

Princeton Health

NEW

**Center for Digestive
Health Offers
Comprehensive
Care**



ALSO IN THIS ISSUE:

- New cancer treatment
- School refusal problems
- Vascular emergencies

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Princeton HealthCare System

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Princeton HealthCare System
One Plainsboro Road
Plainsboro, NJ 08536
1.888.PHCS4YOU (1.888.742.7496)

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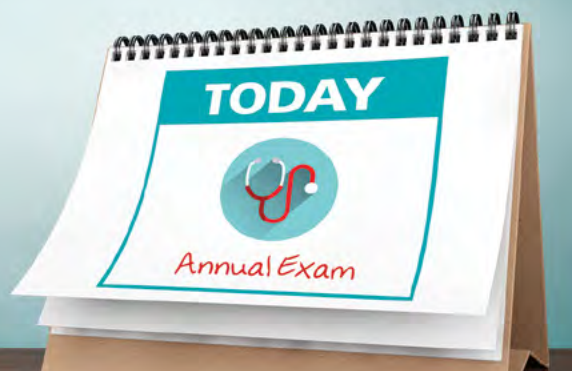
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Annual Exams Can Help You Stay Well



If you only go to the doctor when you're sick or injured, you might be missing out on one of the best ways to stay healthy — an annual exam with your primary doctor.

A yearly exam is recommended for adults of all ages as a way to screen for existing health problems and take action to prevent problems in the future, says **Mark R. Schwartz, MD**, an internist with Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS).



"An annual exam can help your doctor diagnose health conditions early, when treatments are most effective," Dr. Schwartz says. "These visits are also an opportunity to make sure you're doing everything you can — from screenings to diet and exercise — to maintain your best health."

The Benefits of Regular Care

An annual doctor's visit can provide you with:

- **More time with your doctor.** Most insurance companies cover a preventive visit with your doctor once a year, where you can address a wide range of preventive health topics.
- **Advice on screenings.** You and your doctor can work together to determine how frequently you need to pursue screenings — from blood tests to cancer screenings such as PAP smear, mammography and colonoscopy.
- **Medication management.** For patients taking multiple medications, an annual visit is an opportunity to make sure you're taking the right dose for the right problem — or even whether you need to be taking a medication at all.
- **Healthy lifestyle tips.** Are you up-to-date on the proper vaccinations? Are you getting enough sleep? Do you need to lose weight? Are you doing all of the right things to promote good health? All of these questions can be addressed during an annual exam.

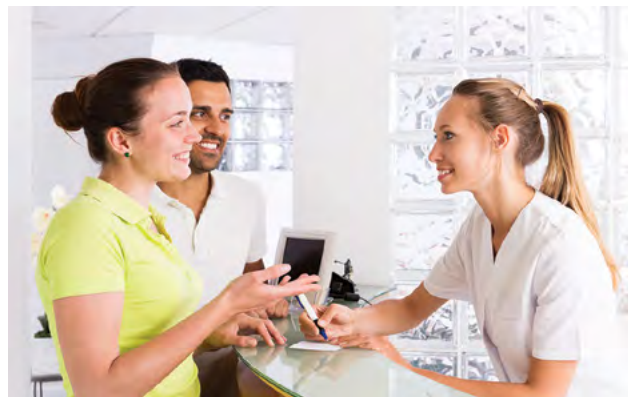
"I always have a discussion about a healthy diet, exercise and other ways to lose weight," says Dr. Schwartz, who is board certified in internal medicine and obesity medicine. "Talking about these issues can help us uncover many other hidden problems, such as untreated sleep apnea and other chronic illnesses, which can greatly impact your overall health."

The Princeton Medicine Advantage

Princeton Medicine has more than 40 board certified primary care providers in locations throughout Mercer, Somerset and Middlesex counties. That includes physicians who hold certifications in internal, family, obesity and geriatric medicine.

To find a physician affiliated with Princeton Medicine, visit www.FINDADR.com, or call 1.800.FINDADR (1.800.346.3237).

New Center for Digestive Health Offers Comprehensive Care



Gastroenterology patients at University Medical Center of Princeton (UMCP) now have streamlined access to high-quality, coordinated care for everything from general services to specialized diagnostic and treatment procedures, through UMCP's new Center for Digestive Health.

The center is presently located in Suite 260 of the Medical Arts Pavilion, 5 Plainsboro Road, in Plainsboro. A permanent home is under construction in Suite 300, within the offices of Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS).



Board certified gastroenterologists Anish A. Sheth, MD, and Eric H. Shen, MD, are Co-Medical Directors of the center. Additional board certified gastroenterologists with Princeton Medicine, including Stanley C. Hsu, MD; Kevin S. Skole, MD; and Deborah K. Sokol, MD, will be integrated into the center as well.

Easy Access to Care

"The center offers patients a convenient way to access services," says Dr. Shen. "We offer a complete range of gastroenterology services, and a nurse navigator works with every patient to coordinate care between departments. Our goal is to make treatment as efficient and effective as possible."

Patients may be referred to the center by their primary care physicians for consultation with a specialist and diagnosis and treatment of ongoing gastrointestinal (GI) issues, or may contact the center directly to schedule an appointment. Procedures include colonoscopies for routine screening for colorectal cancer and to evaluate a range of symptoms, including abdominal pain, rectal bleeding, unexplained weight loss, diarrhea or constipation, as well as endoscopy procedures to assess issues such as nausea/vomiting, acid reflux, swallowing difficulties and abdominal or chest pain.

Additional minimally invasive procedures include endoscopic ultrasound (EUS) and endoscopic retrograde cholangiopancreatography (ERCP). EUS allows for a more detailed evaluation of the esophagus, stomach, and rectum and provides the clearest images of the pancreas and bile duct. It also allows for tissue sampling that otherwise could not be obtained with standard endoscopy. ERCP is used to diagnose and treat certain liver, gallbladder, bile ducts and pancreas conditions.

UMCP's Esophageal Program, also part of the new center, gives patients the benefit of advanced diagnostic and treatment techniques such as:

- **Wireless esophageal pH monitoring and impedance pH testing** for gastroesophageal reflux disorder (GERD)
- **High-resolution esophageal manometry** measuring function of the lower esophageal sphincter and muscles of the esophagus
- **Stretta therapy** to provide long-term relief from GERD
- **Radiofrequency ablation** to remove precancerous cells from the esophagus

"Diagnosing and treating conditions at an early stage significantly improves a patient's prognosis," says Dr. Sheth. "In the Center for Digestive Health, our physicians are equipped with the best diagnostic tools available and have access to a full range of treatment options."

Most endoscopic procedures are performed at the Stephen & Roxanne Distler Center for Ambulatory Surgery in the Medical Arts Pavilion. Endoscopic procedures are also performed at UMCP Center for Ambulatory Surgery in Monroe.

