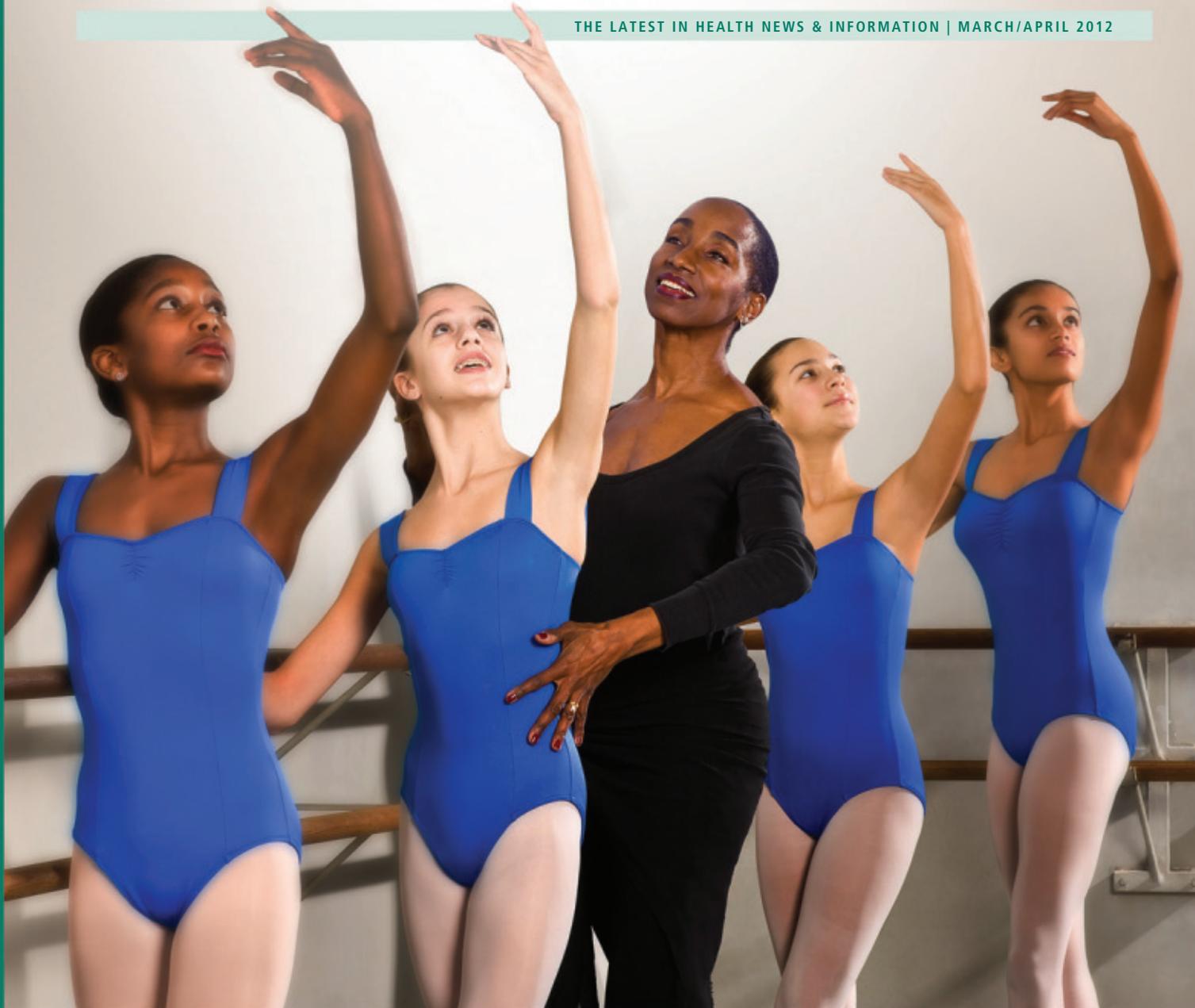


healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | MARCH/APRIL 2012



Princeton HealthCare System

Redefining Care.

Dance Rehab: The Show Goes On for Princeton Ballet School Instructor

ALSO IN THIS ISSUE:

Live Online Q&A on New Hospital

OPEN HOUSE: A First-hand Look at New Hospital!

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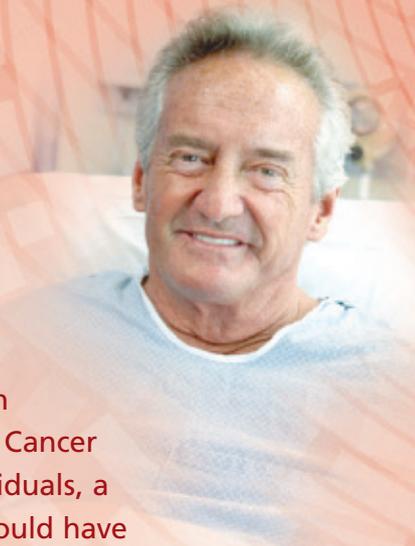
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Colorectal Cancer: Screenings Can Be a Life-saver



In the majority of cases, it is possible to prevent colon cancer. Yet, almost 50,000 people a year in the United States die from the disease, National Cancer Institute statistics show. For many of those individuals, a routine colonoscopy at the recommended age could have saved their lives—either through prevention or early detection.



You’ve likely heard it before: get a colonoscopy when you’re 50. Although that recommendation varies depending on certain personal risk factors, it remains the accepted—and extremely effective—standard of care for the prevention of colorectal cancer.

“A colonoscopy is the ‘Gold Standard’ in detecting colorectal cancer,” says Jonathan R. Sachs, MD, FACG, FACP, (pictured left) who is board certified in gastroenterology and internal medicine.

A colonoscopy is an endoscopic procedure performed to see inside the colon and rectum, which can detect inflamed tissue, ulcers and abnormal growths. If an abnormality is found, it can be removed immediately for inspection and pathological testing.

Dr. Sachs recommends a first colonoscopy screening for average, healthy adults who have no specific risk factors at the following ages:

- 45 for African Americans
- 50 for non-African Americans

Follow-up colonoscopy screenings are typically recommended every 10 years. However, you may need to have more frequent screenings based on the results of your initial test—for example, if any polyps were found, the number and size of those polyps, and whether any are found to be a more aggressive type of cancer.

Are You at Increased Risk?

Several risk factors could dictate more frequent or earlier screening, Dr. Sachs says. They are:

- A condition known as familial polyposis, in which large numbers of polyps may develop in an individual’s large intestines
- Hereditary colon cancer (Lynch Syndrome)
- Prior colon cancer or polyps
- Ulcerative colitis
- Crohn’s colitis (a form of Crohn’s disease)
- History of kidney transplantation

“It’s important that everyone be screened at the recommended ages. It’s a deadly cancer that can be caught in time if you take action,” Dr. Sachs says.

