medical Center to thank our community (and beyond) for the overwhelming support during the COVID-19 crisis. Your donations of personal protective equipment and food touched our hearts deeply. Also, we are forever grateful for the military medical personnel whose presence and expertise added an extra layer of support at a critical moment. Fortunately, prepared as we were, our community did not see the anticipated surge in COVID-19 patients.

We are very optimistic about our future. Since starting a new chapter on Feb. 1, 2019, there has been much progress in bringing the community a revitalized and re-energized hospital. One of the most important aspects of the new Salem Medical Center is a return to our roots as a nonprofit. In a very real sense, SMC is owned by the community and functions as a stand-alone independent hospital guided by a volunteer board comprised of many local members with only the best interests of the community in mind.

We are delighted to announce that our Bariatric Surgery program is back, thanks to the return of bariatric surgeon Dr. Harish Kakkilaya to SMC. We would also like to welcome gastroenterologist Dr. Henry C. Ho and interventional radiologist Dr. Scott Hollander, both Yale-trained physicians, to our medical staff. We look forward to the opening of our highly anticipated 26-bed Inpatient Psychiatric Unit and the continued growth of our Medical Detox Unit. Our new Wound Care Center, moved to the front of our building, is a visible sign of our commitment to improving patient access to care, and the upgrade to a fully digitized radiology suite, including 3D mammography, is another example of our ongoing pursuit of excellence.

I hope you are as excited to read through our new *Health Connections* as we are to bring it to you!

Sincerely,

Dr. Tammy Torres  
Chief Executive Officer

### FOCUS ON RECOVERY

Salem Medical Center's new 26-bed Inpatient Psychiatric Unit on the fourth floor of the hospital focuses on recovery. The unit is a safe, secure place where people can receive treatment and move beyond the immediate crisis with a fully supported, interdisciplinary treatment team, including representation from psychiatry, nursing, mental health therapy, rehabilitation therapy, social work and case management. **Read more about the unit in the next issue of *Health Connections*.**



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**CONNECT**  
WITH US



*Health Connections* is published by Salem Medical Center. The material in *Health Connections* should not be considered specific medical advice, as each individual circumstance is different. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



# FIGHTING INSULIN RESISTANCE

INSULIN RESISTANCE CAN CAUSE WEIGHT GAIN AND INCREASE YOUR RISK FOR TYPE 2 DIABETES AND HEART DISEASE. TAKE STEPS TO GET YOUR METABOLISM WORKING AS IT SHOULD.

**The relationship between** insulin, blood sugar, also called blood glucose, and your weight is a complicated one, but it might be the key to stopping or reversing weight gain—and preventing diabetes.

## INSULIN: THE DOORMAN

Insulin is a hormone that helps regulate your blood glucose. Glucose is your body's primary source of energy and enters your bloodstream when the food you eat is broken down. This signals your pancreas to send insulin into your bloodstream.

From there, insulin helps glucose enter your body's cells, where it can be burned for energy or stored for later use. Insulin also tells your liver to store glucose. As glucose is stored and your blood glucose levels drop, so does the amount of insulin in your bloodstream. Or at least, that's the way it's supposed to work.

## TOO MUCH STORAGE

If your body becomes resistant to insulin, glucose stays in your bloodstream, which then causes your pancreas to create more insulin in a vicious cycle. Once your liver and muscles are full of glucose, the extra glucose in your bloodstream needs to go somewhere. As such, your liver signals the body to store this glucose as body fat, causing you to gain weight. This also increases your risk for Type 2 diabetes.

## CORRECTING THE IMBALANCE

If you are overweight or obese, losing just 7% of your body weight can help reverse insulin resistance and reduce your chance of developing Type 2 diabetes. While being overweight or obese can increase your chances of becoming insulin resistant, other factors such as age, ethnicity and family history can also raise your risk. Though you can't control all of these risk factors, you can help lower your risk of insulin resistance by being active 30 minutes per day, sleeping 7–9 hours a night and eating healthy to lose weight.

