Help for Stress Incontinence
Avoiding an **Oops**: Help for Stress Incontinence

S

tress incontinence is an accidental loss of urine when extra pressure is put on the bladder—anything from coughing to jumping or lifting heavy objects. While incontinence can be embarrassing and inconvenient, it is highly treatable.

With a combination of rehabilitation and advanced, minimally invasive treatments, Princeton HealthCare System's physicians and therapists are helping women of all ages overcome incontinence and lead normal lives.

“About 50 percent of women will have symptoms of stress incontinence at some point in their lives,” says Heather van Raalte, MD, *(pictured left)* who specializes in urogynecology. “Once it starts impacting your quality of life, and you’re not doing things you want to be doing, then it’s probably time to do something about it.”

**Weakened Muscles**

Stress incontinence usually occurs when pelvic muscles that support the bladder weaken over time or as a result of strenuous activities such as childbirth. Less commonly, it is caused by a malfunction of muscles inside the urethra that control urine flow.

Dr. van Raalte says treatments are aimed at providing additional pelvic support, and include:

- Conservative treatments, including weight loss, lifestyle changes and pelvic floor muscle training
- Minimally invasive outpatient procedures, which use a sling made of synthetic material to support the urethra
- A pessary device, which is a silicone device similar to a diaphragm that is painlessly fitted into the vagina to help hold the bladder, uterus and bowel in place
- Injections of collagen to make the area around the urethra thicker and less prone to leakage

**Starting with Rehab**

Before choosing a surgical procedure, many women participate in specialized pelvic floor rehabilitation for incontinence, says Becky Keller, MSPT, who coordinates the women's health physical therapy program for University Medical Center at Princeton's Outpatient Rehabilitation Network.

Rehabilitation uses exercises that strengthen the pelvic floor and deep abdominal muscles that support the pelvic area. A technique known as biofeedback improves muscle coordination by allowing women to see on a computer screen whether they are properly activating pelvic muscles.

“Some women are able to resolve their incontinence by simply strengthening pelvic muscles that have weakened from inactivity,” Keller says. “And for women who still need surgery, rehabilitation can help ensure better long-term results.”

For more information about UMCP Outpatient Rehabilitation Network’s women’s health program, or for assistance finding a urogynecologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Learn more at a free seminar, *Women’s Health: Common Pelvic Floor Disorders, May 17.* See pg. 9 for details.
A cough is usually the result of a temporary, relatively minor health issue—from the common cold to dust or other allergens.

But depending on how long the cough lasts and whether it is accompanied by other symptoms, it could be a sign of a more serious problem, according to Ashgan Elshinawy, DO, (pictured right) and Ritwick Agrawal, MD, multi-board certified pulmonary medicine specialists with Princeton HealthCare System.

“Most coughs that last less than two or three weeks are caused by the common cold or the flu and resolve once the infection goes away,” says Dr. Elshinawy. “If a cough continues for more than three weeks, especially if it is limiting your ability to function normally, it could indicate a serious health problem.”

However, even a new cough should be brought to your doctor’s attention if it produces blood, is accompanied by symptoms such as a high fever or begins after exposure to a person with tuberculosis or another known disease, says Dr. Agrawal (pictured left).

Chronic Cough
Coughs lasting beyond two or three weeks are considered “chronic” and should be evaluated by a physician, Dr. Agrawal says. Some of the most common culprits for a chronic cough, according to Drs. Elshinawy and Agrawal, include:

- Asthma
- Bronchitis
- Post-nasal drip
- Gastroesophageal reflux disease (GERD)

People with a history of smoking should also be concerned about lung cancer, as well as bronchitis, emphysema and other chronic obstructive pulmonary disease (COPD), Dr. Elshinawy says.

Treatment
New coughs that come on without other significant symptoms should be treated the same as a cold—drink plenty of fluids and get plenty of rest. Dr. Agrawal also recommends frequent hand washing and covering your mouth with the inside of your arm to prevent the spread of a virus.

For individuals with breathing problems and lung disorders, University Medical Center at Princeton’s Pulmonary Rehabilitation Program offers a medically supervised, progressive exercise and education program under the direction of board certified Medical Director and UMCP’s Chief of Pulmonary/Critical Care, Kenneth Goldblatt, MD (pictured right). The program is nationally certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

For more information about UMCP’s Pulmonary Rehabilitation Program, or for assistance finding a pulmonologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

More PHCS Surgeons Accept Horizon

As of March 1, 2011, more PHCS general and vascular surgeons, who are board certified in their areas of specialty, accept Horizon – BCBSNJ. In addition, a PHCS-employed bariatric surgeon, who recently enrolled in several commercial insurance plans, will soon be completely enrolled in Horizon.

Princeton HealthCare System is pleased to have more than 900 physicians on our medical staff who participate in many commercial insurance plans and Medicare. To find a primary care physician, specialist or surgeon on staff at PHCS who participates in your insurance plan, call us toll-free at 1.888.PHCS4YOU (1.888.742.7496).
Joint Pain: Is It Arthritis?

Occasional joint pain and stiffness are a normal part of growing older. If that pain happens every day, especially if it worsens with movement, it could be a sign of arthritis, says Jose Vigario, DO, (pictured left) a board certified geriatric and internal medicine specialist with Princeton HealthCare System.

"More than half of people over the age of 65 will experience some form of joint pain," says Dr. Vigario. "If your pain is not improving with over-the-counter medicine, or if it seems to be progressing or becoming a daily issue, then you should talk to your doctor."

Types of Arthritis
Arthritis usually affects the larger joints—knees, hips, ankles, shoulders, wrists and hands—and causes pain or stiffness that worsens over time.

Types of arthritis include:
- Osteoarthritis, a breakdown of cartilage followed by deterioration of bone in the joint from aging or injury
- Rheumatoid arthritis, a disease in which the body’s immune system attacks joints
- Gout and pseudogout, which are crystals that form in the joint and cause pain
- Infectious arthritis, a condition in which infection spreads in a joint

“If joint pain is suddenly accompanied by swelling, fever or redness at the joint, it could be a sign of a dangerous infection and should be treated as a medical emergency,” Dr. Vigario says.

Treatment
Infectious arthritis is treated with antibiotics, and multiple medications are available to treat acute gout and limit joint damage caused by rheumatoid arthritis.

