

# Princeton Health



## **New Center** Treats Weight-Related Health Issues

**Angelica D'Ambrisi** pictured before and after a sleeve gastrectomy performed at University Medical Center of Princeton's new Center for Bariatric Surgery & Metabolic Medicine.

### ALSO IN THIS ISSUE:

- Pelvic Floor Disorders
- Treating Brain Tumors
- Helping Girls Cope With Emotions

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- **Community Focus** Event Calendar



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# UMCP Opens New Center for Patients Receive Personalized, Comprehensive

The new Center for Bariatric Surgery & Metabolic Medicine at University Medical Center of Princeton (UMCP) offers patients with weight-related health concerns a single location to access the services they need to better manage their health and improve their quality of life.

Located in the Medical Arts Pavilion, adjacent to UMCP, the center offers treatment options that range from comprehensive, medically supervised weight management to a complete array of weight-loss surgeries.



Three skilled, experienced bariatric surgeons lead the staff at the center (above, left-right):

- **Robert E. Brolin, MD, FACS**, Co-Medical Director of Metabolic and Bariatric Surgery at UMCP and former president of the American Society for Metabolic & Bariatric Surgery (ASMBS), who has performed more than 3,300 bariatric procedures and received the Outstanding Achievement Award from the ASMBS Foundation in 2014
- **Wai Yip Chau, MD, FACS**, a board certified surgeon who has performed approximately 1,000 bariatric procedures
- **Lisa Dobruskin, MD, FACS**, Co-Medical Director of Metabolic and Bariatric Surgery at UMCP, a board certified surgeon who was among the first surgeons in the area to perform laparoscopic sleeve gastrectomy and has performed 600-700 bariatric procedures

Dr. Brolin, Dr. Chau and Dr. Dobruskin are all employed by Princeton Medicine, the physician group of Princeton HealthCare System (PHCS).

Trained in the latest minimally invasive surgical techniques, they perform procedures including gastric bypass, LAP-BAND®, sleeve gastrectomy and revisional surgery.

All three surgeons see patients in the new center at 5 Plainsboro Road, Second Floor, Suite 275, Plainsboro. Call 609-785-5870 to schedule an appointment.

Dr. Dobruskin is also available to see patients at two other Princeton Medicine locations—2 Centre Drive, Suite 200, Monroe, and the Hamilton Area YMCA, John K. Rafferty Branch, 1315 Whitehorse-Mercerville Road, Suite 100, Hamilton.

# Bariatric Surgery & Metabolic Medicine

## Care for Weight-Related Health Issues



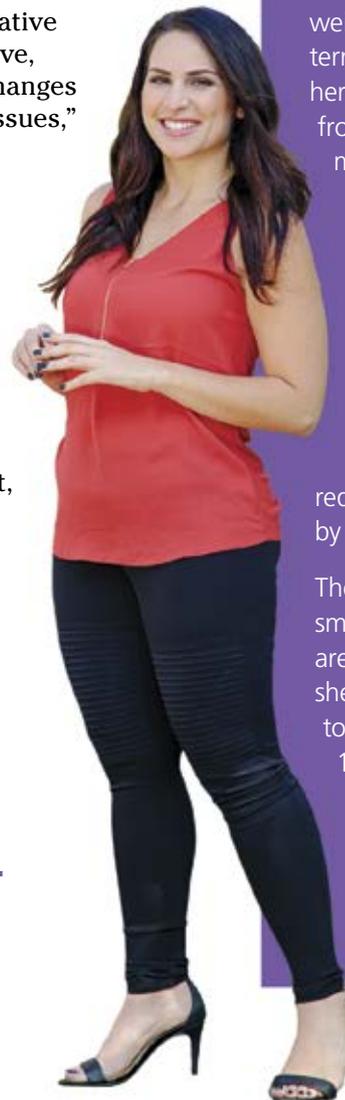
## Angelica D'Ambrisi is Back to Living Life Again

It was Angelica D'Ambrisi's 23rd birthday, and her life was at an all-time low. At 5'2", she weighed 262 pounds, and felt terrible. Her weight was affecting her self-esteem and keeping her from socializing. Then a family member recommended University Medical Center of Princeton's Center for Bariatric Surgery & Metabolic Medicine.

After meeting with the center's nutritionist, she consulted with Dr. Dobruskin. Together they decided she should undergo a sleeve gastrectomy, which reduces the size of the stomach by about 85 percent.

The surgery consisted of four small incisions that Angelica says are "hardly noticeable." And she was on her feet and back to work quickly. Today, she's 112 pounds lighter, doing CrossFit and enjoying life.

"I feel 112 times better," she says. "This has totally changed my life."



"At the new center, we use a comprehensive approach to bariatric and metabolic surgery that includes pre-operative education and support services as well as post-operative, multidisciplinary follow-up care to reinforce lifestyle changes and help individuals to manage weight-related health issues," says Dr. Dobruskin.

"The center offers a tremendous convenience to our patients," says Dr. Brolin. "Not only are we right next door to the state-of-the-art surgical facilities at UMCP, but our patients also have access to nutrition counseling, the hospital's diabetes management program, physical therapy, and a fitness center."

Patients of the new center also may be referred to the Weight Management Program, a Princeton Medicine offering under the medical direction of Rameck R. Hunt, MD, FACP, a board certified internist and specialist in metabolic medicine.

Individuals entering the program begin with a physical exam and blood tests to evaluate their health and identify any related health issues, such as diabetes. Each patient receives an individualized treatment plan that may include a combination of counseling and behavioral modification, consultation with a dietitian, exercise sessions with a personal trainer and medical management of obesity-related conditions.

To learn more about the Center for Bariatric Surgery & Metabolic Medicine at UMCP, visit [www.princetonhcs.org/weightloss](http://www.princetonhcs.org/weightloss).

**See page 8** for information on an upcoming program on weight-loss surgery.

# Metabolic Medicine: Finding Answers for Obesity



Obesity needs to be treated like any chronic disease — with a comprehensive plan that may include a combination of medication, counseling, lifestyle changes and, in some cases, surgery, says **Rameck Hunt, MD**, who specializes in obesity medicine at University Medical Center of Princeton (UMCP).

“The concept of weight loss as just being about willpower is outdated and wrong,” says Dr. Hunt. “We know there are metabolic reasons why certain people struggle with their weight, so we need to treat obesity like we would high blood pressure or any other long-term health condition.”

At the new Center for Bariatric Surgery and Metabolic Medicine at UMCP, doctors and other specialists work with patients to identify the causes of obesity and develop a long-term treatment plan. The goal is to address medical and related issues that often prevent people from losing weight and keeping it off.

If current trends continue, an estimated 50 percent of the U.S. population will be obese by the year 2030, according to the U.S. Centers for Disease Control and Prevention.

