

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | JANUARY/FEBRUARY 2012

Don't Get Snowballed by Winter's Hazards

ALSO IN THIS ISSUE:

Show Your Heart Some Love

Partnerships for Better Health: Penn, CHOP & UMCP



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton House Behavioral Health
- Princeton Rehabilitation Services
- Princeton HealthCare System Foundation
- Princeton HomeCare Services
- University Medical Center at Princeton Surgical Center
- Princeton Fitness & Wellness Center



Third Year in a Row!
University Medical Center at Princeton
Recognized as a Top Hospital for
Patient Safety and Quality—Only
NJ Hospital to Receive Designation
3 Consecutive Years!

communityfocus
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Princeton HealthCare System
253 Witherspoon Street
Princeton, NJ 08540
1.888.PHCS4YOU (1.888.742.7496)

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.

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Robotic Surgery Expands Its Reach

Robotic surgery—in which a surgeon is seated at a computer console and remotely controls the movements of the surgical device next to the patient—has become widely used for prostatectomies, which involve the removal of all or part of the prostate gland, as well as for a variety of common surgeries.

The da Vinci Surgical System®, which is used at University Medical Center at Princeton, features a sophisticated robotic device that uses a high quality, three-dimensional camera image to provide superior views of a patient’s anatomy. It is often the preferred choice for prostatectomies. The benefits of this type of laparoscopic surgery are many: quicker, less painful recovery; enhanced view of the surgical field; easier positioning for delicate suturing; and better access to hard-to-reach areas.



“Some urologic surgeries can be challenging to perform using traditional laparoscopic methods because the surgical target may be deep down in the pelvis and hard to reach,” says Alexei Wedmid, MD, (pictured left) a urologist who specializes in da Vinci surgeries. “With the da Vinci Surgical System®, we can access these areas much more easily. And its EndoWrist® technology gives surgeons a full range of motion, instantaneously mimicking our precise movements.”

In addition to prostatectomies, the system is routinely used at UMCP for kidney tumor removal, repair of ureteral obstruction and certain gynecological procedures like hysterectomies, pelvic floor prolapse repair and fibroid removal. Using the da Vinci system, cancerous kidney tumors, for example, are removed with minimal disruption to the kidney, which usually means better outcomes and reduced risk of complications.

“The da Vinci system’s capabilities are exceptional, allowing us to quickly repair the kidney after removing the tumor, in order to minimize bleeding and optimize kidney function,” says Dr. Wedmid. “It’s a much less painful surgery than an open one with a large incision, and it’s preferable to regular laparoscopic surgery because we can safely remove larger tumors with it.”

There are a few instances when a patient wouldn’t be considered for robotic surgery; your doctor will be able to discuss which options would be recommended in your particular situation. More and more, specially trained surgeons at UMCP are using the da Vinci Surgical System® to perform procedures that give their patients exceptional overall experience and outcomes.

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

Be Ready for the Hazards of Winter

Winter's cold, snowy weather can be dangerous if you are unprepared.



But the following tips, offered by **Craig Gronczewski, MD, (pictured left) Chairman of the Department of Emergency Medicine at University Medical Center at Princeton, can help keep you healthy and safe throughout the winter.**

Slips and falls. Always assume a driveway or walkway is slippery, especially in the morning when snow and ice have refrozen overnight. “Broken hips and wrists from falls on the ice are the No. 1 preventable injuries we see during the winter,” says Dr. Gronczewski, who is board certified in emergency medicine.

Frostbite. Get out of the cold the moment you start experiencing throbbing, tingling or other unusual sensations in your fingers, toes, nose or ears. Use warm water to rewarm affected body parts. Seek immediate medical attention if symptoms do not quickly improve.

Hypothermia. Dress in layers of clothing and avoid prolonged exposure to the cold. If you feel extreme fatigue or if you start shivering and then stop shivering without warming yourself, you may be experiencing early symptoms of hypothermia, a medical emergency.

Carbon monoxide poisoning. All homes should be equipped with a carbon monoxide alarm to detect the odorless, colorless gas. Don't leave your car running in a closed garage and, if your car is outside, make sure the tailpipe is clear of snow.

Shoveling injuries. The cold constricts arteries, making your heart work harder, so make sure you are in good health before shoveling. “People don't realize just how intense a workout snow shoveling is,” Dr. Gronczewski says.

Colds and flu. To prevent the spread of germs, wash your hands frequently and try not to touch your face.

If you experience life-threatening symptoms, such as chest pain, shortness of breath or loss of consciousness, seek immediate medical treatment.

UMCP's Emergency Department provides state-of-the-art emergency medicine 24/7, caring for more than 40,000 patients each year from throughout central New Jersey. For heart attack patients, UMCP's board certified physicians, specialists and nurses provide critical life-saving treatments such as emergency angioplasty—a procedure that opens clogged arteries without the need for invasive heart surgery—and therapeutic hypothermia, a recent advancement that reduces the chance of brain damage for some heart attack patients and gives them a better chance at full recovery. UMCP also is designated a Primary Stroke Center by the state.

Rapid treatment of minor illnesses and emergencies is delivered in the Emergency Department's Fast Track Suite, from 11 a.m. to 11 p.m. daily.

To learn more about UMCP's emergency services, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org. **If you are experiencing an emergency, call 9-1-1.**



UMCP's Partnership with CHOP: Local Access to Exceptional Pediatric Care

Tiffany Kettle of East Windsor knew there was something wrong with her newborn son when she headed to the Emergency Department.

"The night we took him to UMCP, he hadn't held down one bottle all day," says Tiffany of her then-1-month-old son, Ryan (both pictured right, enjoying a nice summer day in the park). "My local pediatricians suggested trying different formulas to alleviate his vomiting, but nothing helped. I really needed to find out just what was wrong with him."

