

Princeton Health

Delivering
Specialized Care
to Seniors



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- Childhood Allergy Alert
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Delivering Specialized Care

For the past 10 years, doctors and nurses at University Medical Center of Princeton (UMCP) have taken a specialized approach to understanding and meeting the unique needs of older adults.



UMCP has become a leader in providing specialized care for geriatric patients. Throughout their experience at the hospital — from the Emergency Department to the inpatient units and discharge process — seniors benefit from a wide range of dedicated programs and facilities.

“Our hospital is more geriatric-sensitive than ever,” says **David Barile, MD**, Medical Director of UMCP’s Acute Care for the Elderly (ACE) Unit. “We’re always looking at ways to provide an even safer experience for an older patient throughout his or her hospital stay.”

UMCP continues to focus on ways to eliminate many of the known risks that older patients face during a hospital stay. These include falls or spending too much time in bed, says Dr. Barile, who is board certified in internal medicine, geriatric medicine, hospice and palliative medicine.

The Little Details Count

UMCP offers a special Geriatric Unit in its Emergency Department, as well as an Acute Care for the Elderly (ACE) Unit within the hospital itself.

Beyond these programs, UMCP has also focused on the little details to improve senior care, says Daphne Berei, MSN, RN-C, Senior Nurse Manager in the ACE Unit. The unit offers art activities, pet therapy and visits from high school musicians to help get patients up and moving. Everything from the floors (non-slip) to the hospital beds (lower to prevent falls) was designed with elderly patients in mind.

“Since many patients would rather be at home in their own familiar environment, our goal is to get patients back home as soon as safely possible and to prevent return trips to the hospital,” Berei says. “We don’t want to have elder patients staying in the hospital any longer than absolutely necessary.”

Once home, Princeton HomeCare offers in-home nursing and rehabilitation, as well as hospice and support services to patients who need them. Short-term care is available for patients recovering from surgery or who have other temporary conditions, and extended care is provided to those with chronic conditions.

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.

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For more information about Princeton HealthCare System’s senior services, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

to Seniors

Senior Services at UMCP

At any given time, about one third of hospitalized patients are over the age of 65, according to U.S. Department of Health and Human Services.

UMCP addresses the needs of this older population through services that include:

A Geriatric Unit in the Emergency Department. The unit provides a quiet space for seniors to receive care away from the normal hustle and bustle of the rest of the Emergency Department. Each of its six private rooms has a bathroom, windows and space for family members to stay.

The ACE Unit. In January 2011, UMCP became one of the first hospitals in New Jersey to offer a 24-bed Acute Care for the Elderly (ACE) Unit specifically designed to meet the needs of older adults. Patients are cared for by an interdisciplinary team of specially trained nurses, therapists, dietitians, gerontologists (doctors who specialize in treating older adults) and hospitalists (doctors who specialize in hospital-based medicine).

The Nurses Improving Care for Healthsystem Elders (NICHE) Program. UMCP has been a long-time member of this national initiative to improve nursing care for older adult patients. More than 20 nurses throughout the hospital have passed rigorous training and exams to receive additional certification in geriatrics.



Weight-loss Surgery: A Safe and Effective Option for Teens

With the rise in obesity among children in the U.S., many teenagers are already at serious risk for life-threatening medical problems such as type 2 diabetes and heart disease — diseases usually seen in adults.



That's why it's not too early for teens struggling with obesity, and their parents, to consider the option of bariatric surgery, says **Lisa Dobruskin, MD**, Co-Medical Director of the Center for Bariatric Surgery & Metabolic Medicine at University

Medical Center of Princeton (UMCP). Bariatric surgery has been proven to not only help patients achieve significant weight loss, but also to reverse some of the dangerous health effects of obesity.

“For the right adolescents, bariatric surgery could be a life-saving procedure,” Dr. Dobruskin says. “These are kids who are already starting to have obesity-related health problems that are only likely to become more serious as they reach adulthood.”

About one in five adolescents ages 12 to 19 is considered obese, and children who are obese are very likely to be obese as adults, according to the U.S. Centers for Disease Control and Prevention.

The Right Candidate

Dr. Dobruskin says that for a teenager to be eligible for bariatric surgery, he or she must have a body mass index (BMI) of 40 or higher and suffer from related health conditions such as diabetes, high blood pressure or sleep apnea. The patient must also have reached his or her adult skeletal growth. Additionally, a teenager must be mature enough to commit to a healthy lifestyle after surgery.

Bariatric surgery causes rapid weight loss by closing off a large portion of the stomach, causing a person to feel full after eating much smaller portions of food.

“Bariatric surgery is not for every adolescent,” Dr. Dobruskin says. “The adolescent has to be mature enough to understand what his or her life is going to be like and to embrace — and commit to — a new lifestyle in terms of eating and exercise.”

Research has shown that bariatric surgery is safe and effective for teens, Dr. Dobruskin says. In fact, teens may potentially have more success than adults because they have a shorter history of poor eating habits to overcome and usually have fewer joint problems that could limit exercise, she says.

A Program Dedicated to Weight Loss

While there are multiple bariatric surgery techniques, the preferred method for teens is sleeve gastrectomy, a procedure in which about 60 to 70 percent of the stomach is removed. This procedure eliminates the portion of the stomach that produces a hormone that stimulates hunger, which further supports weight loss.

Bariatric surgery is just one of the services at the Center for Bariatric Surgery & Metabolic Medicine. Located in a newly renovated section of UMCP's Medical Arts Pavilion, the center brings together a comprehensive team of weight-loss experts, including bariatric surgeons, dietitians, behavioral health experts and exercise specialists. Patients can also easily coordinate care for conditions such as diabetes, heart disease and sleep apnea with specialists from Princeton Medicine, the primary and specialty care physician group of Princeton HealthCare System (PHCS).

