

# Healthy

## DIRECTIONS

The full circle of health and wellness  
dedicated to excellence.



**CentraState**  
Healthcare System®

Freehold, New Jersey  
[www.centrastate.com](http://www.centrastate.com)

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## Taking Charge of Diabetes

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**Minimally Invasive  
Surgery: Quick Recovery  
for Busy Mom** page 3



CentraState  
Medical Center  
is a Magnet® hospital.



◀ Neeti Misra, MD, an Ob/Gyn at CentraState, chose CentraState and her own colleagues to deliver her first baby, daughter Moira.

# Doctors Choose Colleagues

## TO DELIVER THEIR BABIES

**N**eeti Misra, MD, a physician with Healthy Woman Ob/Gyn, recently became a patient at her own practice when her first child was delivered by colleagues, Susan Pacana, MD, and Rebecca Cipriano, MD. Drs. Pacana and Cipriano are experts in delivering their colleagues' babies—they delivered each other's daughters at CentraState Medical Center in 2004.

Dr. Misra never considered seeing an Ob/Gyn outside her own practice and Dr. Pacana concurs. She says she chose her own partners to deliver her baby because she has confidence in them.

### DOCTOR BECOMES PATIENT

Fortunately, there were no major complications during Dr. Misra's pregnancy, and soon it was time to deliver her baby at CentraState's First Impressions Maternity Center, where she spent many of her days and nights bringing other women's babies into the world. "The nursing staff already knew me well. But when it was my turn to be the patient, everyone treated me very professionally, like every patient in the Center—from the receptionist to the nurses to the staff obstetricians."

Dr. Pacana says Healthy Woman chose to be aligned with CentraState over other hospitals in the area



◀ Rebecca Cipriano, MD, and Susan Pacana, MD, board-certified obstetrician/gynecologists.

because of the availability of high-tech equipment and warm and inviting surroundings. "I also know firsthand how wonderful it is to give birth here," says Dr. Pacana.

### RECORD-SETTING DELIVERIES

The Healthy Woman practice, which includes seven physicians—six of whom are women—and offices in Freehold, Colts Neck, and East Windsor, delivers babies exclusively at CentraState Medical Center. In 2007, a record-breaking year for births at CentraState, they delivered the most of any practice at the hospital.

Dawn Kline, RNC, BSN, MHA, director of Maternal/Child Health, attributes the increase in deliveries to the hospital's reputation as a superior facility managed by a highly experienced team of skilled obstetricians and neonatal professionals. She also notes the hospital's focus on providing mothers with a peaceful and comfortable place to give birth. "Our First Impressions Maternity Center features labor, delivery, and recovery in one comfortable, private, homelike setting. The new father or another adult is also invited to stay with the mother as well," says Kline.

In addition, CentraState's Health Awareness Center offers expectant parents education courses and lectures related to preparing for and transitioning into parenthood.

When Dr. Misra looks back on her recent milestone, she says, "I definitely recommend CentraState's Maternity Center to every patient. And now, after my own personal experience, I can recommend it both as a patient and a physician."

**For more information or to schedule a tour of the Maternity Center, call (732) 308-0570. HD**

### Members of the Obstetrician/Gynecologist Staff at CentraState

#### Drs. Back, Seigel & Goldstein

Norman Back, MD, FACOG  
Mark J. Seigel, MD, FACOG  
Steven A. Goldstein, MD, FACOG  
Susan Schneider, RN, APNC

#### Healthy Woman Ob/Gyn

Joseph Cipriano, MD, FACOG  
Rebecca Cipriano, MD, FACOG  
Neeti Misra, MD  
Susan Pacana, MD, FACOG  
Gabrielle Pinzon, MD  
Helen Simigiannis, MD  
Sameera Syed, MD

#### Robert Mayson, MD, FACOG

#### Woman to Woman Obstetrics and Gynecology Assoc., LLC

Cassandra Hicks-Autry, MD, FACOG  
Kimberly Baldwin, MD, FACOG

#### Women's Physicians and Surgeons

Michael Dimino, MD, FACOG  
Michael Kirwin, MD, FACOG  
Peter Mandel, MD, FACOG  
Safrir Neuwirth, MD, FACOG  
Robert Portadin, MD, FACOG  
Stephanie Spadafino, PA-C