

Princeton Health

Reclaim Your Life

with Greater
Mobility and
Less Pain



ALSO IN THIS ISSUE:

- Health Insurance Assistance
- Hormone Replacement Therapy
- New Services for First Responders

PLUS:

- **COMMUNITYFOCUS** Event Calendar



Princeton HealthCare System

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Reclaim Your Life with Greater Mobility

Jim Craigie can instantly recognize the walk of a person with chronic hip pain, and he won't hesitate to approach a total stranger who is moving slowly and obviously favoring one leg.

"I'll walk up to the person and say, 'Your hip is hurting, isn't it?'" Mr. Craigie says. "The person will say, 'Yeah,' and I'll say, 'You have to get it replaced.'"

Mr. Craigie, a 60-year-old Princeton resident, knows from experience. He says he tried to just live with hip pain that was "making my life miserable" before finally deciding to undergo joint replacement surgery with W. Thomas Gutowski, MD, Section Chief of Orthopaedic Surgery at University Medical Center of Princeton at Plainsboro (UMCPP).

"It changed my life," says Mr. Craigie, who had his left hip replaced in 2009 and right hip in 2010. "Today, I can do anything. I don't feel any pain. I honestly feel like I was born with these hips."

Giving Back

Mr. Craigie, Chairman and CEO of Church and Dwight Company, says joint replacement has been such a positive experience that he was moved to make a donation to help others.

And UMCPP used Mr. Craigie's generous donation to help expand its strong joint replacement program by launching the new the Jim Craigie Center for Joint Replacement. The Center enhances UMCPP's exceptional joint replacement services while also offering comforting patient amenities and outstanding service.

"Joint replacement patients have the best outcomes when they receive coordinated care based on the latest national standards," says Dr. W. Thomas Gutowski, Medical Director of the Center, who is board certified in orthopaedic sports medicine and orthopaedic surgery. "The center enhances our ability to provide each patient with state-of-the-art orthopaedic care, all in one location."

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

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

The health information provided in Princeton Health 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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fe and Less Pain

In fact, UMCPD recently earned The Joint Commission’s Gold Seal of Approval® for its orthopaedic joint replacement programs (hip, knee and shoulder) by demonstrating compliance with the Commission’s national standards for health care quality and safety.

A Center of Excellence

“The new center, like the hospital in general, offers the latest technology and state-of-the-art surgical care and also is dedicated to providing personal care,” Dr. Gutowski says. “Every patient is different, and our surgeons, nurses and therapists are entirely focused on making certain that our patients feel well cared for.”

The Jim Craigie Center for Joint Replacement, staffed by UMCPD’s team of board certified orthopaedic surgeons, includes:

- A dedicated 20-bed unit on the hospital’s second floor, including a large gym for inpatient physical therapy.

- A nurse navigator who oversees coordination of patient care, from answering family members’ questions to making daily rounds.
- Nurses, physical therapists and other care providers who have specialized certifications in joint replacement care.
- Protocols aimed at exceeding national standards for patient safety and recovery, including rapid recovery protocols that permit a quicker return to work.
- Group therapy sessions and other opportunities for joint replacement patients to interact and motivate each other.

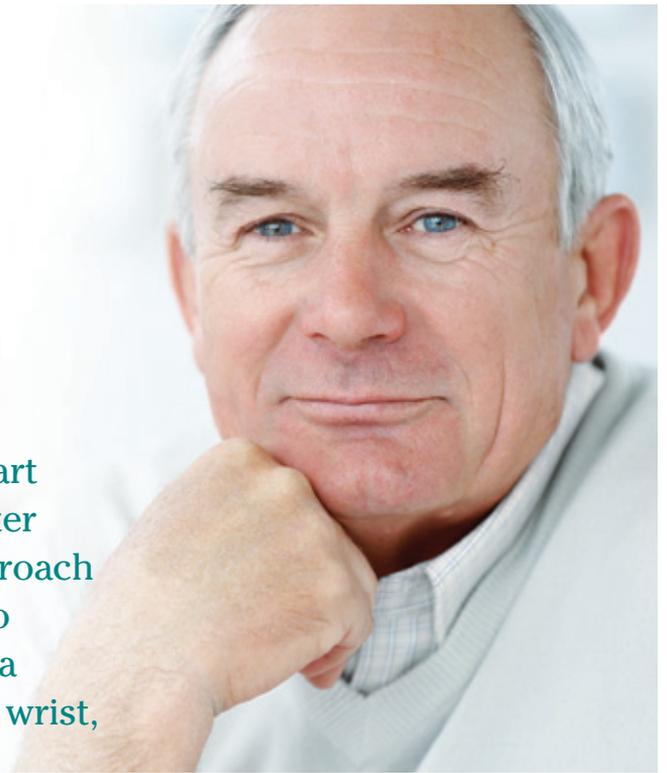
“The hospital made a difference in my life—the biggest difference any organization has made in my life,” Mr. Craigie says. “I know people in this area will sometimes think of Philadelphia or New York when they need a hip or knee replacement, but you couldn’t ask for a better team and a better hospital than we have right here.”