## THE GOOD CARBS

Eating empty or refined carbohydrates, such as white bread and white rice, can contribute to insulin resistance. Instead, limit grains to 30% of your plate and make at least half of those whole-grain sources, according to the USDA. Fill the rest of your plate with 20% lean protein and 50% vegetables and fruit. ♦

➔ If you or someone you know needs to see a doctor, call one of our SMC Health Physicians Primary Care offices in Woodstown at 856-624-4319, Pennsville at 856-678-9002, or Swedesboro at 856-832-4359 for a referral. For a list of all SMC Primary Care Physicians, visit [smc.health](http://smc.health) and click on "Physician Directory."

## DID YOU KNOW?

Though being overweight or obese can contribute to insulin resistance, people who are at a healthy weight can still develop the condition.

To help keep blood sugar under control, women should limit the amount of added sugars they consume to 6 teaspoons (100 calories) per day and men 9 teaspoons (150 calories) per day, recommends the American Heart Association.

Fruits and vegetables should make up half your diet, but the two aren't interchangeable. According to [ChooseMyPlate.gov](http://ChooseMyPlate.gov), aim for roughly 30% vegetables and 20% fruits—half your plate—as part of your daily diet.



## 3D MAMMOGRAPHY:

# Amazing Clarity



**Mammography is an** essential part of healthy living for women. Early detection of breast cancer, visualizing masses and lesions more clearly, and reducing unnecessary biopsies are the goals of Salem Medical Center's mammography team.

"With the new 3D mammography system, we are providing patients with the highest standard of care in breast imaging," said Radiology Manager Kim Cassidy. "The imaging process creates a three-dimensional picture of the breast allowing for increased identification of masses and/or lesions. It is also superior for women with dense breast tissue."

"The images are so clear," added Amy Robinson, lead mammography technologist. "It's amazing."

In addition to the crisp, detailed images, the 3D mammography unit is less constricting.

"This unit makes the experience much more comfortable," Robinson said.

The medical imaging department at SMC is accredited by The Joint Commission and is licensed by the American College of Radiology for Mammography and MRI. The mammography room has also been redesigned with calming colors, providing patients with a warm and welcoming environment. ♦

→ Are you overdue for a mammogram? If so, call one of our SMC Health Physicians Primary Care offices in Woodstown at 856-624-4319, Pennsville at 856-678-9002, or Swedesboro at 856-832-4359 for a referral. For a list of all SMC Primary Care Physicians, visit [smc.health](http://smc.health) and click on "Physician Directory."

### MAMMOGRAM DO'S AND DON'TS

Although they're not the most comfortable things in the world, mammograms increase the chances of finding breast cancer early. Once a woman turns 40, according to the American Cancer Society, she has the option to have a mammogram every year. Women ages 45 and older should have an annual mammogram if they are at average risk. At age 55, women may choose to get a mammogram every two years or continue yearly screenings. So, if it's that time of year for you, don't stress. Try a few of these tips to make the experience a breeze:



#### **Familiarize yourself with the procedure.**

The entire process usually takes about 20 minutes, with the compression of the breast lasting only a few seconds each time. In order to get a detailed picture, your breasts will be slightly flattened and X-rayed at multiple angles. The summary of your results should be provided within a few days of your screening.



**Schedule smart.** If you haven't experienced menopause, try to schedule your mammogram a week after you menstruate so your breasts are less likely to be tender.



**Dress to undress.** You will be asked to remove any clothing above your waist. Plan your outfit with comfort in mind and choose a two-part outfit so that you only have to take off your top. Because you can't wear any deodorant or antiperspirant, bring it along with you for after the appointment.



**Consider ibuprofen or acetaminophen.** If your doctor approves it, taking ibuprofen or acetaminophen an hour before your appointment may make your screening less painful.