To make an appointment at the Center for Digestive Health, or for more information, call 609.853.7272, or visit www.princetonhcs.org.

Vascular Emergencies:

Know the Signs to Take Quick Action

The same problems with blood vessels that can cause a heart attack or stroke can also trigger vascular emergencies in the lungs, abdomen, legs and other areas of the body.

“Any major artery or vein is susceptible to a vascular emergency,” says Craig Gronczewski, MD, Chairman of the Department of Emergency Medicine at University Medical Center of Princeton (UMCP). “We’ll find similar problems — including blocked, weakened or ruptured blood vessels — just in different parts of the body.”

It’s important to know the symptoms of vascular problems and to treat them with a sense of urgency — when in doubt, call 9-1-1, Dr. Gronczewski says. Prompt treatment can help prevent blood loss, permanent injury and other potentially life-threatening consequences of vascular emergencies.



Symptoms to Keep in Mind

Stroke, which is a blood clot or bleeding in the brain, is the most common vascular emergency, impacting roughly 800,000 Americans each year. Symptoms include a sudden, severe headache, confusion, weakness in one side of the body and trouble speaking. In addition to heart attack, other common vascular emergencies include:

- **DEEP VEIN THROMBOSIS (DVT)**, a blood clot deep in a vein, usually in the leg. DVT can cause swelling, pain, redness and nighttime cramps in the affected leg.
- **PULMONARY EMBOLISM**, which occurs when a DVT clot breaks free, moves to the lungs and blocks blood supply. Symptoms include chest pain as you breathe, shortness of breath, rapid heart rate and fainting.
- **ABDOMINAL AORTIC ANEURYSM (AAA)**, a weakening or bulge in the main vessel (aorta) that supplies blood to the abdomen and lower body. An AAA often doesn’t cause symptoms until it ruptures, producing severe abdominal pain.



“Patients often describe a ruptured brain aneurysm as the worst headache of their life, and that’s how we could think about other potential vascular emergencies,” Dr. Gronczewski says. “If you’re having unusual pain or symptoms — symptoms you’ve never had before — it’s an indication you should be evaluated by a doctor.”

Preventing Vascular Problems

All of the same lifestyle changes — exercise, eating healthy and losing weight — that can help prevent stroke can lower your risk of other vascular problems. Activity can also help prevent DVT, which is sometimes related to sitting for long periods while flying or driving. Screening can also make a difference, and Medicare covers a one-time AAA ultrasound.

For more information about the Center for Emergency Care at University Medical Center of Princeton, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org. If you are experiencing a medical emergency, please call 9-1-1.

Targeting Cancer:

Interventional Oncology Offers New Treatment Options



The latest advances in cancer treatment are aimed at precisely destroying tumors with as little impact as possible to surrounding healthy tissue.

Among those newer, targeted treatments is the growing field of interventional oncology, which uses catheters and needles — under precise medical imaging guidance — to directly access and destroy tumors in the liver, kidneys, lungs and other parts of the body. The treatments can help manage symptoms and improve quality of life for patients with many types of cancer, at many stages.



*“Interventional oncology provides new treatment options for many cancer patients — particularly those with later-stage disease or those who are not good candidates for surgery,” says **Samuel Greene, MD**, Director of Interventional Oncology at University*

Medical Center of Princeton (UMCP).

“These minimally invasive, outpatient procedures can be done at any point in the treatment process, and in conjunction with traditional therapies such as chemotherapy and surgery.”

A New Option for Liver Cancer

UMCP is one of a few hospitals in the state offering an interventional procedure known as radioembolization for cancers of the liver, including primary liver cancer and cancers such as colon or breast that have spread to the liver.

During radioembolization, an interventional radiologist inserts a tiny tube (catheter) into an artery in the wrist or groin and guides it to the artery supplying blood to the liver. The blood supply between the liver and the gut is blocked off, and a radioactive agent is passed through the catheter.

“We’re injecting very tiny, almost microscopic radioactive beads into the artery that’s supplying blood to the tumors,” Dr. Greene explains. “The artery carries the beads directly to the tumors, killing cancerous tissue with as little injury as possible to surrounding healthy tissues.”

The treatment has been shown to significantly improve the lives of liver cancer patients, including patients with advanced cancer and limited treatment options, Dr. Greene says.

Multiple Options for Treatment

In addition to radioembolization, UMCP offers chemoembolization, a similar procedure that uses a chemotherapy agent to destroy cancer, and a procedure called ablation. During ablation, special medical imaging is used to direct a needle through the skin and into a tumor. Microwave heat energy is passed through the needle to destroy tumors.

“These treatments are very well tolerated, with most patients returning home the next day,” Dr. Greene adds. “We believe interventional oncology can offer an improved quality of life for patients with many types of cancer, at many stages.”

To find an interventional oncologist affiliated with Princeton HealthCare System, visit www.princetonhcs.org, or call 1.888.PHCS4YOU (1.888.742.7496).

Comprehensive Care for Ankle Injuries

The ankle is one of the more stable joints in the body, but it does a lot of heavy work — supporting up to eight times your body weight when you run. With that kind of pressure, it's no surprise ankle problems are among the most common orthopaedic injuries.

At University Medical Center of Princeton (UMCP), orthopaedic surgeons provide comprehensive care for chronic and sudden ankle injuries — from conservative therapies to advanced, minimally invasive surgery. Their goal is to preserve range of motion while getting patients back on their feet as soon as possible.



"We have a full range of treatment options for ankle problems — from physical therapy and joint injections to complex surgical procedures," says **Stuart Levine, MD**, a foot and ankle surgeon at UMCP. "Most patients do not need surgery, but when surgery is an option, our goal is to perform the most effective procedure with the least invasive technique possible."

Common Ankle Problems

Ankle problems can involve any of the bones, muscles, ligaments and tendons surrounding where the ends of the lower leg bones meet the foot. Common problems include:

- **Sprains.** An estimated 25,000 people stretch or tear ligaments in their ankles each day, according to the American Orthopedic Foot & Ankle Society. Most sprains can be treated with a combination of rest, compression and ice.
- **Achilles injuries.** The Achilles tendon allows the foot to move up and down, and can rupture suddenly or wear down (tendonitis) over time. Surgery may be necessary to repair the tendon.
- **Bone injuries.** Fractures are common, but the ankle joint can also wear down from arthritis or develop bone outgrowths (bone spurs), which can be removed surgically.

"If you have a sudden injury that causes ankle pain or swelling, you'll want to see a doctor quickly," Dr. Levine says. "If you have been experiencing mild discomfort for a while, give it a week or two — if it's not getting better then you need to see someone."

Protect Your Ankles

Maintain a healthy weight.

More weight means more pressure on the ankle.

Warm up before exercise.

Many Achilles injuries are caused by tightness in the tendon.