To find a bariatric surgeon on staff at UMCP, call 1.800.FINDaDR. For more information about the Center for Bariatric Surgery & Metabolic Medicine, visit www.princetonhcs.org/weightloss.

Advanced Prostate Cancer Treatment: Excellent Outcomes, Fewer Side Effects



Prostate cancer will strike one in seven men during his lifetime, making it the second most common cancer in men after skin cancer, according to the American Cancer Society.

Recent advances in prostate cancer treatment not only help men beat the disease but also experience fewer side effects from testing and treatment, says **Edward Soffen, MD**, a board certified radiation oncologist at University Medical Center of Princeton (UMCP).

At UMCP, doctors are using sophisticated testing to help some men avoid the need for a prostate biopsy, while precise robotic surgery and highly targeted radiation therapy are helping reduce the risk of incontinence, sexual dysfunction and other potential side effects of treatment.

“The best scenario for treating prostate cancer is having every option available and working with your doctors to find what’s right for you,” Dr. Soffen says. “We are able to offer patients every modality of prostate cancer treatment.”

Many Treatment Options

Prostate cancer is usually detected through a blood test for prostate-specific antigen, or PSA, and confirmed through a biopsy (where a tiny sample of the prostate is removed and tested for cancer in a laboratory). A new urine test, called PCA3, uses genetics to help determine if a biopsy is necessary for men with a slightly elevated, but not extremely high PSA.

When cancer is diagnosed, some men are good candidates for active surveillance depending on several factors such as age, other illnesses (life expectancy), the aggressiveness of the cancer and the PSA value, Dr. Soffen says. During active surveillance, a patient is monitored over time for symptoms and changes in PSA levels.

When treatment is required, UMCP offers:

- **Prostate removal surgery using the da Vinci Surgical System®.** This minimally invasive approach takes advantage of robotic technology to precisely remove the prostate with the potential for less pain, less blood

loss and less impact on surrounding nerves.

- **Advanced image-guided radiation therapy using TrueBeam™ technology.**

In combination with state-of-the-art MRI imaging, the treatments target and destroy cancer with extreme accuracy, which shortens treatment times and minimizes the impact on surrounding tissue.

- **Radioactive seed implants.** Tiny

radioactive pellets are inserted using needles placed directly in the prostate gland, slowly delivering radiation to cancer cells over the course of weeks.

More on the Horizon

UMCP also aims to provide patients with access to cutting-edge treatments as they become available, Dr. Soffen says.

“The cure rates for prostate cancer have been very good for a number of years,” Dr. Soffen says. “Our focus now is moving toward trying to effectively diagnose and eliminate prostate cancer and get patients back to their normal lives as quickly as possible.”

The Edward & Marie Matthews Center for Cancer Care at UMCP is accredited with commendation from the American College of Surgeons’ Commission on Cancer, a recipient of the American College of Surgeons’ Commission on Cancer Outstanding Achievement Award, and earned the 2015 Women’s Choice Award® as one of America’s Best Breast Centers and one of America’s Best Hospitals for Cancer Care.

Precise robotic surgery and highly targeted radiation therapy are helping reduce the risk of incontinence, sexual dysfunction and other potential side effects of treatment.

To find out more information about the Center for Cancer Care at UMCP, call 1.888.PHCS4YOU, or visit www.princetonhcs.org.

Advanced Surgery for Colorectal Diseases

Colorectal diseases — including diverticulitis, inflammatory bowel disease (IBD) and colorectal cancer — affect millions of Americans of all ages. And while surgery may not always be required to treat every condition, more than 600,000 patients do require colorectal surgical procedures in the U.S. every year, according to the Society of American Gastrointestinal and Endoscopic Surgeons.



For example, with diverticulitis, surgery may be needed if there is a perforation, obstruction or repeated episodes, says **Liam R. Smith, MD**, a surgeon specializing in colon and rectal surgery on staff at University Medical Center of Princeton (UMCP). With severe cases of IBD, if the patient's condition does not improve with drugs, surgery may also be recommended.

When surgery is needed, many UMCP patients can benefit from the da Vinci® Xi and Si Surgical Systems. The state-of-the-art, minimally invasive, robotic technology is used to treat a range of colorectal conditions, from diverticulitis to cancer. The Center for Minimally Invasive Surgery at UMCP has one of the most comprehensive robot-assisted surgery programs in the region, offering colorectal, gynecologic, thoracic, urologic and urogynecologic procedures, as well as general surgery. The hospital's robotic surgery team includes specially trained nurses and surgical technologists.

Most patients who are candidates for traditional laparoscopic surgery are candidates for robotic surgery, says Dr. Smith, who is fellowship trained in colon and rectal surgery.

Improved Outcomes

The da Vinci® Surgical System, which is less invasive than traditional surgery, results in less blood loss, quicker return of bowel function, shorter hospital stays and reduced recovery times for most patients. The robotic technology allows the surgeon to complete complex procedures through small incisions. It translates the surgeon's hand movements to precisely manipulate tiny surgical instruments.

"We are able to see in ultra-high definition, 3D vision," says Dr. Smith. "The robotic technology gives us remarkable dexterity. Using fluorescence technology, we are also able to quickly and efficiently check for adequate blood supply and correct anatomy during the surgery, adding to the safety of the patient and improving outcomes."

To learn more about UMCP's surgical services and the da Vinci® Surgical System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

See page 18 for information on an upcoming program on colon surgery and the da Vinci® Surgical System.



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 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

SAT. April 9

2 – 3:30 p.m.
Lawrenceville Library
2751 Brunswick Pike
Lawrenceville
To register call
609.989.6920.