After an initial examination by an Emergency Department physician, pediatric hospitalist Alicia Brennan, MD, (pictured right) Medical Director of CHOP Pediatric Care at UMCP, was called in to consult. She saw that the baby's appearance and his cough, slight breathing difficulty and fast heart rate were concerning.



"We took a chest X-ray and saw that his heart was slightly enlarged, so we ordered an EKG," says Dr. Brennan. "I then consulted a cardiologist at CHOP who made the diagnosis of a heart arrhythmia called atrial flutter."

Atrial flutter is an abnormality of the heart rhythm, resulting in a rapid and sometimes irregular heartbeat that can cause symptoms like chest pain, fainting, fatigue and shortness of breath. Dr. Brennan was able to tell Tiffany and her fiancé, Ken Hoffman, exactly what to expect, and an ambulance was on its way to take Ryan to The Children's Hospital of Philadelphia (CHOP) for treatment.

Access to Specialized Care

"We were shocked that things were so serious but were glad to be in such good hands," says Tiffany.

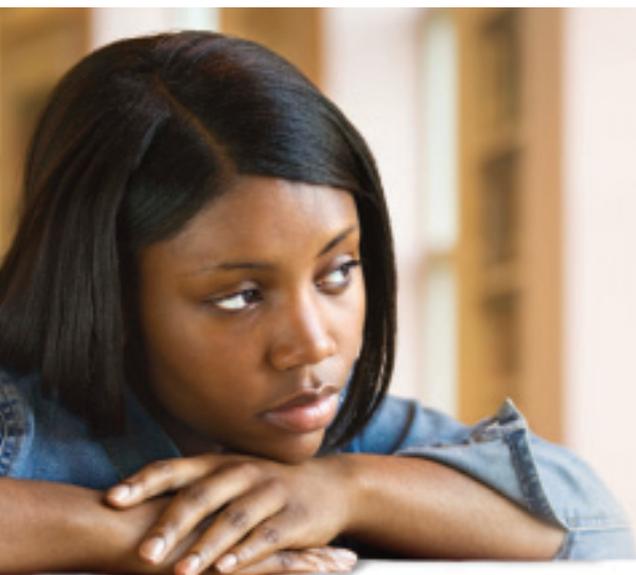
University Medical Center at Princeton's partnership with CHOP gave the family direct access to CHOP specialists and allowed Ryan to be transferred quickly and seamlessly. Once there, Ryan received the care he needed to achieve a normal heart rhythm. Follow-up medicines at home have successfully treated the condition.

"We are so happy with the care Ryan received at UMCP and CHOP. He's doing great, and we are so thankful," says Tiffany.

Area families have access to world-class pediatric healthcare right in their own community, thanks to the partnership between UMCP and The Children's Hospital of Philadelphia. Through CHOP Newborn and Pediatric Care at UMCP, CHOP pediatric hospitalists and neonatologists are on site 24/7, providing pediatric inpatient care and neonatal services, as well as consultations in UMCP's Emergency Department.



For more information about CHOP Newborn and Pediatric Care at UMCP, visit www.umcpchop.org or call 1.888.PHCS4YOU (1.888.742.7496).



Princeton House Behavioral

Princeton House Behavioral Health (PHBH) has launched a new program for young adults who need behavioral health or substance abuse treatment.

The Young Adult Program, designed for men and women ages 18 to mid-20s, is available on a partial hospital or intensive outpatient basis at the PHBH North Brunswick Outpatient Site. "The program is the first of its kind in New Jersey," says Tanya Kero, LCSW, Clinical Coordinator of the North Brunswick Outpatient Site.

"Traditionally, this population tends to be resistant to treatment," says David Cordon, MD, Medical Director. "In group settings, it's difficult for



When Your Child's Sleep Is Not So Peaceful

Sleep disorders in children can be markedly different from those in adults. Children tend to have more parasomnias—disruptive sleep disorders that include sleepwalking, sleeptalking and night terrors.

“Some disruptive sleep behaviors, like sleepwalking, can be potentially dangerous, especially if a child is able to unlock the door and walk out into the street. Parents are advised to set up safety measures and barriers in their home to prevent this,” says Ashgan Elshinawy, DO, (pictured right) who is board certified in sleep, pulmonary and internal medicine.



Dr. Elshinawy also points out that parents should not forcibly awaken a child who is sleepwalking or having a night terror, as that may trigger a violent reaction. The episode will typically resolve on its own, and often the child will find his or her way back to bed.

Night terrors—in which a child seems to be awake and screaming in fear—are actually more frightening for the parent than the child. Children have no memory of night terrors—unlike nightmares, which they often remember when they wake.

Children can also suffer from obstructive sleep apnea (OSA), which occurs when the airway is blocked, causing pauses in breathing. Uncontrolled, OSA could lead to neurocognitive impairment, resulting in poor school performance, behavior issues and poor focus, and in extreme cases can even be fatal. It can also be one of the triggers for a parasomnia and should be evaluated by a physician for possible treatment to avoid these types of long-term effects.

The American Academy of Sleep Medicine (AASM) recently revised its guidelines on pediatric sleep studies, including recommendations that children with hypertension be screened for sleep apnea, as well as

those undergoing tonsillectomy to treat OSA, notes Dana Supe, MD, MBA, (pictured right) Medical Director of UMCP's Sleep Center. Some children also may be at higher risk for OSA, including those with a family history of sleep apnea, children with Down syndrome, and African Americans, adds Dr. Supe, who is board certified in internal medicine, sleep medicine, pulmonary and critical care medicine.



“Many parasomnias, like sleepwalking, are occasional and resolve themselves as the child gets older,” notes Dr. Elshinawy. “However, if they are nightly occurrences and extremely disruptive to the household, a visit to your child's pediatrician will determine if a consultation with a sleep specialist is warranted.”

