



Outpatient Services and Support Groups Resource Directory



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For more information about our services, please visit our website, www.ValleyHealth.com

The Valley Hospital
223 North Van Dien Avenue
Ridgewood, NJ 07450

Valley Health System Outpatient Services and Support Groups Resource Guide

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NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Alzheimer's				
Alzheimer's Support Group	Alzheimer's Association's Caregiver Support Groups are designed to provide emotional and educational support for caregivers through regularly scheduled meetings. Support groups provide an opportunity for caregivers, families and friends to learn more about Alzheimer's disease, share their feelings and concerns and support each other in coping with the effects of the disease. The caregivers support group is free and offered in affiliation with the Alzheimer's Association, Greater New Jersey Chapter. The support group is limited to caregivers of persons with Alzheimer's disease and related dementias.	The Kraft Center	For further information, please call Liz Lucas	201-291-6218
Audiology				
Adult Audiology Audiology/Hearing Aid Dispensary Pediatric Audiology	Diagnostic Assessment of hearing disorders, as well as provision of amplification. A range of diagnostics and amplification/management options are provided for adults and children of all ages (birth through school years with hearing loss or hearing concerns. The pediatric audiologists work with children and their families in conjunction with schools, other agencies and other providers to help promote the child's communication development.	505 Goffle Road Ridgewood, NJ 1 st Flr	Mon-Fri with Some evening hours available	201-612-1006
Bereavement <i>(See Support Groups, Live Wires)</i>				
Breast Center <i>(See Women's Health)</i>				
Cancer/Oncology				
Ambulatory Infusion Center	Offers infusion services in an easy to access setting. Dedicated pharmacy staff are available. Infusions include antibiotics, chemotherapy, blood transfusions, Remicade, Gamma Globulin and others. Maintenance of PICC and other central lines also available.	Luckow Pavilion, 2 nd Flr	M-F 7:30a-6:00p	201-634-5376

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Boutique for Integrative Healing	Services and products to help those living with cancer improve the way they look and feel. Includes personalized free consultation for cancer patients/survivors. Headwear, hats, scarves, turbans, breast prostheses/enhancers/swimwear, lymphedema products available.	Luckow Pavilion, 2 nd Flr	M-F 10:00a-4:00p By appointment	201-634-5359
Breast Cancer Education	<i>See Education</i>			
Cancer Resource Center	In conjunction with the American Cancer Society, provides visitors with Internet access and up-to-date information about prevention, research, treatment options and support services. www.cancer.org/treatment	Luckow Pavilion, 1st Flr	M-F 9:00a-4:00p	201-634-5339
Cancer Education and Screening Programs	Cancer screenings, lectures, special programs and support groups are offered to patients, family members and the community.	Luckow Pavilion	Varies	201-634-5339
Community Health & Wellness Education	<i>See Community Health</i>			
Esophageal Cancer	<i>See Gastroenterology Procedures – Center for Barrett’s Esophagus & GERD</i>			
Gamma Knife	<i>See Neurology</i>			
Genetic Counseling for Cancer Diagnoses	A licensed genetic counselor is available to review a person's risk for cancer based on their family history and/or genetic testing. Gives guidance on appropriate screening tools and guidance based on the information received. (There is also access to testing with certain cancers.)	Luckow Pavilion	By appointment	201-634-5339
Gynecological Cancer Specialists	Offers patient-centered compassionate care and the most advanced treatment methods for women suspected/diagnosed with cancers of the cervix, uterus, ovary or any other GYN sites. Minimally invasive techniques – including the use of the DaVinci Robotic Surgical System are available for the treatment of gynecological cancers.	Luckow Pavilion	M-F 9:00a-5:30p	201-634-5401
Integrative Healing Services	<i>See Complementary Medicine</i> - Complementary approaches to the oncology and chronic medical patient's regular therapy.			

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Lung Cancer Prevention and Treatment Center	The Valley Hospital offers comprehensive lung cancer treatment using the latest technology and therapies through its Lung Cancer Center at the Blumenthal Cancer Center. Valley offers advanced treatment options, like SuperDimension Lung Biopsy and minimally invasive surgery.	Luckow Pavilion	M-F 8:30a-5:00p	201-634-5538
Oncology Clinical Trials	The oncology Clinical Trials Department is committed to providing cutting-edge research studies. We are always available to assist our patients, their families, and the community with all of their oncology clinical trials concerns.	Call for information	M-F 8:30a-5:00p	201-634-5792
Preserving Hope After a Diagnosis of Cancer	The Valley Hospital Fertility Center is committed to offering fertility preservation options for cancer patients. See <i>Fertility</i> (Fertility Preservation Program) for more information.	Luckow Pavilion	By appointment	201-634-5515
Radiation Oncology Services	Offers the latest advancement in radiation therapy including 3D, Intensity Modulated Radiation Therapy (IMRT) and Image Guided Radiation Therapy (IGRT) using CT/Simulation and treatment planning systems. Brachytherapy including High Dose Radiation (HDR) and seed implants are also available. Nutrition, complementary therapies and support services are inclusive in this comprehensive program.	Luckow Pavilion	M-F 7:00a-6:00p	201-634-5403
Urological Oncology Center	Designed for those who have been diagnosed with prostate, bladder, or renal cancer, or those seeking a second opinion, this multidisciplinary center will provide the most up-to-date information regarding all aspects of urologic cancer care.	Luckow Pavilion	M-F 8:30a-5:00p or by appointment	201-634-5567
Cancer/Oncology Support Groups				
Breast Cancer Support Group	An education and support group for people diagnosed with breast cancer from diagnosis through completion of treatment.	Luckow Pavilion	Please call to register Mondays 4:30-6:00pm	201-634-5339
Look Good....Feel Better Cancer Support Group	A free, non-medical program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. The program is offered in partnership with the American Cancer Society, The National Cosmetology Association, and The Cosmetic, Toiletry, and Fragrance Association.	Luckow Pavilion	Call to register	1-800-ACS-2345

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Life After Cancer Support Group	For cancer survivors without evidence of disease who are one month to two years post-cancer treatment	Luckow Pavilion	Please call to register 4 th Monday 6:00p-7:30p	201-634-5422
Living with Gastro-intestinal Cancer Support Group	For any person touched by gastrointestinal cancer, such as pancreas, colon, rectal (patients, caregivers, friends, loved ones, etc.) The group is designed to provide comprehensive resources to patients and families living with pancreatic cancer. No registration required.	Luckow Pavilion	3 rd Thursday 1:30p-2:30p	201-634-5787
Metastatic Breast Cancer Support Group	For women who are living with metastatic or stage 4 breast cancer. Women will have the opportunity to connect with others, share experiences, information, and take part in mutual support.	Luckow Pavilion	Please call to register. 3 rd Wednesday of month 6:00p-7:30p	201-634-5339
Young Women's Breast Cancer Support Group	For women ages 45 and under living with breast cancer (from diagnosis through post-treatment survivors), a support group to discuss the unique challenges and needs that they face.	Luckow Pavilion	Please call to register. 2 nd Monday 6:30p-8:00p.	201-634-5787
Cardiac Care				
Cardiac Catheterization	For pre-procedure inpatients and outpatients. Includes discussion and a film describing the procedure.	The Valley Hospital	Call for information	201-447-8068
Cardiac Education	For present and former Valley Hospital patients who have experienced a heart attack. Discussion includes identification of risk factors and lifestyle adjustments.	The Valley Hospital	Call for information	201-447-8068
Cardiac Home Care	Valley Home Care provides the most comprehensive in-home cardiac care in the area for patients dealing with a wide range of heart conditions including: congestive heart failure, coronary artery disease, hypertension, atrial fibrillation, arteriosclerosis, post-surgical care, and hospitalization follow-up.	The Kraft Center	Call for information	201-291-6378
Cardiac & Vascular Rehabilitation Center	Medically supervised multidisciplinary program that teaches people how to safely manage their heart disease through physical activity, nutrition, medication management and education about signs and symptoms of problems.	The Valley Hospital	Call for information	201-447-8227 or 201-447-8439