2 – 3:30 p.m.
Montgomery Evangelical
Church
246 Bellemead Griggstown
Road, Belle Mead

5 – 6:30 p.m.
Honor Yoga
800 Denow Road
Pennington

SUN. April 10

2 – 3:30 p.m.
Princeton YWCA
59 Paul Robeson Place
Princeton

MON. April 11

9:30 – 11 a.m.
Princeton Academy School
1128 Great Road, Princeton

6:30 – 8 p.m.
Robbinsville Library
42 Robbinsville Allentown
Road, Robbinsville
To register call
609.259.2150.

TUE. April 12

10 a.m. – 12 p.m.
Hickory Corner Library
138 Hickory Corner Road
East Windsor
To register call 609.448.1330.

4 – 5:30 p.m.
Plainsboro Library
9 Van Doren Street, Plainsboro
To register call 609.275.2898.

WED. April 13

6:30 – 8:30 p.m.
Franklin Township Library
485 Demott Lane
Franklin Township

7 – 8:30 p.m.
South Brunswick Library
110 Kingston Lane
Monmouth Junction

THU. April 14

7 – 8:30 p.m.
West Windsor Library
333 North Post Road
Princeton Junction
To register call 609.275.8901.

FRI. April 15

12:30 – 2 p.m.
Princeton Senior Resource Center
45 Stockton Street, Princeton

SAT. April 16

9 – 10:30 a.m.
Community Education & Outreach at 731 Alexander Road
1 – 2:30 p.m.
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch

SUN. April 17

9 – 10:30 a.m.
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
1 – 2:30 p.m.
Community Education & Outreach at 731 Alexander Road

Family & Friends CPR – Infant

SAT. April 16

11 a.m. – 12 p.m.
Community Education & Outreach at 731 Alexander Road
3 – 4 p.m.
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch

SUN. April 17

11 a.m. – 12 p.m.
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
3 – 4 p.m.
Community Education & Outreach at
731 Alexander Road





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).

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

TUE. March 1 (11 a.m. – 12 p.m.)

Monroe Township Library
4 Municipal Plaza, Monroe Township

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

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, will discuss the latest minimally invasive and noninvasive treatment options available for these conditions. Dr. Sambol is a member of the Medical Staff of Princeton HealthCare System.

Weight-loss Surgery: Is It Right for Me?

THU. March 3 (6 – 6:30 p.m.)

THU. April 7 (6 – 6:30 p.m.)

Princeton Medicine
2 Centre Drive, Monroe Township

WED. March 16 (6 – 6:30 p.m.)

WED. April 20 (6 – 6:30 p.m.)

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

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

Urinary Incontinence: It's Time to Regain Control

MON. March 7 (10:45 a.m. – 11:45 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Urinary incontinence affects over 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Physical therapy focused on strengthening the pelvic floor and retraining the bladder can help. Join Becky Keller, PT, MSPT, Pelvic Wellness Rehabilitation Coordinator, and Eileen Malong, PT, both licensed physical therapists with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness and restore your quality of life.

The Five Wishes: A Discussion of End-of-Life Decisions

TUE. March 8 (7 – 8 p.m.)

WED. March 9 (2 – 3 p.m.)

West Windsor Library
333 North Post Road, Princeton Junction

To register, please call the West Windsor Library at **609.275.8901**.

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the 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 your questions.

AARP Smart Driver

WED. March 9 (9:30 a.m. – 3:30 p.m.)

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

MON. & TUE. April 18 & 19 (5 – 8 p.m.)

University Medical Center of Princeton
First Floor, Education Center,
Conference Room D

\$15 for AARP members \$20 for non-members.
Checks are payable at the door and should be made payable to AARP.

The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques; new traffic laws and rules of the road and how to handle potential problem situations. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

Community Health Fair 2016

SUN. March 13 (10 a.m. – 1:30 p.m.)

St. Anthony's of Padua Church

156 Maxwell Avenue, Highstown

Physicians and health professionals will provide free health screenings, including glucose testing (prior to 12 p.m.), blood pressure and cholesterol, for participants age 18 and over. Individuals may also be eligible for a free mammogram and/or vision screening. Participants include The Bristol-Myers Squibb Community Health Center, 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, UMCP Breast Health Center, Womanspace and more!

Put on Your Thinking Cap: Free Memory Screening

TUE. March 15 (10 a.m. – 2 p.m.)

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

Take advantage of a free memory screening by The Princeton Medical Institute, consisting of a series of questions and/or tasks designed to test memory, language skills, mental ability and other intellectual functions. Screenings and a review of the results, including when to follow up with a physician or other healthcare provider, are private. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

Let's Talk: A Prescription for Families

TUE. March 15 (6:30 – 8:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch – Suite 100, Conference Rooms A & B

It can be a challenge for families to talk openly about dangers such as illicit drug abuse (including prescriptions), underage drinking and texting while driving. This program can help you start the conversation and teach you and your teen(s) how to keep an open line of communication. Join our interactive discussion with a panel of experts including physicians, counselors and representatives of University Medical Center of Princeton, Princeton House Behavioral Health, and resources in your community. Parents are encouraged to bring their children.

Head & Neck Cancer Screening

THU. April 21 (6 - 8 p.m.)

University Medical Center of Princeton

Bristol Myers Squibb Community Health Center

Visit www.princetonhcs.org/calendar for more information.

Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check on Tuesday, March 15 and April 19**, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Timing is Everything: What Time's the Right Time for Medical Tests?

TUE. March 15 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Observing the recommended schedule for routine health tests can be a challenge, but proper screenings play an important role in disease prevention and control. Join Aubrie J. Nagy, MD, FACP, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion of when you should schedule certain tests, including mammograms, colonoscopies, hearing tests, skin cancer screenings and more.

Get a Grip on Hand Problems Through Physical Therapy

WED. March 16 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Whether it's the result of repetitive stress; an injury; or reduced mobility and strength following surgery, difficulties using your hand can be debilitating. Physical therapy can help rebuild strength, improve flexibility and reduce pain and discomfort. Join Hemangi Shastri, DPT, CHT, physical therapist with UMCP's Outpatient Rehabilitation Network, for a discussion on the common causes of hand problems, the importance of early intervention and treatment options.

