

Princeton Health

**Fighting Colorectal
Cancer: Younger People
Need to Consider
Screening**



ALSO IN THIS ISSUE:

- Living with Diabetes
- Managing Cholesterol
- Lung Cancer Screenings

PLUS:

- **Community Focus** Event Calendar



Princeton HealthCare System

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UMCP Recognized as One of Central New Jersey's Best Hospitals

University Medical Center of Princeton (UMCP) was recognized as a Best Regional Hospital for the third consecutive year and rated High Performing in four procedures and conditions in the 2017-18 Best Hospitals rankings recently published by *U.S. News & World Report*.



UMCP earned high performing ratings for chronic obstructive pulmonary disease (COPD), heart failure, hip replacement and knee replacement. In addition to being listed among central New Jersey's best hospitals, UMCP — the acute care hospital of Princeton HealthCare System (PHCS) — was ranked No. 8 in New Jersey and No. 17 in the New York metropolitan region.

"The New York area is home to some of the best hospitals in the country, if not the world, and *U.S. News* has ranked our hospital among the region's top 20 for three years in a row," said Barry S. Rabner, President and CEO of PHCS. "Congratulations to our physicians and staff."

Rabner noted that the ratings give patients a broad, objective assessment of the hospital because they are based on data related to clinical outcomes and patient safety, as well as indicators such as patient satisfaction surveys and whether a hospital holds Magnet® recognition, the highest institutional recognition available for nursing excellence.

"UMCP opened the Jim Craigie Center for Joint Replacement in 2013 with the mission of offering the latest techniques in hip and knee replacement combined with supportive care that is personalized for each patient," Mr. Rabner said. "It's clear that the approach worked well, because in every year that *U.S. News* evaluated hip and knee replacements, UMCP has been rated high performing."

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

Princeton Health, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information.

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Princeton Health is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.252.8785.

Entire publication
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Princeton Health is published under contract by **The Nautilus Publishing Company**
www.nautiluspublishing.com
 T: 662.513.0159



Fighting Colorectal Cancer: Younger People Need to Consider Screening

While the overall incidence of colorectal cancer has been declining in the U.S. for years, it has been rising among a population not traditionally considered at high risk — young adults.

A recent National Cancer Institute study found that adults born in the 1990s have double the risk of colon cancer and quadruple the risk of rectal cancer as someone born in the 1950s had at the same age. The reasons for the increase are not fully understood, but the study highlights the need to consider colorectal cancer screening at a younger age, says Deborah Sokol, MD, a gastroenterologist with Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS).



“We’re learning that younger people need to be more aware of their colorectal cancer risk, including their family history of cancer and colon polyps,” Dr. Sokol says.

“Younger people are often quick to dismiss colorectal symptoms as nothing serious, but it’s important to be evaluated to determine the cause.”

The Importance of Screening

Almost all colon and rectal cancers start from growths called polyps. Colorectal cancer screening can locate and remove polyps before they become cancerous, or detect cancer at an earlier stage, when it is more treatable. Screening for colorectal cancer using fecal occult blood testing, sigmoidoscopy or colonoscopy is recommended beginning at age 50.

Dr. Sokol says patients should consider screening before age 50 if they have:

- A family history of colorectal cancer or polyps in a first-degree (parent or sibling) relative before age 60 or in two first-degree relatives at any age
- A family history of hereditary colorectal cancer syndromes such as familial adenomatous polyposis (FAP) or Lynch syndrome
- Symptoms such as rectal bleeding, a notable change in bowel habits, abdominal pain and unexplained weight loss

“Screening deserves a lot of the credit for the overall decline in colorectal cancer that we have seen in recent decades,” Dr. Sokol says. “If we can identify more young patients who are good candidates for screening, we’re hopeful we can reduce the risk of cancer in that age group as well.”

Expert, Local GI Care

University Medical Center of Princeton’s Center for Digestive Health provides high-quality screening, testing and treatment for common and complex conditions. The center’s physicians see patients in the hospital’s Medical Arts Pavilion as well as community locations in Monroe, Princeton, Hamilton, Dayton and Princeton Medicine’s Federal City Road office in Lawrenceville. Colonoscopies are performed at the University Medical Center of Princeton’s Ambulatory Surgical Centers in Plainsboro and Monroe and Princeton Endoscopy Center at 731 Alexander Road.

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

Taking Care of Your Knees at Every Age



The knee is the largest joint in the body, making it vulnerable to a wide range of problems. Being aware of these problems and how to prevent them can help keep your knees healthy throughout your life, says **Frederick Song, MD**, an orthopaedist on staff at University Medical Center of Princeton (UMCP).



