

# Princeton Health



A Colonoscopy  
Can Stop Cancer  
Before It Starts

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

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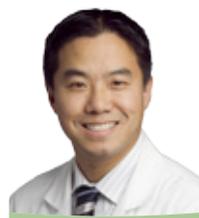
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# A Bright Outlook: Early Colon Cancer Diagnosis

Doug Harm was initially hesitant to undergo a colonoscopy to try to determine the cause of his frequent abdominal discomfort. He finally decided to pursue the procedure in October 2014, after noticing blood in his stool.



It was a decision that may have saved his life. A tumor slightly larger than a baseball was found during his colonoscopy with **Eric Shen, MD**, a board certified gastroenterologist on staff at Princeton HealthCare System (PHCS). The tumor was quickly determined to be cancer.

"I was very lucky; they caught it early and it hadn't spread beyond the colon," says Harm, a 58-year-old geologist, father of two and avid golfer from Hamilton Township. "If I would have waited and put off the colonoscopy, I'm not sure what would have happened."

Colon cancer is the second-leading cause of cancer death among cancers that affect both men and women. However, it's also among the more preventable and treatable forms of cancer.

## Stopping Cancer Before it Starts

Early detection is the key to fighting colon cancer. Screening with a colonoscopy is recommended starting at age 50, or earlier if you have a family history of colon cancer or pre-existing conditions such as ulcerative colitis.

"Colonoscopy is a safe, effective procedure, and we try to make the experience as comfortable as possible for patients," Dr. Shen says. "If you have the procedure, and everything is normal, you only need to come back every 10 years."



A colonoscopy uses a flexible tube to view the colon. It can detect benign, pre-cancerous growths called polyps.

"Polyps cause no symptoms and grow silently for years before they become cancer," says **Anish Sheth, MD**, a board certified gastroenterologist at PHCS.

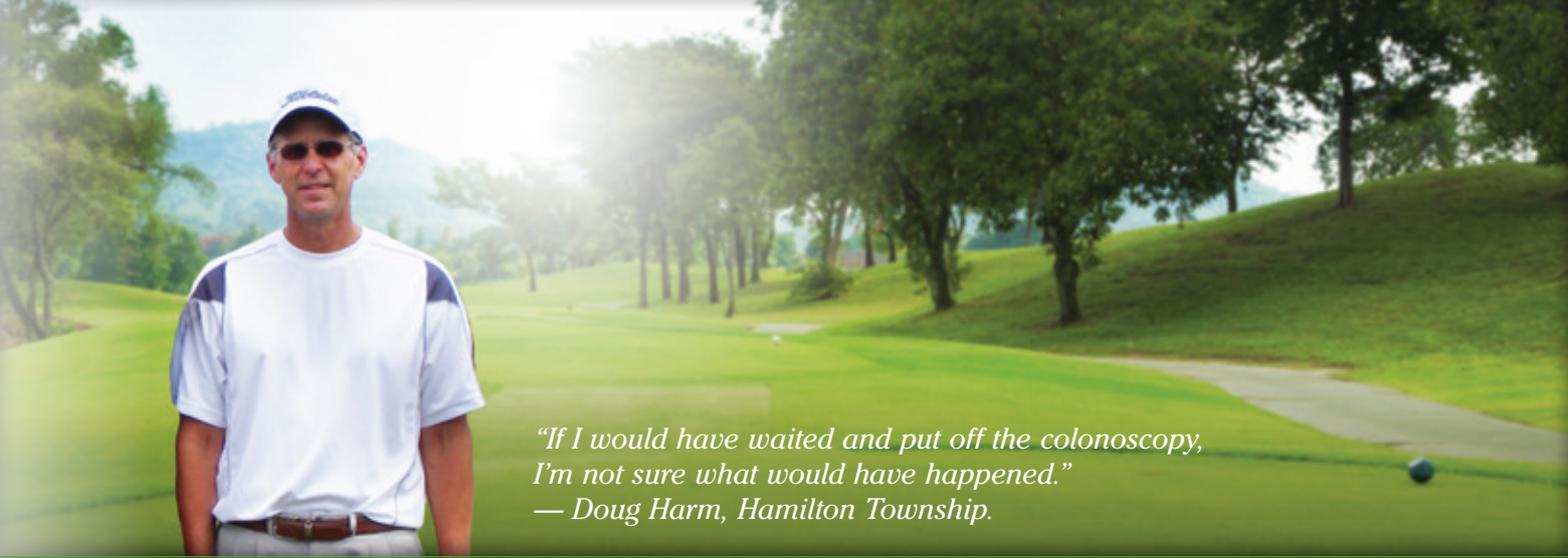
"The theory behind screening for colon cancer is to detect these lesions and remove them before patients show up with symptoms such as intestinal blockage, abdominal pain or blood in the stool."

Except in rare cases, doctors no longer recommend other forms of colon cancer screening, such as fecal blood tests, because a colonoscopy would still ultimately be necessary for a diagnosis.

## Advanced Surgery

Within two weeks of his colonoscopy, Harm underwent surgery with **Lawrence Jordan, MD**, Chief of General Surgery at University Medical Center of Princeton. The cancerous section of Harm's colon was removed using minimally invasive laparoscopy, which involves smaller incisions — leading to shorter recovery times — compared with traditional surgery.





*“If I would have waited and put off the colonoscopy, I’m not sure what would have happened.”  
— Doug Harm, Hamilton Township.*

Dr. Jordan says the laparoscopy also showed the cancer had not spread to any nearby organs or lymph nodes. During the procedure, the colon was reconnected to the small intestine to restore normal bowel function.

“When you catch colon cancer early enough, and the tumor is confined to the intestine, surgery should be a cure,” says Dr. Jordan. “His prognosis is very favorable. If he had waited another few months, the cancer would have likely spread.”

Harm, who says he “feels great and very grateful,” will follow up with regular colonoscopies to monitor his health. And with spring just around the corner, he is looking forward to getting back on the golf course.

March is Colorectal Cancer Awareness Month, and the perfect time to schedule a colonoscopy. To find a gastroenterologist or general surgeon on staff at Princeton HealthCare System, please call 1.888.PHCS4YOU (1.888.742.7496).

**See page 18** for information on an upcoming online seminar on colorectal cancer signs, symptoms and treatments.

## Princeton HealthConnect®: Quick Electronic Access to Test Results and More



The Princeton HealthConnect® Patient Portal is the safe and secure way to view many of your medical records online.

Now, when you visit Princeton HealthCare System for an inpatient stay or outpatient test or procedure, you can access your medical information online quickly and easily.

This free, one-stop, secure portal provides a convenient way for you to manage your healthcare information. You can view, download and save many of your most commonly requested documents, including:

- Lab results
- Radiology/imaging reports
- Discharge instructions
- Visit summary, including medication lists
- Patient visit history

Stay connected with your healthcare information! Register today! If you are already enrolled, be sure to log in, view your records and check out any new features that have been added.



For more information or to enroll, call the Health Information Management Department (HIM) at 609.853.7060 between 7:30 a.m. and 3 p.m. or email [recordrequest@princetonhcs.org](mailto:recordrequest@princetonhcs.org).

