

THIRD YEAR IN A ROW!

University Medical Center at Princeton Recognized as a Top Hospital for Patient Safety—Only NJ Hospital to Receive Designation 3 Consecutive Years



# health focus

THE LATEST IN HEALTH NEWS & INFORMATION | JANUARY/FEBRUARY 2011



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## Women and Heart Disease: What You Need to Know

**communityfocus**

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

The health information provided in Health Focus is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

Health Focus is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.497.4191.

Entire publication  
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# Letter from Barry S. Rabner

## President & CEO, Princeton HealthCare System



As we look ahead to the new year, Princeton HealthCare System (PHCS) is involved in several exciting initiatives that will help redefine healthcare in our region.

Over the coming months and years, we will welcome more primary care physicians and specialists onto our medical staff, expanding the range of services available through PHCS. Many of these physicians will be located in the communities we serve throughout central New Jersey, so that patients can receive care closer to home. For example, in Monroe, additional PHCS-affiliated providers will be available in specialties including geriatrics and pulmonary care, while expanded pulmonary, cardiology and gastroenterology services will be available in Lawrenceville. Pulmonary services will also now be provided at our Princeton Health Medical Associates practice in Dayton.

We are continuing to partner with other recognized clinical care organizations when these partnerships can bring an enhanced level of exceptional service. Our relationship with The Children's Hospital of Philadelphia has benefited thousands of area children, and we are exploring opportunities in other specialty areas that will continue to raise the bar for healthcare services in our area.

The new hospital project also will play a key role in our plans for 2011, as the new University Medical Center of Princeton at Plainsboro (UMCPP) continues to take shape on Route 1.

At the heart of the project is the knowledge that this is not simply a new building—it is a platform for delivering clinical care and services in a way that few have seen before.

When we set out to develop the new hospital, we first developed guiding principles related to clinical excellence, patient satisfaction, sustainability and other priorities. Every decision we have made in designing the building has been aligned with these principles. We looked at 1,200 works of research on hospital design and evaluated their use for the new hospital. We developed a Model Patient Room and are currently conducting research to ensure that our patient rooms in the new hospital meet patients' and family members' needs and provide a positive, efficient work environment for staff. We have continued to refine the room, and we have already begun to share the results of our research with other hospitals so their patients can benefit from it, too.

The new UMCPP will be a model for the nation, on what is likely to be the most comprehensive healthcare campus in the nation – transforming the way illness is prevented, health is maintained, care is delivered and families are supported. In the meantime, we will continue to provide outstanding care and service for you and your family.

We look forward to continuing on this journey with you.  
Best wishes for a happy, healthy 2011.

Barry S. Rabner  
President & CEO, Princeton HealthCare System

# Women and Heart Disease: What You Need to Know

**Although heart disease is the No. 1 cause of death in women, there is still widespread belief that it is mainly a man's disease. Awareness of your risk factors and adoption of a healthy lifestyle are keys to warding off this deadly disease.**



“Cardiovascular disease kills more women than all cancers combined, yet many women are unaware of their potential for developing it,” says Lisa Motavalli, MD, FACC, (pictured left) board certified cardiologist at University Medical Center at Princeton (UMCP). “The good news, though, is that it is largely preventable with diet, exercise and healthy habits like not smoking.”

In fact, smoking is one of the most important preventable causes of premature death in the United States. Quitting, regardless of age, is worthwhile, but sooner is much better than later. Other risk factors for cardiovascular disease include:

- high blood pressure
- high cholesterol
- diabetes
- physical inactivity
- obesity

Family history and age are also risk factors, but even young women can have heart disease.

Dr. Motavalli recommends a diet low in fat, sugar and simple carbs, but high in fiber, as well as regular exercise to help keep your heart and blood vessels healthy. A healthy lifestyle can also contribute to losing weight and managing or eliminating conditions like high cholesterol and diabetes.

## Women's Unique Symptoms

One important difference between men and women can be the presenting symptoms of heart disease.

“Many women do not recognize the warning signs of heart disease,” says Dr. Motavalli. “In addition to chest pain, they can have less obvious signs like nausea, back and jaw pain, fatigue, abdominal pain and shortness of breath.”

If heart disease is suspected, UMCP can perform a variety of diagnostic tests to determine its presence and severity. These tests include echocardiogram (ultrasound to look at heart pumping function and valves); EKG (evaluation of electrical activity); stress test (study to look at blood flow to the heart muscle); and cardiac catheterization (invasive procedure to check for blockages).

UMCP also is equipped to perform emergency angioplasty and stenting for patients presenting with acute heart attacks. Comprehensive cardiac rehabilitation services, meanwhile, are available to help patients recover strength and function after a heart condition is diagnosed.

“Awareness of your personal risk, along with healthy habits, can help you avoid or reduce your odds of developing cardiovascular disease,” Dr. Motavalli adds.

For more information about University Medical Center at Princeton's advanced cardiovascular diagnostic services and cardiac rehabilitation, or for assistance finding a cardiologist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**.



## A Heart-Healthy Diet



It's important to eat a heart-healthy diet, and one of the best ways to do that is to eat foods that are rich in soluble fiber, like whole grains, beans, fruits like bananas and apples, and vegetables like sweet potatoes and carrots, says Anthony

Dissen, RD, (pictured left) Outpatient and Community Education Dietitian with University Medical Center at Princeton's Nutrition Program.

It is also important to limit consumption of refined carbohydrates like white flour and sugars, including corn syrup, or replace them with whole grains, Dissen says.

In addition, the American Heart Association recommends keeping added sugars—not naturally occurring sugars like in fruits—at no more than two tablespoons per day.

And what about fats? Some are good, like Omega 3, found in salmon, mackerel, flax seed oil and walnuts, while others, like trans fats, are damaging. Since trans fats do not occur in nature, watch out for them in processed foods.

Making wise food choices will help your heart. And to help you stick to your new eating plan, Dissen recommends making changes gradually over time.

For more information about UMCP's Nutrition Program and its professional nutritional counseling services, including specialized dietary support for individuals with heart disease, call **609.497.4251** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**.

**See page 7 for more information on heart-healthy events.**

# UMCP Once Again Named a Top Hospital for Safety, Quality of Care

For the third consecutive year, University Medical Center at Princeton (UMCP) was recognized as one of the nation's Top Hospitals by The Leapfrog Group, a coalition working to improve the safety, quality and affordability of healthcare.

UMCP is one of only 58 acute care hospitals nationwide to earn the designation of Top Hospital, which denotes excellence in patient safety and quality of care. Leapfrog's annual list of Top Hospitals typically includes some of the most recognizable and respected names in healthcare. Other Top Hospitals on this year's list include Mayo Clinic hospitals in Minnesota, Arizona, and Florida; Cleveland Clinic Florida; Brigham and Women's Hospital in Boston, a teaching affiliate of Harvard Medical School; and Stanford Hospital and Clinics in California.

To earn the Top Hospital designation, UMCP met Leapfrog standards for preventing medication errors; staffing the ICU; and performing complex, high-risk procedures. UMCP is the only New Jersey hospital to receive Top Hospital designation for three years in a row.

"Earning this recognition three years in a row is evidence of the dedication and skill of our medical staff and employees," said UMCP President Mark Jones. "We are committed to patient safety and providing exceptional care, and The Leapfrog Group consistently ranks us among the nation's top hospitals in those areas."

The Leapfrog Group, based in Washington, D.C., is a partnership of major private and public employers and other large purchasers of health coverage. Since 2001, Leapfrog has



conducted an annual voluntary survey used to measure hospitals' performance in crucial areas of patient safety and quality.

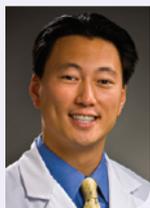
For the past two years, hospitals also were evaluated on efficiency, a measure that takes into account both quality of care and the use of resources. The standard incorporates patient outcomes, length of stay, readmission rates, and incidence of hospital-acquired conditions and infections.

Nearly 1,200 hospitals—accounting for about half of the hospital beds nationwide—responded to the survey. For more information, visit [www.leapfroggroup.org](http://www.leapfroggroup.org).

