

Princeton Health



How to Know
if Your GI Trouble is
Cause for Concern

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- South Brunswick Wellness Center Opens
- CHOP Outpatient Center to Open January 2015
- Understanding Low Libido

PLUS:

- **Community Focus** Event Calendar



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Princeton HealthCare System, South Brunswick Partner to Promote Wellness



Princeton HealthCare System (PHCS) is proud to announce it is operating the South

Brunswick Wellness Center, a new community resource offering primary medical care, laboratory testing, physical therapy and a broad array of health screenings and educational programs for people of all ages.

The wellness center is housed in the South Brunswick Senior Center at 540 Ridge Road, Monmouth Junction. South Brunswick Township awarded PHCS a three-year contract to run the center following a competitive bidding process.

“The township of South Brunswick is looking forward to the partnership with Princeton HealthCare System,” said Mayor Frank Gambatese. “The partnership will afford our residents the opportunity to address their healthcare needs and have access to quality health-related education.”

“The township’s vision for the South Brunswick Wellness Center is a perfect fit for our mission to serve the lifelong needs of our community members,” said Barry S. Rabner, President and CEO of PHCS, a comprehensive system that includes University Medical Center of Princeton (UMCP). “Area residents will be able to see a doctor, receive physical therapy and access laboratory services — all in one place and close to home.”

The center includes two examination rooms, two classrooms, an exercise room and a larger multipurpose room within the South Brunswick Senior Center.

Jose C. Vigario, DO, who is board certified in both internal medicine and geriatric medicine, is the Medical Director at the South Brunswick Wellness Center. Dr. Vigario is a member of Princeton Medicine, the primary and specialty care practice of PHCS. He was recently listed in *Inside Jersey's 2014 Top Doctors*.

At the wellness center, people of all ages can:

- **See a physician from Princeton Medicine**, which employs more than 50 practitioners whose specialties include bariatric and metabolic surgery; behavioral health; cardiology; family medicine; gastroenterology; geriatric medicine; hematology/oncology; internal medicine; obstetrics and gynecology; pulmonary medicine; sleep medicine; and thoracic surgery. Medicare and most major insurance plans are accepted.
- **Visit an outpatient laboratory center staffed by the UMCP Department of Laboratories offering a wide range of clinical testing.** UMCP also operates outpatient laboratory centers in Plainsboro, Monroe, East Windsor, Princeton and Hamilton. See page 6 for more on UMCP’s outpatient laboratory centers.
- **Receive rehabilitation services from master’s and doctoral level physical therapists (PTs) with the UMCP Outpatient Rehabilitation Network.** The PTs treat individuals recovering from sports injuries, joint replacement surgery and strokes, as well as those with chronic pain, balance disorders, multiple sclerosis, Parkinson’s disease and other neurological diagnoses.

For more information, visit www.princetonhcs.org/southbrunswick.

Don't Ignore That Feeling in Your Gut

Everyone experiences occasional abdominal pain, heartburn and other gastrointestinal troubles. But how do you know whether those symptoms indicate a significant medical problem?



In general, if your symptoms occur regularly or are not easily resolved with dietary changes or over-the-counter medication, you should speak with your doctor, says **Deborah Sokol, MD**, a board certified gastroenterologist on staff at University Medical Center of Princeton (UMCP).

Gastrointestinal, or GI, tract problems are more easily treated when caught early, especially during a routine screening such as a colonoscopy. A thorough discussion about your medical history can also help your doctor pinpoint the cause of symptoms.

“People are sometimes reluctant to be forthright with their symptoms or to go for screenings because of the personal nature of GI tract conditions,” Dr. Sokol says. “There’s no reason to be embarrassed — these are common problems we see every day in our office.”

What to Look For

GI tract problems can be difficult to diagnose because many underlying conditions have the same symptoms, and symptoms may change with dietary changes. Symptoms that should be discussed with your doctor include:

- Changes in bowel habits
- Unexplained weight loss
- Frequent abdominal pain
- Rectal bleeding
- Frequent heartburn and bloating

“For the majority of people, these issues turn out to be the result of GI conditions that can be managed with a combination of medication and diet and lifestyle changes,” Dr. Sokol says. “However, they need to be investigated to ensure we are not missing a more serious problem.”

Common causes of GI tract symptoms include gastroesophageal reflux disease (GERD); peptic ulcers; irritable bowel syndrome; gallstones; inflammatory bowel diseases like ulcerative colitis and Crohn’s disease; and diverticulosis, where a pouch forms in the colon wall.

Detecting a Problem

Colonoscopy is one of the most important screening procedures, since it can detect potentially dangerous polyps before they develop into colon cancer. The procedure is recommended for everyone 50 and older, or earlier if you have a family history of colon cancer or other risk factors.

Similarly, upper endoscopy can diagnose problems of the throat (esophagus) and stomach. External imaging procedures, such as ultrasound and CT scans, can be used to view organs including the gallbladder and pancreas.

UMCP also offers a procedure called capsule endoscopy or simply “the pill camera.” The patient swallows a pill that takes multiple pictures per second of the GI tract. The images can help locate problems in the small intestine, such as bleeding that is causing anemia.

For GI tract conditions that require surgery, UMCP offers a number of options, including minimally invasive surgery to remove the gallbladder or a section of the colon with the robotic da Vinci Surgical System®.

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

See page 11 for a seminar and page 18 for an online seminar on diverticular disease.