Colonoscopies are performed at University Medical Center at Princeton’s Endoscopy Suite and Princeton Endoscopy Center. For more information, or for assistance finding a Princeton HealthCare System gastroenterologist, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

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

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

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

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The Show Goes on with Dance Rehabilitation

As a ballet teacher at Princeton Ballet School for more than two decades, Cheryl Whitney-Marcuard knows all too well how the extreme physical demands of dancers can take a toll on their joints and muscles. A specially designed performing arts rehabilitation program at University Medical Center at Princeton helped speed her recovery from her own painful injury and get her back on her toes.

“Although I’m busy either teaching dance or performing, my injury was the result of another passion of mine—gardening,” says Whitney-Marcuard. “It occurred a while ago, but over time as I continued to dance, my hip flexors became extremely tight. They had begun to pull on my kneecaps, which was extremely painful.”



Whitney-Marcuard went to see Ana Bracilovic, MD, (*pictured left*) who did a thorough assessment and workup. As a physiatrist (doctor of physical medicine and rehabilitation), Dr. Bracilovic treats patients with musculoskeletal problems.

“I always have my patients avoid surgery whenever possible,” says Dr. Bracilovic, who is a former ballet student of Whitney-Marcuard. “And because I’m not only a doctor, but a former dancer, too, I was confident that Ms. Whitney-Marcuard could benefit from the performing arts rehab, so I referred her to UMCP Outpatient Rehab at Princeton Fitness & Wellness Center.”

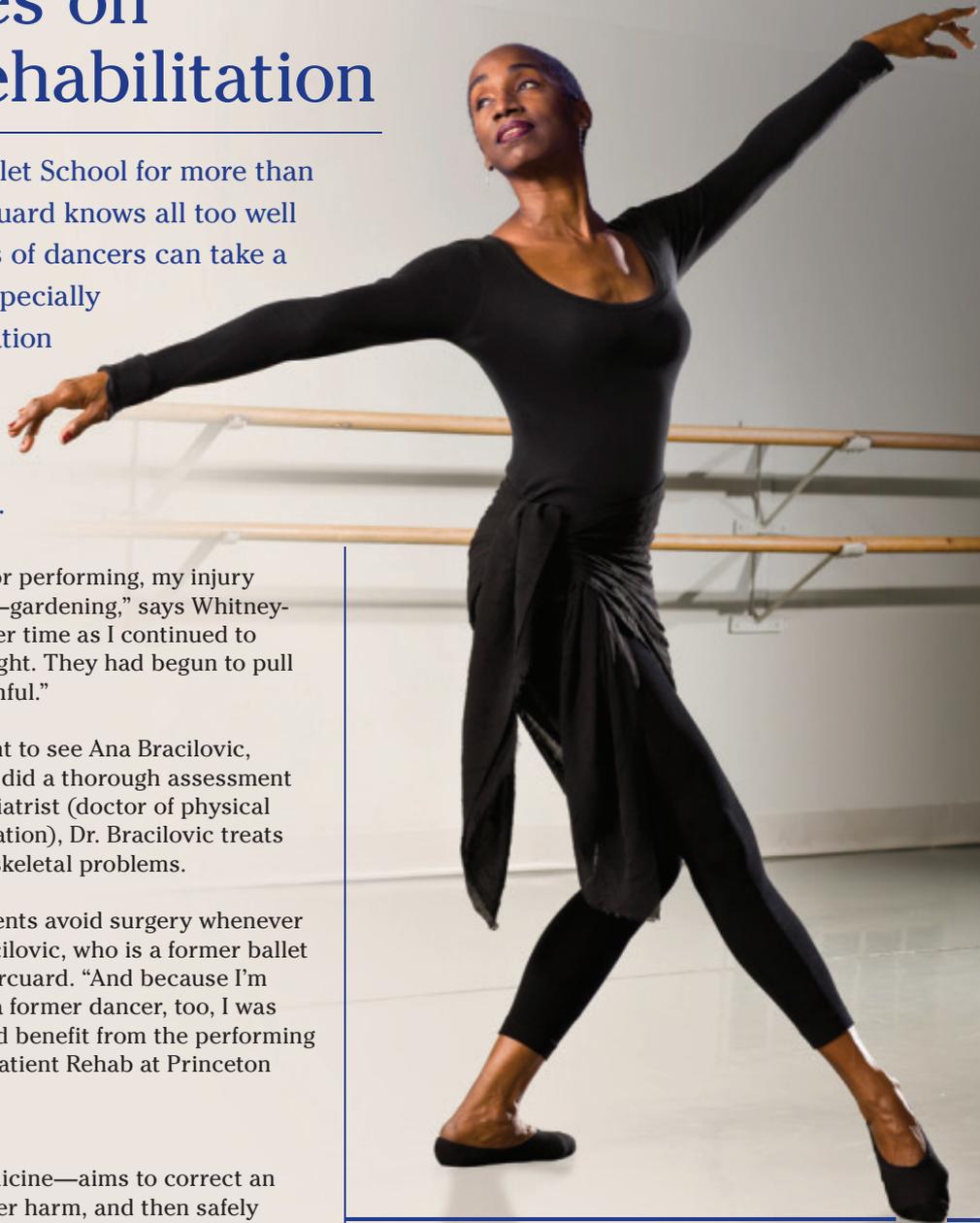
Meeting Dancers’ Specialized Needs

Performing arts rehabilitation—dance medicine—aims to correct an injury while helping patients prevent further harm, and then safely return a dancer back to activity. Pamela Christiansen, PT, DPT, MPT, Manager of Outpatient Adult and Pediatric Rehabilitation for UMCP’s Outpatient Rehabilitation Network, implemented the program to address the specialized needs of dancers.

“As a former dancer myself, I understand the terminology and technique of dance,” says Dr. Christiansen. “I worked with Cheryl to relearn movements that allowed her to continue to dance during rehab, but without further aggravating her condition or causing more serious injury.”

Dr. Christiansen worked with Whitney-Marcuard by having her use stretching techniques for flexibility, Thera-Bands® for upper body strength, and a small trampoline and balance ball for balance improvement.

“Dr. Christiansen has a gift for assessment and for targeting the right spot at the right time,” says Whitney-Marcuard. “After a short time, I had no pain at all and, in some ways, I danced better than ever.”



University Medical Center at Princeton Outpatient Rehabilitation Network’s performing arts rehabilitation program offers flexible appointment times and accepts most insurance plans. For more information, call 609.430.7880.

Pictured above and on the cover: Ballet instructor Cheryl Whitney-Marcuard with dancers Kaila Jones, Michele DeAngelis, Carina Banfitch and Tejasvi Naganathan (*left to right*) at Princeton Ballet School, the official school of the American Repertory Ballet.

Bariatric Surgery: Paving the Road to Weight-loss Success

In October, Phyllis Oppenheimer ran her first half-marathon, crossing the finish line in Atlantic City after running 13.1 miles in just over three hours.

“Running a marathon was a goal I set for myself, and I was determined to reach it,” says the Lawrenceville woman, who has lost nearly 100 pounds since having LAP-BAND® (gastric banding) surgery in 2008.