## A Multifaceted Approach

A metabolic medicine approach to treating obesity starts with a physical exam and blood tests to evaluate a patient’s overall health and to identify any obesity-related health problems, such as diabetes. At the Center for Bariatric Surgery and Metabolic Medicine, treatment may include a combination of:

- Counseling with a psychologist to work on behavioral modification as well as issues such as emotional eating.
- Consultations with a dietitian to help make better food choices and develop an overall diet plan.
- Exercise sessions with a personal fitness trainer at the Princeton Fitness & Wellness Center.
- Medical management of obesity and related conditions, working with a physician specializing in obesity medicine.

While weight-loss medications have been controversial in the past because of side effects, there are now several safe, effective options, says Dr. Hunt, who is board certified in internal medicine. In some cases, these medicines have been used safely for decades for other medical conditions and have more recently been discovered to support weight loss.

## Surgery as an Option

UMCP also offers bariatric surgery for patients who are severely obese and have dangerous health problems related to obesity, such as heart disease, sleep apnea and diabetes. Bariatric surgery reduces the size of the stomach, causing a person to eat less and feel full faster.

The Center for Bariatric Surgery and Metabolic Medicine helps patients lose smaller amounts of weight to achieve better health prior to surgery, and it supports patients in their efforts to maintain a healthy lifestyle after surgery, Dr. Hunt says.

“People struggling with obesity want help, but they often just don’t know what to do,” Dr. Hunt says. “In the past, they’ve simply been told to exercise more and eat less, and we know that doesn’t work for them. We believe that by taking a comprehensive approach to weight loss, and treating it aggressively, we can make a big difference in the lives of our patients.”

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To find out more about UMCP’s Center for Bariatric Surgery and Metabolic Medicine, call 609.785.5870, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

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**See page 8** for information on an upcoming program on weight-loss surgery.

# Is it More Than a Headache? Evaluating and Treating Brain Tumors



Occasional headaches — particularly when they reach the debilitating level of a migraine — can stop you in your tracks and require medical intervention. But an increase in the frequency of headaches and an escalation in their severity, accompanied by other symptoms, may signal a more serious condition — a brain tumor.



“It can be normal to have headaches that come and go,” says **Seth Joseffer, MD**, board certified in neurological surgery and a member of the Medical Staff at University Medical Center of Princeton (UMCP). “But headaches that progressively worsen, and increase in frequency, should be evaluated. Other symptoms to watch for include headaches that are worse in the morning and improve with being upright; nausea and vomiting; vision changes including blurred, double vision or loss of peripheral vision; weakness in the arms or legs; balance, speech or hearing problems; confusion and personality changes.”

## Identifying the Problem

At UMCP’s Center for Neuroscience Care, evaluating a patient’s symptoms begins with an examination of vision, hearing, balance, reflexes, coordination and strength. To determine the cause of the symptoms, MRIs, CT or PET scans are used to identify tumors and other potential problems.

“The symptoms a patient exhibits give us initial clues about where in the brain the problem resides, and how large an area is affected,” says Dr. Joseffer. “Motor-skill problems tend to indicate smaller tumors, while personality changes often mean the tumor is larger.”

Brain tumors can be either secondary, meaning the tumor spread to the brain from a cancer somewhere else in the body (most frequently breast, colon, kidney, lung or melanoma), or primary, where the growth began in the brain itself. While secondary brain tumors are the most common, risk factors for primary tumors include age (most patients are older, but some types of brain tumors occur exclusively in children), exposure to radiation and a family history.

## Treatments Vary

Depending on the location and size of the tumor, treatment options can include surgery, radiation therapy, ultrasound, chemotherapy and targeted drug therapy. In some cases, the tumor is pinpointed and surgically removed using a computer-guided MRI system, called a stereotactic navigation. In other cases, the goal is to shrink the tumor to a more manageable size through ultrasound, radiation or chemotherapy, so it can be removed or simply monitored.

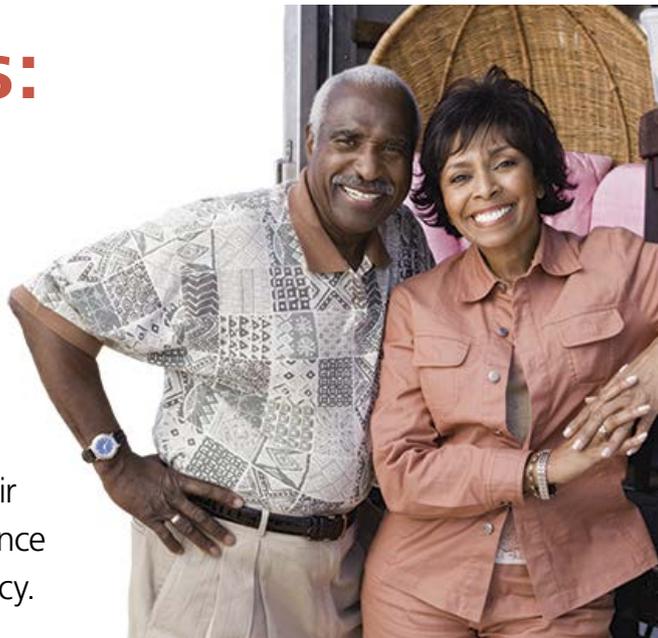
“Our goal is to successfully treat the patient’s condition while minimizing any disruption to the brain,” Dr. Joseffer says. “To reach that objective, we all work together as a team, from diagnosis, to treatment, to recovery.”

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To find a neurologist on staff at Princeton HealthCare System, or to find out more about the Center for Neuroscience Care, call 1.888.PHCS4YOU (1.888.742.7496), or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Pelvic Floor Disorders: Gaining Control Over the Urge to Go

Frequent visits to the bathroom, urinary leakage and other bladder-related problems can make it difficult to take part in the everyday activities you once enjoyed. It's a problem people often hesitate to discuss with their doctors, and yet an estimated 32 million adults experience some form of urinary incontinence, urgency or frequency.



“It’s a common condition that doctors deal with every day, and yet patients are often embarrassed to bring up the subject,” says **Heather van Raalte, MD**, Chair of University Medical Center of Princeton’s (UMCP) Department of Obstetrics and

Gynecology. “Once they do, they are relieved to learn that after we determine the cause of their problem there are usually ways to resolve the condition so they can go back to leading the lives they once did.”

Signs for pelvic floor problems include frequent urination; leakage when sneezing, coughing or laughing; painful urination; difficulty urinating and recurring bladder infections.

## A Problem for Women and Men

According to Dr. van Raalte, who is board certified in obstetrics, gynecology, female pelvic medicine and reconstructive surgery, both men and women experience incontinence and other urinary problems. However, the conditions are more common in women, where the primary causes for pelvic floor muscle problems are pregnancy, childbirth, age and obesity. In men, prostate cancer surgery, bladder or bowel problems and heavy lifting or high-impact exercising may weaken pelvic floor muscles.