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Cardiac Screening Program for Men and Women	The Center offers a comprehensive Heart Risk Assessment for both men and women. The assessment includes: medical history, blood pressure screening, heart and lung auscultation measurements, pulse assessments, evaluation, and ankle-brachial index. See <i>Support Groups</i> for men and women diagnosed with cardiac disease.	---	Call for information or appointment	201-447-8535
Live Wires Cardiac Support Group	For those living with implantable defibrillators. The group meets 3-4 times a year from 4:00 pm to 5:30 pm.	The Valley Hospital Terrace	Call between 9:00a-4:00p for information or to be added to the group's mailing list	201-447-8045
Mended Hearts Cardiac Support Group	Regional cardiac support group for patients and family members pre- and post-cardiac surgery.	HUMC Cafeteria	Every 3 rd Thursday 7:00p	201-265-9296
Men's Heart Health Support Group	For men who have been diagnosed with cardiac disease. This group provides educational and emotional support from professionals in the field of cardiology as well as peers. Discussion will focus on the needs and concerns of its male population. Experts in the field will lecture on topics that will be determined by the group	The Valley Hospital Board Room	Every 1 st Thursday 7:00p-8:30p	201-447-8535
Women's Heart Health Support Group	For women who have been diagnosed with cardiac disease. This group provides educational and emotional support from professionals in the field of cardiology as well as peers. Discussion will focus on the needs and concerns of its female population. Experts in the field will lecture on topics that will be determined by the group.	The Valley Hospital Board Room	Every 3 rd Thursday 7:00p-8:30p	201-447-8125
Colonoscopy/Endoscopic Procedures <i>(see Gastroenterology Procedures)</i>				

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Community Health				
Anticoagulation Management Program	Valley's Anticoagulation Management Program is an effective way for patients and their physicians to manage and monitor anticoagulation therapy. Monitoring patients on anticoagulation agent warfarin (Coumadin) decreases the risk of hemorrhage and the potential of life-threatening thromboembolic events. The service is provided at Valley Community Care. Physicians register their patients for the service and the patient schedules his/her own appointments.	1114 Goffle Road Hawthorne	Call for appointment	973-427-7676 Press "0"
Community Care Clinic	Community care is for people of all ages who cannot afford private medical care and who have limited or no medical insurance. Any NJ resident is eligible if he/she meets the financial criteria.	1114 Goffle Rd Hawthorne	M-Th 8:00a-4:30p Friday 7:30a-1:00p	973-427-7676 Press "0"
PrimeTime	<i>See Geriatrics (Seniors)</i>			
Public Health and Wellness	Provides health services and flu shots to community members and health and wellness educational programs to community and schools.	The Kraft Center	M-F 9:00a-5:00p	201-291-6090
Complementary Medicine				
Boutique for Integrative Healing	<i>See Cancer Care</i>			
Integrative Healing Services	Provides support for the oncology and chronic medical patient to add complementary approaches to their regular therapy, minimize side effects, improve the quality of life and improve coping skills. Modalities available include massage, Tai Chi, stress reduction yoga, individual counseling, nutrition counseling, exercise therapy, individual consultations, meditation, support groups.	Luckow Pavilion, 2 nd floor	M-F 8:30a-5:00p	201-634-5325
Mindfulness-Based Stress Reduction (MBSR)	Mindfulness Based Stress Reduction (MBSR) is a unique meditation technique that enables you to develop a heightened awareness of your body and your emotions, to take charge of your life, and to learn to consciously and systemically work with your own stress, pain, illness, and the challenges and demands of everyday life.	Call for information	Call for program schedule	201-291-6090

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Diabetes				
Diabetes Self-Management Education Program	A four-week self-management program, which includes a one-hour comprehensive one-on-one assessment. Recognized by the American Diabetes Association.	The Kraft Center	Call for Information	201-291-8000 X7080
Diabetes Support Group	A support group for anyone with diabetes who is 18 years old and older. Group members will be able to meet and share with others who have similar issues.	The Kraft Center	4 th Thursday 7:00p-8:30p	201-291-6213
Diabetes Support Group (Pediatrics)	<i>See Pediatrics/Children</i>			
Diagnostic Imaging				
Diagnostic Imaging Services (X-ray, CT Scan, Ultrasound, MRI, Mammography, PET CT, Vascular Studies, Nuclear Medicine)	The Valley Hospital provides state-of-the-art inpatient and outpatient diagnostic imaging services. Services include magnetic resonance imaging (MRI), computed axial tomography (CT Scanning), radiographic and fluoroscopic Services (X-ray), ultrasound, nuclear medicine, Digital and 3D Mammography, Bone Densitometry and positron emission tomography (PET Cat Scan), and vascular ultrasound.	The Valley Hospital and Luckow Pavilion	<u>Appointment Scheduling:</u> M-F 8:00a-7:30p Saturday 8:00p-4:30p Sunday 8:00a-12:00p <u>Hours of Operation:</u> M-F 7:00a-8:00p, Saturday 8:00a-4:30p Sunday 9:00a-12:00p	201-447-8200
Education				
Breast Cancer Education	Educational sessions provided to patients regarding diagnosis, nutrition, symptom management and treatment side effects.	Luckow Pavilion	M-F 9:00a-5:00p	201-634-5339
Cardiac Education	<i>See Cardiac Care</i>			

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Center for Family Education/Parent Education	Education programs designed to assist couples and their families through every phase of pregnancy. Classes include childbirth education (Lamaze), grandparent, sibling, newborn care, infant and child safety, breastfeeding (free), www.ValleyHealth.com/FamilyEducation	The Kraft Center	---	201-291-6151
CPR	Programs include CPR, Advanced Cardiac Life Support, Pediatric Advanced Life Support and Blood Borne Pathogen 3X/year. Classes held at the Community Training Center.	The Kraft Center	Day and evening courses	201-291-6100
Lamaze Class – Childbirth Preparation	<i>See Maternity</i>			
Lactation – Breastfeeding	<i>See Maternity</i>			
Total Joint Class	<i>See Joint Replacement</i>	The Valley Hospital	---	Arranged through orthopedist
Emergency Services				
Emergency Department	Offers the communities it serves a full-service emergency department providing emergency services and minor treatment services. Services include a minor treatment area and a pediatric emergency room.	The Valley Hospital	24 hrs/day 7 days/week	201-447-8300 or 911