# HOPE AND Healing

SMC WOUND CARE  
PROVIDES HOPE  
FOR PEOPLE WITH  
NONHEALING WOUNDS

**As you age**, your risk of developing chronic wounds — cuts or sores that don't heal within the expected time frame — increases. Nonhealing wounds are often side effects of other medical conditions, such as diabetes and vascular disease. In some cases of vascular disease, for example, blood doesn't circulate through your legs properly. As a result, the skin near the affected area can break down over time. Sometimes, people who have to stay in bed for long periods also develop wounds, known as bedsores or pressure ulcers.

The first step in healing is to perform an evaluation and diagnostic testing to determine the underlying cause of the wound. A treatment plan is then developed, which could include infection control, restoration of blood flow, compression therapy or foot reconstruction.



## 15%

Fifteen percent of people with diabetes develop wounds on the bottoms of their feet, according to the American Podiatric Medical Association.

## EXCEEDING EXPECTATIONS

Salem Medical Center Wound Care Nursing Director Renee Miller said an average of 60 patients visit the unit weekly, which specializes in the treatment and healing of diabetic foot ulcers, venous ulcers, traumatic wounds, and many other nonhealing or hard-to-heal wounds. The goal of the SMC Wound Care team, comprised of surgeons, podiatrists and dedicated nurses, is to help patients heal as quickly and completely as possible.

“Recently, SMC Wound Care received a Clinical Distinction Award for meeting or surpassing benchmarks [a method of using reference points to compare program successes],” Miller said. “The days to heal benchmark was 32 days on average, and SMC Wound Care’s average was 28 days. For healing percentage rate, the benchmark was 90% and SMC Wound Care’s percentage was 97%.”

## UPFRONT CARE



**JAMES MEGARA III, DPM,  
MEDICAL DIRECTOR OF  
SMC WOUND CARE**

With its recent move into a new, completely remodeled location at the front of the building, SMC Wound Care is now even better equipped to bring patients the care they need to fully recover. Included in the remodel is space for two hyperbaric oxygen chambers that will be installed during the second stage of construction.

“A hyperbaric chamber uses 100% oxygen at a higher-than-normal pressure to treat wounds and help them heal quicker,” said SMC Wound Care Medical Director Joseph Megara III, DPM. “Wounds need oxygen to heal, and these two hyperbaric oxygen chambers will greatly enhance our capabilities. This kind of therapy can be used to heal radiation burns, infections, burns, skin grafts or flaps, crush injuries, and diabetes-related wounds.” ♦

# Lose to Win:

## THE BENEFITS OF BARIATRIC SURGERY

IF EXCESS WEIGHT IS AFFECTING YOUR HEALTH, LEARN HOW BARIATRIC SURGERY CAN HELP.

**You may have** spent years trying to change your eating habits for the better and get more exercise, but the extra pounds continue to weigh down your physical and emotional health. According to the New Jersey Department of Health, Salem County ranks highest in the state for obesity in adults over 20 years old. Obesity can lead to complications, such as Type 2 diabetes, heart problems and high blood pressure.

Weight-loss surgery is not a quick fix and is typically recommended for people with 100 pounds or more to lose. Most people qualify for bariatric surgery if they meet one or more of the following criteria:

- ◆ Body mass index (BMI) equal to or higher than 40
- ◆ BMI equal to or higher than 35, along with one or more obesity-related health conditions, including high blood pressure, sleep apnea or Type 2 diabetes
- ◆ Unable to reach a healthy weight after following a medically supervised diet and exercise plan

### YOUR BARIATRIC SURGERY OPTIONS

Harish Kakkilaya, MD, MS, FRCS, FACS, FASMBS, specializes in minimally invasive approaches to bariatric surgery, including:

- ◆ Sleeve gastrectomy — About 80% of the stomach is removed to reduce the amount you can eat and limit the production of hunger-inducing hormones.
- ◆ Roux-en-Y gastric bypass — This procedure drastically reduces the size of the stomach, limits calorie absorption and reroutes the food stream. The lower half of the small intestine is connected to the smaller stomach pouch, and the bypassed section of stomach and the upper portion of the small intestine are reconnected. People who have this procedure

must take vitamin and mineral supplements for life.