University Medical Center at Princeton's Sleep Center is fully accredited by the AASM and provides comprehensive services in sleep medicine for children and adults, while utilizing the latest advancements in treating sleep disorders. For more information, visit www.princetonhcs.org/sleepcenter.



Health Launches Young Adult Program

young adults to relate to older patients because they have such different experiences and different life stressors.”

Young adults, for example, often are dealing with difficulties related to college, starting a career, or handling independence for the first time.

“When creating the curriculum for the program, the focus was on a variety of age-appropriate topics and specialized concerns,” explains Nicole Tango, LAC, Primary Therapist for the Young Adult Program. Group therapy—which includes coping and life-skills training and creative arts therapy—also

will specialize in topics such as school, work, relationship, substance abuse and other issues facing young adults.

In addition to group therapy, patients have individual sessions when indicated. The program also stresses family involvement.

Princeton House will work with hospitals, other outpatient providers, and local colleges to identify young adults who are appropriate for the program. Individuals also can refer themselves. For more information, call 732.729.3636 or visit www.princetonhouse.org.



UMCP and Penn Medicine Partner to Expand Advanced Maternal-Fetal Medicine Services



Penn Medicine



University Medical Center at Princeton
Princeton HealthCare System

University Medical Center at Princeton is expanding its services for expectant mothers in need of specialized care through a new partnership with Penn Medicine’s Division of Maternal Fetal Medicine (MFM)

A nationally recognized leader in high-risk obstetrics, fetal evaluation and antepartum testing (tests performed late in pregnancy), Penn Medicine is providing an enhanced range of MFM services on-site at UMCP. MFM services available include pre-conceptual testing and education, prenatal screenings such as first-trimester nuchal translucency, amniocentesis, chorionic villus sampling, genetic sonography, diabetes management and more.

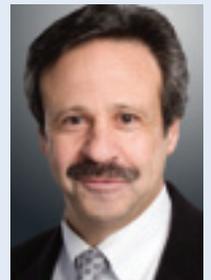


The MFM group will be led by Robert Debbs, DO, FACOOG, (*pictured left*) a board certified maternal fetal medicine specialist who has been at the helm of the Maternal Fetal Medicine Network at Penn Medicine for more than 10 years.

“The specialists at Penn Medicine have for years cared for the unique needs of growing families in and around South Jersey and the Philadelphia area and have cared for patients from all over the world,” says Dr. Debbs, who is nationally recognized in his field. “We are thrilled to now offer these services for women experiencing high-risk pregnancy in the Central New Jersey area. Our commitment to patient care, education and research is unsurpassed, and we bring to the area the experience of the nation’s first hospital and one of the country’s first divisions of maternal fetal medicine.”

In addition to the increased on-site services and in anticipation of a growing need, UMCP is physically expanding the MFM Department to accommodate more individuals.

“Pregnancy is a special time, one filled with excitement, emotion and, at times, great concern—especially in the event of a high-risk pregnancy, whether the risk is during the term of the pregnancy, during labor and delivery, or during the postpartum period,” says Alan Friedman, MD, FACOG, (*pictured right*) board certified OB/GYN and Chairman of UMCP’s Department of Obstetrics and Gynecology. “We are thrilled to partner with Dr. Debbs and his team of experienced, well-trained and highly regarded specialists.”



For more information about Penn Medicine’s Maternal Fetal Medicine services at UMCP, call 1.888.PHCS4YOU (1.888.742.7496).

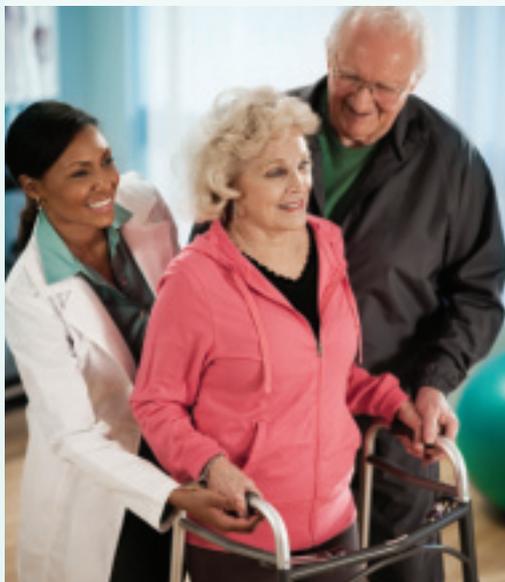
Acute Rehabilitation: Getting Your Life Back on Track

After suffering a serious injury or debilitating medical event, intensive inpatient therapy can help you regain function and recapture your quality of life. The highly trained staff in UMCP's Acute Rehabilitation Unit is dedicated to working with its patients so they can meet a shared goal—getting them back home and back to their lives.

For many critically ill or injured patients, successful acute rehabilitation therapy can transform their ability to function—physically and mentally. At University Medical Center at Princeton (UMCP), patients in the Acute Rehabilitation Unit participate in intensive therapy, three hours a day, five to six days a week.

“Our program is geared to help our sickest patients regain functioning as close to normal, as quickly as possible,” says Anthony J. Ventura, MSPT, Acute Rehabilitation Manager. “We design a personalized, comprehensive treatment plan, focused on measurable improvements and the return of vital functions such as balance, mobility, cognition, speech and memory.”

The Acute Rehabilitation team includes physical, occupational and speech therapists, rehabilitation nurses, registered dietitians and licensed clinical social workers. They work closely with two physiatrists—physicians who are



board certified in physical medicine and rehabilitation—Medical Director Carol Sonatore, DO, and Vani B. Andavolu, MD. In this 16-bed unit, the team also works in conjunction with patients' admitting specialists—such as neurologists, orthopedists and cardiologists—to manage care and maximize outcomes.

