

Princeton Health



**Genetic Testing:
A Way to Provide
Personalized
Medicine for
Patients at
Princeton House**

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- Managing Diabetes for Seniors
- Heart Attack, Sneak Attack
- Benefits of Bariatric Surgery

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Genetic Testing: A Way to Provide Personalized Medicine for Patients at Princeton House

Prininceton House Behavioral Health (Princeton House) is using genetic testing to provide patients with effective, highly personalized therapies for many difficult-to-treat mental health conditions.



How Personalized Medicine Works

Patients submit a saliva sample that is tested in a lab for biomarkers related to metabolism and brain chemistry. The patient's clinician uses these test results to aid in the development of a personalized treatment plan.

Genetic testing is used to identify biological markers that can help predict how a patient will respond to certain psychiatric medications and therapies. This approach, known as personalized medicine, helps doctors design the most appropriate treatment plan for each individual.

New Hope, Personalized Results

Personalized medicine offers another option for patients who have had limited success with prior therapies – patients sometimes referred to as “treatment resistant.” A personalized approach can also help avoid side effects of certain drugs such as weight gain, says David Cordon, MD, Vice Chair of the Department of Psychiatry at Princeton House.

“We’re taking into account individual differences among patients rather than just treating a large group of patients with the same condition the same way,” says Dr. Cordon, who is board certified in adult and geriatric psychiatry. “This is very relevant in the field of psychiatry because many of the common illnesses we treat have a large genetic component.”

Genetic information can enhance the treatment of common psychiatric conditions such as depression, bipolar disorder, schizophrenia, anxiety disorders, obsessive compulsive disorder and attention deficit hyperactivity disorder.

For example, one of the biomarkers looks at how quickly a person’s body will break down anti-depressant medication. Based on this information, the patient’s doctor can prescribe a higher or lower dose to ensure an appropriate amount of medication remains in the body at all times.

“These genetic biomarkers may give us more information about which medications might be particularly helpful for each patient,” Dr. Cordon says. “Our hope is we can find effective treatments and limit side effects, even for patients who have been treatment resistant multiple times in the past.”

Princeton House began offering personalized medicine services at its outpatient Mount Lucas site, located in Princeton, earlier this year and has been rolling it out to other sites. Even though this genetic testing is a fairly new practice, it is covered by most insurance plans. However, not all patients will be tested as the need depends on a number of factors including past treatments, Dr. Cordon says.

Princeton House Behavioral Health offers a full range of Inpatient, Partial Hospital, and Intensive Outpatient Services for children, adolescents, and adults who are experiencing significant mental health problems, struggling with substance abuse or both.

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

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

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

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T: 662.513.0159

For information about Princeton House Behavioral Health’s Outpatient Services, please call 1.888.437.1610 or visit www.princetonhouse.org.

GI Fistula

What People with Bowel Disease Need to Know



People with bowel diseases such as Crohn's and diverticulitis, as well as those who've recently had abdominal surgery, can be at greater risk for a common, yet serious complication known as gastrointestinal (GI) fistula, says Liam Smith, MD, (pictured left), a colorectal surgeon at University Medical Center of Princeton at Plainsboro (UMCPP).

What is a GI Fistula?

A fistula is an abnormal connection between the GI tract and other organs or the skin. Left untreated, a fistula can cause problems ranging from malabsorption of nutrients in the intestines to severe infections.

The GI tract below the stomach is essentially a series of tubes—the small intestine, colon, rectum and anus. The walls of those tubes can weaken and form an abnormal connection, or fistula, to nearby organs. The two general types of GI fistulas include:

Internal. These are when connections form between the GI tract and organs, such as between loops of the small intestines; the small intestines and colon; the colon and bladder; or the colon and vagina or uterus. Symptoms include pain that spreads throughout the abdomen, and is often accompanied by fever, diarrhea and dehydration.

External. Abnormal connections between the GI tract and skin, the most common of which is anal fistula. Anal fistulas are usually painful and visible.

Anal fistulas are often the result of treatment for an anal abscess, a painful condition in which pus develops near the anus. Internal fistulas are usually caused by inflammatory bowel disease, diverticulitis, stomach trauma or as a complication of abdominal surgery.

“While a fistula may sometimes resolve on its own, it’s important to promptly identify the problem or rule it out,” Dr. Smith says. “We may need to intervene with antibiotics to treat an infection or, in the most serious cases, consider a surgical approach to treatment.”

“The GI tract and these other organs are naturally very close to each other, and they can stick together when they become injured or inflamed,” says Dr. Smith, who is board certified in general surgery and fellowship trained in colon and rectal surgery. “This connection creates a sort of tiny tunnel, and infections can occur when the contents of the intestines leak into other organs or the abdomen.”

Fistula Treatment

In addition to antibiotics, nutritional support and medications to control inflammatory bowel disease, surgery is sometimes needed to treat a fistula.

An anal fistula is often treated with a variety of outpatient procedures aimed at closing and healing the opening without damaging nearby muscles or affecting control. Treating an internal fistula often involves minimally invasive laparoscopic surgery to remove the affected section of intestines and repair any opening in a nearby organ.

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

March is colorectal cancer awareness month.

Screenings for colorectal cancer can detect cancer early and save lives. The CDC recommends regular screenings once you reach the age of 50.

If you or a family member are looking for a gastroenterologist, call 1.888.PHCS4YOU (1.888.742.7496) to find a doctor today.

Jim Craigie Center for Joint Replacement Earns Joint Commission's Gold Seal®

Princenton HealthCare System (PHCS) has received The Joint Commission's Gold Seal of Approval® for the care provided in the new Jim Craigie Center for Joint Replacement at University Medical Center of Princeton at Plainsboro (UMCPP).

The certification, which applies to both knee and hip replacement procedures, was awarded following a rigorous on-site review.

"We voluntarily sought certification to gain an independent, expert evaluation," says PHCS President and CEO Barry S. Rabner. "The Joint Commission literally wrote the book on healthcare quality and safety. And as part of this certification, we are committed to continuously monitoring and improving the quality of care we provide."

The center, which opened to patients in November 2013, was named to acknowledge a generous gift from Jim Craigie, CEO of Church & Dwight Co., who had both hips replaced at the former University Medical Center at Princeton. He was so pleased with his care that he

made the donation to honor his surgeon, W. Thomas Gutowski, MD, FAAOS, Chief of Orthopaedic Surgery for PHCS.