OVERUSE INJURIES:

In young athletes, overuse injuries are increasingly common, including patellofemoral syndrome, a dull pain caused by irritation under the knee cap. These injuries are often caused by playing the same sport year-round, which weakens muscles that protect the knee. Playing different sports during different times of the year can help prevent injuries by working different muscle groups. “The number one way to treat overuse injuries is to temporarily stop playing that sport, and work on a supervised strengthening program”, Dr. Song says. “It’s hard for parents and athletes to commit to stopping, but it can prevent more serious problems.”



TRAUMATIC INJURIES:

Injuries from stopping or changing directions too quickly, or colliding with someone, are common in youth athletes as well as young- and middle-aged adults. These injuries include ligament tears and tears of the meniscus, which acts as a shock absorber between knee bones. Adults who participate in sports should also vary their activities and perform exercises to strengthen the hamstrings and quadriceps — muscles that support the knee. Keeping your core muscles strong is also essential for injury prevention. For tears, treatment usually involves surgery to remove or repair the damaged meniscus or reconstruct the ligament.



DEGENERATIVE INJURIES:

In adults over 50, the most common knee problem is osteoarthritis, the gradual breakdown and loss of cartilage. It’s difficult to prevent arthritis, but keeping your weight down, strengthening the muscles surrounding the knee and focusing on low-impact exercises such as swimming and biking can help. Osteoarthritis is first treated conservatively with physical therapy and anti-inflammatory medication. Second-line treatments include injections to reduce pain or improve lubrication in the knee. “If a patient exhausts these treatments and continues to have pain that affects their daily activity,” Dr. Song says, “then we discuss knee replacement.”

When to See a Doctor

Sudden pain and swelling due to injury should be evaluated as soon as possible. Swelling that comes on gradually, and doesn’t improve in a matter of days with rest and ice, should also be brought to your doctor’s attention. UMCP offers a full range of services to help patients return to active, comfortable living, and is rated as High Performing in hip and knee replacement by *U.S. News & World Report*.



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

PHCS Enhances Senior Services with Dementia Simulation Training

Staff members at the University Medical Center of Princeton (UMCP) now have firsthand knowledge of how individuals with dementia experience the world around them. They are using this knowledge to develop ways to provide even better care to patients with dementia.

Since January, staff members have been participating in the Virtual Dementia Tour® (VDT), a training simulation developed by Second Wind Dreams® to help caregivers gain a better understanding of the cognitive and physical challenges faced by people with dementia.

This year, 170 employees have participated in the ongoing simulation program, which is offered monthly to PHCS employees on a voluntary basis. During the simulation, participants are outfitted to reduce concentration and sensory input.

Allison Healy, BSN, RN-BC, Senior Care Coordinator at the UMCP's Acute Care of the Elderly (ACE) Unit, says her experience with the simulation was life changing. "I now have personal insight into how individuals with dementia experience our everyday world, and I can empathize with how discouraged they may be feeling. I truly believe this experience has made me a better nurse and an even better nurse educator."

Her experience was not unique.

"People come out of the simulation overwhelmed with different emotions. Because of this simulation, healthcare providers can now better understand their patients and provide exceptional care," says Healy. "In addition to caring for patients with dementia, many staff members have a relative with dementia. This simulation allows nurses and other staff members to gain a new perspective and connect with these individuals on a different level."



A Strong Focus on Elder Care

"We are one of the few hospitals with an ACE Unit in New Jersey, and we take pride in that," says Healy. "Our nurses and nursing assistants go through specific geriatric-related training."

The 24-bed unit is designed with seniors in mind, providing special beds and settings to reduce the risk of falls and in-room occupational and physical therapy. The staff-to-patient ratio is lower than in the traditional hospital setting so patients receive more individualized attention.

UMCP also offers a six-room Senior Emergency Unit within the hospital's Emergency Department to meet the unique needs of older patients. This specially designed unit includes in-room bathroom facilities, designed to make patients more comfortable. UMCP's Center for Neuroscience Care treats dementia patients as well as individuals experiencing seizures and other neurological disorders.

The dementia simulation program is just one more way UMCP is enhancing its services to older patients. Experiencing the simulation training helps make staff more empathetic and more patient, which leads to even better patient care.

For more information about University Medical Center of Princeton's senior services or the Center for Neuroscience Care, visit princetonhcs.org, or call 1-888-PHCS4YOU (1.888.742.7496).

Living with Diabetes: Dispelling the Myths



In 2015, more than 30 million people in the United States had Type 2 diabetes — a disease that affects how your body uses blood sugar (also known as glucose) — according to the Centers for Disease Control and Prevention. But as prevalent as it is, many people harbor misconceptions about living with diabetes.

“People can still maintain a healthy, happy lifestyle after a diabetes diagnosis,” says Sejal Patel, RD, CDE, Clinical Dietitian and Diabetes Educator with University Medical Center of Princeton’s (UMCP’s) Diabetes Management Program. “It depends on how they live. If they follow the guidelines, they will do fine.”