Back to Normal: Rapid Recovery From Joint Replacement

Every aspect of the Jim Craigie Center for Joint Replacement at University Medical Center of Princeton (UMCP) was designed with one idea in mind — getting patients back on their feet as soon as possible.

Most joint replacement patients are up and walking within hours of their procedure. Physical therapy is provided twice a day, including a group session where patients can encourage each other. Patients leave the hospital and participate in outpatient physical therapy in as few as two days.



Even the hospital's design, with bright, sunlit walkways and natural views, encourages patients to get up and moving more quickly than they might have imagined, says **Harvey Smires, MD**, a board certified orthopaedic surgeon on staff at UMCP.

“Choosing joint replacement can be an emotional decision for patients because they’ve reached a point where they have some real disability caused by joint pain,” Dr. Smires says. “That’s why we’ve put a clear emphasis on helping people get back to acting and feeling normal as soon as possible.”

Pain No More

Patients usually choose joint replacement when they no longer can stand to live with joint pain and aren’t getting relief from medication and non-surgical therapies.

For Stephen Danforth of Belle Mead, left hip pain was part of simply putting on his shoes and socks or getting in and out of the car. He couldn’t enjoy playing with his grandchildren or exploring his woodworking hobby.

After surgery, Danforth, 62, was surprised he was walking within four hours. His 16 months of hip pain was becoming a memory a few weeks after surgery.



“I can walk, sit and stand without any of the pain I had before the surgery,” he says. “I am optimistic that I will be able to do the things I could not do before the surgery.”

A Nationally Recognized Program

Launched in 2013, the Jim Craigie Center offers the latest minimally invasive procedures, research-based clinical protocols and a thorough program of pre- and post-operative care for patients receiving total knee or hip replacements. Designed by board certified orthopaedic surgeons, and staffed by specially trained nurses and therapists, the Center ensures all patients receive the same high level of care.

“Everything is standardized,” Dr. Smires says. “All the surgeons who operate in the Center agree on how we handle issues ranging from pain control to preventing potential complications.”

Over 750 hip and knee replacements are performed at the Jim Craigie Center each year, placing it among the leading joint replacement centers in the region. The Center has received The Joint Commission’s Gold Seal of Approval®. This national certification applies to both knee and hip replacement procedures, and was awarded following a rigorous on-site review.



For more information about the Jim Craigie Center for Joint Replacement or to find an orthopaedic surgeon affiliated with Princeton HealthCare System, visit princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).

Pictured above: Stephen Danforth in his woodworking shop.

See page 18 for an online seminar on joint replacement.

Understanding Low Libido: Get the Spark Back in Your Life

A woman's hormones can fluctuate dramatically over her lifetime. Not surprisingly, the same is true of a woman's sex drive, although hormones aren't always to blame. In fact, a variety of other factors — from stress to medications to certain medical conditions — can cause a woman's interest in sex to decline.



A dip in sex drive, however, is a problem only if you and your partner aren't satisfied with the status quo. "If it's causing a disturbance in your relationship, you should definitely look into it," says **Bruce Pierce, MD, FACOG**, board certified in obstetrics

and gynecology and a member of the Medical Staff of University Medical Center of Princeton. "Your doctor can help you discover the forces behind your faltering sex drive, and help address them."

Pressures of Everyday Life

While hormonal changes should be considered as a possible cause, other things could be affecting your libido as well, including the pressures of a busy life. The exhaustion of caring for young children, for example, can put you more in the mood for sleep than love. In fact, says Dr. Pierce, "it's far and above the major complaint I hear from patients with lowered libido."

It's essential to make time for you and your partner, and to communicate with your partner to avoid the misunderstanding that you have lost interest in him or her.

Medications and Medical Conditions

Medications — mainly antidepressants and birth control pills — can also affect sex drive. Switching to a different prescription with a lower incidence of sexual side effects or a non-hormonal form of birth control may help. Research also indicates that a brisk workout before sex can help overcome the libido-lowering effects of antidepressants.



Medical conditions that affect blood flow, like diabetes and high blood pressure, can also cause a drop in desire. Treating them, and addressing precipitating factors like diet and obesity, can go a long way toward restoring libido.

Hormone Replacement Therapy

While some women look to hormone replacement therapy (HRT) to jumpstart a flagging sex drive, keep in mind that HRT actually lowers testosterone, which is the main driver of libido in women and men. While the FDA has yet to approve testosterone-boosting medications for women, lifestyle changes may have similar effects. If you are overweight, for example, losing 10 percent of your body weight can increase the amount of free-floating testosterone in your body, and regular bursts of cardiovascular exercise have been shown to increase libido in women as well.

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

See page 18 for an online seminar on understanding low libido.

Pediatric Specialty Care Center

Opening in January 2015



The Children's Hospital
of Philadelphia®

Hope lives here.

An expansive new pediatric specialty care center owned by The Children's Hospital of Philadelphia (CHOP) is preparing to open its doors to patients in January 2015. The new center is located on the Princeton Health Campus in Plainsboro, replacing CHOP's existing pediatric outpatient specialty care center on Alexander Road in West Windsor.

At 25,000 square feet, the facility will be more than double the size of its predecessor, with the potential to expand.

"We are excited to open our new specialty care center on the Princeton at Plainsboro campus," said Steven M. Altschuler, MD, Chief Executive Officer of The Children's Hospital of Philadelphia. "This new facility will allow us to better serve the needs of the local community and ensure families have access to the highest level of specialty pediatric care close to home."