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Mobile Intensive Care Units (MICU)	Mobile Intensive Care Units are “emergency rooms on wheels,” which are authorized by the Commissioner of the State of New Jersey Department of Health and Senior Services. MICU programs consist of physicians and specially trained advanced life support personnel (paramedics and mobile intensive care nurses)..MICU vehicles are equipped to handle intravenous therapy, airway management, cardiac monitoring and defibrillation directly to people in need of emergency care.	The Valley Hospital	24 hrs/day 7 days/week	911
Specialty Care Transport Unit (SCTU)	Offers a full array of patient transport services including basic life support transportation to long-term care facilities, transportation to and from Valley Hospital, critical care transportation to and from Valley.	The Valley Hospital	M-F 10:00a-6:00p On call	201-996-2985 from outside Valley ext. 2001 from within Valley
Epilepsy				
Adult Monitoring Program	Provides diagnostic services and therapeutic possibilities for patients suffering from epilepsy.	The Valley Hospital Neurology Unit	Call for information	201-447-8311
Pediatric Epilepsy Center	The center uses sophisticated technology including digital EEG/Video surveillance system that records seizures as they occur, as well as update magnetic resonance imaging that provides doctors with the information they need to determine the most effective treatment.	The Valley Hospital	M-F 8:00a-4:30p	201-447-8311
Exercise/Fitness				
Center for Youth Fitness	Instruction in traditional exercise principles and healthful nutrition are complemented with state-of-the-art virtual gaming exercise equipment. Our CFYF professional staff will provide a variety of fun and motivational programming with new exercise circuits every day, giving young members more choices and more opportunity to enjoy being physically active. Group exercise classes are offered by appointment for grades K-1 and 2-4	555 Route 17 South Ridgewood	M-F 3:00p-6:00p Saturday 9:00a-12:00p	201-447-8133

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Concussion Management Program (ImPACT)	Proper concussion management is the implementation of baseline and/or post-injury neurocognitive testing. ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is a user-friendly, computer-based testing program specifically designed for the management of sports-related concussions. Such evaluation and testing can help to objectively evaluate the post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion.	579 Franklin Turnpike, Ridgewood	Call for appointment	201-447-8133
Health and Fitness	Supervised exercise programs designed by highly skilled exercise professionals. All programs are designed based on a thorough health/medical history and readiness screening and any guidelines or precautions recommended by a participant's physician.	555 Route 17 South, Ridgewood	M-F 7:30a-7:30p Saturday 8:00a-12:00p	201-447-8133
PrimeTime	Exercise program for people over the age of 60. Classes include Tai Chi Chih and Yoga and conditioning classes	The Kraft Center	M-F 9:00a-5:00p	201-291-6467
Sports Medicine Education	Volunteer Coaches Clinics – the Rutgers Youth Sports Safety Clinic taught by the Sports Institute's licensed certified athletic trainers.	555 Route 17 South Ridgewood	Call for information	201-447-8133
Fertility				
Endocrinology Lab Services	On site endocrinology services include egg, embryo, and sperm freezing. <i>Also see Fertility Preservation Program below.</i>	Fertility Center Luckow Pavilion	M-F 7:00a-4:00p, Saturday 8:00a-12:00p	201-634-5400
Fertility Center (IVF)	The Center is dedicated to helping couples who are trying to achieve a pregnancy, including fertility preservation options for cancer patients. Board certified physicians specialize in diagnosing and treating infertility. State-of-the-art procedures including ovarian stimulation, surgical treatment, and assisted reproductive technologies such as in vitro fertilization (IVF) are offered. Patient education, emotional counseling, and insurance and financial guidance. The Valley Fertility Center is affiliated w/ New York University	Fertility Center Luckow Pavilion	M-F 7:00a-4:00p Saturday 8:00a-12:00p	201-634-5400

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Fertility Preservation Program/Reach for Hope	The Valley Hospital Fertility Center is committed to offering fertility preservation options for patients who have been diagnosed with cancer and other serious chronic conditions and diseases. We offer a variety of options to give your peace of mind for child bearing in the future. Egg freezing and embryo freezing are available to patients with a cancer diagnosis before chemotherapy or radiation treatment begins.	Fertility Center Luckow Pavilion	By appointment	201-634-5400
Infertility Counseling	Psychological counseling services for couples coping with infertility. Services offered include individual psychotherapy; stress management (mind-body) training, couples and group therapy, and donor consultation.	Fertility Center Luckow Pavilion	By appointment	201-634-5486
Gastroenterology Procedures				
Endoscopy Department	Staff includes 40+ specially trained nurses and technicians, performing more than 10,000 procedures annually. Procedures offered include: colonoscopy, esophagogastroduodenoscopy (EGD), endoscopic retrograde cholangio pancreatography (ERCP), percutaneous endoscopic gastrostomy (PEG), esophageal and anal/rectal manometry, capsule endoscopy, bronchoscopy, ultrasound with fine needle aspiration and foreign object removal.	The Valley Hospital	M-F 6:00a-6:00p Saturday 6:00a-3:00p	201-447-8275
Esophagus (Barrett's), Gastroesophageal, Reflux (GERD) Disease	The Valley Hospital Center for Barrett's Esophagus and GERD is designed to identify and provide comprehensive evidence-based multidisciplinary care to patients with heartburn, GERD, or a known diagnosis of Barrett's Esophagus.	Luckow Pavilion	M-F 8:30a-5:00p	201-634-5789

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Geriatrics (Seniors)				
PrimeTime	A unique membership program that offers a variety of health and wellness programs, exercise classes, social and cultural workshops and health programs for those 60+.	The Kraft Center	M-F 9:00a-5:00p	201-291-6467
Valley Extended Care	Provides comprehensive medical, home care, case management, and other support services to seniors and their care-givers. Provides the linkage for clients and their families to access all of the resources they need to function as independently as possible.	The Kraft Center	Call for appointment	201-291-6213
Home Care				
Butterflies Program (Pediatric Home, Hospice and Palliative Care)	Provides comprehensive home care, hospice, and palliative care for children (from birth to age 18) with life-threatening or life-limiting diagnoses.	The Kraft Center	M-F 8:00a-5:00p	201-291-6000 X7080
Cardiac Home Care	VHC's cardiac nurses dietitians, physical, occupational therapists and social workers provide the best care and treatment for patients with heart failure and other heart-related problems in their home via the Telemanagement Program. Patient's important health readings are remotely monitored daily; we always have the most up-to-date information needed to provide early intervention and reduce emergency room visits and re-hospitalization. See <i>Telemanagement Program</i> .	The Kraft Center	M-F 8:00a-5:00p	201-291-6378
Home Care Specialty Clinicians	VHC's team of specially trained nurse clinicians bring clinical expertise and technological advances to patients. Specialists are available in the areas of cardiology, IV therapy, enterostomal and wound therapy, diabetes, and rehabilitation therapy. These skilled professionals provide vital diagnostic and therapeutic services related to their specialty.	The Kraft Center	M-F 8:00a-5:00p	201-291-6000 X7080
Maternal Child Health Home Care	Home visits to assess and treat acute/chronic illnesses of infants and children. Includes: PT, OT, ST, HHA, nutritionist, MSW, Lamaze, newborn post-partum visit, lactation, and volunteer services . Provide care to women with high risk pregnancies.	The Kraft Center	M-F 8:00a-5:00p	201-291-6000 X7080