# When Weight Gain Means Added Knee Pain: **Joint Replacement Can Help**

Stan Weinstein has been passionate about umpiring softball for more than 15 years, but a few years ago knee pain caused by severe arthritis started taking the pleasure out of his hobby. To make matters worse, the more pain he experienced the harder it was to exercise, resulting in weight gain and more pressure on his knees, further escalating the pain.



In August 2013, when his left knee “totally went out,” Weinstein, 57, of Hillsborough, realized he had put off surgery long enough. He underwent total knee replacement

with **Brian Vannozzi, MD**, a member of the Medical Staff of Princeton HealthCare System. The procedure made such a difference that he didn’t hesitate to have the right knee replaced in December 2013.

## State-of-the-Art Treatment

Weinstein was one of the first patients to have knee replacement at University Medical Center of Princeton’s Jim Craigie Center for Joint Replacement. Led by a team of board certified orthopaedic surgeons and specially trained nurses and physical therapists, the center combines personalized care with the latest techniques in minimally invasive hip and knee replacement surgery. Over 750 joint replacements are performed at the Center each year, making it a leading joint replacement facility in the region.

“They took great care of me there,” says Weinstein, “which is why I got my second knee done there.”

## The Weight/Pain Equation

“Applying the principles of physics, researchers estimate that a force of three to six times your body weight is exerted on each of your knees while walking,” says Dr. Vannozzi, who is board certified in orthopaedic surgery. In fact, studies show

that when you go up and down stairs or get in or out of a chair, the stress on your knees can equal up to nine times your body weight. Imagine lifting half a ton and you can see what a strain excess weight can be on your knees.

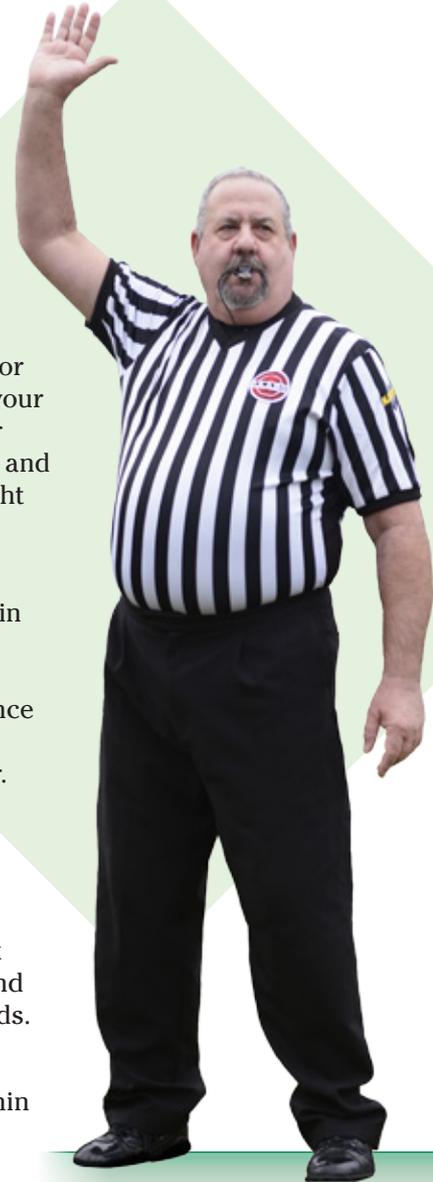
The good news is that losing even 10 pounds can take 80 pounds of strain off of your knees, says Dr. Vannozzi. If you can lose the weight before replacement surgery all the better, since less weight makes both surgery and postoperative physical therapy easier.

## Up and Walking Within Hours

Knee replacement surgery helped to reduce Weinstein’s pain and increase his mobility, allowing him to get back to enjoying life, including umpiring and working out and even losing 40 pounds.

Joint replacement patients are generally out of bed and walking within hours of surgery, and begin physical therapy twice a day while in the hospital. In two days, most patients feel comfortable heading home to complete outpatient physical therapy.

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



*Stan Weinstein is back to umpiring games again.*

# “I Started My Life Over”

## Hamilton Woman on Weight-Loss Surgery

Last fall, Melissa Hurst discovered the thrill of being able to pick up her son at her mother’s house a block away without help.



“Do you need a ride?” her husband, Ken, asked. “No,” Hurst said, “I’ll just run over there real quick.” Hurst, 34, ran the entire way. “It felt great,” she said. Small, daily victories like the joy of running show how dramatically her life has changed since undergoing bariatric surgery in May 2014. She bolts up stairs. She doesn’t feel tired or irritable.

“I know it sounds like a weight-loss TV commercial, but I can actually keep up with my kids,” says Hurst, a Hamilton kindergarten teacher and the mother of Tyler, 7, and Ethan, 1. “I feel like I started my life over again.”

### Choosing Bariatric Surgery



Hurst, who was 211 pounds at 5-foot-1, underwent a laparoscopic sleeve gastrectomy procedure with **Lisa Dobruskin, MD, FACS**, co-Director of Metabolic and Bariatric Surgery at University Medical Center of Princeton (UMCP). The procedure reduces the stomach to about 20 percent of its original size through surgical removal, creating a new sleeve of stomach.

Within five months after her surgery, she had lost 70 pounds.

Hurst says while the surgery itself went very well, she works hard at weight loss every day. She’s learned to eat tiny portions and adjust to her much smaller appetite.

Bariatric and metabolic surgery is the most successful treatment for morbid obesity and it can reverse the damaging health effects of being overweight, such as diabetes and high blood pressure. The surgery reduces the size of the stomach to limit the amount a person can eat.

Surgery is an option for people who have repeatedly tried and failed to lose weight through dieting and exercise. To qualify, patients must have a body mass index (BMI) of 40 or more, or a BMI of 35 or more and a related medical condition such as diabetes, high blood pressure or sleep apnea.

“Many obese patients will get to the point where health problems start to accumulate, and they need to do something about it,” says Dr. Dobruskin. “These patients often realize there are so many things they are missing out on in life because of their weight.”

### A Way of Life

“Healthy living is now a way of life — I’m not trapped by food anymore,” Hurst says. “This surgery has completely changed the way I look and the way I feel — it’s the best decision I ever made.”

### A Center for Weight Loss

UMCP’s Center for Metabolic and Bariatric Surgery has been accredited as Comprehensive by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, a joint program of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.

The center provides services for patients undergoing bariatric and metabolic surgery, including consultations with weight-loss surgeons, nutritional counseling and coordination of care for obesity-related conditions such as diabetes and high blood pressure.

“The goal of the center is to make the treatment of obesity for patients a comprehensive process,” Dr. Dobruskin says. “It will start before surgery and really continue helping these patients throughout their lives after surgery.”

In addition to Dr. Dobruskin, UMCP’s board certified, fellowship trained bariatric and metabolic surgeons include Robert E. Brolin, MD, co-Director, Metabolic and Bariatric Surgery, and Wai-Yip Chau, MD.