Diverticulosis and Other Colorectal Conditions

WED. March 16 (1 – 2 p.m.)

Plainsboro Library

9 van Doren Street, Plainsboro

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

Colorectal conditions can impact your quality of life and may indicate more serious problems. The first step in diagnosing the problem may be a colonoscopy, which is a key for early detection of colon cancer and can also reveal other abnormalities of the colon, such as diverticulosis and internal hemorrhoids. Attend this program led by Liam Smith, MD, board certified in general surgery, and learn about common colon conditions, as well as treatment options. Dr. Smith is a member of the Medical Staff of Princeton HealthCare System.

Acne 101

MON. March 28 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Acne may seem like an adolescent condition that will simply run its course and fade away as quickly as it appeared, but that is not always the case. Left untreated, some cases of acne can result in dark spots and permanent scars. Join Jessica Simon, MD, pediatric dermatologist, board certified in dermatology and a member of the Medical Staff of Princeton HealthCare System, and learn about the treatment options for acne and when to seek medical attention.

Free Vision Screenings

THU. March 17 (10 a.m. – 1 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

THU. April 21 (4 – 7 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 to make an appointment.
Space is limited.

Half of all blindness is preventable through regular vision screenings and education. 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.

Multiple Sclerosis Health Fair

WED. March 30 (11 a.m. – 2 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Registration not required

In observance of National MS Education & Awareness Month, join Chitharanjan V. Rao, MD, board certified in neurology and member of the Medical Staff of Princeton HealthCare System, and Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with UMCP's Outpatient Rehabilitation Network, for this informative day of education and activities. The event will include exercise demonstrations by trainers from the One-Step program of the Hamilton Area YMCA and vendors with information about MS support groups, nutrition, exercise, homecare, adaptive devices/clothing and more. This event is free and open to the public. A light lunch is included.

Dealing with Dizziness and Vertigo

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

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

Any number of things can cause dizziness, but when the condition begins to limit your ability to function, finding relief becomes extremely important. Linda Lucuski, MPT, Certified MDT, who specializes in vestibular rehabilitation at the UMCP's Outpatient Rehabilitation Network, will discuss the anatomy and physiology of the inner ear, common causes of dizziness, vertigo and loss of balance and how vestibular rehabilitation can help.

Spring Wellness Health Fair

MON. April 4
Morning: 9 – 11 a.m., Evening: 5 – 7 p.m.
Community Education & Outreach at the Hamilton Area
YMCA John K. Rafferty Branch – Gymnasium

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 guidelines for healthy ranges.

All About Joint Replacement

MON. April 4 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Victoria Ribsam, RN, BSN, ONC, Orthopedic Patient Navigator, for a discussion on how to know when it's time for a joint replacement, what is involved and the services available at UMCP, including the Jim Craigie Center for Joint Replacement.

Better Balance - Better You

TUE. April 5 (11 a.m. – 12 p.m.)
Monroe Library
4 Municipal Plaza, Monroe Township

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Join Nabeel Hassan, PT, UMCP Outpatient Rehabilitation Network's Monroe location, to learn about balance, your risk for falls, and the role of physical therapy and exercise in overall wellness, balance and fall prevention.

Life 101 for Teens: There's No App for That!

TUE. April 5, 12, 19, 26, May 3, 10, 17, 24
Ages 9 – 12: 6:15 – 7:15 p.m.
Ages 13 – 16: 7:30 – 8:30 p.m.

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

When it comes to growing up, life is not always user-friendly. Making safe and healthy choices may not be easy or even obvious. But with help from experts, we can offer strategies to get you through some of life's trickiest situations such as: peer pressure; bullying; safe Internet use; and drug and alcohol abuse. Join us for this fun, interactive eight-session series to learn about communication, assertiveness, time management and managing finances. We'll even have a career night where you can meet representatives from area businesses to learn about different occupations and get tips on applying for jobs, internships or volunteer positions.

The Bald Facts About Hair Loss and Scalp Conditions

FRI. April 8 (1:15 – 2:15 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Hair loss and scalp conditions can affect anyone, regardless of their age and gender. Learn about the common and uncommon causes of hair loss and other scalp conditions, as well as their connection to overall health and nutrition, at this educational session led by Phillip Holler, MD, PhD, board certified dermatologist and member of the Medical Staff of Princeton HealthCare System.

Understanding Colorectal Cancer: Signs, Symptoms and Treatments

FRI. April 15 (1:15 – 2:15 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

According to the American Cancer Society, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. Join Anish A. Sheth, MD, board certified in gastroenterology, for a valuable discussion on the steps you can take for the prevention and early detection of colon cancer. Dr. Sheth, a member of the Medical Staff at Princeton HealthCare System, will also discuss risk factors for colorectal cancer, screening methods and treatment options.

Spirituality and the Lifecycle

THU. April 21 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction
Join Rev. Amy Seat, Hospice Chaplain with Princeton HealthCare System, to explore some of the spiritual challenges and opportunities that arise throughout the different stages of our lives. The discussion will address issues at all stages of life, with a special emphasis on the spirituality of older adulthood.

Surgical Options for Knee Pain

FRI. April 29 (1:15 – 2:15 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
Anyone who has experienced knee pain and stiffness knows it can make even the simplest tasks difficult. Join Dinesh Dhanaraj, MD, MSPH, specializing in orthopaedic sports medicine and orthopaedic surgery, and Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology, to learn more about surgical and non-surgical treatment options, as well as knee rehabilitation that can make a difference in your daily life. Dr. Dhanaraj is a member of the Medical Staff of Princeton HealthCare System.



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 to register.