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Pain Management Home Care	Home nursing care for pain management and symptom control.	The Kraft Center	24 hours	201-291-6131
Palliative Home Care Program	Home care support and education program re: pain, symptom management and treatment related side effects.	The Kraft Center	24 hours	201-291-6131
Telemanagement Program	Patients receive a lightweight, portable monitor equipped with built-in devices that record blood pressure, heartbeat, blood oxygen levels, and weight. With a color touch screen, easy to read graphics and clear voice instructions, the monitor is patient friendly. Clinical information is sent to a secure website that is remotely monitored daily. Communication is maintained with physicians to keep them apprised of changes in their patient's condition.	The Kraft Center	Call for information	201-291-6378
Valley Extended Care	<i>See Geriatrics (Seniors)</i>			
Valley Home Care, Inc.	Offers a comprehensive range of professional home care and support services to patients in Bergen and Passaic counties. All home healthcare plans are under the direction of the patient's physician. Basic services include visiting nurses, PT, OT, ST, MSW, Nutritionist, Certified Home Health Aides, IV therapy, and bereavement. In addition, provides care in many specialty areas.	The Kraft Center	M-F 8:00a-5:00p Sat-Sun 8:00a-4:00p	201-291-6000 X7080
Hospice				
Bereavement – New Start, Pathways, Stepping Stones	For people who have lost a loved one and are in need of support during the grieving process	The Kraft Center	Call for information	201-291-6395

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Hospice – Holistic Modalities, Pet Therapy, Rehabilitation Therapy, Wound Care, End-of-Life Doula Program	Provides quality end-of-life care to residents of Bergen and Passaic counties. Care is provided in the home, skilled nursing facilities or assisted living residences. Care is delivered by the specially trained hospice team to meet the physical, emotional, and spiritual needs of the terminally ill and their families. Designated hospice inpatient unit is available at the Christian Health Care Center for those patients who choose not to remain at home.	The Kraft Center	M-F 8:00a-5:00p	201-291-6131 or after hours 201-291-6000
Palliative Care	Assists in providing patients achieve optimal symptom control while dealing with illness.	The Kraft Center	M-F 8:00a-5:00p	201-291-6131 or after hours 201-291-6000
IVF – (see Fertility)				
Joint Replacement				
Joint Replacement Center	Centralized care from pre-operative information through joint replacement surgery followed by rehabilitation.	The Valley Hospital	M-F 8:00a-4:00p	201-447-8365
Total Joint Class	Multi-disciplinary class that reviews what to expect after total joint surgery during the hospital stay and how to prepare for the transition to home. Two videos explain what to expect after total knee or total hip replacement.	The Valley Hospital	---	Arranged through orthopedist
Lab Services				
Laboratory Services	Fully accredited laboratory utilizing sophisticated diagnostic instrumentation, including flow cytometry. Cytodiagnostic Center specializes in fine-needle aspiratest. High-tech robotics are used for accurate sampling of specimens and fast turn-around time. Board-certified anatomic and clinical pathologists are available to consult w/ physicians regarding lab results.	The Valley Hospital	24 hours/day, 7 days/week	201-447-8250
Laser Treatment				
Laser Treatments	Comfortable and effective hair removal, cosmetic treatments, and the permanent removal of vascular lesions using the Candela GentleYAG laser system.	VHM Dumont	Call for information	201-387-7055

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Liver Diseases				
Center for Liver Diseases	The Center for Liver Diseases provides comprehensive prevention, diagnostic, evaluation, treatment, management, and consultation services for patients with all types of liver diseases.	579 Franklin Turnpike Ridgewood	M-F 9:00a-4:00p	201-251-3485
Maternity				
Birthing Doula Program	Continuous professional support during labor, birth and the immediate postpartum period. Please visit our website: www.ValleyHealth.com/FamilyEducation .	The Kraft Center/The Valley Hospital	Call for information	201-291-6151
Childbirth Education (Lamaze)	Designed to instruct the expectant parents on what to expect before, during and after the labor process. An integral part of this program is the management of the pain associated with childbirth. Class includes: relaxation techniques, and discussion on non-pharmaceutical methods. The proper uses of medication and anesthesia available during labor are also discussed (i.e. epidural's). Offered as a weekly or weekend group session. Registration online at: www.ValleyHealth.com/FamilyEducation .	The Kraft Center	Call for information	201-291-6151
Holistic Birthing Program	Our Holistic Birth Program helps prepare the mother for the birth of her precious child. A holistic birth consultant, a certified nurse-midwife and advanced practice holistic nurse will refer the expectant mother to child education classes, help choose childbirth options, and create an appropriate birth path.	The Valley Hospital	Call for information	201-447-8488
Lactation Center (Breastfeeding)	The Center offers prenatal breastfeeding classes, in hospital visits/consultations, outpatient consultations, home lactation consultations, and special assistance to our intensive care babies and multiples.	The Kraft Center/The Valley Hospital	Varies by service	201-447-8722
Outpatient Lactation Center	Outpatient lactation consults with an internationally board certified lactation consultant (may be covered by insurance). Breastfeeding support group, breast pump rental and accessories available for purchase.	The Kraft Center	Call for information	201-291-6152

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Lactation Education & Support (home visits)	Board certified lactation consultant provides home visits to reinforce education on breastfeeding techniques, trouble shooting and support	The Kraft Center	M-F 8:00a-5:00p On call	201-291-6152
Maternal Child Health Home Care	<i>See Home Care</i>			
Parent Education	<i>See Education</i> - programs designed to assist couples and their family through every phase of pregnancy.			
Perinatology (Maternal-Fetal Medicine)	Subspecialty of obstetrics that specializes in the diagnosis, treatment, and ongoing care of expectant mothers and their unborn babies. Treatment of women who anticipate or are experiencing a high-risk pregnancy.	The Kraft Center	M-F 9:00a-5:00p	201-291-6321
Reproductive Genetic Counseling	Genetic counseling for pregnant woman and those who want to become pregnant. Helps patients understand genetic disorders and potential genetic disorders that might concern today's families.	The Kraft Center	M-F 9:00a-5:00p	201-291-6136
Valley Help for Moms	<i>See Home Care – Valley Help for Moms</i>			
Medical Library				
Consumer Health Information Service	Open to all members of the community the hospital serves. Put Valley's medical librarians to work for you. Our library staff will research a condition or treatment and provide the information requested, free of charge.	The Valley Hospital Medical Library	By appointment only	201-447-8285 FAX: 201-447-8602
Medical Library	Open to physicians, employees, patients, family members and members of the communities that Valley serves. Resources available to support patient care, education and research needs. Physicians refer consumers and patients to the Library's information services.	The Valley Hospital Medical Library	M-F 7:00a-3:30p	201-447-8285 FAX: 201-447-8602