While the most common conditions relate to weakening muscles, there are also cases where the pelvic floor muscles don’t relax properly. Usually a condition related to pain, it can prevent the bladder and bowel from properly emptying and make intercourse painful for women.

## Accurate Diagnosis Can Bring Relief

Seeking medical attention for urinary problems is important, says Dr. van Raalte, since a proper diagnosis will determine what should be done to resolve the problem and disclose any underlying serious medical conditions.

If an infection, inflammation or underlying disease is identified, it can be properly treated with medication or medical intervention, including surgery if needed. If the pelvic floor muscles are weakened or too tight, they can be retrained to function properly.

At UMCP’s Pelvic Wellness Program, a specially trained physical therapist is on staff to evaluate patients and design individualized programs focused on strengthening the pelvic floor muscles. Each person’s needs are unique, and their approach to exercises will be different, says Dr. van Raalte, which is one reason why working with a specially trained physical therapist such as UMCP’s Rebecca Keller, PT, after a proper diagnosis, is important. Although people often think their exercise regime addresses the pelvic floor muscles, they are actually difficult to isolate without guidance, Dr. van Raalte says.

The Pelvic Wellness Program staff also includes a nurse navigator. Lacey Lisner, RN, who works directly with the patient’s physicians and healthcare team to coordinate care.

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

**See pages 7 and 17** for information on upcoming programs on pelvic floor disorders.

# Community Focus



## How Physical Therapy Can Help Pelvic Floor Dysfunction

**TUE. January 5 (1 – 2 p.m.)**  
Plainsboro Library  
9 Van Doren Street, Plainsboro  
Pelvic floor dysfunctions — including urinary incontinence, frequency, pelvic organ prolapse and constipation — are common conditions faced by both men and women, and in many cases physical therapy can help improve quality of life. Join Becky Keller, PT, MSPT, and Iram Fatima Shah, PT, DPT, physical therapists specializing in pelvic health rehabilitation and members of the Medical Staff of Princeton HealthCare System, for this informative discussion on the causes and symptoms of pelvic floor dysfunction and how physical therapy can help.

## Introduction to Total Control®: A Pelvic Wellness Program for Women

**TUE. January 19 (7 – 8 p.m.)**  
West Windsor Library  
333 North Post Road, Princeton Junction  
To register, please call the West Windsor Library at 609.275.8901.

**THU. January 21 (10 – 11 a.m.)**  
Hickory Corner Library  
138 Hickory Corner Road, East Windsor  
Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

Join in us for this introduction to the Total Control® program, a pelvic wellness program for women. Exercises designed to strengthen your pelvic floor and core muscles will be introduced. Please wear comfortable clothing and bring an exercise mat.

## Total Control®: A Pelvic Wellness Program for Women

**TUE. & THU. January 12 – February 25 (1 – 2:15 p.m.)**  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

**\$99 per person.**

Incontinence and other bladder issues are common among women of all ages, but you shouldn't accept them as normal. Empower yourself to improve your bladder health and quality of life through this seven-week Total Control® program. Each session includes a 15-minute informative lecture and a 60-minute low-impact workout. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor muscles through gentle exercises. Join other women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for exercise.

Please see page 16 for information about our NEW support group for pelvic wellness.



## 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](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).

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

MON. & TUE. January 4, 5, 11 & 12  
(6 – 9 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$60 per person.**

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

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

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.

### Five Wishes

MON. January 4 (10:45 – 11:45 a.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction  
What would you wish for if you needed special care due to illness or physical or mental impairment? Join Liz Cohen, LCSW, a social worker with Princeton HomeCare Hospice, for an open, informative presentation about the choices you can make now to ensure comfort and a certain amount of control in the event you ever need special care. The Five Wishes document — a tool designed to help you think about those choices — will serve as a guide for the discussion, which will also address hospice and palliative care.

### Knowing the Correct Timing for Medical Tests

THU. January 7 (12:30 – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

MON. February 1 (10:45 – 11:45 a.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Are you confused about which health tests and checkups you need and when? Join Aubrie J. Nagy, MD, FACP, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion about the timing for different tests including mammograms, colonoscopy, hearing tests, skin cancer screenings and more.

### Weight-loss Surgery: Is It Right for Me?

THU. January 7 (6 – 6:30 p.m.)  
THU. February 4 (6 – 6:30 p.m.)  
Princeton Medicine  
2 Centre Drive, Monroe Township

WED. January 20 (6 – 6:30 p.m.)  
WED. February 17 (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 poses serious health concerns. When other weight-loss methods fail, surgery may be an option. Join Lisa Dobruskin, MD, FACS, board certified surgeon specializing in bariatric surgery, for an overview of traditional and minimally invasive procedures — including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding — to help you make the choice that's right for you. Dr. Dobruskin is a member of the Medical Staff of Princeton HealthCare System.

### Are My Thyroid Issues Cause for Concern?

TUE. January 12 (7 – 8 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

Thyroid problems can be fairly common, and require medical attention, but understanding what your condition really means can be confusing. Join Rashmi Roy, MD, specializing in endocrine surgery and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion about thyroid conditions, including thyroid nodules and thyroid cancer.

Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check on January 19 and February 16**, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

## Diverticular Disease

TUE. January 12 (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. Diverticulosis is a common GI disorder that needs to be properly treated or it can lead to diverticular bleeding or diverticulitis. Join Mark R. Schwartz, MD, Princeton Medicine physician and a member of the Medical Staff of Princeton HealthCare System, and Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, to learn when to seek medical attention and the important nutritional information you need to know to take control of your health.

## AARP Driver Safety Program

WED. January 13 (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. February 8 (9 a.m. – 3 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

\$15 for AARP members \$20 for non-members. Checks are payable at the door and 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 and how to handle potential problem situations. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

## Happy New Year to Your Health

TUE. January 19  
Morning (8:30 – 10 a.m.)  
Evening (5 – 7 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse-Mercerville Road, Hamilton  
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.

## Free Vision Screenings

THU. January 21 (10 a.m. – 1 p.m.)  
South Brunswick Wellness Center  
Community Education & Outreach at 731 Alexander Road

THU. February 18 (4 – 7 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

## Thinking Outside the Box: A Recipe for Tasty, Healthy Breakfasts and Snacks

WED. January 20 (7 – 8:30 p.m.)  
Robbinsville Library  
42 Robbinsville-Allentown Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Join Jane Schwartz, RD, Outpatient and Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, and learn how to think outside the box to develop healthy and tasty breakfast and snack ideas.

## Wellness Wonderland

SAT. January 23 (10 a.m. – 2 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center  
Bring the whole family for a fun-filled morning focusing on good health and maintaining a healthy weight.