Many patients with osteoarthritis find relief with conservative treatments such as exercise (range of motion, strengthening, stretching and aerobic exercises), warm showers and non-prescription pain medicine. Stronger pain medicine—including a class of drugs known as COX-2 inhibitors—can be prescribed for worsening pain.

Physical therapy, such as the therapeutic and rehab services provided by UMCP’s Outpatient Rehabilitation Network, also may help provide relief from discomfort or pain. If the pain becomes too severe, or if X-rays show extensive joint damage, total joint replacement may be an option, Dr. Vigario says.

Protect Your Joints
Whether or not you have joint pain or arthritis, Dr. Vigario says the following steps can improve your joint health:
- Maintain a healthy weight.
- Learn proper exercise techniques.
- Discuss supplements with your physician.

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

Hypertension: The Silent Killer

An average of one in every three adults over the age of 20 have high blood pressure, according to the Centers for Disease Control and Prevention (CDC). But while the condition, also called hypertension, may be relatively common, it can dramatically raise your risk of heart disease, stroke, congestive heart failure and kidney failure if it is uncontrolled.

"Hypertension is known as the silent killer for a very good reason," says Jeanne Mitterando, MD, board certified family medicine specialist (pictured right).

"Many people don’t realize they have a problem with high blood pressure until they find themselves in an emergency room suffering from chest pains, a heart attack or a stroke."

In fact, one out of every five people with hypertension is unaware of his or her condition, the CDC reports. An annual visit to your family physician for a physical, which includes...
Manage Irregular Heart Rate to Help Avoid a Stroke

Atrial fibrillation, an irregular and rapid heart rate in the upper chambers of the heart, is the most common arrhythmia diagnosed in the United States. If left untreated, it can cause life-threatening strokes in some people. However, there are several treatment options that can dramatically reduce the risk of suffering a stroke.

During atrial fibrillation (commonly referred to as “a-fib”), the heart’s two upper chambers beat irregularly and out of sync with the two lower chambers. This condition causes poor blood flow to the body, which then can make blood pool in the heart and create blood clots. Should a clot form and dislodge, it can travel to the brain, resulting in a stroke.

“A-fib should always be treated with either medication or a cardiac procedure that restores normal sinus rhythm,” says John D. Passalaris, MD, FACC, (pictured left) board certified cardiologist and a member of the Medical Staff of Princeton HealthCare System. “Preventive measures such as blood thinners can decrease the risk of a stroke five- to ten-fold.”

Diagnosis and Treatment
Warning signs for a-fib can be vague, such as fatigue or some chest discomfort, but it is easily diagnosed with a physical exam and EKG (electrocardiogram), a non-invasive test that measures the electrical activity of the heart. Once a-fib is diagnosed, treatment should always be initiated to reduce the risk of suffering a stroke.

“If a patient presents with a stroke, we always monitor the heart for any signs of a-fib, because that is a notable cause,” says Paul K. Kaiser, MD, (pictured left) board certified neurologist and Medical Director of UMCP’s Stroke Center, a state-designated Primary Stroke Center. “The stroke itself is treated as any other would be, but we make sure the a-fib is addressed appropriately as well.”

Dr. Passalaris says some patients can benefit from an electrical cardioversion procedure routinely performed at University Medical Center at Princeton, which is highly successful in restoring normal rhythm. However, it can be offered only to patients who do not already have a clot.

“Age and certain conditions like hypertension can increase the incidence of a-fib,” notes Dr. Passalaris. “But with careful monitoring and treatment, most patients live a normal, quality life.”

For more information about UMCP’s Stroke Center or cardiac services, or for assistance finding a cardiologist or neurologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Killer

a blood pressure check, can detect hypertension and pre-hypertension, a slight elevation in pressure that can be a warning sign that you may develop high blood pressure in the future.

Risk factors for hypertension include:
- being overweight
- smoking and alcohol consumption
- lack of physical activity
- age
- stress
- diet containing too much sodium
- family history of high blood pressure

Certain conditions such as high cholesterol, diabetes, kidney disease and sleep apnea can also increase your risk of developing hypertension.

“Once you have been diagnosed with high blood pressure and a medication that works for you has been prescribed, it is very important that you take that medication every day, even if you feel fine, to keep your pressure at a safe level,” explains Dr. Mitterando.

To find a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.
Significant Milestone Reached in Campaign for New Hospital

In its fifth year of the Design for Healing campaign to build the new University Medical Center of Princeton at Plainsboro (UMCPP), the Princeton HealthCare System Foundation has eclipsed its original goal of $115 million in private donations and is now seeking an additional $35 million through the campaign.

“Thanks to the generosity of our donors, we are able to invest in partnerships, innovations and technology that no one even dreamed about when we began planning the hospital six years ago,” says Joseph E. Stampe, Vice President of Development, Princeton HealthCare System Foundation. “We are reinvigorated by the opportunity to make one of New Jersey’s and the nation’s best hospitals even greater.”

“We are not raising the campaign goal for the hospital we had planned; we are resetting our goal for the project we are now able to reimagine,” adds Barry Rabner, President and CEO of Princeton HealthCare System.

The new UMCPP, currently under construction, will be located on Route 1 between Scudders Mill Road and Plainsboro Road in Plainsboro. It is expected to open in 2012.

For more information about the Design for Healing campaign, visit www.princetonhcs.org/designforhealing or call 609.497.4190. For details about UMCPP, visit www.newhospitalproject.org.
LEARN LIFESAVING TECHNIQUES AT PHCS’ FREE CPR WEEK
JUNE 1 – 7

Registration is required for all classes. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR and first aid classes, unless otherwise noted. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS. Se habla español.

Family & Friends CPR – Adult & Child
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.