Acute Rehab cares for individuals with disabilities resulting from:

- Strokes
- Major trauma injuries
- Hip fractures and replacements
- Bilateral knee replacements
- Lower extremity amputations
- Spinal surgeries
- Neurological conditions
- Brain tumor resections
- Critical illnesses

“In addition to physical therapy in our on-site, state-of-the-art gym, our patients are given the opportunity to practice life skills in a variety of home-like and public settings,” explains Ventura. “It's really uplifting, the difference intensive rehab can make in just a few weeks—even with the sickest patients.”

Transitions to home are made seamless by a staff social worker who coordinates all aspects of care: special equipment for the home and arrangements for therapy at home or an outpatient facility. For rehab patients, regaining control of their bodies greatly enhances their quality of life.

For more information about University Medical Center at Princeton's Acute Rehabilitation Unit, call 609.497.3100 or visit www.princetonhcs.org.

Get Connected!

Be one of the first to hear the latest Princeton HealthCare System news, including upcoming events, new services and programs, general health information, and even weekly photo updates of the construction of University Medical Center of Princeton at Plainsboro, slated to open in May 2012.

Like us on Facebook, www.facebook.com/princetonhealth

Follow us on Twitter @princetonhealth (<http://twitter.com/princetonhealth>)

or sign up at our website—www.princetonhcs.org—for our exclusive e-mail updates!

Detecting and Treating Thyroid Problems



Thyroid disease—a condition in which your body uses energy more slowly or quickly than it should—is a common disorder that usually affects women, especially those over the age of 50. Located just below the Adam’s apple, the thyroid gland regulates your metabolism, and when not working properly can cause such issues as changes in weight, tiredness and rapid or irregular heartbeat.



These symptoms may result from hypothyroidism (also called “underactive thyroid”), when the gland doesn’t make enough thyroid hormone, or hyperthyroidism (“overactive thyroid”), when it produces too much.

Hypothyroidism is the more common of the two conditions, and can usually be treated with medication and regular medical monitoring, according to Alan Feldman, MD, (*pictured left*) Chief of Endocrinology, Diabetes and Metabolism, and a board certified endocrinologist at University Medical Center at Princeton. Hyperthyroidism may require medication, using radioactive iodine to shrink the gland, or surgery.

These conditions are caused by a variety of factors, the most common of which are autoimmune disorders such as Hashimoto’s thyroiditis (hypothyroidism) or Graves disease (hyperthyroidism). Lack of iodine in the diet, pituitary gland problems, certain medications, radiation treatment and overactive nodules also can contribute to thyroid disease.

Generally, surgery is performed when a patient has been diagnosed with thyroid cancer, or when other treatments have failed to control hyperthyroidism, explains Steven P. Kahn, MD, FACS, (*pictured right*) who is a board certified surgeon specializing in endocrine surgery. A swollen thyroid gland, or goiter, that causes a patient difficulty with swallowing or breathing or is bothersome for cosmetic reasons, may also be surgically removed.



Visiting a doctor if you feel tired for no reason or have other symptoms, such as unexplained changes in weight, a hoarse voice or puffy face or neck, is the first step to determining if you have thyroid disease. Simple blood tests may confirm a thyroid problem, but frequently, radiologic testing with ultrasound or radio-iodine nuclear medicine scans are used to further characterize thyroid disease states, notes Robert B. Berger, MD, (*pictured left*) board certified in radiology and nuclear radiology.

UMCP’s Nuclear Medicine Services, part of the Radiology Imaging Department and accredited by the American College of Radiology, provides complete diagnostic services for thyroid conditions and an inpatient and outpatient thyroid treatment program offering exceptional, patient-focused service.

HYPOTHYroidism Symptoms

- Unexplained weight gain
- Fatigue
- Over-sensitivity to cold temperatures
- Pain and stiffness in muscles or joints
- Brittle nails and hair

HYPERthyroidism Symptoms

- Unexplained weight loss
- Increased heart rate
- Increased appetite
- Over-sensitivity to hot temperatures
- Nervousness, irritability, tremors, sweating

For more information about UMCP’s Nuclear Medicine Services or assistance finding a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

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

HEALTH EDUCATION CALENDAR

community focus

JANUARY – FEBRUARY 2012

THE BEAT GOES ON: DON'T TAKE IT FOR GRANTED!

WED. January 18 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Coronary artery disease—often caused by
uncontrolled high cholesterol—can develop over
decades and remain virtually unnoticed until a
heart attack strikes. Learn about the treatment
options and lifestyle changes you can make
to reduce the impact cholesterol has on your
heart with Dan Sodano, MD, board certified
in cardiovascular disease and member of the
Medical Staff of Princeton HealthCare System.

HEART & SOLE

THU. February 16
Screenings and demos: 5 – 6:30 p.m.
Presentation: 6:30 – 8 p.m.
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Come in for a free BMI and blood pressure screening,
and check out a display of the latest athletic shoes.
Physical trainers from the Hamilton Area YMCA will
be on hand to demonstrate exercise equipment in
the wellness center, and Lewis L. Horvitz, MD, board
certified cardiologist, will discuss the symptoms of heart
disease that should never be ignored. This program is
cosponsored by the Hamilton Area YMCA and Princeton
HealthCare System. Dr. Horvitz is a member of the
Medical Staff of Princeton HealthCare System.

FEBRUARY IS AMERICAN HEART MONTH



 Princeton HealthCare System
Community Education & Outreach

Redefining Care.

Directions available at 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.

Experience the Benefits of Exercise and Weight Loss: Introduction

THU. January 5 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

This informative panel discussion will serve as the kick-off for an eight-week fitness and wellness weight-loss program designed to motivate anyone hoping to lose 50 pounds or more. T.J. Marvel, Certified Personal Trainer, and Sharon Casper, CSCS, HFS, Fitness Manager, Princeton Fitness & Wellness Center, will focus on the benefits of exercise and improving strength, endurance, flexibility and confidence. Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss surgical weight-loss options. Donna De Mild, ELI-MP, Certified Professional Life Coach, will discuss how to get and stay motivated.