- Meet our outstanding physicians and staff and have FREE health screenings
- Get tips on living healthy at our cooking and exercise demonstrations. You can even join in!
- Tour our Fitness Center and the Center for Bariatric Surgery and Metabolic Medicine
- Enjoy children's craft activities
- Receive giveaways and free tickets to enter the fantastic prize drawing

## Center for Bariatric Surgery and Metabolic Medicine Open House

TUE. January 26 (6:30 – 8:30 p.m.)  
University Medical Center of Princeton  
Medical Arts Pavilion  
Join us for a tour of our Center for Bariatric Surgery and Metabolic Medicine, meet our physicians and staff, enjoy delicious and healthy refreshments and learn more about effective weight-loss services available through University Medical Center of Princeton.

## YIKES! What is Happening to My Body? Puberty Talk for Girls

MON. February 1 (6:30 – 8 p.m.)

## Puberty Talk for Boys

WED. February 3 (6:30 – 8 p.m.)

Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
Designed for children between 9 and 12, this program will address the physical, intellectual and emotional changes children will experience as they enter their teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by a Health Educator with Princeton HealthCare System.

Please call 1.888.897.8979 to make an appointment.  
Space is limited.

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

## Heart Health: An Integrative/Holistic Approach

TUE. February 16 (6:30 – 8 p.m.)

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

Join Justin A. Karl, MD, board certified in cardiovascular disease and internal medicine and a member of the Medical Staff of Princeton HealthCare System, for an informative discussion on heart health and how lifestyle management can help reduce your risk of heart attack and stroke.

## Diabetes: What You Need to Know

THU. February 18 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

According to the American Diabetes Association, more than 20 million children and adults are living with diabetes in the United States. An additional 50 million are pre-diabetic, and many of them are unaware of their condition. Join Mark R. Schwartz, MD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, to learn about the basics of diabetes and how you can reduce your risk of developing the disease. Topics to be discussed include:

- What is diabetes and pre-diabetes
- Risk factors
- Prevention
- Diagnosis

## Stuffed Up and Can't Breathe? Common Sinus and Allergy Problems

THU. February 18 (7 – 8:30 p.m.)

Robbinsville Library  
42 Robbinsville-Allentown Road, Robbinsville

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

If you suffer from nasal congestion, sinus or allergy issues, or postnasal drip, join us for this informative session presented by Samuel S. Becker, MD, board certified in otolaryngology and a member of the Medical Staff of Princeton HealthCare System, to learn more about common sinus problems, including nasal blockage, nasal polyps and sinus infections, as well as treatment options.

## Oh! My Aching Back

WED. February 24 (7 – 8 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

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 Gerard A. Compito, MD, specializing in interventional radiology and board certified in neuroradiology and radiology, 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

## Hypothyroidism: Could Your Symptoms be Caused by this Common Disorder?

THU. February 25 (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.

Weight gain, fatigue, depression, muscle aches, sleep problems, high cholesterol, and low libido can all be signs that your thyroid isn't working properly. Join Rashmi Roy, MD, FACS, board certified surgeon specializing in endocrine surgery, for an overview of common symptoms of hypothyroidism and when surgery is warranted.



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

#### Sibling Class

SAT. January 23 (10 – 11:30 a.m.)

University Medical Center of Princeton – Atrium

\$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 13 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
SAT. January 23 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)  
SAT. February 13 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)  
MON. February 22 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
University Medical Center of Princeton – Atrium  
University Medical Center of Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

## Daddy Boot Camp™

SAT. January 9 (9 a.m. – 12:30 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
SAT. February 6 (9 a.m. – 12:30 p.m.)  
Babies “R” Us  
700 Nassau Park Boulevard, West Windsor

**\$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.

## Early Pregnancy Class

WED. January 6 (7 – 9 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

**\$30 per couple.** This fee will be applied toward a Birthing Basics class. Designed for expectant parents in the first five months of pregnancy, learn the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy.

## Twins and Multiples

WED. January 20 (7 – 9 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

**\$40 per couple.**

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiple babies, what to expect immediately postpartum, and the first couple of weeks at home. Parents are encouraged to take our Birthing Basics series as well for a more comprehensive program and a tour of our Center for Maternal & Newborn Care.

## OPTIONS FOR BIRTHING

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

### Birthing Basics

THU. January 7 – 28 (7 – 9 p.m.)  
WED. January 20 – February 10 (7 – 9 p.m.)  
TUE. February 9 – March 1 (7 – 9 p.m.)  
THU. February 25 – March 17 (7 – 9 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

**\$125 per couple**

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

### Accelerated Birthing Basics

SAT. January 16 (9 a.m. – 5 p.m.)  
SAT. February 20 (9 a.m. – 5 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

**\$155 per couple**

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

### HypnoBirthing®

SAT. January 16 – February 13  
(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.** Registration required.

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.

## Prenatal Yoga

THU. January 7, 14, 21 & 28 (5:45 – 7 p.m.)  
THU. February 11, 18, 25 & March 3 (5:45 – 7 p.m.)  
Community Education & Outreach  
at 731 Alexander Road

\$60 per person. Attendance at all sessions is encouraged; however, you may join at any time at the rate of \$15 per class by calling 1.888.897.8979.

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them stay 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, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

## Prenatal Breastfeeding Class

TUE. January 19 (7 – 9 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

THU. February 18 (7 – 9 p.m.)  
Babies “R” Us  
700 Nassau Park Boulevard, West Windsor

\$50 per couple

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems at this informative program. This class is taught by a certified lactation consultant.

## Baby Steps to Baby Care

FRI. January 29 (7 – 8 p.m.)  
WED. February 26 (7 – 8 p.m.)  
Babies “R” Us  
700 Nassau Park Boulevard, West Windsor

\$10 per couple, which includes a \$10 voucher toward a Childbirth & Family class at UMCP. Must call 1.888.897.8979 to redeem voucher.

This program provides a basic overview of infant care breastfeeding, safe sleep practices and car seat education. Expectant parents are encouraged to take our Baby Care class as well for a more comprehensive program.

## Baby Care

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

\$50 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, choosing a pediatrician and more.

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

#### 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.

## Postnatal Yoga

THU. January 7, 14, 21 & 28 (7:15 – 8:30 p.m.)  
THU. February 11, 18, 25 & March 3 (7:15 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
\$60 per person. Attendance at all sessions is encouraged; however, you may join at any time at the rate of \$15 per class.

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies. Breathing, relaxation and meditation techniques will be integrated. No previous yoga experience is necessary; however, 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

WED. January 6 (1 – 2 p.m.)  
WED. January 20 (1 – 2 p.m.)  
WED. February 3 (1 – 2 p.m.)  
WED. February 17 (1 – 2 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

### No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join 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.



## CPR & FIRST AID

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Princeton HealthCare System.