**WED. June 1 (6:30 – 8:30 p.m.)**
South Brunswick Public Library
110 Kingston Lane
Monmouth Junction

**THU. June 2 (10 a.m. – 12 p.m.)**
Harriet Bryan House
310 Elm Court, Princeton

**THU. June 2 (6:30 – 8:30 p.m.)**
Lawrenceville Library
2751 Brunswick Pike, Lawrenceville

**FRI. June 3 (10 a.m. – 12 p.m.)**
Call 609.737.2610 to register.
Hopewell Library
245 Pennington-Titusville Road
Pennington

**FRI. June 3 (6:30 – 8:30 p.m.)**
Plainsboro Library
9 Van Doren Street, Plainsboro

**SAT. June 4 (9:30 – 11:30 a.m.)**
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

**SAT. June 4 (10 a.m. – 12 p.m.)**
Call 609.259.2150 to register.
Robbinsville Library
2 Allentown-Robbinsville Road
Robbinsville

**SAT. June 4 (1 – 3 p.m.)**
Princeton Fitness & Wellness Center

**SUN. June 5 (9:30 – 11:30 a.m.)**
Community Education & Outreach at 731 Alexander Road

**MON. June 6 (6:30 – 8:30 p.m.)**
Call 609.882.3148 to register.
Princeton Library
61 Scotch Road, Princeton

**MON. June 6 (1 – 3 p.m.)**
Call 609.924.9529 x240 to register.
Princeton Library
65 Witherspoon Street, Princeton

**TUE. June 7 (10 a.m. – 12 p.m.)**
Hickory Corner Library
138 Hickory Corner Road
East Windsor

**TUE. June 7 (1 – 3 p.m.)**
West Windsor Senior Center
271 Clarksville Road
Princeton Junction

**SAT. June 4 (3 – 5 p.m.)**
Community Education & Outreach at 731 Alexander Road

Please call 1.888.897.8979 to register. This class will be taught in Spanish. (Esta clase se enseñará en español.)

Family & Friends CPR – Infant
The Family & Friends CPR – Infant program teaches you how to perform CPR on infants, and how to help an infant who is choking. An infant is defined as a child 1 year of age or younger.

**SAT. June 4 (10 a.m. – 12 p.m.)**
Princeton Fitness & Wellness Center

**SAT. June 4 (12:30 – 2:30 p.m.)**
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

**SUN. June 5 (12:30 – 2:30 p.m.)**
Community Education & Outreach at 731 Alexander Road

**MON. June 6 (9:30 – 11:30 a.m.)**
Call 609.924.9529 x240 to register.
Princeton Library
65 Witherspoon Street, Princeton

**TUE. June 7 (6:30 – 8:30 p.m.)**
Call 609.882.3130 to register.
Ewing Library
61 Scotch Road, Ewing

Spanish – Family & Friends CPR – Adult, Child & Infant

**SAT. June 4 (3 – 5 p.m.)**
Community Education & Outreach at 731 Alexander Road

Please call 1.888.897.8979 to register. This class will be taught in Spanish. (Esta clase se enseñará en español.)

LOCATIONS:

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

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

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

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

Princeton HealthCare System
Community Education & Outreach

Redefining Care.

Directions available at www.princetonhcs.org
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.

**Current Programs**

**Early Warning Signs: A Primer on Mental Health in Adolescence**
MON. May 2 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Join Princeton House Behavioral Health’s Kathy DeMaio, Senior Primary Therapist, and Nicole Bonny, Primary Therapist, at this informative workshop for parents and guardians, as they provide an overview of the signs and symptoms of depression, bipolar disorder, anxiety, ADHD and substance use in teens. Learn about community resources available and how to navigate the mental health system.

**FORE! How to Get Your Golf Game in Shape This Season!**
TUE. 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
Princeton Fitness & Wellness Center
WED. August 17 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
Maintaining a healthy body and mind can make a difference in improving your golf swing.
Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center at Princeton’s Outpatient Rehabilitation Network, will discuss and demonstrate:
- Components of the golf swing
- Strength, conditioning, warm-up and flexibility exercises for golfers
- Effective 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.

**Stroke: What You Need To Know**
THU. May 5 (12:15 – 1:15 p.m.)
South Brunswick Municipal Center
540 Ridge Road
Monmouth Junction – Main Meeting Room
After age 55, the risk of having a stroke increases. Join Elliot Sambol, MD, board certified in general surgery and a member of the Medical Staff of Princeton HealthCare System, and learn about stroke risk factors, prevention, signs and symptoms, what to do when you think you are having a stroke and the latest treatments and diagnostics available at UMCP, a state-designated Primary Stroke Center.

**Health for Yourself: Simple Changes for the Busy Woman**
THU. May 5 (6 – 7:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor
TUE. May 10 (6 – 7:30 p.m.)
Princeton Fitness & Wellness Center
Eating right and making smart health choices can be a challenge in the hectic lives of women. Jeanne Mitterando, MD, board certified in family medicine and member of the Medical Staff of Princeton HealthCare System will describe four easy steps you should take to keep your health on track. Anthony Dissen, RD, Outpatient and Community Education Dietitian with University Medical Center at Princeton’s Nutrition Program, will offer tips on maintaining a healthy weight and choosing foods that are low in cholesterol and saturated fats.

**8th Annual Health Fair**
SAT. May 7 (9 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center
No registration required. Join us in celebrating the eighth anniversary of Princeton Fitness & Wellness Center. Health professionals from Princeton HealthCare System will be on hand to provide free information and health screenings, including:
- Blood pressure
- Glucose and cholesterol
- Body fat analysis (BMI)
- Posture and balance

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

**Information You Need to Know About Hip and Knee Arthritis**
THU. May 12 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
Hip and Knee You Need to Know about Arthritis

Join Robert Bennett, DO, board certified in family medicine and a member of the Medical Staff of Princeton HealthCare System, will present an informative discussion on diagnosing and treating arthritis. Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center at Princeton’s Outpatient Rehabilitation Network, will discuss post-surgical therapy, physical therapy during recovery, and pain management.

**Diabetes & Weight Management: Achieving a Balance**
FRI. May 6, 13, 20 & 27, June 3, 10, 17 & 24
University Medical Center at Princeton Diabetes Management Program
Medical Arts Building, Suite B

Registration required. Please call 609.497.4372 to register. This eight-week program is designed to help you improve your glucose control and achieve a healthy weight loss.

Facilitated by Sandra Byer-Lubin, RD, CDE, a registered dietitian and certified diabetes educator with University Medical Center at Princeton’s Diabetes Management Program, the series includes:
- An individual nutritional evaluation and a personalized health plan
- Seven group sessions focusing on lifestyle and behavioral approach methods
- Guest speakers on stress management and exercise
- Healthy eating for diabetics, including recipes and a carbohydrate- and calorie-counting book

For more information on UMCP’s Diabetes Management Program and its full range of educational services, please call 609.497.4372 or visit www.princetonhcs.org.
2nd Annual Health & Well-Being Fair 2011

SAT. May 14 (9 a.m. – 12 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
No registration required.
For more information, please contact Krissi Zigenfus, Senior Director of Member Initiatives, Hamilton YMCA, at 609.581.9622 x112 or kzigenfus@hamiltonymca.org.
Join us as Princeton HealthCare System and the Hamilton Area YMCA John K. Rafferty Branch host the second annual Health & Well-Being Fair, including exercise demonstrations; health screenings for blood pressure, cholesterol, glucose, posture, body fat and flexibility; and giveaways. Health professionals from PHCS will be on hand to answer your health-related questions.

