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Sleep and Your Heart

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

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

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

Entire publication
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Health Focus is published under contract by The Nautilus Publishing Company
www.nautiluspublishing.com
T: 662.513.0159

Sleep & Your Heart



Failing to get a good night's sleep can have far worse repercussions than simply missing your favorite TV show because you conk out on the couch after dinner. In fact, regularly getting fewer than six hours of quality sleep a night can have serious effects on your cardiovascular health.

"The lack of sleep can translate into multiple complications for an individual. A person chronically feels tired and sleepy during the day, which can lead to poor concentration, impaired memory and reduced productivity at work, home or school," says Ashgan Elshinawy, DO, (*pictured above and on the cover*) a board certified pulmonary and sleep specialist on staff at University Medical Center at Princeton. "Chronic sleep deprivation has also been shown to increase inflammation in the body, which can have negative effects on your heart."

Sleep deprivation has several causes, explains Dr. Elshinawy, including obstructive sleep apnea, which if untreated can be a major risk factor for high blood pressure, stroke, diabetes and cardiac arrhythmias such as atrial fibrillation. About 50 percent of patients with sleep apnea also have high blood pressure that can be difficult to control without addressing the underlying sleep disorder, the American Heart Association indicates. If you have one or more of these heart conditions, you should be screened for obstructive sleep apnea.

A Simple Step

A sleep study, usually conducted overnight, is the first step toward diagnosing these conditions. University Medical Center at Princeton's state-of-the-art Sleep Center is fully accredited by the American Academy of Sleep Medicine to diagnose and treat sleep disorders in children and adults. In addition to overnight sleep studies, the center provides daytime sleep assessments and uses a multidisciplinary approach to develop individualized treatment plans.

Learn more at the following free seminars:

■ **Sleep and Your Heart:
The Effects Sleep Disorders
Have on the Heart**
Dr. Ashgan Elshinawy
March 15 (p. 8)

■ **A Healthy Heart:
It's Worth Sleeping On**
Dr. Ritwick Agrawal
March 4 (p. 15)

Possible signs of a sleep disorder include:

- snoring, gasping or choking during sleep
- daytime sleepiness
- frequently awakening during the night or waking in the morning without feeling refreshed
- restless body movements during the night
- daytime memory and concentration problems and irritability

For more information about UMCP's Sleep Center or to find a sleep specialist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org/sleepcenter.

Controlling Inflammatory Bowel Disease



Early detection and advances in medical treatment are allowing more and more people with inflammatory bowel disease (IBD) to keep their symptoms in check and live healthy, active lives, says Eric H. Shen, MD, (pictured left) a board certified gastroenterologist affiliated with Princeton HealthCare System.

Crohn's disease and ulcerative colitis are the most common forms of

IBD, together affecting an estimated 1 million Americans, according to the National Institutes of Health. These chronic diseases cause symptoms such as abdominal pain, diarrhea and bloody stools. They also put patients at higher risk for complications such as intestinal blockages and colon cancer.

"There has been a push in recent years to try to treat inflammatory bowel disease early and aggressively, so patients don't develop some of these long-term complications," says Dr. Shen. "It's also a quality of life issue. Living with these diseases without treatment can be miserable at times."

What Is IBD?

Ulcerative colitis causes ulcers in the lining of the rectum and colon. Crohn's disease can cause inflammation anywhere in the digestive system.

These conditions, whose causes are not known, are often first seen in people in their 20s and 30s. In addition to abdominal pain and bloody diarrhea, symptoms may include weight loss, anemia, severe fatigue, loss of appetite, skin sores and joint pain.

"The diseases do not come on suddenly, and most people who have IBD will have these symptoms for a long time," Dr. Shen says. "There is a family pre-disposition to getting the disease, but there are also environmental factors that have not been fully identified."



Treating IBD

The diagnosis of IBD is usually confirmed with a colonoscopy, a screening test that is available at specialized facilities like University Medical Center at Princeton's Endoscopy Suite or Princeton Endoscopy Center, a joint venture of Princeton HealthCare System. With treatment, patients can remain symptom-free for months and sometimes years at a time, Dr. Shen says.

Treatments include:

- Anti-inflammatory medications and drugs that suppress the immune system so the body doesn't attack normal intestinal cells. Multiple

classes of effective medications are currently available, and at any given time, several new medications are being studied to treat IBD.

- Surgery, in the most severe cases, when patients have advanced disease that is not responding to medication. Crohn's surgery usually involves removing a highly diseased section of the bowel. For ulcerative colitis, the entire colon is removed. The end of the small intestine is then modified to create a pouch so the patient can resume as normal a lifestyle as possible.

If you are experiencing gastrointestinal disturbances and other symptoms of bowel disease, it's important to see a physician for diagnosis and prompt treatment to help you feel better again. For assistance finding a gastroenterologist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Colon Cancer: Early Detection Saves Lives

Colorectal cancer is the third most common cancer found in men and women in the United States. The good news is that it is curable when caught early. One of the best chances for early detection is through screenings like colonoscopy and flexible sigmoidoscopy.

March is Colorectal Cancer Awareness Month, an ideal time to focus on your health and schedule your appointment. The American Cancer Society recommends starting your screenings at age 50 and continuing to have either a colonoscopy every 10 years or a flexible sigmoidoscopy every five years.

Princeton HealthCare System offers two convenient locations for these screenings:

- **University Medical Center at Princeton Endoscopy Suite**
253 Witherspoon Street
Princeton, NJ
- **Princeton Endoscopy Center**
731 Alexander Road, Suite 104
Princeton, NJ

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

For more information about colorectal cancer, join us at two special events in March; see page 7 for details.

Progress Continues: Interior of UMCPP Taking Shape

With most of its exterior construction completed in 2010, much of the construction work on the new University Medical Center of Princeton at Plainsboro (UMCPP) has been shifting to the interior of the building.

Last year, major work on the state-of-the-art hospital, to be located on Route 1 between Scudders Mill Road and Plainsboro Road in Plainsboro, focused on framing out the hospital rooms and corridors, along with the expansive sea of windows that will offer virtually every patient a room with a view.

With the interior framing well under way, workers began installing the complex network of mechanical and electrical systems that will be key to supporting the work of UMCPP's dedicated physicians and clinical staff. Careful attention is being paid to every aspect of this impressive process. Major systems installed in 2010 include mechanical piping and ductwork, normal and emergency electrical systems, medical gasses, a pneumatic tube system that will speed delivery of pharmacy supplies and lab specimens throughout the hospital, and the data network that will handle advanced technology and communication systems throughout the facility.

