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Effective
Treatment for
Wounds that
Won't Heal

community*focus*
HEALTH EDUCATION CALENDAR

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Princeton HealthCare System
253 Witherspoon Street
Princeton, NJ 08540
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Health Focus, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information.

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

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Help for Wounds that Won't Heal: UMCP Offers Hyperbaric Oxygen Therapy

University Medical Center at Princeton earlier this year began offering hyperbaric oxygen therapy to help patients heal chronic, stubborn wounds caused by conditions such as diabetes, infection and poor circulation.

Hyperbaric oxygen therapy enhances the body's natural healing process by delivering concentrated doses of oxygen to damaged tissue. At the site of a wound, this pure oxygen can kill harmful bacteria, boost the local immune system and help form new blood vessels.

"Hyperbaric oxygen therapy is an effective treatment option for many chronic wounds," says Scott Sinner, MD, who is board certified in infectious disease and internal medicine, and Co-Medical Director of the University Medical Center at Princeton Center for Wound Healing. "It has been shown to not only increase the speed of healing, but also to increase the chances that a wound heals completely."

A New, Local Center for Wound Healing

UMCP offers hyperbaric oxygen therapy as a service of the UMCP Center for Wound Healing. The center, located at 281 Witherspoon Street on the hospital campus, offers a comprehensive approach to wound healing, using proven wound-care practices and state-of-the-art equipment.

Because of its expertise and focus, the center also has the opportunity to participate in clinical trials using the latest wound-care products, dressings and antibiotics not yet available to the general public.



How Does Hyperbaric Oxygen Therapy Work?

Hyperbaric therapy is an effective treatment option for conditions including

- Diabetic leg and foot wounds
- Chronic bone infection
- Radiation-induced tissue damage
- Failing skin grafts and muscle flaps
- Acute circulation problems in the legs

The center is under the medical leadership of Dr. Sinner and Kenneth A. Goldman, MD, FACS, who is board certified in general surgery and vascular surgery. It also is staffed by nurses skilled in chronic wound-care treatment.

During therapy, the patient lies comfortably in a clear chamber and is in continual communication with a physician or technician. The enclosure is filled with 100 percent oxygen and pressurized to about 2 to 2.5 times normal air pressure.

"In essence, we're flooding the body with oxygen," Dr. Sinner says. "The high pressure that's used is necessary to deliver oxygen to areas in need of healing, in amounts far greater than could be achieved otherwise."

Each treatment lasts about 90 minutes, and most patients receive

therapy five days a week for several weeks, Dr. Sinner says.

Many patients have been successfully treated, and their wounds — even chronic wounds — have been healed using this method.

Medicare and many commercial insurance plans cover hyperbaric oxygen therapy. Patients can self-refer for treatment or receive treatment under the referral of a personal physician.

For more information about the University Medical Center at Princeton Center for Wound Healing, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Pictured on the cover: Kenneth A. Goldman, MD, FACS, and Scott Sinner, MD, Co-Medical Directors of the University Medical Center at Princeton Center for Wound Healing, are photographed in front of the Hyperbaric Oxygen Therapy chambers.

New Options for Hysterectomy: da Vinci® Robotic Surgery Reduces Pain, Recovery Time

Hysterectomy is one of the most common surgeries among women today, second only to cesarean section. In fact, one in three women in the United States has had a hysterectomy by age 60, according to the National Institutes of Health.

Hysterectomy is surgery to remove a woman's uterus – and in some cases the cervix and ovaries – to treat a variety of gynecological conditions including gynecologic cancer, fibroids, endometriosis and uterine prolapse.

Traditionally, the majority of these surgeries have been performed through a large incision in the abdomen resulting in a large scar, stress on surrounding organs and nerves, and extended time away from normal daily activities due to a six-week recovery period.

But now specially trained doctors at University Medical Center at Princeton (UMCP) are using a new minimally invasive approach with the da Vinci Surgical System® that reduces recovery time and enables women to get back on their feet faster.

According to Bruce R. Pierce, MD, FACOG, a da Vinci surgeon and board certified obstetrician and gynecologist at UMCP, the da Vinci Surgical System® provides surgeons with enhanced capabilities, including high-definition 3D vision and a magnified view.

"Using the da Vinci system, we can perform hysterectomy and certain other gynecological procedures with greater precision and control through tiny, one- to two-centimeter incisions," says Dr. Pierce. "The pain and risk associated with a large incision is minimized, while the likelihood of a fast recovery and excellent outcome are increased."

With da Vinci surgery, the surgeon operates while seated comfortably at a console, viewing a 3D image of the surgical area. The surgeon's fingers grasp the master controls below the display, with hands and wrists naturally positioned relative to his or her eyes. The system seamlessly translates the surgeon's hand, wrist and finger movements into precise, real-time movements of surgical instruments inside the patient.

Notes Dr. Pierce, though it is often called a "robot," the da Vinci system cannot act on its own. The surgery is performed entirely by the doctor.

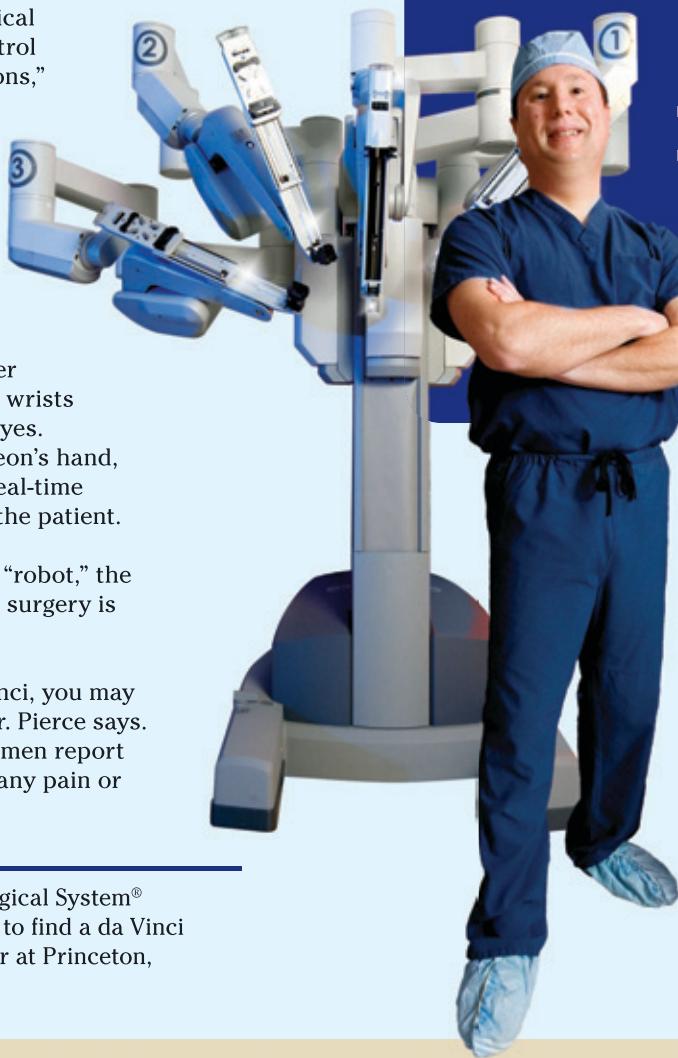
"After you recover from surgery with da Vinci, you may feel better than you have in a long time," Dr. Pierce says. "Although individual results vary, some women report a return to normal daily activities without any pain or discomfort within one to two weeks."

For more information about the da Vinci Surgical System® at University Medical Center at Princeton or to find a da Vinci surgeon on staff at University Medical Center at Princeton, call **1.888.PHCS4YOU (1.888.742.7496)**.



Potential benefits of robotic surgery over traditional surgery include

- Significantly less pain, requiring less pain medication.
- Less blood loss, reducing the potential need for transfusions.
- Using high definition and 3D technology to allow for a more detailed view of anatomy and improved surgical precision.
- Less scarring.
- A shorter hospital stay (typically one day versus two to three).
- A faster return to normal daily activities.





How to Cope When a Loved One Is Mentally Ill

An estimated one in 17 Americans suffers from some form of mental disorder, ranging from depression to schizophrenia, according to the National Alliance on Mental Illness. While the seriousness of the illness varies from person to person, the pressures faced by their families are similar.

"Often the first hurdle the individual and the family have to overcome is admitting there is a problem," says Ruth Bronzan, LCSW, Director of Social Work at Princeton House Behavioral Health. "People often don't realize that anxiety, depression and other illnesses are not uncommon. Just about everybody knows someone coping with an illness."

Denial may be the result of family members feeling guilty, believing they are at fault or should be able to fix the problem. They often worry that others will judge them and their loved one as well, and so deny there is a problem.

Whether hiding from a diagnosis or seeking treatment, a mentally ill individual may become the center of attention within the home, pushing aside the needs of other family members.

"It is extremely important when you are living with someone with a mental illness that you learn to understand their illness and help them cope," says Bronzan. "At the same time, family members need to be able to detach and care for themselves too, if they expect to provide a healthy environment for the patient and the rest of the family."

Working with a mental health professional and a support group can help families develop healthy strategies to cope with their stress and their loved one's specific illness. Princeton House provides a wide range of mental-health services at its inpatient facility and four outpatient locations for individuals with psychiatric illness and addictions.

For more information about Princeton House Behavioral Health, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org/princetonhouse.

Recognizing the symptoms of a skin emergency

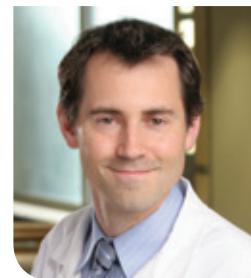
A small patch of red, tender skin normally isn't thought of as a condition that requires prompt medical attention.