Dr. Gutowski also serves as Medical Director of the Jim Craigie Center for Joint Replacement, which offers the latest minimally invasive procedures, research-based clinical protocols and a thorough program of pre- and post-operative care for patients receiving total knee or total hip replacements.

Patients receive care from highly experienced, board certified orthopaedic surgeons and anesthesiologists who are supported by specially trained staff, including nurse anesthetists, hospitalists, orthopaedic certified nurses, physical and occupational therapists and specialized technicians.

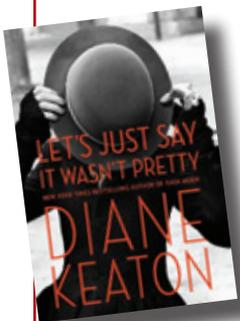
For more information about the Jim Craigie Center for Joint Replacement at UMCPP, visit www.princetonhcs.org/jointreplacementcenter. To find an orthopaedic surgeon, call 1.888.PHCS4YOU (1.888.742.7496).



UMCPP Welcomes Diane Keaton

Princeton HealthCare System welcomes Diane Keaton, Academy Award-winning actress and bestselling author to discuss her new book, *Let's Just Say It Wasn't Pretty*, a candid, hilarious, and deeply affecting look at beauty, aging, that old frenemy the mirror, and how in the end you just have to do it your own way. Told in her one-of-a-kind voice, *Let's Just Say It Wasn't Pretty* is a smart, open chronicle of the ups and downs of living and working in a world obsessed by appearances, and a book as wryly observant and fiercely original as Diane herself.

Diane Keaton is the *New York Times* bestselling author of *Then Again*, which was named one of the ten best books of the year by *The New York Times*, *People*, and *Vogue*. She has starred in some of the most memorable movies of the past forty years, including the *Godfather* trilogy, *Annie Hall*, *Manhattan*, *Reds*, *Baby Boom*, *The First Wives Club*, and *Something's Gotta Give*. Her many awards include the Golden Globe and the Academy Award. Keaton lives with her daughter and son in Los Angeles.



May 1, 2014 – 7 p.m.
The Hyatt Regency,
Princeton

Early registration (before March 31) is \$40 per person, and after April 1, \$45 per person. Cost includes a copy of Keaton's new book, beverages (coffee, tea, water) and light desserts.

To register please call 1.888.897.8979 or visit www.princetonhcs.org/calendar.



A Patient-focused Approach to End-of-life Care

A new approach to end-of-life care is helping to make a difficult time a little bit easier for patients and their families.



Patients First

David Barile, MD, (*pictured left*), Medical Director of Acute Care for the Elderly and of Palliative Medicine Services at University Medical Center of Princeton at Plainsboro (UMCPP), uses a four-step model to ease the path for patients as they near the end of their lives.

“After their doctors make a diagnosis, patients are offered an estimation of what lies ahead in the final days, weeks, months or year. Then, patients need to think about what’s most important to them during this time, because everybody has different goals and hopes. It’s really important to individualize medical care at this point,” says Dr. Barile, board certified in internal medicine and geriatric medicine.

Clear communication between the doctor and patient is especially important at the end of life. When patients understand their options and know that their wishes have been acknowledged, they—and their loved ones—can make the most of the time remaining to them.

Some patients may opt for a full medical intervention to maintain their lives for as long as possible, especially if there’s an important event they hope to attend: a grandson’s bar mitzvah, a family wedding, a holiday gathering. Others may say, “I’ve had a great life, and I don’t want to spend what’s left of it in the hospital.”

Based on the patient’s wishes, the doctor develops a treatment plan that may include medication and other interventions to prolong life and/or palliative care to relieve pain and make the patient as comfortable as possible.

POLST—A Living Will

An important tool in this process is the Practitioner Orders for Life-Sustaining Treatment (POLST) form. The POLST form, an increasingly common type of living will, includes not just the patient’s wishes but also medical orders to ensure that those choices are carried out. “It’s a tool that organizes medical care to help patients achieve their stated goals,” says Dr. Barile.

The form—which patients can get from their primary care physician—is especially valuable because it’s portable across healthcare settings, either as part of a patient’s electronic medical records or their paper medical file. The form follows patients wherever they’re treated: in the hospital, at a nursing home, at a rehabilitation facility or back at home.

Honoring Wishes

The philosophy driving the four-step model of end-of-life care, and the use of the POLST form, is the idea that what matters most at this very important time are the patient’s wishes. If your healthcare provider has not yet asked what you or your family member prefer, you shouldn’t hesitate to initiate the conversation yourself—and inquire about the POLST form as well.

“I encourage patients and family members,” says Barile, “to make sure that they and their physicians talk about more than just a diagnosis.”

To find out more about end-of-life care or to find a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Heart Attack, Sneak Attack

Too often, people are shocked by a heart attack they didn't see coming. They felt otherwise healthy, so what happened?



"Frequently people who do not have any prior symptoms may not be aware which heart disease symptoms to look for, and the first symptom can be a heart attack," says Lisa Motavalli, MD, FACC, (pictured left), a cardiologist with Princeton Medicine.

The truth is that cardiovascular disease, which is the number one cause of death for both men and women in the US, is largely preventable, and everyone should know how to stay healthy, what symptoms to look for and when to seek emergency help.

"Everyone should know what their personal risk is and talk to their doctor about what they can do to lower their risk of heart disease," says Dr. Motavalli, who is board certified in cardiovascular disease and internal medicine.

Symptoms

Many people are familiar with the dramatic heart attacks portrayed in movies, but the symptoms of an actual heart attack can be very different, and sometimes, much more subtle. The most common symptom is chest pain or discomfort. According to the American Heart Association (AHA), a person may also experience pain or discomfort in one or both arms, the back, neck, jaw, or stomach; shortness of breath (with or without the chest pain); cold sweats; nausea; vomiting; or light headedness. Women are more likely to experience the less typical symptoms including shortness of breath, nausea, vomiting and back or jaw pain.

When to seek help

"If you think that you or someone you are with may be experiencing a heart attack, call 9-1-1. Every minute counts when it comes to treating a heart attack," says Dr. Motavalli. Emergency personnel can start treatment as soon as they reach you. They may also be able to call ahead to the hospital to let them know that a person with a possible heart attack is on the way, allowing the emergency room to prepare before the patient arrives.