For more information and the latest updates on the UMCPP project, including a month-by-month photo gallery of construction progress, visit www.newhospitalproject.org.





Hope for Severe Depression

Depression can reach a point at which medication alone is no longer effective. In those cases, electroconvulsive therapy, or ECT, has been shown to be a safe, effective and potentially life-saving treatment.

ECT uses a small amount of electricity to initiate a minor seizure in the brain. That seizure appears to cause changes in the brain's chemistry that improve depressive symptoms.



"ECT is generally for patients experiencing depression exhibited as severe sadness or despair," says Anatoliy Yanovskiy, MD, (*pictured left*) Medical Director, ECT Services, for Princeton House Behavioral



Health. "ECT is not a cure. However, it can provide rapid improvement for patients suffering with depression and bipolar disorders."

How ECT Works

The individual is placed under general anesthesia for approximately three minutes and has no memory of the treatment. An electrical current flows through two electrodes set against the head for seconds, which triggers a brief seizure in the brain.



"Like all antidepressants, ECT can raise a specific chemical in the brain called neurotrophic factor, which increases the number of cell connections and improves communication between cells," says Philippe J. Khouri, MD, (*pictured left*) Medical Director, Consultation Services, and Associate Medical Director, ECT Services for Princeton House.

Many patients see some improvement after the initial treatment. Depending on how well they respond, patients receive anywhere from six to 12 treatments, given three times a week. They may be recommended to continue with maintenance treatments.

Most patients decide to undergo ECT treatment in consultation with their psychiatrists. However, patients also may refer themselves for treatment, as long as they are currently under psychiatric care. Treatment at Princeton House can be given on an inpatient or outpatient basis, which will be discussed at an initial consultation.

Overcoming the Stigma

Inaccurate portrayal of ECT in the media and myths have led to misunderstandings about ECT. However, modern-day ECT treatment is a safe and effective treatment, and potential side effects have been minimized.

"There still remains a stigma, not only with ECT, but with mental illness as a whole," says Lisa Johnson, RN, BSN, coordinator of ECT at Princeton House. "It needs to be treated similarly to other chronic diseases such as diabetes, heart and kidney disease. ECT offers hope as a proven medical treatment for depression."

Princeton House Behavioral Health (PHBH) is celebrating its 40th anniversary year. For more information about PHBH's ECT program, call **609.497.2673** and ask for the ECT Care Coordinator. For more information about Princeton House Behavioral Health's range of services, call **1.800.242.2550** or visit www.princetonhouse.org.



Taking Control: Programs to Help You Manage Diabetes and Heart Disease

Although diabetes and heart disease are two of the most prevalent, potentially life-altering diseases affecting Americans, there are steps you can take to successfully manage them. University Medical Center at Princeton's Diabetes Management Program and Cardiac Rehabilitation Program offer education,

therapy and support to help keep your blood sugar under control and your heart pumping well.

"We serve patients who are recovering from some type of cardiac procedure, even heart transplants," says Mary Ricci, MSN, RN, BC, Nurse Manager, Cardiac and Pulmonary Rehab, Cardiac Catheterization Lab, and Cardiac Diagnostics. "Our rehab program not only provides post-procedure exercise and therapy, we also teach people how to manage their disease over the long term for optimum results."

Specialized cardiac nurses help patients regain improved efficiency of the heart; lower blood pressure and heart rate; and increase strength and stamina. Under careful EKG monitoring, patients use a variety of exercise equipment including treadmills, stationary bikes and free weights.

Self-Management Tips Are Key

UMCP's Diabetes Management Program offers a similar approach to disease self-management.

"We teach our patients how to control their blood sugar levels through a combination of good nutrition, glucose monitoring, exercise and, often, medication management," says Nancy L. Rhodes, RN, MA, CDE, Diabetes Clinician/Educator with Princeton HealthCare System. "We see patients with both type 1 and 2 diabetes, as well as those with pre-diabetes."

Because many patients with diabetes also have heart disease, patients from these two nationally certified programs are often referred to each program as the need arises. Both programs offer:

- Personalized assessments
- Individualized plan for self-management
- Patient education
- Multidisciplinary teams
- Services for children and adults
- Medication, weight and stress management
- Nutritional guidance

For more information about University Medical Center at Princeton's Diabetes Management Program and cardiac-related services, including UMCP's Cardiac Rehabilitation Program, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Medication Reconciliation: Avoid Dangerous Drug Interactions

Taking charge of your health includes knowing—and accurately communicating to your health provider—what medications you're taking at any given time. It sounds simple, but one omission can have negative implications on your health.

"Medication reconciliation is the process of comparing a patient's medication orders to all of the medications that the patient has been taking," says Geri Karpiscak, RN, MSN, NEA-BC, Director, Professional Practice, Education and Customer Service at Princeton HealthCare System. "The goal is to avoid duplication, incorrect dosing or timing, and adverse drug interactions."

The Joint Commission, a nonprofit organization that accredits and certifies more than 18,000 healthcare organizations and programs in the United States, named medication reconciliation as a National Patient Safety Goal to ensure a high level of awareness of the importance of proactive and detailed medication management. University Medical Center at Princeton (UMCP) participates in this initiative and is accredited by The Joint Commission.

As a patient, you have an important role to play in medication reconciliation. The first step to medication safety is to make a complete and accurate list of all prescriptions, over-the-counter medications, vitamins and supplements you are taking. Include dosing amount and frequency for each product. This list should be kept up to date and shared with all of your healthcare providers and pharmacists.

"It's critical that at every level of care, the provider and pharmacist be aware of all current medications, so a comparison can be made before dispensing a new prescription," says Karpiscak. "Awareness and communication are key to avoiding errors that could put a patient's health at risk."

To request a complimentary Emergency Health Information Card to help you track medications and other healthcare information, call **1.888.897.8979** or visit www.princetonhcs.org and select the box in the Contact Us form.



HEALTH EDUCATION CALENDAR

community focus

MARCH – APRIL 2011

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).

March is National Colorectal Cancer Awareness Month

According to the American Cancer Society, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. Fortunately, as a result of early detection and advances in treatment, the death rate from colorectal cancer has been dropping in both men and women for more than 20 years, although the disease still accounted for 51,000 deaths in 2010. March is colorectal cancer awareness month—a good time to learn more about this disease.



Understanding Colorectal Cancer Signs, Symptoms, Treatments and Latest Updates

THU. March 3 (12:15 – 1:15 p.m.)
South Brunswick Municipal Building
540 Ridge Road, Monmouth Junction
Princeton HealthCare System, in partnership with South Brunswick Health Department, is sponsoring this informative program focused on colon cancer.