Experience the Benefits of Exercise and Weight Loss: Series

MON. & THU. January 9 – March 1 (7 – 8 p.m.)
Princeton Fitness & Wellness Center

\$159 per person. Please call Sharon Casper at 609.683.7888 to register.

Get on the road to lifelong weight-loss success through this dynamic fitness program designed to assist and motivate individuals who want to lose a minimum of 50 pounds. This program will create a strong foundation for fitness, and build upon it by focusing on postural alignment, muscle balance and joint stability. Work on your cardiovascular fitness, strength and flexibility in a safe, supportive environment. Are you ready for a change? We can help you achieve your goals. Explore a variety of activities each week, including:

- Fitness assessments
- Yoga
- Pilates
- Cardio options
- Strength training
- Circuit training

Understanding Your Thyroid

THU. 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

Working properly, your thyroid can make you feel better, look better and keep you healthy. Millions of men and women suffer from thyroid disease. Often we are too quick to write our symptoms off as stress and overwork. Ned M. Weiss, MD, board certified in endocrinology and internal medicine, will provide a description of the thyroid gland and its function, as well as discuss underactive and overactive thyroid conditions; their causes, symptoms, and treatments; and common myths. Dr. Weiss is a member of the Medical Staff of Princeton HealthCare System.



Options for Managing Stress

TUE. January 17 (7 – 8:30 p.m.)
Princeton Library
65 Witherspoon Street, Princeton

No registration required.

The first step in fighting stress is understanding what causes it. A health professional from Princeton HealthCare System will discuss causes of stress and offer

stress management options as part of Princeton Library's *Renew, Rejuvenate, Organize and Simplify* series. At the end of the session, participants will be led through a calming meditation and breathing exercise they can do at home.

Fun with the Pharmacist

MON. January 23 (7 – 8:30 p.m.)
Franklin Township Library, 485 DeMott Lane, Somerset

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.

Cervical Health for All Ages

TUE. January 24 (6:30 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

January is National Cervical Health Month. Learn about the importance of early detection and recent advances in the prevention, detection and treatment of cervical cancer and HPV disease with Helen Simigiannis, MD, FACOG, board certified in gynecology and member of the Medical Staff of Princeton HealthCare System. Dr. Simigiannis will also discuss the role of immunizations, Pap tests and pelvic exams.



Gynecology Across the Ages

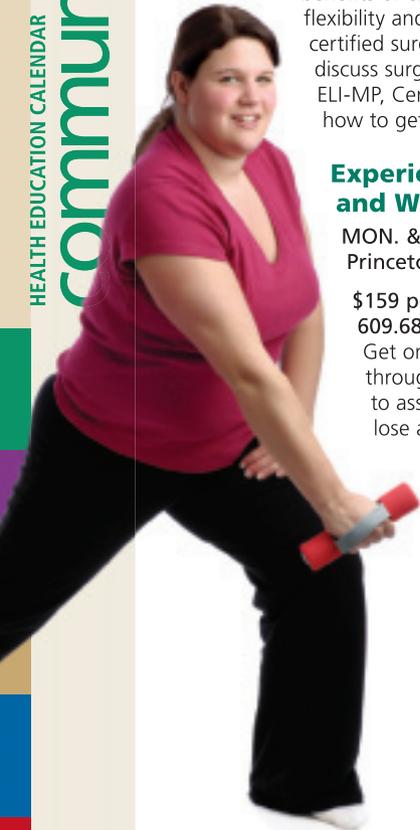
THU. January 26 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

A woman's journey from puberty to menopause comprises a range of physical and emotional experiences. Learn more about these years of transition during this informative discussion. Antonio V. Sison, MD, FACOG, board certified OB/GYN, will explore the various physiologic events that occur during this time in a woman's life and the related issues surrounding them. Dr. Sison is a member of the Medical Staff of Princeton HealthCare System.

Emotional Eating: The Connection Between Mood and Food

THU. February 2 (7 – 8:30 p.m.)
Ewing Library, 61 Scotch Road, Ewing

Certain foods can increase your appetite, leaving you tired and disoriented, making you prone to emotional eating. Join an Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program for this informative program on how foods can affect your mood.



CURRENT PROGRAMS



Establishing Patient Goals in Geriatric Medicine: The POLST Form

TUE. February 7
(12:30 – 1:30 p.m.)
Princeton Fitness & Wellness Center

The Physician Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patients' treatment wishes are properly communicated to their healthcare team, which promises to honor their wishes. This program will be presented by David R. Barile, MD, who is board certified in internal medicine, geriatric medicine, hospice and palliative medicine, and is a member of the Medical Staff of Princeton HealthCare System.

Vitamin D: What It Means to You and Your Bones

WED. February 8 (12 – 1 p.m.)
Princeton Fitness & Wellness Center

When you think about staying healthy, keeping your bones strong to prevent osteoporosis may not be at the top of your list, but it should be. Join Jeanne Mitterando, MD, board certified in family medicine, and learn about osteoporosis, how common the disease is in men and women and what you can do to help prevent the condition. Dr. Mitterando is a member of the Medical Staff of Princeton HealthCare System.

Prostate Health: Advances in Screening and Treatment

TUE. 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



Alexei Wedmid, MD, a urologist and member of the Medical Staff of Princeton HealthCare System, will discuss the latest information on prostate health, erectile dysfunction, symptoms of prostate disease, screening recommendations and the newest techniques and technology to treat prostate cancer, highlighting the minimally invasive da Vinci Surgical System®.