## ACLS Recertification Course

THU. January 7 (9 a.m. – 5 p.m.)  
WED. February 17 (5 – 11 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

MON. & TUE. February 1 & 2 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

## PALS Recertification Course

FRI. January 22 (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.

## BLS for Healthcare Providers

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

TUE. January 19 (9 a.m. – 1:30 p.m.)  
TUE. February 23 (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

FRI. January 15 (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

### \$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:

SUN. February 21

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

### Infant CPR Only

TUE. January 26 (7 – 8 p.m.)

WED. February 24 (7 – 8 p.m.)

Babies "R" Us

700 Nassau Park Boulevard, West Windsor

*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](http://www.princetonhcs.org/calendar). University

Medical Center of Princeton is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

### Prostate Cancer Support Group

WED. January 13 (12 – 1:30 p.m.)

WED. February 10 (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 19 (1:30 – 3 p.m.)

TUE. February 16 (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 19 (6 – 7:30 p.m.)  
TUE. February 16 (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 20 (12 – 1:30 p.m.)  
WED. February 17 (12 – 1:30 p.m.)  
University Medical Center of Princeton  
Edward & Marie Matthews Center for Cancer Care  
Education Conference Room

Registration preferred. Walk-ins welcome.

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

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

MON. January 25 (1 – 3 p.m.)  
University Medical Center of Princeton

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 4 (7 – 9 p.m.)  
MON. February 1 (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.

### Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. January 4 (6 – 7:30 p.m.)  
MON. February 1 (6 – 7:30 p.m.)  
University Medical Center of Princeton

MON. January 18 (1 – 2:30 p.m.)  
MON. February 15 (1 – 2:30 p.m.)  
Suzanne Patterson Center at Princeton Senior  
Resource Center  
45 Stockton Street, Princeton

No registration required. Walk-ins welcome.

Please call 609.819.1226 for more information. The evening support group meets the first Monday of the month and the afternoon support group meets the third Monday of the month. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Princeton HomeCare, this group welcomes community members who need support and assistance in coping with grief and loss.

### Bariatric Surgery Support Group

TUE. January 5 (7 – 8:30 p.m.)  
TUE. February 2 (7 – 8:30 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center, Classroom 1

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery and Metabolic Medicine, 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 and Metabolic Medicine and New Jersey Bariatrics.



### **Women's Pelvic Wellness Support Group**

Community Education & Outreach at  
731 Alexander Road

#### **Pelvic Floor Dysfunction**

THU. January 14 (7 – 8 p.m.)

#### **Pelvic Pain Conditions**

THU. February 11 (7 – 8 p.m.)

This group, held the 2nd Thursday of every month, welcomes women experiencing symptoms associated with pelvic dysfunction. General pelvic floor dysfunction topics such as urinary leakage, overactive bladder, and pelvic organ prolapse will be covered during the odd months. Pelvic pain condition topics such as painful bladder and interstitial cystitis will be covered during the even months. While these symptoms are extremely common, feeling comfortable discussing them and understanding how to overcome them can be challenging. This group provides a safe, supportive environment for women and UMCP's pelvic health clinicians to discuss their concerns and share strategies to improve quality of life and pelvic wellness.

### **Weight-loss Surgery: Support Group**

THU. January 7 (6:30 – 7:30 p.m.)

THU. February 4 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. January 20 (6:30 – 7:30 p.m.)

WED. February 17 (6:30 – 7:30 p.m.)

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

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

### **Freedom from Smoking Support Group**

THU. January 14 (6:30 – 7:30 p.m.)

THU. February 11 (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.

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

WED. January 20 (6:30 – 8 p.m.)

Community Education & Outreach at  
731 Alexander Road, Conference Room A

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.

### **Diabetes Support Group**

WED. January 20 (2:30 – 4 p.m.)

WED. February 17 (2:30 – 4 p.m.)

Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

MON. January 25 (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](http://www.princetonhcs.org).

### **Total Joint Replacement Support Group**

WED. January 19 (6 - 7 p.m.)

University Medical Center of Princeton, Conference Rooms C & D

Registration requested.

This group is for individuals who have undergone or are considering total knee replacement or total hip replacement and their family and friends. Join us each month for an opportunity to share experiences and strategies with others who have undergone total joint replacement. The session in January will feature a short presentation as well as Q&As with W. Thomas Gutowski, MD, FAAOS, who is board certified in orthopaedic sports medicine and orthopaedic surgery, and Medical Director of the Jim Craigie Center for Joint Replacement.

## EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in central New Jersey. Registration is required unless otherwise noted. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).

### Fall Prevention

THU. January 21 (12:30 – 1:15 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Falls can be caused by safety hazards in the environment, weakness, poor balance, illness, sudden changes in blood pressure or certain medications. Join Allison Healy, BSN, RN-BC, Senior Care Coordinator, Acute Care of the Elderly (ACE) unit, University Medical Center of Princeton, for an informative discussion on fall prevention, including tips on home safety and an in-depth discussion of certain medical conditions.

### Maintaining Flexible Joints as We Age

WED. February 17 (10:30 – 11:30 a.m.)  
Hopewell Senior Center

395 Reading Street, Pennington

Join Richard Levandowski, MD, board certified in sports medicine and family practice, and a member of the Medical Staff of Princeton HealthCare System, for a discussion of how the muscles, bones and joints are affected by the aging process. Learn how to reduce pain and prevent and recognize joint problems, as well as the latest treatment techniques.



## ONLINE SEMINARS

[www.ustream.tv/princetonhealth](http://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](http://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](http://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.



### What to Expect If You are Hospitalized

THU. January 21  
(7 – 7:30 p.m.)  
Kathryn J. Robison, MD,  
board certified in internal  
medicine



### Gaining Control Over the Urge to Go

MON. February 1  
(12 – 12:30 p.m.)  
Heather van Raalte,  
MD, board certified  
in urogynecology and  
female pelvic medicine  
and reconstructive surgery



### Update on Prostate Cancer Treatments

THU. February 18  
(7 – 7:30 p.m.)  
Edward M. Soffen, MD,  
board certified radiation  
oncologist

**For a full, up-to-date calendar, visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).**

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

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



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



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



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



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



**South Brunswick Wellness Center**  
540 Ridge Road, Monmouth Junction

# Chronic Knee Pain? Partial Joint Replacement May Be an Option

If you see Dennis Helms charging across the tennis court or walking for nine holes on the golf course, you'd never know he's had joint replacement surgery on both knees.

"As far as I'm concerned, the result is as good as I could have possibly expected," says Helms, a 73-year-old attorney from Belle Mead, who had surgery for chronic knee pain in June 2014. "My knees don't interfere with anything I would normally do."

While knee replacement surgery helps more than 700,000 Americans resume their active lives each year, Helms is among a small percentage of patients who have undergone a procedure known as unicompartmental or "partial" knee replacement.