WED. March 30 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Join us for an informative program explaining the signs, symptoms, treatments and latest updates on colorectal cancer. Kevin S. Skole, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will lead the program.

LOCATIONS:

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

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

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

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



Princeton HealthCare System
Community Education & Outreach

Redefining Care.

Directions available at www.princetonhcs.org

CURRENT PROGRAMS

Princeton HealthCare System Community Education & Outreach offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System.

**Don't Panic! The ABCs of Pediatric Emergencies**

TUE. March 1 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Seconds count when dealing with pediatric emergencies such as poisonings, allergic reactions, bleeding and swallowed or embedded foreign objects. Join Craig Gronczewski, MD, to learn the steps you should take when dealing with an emergency and when you should head to the emergency room. Dr. Gronczewski is board certified in emergency medicine, Chairman of University Medical Center at Princeton's Emergency Department and a member of the Medical Staff at Princeton HealthCare System.

**Yikes! What Is Happening to My Body? A Puberty Talk for Boys**

TUE. March 1 (7 – 8:30 p.m.)
Washington Branch Library
42 Allentown-Robbinsville Road
Robbinsville

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

Designed for boys between the ages of 9 and 12, this program focuses on the physical, intellectual and emotional changes your child will experience as he enters the teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System.

Pediatric Aquatic Therapy

WED. March 2 (6:30 – 8 p.m.)
Princeton Fitness & Wellness Center
The natural buoyancy of water makes aquatic therapy a valuable tool to help occupational and physical therapists enhance your child's functional abilities. Martha Mayo, Pediatric Occupational Therapist with University Medical Center at Princeton's Outpatient Rehabilitation Network, will lead a discussion on how aquatic therapy can allow your child to move more freely, with less joint stress, providing for more productive therapy sessions. A tour of the Aquatic Center will follow the presentation.

Advance Directives

TUE. March 8 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Your family, loved ones and caregivers should be aware of your wishes in case of hospitalization or incapacitation. Learn more about advance directives and how to fill out the associated paperwork in this informational session. The program will focus on:

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

Sandra Mariani, MSN, RN, a Health Educator with Princeton HealthCare System, will present the program and be on hand to notarize any completed advance directive forms.

Friday Family Fun Night

FRI. March 11 (6 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$15 per child

Join us for a fun night out for the entire family in celebration of National Nutrition Month! Children between the ages of 7 and 12 will have the chance to cook up a healthy supper for their families under the direction of registered dietitian Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program. Meanwhile, parents get to swim, exercise or meet with a trainer for 60 minutes for free. At 7 p.m. participants will gather together to share the meal and demonstrate their nutritional knowledge during a team-based quiz game. Timothy Patrick-Miller, MD, board certified pediatrician and member of the Medical Staff at Princeton HealthCare System, will discuss the importance of healthy diets for growing children. Free babysitting will be available for children ages 2-6.

**Sleep and Your Heart:
The Effects Sleep Disorders Have on the Heart**

TUE. March 15 (11 a.m. – 12:30 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe Township

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

We have all experienced the confusion and exhaustion caused by lack of sleep, but did you know that sleep deprivation and sleep disorders can negatively affect your heart? Join Ashgan Elshinawy, DO, board certified in pulmonology and sleep medicine and a member of the Medical Staff of Princeton HealthCare System, for a discussion on sleep apnea and other sleep disorders and their effect on the heart.

Heart Health for All Ages

WED. March 15 (6 – 8:30 p.m.)
Princeton Fitness & Wellness Center
In this informative session, learn how to be heart healthy in your 30s, 40s, 50s and beyond, as well as when it is important to seek treatment for certain symptoms. Lisa S. Motavalli, MD, board certified in cardiovascular disease and a member of the Medical Staff of Princeton HealthCare System, will discuss preventing and managing cardiovascular disease. Free blood pressure screenings will be available from 6 – 7 p.m.

**Yikes! What Is Happening to My Body?
A Puberty Talk for Girls**

TUE. March 15 (7 – 8:30 p.m.)
Washington Branch Library
42 Allentown-Robbinsville Road
Robbinsville



Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

Designed for girls between the ages of 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as she enters her teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System.

Overcoming Obesity

SAT. March 19 (11 a.m. – 1 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Room A

Discover how bariatric surgery can help you overcome severe obesity and the damaging health effects of being overweight, such as diabetes, high blood pressure, sleep apnea and infertility. Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery, and Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss weight-loss surgery options, including bariatric surgery, gastric bypass surgery, sleeve gastrectomy and the laparoscopic band procedure. Drs. Brolin and Chau are members of the Medical Staff of Princeton HealthCare System. University Medical Center at Princeton is recognized as a Bariatric Surgery Center of Excellence by the American Society for Bariatric Surgery.

CURRENT PROGRAMS

Eye Health: Learn How to Prevent Eye Disorders and How to Treat Those with Current Eye Problems

MON. March 21 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Chronic eye disorders affect the quality of life of millions of Americans every year. In recognition of Save Your Vision Month, Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, will discuss how we can help prevent and treat the most common eye problems: cataracts (affecting nearly 22 million people age 40 and over), glaucoma (affecting over 2.3 million people age 40 and over), advanced age-related macular degeneration (affecting more than 2 million people age 50 and over) and dry eye (affecting 4.3 million people).

**Diabetes Alert Day: Current Trends in Diabetes**

TUE. March 22 (10 a.m. – 1:30 p.m.)
University Medical Center at Princeton Lobby 10 a.m. – 12 p.m.
Ground Floor, Conference Room A
12:30 – 1:30 p.m.

Registration is required; space is limited. During this lunch-and-learn program, please join University Medical Center at Princeton's Diabetes Management Program for an informative presentation on the current trends in diabetes. The Diabetes Management Program's services will be showcased in the hospital lobby prior to the session.

S.A.F.E. Self-defense Awareness for Women

WED. March 23 (6:30 – 8:30 p.m.)

Hopewell Library
245 Pennington-Titusville Road
Hopewell

SAT. April 9 (10 a.m. – 12:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road
Robbinsville

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

In today's world, it's not surprising that many women worry about their personal safety, but there are steps you can take to help avoid becoming a victim of crime. Join us for this informative course combining risk-reduction tools and easy self-defense techniques for women. Led by Carolyn Schindewolf, S.A.F.E. Instructor, S.A.F.E. is a program of the National Self-Defense Institute, Inc. Please note that participants under 18 years of age will need permission from a parent to take the course.