Advance Directives

TUE. February 28 (7 – 8:30 p.m.)
South Brunswick Library, 110 Kingston Lane, Monmouth Junction
Your family, loved ones and caregivers should be aware of your wishes in case of hospitalization or incapacitation. Learn more about advance directives and how to fill out the associated paperwork in this informational session. The program will focus on:

- The legalities of advance directives
- How advance directives are used in the hospital setting

Sandra Mariani, MSN, RN, Clinical Nurse Leader with University Medical Center at Princeton's Emergency Department, will present the program and be on hand to notarize any completed advance directive forms.

The Silent Crippler: How Do I Know If I Have Osteoporosis?

TUE. February 28 (7 – 8:30 p.m.)
Hickory Corner Library, 138 Hickory Corner Road, East Windsor
Osteoporosis was a little-known disease 20 years ago, but today 10 million people in the United States suffer from this silent crippler. While this bone-weakening condition is often thought of as primarily affecting women, one in eight men over the age of 50 will suffer an osteoporotic fracture. Helen Simigiannis, MD, FACOG, board certified OB/GYN and member of the Medical Staff of Princeton HealthCare System, will present this informative program focusing on recognizing the signs of osteoporosis.

Please Give Blood

You can help 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.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center at Princeton 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 to register for childbirth and family classes.

Sibling Class

SAT. January 7
(10 – 11:30 a.m.)
SAT. February 4
(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 7 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
MON. January 16 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. February 4 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
THU. February 16 (6 – 7 p.m. or 7:30 – 8:30 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.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Baby Care

WED. January 11 (7 – 9:30 p.m.)
TUE. February 7 (7 – 9:30 p.m.)
University Medical Center at Princeton

\$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.

Prenatal Breastfeeding Class

WED. January 18 (7 – 9 p.m.)
MON. February 20 (7 – 9 p.m.)
University Medical Center at Princeton

\$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.



Daddy Boot Camp™

SAT. January 28 (9 a.m. – 12:30 p.m.)
SAT. February 18 (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.

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

THU. January 5 – 26 (7 – 9 p.m.)
MON. January 23 – February 13 (7 – 9 p.m.)
WED. February 1 – 22 (7 – 9 p.m.)
TUE. February 21 – March 13 (7 – 9 p.m.)
University Medical Center at Princeton

\$120 per couple
This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. The third session of each series will include a tour of the Maternal-Child Health Program unit.

Accelerated Birthing Basics

SAT. January 14 (9 a.m. – 5 p.m.)
SAT. February 11 (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.

Review of Birthing Basics

FRI. January 20 (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.

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center at Princeton 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 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, call 1.888.897.8979 or visit us online at www.princetonhcs.org/calendar.

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 Adjustment Support Group

THU. January 5 (11 a.m. – 12 p.m.)
THU. January 19 (11 a.m. – 12 p.m.)
THU. February 2 (11 a.m. – 12 p.m.)
THU. February 16 (11 a.m. – 12 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required.

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

CPR & FIRST AID

Call 1.888.897.8979 or visit 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.

ACLS Full

WED. & THU. January 11 & 12 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification

THU. January 19 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at
731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

PALS Recertification

THU. February 23 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Recertification: \$175 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management or cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS

Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.



CPR & FIRST AID

BLS for Healthcare Providers

WED. January 4 (9 a.m. – 1:30 p.m.)
THU. February 2 (6 – 10:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room A

TUE. January 10 (6 – 10:30 p.m.)
FRI. February 10 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

WED. January 18 (9 a.m. – 1:30 p.m.)
TUE. February 14 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

THU. January 26 (6 – 10:30 p.m.)
TUE. February 21 (9 a.m. – 1:30 p.m.)
Princeton Fitness & 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.

Heartsaver AED

MON. January 9 (6 – 9:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B

FRI. January 27 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center

THU. February 9 (9 a.m. – 12:30 p.m.)
MON. February 20 (6 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$60 per person
The Heartsaver AED course teaches CPR; automated external defibrillation (AED) use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Heartsaver First Aid

MON. January 30 (6 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

\$55 per person
The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Family & Friends CPR

\$20 per person, per session
The Family & Friends CPR programs teach you how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Session Times:
Adult CPR (10 – 10:45 a.m.)
Child CPR (11 – 11:45 a.m.)
Infant CPR* (12 – 12:45 p.m.)
**An infant is defined as a child 1 year of age or younger.*

Session Dates:
SAT. January 21
Community Education & Outreach at 731 Alexander Road
SAT. February 18
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B



Pet First Aid and CPR

FRI. February 17 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$40 per person
Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course 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.

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

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register.

ABA Burn Transfer Criteria for the Pre-hospital Provider

WED. January 18 (6 – 8 p.m.)
Princeton Fitness & Wellness Center
2 CEUs

This informative session led by Eileen Byrne, RNC, BC, WCC, from the Barnabas Burn Foundation in Livingston, will focus on the following:

- Identifying and treating burns
- Risks of inhalation injuries
- Burn experiences of firefighters and causes of their injuries, such as unsafe use of equipment/gear
- Experiences at the burn center ED/outpatient clinics



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. 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.



Art and Healing for Those Touched by Cancer

THU. January 12 (10:30 – 11:30 a.m.)
University Medical Center at Princeton
Ground Floor Conference Room A

Registration recommended, but not required.

Artistic expression has the potential to tap into places within us that can otherwise be difficult to reach, helping us experience greater understanding, insight and peace. Explore the healing power of creative expression at this inspiring session focused on art and healing, presented by Cynthia Bydlinski, Art and Healing Facilitator.

Cancer Support Group

TUE. January 17 (1:30 – 3 p.m.)
TUE. February 21 (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; and 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 17 (6 – 7:30 p.m.)
TUE. February 21 (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 will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCP's Breast Health Center.

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

WED. January 18 (12 – 1 p.m.)
WED. February 15 (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; and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.