The UMCP Diabetes Management Program helps those diagnosed with diabetes learn to effectively manage their disease with one-on-one help from a dietitian or nurse to develop a nutrition plan, manage their medication, and handle their overall diabetes-related healthcare. Additionally, weekly diabetes management classes are offered, as well as monthly diabetes support groups.



The Most Common MYTHS

According to Patel, some of the more common myths surrounding diabetes include:

SUGAR-FREE IS FINE. Sugar-free doesn’t mean carbohydrate-free, and carbs affect blood sugar levels too.

I CAN NEVER HAVE PASTA OR RICE AGAIN. Rice and pasta are carb-heavy, but you don’t have to cut them out entirely. You can occasionally treat yourself if your main diet is diabetes-management healthy.

I HAD GESTATIONAL DIABETES, SO I WON’T GET TYPE 2. Actually, gestational diabetes (a temporary condition that can develop around 28 weeks into pregnancy) can raise the risk of both mother and child developing Type 2 diabetes later in life. PHCS dietitians encourage mothers who have experienced gestational diabetes to develop a long-term lifestyle management strategy.

FRESH FRUIT AND JUICE ARE GOOD FOR ME. Although fresh fruit and juices are healthier than sugary beverages and snacks, fruit contains a lot of carbs and can still cause a spike in blood sugar, so it should be eaten in moderation.

IF IT SAYS “DIABETIC-FRIENDLY,” I CAN EAT IT. It is important to read the nutrition labels on food marketed as being diabetic-friendly to determine portion size and carb content. Also, remember what may be fine for a 6’2” man to eat may not be okay for a 4’11” woman.

I HAVE TO GIVE UP SWEETS. As with pasta and rice, including sweets in a diabetic diet is a matter of balance. Because these foods tend to be high in fat, it still is not advisable to have too much, but a patient may incorporate a small amount of dessert into their daily carb allowance.

To find out more about the UMCP Diabetes Management Program or find a diabetes specialist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Community Focus

Healthful Tips to Greet the Season



with Sara Feld, RD, Outpatient
& Community Education
Dietitian with University
Medical Center of
Princeton's Nutrition
Program



Thinking of Going Gluten-Free?



THU. November 2 (1 – 2 p.m.)
Plainsboro Library
9 Van Doren Street, Plainsboro

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

Learn what foods contain gluten, the symptoms of gluten sensitivity and whether a gluten-free diet could make a difference in your health. Featuring tips and recipes to get you through the holidays.



Nutrition Meets Tradition

THU. November 9 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Learn about superfoods and how you can incorporate them into your favorite holiday dishes.

Fresh Ideas for Your Holiday Table



THU. November 9 (1 – 2 p.m.)
Princeton Fitness & Wellness
Center, 1225 State Road
Studio 3, Princeton

Spice up your holiday menu by infusing your traditional foods with healthy alternatives.

Kids Can Cook: The Thanksgiving Edition

TUE. November 14 (5 – 6 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Studio 4, Princeton

With this hands-on class, your kids will learn their way around the kitchen by helping to prepare fun yet healthy dishes for Thanksgiving. Your chefs-in-training will get to sample their creations. Parents must accompany children.



'Tis the Season to Eat Mindfully



THU. November 16 (6:30 – 7:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty
Branch 1315 Whitehorse Mercerville Road,
Hamilton

During a season known for over-indulgence, mindful eating is essential to maintaining good health. Join our nutritionist as she shares practical tips for enjoying your favorite holiday treats without overdoing it.



Holiday Survival Guide: Paleo Desserts

THU. December 7 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Studio 4, Princeton

Go beyond tradition this holiday season with grain-free recipes and paleo diet-approved baking tips.

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**.

Common Problems of the Foot and Ankle

(Optional Foot Screenings Available)

WED. November 1 (11 a.m. – 12 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

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 and answers. 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.



All About Joint Replacement

WED. November 1 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. 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.

Nutrition to Manage Pre-Diabetes and Diabetes

THU. November 2 (7 – 8 p.m.)

West Windsor Library

333 North Post Road, Princeton Junction

Please call the library at 609.275.8901 to register.

THU. December 14 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Join us for an informative session presented by Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinician and Certified Diabetes Educator with the UMCP Diabetes Management Program, to learn how to manage your diabetes and reduce your risk of developing diabetes and pre-diabetes through nutrition.

Weight Loss Surgery: Is It Right for Me?

THU. November 2 (6 – 6:30 p.m.)

THU. December 7 (6 – 6:30 p.m.)

Princeton Medicine, 2 Centre Drive, Monroe Township

WED. November 15 (6 – 6:30 p.m.)