But if that redness quickly spreads or is accompanied by symptoms such as swelling, fever and muscle aches, it could signal a dangerous condition known as cellulitis.

"Cellulitis is a fairly common, and potentially serious bacterial infection of the skin," says Craig Gronczewski, MD, Chairman, Department of Emergency Medicine at University Medical Center at Princeton. "If left untreated, it can lead to severe complications such as amputations and potentially, even death."

How it starts

Like most skin infections, cellulitis often starts at the site of a cut, scratch, bite or surgical incision. Minor skin infections, which affect only the top layer of skin, usually improve with proper care and cleaning or topical antibiotics.



Patients with symptoms such as fever, chills, weakness, gangrene, and progressively worsening redness and swelling should seek urgent medical attention,"

Dr. Gronczewski says. "Those symptoms are particularly alarming in patients with weakened immune systems such as those with diabetes, COPD, tobacco abuse, or peripheral vascular disease."

WHAT YOU CAN DO TO IMPROVE HOME SAFETY

Hidden Hazards in Your Home

Can a wall-mounted soap tray be dangerous? It can be hazardous if you use it to support yourself while getting out of the shower, says Marlene Tarshish, PT, LNHA, Rehabilitation Manager at Princeton HomeCare Services.

A slippery soap tray is just one example of the hidden home hazards that result in falls and serious injuries each day. One in three adults 65 and older suffers a fall each year, making it the top cause of traumatic injury in that age group, according to the U.S. Centers for Disease Control and Prevention.

"Many people have heard about fall prevention strategies in lectures or from their healthcare providers," Tarshish says. "But until you actively look around your home, you might not realize all of the potential danger spots."

HomeCare Can Help

Princeton HomeCare Services completes a fall risk assessment for all new patients. A therapist can follow through with the recommendations; determine which safety devices will work best; and coordinate installation of devices such as a grab bar in the shower, ramps, railings and kitchen safety appliances.

Lifeline, an affordable personal emergency response system, is also available through Princeton HomeCare Services.

For more information about Princeton HomeCare Services, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.



Do not lock the bathroom door.

Privacy is important, but not as important as help being able to reach you quickly.

Create a home "Control Center."

Keep the telephone, a notepad, medications and other important everyday items in a central location. This helps prevent falls from hurrying across a room.

Get up slowly. To prevent dizziness, count to five before getting out of bed or standing up from a chair.

Work with a professional. A therapist is the most qualified professional to provide training and to determine the height and appropriateness of a cane, walker or crutches.

Keep it clear and bright. Loose carpets, electrical cords and phone cords are tripping hazards. Use night-lights in the bedroom, hallways and bathroom.

Maintain your health. Regular, moderate exercise strengthens muscles and increases flexibility and balance. Also, have your eyesight and hearing checked regularly.

Cellulitis, which can infect the deepest layer of the skin, spreads beyond the initial infection site. It most often occurs in the lower legs and other extremities, causing symptoms such as:

- A rash that appears suddenly and grows quickly
- Skin that looks tight and shiny
- Painful, tender or hot skin



Treatment

Cellulitis is normally treated with oral antibiotics. However, Dr. Gronczewski warns that because of the increasing use of antibiotics for all types of infections, some forms of cellulitis have become resistant to antibiotics.

As a result, some patients require hospitalization and the use of more powerful intravenous antibiotics, he says.

For more information about UMCP's Emergency Department, or for assistance finding a physician affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.



Naturally Sweet

When looking for alternatives to sugar, consider the health benefits of natural sweeteners.

Natural sweeteners tend to be lower on the glycemic index, making them desirable substitutes to refined white sugar for people with diabetes or those looking to trim their waistlines, says Anthony Dissen, R.D., a registered dietitian with the University Medical Center at Princeton Nutrition Program.

According to Dissen, natural sweeteners do taste different, so when trying them for the first time do so with a new recipe, so you don't feel you're betraying the memory of a treat you love.

"Remember, natural sweeteners still have calories, so moderate how much you consume, says Dissen. "And even though you should expect a different taste, try it. You just might like it!"

Natural sweeteners:



Agave syrup, which comes from the Mexican agave plant and contains antioxidants to help combat free radicals. With its light color and taste, agave is an ideal choice for making delicate cakes or sweetening tea.



Brown rice syrup, which ranks low on the glycemic index because it contains complex carbohydrates. It is a good option for foods that don't require a strong sweet flavor, such as gingerbread.



Molasses, which is high in minerals and contains all the good stuff that remains after sugar cane is refined. Though it is not easy to substitute for sugar, its concentrated source of minerals makes molasses a favorite among vegetarians.



Raw honey, which is sweeter than sugar so you don't have to use as much. Honey is a good substitute for sugar in pies and other baked goods that contain fruit.



Stevia, which is an herb that has been recently approved by the FDA as a natural calorie-free sweetener. Stevia has a distinct taste and can be challenging to bake with because of its texture and the fact that it is 30 to 45 times sweeter than table sugar.



Sucanat, which is still sugar though less refined and therefore still contains some nutrients.

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

UMCP Breast Health Center Designated a Center of Excellence

University Medical Center of Princeton (UMCP) has been designated a Breast Imaging Center of Excellence by the American College of Radiology, signifying that UMCP meets the highest standards of the radiology profession.

Only about five percent of breast imaging facilities nationwide have been designated as Breast Imaging Centers of Excellence, according to the American College of Radiology. In New Jersey, about 13 percent of breast imaging facilities are so designated.

To receive the designation, UMCP's Breast Health Center had to earn full accreditation in all of the College's voluntary, breast-imaging accreditation programs — stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy — in addition to being accredited in a mandatory Mammography Accreditation Program.

This accreditation process involved peer-review evaluations by board certified physicians and medical physicists, all experts in their field, who evaluated various aspects of UMCP's Breast Health Center's radiology services, including image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance programs.

UMCP's Breast Health Center provides a comprehensive array of breast health services, including

- State-of-the-art digital screening and diagnostic mammography
- Ultrasound-guided and stereotactic biopsies to promptly evaluate masses and other abnormalities
- Coordination of MRI-guided breast biopsies (available at UMCP), if needed
- Access to certified breast health navigators (specially trained nurses) who provide one-on-one support and, for women who have been diagnosed with breast cancer, skilled guidance from diagnosis through treatment
- Genetic counseling
- Breast health education and support services



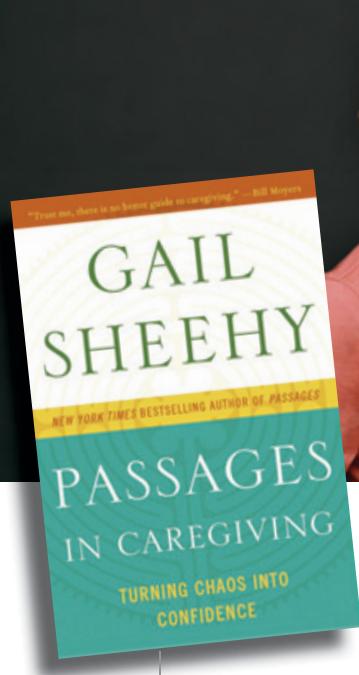
For more information about UMCP's Breast Health Center, please call **1.888.PHCS4YOU (1.888.742.7496)**.

HEALTH EDUCATION CALENDAR

community focus

MAY – JUNE 2010

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).



Passages in Caregiving: An Evening with Gail Sheehy

THU., May 6, 2010 (5:30 – 9 p.m.)

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

\$25 per person

Princeton HealthCare System is pleased to partner with Friends' Health Connection to bring you this unique and enlightening event, designed specially for the caregiver in us all.

The evening will begin with a panel discussion on healthy living at every age, featuring physicians and health professionals from Princeton HealthCare System. Later, Gail Sheehy, best-selling author, cultural observer, journalist, and AARP's 2009 Ambassador of Caregiving, will discuss her journey as a caregiver and share empowering advice, resources, and life lessons from her new book, *Passages in Caregiving: Turning Chaos into Confidence*.

Healthcare professionals from Princeton HealthCare System will provide valuable health information. A buffet dinner will be provided. The first 30 registrants will receive a free copy of Sheehy's book. Additional copies of *Passages in Caregiving* will be available for purchase. Sheehy will sign copies of her book following the presentation.

Speaker scheduled through

Friends' Health Connection



**Princeton HealthCare System
Community Education & Outreach**

Redefining Care.

Directions available at www.princetonhcs.org

LOCATIONS:



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



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



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



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

CURRENT PROGRAMS

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

1st Annual Health & Well-Being Fair

SAT. May 1 (10 a.m. – 2 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch

Register with Krissi Zigenfus, Senior Director of Member Initiatives, for more information call 609.581.9622 x112 or kzigenfus@hamiltonymca.org.

Join us as Princeton HealthCare System and the Hamilton YMCA collaborate on our 1st Annual Health & Well-Being Fair. There will be exercise demos, giveaways, screenings, and health professionals from PHCS available to answer your health-related questions. Screenings include posture, body fat, flexibility, blood pressure, cholesterol and glucose.

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

TUE. May 4 (6 – 7 p.m. Lecture)
(7 – 9 p.m. Screening*)
Community Education & Outreach at 731 Alexander Road
Venous closure, a new minimally invasive surgical procedure, offers an effective alternative treatment for overcoming the pain, swelling and unsightly appearance of varicose veins. Chronic venous disease of the legs is a common condition affecting people of all races, especially women and older adults. Kenneth A. Goldman, MD, FACS, board certified in surgery and vascular surgery, and a member of the Medical Staff of Princeton HealthCare System, will explain the causes behind varicose veins and discuss the benefits of the new venous closure surgery.
*Screenings are limited and by appointment only. When registering for this program, be sure to indicate if you would like a free screening. You will not automatically be registered for a screening upon registering for the lecture.