Women’s Health: Common Pelvic Floor Disorders

TUE. May 17 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Heather van Raalte, MD, fellowship trained in urogynecology and a member of the Medical Staff of Princeton HealthCare System, will discuss pelvic floor disorders and the latest non-surgical and minimally invasive surgical procedures available to treat them. Plus, Becky Keller, MS, PT, Physical Therapist and Rehabilitation Manager at University Medical Center at Princeton’s Outpatient Rehabilitation Network, will explain how physical therapy can help assess and treat pelvic floor dysfunction. Physical therapy equipment and treatment techniques will be demonstrated.

Probiotics: Why They Are Needed for Optimal Intestinal Health

WED. May 18 (7 – 8:30 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor
Registration will be accepted in person at the library or through Princeton HealthCare System’s Community Education & Outreach Program.

Adding probiotics — food and supplements that contain “good” bacteria — to your diet can help digestion, protect your body from harmful bacteria and promote general good health. Join Kevin Skole, MD, board certified in gastroenterology, and Anthony Dissen, RD, Outpatient & Community Education Dietitian, and discover the important role probiotics play in intestinal health.

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

Common GI Disorders: When to Seek Medical Advice

TUE. May 24 (7 – 8:30 p.m.)
Ewing Library
61 Scotch Road, Ewing
Registration will be accepted in person at the library or through Princeton HealthCare System’s Community Education & Outreach Program.

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

The Aging Eye

WED. May 25 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, will discuss:

- Refractive cataract surgery
- Glaucoma
- Macular degeneration prevention

Sports-related Shoulder Injuries

THU. May 26 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Regardless of your age and activity level, shoulder injuries can be debilitating. Whether you are suffering from shoulder pain caused by a torn rotator cuff, shoulder impingement or various forms of arthritis, you may benefit from recent technological advances in treatment. 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, will discuss the various treatment options available for sports-related shoulder injuries.

Women of Wisdom

THU. June 2 (12:15 – 1:15 p.m.)
South Brunswick Municipal Center
540 Ridge Road, Monmouth Junction – Main Meeting Room
Join Elizabeth Krefski, RN, MSN, Director of University Medical Center at Princeton’s Breast Health Center, to explore the myths surrounding breast cancer, what puts you at risk for developing the disease, and the signs and symptoms you may not know about. You will also hear a breast cancer survivor’s inspirational story. This program is presented by Princeton HealthCare System Community Education & Outreach Program and the YWCA Princeton Breast Cancer Resource Center.

What to Do When Your Child Is Having an Emergency

MON. June 6 (12:15 – 12:45 p.m.)
Princeton Fitness & Wellness Center
Put your mind at ease by learning the basics of what to do in case of an emergency. Join Alicia Brennan, MD, Medical Director of CHOP Pediatric Care at University Medical Center at Princeton, for an informative discussion about pediatric emergencies and how to manage your child’s care. UMCP and The Children’s Hospital of Philadelphia (CHOP) have partnered to enhance pediatric services available at UMCP at all levels of care, including pediatric emergency consultation, inpatient pediatric care and neonatal care.

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 coupon for a single cup of home-made ice cream to everyone who donates a pint of blood. For hours, or to schedule your appointment, call 609.497.4366.
Who Turned Up the Heat? Understanding Peri-Menopause and Menopause

TUE. June 14 (7 – 8:30 p.m.)
Ewing Library
61 Scotch Road, Ewing

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

The years leading up to menopause can be filled with surprises, including irregular periods, hot flashes and night sweats. Join us as Ursula Miguel, MS, a Certified Nurse Midwife with Princeton HealthCare System, leads a discussion on what to expect during this transitional time, as well as management options.

Colon Cancer and Women

THU. June 30 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Learn about colon cancer screening guidelines, diagnosis and treatment options for women at this informative session presented by Kevin A. Skole, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System.

What Did You Say? Hearing Loss and Advances in Hearing Aid Technology

THU. July 7 (12:15 – 1:15 p.m.)
South Brunswick Municipal Building
540 Ridge Road, Monmouth Junction – Main Meeting Room

Learn more about hearing loss and the latest hearing aid technology at this informative session. A representative from Princeton HealthCare System will discuss the signs and symptoms of ear disorders related to hearing loss.

da Vinci Robotic Surgery

THU. July 7 (6:30 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

Learn about the da Vinci Surgical System®, a state-of-the-art, minimally invasive technology that offers patients an alternative to traditional open surgery. This informal, interactive discussion will be presented by Bruce Pierce, MD, FACOG, board certified in obstetrics and gynecology and a member of the Medical Staff of Princeton HealthCare System.

Yikes! What Is Happening to My Body?

A Puberty Talk for Girls

MON. July 18 (4:30 – 6 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

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

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

A Puberty Talk for Boys

MON. July 25 (4:30 – 6 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

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

Designed for children ages 9 –12, this program focuses on the physical, intellectual and emotional changes your child will experience as he/she enters the teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by Karen Davison, RN, a Health Educator with Princeton HealthCare System.
Diabetes and You
THU. July 5 (12:15 – 1:15 p.m.)
South Brunswick Municipal Building
540 Ridge Road, Monmouth Junction — Main Meeting Room
Learning to control your diabetes can reduce your chances of developing serious complications from this chronic condition. Learn how to take control of diabetes through foot care, annual eye exams and A1C blood tests with Jeanne Mitterando, MD, board certified in family medicine and a member of the Medical Staff of Princeton HealthCare System.

Diabetes: What’s My Risk?
TUE. July 12 (12:15 – 1:15 p.m.)
South Brunswick Municipal Building
540 Ridge Road, Monmouth Junction — Main Meeting Room
With nearly 21 million Americans estimated to have diabetes, it is important to know what you can do to reduce your risk of developing the disease. Join Nancy L. Rhodes, RN, MA, CDE, a certified diabetes educator with University Medical Center at Princeton’s Diabetes Management Program, and learn the risk factors for developing diabetes, how to significantly reduce your risk and how to reduce associated complications for those with diabetes.