American Cancer Society's Look Good, Feel Better

MON. January 23 (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!

Prostate Cancer Support Group

WED. January 25 (12 – 1:30 p.m.)
WED. February 22 (12 – 1:30 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required.

This support group welcomes those with prostate cancer, their loved ones and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.



Pilates for Health for Those Touched by Cancer

WED. February 8 (1 – 2 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room A

Registration recommended, but not required.

Pilates can help you build self-confidence and control, regain strength and mobility, boost energy levels, improve sleep, and decrease stress and tension. Join Nikki Cifelli, Pilates Manager, Princeton Fitness & Wellness Center, for an informative discussion and demonstration of basic Pilates.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. January 2 (7 – 9 p.m.)
MON. February 6 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required.
Walk-ins welcome.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

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

TUE. January 17 (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.

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and 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.

Diabetes Support Group

WED. January 18 (2:30 – 4 p.m.)
WED. February 15 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. January 23 (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. For more information on UMCP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian who are Certified Diabetes Educators, please call 609.497.4372 or visit www.princetonhcs.org.

Bariatric Surgery Support Group

Please visit www.princetonhcs.org for a list of support group dates.
Community Education & Outreach at 731 Alexander Road

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: 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.



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 or call 1.888.897.8979 (unless another number is indicated).



Beat the Winter Blues

WED. January 18 (1 – 2 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register. Start the new year off right by joining Judith Mecklenburger, LCSW, Senior Primary Therapist from Princeton House Behavioral Health, for an uplifting program focused on recognizing the signs of depression, strategies to maintain a healthy and positive outlook and how to shake off those winter blues! A question-and-answer session will follow.

Design for Healing: University Medical Center of Princeton at Plainsboro

FRI. January 13 (1 – 1:30 p.m.)
Cranbury Senior Center
23A North Main Street, Cranbury
Learn about the University Medical Center of Princeton at Plainsboro (UMCPP) and other health-related facilities moving in the near future to a 171-acre site in Plainsboro, bounded by the Millstone River, Scudders Mill Road and Route One, just 2.5 miles from the center of Princeton. UMCPP will be the state-of-the-art replacement hospital for the current University Medical Center at Princeton on Witherspoon Street in Princeton. Joseph Stampe, Vice President of Development, Princeton HealthCare System Foundation, will present this session.

Strength and Function As You Age

FRI. February 24 (1 – 1:30 p.m.)
Cranbury Senior Center
23A North Main Street, Cranbury
As we age, our muscles change in ways that affect our strength and daily functioning. Michael Mraz, MPT, Outpatient Rehab Manager with UMCP's Outpatient Rehabilitation Network in Cranbury, will lead this informative session focused on:

- How to maintain your strength and muscle function as you age
- Strengthening exercises and home safety tips
- Medicare coverage and therapy options



SAVE THESE DATES

MARCH (March is Save Your Vision Month)

- March 7 & 29 ... **Design for Healing: Q&A with Barry Rabner about the new hospital**
- March 20 **Advances in Cataract & Refractive Surgery**

APRIL

- April 16 – 22 **Free CPR Week**

<http://www.ustream.tv/channel/princetonhealth>

ONLINE SEMINARS

PHCS is hosting monthly live web chats, and you're invited.

To participate, all you need to do is go to our UStream Channel at www.ustream.tv/channel/princetonhealth on the day of the seminar. Pre-register either by calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar. All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.



GERD: The Burning Questions
January 19 at 7 p.m.
with Anish A. Sheth, MD
Board certified in gastroenterology



**Who Turned Up the Heat?
Understanding Menopause**
February 16 at 7 p.m.
with Samih A. Ibrahim, MD, FACOG
Board certified OB/GYN

Princeton Pillars Building Cultures of Corporate Philanthropy Together



Does your employer have a social responsibility strategy, or better yet, an employee giving program? Princeton HealthCare System (PHCS) Foundation collaborates closely with a wide variety of local and national corporations. You may want to make sure that your employer includes PHCS among its giving options.

Educational Testing Service's (ETS) social responsibility is evident in its organization-wide culture of philanthropy and innovative philanthropic partnerships. A generous donor to the new University Medical Center of Princeton at Plainsboro's (UMCPP) Joan and William Schreyer Education Center, ETS recently held an engaging philanthropy event for its employees—the ETS Cares Fair—at its annual employee giving campaign, ETS Cares.

“ETS’s multi-tiered approach to fulfilling our social mission includes not only educational products, services and research, but philanthropic programs, including grant making to nonprofits, the annual employee giving campaign, and our employee volunteer program,” says ETS President Kurt Landgraf. “As members of this community, we realize the important difference that the new UMCPP will make, and we hope that other employers will consider our partner PHCS in their charitable giving strategy.”

In addition to annual gifts, Princeton HealthCare System Foundation has giving opportunities of all sizes in the campaign for the new hospital. Some opportunities come with highly visible naming recognition for gifts of \$2,500 or more and provide exposure to approximately 3,000 system-wide employees, as well as patients and visitors. There are 500,000 outpatient and inpatient visits each year.

For additional information, please contact Jeanette Corris, PHCS Foundation’s Director of Corporate and Foundation Relations, at 609.252.8709 or jcorris@princetonhcs.org.

UMCP Offers Advanced Treatment for Tumors

Patients with liver, lung, kidney, or bone tumors that cannot be surgically removed or are resistant to chemotherapy may be candidates for percutaneous microwave ablation (PMA), a state-of-the-art, minimally invasive procedure now available at University Medical Center at Princeton (UMCP).



“This technological advance offers a new safe and effective alternative for patients who have few remaining treatment options,” says William A. Parker, MD, (*pictured left*) a board certified radiologist who is fellowship trained in vascular and interventional

radiology and on staff at UMCP.