Introduction to Babysitting

TUE. May 4 (6:30 – 7:30 p.m.)
Mercer County Library System – Lawrenceville Branch 2751 Brunswick Pike Lawrenceville



This introductory course is designed for pre-teens and teens who are interested in being babysitters. Topics will include

- Staying safe and keeping the children in your care safe
- How to get ready to be a babysitter
- How to get and keep babysitting jobs
- How to care for a new baby

This discussion will be presented by Carolyn Schindewolf, a Health Educator and Safe Sitter Instructor with Princeton HealthCare System. Parents are welcome to attend with their children.

COOKING CLASSES & TASTING SESSIONS

\$15 per person, per class. *Kids Can Cook* is \$15 per child, per class. Registration is limited.

These interactive cooking classes will teach you how to prepare healthy, simple recipes and offer an opportunity to sample the meals presented during each session. *Kids Can Cook* is an interactive cooking class that teaches children ages 8 – 12 years old and their parents how to prepare healthy, simple recipes together. These programs feature a hands-on demonstration by Anthony Dissen, RD, Outpatient & Community Education Nutritionist with University Medical Center at Princeton's Nutrition Program.

Cooking with Super Foods

MON. May 3 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
We all hear about super foods being good for us, but how do we turn them into delicious meals? Join us to learn about the different kinds of super foods available and how to make easy-to-prepare, mouthwatering dishes, such as avocado and tomato sauté, red lentil soup, mixed berry tart with chocolate ganache.

Portuguese Cooking

MON. June 7 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
June 10 is the National "Day of Portugal," so why not celebrate by learning about Portuguese cuisine? Portuguese food is some of the most delicious and simple around, but is also some of the most unknown. Discover a new style of cooking that will make you want to celebrate!

**Summer Meals**

MON. June 21 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
In the heat of the summer, cooking can be more like a chore than a good time. Beat the heat and learn how to cook without heating up your kitchen! Help make and taste great summertime dishes like smoothies, whole meal salads, and ice cold desserts.

Kids Can Cook: Monkey Bread!

SAT. May 15 (11:30 a.m. – 1:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Do you know what Monkey Bread is? Have you always wanted to learn how to make it? Join us to find out and learn how to make your very own!

**Kids Can Cook: Cookies!**

SAT. May 22 (11:30 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
During this session kids will learn how to make a super selection of cookies that are easy, fun-to-make, and healthy!

Kids Can Cook: Ice Cream!

SAT. June 5 (11:30 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
Ever wanted to invent your own ice-cream flavor? Join us and learn how to make your very own ice-cream at home.

Kids Can Cook: Frozen Desserts!

SAT. June 12 (11:30 a.m. – 1:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Ice-cream isn't the only cold treat for kids. During this session, kids will learn how to make a variety of frozen desserts just in time to beat the heat.

CURRENT PROGRAMS

Fun with the Pharmacist! Game Show and Brown Bag Session

WED. May 5 (1:30 – 2:30 p.m.)
 South Brunswick Library
 110 Kingston Lane, Monmouth Junction
 Test your medication "IQ" with the Pharmacy Game Show — the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. Timothy Reilly, a Clinical Pharmacist with Princeton HealthCare System, will present this program.



Indulge in a Mother and Daughter Night

THU. May 6 (6 – 9 p.m.) (Skin Care lecture will be from 7 – 8 p.m.)
 Community Education & Outreach at 731 Alexander Road

Mothers and daughters can encourage and support one another to take care of themselves! Join us for an evening full of helpful, healthful tips and strategies.

Topics include

- Skin care with Robyn B. Notterman, MD, a board certified dermatologist and member of the Medical Staff of Princeton HealthCare System
- Massages by Cynthia Sinicropi-Balena, LMT, a Licensed Massage Therapist
- Bra fittings with Cindy Hisel of Sylene's
- Arbonne health and wellness information and sampling with Emily Gyoker, an Arbonne Independent Consultant
- Breast health information provided by Felicia R. Manganiello, Medical Liaison for Radiology and Imaging at University Medical Center at Princeton's Breast Health Center

All About Arthritis

THU. May 6 (7 – 8:30 p.m.)
 Mercer County Library System – Lawrenceville Branch

2751 Brunswick Pike, Lawrenceville

An estimated 27 million adults suffer from osteoarthritis. Join us for this informative discussion and learn more about arthritis, including

- Osteoarthritis – the most common form of arthritis
- Steps you can take to prevent the onset of arthritis
- Ways to treat and control arthritis

This discussion will be presented by Stacey Miller-Smith, MD, a specialist in rehabilitation medicine and a member of the Medical Staff of Princeton HealthCare System.



7th Annual Health Fair

SAT. May 8 (9 a.m. – 1 p.m.)
 Princeton Fitness & Wellness Center
 Join us in celebrating the seventh anniversary of the Princeton Fitness & Wellness Center. Health professionals from Princeton HealthCare System will be on hand to provide free health screenings and information. Plus, there will be tours of Princeton Fitness & Wellness Center, special classes, chair massages, refreshments, kids' crafts, door prizes, and more! Health screenings include

- Blood pressure
- Glucose and cholesterol
- Body fat analysis (BMI)
- Pulmonary function
- Posture and balance

Celiac Disease and Living with a Gluten-Free Diet

MON. May 10 (7 – 8:30 p.m.)
 Princeton Fitness & Wellness Center

According to the National Institutes of Health, one in every 133 Americans suffers from celiac disease. Celiac disease is an autoimmune disease that affects the digestive system. A person with celiac disease cannot eat gluten — a protein found in wheat, rye and barley. Symptoms include abdominal pain, bloating, weight loss, general weakness, anemia and joint pain. Anthony Dissen, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss what you need to know about celiac disease, including

- Signs and symptoms
- Risk factors
- Healthy approaches to gluten-free living

This program is a part of the Allergy & Asthma Support Group meeting.

Making the Right Choices: Healthy Eating Habits for You and Your Family

TUE. May 11 (6:30 – 8:30 p.m.)
 Community Education & Outreach at the Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B
 Living a busy lifestyle and raising a family can make it hard to take the time to eat well. The good news is that this doesn't have to be the case! Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will show you that with a little planning and some quick food tips, it can be easy to make healthy and satisfying meals. Learn the basics of good meal planning, ideas for meals and snacks during the day, and money-saving tips and resources to help you get the most out of your meals.

Joint Pain? Is it Arthritis? What Can I Do About It?

WED. May 12 (7 – 8:30 p.m.)
 Princeton Fitness & Wellness Center

TUE. June 22 (7 – 8:30 p.m.)
 South Brunswick Library
 110 Kingston Lane, Monmouth Junction
 Are you experiencing joint pain and feeling worried it may be arthritis? Brian M. Vannozzi, MD, an orthopedic surgeon and member of the Medical Staff of Princeton HealthCare System, will present this informative discussion. Learn more about

- What arthritis is and its causes
- How lifestyle changes can improve your pain and function
- How doctors diagnose arthritis
- Treatment options before surgery
- New, minimally invasive surgical techniques and advanced rehabilitation methods

A Gift to Our Daughters... A Sense of Self-Esteem

THU. May 13 (7 – 8:30 p.m.)
 Community Education & Outreach at 731 Alexander Road

We teach our children to stay safe and wash their hands, but are we aware of the message we are sending regarding self-worth and self-esteem? Join us to learn more about managing self-esteem, including

- What is self-esteem?
- Where does it come from?
- How can self-esteem be measured?
- How can we influence or affect good self-esteem?

• Strategies you can learn that will help instill a good sense of self-esteem in the next generation of young women

This discussion will be led by Jamie Benjamin, MA (Master of Arts, Counseling), NCC (National Certified Counselor), Primary Therapist, Princeton House Behavioral Health. Mothers and daughters (age 12 and up) are both welcome to attend this event together.

community focus

CURRENT PROGRAMS

Safe Sitter

SAT. May 15 & 22 (9 a.m. – 3 p.m.)
South Brunswick Family YMCA
329 Culver Road, Monmouth Junction

THU. & FRI. June 24 & 25
(9 a.m. – 3 p.m.)
Community Education & Outreach at
731 Alexander Road

\$65 per child

This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including

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

Sitters should bring their own lunch.

FREE Stroke Screening: In Recognition of National American Stroke Month and National High Blood Pressure Education Month



SAT. May 15
(9 a.m. – 12 p.m.)
University
Medical Center at
Princeton – Clinic
Medical Arts
Building, Suite B

253 Witherspoon Street, Princeton

Join us for valuable health information and screenings at this free event, which includes

- Princeton HealthCare System physicians and healthcare professionals will be conducting stroke risk assessments and screenings.
- Princeton First Aid and Rescue Squad will help area residents fill out their File of Life card.
- Mercer County Tobacco Dependence Program will be in attendance to provide assistance and resources for anyone who wants to stop smoking.
- Information regarding tips to improve your cardiovascular health will be provided by Anthony Dissen, RD, Outpatient and Community Education Dietitian with University Medical Center at Princeton's Nutrition Program.
- Stroke screenings include blood pressure, glucose, cholesterol, carotid artery bruit screening.
- Stroke prevention information.
- Door prizes and refreshments!

Foods for Beauty

MON. May 17 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
The foods we eat have a direct impact on not only our health, but also our appearance. Discover how food can nourish us from the inside out while still being mouthwatering and delicious! Anthony Dissen, RD, Outpatient and Community Education Dietitian with University Medical Center at Princeton's Nutrition Program.

Weeding the Pain Out of Gardening

WED. May 19
(6:30 – 8 p.m.)
Community
Education &
Outreach at the
Hamilton Area
YMCA John K.
Rafferty Branch
Suite 100

Conference Rooms A & B

Most people don't consider the painful side of garden work until their knees or backs hurt. Linda Lucuski, MPT, Cert.