Sibling Class

SAT. March 5 (10 – 11:30 a.m.)
University Medical Center of Princeton – Atrium

\$30 per child

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

Maternity Tour

SAT. March 5 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)
WED. March 23 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
MON. April 11 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. April 23 (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 – Atrium

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

Daddy Boot Camp™

SAT. March 19 (9 a.m. – 12:30 p.m.)
SAT. April 9 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$40 per person

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

Early Pregnancy Class

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

\$30 per couple. This fee will be applied toward a Birthing Basics class.

Designed for expectant parents in the first five months of pregnancy, this class will address the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy.

Prepare for Cesarean Section

THU. April 7 (7 – 9 p.m.)
University Medical Center of Princeton – First Floor, Education Center

\$30 per couple

Learn what to expect during your scheduled Cesarean section, including preparation, surgery, anesthesia and post-operative recovery, at this informative session.

Prenatal Yoga

For dates, please visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

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

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them stay fit and feel good during pregnancy. No previous yoga experience is necessary. However, medical clearance from a healthcare professional is required, which can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Prenatal Breastfeeding Class

THU. March 15 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

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

Baby Care

THU. April 21 (7 – 9:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

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 14 – April 4 (7 – 9 p.m.)
WED. March 30 – April 20 (7 – 9 p.m.)
TUE. April 12 – May 3 (7 – 9 p.m.)
THU. April 28 – May 19 (7 – 9 p.m.)
University Medical Center of Princeton –
First Floor, Education Center

\$125 per couple

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

Accelerated Birthing Basics

SAT. March 19 (9 a.m. – 5 p.m.)
SAT. April 16 (9 a.m. – 5 p.m.)
University Medical Center of Princeton – First Floor, Education Center

\$155 per couple

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



HypnoBirthing®

MON. April 4 – May 2 (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. Registration required.

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

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

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

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 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.)
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 2 (1 – 2 p.m.)
WED. March 16 (1 – 2 p.m.)
WED. March 30 (1 – 2 p.m.)
WED. April 13 (1 – 2 p.m.)
WED. April 27 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

No registration required.

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



CPR & FIRST AID

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar 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

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

ACLS Recertification Course

WED. April 27 (5 – 11 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

PALS Full Certification Course

TUE. & WED. April 5 & 6 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

THU. March 17 (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

WED. 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

FRI. March 11 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. March 22 (9 a.m. – 1:30 p.m.)
TUE. April 19 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$65 per person

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

Heartsaver AED

THU. April 21 (6 – 10:30 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 – Infant Only

TUE. March 22 (7 – 8 p.m.)
TUE. April 26 (7 – 8 p.m.)
Babies “R” Us
700 Nassau Park Boulevard, West Windsor

\$25 per person

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.

Neonatal Resuscitation Program – Recertification Course

MON. March 21 (8 a.m. – 12 p.m.)
WED. April 20 (6 – 10 p.m.)
University Medical Center of Princeton
Mother & Baby Unit

\$100 per person.

The Neonatal Resuscitation Program teaches an evidence-based approach to newborn resuscitation and is designed for hospital staff who provide care for newborns at the time of delivery, including physicians, nurses and respiratory therapists. There is an online exam that must be completed and passed 30 days prior to the course. 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.

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.

EMT Integrated Refresher Session A – Airway Assessment and Management

SUN. April 3 (8 a.m. – 5 p.m.)
University Medical Center of Princeton

\$50 per person

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

Heroic Tragedies: First Responders

WED. April 20 (6 – 8 p.m.)
Princeton House Behavioral Health
905 Herrontown Road, Princeton

Long hours, rotating shift work, and constant exposure to chronic stress impact the lives of first responders like no other profession. Join Michael Bizzarro, PhD, LCSW, BCD, Director of Clinical Services for First Responders, Princeton House Behavioral Health, for a discussion of the impact these pressures can have on first responders and their families, including issues such as marital discord, domestic violence, financial problems and substance abuse.



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

Prostate Cancer Support Group

WED. March 9 (12 – 1:30 p.m.)

WED. April 13 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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

Cancer Support Group

TUE. March 15 (1:30 – 3 p.m.)

TUE. April 19 (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 15 (6 – 7:30 p.m.)

TUE. April 19 (6 – 7:30 p.m.)

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

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the third Tuesday of the month. The group 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 16 (12 – 1:30 p.m.)

WED. April 20 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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

American Cancer Society's Look Good, Feel Better

MON. March 21 (6 – 8 p.m.)

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

Please call 1.800.227.2345 to register. Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a makeover for the spirit.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. March 7 (7 – 9 p.m.)

MON. April 4 (7 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

No registration required. Walk-ins welcome.

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

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. March 7 (6 – 7:30 p.m.)

MON. April 4 (6 – 7:30 p.m.)

University Medical Center of Princeton

MON. March 21 (1 – 2:30 p.m.)

MON. April 18 (1 – 2:30 p.m.)

Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

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

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

Bariatric Surgery Support Group

TUE. March 1 (7 – 8:30 p.m.)

TUE. April 5 (7 – 8:30 p.m.)

University Medical Center of Princeton

First Floor, Education Center, Classroom 1

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

Weight-loss Surgery: Support Group

THU. March 3 (6:30 – 7:30 p.m.)

THU. April 7 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. March 16 (6:30 – 7:30 p.m.)

WED. April 20 (6:30 – 7:30 p.m.)

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

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

Freedom from Smoking Support Group

THU. March 10 (6:30 – 7:30 p.m.)

THU. April 14 (6:30 – 7:30 p.m.)

Community Education & Outreach at 731 Alexander Road

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

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

TUE. March 15 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road
Conference Room A

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

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

Women's Pelvic Wellness Support Group

Community Education & Outreach
at 731 Alexander Road

Pelvic Floor Dysfunction

THU. March 10 (7 – 8 p.m.)