**See page 18** for information on an upcoming online seminar on new guidelines for bariatric surgery.

To find a bariatric surgeon on staff at Princeton HealthCare System, please call 1800.FINDADR (1.800.346.3237).

# Make Fitness Fun

## Join us for the 7th Annual Kids Marathon



Start planning now to take part in the seventh annual Kids Marathon, hosted by Princeton HealthCare System Community Education & Outreach and Princeton Fitness & Wellness Center. More than 500 children are expected to participate in the event, which has one clear goal in mind — making fitness fun for area children in kindergarten through eighth grade, while raising awareness about healthy living.

The popular program promotes good health and helps young participants incorporate exercise into their daily routines. Over the course of 10 weeks, Kids Marathon participants complete a 25-mile 'run.' Everything from sports activities to walking to school counts toward the finish line!

At every milestone mile (5 - 10 - 13.1 - 20 - 25) marker during the 10-week marathon, participants are awarded special prizes.

The marathon officially begins in April, and culminates with participants completing the last 1.2 miles on **Saturday, June 27**. Cheering crowds and music will add to the excitement as they cross the finish line.

Registration is \$25 per child. Proceeds support Princeton HealthCare System's programs to promote wellness and prevent obesity and chronic disease in children.

To register your child, or for additional information, including tracking forms, visit [www.princetonhcs.org/kidsmarathon](http://www.princetonhcs.org/kidsmarathon).

# Community Focus



## PHCS Welcomes Candice Bergen

Candice Bergen, who gained fame and an armful of Emmy Awards for her role as the fictional TV news reporter Murphy Brown, will discuss her new book, *A Fine Romance*, during a special evening hosted by Princeton HealthCare System.

In *A Fine Romance*—her follow-up to *Knock Wood*, her 1984 bestselling “engaging, intelligent, and wittily self-deprecating autobiography” (*The New York Times*)—Ms. Bergen examines her marriage to famous French director, Louis Malle; the birth of her daughter, Chloe; her time on *Murphy Brown*, including unwanted attention in 1992, when Dan Quayle tried to turn her character’s life choices into a campaign issue; the despair that she and Chloe felt when her husband died; widowhood; falling in love again; and her overpowering love for her daughter and the bittersweet feeling of watching her leave home and blossom.

Ms. Bergen’s film credits include *The Sand Pebbles*, *Carnal Knowledge*, *Starting Over* (for which she received an Oscar nomination), and *Miss Congeniality*. On television, she made headlines as the star of *Murphy Brown*, for which she won five Emmys. She later starred with James Spader and William Shatner in the critically acclaimed series *Boston Legal*. A gifted writer, Bergen has penned numerous articles and a play, as well as her first bestselling memoir, *Knock Wood*.

**April 6, 2015 – 7 p.m.**

The Hyatt Regency Princeton

Registration is \$40 per person, which includes a copy of *A Fine Romance*, coffee, tea and light desserts. Beginning March 1, the cost will be \$45 per person.

To register, please call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).



## CURRENT PROGRAMS

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

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

MON. March 2 (6:30 – 8 p.m.)  
Plainsboro Recreation and Cultural Center  
641 Plainsboro Road, Plainsboro

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

### Acid Reflux: Answers to Your Burning Questions

WED. March 4 (12:30 – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

Nearly 60 million Americans suffer from heartburn and acid reflux at least once a month. Proper diagnosis and treatment of this common condition can improve your quality of life and help identify more serious medical conditions. Gastroenterologist Aaron M. Bellows, MD, a member of the Medical Staff of Princeton HealthCare System, will discuss the causes of gastroesophageal reflux disease (GERD); treatment options; and Barrett's esophagus, a complication of chronic acid reflux that can lead to esophageal cancer.

### Kids Marathon

SAT. June 27 at 9 a.m.  
Educational Testing Service (ETS)  
660 Rosedale Road, Princeton

\$25 per child

All children grades K - 8 are invited to participate in the 7th Annual Kids Marathon, hosted by Princeton HealthCare System Community Education & Outreach and Princeton Fitness & Wellness Center.

#### How it Works

- Sign up online at [www.princetonhcs.org/kidsmarathon](http://www.princetonhcs.org/kidsmarathon)
- Walk-run-roll 25 miles over 10 weeks beginning in April
- Gather on June 27 at ETS to finish the last 1.2 miles together

**Sign up! For fitness.  
For fun & camaraderie.  
For community contribution.**  
Proceeds support Princeton HealthCare System's programs to promote wellness and prevent obesity and chronic disease in children.

*Please see page 6 for more information.*



### Weight Loss Surgery: Is It Right for Me?

THU. March 5 (6 – 6:30 p.m.)  
THU. April 2 (6 – 6:30 p.m.)  
Princeton Medicine  
2 Centre Drive, Monroe

WED. March 18 (6 – 6:30 p.m.)  
WED. April 15 (6 – 6:30 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

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

## SAVE THE DATE

5 Mile Race/1 Mile Fun Walk at ETS on  
Saturday, September 12, 2015.

## Manage All Your Medications

THU March 5 (7 – 8 p.m.)

Robbinsville Library

42 Allentown-Robbinsville Road, Robbinsville

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

Keeping track of multiple medications can be overwhelming, but proper dosage is extremely important. Even a seemingly simple mistake can be dangerous. Join Susan Jafar, RN-BC, MSN, ONC, CNL, Senior Care Coordinator, Clinical Nurse Leader for Acute Care for the Elderly and Acute Rehabilitation Units at the University Medical Center of Princeton, and learn more about sticking to your doctor's recommended treatment, managing multiple prescriptions, interactions and medication-related problems.

## Don't Miss a Beat: Getting to the Heart of Atrial Fibrillation

TUE. March 10 (1 – 2 p.m.)

Plainsboro Library

9 Van Doren Street, Plainsboro

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

Atrial fibrillation has 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, and a member of the Medical Staff of Princeton HealthCare System, at this informative session to learn about the causes, symptoms and treatments of cardiac atrial fibrillation.

## AARP Smart Driver

WED. March 11 (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

\$20 for non-members

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

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

## Physical Therapy after Breast Cancer

MON. March 16 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Join Denise Quinn, DPT, CLT, with University Medical Center of Princeton Outpatient Rehabilitation Network, to learn about the importance of rehabilitation after undergoing mastectomy, lumpectomy or breast reconstruction. A gentle exercise session will follow the lecture. Breast cancer survivors, physicians, therapists and caregivers are all welcome to attend. The following topics will be discussed:

- Reducing scar adhesions after surgery
- Keeping range of motion in the neck and shoulders during and after reconstruction
- Lymphedema signs, symptoms and treatment options
- Types of compression garments

## Discharged Home 101: Caring for a Loved One at Home Following a Hospital Stay

MON. March 16 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

When loved ones come home from a hospital stay, knowing how to properly care for them is important to their health and your state of mind. Join Dominique V. Pierce-O'Connor, MSW, LSW, Clinical Educator with Princeton HomeCare, for this informative session for caregivers. Learn what to ask before discharge and common issues that may arise when a loved one returns home.