Cross train. Doing the same exercise over and over, such as running, can cause injuries.

To find an orthopaedic surgeon affiliated with Princeton HealthCare System, visit www.princetonhcs.org, or call 1.888.PHCS4YOU (1.888.742.7496).

Community Focus



Mother & Baby SHOWER

OCTOBER 15, 2017
12 – 3:30 P.M.

University Medical Center of Princeton 1 Plainsboro Road, Plainsboro

No registration required; however, those who pre-register will be entered into a drawing to win a \$100 gift card.

Don't miss this special opportunity to celebrate new beginnings at this fun-filled educational event for those who are expecting, thinking about pregnancy or already have young children.

Join us for:

- Health tips from Princeton HealthCare System health educators
- Car seat safety checks
- Information on family services available at University Medical Center of Princeton (UMCP)
- Products and services designed for new families provided by local businesses, as well as interactive demonstrations
- Refreshments and giveaways

BREAK-OUT SESSION

Infant CPR

Learn to perform CPR on infants and how to help an infant who is choking. An infant is defined as a child 1 year of age and under.

Registration required

2 – 2:30 p.m.

3 – 3:30 p.m.

Maternity Tours

UMCP is committed to providing a unique, family-centered birth experience. We invite you to take a tour of our state-of-the-art Center for Maternal & Newborn Care.

Registration required

12:15 p.m.

12:45 p.m.

1:15 p.m.

1:45 p.m.

3 p.m.

CURRENT PROGRAMS

Princeton HealthCare System's Community Education & Outreach Program offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System. Registration is required, unless otherwise noted. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.



5K Race & 1 Mile Fun Walk

5K Race & 1 Mile Fun Walk Sunday, October 8

1 Mile Fun Walk

9 a.m. – \$20 per person

5K Race

9:15 a.m. – \$25 per person

Sign up at www.princetonhealthinmotion.com

The 5K Race is a 2017 USATF Certified Course, Sanctioned Event and Grand Prix Event. *Proceeds will benefit the Jim Craigie Center for Joint Replacement at University Medical Center of Princeton.*

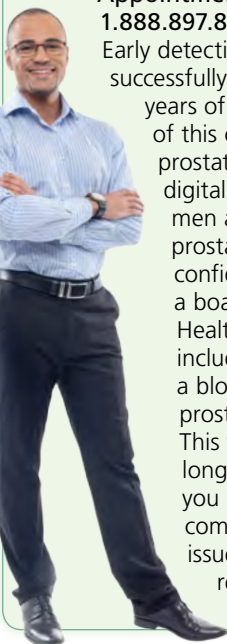
UMCP's Annual Prostate Cancer Screening

September 28 (6 – 8 p.m.)

Bristol Myers Squibb Community Health Center
1 Plainsboro Road, Plainsboro

Appointment required. Please call
1.888.897.8979.

Early detection greatly increases your odds of successfully treating prostate cancer. Men 40 years of age or older should take advantage of this opportunity to be screened with prostate-specific antigen (PSA) testing and a digital rectal exam (DRE). African-American men and men with a family history of prostate cancer are particularly at risk. This confidential screening will be performed by a board certified urologist from Princeton HealthCare System. The free screening includes a (DRE) digital rectal exam and a blood draw to test the levels of PSA—prostate-specific antigen—in your blood. This test is offered as part of an ongoing, long-term research project. To participate, you must sign a consent form and complete a survey focused on quality-of-life issues. Your completed survey, blood test results and demographic information will be shared with researchers.



Weight-Loss Surgery: Is It Right for Me?

THU. October 5 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. September 20 (6 – 6:30 p.m.)

WED. October 18 (6 – 6:30 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option. Lisa Dobruskin, MD, FACS, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, will provide an overview of traditional and minimally invasive surgical weight-loss options, including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding, to help you make the choice that's right for you.

Varicose Veins: Now You See Them, Now You Don't

WED. September 13 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

THU. September 28 (7 – 8 p.m.)

Lawrenceville Library

2751 Brunswick Pike Lawrenceville

Please call the library at 609.989.6920.

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Learn more about the latest minimally invasive and noninvasive treatment options and receive an overview of the Center for Surgical Care at the University Medical Center of Princeton.

- **September 13** session will be presented by Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System.
- **September 28** session will be presented by Kenneth A. Goldman, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System.

Health Screenings at West Windsor Community Farmers' Market

SAT. September 23, October 7, 21 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

Vaughn Drive Parking Lot

Alexander Road & Vaughn Drive, Princeton Junction

Registration not required

Twice a month, health professionals from Princeton HealthCare System will be on hand to offer free health screenings and information to area residents at the West Windsor Community Farmers' Market.

Updates in Cardiovascular Disease

WED. September 13 (7 – 8 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

According to the American Heart Association, heart disease is the leading cause of death and disability for both men and women in the United States. Banu Mahalingham, MD, multi-board certified cardiologist, will discuss the latest issues in cardiovascular disease. Learn how to identify and control the risk factors that can put you at a higher risk and how you can start and maintain a heart-healthy lifestyle. Dr. Mahalingham is a member of the Medical Staff of Princeton HealthCare System.

How Did You Sleep Last Night?

THU. September 14 (7 – 8 p.m.)

Hopewell Library

245 Pennington-Titusville Road, Pennington

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect health and mood. Join Tara Scoles, a registered polysomnographic technologist with University Medical Center of Princeton, for an eye-opening discussion on sleep disorders and whether a sleep study could help diagnose your condition.

AARP Smart Driver Course

THU. September 14 (9:30 a.m. – 3:30 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

THU. & FRI. October 5 & 6 (9 a.m. – 12:30 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

TUE. October 17 (9:30 a.m. – 3:30 p.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103, Princeton

THU. October 26 (9:30 a.m. – 3:30 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$15 for AARP members. \$20 for non-members.

Payable at the door by cash or check. Check should be made payable to AARP.

The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn: defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

CarFit

FRI. September 15 (9 – 11 a.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch – Parking Lot

Appointment required. Please call 1.888.897.8979.

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better “fit” the driver, which will provide more comfort and better control of your vehicle.

Rotator Cuff and ACL Injuries — Common Orthopaedic Conditions

MON. September 18 (7 – 8:30 p.m.)

Community Education & Outreach at
731 Alexander Road, Princeton

Join us to learn about the diagnosis and treatment of common orthopaedic ailments such as rotator cuff injury, torn ligaments and injury to the

meniscus, plus the best ways to prevent these injuries. Dinesh Dhanaraj, MD, MSPH, specializing in orthopaedic sports medicine and orthopaedic surgery, will also discuss nonoperative treatment options and arthroscopic and minimally invasive surgical repairs. Dr. Dhanaraj is a member of the Medical Staff of Princeton HealthCare System.