Since July 2009, CHOP has enhanced care for newborns, children and adolescents at University Medical Center of Princeton at Plainsboro (UMCPP) through CHOP Newborn & Pediatric Care at UMCPP. CHOP physicians are on-site 24/7—including a board certified neonatologist to attend high-risk deliveries and provide care to newborns, and hospitalists who are available to consult on pediatric cases in UMCPP's Center for Emergency Care and care for patients in the Regan Family Center for Pediatric Care.

"CHOP has been an outstanding clinical partner to UMCPP and a valued healthcare resource to our community for many years," said Barry S. Rabner, President and CEO of Princeton HealthCare System. "CHOP's remarkable new outpatient facility, staffed by exceptional physicians, nurses and other professionals, will enable the Princeton Health Campus to provide the most comprehensive healthcare services in the region and give parents easier access to one of the best children's hospitals in the country."



Alicia Brennan, MD, Medical Director of CHOP Pediatric Care at UMCPP, said care for children served at UMCPP and the new specialty care center will be well coordinated.

(continues on page 7)

Services that will be offered at the new pediatric specialty center include:

- Allergy
- Audiology
- Cardiology
- Diagnostic x-ray
(new service)
- EEG
- Endocrinology/Diabetes
- GI
- General Surgery
- Metabolic Disease Program
- Nutrition
- Nephrology
- Neurology
- Ophthalmology
- Orthopaedics
- Otolaryngology
- Physical and occupational therapy with a gym
(new service)
- Plastic and Reconstructive Surgery
- Pulmonology
- Speech Therapy
(new service)
- Urology

UMCP Outpatient Laboratory Opens New Facilities in Hamilton, Lawrenceville & South Brunswick

University Medical Center of Princeton (UMCP) has opened a new outpatient laboratory location at the Hamilton Area YMCA, John K. Rafferty Branch, located at 1315 Whitehorse-Mercerville Road in Hamilton. A second facility has opened at 132 Franklin Corner Road, Lawrenceville. A third facility has been opened as part of the South Brunswick Wellness Center, located at the South Brunswick Senior Center, 540 Ridge Road, Monmouth Junction. (For more information on the wellness center, see page 2.)

Medicare and most major insurance plans are accepted, including new plans offered through the Health Insurance Marketplace.

UMCP laboratories perform more than 900,000 clinical tests each year, with services including phlebotomy, clinical chemistry, clinical hematology, clinical microbiology, pathology and cytology.

In addition to the new Hamilton, Lawrenceville and South Brunswick sites, UMCP offers outpatient laboratory services at:

- The Center for Testing and Treatment, UMCP, One Plainsboro Road, Plainsboro
- 300A Princeton-Hightstown Road, Suite 103, East Windsor
- Forsgate Centre Medical Building, 11 Centre Drive, Suite A, Monroe
- Princeton Medicine, 2 Centre Drive, Suite 200, Monroe
- 281 Witherspoon Street, Basement Level, Princeton

For hours and information on UMCP outpatient laboratories, visit www.princetonhcs.org.

Laboratory Outreach Services include:

- Anatomic pathology
- Blood banking
- Clinical chemistry, urinalysis, and immunoassay
- Clinical hematology
- Clinical microbiology
- Coagulation
- Flow cytometry for lymphoid and hematologic malignancies
- Histology
- Phlebotomy

Pediatric Specialty Care Center Opening in January 2015 *(continued from page 6)*



“Communication between our hospitalists and the outpatient specialists at the specialty care center will be as seamless as possible,” said Dr. Brennan, “with timely follow-up by subspecialists, as needed.”

“We look forward to the new center opening next door,” said **Bert Mandelbaum, MD, FAAP**, Chairman of Pediatrics at UMCP. “CHOP doctors have supported pediatricians on our staff for several years now, and the relationship has greatly benefited both the hospital and our patients.”

For more information about the CHOP Pediatric Specialty Care Center, please call 609.520.1717 or visit www.chop.edu/locations/specialty-care-princeton-plainsboro#.VF0dZjSa9ng. For more information about the hospital-based pediatric care services offered at UMCP, please call 1.888.PHCS4YOU (1.888.742.7496).





Janet L. Ready Named President of UMCP

Janet L. Ready, an executive and registered nurse with more than 30 years of experience in healthcare administration, has been named President of University Medical Center of Princeton (UMCP) and Senior Vice President of the hospital's parent company, Princeton HealthCare System (PHCS).

As president of UMCP, Ms. Ready will work with other members of the PHCS senior management and the medical staff to promote clinical quality and patient satisfaction, maintain fiscally sound operations and develop new services. Ms. Ready began her new role October 27.

"I am very excited to join this organization," she said. "We have an exceptional staff and an outstanding medical staff who have fostered a culture of patient satisfaction, safety and clinical excellence. I look forward to helping us build on that tradition."

"We conducted a thorough national search, and Janet stood out as a leader who can guide our hospital in today's dynamic healthcare environment," said PHCS President and CEO Barry S. Rabner. "As a member of our senior management team, she will help us meet new challenges as we build on our tradition of exceptional patient care."

Ms. Ready is a graduate of Columbia University in New York, where she earned a Bachelor of Science in Nursing and two master's degrees: a Master of Public Health with a focus on health administration and an MBA with a concentration in finance. She previously served as President of Vassar Brothers Medical Center in Poughkeepsie, N.Y.; as Chief Operating Officer of Crystal Run Healthcare in Middletown, N.Y.; and Vice President, Administration, of Hudson Valley Hospital Center in Peekskill, N.Y.