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

Pictured above (l-r): Kathleen Ryan, BSN, RN, BC, Director of Nursing & Peri-op Services, UMCPD; Jim Craigie, donor and Chairman and CEO, Church & Dwight Co. Inc.; W. Thomas Gutowski, MD, Section Chief of Orthopaedic Surgery, UMCPD.

A New, Minimally Invasive Heart Procedure

One of the newest procedures to diagnose heart disease is available at University Medical Center of Princeton at Plainsboro (UMCPP). This approach to cardiac catheterization allows physicians to see what is going on inside the heart through a catheter that is inserted through the patient's wrist, helping patients to feel more comfortable.



Cardiac catheterization is used to diagnose and treat heart problems, such as clogged blood vessels. The minimally invasive procedure uses a long, flexible tube (catheter) gently guided through the blood vessels to evaluate how well the heart is working.

Traditionally, the catheter has been inserted through a small puncture in the groin. At UMCPP, some patients now have the option for a “transradial” procedure in which the catheter is guided to the heart via a puncture in the wrist, says George Heyrich, MD, (*pictured left*), an interventional cardiologist on staff at UMCPP.

“The transradial approach uses smaller catheters, and studies have shown it is associated with reduced vascular complications,” Dr. Heyrich says.

For Diagnosis and Emergency Treatment

Cardiac catheterization at UMCPP is performed in a fully digital laboratory with high-resolution monitors, state-of-the-art procedure lighting and streamlined overhead equipment. At UMCPP, cardiac catheterization is used to:

- Diagnose chronic heart problems such as heart-muscle or valve defects and coronary artery blockages. The study determines a course of treatment, if necessary.
- Treat patients experiencing an acute heart attack—a procedure known as emergency angioplasty. The procedure locates and opens blocked vessels and immediately restores blood flow to the heart.

“Cardiac catheterization is the gold standard for diagnosing symptoms such as chest pain or shortness of breath or to follow up on an abnormal cardiac stress test,” says Dr. Heyrich, who is board certified in internal medicine, cardiovascular diseases, interventional cardiology and cardiovascular CT imaging. “By doing the procedure in the hospital, we have the entire medical team available to provide exceptional care for each patient.”

A More Comfortable Experience

Cardiac catheterization through the wrist involves local anesthesia and mild sedation—similar to a colonoscopy. “Patients prefer it because they can sit up right after the procedure, rather than having to lie flat for several hours while pressure is applied to the groin,” says Dr. Heyrich.

The transradial procedure is not for all patients, including those who have had prior bypass surgery or those with circulation problems in one of the main arteries of the wrist, Dr. Heyrich notes.

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

Worth a Second Look: Hormone Replacement Therapy Still an Option

Hormone replacement therapy (HRT) was once widely prescribed as a preventive treatment for women in menopause. That changed in 2002 when results from a major study, The Women's Health Initiative (WHI), indicated that HRT increased a woman's risk for heart disease and stroke. But new research suggests that, for some women, HRT may merit a second look.



"Whether or not to go on hormone replacement therapy has been an ongoing, evolving issue for women," says Christopher Naraine, MD, (*pictured left*), an OB/GYN with Princeton HealthCare System. He notes that a 2013 analysis of the first and subsequent WHI studies showed that, while HRT isn't recommended for the long-term prevention of cardiovascular disease, it is effective—and relatively safe—as a short-term therapy for hot flashes and other menopausal symptoms. Another recent study, published by the Yale School of Medicine, suggested that, for women between 50 and 59, hormone replacement therapy after a hysterectomy reduces the

risk of both heart attack and breast cancer when the therapy consists of estrogen alone. Results also indicate that a new form of HRT that combines estrogen with a natural form of progesterone may be safer, carrying fewer cardiovascular risks. Recent research also supports the "timing hypothesis," which suggests that HRT is safer when it's started early—within the first two years of the onset of menopause, according to Dr. Naraine.

But why consider hormone replacement therapy if it may not protect against heart disease? "It's a quality-of-life issue," says Dr. Naraine. Among the potential benefits of HRT are reduced hot flashes and a lowered risk of colorectal cancer, osteoporosis, vaginal dryness, bladder prolapse, and other symptoms. The takeaway from recent research, says Dr. Naraine, is that "every patient should have an individual risk/benefit analysis in consultation with her physician before making a decision about hormone replacement therapy." When it comes to HRT, one size most definitely doesn't fit all.

To find an OB/GYN affiliated with Princeton HealthCare System, please call 1.800.FINDADR (1.800.346.3237) or visit www.princetonhcs.org.