A consultation with Dr. Kakkilaya helps patients decide which procedure is right for them. With more than 20 years of experience, Dr. Kakkilaya has performed more than 1,000 weight-loss surgeries during his career. He is fellowship trained in laparoscopic and bariatric surgery and board certified in general surgery.

“Bariatric surgery is nearly as safe as gallbladder surgery and more effective now than ever,” he said.

Dr. Kakkilaya has better results and fewer complications with bariatric surgery compared to the national average. In one major benchmark — BMI Reduction Over Time —

Dr. Kakkilaya's reduction rate is 73%, while the national percentage is only 57%. The patients whom he has previously helped continue to keep in touch with him and credit him for changing their lives. (See “Welcome Back, Dr. Kakkilaya!”)

“I'm happy to be back and looking forward to helping the community,” Dr. Kakkilaya said. “My goal is to rebuild the program, making it bigger and better than before.” ◆

➔ Dr. Kakkilaya is currently accepting new patients at his office located at 66 East Ave., Woodstown. For more information or to schedule a consultation, call 856-823-4288 or visit [smc.health/services/bariatric-surgery](http://smc.health/services/bariatric-surgery).



## WELCOME BACK, DR. KAKKILAYA!

Harish Kakkilaya, MD, was recognized as a “Best Doctor” from 2012 to 2018 by *South Jersey Magazine*, and in 2017 and 2018 as a “Top Doc” by *SJ Magazine*. Perhaps the best endorsements are from the surgical nurses who work closely with him and have been patients themselves.



“Dr. Kakkilaya is a great asset for Salem Medical Center and has been welcomed back with open arms! I not only work with him as an RN, but I’m also one of his bariatric success stories. I’m so glad he returned!”

— LINDA HARMON, RN



“Dr. Kakkilaya is a nice complement to the staff we have. I can testify as a bariatric success story that his care encompasses all of the patient’s needs.”

— TAMMY GONZALEZ, RN



“I’m excited that he has returned to Salem Medical Center. I’m happy to be working with him again. I’m a former bariatric patient, and he changed my life.”

— ROSIA RIVERA, RN

## TARGETING YOUR TUMMY

Unlike fat on your thighs, the fat around your waistline — known as visceral fat — resides deep within your abdominal cavity and envelopes your abdominal organs. Visceral fat is associated with an increased risk for a number of health conditions, such as asthma, breast cancer, colorectal cancer, cardiovascular disease, dementia and Type 2 diabetes. To protect your health from its effects:

**Catch some z’s.** Research has found that adults who sleep too little (fewer than five hours per night) or adults younger than 40 who sleep too much (more than eight hours per night) have more visceral fat.

**Exercise.** Trim your waistline by participating in a minimum of 30 minutes of moderate-intensity aerobic physical activity five or more days a week.

**Increase your soluble fiber intake.** Oats, legumes, seeds (such as flax and chia), and some fruits and vegetables are good sources of soluble fiber. A study published in *Obesity* found that over five years, participants experienced a 3.7% reduction in the accumulation of visceral fat for every 10-gram increase of daily soluble fiber consumption.

**Watch your diet.** Eating a nutritious, balanced and well-portioned diet is key to losing excess body fat. Fill half your plate with fruits and vegetables, choose lean sources of protein, eat whole grains and limit foods high in sodium, added sugar and saturated fats.

# TAKE CHARGE of Your Health

EVERY YEAR, ALL ADULTS SHOULD RECEIVE A FLU SHOT, VISIT THE DENTIST AT LEAST ONCE AND UNDERGO A PHYSICAL EXAM BY THEIR PRIMARY CARE PROVIDER. THEY SHOULD ALSO RECEIVE ESSENTIAL HEALTH SCREENINGS BASED ON THEIR AGE AND SEX.