UMCP, a University Hospital Affiliate of Rutgers Robert Wood Johnson Medical School, currently ranks in the top 1 percent of hospitals in New Jersey for inpatient satisfaction and consistently earns accolades for quality and safety of care.

The hospital has been designated by The Joint Commission as a Top Performer on Key Quality Measures® for three years in a row and has received all "A" grades in patient safety from The Leapfrog Group. UMCP has achieved Magnet® status, the highest institutional recognition available for nursing excellence, and is one of only 46 hospitals nationwide designated as an Exemplar Hospital by NICHE (Nurses Improving Care for Health System Elders), an international program based at the New York University College of Nursing that promotes patient-centered care for older adults.

Community Focus



Keep your New Year's resolutions with help from classes offered by Princeton HealthCare System

Happy New Year to Your Health!

TUE. January 13

- Morning Session (8:30 – 10 a.m.)
- Evening Session (5 – 7 p.m.)

Hamilton Area YMCA John K. Rafferty Branch
YMCA Lobby

No registration required.

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.

Knee and Hip Pain: What are My Options?

THU. January 22 (7 – 8 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Anyone who has experienced hip and knee pain and stiffness knows it can make even the simplest tasks difficult. Join Brian M. Vannozzi, MD, an orthopaedic surgeon and a member of the Medical Staff of Princeton HealthCare System, to learn more about surgical and non-surgical treatment options that can make a difference in your daily life.

Go Red™ for Women

THU. February 5 (6:30 – 8 p.m.)

Hamilton Area YMCA John K. Rafferty Branch
Gymnasium

Registration not required.

Heart disease is the No. 1 cause of death among women in the United States. Go Red™ for Women is the American Heart Association's movement to give women the lifesaving power of awareness to prevent heart disease and live long, healthy lives. Dance for a difference during this fun, free night of Zumba and Bokwa with Hamilton Area YMCA instructors; take advantage of free blood pressure screening and heart health information provided by Princeton HealthCare System Community Education & Outreach; and enjoy door prizes and giveaways!

Thinking about Quitting Smoking?

TUE. February 10 (7 – 8 p.m.)

South Brunswick Library
110 Kingston Lane, Monmouth Junction

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

Freedom from smoking is a process. The average smoker attempts to quit at least five times before succeeding. These are not failures but valuable learning processes. Princeton HealthCare System offers an eight-session American Lung Association Freedom From Smoking Course. Join Carolyn Schindewolf, health educator with Princeton HealthCare System and Freedom From Smoking Facilitator, to learn more about the program and to assess how ready you are to be free from smoking.



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).

Breaking the Pain Cycle

FRI. January 9 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Join Perry Herman, MD, FAAP, board certified in physical medicine and rehabilitation, and Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center of Princeton's Outpatient Rehabilitation Network, for an informative discussion on the types of exercise that are beneficial for a variety of pain conditions. They also will answer questions about improving your quality of life in the face of chronic pain. Armed with an understanding of the function and medical management of pain, you will be in a better position to break the pain cycle with exercise.

Common Orthopaedic Ailments: ACL and Rotator Cuff Injuries

MON. 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

Join us to learn about the diagnosis and treatment of common orthopaedic ailments such as rotator cuff injury, torn ligaments and injury to the meniscus, plus the best ways to prevent these injuries. Dinesh Dhanaraj, MD, MSPH, specializing in orthopaedic sports medicine and orthopaedic surgery, will also discuss non-operative treatment options and arthroscopic and minimally invasive surgical repairs. Dr. Dhanaraj is a member of the Medical Staff of Princeton HealthCare System.

AARP Smart Driver

WED January 14 (9:30 a.m. – 3:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

TUE. February 10 (9 a.m. – 3 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$15 for AARP members

\$20 for non-members

Payable at the door (cash or check). Checks should be made payable to AARP.

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

Probiotics: Why They are Needed for Optimal Intestinal Health

MON. February 16 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Adding probiotics — food and supplements that contain "good" bacteria — to your diet can help digestion, protect your body from harmful bacteria and promote general good health. Join Kevin Skole, MD, board certified in gastroenterology, to discover the important role probiotics play in intestinal health. Dr. Skole is a member of the Medical Staff of Princeton HealthCare System.

Is Your Bad Back Holding You Back?

THU. January 15 (11 a.m. – 12 p.m.)
Plainsboro Library
9 Van Doren Street, Plainsboro

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. 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 Sunita Mani, PT, DPT, MBA, Director of Outpatient Rehabilitation, UMCP Outpatient Rehabilitation Network's Plainsboro location, 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; and when surgery is appropriate.

A Gift to Our Daughters: A Sense of Self-Esteem

THU. January 15 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. It's normal for adolescent girls to think about their bodies and make comparisons to others, but in some cases self-esteem, body image and anxiety problems can develop. Join us for a special evening for parents and daughters to informally explore these concerns and learn how the Supporting Adolescent Girls Emotionally (SAGE) program can offer support during this transitional time. Leslie Azaroff, RD, and Jill Portaro, LSW, both with Princeton House Behavioral Health, will lead the program.

Freedom From Smoking

MON. January 19, 26, February 2, 9, 11, 16,
March 2, 9 and 16 (6 – 7:30 p.m.)
*Please note: February 9th is Quit Day and
February 11th class is on a Wednesday.*
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$125 per person.

Join us for this eight-week program led by American Lung Association-trained facilitators to learn proven skills and techniques to help you quit smoking. The small group setting is the perfect place to learn how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health. The program will prepare you to quit smoking, offer ideas on lifestyle changes that make quitting easier and provide ways to manage stress and avoid weight gain. Participant workbooks and other informative materials will be provided.