***Pictured above:** Linda Sieglen, MD, Senior Vice President for Medical Affairs for Princeton HealthCare System, receives University Medical Center at Princeton's 2010 Top Hospital award from The Leapfrog Group. **From left to right:** David Knowlton, Chairman of the Board, The Leapfrog Group; Dr. Sieglen; Leah Binder, CEO, The Leapfrog Group; and Margaret Lancefield, MD, Chair, PHCS Board of Trustees Performance Improvement Committee.*

## Preventing and Treating Sports-Related Knee Injuries

Whether you live an extremely active lifestyle or are an occasional weekend warrior, proper warm-up exercises and cool-down stretches are important to help prevent sports-related knee injuries. Wearing the proper protective gear and equipment and paying close attention to the warning signs that you may be overstressing your muscles and joints are also important points to keep in mind.



"These days we are seeing a lot of overuse injuries, particularly in the younger patient population," says Frederick Song, MD, (pictured left) an orthopedic surgeon at University Medical Center at Princeton who is fellowship trained in sports medicine.

"They may be involved in two or three soccer leagues, and they use the same muscles over and over again, but they aren't training the other important muscles needed to help support their knees. An overall, comprehensive strength-training program can help keep their knees strong and balanced, and can help prevent injuries," Dr. Song explains.

Once an injury occurs, it is important to take the proper treatment steps, whether it's a relatively minor muscle pull that simply needs to be rested or a serious condition requiring

surgery. An injury that results in any of the following requires medical attention:

- an inability to put weight on your knee
- inability to extend or flex your knee
- considerable swelling
- any sign of deformity of the knee or leg

### A Range of Treatments

Surgical procedures can range from minimally invasive repairs of tears to total knee replacements, and the prognosis



# Aortic Aneurysm: Early Detection Saves Lives

**An aortic aneurysm is an abnormal bulge in the wall of the aorta, which carries blood from the heart to vessels throughout the body. Without treatment, the aneurysm can grow larger and abruptly leak blood or rupture—a life-threatening, surgical emergency.**

By the time a person experiences symptoms of an aortic aneurysm, it may be too late.

Symptoms usually don't emerge until an aneurysm ruptures, and fewer than 40 percent of patients survive a ruptured abdominal aneurysm, according to the National Institutes of Health.

However, there are steps you can take to prevent this condition from becoming life threatening. That's why University Medical Center at Princeton offers comprehensive care to detect and treat abdominal or thoracic aneurysms in their early stages.



In fact, vascular surgeons at University Medical Center at Princeton are among the region's leaders in a minimally invasive procedure known as endovascular aneurysm repair. The procedure uses a large stent covered with a synthetic fiber graft that functions as a replacement for the diseased aorta. It greatly reduces the risk of rupture.

"You're essentially re-lining the inside of the aorta so blood no longer travels into the aneurysm sack and exerts pressure on the aneurysm wall," says Elliot Sambol, MD, (pictured left) a member of the UMCP Medical Staff who is a board certified vascular surgeon. "Endovascular aneurysm repair has revolutionized the field of vascular surgery, and over 80 percent of aneurysms can be treated with this method."

## No Symptoms

Aortic aneurysms cause few, if any, symptoms. They are often detected during routine physical exams or during imaging studies for other medical conditions. They are most common



## Aortic Aneurysm Rupture Symptoms

Call 9-1-1 if you experience the following symptoms:

- Severe, sudden and relentless pain in the abdomen or back, which may also radiate to the lower body
- Nausea and vomiting
- Clammy skin
- Rapid pulse and shallow breathing
- Dizziness or fainting

in men over the age of 60. Risk factors are similar to risks for many types of heart and vascular disease, including:

- Smoking
- High blood pressure
- High blood cholesterol
- Diabetes
- Obesity
- Male gender
- Family history

In fact, the U.S. Preventive Services Task Force recommends a one-time ultrasound screening for abdominal aortic aneurysm in men between the ages 65 and 75 who have ever smoked.

UMCP's Outpatient Radiology Imaging offers color and Doppler ultrasound screening that can detect an aneurysm in its early stages. Aneurysms less than 5 cm (about 2 inches) in diameter are usually closely monitored over time. Larger aneurysms often require surgery.

## Less Pressure

During endovascular aneurysm repair, two small incisions are made in the groin. A tiny tube, or catheter, is used to guide the stent-graft to the site of the aneurysm. Most patients go home within two days of the procedure.

"The goal is to de-pressurize the aneurysm sack, because as the pressure increases, so does the risk of rupture," Dr. Sambol says. "If you can redirect the blood so it's going in the stent-graft instead of in the aneurysm sack, then you've effectively treated that aneurysm."

Because not all patients are candidates for endovascular repair, UMCP's vascular surgeons also provide traditional, open surgery for abdominal aneurysms.

For assistance finding a vascular surgeon affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

for a full recovery is excellent, although it's important to keep expectations realistic after a knee injury.

"With a knee injury requiring surgery, there are no quick fixes that will have you up and running around immediately. The rate of recovery following surgery really depends on the patient and the procedure," says W. Thomas Gutowski, MD, FAAOS, (pictured right) Chief of Orthopedic Surgery at UMCP.



"A young athlete undergoing a minimally invasive procedure could be back to their sport in four to six weeks, while an 80-year-old undergoing a knee replacement might need six to 10 weeks to recover mobility," explains Dr. Gutowski, who is

board certified in orthopedic surgery and orthopedic sports medicine.

At UMCP's Outpatient Rehabilitation Network, comprehensive sports-specific rehabilitation programs are available to improve flexibility, joint stability, endurance and conditioning to help people return to sporting activities. Specialized treatment programs currently exist for sports including golf, tennis, swimming, basketball and baseball, as well as dance.

For more information about UMCP's Orthopedics Program or UMCP's Outpatient Rehabilitation Network, or for assistance finding an orthopedic surgeon affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

# New Service Expands Behavioral Health Programs for Women

**Princeton House Behavioral Health (PHBH) has expanded its specialized services for women with the addition of a new program, as well as a new location.**

“The Emotion Regulation Program is for women who struggle with a mood disorder or post-traumatic stress disorder and have difficulty functioning at their best as a result,” explains Nathalie Edmond, PsyD, Director of Women’s Programs at PHBH, a unit of Princeton HealthCare System.

The program combines practical skills training with the benefits of group therapy. It is designed to help women:

- better manage feelings
- reduce symptoms of depression, anxiety and bipolar disorders, as well as traumatic disorders
- learn the connection between thoughts, feelings and behaviors
- become more aware of how one’s past has an impact on current behavior

As with most of the offerings of PHBH’s Women’s Programs, Emotion Regulation incorporates principles of Dialectical Behavior Therapy, or DBT, a form of cognitive behavioral therapy that teaches skills such as mindfulness, distress-tolerance and interpersonal effectiveness. These skills help women cope in times of crises and empower them to be generally more effective in their lives.

The Emotion Regulation Program is offered at PHBH’s new women’s location at 1000 Herrontown Road, Princeton, on an intensive outpatient basis, with three-hour sessions that meet three nights a week. The evening hours are designed to meet the demands of women’s busy schedules.



In addition to this new specialized women’s program, PHBH has expanded its Women’s Programs to its North Brunswick site at 1460 Livingston Avenue. Women’s Programs are also offered at PHBH’s Hamilton and Cherry Hill sites.

“We’ve seen increasing demand for services from Middlesex County, with some women now traveling an hour or more,” Dr. Edmond says. “Bringing our Women’s Programs to North Brunswick improves access to the specialized behavioral healthcare services that women need.”

Research has shown that women have better outcomes in such “gender-sensitive” programs where therapists have greater insight into women’s perspectives, their responses to different treatment approaches and even the different impact medication can have on their physiology. For example, women who have experienced trauma tend to have better outcomes in women’s-only group therapy sessions, where they feel a greater sense of safety and are more likely to share their personal experiences, Dr. Edmond notes.

The Women’s Programs at PHBH consist of four tracks: Women’s Wellness; Women’s Trauma; Women’s Trauma and Addiction; and DBT Skills.