Pelvic Pain Conditions

THU. April 14 (7 – 8 p.m.)

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



Diabetes Support Group

WED. March 16 (2:30 – 4 p.m.)

WED. April 20 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. March 28 (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.

Total Joint Replacement Support Group

TUE. March 15 (6 – 7 p.m.)

TUE. April 19 (6 – 7 p.m.)

University Medical Center of Princeton
Conference Rooms C & D

Registration requested.

This group is for individuals who have undergone or are considering total knee replacement or total hip replacement and their family and friends. Join us each month for an opportunity to share experiences and strategies with others who have undergone total joint replacement.



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).

It Could be Poison!

FRI. March 18 (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 be caused by 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, PHCS Community Education & Outreach Program, 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

Get Balanced: Don't Fall

MON. & WED. March 14, 16, 21 & 23 (1 – 2:30 p.m.)

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

For people over the age of 60, falls can be prevented with the right exercises and some simple changes in habits and environment. Attend this informative four-part program to learn how to improve your balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so participants should wear sturdy shoes and comfortable clothes. Classes are 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's Outpatient Rehabilitation Network.

Total Control® Platinum: A Pelvic Wellness Program for Women

MON. & WED. April 4 – May 18
(1 – 2:15 p.m.)

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

\$99 per person

Incontinence and other bladder issues are common among women of all ages, but you shouldn't accept them as normal. Empower yourself to improve your bladder health and quality of life through this seven-week Total Control® program. Each session includes a 60-minute chair-based workout followed by a 15-minute educational discussion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. The Platinum series provides chair-based modifications in a comfortable and supportive environment. It is designed for seniors and women who are pregnant or have health challenges. Dress in clothing suitable for exercise.

How Did You Sleep Last Night?

WED. April 20 (10:30 a.m. – 11:30 a.m.)
Hopewell Valley Senior Center
395 Reading Street, Pennington

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect health and mood. Join Tara Scoles, RPSGT, a registered polysomnographic technologist with University Medical Center of Princeton, for an eye-opening discussion on sleep disorders and whether a sleep study could help diagnose your condition.



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.



Allergy Alert

MON. March 7
(12 – 12:30 p.m.)
Roshni Sambasivan,
MD, board certified
pediatrician



Are you Concerned about Your Teen's Weight?

THU. March 17
(7 – 7:30 p.m.)

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



Colon Surgery and da Vinci®

THU. April 21
(7 – 7:30 p.m.)
Liam Smith, MD, board
certified in colon and
rectal surgery

SAVE THE DATE

Cancer Survivor Day with keynote speaker, **Hoda Kotb**,
on June 2, 7 p.m., at Hyatt Regency Princeton

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.

 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

Breast Cancer Patients Can Ease Pain With Physical Therapy



Breast cancer is the second most common form of cancer afflicting American women, with roughly one in eight developing the disease during their lifetimes, according to the American Cancer Society. While treatments and recovery periods vary greatly, some breast cancer patients may require post-surgical rehabilitation to help them resume normal activities.

The University Medical Center of Princeton (UMCP) Outpatient Rehabilitation Network offers therapeutic services in its Princeton and Monroe locations for breast cancer patients with conditions ranging from immediate post-surgical complications to lymphedema (swelling of the extremities).

“Our main goal is to help our patients get their range of motion back, decrease their pain, improve their strength and mobility, and make them more functional on a daily basis,” says Denise Quinn, DPT, CLT, a physical therapist who treats patients in Monroe.

Improving Quality of Life

Women who undergo lumpectomies or mastectomies may experience a variety of complications soon after surgery, including muscle pain; stiffness or weakness in their chest, back or shoulders; swelling or numbness near the incision; nerve irritation; joint pain and fatigue.

Becky Keller, PT, MSPT, a physical therapist who treats patients in Princeton, notes that these complications can turn everyday activities like walking, driving or dressing into significant challenges.

“We address ways to improve our patients’ quality of life and to enable them to do things that we can take for granted when we have a healthy body,” she says.

Keller says that education is an important facet of her work with breast cancer patients. She teaches them exercises to do on their own to strengthen and stabilize their muscles and joints, and offers guidance on improving postural stability.

Managing Lymphedema

Quinn works with all types of breast cancer patients but specializes in treating lymphedema, which can be managed through therapy. Lymphedema is marked by a buildup of fluid in soft body tissues, and can develop months or even years after surgery.

Quinn offers post-surgical consultations to discuss strategies to prevent the condition. Most patients she treats for lymphedema have undergone mastectomies, which involve removing more tissue than lumpectomies, or have had many lymph nodes removed. Treatment may include a massage-like therapy known as manual lymph drainage. Patients also can wear compression garments or bandages to help control swelling.

A Positive Approach

For breast cancer patients who need rehabilitation, treatment time depends on various factors, including whether they are undergoing radiation therapy or chemotherapy, whether they are experiencing any side effects from these treatments, and what their previous functional level was. Quinn and Keller encourage patients to take a steady, positive approach to their treatment.

“It can be a long road, so take it one day at a time,” Quinn says. “Make a checklist: Your radiation is halfway done, check. You’re starting to get your mobility back, check. I love when patients come out of treatment feeling better and happy with their progress.”

For more information on UMCP’s rehabilitation services, call 609.853.7840, or visit www.princetonhcs.org.

Early Diagnosis is Key to Minimizing Back Pain

Back pain will strike most of us at some point during our lives. For some, problems come on suddenly while bending or twisting. For others, symptoms slowly get worse over time.



One of the keys to overcoming an aching back is to work with your doctors to identify the cause of pain as early as possible, when the most treatment options are available, says **Gerard Compito, MD**, a board certified neuroradiologist at

University Center of Princeton (UMCP).