Preventative Cardiology

THU. September 14 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Preventing or minimizing the impact of heart disease and stroke is possible when you recognize symptoms and risk factors early. Steven Bergmann, MD, PhD, board certified in internal medicine and nuclear cardiology and Chairman of the Department of Medicine of Princeton HealthCare System, will discuss how patients with cardiovascular disease and those who have a high risk of developing it can reduce their risk and prevent their condition from getting worse. Dr. Bergmann will discuss management of abnormal cholesterol, high blood pressure, diseases of the heart and blood vessels and how individualized nutrition plans and lifestyle modifications can help you live a healthy life.

Mindfulness to Reduce Stress

FRI. September 15 (1 – 2 p.m.)

South Brunswick Library
110 Kingston Lane, Monmouth Junction

Practicing mindfulness — experiencing the present moment without judgment — can help you manage stress and improve your quality of life. Attend this informative session led by Judith Margolin, Psy.D., Clinical Director of Women's Programs at Princeton House Behavioral Health, to learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of life.

Art for Wellness

THU. October 19 (7 – 8:30 p.m.)

Community Education & Outreach at
731 Alexander Road, Princeton

Creating art promotes mental and emotional well-being, and growing evidence suggests that it can improve your physical health as well. Join us for a night of creativity to start you on the path toward wellness. This program is presented by a board certified art therapist.



Common Problems of the Foot and Ankle

WED. September 20 (11 a.m. – 12 p.m.)

Monroe Township Library
4 Municipal Plaza, Monroe

This informative session will provide an overview of the treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be allowed for your questions. This lecture will be presented by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery. Dr. Hasan is the Chief of Podiatry at University Medical Center of Princeton.

Acid Reflux: The Burning Question

WED. September 27 (7 – 8 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Gastroesophageal reflux disease (GERD) affects millions of Americans and can lead to Barrett's esophagus, a precursor to esophageal cancer. Join Amy R. Shriver, MD, for an overview of the signs and symptoms of GERD. Medications, lifestyle changes and advanced testing for acid reflux will also be discussed. Dr. Shriver, board certified in gastroenterology and internal medicine, is a member of the Medical Staff of Princeton HealthCare System.

Total Control: A Pelvic Wellness Program for Women

TUE. & THU. October 3 – November 16 (1:30 – 2:45 p.m.)

Princeton Fitness & Wellness at Plainsboro
7 Plainsboro Road, Plainsboro

\$99 per person

Empower yourself to improve your pelvic floor health and quality of life through a seven-week Total Control® program. Participants report improvement in urinary leakage and bladder control, frequency or overactive bladder, pelvic strength and support, post-partum core strength, and better posture and balance. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

All About Joint Replacement

WED. October 4 (2 – 3 p.m.)

Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

Join Victoria Ribsam, RN, BSN, ONC, Orthopaedic Patient Navigator, for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at University Medical Center of Princeton, including the Jim Craigie Center for Joint Replacement.

Gracefully Aging with Exercise

THU. October 5 (1 – 2 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

As we age, our muscles change in ways that impact our strength and daily functioning. Exercise is a great way to build muscle and maintain an active lifestyle. Join Tony Parziale, APT, NC, SN, General Manager of Princeton Fitness & Wellness, for this informative discussion on getting motivated, exercise options and personalizing your exercise routine to combine fun and fitness.

Parkinson's Disease: Move Big

WED. October 11 (10 – 11 a.m.)

South Brunswick Library
110 Kingston Lane, Monmouth Junction

THU. October 12 (11 a.m. – 12 p.m.)

Plainsboro Library
9 Van Doren Street, Plainsboro

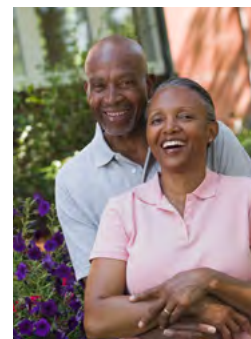
Parkinson's and other progressive neurological diseases can make walking and balance difficult. The LSVT BIG program has demonstrated success in improving motor function in people with Parkinson's, including faster walking with larger steps, improved balance and improved handwriting. Join Soo Ahn, PT, DBT, LSVT Certified Specialist with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn how the LSVT program can help reduce the progression of symptoms and improve function.

Fall Prevention and Balance Screening

THU. October 12 (1:30 – 2:30 p.m.)

Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Join Linda Lucuski, MPT, Director of UMCP Outpatient Rehabilitation Hamilton, to learn about balance, your risk for falls, and the role of physical therapy and exercise in overall wellness, balance and fall prevention. Optional individual balance screenings will also be conducted, including a 30-second sit-to-stand test, timed get up and go test, and static balance test.



Allergies & Asthma

THU. October 12 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

If you suffer from chronic nasal stuffiness, headaches, coughs, or other sinus, allergy or asthma symptoms, join us for this informative program led by Kristyn K. Phelps, MD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System. Learn about the symptoms, causes and treatments of common allergy disorders.

Pelvic Floor Dysfunction: What's Happening Down There?

THU. October 9 (11 a.m. – 12 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Pelvic floor dysfunction — including urinary incontinence, frequency, pelvic organ prolapse and constipation — are common conditions faced by both men and women, and in many cases physical therapy can help improve quality of life. Join Becky Keller, PT, PRPC, Pelvic Wellness Rehabilitation Coordinator with University Medical Center of Princeton's Center for Pelvic Wellness, and Ann Williams, PT, DPT, Physical Therapist specializing in pelvic wellness, for this informative discussion on the causes and symptoms of pelvic floor dysfunction and how physical therapy can help.

Recent Developments in Depression and Mental Health Research

THU. October 19 (1 – 2 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Depression is being diagnosed more frequently among younger generations, making it even more important to recognize the signs of the disorder early. Join Jeffrey T. Apter, MD, board certified psychiatrist and a member of the Medical Staff of Princeton HealthCare System, for a discussion on the latest developments in depression research, updates on recent findings, treatment options and trends associated with depression.

All About Joint Replacement

WED. October 25 (10:30 – 11:30 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Attend this information program led by Victoria Ribsam, RN, BSN, ONC, Orthopaedic Patient Navigator, to learn how to determine when it's time for a joint replacement, what is involved and the services available at University Medical Center of Princeton, including the Jim Craigie Center for Joint Replacement.

Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check** on Tuesday, September 19 and October 17, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Breast Health: What Every Woman Should Know

FRI. October 27 (1 – 2 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Join Margaret L. Crivello, MD, board certified surgical oncologist specializing in breast surgery with University Medical Center of Princeton's Breast Health Center, for this invaluable presentation focusing on breast health, including a discussion of risk factors for breast cancer, risk reductions, screening recommendations and breast self-exams. Dr. Crivello is a member of the Medical Staff of Princeton HealthCare System.