For more information about Princeton House Behavioral Health’s Women’s Programs, or to schedule an appointment, call **609.688.3707** or visit **[www.princetonhouse.org](http://www.princetonhouse.org)**.

## Who Turned up the Heat? Understanding Menopause

**The thermometer might be registering in the single digits, but for many middle-aged women it’s feeling hotter than a summer day in Arizona. Hot flashes and night sweats, caused by the hormonal changes of menopause, can make life miserable during the five to 10 years of perimenopause, the transitional years before your menstrual cycle ends.**



“It can be a challenging time for many women,” says Maria Sophocles, MD, (pictured left) a gynecologist on staff at UMCP, “but there are treatments available to help ease the symptoms of perimenopause. For healthy women up to age 55, hormone replacement therapy can be a safe and effective option.

We use very low doses for short periods of time with excellent results. Alternative treatments that can be effective include non-hormonal medications, and herbal supplements such as dong quai and black cohosh.”

Dr. Sophocles cautions that alternative therapies have less consistent results and are not as rigorously tested as traditional hormonal therapies.

In addition to hot flashes and night sweats, women can experience heavy and irregular menstrual bleeding, which can be a frustrating and dangerous consequence of hormonal irregularities.

“Fortunately, there are now safe and noninvasive office procedures which can profoundly reduce bleeding problems,” says Dr. Sophocles. “This has revolutionized our ability to treat bleeding without hysterectomy and without hormones.”

“Taking the time to take care of yourself can make a difference in the severity of certain symptoms. Regular exercise, eating a high-fiber diet, not smoking and making time for rest and relaxation are very important during this time,” she adds, noting that, for more severe symptoms, it is important to discuss treatment options with your doctor.

For patients whose bleeding cannot be managed medically, surgical options include minimally invasive surgical procedures such as laparoscopic or state-of-the-art da Vinci Surgical System® hysterectomy, all available at University Medical Center at Princeton.

For assistance finding a gynecologist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**. **See page 9 for details about a free seminar on Eating Right for Menopause.**

# community focus

JANUARY – FEBRUARY 2011

Programs are free and registration is required unless otherwise noted. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).

## February is American Heart Month

### Pamper Your Heart Without the Guilt: Learn Heart-Healthy Recipes

THU. February 3 (7 – 8:30 p.m.)  
Community Education & Outreach  
at 731 Alexander Road

**\$15 per person. Registration is limited.**  
When it comes to heart-healthy eating, all foods are not created equal. Discover which foods will keep you healthy and fit and which can leave you tired and rundown. Join Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, and take home some healthy, delicious recipes just in time for Valentine's Day!

### Heart and Sole: A Fitness Festival for Healthy Hearts and Happy Feet

MON. February 14 (2 – 4 p.m.)  
Princeton Fitness & Wellness Center

Join in the fun and kick up your heels for an afternoon of wellness, including:

- Heart-healthy cooking demonstrations by Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program
  - Foot screenings by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery
  - Athletic shoe fittings by Foot Solutions
  - Free blood pressure screening
  - Fitness advice by Princeton Fitness & Wellness Center trainers
- Dr. Hasan is a member of the Medical Staff of Princeton HealthCare System.



### Eating Your Way to a Healthy Heart

TUE. February 15 (6:30 – 8 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

Your cardiovascular health depends on what you put into your body, so a healthy heart is the result of a heart-smart diet. Join Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, and discover how easily you can incorporate heart-healthy foods into your diet.

### Cooking from the Heart: How to Cook Simple and Delicious Heart-Healthy Meals

MON. February 21 (6:30 – 8 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$15 per person. Registration is limited.**

A heart-smart diet can help prevent and even reverse heart disease, but eating healthy doesn't have to be boring or bland. Join Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, for a cooking demonstration and learn to prepare a delicious and flavorful meal you can easily make at home. This demonstration and tasting session also includes healthy food shopping tips, meal-planning ideas, tips on making your favorite recipes healthier, and heart-healthy recipes.



### ONLINE SEMINARS

#### PHCS will host monthly live web chats and you're invited.

Join us for a live online chat on heart-health issues: **February 8 at 7 p.m. with John D. Passalaris, MD, FACC**  
**Ask the Expert: Questions About Your Heart and Vascular Health**

For more details about participating in this seminar and other live Ustream events, see page 16.

 **Princeton HealthCare System**  
**Community Education & Outreach**

Redefining Care.

Directions available at [www.princetonhcs.org](http://www.princetonhcs.org)

#### LOCATIONS:



**Community Education & Outreach Program**  
731 Alexander Rd., Suite 103, Princeton, NJ 08540



**Princeton Fitness & Wellness Center**  
Princeton North Shopping Center  
1225 State Rd., Princeton, NJ 08540



**University Medical Center at Princeton**  
253 Witherspoon St., Princeton, NJ 08540



**Hamilton Area YMCA John K. Rafferty Branch**  
1315 Whitehorse-Mercerville Rd., Hamilton, NJ 08619

**CURRENT PROGRAMS**

Princeton HealthCare System Community Education & Outreach 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.

**Chronic Pain Management**

TUE. January 4 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
According to the American Chronic Pain Association, 34 million Americans suffer from chronic pain. If left untreated, chronic pain can increase stress, raise your metabolic rate, delay healing, decrease mobility, cause eating and sleep problems, and reduce your quality of life. Join us as Lawrence E. Kanter, MD, board certified in pain medicine/pain management and anesthesiology, provides an overview of chronic pain, its causes and treatment options. Dr. Kanter is a member of the Medical Staff of Princeton HealthCare System.

**Diabetes and Weight Management: Achieving a Balance**

FRI. January 7, 14, 21 & 28  
February 4, 11, 18 & 25  
(11 a.m. – 12 p.m.)  
University Medical Center at Princeton  
Diabetes Management Program  
Medical Arts Building, Suite B

**\$95 per person. Registration required. Please call 609.497.4372 to register.**  
This eight-week program is designed to help you improve your glucose control and achieve a healthy weight loss. Facilitated by Sandra Byer-Lubin, RD, CDE, a registered dietitian and certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, the program includes:

- An individual nutritional evaluation and a personalized health plan
- Seven group sessions focusing on lifestyle and behavioral approach methods
- Guest speakers on stress management and exercise
- Healthy eating for diabetes, recipes, carbohydrate- and calorie-counting book

For more information on UMCP's Diabetes Management Program and its full range of educational services available, please call 609.497.4372 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

**Thyroid: Master Gland of Metabolism & Energy**

TUE. January 11 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Weight gain, fatigue, depression, muscle aches, sleep problems, high cholesterol, low libido—any or all of these could be signs that your thyroid is not working properly. January is Thyroid Awareness Month, and a good time to learn more about your thyroid. Join Navtika Desai, DO, board certified endocrinologist and a member of the Medical Staff of Princeton HealthCare System, as she explores the role of the thyroid in your overall good health.



**A Workshop for Parents: Nurturing Self-confidence in Teens**

WED. January 19 (6:30 – 8 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
Is your teen feeling hopeful or hopeless? Empowered to succeed or depressed? Parents play a huge role in how their children think and feel, and effective parent-child communication is extremely important. Join Robert Bennett, DO, board certified psychiatrist with a specialty in child/adolescent psychiatry, and learn effective ways to communicate with your teenagers and help them develop the confidence and self-esteem needed to take on life's many challenges.

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

THU. January 20 – February 10 (6 – 9 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$30 per person. Registration is limited.**  
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

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

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



THU. February 24 –  
March 10 (6 – 9 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$30 per person. Registration is limited.**  
R.A.D. Women Advanced™ is an extension of the R.A.D. Women™ basic program and contains advanced skills that are easy to learn and retain. This class is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including:

- Advanced ground defense
- Firearm defense
- Knife defense
- Advanced techniques building on skills learned in R.A.D. Women™ basic program

Requirements include completion of the 12-hour R.A.D. Women™ basic program. Techniques are simple, practical and effective—designed for every woman regardless of physical fitness. This three-evening course is open to women of all ages. Dress in sneakers and comfortable clothing.