Searching for Affordable Health Insurance? We Can Help

Do you need help sorting through your individual or family health insurance options under the Affordable Care Act?

University Medical Center of Princeton at Plainsboro (UMCPP) has been designated an official Certified Application Counselor (CAC) organization. This means we can help you review your options and enroll in a new plan through the Health Insurance Marketplace.

UMCPP's specially trained Certified Application Counselors are available to provide assistance now through March 31, 2014 (the closing date for open enrollment). Assistance will be provided on a first-come, first-served basis at the UMCPP Medical Library. Before you go, please call 1.888.897.8979 to check the schedule.

The Health Insurance Marketplace allows you to enroll in health plans that provide coverage for essential benefits, pre-existing conditions and more at group rates. Those who apply may also qualify for lower costs.

Check our community calendar at princetonhcs.org/calendar for upcoming dates and times when you can meet with a counselor, or call 1.888.897.8979. Please see page 7 of this issue for dates and times of upcoming overview sessions on the health insurance marketplace.

The Marketplace, which opened on Oct. 1, 2013, can be accessed through www.HealthCare.gov or by calling **1.800.318.2596**. To enroll, you must bring:

- Social Security numbers or document numbers for legal immigrants.
- Employer and income information for every member of your household who will need coverage (pay stubs or W-2 forms).
- Policy numbers of any current health insurance plans covering members of your household.
- A COMPLETED Employer Coverage Tool for every job-based plan you or someone in your household is eligible for. (You can find it at healthcare.gov.)

New Children's Hospital of Philadelphia Facility in Princeton

An expansive new pediatric specialty care center is rising on the campus of University Medical Center of Princeton at Plainsboro (UMCPP). In late September of 2013, The Children's Hospital of Philadelphia (CHOP) broke ground on the facility, which is expected to open its doors early in 2015. It will replace an existing center located on Alexander Road in Princeton.

"It will house all of the existing specialties"—including ophthalmology, neurology, orthopaedic surgery, gastroenterology, and a dozen others—"and will allow us to offer new services, among them physical, occupational, and speech therapy, as well as diagnostic X-ray facilities," says Steven M. Altschuler, MD, CHOP CEO. At 25,000 square feet, the facility will be 15,000 square feet larger than its predecessor, with the potential to expand to 100,000 feet.

The new center, one of more than 50 CHOP Care Network locations in New Jersey, Philadelphia, and surrounding counties, will also increase the number of specialists in attendance, notes Alicia Brennan, MD, medical director of CHOP Pediatric Care at UMCPP.



That means that patients who need referrals to other doctors will get to see them more quickly and on site. In the past, observes Bert Mandelbaum, MD, chairman of UMCPP's Department of Pediatrics, many of these patients would have needed to be transported elsewhere. "If we can offer care locally," he says, "it improves care, and it improves the community."

For more information about UMCPP's partnership with CHOP, visit umcppchop.org.

Pictured l-r: NJ Senator Linda Greenstein; Jennifer Winell, MD, Dept. of Surgery, CHOP; Plainsboro Mayor Peter Cantu; CHOP patient Danielle Hirsch; Steven M. Altschuler, MD, CEO of CHOP; Barry S. Rabner, President & CEO of Princeton Healthcare System; NJ Assemblyman Daniel Benson.

Community Focus



Health Insurance Marketplace in NJ: What You Need to Know

A Certified Application Counselor (CAC) from Princeton HealthCare System's Community Education & Outreach Program provides an overview of the health insurance marketplace; how it works; who qualifies; how to enroll; and much more.

WED. January 15 (7 – 8 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road
Robbinsville

TUE. January 28 (6:30 – 8 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B



CURRENT PROGRAMS

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

Oh, My Aching Back!

THU. January 9 (1 – 2 p.m.)

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

Persistent back pain affects millions of Americans each year and is one of the most common reasons people visit their doctor and lose time at work. Join Linda A. Lucuski, MPT, Certified MDT, Rehab Director and Certified Vestibular Rehabilitation Specialist and Rehabilitation Coordinator with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, for this educational program on back pain prevention and rehabilitation.

Topics to be discussed include:

- Causes of lower back pain
- Common back pain myths
- Choosing safe, effective exercises
- Abdominal and gluteal muscles and back health
- When surgery is appropriate

Free Memory Screenings

MON. January 13 (6:30 – 8:10 p.m.)

West Windsor Library
333 North Post Rd, Princeton Junction

Please call 609.799.0462 for an appointment time. Appointments are approximately 20 minutes long. Take advantage of a free memory screening offered by The Princeton Medical Institute. This simple and safe screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions. Screenings and a review of the results, including when to follow up with a physician or other healthcare provider, are private.

Happy New Year to Your Health

TUE. January 14 (8:30 – 10 a.m.) and (5 – 6:30 p.m.)