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
MRI – See Diagnostic Imaging				
Neurology				
Gamma Knife Center	Gamma Knife radiosurgery, a non-surgical tool designed to treat cancer and neurological conditions in the brain, is completed in a matter of hours on an outpatient basis. Treating patients with the Gamma Knife offers the precision of surgery without a scalpel, anesthesia, or an incision, and eliminates potentially devastating side effects and complications that are associated with traditional brain surgery.	Luckow Pavilion 1 st Flr	M-F 8:00a-5:00p	201-634-5677
Nutrition				
A Recipe for Life Nutrition Programs	Medical Nutrition Therapy – personalized nutrition counseling by a registered dietitian for diabetes, heart health, weight management, gastrointestinal disorders, cancer, and food allergies in infant/children.	The Luckow Pavilion	M-F 8:30a-5:30p	201-634-5371
Nutrition Counseling	<u>A Healthy You</u> – an individual meeting with a nutrition professional who will provide a practical plan for a preventative approach to excellent health. <u>Supermarket Tours</u> – guidance provided for making healthy choices, tour themes include gluten-free shopping, heart healthy eating, shopping for people with diabetes and smart vegetarian choices. <u>Nutrition Coaching</u> – meeting with a registered dietitian in your home for a refrigerator makeover, meal planning, dining out and cooking suggestions, lunch box ideas and more.	The Valley Hospital	Call for information	201-447-8093
Perinatal Nutrition Counseling	Personalized nutrition guidance from our staff of experienced, registered dietitians. We provide the tools needed to achieve good health before, during and after pregnancy	The Luckow Pavilion	Call for information	201-634-5371
Occupational Health				
WorkPlace Connection (Occupational Health)	Focuses the resources of the Valley Health System on employers specific occupational health needs including: work related injury care, care coordination, physicals, wellness programs and drug and alcohol testing.	VMG Administration	Call VMG Primary/Urgent Care for information	201-291-6047

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Pain Management				
Pain Management Home Care	<i>See Home Care – Pain Management</i>			
Pain Management – Same Day Service	Same Day Pain procedure area where a variety of outpatient pain-control procedures are performed.	The Luckow Pavilion	By appointment	201-634-5318
Valley Institute for Pain	The Institute's board-certified physicians will diagnose the origin of your pain and treat it with today's most modern and effective treatments.	The Luckow Pavilion	By appointment	201-634-5555
Pediatrics/Children				
Adoption Screening and Evaluation Program	The <i>Kireker Center for Child Development</i> works with adoptive parents to educate them about the potential medical/developmental issues that a particular child may have and to help families provide the appropriate evaluations and services. Provides pre- and post-adoption consultations for domestic and international adoptions.	505 Goffle Road Ridgewood 1 st Flr	M-F 8:00a-4:30p	201-447-8151
Asthma Management for Children (CHAMP)	Disease management program designed to improve the quality of life for children with asthma and their families,	The Kraft Center	M-F 8:00a-5:00p	201-291-6000 X7080
Autism	The period of birth to 3 years old is a critical time in a child's development which is why the early detection of autism is crucial to getting the child started on a pathway of treatment to address and improve difficulties. At The Valley Hospital's <i>Kireker Center for Child Development</i> , we offer a multidisciplinary approach to diagnosing autism.	505 Goffle Road Ridgewood	M-F 8:00a-4:00p	201-447-8151
Child Health Clinic	Public health, wellness programs, disease specific events and lectures to select towns in Bergen County.	Varies	Call for information	201-291-6219
Concussion Management Program	<i>See Exercise/Fitness</i>			201-447-8133

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Developmental Pediatrics	Board certified developmental pediatricians at the <i>Kireker Center for Child Development</i> are available to evaluate and provide ongoing follow-up for infants and children who present with concerns regarding their development and behavior including delays in acquiring early skills (sitting, walking, talking, and play); attention (ADHD); learning at school; autism/PDD, and cognitive-adaptive delays. A developmental psychologist is available to perform psycho-educational testing to assess children who are experiencing difficulties learning at school.	505 Goffle Road Ridgewood, NJ 1 st Flr	M-F By appointment only	201-447-8151
Home and Palliative Care - Pediatric	<i>See Home Care - Butterflies Program</i>			
Journeys Pediatric Support Group	For children ages 3-17 who are affected by the serious illness or the death of a loved one. Board-certified art therapists use art and other creative means to help children express their feelings.	The Kraft Center	M-F 8:00a-5:00p	201-291-6243
Kireker Center for Child Development	Developmental delays in children with a variety of special needs are evaluated and followed at Valley's <i>Kireker Center for Child Development</i> . Services offered by the center include: Physical Therapy, Speech Therapy, Occupational Therapy, Audiology, Developmental/ Behavioral Pediatrics, Adoption Screening and Evaluation Program; Social Work and, Neurodevelopmental Follow-Up, and a Pulmonary Program.	505 Goffle Road Ridgewood	M-F 8:00a-5:00p (Some Saturday & Sunday hours)	201-612-1006
Neonatology Services	Board-certified neonatologists who intercede when a high-risk infant comes into the world to handle virtually every medical/surgical complication that may arise. Every child admitted to the Neonatal Intensive Care Unit (NICU) is evaluated to determine if follow-up care will be needed in Valley's <i>Kireker Center for Child Development</i> .	The Valley Hospital	M-F 8:30a-5:00p	201-447-8388
Pediatric Audiology	A range of diagnostics and amplification/management options are provided for children of all ages (birth through school years) with hearing loss or hearing concerns. The pediatric audiologists work with children and their families in conjunction with schools, other agencies, and other providers to help promote the child's communication development.	505 Goffle Road Ridgewood 1 st Flr	Mon-Tue: 8:30a-6:00p Wed 8:30a-7:00p Thu 8:30a-5:30p Fri 8:30a-4:30p	201-612-1006