**Dare to Prepare: Teen Driving Workshop**

WED. January 12 (6:30 – 8 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
During this interactive, pre-permit workshop, explore the rules of the road with your teen before he or she gets behind the wheel. Parents and teens are encouraged to attend the workshop together, and will learn:

- Practical tips on teaching teens to drive
- What to look for in a driving school
- Parental roles and responsibilities
- State and national statistics on teen driving
- Graduated Driver Licensing (GDL) components

A representative from AAA will present this workshop.

**Please Give Blood**

You can help to save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering a coupon for a single cup of home-made ice cream to everyone who donates a pint of blood. For hours, or to schedule your appointment, call 609.497.4366.

## CURRENT PROGRAMS

**Skin Care for Women: Looking Good From the Inside Out**

THU. January 13 (6:30 – 8 p.m.)

UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

We can't stop the aging process, but a proper skin care routine can help keep common problems, such as wrinkles and age spots, at bay. Brian R. Keegan, MD, PhD, board certified dermatologist, will discuss some of the latest and most effective preventive care and treatment options available for maintaining and enhancing your skin health. Dr. Keegan is a member of the Medical Staff of Princeton HealthCare System.

**Posture and Pilates: The Perfect Pair**

TUE. January 18 (12:30 – 1:30 p.m.)

Princeton Fitness & Wellness Center  
Pilates exercises core abdominal muscles, which helps maintain the strong, flexible spine you need for good posture, and good posture makes you stronger, reduces joint and muscle stress and increases range of motion. Join Eileen Kast, PT, OCS, with University Medical Center at Princeton's Outpatient Rehabilitation Network, and Valerie Paolucci, Regional Pilates Reformer Director at Princeton Fitness & Wellness Center, for an active discussion and demonstration on proper posture and how Pilates can help you relieve pain, improve circulation and muscle function, and feel younger. This program will be an active class—dress comfortably.

**Women's Health Update: Prevention & Early Detection of Gynecological Cancers**

THU. January 20 (6:30 – 8 p.m.)

UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

Prevention and recognizing the early warning signs of reproductive cancers will be the focus of this informative discussion. Eugene S. Gamburg, MD, OB/GYN, will discuss the six forms of gynecological cancers: cervical, ovarian, uterine, vaginal, vulvar and fallopian tube. A question-and-answer session will follow. Dr. Gamburg is a member of the Medical Staff at Princeton HealthCare System.

**Advances in Assisted Reproduction Technologies**

THU. January 20 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center  
Remarkable advances

have been made in the field of assisted reproductive technologies over the past few years. Improvements in laboratory techniques, innovations in ovulation induction and the treatment of male factor infertility have enabled many couples to achieve their dream of having a child. Join us as Seth G. Derman, MD, FACOG, board certified OB/GYN and reproductive endocrinologist, discusses options for treatment of infertility.

**Mindful Eating**

MON. January 24 (7 – 8:30 p.m.)

Franklin Township Library  
485 DeMott Lane  
Somerset

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program. Do you find yourself overeating? Would you like to make better food choices? Have you been unsuccessful in developing healthy eating habits? When you become more mindful of your relationship with food, you can break free from unhealthy eating patterns and make healthier food choices. Join us for this informative session presented by Anthony Disen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program.

**Eating Right for Menopause**

TUE. January 25 (6:30 – 8 p.m.)

UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

Good nutrition helps ease the symptoms of menopause by supplying your body with the nutrients necessary for optimal health throughout this transitional phase. Anthony Disen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will discuss how eating the right combination of foods can combat some of the more challenging symptoms of menopause, such as hot flashes, irritability and mood swings.

## COOKING CLASSES &amp; TASTING SESSIONS

\$15 per person, per class. Registration is limited.

These programs feature hands-on demonstrations by Anthony Disen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program.

**Lebanese Cuisine**

WED. January 12 (7 – 8:30 p.m.)

Princeton Fitness &amp; Wellness Center

Lebanese cuisine, with its wide range of flavors and fresh ingredients, is one of the most delicious and healthy diets around. Join us and learn to prepare simple Mediterranean meals blending the traditional Lebanese ingredients of garlic, olive oil and lemon juice to create mouthwatering entrees.

**Cooking for Weight Loss**

MON. January 17 (6:30 – 8 p.m.)

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

Stocking your kitchen with healthy food is the first step toward weight loss, but the real key is healthy cooking. Join us and learn how to cook your way to a healthier 2011 and achieve your personal weight-loss goals.

**The Teen Chef: Learn How to Cook Quick, Easy and Healthy on a Busy Teen Schedule**

WED. February 2 (6:30 – 8 p.m.)

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

Busy teen schedules make it tough to find time to prepare and eat healthy meals. Join us and learn how to fit healthy eating into your busy lifestyle.

Tips include:

- Quick and easy meal and snack ideas
- Making healthier choices at fast food restaurants
- Nutrition tips for college

**Moroccan Cafe**

WED. February 9 (7 – 8:30 p.m.)

Princeton Fitness &amp; Wellness Center

Looking for some new comfort food recipes to keep you warm this winter? Go beyond the couscous and discover the exotic flavors of Moroccan cuisine, from sweet-smelling stews to hearty entrees.

CURRENT PROGRAMS

**Let It Snow!  
Winter Sport  
Injuries and  
Prevention**



WED. January 26  
(6:30 – 8 p.m.)

Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
Severe winter sports injuries can be avoided  
if you take proper precautions. So keep  
the ice under your skates rather than on  
your swollen joints by learning the facts  
about cold-weather sports injuries at this  
informative session. Adam D. Redlich, MD,  
board certified in sports medicine, and Linda  
Lucuski, MPT, Cert. MDT, Rehabilitation  
Coordinator with the University Medical  
Center at Princeton's Outpatient  
Rehabilitation Network, will discuss:

- Injury prevention
- Flexibility and strengthening exercises for  
specific winter sports
- Proper injury diagnosis
- Post-injury tips to reduce pain and loss  
of motion

Dr. Redlich is a member of the Medical Staff  
at Princeton HealthCare System.

**What Did You Say?  
Hearing Loss and Advances in  
Hearing Aid Technology**

THU. January 27 (6:30 – 8 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
Tired of missing out in social settings  
because your hearing is failing? Learn more  
about hearing loss and the latest hearing  
aid technology at this informative session.  
Howard S. Farmer, MD, FACS, board  
certified otolaryngologist and member of  
the Medical Staff of Princeton HealthCare  
System, will discuss the signs and symptoms  
of ear disorders related to hearing loss.  
Audiologist Susan Chrystal, AuD, CCC/A,  
will discuss hearing aids and recent  
advancements in hearing aid technology.

**Understanding  
Alzheimer's Disease**

THU. January 27 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center



The warning signs of  
Alzheimer's disease  
are often dismissed as  
normal signs of aging.  
But if you or someone

you know is experiencing memory loss or  
changes in behavior or mental skills, early  
detection, diagnosis and intervention can  
make a significant difference in treatment,  
support and planning for the future. Robert  
Platzman, DO, board certified in geriatric  
medicine and internal medicine and member  
of the Medical Staff of Princeton HealthCare  
System, will present this program designed  
to provide a clearer understanding of  
Alzheimer's disease.

**Camps, Kids and Sports Expo**

SAT. January 29 (10 a.m. – 4 p.m.)  
The Westin Princeton at Forrestal Village  
Ballroom  
201 Village Boulevard, Princeton

No registration required.  
It's never too early to think about summer!  
Princeton HealthCare System and the  
*Princeton Packet* are proud to co-sponsor  
the annual kids' camp expo, which has been  
expanded this year to include sports camps.  
Explore the summer camp options for your  
child and visit with vendors who specialize  
in products and services for kids of all  
ages. Health professionals from Princeton  
HealthCare System will be available to  
answer your health-related questions. Bring  
the whole family for a fun-filled day of  
performances, games, arts and crafts!



**High Blood  
Pressure  
and Kidney  
Disease**

TUE. February 1  
(7 – 8:30 p.m.)  
Princeton Fitness  
& Wellness Center

Hypertension, or high blood pressure, is a  
silent killer, and puts you at risk for many  
other health conditions, including heart  
attack, stroke and kidney disease. Join us  
to learn about the role healthy kidneys  
play in managing blood pressure, and the  
importance of taking control of your health.  
Grace B. Bialy, MD, FACP, board certified  
nephrologist and a member of the Medical  
Staff of Princeton HealthCare System, will  
lead this discussion.