## USE THE FOLLOWING GUIDE\* TO HELP STAY ON TRACK WITH PREVENTIVE HEALTH SCREENINGS:

	MEN	BOTH	
18		 <b>BLOOD PRESSURE SCREENING</b> Every 1-2 years  <b>EYE EXAM</b> Every 1-2 years  <b>SKIN SELF-EXAMINATIONS</b> Many doctors recommend checking your skin monthly. Ask your provider for instructions.	
20		 <b>CHOLESTEROL SCREENING</b> Every 5 years if levels are normal when screened	
21			
30			
40			
45		 <b>DIABETES SCREENING</b> Annually	
50		 <b>PROSTATE CANCER SCREENING</b> Discuss with your provider.	 <b>COLORECTAL CANCER SCREENING</b> Discuss with your provider.
55		 <b>LUNG CANCER SCREENING</b> Depends on risk. Discuss with your provider.	
65			

*Recommendations are based on guidelines from the National Institutes of Health, the American Cancer Society and the American Diabetes Association. Speak with your healthcare provider for individual recommendations.*

# RGE

## YOUR GUIDE TO PREVENTIVE HEALTH SCREENINGS



### WOMEN



#### PAP TEST

Every three years until age 65



#### PAP TEST PLUS HUMAN PAPILLOMAVIRUS (HPV) TEST

Every 5 years until the age of 65



#### MAMMOGRAPHY SCREENING

Annually



#### MAMMOGRAPHY SCREENING

Every 2 years, or can continue annually



#### BONE DENSITY SCREENING

### HEALTHY BLOOD PRESSURE, DEFINED

In 2017, the American Heart Association/American College of Cardiology released updated blood pressure guidelines. Blood pressure measurements are represented as systolic (the force of your heart pumping blood) over diastolic (the force of your heart at rest). According to the new guidelines:

- **Normal blood pressure** = less than 120 millimeters of mercury (mm Hg) over 80 mm Hg
- **Elevated blood pressure** = 120–129 mm Hg over less than 80 mm Hg
- **Stage 1 high blood pressure** = systolic 130–139 mm Hg or diastolic 80–89 mm Hg
- **Stage 2 high blood pressure** = systolic at least 140 mm Hg or diastolic at least 90 mm Hg

Following these updated guidelines, 14% more people will be diagnosed as having high blood pressure and have an earlier opportunity to make appropriate lifestyle changes to prevent potentially serious complications. Check with your primary care provider about blood pressure screening and ways to improve your numbers.



MITCHELL BOBER, DO

#### PENNSVILLE FAMILY PRACTICE

##### Mitchell Bober, DO

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Pennsville, NJ 08070  
856-678-9002



KIMBERLY R. MACK, APN-BC

#### SWEDESBORO FAMILY PRACTICE

##### Kimberly R. Mack, APN-BC

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JAMES E. HUBBS, DO

#### WOODSTOWN PRIMARY CARE

##### James E. Hubbs, DO

66 East Ave.  
Woodstown, NJ 08098  
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→ For a list of all SMC Primary Care Physicians, visit [smc.health](http://smc.health) and click on "Physician Directory."

ENJOY A

# Cup of Coffee



**A National Cancer** Institute study found that coffee drinkers ages 50 to 71 were at 10% less risk of death than those who didn't drink coffee. In particular, diabetes, heart disease and stroke were less likely to afflict coffee drinkers. It didn't matter whether the coffee was caffeinated or not.

The stimulating effects of caffeine help improve mental alertness, reduce fatigue and boost mood. In some individuals, however, caffeine can increase anxiety levels, so eliminate sources of caffeine from your diet if you feel anxious or edgy after drinking a caffeinated beverage, such as coffee or tea.

## COFFEE AND KIDNEY STONES

Contrary to popular belief, coffee contributes to your overall fluid intake each day, and research has shown that it does not dehydrate, although it is a mild diuretic. The diuretic effect of coffee may help eliminate compounds that form kidney stones. Black coffee or espresso contains minimal carbohydrates, phosphorous, protein or sodium on its own, but what you put in your coffee requires a closer look.