WED. December 20 (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.

Annual KCCP Health Panel and Dinner

SAT. November 4 (3 – 6 p.m.)

University Medical Center of Princeton

Please call 609.915.4795 to register in Korean.

Princeton HealthCare System (PHCS) and the Korean Community Center of

Greater Princeton (KCCP) invite you to join us for an informative bilingual panel discussion addressing the health needs of the Korean community. Slides are available in Korean and there will be a question and answer session followed by a Korean buffet dinner.



How Did You Sleep Last Night?

MON. November 6 (7 – 8 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

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.



Join health professionals with the Community Education & Outreach Program for your

Free Blood Pressure Check

on Tuesday, November 21 and December 19, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.



Treating Diverticulosis and Other Colorectal Conditions

MON. November 6 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Colorectal conditions can impact your quality of life and may indicate more serious problems. The first step in diagnosing the problem may be a colonoscopy, which is a key for early detection of colon cancer and can also reveal other abnormalities of the colon, such as diverticulosis and internal hemorrhoids. Attend this informative program led by Amy R. Shriver, MD, board certified in gastroenterology and internal medicine, and learn about common colon conditions, as well as treatment options. Dr. Shriver is a member of the Medical Staff of Princeton HealthCare System.

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

TUE. November 7 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

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. Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Center for Surgical Care at the University Medical Center of Princeton.

Tired of Being Tired? What's Keeping You from a Good Night's Sleep

WED. November 8 (10:30 – 11:30 a.m.)
Monroe Library
4 Municipal Plaza, Monroe Township

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Join David B. Cohn, MD, for an eye-opening discussion of common sleep disorders and their relationship to other medical conditions, such as heart disease, as well as a discussion on accurate sleep disorder diagnosis and current treatments. Insomnia, restless leg syndrome, sleep apnea and narcolepsy are among the disorders that will be discussed. Dr. Cohn is board certified in critical care medicine, internal medicine (primary care), pulmonary disease, and sleep medicine, and is a member of the Medical Staff of Princeton HealthCare System.

Safe Sitter®

Expanded Two-Day Class

THU. & FRI. November 9 & 10 (9:30 a.m. – 3 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch – Suite 100, Conference Rooms A & B

\$65 per child.

This two-day class teaches adolescents, ages 11–13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, basic first aid and rescue skills. Sitters should bring their own lunch.

One-Day Class

SAT. December 9 (9 a.m. – 3:30 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

\$40 per child.

This specialized training helps babysitters, aged 11-13, develop the skills, confidence, compassion and sense of responsibility they need to keep children out of harm's way while their parents are away. This one-day course teaches the essentials, including safe and nurturing childcare techniques and basic first aid and rescue skills. Sitters should pack a lunch.



AARP Smart Driver Course

TUE. November 14 (9 a.m. – 3 p.m.)
Community Education & Outreach at 731 Alexander Road, Suite 103, Princeton

THU. December 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

\$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.

Pelvic Floor Dysfunction: How Physical Therapy Can Help

WED. November 15 (1 – 2 p.m.)
Monroe Library, 4 Municipal Plaza, Monroe Township

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

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 Iram Fatima Shah, PT, DPT, a physical therapist specializing in pelvic health rehabilitation with University Medical Center of Princeton's Outpatient Rehabilitation Network, for this informative discussion on the causes and symptoms of pelvic floor dysfunction and how physical therapy can help.

Get Balanced: Don't Fall

FRI. November 17 (2 – 3 p.m.)
Hightstown Library Memorial Branch
114 Franklin Street, Hightstown

Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

Each year, one in three people over the age of 60 experiences a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Attend this session to learn how to improve your balance and what you can do to prevent falls. Please wear sturdy shoes and comfortable clothes for the exercise component. Class will be taught by Carolyn Schindewolf, Health Educator with Princeton HealthCare System's Community Education & Outreach Program.

Disposal of Medical Waste

MON. December 4 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

You may automatically think of a hospital or doctor's office when you hear the term "medical waste," but most homes generate medical waste as well. Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education & Outreach Program, for this informative session discussing home-generated medical waste and how to dispose of it, including medications, needles and dialysis supplies.

Get in Tune with Musician-Related Health Conditions

THU. December 7 (7 – 8 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

It's not uncommon for musicians to suffer from hand, elbow, arm, neck or back pain, which can impact their practice and performance. Join Hemangi Shastri, DPT, CHT, Physical Therapist with UMCP's Outpatient Rehabilitation Network, for this informative session discussing effective and evidence-based treatment for various musculoskeletal disorders for patients who play musical instruments.

Self-defense for Women: Empower Yourself with a New Sense of Awareness and Confidence!

WED. December 20, 27, January 3 & 11 (6 – 9 p.m.)