Battling a weight problem since her teens, Oppenheimer tried various weight-loss plans and diets over the years, but always gained back the weight. As her weight increased, she developed heart palpitations, shortness of breath, and high blood pressure. The turning point, she says, was when she boarded a plane for a business trip and could not buckle the seatbelt.

“I thought, ‘This is terrible. I have to do something,’” Oppenheimer (*pictured left*) recalls.

After researching her options, Oppenheimer turned to



The Bariatric Surgery Center of Excellence at University Medical Center at Princeton (UMCP), where doctors determined she was a candidate for gastric bypass or LAP-BAND® surgery. She chose the LAP-BAND® because of the shorter recovery and a desire to return to work quickly. Four days after the procedure, she was back on the job.



Finding a Procedure That Fits

“Finding the right procedure for the patient is a key to a successful outcome. Phyllis was an excellent candidate for the LAP-BAND®, and has done extremely well as a result,” says Wai Yip Chau, MD, (*pictured above*) a board certified surgeon specializing in bariatric surgery who also performs the latest gastric sleeve procedures.

“The surgery definitely saved my life, but I always tell people it’s just part of the process,” says Oppenheimer, who works with the UMCP nutritionist and works out three to four times a week to help maintain her weight loss. “I’m extremely happy about where I am now, but I work at it every day. That’s part of the process.”

UMCP is one of the few hospitals in New Jersey designated as a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery. Recognized as providing superior bariatric surgery care and meeting or exceeding national standards for equipment, staffing, training, safety and patient outcomes, UMCP has been a Bariatric Surgery Center of Excellence since 2005.

UMCP’s Bariatric Surgery Center of Excellence now participates with most commercial insurance plans, as well as Medicare. For more information, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org/bariatricsurgery.

UMCP’s Breast Program Earns New National

University Medical Center at Princeton (UMCP) has earned national accreditation recognizing the excellence of its full spectrum of breast care, from preventive services such as mammography to the most advanced cancer treatments.

The National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons, recently awarded the three-year full accreditation to the breast care services provided at UMCP and the UMCP Breast Health Center in East Windsor. UMCP is the first Mercer County facility to earn NAPBC accreditation. Nationwide, accredited centers include breast centers operated by prestigious institutions such as the Mayo Clinic, the University of Chicago, and the Cleveland Clinic.



“We are proud to be among this select group,” says Linda F. Sieglen, MD, MMM, (*pictured left*) Senior Vice President of Medical Affairs for Princeton HealthCare System (PHCS), which includes UMCP and the UMCP Breast Health Center. “This designation demonstrates the comprehensive, state-of-the-art care we are able to provide, thanks to the skill and commitment of our physicians, nurses and employees.”

Accreditation is available only to programs that voluntarily undergo a rigorous evaluation and demonstrate compliance with NAPBC standards for treating women and men who

Gynecological Health *for* the Mature Woman



Reaching menopause puts women at greater risk for a number of health problems, from osteoporosis to incontinence, but it doesn't mean women have to live with those problems, says Luc J. Lemmerling, MD, (pictured below) of Princeton Health Medical & Surgical Associates.



"We have many effective treatments for the most common health problems that mature women experience," says Dr. Lemmerling, who is board certified in gynecology. "Once a woman gets past the embarrassment of talking to her doctor about issues such as sexual problems, or stress incontinence, she'll often find the help she needs to get back to feeling like herself."

Some of the most common problems among mature women, Dr. Lemmerling says, include:

Menopause symptoms such as hot flashes and sleeping problems. Long-term hormone therapy, which replaces the hormones a woman's body no longer produces after menopause, is no longer recommended, unless the uterus was removed, Dr. Lemmerling notes. However, it can be safe and effective on a short-term basis for certain women.

Sexual problems. Vaginal dryness can be improved with estrogen therapy and certain lubricants, while new medications to improve libido may be available within the coming year, following federal approvals.

Osteoporosis. Taking a combination of calcium and Vitamin D3 can help strengthen bones. Medications are available for women with more severe bone loss.

Incontinence. Stress incontinence, which is the leakage of urine when a woman laughs, sneezes or otherwise exerts herself, can be helped with procedures that use a mini-mesh sling to support the urethra.

Pelvic organ prolapse. The bladder and/or uterus can drop over time, which can be treated conservatively with a supporting device (pessary) or more permanently with surgery. At University Medical Center at Princeton, this condition can be treated using the minimally invasive da Vinci Surgical System®.

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

Accreditation



are diagnosed with the full spectrum of breast disease. Those standards include proficiency in areas such as center leadership, clinical management, research, community outreach, professional education, and quality improvement.

"We provide our patients with every advantage in their fight against breast cancer," says Rachel P. Dultz, MD, FACS, (pictured above) breast surgical specialist, Medical Director of the UMCP Breast Health Center, and chair of the multidisciplinary Breast Program Leadership committee. "People don't need to travel

far and wide searching for the best care. We provide it right here, close to their homes."

Also serving on the Breast Program Leadership committee are Thamarai Saminathan, MD, pathology; Christopher L. Ananian, MD, radiology; Thomas R. Blom, MD, medical oncology; Edward M. Soffen, MD, radiation oncology; James Demetriades, MBA, PHCS' Vice President, Professional Services; Judith Neuman, CTR, Director of Cancer Services at UMCP; and Beth Krefski, MSN, RN, CBCN, Director, UMCP Breast Health Center.

For more information about UMCP's breast services, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Parents Help 'Snuggle' Preemies to Health at UMCP

When it comes to helping pre-term infants grow and thrive, a key component is the power of the human touch. And no one knows this better than the physicians and nurses at University Medical Center at Princeton's Special Care Nursery, who promote physical and emotional well-being through skin-to-skin contact.

In this method—called Kangaroo Care, after the similarities of a joey ensconced in its mother kangaroo's pouch—a baby clad only in a diaper is held upright against a parent's bare chest and covered with a blanket for several hours a day. The technique has been in use since the late 1970s, when researchers discovered that premature babies who were held close to their mothers' bare chests for the majority of the day developed at a faster rate.

"Both premature babies and their parents can benefit from the loving touch of Kangaroo Care," says Carrie Hufnal-Miller, MD, (pictured right) Medical Director of The Children's Hospital of Philadelphia (CHOP) Neonatal Care at UMCP.



"When a baby is in a special care nursery, it's a foreign environment with all the technology. Parents are afraid to touch their babies—even a hand or a foot—because they are so small. In practicing Kangaroo Care, parents see their babies are not as fragile as they thought they were, which increases the parent-baby bond," explains Dr. Hufnal-Miller, who is board certified in neonatal-perinatal medicine and pediatrics.

Even babies on respiratory support can participate in this therapy, with their physician's clearance, she notes.