**Lung Cancer: The Facts  
You Need to Know**

THU. February 3 (6:30 – 8 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B



Lung cancer is the  
leading cause of cancer  
death in the United  
States and the most  
preventable form of the  
disease, according to  
the American Cancer  
Society. John A. Heim,  
MD, board certified in  
thoracic cardiovascular  
surgery and thoracic surgery, will discuss:

- Signs and symptoms associated with  
lung cancer
  - Screenings, early detection and diagnosis
  - Stages of lung cancer
  - Current treatment options available
- Dr. Heim is a member of the Medical Staff  
at Princeton HealthCare System.

**Sustainable Weight Loss**

THU. February 17 (7 – 8:30 p.m.)  
Franklin Township Library  
485 DeMott Lane, Somerset

Registration will be accepted in person  
at the library or through Princeton  
HealthCare System's Community  
Education & Outreach Program.  
Achieving and maintaining a healthy body  
weight can help you feel good, prevent  
disease, and prolong your life. Learn how to  
lose weight and maintain your healthy body  
weight by exploring how the body digests  
food and how stress, hormones and blood  
sugar influence weight. Anthony Disson, RD,  
Outpatient & Community Education Dietitian  
with University Medical Center at Princeton's  
Nutrition Program, will present this program.

**Introduction  
to Experience  
the Gains of  
Exercise and  
Weight Loss**

MON. February 21  
(6:30 – 8 p.m.)  
Princeton Fitness &  
Wellness Center



Introduction is  
free to all who  
are interested.

This free panel discussion will serve as the  
kick-off for a fitness and wellness program  
that is designed to help and motivate  
individuals who want to lose a minimum of  
50 pounds.

- Alpesh B. Patel, MD, board certified in  
cardiovascular disease, internal medicine,  
interventional cardiology and nuclear  
medicine, will discuss *The Gains of Weight  
Loss: Positive Impact on Body Systems*.
- Nicole Doran, NASM, CPT, Fitness  
Manager, Princeton Fitness & Wellness  
Center, will discuss *The Gains of Exercise:  
Improving Strength, Endurance, Flexibility  
and Confidence*.
- Robert E. Brolin, MD, FACS, and Wai-  
Yip Chau, MD, board certified surgeons  
specializing in bariatric surgery, will  
discuss surgical weight-loss options.
- Donna De Mild, ELI-MP, Certified  
Professional Life Coach, will discuss  
how to get motivated.

Join us to be inspired and find support for  
your weight-loss efforts.

**Experience the Gains of  
Exercise and Weight Loss**

MON. & THU. February 28 – May 19  
(7 – 8 p.m.)  
Princeton Fitness & Wellness Center

**\$199 per person. Registration required.  
Please call 609.683.7888 to register.**

This 12-week fitness program is designed  
to help and motivate individuals who want  
to lose a minimum of 50 pounds. There  
will also be cooking demonstrations on  
Wednesday, March 16 and April 13.

## CURRENT PROGRAMS

**Teen Health: Ask the Experts**

TUE. February 22  
(7 – 8:30 p.m.)  
Princeton Fitness  
& Wellness Center



Making it through the tumultuous teen years can be a challenge for parents. Here is your chance to ask our panel of experts advice on teens' sleep needs, proper nutrition, sexual health and immunizations, moodiness, and more. Join us for this open forum with panelists Kathleen A. Swayne, MD, board certified in pediatrics; Maria E. Sophocles, MD, specializing in adolescent gynecology; and Robert Bennett, DO, specializing in psychiatry at Princeton House Behavioral Health. The doctors are members of the Medical Staff of Princeton HealthCare System.

## CHILD BIRTH &amp; FAMILY

## PRENATAL CLASSES &amp; PREPARING FOR BABY'S ARRIVAL

University Medical Center at Princeton, which for four years in a row (2006/2007 – 2009/2010) has been ranked by HealthGrades® among the top five percent of hospitals in the nation for maternity services, is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

## 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. January 10 – January 31  
(7 – 9 p.m.)  
TUE. January 18 – February 8  
(7 – 9 p.m.)  
WED. January 26 – February 16  
(7 – 9 p.m.)  
THU. February 10 – March 3  
(7 – 9 p.m.)  
TUE. February 22 – March 15  
(7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

**\$120 per couple.**

The third session of each series will be held at University Medical Center at Princeton and will include a tour of the Maternal-Child Health Program. 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.

**HypnoBirthing®**

WED. January 12 – February 9  
(6:30 – 9 p.m.)  
Community Education & Outreach at  
731 Alexander Road

**\$195 per couple.**

This five-week class is designed for expectant couples who have 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. Please bring an exercise mat and two pillows.

**Review of Birthing Basics**

FRI. January 14 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

**\$60 per couple.**

Designed for second- or third-time parents, this program will help you refresh and practice coping skills for labor and delivery.

**Accelerated Birthing Basics**

SAT. January 15 (9 a.m. – 5 p.m.)  
SAT. February 12 (9 a.m. – 5 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

**\$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.

**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.

**Sibling Class**

SAT. January 8 (10 – 11:30 a.m.)  
SAT. February 19 (10 – 11:30 a.m.)  
University Medical Center at Princeton  
Main Lobby

**\$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 ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.

**Maternity Tour**

SAT. January 8  
(12 – 1 p.m. or 1:30 – 2:30 p.m.)  
THU. January 13  
(6 – 7 p.m. or 7:30 – 8:30 p.m.)  
THU. February 3  
(6 – 7 p.m. or 7:30 – 8:30 p.m.)  
SAT. February 19  
(12 – 1 p.m. or 1:30 – 2:30 p.m.)  
University Medical Center at Princeton  
Main Lobby

University Medical Center at 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 Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

**Prenatal Exercise**

TUE. January 11 – February 15 (7 – 8 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$95 per person.**

This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to improve muscle tone, circulation and energy levels while easing everyday tension and stress. The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own comfort level, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

**CHILDBIRTH & FAMILY**

**PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL**

**Prenatal Breastfeeding Class**

TUE. January 11 (7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

MON. February 7 (7 – 9 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$45 per couple.**  
Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems. This class is taught by a certified lactation consultant.

**Baby Care**

THU. January 20 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

TUE. February 15 (7 – 9:30 p.m.)  
Princeton Fitness & Wellness Center

**\$45 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. Topics include infant care, feeding choices, choosing a pediatrician and more.



**Daddy Boot Camp™**

SAT. January 22 (9 a.m. – 12:30 p.m.)  
SAT. February 19 (9 a.m. – 12:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

**\$25 per person.**  
This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and to 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.

**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.

**CHILDBIRTH & FAMILY**

**POSTPARTUM, PARENTING & CHILD-REARING CLASSES**

University Medical Center at Princeton, which for four years in a row (2006/2007 – 2009/2010) has been ranked by HealthGrades® among the top five percent of hospitals in the nation for maternity services, is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.



**Bright Beginnings (birth to 6 months)**

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

**\$5 per session, payable at the door.**  
**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 the parent or caregiver. For a list of topics, visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.

**Breastfeeding Support Group**

Fridays (11 a.m. – 12 p.m.)  
Community Education & Outreach at  
731 Alexander Road

**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 a certified lactation consultant.

**Postpartum Exercise**

Tuesdays & Thursdays (10:30 – 11:30 a.m.)  
*No class on January 13 and February 8. (Additional schedule changes may apply; please check other months.)*  
Community Education & Outreach at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$10 per class\*. Registration required.**  
This class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The exercise program, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.  
*\*Save up to 12.5 percent on registration costs by purchasing a class discount card: \$75 for eight classes, \$90 for 10 classes, \$105 for 12 classes.*  
*\*Must register by phone; please call 1.888.897.8979.*



**Postpartum Adjustment Support Group**

THU. January 6 (11 a.m. – 12 p.m.)  
THU. January 20 (11 a.m. – 12 p.m.)  
THU. February 3 (11 a.m. – 12 p.m.)  
THU. February 17 (11 a.m. – 12 p.m.)  
Community Education & Outreach at  
731 Alexander Road

**No registration required.**  
Having a new baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System as they help explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to bring their infants.