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Pediatric Diabetes Support Group	For children (under the age of 18) with diabetes and their families. Children with diabetes are able to plan with others just like themselves. Parents have the opportunity to discuss the unique challenges and needs that they face having a child with diabetes. The support group is led by a pediatric nurse/diabetes educator.	The Kraft Center	Every 2 nd Tuesday 7:00p-9:00p (except July & August)	201-291-6000 X7080
Pediatric Endocrinology	A pediatric endocrinologist provides endocrine consultations to children with diabetes, thyroid conditions, short stature, and disorders of puberty (precocious or delayed). In addition, the pediatric endocrinologist provides additional expertise for children with obesity, hypertension, lipid disorders, insulin resistance, and polycystic ovarian syndrome.	579 Franklin Turnpike	M-F 9:00a-5:00p	201-447-8182
Pediatric Epilepsy Center	<i>See Epilepsy</i>			
Pediatric Genetics	Consultation from a board certified geneticist is available to diagnose genetic disorders and syndromes which may result in medical and developmental difficulties. Comprehensive genetic evaluations and genetic counseling are provided.	470 N Franklin Turnpike Ramsey	Once a month - varies	201-327-8765
Pediatric Home and Palliative Care	<i>See Home Care – Butterflies Program</i>			
Pediatric Neurology	A board certified pediatric neurologist provides neurological consultations to children who are seen by other medical specialists and therapists at the <i>Kireker Center for Child Development</i> . The pediatric neurologist provides additional expertise for children with development delay, ADHD, Autistic Spectrum Disorders, learning issues, seizures, and other neurological conditions.	505 Goffle Road, 2 nd Floor	Twice a month Call for information	201-447-8151
Pediatric OR Tour	Tour of the OR for pediatric patients and their family.	Luckow Pavilion	Call for information	201-634-5350
Pediatric Pulmonology	A board-certified pediatric pulmonologist at the <i>Kireker Center for Child Development</i> is available to diagnose and treat children with respiratory problems. A pulmonary function testing lab is also available.	505 Goffle Road Ridgewood 2 nd Flr	M-F 8:30a-4:00p	201-447-8026

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Pediatric Physiatry Services – Physical/Rehab Medicine	A board certified adult and pediatric physiatrist provides expertise in physical medicine and rehabilitation for children. The physiatrist works with the physical, occupational, and speech therapists at our Center and in the community to create care plans that include appropriate therapies, orthotics, and equipment needs for children with disabilities and neuromuscular disorder including spasticity.	505 Goffle Road Ridgewood 2 nd Flr	W, Th, F 7:00a-3:30p	201-251-3304
Pediatric Rehabilitation, Home Care	Services consist of specially trained physical, occupational and speech therapists trained to work with children.	The Kraft Center	M-F 8:30a-5:00p	201-291-6000 X7080
Pediatric Sleep Disorders and Apnea Center	<i>See Sleep Disorders</i>			
Pediatric Spasticity Center	Comprehensive care for children with spasticity caused by cerebral palsy, stroke, or other neurological issues. Patients and their families are provided with the convenience of seeing several pediatric specialists during the same appointment time.	505 Goffle Road Ridgewood 2 nd Flr	Call for information	201-251-3304
Pediatric Speech Language Pathology	<i>See Speech Therapy</i>			
Pharmacy				
Valley Health Pharmacy	The Pharmacy is open to the public and designed to meet the needs of all of our area residents and patients. We accept most insurance plans and credit cards. The pharmacy can meet your prescription needs and also sells vitamin supplements, over-the-counter medications, first aid and some surgical supplies, gifts and candies.	Luckow Pavilion	M-F 7:30a-5:30p Saturday 8:00a-1:00p	201-634-5799
Reflux (GERD) Disease (<i>See Gastroenterology Procedures - Esophagus, Barrett's</i>)				

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Rehabilitation Medicine <i>(Physical, Occupational Therapy)</i>				
Cardiac Rehabilitation Center	<i>See Cardiac Care.</i>			
Lymphedema Therapy	Specially trained and certified therapists have been offering lymphedema treatment since j1997. Treatment may include manual lymphatic drainage therapy, a specialized massage technique, and compression wrapping.	505 Goffle Road Ridgewood	M-F 8:30a-5:00p Evening appointments upon request	201-447-8131
Occupational Therapy for Post-Surgical Breast Surgery Patients	Services offered to patients after breast surgery, specifically to those who have undergone mastectomies, lumpectomies, axillary dissections, reconstructive surgeries and other procedures	505 Goffle Road Ridgewood	M-F 8:30a-5:00p Evening appointments upon request	201-447-8131
Outpatient Rehabilitation	Following a comprehensive evaluation, the latest therapeutic equipment and techniques are used by licensed therapists to help individuals learn and develop the skills necessary to overcome a disability or recover from a medical illness and/or procedure. Services offered include: physical therapy, occupational therapy and speech therapy. Physiatrists are on staff and provide direct care to patients when indicated.	505 Goffle Road Ridgewood	M,Tu,Th 7:30a-7:00p Wed & Fr 7:30a-5:00p Saturday 8:30a-12:30p	201-447-8131
Pediatric Rehabilitation	<i>See Pediatrics/Children – Kireker Center for Child Development</i>			
Rehabilitation Medicine	Physical, occupational and speech therapy services for all ages including post-stroke rehab, post-surgery and post-injury rehab, lymphedema therapy for upper and lower extremities, wound care and functional training. Speech/language and dysphagia therapy including Vital-Stimulation® Therapy.	505 Goffle Road Ridgewood	M-F 7:30a-7:00p Saturday 8:30a-12:30p	201-447-8131
WorkPlace Connection	<i>See Occupational Health</i>			

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Same Day Services/Surgery				
Same Day Services	The Jaqua Same Day Services Center in the Luckow Pavilion has six Same Day Surgical Suites, with special provisions for pediatric patients, and four procedure rooms.	Luckow Pavilion	Call for information	201-634-5350
Sleep Disorders				
Sleep Medicine Center	A state-of-the-art facility that provides diagnosis and treatment for a variety of sleep disorders and ailments. Several types of sleep studies can be conducted at the Center. Some of the most common disorders that may be studied include sleep apnea, loud snoring, restless leg, excessive daytime sleepiness and other unusual sleep behavior. Patients having difficulty initiating and/or maintaining sleep can also be evaluated.	579 Franklin Turnpike Ridgewood	Call for information	201-251-3487
Pediatric Sleep Disorders and Apnea Center	Comprehensive medical care for newborns, infants, children and adolescents experiencing breathing/sleep disorders. Committed to accurately diagnosing and treating sleep disorders, which have long-term implications. Our physicians, nurses, registered polysomnographic technicians, respiratory therapists and staff is exclusively pediatric trained and focused, assuring the highest level of care for your child. Staff includes two full-time, board certified neonatologists, nurse practitioners, registered polysomnographic technicians, respiratory therapists and RN program coordinator and pediatric home care nurses with expertise in pulmonary disorders.	579 Franklin Turnpike Ridgewood	M-F 8:00a-400p	201-447-8152
Smoking				
Quitting Smoking: Tobacco Education & Treatment Program	Group smoking cessation counseling and treatment planning, involving a 6-week program. The program requires a health assessment prior to enrollment in the program. Participants must be over the age of 18 years old.	The Valley Hospital	By appointment	201-447-8673