For patients with osteoarthritis in just a single part (compartment) of the knee, a partial knee replacement can result in less blood loss, less pain after surgery and a quicker recovery compared with total knee replacement, says W. Thomas Gutowski, MD, Medical Director of the Jim Craigie Center for Joint Replacement at University Medical Center of Princeton.

## A More Natural Feel

Knee replacement surgery is an option for patients with severe osteoarthritis, a condition caused by the wearing down of protective cartilage in the joint. The knee joint has three compartments — inner (medial), outer (lateral) and knee cap (patella). During total knee joint replacement, arthritic cartilage and bone in the entire joint is removed and resurfaced with metal implants.

If medical imaging tests show a patient has lost cartilage in only one knee compartment, replacement of only that section is possible. In Helms's case, the loss of cartilage, which results in pain from bone rubbing against bone, affected only the inner portions of both knees.

"Because we're able to preserve more of the unaffected bone, cartilage and ligaments in the knee joint, patients

who have partial joint replacement tend to have a little more range of motion," says Dr. Gutowski, who performed Helms's surgery. "The knee feels perhaps a little more natural and a little less mechanical than with a total knee replacement."

A partial knee replacement is potentially a good option for qualified younger patients, who want to stay as active as possible, as well as for older patients who want a less complex surgery and a shorter recovery, Dr. Gutowski says.

Total knee replacement remains an option in the future if other knee compartments become arthritic.

## Award-winning Care

Partial knee replacement is one of the many services available through the Craigie Center at UMCP, which was recently named high performing in hip replacement and knee replacement in *U.S. News & World Report's* Best Hospitals for Common Care. More than 700 joint replacements are performed at UMCP each year.

In September, Helms joined dozens of other former patients for Princeton HealthCare System's 5 Mile Race/ 1 Mile Fun Walk, and he completed the walk, he says, "No sweat."

"Nothing about my knees feels new or different," he says. "They feel like my old knees."

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



Left-right: Dr. Gutowski and Dennis Helm.

# Know Your Numbers: Be Proactive About Your Health



In between visits to your primary care doctor for regularly recommended physicals, you can monitor your own well-being by understanding and keeping track of your own personal health information. “It is imperative to stay proactively engaged with your health and take preventive care actions,” says **Tobe Fisch, MD**, a board certified internist on staff at Princeton HealthCare System.

## Get the Figures

Knowing the normal ranges of key health numbers is essential, says Dr. Fisch, who recommends consulting your physician about which numbers are most important to monitor based on your medical history. Examples include:

### BLOOD PRESSURE

The normal range for blood pressure is **140/90** for adults under age 60 and **150/90** for those over 60, according to the latest national guidelines. You can easily monitor your blood pressure at home or by visiting pharmacies or other stores with publicly available monitors.

### CHOLESTEROL

Dr. Fisch notes that cholesterol should be tested by a doctor at least every five years for men starting at 25 to 35, and for women starting at 35 to 45, depending on your other risk factors. Healthy ranges are total cholesterol **below 200**, HDL (good cholesterol) **over 60** and LDL (bad cholesterol) **below 100 to 130**.

### BLOOD SUGAR

Screenings are recommended at least every three years for all adults with high blood pressure and high cholesterol, or at least two other risk factors for diabetes (such as age over 45, obesity or family history of diabetes). African Americans, Hispanics, Native Americans, Asian Americans, and Pacific Islanders are all at higher risk for diabetes. A blood sugar level **less than 100 mg** per deciliter is considered normal, and a reading above 126 is in diabetic range. Another test called hemoglobin A1C is normal if it is **below 5.7%**.

### BODY MASS INDEX (BMI)

BMI is a measure of your weight in relation to your height. For adults ages 18 to 65, the normal BMI range is **18 to 25**; for adults over 65, the normal range is **22 to 30**. You can find many BMI calculators online, including at [www.cdc.gov/healthyweight/assessing/bmi/](http://www.cdc.gov/healthyweight/assessing/bmi/).

## Keep Track of Data and Milestones

Dr. Fisch also recommends maintaining up-to-date records of vaccinations — including those for flu, tetanus/diphtheria/pertussis, pneumonia and shingles — and being aware of age-related milestones for important screenings, such as:

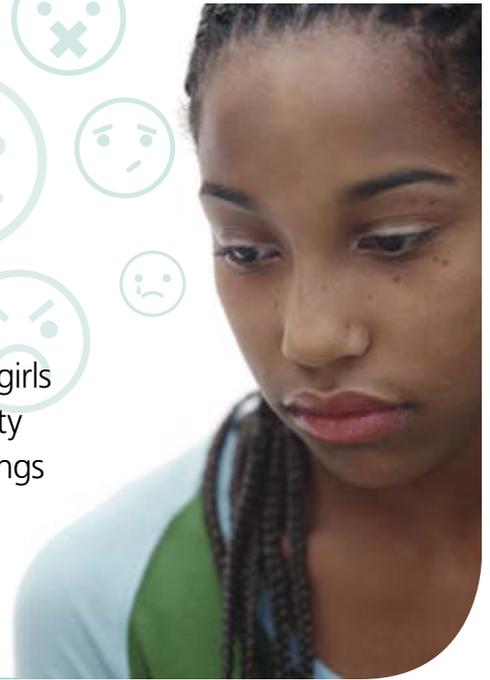
- Women starting in their 40s should consult the American Cancer Society guidelines for mammograms at [www.cancer.org/cancer/breastcancer](http://www.cancer.org/cancer/breastcancer).
- Adults starting at age 50 should get a colonoscopy screening every 10 years.
- Women between ages 21 and 65 should get a Pap smear screening for cervical cancer every three to five years.

To stay abreast of your health data, subscribe to the Princeton HealthConnect Patient Portal ([www.princetonhealthconnect.com](http://www.princetonhealthconnect.com)), which houses lab and radiology results, visit summaries, discharge instructions and other information. For Medicare patients, the Blue Button portal (available at [www.mymedicare.gov](http://www.mymedicare.gov)) is another helpful online tool to manage your health information.

To find an internist on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Princeton House Behavioral Health: Helping Young Girls Cope With Emotions

Adolescence can be a challenging time for both boys and girls, but girls today have it particularly hard. Studies show they are starting puberty earlier — as young as seven in some cases — which can cause feelings they are not prepared to deal with. Although the reasons for early puberty are unclear, it is believed to be the result of environmental pollutants and an increase in weight problems in children.



Monisha Motiwala, PsyD, Supervising Psychologist at Princeton House Behavioral Health (PHBH), says the fact that girls are beginning puberty earlier definitely influences their emotional health. Access to the Internet and social media can contribute to behavior issues in girls at an earlier age, as well.

“It is a different culture today,” Motiwala says, “and some girls are not equipped to deal with certain things they are exposed to at this young age.”