Kidney Function & Hypertension: How Are They Related?

THU. March 24 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
According to the National Kidney Foundation, uncontrolled high blood pressure, which can easily go undetected in its early stages, is the second leading cause of kidney failure in the United States. Severe high blood pressure can harm kidney function in a relatively short period of time, and even mild forms of high blood pressure damage kidneys over the years. Join us for an in-depth discussion of how high blood pressure and kidney function are related, presented by Grace B. Bialy, MD, board certified in nephrology and a member of the Medical Staff of Princeton HealthCare System.

Sinus Disorders and Allergies

THU. March 31 (7 – 8:30 p.m.)
Lawrenceville Library
2751 Brunswick Pike
Lawrenceville

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

Do you or someone you know suffer from chronic nasal stuffiness, headache, cough, or other sinus and allergy symptoms? Learn the causes, symptoms and treatments of common sinus and allergy disorders at this informative session led by Rakesh Patel, MD, board certified in otolaryngology and a member of the Medical Staff of Princeton HealthCare System.

**Sleep for Success: How to Sleep Better, Lose Weight and Live Healthier**

MON. April 4 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Sleep problems can have significant consequences on your health, weight and stress levels. Mahmood Siddique, DO, board certified in sleep medicine and pulmonary diseases and a member of the Medical Staff of Princeton HealthCare System, will explain the link between sleep dysfunction, stress and obesity, and provide tips on what you can do to achieve better sleep and optimal health. Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will highlight ways to improve your diet to help reduce stress, assist in weight management and improve your sleep.

Are Your Feet Ready for Summer? Lecture and Screening

WED. April 6
Lecture (6 – 7:15 p.m.)
Screening (7:15 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road



Prepare yourself for a healthy summer with comfortable, happy feet. In recognition of Foot Health Awareness Month, Donna M. Barrese, DPM, board certified podiatrist, will offer tips to prevent and care for common summer foot complaints, such as cracked heels, fungi of the skin and nails, painful calluses, warts, blisters, and arch and heel pain. Dr. Barrese will also provide helpful information on footwear choices for summer and answer your foot-care questions. Dr. Barrese is a member of the Medical Staff of Princeton HealthCare System.

Varicose Veins

WED. April 6 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Varicose veins and spider veins are more than just a cosmetic concern. For many people, they cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, varicose veins may indicate that you are at a higher risk of other disorders of the circulatory system. Learn more about these conditions and the newest minimally invasive and non-invasive treatment options from Elliot Sambol, MD, board certified in general surgery, specializing in vascular surgery and member of the Medical Staff of Princeton HealthCare System.

Please Give Blood

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

CURRENT PROGRAMS**AARP Driver Safety Program**

FRI. April 8 & 15 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center

Please call 1.888.897.8979 to register.

\$12 for AARP members

\$14 for Non-members

Checks are payable at the door and should be made payable to AARP.

The techniques learned in this two-part course could result in a reduction in car insurance premiums; consult your insurance company for details. New Jersey drivers also 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 situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots
- How to safely use anti-lock brakes and safety belts

There is no age requirement for this course, and 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. A CarFit Check-up event will be held on Friday, April 15 at 10 a.m., in the parking lot of Princeton Fitness & Wellness Center immediately preceding the driver safety program. This course will be presented by an AARP instructor.

**Empowering Women:
Mind, Body and Spirit**

SAT. April 9 (8:30 a.m. – 12:15 p.m.)
Princeton House Behavioral Health
300 Clocktower Drive, Suite 101, Hamilton

Registration required. Please call 609.497.3321 to register and select topics of interest.

This half-day program sponsored by Princeton House Behavioral Health (PHBH) offers real-world suggestions and strategies for meeting the many challenges of women's lives today. Topics include:

- Relaxation techniques
- Healthy assertiveness in personal relationships
- Survival tips for parents of teens
- Women's attitudes toward body and sexuality
- Art therapy
- Shaping others' behavior
- Life skills therapy for substance abuse (DBT approach)
- Eating disorders

In addition, PHBH's Women's Programs Medical Director George Wilson, MD, will present a special keynote address on medication for a variety of mental health issues such as mood and anxiety disorders, as well as post-traumatic stress disorder. Professionals in social work are eligible for two contact hours of continuing education through this program. Continental breakfast will be served.

**CarFit Check-up Event**

FRI. April 15 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

Appointment required.

Call 1.888.897.8979 for an appointment. As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide more comfort and better control of your vehicle. In addition, a trained PHCS CarFit technician will take the driver through an observation and questionnaire session. Participants are requested to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

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

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

Sibling Class

SAT. March 5 (10 – 11:30 a.m.)

SAT. April 2 (10 – 11:30 a.m.)

University Medical Center at Princeton Main Lobby

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby.

Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.

**Maternity Tour**

SAT. March 5

(12 – 1 p.m. or 1:30 – 2:30 p.m.)

TUE. March 22

(6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. April 2

(12 – 1 p.m. or 1:30 – 2:30 p.m.)

THU. April 28

(6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center at Princeton – Main Lobby

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

Prenatal Exercise

TUE. March 8 – April 12 (7 – 8 p.m.)

Community Education & Outreach

at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$95 per person

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

CHILDBIRTH & FAMILY**PREGNATAL CLASSES & PREPARING FOR BABY'S ARRIVAL****Prenatal Breastfeeding Class**

THU. March 10 (7 – 9 p.m.)
Princeton Fitness & Wellness Center Studio 4

TUE. April 5 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

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

Baby Care

WED. March 16 (7 – 9:30 p.m.)
MON. April 11 (7 – 9:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B



\$45 per couple
How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills. Topics include infant care, feeding choices, choosing a pediatrician and more.

Daddy Boot Camp™

SAT. April 16 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

SAT. March 19 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Fafferty Branch Suite 100, Conference Room B

\$25 per person
This men-only course is designed for fathers-to-be to gain knowledge in parenting skills and to develop hands-on skills for caring for their newborns. A certified male Daddy Boot Camp™ instructor, along with new dads, will demonstrate how to hold, comfort, diaper and play with their babies, including these tips and tools: how to calm a crying baby, planning for baby's arrival, pets and babies, car seat safety, and the importance of parental teamwork. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

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.

O P T I O N S F O R B I R T H I N G

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

Birthing Basics

MON. March 7 – March 28 (7 – 9 p.m.)
WED. March 23 – April 13 (7 – 9 p.m.)
THU. March 31 – April 21 (7 – 9 p.m.)
TUE. April 12 – May 3 (7 – 9 p.m.)
WED. April 27 – May 18 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

\$120 per couple

This four-week, comprehensive program for expectant parents is designed to answer your 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 be held at University Medical Center at Princeton and will include a tour of the Maternal-Child Health Program Unit.