Princeton Fitness & Wellness Center, 1225 State Road, Princeton

\$60 per person

R.A.D. Women® is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including:

- Awareness, recognition and avoidance
- Physical defense techniques
- Positive visualization techniques

Strategies are simple, practical and effective — designed for every woman regardless of physical fitness. This four-evening course is open to women of all ages. Wear sneakers and comfortable clothing. *No prior experience is necessary.

Vision Screening

THU. November 16 (4 – 7 p.m.)

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

THU. December 21 (10 a.m. – 1 p.m.)

Community Education & Outreach at
731 Alexander Road

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.



Maternity Tour

SAT. November 11 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)

WED. November 29 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. December 2 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

MON. December 18 (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.

Prenatal Yoga

TUE. November 7, 14, 21, 28,
December 5, 12, 19 & 26
(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.

Baby Care

WED. November 8 (7 – 9:30 p.m.)

THU. December 7 (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

TUE. November 14 (7 – 9:30 p.m.)

MON. December 11 (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 certified lactation consultant.

Promoting Fertility Through Yoga

WED. November 1, 8, 15, 22, 29, December 6, 13, 20 & 27 (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.



Register for
multiple prenatal
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.

Preparing for Cesarean Section

MON. December 4 (7 – 9 p.m.)

University Medical Center of Princeton

First Floor, Education Center (Please meet in the Atrium)

\$30 per couple

Learn what to expect during your scheduled Cesarean section. Topics include preparation, surgery, anesthesia and post-operative recovery.

Daddy Boot Camp™

SAT. December 9 (9 a.m. – 12:30 p.m.)

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

\$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

THU. December 14 (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.

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.

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. November 6 – 27 (7 – 9 p.m.)

TUE. November 21 – December 12
(7 – 9 p.m.)

WED. December 6 – 27 (7 – 9 p.m.)

THU. December 21 – January 11
(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. November 18 (9 a.m. – 5 p.m.)

SAT. December 16 (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.

HypnoBirthing®

SAT. November 4 – December 2 (9:30 a.m. – 12 p.m.)

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

\$195 per couple

This multi-session class is designed for expectant couples with a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one.

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.

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 certified lactation consultant. Mothers are encouraged to bring their infants.



Postpartum Adjustment Support Group

WED. November 8 (1 – 2 p.m.)

WED. November 22 (1 – 2 p.m.)

WED. December 6 (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. November 6, 13, 20, 27, December 4, 11 & 18 (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.

Infant Massage

MON. November 6 (9:30 – 11:30 a.m.)

THU. November 9 (6 – 8 p.m.)

MON. November 20 (9:30 – 11:30 a.m.)

MON. December 4 (9:30 – 11:30 a.m.)

THU. December 7 (6 – 8 p.m.)

MON. December 11 (9:30 – 11:30 a.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.



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

WED. & THU. November 29 & 30
(9 a.m. – 5 p.m.)

Community Education & Outreach at
731 Alexander Road

ACLS Recertification Course

FRI. November 17 (9 a.m. – 5 p.m.)

MON. December 18 (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. December 14 &
15 (9 a.m. – 5 p.m.)

Community Education &
Outreach at 731 Alexander
Road, Suite 103

PALS Recertification Course

THU. November 16 (9 a.m. – 5 p.m.)

TUE. December 19 (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

THU. November 2 (6 – 10:30 p.m.)

TUE. November 28 (9 a.m. – 1:30 p.m.)

TUE. December 5 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103

MON. December 11 (6 – 10:30 p.m.)

Community Education & Outreach at
the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$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

TUE. November 7

Infant CPR* (10 – 11 a.m.)

Adult/Child CPR

(11:15 a.m. – 12:30 p.m.)

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

SAT. December 2

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. November 13 (6 – 7 p.m.)

WED. December 13 (6 – 7 p.m.)

Babies "R" Us, 700 Nassau Park Boulevard, West Windsor

Adult/Child CPR Only

WED. December 6 (10:30 a.m. – 12 p.m.)

South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction

Neonatal Resuscitation Program Recertification Course

MON. November 6 (8 a.m. – 12 p.m.)

MON. December 4 (8 a.m. – 12 p.m.)

TUE. December 12 (6 – 10 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.

Heartsaver First Aid

WED. November 8 (6 – 10 p.m.)

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

\$40 per person

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Heartsaver CPR AED

WED. November 15 (6 – 10 p.m.)

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

\$60 per person

The Heartsaver AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. 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. Call **1.888.897.8979** or visit **www.princetonhcs.org/calendar** to register.