“When a patient comes in with back pain, it can be due to any number of problems in the bones, muscles or joints of the back,” Dr. Compito says. “A correct diagnosis, especially early in the process, can allow us to successfully treat many conditions with conservative therapies to minimize pain.”

At UMCP, radiologists are using a combination of sophisticated medical imaging and minimally invasive procedures to accurately diagnose and treat back pain. In some cases, the procedures are helping patients avoid or delay the need for back surgery.

Finding the Cause

Back pain is most commonly related to problems with the muscles on both sides of the spine; fractures in the spinal bones (vertebrae); wear and tear to the sponge-like discs that provide cushioning between the vertebrae; or arthritis in the joints that allow the spine to bend and twist.

If a physical exam suggests a back injury, most patients first undergo an X-ray to identify or rule out problems such as fractures, arthritis or narrowing of the spine (stenosis), Dr. Compito says. At UMCP, the next steps toward a diagnosis may include:

- **Advanced imaging technologies**, including state-of-the-art, high-definition MRI scans and CT scans that

now minimize radiation dosage. The procedures provide extremely detailed images of the bones, discs and nerves in the spine.

- **Interventional and diagnostic radiology procedures** — where dye is injected into parts of the spine — provide enhanced imaging in order to pinpoint a problem. A procedure called discography can help your doctor determine whether a specific disc is causing back pain, while another procedure — myelography — can evaluate the degree of compression upon the spinal cord and nerve roots.

Treating the Problem

In most cases, the first line of treatment includes medication, physical therapy and lifestyle changes. For example, weight loss can often significantly reduce back pain. If conservative therapies fail to provide significant relief, some patients are candidates for minimally invasive treatments rather than surgery, Dr. Compito says.

A procedure known as vertebroplasty injects a medical-grade cement into a fractured vertebrae to stabilize it and relieve pain. Epidural steroid injections deliver pain medication directly around the spine and nerve roots, providing weeks and, in some cases, months or even years of pain relief.

“Like many back pain treatments, these can be most effective when they are performed closer to the onset of symptoms,” Dr. Compito says. “If you have back pain that comes on suddenly and severely, or pain that lasts more than a few weeks, work with your doctors to get the correct diagnosis.”



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

Allergy Alert: Proper Care Can Keep Childhood Allergies in Check

With spring just around the corner, the sniffing, sneezing, itchy eyes and scratchy throat of allergy season isn't far behind. Seasonal allergies to tree pollen, grass, ragweed and mold are common among children. In fact, the symptoms account for an estimated 2 million missed school days a year across the country.



“There’s no doubt that seasonal allergy symptoms can make it difficult for children to get the proper rest and can impact their ability to concentrate in school,” says **Alicia Brennan, MD**, Medical Director of CHOP Pediatric Care at University Medical Center of

Princeton (UMCP). “If the symptoms are affecting their sleep or concentration — or if they aren’t going away over time — it’s important to see your pediatrician.”

In many cases, over-the-counter remedies may be recommended to treat allergy symptoms. But prescription-strength medications may be needed if symptoms persist or worsen.

“In any case, if your child’s symptoms last for more than a week, or if something seems to be getting worse, see your doctor,” says Dr. Brennan, who is board certified in pediatrics. “Bad allergies can trigger an asthma flair and possibly a visit to the ER.”

Planning Ahead

“If parents know their child has a seasonal allergy, getting ahead of the problem can make a big difference,” says Dr. Brennan. “By beginning treatment at the right time, you stand a better chance to stop the symptoms from progressing, which can prevent the symptoms from making the child uncomfortable in the first place.”

Regionally, tree pollen allergies can begin as early as February and run through May, while grass usually creates problems in May and June and ragweed is prevalent from August to October. Symptoms can spring



up any time the allergen is present, depending on how sensitive the child is to pollen, grass or ragweed, and how much exposure they experience at a given time.

Changes in the Air

In recent years, the allergy season — and its intensity — seems to be increasing. Dr. Brennan reports seeing more children suffering from allergies with worsening symptoms in the last few years. And while some children may exhibit signs of seasonal allergies from infancy, others may develop sensitivities as they mature. Children also can outgrow allergies as they get older.

In addition to seasonal allergies, contact sensitivities — for example to food, pets, and insect stings and bites — can require medical intervention and monitoring, and can develop and change over the years. If severe enough, these allergies can lead to a potentially life-threatening reaction called anaphylaxis, where swelling in the throat closes the airway.

“Children with these types of severe allergies should carry an epinephrine auto-injector in case of emergency,” says Dr. Brennan. “If an injection is ever needed, the child should be taken immediately to the ER after the injection for proper medical care. If a parent thinks they need to use an epi-pen, they should use it, as the risks are minimal. If the epi-pen is used early, it can be life saving, and it has been known to decrease the incidence of a more severe reaction.”

UMCP and The Children’s Hospital of Philadelphia (CHOP) have partnered to enhance pediatric services available at UMCP at all levels of hospital care, including pediatric emergency consultation, inpatient pediatric care and neonatal care.

To find a UMCP-affiliated pediatrician, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

See page 18 for information on an upcoming program on children’s allergies.

Princeton House Behavioral Health: Is Media Violence Affecting Your Child?

The American Academy of Pediatrics recommends children experience no more than two hours of screen time (television, tablets, phones, video games, computers, etc.) per day, and that children under two avoid exposure altogether. But the reality is, pre-teens generally spend over four hours a day looking at a screen for non-school purposes, and teens dedicate over six hours to screen time daily.

What makes matters worse is that at least a portion of that exposure tends to involve violence — often of a rather graphic nature.

“Kids today are exposed to much more violent imagery than in the past, and it can have a significant impact on them, desensitizing them to violence,” says Chirayu Parikh, DO, a psychiatrist at Princeton House Behavioral Health (PHBH), “especially first-person shooter video games where the child isn’t just a viewer but becomes the character.”