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

Kick-start your New Year's resolution to get in shape by getting a few basic health screenings — including weight, blood pressure, body mass index (BMI), cholesterol, glucose, posture, and balance — to see how you measure up. Nurses from Princeton HealthCare System will be available to discuss guidelines for healthy ranges and physical trainers from the Hamilton Area YMCA John K. Rafferty Branch will be on hand to discuss exercise programs.

GERD: The Burning Question

TUE. January 14 (1 – 2 p.m.)

Monroe Township Library
4 Municipal Plaza, Monroe Township

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Approximately 60 million Americans experience heartburn and acid reflux at least once a month. Anish Sheth, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will discuss the causes of gastroesophageal reflux disease (GERD), treatment options, and Barrett's esophagus, a complication of chronic acid reflux that can lead to esophageal cancer.

AARP Smart Driver Course

THU. January 16 (9:30 a.m. – 3:30 p.m.)

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

MON. & TUE. February 3 & 4 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$15 for AARP members and \$20 for nonmembers
Payable at the door – cash or check. Check should be made payable to AARP.

Upon completion of this course, you will receive a certificate of completion to send to your insurance company. Participants will learn:

- Defensive driving techniques
- New traffic laws and rules of the road
- How to deal with aggressive drivers
- How to handle problem situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots
- How to safely use anti-lock brakes and safety belts

You must be 18 years of age or older and have a valid driver's license to be eligible for this course. Course participants may be eligible to receive a reduction in their car insurance premiums (consult your insurance company for details). Course participants with NJ driver's licenses may be eligible to have up to two points removed from their driving record. You do not need to be a member of AARP to participate in this program.

Robotic Colon Surgery: Faster Recovery with Minimal Scarring

MON. January 20 (6:30 – 8 p.m.)
University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Room E
Join us for this informative session presented by Sanjiv K. Patankar, MD, board certified in colon and rectal surgery and a member of the Medical Staff of Princeton HealthCare System, to learn about the latest uses of the da Vinci Robotic Surgical System to treat conditions such as colon cancer, diverticulitis and inflammatory bowel disease.

Grandparenting 101 in the 21st Century

WED. January 22 (10 – 11:30 a.m.)
Hickory Corner Library
138 Hickory Corner Rd, East Windsor

TUE. February 11 (7 – 8:30 p.m.)
Princeton Library
65 Witherspoon Street, Princeton
This program is part of Next Step: Princeton Senior Resource Center.

THU. February 20 (10 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. This fun, interactive class is designed to bring grandparents-to-be and new grandparents up-to-date on the latest in baby care. Topics range from the changing birth environment to safety considerations, including car seat laws and recommendations; sudden infant death syndrome (SIDS) risk reduction; transitioning your role from parent to grandparent and newborn characteristics. This discussion will be presented by Carolyn Schindewolf, a health educator with Princeton HealthCare System.

For Every Woman: Prevention & Early Detection of Gynecological Cancers

THU. January 23 (7 – 8:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor
Understanding the risk factors of reproductive cancers is essential for every woman. Christopher Naraine, MD, board certified OB/GYN, will discuss six types of gynecological cancers: cervical, ovarian, uterine, vaginal, vulvar, and cancer of the fallopian tubes. This informative discussion will focus on the prevention, warning signs and early detection of these cancers. A question-and-answer session will follow. Dr. Naraine is a member of the Medical Staff of Princeton HealthCare System.

Homecare Options

FRI. January 24 (10 – 11:30 a.m.)
Hickory Corner Library
138 Hickory Corner Rd, East Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. As the population ages, more and more of us are facing the dilemma of how to care for aging parents while working and raising a family. Join Christine Diaz, RN, clinical liaison with Princeton HomeCare, to learn where to begin and what services and homecare professionals are available to assist you, as well as which homecare services are covered by insurance and Medicare and how to choose a private-pay company and a quality homecare company.

Put Your Best Foot Forward: Common Foot Problems and Solutions

THU. January 30 (7 – 8:30 p.m.)
Lawrenceville Library
2751 Brunswick Pike, Lawrenceville

Registration requested. Please call the Lawrenceville Library at 609.989.6920.

This informative session, presented by Donna M. Barrese, DPM, board certified in podiatry and a member of the Medical Staff of Princeton HealthCare System, will provide an overview of the treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle.

Don't Miss a Beat: Getting to the Heart of Arrhythmias

THU. February 6 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville

MON. February 17 (7 – 8:30 p.m.)
Hickory Corner Library
138 Hickory Corner Rd, East Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Arrhythmias, or irregular heart rates or heart rhythms, have many causes. Some arrhythmias are harmless, while others require medical attention. Join Eran Zacks, MD, FACC board certified in cardiovascular disease, clinical cardiac electrophysiology and internal medicine, at this informative session to learn about the causes, symptoms and treatments of cardiac arrhythmias. Dr. Zacks is a member of the Medical Staff of Princeton HealthCare System.