**Infant Massage**

FRI. January 21 (6:30 – 8:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

**\$30 per family.**  
Learn about the principles of infant massage with your baby and practice massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Test the oil on your baby's ankle or wrist at least 20 minutes before coming to class to make sure he or she has no skin sensitivities. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.

## 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](http://www.princetonhcs.org/calendar) to register.

**Bus Safety and Emergency Procedures for First Responders**

SAT. January 15

9 a.m. – 12 p.m. Morning session

12:30 – 3:30 p.m. Afternoon session

NJ TRANSIT, Hamilton Township Garage

600 Sloan Avenue, Hamilton

Please register for only one session. Each three-hour training session will provide first-responders with a basic overview of buses operated by NJ TRANSIT, including:

- Entrance and exit doors
- Batteries
- Driver's compartment
- Wheelchair lift
- Engine compartment
- Interior
- Fuel tanks
- Fire suppression system

## CPR &amp; FIRST AID

Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by Princeton HealthCare System.

**BLS for Healthcare Providers**

TUE. January 4 (6 – 10:30 p.m.)

THU. February 3 (9 a.m. – 1:30 p.m.)

Community Education &amp; Outreach at 731 Alexander Road



WED. January 12 (9 a.m. – 1:30 p.m.)

University Medical Center at Princeton, Conference Room A

TUE. February 8 (6 – 10:30 p.m.)

University Medical Center at Princeton Lambert House, Classroom 3

THU. January 20 (6 – 10:30 p.m.)

WED. February 16 (9 a.m. – 1:30 p.m.)

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

MON. January 24 (9 a.m. – 1:30 p.m.)

THU. February 24 (6 – 10:30 p.m.)

Princeton Fitness &amp; Wellness Center

**\$65 per person.**

The BLS for Healthcare Providers 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—Infant**

SAT. January 8 (9:30 – 11:30 a.m.)

Community Education &amp; Outreach at 731 Alexander Road

SAT. January 29 (9:30 – 11:30 a.m.)

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

SAT. February 19 (10 a.m. – 12 p.m.)

Princeton Fitness &amp; Wellness Center

**\$30 per person.**

The Family & Friends CPR—Infant program teaches you how 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. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

**Family & Friends CPR—Adult & Child**

SAT. January 8 (12:30 – 2:30 p.m.)

Community Education &amp; Outreach at 731 Alexander Road

SAT. February 19 (1 – 3 p.m.)

Princeton Fitness &amp; Wellness Center

**\$30 per person.**

This Family & Friends CPR program teaches you how to perform CPR on adults and children and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

**Heartsaver AED**

MON. January 10 (6 – 9 p.m.)

Community Education &amp; Outreach at 731 Alexander Road

THU. February 17 (6 – 9 p.m.)

Princeton Fitness &amp; Wellness Center

**\$60 per person.**

The Heartsaver AED course teaches CPR, AED use, relief of choking in adults, children and infants, as well as the 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.

**Heartsaver CPR**

TUE. January 18 (6 – 9 p.m.)

University Medical Center at Princeton, Conference Room A

WED. February 23 (9 a.m. – 12 p.m.)

University Medical Center at Princeton, Conference Room B

**\$55 per person.**

The Heartsaver CPR course teaches CPR and relief of choking in adults, children, and infants, as well as the use of a barrier device for all ages. Heartsaver CPR 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.

**Pet First Aid and CPR**

THU. February 10 (6 – 9 p.m.)

Community Education &amp; Outreach at 731 Alexander Road

**\$40 per person.**

The Pet First Aid course, designed by the American Safety & Health Institute (ASHI), teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.

**CANCER LECTURES, SCREENINGS & SUPPORT GROUPS**

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive lectures and screenings, to support groups for those living with the disease. To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). The Cancer Program at University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited program of the American College of Surgeons' Commission on Cancer. For further information about the UMCP Cancer Program, please call 609.497.4475.



**American Cancer Society's Look Good, Feel Better**

TUE. January 4 (1 – 3 p.m.)  
UMCP Breast Health Center  
300B Princeton-Hightstown Road  
East Windsor Medical Commons 2  
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 make-over for the spirit!

**Top Foods That Fight Cancer: Nutritional Lecture**

THU. January 13 (11 a.m. – 12 p.m.)  
University Medical Center at Princeton  
Ground Floor, Conference Room A

Registration preferred.

Foods can help our bodies heal and keep us feeling fit or leave us susceptible to illness and feeling sluggish. When it comes to cancer, certain foods can be powerful allies in fighting off cancer cells and helping our bodies remain strong and healthy. Join Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, and discover what these foods are and how you can incorporate them into your daily life.



**Cancer Support Group**

TUE. January 18 (1:30 – 3 p.m.)  
TUE. February 15 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

No registration required.  
Walk-ins welcome.

University Medical Center at 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
  - Managing concerns about recurrence
- This program will be 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. January 18 (6 – 7:30 p.m.)  
TUE. February 15 (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 healthcare professional from Princeton HealthCare System.

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

WED. January 19 (12 – 1 p.m.)  
WED. February 16 (12 – 1 p.m.)  
University Medical Center at Princeton  
Administrative Conference Room  
2nd Floor, A2 Wing

Registration preferred.  
Walk-ins welcome.

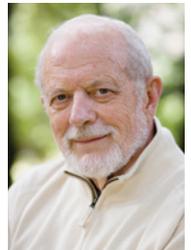
Princeton HealthCare System's Head and Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides:

- Encouragement for fellow members
- A safe setting for sharing concerns and problems related to life after cancer
- Education
- 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.

**Prostate Cancer Support Group**

WED. January 26 (12 – 1:30 p.m.)  
WED. February 23 (12 – 1:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road



No registration required.  
Walk-ins welcome.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System. At the January meeting, Thomas R. Blom, MD, board certified in hematology and medical oncology, will present *Managing Metastatic Disease*. The February meeting will be an open forum.

SUPPORT GROUPS

**UNITE: Perinatal Loss Bereavement Support Group**

MON. January 3 (7 – 9 p.m.)  
MON. February 7 (7 – 9 p.m.)  
Community Education & Outreach at  
731 Alexander Road, Conference Room B

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.

**Bariatric Surgery Support Group**

MON. January 10 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

MON. February 7 (7 – 8:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

Individuals who have had or are considering weight-loss surgery have found this support group to be extremely beneficial. This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, as well as their family members, and those who are considering weight-loss surgery options. This support group may include, but is not limited to, the following facilitators: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. *Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.*

**ICD Support Group: Support Group for People With Implanted Cardiac Defibrillators (ICD)**

TUE. January 18 (6:30 – 8 p.m.)  
Princeton Fitness & Wellness Center

TUE. February 15 (6:30 – 8 p.m.)  
Community Education & Outreach at  
731 Alexander Road

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



Support group members and other interested individuals are welcome to attend this

special presentation being offered at the ICD support group, which is facilitated by Eran Zacks, MD, FACC, EP Specialist, and by the staff of University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health, and well-being. In January, Anthony Disen, RD, Outpatient & Community Education Dietitian for University Medical Center at Princeton's Nutrition Program, will present *Low Salt, High Flavor*, a cooking demonstration that will benefit those with hypertension and congestive heart failure, as well as individuals interested in lowering their salt intake. In February, George F. Wilson, MD, board certified psychiatrist, will discuss the causes, symptoms and management of post-traumatic stress disorder (PTSD). Dr. Wilson is a member of the Medical Staff of Princeton HealthCare System.



**Diabetes Support Group**

WED. January 19 (2:30 – 4 p.m.)  
WED. February 16 (2:30 – 4 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

MON. January 24 (6:30 – 8 p.m.)  
University Medical Center at Princeton  
Diabetes Management Program  
Medical Arts Building, Suite B

No registration required. Walk-ins welcome. Please call 609.497.4372 for information.

This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, facilitates meetings.

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. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 1.888.897.8979 (unless another number is indicated).