The Special Care Nursery at UMCP benefits from the hospital's partnership with CHOP. Neonatal care is delivered by a team of CHOP's highly skilled, board certified neonatologists, as well as certified neonatal nurses. A CHOP board certified neonatologist is on site to attend high-risk deliveries and provide 24/7 care to newborns.

CHOP Newborn & Pediatric Care at UMCP also includes CHOP pediatric hospitalists on-site 24/7 for inpatient care and for emergency consultations, as needed. For more information, visit www.umcpchop.org or call 1.888.PHCS4YOU (1.888.742.7496).

Kangaroo Care benefits premature infants by:

Regulating their breathing and heart rates, which calms and relaxes them.

Controlling their body temperature. When babies are being held, their mother's skin will regulate their temperature.

Reducing stress, which improves babies' sleep and reduces crying.

Promoting a more rapid weight gain. Since their mothers' skin helps to regulate the temperature, the babies can put more energy into growing.

Stimulating the mother's milk production. Studies have shown that infants who participate in Kangaroo Care breastfeed sooner.

From prenatal planning to parenting teens, Princeton HealthCare System offers a variety of programs related to childbirth and family issues. Check pages 11-14 for upcoming events. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar for the latest details.

SUSPECT YOUR TEEN MAY HAVE AN ALCOHOL PROBLEM?

If you discover your teen has been drinking, it doesn't necessarily mean he or she has an addiction. In many cases, it's just teenage "testing the waters" behavior. But when a teen is drinking alcohol to the point of having it affect his or her school work, relationships and general demeanor, it has probably crossed the line from typical to troublesome.

"If a teen is really having a problem with alcohol, parents will usually notice changes in their child's behavior," says Christian Losch, Director of Addiction Services at Princeton House Behavioral Health. "Sometimes the changes are subtle, but often, they will appear suddenly—perhaps a new group of friends, increased moodiness and isolation, a decline in grades or a loss of interest in his or her usual activities."

If parents suspect alcohol abuse, Losch says the first course of action should be an open conversation with their child. Tell them what you've noticed and give them an opportunity



to talk. They may deny it, but they may also take the opportunity to come clean and ask for help.

If a teen insists everything is fine and suspicions persist, parents should try to get input from people who have relationships with their child, like teachers, coaches, school counselors or their friends' parents. Concerned parents may want to speak to their child's pediatrician for guidance and referrals.

"If a child is dealing with an addiction issue, there are a variety of options for help. Princeton House has a continuum of services, including inpatient and outpatient programs," says Michelle McAdam, Adolescent Primary Therapist at Princeton House Behavioral Health, which welcomes individuals with or without a physician's referral.

Although it's a frightening and confusing time for a family, Losch and McAdam have seen many successes. Says Losch, "The best route to success is when the child makes the decision to be sober. With family involvement and therapy, addiction can be overcome."

For more information or to make an appointment, please contact Princeton House Behavioral Health at 1.800.242.2550 or visit www.princetonhouse.org.



New Year's Baby!

Pictured, from left to right: Pamela Cipriano, Manager of Community Connection of Princeton HealthCare, and proud parents Manisha and Yogi Mehta of Princeton, holding their baby daughter, Jia Yogi Mehta. The girl, the Mehtas' first child and believed to be New Jersey's first baby of 2012, was born at midnight on January 1. Community Connection and the Maternity Department at University Medical Center at Princeton presented the family with special gifts.



How Genes and Lifestyle Affect Your Health

Because ethnicity and race can cause genetic predisposition for certain diseases or medical conditions, it's important to be aware of your own personal disease risks.

Examples include a greater prevalence among African Americans for sickle cell disease and among Caucasians for cystic fibrosis. Diseases such as thalassemia and Tay-Sachs are also genetically linked—in the case of Tay-Sachs, to the Ashkenazi Jewish population, and for thalassemia, to individuals of Mediterranean, Asian, Chinese or African descent. However, different populations also have higher incidences of common diseases like diabetes and heart disease.



“People from the Indian subcontinent tend to have a higher prevalence of diabetes, cardiovascular disease and high cholesterol as compared to Caucasians,” says Nasir Shaikh, MD, (pictured left) who is board certified in family medicine. “However, many factors play into an individual’s overall health and well being, not just genetics, so it’s important to keep in mind that a diet and lifestyle can offset—or, conversely, negatively affect—these genetic factors.”

Ron Suzuki, MD, a family medicine practitioner, believes lifestyle factors play a significant role in disease.

“It’s difficult to make a blanket statement about diseases by ethnicity without considering lifestyle and diet. There are so many variables, including gender, cultural norms and where a person lives,” Dr. Suzuki says.

Taking an Active Role

Knowing whether your ethnicity may predispose you to certain diseases is an important component of managing your health. Paying attention to all the risk factors that may contribute to the development of certain diseases is key.

“If you know that you have a higher likelihood of developing cardiovascular disease, you’ll want to limit foods that would contribute to hypertension and cholesterol,” says Dr. Shaikh.

Prevention is the first line of defense, but screening and early intervention can also make all the difference.

Says Dr. Suzuki, (pictured right)

“Together with your primary care physician, you should also be diligent about monitoring important disease indicators like blood pressure, blood sugar and lipid levels like cholesterol and triglycerides.”



Open communication with your primary physician, healthy habits and regular surveillance can help prevent or manage diseases that you may otherwise have been genetically “programmed” to develop.

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

Multi-specialty, Other Services Available Close to Home

Princeton HealthCare System (PHCS) reached a milestone recently—more than 1,000 physicians are now members of the Medical Staff. Most of these physicians are spread across Mercer, Middlesex and southern Somerset counties, with primary care practitioners and specialists serving many communities.

For instance, nearly 120 primary care and specialty physicians on PHCS’ Medical Staff currently practice in Lawrenceville, Pennington and Hopewell. These doctors represent more than two dozen clinical areas.

In addition, University Medical Center at Princeton provides outpatient laboratory services on-site at 100 Federal City Road, Lawrenceville.

For assistance finding a PHCS physician near you, visit our online directory at www.princetonhcs.org and search on your ZIP code and/or specialty needed, or call our toll-free Physician Referral Line at 1.888.PHCS4YOU (1.888.742.7496).

In addition to Internal Medicine and Family Medicine practitioners, the Lawrenceville area doctors’ specialty areas include:

- Cardiology
- Colorectal surgery
- Dermatology
- Endocrinology
- Gastroenterology
- Midwifery
- Neurology
- Neurosurgery
- Obstetrics/gynecology
- Ophthalmology
- Oral/maxillofacial surgery
- Orthopedic surgery
- Otolaryngology (ENT)
- Pain management
- Pediatrics
- Physical medicine and rehabilitation
- Plastic and reconstructive surgery
- Podiatry
- Psychiatry
- Pulmonary disease
- Radiology/diagnostic imaging
- Rheumatology
- Urology

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

HEALTH EDUCATION CALENDAR

community focus

MARCH – APRIL 2012

Learn Lifesaving Techniques

at PHCS' Free CPR Week Classes



Registration is required for all classes. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR and first aid classes, unless otherwise noted. Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

The Family & Friends CPR program teaches you how to perform CPR on adults, children or infants, and how to help an adult, child or 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.

