



ST. BARNABAS HEALTH SYSTEM

St. Barnabas Announces Partnership with World-renowned Neurosurgeon Dr. Joseph Maroon

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GIBSONIA – St. Barnabas Health System (SBHS) is pleased to announce that Dr. Joseph Maroon, world-renowned neurosurgeon, nutritional expert, concussion specialist and brain health expert, has partnered with St. Barnabas effective January 1, 2015 to develop a community-based brain health initiative called “*The Cognitive Brain Health Program.*”

The goal of this initiative, states Dr. Maroon, “*Is to provide scientifically-proven methods shown to aid in preserving brain health even as we age and to introduce healthy brain interventions that can last a lifetime.*”

The initiative will emphasize four major brain health areas: changes in diet and the proper use of dietary supplements, brain specific physical activity, elimination of environmental pollutants that target the brain, and improved stress management.

“*This is a program of empowerment. We don’t have to accept that conditions like adult-onset diabetes, dementia and Alzheimer’s disease always comes with aging,*” states Dr. Maroon.

Coordinating the program at St. Barnabas will be Karen Tabacchi, Senior Vice President for Clinical Services. Dr. Maroon and Jeff Bost, his neurosurgical physician assistant, will oversee the program’s development.

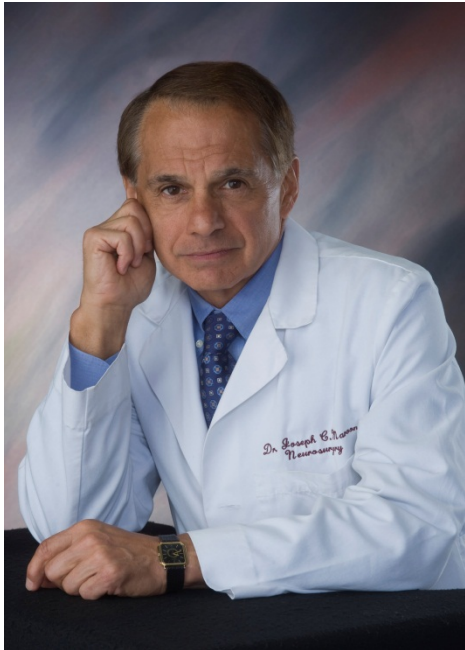
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Biography:

Joseph Maroon, MD, FACS is a practicing board-certified neurosurgeon in the Pittsburgh area. He obtained his medical and neurosurgical training at Indiana University, Georgetown University, Oxford University and the University of Vermont. He is regarded as a premier specialist in the surgical treatment of injuries and diseases of the brain and spine using



specialized microscopic and minimally invasive techniques. He has published more than 270 papers and is on numerous editorial boards. He is consistently listed in America's Best Doctors and he has an international patient clientele. He is team neurosurgeon for the Pittsburgh Steelers and co-developed ImPACT™ (Immediate Post-Concussion Assessment and Cognitive Testing) currently used by most professional sports teams and more than 12,000 colleges, universities and High Schools around the world. Dr. Maroon is a world recognized health and fitness expert who has competed in 8 Ironman triathlete competitions and recently climbed Mt. Kilimanjaro the highest peak in Africa. He has written six books including *Fish Oil: The Natural Anti-Inflammatory* and *The Longevity Factor: How Resveratrol and Red Wine Activate Genes for a Longer and Healthier Life*. He serves as senior

vice-president of the American Academy of Anti-Aging Medicine

Jeff Bost PAC is a neurosurgical physician assistant and associate of Dr. Maroon since 1986. Mr. Bost shares Dr. Maroon's passion for brain health and disease prevention and has written and lectured extensively on the use of natural treatments and natural supplements, including fish oil. Dr. Maroon and Jeff Bost co-authored the book, *Fish Oil: The Natural Anti-Inflammatory*, which is currently in its fourth printing with more than 100,000 copies sold.