Understanding Alzheimer’s Disease
WED. July 20 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
The warning signs of Alzheimer’s disease are often dismissed as normal signs of aging. But if you or someone you know is experiencing memory loss or changes in behavior or mental skills, early detection, diagnosis and intervention can make a significant difference in treatment, support, and planning for the future. Robert Platzman, DO, board certified in geriatric medicine and internal medicine and a member of the Medical Staff of Princeton HealthCare System, will present this program designed to provide a clearer understanding of Alzheimer’s disease.

Managing Your GI and Liver Health
THU. August 4 (12:15 – 1:15 p.m.)
South Brunswick Municipal Building
540 Ridge Road, Monmouth Junction
Kevin S. Skole, MD, board certified in gastroenterology, will present an overview of GI and liver health. Dr. Skole is a member of the Medical Staff of Princeton HealthCare System.

Fun with the Pharmacist! Game Show and Brown Bag Session
MON. August 8 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Test your medication “IQ” with the Pharmacy Game Show and get answers to your questions about medications. Bring your medication(s) or a list of your medication(s), including all prescription and over-the-counter drugs. Timothy Reilly, PharmD, BCPS, a Clinical Pharmacist with Princeton HealthCare System and Clinical Assistant Professor at the Ernest Mario School of Pharmacy, Rutgers—the State University of New Jersey, will present this program.

A Healthy Heart: It’s Worth Sleeping On
WED. August 10 (12:30 – 1:30 p.m.)
Princeton Fitness & Wellness Center
Getting fewer than six hours of quality sleep a night can have serious effects on your cardiovascular health. Chronic sleep deprivation has also been shown to increase inflammation in the body, which can have negative effects on your heart. Join Ashgan Elshinawy, DO, board certified in pulmonology and sleep medicine, to learn how to get a better night’s sleep and improve your heart health at the same time. Dr. Elshinawy is a member of the Medical Staff of Princeton HealthCare System.

Nutrition Know-How: Basic Meal Planning
THU. July 19 (12:15 – 1:15 p.m.)
South Brunswick Municipal Building
540 Ridge Road, Monmouth Junction — Main Meeting Room
with University Medical Center at Princeton’s Nutrition Program, will discuss the keys to basic meal planning, including sources of carbs in our foods, the difference between refined and unrefined foods, serving sizes and the basics of menu planning.

New Advances in Diabetes Therapy
THU. July 26 (12:15 – 1:15 p.m.)
South Brunswick Municipal Building
540 Ridge Road, Monmouth Junction — Main Meeting Room
With a number of new therapies and medications now available, how do you know which one is right for you? Attend this informative session led by Gabriel B. Smolarz, MD, MSB, CCD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, and discover whether these latest advances can help make managing your diabetes easier.

Dare to Prepare: Teen Driving Workshop
THU. August 11 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
During this interactive, pre-permit workshop, explore the rules of the road with your teen before he or she gets behind the wheel. Parents and teens are encouraged to attend the workshop together, and will learn practical tips, what to look for in a driving school, parental roles and responsibilities, state and national statistics on teen driving, and Graduated Driver Licensing (GDL) components. A representative from AAA will present this workshop.

Blood Pressure Screenings
TUE. May 3, June 7, July 5, August 2 (6 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B
No registration required.
Uncontrolled high blood pressure can lead to stroke, heart disease and kidney disease. Stop in for a free blood pressure screening and review your risk factors for these serious medical concerns with a registered nurse from the Community Education & Outreach Program.
Eating Disorders and Body Image
MON. August 22 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B
People with a negative body image, especially girls, are more likely to develop an eating disorder and suffer from feelings of depression, isolation, low self-esteem and weight-loss obsessions. Join Sheri Solinski, Senior Primary Therapist with Princeton House Behavioral Health’s Women’s Program in North Brunswick, to find out what you can do if you or a loved one is at risk.

Sibling Class
SAT. May 7 (10 – 11:30 a.m.)
SAT. June 4 (10 – 11:30 a.m.)
SAT. July 9 (10 – 11:30 a.m.)
SAT. August 6 (10 – 11:30 a.m.)
University Medical Center at Princeton – Main Lobby
$30 per child.
This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour
SAT. May 7 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
TUE. May 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. June 4 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
THU. June 23 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. July 9 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
MON. July 18 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. August 6 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
WED. August 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
University Medical Center at Princeton – Main Lobby
University Medical Center at Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Prenatal Breastfeeding Class
TUE. May 10 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3
WED. June 1 (7 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road
MON. July 11 (7 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch, Suite 100, Conference Rooms A & B
TUE. August 16 (7 – 9 p.m.)
Princeton Fitness & Wellness Center, Studio 4
$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.

Baby Care
THU. May 12 (7 – 9:30 p.m.)
Princeton Fitness & Wellness Center
WED. June 8 (7 – 9:30 p.m.)
MON. August 22 (7 – 9:30 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3
THU. July 28 (7 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road
$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.

Daddy Boot Camp™
SAT. May 21 (9 a.m. – 12:30 p.m.)
SAT. July 23 (9 a.m. – 12:30 p.m.)
SAT. August 20 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road
SAT. June 18 (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 babies, including these tips and tools: how to calm a crying baby, planning for baby’s arrival, pets and babies, car seat safety, and the importance of parental teamwork. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

Car Seat Safety Checks
Call 1.888.897.8979 for an appointment and locations. Approximately 90 percent of car seats are installed incorrectly or 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.
Prenatal Exercise
TUE. May 24 – June 28 (7 – 8 p.m.)
TUE. July 12 – August 16 (7 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
$95 per person.
This program is designed to improve muscle tone, circulation and energy levels while easing everyday tension and stress during pregnancy. Recommended for all fitness levels, the program allows moms-to-be to perform the exercises at their own comfort levels, 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.

Prenatal Partner Yoga Workshop
SAT. May 28 (11 a.m. – 1 p.m.)
SAT. August 20 (11 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center
$35 per couple.
Registration required.
This workshop is designed to help expectant couples learn supportive postures that can help the mother-to-be stretch and feel better during pregnancy and labor. Couples will practice:
• Postures
• Breathing techniques
• Massage
No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or large towel, and a pillow. This class is taught by a certified prenatal yoga instructor.