University Medical Center of Princeton at Plainsboro (UMCPP) offers state-of-the-art emergency care for heart attacks including emergency angioplasty, a procedure to help locate and open blocked blood vessels, and therapeutic hypothermia, a treatment that helps save lives while also promoting neurologic recovery from a heart attack.

"The most important thing to know," Dr. Motavalli continues, "is that heart disease can be prevented, it can be controlled, and there are treatments available. And it all starts with knowing your risk, talking to your doctor, and maintaining a healthy lifestyle."

For more information or to find a cardiologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.



Preventing Heart Disease

As with most medical conditions, some risk factors, such as age and family history, can't be controlled. But there are factors that you can, and should, control in order to stay healthy.

"Smoking, high blood pressure, high cholesterol, diabetes, lack of physical activity, obesity—these are factors that people can improve in order to stay healthy," says Dr. Motavalli.

Knowing your risk is just the first step. Making lifestyle changes to stay healthy is the next. Make sure that your blood pressure and your blood sugar are well controlled, and that your cholesterol numbers are good. You should be at a healthy weight—eating a low-fat, healthy diet and participating in regular physical activity.

"And definitely don't smoke. If you do, quit," says Dr. Motavalli. Smoking is the most important preventable cause of premature deaths in the United States, according to the AHA.

Community Focus



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

SUN. April 6 (10 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

MON. April 7 (6:30 – 8 p.m.)
Plainsboro Recreation & Community
Service Department
641 Plainsboro Road, Plainsboro

TUE. April 8 (12 – 1:30 p.m.)
Please call 609.448.1330 to register.
Hickory Corner Branch
138 Hickory Corner Road, East Windsor

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

WED. April 9 (10 – 11:30 a.m.)
Please call 609.737.2610 to register.
Hopewell Library
245 Pennington-Titusville Road
Pennington

WED. April 9 (6:30 – 8 p.m.)
Franklin Township Public Library
485 DeMott Lane, Somerset

WED. April 9 (6:30 – 8 p.m.)
South Brunswick Public Library
110 Kingston Lane, Monmouth Junction

THU. April 10 (6:30 – 8 p.m.)
*This session will be taught in
English and Mandarin*
PCC Princeton Christian Church
471 Cherry Valley Road, Princeton

THU. April 10 (6:30 – 8 p.m.)
Please call 609.275.2898 to register
Plainsboro Library
9 van Doren Street, Plainsboro

FRI. April 11 (1:30 – 3 p.m.)
Please call 609.799.9068 to register.
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

SAT. April 12 (10 – 11:30 a.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

SUN. April 13 (10 – 11:30 a.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Family & Friends CPR – Infant

SUN. April 6 (12 – 12:45 p.m.)
Community Education & Outreach at
731 Alexander Road

SAT. April 12 (12– 12:45 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

SUN. April 13 (12 – 12:45 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B



CURRENT PROGRAMS

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

Maintaining a Healthy Weight

TUE. March 4 (7 – 8:30 p.m.)

Robbinsville Library

42 Allentown-Robbinsville Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Good nutrition and plenty of exercise are critical for lifelong physical and mental wellbeing. Lisa Dobruskin, MD, specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, and Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program, will discuss how to establish diet and exercise habits designed for a lifetime of optimal health.

Attention Deficit Disorder in Children

WED. March 5 (7 – 8:30 p.m.)

Robbinsville Library

42 Allentown-Robbinsville Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. An estimated 6.4 million children between the ages of 4 and 17 were diagnosed with attention-deficit/hyperactivity disorder in the U.S. in 2011. Do they all need medical intervention, or are we over-medicating our children? Join Deborah M. Pulver, MD, board certified pediatrician with Princeton HealthCare System, to learn about available treatment options and how to differentiate between normal and abnormal childhood behavior.

Health Insurance Marketplace in NJ: What You Need to Know

THU. March 6 (1 – 2 p.m.)

Plainsboro Library

9 Van Doren Street, Plainsboro

TUE. March 11 (1 – 2 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

WED. March 12 (7 – 8:30 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

THU. March 13 (6:30 – 8 p.m.)

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

MON. March 17 (7 – 8:30 p.m.)

West Windsor Library

333 North Post Road, Princeton Junction
Please call 609.275.8901 to register at the West Windsor Library

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

SAVE THE DATE: Skin Cancer Screening

In Observance of Melanoma/Skin Cancer Detection and Prevention Month

THU. May 1 (6 – 8 p.m.)

University Medical Center of Princeton at Plainsboro
Bristol-Myers Squibb Community Health Center
One Plainsboro Road, Plainsboro

Appointment required, please call 1.888.897.8979.

As part of a national public service program, a Princeton HealthCare System board certified dermatologist will perform full-body skin examinations by appointment. Nationwide, this annual program has screened nearly 1.7 million people and detected more than 171,000 suspicious lesions, including over 20,000 suspected melanomas.



1st Annual Health Fair: Princeton Fitness & Wellness at Plainsboro

SAT. March 8 (9 a.m. – 1 p.m.)

Princeton Fitness & Wellness at Plainsboro
One Plainsboro Road, Plainsboro

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

- Blood pressure
- Body fat analysis (BMI)
- Posture and balance

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

What You Need to Know About Food Allergies

TUE. March 11 (6:30 – 8 p.m.)

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

The number of Americans with food allergies has doubled in the past decade, making it more important than ever to be aware of these conditions. Jayanti J. Rao, MD, board certified in allergy and immunology, will discuss what food allergies are, the eight most common allergies, the symptoms of a food allergy and substitutions in cooking for the most common allergies during this informative session. Dr. Rao is a member of the Medical Staff of Princeton HealthCare System.

Living with Lupus

TUE. March 11 (7 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center

Join Michael J. Froncek, MD, board certified in internal medicine and rheumatology, and a member of the Medical Staff of Princeton HealthCare System as well as the Alliance for Lupus Research for a discussion and question-and-answer session about:

- Understanding how Lupus can affect the body
- Advances in treatment and care
- The Anti-Inflammatory Diet

Don't Miss a Beat:

Getting to the Heart of Arrhythmias

THU. March 13 (7 – 8 p.m.)

Hickory Corner Library
138 Hickory Corner Road, East Windsor

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

Weight-loss Surgery: What Are My Options?