## Take the Right Steps to Improve Your Balance

WED. March 18 (10 – 11 a.m.)

Copperwood

250 Bunn Drive, Princeton

Good balance can reduce your risk of falling, which can lead to broken bones. Join us for this informative program led by John Frank, MSPT, BSPH, physical therapist with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn exercises and techniques to improve balance safely and effectively.

## Free Vision Screenings

THU. March 19 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

THU. April 16 (4 – 8 p.m.)

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

Please call 1.888.897.8979 for dates and to make an appointment. Space is limited.

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

## Hospice and Palliative Care

THU. March 19 (2 – 3 p.m.)  
Hickory Corner Library  
138 Hickory Corner Rd, East Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. It is often challenging to make sound decisions during difficult times. Knowing what options are available greatly reduces stress and anxiety. Learn how hospice and palliative care programs provide help and support; their similarities and differences; and how they can make a positive difference. 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.

## Spring Wellness Health Fair

MON. March 23 (9 – 11 a.m. and 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 healthy jump on 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.

## Exploring the Keys to Wellness as We Age

MON. April 6 (10:45 – 11:45 a.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction  
Join Jamie Winters, LCSW, Senior Primary Therapist at Princeton House Behavioral Health, and explore the keys to wellness that help contribute to happiness. The eight dimensions of wellness will be discussed, focusing on the emotional, financial, spiritual, occupational, physical, intellectual and environmental aspects of wellness and how the right balance of each can contribute to happiness later in life.

## Varicose Veins: Now You See Them, Now You Don't

WED. April 8 (7 – 8 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Center for Surgical Care at the University Medical Center of Princeton.

## Healthy Living: Aging Gracefully in Today's World

MON. April 20 (12:30 – 1:15 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Changes in our bodies as we age can have both positive and negative impacts on our lives. Join Jose Vigario, DO, board certified in geriatrics and internal medicine, to discover the impact aging has on our skin, bones, muscles and cardiopulmonary system, and what you can do to age gracefully. Dr. Vigario is a member of the Medical Staff of Princeton HealthCare System.

## Establishing Patient Goals in Geriatric Medicine: The POLST Form

TUE. April 21 (10 – 11 a.m.)  
Copperwood  
300 Bunn Drive, Princeton

The Practitioners Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patients' treatment wishes are properly communicated to their healthcare team, which promises to honor their wishes. Barbara Vahing, EMT Instructor, MHA, Princeton HealthCare System Community Education & Outreach, will discuss the POLST form.

## Getting Osteoarthritis Pain Under Control

WED. April 22 (1 – 2:30 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

Arthritis and arthritis-related diseases are the most common causes of chronic pain among people 65 years of age and older. Understanding arthritis and pain management can help you make educated decisions to improve your quality of life. Join Betsy Muessig, PHCS Community Education & Outreach instructor, for this invaluable program on self-management techniques and safe exercises designed for anyone suffering with arthritis.

## Heart Health: What's Causing My Irregular Heartbeat?

FRI. April 24 (12:30 – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

If you have high blood pressure, diabetes, hyperthyroidism, heart disease or are advancing in years, you may be at risk for atrial fibrillation, a form of irregular heartbeat. Join John D. Passalaris, MD, FACC, board certified in cardiovascular disease and internal medicine, for this informative session. Dr. Passalaris will discuss atrial fibrillation, the stress the condition puts on the heart, ways to minimize risk of stroke and what you can do if you are diagnosed with atrial fibrillation.

Join health professionals with the Community Education & Outreach Program for your **free Blood Pressure Check** from 10 a.m. – 12 p.m. on Tuesday, March 17 and April 21 at our new location at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.



## CHILDBIRTH & FAMILY

### PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

#### Sibling Class

SAT. March 14 (10 – 11:30 a.m.)  
University Medical Center of Princeton – Main Lobby

\$30 per child

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

#### Maternity Tour

SAT. March 14 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)

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

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

SAT. April 25 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

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

#### Early Pregnancy

MON. March 2 (7 – 9 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center

\$30 per couple. This fee will be applied toward a birthing basics class.

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.

#### Baby Steps to Baby Care

FRI. March 13 (7 – 8 p.m.)  
Babies "R" Us  
700 Nassau Park Boulevard, West Windsor

\$10 per couple which includes a \$5 voucher toward a Baby Care class at UMCP. Must call **1.888.897.8979** to redeem voucher.

This informative introduction to the UMCP Baby Care program is designed to help create confidence in your parenting skills. Topics include an introduction to infant care, safe sleep techniques and car seat education.

#### Daddy Boot Camp™

SAT. March 28 (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.

#### Prenatal Breastfeeding Class

THU. March 19 (7 – 9 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center

\$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.

#### Prepare for Cesarean Section

MON. April 6 (7 – 9 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center

\$30 per couple

Learn what to expect during your scheduled Cesarean section. Topics include preparation, surgery, anesthesia and post-operative recovery.

## 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 9 – 30 (7 – 9 p.m.)  
THU. March 26 – April 16 (7 – 9 p.m.)  
WED. April 8 – 29 (7 – 9 p.m.)  
THU. April 30 – May 21 (7 – 9 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center

#### \$125 per couple

This four-week program provides information and answers to questions concerning labor and delivery. Expectant 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 includes a tour of our Center for Maternal & Newborn Care.

### Accelerated Birthing Basics

SAT. March 21 (9 a.m. – 5 p.m.)  
SAT. April 18 (9 a.m. – 5 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center

#### \$155 per couple

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

### HypnoBirthing®

SAT. March 21 – April 18  
(9:30 a.m. – 12 p.m.)  
*(Please note the April 18 session will be from 1 – 3:30 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 for expectant couples teaches 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. Please bring an exercise mat and pillows.

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

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

### Baby Care

MON. April 20 (7 – 9:30 p.m.)  
University Medical Center of Princeton, Ground Floor, Education Center

#### \$50 per couple

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

### Car Seat Safety Checks

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

## CHILDBIRTH & FAMILY

### POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

#### Bright Beginnings (birth to crawling)

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

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

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

#### Breastfeeding Support Group

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

#### No registration required.

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

#### Postpartum Adjustment Support Group

WED. March 4 (1 – 2 p.m.)  
WED. March 18 (1 – 2 p.m.)  
WED. April 1 (1 – 2 p.m.)  
WED. April 15 (1 – 2 p.m.)  
WED. April 29 (1 – 2 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

#### No registration required.

Join Princeton HealthCare System professionals and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are encouraged to bring their infants.

Please note  
new location!



## CPR & FIRST AID

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

### **ACLS Full Certification Course**

MON. & TUE. March 23 & 24 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

### **ACLS Recertification Course**

WED. March 4 (9 a.m. – 5 p.m.)  
WED. April 29 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person  
Recertification: \$175 per person  
The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

### **PALS Full Certification Course**

WED. & THU. April 8 & 9 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

### **PALS Recertification Course**

FRI. March 20 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person  
Recertification: \$175 per person  
The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

### **BLS for Healthcare Providers**

THU. March 12 (6 – 10:30 p.m.)  
THU. April 2 (9 a.m. – 1:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

TUE. March 17 (9 a.m. – 1:30 p.m.)  
TUE. April 21 (6 – 10:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

MON. March 2 (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

**\$65 per person**  
The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.

### **Heartsaver AED**

FRI. April 17 (6 – 9:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

MON. March 30 (6 – 9:30 p.m.)  
MON. April 27 (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

**\$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.

*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.*

## Learn Lifesaving Techniques at PHCS' Free CPR Week Classes

Registration is required for all classes.