Diverticular Disease

MON. February 23 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Diverticula — small pouches in the lining of the colon that bulge outward — are common, especially after age 40. You may never even know you have these pouches, until they begin to cause problems. But when they become inflamed — a condition known as diverticulitis — they can cause severe abdominal pain, fever, nausea, a change in your bowel habits and other issues. Deborah K. Sokol, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will discuss what diverticulitis is, as well as the signs, symptoms, diagnosis and treatment options for the condition.

Hypertension: What You Need to Know

TUE. January 20 (7 – 8:30 p.m.)
Ewing Library
61 Scotch Rd, Ewing

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Hypertension, or high blood pressure, is a silent killer. Having high blood pressure puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join us to learn what you can do to manage your blood pressure, and the important nutritional information you need to know to take control of your health. This program will be presented by Maya Mann, PA-C, certified physician assistant, and member of the Allied Professional Staff of Princeton HealthCare System, and Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton's Nutrition Program.

Weight Loss Surgery: Is It Right for Me?

THU. January 8 (6 – 6:30 p.m.)
THU. February 5 (6 – 6:30 p.m.)
Princeton Medicine
2 Centre Drive, Monroe

WED January 21 (6 – 6:30 p.m.)
WED February 18 (6 – 6:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

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

Medication Safety for the Older Adult

WED. January 21 (12:30 – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Keeping track of multiple medications can be overwhelming, but proper dosage is extremely important. Even a seemingly simple mistake can be dangerous, especially for elderly patients. Join Susan Jafar, RN-BC, MSN, ONC, CNL, and learn more about sticking to your doctor's recommended treatment, managing multiple prescriptions, interactions and medication-related problems.

Common Foot & Ankle Problems

WED. January 21 (1 – 2 p.m.)

Hickory Corner Library
138 Hickory Corner Road, East Windsor

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

The health of your feet can have a big impact on your overall well-being. This informative session will provide an overview of the treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle. This lecture will be presented by Sachin Patel, DPM, board certified in podiatry and a member of the Medical Staff of Princeton HealthCare System.

Better Balance; Better You

THU. February 19 (11 a.m. – 12 p.m.)

Plainsboro Library
9 Van Doren Street, Plainsboro

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

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Join Sunita Mani, PT, DPT, MBA, Director of Outpatient Rehabilitation, UMCP Outpatient Rehabilitation Network's Plainsboro location, to learn about balance, your risk for falls, and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

Free Vision Screenings

Please call 1.888.8979 for dates and to make an appointment. Space is limited. Vision screenings are held at Community Education & Outreach Program's Hamilton Area YMCA location, as well as the 731 Alexander Road location.

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

University Medical Center of Princeton (UMCP) is designated as an official Certified Application Counselor (CAC) organization. If you need assistance with completing an application, reviewing your health insurance options and enrolling in a new plan through the Health Insurance Marketplace, call 1.888.897.8979 and speak to one of our Certified Application Counselors from the Community Education & Outreach Program.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Sibling Class

SAT. January 10 (10 – 11:30 a.m.)

University Medical Center of 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 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

SAT. January 10 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)

MON. January 26 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. February 14 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

WED. February 25 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton – Main Lobby

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

OPTIONS FOR BIRTHING

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

Birthing Basics

WED. January 7 – 28 (7 – 9 p.m.)
THU. January 15 – February 5 (7 – 9 p.m.)
TUE. January 27 – February 17 (7 – 9 p.m.)
MON. February 2 – 23 (7 – 9 p.m.)
THU. February 19 – March 12 (7 – 9 p.m.)
University Medical Center of Princeton
Ground Floor, Education Center

TUE. February 17 – March 10 (7 – 9 p.m.)
Comprehensive OB/GYN Care
One Union Street, Suite 106, Robbinsville

\$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 17 (9 a.m. – 5 p.m.)
SAT. February 21 (9 a.m. – 5 p.m.)
University Medical Center of Princeton
Ground Floor, Education Center, Conference Room E

\$155 per couple

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

HypnoBirthing®

SAT. January 17 – February 14
(9:30 a.m. – 12 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple.

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

Daddy Boot Camp™

SAT. January 24 (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

\$35 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

MON. January 12 (7 – 9 p.m.)
University Medical Center of Princeton
Ground Floor, Education Center

MON. February 23 (7 – 9 p.m.)
Comprehensive OB/GYN Care
One Union Street, Suite 106, Robbinsville

\$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.

Baby Care

WED. February 11 (7 – 9:30 p.m.)
University Medical Center of Princeton
Ground Floor, Education Center

\$50 per couple

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations. Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of 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 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.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required.

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

Postpartum Adjustment Support Group

THU. January 8 (1 – 2 p.m.)
THU. January 22 (1 – 2 p.m.)
THU. February 5 (1 – 2 p.m.)
THU. February 19 (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 encouraged to bring 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.

Bus Safety and Emergency Procedures for First Responders

TUE. January 27 (6 – 7 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

CEUs are pending.