MDT, Rehabilitation Coordinator with the University Medical Center at Princeton's Outpatient Rehabilitation Network, will explain and demonstrate

- Proper body mechanics for raking, digging and weeding
- How to find specialized gardening tools to minimize stress on your body
- Warm-up and stretching exercises to perform before or during a gardening and spring clean-up session



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

WED. May 19 – June 9 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$30 per person. Registration is limited.
FBI projections suggest that one out of every three women in the United States will be assaulted in her lifetime. Learn how to become more aware of potential danger and protect yourself in everyday situations. R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with unique physical defense tactics and risk-reduction strategies, including

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

Techniques are simple, practical and effective – designed for every woman regardless of physical fitness. This four-evening course is open to women of all ages. Dress in sneakers and comfortable clothing. *No prior experience is necessary.

Cholesterol and Diet: Foods That Can Lower Your Cholesterol Levels

THU. May 20 (6:30 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

We've all heard of the foods that raise our cholesterol levels, but what about those that can help lower our cholesterol? Join us as Anthony Dissen, RD, Outpatient and Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, discusses the powerful role that the foods we eat play in controlling our cholesterol. Learn which foods are the best and worst for good cholesterol levels, and get meal ideas, snack ideas, and recipes that can help to keep your heart healthy, while still eating delicious foods.

It's Time to Quit! You Can! Smoking Cessation Workshop

MON. May 24 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Have you been told to quit smoking?
Have you tried to quit? Are you aware of the resources we have in our area to help people improve their success? The University Medical Center at Princeton's Pulmonary Rehabilitation Program will present an informative discussion explaining how smoking affects your health and that of your loved ones and worsens existing health conditions such as: heart disease, diabetes, COPD and asthma. Learn about

- The components of nicotine addiction (physical, behavioral, emotional)
- Breaking smoking associations
- Mobilizing support while quitting smoking
- Nicotine replacement products and other medications to assist in quitting
- The role of carbon monoxide in smoking and how to get rid of it
- The UMCP Pulmonary Rehabilitation Program, with a demonstration of breathing retraining techniques
- Available smoking cessation resources

This program will be presented by Donna Drummond, LPC, CTTS, NJ Mercer Quit Mercer County Tobacco Dependence Program, and UMCP's Pulmonary

Rehabilitation Program.



CURRENT PROGRAMS

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

TUE. May 25
(7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Did you know your mind and body are the most important golf tools you have? If they are not working correctly, your swing will be off, your game will be inconsistent and your frustration level high. Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with UMCP's Outpatient Rehabilitation Network, will discuss and demonstrate how you can maximize your game. Topics include

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

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

Heart Disease: Differences and Similarities in Men and Women

TUE. June 1 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
The signs and symptoms of cardiovascular disease differ significantly between men and women. Join us for this informative presentation and learn more about these differences, including

- Signs and symptoms of a heart attack
- Treatment response
- How to lower your risk for cardiovascular disease

Lisa S. Motavalli, MD, board certified in cardiovascular disease and a member of the Medical Staff of Princeton HealthCare System, will present this lecture.

New Advances in Headache Management

THU. June 3
(7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
John W. Vester, MD, board certified in neurology, will discuss the latest information on headache management, including

- Biological and lifestyle factors that can trigger headaches
 - Ways to prevent and treat headaches
- Dr. Vester is the Chief of Neurology at University Medical Center at Princeton.

**Common Problems of the Foot and Ankle**

TUE. June 8 (6 – 7:30 p.m.)
Princeton Fitness & Wellness Center
This informative session will give an overview of the treatment options for common orthopedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be allowed for your questions and answers, as well as a limited number of foot screenings at the conclusion of the program. This lecture will be presented by Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery. Dr. Hasan is the Chief of Podiatry at University Medical Center at Princeton.

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

THU. June 10 (7 – 8:30 p.m.)

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

THU. June 17 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road

This program will discuss the physical, intellectual and emotional changes your child will experience during his or her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. This program is designed for children 9 to 12 years old and will be led by a Health Educator with Princeton HealthCare System. Children should be accompanied by their parent/guardian.

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

TUE. June 15 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch
Suite 100, Conference Rooms A & B
For many people, varicose veins are just a cosmetic concern, but for other people, varicose veins may lead to more serious health problems. Chronic venous disease of the legs is a common condition affecting people of all races, especially women and older adults. Venous closure, a new minimally invasive surgical procedure, offers an effective alternative treatment for overcoming the pain, swelling and unsightly appearance of varicose veins. Kenneth Goldman, MD, FACS, a board certified vascular surgeon, will explain the causes behind varicose veins and discuss the benefits of venous closure surgery. Dr. Goldman is a member of the Medical Staff of Princeton HealthCare System

Stress and Weight: How to Manage Both

THU. June 17 (6:30 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

When you are under stress, you may find it harder to keep up healthy eating habits. As a result, you may be tempted to eat high-calorie foods during these stressful times, even when you are not hungry. Anthony Dissen, RD, Outpatient & Community Education Dietitian for University Medical Center at Princeton's Nutrition Program, will discuss the following

- How stress and anxiety affect weight
- Foods that can help reduce stress
- Eating techniques to manage stress
- Easy home stress-reduction techniques

**Sports-Related Shoulder Injuries**

TUE. June 22 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Painful shoulder conditions occur in people of all ages and activity levels. These disorders can include rotator cuff tears, shoulder impingement and various forms of arthritis. There have been tremendous technological advances in the treatment of all of these disorders. This presentation will include a discussion of: symptoms, diagnosis, treatment, preventative measures and sports-specific training tips. Plus, get information on conservative and surgical treatments as well as post-surgical expectations. This lecture will be presented by Frederick S. Song, MD, orthopedic surgeon and a member of the Medical Staff of Princeton HealthCare System, and Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology, with University Medical Center at Princeton's Outpatient Rehabilitation Network.

**Men's Health**

TUE. June 22 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
Join us as Sidney J. Goldfarb, MD, a board certified urologist and member of the Medical Staff of Princeton HealthCare System, discusses the latest information on men's health, including

- Prostate health and cancer
- Reproductive health
- Colorectal cancer
- Other health concerns for men

community focus

HEALTH EDUCATION CALENDAR

CURRENT PROGRAMS**Skin Health Update: Taking Care of Our Aging Skin**

TUE. June 22 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Wrinkles and age spots might sound unappealing to all of us, but these are the most common problems faced by our skin as it ages. The good news is that these and other aging aspects of our skin can be kept at bay if we follow a proper skin care routine. Roderick T. Kaufmann, MD, board certified in internal medicine and specializing in dermatology, will discuss some of the most current and effective preventative care and treatment options available for aging skin. Dr. Kaufmann is a member of the Medical Staff of Princeton HealthCare System.

**Joint Pain, Aging, and Arthritis: Understand Your Pain**

WED. June 23 (6:30 – 8 p.m.)
Community Education & Outreach at the

Hamilton Area YMCA

John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Creaking knees, hips and ankles are not necessarily normal aches and pains that come with age. Your pain might be arthritis. Current treatment options have a lot to offer — from exercise and alternative supplements to medications and joint replacement surgery. Brian Vannozzi, MD, specializing in orthopedic surgery, will discuss the following:

- Learn what arthritis is and its causes
- Learn about your treatment options before surgery
- Learn how lifestyle changes can improve your pain & function
- Learn about newer minimally invasive surgical techniques and advanced rehabilitation methods

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

Protecting Yourself Against PAD: Peripheral Artery Disease

MON. June 28 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Conference Rooms A & B
According to the American Heart Association, about 8 million Americans have Peripheral Artery Disease, or PAD. PAD affects the arteries outside the heart and brain – most commonly in the arteries of the pelvis and legs. The most common cause of PAD is atherosclerosis, a hardening and narrowing of the arteries. Many people with PAD never have symptoms, and those who do often mistake them for something else, such as a back or muscle problem. Elliot Sambol, MD, board certified surgeon specializing in vascular surgery, will discuss

- How to recognize the symptoms of PAD
- The benefits of early intervention
- Reducing your risk of PAD and associated complications such as heart attack and stroke
- Current therapies and new minimally invasive treatments for PAD

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

Please Give Blood

You can help to save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering "A Pint for A Pint," and everyone who donates will receive a certificate for a free pint of Thomas Sweet ice cream. **For hours, or to schedule your appointment, call 609.497.4366.**

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

University Medical Center at Princeton, which has been ranked by HealthGrades® among the top 5 percent of hospitals in the nation for maternity services for four years in a row (2006/2007 – 2009/2010), 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.

Maternity Tour

SAT. May 8 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
THU. May 18 (7 – 8 p.m.)
SAT. June 5 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
THU. June 15 (7 – 8 p.m.)
University Medical Center at Princeton – Main Lobby

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

Sibling Class

SAT. May 8 (10 – 11:30 a.m.)
SAT. June 5 (10 – 11:30 a.m.)
University Medical Center at Princeton – Main Lobby

\$30 per child

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

**Prenatal Exercise**

MON. May 10 – June 21 (7 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road

\$95 per person

This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to improve muscle tone, circulation and energy level while easing everyday tension and stress. The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own comfort level, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a healthcare professional is required.

Please bring a large towel or mat for floor exercises and water for hydration.



CHILDBIRTH & FAMILY**PREGNATAL CLASSES & PREPARING FOR BABY'S ARRIVAL****community focus**
HEALTH EDUCATION CALENDAR**OPTIONS FOR BIRTHING**

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

Birthing Basics

THU. May 6 – 27 (7 – 9 p.m.)
WED. May 12 – June 2 (7 – 9 p.m.)
THU. June 17 – July 8 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

MON. June 7 – 28 (7 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$120 per couple

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

HypnoBirthing®

WED. May 12 – June 9 (6:30 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

\$195 per couple

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

Review of Birthing Basics

FRI. May 14 (7 – 9:30 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

\$60 per couple

This program is designed for second- or third-time parents to help you refresh and practice coping skills for labor and delivery.