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 12 (11 a.m. – 12:30 p.m.)**

Community Education & Outreach at  
731 Alexander Road

**MON. April 13 (6:30 – 8 p.m.)**

Please call 609.259.3490 to register.

Robbinsville Library

42 Allentown-Robbinsville Road  
Robbinsville

**MON. April 13 (7 – 8:30 p.m.)**

Franklin Township Public Library  
485 DeMott Lane, Somerset

**TUE. April 14 (10 – 11:30 a.m.)**

Please call 609.737.2610 to register.

Hopewell Library

245 Pennington-Titusville Road  
Pennington

**TUE. April 14 (6:30 – 8 p.m.)**

South Brunswick Public Library  
110 Kingston Lane  
Monmouth Junction

**THU. April 16 (10 – 11:30 a.m.)**

Please call 609.448.1330 to register.

Hickory Corner Branch

138 Hickory Corner Road  
East Windsor

**THU. April 16 (7 – 8:30 p.m.)**

Please call 609.275.2898 to register.

Plainsboro Library

9 van Doren Street

Plainsboro

**Fri April 17 (10 a.m. – 12 p.m.)**

South Brunswick

Wellness Center

540 Ridge Road

Monmouth Junction

**SAT. April 18 (11 a.m. – 12:30 p.m.)**

Community Education & Outreach

at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference

Rooms A & B

**SUN. April 19**

**(11 a.m. – 12:30 p.m.)**

University Medical

Center of Princeton

First Floor,

Education Center

### Family & Friends CPR – Infant

**SUN. April 12 (10 – 10:45 a.m.)**

Community Education & Outreach at  
731 Alexander Road

**SAT. April 18 (10 – 10:45 a.m.)**

Community Education & Outreach

at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

**SUN. April 19 (10 – 10:45 a.m.)**

University Medical Center of Princeton

First Floor, Education Center



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

### EMT Refresher Classes

University Medical Center of Princeton, Education Center

\$50 per person, per session

Registration required; payment due at registration. These sessions are for existing EMTs who are required to recertify.

#### EMT Refresher Class: Section A — Airway Assessment and Management

**SUN. March 1 (8 a.m. – 5 p.m.)**

Students will review proper airway management techniques, including assessment, airway insertion and oxygen administration.

#### EMT Refresher Class: Section B — Medical Assessment and Management

**Sun. April 26 (8 a.m. – 5 p.m.)**

Students will review proper CPR techniques, childbirth and approved medication administration.



## EMT CEU – NJT Rail Safety

WED. March 18 (6 – 9 p.m.)

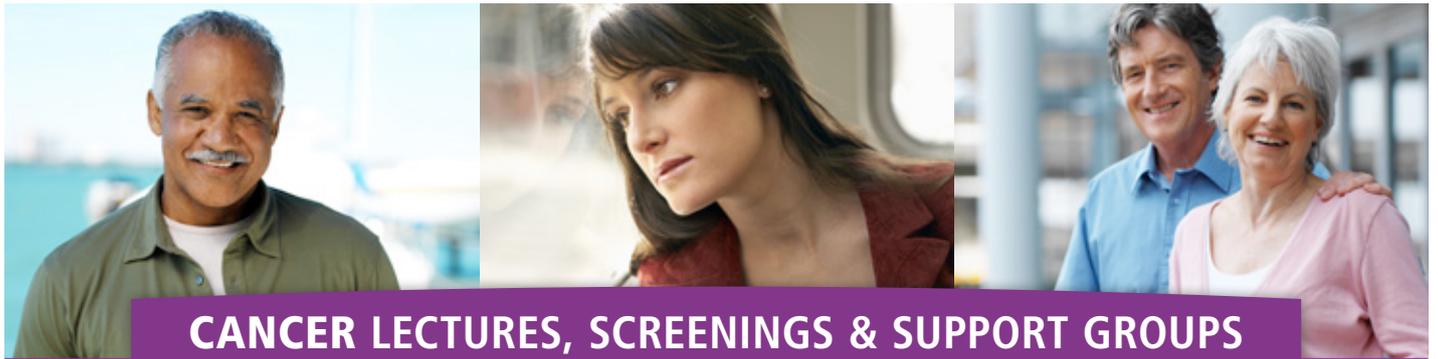
Princeton Fitness & Wellness Center, 1225 State Road, Princeton

Registration required.

This is a pre-approved elective class for three CEUs conducted by NJ TRANSIT. The objective of this training is to provide all first responders with a basic overview of NJ TRANSIT's Emergency Response Guidelines. The training includes a video of an actual passenger train emergency and a full response by Emergency Services, as well as an Emergency Response Guidelines PowerPoint presentation covering the following subjects:

- A brief history of NJ TRANSIT
- From-the-ground-up familiarization
- A system map of NJ TRANSIT
- Tracks
- Safety awareness
- NJ TRANSIT — tunnel hazards
- Railroad response agencies
- NIMS-ICS table
- Train crews

*While we are proud to offer this training to Emergency Medical Services personnel, we wish to clarify that University Medical Center of 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 care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). University Medical Center of Princeton is an Affiliate of Rutgers Cancer Institute of New Jersey, an accredited comprehensive community cancer program of the American College of Surgeons Commission on Cancer (CoC). For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

### Prostate Cancer Support Group

WED. March 11 (12 – 1:30 p.m.)

WED. April 15 (12 – 1:30 p.m.)

University Medical Center of Princeton

Edward & Marie Matthews Center for Cancer Care  
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 17 (1:30 – 3 p.m.)

TUE. April 21 (1:30 – 3 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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

### Breast Cancer Support Group

TUE. March 17 (6 – 7:30 p.m.)

TUE. April 21 (6 – 7:30 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

No registration required.

Walk-ins welcome.

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

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

WED. March 18 (12 – 1 p.m.)

WED. April 15 (12 – 1 p.m.)

University Medical Center of Princeton  
Edward & Marie Matthews Center for Cancer Care  
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 23 (6 – 8 p.m.)

University Medical Center of Princeton  
Edward & Marie Matthews Center for Cancer Care  
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 2 (7 – 9 p.m.)

MON. April 6 (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

TUE. March 3 (7 – 8:30 p.m.)

TUE. April 7 (7 – 8:30 p.m.)

University Medical Center of Princeton  
First Floor, Education Center, Conference Rooms C & D  
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, Co-Director of Metabolic and Bariatric Surgery at University Medical Center of Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; and Princeton HealthCare System staff. *Sponsored by the Center for Bariatric Surgery at UMCP and New Jersey Bariatrics.*

### Freedom from Smoking Support Group

THU. March 12 (6:30 – 7:30 p.m.)