WED. March 19 (6 – 6:30 p.m.)

WED. April 16 (6 – 6:30 p.m.)

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

Bariatric surgery is a successful clinical treatment for fighting morbid obesity and overcoming the damaging health effects of being overweight, such as diabetes, high blood pressure and infertility. Attend this informative seminar led by Lisa Dobruskin, MD, specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, to learn more about treatment options, including state-of-the-art surgical procedures such as sleeve gastrectomy.

Spring Wellness Health Fair

THU. March 20 (9 – 11 a.m.) & (5 – 7 p.m.)

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

Registration not required.

Get a fresh, healthy start this spring with free blood pressure, cholesterol, body fat analysis (BMI) and other screenings, as well as an opportunity to learn about prevention for a range of common conditions.

Community Health Fair 2014

SUN. March 23 (11:30 a.m. – 2:30 p.m.)

St. Anthony of Padua
156 Maxwell Avenue, Hightstown

Physicians and health professionals will provide free health screenings, including glucose (prior to 12 p.m.), blood pressure and cholesterol for participants age 18 and over. Find out if you are eligible for a free mammogram and vision screening. Participants include The Bristol-Myers Squibb Community Health Center, Edward & Marie Matthews Center for Cancer Care, Greater Mercer TMA, Hispanic American Medical Association of New Jersey, John Paul Geijer Memorial Foundation, PHCS Community Education & Outreach Program at Princeton HealthCare System, Reporte Hispano, Rise Community Services Partnership, UMCPP Breast Health Center, Womanspace and more!

Dance Health Fair

SUN. April 6 (1 – 3 p.m.)

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

Join us for a fun-filled afternoon focusing on prevention and treatment of dance-related injuries. Presenters will include Linda Lucuski, MPT, Certified MDT, Rehab Director with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network and former professional ballerina and dance instructors from the Hamilton Area YMCA John K. Rafferty Branch who will discuss how to determine when a child is ready for dance instruction. Also visit our Ask the Doctor table with Adam D. Redlich, MD, board certified in sports medicine and a member of the Medical Staff of Princeton HealthCare System.

AARP Smart Driver Course

THU. April 10 (9:30 a.m. – 3:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

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

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

FORE! How to Get Your Golf Game in Shape This Season!

SAT. April 12 (12 – 2:30 p.m.)
Stonybrook Golf Club

207 Stony Brook Road, Hopewell

You may have thought a new club or a better brand of golf balls was the answer to improving your golf swing, but the truth is a healthy body and mind are what really make the difference. Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, will discuss and demonstrate ways to maximize your game through mind-body conditioning. Topics include:

- The components and phases of the golf swing
- Strength, conditioning, warm-up and flexibility exercises for golfers
- Research regarding the effectiveness of golf-specific exercise programs
- Mental imagery and its effect on performance

This will be an active class. Please wear sneakers and dress in comfortable clothing suitable for exercising.

Diabetes and Pre-diabetes: What's Your Risk?

WED. April 23 (7 – 8:30 p.m.)

Hightstown Library
114 Franklin Street, Hightstown

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Join us for an informative session presented by Diabetes Clinicians and Certified Diabetes Educators Nancy Rhodes, RN, MA, CDE, and Sandra Byer-Lubin, MS, RD, CDE, from the University Medical Center of Princeton at Plainsboro Diabetes Management Program team, to learn about lowering your risks of pre-diabetes and type 2 diabetes, reducing complications if you are diagnosed with diabetes and how to incorporate low-glycemic index foods into your diet. Then take the American Diabetes Association's brief Diabetes Risk Quiz to determine your personal risk of developing these conditions.

Safe Sitter

TUE. & WED. April 15 & April 16 (9 a.m. – 3 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$65 per child.

This two-day class teaches adolescents ages 11 to 13 the skills needed to be safe babysitters, ensuring they can keep the children in their care out of harm's way while their parents are away. Participants 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, and rescue skills. Participants should bring their own lunch.

When to Call 911

WED. March 12 (12:30 – 1:30 p.m.)

Beth El Synagogue
50 Maple Stream Road, East Windsor

Kosher lunch will be served by Beth El Synagogue.
Pre-registration is required by March 7.

When an emergency strikes, knowing the basics of when to call 911 is essential. Whether it's an accidental injury or sudden chest pains, do you know when to call 911? Join by Barbara Vaning, MHA, state certified EMT Instructor at Princeton HealthCare System, for this interactive, educational lecture designed to teach you when to call for help. Topics include:

- 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

Be Fall-proof: Get Balanced

MON. & WED. March 10, 12, 17 & 19 (1 – 2:30 p.m.)

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

Each year one in three people over the age of 60 will experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Attend this informative four-part class to learn how to improve your balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so wear sturdy shoes and comfortable clothes. Classes will be taught by trained facilitators, with a special presentation by Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network.

General Hospital Tours

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

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



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Sibling Class

SAT. March 8 (10 – 11:30 a.m.)

University Medical Center of Princeton at Plainsboro
– Main Lobby

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children 3 to 8 years of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

SAT. March 8 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

TUE. March 11 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. March 29 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

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

WED. April 16 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro
– Main Lobby

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

TUE. March 18 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Conference Room C & D

\$50 per couple

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

Daddy Boot Camp™

SAT. March 22 (9 a.m. – 12:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$35 per person

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

Baby Care

THU. April 3 (7 – 9:30 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Conference Room E

\$50 per couple

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

Early Pregnancy Class

WED. April 30 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Conference Room E

Join us to learn about the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy. This class is designed for parents in the first five months of pregnancy and will be led by a health professional from Princeton HealthCare System.

Car Seat Safety Checks

Call **1.888.897.8979** for an appointment and locations.

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

OPTIONS FOR BIRTHING

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

Birthing Basics

MON. March 3 – 24 (7 – 9 p.m.)

TUE. April 8 – 29 (7 – 9 p.m.)

THU. April 17 – May 8 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center

\$125 per couple

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

Accelerated Birthing Basics

SAT. March 22 (9 a.m. – 5 p.m.)

SAT. April 5 (9 a.m. – 5 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Conference Rooms E

\$155 per couple

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

HypnoBirthing®

Saturdays, March 8 – April 5 (9:30 a.m. – 12 p.m.)