Accelerated Birthing Basics

SAT. March 12 (9 a.m. – 5 p.m.)
SAT. April 9 (9 a.m. – 5 p.m.)
SAT. April 30 (9 a.m. – 5 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience.

Review of Birthing Basics

FRI. March 25 (7 – 9:30 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

\$60 per couple

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

**HypnoBirthing®**

WED. March 30 – April 27 (6:30 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

\$195 per couple

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

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

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

Wednesdays (10:30 – 11:30 a.m.)

No class on April 20

Princeton Fitness & Wellness Center

\$5 per session, payable at the door
No registration required.

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with the parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)

Community Education & Outreach
at 731 Alexander Road

No registration required.

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

Postpartum Exercise

Tuesdays & Thursdays

(10:30 – 11:30 a.m.)

No class on March 10

*(Additional schedule changes may apply;
please check other months.)*

Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$10 per class*

Registration required.

This class helps postpartum moms restore strength and tone muscles that are affected by pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The exercise program, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

**Save up to 12.5 percent on registration costs by purchasing a class discount card:
\$75 for eight classes, \$90 for 10 classes,
\$105 for 12 classes. If purchasing a discount card, you must register by phone; please call 1.888.897.8979.*

**Postpartum Adjustment
Support Group**

THU. March 3 (11 a.m. – 12 p.m.)

THU. March 17 (11 a.m. – 12 p.m.)

THU. March 31 (11 a.m. – 12 p.m.)

THU. April 14 (11 a.m. – 12 p.m.)

THU. April 28 (11 a.m. – 12 p.m.)

Community Education & Outreach
at 731 Alexander Road



No registration required.

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

Join healthcare professionals from

Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

CPR & FIRST AID

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

BLS for Healthcare Providers

WED. March 2 (6 – 10:30 p.m.)

FRI. April 8 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at

731 Alexander Road

FRI. March 11 (9 a.m. – 1:30 p.m.)

Conference Room B

MON. April 11 (6 – 10:30 p.m.)

Lambert House, Classroom 3

University Medical Center at Princeton

MON. March 14 (6 – 10:30 p.m.)

WED. April 20 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at
the Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

WED. March 30 (9 a.m. – 1:30 p.m.)

TUE. April 26 (6 – 10:30 p.m.)

Princeton Fitness & Wellness Center

\$65 per person

The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.

**Family & Friends CPR –
Infant**

SAT. March 5 (9:30 – 11:30 a.m.)

SAT. April 30 (9:30 – 11:30 a.m.)

Community Education & Outreach at
731 Alexander Road

SAT. March 26 (9:30 – 11:30 a.m.)

Community Education & Outreach at
the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

SAT. April 16 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

\$30 per person

The Family & Friends CPR – Infant program teaches you how to perform CPR on infants, and how to help an infant who is choking. An infant is defined as a child 1 year of age or younger. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

CPR & FIRST AID**Family & Friends CPR – Adult & Child**

SAT. March 5 (12:30 – 2:30 p.m.)

Community Education & Outreach at 731 Alexander Road

SAT. March 26 (12:30 – 2:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

SAT. April 16 (1 – 3 p.m.)

Princeton Fitness & Wellness Center

\$30 per person

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

**Heartsaver CPR**

MON. March 21 (6 – 9 p.m.)

Conference Room A

THU. April 14 (9 a.m. – 12 p.m.)

Conference Room A

University Medical Center at Princeton

\$55 per person

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

is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. The course includes a skills test, and participants will receive a course completion card.

Heartsaver AED

WED. March 23 (6 – 9 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

TUE. April 5 (6 – 9 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, and participants will receive a course completion card.

Pet First Aid and CPR

THU. April 7 (6 – 9 p.m.)

Community Education & Outreach

at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$40 per person

Designed by the American Safety & Health Institute (ASHI), the Pet First

Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.

**ACLS Full**

THU. & FRI. March 10 & 11

(9 a.m. – 5 p.m.)

TUE. & WED. April 12 & 13

(9 a.m. – 5 p.m.)

Community Education & Outreach

at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

**ACLS Recertification**

FRI. March 25 (9 a.m. – 5 p.m.)

WED. April 27 (9 a.m. – 5 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Full: \$250 per person

Recertification: \$175 per person

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

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

EVENTS FOR EMERGENCY SERVICES PERSONNEL

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.

Autism Spectrum for the First Responder: EMS, Fire and Police

WED. March 16 (6 – 9 p.m.)

Princeton Fitness & Wellness Center

When responding to a call, emergency personnel may not be aware of the fact that they are dealing with an individual with autism, a condition that may result in an inability to follow simple directions and possibly lead to serious injury of the individual or rescuer. The actions or non-responsiveness of people with autism can easily be misinterpreted by untrained individuals, and according to the FBI Law Enforcement Bulletin, the "developmentally disabled are approximately seven times more likely to come in contact with law enforcement than others."

This program will:

- Make first responders aware of autism, its symptoms and its characteristics
- Provide better recognition of a person with autism
- Explain public safety risks for autistic individuals
- Provide methods for first responders to work with individuals with autism and their families

CEUs pending. This program is for all Emergency Services personnel (not just EMTs). A representative from Eden Institute, Princeton, and Stephen Harrison, DO, board certified in emergency medicine and a member of the Medical Staff of Princeton HealthCare System, will present this program.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

Energy Movements for Those Touched by Cancer

WED. March 2 (11 a.m. – 12 p.m.)
University Medical Center at Princeton
Ground Floor, Conference Room A

Registration preferred.

Join us for an interactive class on the Chinese art of Qi Gong (similar to Tai Chi). These simple exercises will help enhance your body's natural energy and can be used to rejuvenate you any time. Dress in loose, comfortable clothing. All exercises will involve standing or sitting in a chair.



Cancer Support Group

TUE. March 15
(1:30 – 3 p.m.)
TUE. April 19
(1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza
Monroe Township

No registration required. Walk-ins welcome.

University Medical Center at Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed will include:

- Coping with the emotional impact of cancer
- Communicating effectively with your healthcare team
- Adjusting to changes during and after treatment
- Maintaining healthy relationships personally and professionally
- Managing concerns about recurrence

This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

TUE. March 15 (6 – 7:30 p.m.)

TUE. April 19 (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 invites breast cancer patients in all phases of their journeys to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

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

WED. March 16 (12 – 1 p.m.)