Vision Screening

THU. September 21 (10 a.m. – 1 p.m.)

Community Education & Outreach at
731 Alexander Road

THU. October 19 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Please call 1.888.897.8979 to make an appointment. Space is limited.

Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today! Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family health. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Register for multiple classes and SAVE!

2 classes save \$10

3 classes save \$20

4 classes save \$30

To receive discount, please call 1.888.897.8979 to register.



Sibling Class

SAT. September 16
(10 – 11:30 a.m.)

University Medical Center
of Princeton – Atrium

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children 3 to 8 years of age. Parents are expected to attend the course with their child and are not charged an additional fee.

OPTIONS FOR BIRTHING

Princeton HealthCare System offers a variety of childbirth preparation classes to help prepare expectant parents for labor and delivery. Choose the series that is right for you.

Birthing Basics

MON. September 25 – October 16
(7 – 9 p.m.)

WED. October 4 – 25 (7 – 9 p.m.)

THU. October 26 – November 16
(7 – 9 p.m.)

University Medical Center of
Princeton

First Floor, Education Center

\$125 per couple

This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. The third session of each series will include a tour of our Center for Maternal & Newborn Care.



Accelerated Birthing Basics

SAT. September 23 (9 a.m. – 5 p.m.)

SAT. October 21 (9 a.m. – 5 p.m.)

University Medical Center of Princeton – First Floor, Education Center

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience. This class includes a tour of our Center for Maternal & Newborn Care.

Private childbirth and family classes are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

Maternity Tour

SAT. September 16 (12 – 1 p.m. or 1:30 – 2:30 p.m. or
3 – 4 p.m.)

MON. October 23 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton – Atrium

University Medical Center of Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Baby Care

WED. September 13 (7 – 9:30 p.m.)

TUE. October 10 (7 – 9:30 p.m.)

University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, choosing a pediatrician and more.

Prenatal Breastfeeding Class

THU. September 28 (7 – 9:30 p.m.)

THU. October 19 (7 – 9:30 p.m.)

University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems at this informative program. This class is taught by an internationally board certified lactation consultant.

Daddy Boot Camp™

SAT. October 28 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at
731 Alexander Road, Suite 103

\$40 per person

This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and develop hands-on skills for caring for their newborns. A certified male Daddy Boot Camp™ instructor, along with new dads, will demonstrate how to hold, comfort, diaper and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety and the importance of parental teamwork. Feel comfortable, ask questions and express your concerns and joys about fatherhood.



Twins and Multiples

TUE. October 24 (6:30 – 9 p.m.)

University Medical Center of Princeton – First Floor, Education Center

\$40 per couple

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiple babies, what to expect immediately postpartum, and the first couple of weeks at home. Parents are encouraged to take our Birthing Basics series as well, for a more comprehensive program, and a tour of our Center for Maternal & Newborn Care.

Prenatal Yoga

TUE. September 19 & 26, October 3, 10, 17, 24 & 31
(6 – 7 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

\$10 per person, per class.

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feeling good during pregnancy.

No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.



Infant Massage

THU. September 21 (9:30 – 11:30 a.m.) or (6 – 8 p.m.)

THU. October 5 (9:30 – 11:30 a.m.) or (6 – 8 p.m.)

THU. October 19 (9:30 – 11:30 a.m.) or (6 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

\$30 per family. Registration required.

Join us and learn new ways of soothing your baby and promoting healthy development. Connect with your baby through gentle massage and stretching, nursery rhymes and lullabies. These techniques can help calm your baby during the discomfort of colic, teething, gas and restlessness. Please bring a blanket, exercise mat or large towel and grapeseed or sunflower oil (test oil on your baby's ankle or wrist 24 hours before coming to class to ensure there are no skin sensitivities). Please wait at least one week after your baby's most recent immunization to join this class. Medical clearance from a healthcare professional is required. The form can be obtained by calling 1.888.897.8979.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

PROMOTING FERTILITY THROUGH YOGA

WED. September 13, 20, 27,
October 4, 11, 18 & 25

(6:30 – 7:30 p.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103

\$10 per person, per class.

This class, taught by a certified yoga instructor, offers a supportive environment in which women are introduced to yoga poses, visualization, relaxation and breathing techniques intended to promote fertility. No previous yoga experience is necessary; however, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching.

CHILDBIRTH & FAMILY

POSTPARTUM & PARENTING CLASSES

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family issues. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness
Center

No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar.



Breastfeeding Support Group

Tuesdays & Fridays

Babies over 6 weeks old: (9:30 – 10:30 a.m.)

Babies under 6 weeks old: 11 a.m. – 12 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor

No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by an internationally board certified lactation consultant. Mothers are encouraged to bring their infants.

Postpartum Adjustment Support Group

WED. September 13 (1 – 2 p.m.)

WED. September 27 (1 – 2 p.m.)

WED. October 11 (1 – 2 p.m.)

WED. October 25 (1 – 2 p.m.)

Princeton Fitness & Wellness Center, 1225 State Road, Princeton

No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join a healthcare professional from Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are encouraged to bring their infants.

Postpartum Yoga

MON. September 18, 25, October 2, 9, 16 & 23 (1 – 2 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

\$10 per person, per class.

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies. Breathing, relaxation and meditation techniques will be integrated. No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching.

Grandparenting 101 in the 21st Century

TUE. October 17 (6:30 – 8:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch – Suite 100, Conference Rooms A & B

This fun, interactive class is designed to bring grandparents-to-be and new grandparents up-to-date on the latest in baby care. Topics range from the changing birth environment to safety considerations, including car seat laws and recommendations; SIDS (Sudden Infant Death Syndrome) risk reduction; transitioning your role from parent to grandparent; and newborn characteristics. This discussion will be presented by Carolyn Schindewolf, a Health Educator with Princeton HealthCare System.

CPR & FIRST AID

To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Princeton HealthCare System.

ACLS Full Certification Course

THU. & FRI. September 14 & 15 (9 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

SAT. September 23 (9 a.m. – 5 p.m.)

MON. October 30

(9 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road

Full: \$175 per person
Recertification: \$125 per person
The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

PALS Full Course

THU. & FRI. October 26 & 27 (9 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

PALS Recertification Course

WED. September 20 (9 a.m. – 5 p.m.)

SAT. October 21 (9 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

Full: \$175 per person

Recertification: \$125 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS Provider

TUE. September 26 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

FRI. October 13 (9 a.m. – 1:30 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

WED. October 25 (6 – 10:30 p.m.)

Princeton Fitness & Wellness Center, 1225 State Road, Princeton

\$65 per person

The BLS Provider course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.

Family & Friends CPR

\$15 per person, per session
(\$25 for infant/child/adult)

Family & Friends CPR programs teach participants how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. **An infant is defined as a child 1 year of age or younger.*

Adult/Child and Infant

SAT. October 7

Infant CPR* (10 – 11 a.m.)