THU. April 9 (6:30 – 7:30 p.m.)

Community Education & Outreach at 731 Alexander Road  
This group meets the second Thursday of every month and welcomes individuals who want to quit smoking or have already quit smoking. Join American Lung Association-trained facilitators to share strategies for starting or maintaining your new tobacco-free lifestyle.

### Diabetes Support Group

WED. March 18 (2:30 – 4 p.m.)

WED. April 15 (2:30 – 4 p.m.)

Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

MON. March 23 (6:30 – 8 p.m.)

University Medical Center of Princeton  
First Floor, Diabetes Management Program

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

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

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

TUE. March 17 (6:30 – 8 p.m.)  
Community Education & Outreach  
at 731 Alexander Road

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

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

### **Hospice Program of Princeton HomeCare Bereavement Support Groups**

MON. March 16 (1 – 2:30 p.m.)  
MON. April 20 (1 – 2:30 p.m.)  
Suzanne Patterson Center at Princeton Senior Resource Center  
45 Stockton Street, Princeton

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

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

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

THU. March 5 (6:30 – 7:30 p.m.)  
THU. April 2 (6:30 – 7:30 p.m.)  
Princeton Medicine  
2 Centre Drive, Monroe

WED. March 18 (6:30 – 7:30 p.m.)  
WED. April 15 (6:30 – 7:30 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

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



## **EVENTS FOR SENIORS**

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

### **Acid Reflux: Burning Question**

WED. April 15 (10:30 – 11:30 a.m.)  
Hopewell Valley Senior Center  
395 Reading Street, Pennington  
Approximately 60 million Americans  
experience heartburn and acid reflux at  
least once a month. Aaron M. Bellows,  
MD, specializing in gastroenterology and a  
member of the Medical Staff of Princeton  
HealthCare System, will discuss the causes  
of gastroesophageal reflux disease (GERD),  
treatment options, and Barrett's esophagus,  
a complication of chronic acid reflux that can  
lead to esophageal cancer.

### **Get Balanced: Don't Fall**

MON. & WED. March 16, 18, 23 & 25 (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 1 in 3 people over the age of 60 experiences a fall. Many of these falls can be prevented with the right exercises and some simple changes in your habits and your environment. Come to this informative four-part class where you will 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. Class will be taught by trained facilitators with a special presentation by Linda Lucuski, MPT, Certified McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center of Princeton's Outpatient Rehabilitation Network.

## ONLINE SEMINARS

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

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

Pre-register either by calling 1.888.897.8979 or by going to [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

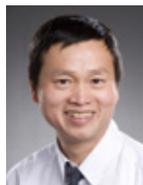
All those who pre-register for an online seminar will be entered to win one of several gift cards that will be awarded immediately following the web chat. Must be present to win.



### Understanding Colorectal Cancer Signs, Symptoms and Treatments

March 19 at 7 p.m.

Anish A. Sheth, MD, board certified in gastroenterology



### Abnormal Uterine Bleeding in Different Stages of Life

April 6 at 12 p.m.

Kenneth H. Ung, MD, FACOG, board certified in obstetrics and gynecology



### Helping Those Who Keep Us Safe

March 30 at 12 p.m.

Michael Bizzarro, PhD, LCSW, BCD, Director, Clinical Services for First Responders at Princeton House Behavioral Health



### New Guidelines for Bariatric Surgery

April 16 at 7 p.m.

Lisa Dobruskin, MD, FACS, board certified surgeon specializing in bariatric surgery

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

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

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



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



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



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



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



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

**Brooke Shields** discussed her new book, *"There Was a Little Girl: The Real Story of My Mother and Me,"* at a Princeton HealthCare System event at the Hyatt Regency Princeton. Kim J. Pimley, Chairman of the Princeton HealthCare System Board of Trustees (*left*) and Janet L. Ready, President of University Medical Center of Princeton and Senior Vice President of PHCS (*right*), welcomed the award-winning actress and bestselling author. More than 600 community members attended the event, where they also heard remarks from breast surgeon Margaret Crivello, MD, who is on the PHCS Medical Staff. Renee Chenault-Fattah, anchor at NBC10 Philadelphia, moderated the discussion with Brooke Shields.



# Your Support Can Help Save Lives at the UMCP Breast Health Center

**Rachel Dultz, MD, FACS**, is a breast surgeon and Medical Director for UMCP's (University Medical Center of Princeton) Breast Health Center. She is a busy physician leader with a passion. Every day, she seeks to improve the lives of women and men who are at risk of, facing or surviving breast cancer.



When the Princeton HealthCare System (PHCS) Foundation team had a chance to meet with Dr. Dultz (*pictured right*) to discuss her experiences at the Breast Health Center, she spoke of the importance of reaching everyone in the community with a message about timely discovery of cancer.

“It all comes down to early detection, which may make the difference between life and death. I want everyone at risk of breast cancer in our region to know that early detection and treatment for breast cancer is available close to home at our two convenient locations: the UMCP Breast Health Center in East Windsor and UMCP in Plainsboro.”

PHCS's effectiveness at meeting the screening needs of all patients, including the uninsured and underinsured, is close to Dr. Dultz's heart. “I am delighted that UMCP's Breast Health Center and programs are able to make sure that everyone who may need these services knows about them through our Breast Education and Mammography (BEAM) Program,” she says. “The BEAM Program is available to vulnerable persons living in pockets of suburban poverty, and it connects these patients through culturally sensitive community outreach to the care they need.”

Dr. Dultz added: “Many people don't realize that we have a significant number of people in our communities facing tremendous barriers to care: language, literacy, transportation, poverty, and inadequate or no insurance. Many individuals are not adequately insured and cannot afford their co-pays, not even for routine breast cancer screening and mammography.”

“Funding from our generous donors enables us to provide vital screening services to all of our neighbors so that we have the potential to save lives through early detection. Susan G. Komen Central and South Jersey, the Amy Foundation, and the Christina S. Walsh Breast Cancer Foundation make a tremendous impact on our ongoing ability to help everyone with this need. You too can help by participating in the events of these funders.”

Many different charitable fundraising opportunities allow you to make a difference in the fight against breast cancer—such as walks, bike rides, Zumba charity events, comedy club benefits, and other fun, healthy activities. Events are scheduled soon, so please be sure to visit the websites listed at right and join Princeton HealthCare System's teams to directly help the BEAM Program.

Please visit the following websites for additional information on the **BEAM Program's funders** and their upcoming events and programs:

The Amy Foundation:  
[www.theamyfoundation.org](http://www.theamyfoundation.org)

Christina S. Walsh  
Breast Cancer Foundation:  
[www.christinaswalshbcf.org](http://www.christinaswalshbcf.org)

Susan G. Komen Central  
and South Jersey:  
[www.komencsnj.org](http://www.komencsnj.org)

For more information about the UMCP Breast Health Center, visit [www.princetonhcs.org](http://www.princetonhcs.org) or call 1.888.PHCS4YOU (1.888.742.7496).