Prenatal Yoga
THU. July 7 – August 25
(7 – 8:15 p.m.)
Princeton Fitness & Wellness Center
$165 per person.
Registration required.
Expectant mothers will learn how gentle postures, stretching, breathing, toning and relaxation and meditation can help them stay fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

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

Birthing Basics
MON. May 2 – May 23 (7 – 9 p.m.)
THU. May 26 – June 16 (7 – 9 p.m.)
TUE. May 31 – June 21 (7 – 9 p.m.)
MON. June 6 – June 27 (7 – 9 p.m.)
THU. June 30 – July 21 (7 – 9 p.m.)
TUE. July 12 – August 2 (7 – 9 p.m.)
WED. July 6 – July 27 (7 – 9 p.m.)
MON. July 25 – August 15 (7 – 9 p.m.)
TUE. August 23 – September 13 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3
THU. August 11 – September 1 (7 – 9 p.m.)
University Medical Center at Princeton Lambert House, Classroom 1 & 2
$120 per couple.
This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. The third session of each series will be held at University Medical Center at Princeton and will include a tour of the Maternal-Child Health Program Unit.

Review of Birthing Basics
FRI. May 6 (7 – 9:30 p.m.)
FRI. July 8 (7 – 9:30 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3
$60 per couple.
Designed for second- or third-time parents, this program will help you refresh and practice coping skills for labor and delivery.

Accelerated Birthing Basics
SAT. May 14 (9 a.m. – 5 p.m.)
SAT. June 11 (9 a.m. – 5 p.m.)
SAT. July 9 (9 a.m. – 5 p.m.)
SAT. July 30 (9 a.m. – 5 p.m.)
SAT. August 13 (9 a.m. – 5 p.m.)
University Medical Center at Princeton Lambert House, Classroom 3
$155 per couple.
This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience.

HypnoBirthing®
WED. June 1 – 29 (6:30 – 9 p.m.)
WED. July 27 – August 24 (6:30 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B
$195 per couple.
This 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.
REGISTER ONLINE AT WWW.PRINCETONHCS.ORG/CALENDAR OR CALL 1.888.897.8979

CHILD BIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center at Princeton, which for four years in a row (2006/2007 – 2009/2010) was ranked by HealthGrades® among the top five percent of hospitals in the nation for maternity services, 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.)
No class on June 29 & August 17.
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.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road
No registration required.
Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by a certified lactation consultant.

Postpartum Exercise

Tuesdays & Thursdays (10:30 – 11:30 a.m.)
No class on May 5 & 12, June 2, July 7 and August 9. (Additional schedule changes may apply; please check PHCS website.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B
$10 per class*. Registration required.
This class helps postpartum moms restore strength and improve muscle tone after pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. Designed for all fitness levels, this program 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.
*Save up to 12.5 percent on registration costs by purchasing a class discount card: $75 for eight classes, $90 for 10 classes, $105 for 12 classes. If purchasing a discount card, you must register by phone; please call 1.888.897.8979.

Postpartum Adjustment Support Group

THU. May 12 (11 a.m. – 12 p.m.)
THU. May 26 (11 a.m. – 12 p.m.)
THU. June 9 (11 a.m. – 12 p.m.)
THU. June 23 (11 a.m. – 12 p.m.)
THU. July 7 (11 a.m. – 12 p.m.)
THU. July 21 (11 a.m. – 12 p.m.)
THU. August 4 (11 a.m. – 12 p.m.)
THU. August 18 (11 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road
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 and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

CPR & FIRST AID

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

BLS for Healthcare Providers

TUE. May 3 (6 – 10:30 p.m.)
FRI. June 3 (9 a.m. – 1:30 p.m.)
WED. July 6 (6 – 10:30 p.m.)
TUE. August 2 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road
WED. May 11 (9 a.m. – 1:30 p.m.)
Conference Room A
WED. June 15 (6 – 10:30 p.m.)
Lambert House, Classroom 3
TUE. July 12 (9 a.m. – 1:30 p.m.)
Conference Room A
THU. August 11 (6 – 10:30 p.m.)
Lambert House, Classroom 3
University Medical Center at Princeton
MON. May 16 (6 – 10:30 p.m.)
MON. June 20 (9 a.m. – 1:30 p.m.)
MON. July 18 (6 – 10:30 p.m.)
FRI. August 19 (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 25 (9 a.m. – 1:30 p.m.)
WED. June 29 (6 – 10:30 p.m.)
THU. July 28 (9 a.m. – 1:30 p.m.)
MON. August 22 (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.

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.
REGISTER ONLINE AT WWW.PRINCETONHCS.ORG/CALENDAR OR CALL 1.888.897.8979

CPR & FIRST AID

Family & Friends CPR – Infant
SAT. May 7
(9:30 – 11:30 a.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
SAT. May 7
(9:30 – 11:30 a.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Family & Friends CPR – Adult & Child
SAT. May 7
(12:30 – 2:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
SAT. May 21
(10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center
SAT. August 6
(10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

Heartsaver CPR
THU. May 19
(6 – 9 p.m.)
Conference Room A
THU. June 23
(9 a.m. – 12 p.m.)
Conference Room A
WED. July 20
(6 – 9 p.m.)
Conference Room A
TUE. August 23
(9 a.m. – 12 p.m.)
Conference Room A
University Medical Center at Princeton

$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 AED
MON. May 9
(6 – 9 p.m.)
MON. August 15
(6 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
THU. July 14
(6 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road
TUE. June 14
(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; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Pet First Aid and CPR
THU. June 9
(6 – 9 p.m.)
Princeton Fitness & Wellness Center
THU. August 9
(6 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

$40 per person.
Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.

ACLS Full
WED. & THU. May 4 & 5
(9 a.m. – 5 p.m.)
THU. & FRI. June 2 & 3
(9 a.m. – 5 p.m.)
THU. & FRI. July 7 & 8
(9 a.m. – 5 p.m.)
FRI. & SAT. August 12 & 13
(9 a.m. – 5 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

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

PALS Full
WED. & THU.
May 11 & 12
(9 a.m. – 5 p.m.)
MON. & TUE.
August 8 & 9
(9 a.m. – 5 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Full: $250 per person.
Recertification: $175 per person.
The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management or cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.
Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register.