Family & Friends CPR – Adult & Child

MON. April 16 (2 – 3:30 p.m.)
Princeton Library
65 Witherspoon Street
Princeton

TUE. April 17 (10 – 11:30 a.m.)
Hickory Corner Library
138 Hickory Corner Road
East Windsor

TUE. April 17 (1 – 2:30 p.m.)
Please call 609.799.9068
to register.
West Windsor Senior Center
271 Clarksville Road
Princeton Junction

TUE. April 17 (6:30 – 8 p.m.)
Please call 609.882.3148
to register.
Ewing Library
61 Scotch Road, Ewing

WED. April 18 (10 – 11:30 a.m.)
Please call 609.737.2610
to register.
Hopewell Library
245 Pennington-Titusville Road
Pennington

WED. April 18 (6:30 – 8 p.m.)
South Brunswick Public Library
110 Kingston Lane
Monmouth Junction

WED. April 18 (6:30 – 8 p.m.)
Please call 609.259.2150
to register.
Robbinsville Library
2 Allentown-Robbinsville Road
Robbinsville

THU. April 19 (10 – 11:30 a.m.)
This session will be taught in
English and Mandarin.
Please call 609.683.8858
to register.
Harriet Bryan House
310 Elm Court
Princeton

THU. April 19 (6:30 – 8 p.m.)
Please call 732.873.8700
ext. 111 to register.
Franklin Township Public Library
485 DeMott Lane
Somerset

FRI. April 20 (6:30 – 8 p.m.)
Please call 609.275.2898
to register.
Plainsboro Library
9 Van Doren Street
Plainsboro

SAT. April 21 (10 – 11:30 a.m.)
Princeton Fitness &
Wellness Center

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

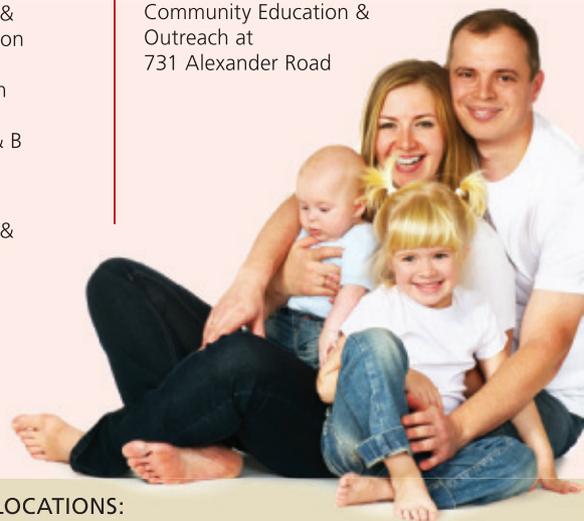
SUN. April 22 (10 – 11:30 a.m.)
Community Education &
Outreach at
731 Alexander Road

Family & Friends CPR – Infant

Sat. April 21 (12 – 12:45 a.m.)
Princeton Fitness & Wellness Center

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

SUN. April 22 (12 – 12:45 a.m.)
Community Education &
Outreach at
731 Alexander Road



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.

Learn More About Your New Hospital

The new University Medical Center of Princeton at Plainsboro has been taking shape over the past few years at its new 171-acre health campus, bounded by the Millstone River, Scudders Mill Road and Route 1. In a series of informative seminars, you can find out more details about what the new hospital can provide for you and your family and how it will help redefine the delivery of healthcare in our region.

A special online Q&A on March 29 with Princeton HealthCare System (PHCS) President and CEO Barry S. Rabner will offer insight into a variety of key features of the new hospital, including:

- How single-patient rooms can promote speedy recoveries
- How road improvements currently under way will help provide area residents and emergency vehicles with quick, easy access
- How design elements maximize fresh air and natural light to improve hospital stays



"Our new hospital was designed by some of the most talented architects, engineers and healthcare planners in the country, incorporating input from our physicians, nurses, staff, and the community," says Rabner. "The plans reflect the latest research on how to improve clinical outcomes through design. We reviewed 1,200 research studies to inform every aspect of the hospital."

The live Internet chat is taking place at 7 p.m., Thursday, March 29, via PHCS' Ustream channel at www.ustream.tv/channel/princetonhealth. See sidebar for more details.

You can also hear Barry Rabner and other Princeton HealthCare System representatives at one of our *Design for Healing* seminars discussing the new hospital and health campus (see sidebar), and get your questions answered.

For more information about any of these events, or to register, visit www.princetonhcs.org/calendar or call 1.888.897.8979.

Online Q&A with Barry S. Rabner

THU. March 29 (7 p.m.)

PHCS' Ustream channel:

www.ustream.tv/channel/princetonhealth

Participants will be required to log in or create a new account at the site to ask questions.

To pre-register, call 888.897.8979 or visit www.princetonhcs.org/calendar.

To participate in the Web chat, users will need a PC or MAC with a broadband Internet connection and Adobe Flash Player installed. Download the latest Adobe Flash Player at <http://get.adobe.com/flashplayer/>.

Design for Healing Seminars

WED. March 7 (7 – 8:30 p.m.)

Plainsboro Library, 9 Van Doren Street
Plainsboro

No registration required.

Speaker: Barry Rabner, President and CEO,
Princeton HealthCare System

THU. March 8 (12 – 1:30 p.m.)

Brandywine Senior Living at Pennington

143 West Franklin Avenue, Pennington

To register, please call Carolyn Racioppi at 609.730.9922. Registration required by Monday, March 5, 2012. Lunch will be provided and seating is limited.

Speakers: Robert Sweet, Director of Planned Giving at Princeton HealthCare System (PHCS) Foundation; and Pam Hersh, Vice President for Government and Community Affairs, Princeton HealthCare System.

This session will also include a Pharmacy Game Show to test your medication "IQ" with Timothy Reilly, PharmD, BCPS, Clinical Pharmacist with Princeton HealthCare System and Clinical Assistant Professor at the Ernest Mario School of Pharmacy at Rutgers University.

FRI. March 16 (12 – 1 p.m.)

Princeton Senior Resource Center

45 Stockton Street, Princeton

To register, please call 609.924.7108.

Speaker: Robert Sweet, Director of Planned Giving at Princeton HealthCare System (PHCS) Foundation

THU. April 5 (1 – 2 p.m.)

Wynwood Forsgate

380 Forsgate Drive, Monroe Township

To register, please call 1.888.897.8979.

Speakers: Pam Hersh, Vice President for Government and Community Affairs, Princeton HealthCare System; and Brian Rubin, Leadership Gifts Officer, PHCS Foundation

**BLAST for Kids:
Behavior, Learning
and Social Training**

FRI. March 2 (12 – 1 p.m.)
Princeton Fitness & Wellness Center

Registration is required.