Accelerated Birthing Basics

SAT. May 15 (9 a.m. – 5 p.m.)
SAT. June 19 (9 a.m. – 5 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

\$155 per couple

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

Lamaze Class

TUE. May 25 – June 15 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

\$120 per couple

This four-week class teaches expectant parents about the Lamaze philosophy of childbirth – that women can trust their bodies to birth their babies naturally and without intervention. Couples will learn a variety of Lamaze techniques that support the natural birthing process. This class will be taught by a certified Lamaze childbirth educator.

**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.

Prenatal Breastfeeding Class

TUE. May 11 (7 – 9 p.m.)
Princeton Fitness & Wellness Center

WED. June 16 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

\$45 per couple

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

**The Happiest Baby on the Block™ Part 1: Prenatal Class**

TUE. May 11 (7 – 8:30 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3

TUE. June 8 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 per family*

Is parenting a newborn in your future? Are you feeling overwhelmed at the thought of sleepless nights and continual baby cries? Few impulses are as powerful as a parent's desire to calm a crying baby. However, calming a baby is a skill that takes some practice. In our *Happiest Baby Class: Part 1*, caregivers learn a revolutionary technique for calming a fussy baby. The class is taught by Mindi J. Klein, MSPT, a certified Happiest Baby Instructor, and includes an instructional DVD and Soothing Sounds White Noise CD. Parents will practice techniques on a doll and learn a step-by-step approach to helping babies sleep longer, as well as how to soothe even the fussiest of infants. After the birth of their baby, parents will have the opportunity to attend a follow-up class (Part 2) with their newborn, to allow for hands-on practice and skill. *Cost includes the follow-up class *Part 2: Hands-On Skills with Your Baby*, the Happiest Baby on the Block™ DVD and Soothing Sounds CD.



CHILDBIRTH & FAMILY**PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL****Daddy Boot Camp™**

SAT. May 15 (9 a.m. – 12:30 p.m.)
 Community Education & Outreach at
 731 Alexander Road
 SAT. June 19 (9 a.m. – 12:30 p.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B

\$25 per person

This "men only" course is designed for fathers-to-be to gain knowledge in parenting skills and to develop hands-on skills for caring for their newborns. A certified male Daddy Boot Camp™ instructor, along with new dads, will demonstrate

how to hold, comfort, diaper and play with their baby, including these tips and tools: how to calm crying babies, 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.

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

University Medical Center at Princeton, which has been ranked by HealthGrades® among the top 5 percent of hospitals in the nation for maternity services for four years in a row (2006/2007 – 2009/2010), is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

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

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

\$5 per session, payable at the door.

No registration required.

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

**Breastfeeding Support Group**

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

Baby Care

THU. May 20 (7 – 9:30 p.m.)
 TUE. June 22 (7 – 9:30 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

\$45 per couple

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Approximately 90 percent of car seats are not installed correctly or are 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.

Car Seat Check Events

SAT. May 1 (10 a.m. – 11 p.m.)
 Mercer County Library System –
 Robbinsville Branch
 42 Allentown-Robbinsville Road
 Robbinsville

WED. May 26 (1 – 3 p.m.)
 WED. June 23 (1 – 3 p.m.)
 Babies "R" Us – West Windsor
 700 Nassau Park Boulevard
 Princeton

WED. June 2 (11:30 a.m. – 1:30 p.m.)
 Hopewell Branch Library
 245 Pennington-Titusville Road
 Pennington

No registration required. First-come, first-served basis.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Have a certified child passenger safety technician check your child's car seat! Please bring your car manual and car seat instructions. Participants must arrive half an hour before the end of the event. Community Education & Outreach would be happy to schedule an appointment in the event that we are unable to check your car seat at this event.

Postpartum Exercise

TUE. & FRI. May 11 – June 22 (10:30 – 11:30 a.m.)
 Community Education & Outreach at 731 Alexander Road

\$165 per person

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

Postpartum Adjustment Support Group

THU. May 13 (11 a.m. – 12 p.m.)
 THU. May 27 (11 a.m. – 12 p.m.)
 THU. June 10 (11 a.m. – 12 p.m.)
 THU. June 24 (11 a.m. – 12 p.m.)
 UMCP Breast Health Center
 300B Princeton-Hightstown Road
 East Windsor Medical Commons 2
 East Windsor

No registration required.

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

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

Women's Gynecological Health in the Post-Childbearing Years

TUE. May 11 (7 – 8 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Maria E. Sophocles, MD, board certified in gynecology and a member of the Medical Staff of Princeton HealthCare System, will discuss gynecological health in the post-childbearing years, including

- The effect of decreasing estrogen on heart and bone health
- The importance of routine gynecological exams
- Treatments available for perimenopausal and postmenopausal symptoms
- The latest research on hormone replacement therapy

**Infant Massage**

TUE. May 18 (6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center

\$30 per family

The benefits of infant massage are numerous – it stimulates baby's brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles and promotes growth, strengthens the immune system, increases circulation and more! Learn about the principles of infant massage with your baby. This class involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.

The Happiest Baby on the Block™ Part 2: Postpartum Class

SAT. May 15 (10 – 11:30 a.m.)

SAT. June 12 (10 – 11:30 a.m.)

University Medical Center at Princeton

Lambert House, Classroom 1 & 2

\$60 per family.* Free for families that have taken Part 1.

Are you currently parenting a newborn? Are you feeling overwhelmed with sleepless nights and continual baby cries? Few impulses are as powerful as a parent's desire to calm a crying baby. However, calming a baby is a skill that takes some practice. In our *Happiest Baby Class: Part 2*, parents will have the opportunity to attend with their newborns, to allow for hands-on practice. This class will be taught by Mindi J. Klein, MSPT, a certified Happiest Baby Instructor. *Cost includes the Happiest Baby on the Block™ DVD and Soothing Sounds CD.

Customizing Breastfeeding to Work for You!

THU. May 20 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$35 per person

This class is for mothers who have been breastfeeding their babies and need information on easing the transition of returning to work and being apart from the baby. The class is taught by a certified lactation consultant and will focus on maintaining an adequate milk supply, introducing baby to the bottle, weaning your baby from breastfeeding and time management tips. For expectant parents, we offer a prenatal breastfeeding class listed in the prenatal section of the calendar (see pg. 13).

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Online registration is not available for this event. Please call **1.888.897.8979** to register.

**Increasing Chances of Survival:
Hypothermia and CPR**

WED. May 19 (6 – 9 p.m.)

Princeton Fitness & Wellness Center

FREE. Registration required. Due to recent changes in state EMS training funding, this program will be free for all participants, but will not include dinner. Please bring your own meal with you to class. If you would like to purchase dinner, please contact Barbara Vaning at 609.897.8999.

EMTs are invited to learn more about assessing emergency situations at a workshop hosted by the Emergency Department at University Medical Center at Princeton and Princeton HealthCare System's Community Education and Outreach Program. Hypothermia therapy has for years been used in the operating room when doctors want to slowly reduce a patient's need for oxygenated blood during heart and other surgeries. While researchers do not fully understand why, studies have shown that cooling allows the body to get by with less oxygen by decreasing the metabolic demand. Join us for this informative presentation and learn more about hypothermia, including

- Therapeutic hypothermia
- Hypothermia and its physiologic effects
- Clinical applications
- Hypothermia protocol
- Complications
- Other applications for induced hypothermia

Craig A. Gronczewski, MD, Chairman, UMCP's Department of Emergency Medicine, and Stephen J. Harrison, DO, will present this informational session. Drs. Gronczewski and Harrison are board certified in emergency medicine and members of the Medical Staff of Princeton HealthCare System.

**EMT Core 13**

THU. – SUN. June 10 – 13

**Participants must attend all four sessions.*

June 10 & 11 (6 – 10 p.m.)

June 12 & 13 (8:30 a.m. – 5 p.m.)

Princeton Fitness & Wellness Center

Registration required. \$120 per person. For EMTs with a training fund certificate, the class is FREE

with a refundable \$120 check required at registration. Check will be returned the day of class. No-shows will be charged the full tuition, and their checks will be cashed.

The EMT Core 13 class is a refresher training program that follows the National Standard Curriculum guidelines. Core lessons include

- Preparation
- Airway management
- Patient assessment
- Medical/behavioral emergencies
- Obstetrics, infants and children

This class will be led by instructors from First Response Training and has been approved for 24 CEUs.

CPR & FIRST AID

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

BLS for Healthcare Providers

WED. May 5 (6 – 10:30 p.m.)
 FRI. June 11 (9 a.m. – 1:30 p.m.)
 Community Education & Outreach at
 731 Alexander Road
 MON. May 10 (6 – 10:30 p.m.)
 WED. June 30 (9 a.m. – 1:30 p.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B
 WED. May 19 (9 a.m. – 1:30 p.m.)
 Classrooms 1 & 2
 MON. June 21 (6 – 10:30 p.m.)
 Conference Room B
 University Medical Center at Princeton
 FRI. May 28 (9 a.m. – 1:30 p.m.)
 FRI. June 4 (6 – 10:30 p.m.)
 Princeton Fitness & Wellness Center

\$65 per person

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

Heartsaver AED

MON. May 3 (6 – 9 p.m.)
 Community Education & Outreach at
 731 Alexander Road
 THU. May 20 (6 – 9 p.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B
 TUE. June 15 (6 – 9 p.m.)
 Princeton Fitness & Wellness Center

\$60 per person

The Heartsaver AED course teaches CPR, AED use, relief of choking in adults, children, and infants, as well as the 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.