Adult/Child CPR (11:15 a.m. – 12:30 p.m.)

Community Education & Outreach at
731 Alexander Road

Infant CPR Only

MON. September 18 (6 – 7 p.m.)

TUE. October 24 (6 – 7 p.m.)

Babies "R" Us

700 Nassau Park Boulevard, West Windsor

Adult/Child CPR Only

MON. September 25 (10:30 a.m. – 12 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction



Heartsaver First Aid and CPR AED

SAT. October 14 (9 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road

\$60 per person

The Heartsaver First Aid and CPR AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. The class also teaches how to manage illness and injuries in the first few minutes until professional help arrives, and is designed for those who have a duty to respond to a cardiac or first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Neonatal Resuscitation Program Recertification Course

MON. September 25 (8 a.m. – 12 p.m.)

MON. October 2 (8 a.m. – 12 p.m.)

University Medical Center of Princeton – 6th Floor, Mother & Baby Unit

\$75 per person.

The Neonatal Resuscitation Program teaches an evidence-based approach to newborn resuscitation and is designed for hospital staff members who provide care for newborns at the time of delivery, including physicians, nurses and respiratory therapists. There is an online exam that must be completed and passed 30 days prior to the course. This course includes a skills test. Participants will receive a course completion card.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

EMT Integrated Refresher — Session A: Airway Assessment and Management

SUN. October 1 (8 a.m. – 5 p.m.)

Community Education & Outreach at 731 Alexander Road, Suite 103

\$50 per person.

Students will review proper airway management techniques, including assessment, airway insertion and oxygen administration.

*University Medical Center of Princeton is **not** a state-designated regional trauma center.*



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. University Medical Center of Princeton is accredited as a Comprehensive

Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

American Cancer Society's Look Good, Feel Better

MON. September 18 (1 – 3 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care – Conference Room

Please call **1.800.227.2345** to register. Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a makeover for the spirit.

Prostate Cancer Support Group

WED. September 13 (12 – 1:30 p.m.)
WED. October 11 (12 – 1:30 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care – Education Conference Room

No registration required. Walk-ins welcome. This support group welcomes those with prostate cancer, their loved ones and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Cancer Support Group

TUE. September 19 (1:30 – 3 p.m.)
TUE. October 17 (1:30 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome. University Medical Center of Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

TUE. September 19 (6 – 7:30 p.m.)
TUE. October 17 (6 – 7:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons
300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome. The Breast Cancer Support Group meets the third Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCP's Breast Health Center.



Head & Neck Cancer Support Group — A Support Group for Head & Neck Cancer Patients and/or Their Loved Ones

WED. September 20 (12 – 1:30 p.m.)
WED. October 18 (12 – 1:30 p.m.)
University Medical Center of Princeton, Edward & Marie Matthews Center for Cancer Care – Education Conference Room

Registration preferred. Walk-ins welcome. Princeton HealthCare System's Head & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement; a safe setting for sharing concerns and problems related to life after cancer; education and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.

Living Beyond Cancer

THU. September 28 (12:30 – 2 p.m.)
THU. October 26 (12:30 – 2 p.m.)
University Medical Center of Princeton, Edward & Marie Matthews Center for Cancer Care – Education Conference Room

Walk-ins welcome. Join us for a monthly support group led by an oncology nurse navigator with University Medical Center of Princeton. The group offers a welcoming environment where you can ask questions and receive support from fellow survivors as you adjust to life after treatment. Also learn more about stress management, nutrition and how to cope with the late effects of treatment.

Therapeutic Yoga

Thursdays (10 – 11 a.m.)
University Medical Center of Princeton, Edward & Marie Matthews Center for Cancer Care – Education Conference Room

Registration required. We invite you to join us for therapeutic yoga designed for patients with cancer, survivors and their caregivers. Practice mindful awareness as you explore simple yoga stretches and breathing techniques to enhance your wellness. This class will be taught by a certified Yoga for Cancer instructor. No experience is necessary and modifications for all poses will be offered.

Restorative Yoga

WED. September 20, October 4 & 18 (6 – 7 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

\$10 per person. Registration required. Space is limited.
To register, call 609.853.6787.

This class, held the first and third Wednesday of each month, is open to both current patients and those who have completed cancer treatment. Restorative Yoga provides healing for the body and mind. Prior experience is not necessary, and any needed equipment will be provided at the class.

Support Group for Women with Cancer

THU. October 5 (5 – 6:30 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred.

This support group offers women living with cancer an encouraging and empowering environment to cope with their diagnosis. Oncology Social Worker Joanita Miranda, LCSW, will facilitate the group. Discussion topics will include: stress management, self-image and nutrition, financial planning, the art of difficult conversations, resources (family, community and counseling) and the workplace.

Caregiver Support Group

THU. October 5 (1 – 2:30 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred.

All caregivers of individuals with cancer are invited to join our support group, led by Oncology Social Worker Joanita Miranda, LCSW. This group is designed to offer support and practical advice to help promote your own wellbeing as you fulfill the vital role as caregiver to your loved one. Discussion topics will include: the role of the caregiver and stress management, nutrition, long-term care planning, the art of difficult conversations, community resources and the workplace.

Nutrition Tips for Breast Cancer Patients

TUE. October 3 (11:30 a.m. – 1 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Registration preferred.

To register, call 609.853.6788. All women undergoing cancer treatment, as well as breast cancer survivors, are invited to join this interactive nutrition class led by Mehreen Husain, MS, RDN, CSO, CNSC, Registered Dietitian and Certified Nutrition Support Clinician. Learn how diet and lifestyle play an important role in breast cancer and its prevention. The program will cover: your nutritional needs during treatment, planning a healthy diet after treatment and physical activity, as well as time to answer your nutrition questions.

EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in central New Jersey. Registration is required unless otherwise noted. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Screening Savvy

MON. October 2 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

With dozens of medical screening options available to you, do you know which screening you should schedule, and when? Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education & Outreach Program, to learn about the importance of various screenings and when they should be completed.

Parkinson's Disease: Move Big

MON. October 2 (11 – 11:45 a.m.)
Montgomery Senior Center, 356 Skillman Road, Skillman
Parkinson's and other progressive neurological diseases can make walking and balance difficult. The Lee Silverman Voice Treatment (LSVT) BIG program is designed to help individuals suffering from these symptoms improve walking and balance, as well as their ability to carry out the activities of daily life. Join John Frank, PT, MSPT, and Nancy Shapiro, PTA, both Certified LSVT BIG Clinicians with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn how LSVT programs can help.

Free Flu Shots

TUE October 10 (1 – 4 p.m.)
Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

Registration not required.