Coffee is OK for people with kidney stones or kidney disease. In fact, drinking coffee has been linked to lower risk for Type 2 diabetes, Parkinson's disease and cardiovascular disease. Just keep an eye on what you add to it. For example, coffee creamers can contain phosphates that can increase your kidney stone risk. Speak with your provider about specific ways to manage your risk. ♦

## THE TIME IS NOW

**Don't wait any** longer for the procedures or surgeries that could improve your quality of life. Salem Medical Center offers many elective surgeries and procedures.



DANIEL TIMMERMAN, DO

### ACID REFLUX?

A malfunctioning valve is the root cause of GERD — gastroesophageal reflux disease or chronic heartburn. Transoral incisionless fundoplication (TIF) is a simple, minimally invasive procedure that repairs the gastroesophageal valve using an endoscope. Daniel Timmerman, DO, board-certified general surgeon, performs the TIF procedure at SMC.

**Call 856-279-2842 or visit [smc.health/services/digestive-health](http://smc.health/services/digestive-health) to learn more.**



HENRY C. HO, MD

### AGE 45 OR OLDER?

Colorectal cancer is one of the most common — and most preventable — cancers. The American Cancer Society recommends patients at average risk begin screenings at age 45. A colonoscopy is an outpatient procedure used to screen for colorectal polyps which, if not removed, can develop into colorectal cancer.

Henry C. Ho, MD, a Yale-trained gastroenterologist, performs this critical screening at SMC.

**If you or someone you know should have a colonoscopy, call 856-832-4359 or visit [smc.health](http://smc.health) to learn more.**



SCOTT HOLLANDER, DO

### CHRONIC LEG PAIN?

If you or anyone you know is suffering from varicose veins, leg or foot pain, ulcers or swelling, blood clots, or recurrent leg infections, an interventional radiology procedure may help. These minimally invasive procedures can treat peripheral artery disease or PAD, venous disease, and end-stage renal disease. Scott Hollander, DO, a Yale-trained interventional radiologist, performs these procedures at SMC.

**For more information, call 631-LEG-PAIN or visit [smc.health/services/interventional-radiology](http://smc.health/services/interventional-radiology).**



STUART DIAMOND, MD, FACS

### KIDNEY STONES?

Chief of Surgery Stuart Diamond, MD, FACS, performs surgeries such as kidney stone removal, MRI/ultrasound fusion-guided biopsies and prostate procedures at SMC. He completed his residency at Maimonides Medical Center and was fellowship-trained at Memorial Sloan-Kettering Cancer Center.

**For a consultation, call 856-339-4466 or visit [smc.health](http://smc.health).**

# 5 Heart-Smart

## SUMMER STRATEGIES

**The heat of** summer can cause problems for your heart if you forget to stay hydrated or push yourself too much during a midday run or bike ride. With the proper precautions, however, summer can be a beneficial season for your body's hardest-working muscle. Consider these tips to make your heart pump for joy during the dog days:

**1. Indulge in the fruits (and veggies) of the season.** From sweet blueberries and crisp bell peppers to tasty peaches and juicy tomatoes, there's no better time of year to practice heart-smart farm-to-table eating.