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Specialty Care <i>(See Valley Medical Group)</i>				
Speech Therapy				
Pediatric Speech Language Pathology	Pediatric speech-language pathologists are trained to diagnose, evaluate and treat children who have speech-language, cognitive, voice, pragmatic and feeding-swallowing problems.	505 Goffle Road Ridgewood 1 st Flr	Monday-Tuesday 8:30a-6:00p Wednesday 8:30a-7:00p Thursday 8:30a-5:30p Friday 8:30a-4:30p	201-612-1006
Speech Pathology	Offers a wide variety of diagnostic and treatment services for adults with speech, language, or swallowing disorders. Services are provided by master's level Speech-Language Pathologists who hold New Jersey Licenses and Certificates of Clinical Competence from The American Association of Speech-Language Pathologists and Audiologists (ASHA).	505 Goffle Road Ridgewood	By appointment	201-447-8131
Spine Care				
Spine Center	The Spine Center offers the latest technology and services including neurology evaluation, diagnostic imaging, acupuncture, spine surgery, biofeedback, electromyography (EMG), as well as rehabilitation services, interventional pain management and spine fitness.	579 Franklin Turnpike Ridgewood	Call for information	201-251-3491
Stroke				
Stroke/Pulmonary Screening	The screening offered three times a year includes a blood pressure, non-fasting cholesterol, a carotid bruit, heart rhythm and risk factor assessment.	---	Call for information	1-877-283- 2276
Stroke Support Group	A positive group forum for stroke survivors and their caregivers dealing with life issues after stroke.	The Valley Hospital	Every 4 th Tuesday except December Call to register	201-447-8000 ext. 2263

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Support Groups (Bereavement)				
Alzheimer's Support Group	<i>See Alzheimer's</i>			
Breast Cancer Support Group	<i>See Cancer/Oncology</i>			
Breastfeeding Support Group	For new moms who are having trouble breastfeeding and need some help, or who would just like to connect with other breastfeeding moms. The group is facilitated by an international board-certified lactation consultant.	The Kraft Center	Every Thursday, except holidays 1:30p-3:00p	201-447-8722
Butterflies Program	<i>See Home Care</i>			
Cardiac Rehab Support Group	<i>See Cardiac Care</i>			
CHADD – ADD/Hyperactivity Support Group	Children and adults with attention deficit/hyperactivity disorder.	The Valley Hospital Auditorium	Call for schedule	201-664-1313
Crohns/Colitis Support Group	For people with Crohns/Colitis Disease.	The Valley Hospital Bergen Conference Room	Every 2 nd Wednesday 7:30p-9:00p	201-825-1266
Healing Hearts Bereavement Support Groups	For parents who have lost children from early miscarriage through newborns. The Group is facilitated by a Certified Bereavement Counselor and licensed Social Worker. No reservations are needed. Call for further information.	The Valley Hospital	3 rd Thursday 7:30p-9:00p	201-447-8539
Hepatitis C Support Group	For people with Hepatitis C.	The Valley Hospital	3 rd Tuesday	Call for information and to register 201-599-1740
Infertility Support Group	<i>See Fertility</i>			

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Men's Bereavement	For men who have suffered through stillbirth, miscarriage or infant loss. Please call for further information and to register.	The Valley Hospital	2 nd Wednesday	Call for information & to register 201-447-8539
Life After Cancer Treatment Support Group	<i>See Cancer/Oncology</i>			
Live Wires Cardiac Support Group	<i>See Cardiac Care</i>			
Living with Gastrointestinal Cancer Support Group	This group has been formed to provide support and education to patients living with gastrointestinal cancer.	Luckow Pavilion	3 rd Thursday 1:30p-2:30p	201-291-5339
Living with Pancreatic Cancer Support Group	<i>See Cancer/Oncology</i>			
Look Good...Feel Better	<i>See Cancer/Oncology</i>			
Men's Heart Health Support Group	<i>See Cardiac Care</i>			
Mended Hearts Support Group	<i>See Cardiac Care</i>			
Metastatic Breast Cancer Support Group	This group has been formed to provide support and education to patients with metastatic breast cancer.	Luckow Pavilion	3 rd Wednesday 6:00p-7:30p	201-634-5339
Parkinson's Disease Support Group	For people with Parkinson's Disease and their families	Cedar Hill Reformed Church Wyckoff	1 st & 3 rd Thursday 7:00p	201-291-6218

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Pediatric Support Group	<i>See Pediatrics/Children – Journeys and Diabetes</i>			
Pregnancy after a Loss	For women with a subsequent pregnancy after loss.	---	As needed Call for information	201-447-8539
Relaxation/Visualization Support Groups	Visualization can help wheter you have a simple tension headache or a life threatening disease. Through imagery you can learn to relax and may be able to reduce, modify or eliminate pain or other symptoms. No registration is required.	Luckow Pavilion 2 nd Flr Conference Room	Wednesday 10:30a- 11:00a	201-634-5359
Speak Up When You're Down	Program after loss. For information, please call Trudy Heerema	---	---	201-447-8539
Stepping Stones Support Group	A support group designed to address the particular needs of parents who have lost a child. It provides a setting where parents can get support, come to terms with their loss, and begin to work toward healing.	The Kraft Center	Call for information	201-291-6395
Stroke Support Group	<i>See Stroke</i>			
Women's Heart Health Support Group	<i>See Cardiac Care</i>			

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Travel Medicine				
Travel Medicine - Enlightened Traveler	Designed to maintain the traveler's good health while traveling. A personalized plan of prevention is developed based on the individual's medical history, physical condition, itinerary, and exposure risks. Pre- and post-travel consultations are available.	Kraft Center and VMG: Montvale and Riverdale	By appointment	201-447-8029
Urgent Care <i>(see Valley Health Medical Group)</i>				
Valley Medical Group				
Family Practice - (Valley Medical Group)	For listing of VMG Family Practice physicians, please go to www.ValleyHealth.com and click on Valley Medical Group			
Internal Medicine - (Valley Medical Group)	For listing of VMG Family Practice physicians, please go to www.ValleyHealth.com and click on Valley Medical Group.			
Primary Care/Urgent Care Centers - (Valley Medical Group)	Valley Health Medical Group offers a unique blend of traditional, appointment-based primary care and urgent care, and occupational medicine where no appointments are necessary. All of our full-time physicians are board certified in either Family Practice or Internal Medicine.	Dumont: 40 Washington Ave Hawthorne: 1114 Goffle Rd Montvale: 85 Chestnut Rdg Rd, Ste 111 Nanuet, NY: 104 East Rt 59 Riverdale: 72 Hamburg Tpk Teaneck: 780 Cedar Lane Waldwick: 140 Franklin Tpk Wayne: 759 Hamburg Tpk	Call Center for hours	Dumont: 201-387-7055 Hawthorne: 973-423-1364 Montvale: 201-930-1700 Nanuet, NY: 845-623-4000 Riverdale: 973-835-7290 Teaneck: 201-836-7664 Waldwick: 201-447-3603 Wayne: 973-709-0099