Traditional ablation procedures involve a surgical or laparoscopic approach to the target tumor. PMA uses a narrow probe placed into the target tumor directly through the skin with imaging guidance such as CT or ultrasound. The probe delivers microwave energy directly into the tumor, which destroys it while preserving the surrounding healthy tissue. PMA is usually performed on an outpatient basis, but may occasionally require a brief hospital stay of one or two days.

“This cutting-edge technology allows us to treat a larger variety of tumors in more areas of the body, without the restrictions inherent in other ablation modalities,” explains Dr. Parker. “In addition, the treatment time is shorter, and our experience shows that patients experience less pain and faster recoveries with microwave ablation.”

For more information about University Medical Center at Princeton’s Radiology Services, call 609.497.4310. For assistance finding an interventional radiologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.



PHCS NAMES NEW CHAIRMAN

David S. Lazarus, MD, MBA, (*pictured left*) a triple board certified, fellowship-trained internist with extensive leadership experience in academic and community hospital settings, has joined the Medical Staff of Princeton HealthCare System (PHCS) as the new Chairman of the Department of Medicine.

Dr. Lazarus, who is board certified in internal medicine, pulmonary disease, and critical-care medicine, began his clinical practice in 1985. He completed fellowships in pulmonary disease, critical-care medicine and immunopathology at Massachusetts General Hospital/Harvard Medical School in Boston.

Staying Proactive Can Prevent Cervical Cancer



Women and girls have two powerful tools at their disposal to help detect and prevent cervical cancer. For adult women, regular Pap tests can identify pre-cancerous cell changes or early-stage cancer. For younger women and girls, a three-part vaccine can provide protection against the human papillomavirus (HPV), an infection that can lead to cervical cancer.

“In the United States, because women generally follow their doctor’s advice about Pap tests, and because the HPV vaccine is routinely available to girls, the number of cervical cancer cases in this country is low,” says Kyra Williams, MD, FACOG, (*pictured right*) a board certified OB/GYN specializing in adult and adolescent gynecology at Princeton HealthCare System. “That doesn’t mean we can step back from preventative care, but it does mean the care we are providing is very successful.”



Women should begin getting Pap tests as part of a routine annual pelvic examination at age 21, Dr. Williams advises. If their results are normal, their annual exams should include Pap testing every other year through the age of 29. At 30, testing can be reduced to every three years as long as results remain negative, she notes. Women with a history of consistently normal results can generally stop testing when they reach the age of 65 or 70. Talk to your physician about what schedule is appropriate for you.

According to Dr. Williams, HPV vaccines are recommended for girls and young women beginning around the age of 11, but sometimes as early as nine, depending on their level of physical development. Vaccination is recommended before a girl becomes sexually active, since it is most effective before exposure to the virus.

University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey and an accredited oncology teaching hospital of the American College of Surgeons’ Commission on Cancer. For more information about UMCP’s Cancer Program, or for assistance finding a gynecologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

IRMAN OF DEPARTMENT OF MEDICINE

He will practice at University Medical Center at Princeton, which is moving to a new healthcare campus in Plainsboro in May 2012.

“I look forward to working with Dr. Lazarus, and I know he will continue our tradition of strong, stable leadership of the Department of Medicine,” says Linda Sieglen, MD, MMM, PHCS’ Senior Vice President of Medical Affairs. “He will help to lead us through the transition to the new hospital and navigate the ever-changing healthcare environment.”

Dr. Lazarus succeeds Margaret Lancefield, MD, who held the position on an interim basis since the beginning of 2011. Kenneth H. Goldblatt, MD, had served as chairman for the previous 13 years.

“I’m excited to join a team that already provides top-quality care, as evidenced by recent recognition from both The Leapfrog Group and The Joint Commission,” Dr. Lazarus says. “Our challenge is to continue improving upon that high level of care, through the transition to the new hospital and beyond.”

Dr. Lazarus’ previous experience includes work as a full-time academic member at Tufts Medical Center in Boston, along with subsequent moves to private practice and roles as Chairman of Medicine, Vice President of Medical Affairs and Chief Medical Officer at New Jersey-based hospitals.

For more information, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).



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call 1.888.PHCS4YOU (1.888.742.7496)

Preventing Coronary Artery Disease: A Valentine For Your Heart

This Valentine's Day, while you're contemplating ways to show love from the heart, why not also resolve to show love *for* your heart?



While coronary artery disease is the No. 1 killer in the United States, there are many things you can do starting today to help prevent the disease, says Sherryl Croitor, MD, (*pictured right*) a cardiologist on the Medical Staff of Princeton HealthCare System.

"With diet and lifestyle changes, you can dramatically reduce your risk of developing heart disease," Dr. Croitor says. "These changes are not always easy, but even small improvements can make a difference."

Hardened Arteries

The buildup of fatty plaque in the coronary arteries can damage the heart muscle over time, resulting in symptoms such as chest pain, chronic fatigue and shortness of breath. Severe coronary disease can cause a heart attack.

The risk of heart disease increases if a person has a strong family history of heart-related issues. Men are at higher risk than women, although that risk evens out after a woman reaches menopause, Dr. Croitor says. More important are the factors we can control, such as smoking, high blood pressure, diabetes, obesity and high cholesterol.

Show Your Heart Some Love

Resolve to eat better. Add more fruits, vegetables, whole grains and low-fat dairy products to your diet. Don't salt your food. Always read food labels and avoid hydrogenated oils.

Resolve to exercise more. "You should aim for 30 minutes, five days a week, but even 10-minute increments of exercise can be beneficial," Dr. Croitor says. Walk more by parking farther away. Take the stairs.

Resolve to change your life. Quit smoking. Limit alcohol consumption to one drink a day for women and two for men. Do something each day that makes you feel calm and reduces stress.



For assistance finding a cardiologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.
If you are experiencing a cardiac emergency, call 9-1-1.