Heart Attack and Heart Disease: What Men and Women Need to Know

THU. February 6 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Join us for this informative program led by Dan M. Sodano, MD, board certified in cardiovascular disease and a member of the Medical Staff of Princeton HealthCare System, focusing on the differences between how men and women experience heart attacks and heart disease, prevention, risk factors and available treatment options.

Preparing for Surgery

MON. February 10 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
Every year millions of people undergo surgical procedures. Properly preparing for an operation can ease your mind and lead to a smoother recovery. At this informative session, Alexander Wolfson, MD, board certified in anesthesiology and a member of the Medical Staff of Princeton HealthCare System, will discuss what to expect and how to prepare your body and mind for surgery.

Breast Surgery: New Options in Reconstruction, Reduction and Augmentation

THU. February 20 (6:30 – 8 p.m.)
UMCPP Breast Health Center

East Windsor Medical Commons 2
300B Princeton–Hightstown Road
East Windsor

Matthew J. Lynch, MD, board certified in plastic and reconstructive surgery, will discuss the latest surgical options for breast reconstruction after breast cancer, as well as breast reduction and augmentation. Dr. Lynch is a member of the Medical Staff of Princeton HealthCare System.

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

Wednesdays, January 8, 15, 22, 29 (6 – 9 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$50 per person

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

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

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.

Hospital Tours

For more information, a list of tour dates or to register, please visit www.princetonhcs.org/calendar or call 1.888.897.8979.

Join Princeton HealthCare System's Community Education & Outreach tour leaders as they guide you through featured areas of the new University Medical Center of Princeton at Plainsboro (UMCPP).



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center of Princeton at Plainsboro is pleased to offer a variety of programs related to childbirth and family health. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register.

Sibling Class

SAT. January 11 (10 – 11:30 a.m.)
University Medical Center of Princeton
at Plainsboro — 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 3 to 8 years of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

WED. January 15 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. January 25 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
SAT. February 8 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
THU. February 13 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro
Main Lobby

University Medical Center of Princeton at Plainsboro is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCPP 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.

Pre-natal Yoga

MON. January 6 – February 10 (6:30 – 7:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$99 per person

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Early Pregnancy Class

TUE. January 14 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro Education Center, First Floor, Conference Rooms A & B
Join us to learn about the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy. This class is designed for parents in the first five months of pregnancy and will be led by a health professional from Princeton HealthCare System.

Baby Care

MON. February 3 (7 – 9:30 p.m.)
University Medical Center of Princeton at Plainsboro Education Center, First Floor, Conference Rooms A & B

\$50 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills. Topics include infant care, feeding choices, choosing a pediatrician and more.

Daddy Boot Camp™

SAT. January 18 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$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.

Prenatal Breastfeeding Class

WED. January 22 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro Education Center, First Floor, Conference Rooms A & B

\$50 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.

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

Thursdays, January 9 – 30 (7 – 9 p.m.)
Tuesdays, January 21 – February 11 (7 – 9 p.m.)
Wednesdays, February 5 – 26 (7 – 9 p.m.)
Thursdays, February 20 – March 13 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro Education Center, First Floor

\$125 per couple

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

Accelerated Birthing Basics

SAT. January 18 (9 a.m. – 5 p.m.)
SAT. February 15 (9 a.m. – 5 p.m.)
University Medical Center of Princeton at Plainsboro Education Center, First Floor Conference Rooms A & B

\$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.

HypnoBirthing®

Saturdays, January 11 – February 8 (9:30 a.m. – 12 p.m.)
(The class on January 18 will be from 1 – 3:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

\$195 per couple

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

Private childbirth and family classes are available upon request for those with special medical considerations.

Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of Princeton at Plainsboro 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 crawling)

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 a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Breastfeeding Support Group

Tuesdays & Fridays (11 a.m. – 12 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

No registration required.
Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by a certified lactation consultant.

Postpartum Yoga

MON. January 6 – February 10 (11:30 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$120 per person
This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies (one month to crawling). Breathing, relaxation and meditation techniques will be integrated. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching.

Postpartum Adjustment Support Group

THU. January 9 (1 – 2 p.m.)
THU. January 23 (1 – 2 p.m.)
THU. February 6 (1 – 2 p.m.)
THU. February 13 (1 – 2 p.m.)
THU. February 20 (1 – 2 p.m.)
THU. February 27 (1 – 2 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.

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.

Documentation: If You Didn't Write It, It Didn't Happen

MON. January 27 (6 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

PCRs, or Patient Care Reports, are an important part of EMS work. After treating a patient, EMTs need to carefully document what was or was not done, and why. Join Barbara Vaning, EMT Instructor, MHA, for a discussion on the importance of documentation, what needs to be documented, and why. Please feel free to call Barbara Vaning at 609.683.3223 if you have charts you would like reviewed during the class.