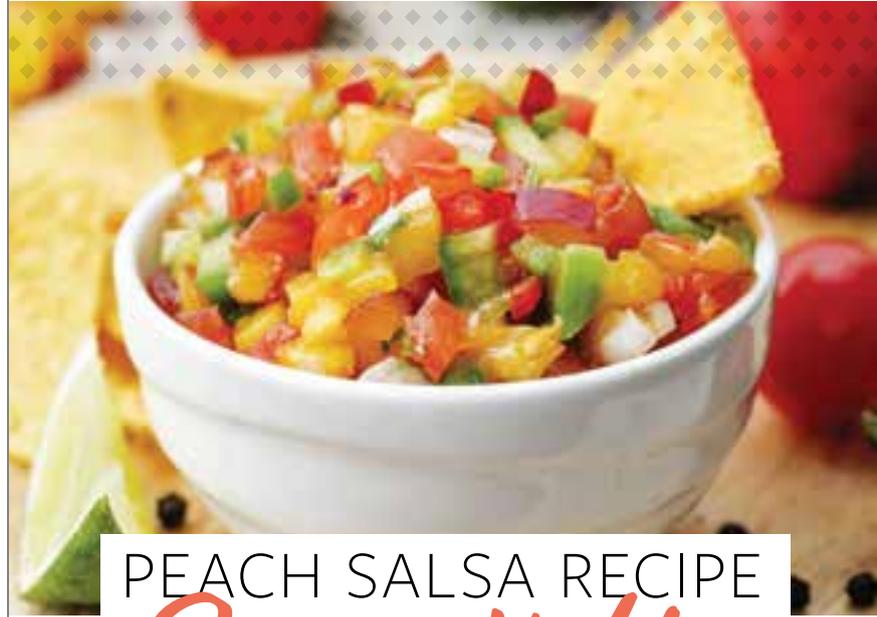
**2. Make good use of the after-work sunlight.** Finding enough light for evening runs, walks, and backyard volleyball or dance parties with your children isn't a problem in the summer.

**3. Boost your grilling skills.** You already grill a terrific burger. Why not expand your cookout horizons with some healthier fare? Experiment with grilling fish and vegetables, or combine the two to make delicious kabobs. For dessert, toss some peach halves or pineapple slices on the grill.

**4. Nurture your relationships.** Staying socially connected helps prevent depression — a condition which could put you at risk for heart disease. Use some of your spare time this summer to connect with the important people in your life.

**5. Check on your overall health.** Use downtime to get back on track with important medical appointments, including your annual wellness exam with your primary care provider. ♦

➔ Need a primary care provider? For a listing of Salem Medical Center physicians and locations, visit [smc.health/smc-health-physicians](http://smc.health/smc-health-physicians).



## PEACH SALSA RECIPE

### Spice It Up!

BREAK THE GRIP OF HEAT AND HUMIDITY BY SERVING THIS REFRESHING PEACH-INFUSED SALSA WITH GRILLED CHICKEN OR FISH AT YOUR NEXT COOKOUT.

#### INGREDIENTS

- ♦ 2 cups ripe peaches, diced
- ♦ 3/4 cup fresh lemon juice
- ♦ 1/2 cup red onion, diced
- ♦ 1/2 cup red bell pepper, diced
- ♦ 1/4 cup canned chipotle chili peppers, seeded and minced
- ♦ 1/2 teaspoons minced garlic
- ♦ 1 1/2 teaspoons toasted and crushed cumin seeds
- ♦ 1/2 teaspoon minced fresh oregano
- ♦ 1/8 teaspoon salt
- ♦ 1/8 teaspoon freshly ground black pepper

#### INSTRUCTIONS

Stir ingredients together in a large bowl. Cover and let sit in the refrigerator for two to three hours before serving.

#### NUTRITION INFORMATION

**Makes six servings.**

Total calories: 47  
Total fat: 0.4g  
Protein: 1g  
Total Carbohydrate: 11g  
Dietary fiber: 2g  
Saturated fat: 0g  
Sodium: 82mg

*Recipe courtesy of Produce for Better Health Foundation, [fruitsandveggies.org](http://fruitsandveggies.org).*



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ATTENTION: If you speak a language other than English, language assistance and TDD services are available to you free of charge.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-856-935-1000.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-856-935-1000。



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# Thank You!

We are forever grateful to the military medical personnel who worked side by side with our staff, providing a united front in the fight to defeat COVID-19. During their stay, they became a part of the Salem Medical Center family.

We also want to take this time to thank Salem County and the surrounding community for their donations and support. From food and personal protective equipment to encouraging messages, it has been heartwarming to see the community step up and show so much compassion.



➡ For a full list of our donors and how you can donate, visit [smc.health/donations](http://smc.health/donations).