Heartsaver CPR

FRI. May 14
 (9 a.m. – 12 p.m.)
 MON. June 7
 (6 – 9 p.m.)
 University Medical
 Center at Princeton
 Conference Room A



\$55 per person

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

Heartsaver First Aid

SAT. May 22 (12:30 – 3 p.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B
 TUE. June 29 (6 – 9:30 p.m.)
 Princeton Fitness & Wellness Center

\$55 per person

The Heartsaver First Aid course teaches you how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. After each section of the course, participants will answer a few written test questions. Participants will receive a course completion card.

Heartsaver First Aid – Pediatric

SAT. May 8 (12:30 – 3 p.m.)
 Community Education & Outreach at
 731 Alexander Road

\$55 per person

This course teaches you how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies, and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in child care who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. After each section of the course, participants will answer a few written test questions. Participants will receive a course completion card.

Family & Friends CPR – Adult & Child

SAT. May 22 (9:30 – 11 a.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B
 SAT. June 19 (12:30 – 2:30 p.m.)
 Community Education & Outreach at
 731 Alexander Road

\$30 per person

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

Family & Friends CPR – Infant

SAT. May 1 (10 a.m. – 12 p.m.)
 SAT. June 26 (10 a.m. – 12 p.m.)
 Princeton Fitness & Wellness Center
 SAT. May 8 (9:30 – 11:30 a.m.)
 SAT. June 19 (9:30 – 11:30 a.m.)
 Community Education & Outreach at
 731 Alexander Road
 SAT. June 5 (9:30 – 11:30 a.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B

\$30 per person

The Family & Friends CPR-Infant program teaches you how to perform CPR in infants, and how to help an infant who is choking. An infant is defined as a child one year of age and under. 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.

Pet First Aid

THU. May 13 (6 – 9 p.m.)
 Princeton Fitness & Wellness Center
 THU. June 24 (9 a.m. – 12 p.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B

\$40 per person

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

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

**Oral Cancer Screening:
Promoting Oral Health**

THU. May 6 (6 – 8 p.m.)
University Medical Center at Princeton
Medical Arts Building – Suite B
253 Witherspoon Street

Registration is required.

Oral cancer affects more than 30,000 Americans each year, claiming approximately 8,000 lives. When the disease is detected early, the survival rate is 80 percent compared with less than 50 percent when found in the later stages. Risk factors for oral cancers include

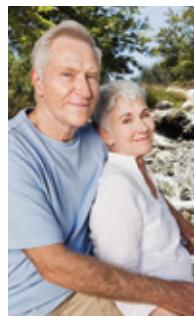
- Cigarette, cigar, pipe smoking, chew or snuff tobacco
- Excessive consumption of alcohol
- Family history of cancer
- Twenty-five percent of oral cancer victims have not used tobacco and have no other known risk factors

Princeton HealthCare System board certified oral and maxillofacial surgeons will perform full oral examinations by appointment.

Cancer Support Group

TUE. May 18 (1:30 – 3 p.m.)
TUE. June 15 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

No registration required.



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

- Coping with the emotional impact of cancer
 - Communicating effectively with your healthcare team
 - Adjusting to changes during and after treatment
 - Maintaining healthy relationships both personally and professionally
 - Managing concerns about recurrence
- This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

**Breast Cancer Support Group**

TUE. May 18 (6 – 7:30 p.m.)
TUE. June 15 (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 will meet the third Tuesday of the month. We welcome 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 will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

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

WED. May 19 (12 – 1 p.m.)
WED. June 16 (12 – 1 p.m.)
Medical Society of New Jersey
2 Princess Road, Lawrenceville

Registration preferred.

Walk-ins welcome. Please call the American Cancer Society at 732.951.6303. Princeton HealthCare System is pleased to partner with the American Cancer Society to provide the Head & Neck Cancer Support Group of Central Jersey. This support group will meet the third Wednesday of the month and will provide

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

This support group will be co-facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist from Princeton HealthCare System, and Karen Sherman, Director of Patient Family Services, American Cancer Society.

**Skin Cancer Screening:
In Observance of Melanoma/
Skin Cancer Detection and
Prevention Month**

THU. May 20 (6 – 8 p.m.)
University Medical Center at Princeton
Medical Arts Building – Suite B
253 Witherspoon Street

Registration is required.

This public service program is offered nationally and has screened nearly 1.7 million people and detected more than 171,000 suspicious lesions, including more than 20,000 suspected melanomas. A Princeton HealthCare System board certified dermatologist will perform full-body skin examinations by appointment.

**Prostate Cancer
Support Group**

WED. May 26 (12 – 1:30 p.m.)
WED. June 23 (12 – 1:30 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required.

Walk-ins welcome.

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



At the May meeting, Edward M. Soffen, MD, board certified radiation oncologist and member of the Medical Staff of Princeton HealthCare System, will lead the discussion. The June meeting will be an open forum.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS**National Cancer Survivor's Day:
A Special Day for Our Patients Who Have Been Treated for Cancer**

SUN. June 6 (8:15 – 11:45 a.m.)
University Medical Center at Princeton
Conference Rooms A & B

University Medical Center at Princeton's Cancer Program, PHCS physicians and staff, invite our patients who have been treated for cancer and their loved ones to attend a morning program dedicated to wellness, celebration and support. The event features a continental breakfast, break-out sessions and a special panel presentation on *Life After Treatment: Finding New Meaning in the*

Post Cancer Journey. Break-out topics include

- Get Centered! Let's Try Chair Yoga
- Creative Expression
- Getting Back into the Swing: Returning to Work
- Intimacy and Recovery
- The Power of Food
- Finding New Meaning and Purpose in Recovery

These events made possible by a generous grant from Princeton HealthCare System Foundation. Recommended for participants ages 12 and up.

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

MON. May 3 (7 – 9 p.m.)
MON. June 7 (7 – 9 p.m.)
Princeton Fitness & Wellness Center – Upstairs Conference Room

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.

Diabetes Support Group

WED. May 19 (2:30 – 4 p.m.)
WED. June 16 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. May 26 (6:30 – 8 p.m.)
MON. June 23 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B

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

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

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

TUE. May 18 (6:30 – 8 p.m.)
TUE. June 15 (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. A light dinner will be served.

Information and support group for individuals living with an implanted cardiac defibrillator and their loved ones. Presentations, discussions and sharing of experiences will be included. Discussion topics include

- Living with an ICD and and/or having a family member with an ICD...Does this change my life; if so, how?
- ICD "shock" significance, emotional effects and what to do about an "appropriate" shock versus an "inappropriate" shock.
- What role does the family and/or support network play in the life of someone with an ICD?
- When and how to change an ICD battery
- Can an ICD ever be taken out or turned off?

This group will be facilitated by Eran Zacks, MD, FACC, EP Specialist, and by the staff of University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program.

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).

Everyday Self-defense for Seniors: Empower Yourself With a New Sense of Awareness & Confidence!

MON. May 3 – June 28 (6:30 – 8:30 p.m.) *No class on May 31.*
Monroe Township Senior Center
1 Municipal Plaza, Monroe Township

\$30 per person. Discount may be available. Please call for eligibility requirements.

Registration required. Please call 732.521.6111 after April 15 to register. R.A.D. for Seniors™ is a nationally recognized educational and self-defense program that addresses safety issues specific to older adults. The goal of this program is to improve personal safety in day-to-day situations, including

- Risk reduction through education, awareness and avoidance
- Self-defense techniques designed specifically for seniors – regardless of physical fitness
- Financial safety: reverse mortgages, scams & investment fraud
- Medication management & safety
- Handling emergencies & disaster preparedness

This course is designed for men and women ages 60 and older. Dress in sneakers and comfortable clothing. *No prior experience is necessary.

How to Manage Stress Successfully

WED. May 5 (2 – 3 p.m.)
West Windsor Senior Center
271 Clarksville Road
Princeton Junction



Please call 609.799.9068 to register.

Life can be full of deadlines, frustrations and demands. For many people, stress has become a way of life, but constantly running in emergency mode can have a negative effect on your mind and body. Discover how you can protect yourself by learning how to recognize the signs and symptoms of stress and how you can take steps to reduce its harmful effects. Mary P. Ricci, MSN, RN, BC, Nurse Manager of University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will lead this discussion and demonstrate relaxation techniques and exercises you can do to help manage stress.

EVENTS FOR SENIORS

Advance Directives

FRI. May 7 (1 – 2 p.m.)
 Plainsboro Recreation Department,
 Senior Drop-In
 641 Plainsboro Road, Plainsboro
 Registration required. Please call
 609.799.0909, ext. 350.

TUE. June 10 (2 – 3 p.m.)
 Wheaton Pointe at East Windsor
 20 Lanning Boulevard, East Windsor
 No registration required.

Learn more about advance directives and how to fill out the associated paperwork at this informational session. It is helpful for your family, loved ones and caregivers to know your wishes in the case of hospitalization or incapacitation. This session, led by Sandra Mariani, MSN, RN, a Health Educator with Princeton HealthCare System, will include discussion of

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

Participants will have the opportunity to fill out an advance directive form if they so choose. Ms. Mariani will be available to notarize any completed forms.

**Prostate Awareness:
What You Can Do to
Maintain Prostate Health**

FRI. May 14 (12 – 1 p.m.)
 Suzanne Patterson Center at Princeton
 Senior Resource Center
 45 Stockton Street, Princeton

What can men do to maintain prostate health and prevent prostate cancer? Sidney Goldfarb, MD, a board certified urologist and member of the Medical Staff of Princeton HealthCare System, will describe conditions of the prostate, explain BPH and outline medical and holistic approaches to maintaining prostate health. Dr. Goldfarb also will discuss recent data on prostate cancer prevention.