Saturdays, April 21 – May 19 (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 multi-session class is designed for expectant couples with a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

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

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



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

Bright Beginnings (birth to crawling)

Wednesdays (10:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center

\$5 per session, payable at the door

No registration required.

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

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

THU. March 6 (1 – 2 p.m.)
THU. March 20 (1 – 2 p.m.)
THU. April 3 (1 – 2 p.m.)
THU. April 17 (1 – 2 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.



CPR & FIRST AID

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

ACLS Full Certification Course

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

ACLS Recertification Course

TUE. March 4 (6 – 10:30 p.m.)
FRI. April 4 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

PALS Full Certification Course

TUE. & WED. April 8 & 9 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

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

Full: \$250 per person

Recertification: \$175 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management 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

THU. March 6 (9 a.m. – 1:30 p.m.)
TUE. April 1 (6 – 10:30 p.m.)
TUE. April 29 (9 a.m. – 1:30 p.m.)
Community Education & Outreach
at 731 Alexander Road

FRI. March 14 (9 a.m. – 1:30 p.m.)
MON. April 14 (6 – 10:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

FRI. March 28 (6 – 10:30 p.m.)
FRI. April 25 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$65 per person

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

Heartsaver AED

TUE. March 25 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

WED. March 12 (6 – 9:30 p.m.)

TUE. April 15 (9 a.m. – 12:30 p.m.)

Community Education & Outreach
at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$60 per person

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

Family & Friends CPR

\$25 per person, per session

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

Session Times:

Infant CPR* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

Session Dates:

SAT. March 8

Community Education & Outreach at 731 Alexander Road

Pet First Aid and CPR

WED. March 26 (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.

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 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.

Heroic Tragedies: First Responders

MON. March 31 (10 a.m. – 12 p.m.)

University Medical Center of Princeton at Plainsboro

Ground Floor, Education Center

Long hours, rotating shift work, and constant exposure to chronic stress impact the lives of first responders like no other profession. This presentation will feature a panel discussion led by Michael Bizzarro, PhD, LCSW, BCD, Director of First Responder Treatment Services, focusing on the impact these pressures can have on a first responder's family, marital discord, domestic violence, financial problems and substance abuse.



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

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

Prostate Cancer Support Group

WED. March 12 (12 – 1:30 p.m.)

WED. April 9 (12 – 1:30 p.m.)

University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

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

Cancer Support Group

TUE. March 18 (1:30 – 3 p.m.)

TUE. April 15 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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

Breast Cancer Support Group

TUE. March 18 (6 – 7:30 p.m.)

TUE. April 15 (6 – 7:30 p.m.)

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

No registration required. Walk-ins welcome.

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

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

WED. March 19 (12 – 1 p.m.)

WED. April 16 (12 – 1 p.m.)

University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

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

American Cancer Society's Look Good, Feel Better

MON. March 24 (6 – 8 p.m.)

University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Please call **1.800.227.2345** to register.

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



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. March 3 (7 – 9 p.m.)

MON. April 7 (7 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

No registration required. Walk-ins welcome.

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

Bariatric Surgery Support Group

MON. March 3 (7 – 8:30 p.m.)

MON. April 7 (7 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro

Ground Floor, Education Center, Classroom 1

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

Hospice Program of Princeton HomeCare Bereavement Support Group

MON. March 10 (1 – 2:30 p.m.)

MON. April 7 (1 – 2:30 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center

45 Stockton Street, Princeton

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

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

Diabetes Support Group

WED. March 19 (2:30 – 4 p.m.)

WED. April 16 (2:30 – 4 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

MON. March 24 (6:30 – 8 p.m.)

University Medical Center of Princeton at Plainsboro

First Floor, Diabetes Management Program

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

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

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

TUE. March 18 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

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

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of University Medical Center of Princeton at Plainsboro's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.

Weight-loss Surgery: Support Group

WED. March 19 (6:30 – 7:30 p.m.)

WED. April 16 (6:30 – 7:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

This group meets the third Wednesday of the month. Join fellow patients; their significant others; and Lisa Dobruskin, MD, specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, to discuss and share strategies for dealing with the physical, emotional, and lifestyle changes related to weight-loss surgery. University Medical Center of Princeton at Plainsboro is a Bariatric Surgery Center of Excellence.



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).

The Secret to Healthy Skin

THU. March 6 (6 – 7 p.m.)

Gardens at Monroe

189 Applegarth Road, Monroe Township

No matter what time of year it is, taking care of your skin is important. Join Brian R. Keegan, MD, board certified in dermatology, and a member of the Medical Staff of Princeton HealthCare System for an informative discussion on:

- Environmental challenges to skin health: sun, smoking and stressors
- Skin damage prevention: sun protection, skin cancer screening
- Skin care treatment options: anti-aging procedures and evaluation of abnormal growths

Reclaim Your Life—All About Hip Replacement

THU. March 13 (10:30 – 11:30 a.m.)

Stonebridge of Montgomery

100 Hollinshead Spring Road, Skillman

Every year thousands of people suffering from painful hip conditions undergo replacement surgery and reclaim their lives. Join W. Thomas Gutowski, MD, FAAOS, board certified in orthopaedic sports medicine and orthopaedic surgery, and Chairman of Orthopaedic Surgery at University Medical Center of Princeton at Plainsboro (UMCPP), for a discussion on how to know when it is time for a hip replacement, what is involved in hip replacement and the services UMCPP provides, including the Jim Craigie Center for Joint Replacement. Dr. Gutowski is a member of the Medical Staff of Princeton HealthCare System.

Hospice and Palliative Care

WED. March 19 (10:30 – 11:30 a.m.)

Hopewell Valley Senior Center

395 Reading Street, Pennington

Learn how hospice and palliative care programs provide help and support; their similarities and differences; and how they can make a positive difference in difficult times. Liz Cohen, LCSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare, will present this invaluable program, which will include ample time to answer all your questions.

It Could Be Poison!

FRI. March 21 (12 – 1 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center

45 Stockton Street, Princeton

Every year, between 2 and 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can involve over-the-counter, prescribed or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT Instructor, to learn more about:

- Identifying poisons
- How poisons can enter the body
- Dos and don'ts of using medications and household cleaners
- What to do if you suspect poisoning

Do I Still Need My Gynecologist?

FRI. April 4 (10:30 – 11:30 a.m.)

Jewish Family & Vocational Service of Middlesex County

52 Concordia Shopping Center, Monroe Township

Your body naturally goes through changes during and after menopause. While your childbearing years may have ended, 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.