This event, sponsored by Princeton Senior Resource Center and the Princeton Health Department, will offer free flu shots as well as information on several Princeton HealthCare System services, including: Princeton Fitness & Wellness Center, Princeton HomeCare, the Acute Rehab Unit at University Medical Center of Princeton and the Jim Craigie Center for Joint Replacement.

Updates in Cardiovascular Disease

FRI. October 20 (1 – 2 p.m.)
Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

According to the American Heart Association, heart disease is the leading cause of death and disability for men and women in the United States. Banu Mahalingam, MD, board certified cardiologist on the Princeton HealthCare System Medical Staff, will share the latest information on cardiovascular disease and offer ways to reduce your risk and maintain a heart-healthy lifestyle.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. October 2 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required. Walk-ins welcome.
This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death.

Women's Pelvic Wellness Support Group

THU. September 14 (7 – 8 p.m.)
THU. October 12 (7 – 8 p.m.)
University Medical Center of Princeton
1 Plainsboro Road, Plainsboro
First Floor, Center for Pelvic Wellness

This group, held the second Thursday of every month, welcomes women experiencing symptoms associated with pelvic dysfunction. General pelvic floor dysfunction topics such as urinary leakage, overactive bladder and pelvic organ prolapse are discussed, as well as pelvic pain conditions such as painful bladder and interstitial cystitis. While these symptoms are extremely common, feeling comfortable discussing them and understanding how to overcome them can be challenging. This support group provides a safe, supportive environment for women and UMCP's pelvic health clinicians to discuss their concerns and share strategies to improve quality of life and pelvic wellness.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. October 2 (6 – 7:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center

MON. September 18 (1 – 2:30 p.m.)
MON. October 16 (1 – 2:30 p.m.)
Suzanne Patterson Center at Princeton
Senior Resource Center
45 Stockton Street, Princeton

No registration required. Walk-ins welcome. Please call 609.819.1226 for more information.

The evening support group meets the first Monday of the month and the afternoon support group meets the third Monday of the month. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Princeton HomeCare, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight-loss Surgery Support Group

TUE. October 3 (7 – 8:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center, Classroom 1

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery and Metabolic Medicine at UMCP.

THU. October 5 (6:30 – 7:30 p.m.)
Princeton Medicine
2 Centre Drive, Monroe Township

WED. September 20 (6:30 – 7:30 p.m.)
WED. October 18 (6:30 – 7:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

This group meets the first Thursday of every month at the Monroe location and the third Wednesday of every month at the Hamilton location. Join fellow patients; their significant others; and Lisa Dobruskin, MD, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, to discuss and share strategies for dealing with the physical, emotional and lifestyle changes related to weight-loss surgery.



ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators

TUE. September 19 (6:30 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road, Suite 103

Registration requested. Please call 1.888.897.8979 for more information and to register.

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of University Medical Center of Princeton's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.

Diabetes Support Group

WED. September 20 (2:30 – 4 p.m.)
WED. October 18 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road
Monroe Township

MON. September 25 (6:30 – 8 p.m.)
University Medical Center of Princeton

No registration required. Walk-ins welcome. Please call 609.853.7890 for information.

This group provides resources and support for those living with diabetes and their loved ones. A Certified Diabetes Educator with University Medical Center of Princeton's Diabetes Management Program facilitates meetings. For more information on UMCP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.



Journey Back: Stroke Support Group

WED. September 13 (6:30 – 7:30 p.m.)

WED. October 11 (6:30 – 7:30 p.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103

For more information contact Jenny Bestwick, LCSW, at 609.853.7803.

Journey Back welcomes individuals who have experienced a stroke, as well as their loved ones and caregivers, to attend this peer support group that meets on the second Wednesday of each month. Facilitated by Jenny Bestwick, LCSW, Acute Rehab Social Worker, the group helps those touched by stroke work toward increased independence, adjust to life after stroke and provide support and hope to one another. There will be occasional presentations by experts in stroke and the rehabilitation process.



www.ustream.tv/princetonhealth

Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Princeton HealthCare System. New episodes will premiere each month and then remain available for on-demand viewing on our USTREAM channel at www.ustream.tv/princetonhealth.

To learn about upcoming episodes, visit: www.princetonhcs.org/calendar.

Future Topics? Send us your ideas. PrincetonHealth@gmail.com



▶ **Advances in Liver Cancer Treatment**

WED. October 4 (12 p.m.)

Samuel Greene, MD, Director of Interventional Oncology

FULL, UP-TO-DATE CALENDAR AT
www.princetonhcs.org/calendar

Programs are free, and registration is required unless otherwise noted.

REGISTER:

www.princetonhcs.org/calendar

1.888.897.8979 (unless another number is indicated)

DIRECTIONS: www.princetonhcs.org



Community Education & Outreach Program
731 Alexander Road, Suite 103, Princeton



Princeton Fitness & Wellness Center
Princeton North Shopping Center
1225 State Road, Princeton



University Medical Center of Princeton
One Plainsboro Road, Plainsboro



Hamilton Area YMCA John K. Rafferty Branch

1315 Whitehorse-Mercerville Road, Hamilton



South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

A Healthy Diet May Reduce Breast Cancer Risks

A healthy diet is important for everyone, but it may be particularly valuable in reducing the incidence of breast cancer and the risk of recurrence, as well as improving the results of breast cancer treatment, according to the National Cancer Institute.

“Many breast cancer patients gain weight when they are treated with chemotherapy and steroids, and being overweight or obese increases the likelihood of breast cancer recurrence and can make symptom management more difficult while undergoing treatment,” says Mehreen Husain, MS, RDN, CSO, CNSC, a board certified specialist in oncology nutrition and Certified Nutrition Support Clinician at University Medical Center of Princeton (UMCP).

“Managing weight by focusing on a plant-based diet and engaging in physical activity is extremely important for these individuals.”

Husain recommends eating a plant-based or a Mediterranean diet of vegetables, fish, olive oil, legumes and fruit by filling your plate with 50 percent vegetables, 25 percent proteins and 25 percent starchy vegetables or whole grains.

“For breast cancer survivors, this may help protect against other cancers and diseases,” she says.

Education is Key

A free class is offered each month through UMCP for anyone interested in learning about nutritional needs in connection with breast cancer. Patients being treated at UMCP for breast cancer also can request to work with an oncology nutrition specialist for guidance as part of their treatment. Nutrition education includes help with understanding dietary needs and menu preparation. Developing a plan for regular physical activity is also encouraged with medical guidance.

“Our oncology nutrition service is available to anyone being treated at UMCP who feels they want help,” says Husain. “Generally, breast cancer patients need support because they think eating a plant-based diet is going to be too difficult and time consuming. In fact, it can be easier, quicker and less expensive than the way they are used to eating.”