While we are proud to offer this training to Emergency Medical Services personnel, we wish to clarify that University Medical Center of Princeton at Plainsboro is not a state-designated regional trauma center.



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 need to reschedule for another CPR course held by Princeton HealthCare System.

ACLS Full Certification Course

SAT. & SUN. January 18 & 19 (9 a.m. – 3:30 p.m.)
TUE. & WED. February 18 & 19 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

THU. January 9 (6 – 10:30 p.m.)
TUE. February 4 (9 a.m. – 2:30 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 Full Certification Course

WED. & THU. January 8 & 9 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

TUE. January 14 (9 a.m. – 2:30 p.m.)
FRI. February 14 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

BLS for Healthcare Providers

FRI. January 3 (9 a.m. – 1:30 p.m.)
WED. January 22 (6 – 10:30 p.m.)
WED. February 5 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. January 7 (6 – 10:30 p.m.)
THU. February 13 (9 a.m. – 1:30 p.m.)
WED. February 26 (6 – 10:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

FRI. January 17 (9 a.m. – 1:30 p.m.)
FRI. February 21 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$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. February 10 (6 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road

FRI. January 3 (6 – 9:30 p.m.)
FRI. February 28 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

TUE. January 14 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 per person

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

Family & Friends CPR

\$20 per person, per session

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

Session Times:

Infant CPR* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

*An infant is defined as a child 1 year of age or younger.

Session Dates:

SAT. January 11

Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. February 8

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

Heartsaver First Aid

THU. January 30 (6 – 9:30 p.m.)

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

\$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.

Pet First Aid and CPR

MON. January 27 (6 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

\$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.



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit **www.princetonhcs.org/calendar**.

University Medical Center of Princeton at Plainsboro is an Affiliate of Rutgers Cancer Institute of New Jersey, an accredited comprehensive community cancer program of the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award for cancer care. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

Prostate Cancer Support Group

WED. January 8 (12 – 1:30 p.m.)

WED. February 12 (12 – 1:30 p.m.)

University Medical Center of Princeton at Plainsboro

Edward & Marie Matthews Center for Cancer Care, Education Conference Room

Registration preferred. Walk-ins welcome.

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

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

WED. January 15 (12 – 1 p.m.)
WED. February 12 (12 – 1 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred.
Walk-ins welcome.

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

Cancer Support Group

TUE. January 21 (1:30 – 3 p.m.)
TUE. February 18 (1:30 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road
Monroe Township

No registration required.
Walk-ins welcome.

University Medical Center of Princeton at Plainsboro is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

TUE. January 21 (6 – 7:30 p.m.)
TUE. February 18 (6 – 7:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required.
Walk-ins welcome.

The Breast Cancer Support Group meets the third Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCPP's Breast Health Center.



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. January 6 (7 – 9 p.m.)
MON. February 3 (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.

Bariatric Surgery Support Group

MON. January 6 (7 – 8:30 p.m.)
MON. February 3 (7 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Classroom 1

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery at University Medical Center of Princeton at Plainsboro, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery at UMCPP, a Center of Excellence, and New Jersey Bariatrics.

Diabetes Support Group

WED. January 15 (2:30 – 4 p.m.)
WED. February 19 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. January 27 (6:30 – 8 p.m.)
University Medical Center of Princeton at Plainsboro
First Floor, Diabetes Management Program

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

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

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

TUE. January 21 (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 a member of the Medical Staff of University Medical Center of Princeton at Plainsboro's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.

Hospice Program of Princeton HomeCare Bereavement Support Group

Thursdays, February 13, 20, 27, March 6, 13 & 20

Afternoon Session: 1 – 2:30 p.m.

Evening Session: 6:30 – 8 p.m.

University Medical Center of Princeton at Plainsboro – Ground Floor, Family Respite Room

Registration required. Please call 609.819.1226 for more information and to register.

Led by chaplains and licensed clinical social workers, this group is open to community members who need support and assistance in coping with grief and loss.



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).

Memory, Aging & the Brain

MON. January 6 (7 – 8 p.m.)

West Windsor Library

333 North Post Road

Princeton Junction

Please call the West Windsor Library at 609.275.8901 to register.

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future. Join Jeffrey T. Apter, MD, board certified psychiatrist and member of the Medical Staff of Princeton HealthCare System, to learn about aging and brain function.

Aging Gracefully in Your Home

FRI. January 10 (1 – 2 p.m.)

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

As we age, our muscles, flexibility and strength change and affect our daily functioning. Gain a better understanding of those changes and how to adjust to them by joining Gogilavaani Pillai, MSPT, Clinical Educator with Princeton HomeCare, for a discussion on:

- How to maintain your strength and muscle function as you age
- Strength, balance and flexibility exercises
- Lifestyle and home modifications to decrease your chance of falls
- Medicare coverage and therapy options

Beat the Blues

FRI. February 7 (1 – 2 p.m.)