The objective of this training is to provide all first responders with a basic overview of buses operated by NJ TRANSIT Bus Operations. During the presentation, participants will learn about the following:

- General information
- Entrance and exit doors
- Wheelchair lift
- Fuel tanks
- Batteries
- Engine compartment
- Fire suppression system
- Drivers compartment
- Interior



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

TUE. & WED. January 13 & 14 (9 a.m. – 5 p.m.)
TUE. & WED. February 3 & 4 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

TUE. January 6 (9 a.m. – 5 p.m.)
WED. January 21 (9 a.m. – 5 p.m.)
FRI. February 20 (9 a.m. – 5 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. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

PALS Full Certification Course

THU. & FRI. January 22 & 23 (9 a.m. – 5 p.m.)
THU. & FRI. February 26 & 27 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

FRI. January 9 (9 a.m. – 5 p.m.)
TUE. February 10 (9 a.m. – 5 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 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.

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.

BLS for Healthcare Providers

THU. January 8 (6 – 10:30 p.m.)
WED. February 11 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. January 20 (9 a.m. – 1:30 p.m.)

TUE. February 17 (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

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

\$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

\$25 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 10

Community Education & Outreach at 731 Alexander Road

SUN. February 22

Princeton Fitness & Wellness Center
1225 State Road, Princeton



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 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). For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

Prostate Cancer Support Group

WED. January 14 (12 – 1:30 p.m.)
 WED. February 11 (12 – 1:30 p.m.)
 University Medical Center of Princeton
 Edward & Marie Matthews Center for Cancer Care
 Education Conference Room

Registration preferred. Walk-ins welcome.

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

Cancer Support Group

TUE. January 20 (1:30 – 3 p.m.)
 TUE. February 17 (1:30 – 3 p.m.)
 Monroe Township Senior Center
 12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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

Breast Cancer Support Group

TUE. January 20 (6 – 7:30 p.m.)
 TUE. February 17 (6 – 7:30 p.m.)
 UMCP Breast Health Center
 East Windsor Medical Commons 2
 300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

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

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

WED. January 21 (12 – 1 p.m.)
 WED. February 18 (12 – 1 p.m.)
 University Medical Center of Princeton
 Edward & Marie Matthews Center for Cancer Care
 Education Conference Room

Registration preferred. Walk-ins welcome.

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

American Cancer Society's Look Good, Feel Better

MON. January 26 (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 makeover for the spirit.



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. January 5 (7 – 9 p.m.)
 MON. February 2 (7 – 9 p.m.)
 Community Education & Outreach at
 731 Alexander Road

No registration required. Walk-ins welcome. This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

Bariatric Surgery Support Group

MON. January 5 (7 – 8:30 p.m.)
 MON. February 2 (7 – 8:30 p.m.)
 University Medical Center of Princeton
 Ground Floor, Education Center, Classroom 1
 This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery at University Medical Center of 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; and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery at UMCP and New Jersey Bariatrics.

Freedom from Smoking Support Group

THU. January 8 (6:30 – 7:30 p.m.)
 THU. February 12 (6:30 – 7:30 p.m.)
 Community Education & Outreach at
 731 Alexander Road

This group meets the second Thursday of every month and welcomes individuals who want to quit smoking or have already quit smoking. Join American Lung Association-trained facilitators to share strategies for starting or maintaining your new tobacco-free lifestyle.

Diabetes Support Group

WED. January 21 (2:30 – 4 p.m.)
 WED. February 18 (2:30 – 4 p.m.)
 Monroe Township Senior Center
 12 Halsey Reed Road, Monroe Township

MON. January 26 (6:30 – 8 p.m.)
 University Medical Center of Princeton
 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's Diabetes Management Program, facilitates meetings. For more information on UMCP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

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

TUE. January 20 (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'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 Groups

MON. January 19 (1 – 2:30 p.m.)
 MON. February 16 (1 – 2:30 p.m.)
 Suzanne Patterson Center at Princeton Senior Resource Center
 45 Stockton Street, Princeton

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

This group meets the third Monday of the month. Led by chaplains and licensed clinical social workers, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight-loss Surgery Support Group

THU. January 8 (6:30 – 7:30 p.m.)

THU. February 5 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe

WED January 21 (6:30 – 7:30 p.m.)

WED February 18 (6:30 – 7:30 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

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



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.



Understanding Low Libido

January 5 at 12 p.m.
Bruce Pierce, MD, FACOG,
board certified OB/GYN



An Introduction to Mindfulness

February 2 at 12 p.m.
Monika Kushwaha, PsyD,
supervising psychologist with Princeton House
Behavioral Health's Women's Programs



Reclaim Your Life – All About Knee Replacement

January 15 at 7 p.m.
Harvey E. Smires, MD,
board certified orthopaedic surgeon



Managing Diverticular Disease

February 19 at 7 p.m.
Deborah K. Sokol, MD,
board certified gastroenterologist



Healthy Eating for Women

January 22 at 7 p.m.
Aubrie J. Nagy, MD,
board certified in internal medicine



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).

Surprise Game Show & Brown Bag Session: Fun with the Pharmacist

FRI. January 16 (12 – 1 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center

45 Stockton Street, Princeton

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. Your health professional for the day will be Timothy Reilly, PharmD, BCPS, Clinical Pharmacist-Internal Medicine with University Medical Center of Princeton, and Clinical Assistant Professor at the Ernest Mario School of Pharmacy Rutgers—The State University of New Jersey.

Put on Your Thinking Cap: Memory Screening

MON. January 26 (10 a.m. – 1 p.m.)

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

Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions. The screening and review of the results are both confidential. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

**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.



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



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



University Medical Center of Princeton
One Plainsboro Road, Plainsboro



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

 **Princeton HealthCare System**
Community Education & Outreach

* 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.