# Protect Your Child from Disease: Stay Up to Date on Vaccines

For more than a century, vaccines have protected us against serious, sometimes life-threatening diseases like polio, tetanus and whooping cough. In fact, thanks to the smallpox vaccine one of the biggest threats to human health has been eliminated.

To make sure your child receives optimal protection from a range of diseases, it's important to follow your pediatrician's vaccination schedule.



## Get the Facts

"The American Association of Pediatrics recommends annual visits to the doctor — and more frequent visits when your child is younger than two years — to make sure all vaccinations are up to date," says **Bert Mandelbaum, MD**, Chairman of Pediatrics at University Medical Center of Princeton.

Infants are vaccinated at birth against hepatitis B and should get additional vaccines at 2, 4, 6, 12, and 15 months. These early vaccines protect against a wide variety of diseases, including rotavirus, diphtheria, tetanus, polio, measles, mumps and rubella.

Your child should also receive certain booster vaccines between the ages of 4 and 6, and additional vaccinations at 11 to 12 years and 16 to 18 years, including the vaccine that protects against bacterial meningitis. For a detailed schedule, ask your pediatrician or go to [cdc.gov/vaccines/schedules/](http://cdc.gov/vaccines/schedules/).

## A Question of Safety

Failing to follow recommended immunization schedules can lead

to weakened immunity. Delaying vaccinations, for example, can leave young children unprotected for a longer period of time and can also put others, including infants and people with weakened immune systems, at risk.

A recent review of years of research shows that vaccines are safe and side effects are rare. "The overwhelming number of side effects of vaccination are benign, like pain or redness at the injection site, rash, sleepiness, and temporary fever," says Dr. Mandelbaum, who is board certified in pediatrics.

On the other hand, the diseases vaccines protect against can have serious consequences — something that's hard to envision, notes Dr. Mandelbaum, "because these diseases aren't as much a part of our daily lives as they were prior to vaccination." While many of these illnesses are rare in the U.S., they still exist in other parts of the world and can be reintroduced here by travelers from abroad.

If you have questions or concerns, either before or after vaccination, bring them to the attention of your pediatrician. Together, the two of you make an effective team, dedicated to protecting your family and ensuring a lifetime of good health.

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

# Treating **Mental Illness and Substance Abuse** at Princeton House Behavioral Health

Many people who abuse drugs and alcohol also struggle with underlying mental illness. For others, mental illness may trigger drug and alcohol problems.

In fact, “co-occurring” mental health and substance abuse disorders impact an estimated 8.9 million Americans, according to the U.S. Substance Abuse and Mental Health Services Administration, with more than 50 percent receiving no treatment at all. Without treatment, co-occurring disorders can lead to a vicious cycle in which the negative effects of drug or alcohol dependence and mental illness exacerbate each other, and cause a more severe course of illness.

That’s why Princeton House Behavioral Health (PHBH) is committed to identifying and simultaneously treating addiction and mental illness. This “holistic” approach helps ensure a patient receives the proper care, right from the start, says Kapila Marambage, MD, a psychiatrist at PHBH.

“We try to identify patients with co-occurring disorders as early as possible in the treatment process,” says Dr. Marambage, who is board certified in general and addiction psychiatry. “These are two separate diagnoses that need to be treated at the same time with integrated, comprehensive therapy.”

## What’s the Connection?

The link between mental illness and substance abuse is not always clear, but it’s common for a patient to seek treatment for one problem only to discover another, Dr. Marambage says.

Some mental health conditions, such as attention deficit hyperactivity disorder (ADHD), have been shown to put people at high risk for substance abuse. People with mood disorders, such as bi-polar disorder or anxiety disorder, may turn to drugs and alcohol as a way to stabilize their moods.



“They don’t realize that they have an underlying psychiatric issue,” Dr. Marambage says. “They have gotten used to feeling better under the influence of a drug and eventually the drug becomes the bigger problem.”

Substance abuse might also awaken a dormant mental health problem. For example, drugs such as marijuana, hallucinogens and cocaine can trigger symptoms of schizophrenia.

## The Road to Recovery

The first goal of treatment is to identify whether a patient’s primary problem is drug abuse or mental illness, if possible. This helps PHBH psychiatrists individualize treatment by determining whether a patient would do better primarily in a psychiatric setting or a substance-abuse setting, Dr. Marambage says.

All patients in PHBH’s Co-occurring Disorders Program have access to:

- Board certified psychiatrists, including specialists in addiction medicine, as well as master’s-level social workers, therapists and addiction counselors.
- Inpatient and outpatient treatment options, including a continuum of care/step-down program.
- Discharge planning with an emphasis on relapse prevention.

PHBH also offers a wide range of specialized programs, including a young adult program, which provides medical detoxification and inpatient addiction recovery services to young men and women between the ages of 18 and mid-20s.

For more information on PHBH’s Co-occurring Disorders Program, call 1.800.242.2550 for Inpatient Services, or 888.437.1610 for Outpatient Services, or visit [www.princetonhouse.org](http://www.princetonhouse.org).

# Endometriosis: Treatment Can Restore Quality of Life

Endometriosis — a chronic condition where tissue that normally lines the uterine wall grows outside the uterus — affects an estimated 20 percent of women of childbearing age. But most women don't seek medical treatment in a timely fashion because the disorder mimics so many other ailments, including irritable bowel syndrome, pelvic inflammatory disease, dysmenorrhea (painful menstruation) and even sexual dysfunction.

The exact causes of endometriosis remain a mystery, but symptoms can include:

- heavy menstrual bleeding or bleeding between cycles
- menstrual pain
- gastrointestinal discomfort (including bloating, constipation, diarrhea and nausea, especially during menstruation)
- pain during intercourse
- pain with bowel movements or urination
- infertility

## Talk to Your Doctor



The first step is to talk to your doctor about your symptoms. For women who regularly experience the pain and discomfort associated with the condition, proper diagnosis and treatment can be life changing. “The good news,” says **Kenneth Ung, MD, FACOG**, a board certified obstetrician and gynecologist on staff at University Medical Center of Princeton (UMCP), “is that there are many ways of treating endometriosis, and we can eliminate the symptoms.”

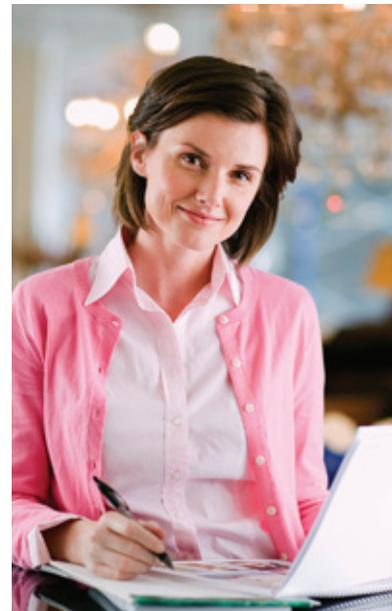
If a pelvic exam or an ultrasound reveals abnormalities, like cysts, which are often associated with the disorder, you may then undergo a laparoscopy — where a slender camera is inserted through an incision in the abdomen — to confirm the diagnosis.