BLAST (Behavior, Learning and Social Training) offers classes in social cognition, peer interaction skills, conflict resolution and stress management strategies to children and adolescents who need social, behavioral and pragmatic language therapies. Children served by BLAST may include those diagnosed with autism spectrum disorders (Asperger's Syndrome, PDD), ADD/ADHD, speech and language delays and disorders, nonverbal learning disorder, bipolar disorder, OCD, learning disabilities, social deficits, selective mutism, and semantic-pragmatic disorders. Some children will have no diagnoses at all. This program will be presented by Daniela Kessel, M.Ed, BBA, Program Director. BLAST was founded in Florida and has been highly successful since it opened there in 2002. Please visit our website at www.princetonhcs.org/BLAST for more information.

AARP Driver Safety Program

MON. March 5 & 12 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center

\$12 for AARP members; \$14 for non-members

Checks are payable at the door and should be made payable to AARP. Attendance at both sessions is required. The techniques learned in this two-part course could reduce your car insurance premiums (consult your insurance company for details), and drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques, new traffic laws and rules of the road, how to deal with aggressive drivers, and how to handle problem driving situations. You must be 18 years or older and have a valid NJ or PA driver's license to be eligible for this course. You do not need to be a member of AARP to attend. This course will be presented by an AARP instructor.

**Princeton Fitness & Wellness Center
9th Annual Health Fair: Go Green into Spring**

SAT. March 10 (9 a.m. — 1 p.m.)
Princeton Fitness & Wellness Center

No registration required.

Join us in celebrating the ninth anniversary of Princeton Fitness & Wellness Center. Health professionals from Princeton HealthCare System will be on hand to provide free information and health screenings, including:

- Blood pressure
- Sleep apnea
- Glucose and cholesterol
- Body fat analysis (BMI)
- Posture and balance

Plus, take a tour of Princeton Fitness & Wellness Center and enjoy special classes, chair massages, refreshments and more!

Do I Still Need My Gynecologist?

TUE. March 13 (6:30 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Your body naturally goes through changes during and after menopause, but while your childbearing years may be ending, your gynecological health is still important. Join Christopher A. Naraine, MD, FACOG, board certified OB/GYN and member of the Medical Staff of Princeton HealthCare System, for this informative session focusing on your post-menopausal healthcare needs, from doctor visits to pelvic exams.

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

TUE. March 13 (7 – 8:30 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.

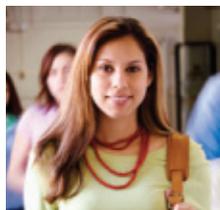
Designed for boys between the ages of 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as he enters his teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by Karen Davison, RN, a Health Educator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

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

THU. March 15 (7 – 8:30 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.

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 Karen Davison, RN, a Health Educator with Princeton HealthCare System.

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

TUE. March 13 – April 3 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$50 per person

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

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

Techniques are simple, practical and effective—designed for every woman regardless of fitness level. This four-evening series is open to women of all ages. Dress in sneakers and comfortable clothing.

No prior experience is necessary.

Community Health Fair 2012

SUN. March 18 (10 a.m. – 2 p.m.)
St. Anthony's of Padua
156 Maxwell Street, Hightstown

No registration required.

Join physicians and health professionals for a blood pressure and cholesterol screening (for participants age 18 and older), make an appointment for a free mammogram and vision screening*, visit the Ask the Doctor and Ask a Lawyer tables and enjoy light refreshments. Participants include: UMCP Breast Health Center, UMCP Sleep Center, UMCP's Cancer Program, PHCS Community Education & Outreach, Breast Cancer Resource Center, NJ FamilyCare, Greater Mercer TMA, Ryan Stark Lilienthal Law Offices, The Latin American Legal Defense & Education Fund, Johnson & Johnson, Hightstown Health Department, Rise: A Community Service Partnership, West Windsor Bicycle and Pedestrian Alliance (WWBPA) and Womanspace. *The Community Health Fair is supported by a generous grant from Church & Dwight.*

* Please note: Eligibility requirements apply for mammogram and vision screenings; results are kept confidential.



CURRENT PROGRAMS

Managing Your GI Health

MON. March 19 (7 – 8:30 p.m.)
Franklin Township Library
485 DeMott Lane, Somerset

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

Millions of people suffer from intestinal disorders such as diverticulitis, irritable bowel syndrome and inflammatory bowel disease. Kevin S. Skole, MD, board certified in gastroenterology, will discuss the signs and symptoms of these common GI problems, as well as treatment options and when further testing is warranted. Dr. Skole is a member of the Medical Staff of Princeton HealthCare System.

I Can See Clearly Now! Advances in Eye Surgery

TUE. March 20 (10 – 11:30 a.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B
The latest advances in the use of refractive surgery in the treatment of vision problems can make a world of difference in your quality of life. Join us for a presentation by Suzanne K. Jadico, MD, ophthalmologist and member of the Medical Staff of Princeton HealthCare System, on the latest advances in vision treatment.

The Joys and Challenges of Parenting Children with Special Needs

TUE. March 20 (7 – 9 p.m.)
Montgomery Evangelical Free Church
246 Belle Mead Griggstown Road, Belle Mead
Raising a child with special needs has its own unique challenges, but it's important to remember that you are not alone. Join us for this informative program led by Paula G. Zollner, MD, FAAP, board certified in pediatrics. It is designed to help parents and caregivers set boundaries without guilt, address sibling issues, and bring out a child's unique abilities. Following the session, a panel of parents of special needs children will share some of their experiences with participants.

What's Causing Your Pelvic Pain?

THU. March 22 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100
Conference Rooms A & B

Lingering lower abdominal pain can be caused by a number of health-related conditions, from reproductive issues to urinary tract issues or other problems. Christopher A. Naraine, MD, FACOG, board certified OB/GYN and member of the Medical Staff of Princeton HealthCare System, will discuss how you can find relief from chronic pelvic pain.



A Matter of Balance

TUE. & THU. March 27 – April 19 (1 – 3 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B
The fear of losing your balance and falling can lead you to restrict activities, especially if you have experienced a fall in the past. Improving your balance, strength and flexibility can get you back on the fast track. This program—broken into eight two-hour sessions—offers practical coping strategies to reduce your risk and fear of falling. Small groups are led by trained facilitators who help participants view falls and the fear of falling as controllable; set realistic goals for increasing activity; and change their environment to reduce the risk of falls. Simple exercises to increase strength and balance are also highlighted.

Experience the Benefits of Exercise and Weight Loss

Princeton Fitness & Wellness Center

Introduction

TUE. April 10 (7 – 8:30 p.m.)

This panel discussion will serve as the kick-off for an eight-week fitness and wellness weight-loss program.

- T.J. Marvel, Certified Personal Trainer, and Sharon Casper, CSCS, HFS, Fitness Manager, Princeton Fitness & Wellness Center, will review *The Benefits of Exercise: Improving Strength, Endurance, Flexibility and Confidence*.
- Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss surgical weight-loss options. Dr. Chau is a member of the Medical Staff of Princeton HealthCare System.
- Donna De Mild, ELI-MP, Certified Professional Life Coach, will discuss how to get and stay motivated.