According to Husain, it is best to avoid complicated recipes with long lists of ingredients, including exotic spices and condiments you will likely never use again. Instead, focus on what you have in your pantry, and use simple ingredients like garlic, lemon, flavored olive oils and vinegars to liven up basic dishes. Frozen fruits and vegetables make preparation particularly easy, and since the produce is packaged at its freshest, it retains its vitamins and flavor.

To find out more about University Medical Center of Princeton’s breast cancer services, visit www.princetonhcs.org, or call 1.888.PHCS4YOU (1.888.742.7496).



Healthy Eating Tips

- ✓ Eat a rainbow of colors.
- ✓ Infuse flavor with olive oils and vinegars rather than salt.
- ✓ Avoid meats, but be sure to include alternative proteins in your diet.
- ✓ Eliminate sugar.
- ✓ Stick to unprocessed foods, which are generally found along the perimeter of the grocery store.

“I Don’t Want to Go to School!”

Anxiety and Depression May Be the Cause of School Refusal



School refusal — where a child refuses to go to school on a regular basis or has problems staying in school — is a growing concern in New Jersey. In fact, according to Jody Kashden, PhD, Program Director for Child and Adolescent Services at Princeton House Behavioral Health (PHBH), roughly 10 percent of the state’s children in kindergarten through 12th grade are chronically absent from school.

“There are effective ways to help kids who have difficulty going to school,” says Kashden. “The underlying causes of school refusal are most often anxiety and depression, but cognitive disorders, disruptive behavior disorders and addictions can also play a part.”

Watch for the Symptoms

Children with school refusal may complain of physical symptoms, including headaches, stomachaches, nausea or diarrhea, shortly before it is time to leave for school. Tantrums, separation anxiety, avoidance and defiance are also signs of the condition. In some cases a child may refuse to leave the house, or once in school may repeatedly ask to visit the nurse or go to the bathroom.

School refusal can begin slowly and increase over time, or it may appear suddenly, particularly when a child is starting middle or high school, following a recent move, or as a result of family structure changes such as divorce, death or illness.

Understanding is Key

“If a parent or teacher notices signs of school refusal in a student, the first step should be a supportive conversation with the child and parent, to gain an understanding of the child’s concerns,” says Kashden. “In many cases these concerns can be resolved once they are brought out into the open. But if the anxiety, depression or other issues require more attention, referral to a behavioral health treatment provider, within the school or possibly outside of school, may be helpful.”

Treatment may include cognitive behavior therapy to address the anxiety and depression. PHBH can be of assistance in situations where the student refusing to go to school is not responding well to school and outpatient interventions. Clinicians at PHBH work in collaboration with families and schools to help children and adolescents get back to school, and back to their activities of daily living.

For more information on PHBH’s adolescent outpatient services, call 888.437.1610, or visit www.princetonhouse.org/adolescents.

PHCS Annual Golf Outing

Nets Over \$290,000 to Benefit the Center for Pelvic Wellness at UMCP



TITLE SPONSOR



The 22nd Annual Princeton HealthCare System Golf Outing set a new record, raising over \$290,000 in net proceeds. Held on June 13, 2017, at the Metedeconk National Golf Club in Jackson, New Jersey, the outing drew 196 participants.

Proceeds from the outing benefited the Center for Pelvic Wellness at the University Medical Center of Princeton (UMCP), and will be used to support on-going programs, services and patient education. The center, which opened its doors in December of last year, provides comprehensive, coordinated care and additional resources for men and women affected by pelvic floor disorders such as urinary incontinence, recurring bladder infections and more. The center is one of only a handful of facilities across the country whose mission is to improve the quality of life of individuals experiencing these common, treatable conditions.

Serving as the title sponsor this year was Compass One Healthcare and its related companies — Morrison Healthcare, Crothall Healthcare and Canteen Vending. Eagle sponsors included Conner Strong & Buckelew; Edward E. Matthews; McDermott Will & Emery and Princeton Anesthesia Services. The grand slam sponsor was SEI Investment Services, and champion sponsors included Canon Solutions America, Duane Morris LLP, HD Smith, Liaison, Pepper Hamilton LLP, Renner Brown and Sander O'Neill. In total, over 100 locally based or Princeton HealthCare System-affiliated companies and individuals supported the event.

Princeton HealthCare System thanks those who supported this important fundraising initiative. Please call the Princeton HealthCare System Foundation at 609.252.8710 if you would like to make a donation to support the UMCP Center for Pelvic Wellness.

Pictured above:

From left to right: James Demetriades, Princeton HealthCare System (PHCS) Vice President, Operations, and Co-Chair of the Golf Outing Committee; Howard Weinstein, Regional Vice President, Morrison Healthcare; Barry S. Rabner, PHCS President and CEO; Tom Sevcik, Regional Vice President, Crothall Healthcare Plant Operations & Maintenance; Gene Hood, Regional Director, Morrison; Dave Rufo, Regional Director, Crothall Environmental Services; and Glenn Mekles of Conner Strong & Buckelew, Golf Outing Committee Co-Chair and Metedeconk sponsoring member.

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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October 2016



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University Medical Center of Princeton Earns Most Wired Designation

University Medical Center of Princeton (UMCP) is one of 461 hospitals nationwide — and about two dozen in New Jersey — to earn a place on the 2017 *Health Care's Most Wired*® list, released by the American Hospital Association's (AHA) Health Forum.

"Most Wired is a highly regarded and sought-after designation because it reflects how well your organization uses information technology (IT) to improve quality of care, increase access and promote patient engagement," said Anne Searle, Chief Information Officer of Princeton HealthCare System (PHCS), which includes UMCP. "We have made significant long-term investments in those areas, and this recognition demonstrates that our patients are reaping the benefits."

The Most Wired designation is based on a survey conducted annually by *Hospitals & Health Networks*, a monthly magazine published by AHA, a not-for-profit advocacy group whose members include nearly 5,000 hospitals and health systems nationwide. The voluntary survey is conducted in cooperation with the AHA and Clearwater Compliance LLC.

Participating hospitals and health systems are evaluated based on their progress in adopting, implementing and using IT in four critical areas:

- Infrastructure
- Business and administrative management
- Clinical quality and safety
- Clinical integration



Searle noted that efforts by UMCP and PHCS in recent years often focused on patient engagement — for example, by offering patients secure online tools to pay bills and access their medical records. PHCS recently launched a new website at www.princetonhcs.org that made those tools more mobile-friendly.

In addition, PHCS continued to build on efforts to give healthcare providers timely and secure access to a wide range of patient data that supports population health management.

"Healthcare IT is a very dynamic field, and we are always looking for opportunities to advance our capabilities," Searle said.

"In fact, we very recently launched a multiyear project to upgrade to an entirely new platform to support our clinical operations. We are confident that when the project is complete, we will enjoy even greater success in leveraging IT to improve the lives of our patients."