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Specialty Care – (Valley Medical Group)	For a listing of VMG Specialty Care physicians, please to to www.ValleyHealth.com and click on Valley Medical Group.			
Workplace Connection	<i>See Occupational Health</i>			
Valley Specialty Care (NY State)				
Valley Specialty Care Center - (NY State)	A practice of medical and surgical specialists serving Orange County NY. Specialties offered at Valley Specialty Care are: weight loss surgery, interventional cardiology, thoracic surgery, vascular surgery, and electrophysiology.	Wisner Bldg, 419 E Main St, Ste 303, Middletown, NY	By appointment.	845-343-8666
Valley Hospital Research				
Cardiac/Clinical Trials	Investigational device and drug studies are offered in all areas of cardiology, including but not limited to electrophysiology, heart failure, atrial fibrillation, acute coronary syndrome and stroke.	n/a	n/a	201-447-8453
Oncology/Clinical Trials	Availability to access the latest in research through clinical trials. Offers the most current treatment available for oncology. Studies are available for different types of cancer through pharmaceutical companies and oncology organizations.	n/a	n/a	201-634-5792
Weight Loss (Bariatrics)				
Metabolic and Weight Loss Surgery Center	The Center for Metabolic and Weight Loss Surgery provides surgical weight loss solutions to patients with a wide range of co-morbidities along with nutritional support and counseling, behavioral modification strategies and exercise. Surgical options include laparoscopic gastric bypass, LAP-BAND, and Sleeve Gastrectomy.	947 Linwood Avenue Ridgewood	By appointment	201-251-3480
Nutrition Counseling	<i>See Nutrition</i>			

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
All About Weight Loss Surgery	This information session will cover the criteria for weight loss surgery, the procedures that are available and their expected results.	The Kraft Center	Call for information	800-825-5391
Women's Health				
Breast Center	Offers breast screening/diagnostic services which include digital mammography, ultrasound, stereotactic and ultrasound-guided fine needle aspiration and core biopsy. Other services include sentinel lymph node biopsy, educational programs, preventive screenings and bone densitometry screenings.	The Valley Hospital	M-Th 8:00a-8:00p Friday 8:00a-5:00p Saturday 8:00a-12:00p	Patient Appointments: 201-447- 8422 Physicians call: 201-447-8744
Breast Cancer Support Group	<i>See Cancer/Oncology Support Groups</i>			
Fertility/Infertility	<i>See Fertility</i>			
Gynecologic Oncology Program	<i>See Cancer/Oncology</i>			
Occupational Therapy for Post-Surgical Breast Patient	<i>See Rehabilitation Medicine. Also see Lymphedema Therapy for breast surgery patients.</i>			
Women's Heart Health Support Group	<i>See Cardiac Care</i>			
Metastatic Breast Cancer Support Group	<i>See Cancer/Oncology Support Groups</i>			
Occupational Therapy for Post-surgical Breast Patient	<i>See Rehabilitation Medicine. Also so Lymphedema Therapy.</i>			

NAME	DESCRIPTION	LOCATION	HOURS OF SERVICE	CONTACT NUMBER
Women's Heart Health Support Group	<i>See Cardiac Care</i>			
Wound, Ostomy & Contenance				
Wound, Ostomy & Contenance	High quality care is provided by six registered nurses, who hold national board certification in wound, ostomy and continence nursing (WOCN), and two advanced practice nurses. Valley's Center is also distinguished by its use of the Qoustic Wound Therapy System. This groundbreaking technology uses ultrasonic energy to effectively separate superficial tissue and other matter from healthy tissue, accelerating the healing process. Services include: Wound, ostomy, and incontinence care.	The Valley Hospital	By appointment	201-447-8345

Frequently Called Numbers

Main Hospital (and directions)	201-447-8000	Medical Records (Health Info Mgmt)	201-447-8537
Administration	201-447-8021	Medical Staff Administration	201-447-8020
Bergen Anesthesia Group	201-847-9320	Nutrition Counseling	201-634-5371
Breast Center	201-447-8422	Occupational Health (WorkPlace Connection)	201-291-6047
Cancer Center	201-634-5339	Pain Management	201-634-5555
Complementary/Integrative Therapies	201-634-5359	Pastoral Care	201-447-8150
Community Health Education/Flu Shots	201-291-6090	Patient Finance Services	201-291-6080
Communications & Marketing	201-291-6330	Patient Relations	201-447-8169
Diagnostic Imaging	201-447-8200	Physician Referral Line	1-800-VALLEY1 (1-800-825-5391)
Emergency Department	201-447-8300	Physician Relations	201-291-6053
Family/Parent Education	201-291-6151	Pre-Surgical Screening	201-634-5315
Foundation, The Valley Hospital	201-291-6300	PrimeTime	201-291-6467
Home Care	201-291-6000	Radiation Oncology	201-634-5403
Hospice	201-291-6000	Rehabilitation Medicine	201-447-8131
Human Resources	201-291-6266	Sleep Center	201-251-3487
Information Systems Help Desk	201-447-8100	Sleep Center, Pediatrics	201-447-8152
Fertility Center	201-634-5400	Social Services	201-447-8166
Gamma Knife Center	201-634-5677	Spine Center	201-251-3491
Kireker Center for Child Development	201-612-1006	Sports Institute/Health & Fitness Center	201-447-8133
Kurth Cottage Café	201-447-8000 X2111	Valley Medical Group Administration	201-291-6415
Kurth Cottage Gift Shop	201-447-8000 X2110	Vascular Lab	201-447-8147
Laboratory Appointments	201-447-8244	Volunteer Services	201-447-8135
Lifeline	201-291-6233	Web Site Manager	201-291-6311
Medical Library	201-447-8285	Weight Loss Surgery	201-251-3480

Facility Addresses

The Valley Hospital	Valley Health Medical Group
<p>The Valley Hospital 223 North Van Dien Avenue Ridgewood, NJ 07450 (201) 447-8000</p>	<p><u>Dumont</u> 40 Washington Avenue Dumont, NJ 07628 (201) 387-7055</p>
<p>505 Goffle Road Ridgewood, NJ 07450</p>	<p><u>Hawthorne</u> 1114 Goffle Road Hawthorne, NJ 07506 (973) 423-1364</p>
<p>Kraft Center 15 Essex Road Paramus, NJ 07652</p>	<p><u>Montvale</u> 85 Chestnut Ridge Road, Ste 111 Montvale, NJ 07645 (201) 930-1700</p>
<p>555 Route 17 South Ridgewood, NJ 07450</p>	<p><u>Nanuet, NY</u> 104 East Route 59 Nanuet, NY 10954 845-623-4000</p>
<p>1114 Goffle Road Hawthorne, NJ 07506</p>	<p><u>Riverdale</u> 72 Hamburg Turnpike Riverdale, NJ 07457 (973) 835-7290</p>
<p>Luckow Pavilion One Valley Health Plaza Paramus, NJ 07652</p>	<p><u>Teaneck</u> 780 Cedar Lane Teaneck, NJ 07666 (201) 836-7664</p>
<p>579 Franklin Turnpike Ridgewood, NJ 07450</p>	<p><u>Waldwick</u> 140 Franklin Turnpike (Hamilton Square Court) Waldwick, NJ 07463 (201) 447-3603</p>
<p>1 Linwood Avenue Ridgewood, NJ 07450</p>	<p><u>Wayne</u> 759 Hamburg Turnpike Wayne, NJ 07470 (973) 709-009</p>
<p>1200 East Ridgewood Avenue Ridgewood, NJ 07450</p>	
<p>Training Center 599 Valley Health Plaza Paramus, NJ 07652</p>	

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