When to Call 911

FRI. April 11 (12 – 1 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center

45 Stockton Street, Princeton

When an emergency strikes, knowing the basics of when to call 911 is essential. Whether it's an accidental injury or sudden chest pains, do you know when to call 911? Join Barbara Vaning, MHA, EMT Instructor at Princeton HealthCare System, for this interactive, educational lecture designed to teach you when to call for help. Topics include:

- 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



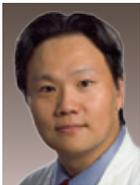
ONLINE SEMINARS

www.ustream.tv/princetonhealth

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

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

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



Updates on Bariatric Surgery

March 3 at 12 p.m.
Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery



Abnormal Uterine Bleeding: Latest Advances in Treatment

April 7 at 12 p.m.
Christopher A. Naraine, MD, FACOG, board certified OB/GYN



Colorectal Surgery

March 13 at 12 p.m.
Liam R. Smith, MD, specializing in colon and rectal surgery



Safe, Effective Treatments for Obesity

April 24 at 7 p.m.
Lisa Dobruskin, MD, board certified surgeon specializing in bariatric surgery

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

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



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



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



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



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

The Many Benefits of Bariatric Surgery

It's Not Just About Weight Loss

We've all heard about the benefits of weight loss—lower blood pressure, more energy, higher self-esteem and a general sense of well-being.



But what many people may not realize is that bariatric surgery, sometimes called weight-loss surgery, can be the most effective treatment for heart disease, sleep apnea

and type-2 diabetes. These conditions virtually disappear or are drastically reduced in many patients who have bariatric surgery, notes Lisa Dobruskin, MD, (pictured above), a bariatric surgeon with Princeton HealthCare System.

“Bariatric surgery is still considered something you do only because you want to look better,” says Dr. Dobruskin, who is board certified in general surgery and fellowship trained in minimally invasive surgery, “but patients should consider not just weight loss, but the impact on their overall health.”

Weight Loss

Patients who undergo gastric bypass or sleeve gastrectomy (the two most commonly performed weight-loss procedures) lose, on average, 60 to 65 percent of excess body weight. And for laparoscopic gastric banding (commonly known as lap band surgery), the numbers are an impressive 40 to 50 percent.

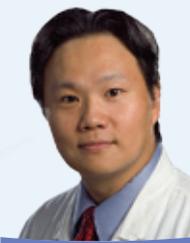
“For sustainable weight loss, these surgeries are the best tool we have,” says Dr. Dobruskin, who notes that after five years, most patients will have kept anywhere from 50 to 90 percent of the lost weight off. The great majority of procedures at UMCP are now performed laparoscopically, through several tiny incisions, making recovery significantly faster than traditional surgery.

Choosing Your Surgery

Once you've decided to undergo bariatric surgery, your next step will be to choose a specific procedure—something you can do with the help of your physician.

Gastric bypass, in which the surgeon creates a small pouch from a section of the stomach and connects it to the middle portion of the intestine, is the most commonly performed procedure. Patients who undergo gastric bypass often see significant improvement or even complete resolution of type-2 diabetes several weeks after surgery. The procedure also suppresses the appetite-stimulating hormone ghrelin. As a result, patients feel less hungry.

Laparoscopic gastric banding, which involves the placement of a silicone band around the upper portion of the stomach, significantly reduces the amount a person can eat. It, too, is an effective procedure as long as patients avoid drinking high-calorie liquids.



Sleeve gastrectomy, which reduces the stomach capacity by about 85 percent, also suppresses ghrelin and helps resolve type-2 diabetes. This surgery is a very good compromise

between the lap band and bypass, notes Wai Yip Chau, MD, (pictured above), a board certified bariatric surgeon at UMCP.

All three procedures are generally covered by private insurance and Medicare. “Each carrier has its own stipulations about approval,” says Dr. Chau, “but we work very closely with patients to make sure they meet the criteria of their insurer.”



Are you a good candidate for bariatric surgery?

Answer the following questions to find out:

- Is your body mass index (BMI) 40 or above?
- Do you have a BMI between 35 and 39.9, along with weight-related conditions like hypertension, diabetes and/or sleep apnea?
- Have you been unsuccessful at losing weight through diet and exercise (or gained the weight back)?

If you answered “yes” to 1 or 2, and 3, you could probably benefit from bariatric surgery, especially if you also suffer from weight-related problems like arthritis, infertility and fatigue. University Medical Center of Princeton at Plainsboro (UMCP) is a leading provider of weight-loss surgery, and our doctors can help you make an educated decision.

For more information on bariatric surgery, watch USTREAM events with Drs. Chau and Dobruskin on March 3, 12 p.m., and April 24, 7 p.m.

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

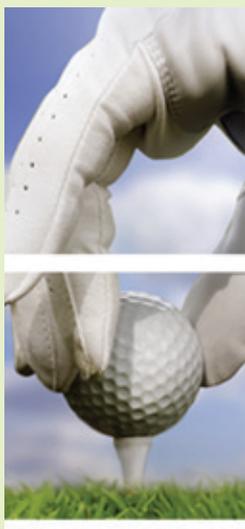
Dr. Margaret L. Lancefield named as 2014 William P. Burks Physician Philanthropist of the Year

At the joint meeting of the Princeton HealthCare System (PHCS) Board of Trustees and the Princeton HealthCare System Foundation Board of Directors on March 24, 2014, Dr. Margaret L. Lancefield will be honored as the Third Annual William P. Burks Physician Philanthropist of the Year. This award is given each year by the PHCS Foundation to underscore the unique ability physicians have to assist in PHCS Foundation's fundraising efforts; to recognize a physician who partners with the Foundation in an extraordinary way to support the philanthropic vision of the PHCS Foundation; and to acknowledge the important role a physician can play in promoting other philanthropic organizations in central New Jersey by serving on volunteer boards and committees to increase awareness about these organizations among other physicians.

Dr. Lancefield retired as the Medical Director of the Bristol-Myers Squibb Community Health Center on January 31, 2014, after serving in this capacity for the last 20 years. Established in 1929, the Bristol-Myers Squibb Community Health Center (BMS CHC) has a long and successful history of caring for the underserved in our area. This population continues to increase every year, exceeding 34,400 total patient visits in 2013. Dr. Lancefield is proud of the healthcare that is offered in the BMS CHC through the generous support of physicians.