Pressure Ulcer Prevention When Transporting Patients

MON. December 4 (6 – 8 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Splinting or backboarding a patient helps prevent additional injuries, but what impact does it have on the patient's skin, and is there a way to help prevent skin breakdown on a patient who is on a backboard for an extended period of time? Connie Johnson, BSN, RN, WCC, LLE, DAPWC, Clinical Educator and Wound/Ostomy Nurse, UMCP Skin Integrity Team, will discuss how pressure ulcers occur, how to identify patients at risk, and the risk assessment tool (Braden Scale).



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. November 13 (6 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton–Hightstown Road
East Windsor

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. November 8 (12 – 1:30 p.m.)
WED. December 13 (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. November 21 (1:30 – 3 p.m.)
TUE. December 19 (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. November 21 (6 – 7:30 p.m.)
TUE. December 19 (6 – 7:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2, 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. November 15 (12 – 1:30 p.m.)
WED. December 20 (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.

Thriving this Holiday Season for Those Touched by Cancer

FRI. November 10 (11:30 a.m. – 1 p.m.)
FRI. December 8 (11:30 a.m. – 1 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
Conference Room

Please call Joanita Miranda at 609.853.6793 to register.

Join Mehreen Husain, MS, RDN, CSO, CNSC, Registered Dietitian and Certified Nutrition Support Clinician, and Joanita Miranda, LCSW, Oncology Social Worker, for this uplifting guide to the holidays. Learn how to eat well, cope with negative feelings, take great care of yourself and reduce the stress that can come with the season. Participants will get to sample nutritious holiday foods. This class is presented by the Edward & Marie Matthews Center for Cancer Care at University Medical Center of Princeton.

Living Beyond Cancer

THU. December 28 (12:30 – 2 p.m.)
University Medical Center of Princeton
Edward & Marie Matthews Center for Cancer Care
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
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. November 1, 15, December 6 & 20 (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.

Nutrition Tips for Breast Cancer Patients

TUE. November 7 (11:30 a.m. – 1 p.m.)
TUE. December 5 (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 answers to your nutrition questions.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. November 6 (7 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

MON. December 4 (7 – 9 p.m.)
University Medical Center of Princeton – Chapel of Light

No registration required. Walk-ins welcome.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month. For the month of December, join us for an Interfaith Candlelight Remembrance Ceremony. All are encouraged to share a poem, story or memory of their beloved baby. The monthly UNITE Support Group meeting will immediately follow the ceremony.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. November 6 (6 – 7:30 p.m.)
MON. December 4 (6 – 7:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center, Conference Room D

MON. November 20 (1 – 2:30 p.m.)
MON. December 18 (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.

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

TUE. November 21 (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.



Weight-loss Surgery Support Group

TUE. November 7 (7 – 8:30 p.m.)

TUE. December 5 (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. November 2 (6:30 – 7:30 p.m.)

THU. December 7 (6:30 – 7:30 p.m.)

Princeton Medicine
2 Centre Drive, Monroe Township

WED. November 15 (6:30 – 7:30 p.m.)

WED. December 20 (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.

Diabetes Support Group

WED. November 15 (2:30 – 4 p.m.)

WED. December 20 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. November 27 (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. November 8 (6:30 – 7:30 p.m.)

WED. December 13 (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 rehabilitation.

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.

Parkinson's Disease: Move Big

WED. November 8 (1 – 2 p.m.)

Stonebridge at Montgomery
100 Hollinshead Spring 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 conditions improve walking and balance, as well as their ability to carry out the activities of daily life. Join John Frank, PT, MSPT, Certified LSVT BIG Clinician, and Nancy Shapiro, PTA, Certified LSVT BIG Clinician, with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn about how LSVT programs can help reduce the progression of symptoms and improve function.



Timing is Everything: What is the Right Time for Medical Tests?

FRI. December 15 (1 – 2 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

Observing the recommended schedule for routine health tests can be a challenge, but proper screenings play an important role in disease prevention and control. Join Aubrie J. Nagy, MD, FACP, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion of when you should schedule certain tests, including mammograms, colonoscopies, hearing tests, skin cancer screenings and more.

Memory & Aging: What's Normal, What's Not

FRI. November 17 (1 – 2 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

Forgetfulness is often dismissed as a normal part of aging, but if you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Early detection, diagnosis and intervention are vital, providing the best opportunities for treatment, support and planning for the future. Join Michael O'Sullivan, BA, Clinical Research Coordinator for Princeton Medical Institute, as he explains the difference between mild cognitive impairment, dementia and Alzheimer's disease.

Acid Reflux: The Burning Question

MON. December 4 (11 a.m. – 12 p.m.)

Stonebridge at Montgomery
100 Hollinshead Spring Road, Skillman

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, board certified in gastroenterology and internal medicine, 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 is a member of the Medical Staff of Princeton HealthCare System.

Healthy Eating to Help Reduce Your Diabetes Risk

WED. November 8 (10:30 – 11:30 a.m.)