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**REIKI HEALING TOUCH FOR THOSE TOUCHED BY CANCER (LECTURE AND DEMONSTRATION)**

**WED. May 4 (6:30 – 8 p.m.)**
University Medical Center at Princeton
Ground Floor Radiology Waiting Area

Registration required.
Discover the healing benefits of the Japanese art of Reiki in this interactive class led by Anthony Dissen, RD, Outpatient and Community Education Dietitian with University Medical Center at Princeton’s Nutrition Program. Reiki uses simple hand placements and visualization techniques to provide many of the same benefits as traditional massage, including reducing stress, stimulating the immune system, increasing energy, and relieving the pain and symptoms of various health conditions. Participants should dress in loose-fitting clothes.

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**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.

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**CELEBRATING STRENGTH**

A celebration of life for our friends living with and beyond cancer. In conjunction with National Cancer Survivor’s Day.

**SUN June 5 (8 a.m. – 12 p.m.)**
University Medical Center at Princeton

Registration required. Registration and continental breakfast begin at 8 a.m. University Medical Center at Princeton’s Cancer Program and the Princeton Healthcare System Foundation invite patients who have been treated for cancer and their loved ones to attend this program dedicated to celebration, wellness and support. This event is recommended for participants ages 12 and up. Children under 18 must be accompanied by an adult.

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**CANCER SUPPORT GROUP**

**TUE. May 17 (1:30 – 3 p.m.)**
TUE. June 21 (1:30 – 3 p.m.)
TUE. July 19 (1:30 – 3 p.m.)
TUE. August 16 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

No registration required. Walk-ins welcome.
The Breast Cancer Support Group welcomes breast cancer patients in all phases of their journey, their family members and/ or caregivers, to 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 facilitated by a breast health navigator from UMCP’s Breast Health Center, along with Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey.

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**HEALTH EDUCATION CALENDAR**

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**SCIENTIFIC CERAMIC TECHNIQUES FOR THE DENTAL PROFESSIONALS**

**TUE. May 17 (1:30 – 3 p.m.)**
TUE. June 21 (1:30 – 3 p.m.)
TUE. July 19 (1:30 – 3 p.m.)
TUE. August 16 (1:30 – 3 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2300 Princeton-Hightstown Road
East Windsor

No registration required. Walk-ins welcome.
Princeton HealthCare System’s Head and Neck Cancer Support Group of Central Jersey provides encouragement, a safe setting for sharing concerns and problems related to life after cancer; education; and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.
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).

Hypertension: The Silent Killer
TUE. May 3 (12 – 1 p.m.)
Waterside Villas, One Overlook Drive, Monroe Township
This event is cosponsored by Gardens at Monroe and a light lunch will be provided. Space is limited and registration is required.
MON. May 16 (11 a.m. – 12 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction
Please call 609.799.9068 to register.
Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join Jose Vigario, DO, a member of the Medical Staff of Princeton HealthCare System, to learn what you can do to manage your blood pressure, and the importance of taking control of your health.

Diabetes Support Group
WED. May 18 (2:30 – 4 p.m.)
WED. June 15 (2:30 – 4 p.m.)
WED. July 20 (2:30 – 4 p.m.)
WED. August 17 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township
No registration required. Walk-ins welcome.

Registration requested. Please call 1.888.897.8979 for more information and to register.
People with implanted cardiac defibrillators and other interested individuals are welcome to attend this support group, which is facilitated by Eran Zacks, MD, FACC, Electrophysiology Specialist, and the staff of University Medical Center at Princeton’s Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and well-being.

What Does My Thyroid Do for Me? Demystifying One of the Body’s Most Important Glands
FRI. May 13 (12 – 1 p.m.)
Suzanne Patterson Center at Princeton
Senior Resource Center
45 Stockton Street, Princeton
Weight gain, fatigue, depression, muscle aches, sleep problems, high cholesterol, low libido — any or all of these could be signs that your thyroid is not working properly. Discover why your thyroid health is so important with Gabriel B. Smolarz, MD, MSB, CCD, board certified in internal medicine and endocrinology and a member of the Medical Staff of Princeton HealthCare System.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Prostate Cancer Support Group
WED. May 25 (12 – 1:30 p.m.)
WED. June 22 (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. 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.

UNITE: Perinatal Loss Bereavement Support Group
MON. May 2 (7 – 9 p.m.)
MON. June 6 (7 – 9 p.m.)
MON. July 11 (7 – 9 p.m.)
MON. August 1 (7 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
No registration required. Walk-ins welcome.

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

Bariatric Surgery Support Group
MON. May 2 (7 – 8:30 p.m.)
MON. June 6 (7 – 8:30 p.m.)
MON. July 11 (7 – 8:30 p.m.)
MON. August 1 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, as well as their family members, and those who are considering weight-loss surgery options. This support group may include, but is not limited to, the following facilitators: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.

ICD Support Group: Support Group for People With Implanted Cardiac Defibrillators (ICD)
TUE. June 21 (6:30 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road
Registration requested. Please call 1.888.897.8979 for more information and to register.
People with implanted cardiac defibrillators and other interested individuals are welcome to attend this support group, which is facilitated by Eran Zacks, MD, FACC, Electrophysiology Specialist, and the staff of University Medical Center at Princeton’s Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and well-being.
Design for Healing: The New University Medical Center of Princeton at Plainsboro
MON. May 16 (11 a.m. – 12 p.m.)
Montgomery Senior Center
356 Skillman Road, Skillman
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, 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.

CarFit Lecture
WED. May 18 (10:30 – 11:30 a.m.)
A trained Princeton HealthCare System technician will discuss the CarFit Check-up Event.

Check-up Event
WED. June 8 (10 a.m. – 12 p.m.)
Hopewell Valley Senior Center
395 Reading Avenue, Pennington
Appointment required. Call 1.888.897.8979 for an appointment. As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles. The CarFit program helps make vehicle adjustments to better “fit” the driver, which provides more comfort and better control of your vehicle. In addition, a trained PHCS CarFit technician will take the driver through an observation and questionnaire session. Participants are asked to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

Taking Care of Our Elders: Updates in Geriatric Services
THU. June 23 (10:30 – 11:30 a.m.)
Meadow Lakes
300 Meadow Lakes Drive, Highstown
WED. August 17 (10:30 – 11:30 a.m.)
Hopewell Valley Senior Center
395 Reading Avenue, Pennington
Older patients often have unique needs that require specialized care, which is why Princeton HealthCare System has established an Acute Care for the Elderly (ACE) Unit, participates in NICHE (Nurses Improving Care for Healthsystem Elders) and will provide a Geriatric Emergency Department at its new hospital location. Join Dave Clark, RN, University Medical Center at Princeton’s Emergency Department Nurse Manager; Daphne Berei, RN, BSN, RN-C, Nurse Manager; and Rebecca Godofsky, RN, NICHE Coordinator, to learn about the latest geriatric care taking place at UMCP – now and at its new location.