Healthy Eating for Women at Every Stage of Life



As women age, their bodies and their nutritional needs change.

“In fact, the only thing that’s forever unchanging in women’s nutrition is the need for a balanced diet, including brightly colored fruits and vegetables; protein from meat, fish, nuts

or soy; and limited simple carbohydrates, fast food and soda,” says **Aubrie Nagy, MD**, a member of the Medical Staff of Princeton HealthCare System. “Then you can easily tweak your diet to make sure you’re getting the optimum nutrition for every decade.”

The Teens: Bone-building. Women are at particular risk for osteoporosis as they age, which is why getting enough calcium is critical in the teen years. Dietary calcium is better than a pill, says Dr. Nagy, so be sure to eat food that delivers at least 1,000 milligrams daily of the bone-building mineral. High-calcium foods include dairy products (or fortified soy or rice milk); dark, leafy greens and soybeans. Remember to get enough vitamin D, from supplements or enriched foods, to help the body absorb calcium. Avoiding soda is also important, since the phosphate it contains may strip the body of calcium.

The 20s and 30s: Eating for Two. If pregnancy is in your future, it’s essential to get at least 400 micrograms of folic acid daily — before you conceive. This B vitamin can prevent spina bifida, a spinal cord defect. Folate-rich foods include egg yolks, dried beans, lentils, spinach, broccoli and liver, but to guarantee you get the full 400, take a multi-vitamin as well (and when you’re pregnant, a prenatal vitamin). And because you’re still building bones, keep up with calcium and vitamin D.

The 40s: The Juggling Years. Life in the 40s can be frenetic, and the demands of career, family, and even aging parents make it harder to pay attention to good nutrition. “Try to keep plenty of healthy snacks on hand,” says Dr. Nagy, who is board certified in internal medicine. “If they’re not in your house, you’re not going to eat them.”

The 50s: Watch Out for Weight Gain. As your metabolism slows, the pounds can pile up, so it’s critical to cut back on calorie-dense and nutrient-poor foods, like sweets, high-fat baked goods and sugary drinks. High-fiber foods can help you feel full longer and fight aging-related ailments like colon cancer and heart disease. And keep eating calcium-rich foods to help fight the effects of menopause-related bone loss.

The 60s and Beyond: Staying Healthy for Life. “Increasingly, your diet issues will be dictated by your general health,” says Dr. Nagy. Ask your doctor if chronic problems like diabetes or hypertension, or medications prescribed to control them, require changes in diet. And keep eating well so you can continue to enjoy life to its fullest.

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

See page 18 for an online seminar on healthy eating for women.

Practice Mindfulness for a Peaceful New Year

For many people the stress associated with the long winter months ahead can be debilitating. If you find winter the toughest transition of the year, practicing mindfulness may help you manage difficult emotions and reduce anxiety and depression.



“Mindfulness is the practice of being aware of and fully present in the here and now,” says Monika Kushwaha, PsyD, supervising psychologist of the Women’s Program at Princeton House Behavioral Health.

When we are truly mindful, we notice everything we are experiencing, both externally and internally, without making judgments or searching for interpretations. When we’re not, we may feel the stirrings of depression or anxiety, or the physical cues that indicate we are under stress, but disregard them. “They build and build,” says Kushwaha, “and by the time they come to our conscious attention, they’re already big, unwieldy issues.”

Spotting the Clues

Mindfulness allows us to pick up on the clues — like fatigue, frustration and muscle tension — that things aren’t as they should be, before small challenges become major problems. Persistent muscle tension, for instance, might not be the result of your physical actions, but a sign that stress is building. Regular bouts of fatigue and being short-tempered can be signs of depression and stress as well.

Practicing mindfulness can be useful in dealing with everyday stresses as well as working through major crises. Participants in the Princeton House Women’s Program — an innovative program for women facing acute behavioral health crises involving trauma, addiction and/or life transitions — draw on mindfulness techniques throughout their treatment to increase awareness and strengthen resolve. The Women’s Program is based in four locations — Princeton, North Brunswick, Hamilton and Moorestown — and offers partial hospital and intensive outpatient treatment options.

Take Time to Breathe

The first step in practicing mindfulness is to learn to observe your breath. Sit quietly and become aware of your breathing without altering it in any way. When your mind wanders — and it will wander, notes Kushwaha — gently bring yourself back to observing your breath. To avoid frustration, start with a two-minute session and gradually build from there.

Once you are accustomed to observing your breathing, you can move on to focus on other parts of the body. “Sit and notice your emotions or body sensations for a couple of minutes to take an inventory,” says Kushwaha. “When you have mastered that, you are ready for ‘Mindfulness 301’ — noticing your thoughts without trying to judge or change them.”

The ultimate goal is to be able to take a mindful stance at any juncture in your day — when your mind wanders in a meeting, when an argument with your spouse becomes more about old frustrations than the issue at hand, when you can’t see the beauty of a winter afternoon because you are focusing on how quickly night descends.

“Mindfulness can bring us back from distraction,” says Kushwaha, “and help us focus on what really matters.”

For more information on the Princeton House Women’s Program, visit www.princetonhouse.org or call 1.888.437.1610.

See page 18 for an online seminar on mindfulness.

Preventive Care Helps Reduce Hospital Visits and Costs

Princeton Medicine has assembled a team of primary care physicians and advance practice nurses specializing in primary care and behavioral health to find new ways to improve preventive care.