Charleston Place

3424 State Route 27, Kendall Park

Join Sandra Byer-Lubin, MS, RD, CDE, Certified Diabetes Educator with University Medical Center of Princeton's Diabetes Management Program, to find out what normal glucose levels are and how to reduce your risk for diabetes and heart disease through your diet.

Urinary Incontinence: Time to Take Control

FRI. December 8 (1 – 2 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

Urinary incontinence affects over 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Physical therapy focused on strengthening the pelvic floor and retraining the bladder can help. Join Becky Keller, PT, PRPC, Pelvic Wellness Rehabilitation Coordinator, and Katie Doyle-Elmer, PT, DPT, both with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness and restore your quality of life.

Heart Health & Stroke

FRI. December 15 (1 – 2 p.m.)

Plainsboro Senior Center

641 Plainsboro Road, Plainsboro

Learn the difference between a heart attack and stroke, their symptoms, and when to seek medical attention. Discover what you can do to lower your risk for heart attack problems at this invaluable program led by Philip Tran, RN-BSN, Stroke Coordinator with University Medical Center of Princeton (UMCP). UMCP is a state-designated Primary Stroke Center.

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



▶ Managing Your Cholesterol

WED. November 1 (12 p.m.)

Kristyn K. Phelps, MD,
board certified in internal medicine



▶ Lung Cancer Screening

WED. December 6 (12 p.m.)

John A. Heim, MD, board certified thoracic surgeon and Chairman, Department of Surgery at University Medical Center of Princeton

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

REGISTER:

www.princetonhcs.org/calendar

1.888.897.8979 (unless another number is indicated)

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

DIRECTIONS: www.princetonhcs.org

 Princeton HealthCare System
Community Education & Outreach



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

Is Lung Cancer Screening Right for You?



By the time lung cancer causes symptoms such as a chronic cough or difficulty breathing, it has often advanced to a point where a cure is unlikely.

That's why people with a history of smoking should talk to their doctor about screening for lung cancer using a low-dose CT scan, says John Heim, MD, Chair of the Department of Surgery at University Medical Center of Princeton (UMCP). Screening can help detect lung cancer at its earliest stages, when treatments are most effective.



“Once you develop symptoms related to lung cancer, the great majority of the time it’s something you can treat but you can’t cure,” Dr. Heim says. “If we are able to identify Stage 1 lung cancer during screening, before a person shows symptoms, it is often curable.”

Lung cancer is the leading cancer killer for men and women in the U.S., and smoking contributes to 80 to 90 percent of lung cancer cases, according to the American Lung Association. CT screening uses X-rays to create cross-sectional views of the lungs to identify abnormalities.

An Experienced Team

If a lung nodule is found during screening, your doctors may decide to monitor it with additional tests throughout the year, biopsy it to determine if it is cancer or surgically remove it right away, Dr. Heim says. At UMCP, the Lung Cancer Screening Program is a collaborative effort between radiologists, surgeons, pulmonologists and oncologists who work together as a team to decide the best course of treatment.

“Our team’s approach depends on the nature of the nodule, including its size and its location,” says Dr. Heim, who is board certified in general surgery and thoracic surgery. “We have an experienced team that works very well together to find the best possible treatment approach.”

Medicare and most private insurances cover the cost of screening for eligible patients.

To schedule an appointment with UMCP’s Lung Cancer Screening Program, please call 609.853.7070.

The U.S. Preventive Services Task Force recommends annual screening if you are age 55 to 80 and:

Have a tobacco smoking history of at least 30 pack-years (number of packs per day, multiplied by number of years)

Are a current smoker or have quit smoking within the last 15 years



Managing Cholesterol: Know Your Risks and Take Action

A high blood cholesterol level greatly increases your risk of heart disease, yet fewer than half of U.S. adults with high cholesterol seek treatment, according to the Centers for Disease Control and Prevention (CDC).



For people age 20 and older, blood cholesterol should be tested at least once every five years, more frequently if your levels are high. Testing can help you and your doctor keep your cholesterol in check, and it's a good opportunity to review your overall risk for heart disease, says **Kristyn Phelps, MD**, an internal medicine specialist with Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS).

“High cholesterol often goes hand in hand with other risk factors for heart disease, including high blood pressure, obesity and poor eating and exercise habits,” Dr. Phelps says.

“Cholesterol can be affected by things we can't control, such as age and family history, but in many cases lifestyle changes can make a major difference.”

Cholesterol is a fat-like substance that passes through the bloodstream. Low-density lipoprotein (LDL or “bad”) cholesterol can clog arteries, while high-density lipoprotein (HDL or “good”) cholesterol helps clear out cholesterol. A person with high total cholesterol has twice the risk of heart disease as someone with low levels, the CDC says.