“I have been so fortunate in my career to be able to help several thousand families and individuals living and working in our community. None of this would be possible without enormous support from our hospital and its physicians, and the generous members of our community.”



SAVE
THE
DATE



Annual PHCS Golf Outing

The 19th Annual PHCS Golf Outing will be held on Tuesday, June 10, 2014, at Metedeconk National Golf Course.

Proceeds will help advance the work of the Edward & Marie Matthews Center for Cancer Care at UMCP, so please join in support of this important initiative by becoming a sponsor, coming out to play, or making a cash donation towards the event.

This year, participants will be offered a choice between playing golf during the morning or afternoon session, as well as the choice between standard (play your own ball) or scramble (best ball) format. All participants are invited to attend the evening dinner reception. Metedeconk National Golf Club is in Jackson, N.J. and is ranked among the Top 100 Modern Courses in the U.S. by *Golf Week*.

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

Managing Diabetes for Seniors

Diabetes can be challenging at any age, but for seniors it can be particularly difficult.



“One of the biggest challenges that diabetic seniors face is the presence of other conditions such as cardiovascular disease, respiratory problems, and arthritis,” says Shirley Bembo, MD, (pictured left), a member of the medical staff at Princeton HealthCare System. That can mean

multiple, often costly, prescription medications, as well as physical limitations that make managing the condition problematic.

“Seniors with significant arthritis often don’t have the dexterity to perform frequent home glucose monitoring or to do insulin injections, and others have physical limitations that prevent them from being active enough to lose weight,” explains Dr. Bembo, who is board certified in endocrinology and diabetes and metabolism.

Diabetes Management: A Team Approach

If diabetes is challenging for you or someone you love, partnering with your doctor—and with University Medical Center of Princeton at Plainsboro’s (UMCPP)

Diabetes Management Program—can help remove many of the obstacles to a healthier life.

It’s important to follow your physician’s specific instructions on the timing and dosage of all medications, and don’t hesitate to call your physician’s office with any post-appointment questions.

UMCPP’s Diabetes Management Program—accredited by the American Diabetes Association—can help individuals with diabetes through group sessions, led by certified diabetes educators, that are designed to help seniors master the techniques of blood glucose monitoring and self-injection. The program also offers separate sessions on nutrition and meal planning, exercise, and diabetes medications.

“Diabetes management requires a team approach, and, along with doctors, patients and families, UMCPP’s program plays a vital role,” says Dr. Bembo.

To find out more about UMCPP’s Diabetes Management or to find a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

2013 Progress Report to the Community Available Online

Learn more about important news at Princeton HealthCare System in the **2013 Progress Report to the Community**, which is now available for viewing online.

In the report, you will find:

- A summary of new and enhanced programs and services
- A recap of the many community programs available to you
- A report on our clinical performance and patient satisfaction
- An update on the Princeton Health Campus

To view the report, visit www.princetonhcs.org/progressreport



Hospitalists Are With You 24/7

Admission to a hospital can be a daunting adventure—new information to process, important decisions to make, and new doctors and nurses to meet. But University Medical Center of Princeton at Plainsboro's (UMCPP) hospitalists are here to help.

What is a Hospitalist?

Hospitalists are highly trained physicians who specialize in caring for patients specifically in a hospital setting. UMCPP's hospitalists coordinate treatment, guaranteeing seamless delivery of care. They are always available to patients and family members to answer questions, solve problems and offer advice.

When patients are headed to the hospital, their primary care physician may request that a hospitalist take the lead in their care for the duration of the stay. This allows the patient to have round-the-clock coverage in the hospital.



left) Section Chief of Hospital Medicine at UMCPP.

“A hospitalist knows the hospital's system, knows how to get the right consulting physicians involved and makes sure that the right tests are given in the most efficient manner,” says Valerie Allusson, MD, (pictured



Coordinating Hospital Care

“Hospitalists have the ability to influence the quality of healthcare, as well as its cost,” Dr. Allusson notes. They can determine whether a medical test is necessary or not, and they can take proactive measures to help shorten the hospital stay and get patients

home faster. They also promote safety and a continuum of care. They help ensure that the proper medications and correct dosages are given. And when patients are discharged, the hospitalist helps make sure that the patient's primary care physician has all the information necessary for outpatient care.

An increasing number of hospitals across the country are now using hospitalists—more than 20,000 physicians are working in this field.

Allusson likens hospitalists to hard-working quarterbacks: “They coordinate, they lead, they're adaptable and they work well under pressure.” Best of all, they're on your team.

For more information or to find a physician affiliated with Princeton HealthCare System, please call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Princeton Endoscopy Center Receives Honors

Princeton Endoscopy Center, a joint venture of Princeton Gastroenterology Associates, Princeton HealthCare System and Surgical Health Group, was recently recognized as a premier facility by the New Jersey Association of Ambulatory Surgery Centers (NJAASC).

Located on Alexander Road in West Windsor, the state-of-the-art Princeton Endoscopy Center has a team of physicians, nurses and support staff who are dedicated exclusively to providing endoscopic procedures such as colonoscopies and upper endoscopies. More than 4,200 procedures are performed each year at the center,



which is accredited by the Accreditation Association for Ambulatory Health Care.

Princeton Endoscopy Center was among five ambulatory surgery centers in New Jersey to be recognized for “Overall Excellence as a Healthcare Facility” during the annual meeting of the NJAASC, which represents approximately 200 members statewide.

For more information, please visit www.princetonendoscopycenter.com.

I Enrolled for Healthcare Coverage What's Next?

University Medical Center of Princeton at Plainsboro (UMCPP) is a Certified Application Counselor organization and specially trained members of our staff have helped over 200 area residents apply for coverage through the new health insurance plans available under the Affordable Care Act (ACA). If you are among the millions of people who have enrolled in these plans across the United States, you may be wondering what steps you can take to promote good health for yourself and your family members.

According to Debbie Millar, Director, Community Education & Outreach, Princeton HealthCare System, these are some of the most common questions we have heard from members of the community:

- How can I find doctors who participate in my plan?
- What appointments should I make?
- What screenings are necessary?
- What does my new plan cover?
- Where can I find outpatient, emergency or behavioral healthcare services?