Series

MON. & THU. April 12 – June 7 (7 – 8 p.m.)

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

This eight-week dynamic fitness program is designed to assist and motivate individuals who want to lose a minimum of 50 pounds. Work on your cardiovascular fitness, strength and flexibility in a safe, supportive environment. The program includes fitness assessments, yoga, Pilates, cardio options, strength training and circuit training.

Safe Sitter

THU. & FRI. April 12 & 13
(9 a.m. – 3 p.m.)

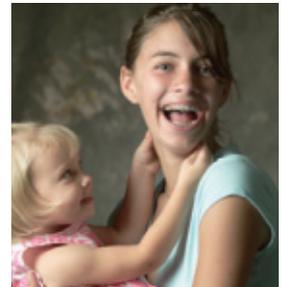
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100
Conference Rooms A & B

\$65 per child

This two-day class teaches adolescents ages 11-13 the skills needed to be Safe Sitters, ensuring they can keep the children in their care out of harm's way while their parents are away. Babysitters completing this training emerge as more confident, responsible and compassionate teens and adults. This program focuses on a variety of skills essential to being a Safe Sitter, including:

- Safe and nurturing childcare techniques
- Basic first aid
- Rescue skills

Participants should bring their own lunch.



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.

You can also join us for a special event on March 19 from 12 to 3 p.m. Potential donors need to eat a good meal and drink plenty of fluids prior to donating. A photo ID is required.



CURRENT PROGRAMS



Coping with Adult Asthma and COPD

WED. April 25 (7 – 8:30 p.m.)
Plainsboro Library
9 Van Doren Street, Plainsboro

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

Discover how to lead a full, productive life while coping with chronic lung disease. Join us for an informative discussion of treatments for adult asthma and lung diseases including COPD, presented by Ritwick Agrawal, MD, board certified in pulmonary disease and internal medicine. Dr. Agrawal is a member of the Medical Staff of Princeton HealthCare System.

Healthy Kids® Day

SAT. April 28
(10:30 a.m. – 1 p.m.)
Hamilton Area YMCA
Sawmill Branch
185 Sawmill Road
Hamilton

No registration required.
Princeton HealthCare

System and the Hamilton Area YMCA, Sawmill Branch, invite the community to participate in YMCA Healthy Kids® Day, the nation's largest health day for children and families. It's a day of fun, engaging and creative activities for children and families, and promotes year-long wellness and healthy living.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

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. March 1 – 22 (7 – 9 p.m.)
MON. March 12 – April 2 (7 – 9 p.m.)
WED. April 4 – 25 (7 – 9 p.m.)
TUE. April 17 – May 8 (7 – 9 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$120 per couple

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

Accelerated Birthing Basics

SAT. March 10 (9 a.m. – 5 p.m.)
SAT. April 14 (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.



HypnoBirthing®

SAT. March 10 – April 14
(9:30 a.m. – 12 p.m.)
Class on March 17 will be from 1 – 3:30 p.m.
There is no class on March 31.
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 causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

Review of Birthing Basics

FRI. April 27 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$60 per couple

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

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Sibling Class

SAT. March 3 (10 – 11:30 a.m.)
SAT. April 28 (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 3 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
WED. March 21 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
THU. April 19 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
SAT. 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.

Baby Care

WED. March 14 (7 – 9:30 p.m.)
MON. April 23 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

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



Prenatal Breastfeeding Class

TUE. March 20 (7 – 9 p.m.)
MON. April 30 (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. This class is taught by a certified lactation consultant.

Daddy Boot Camp™

SAT. March 17 (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. April 14 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

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



Car Seat Safety Checks

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

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

\$5 per session, payable at the door
No registration required.
This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new parents, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with the parent or caregiver. For a list of topics, call 1.888.897.8979 or visit us online at www.princetonhcs.org/calendar.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road

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



Postpartum Adjustment Support Group

THU. March 1 (11 a.m. – 12 p.m.)
THU. March 15 (11 a.m. – 12 p.m.)
THU. March 29 (11 a.m. – 12 p.m.)
THU. April 12 (11 a.m. – 12 p.m.)
THU. April 26 (11 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required.
Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to bring their infants with them.

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

ACLS Full

THU. & FRI. March 22 & 23
(9 a.m. – 3:30 p.m.)
Community Education &
Outreach at 731 Alexander Road



ACLS Recertification

TUE. March 13
(9 a.m. – 3:30 p.m.)
Community Education &
Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

PALS Full

MON. & TUE. March 26 & 27
(9 a.m. – 3:30 p.m.)
Community Education & Outreach at
731 Alexander Road



Full: \$250 per person

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

BLS for Healthcare Providers

WED. March 7 (9 a.m. – 1:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room A

THU. March 15 (6 – 10:30 p.m.)
WED. April 11 (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

TUE. March 20 (9 a.m. – 1:30 p.m.)
MON. April 16 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

WED. March 28 (6 – 10:30 p.m.)
FRI. April 27 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center

\$65 per person

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

Heartsaver AED

THU. March 8 (6 – 9:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room A

WED. March 21 (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

THU. April 5 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center

MON. April 23 (6 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$60 per person

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

Family & Friends CPR

\$20 per person, per session

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

Session Times:

Adult CPR (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Infant CPR* (12 – 12:45 p.m.)

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

SAT. March 17
Princeton Fitness & Wellness Center

Pet First Aid and CPR

FRI. April 20 (6 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

\$40 per person

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



EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

Medivac: When to Fly

THU. March 22 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

2 EMT CEUs

Vincent Cisternino, BA, MICP, ACM, and Flight Paramedic, will discuss trauma, triage, and transport considerations and the safe utilization of JEMSTAR (Jersey Emergency Medical Shock Trauma Air Response) Helicopter Response Program. This seminar has been awarded two EMT CEUs and is open to all Emergency Medical Services personnel, including fire and police.



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

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.

American Cancer Society's Look Good, Feel Better

MON. March 19 (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.



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

WED. March 21 (12 – 1 p.m.)
WED. April 18 (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 provides encouragement for fellow members; a safe setting for sharing concerns and problems related to life after cancer; and a social outlet for cancer patients, their families and loved ones.

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

Cancer Support Group

TUE. March 20 (1:30 – 3 p.m.)
TUE. April 17 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

No registration required. Walk-ins welcome. University Medical Center at Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships; and managing concerns about recurrence. This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

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

No registration required. Walk-ins welcome. The group welcomes breast cancer patients in all phases of their journey, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCP's Breast Health Center.

Fighting Cancer with the Power of Food: In recognition of National Nutrition Month

THU. March 22 (10 – 11 a.m.)
University Medical Center at Princeton
Ground Floor Conference Room A



Registration recommended, but not required. When it comes to cancer, certain foods can be powerful allies in fighting off cancer cells and helping our bodies remain strong and healthy. Join an Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, to discover what these foods are and how you can incorporate them into your diet.