WED. April 20 (12 – 1 p.m.)
University Medical Center at Princeton
Administrative Conference Room
2nd Floor, A2 Wing

Registration preferred. Walk-ins welcome.

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

- Encouragement for fellow members
- A safe setting for sharing concerns and problems related to life after cancer
- Education
- A social outlet for cancer patients, their families and loved ones

This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.

Prostate Cancer Support Group

WED. March 30 (12 – 1:30 p.m.)

WED. April 27 (12 – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required. Walk-ins welcome.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members. Meetings take place the fourth Wednesday of the month. The meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

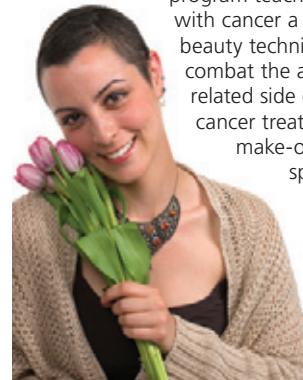
American Cancer Society's Look Good, Feel Better

MON. April 4 (6 – 8 p.m.)

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

Please call 1.800.227.2345 to register.

Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a make-over for the spirit!



SUPPORT GROUPS

Bariatric Surgery Support Group

MON. March 7 (7 – 8:30 p.m.)

MON. April 4 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road

Individuals who have had or are considering weight-loss surgery have found this support group to be extremely beneficial. This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, as well as their family members, and those who are considering weight-loss surgery options. This support group may include, but is not limited to, the following facilitators: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of

Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.



SUPPORT GROUPS**UNITE: Perinatal Loss Bereavement Support Group**

MON. March 7 (7 – 9 p.m.)
 MON. April 4 (7 – 9 p.m.)
 Community Education & Outreach at 731 Alexander Road

No registration required.
 Walk-ins welcome.

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

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

TUE. April 19 (6:30 – 8 p.m.)
 Community Education & Outreach at 731 Alexander Road

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

Support group members and other interested individuals are welcome to attend this special presentation being offered at the ICD support group, facilitated by Eran Zacks, MD, FACC, EP Specialist, and by the staff of University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and well-being. Also this month, Scott D. Johnson, MS, Cardiac and Pulmonary Rehabilitation, will discuss ICD and exercise.

Diabetes Support Group

WED. March 16 (2:30 – 4 p.m.)
 WED. April 20 (2:30 – 4 p.m.)
 Monroe Township Senior Center
 One Municipal Plaza, Monroe Township

MON. March 28 (6:30 – 8 p.m.)
 University Medical Center at Princeton Diabetes Management Program Medical Arts Building, Suite B

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

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

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

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).

**A Healthy Heart:
 It's Worth Sleeping On**

FRI. March 4 (1 – 2 p.m.)
 Plainsboro Recreation Department
 Senior Drop In
 641 Plainsboro Road, Plainsboro

Please call 1.888.897.8979 to register. Getting fewer than six hours of quality sleep a night can have serious effects on your cardiovascular health. Chronic sleep deprivation has also been shown to increase inflammation in the body, which can have negative effects on your heart. Join Ritwick Agrawal, MD, board certified in pulmonology and specializing in sleep medicine, to learn how to get a better night's sleep and help your heart at the same time. Dr. Agrawal is a member of the Medical Staff of Princeton HealthCare System.

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

MON. March 14 (1:30 – 3 p.m.)
 Monroe Township Senior Center
 1 Municipal Plaza, Monroe Township

Please call 732.521.6111 after February 15 to register.

As recently as 20 years ago, osteoporosis was a little-known disease. Today, 10 million people in the United States suffer from this silent crippler. Two-thirds of those diagnosed with osteoporosis are women, and one out of every six will suffer a hip fracture during her lifetime as a result of the disease. Gabriel B. Smolarz, MD, MSB, CCD, board certified in internal medicine, will discuss the most current information on the nature, causes and prevention of osteoporosis, as well as treatment options. He will also answer your questions regarding the controversies surrounding the use of medications that slow the loss of bone mass like Actonel® and Fosamax®. Dr. Smolarz is a member of the Medical Staff of Princeton HealthCare System.

Glaucoma Screening

TUE. March 15 (10 a.m. – 12 p.m.)
 West Windsor Senior Center
 271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register. According to the World Health Organization (WHO), glaucoma is the second leading cause of blindness in the world. It is estimated that more than 4 million Americans have glaucoma, but only half know they have the disease, which is six to eight times more common in African-Americans than Caucasians. This is the perfect opportunity to get a free glaucoma screening from ophthalmologists affiliated with Princeton HealthCare System.

What a Pain: Information You Need to Know About Arthritis

WED. March 16 (1:30 – 3 p.m.)
 Hopewell Valley Senior Center
 395 Reading Avenue, Pennington

Please call 1.888.897.8979 to register.

Anyone who has experienced the pain and stiffness associated with arthritis knows it can make even the simplest tasks difficult. Brian Vannozzi, MD, an orthopedic surgeon and member of the Medical Staff of Princeton HealthCare System, will present an informative discussion on how arthritis affects your body and the treatment options that can make a difference in your daily life. Learn more about:

- Staying active
- Hip and knee pain
- Types of arthritis
- Who gets arthritis and why
- Preventive measures
- How doctors diagnose arthritis
- New ways doctors can treat arthritis before surgery
- The latest minimally invasive surgeries, including partial replacements



Breast Health

WED. March 30 (1 – 2 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register.

This seminar will focus on breast health and self-awareness, including:

- Breast cancer statistics
 - Risk factors
 - Anatomy and physiology of the breast
 - The importance of early detection through screening methods and breast self-exams

Beth Krefski, RN, MSN, Administrative Director of University Medical Center at Princeton's Breast Health Center and certified breast health navigator, will present this program. Women of all ages are welcome to attend.

Diabetes, High Blood Pressure & Kidney Disease

THU. April 7 (1:30 – 3 p.m.)
Monroe Township Senior Center
1 Municipal Plaza, Monroe Township

Please call 732.521.6111 after March 15
to register.