The most common issues facing girls today are body image, bullying, conflicts with peers or family members and the pressure to perform well academically.

## Providing a Safe Space

Under the pressure of adolescence, some girls may struggle with depression, anxiety and low self-esteem. Some may try to cope through dangerous behaviors such as alcohol and drug use or high-risk sexual activity. In addition, some girls may develop disordered eating patterns or display aggressive behavior, and still others may withdraw from social interaction.

PHBH’s Teen Girls Program can provide a safe, supportive environment for these girls to develop coping skills and build self-esteem.

“Most of the girls we see have emotion regulation difficulties, which is difficulty experiencing and coping with emotions,” Motiwala says.

## Dealing with Emotion

Three treatment tracks are available through the Teen Girls Program: a Dialectical Behavior Therapy (DBT) program for girls who struggle with suicidal ideation, self-injury, and impulsive behaviors; a program for girls with a history of trauma and difficulty with emotion regulation; and a program for girls with disordered eating.

DBT starts with understanding the harmful behavior, then dealing with it, and eventually eliminating the behavior. The therapy focuses on teaching mindfulness and distress tolerance skills, emotion regulation skills and improving interpersonal relationships.

All girls in the Teen Girls Program participate in individual and group therapy. They meet with a staff psychiatrist either weekly or bi-weekly and are seen weekly by the program nurse. Family sessions are also available and registered dietitians are on staff as well.

According to Motiwala, a unique feature of the Teen Girls Program is the phone coaching hotline that girls can call when they feel the urge to engage in harmful behavior. Staff helps them to resist the impulse by using the skills they’ve learned in the program, empowering them to help themselves.

“The ultimate goal is for girls to learn valuable skills that will help them in the real world, allowing them to have more meaningful lives,” Motiwala says.

To find out more about Princeton House Behavioral Health’s Teen Girls Program, call 1.888.437.1610, or visit [www.princetonhouse.org](http://www.princetonhouse.org).

# Give Yourself a Hand: Therapy Can Help Repetitive Stress, Arthritis or Injury

Stiffness and pain when attempting to grasp objects or move your hands or fingers can be a debilitating problem at any age, from older individuals suffering from arthritis to young athletes experiencing a sports injury, as well as just about anyone who spends considerable time on a computer, tablet or smartphone. When it comes to treating repetitive stress, arthritis or traumatic injury, physical therapy — along with medication to reduce pain and swelling — can help you regain flexibility and reduce stiffness and pain.

Since hand injuries can happen to anyone at any time, it's important to pay close attention to what may seem to be minor signs of strain, which could worsen over time, notes Hemangi Shastri, PT, CHT, a certified hand therapist at the University Medical Center of Princeton's (UMCP) Outpatient Rehabilitation Center in Monroe.

“Many people sit for hours at their desks typing or answering phones, for example, and being in such static, awkward positions can have an effect,” Shastri says. “It might not happen in the first week, but over the long term it takes its toll. When you start to experience cramping or weakness in your hands or upper extremities, you need to understand why it's happening and how to break that vicious cycle.”

## Exercise and Education

UMCP's Outpatient Rehabilitation Center provides patients with therapeutic exercises and education to address their unique circumstances — teaching them about how the hand works, how to strengthen their muscles and how to maintain their mobility. Shastri also offers custom splinting for hand conditions.

For patients who suffer from workplace-related conditions, Shastri helps them develop ways to improve their posture and reduce strain on their hands, wrists, elbows and shoulders — such as adjusting computer monitor and keyboard placement or using proper chairs at their workstations. For those who suffer from arthritis and struggle to get through daily activities without pain,



patients are counseled to avoid certain motions that will cause more damage, and taught to use adaptive devices to manage once-simple tasks such as opening jars, buttoning clothing, or holding utensils or cups.

## If in Doubt, Seek Help

Music and sports are also frequent causes of stress or injury, often over longer periods of time. Pianists, guitarists and cellists, for example, may need therapy to treat nerve issues or tendinitis. Athletes often suffer traumatic injuries that require therapy, but Shastri notes that many athletes — particularly young baseball pitchers or tennis players — experience weakness or pain and don't understand what is triggering those sensations.

“Many people are unaware that hand therapy can help with a number of conditions,” she says. “If you feel some kind of an ache or pain that's getting more frequent, affecting your sleep or your daily lifestyle, or increasing your dependency on others to help you, don't wait for it to get worse.”

UMCP offers rehabilitation services for pediatric through senior patients, including back, neck, hip, knee and hand therapy; pain management; neurological therapy; vestibular rehabilitation; sports injury and dance rehabilitation; women's health therapy and lymphedema management. Convenient locations, which participate in Medicare and most insurance plans, include Princeton, Monroe, Hamilton, Plainsboro and Monmouth Junction.

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For more information on UMCP rehabilitation services, call 609.853.7840, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Princeton House Behavioral Health: Beware of the Prescription for Addiction in Your Medicine Cabinet

The National Institutes of Health estimates millions of Americans — more than those who abuse cocaine, heroin or other hallucinogens combined — are addicted to prescription medication.

The most commonly abused prescription drugs are opioids, such as Oxycontin and Vicodin; anti-anxiety medication, such as Xanax and Valium; and stimulants, such as Ritalin and Adderall.

While some become addicted to pain medications after taking them under medical supervision, such as following surgery or for lingering pain from an injury, Anatoliy I. Vasilov, MD, a psychiatrist at Princeton House Behavioral Health (PHBH), says that others, in particular young people, are just looking to get high and grab whatever is available in the medicine cabinet.

Experts estimate that a third of those who use prescription drugs non-medically are adolescents between the ages of 12 and 17.

## Recognize the Signs

Some signs that an individual has become dependent on prescription medication include:

- increase in usage, indicating that the patient has developed a tolerance for the drug;
- change in personality, including mood swings;
- social withdrawal from family and friends;
- prolonged usage, where the patient asks for extensions on prescriptions even after the medical condition has been resolved;
- change in daily habits and appearance;
- neglecting responsibilities, such as increased absences from work and
- blackouts, forgetfulness or becoming easily defensive.

The biggest indicator of drug dependency, Dr. Vasilov says, is what he calls “shopping behavior,” where a patient visits multiple doctors or ERs, sometime traveling great distances, to obtain prescriptions for pain medication. Another sign is when a patient asks for early refills or claims that previous prescriptions have been lost or stolen.



“If anyone sees this type of behavior in someone they know, they should encourage them to seek treatment before the situation becomes dangerous,” Dr. Vasilov says.

## Treating Addiction

At PHBH, the first step in treating prescription drug addiction is to assess for dependence, which can include more than one drug or be combined with alcohol dependence, a life-threatening and potentially lethal combination, according to Dr. Vasilov.