A Comprehensive Approach

Dr. Phelps says lifestyle changes are the first approach to managing cholesterol for most patients, and include:

- A diet high in fruits, vegetables and fiber and low in saturated fats and added sugars
- Weight loss — even weight loss of 5 to 10 percent has been shown to lower cholesterol levels
- Moderate exercise for at least 30 minutes a day, 5 days a week

“The best exercise is whatever exercise you enjoy,” Dr. Phelps says. “If you enjoy walking, even going out for a walk after dinner counts.”

Medication is an option when lifestyle changes are not enough to lower cholesterol, Dr. Phelps says. For more than 30 years, medications known as statins have been shown to effectively lower cholesterol and heart attack risk.

For patients who don't tolerate statins well, or have a strong family history of high cholesterol, newer, more potent medications are available, including a class of injectable LDL-lowering drugs known as PCSK9 inhibitors.

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

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Princeton House Behavioral Health: ECT is Highly Effective for Treating Depression

Electroconvulsive therapy, or ECT, is one of the most effective treatments for severe depression, and it can be lifesaving for patients who are at risk for harming themselves.

ECT — which involves delivering a small electrical current to the brain — is sometimes misunderstood because of the way it used to be portrayed in popular culture, says Philippe J. Khouri, MD, an ECT specialist at Princeton House Behavioral Health.

“ECT is a modern medical procedure that is nothing like it was depicted in the movies 40 years ago,” says Dr. Khouri, who is board certified in psychiatry and geriatric psychiatry. “It is a very safe, effective treatment that can quickly make a difference in a patient’s condition.”

A Fast, Safe Intervention

ECT is recommended for patients with severe depressive disorders and is especially effective when psychotic symptoms such as delusions or hallucinations are present. It is most often a treatment for patients who have had poor responses to antidepressants, but it is recommended as a first-line treatment for certain patients with psychotic depressive disorders.

“For individuals who are at high suicide risk, ECT is often preferred to pharmacotherapy,” Dr. Khouri says. “It tends to work much quicker than other interventions — with many patients showing onset of improvement after three to four ECT treatments.”



During ECT treatment, the patient is put under general anesthesia and electrodes are placed on the surface of the head. A small electrical current is passed through the electrodes for up to eight seconds. The current brings about chemical changes in the neural circuitry and leads to lessening of depressive symptoms.

ECT at Princeton House

Princeton House has a dedicated center for ECT therapy, and treatments are:

- Closely supervised by an ECT physician, a board certified anesthesiologist and specially trained registered nurses
- Offered for both hospitalized patients (inpatients) and outpatients, who go home after treatment and can immediately resume most activities except driving
- Delivered in up to three treatments a week for two to four weeks, depending on a patient’s needs. Many patients then continue with maintenance therapy one or twice a month.

“For individuals who have severe depression with psychosis, ECT has been shown to improve symptoms as much as 90 percent,” Dr. Khouri says. “That improvement can be lifesaving.”

To learn more, call the Princeton House Behavioral Health ECT Suite at 609.613.4780, or visit www.princetonhouse.org/ECT.

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U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
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October 2016



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Man's Best Friend Can Make **Therapy Easier**

Princeton House Behavioral Health (PHBH) is employing new four-legged team members to help patients communicate easier and reduce anxiety during therapy. Known as animal-assisted intervention (AAI), the initiative introduces dogs to certain therapy programs to help individuals who have difficulty expressing their feelings open up.

AAI is currently being used in children's, women's and adult therapy groups at PHBH's Hamilton location.

"When you're sitting in a therapy group and talking about how you're feeling, it can be hard," says Jody Kashden, PhD, Clinical Director of Child and Adolescent Programs at PHBH. "It is easier to talk about how a dog is feeling, and see the ways you are similar."

Among other things, AAI helps patients who have difficulty identifying their emotions recognize their feelings. "Dogs express emotions in a way humans can identify with and relate to. When they are feeling scared or excited, they wag their tails. When they are fearful they show that too," says Kashden. By connecting with the dog's emotions, patients begin to recognize and appreciate those same feelings in themselves and others.

AAI also helps patients address challenging topics in group therapy. Seeing a dog's reaction to stressors helps patients understand their own reactions.



Canine Comfort

AAI can:

- Improve engagement, social skills and attention
- Reduce anxiety, stress, depression and anger
- Increase self-esteem and communication skills

AAI is different from pet therapy, which typically involves a volunteer bringing a dog into a setting to provide emotional comfort. AAI is therapist directed and focuses on specific therapeutic goals.

"The material we cover using AAI isn't different than our normal therapy programs," says Kashden. "But it allows us to meet our goals much more quickly and successfully, since we are able to address important topics sooner and work through them much more efficiently."