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

Experiencing increased stress and anxiety, especially during the winter months, can negatively impact your emotional and physical health. Join Danielle Tararuj, LSW, MEd, Primary Therapist, Senior Link Program with Princeton House Behavioral Health, for an uplifting program on recognizing the signs of depression and learning healthier ways to cope with life's stressors.

PLEASE GIVE BLOOD

You can help save a life by giving blood at the Blood Donor Program of the University Medical Center of Princeton at Plainsboro. For hours, or to schedule your appointment, call 609.853.6870.

Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.

You can also join us at one of the following blood drives:

MON. February 17 (12 – 3 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

THU. February 27 (11 a.m. – 2 p.m.)
Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse–Mercerville Road, Hamilton
Gymnasium

ONLINE SEMINARS

www.ustream.tv/princetonhealth

PHCS hosts monthly live web chats, and you're invited. To participate, go to our UStream Channel at www.ustream.tv/princetonhealth on your computer, tablet, or smartphone on the day of the seminar.

Pre-register either by calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar.

All those who pre-register for an online seminar will be entered to win one of several gift cards that will be awarded immediately following the web chat. Must be present to win.



Hard to Breathe: Is it COPD or Asthma?

January 6 at 12 p.m.
Ashgan Elshinawy, DO, Medical Director of the Sleep Center at University Medical Center of Princeton at Plainsboro



How to Handle a Serious Allergic Reaction

February 3 at 12 p.m.
Bert Mandelbaum, MD, board certified pediatrician

Eat Right for Better Health and Energy

January 23 at 7 p.m.
Jane Schwartz, RD, Outpatient & Community Education Dietitian

Are You At Risk for Developing Diabetes?

February 20 at 7 p.m.
Nancy Rhodes, RN, MA, CDE, and Sandra Byer–Lubin, MS, RD, CDE, Diabetes Clinicians and Certified Diabetes Educators

For a full, up-to-date calendar, visit www.princetonhcs.org/calendar.

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). Directions are available on www.princetonhcs.org.

 **Princeton HealthCare System**
Community Education & Outreach



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



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



University Medical Center of Princeton at Plainsboro
One Plainsboro Road, Plainsboro



Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse–Mercerville Road, Hamilton

* The Princeton Fitness & Wellness facility on 1225 State Road is located in the Montgomery Township area and is not to be confused with the fitness facility located on the campus for the new hospital.

New Lung Cancer Screening Program Offered at UMCPP

Current and former smokers at a high risk for lung cancer can receive reduced-cost screening exams through a new collaborative effort between Princeton Radiology and University Medical Center of Princeton at Plainsboro (UMCPP).

The new screening program uses computed tomography (CT) scans in an attempt to detect lung cancer at an early stage, when treatment can be more effective. The scans are available at UMCPP and Princeton Radiology locations in Princeton and Monroe.



“Lung cancer is the leading cause of cancer death for both men and women in the United States,” says John A. Heim, MD, (*pictured left*), a board certified thoracic surgeon and Chairman of the PHCS Department of Surgery. “This is due in part to the fact that lung cancer generally is not diagnosed until its advanced stages.”

In the past, there was no effective method to screen for lung cancer, Dr. Heim says. Now, research by the National Institutes of Health (NIH) has shown that spiral CT scans using low-dose radiation can reduce a smoker’s risk of death by as much as 20 percent because it can detect cancer in its early stages.

Insurance companies typically will not cover the procedure, so patients must pay the full cost. As a result, UMCPP and Princeton Radiology will provide CT scans to high-risk patients for \$99—about one-third of the usual cost.



Edward Soffen, MD, (*pictured left*), a board certified radiation oncologist affiliated with both UMCPP and Princeton Radiology, says offering the test at a reduced cost should encourage more high-risk patients to be screened.

“This program will save lives,” says Dr. Soffen. “If lung cancer can be detected early, it can be successfully treated.”

Based on recommendations from the American Lung Association, the program is open to current and former smokers, age 55 to 74, with a smoking history of at least 30 pack years—that is, one pack a day for 30 years, two packs per day for 15 years, and so on.

A physician’s order is required for the scan, ensuring that the results and any necessary follow-up care are discussed with the patient’s physician and, if appropriate, a specialist who treats pulmonary nodules. Those who do not have a primary care physician and need help acquiring an order should call our nurse navigator at 609.853.6790.



Insurance companies typically will not cover the procedure, so patients must pay the full cost. As a result, UMCPP and Princeton Radiology will provide CT scans to high-risk patients for \$99—about one-third of the usual cost.

The low-dose spiral CT scans are being provided at:

- University Medical Center of Princeton at Plainsboro Medical Arts Pavilion Outpatient Imaging Center 1 Plainsboro Road, Plainsboro
- Princeton Radiology 419 N. Harrison Street, Princeton
- Princeton Radiology 9 Centre Drive, Monroe

To schedule an appointment for a screening, please call 609.497.4040.