A Healthy Heart: It’s Worth Sleeping On
TUE. May 24 (12 – 1 p.m.)
Waterside Villas
One Overlook Drive, Monroe Township
Space is limited and registration is required.
Chrono...
Irregularity, diarrhea and abdominal discomfort are something we all experience on occasion, but when these symptoms persist or keep you from the activities you enjoy, seeking medical attention is important. Chronic abdominal pain combined with diarrhea, constipation or bouts of both, are often signs of a highly treatable condition called irritable bowel syndrome, or IBS.

"Fortunately, irritable bowel syndrome is not something that causes permanent damage to your body," says Kevin Skole, MD, a board certified gastroenterologist on staff at University Medical Center at Princeton (UMCP). "Proper diagnosis and treatment can make a big difference in a patient’s life."

IBS is a common gastrointestinal condition that affects as many as one in every five Americans, and is more prevalent in women than men. Often the first signs of the disorder develop in the teens or 20s, but IBS is diagnosed in people of all ages.

For more information about the services available through Princeton House Behavioral Health, call 1.800.242.2550, or visit www.princetonhouse.org.

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

Prevent IBS From Limiting Your Lifestyle

Since opening its doors in the summer of 1971, Princeton House Behavioral Health (PHBH) has expanded from a small inpatient psychiatric facility to a leading provider of highly skilled and innovative behavioral healthcare designed to meet the needs of the individual at all levels.

“At a time when budget cuts and reduced services are common in mental healthcare, Princeton House Behavioral Health continues to focus on patient needs first,” says Richard Wohl, Senior Vice President, Behavioral Health, Princeton HealthCare System.

“Over the years we have continued to grow and distinguish ourselves through specialized programs, including those focusing on adult mental health, children and adolescents, dually diagnosed individuals facing both psychiatric illness and chemical dependency, and medical detoxification,” Wohl notes. “Our particular outpatient services for women are unique within the state of New Jersey.”

With facilities in Princeton, North Brunswick, Hamilton and Cherry Hill, PHBH prides itself on its continuum of care, offering inpatient, partial hospitalization and intensive outpatient services at its various locations. A staff of close to 500 provided outpatient care to 5,000 individuals and inpatient care to 3,500 last year, and demand for services continues to grow.

Outpatient services available at Princeton House include trauma, addiction, wellness, dialectical behavior therapy (DBT) and emotion regulation programs for women. Inpatient, partial hospital and intensive outpatient programs are available for adolescents struggling with addiction and emotional problems, and adults and older adults facing depression or other serious changes in emotional state. PHBH also offers a medical detoxification program supervised by a physician specializing in addictions and electroconvulsive therapy (ECT) as an option for those with severe, continuing depression.

For more information about the services available through Princeton House Behavioral Health, call 1.800.242.2550, or visit www.princetonhouse.org.

"Often a person has lived with the condition for years and never mentioned it to their doctor," says Dr. Skole. “When they do, they often are referred to a gastroenterologist.”

Taking Control
A detailed history and physical examination are usually enough to diagnose IBS, explains Dr. Skole (pictured right). Blood and stool tests may be useful. In some cases, a colonoscopy—a valuable diagnostic tool performed in UMCP’s Endoscopy Suite—may be prescribed as well. Testing also helps rule out other more serious conditions that could be causing your symptoms, such as celiac disease, inflammatory bowel disease or cancer.

Once IBS is diagnosed, you can regain control of your life by working with your physician to help manage IBS symptoms and pain, and modify your diet to eliminate certain problem foods that may trigger a flare-up in symptoms. To help reduce stress, Dr. Skole says he also frequently recommends patients consider nontraditional therapy, including yoga, meditation and journal writing. Finding the right balance can be tricky, so regular follow-up with your physician is important.
UMCP to Open New Ambulatory Surgical Center in Monroe

As more patients choose outpatient surgical procedures, University Medical Center at Princeton is answering the need with a second ambulatory surgery center, to be opened in Monroe this Spring. University Medical Center at Princeton Surgical Center in Monroe will offer top-notch multispecialty care in a new location that is close to the residents of Monroe and surrounding communities.

“We’re excited to bring this kind of advanced surgical facility into the Monroe area, where residents will find quality care close to home,” says Richard E. Fleming, Jr., MD, *( pictured left)* board certified orthopedic surgeon and Physician-Director of UMCP Surgical Center’s existing site in Princeton, also a joint venture.

This newest collaboration between UMCP and its physicians brings together the support and resources of a full-service teaching hospital and the skill and expertise of board certified physicians. The new surgical center will house two state-of-the-art operating rooms with the ability to expand to four rooms; new, cutting-edge equipment; and comfortable procedure and waiting rooms.

Being a multi-specialty center, surgeons can perform a variety of minimally invasive procedures, including:
- arthroscopic surgery on the knee, shoulder, ankle and wrist
- breast, gynecologic, eye, gastrointestinal and plastic surgeries
- pain management procedures

The clinical team includes a medical director, board certified anesthesiologists and specially certified nurses.

“We’re expanding our commitment to community-based healthcare with this new center, which is similar to our first outpatient surgical center in Princeton,” explains James Demetriades, Vice President for Professional Services at Princeton HealthCare System *( pictured right)*. “And the fact that area physicians will be welcome to apply for surgery center-only privileges at the Monroe facility opens the door to greater access for both patients and surgeons.”

The Center will provide ample parking, drive-up convenience and is in close proximity to many of the senior communities in Monroe and Jamesburg. It is located at 8 Centre Drive, near UMCP’s other outpatient facilities and physician offices.

UMCP also has an outpatient surgical center on its main campus at 253 Witherspoon Street in Princeton. That facility has been recognized by Press Ganey with a Summit Award for the center’s exceptional achievements in patient satisfaction.

For more information about UMCP’s outpatient surgical centers, call 1.888.PHCS4YOU (1.888.742.7496).