**Ouch! What Can I Do for the Pain? Pain Management Options**

MON. January 10 (11 a.m. – 12 p.m.)  
West Windsor Senior Center  
271 Clarksville Road  
Princeton Junction

Please call 609.799.9068 to register.  
An estimated 50 million Americans live with chronic pain and 25 million suffer from acute pain, according to the American Academy of Pain Management. This pain is most commonly caused by arthritis; lower back, bone, joint and muscle conditions; and fibromyalgia. Donna Post, BSN, RN, board certified in pain management, Assistant Nurse Manager and University Medical Center at Princeton's Pain Management Coordinator, will discuss the myths, misinformation and fears associated with pain management and how you can benefit from treatment.



**Advance Directives**

MON. January 24 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
1 Municipal Plaza  
Monroe Township

Please call 732.521.6111 after December 15 to register.

It is helpful for your family, loved ones and caregivers to know your wishes in the case of hospitalization or incapacitation. This session, led by Sandra Mariani, MSN, RN, a Health Educator with Princeton HealthCare System, will include discussion of:

- The legalities of advance directives
  - How advance directives are used in the hospital setting
- Participants will have the opportunity to fill out an advance directive form if they so choose. Mariani will be available to notarize any completed forms.

**EVENTS FOR SENIORS**

**Fun with the Pharmacist!  
Game Show and  
Brown Bag Session**

FRI. February 18 (1 – 2 p.m.)  
West Windsor Senior Center  
271 Clarksville Road  
Princeton Junction

Please call 609.799.9068 to register. Test your medication “IQ” with the Pharmacy Game Show—the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. Timothy Reilly, PharmD, BCPS, a Clinical Pharmacist with Princeton HealthCare System and Clinical Assistant Professor at the Ernest Mario School of Pharmacy, Rutgers—The State University of New Jersey, will present this program.



**Advances in Geriatric Medicine**

MON. February 28 (1:30 - 3 p.m.)  
Monroe Township Senior Center  
1 Municipal Plaza, Monroe Township

Please call 732.521.6111 after January 15 to register. University Medical Center at Princeton (UMCP) has joined a select number of hospitals nationwide in opening an eight-bed Acute Care of the Elderly (ACE) nursing unit. University Medical Center at Princeton is one of the first hospitals in the state to offer this special nursing unit specifically designed to meet the complex needs of the older adult population. This discussion will focus on the innovative changes at UMCP to care for older adults, including:

- Geriatric-friendly rooms
- Bed designs
- Specialized trained staff
- NICHE (Nurses Improving Care for Health System Elders)

**Complementary Therapies Help  
Cancer Patients with Their Overall Well-Being**



**A newly introduced program of complementary therapies at University Medical Center at Princeton (UMCP) is geared to supporting and educating cancer patients and families in alternative ways to regain or maintain physical, emotional and spiritual health.**

“In addition to the medical management of the disease, complementary or alternative treatments can help cancer patients and their families feel empowered and supported during and after treatment,” says Judy Neuman, CTR, Director of Cancer Services at UMCP. “We developed a series of programs to help patients cope with the physical and psycho-social effects of cancer.”

Launched in September 2010 with a meditation and visualization class, UMCP’s program has expanded to include offerings such as nutrition classes, Reiki and other holistic therapies and healthy cooking demonstrations. The

outstanding physicians and clinicians of UMCP’s Cancer Program work with the skilled educators of PHCS’ Community Education and Outreach Program to provide these complementary therapies at no cost to the community, regardless of whether the patient was treated at UMCP.

“We hope to reach out to the community and let them know that both comprehensive cancer care and complementary therapies can be found right here,” says Neuman. “We want patients to know that even after their therapy is finished, we’ll support and guide them through the months and years ahead.”

The Cancer Program at UMCP provides exceptional, multidisciplinary care in a personalized and compassionate setting. Our affiliation with The Cancer Institute of New Jersey ensures that we can offer access to state-of-the-art clinical trials for the latest treatment options. We are also accredited by the American College of Surgeons’ Commission

# Helping to Move the Community Forward

Many physicians mesh their careers and community service, but few seem to enjoy that combination more than William Burks, MD (pictured right). A retired surgeon, Dr. Burks served as a member of the Medical Staff of Princeton HealthCare System for more than 32 years, as well as a member of the Princeton HealthCare System Board of Directors for 12 years.

In a recent conversation, Dr. Burks talked about how the medical needs of central New Jersey have grown and how the new hospital will benefit the community he so loves.

## How has the hospital changed over the years?

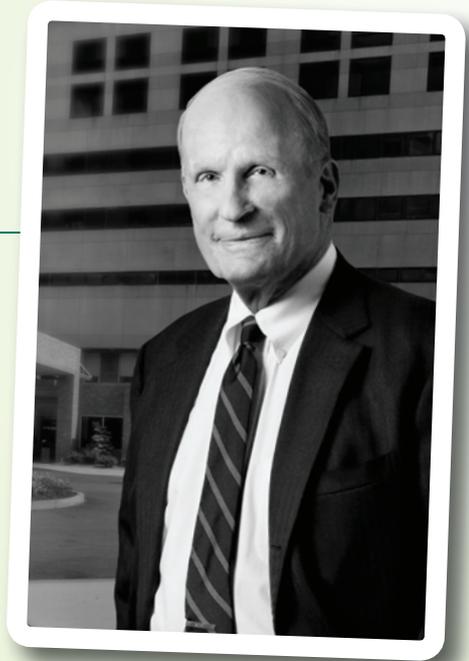
It has changed dramatically over the past 40 years. The staff and patient populations continue to grow fairly rapidly. There has been a huge increase in outpatient services at the hospital. More and more patients come from east of Route One. Technology has changed dramatically and with it the ability to enhance medical care. At the same time, the cost of technology is often high, and hospitals face the challenge of containing costs.

## What opportunities will the new hospital provide?

It will greatly enhance the ability to attract the very best physicians, those who will recognize the ability to practice medicine at the very highest level. Having the single patient room set-up will help combat infections, an increasingly serious problem in many hospitals across the country. The modern emergency department and outpatient facilities will greatly enhance efficiency and quality of care. We clearly needed more space—for operating rooms that can house more sophisticated equipment, radiological suites, lab equipment and better communication through proximity and design. The response to the needs of the patient population will be wonderful.

## Why did you become a doctor/donor to the Design for Healing campaign?

It's hard to ask others for support when you are not giving support yourself. My wife, Judy, and I firmly believe that giving to the hospital is an obligation, both with respect to annual giving and the capital campaign. We were not only a part of the hospital community for many years, but made our living there and are indebted to it. We chose to support the Family Respite in the Llura and Gordon Gund Center for Intensive and Critical Care because families of patients in critical condition are under considerable stress, and we want them to know that physicians care about their welfare.



Like Dr. Burks, many other physicians are active contributors to the new hospital. An ad campaign fashioned on the idea of *Doctor. Donor. Believer* highlights a few of these generous individuals. To view all of the campaign ads, please visit our website at [www.princetonhcs.org/foundation](http://www.princetonhcs.org/foundation). The ads can be found in the *Meet Our Donors* section.



on Cancer (CoC), which is a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through prevention, research, education and comprehensive quality care.

For more information about UMCP's Cancer Program, please call **609.497.4475**. For assistance finding an oncologist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## This new year, resolve to uncover a healthier you.

If you have been struggling with losing significant weight, you may be able to join the hundreds of thousands of people each year who have lost weight and regained their lives—and health—through bariatric surgery. And, now is the ideal time to do something about it, as new insurance options through University Medical Center at Princeton and board certified surgeon **Wai-Yip Chau, MD**, are expanding your opportunities to explore the benefits of bariatric surgery.

UMCP is one of the few hospitals in New Jersey to be designated as a Bariatric Surgery Center of Excellence, ensuring that UMCP meets or exceeds national standards for equipment, staffing, training, safety and patient outcomes.

**For more information about bariatric surgery options, call Dr. Chau at 609.785.5870.** For the latest details on upcoming seminars about bariatric surgery, visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).



# How to Know When Your Child's Fever Means Something More

You may be surprised to learn that most times, a fever is a good thing. It's the body's immune-fighting response to infection. However, there are times when a fever could indicate a more serious, rapidly deteriorating situation.