**Breast Cancer:
The Importance of Prevention
and Early Detection**

TUE. May 18 (12:30 – 1:30 p.m.)
 TUE. June 15 (12:30 – 1:30 p.m.)
 East Windsor Senior Center
 40 Lanning Boulevard, East Windsor

Please call 609.371.7192 to register. Empower yourself and the other women in your life with the information necessary to understand how to best prevent breast cancer and the importance of early detection. Learn more about the various methods used in early detection of breast cancer, including

- Screening recommendations
- Breast cancer risk reduction
- Breast self-exam
- The latest in new treatments and screenings for breast cancer

Beth Krefski, RN, MSN, Director of University Medical Center at Princeton's Breast Health Center and certified breast health navigator, will present this program.

**Nutrition Concerns for
Older Adults: Reassessing
Your Needs**

TUE. May 18 (12:30 – 1:30 p.m.)
 East Windsor Senior Center
 40 Lanning Boulevard, East Windsor

Please call 609.371.7192 to register. As children, we all heard our parents say, "Eat your fruits and vegetables; they'll make you healthy and strong." It was good advice then and could be life-saving today — especially for older adults. Poor nutrition can be a contributing factor in coronary heart disease, cancer, stroke, diabetes and diseases of the liver and kidneys. Anthony Disson, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss a number of issues that emerge as we age that require changes in the nutrients our bodies need. He also will share and demonstrate how to prepare some of his favorite recipes.

**How Did You Sleep Last Night?
An Overview of Sleep Disorders**

WED. May 20 (1:30 – 3 p.m.)
 Monroe Township Senior Center
 1 Municipal Plaza, Monroe Township

Please call 732.521.6111 after April 20 to register.

Is it hard for you to fall asleep or stay asleep though the night? Do you wake up feeling tired or feel very sleepy during the day, even if you have had enough sleep? You might have a sleep disorder. Dana Supe, MD, Director, University Medical Center at Princeton's Sleep Center, will discuss common sleep disorders and their relationship to other medical problems, such as heart disease, as well as accurate diagnosis and current treatments. Insomnia, restless leg syndrome, sleep apnea and narcolepsy are some of the disorders that will be discussed. Dr. Supe is board certified in sleep medicine, internal medicine, and pulmonary and critical care medicine.

**Design for Healing:
University Medical Center of
Princeton at Plainsboro**

TUE. June 1 (17 – 8:30 p.m.)
 Village Grande at Bear Creek
 100 Grande Boulevard
 West Windsor

Learn about the University Medical Center of Princeton at Plainsboro (UMCPP) and other health-related facilities moving in the near future to a 160-acre site in Plainsboro, bounded by the Millstone River, Scudders Mill Road and Route One, just 2.5 miles from the center of Princeton. UMCPP will be the state-of-the-art replacement hospital for the current University Medical Center at Princeton (UMCP) on Witherspoon Street in Princeton. Joseph Stampe, Vice President of Development, Princeton HealthCare System Foundation, will present this session.

**Common
Pelvic Floor
Disorders**

TUE. June 1
 (2 – 3:45 p.m.)
 West Windsor
 Senior Center
 271 Clarksville
 Road, Princeton
 Junction

Please call
 609.799.9068 to
 register.



More than one-third of all women are affected by such conditions as urinary incontinence, overactive bladder, pelvic floor prolapse (or "dropping" of the pelvic organs), bowel disorders, and other conditions that are included in the category of pelvic floor disorders. In addition, one of 11 women will undergo surgery because of these conditions. Fortunately, this area is one of the most rapidly growing specialty fields in women's health, and there are now better solutions available, including non-surgical and minimally invasive surgical procedures. Heather van Raalte, MD, fellowship trained in urogynecology and a member of the Medical Staff of Princeton HealthCare System, will discuss these conditions, including

- How to know if you have a pelvic floor disorder
- Definition of a pelvic organ prolapse
- What treatment is available
- What can be done at home
- When it is time to see a doctor

Plus, learn about how physical therapy can help assess and treat pelvic floor dysfunction with Becky Keller, MS, PT, Physical Therapist and Rehabilitation Manager at University Medical Center at Princeton's Rehabilitation Network at Princeton Fitness & Wellness Center. Physical therapy equipment and treatment techniques will be demonstrated.

Diabetes: What's My Risk?

WED. June 2 (11 a.m. – 12 p.m.)
 South Brunswick Municipal Center –
 Main Meeting Room
 540 Ridge Road, Monmouth Junction

With nearly 21 million Americans estimated to have diabetes – and nearly one-third unaware they have the disease – it is important to know what you can do to reduce your risk of developing diabetes. Join us for an informative session with Nancy L. Rhodes, RN, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, who will discuss

- Risk factors for developing diabetes
- How to significantly reduce your risk
- How to reduce associated complications for those with known diabetes

community focus

HEALTH EDUCATION CALENDAR

EVENTS FOR SENIORS**Memory, Aging & the Brain**

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

Please call 732.521.6111 after May 15 to register.

Learn more about aging and the effect it has on the brain with Ellen Land, APN, board certified as a geriatric clinical nurse specialist and family nurse practitioner. Topics of the discussion will include

- Understanding your memory
 - What to expect with normal aging
 - When you should pay attention to memory loss
 - Current treatment options
 - What we can do to prevent or delay the progress of memory loss
- Barbara DeAngelis, Coordinator, Education and Training, Alzheimer's Association, Greater NJ Chapter, will discuss the role of the caregiver, including
- Caring for the caregiver
 - The grieving process (ongoing as a caregiver)
 - Signs of caregiver stress
 - Ways to reduce care

**All About Carbs and Diabetes**

WED. June 9 (11 a.m. – 12 p.m.)
South Brunswick Municipal Center – Main Meeting Room
540 Ridge Road, Monmouth Junction
A few easy ways you can take good care of yourself and your diabetes is by learning what to eat, how much to eat, and when to eat. Making wise food choices can help you feel good every day, and lose weight if you need to. Plus, lower your risk for heart disease, stroke, and other problems caused by diabetes. Healthful carb management can help keep your blood glucose, also called blood sugar, in your target range by keeping your blood glucose levels on target. Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will show you how to better manage your carbs, including

- Carb Counting 101
- Basics of meal planning for diabetes
- "Good" carbs versus "bad" carbs
- Tips for good blood sugar control
- Diabetes-friendly grocery shopping ideas

Stroke Screening

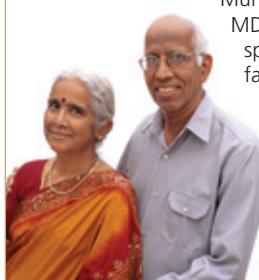
MON. June 14 (10:30 a.m. - 12:30 p.m.)
South Brunswick Senior Center
540 Ridge Road, Monmouth Junction

Registration limited and required.

Please call 732.329.4000, ext. 7237 or 7238, after May 17 to schedule an appointment.

The South Brunswick Health Department, in partnership with Princeton HealthCare System and the American Stroke Association, is providing free stroke screenings to residents of South Brunswick.

Muhammad Azam, MD, a physician specializing in family medicine and member of the Medical Staff of Princeton HealthCare System, will be on hand to answer your questions.

**21st Century Wound Care: Hyperbaric Oxygen Therapy**

WED. June 16 (11 a.m. – 12 p.m.)
South Brunswick Municipal Center – Main Meeting Room

540 Ridge Road, Monmouth Junction
Every year, chronic wounds caused by diabetes, poor circulation and related conditions keep as many as 5 million Americans from enjoying life. Hyperbaric oxygen therapy is a proven medical treatment that enhances the body's natural healing while strengthening the immune system. Topics of discussion include

- The use of advanced techniques to heal wounds
- Hyperbaric oxygen therapy
- Bio-engineered tissue grafts and advanced wound care
- Uses for hyperbaric oxygen therapy other than wound healing

Denise R. Bonnin-Bethea, DPM, Program Manager of University Medical Center at Princeton's Center for Wound Healing, will describe how this advanced clinical approach could benefit you or a loved one by hastening wound healing and preventing more serious wound complications.

**How to Stay On Top of Your Tennis Game**

THU. June 17 (4 – 6 p.m.)
Windrows
200 Windrows Drive, Princeton



Please call 609.520.3700 to register.

Painful shoulder conditions occur in patients of all ages and activity levels, but are especially common in those who play tennis. Those disorders that affect the more mature patient population include rotator cuff tears, shoulder impingement, and various forms of arthritis. There have been tremendous technological advances in the treatment of all of these disorders. The most common types of shoulder problems, symptoms, diagnosis, treatment, and preventative measures will be discussed.

- Frederick S. Song, MD, an orthopedic specialist and member of the Medical Staff of Princeton HealthCare System, will discuss both conservative and surgical treatment options.
- Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center at Princeton's Outpatient Rehabilitation Network, will discuss shoulder injury prevention, sports-specific training tips, and post-surgical expectations.

This event is co-sponsored by Princeton HealthCare System and Windrows.

**I'm Getting Older...Do I Still Need Annual Mammograms?**

TUE. June 22 (12:30 – 1:15 p.m.)
South Brunswick

Senior Center
540 Ridge Road, Monmouth Junction
Join experts from the Breast Cancer Resource Center (BCRC) to learn about the myths surrounding breast cancer, what puts you at risk for developing the disease, and the signs and symptoms you did not know about. Be moved by a breast cancer survivor's inspirational story. Speakers include

- Nisha S. Dhir, MD, FACS, board certified surgeon and a member of the Medical Staff of Princeton HealthCare System
 - Elizabeth Krefski, RN, MSN, Director of University Medical Center at Princeton's Breast Health Center
 - Debra Raines, Outreach Coordinator, YWCA Princeton Breast Cancer Resource Center
 - Health experts from BCRC
- This FREE program is presented by Princeton HealthCare System Community Education and the YWCA Princeton Breast Cancer Resource Center.