Prostate Cancer Support Group

WED. March 28 (12 – 1:30 p.m.)
WED. April 25 (12 – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required. This support group welcomes those with prostate cancer, their loved ones and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Stress Reduction for Those Touched by Cancer

THU. April 19 (6:30 – 7:30 p.m.)
University Medical Center at Princeton, Nuclear Medicine Waiting Area

Registration recommended, but not required.

We all need to learn to better manage our stress, but for those dealing with cancer and other illnesses, stress reduction is even more important. When you are under stress, your immune system is weaker, so fighting off illness can be more difficult. Join Mireille Delman, RYT, Holistic Health Counselor, for an educational evening focused on easy stress-reduction methods you can use at home.



SUPPORT GROUPS



Bariatric Surgery Support Group

MON. March 5 (7 – 8:30 p.m.)
MON. April 2 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering

weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELL-MP, CPC; and Princeton HealthCare System staff. *Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.*

UNITE: Perinatal Loss Bereavement Support Group

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

No registration required. Walk-ins welcome.

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

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

TUE. March 20 (6:30 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road

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

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and the staff of University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and well-being.

Diabetes Support Group

WED. March 21 (2:30 – 4 p.m.)
WED. April 18 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. March 26 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program, Medical Arts Building, Suite B

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

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

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

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).



Understanding & Improving Your Cholesterol Numbers

THU. March 1 (12:15 – 1:15 p.m.)
South Brunswick Senior Center
540 Ridge Road, Monmouth Junction

Getting your cholesterol levels checked is important, since most people with high cholesterol—which can cause heart attack or stroke—experience no noticeable symptoms. But what do those numbers really mean? Muhammad Azam, MD, family medicine practitioner and member of the Medical Staff of Princeton HealthCare System, will explain what your numbers mean to you and what you can do to improve them.

EVENTS FOR SENIORS

Memory, Aging and the Brain

WED. April 4 (12 – 1 p.m.)

Waterside Villas

100 Overlook Drive, Monroe Township

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

Memory Screening

THU. April 5 (10 a.m. – 12 p.m.)

Waterside Villas

100 Overlook Drive, Monroe Township

Join Jeffrey T. Apter, MD, a board certified psychiatrist and member of the Medical Staff of Princeton HealthCare System, for a memory screening. This simple and safe screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions. Screenings and review of the results are confidential. *(Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.)*

UMCP PHYSICIAN EARNS STATE RECOGNITION FOR NURSING SUPPORT



Bruce R. Pierce, MD, FACOG, (pictured left) received an APPLE Award in recognition of his collaboration with and support for nurses at University Medical Center at Princeton (UMCP).

The Institute for Nursing, a foundation of the New Jersey State Nurses Association, presents the APPLE Awards annually to physicians who support nurses and the patient advocacy that is the foundation of nursing. APPLE stands for Acknowledging Physician Partners: Liaison for Excellence.

“I’m honored to accept this award because it reinforces the importance of respecting and valuing our colleagues and collaborating with them to make sure we give our patients the best care possible,” says Dr. Pierce, Chairman of the Perinatal Committee and Medical Director of the Robotic and Minimally Invasive Surgery Committee at UMCP. “Providing exceptional care takes a team, and the APPLE Awards acknowledge that.”

Dr. Pierce, a board certified OB/GYN, was nominated for the APPLE Award by the Nursing Administration at UMCP in recognition of his open communication and teamwork, explains Susan Lorenz, DrNP, RN, NEC-BC, Vice President of Patient Care Services/Chief Nursing Officer at Princeton HealthCare System. She notes, “His relationship with the nurses is built on respect, collaboration, and mutual support, and always rooted in a commitment to our patients’ safety and well-being.”

“Teamwork among healthcare professionals, and especially between physicians and nurses, is a point of emphasis at PHCS,” adds Linda Sieglén, MD, MMM, PHCS’ Senior Vice President of Medical Affairs. “This recognition speaks directly to how physicians can foster an environment which enables us to provide high-quality care.”



KIDS MARATHON MAKES FITNESS FUN

The fourth annual Princeton HealthCare Kids Marathon has one clear goal in mind: making fitness fun for area children in kindergarten through eighth grade, while raising awareness about healthy living. Sponsored by Community Connection of Princeton HealthCare, the popular program requires a minimal investment of time from the young participants, while successfully promoting good health and helping them incorporate exercise into their daily routines.

Over the course of 10 weeks, Kids Marathon participants complete a 25-mile run, with everything from sports activities, to walking to school, counting toward the finish line. The marathon begins on April 2 and culminates with participants completing an additional 1.2 miles on June 10.



Cheering crowds and music spur them on to cross the finish line and earn their marathon medal.

During the weeks prior to the final event, participants receive special prizes to mark the completion of five miles every two weeks. They are also encouraged to complete

26 eco-friendly Green Deeds and obtain contributions from sponsors to help support UMCP's Outpatient Pediatric Clinic.

"The program has continued to grow in popularity every year," says Jennifer Mimnaugh, Race Director. "Since we began the Kids Marathon in 2009, participation has doubled. Last year we had over 500 children take part in the program, with 77 schools participating. It's a great day for everyone—the children, their parents, the volunteers and our sponsors."

To register your child, or for additional information, including training tips and tracking forms, volunteer and sponsorship opportunities, visit the marathon website at www.princetonkidsmarathon.org or call Community Connection at Princeton HealthCare at 609.497.4069.

SAVE THE DATE

Join lead sponsor Conner Strong for the 17th Annual Princeton HealthCare System Golf Outing June 12, 2012

Metedeconk National Golf Club, Jackson, NJ
www.phcsgolf.org



A great day of golf for a great cause! Proceeds will support the construction of the new University Medical Center of

Princeton at Plainsboro. Promotional sponsorships at multiple levels, as well as spaces for individual golfers, are still available. The 2011 Outing was a sold-out event, so reserve your space soon!

For more information, please visit www.phcsgolf.org or contact Kelly Madsen, Manager of Stewardship & Special Events, PHCS Foundation, at kmadsen@princetonhcs.org or 609.252.8705.



Princeton HealthCare System

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For help with finding a physician,
call 1.888.PHCS4YOU (1.888.742.7496)

You're Invited

Saturday, May 12, 2012, 12 – 6 p.m.

Please join us for a special celebration as we look forward to the opening of our new hospital.

Get a first-hand look at the new University Medical Center of Princeton at Plainsboro (UMCPP) before the hospital opens. Located on Route 1 between Scudders Mill Road and Plainsboro Road in Plainsboro, UMCPP will officially open on May 22, 2012.

The special event will include:

- Tours of the new facility
- Information on services and programs
- Refreshments
- Kids' activities and games
- Free health screenings

Please call 1.888.PHCS4YOU (1.888.742.7496) for more information. We look forward to seeing you there!