Are you at risk for kidney disease? Uncontrolled blood pressure and diabetes are the two most common causes of kidney failure in the United States. Millions of Americans have impaired kidney function, but do not need dialysis — yet. Learn more about how high blood sugar and high blood pressure affect kidney function and ways you can help protect your kidneys. Proper care can help reduce the progression of kidney disease. Grace B. Baily, MD, board certified in nephrology, will present this informative discussion, which will include:

- The benefits of lowering blood pressure
- Lifestyle modifications for prevention and management

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

When to Call 911

FRI. April 11 (11 a.m. – 12 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register



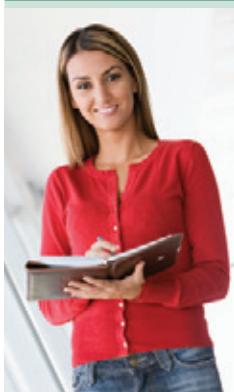
When an emergency strikes, you can find yourself paralyzed, but knowing the basics of when to call 911 can keep you focused on the task at hand. Whether it's an

accidental injury or sudden chest pains, do you know when to call 911? Join us for this interactive, educational lecture and learn when to call 911.

- What constitutes an emergency
 - What you need to tell the emergency dispatcher when you call
 - What to do if you cannot talk
 - What you can do while waiting for help to arrive

This program will be led by Barbara Vaning, MHA, EMT Instructor, Princeton HealthCare System.

SAVE THESE DATES



MAY

- Common Pelvic Floor Disorders TUE. May 17
 - Skin Cancer Screening THU. May 19

JUNE

- Free CPR Week MON. – FRI. June 1 – 7
 - Princeton HealthCare System's Cancer Survivorship Day SUN. June 5



Kids Marathon Will Focus on Fitness

For the third year in a row, The Auxiliary of University Medical Center at Princeton is making fitness fun for local children in kindergarten through eighth grade by sponsoring the Princeton HealthCare Kids Marathon. The popular program promotes good health and helps children incorporate fitness into their daily lives.

The Kids Marathon encourages participants to complete a 25-mile run over 10 weeks, with everything from sports activities to jumping rope or even walking to school counting toward the finish line. The countdown begins on March 21 and culminates with the marathoners completing an additional 1.2 miles on June 5, before the Princeton HealthCare System 10k run. Cheering crowds and music spur them on as they cross the finish line.

To help keep the momentum going throughout the 10-week event, participants receive special prizes every two weeks to mark the completion of five miles. They are also encouraged to complete 26 Green Deeds and obtain \$1 contributions from 10 sponsors to help support UMCP's Outpatient Pediatric Clinic.

"Every year the program has grown," says Jennifer Mimnaugh, who is co-chairing the event with Lindsay Taylor. Both are members of The Auxiliary of University Medical Center at Princeton.

"The first year about 275 kids participated, and last year 401 experienced the satisfaction of completing the marathon," Mimnaugh adds. "In addition, participants raised over \$10,000 last year in pledges, which was used to purchase new exam tables, infant scales and other pediatric equipment for UMCP's Outpatient Clinic."

To register your child, or for additional information, including training tips and tracking forms, visit the marathon website at www.princetonkidsmarathon.org or call The Auxiliary at 609.497.4069.



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June 14, 2011

Metedeconk National Golf Club, Jackson, NJ

This event will be a great day of golf for a great cause! Proceeds will support the construction of the new University Medical Center of Princeton at Plainsboro. Sponsorship opportunities at multiple levels, as well as spaces for individual golfers, are still available. The 2010 Outing was a sold-out event, so reserve your space soon!

For a brochure and registration form, or for more information, please contact Kelly Madsen, Manager of Stewardship & Special Events, at kmadsen@princetonhcs.org or 609.252.8705.

Children & Asthma: Establish an Asthma Action Plan in Advance of an Attack

Asthma—a potentially life-threatening respiratory condition that causes swelling and narrowing of the airways—affects about 10 percent of all children, and can be triggered by anything from allergies to climate changes to common illnesses like the flu. While medications often effectively control pediatric asthma, and many children do outgrow the condition, persistent medical monitoring is essential.



"It is important to remember that asthma is a potentially fatal illness, and a severe attack that requires emergency care can happen quickly," says Craig Gronczewski, MD, (*pictured left*) Chairman of University Medical Center at Princeton's Emergency Department. "If a child has a history of severe attacks, parents should be particularly on guard, but a medical emergency really can happen to any asthmatic child at any time."



"I always recommend that each child has an asthma action plan, so the parents can start management of an asthma exacerbation at home but are able to recognize signs and symptoms that require emergency medical care," notes Alicia Brennan, MD, Medical Director of The Children's Hospital of Philadelphia (CHOP) Pediatric Care at UMCP.

Dr. Brennan advises families to work with their pediatricians in devising their child's asthma action plan, adding, "Having

a plan empowers parents. It helps them to remain calm while preventing them from waiting too long before seeing a healthcare provider."



When to Seek Help

Signs that an asthmatic child may need emergency attention include:

- a flare-up requiring medication more than every four hours, or that is not relieved after a few treatments
- not being able to speak in full sentences
- noticeable contracting of the chest, ribs or belly when breathing
- unusual anxiety or restlessness
- change in skin color
- increased pulse
- sweating
- decreased level of alertness

In UMCP's Emergency Department, treatment is started with the hope that with improvement, the child can be discharged to complete the rest of the medical management at home. If a child does need to be admitted, he or she will be cared for in UMCP's Inpatient Pediatric Unit. If a child is critically ill and needs to be transported, transport may be arranged to The Children's Hospital of Philadelphia. As part of a partnership to enhance pediatric services, a CHOP pediatric hospitalist is always on-site to consult on emergency cases involving infants, children and adolescents in UMCP's Emergency Department.

For assistance finding a pediatrician affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org. Additional information about CHOP Newborn & Pediatric Care at UMCP is available at www.umcpchop.org.

Maternal-Fetal Medicine: Expert Care for Complex Pregnancies

University Medical Center at Princeton's Maternal-Fetal Medicine specialists provide expert diagnosis, treatment and ongoing care of expectant mothers and their unborn babies who may be at high risk for special health problems.

Many times, a visit to a maternal-fetal medicine (MFM) specialist is a precautionary measure designed to rule out or manage a potentially high-risk health concern for either mom or baby or both. Working hand-in-hand with the patient's ob/gyn, MFM specialists often consult and co-manage complicated pregnancies for optimum outcomes.



"Many of the patients we see have health concerns such as diabetes or hypertension, which put them at higher risk for complications during pregnancy and delivery," says Richard L. Fischer, MD, (*pictured left*) Medical Director of Maternal-Fetal Medicine at University Medical Center at Princeton. "We also routinely monitor and co-manage patients who are expecting multiples or who have a history of pre-term labor or fetal abnormalities."



The specialized training of MFM doctors enables them to diagnose and manage high-risk situations. Coordinated teamwork and good communication between the MFM department, the expectant mother's ob/gyn and, if necessary, the neonatologist, ensure both mother and baby—or babies—receive exceptional care.