Signs your child may be experiencing trouble handling media violence include: having a hard time at school; difficulties maintaining interpersonal relationships and dealing with conflict; experiencing nightmares; and becoming withdrawn or anti-social. If your child displays any of these signs, professional help is available, and along with parental involvement

can help youth properly process their feelings and put the world around them in better perspective.

Recognize the Signs

Not every child will be affected negatively by violent media images. The impact depends on a child’s temperament, as well as his or her age. In fact, “two children watching the same violent show could have very different reactions,” says Dr. Parikh, who is board certified in psychiatry, as well as child and adolescent psychiatry.

While studies show that exposure to media violence increases aggressive behavior in children, there are also environmental risk factors — including exposure to aggressive behavior or domestic violence, low parental involvement, and bullying — that come into play. A child with multiple environmental risk factors is more likely to experience negative effects from violent media images.

Frequent exposure to media violence often causes aggression problems for older children. But Dr. Parikh has seen an increase in children — some as young as six — with depression and anxiety disorders that are intensified by their exposure to violent imagery because they are not emotionally equipped to deal with violent images.

Dismantling the Damage

At PHBH, children between the ages of six and 12, as well as adolescents through the age of 18, receive age-appropriate treatment to help resolve aggression, anxiety and depression issues. Outpatient programs begin by identifying each child’s triggers and then — using a multidisciplinary approach — working with the child, parents and school to resolve behavioral issues.

One of the first recommendations is usually limiting screen time and exposure to violence.

“Parents can block certain TV shows, limit cellphone access and disable passwords on phones for gaming access,” Dr. Parikh says. He also recommends parents use a DVR to either screen shows for content before their child watches them or consider watching the show with them so they can discuss aspects of the program. Additionally, it is important to encourage alternative activities, including reading, athletics and creative hobbies.

For more information on Princeton House Behavioral Health’s children’s program, Advanced Solutions for Children, or Adolescent Program call 1.888.437.1610, or visit www.princetonhouse.org.

New Hospitals and Health Care Providers Join Successful, Cutting-Edge Federal Initiative that Cuts Costs and Puts Patients at the Center of Their Care

Medicare Accountable Care Organization Initiatives to Improve How the Health System Cares for Patients

On January 11, the Centers for Medicare & Medicaid Services (CMS) announced 121 new participants — representing 49 states and the District of Columbia — in an innovative initiative — Medicare Accountable Care Organizations (ACOs) — designed to improve the care patients receive in the health care system and lowers costs.

PLAINSBORO, N.J. — Princeton HealthCare Partners, LLC was selected as one of 100 new Medicare Shared Savings Program Accountable Care Organizations (ACOs), providing Medicare beneficiaries with access to high-quality, coordinated care across the United States, the Centers for Medicare & Medicaid Services (CMS) announced January 11. That brings the total to 434 Shared Savings Program ACOs serving over 7.7 million beneficiaries.

Doctors, hospitals and health care providers establish ACOs in order to work together to provide higher-quality coordinated care to their patients, while helping to slow health care cost growth. Princeton HealthCare Partners, LLC is one of 434 ACOs participating in the Shared Savings Program as of January 1, 2016. Beneficiaries seeing health care providers in ACOs always have the freedom to choose doctors inside or outside of the ACO. ACOs receive a portion of the Medicare savings generated from lowering the growth in health care costs as long as they also meet standards for high quality care.

“People across America are going to be better cared for when they go to their health care providers, because these hospitals and providers have made a commitment to innovation, a commitment to change how they do business and care for patients,” HHS Secretary Sylvia Matthews Burwell said. “Medicare, and the health care system as a whole, is moving toward paying providers based on the quality, rather than just the quantity of care they give patients. The three new ACO initiatives that were launched January 11 mark an important step forward in this effort.”

Since ACOs first began participating in the program in early 2012, thousands of health care providers have signed on to participate in the program, working together to provide better care to Medicare’s seniors and people with disabilities. The new and renewing ACOs brought approximately 15,000 additional physicians into the ACO program starting January 1, 2016.

ACOs are delivering better care, and they continue to show promising results on cost savings. In 2014, they had a combined total net program savings of \$411 million for 333 Medicare Shared Savings Program (Shared Savings Program) ACOs and 20 Pioneer ACOs. Based on 2014 quality and financial performance results for Shared Savings Program ACOs who started the program in 2012, 2013, and 2014, ACOs that reported in both 2013 and 2014 improved on 27 of the 33 quality measures, including patients’ ratings of clinicians’ communication, beneficiaries’ rating of their doctors, screening for tobacco use and cessation, screening for high blood pressure, and Electronic Health Record use. Shared Savings Program ACOs also outperformed group practices reporting quality on 18 out of 22 measures.

Ultimately, the January 11 announcement is about delivering better care, spending dollars more wisely, and having healthier people and communities. ACOs drive progress in the way care is provided by improving the coordination and integration of health care, and improving the health of patients with a priority placed on prevention and wellness. More information about the Shared Savings Program is available at <https://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/sharedsavingsprogram/index.html?redirect=/sharedsavingsprogram/>.

For a list of the new and renewing ACOs announced January 11, visit the Shared Savings Program News and Updates webpage: <https://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/sharedsavingsprogram/News-and-Updates.html>.



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21st Annual Princeton HealthCare System Golf Outing

June 14, 2016

**Metedeconk National Golf Club
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**This outing will be a great day of golf for a fantastic cause!
Proceeds will support care for uninsured and underinsured patients at
the University Medical Center of Princeton.**

Sponsorship opportunities at multiple levels, as well as spaces for individual golfers, are still available. This is expected to be a sold-out event, so reserve your space soon!

For additional information, please visit www.phcsgolf.org, or contact Kelly Madsen at kmadsen@princetonhcs.org or 609.252.8705.