The healthcare system works best when patients receive coordinated, preventive medical care so they have fewer emergency room visits and fewer admissions to the hospital. That's the philosophy behind Princeton Medicine's participation in a national federal

pilot project known as the Comprehensive Primary Care Initiative. Princeton Medicine, Princeton HealthCare System's primary and specialty medical care practice, was one of only 483 practices across the country chosen by the federal Centers for Medicare and Medicaid Services (CMS) in 2013 to participate in the project.

Nearly two years into the project, PHCS has seen a reduction in emergency room visits and hospital re-admissions among patients with chronic health conditions. The project aims to help Princeton Medicine patients stay healthy, with a focus on those with chronic health conditions that put them at higher risk for complications or hospitalization.

A Focus on Prevention

Specially trained registered nurses make frequent phone calls and home visits to help ensure patients stay on top of their health issues. The team has made efforts to keep in close contact with patients discharged from the hospital or emergency room; help patients manage follow-up visits to their primary care physicians and specialists; and help patients arrange for necessary services, such as home care.



"The primary care initiative has been a really good project as it has made us redesign ways we provide care," says **David Lazarus, MD**, PHCS' Chairman of Medicine and board certified in internal medicine and pulmonary disease. "For example, we are using data analytics to anticipate who are the patients with the highest healthcare needs so we can intervene and prevent repeat hospitalizations, ER visits or exacerbations of their underlying conditions."

For assistance finding a Princeton Medicine physician near you, call 1.800.FIND.A.DR (1.800.346.3237).

Felsher Inspiration Garden Honors the Memory of a Great Doctor

Albert Einstein once said, “Strive not to be a success but rather to be of value.” As a devoted physician, teacher and mentor, Joel Felsher, MD, clearly lived by this principle.

It is fitting that Einstein’s advice appears on the plaque adorning a garden recently dedicated in Dr. Felsher’s memory. The Felsher Inspiration Garden at The University Medical Center of Princeton was donated by Princeton residents Louise and John Steffens as part of their generous gift during the *Design for Healing* campaign to support the new hospital building project. The garden pays tribute to the doctor, who died in 2012, leaving behind a legacy of compassionate care and mentorship.

Dr. Felsher established a well-respected internal medicine practice serving the Princeton community from 1963 until his retirement in 1994. During that time, he was also a member of the teaching staff of The Medical Center at Princeton — as it was then known — helping countless medical students perfect their clinical skills.

“Joel was passionate about everything he did, be it helping a patient or friend, teaching, or spending time with family. He brought keen intellect, a critical eye, and a warm heart to every endeavor,” said Beryl Felsher about her husband. “He would go the extra mile for a patient in need, sometimes foregoing a fee for his services for those who were financially challenged, just to ensure they got the treatment they needed. I am deeply touched that the Steffenses would honor Joel’s service by dedicating this garden in his memory. He would have loved it and would have been very proud.”

Located at the west entrance to the hospital, the garden features a variety of plantings surrounding a bronze, basalt, and bluestone sculpture, which serves as the centerpiece. *Amaryahu with Cat*, by Brooklyn artist Boaz Vaadia, creates a whimsical yet serene focal point.



“During the planning for the garden, John and I looked at a lot of sculptures, but this one spoke to us,” said Mrs. Steffens.

It turns out the selection was serendipitous. “During a day trip in Aix-en-Provence several years ago,” Mrs. Felsher recalled, “Joel sat on a bench while I went to look at something, and when I returned a cat was sitting next to him on the bench.”

Hospital visitors can view the garden and sculpture just outside the entrances to the George & Estelle Sands Center for Cardiac and Pulmonary Care and the Center for Neuroscience Care along the hospital’s atrium. It provides yet another space in the hospital where patients, families and staff can find respite and renewal through nature and art.

“Joel inspired many and was a great resource not only for patients but also for other physicians,” said Mrs. Steffens. “We have donated this garden in honor of a great doctor and an amazing friend.”

Many contributors help Princeton HealthCare System (PHCS) provide excellent and essential services through tribute gifts. For more information about opportunities to honor the memory of family, friends, physicians and staff through memorial gifts contact the Foundation at 609.252.8710 or foundation@princetonhcs.org.

Pictured above: *Amaryahu with Cat* (bronze, basalt and bluestone) by Boaz Vaadia



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Princeton HealthCare System's Health Information Exchange (HIE), Princeton HealthConnect[®] Patient Portal, is designed to make managing your medical records easier. When you enroll in this free portal, you will have the ability to electronically view results for services performed at Princeton HealthCare System (PHCS) from the comfort of your home.

You will be able to view, download or transmit your most frequently requested health information, including lab and radiology results, result documents such as EKGs and EEGs, a summary of your inpatient visit, as well as discharge instructions, through a convenient, secure, web-based environment. (Please note this does not represent your complete medical record. Requests for your complete medical record must be forwarded to PHCS' Health Information Management Department for fulfillment.)

You can also communicate through secure messaging with medical practices that have enrolled in the Health Information Exchange. Currently, Princeton Medicine offices are participating in secure messaging; other

enrolled physician offices will be added over time. You may send a secure message to your Princeton Medicine physician or request an appointment or a prescription refill. You may also request your medical records from PHCS or Princeton Medicine using secure messaging.

We are currently accepting Princeton HealthConnect[®] enrollments for patients 18 years of age and older.

For more information on the enrollment process, please contact the Health Information Management Department (HIM) at 609.853.7060 Monday through Friday between 7:30 a.m. and 3 p.m., or e-mail recordrequest@princetonhcs.org. In the near future, we will also offer online enrollment.