Treatment options at PHBH include both inpatient and outpatient recovery programs for adults and adolescents (ages 13-18). The type and length of treatment varies depending on the individual’s needs.

Once a dependency problem is identified, the first step in the treatment plan is often detoxification, which can be done on an outpatient basis but is usually done through an inpatient program in order to better monitor the patient. In some cases this can include agonist therapy where medically controlled opioids are administered to help patients who suffer from reoccurring relapses manage their addiction.

Following detoxification, participation in an outpatient program is the next step in recovery. PHBH offers outpatient adult and adolescent addiction recovery programs, including individual, group and family therapy, as well as an adult dual diagnosis treatment program for individuals coping with both substance abuse and mental health disorders.

For more information on Princeton House Behavioral Health and its programs call 1.800.242.2550, or visit [www.princetonhouse.org](http://www.princetonhouse.org).

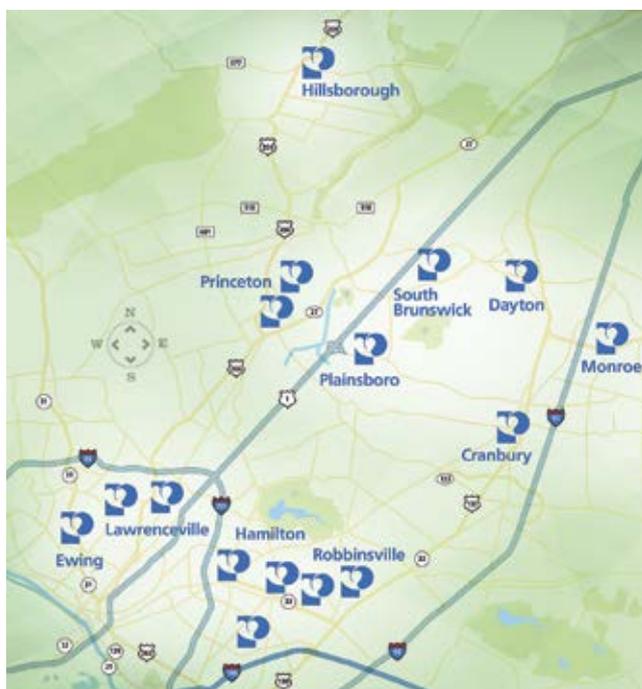
# Princeton Medicine Adds Cranbury Location, Several New Practitioners

Princeton Medicine, the employed physician group of Princeton HealthCare System (PHCS), recently added a new office in Cranbury and welcomed four new practitioners.

**Ann E. Smelkinson, MD**, board certified in internal medicine, joined Princeton Medicine recently and continues to see patients at 2650 Route 130, Cranbury. The office is open every weekday and two Saturdays per month. Evening appointments (until 7 p.m.) are available on Mondays. Dr. Smelkinson's areas of interest include providing primary care for older adults and helping patients to manage a wide range of chronic conditions. Call 609.860.8000 to schedule an appointment.

**Joseph A. DeBlasio Jr., MD**, is both a hospitalist and an internist who sees patients at Hamilton Medical Group, 2275 Route 33, Suite 301, Hamilton Square. As an internist, Dr. DeBlasio provides primary care for adult patients, including management of chronic conditions such as asthma, COPD, high cholesterol, diabetes, hypertension, obesity, acid reflux, sleep apnea and thyroid disorders. His areas of interest also include gastrointestinal disorders, travel medicine and vaccinations. Call 609.586.6006 to schedule an appointment.

**Stanley C. Hsu, MD**, a board certified, fellowship-trained gastroenterologist, sees patients in the Medical Arts Pavilion — adjacent to University Medical Center of Princeton (UMCP) — 5 Plainsboro Road, Suite 300, Plainsboro, and at 281 Witherspoon Street, Suite 100, Princeton. He offers screening and diagnostic procedures such as endoscopy and colonoscopy and works with patients to manage a wide range of issues, including gastroesophageal reflux disease (GERD), Barrett's esophagus, Crohn's disease, irritable bowel syndrome, peptic ulcers, liver disease, pancreatic cancer and colon cancer. Call 609.853.7272 to schedule an appointment.



Dr. Hsu also participates in Direct Access Colonoscopy, a partnership between UMCP and local gastroenterologists to streamline the scheduling of screening colonoscopies for individuals 50 and older who meet certain criteria. The procedures are performed at UMCP's Stephen & Roxanne Distler Center for Ambulatory Surgery, 5 Plainsboro Road, Suite 200, Plainsboro; the UMCP Center for Ambulatory Surgery, 8 Centre Drive, Monroe; and Princeton Endoscopy Center, 731 Alexander Road, Suite 104, Princeton. For more information, visit [www.princetonhcs.org/directaccesscolonoscopy](http://www.princetonhcs.org/directaccesscolonoscopy).

**Karina K. Lee, MD**, a board certified internist providing primary care for adults, sees patients at 281 Witherspoon Street, Suite 100, Princeton. Her areas of interest include immunization, lipid management and coordinating care for patients with chronic conditions and health issues such as back pain, high cholesterol, chronic obstructive pulmonary disease (COPD), diabetes, hypertension, obesity, reflux disease and thyroid disorders. Call 609.497.2211 to schedule an appointment.

Princeton Medicine employs more than 70 practitioners with offices in Princeton, Plainsboro, Cranbury, Dayton, Monroe, Hamilton, Lawrenceville, Robbinsville, South Brunswick, Ewing and Hillsborough.

In addition to the Princeton Medicine name, the group includes Comprehensive OB/GYN Care of Princeton, Ewing Medical Associates, Hamilton Medical Group, NJ Bariatrics, Princeton Pike Internal Medicine and Rednor-Risi Family Medicine.

To find a Princeton Medicine practitioner who is right for you, visit [www.FINDADR.com](http://www.FINDADR.com).



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## Princeton Day School Seniors Make a **Gift to Cancer Care**

Students of the Princeton Day School (PDS) Class of 2015 have much to be proud of. Amid the excitement of preparing for the next phase in their lives, these impressive students took time to think of others, in particular, those affected by cancer. The PDS 2015 senior class expressed their desire to support caregivers and patients, as they have experienced the toll cancer takes on families and the community as a whole.

Led by Caroline Lippman, 2015 Senior Class Gift Chair, the Class of 2015 marked the milestone of graduating from high school by making a donation of \$7,300 to the Edward & Marie Matthews Center for Cancer Care at the University Medical Center of Princeton (UMCP). This contribution will fund a Caregivers Support Group at UMCP. A plaque to be installed in the Matthews Center will read "Given by Princeton Day School Class of 2015 in honor of members of the PDS community who have battled or lost a loved one to cancer."

The Princeton HealthCare System Foundation and the Matthews Center for Cancer Care are thankful to receive this generous gift, and wish these young PDS philanthropists the best of luck.



*Class of 2015*