PHBH Offers Services for First Responders

First responders—police and corrections officers, firefighters and the military—face a unique set of challenges, thrusting themselves daily into the kind of danger that most people instinctively run from.

So it's not surprising that they also face sharply higher rates of stress-related disorders like anxiety, depression and substance abuse. In response, Princeton House Behavioral Health (PHBH) recently launched New Jersey's first inpatient program for first responders, offering a full complement of behavioral health services designed to help the men and women who spend their lives helping the rest of us.

"The response has been remarkable," says Michael Bizzarro, PhD, Director, Clinical Services for First Responders. He notes that first responders are typically reluctant to seek treatment, largely because asking someone else for help isn't part of their job description. That means that they often let stress build up until it leads to a secondary problem like alcoholism, prescription drug abuse (which often starts with prescribed pain medications after an on-the-job injury), marital difficulties, domestic violence or uncontrolled anger. Post-traumatic stress disorder (PTSD) is another common issue. "Routine exposure to tragic events puts first responders at risk for developing PTSD," says Dr. Bizzarro.

The program is designed to help participants deal with the effects of stress, anger, PTSD, substance

difficulties and other problems before they lead to another all-too-prevalent problem: suicide. Statistics show that first responders suffer significantly higher suicide rates than the general population. "In 2012," says Dr. Bizzarro, "there was one police suicide every 72 hours, and for corrections officers it was one every 56 hours."

To address the range of problems faced by first responders, PHBH offers an extensive program. Each participant undergoes a comprehensive evaluation of medical, mental health and addiction issues, and receives treatment that includes one-on-one, group and family therapy; medication management; art and music therapy; exercise; and nutrition counseling. In addition, participants may be referred to outpatient providers and 12-step programs—like Bottles and Badges, a support group specifically geared to first responders—near home.

In fact, finding help close to home is a major advantage for many first responders. "Prior to the Princeton House program, there were no services in New Jersey that targeted this population specifically. Typically, treatment would be out of state," says Dr. Bizzarro. That can be hard on patients emotionally, and it can also hinder treatment, which often involves family therapy.

For most participants in the program, the ultimate objective is to return to health and to work, and most do just that. "Our goal," says Dr. Bizzarro, "is to help first responders understand that there is no dishonor in seeking professional treatment. And once they make that step, our program is designed to help them get back to the critical work they do."

To find out more about Princeton House Behavioral Health or First Responder Treatment Services, call 1.800.242.2550 or visit www.princetonhouse.org.



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www.princetonhcs.org

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call 1.888.PHCS4YOU (1.888.742.7496)

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PHCS Dedicates Punia Family Healing Garden

On September 24, 2013, friends, family, and hospital officials gathered to honor and thank Princeton resident Leonard Punia, who donated \$2 million to University Medical Center of Princeton at Plainsboro (UMCPP) during the recently completed \$171 million *Design for Healing* campaign. A portion of Mr. Punia's gift created the Punia Family Healing Garden, in memory of his beloved wife, Renee Denmark Punia, who passed away in 2009.

Barry Rabner, President and CEO of Princeton HealthCare System (PHCS), welcomed more than 65 attendees and offered guests a tour of the garden, located outside the JoAnn Heffernan Heisen Infusion Therapy Suite at UMCPP. "The Punia Family Healing Garden is such a wonderful space at our new hospital," Mr. Rabner said. "I know that patients, family, physicians, and staff will use the space to find quiet comfort. I would like to thank Leonard for his generous support of our campaign and for his friendship over the past few years."

In addition to mature trees, perennial flowering plants, shrubbery, walkways and a bubbling reflecting pool, the garden also houses two sculptures. *Remembrance of Gifts Past*, made possible by a gift from PHCS Foundation Board Chairman Kim Pimley, is the only commissioned piece of art on the Plainsboro campus. Constructed of steel and bronze, the sculpture stands more than 10 feet tall. The



artist, le Corbeau, of Hopewell, NJ, forged the bronze elements of the piece out of the donor plaques from the former hospital in Princeton.

"It is especially meaningful to me that this sculpture has a home on our new healthcare campus," said Princeton resident Ms. Pimley. "It enables us to honor all of our donors since 1919, whose generous gifts have made our hospital into the outstanding deliverer of health care that it is today."

The garden is also the home of the *Super Ellipse*, a three-dimensional sculpture by the renowned Danish poet and scientist Dr. Piet Hein. This piece was generously donated by area residents Kirsten Roed and her daughter, Jeanette Roed, both longtime supporters of PHCS. The *Ellipse* illustrates the one curve relating to both the circle and the rectangle, symbolizing perfect harmony.

*Pictured above:
Leonard Punia
officially opens
the Punia Family
Healing Garden at
UMCPP, as Barry
S. Rabner, PHCS
President and CEO,
looks on.*