## Treatment Approaches

Treatment will depend on your individual symptoms and situation. If the condition is simply causing mild discomfort, over-the-counter pain relievers may be enough. Birth control pills or other hormonal therapies that lower estrogen levels or temporarily halt menstruation (since estrogen can stimulate the growth of endometrial cells) are often prescribed to help shrink endometrial tissue and reduce symptoms.

Surgery may also be performed to remove endometrial tissue in certain cases, and for extreme symptoms hysterectomy (removal of the uterus) can often provide complete relief. In certain cases Dr. Ung performs these procedures using the minimally invasive robotic da Vinci Surgical System®.

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



## Endometriosis & Infertility

According to Dr. Ung, “Fifty percent of women who suffer from infertility turn out to have endometriosis, though not all of these cases are actually caused by the disorder.”

If you are trying to become pregnant, your doctor will look for adhesions — abnormal tissue, stimulated by endometriosis, that can block the fallopian tubes — and remove them laparoscopically, along with any endometrial tissue found near the ovaries, bowel or tissue lining your pelvis.

See page 18 for information on an upcoming online seminar on abnormal uterine bleeding in different stages of life.

# Helping Those Who Keep Us Safe: Princeton House Behavioral Health's First Responders Treatment Services

On a daily basis, first responders — police, firefighters, corrections officers and military personnel — place themselves in harm's way in order to protect our communities. Their professional training equips them with the skills needed to help others while often putting their own lives on the line. But when it comes to seeking help for themselves, taking that first step can be challenging.



“Many first responders feel the pressure to appear — and to be — invincible, even when they’re under tremendous stress,” says Michael Bizzarro, PhD, LCSW, Director of Clinical Services for First Responders at Princeton House Behavioral Health (PHBH), and a former police officer. In addition, the view of mental illness as something shameful can keep them from seeking the help they need. “At times police officers are confronted with emotionally disturbed persons (EDPs),” says Dr. Bizzarro. “The idea that they, themselves, may suffer from an emotional illness isn’t something they’re comfortable with or willing to accept.”

And then there’s departmental culture, which often casts mental health issues in a negative light. First responders worry that if they undergo treatment, colleagues may question their stability and integrity or lose confidence in them. Many fear they could jeopardize their careers. And in a job where trusting the unknown can be dangerous, putting your trust in a therapist or counselor is often a major psychological hurdle.

## Finding Help—and Hope

PHBH offers confidential help and services designed specifically to address the unique needs and concerns of first responders. A critical element is the inclusion of peer counselors, among them a peer support specialist who is a former police officer and military veteran.

“Fellow officers are among the first faces you’re likely to see at Princeton House,” says Dr. Bizzarro, “which reduces the apprehension associated with disclosing personal information.” He notes, too, that “research

strongly supports the effectiveness of peer liaisons because of their first-hand knowledge of the work first responders do and the particular stresses they face.”

The program offers individually tailored services that include a comprehensive evaluation, individual and/or group therapy, family therapy, 12-step recovery-based programming, medication if needed, nutritional counseling, expressive therapies (art, music, and movement), and physical activity in an on-site gym.

## The Perils of Going Untreated

Unfortunately, the consequences of not seeking help can be dire. They include feelings of isolation and anger, absenteeism, problems maintaining relationships, increased alcohol and drug use, sleep disturbances and financial difficulties. “First responders face primary dangers in the performance of their job,” says Dr. Bizzarro. “As a result, they also face secondary dangers, among them depression, anxiety, post-traumatic stress disorder, substance abuse, marital discord, domestic violence and, far too often, suicide.” Finding the right treatment, he stresses, can change, or even save, the life of a first responder. Making the decision to seek treatment could end up being their greatest act of bravery.

To find out more about Princeton House Behavioral Health or First Responder Treatment Services, call 1.800.242.2550 or visit [www.princetonhouse.org](http://www.princetonhouse.org).

See page 18 for information on an upcoming online seminar on First Responder Treatment Services.



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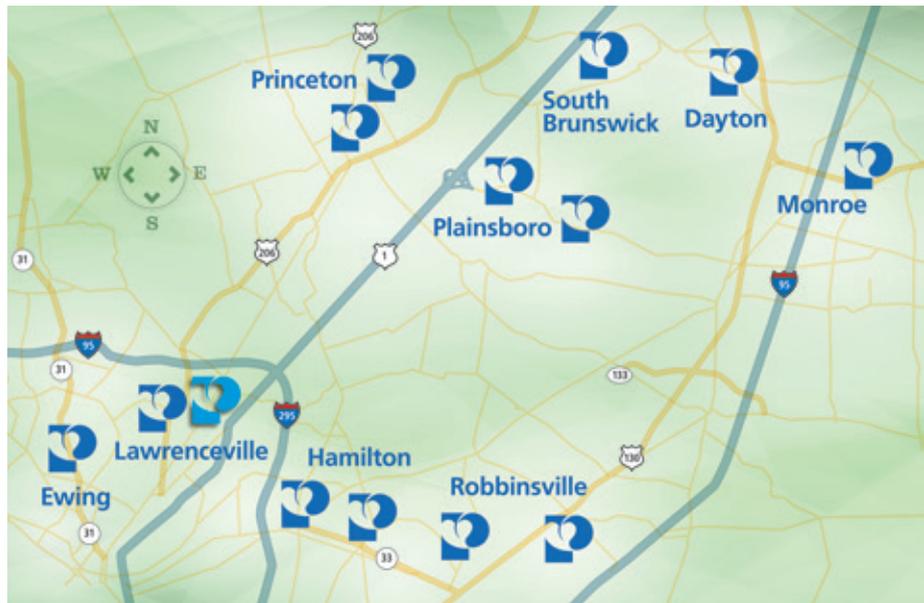
## Lawrenceville Practice Joins Princeton Medicine

Princeton Pike Internal Medicine, a Lawrenceville-based practice featuring four board certified internists and a certified nurse practitioner, has joined Princeton Medicine, the employed physician group of Princeton HealthCare System (PHCS).

The practice provides primary care to patients age 18 and older. Its practitioners include:

- Paul E. Goldberg, MD
- Mark J. Weinstein, MD
- Eric A. Gomes, MD
- Peter Lee, MD
- Katherine Solway, NP-C

In addition to Princeton Pike Internal Medicine, the Princeton Medicine physician group also includes Comprehensive OB/GYN Care of Princeton, Ewing Medical Associates, Hamilton Medical Group, NJ Bariatrics and Rednor-Risi Family Medicine. Princeton Medicine employs more than 50 physicians with offices in Princeton, Plainsboro, Monroe, Hamilton, Lawrenceville, Robbinsville, South Brunswick and Ewing.



Princeton Pike Internal Medicine will retain its name and current office at 3100 Princeton Pike, Building 3, Floor 3, Lawrenceville. To make an appointment, please call 609.896.1793.

To learn more about Princeton Medicine, please visit [www.FINDADR.com](http://www.FINDADR.com) or call 1.800.FIND.A.DR (1.800.346.3237).