"It's natural for parents to worry when their child has a fever, especially if it doesn't go down after taking medicine," says Alicia Brennan, MD, (pictured right) Medical Director of CHOP Pediatric Care at University Medical Center at Princeton. "Just because a fever-reducing medicine doesn't have an immediate effect, doesn't mean there's something seriously wrong."

There are times, though, when fevers may constitute an emergency—or at least an urgent situation.

"Parents should contact their child's pediatrician or take them to an emergency room under certain circumstances when their child has a fever," notes Bert Mandelbaum, MD, (pictured right) Chairman of Pediatrics at UMCP.

If your child requires emergency care, you can turn to UMCP's expert, board certified emergency physicians, as well as pediatricians from The Children's Hospital of Philadelphia (CHOP), who are on-site 24/7 to provide consultation whenever it is needed or requested.

"We are available to evaluate a child if deemed necessary or requested by the parent," says Dr. Brennan.

"Fortunately, for most healthy children, fevers are short-lived and do a good job of fighting common childhood infections or viruses," Dr. Mandelbaum says.

For more information about CHOP Newborn and Pediatric Care at UMCP, visit [www.umcpchop.org](http://www.umcpchop.org). For assistance finding a pediatrician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).



## Identifying an Emergency

Dr. Mandelbaum and Dr. Brennan offer some practical guidelines for when parents should seek immediate care:

- If your child is younger than 2 months old with a fever of 100.5 degrees Fahrenheit or more. Since an infant's immune system isn't fully formed, serious bacterial infections like meningitis can quickly take control.
- If your child has a high fever AND one or more of the following symptoms:
  - Is unresponsive/difficult to waken; confused
  - Is limp and excessively weak
  - Has a stiff neck
  - Has difficulty breathing
  - Has a rash with purple spots

In addition, a call to the pediatrician is recommended if your child has a high fever for more than three days.



# When Dietary Concerns Can Become

**From time to time, many people find themselves focusing on the foods they eat, worried about how their diets are affecting their bodies and health. But dietary concerns can sometimes turn into serious, even life-threatening, eating disorders.**

In fact, more than one out of every three dieters may find themselves facing eating disorder issues at some time in their lives, according to the National Eating Disorders Association. Nationally, nearly 10 million females and 1 million males are battling eating disorders such as anorexia, bulimia and binge eating.

"Eating disorders all involve a preoccupation with food and/or weight, and they all can have a devastating effect on health," says Melinda A. Parisi, PhD, (pictured right)

Program Director of University Medical Center at Princeton's Eating Disorders Program.

"The typical onset occurs during adolescence, but very young children and older adults can also suffer from eating disorders. Genetics are a factor in the development of eating disorders, perhaps by contributing to personality traits that may increase the risk, such as perfectionism and obsessiveness. Environmental issues, like family and relationship changes and peer pressure, are likely to play a role as well."



Over time, physical signs of the damage being done to organs and muscles due to the lack of nutrition may also become obvious, but by then the disorder has taken a serious toll.

# Aquatic Therapy Helps Kids Build Confidence

**Aquatic therapy helps children not only improve strength and range of motion, but also gain skills that are just as important—confidence and self-esteem.**

Children with physical or mental challenges often find they can master movements in the pool that they find extremely difficult on land, says Martha Lazickas-Mayo, OTR, a pediatric occupational therapist with Princeton Rehabilitation Services, a unit of Princeton HealthCare System.

“Water supports the weight of the body, which allows a child to move more easily and with greater control,” explains Lazickas-Mayo. “We often find that children are motivated to work harder in the pool because they are more likely to have success.

“Plus, the warm, buoyant water allows a child to feel free, relax and have fun in therapy,” she adds.

Aquatic therapy is offered as part of University Medical Center at Princeton’s Pediatric Rehabilitation Program at the Princeton Fitness & Wellness Center. The one-on-one treatment sessions, performed in a heated therapy pool under the direction of a certified therapist, supplement traditional physical and occupational therapy.

## Who Can Benefit?

Aquatic therapy can help children with a number of physical or mental conditions that cause decreased respiratory function (including asthma), spasticity (overly tight muscles) and decreased muscle tone. It is also a great means of exercise for children at risk of obesity due to developmental disabilities, Lazickas-Mayo says.



Because of the gravity-defying properties of water, aquatic therapy:

- Reduces the risk of injury, due to less impact on joints
- Improves respiratory function
- Improves cardiovascular endurance and blood supply to the muscles

## In the Pool

Aquatic exercises are specially tailored for each child. They are aimed at improving the same skills as land-based therapy, including joint mobility, muscle flexibility, head and trunk control, strength and endurance.

Therapy may include everything from walking and changing directions in the water to lifting buckets of water to build muscle tone.

“We turn pool play into exercise,” Lazickas-Mayo says. “Water also provides natural resistance, which helps to bring about results faster than performing the same activities on land.”

*Pictured above (l-r): Alexis Ciani, MOT, OTR/L, Outpatient Rehabilitation Coordinator, and Martha Lazickas-Mayo, OTR, Pediatric Occupational Therapist.*

For more information about the Pediatric Rehabilitation Program of University Medical Center at Princeton’s Outpatient Rehabilitation Network, call **609.497.3048**.

# More Serious

Because eating disorders can take over your life, making focusing on anything else nearly impossible, they are extremely difficult to overcome without help.

“A full recovery is possible,” explains Parisi, “but early detection and treatment can play a major role in recovery. The first step is to seek help from a professional with expertise in treating eating disorders.”

The Eating Disorders Program at UMCP offers inpatient and partial hospital treatment for adults, adolescents and children. The intensive, multidisciplinary program is headed by Medical Director Russell Marx, MD, a board certified psychiatrist and nationally recognized author and researcher in the field, and includes a diverse, compassionate group of professionals with expertise in their respective areas. It combines individualized medical, psychotherapeutic and nutritional care to help patients overcome their eating disorders. For more information, call **1.877.932.8935** or visit **www.princetonhcs.org**.

**Key indicators that you or someone you know may be suffering from an eating disorder include:**

- significant weight loss
- a preoccupation with food, weight and dieting
- excessive or rigid exercising—for example, pushing yourself to go to the gym during an illness or jogging on an icy, frigid day
- concerns about eating in public





## Princeton HealthCare System

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1.888.PHCS4YOU (1.888.742.7496)

# UMCP Eyes Healthy, Sustainable Food... at New Facility and Today



Princeton HealthCare System's interest in sustainability issues has led to a focus on the relationship of health, food and sustainability at the new University Medical Center of Princeton at Plainsboro. This new facility, now under construction, will replace University Medical Center at Princeton (UMCP).

The organization is exploring a variety of ideas. These ideas are an outgrowth of recent efforts to emphasize local, nutritious and sustainable food, including UMCP's adoption of the Healthy Food in Healthcare Pledge. This pledge states the hospital's commitment to serve food that is healthier for people and the environment.

"I think a hospital should set an example," says UMCP President Mark Jones. "The food we serve to our patients, our staff and the community should promote good health, and that includes a healthy environment."

The eight-point Healthy Food in Healthcare Pledge includes a promise to work with local farmers, community-based organizations and food suppliers to increase the availability of locally sourced food. The hospital also pledges to encourage its food vendors to supply food produced without synthetic pesticides and hormones or antibiotics given to animals in the absence of diagnosed disease. Additional elements of the pledge include commitments to minimize food waste and develop programs that support sustainable and humane agriculture systems.

Approximately 250 hospitals in the United States have signed the pledge, which was developed by the nonprofit organization Health Care Without Harm. Even before signing, however, UMCP had begun to embrace some of its key principles.

Last spring, UMCP contracted with the healthcare food service company Morrison Management Service to manage its nutrition and dining operation. Since then, the hospital has begun featuring additional healthy dishes with fresher ingredients and reduced calories. The hospital also began hosting farmers' markets and purchasing some of its produce from New Jersey farms.



More information about the Healthy Food in Healthcare Pledge is available at [www.noharm.org](http://www.noharm.org). For information about the new University Medical Center of Princeton at Plainsboro, visit [www.newhospitalproject.org](http://www.newhospitalproject.org).