EVENTS FOR SENIORS**All About Diabetes:
Taking Care of Your Eyes**

WED. June 23
(11 a.m. – 12 p.m.)
South Brunswick

Municipal Center – Main Meeting Room
540 Ridge Road, Monmouth Junction
Colleen M. Coleman, MD, a board certified ophthalmologist, will present an informative discussion of your eye health in relation to diabetes, including

- How often you need to have your eyes checked
- Why it is important
- What excessive sugar does to your eyes
- Retinal problems

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

**All About Diabetes:
The Benefits of Exercise**

WED. June 30 (11 a.m. – 12 p.m.)
South Brunswick Municipal Center –
Main Meeting Room

540 Ridge Road, Monmouth Junction

Physical therapy can benefit diabetics. Knowing how to exercise properly and safely or how to correctly perform exercises can help to reduce injury. There are many benefits of exercise for people with diabetes, including improving glucose levels (especially for those with type-2 diabetes), reducing body fat and increasing function and strength. Join us to learn

- Safe stretching exercises
- How to monitor your exercise intensity
- Simple activities you can do daily

This presentation will be led by Linda A. Lucuski, MPT, Cert. MDT, Rehabilitation Coordinator with University Medical Center at Princeton's Outpatient Rehabilitation Network, licensed physical therapist, Certified Vestibular Rehabilitation Specialist (for vertigo and balance problems) and certified spinal specialist in the field of physical therapy.

Flu Shots and Immunizations

FRI. June 11 (12 – 1 p.m.)
Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

Registration required.

Shannon Aymes, MD, an internist and member of the Medical Staff of Princeton HealthCare System, will discuss the latest flu information, including

- What is the flu
- Why we need the flu shot every year
- Who should get the flu shot
- What's new this year
- What you need to know about H1N1

Learn about the pneumonia vaccine and the shingles vaccine, as well as tips on how to stay healthy this season.

**SAVE
THESE
DATES**

Who Turned Up the Heat? Understanding Peri-Menopause THU. July 15

Improving Your Health with Probiotics THU. July 29

Allergy-Free Cooking MON. August 16

A New Home for the Foundation

In late January, in the throes of record-breaking snow, the Princeton HealthCare System Foundation moved into its new and permanent home just 1.5 miles from the site of the new University Medical Center of Princeton at Plainsboro campus.

Designed by renowned architect J. Robert Hillier more than 45 years ago, its distinctive modern lines, floor-to-ceiling glass windows and distinctive brown fascia around the roofline provide an interesting contrast to the adjacent Stone House on the northbound side of US Route One near Alexander Road. Thanks to the generosity of the late Robert E. Clancy, who left the building to PHCS in his will, the Foundation staff and its many volunteers now have a welcoming and convenient base of operations from which to carry out its critical work of supporting Princeton HealthCare System.

"Our hospital stands as a testament to the generosity of our great community. From the farm house donated by Moses Taylor Pyne 90 years ago (the land on which the current hospital now stands), to this building, we are fortunate to be in a community with a strong tradition of giving," said Joe Stamper, PHCS Foundation Vice President of Development.



"Bob Clancy was a longtime board member of PHCS and an outstanding leader in the community. His gift of this building for the activities of the PHCS Foundation is a fitting tribute to his memory and a tangible reminder of the impact of his philanthropy."

The Foundation welcomes visitors to its new home at 3626 US Route One. It can be contacted at **609.497.4190** or by e-mail at **foundation@princetonhcs.org**.



The Greening of a Hospital

The new University Medical Center of Princeton at Plainsboro is not only dedicated to good health. It's being designed with an eye toward contributing to a healthy environment as well.

Princeton HealthCare System (PHCS) is committing some \$60 million to help make this replacement hospital for its downtown Princeton facility a national model for sustainability.

Planned green design initiatives include items as simple as water-saving, hands-free faucets throughout the building to a sophisticated heating and cooling system featuring a co-generation plant and a chilled water thermal energy storage system.

PHCS is seeking Plainsboro Township approval to build a co-generation plant that uses clean natural gas to produce both heat and electricity at once, making it up to twice as energy-efficient as traditional systems, and a chilled water thermal energy storage system that will have the effect of removing thousands of kilowatt hours of demand from the power grid during peak-demand times of day.

Other sustainability features include sunlight-regulating exterior shades that can be adjusted to reduce the amount of energy required for heating and cooling; solar groves – panels of solar cells that may be located over a portion of the hospital's parking lot; an interior building design that maximizes natural light; and the use of indigenous landscape plantings.

Perhaps best of all, construction of the new hospital is reclaiming a previously inaccessible stretch of Millstone River waterfront. PHCS will develop the stretch of land into a 32-acre park that will be donated to the township for public use.

PHCS is committed to implementing as many of these environmental features as possible and has launched an aggressive capital campaign, *Design for Healing*, to help raise funds. Learn more about the new University Medical Center of Princeton at Plainsboro online at www.newhospitalproject.org.

Kids Marathon: A Focus on Kids & Fitness

The Auxiliary of University Medical Center at Princeton is helping local children from kindergarten through eighth grade focus on physical fitness in a fun way, by participating in the second annual Princeton HealthCare Kids Marathon.

"The Kids Marathon is designed to promote good health and help children incorporate fitness into their daily routine," says event co-chair Amy Rabner. "We all know that obesity is a growing problem among school-aged children, with serious and life-long consequences. The time to start building healthy habits is now."

The event encourages young participants to complete a 26.2-mile run over the course of 10 weeks, with everything from playing sports to walking to school nudging them toward the finish line. Starting March 20, participants began logging 2.5 miles each week, recording their progress and receiving special prizes every two weeks to mark the completion of five miles. The final 1.2 miles will be completed at Princeton University Stadium on Race Day, June 6, before the adult 10k run.

"Every child is wrapped in a Mylar blanket, just like marathon runners are, as they cross the finish line," says Jennifer Mimnaugh. "With the music playing and the crowd cheering, every one of them crosses the finish line with a real sense of accomplishment. Last year we had about 275 kids participating. This year we are hoping 1,000 will have a chance to experience the satisfaction of crossing the finish line toward good health."

In addition to completing their fitness miles, participants are encouraged to complete 26 Green Deeds and ask 10 sponsors to contribute \$1 per mile (a \$26 pledge) to support UMCP's Outpatient Pediatric Clinic.

To register your child, or for more information, including tracking forms and training and Green Deed tips, visit the event's website at www.princetonkidsmarathon.org, or call The Auxiliary at 609.497.4069.

Pain in the Legs? Get Moving Again with Advanced Treatment (continued from page 24)

"There are no incisions, so there is no wound, and there is no general anesthesia involved," Dr. Sambol says. "Many patients can go home the same day."

What's more, an endovascular procedure does not prevent a patient from having a bypass procedure in the future, if necessary, Dr. Sambol says. "Traditional open vascular bypass surgery still maintains an important role in the treatment of PAD."



Beyond PAD

Endovascular techniques are also being used at UMCP to treat several other vascular conditions including deep venous thrombosis (DVT), carotid artery stenosis, diabetic foot ulcers, as well as thoracic and abdominal aortic aneurysms, Dr. Sambol says. A state-of-the-art, multi-million dollar endovascular suite is also planned as part of the new University Medical Center of Princeton at Plainsboro, which will open in late 2011.

To find a vascular surgeon at UMCP, call **1.888.PHCS4YOU (1.888.742.7496)** any time, day or night.



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Pain in the Legs? Get Moving Again with Advanced Treatment



University Medical Center at Princeton is now offering advanced, minimally invasive treatments for a common, painful leg condition known as peripheral arterial disease, or PAD.

UMCP recently expanded the endovascular procedures available to treat PAD, giving patients more treatment options, close to home, for this potentially debilitating condition. PAD, a narrowing

or blockage of the arteries in the legs, can cause pain and cramping during walking or other types of exertion.

"As the disease progresses, some patients cannot walk half a block without having significant pain in the legs," says Elliot Sambol, MD (*pictured above*), a member of the vascular surgery team at UMCP. "With endovascular techniques, we can reduce or eliminate pain associated with PAD and help patients avoid potentially life- or limb-threatening complications such as chronic non-healing wounds."

What Causes PAD?

PAD affects about 8 million Americans, including as many as 20 percent of people age 65 and older, according to the American Heart Association. It develops over time, as plaque deposits build in the arteries of the legs.

"Your blood vessels are not able to supply the appropriate amount of blood to the muscles being used during walking," says Dr. Sambol, who is board certified in surgery and vascular surgery. "The muscles are starving for oxygen, which results in pain or cramping."

As with all cardiovascular disease, people at greatest risk include those who smoke or suffer from high blood pressure, high cholesterol or diabetes. In fact, PAD can often be halted or reversed with conservative treatments such as exercise, medication and lifestyle changes that reduce those risk factors.

Patients with more severe forms of the disease, and those who have had limited success with conservative treatment, may benefit from endovascular procedures, Dr. Sambol says.

The Endovascular Approach

Endovascular techniques involve the use of small wires and catheters inserted into the arteries. This minimally invasive approach helps patients recover faster. It also provides a treatment option for patients who are not healthy enough for blood vessel bypass surgery, the traditional way of treating severe PAD.

Endovascular techniques used to treat PAD include

- **Balloon angioplasty.** A tiny balloon is threaded through the catheter and inflated to dilate the artery.
- **Stents.** In highly diseased arteries, stents can be inserted to keep the blood vessel open.
- **Atherectomy.** Lasers or tiny cutting instruments remove plaque and debris from a blood vessel.

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To learn more about PAD and how you can reduce your risk, join us for this informative seminar, led by Dr. Sambol.

Protecting Yourself Against PAD: Peripheral Artery Disease
Monday, June 28 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center, Conference Rooms A & B
For more information, or to register, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