In addition, MFM specialists are highly trained in prenatal testing, which may include state-of-the-art imaging/ultrasound, amniocentesis and blood screenings.

"At UMCP, trained MFM specialists and advanced technology come together to provide accurate diagnoses, often putting an expectant mom's mind at ease. We are well-equipped to provide genetic and perinatal counseling to educate and help parents make the best decisions for the health of their baby," Dr. Fischer says.

For more information about UMCP's advanced maternal-fetal medicine services, or to find a maternal-fetal medicine specialist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Picky Eater? Should You be Worried?

For the first two years of his life, Tyler Mallon would eat almost anything, from pizza to a wide range of vegetables. Then suddenly the Montgomery toddler dropped more than 85 percent of his diet and would eat only pasta, waffles, cereal, oatmeal and white rice.

"It didn't make any sense," recalls his mother, Cathy Mallon. "I kept telling him that he ate these things and liked them before, but he just wouldn't eat anything else. I was worried that he couldn't live on such a limited diet, but I just didn't know what to do about it. The doctor was keeping an eye on things, but it still had me worried."

When second son, Sean—who was born with acute eczema, food allergies and a medical condition that affected his tongue and required surgery—began experiencing severe choking when he ate and other problems, the family turned to a specialized feeding program to help their children eat healthily and comfortably.

University Medical Center at Princeton's Picky Eaters and Problem Feeders Program provides care for children between the ages of 2 and 18 to help them overcome a range of eating problems. The program treats and helps resolve:

- sensory issues in which a child is unable to touch certain foods or has an aversion to the smell or texture of certain foods
- overall pickiness
- self-imposed dietary regimens

Today Tyler, 8, is back to eating a balanced diet and Sean, 5, has learned to eat safely and appropriately for his allergies.

A Common Concern

While the circumstances surrounding Sean's situation were unusual, pediatric feeding issues are relatively common, affecting 25 percent of all children at some time in their lives, and 80 percent of developmentally delayed children, according to the National Institutes of Health.

Early signs that a feeding disorder may exist include:

- episodes of gagging, coughing or choking during meals
- refusing to eat foods with a particular consistency or smell
- significantly disruptive behaviors during meals



"It's children who are failing to thrive—not gaining weight and not growing normally—who have a feeding problem that could benefit from therapy," says Adam Naddelman, MD, (*pictured left*) a board certified pediatrician and a member of Princeton HealthCare System's Medical Staff.

The Picky Eaters Program, part of UMCP's Pediatric Rehabilitation Program, is designed to assess a child's eating problems and then develop an individualized therapy program to teach proper feeding techniques and introduce a healthy diet over time.

For more information about UMCP's Pediatric Rehabilitation Program, which provides comprehensive physical and occupational therapy for children, call **609.430.7880**.

Pictured above: Brian and Cathy Mallon, with their sons Tyler and Sean (bottom, left to right).



How It Works

"In cases where there are sensory issues, we begin by desensitizing the child to a food, which can be quite a process. For example, we may have to begin by just getting a child to be in the same room with, say, broccoli," explains Alexis Ciani, MOT, OTR/L, (*pictured left*) UMCP Outpatient Pediatric Rehabilitation Coordinator. "From there we can gradually get that child to eat and actually enjoy a food they could not tolerate."

In other cases, a child may need to be taught the actual process of properly chewing and swallowing food, or be gradually weaned from a certain regimen, such as only being able to eat a certain type of food in a certain form or in a certain way. Because feeding problems can be symptoms often associated with complex medical diagnoses, UMCP's program provides a collaborative medical, motor and learning-based approach to children with complex feeding issues.

Regardless of those issues, patience, encouragement and making the process fun and rewarding are the keys to success.

"For both of the boys, going through therapy was wonderful," says Mallon. "The therapists made it fun for the kids, which made them look forward to going every week, and they managed to accomplish what we couldn't."

Of course not all pediatric feeding issues are cause for concern, Dr. Naddelman notes, explaining, "If your child is just a picky eater but is growing and developing normally, he or she will most likely grow out of the condition over time."



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Advances in Lung Cancer Care

Lung cancer care took a major step forward recently when a government-backed study found that diagnostic CT scans might reduce a smoker's risk of death from lung cancer by 20 percent.

While detecting possible lung cancer with imaging studies is a critical first step, properly diagnosing and treating the disease requires a coordinated, team effort.

University Medical Center at Princeton (UMCP) provides comprehensive lung cancer care, from sophisticated, spiral CT scans cited in the government study to minimally invasive surgical procedures. A Clinical Research Affiliate of The Cancer Institute of New Jersey, UMCP also offers patients convenient access to state-of-the-art clinical research trials.



"Lung cancer services are provided at UMCP in a true cancer center setting," says John A. Heim, MD, (*pictured left*) Chairman of UMCP's Department of Surgery and a board certified thoracic surgeon. "A diverse team of physicians and specialists work together to coordinate each patient's care."

Prevention Is Easier

The best way to beat lung cancer is to avoid smoking, which is responsible for 90 percent of lung cancer deaths in men and 80 percent in women, according to the National Institutes of Health.

The best chance for surviving lung cancer—the deadliest form of cancer—is to have it detected early, before it spreads beyond the lung.



People with a history of heavy smoking, who are over the age of 55 or have a family history of lung cancer, should talk to their family doctor about a surveillance CT scan for lung cancer, says Dr. Heim.

Lung nodules

CT scans can detect lung nodules, which are small masses of tissue that may indicate cancer. The good news is that most lung nodules detected on CT scan are not cancer. Physicians specializing in fields such as thoracic surgery, radiology and pulmonary medicine will then work together to determine whether a nodule is high risk or low risk for malignancy.

"All of our experts participate in the decision making so the right things are done from the beginning," Dr. Heim says.

Patients with low-risk nodules are followed for two years with additional

imaging studies to ensure nodules do not progress. If a high-risk nodule is detected, and if it is not appropriate for needle biopsy, a thoracic surgeon would perform a minimally invasive surgical procedure known as video-assisted thoracoscopic surgery, or VATS, to remove the nodule and determine if it represents an early-stage cancer.

If cancer is found, the extent—or staging—determined through the VATS procedure helps doctors evaluate the best options for treating the cancer.

For more information about University Medical Center at Princeton's Cancer Program, which is accredited by the American College of Surgeon's Commission on Cancer, call **609.497.4475**. For assistance finding a thoracic surgeon affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.