Evaluate Your Needs

“The very first step is to do your own healthcare inventory,” says David S. Lazarus, MD, Chief of Medicine at UMCPP.

Think about your healthcare goals, such as eating a more healthy diet, enhancing your fitness level and/or managing a chronic condition. Consider your family history, ethnic background, and age to determine your risk for certain diseases, and discuss this with your physician. For example, if you are at a high risk for a condition like colon cancer that may be the screening you want to get first.

“And of course, evaluate your lifestyle and the things you can do to remain healthy” says Dr. Lazarus, who is triple board certified in critical care medicine, pulmonary disease and internal medicine.



You can check with your plan provider to find physicians who participate in your plan, and when scheduling an appointment with a physician, it's a good idea to verify participation in your insurance plan at that time. For questions about your plan, such as copies of cards, coverage, and change of name, address, etc., please call your plan provider.

Is it covered?

Some preventive screenings may be free or low-cost under the ACA's plans. “Blood pressure screening is important and when results are high, getting regularly monitored and receiving treatment or making lifestyle modifications if needed are critical to promoting health,” says Dr. Lazarus. Other screenings, including those for breast cancer and colon cancer may be necessary depending on your age and family history. Speak to your plan provider to understand covered services and limitations of your plan and your responsibilities, such as your deductibles and copayments.

A listing of preventive screenings that are covered with no out-of-pocket costs is available on the website www.healthcare.gov.*

Where can I get testing and treatment?

If your physician orders testing, such as lab tests or imaging (examples include x-rays, CT scans, MRI or nuclear testing), you will find many of these services conveniently available through University Medical Center of Princeton, which accepts the

insurance plans available through the ACA. UMCPP also offers state-of-the-art emergency care for adults and children at its campus in Plainsboro. A continuum of healthcare services is available through Princeton HealthCare System, including therapy and treatment such as outpatient rehabilitation; homecare; infusion and radiation therapy; and inpatient, partial-hospital and intensive outpatient care through Princeton House Behavioral Health.

Finding a Doctor

Many members of the Princeton HealthCare System medical staff participate in all ACA plans.

For assistance with finding a physician who is affiliated with PHCS, call 1.888.PHCS.4YOU or visit www.princetonhcs.org.

*www.healthcare.gov/what-are-my-preventive-care-benefits/



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Visit our website
www.princetonhcs.org

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

Site Plans for Princeton Health Campus

Assisted Living

PHCS has a purchase and sale agreement in place to sell a 6-acre parcel on the Princeton Health Campus to Maplewood Senior Living for the development of a state-of-the-art assisted living and memory care community to better serve Central New Jersey seniors.

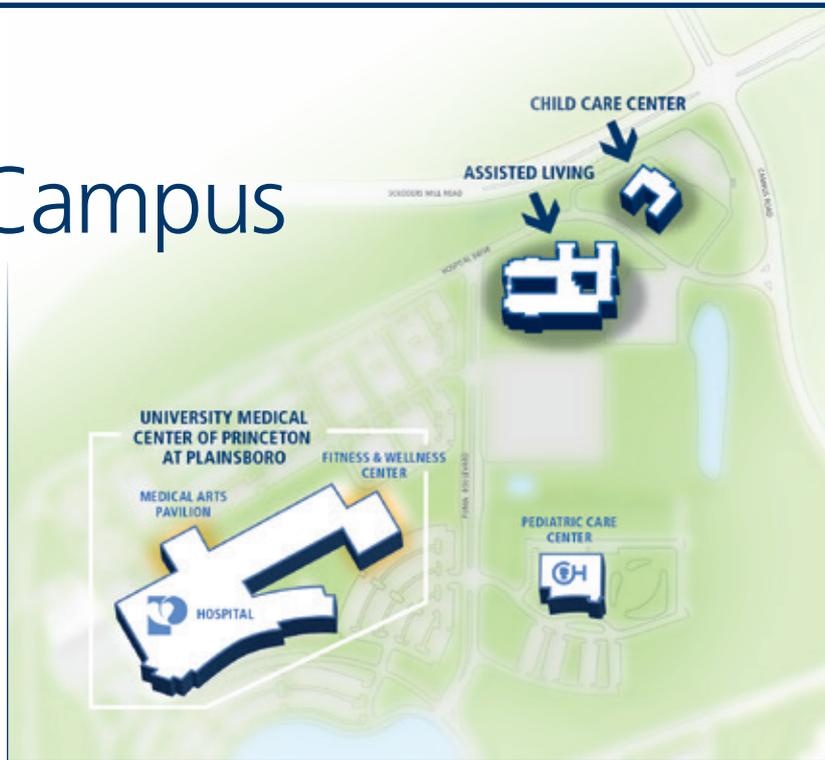
Plans for the development consist of a mix of approximately 100 units with two memory care “neighborhoods,” including one for early stage dementia and another for more advanced memory loss.

Maplewood is currently conducting due diligence and will be submitting site plan documents for consideration by Plainsboro Township. If the project is approved, it will be located adjacent to the hospital drive entrance off Campus Road, at the northeast corner of the campus. The approval process is anticipated to take nine months to a year.

Child Care Center

PHCS has a purchase and sale agreement in place with Discovery Years Child Care Center to build a facility on 4½ acres of land on the Princeton Health Campus.

Discovery Years Child Care Center plans to offer day care for children ages 2 months to 5 years, as well as before/after school programs for children ages 6 to 12 years. The developer is currently conducting due diligence and will be submitting site plan documents for consideration by Plainsboro Township. The closing on the sale of the parcel will take place upon the Township’s approval of the site plan, and receipt of other approvals for construction of the facility.



It will be located on the northeast corner of the Princeton Health Campus, at the intersection of Scudders Mill Road and Campus Road. PHCS anticipates the approval process to take six months, which is typical for projects of this nature. Construction on the site is expected to take an additional six to nine months.

These new facilities will complement UMCP’s already impressive campus. The Medical Arts Pavilion (MAP) hosts an array of outpatient services and medical offices to meet residents’ healthcare needs across the continuum of care. The Princeton Fitness & Wellness Center—a 50,000-square-foot facility—is a medically-based center equipped and staffed to meet the needs of people at all ages and all levels of fitness. In addition, The Children’s Hospital of Philadelphia (CHOP) is building a new outpatient care center on the campus. Expected to open its doors by early 2015, the center will offer pediatric specialty care and other services for young patients.