

# HEALTHFOCUS



Paul Ciardi of  
Monroe Township:  
**Back on  
His Feet and  
Giving Back**

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- Treating an Irregular Heartbeat
- Are Your Kids Sleeping OK?
- New Hospital Celebrates 1st Anniversary
- Is it Drug Use or Adolescent Angst?

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- **COMMUNITYFOCUS** Event Calendar



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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.

Health Focus is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.252.8785.

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Health Focus is published under contract by The Nautilus Publishing Company  
[www.nautiluspublishing.com](http://www.nautiluspublishing.com)  
T: 662.513.0159

# Paul Ciardi of Monroe Township: Back on His Feet and Giving Back

By the spring in his step and the easy grin on his face, you would never suspect that less than two years ago Paul Ciardi was climbing stairs on all fours and regularly relied on a wheelchair.

Today, the 68-year-old easily clocks nearly four miles during every three-hour volunteer courier shift he works at University Medical Center of Princeton at Plainsboro (UMCPP). At home, he's back to practicing his favorite hobby, carpentry, and regularly working on home repairs, activities he could not have continued doing without his care at UMCPP.

"I'm back to my old self again because of the care I received at Princeton," says Ciardi, who is semi-retired from his second career as a business consultant and volunteers at UMCPP three times a week. "Before I came to Princeton the doctors all said there wasn't a chance that I would get back on my feet. They saw things differently here, and after meeting with Dr. David Lamb, the wonderful doctor who performed my surgery, and going through a week in acute rehabilitation, I was up and moving again."

Ciardi's determined nature and the support and compassion of the staff at UMCPP's Acute Rehabilitation Unit helped him recover from the surgery on his back: "I moved slowly at first, but that changed with time," Ciardi said. Patients in the unit receive individualized treatment plans that include the opportunity to practice daily living skills in an apartment-style suite. A physiatrist and physical, occupational, and speech therapists are available on site to provide care.

"Considering the gift they gave me, I really wanted to give back," says Ciardi. "The staff is sensational. I really enjoy the work I do interacting with staff and with patients. I want patients to see that there is always hope if you have a positive attitude and take advantage of the opportunities that are available to you. If I had given up, where would I be now?"

For more information about the UMCPP Acute Rehabilitation Unit, call 609.853.7800. For information about volunteer opportunities at UMCPP, call 609.853.6010.



*"I'm back to my old self again because of the care I received at Princeton"*



# Treating an Irregular Heartbeat

Many people experience occasional irregular heartbeats or palpitations—the sensation that the heart skips a beat, flutters or stops and starts again.

However, when an irregular heartbeat happens frequently, or is accompanied by other symptoms such as shortness of breath, light-headedness or fainting, evaluation by an electrical specialist of the heart, called a cardiac electrophysiologist, may be required.

University Medical Center of Princeton at Plainsboro (UMCPP) offers comprehensive services to diagnose and coordinate treatment for arrhythmias, which are caused by misfires in the electrical impulses that control the heart.



“Heart palpitations may be harmless, but they can be very worrisome for patients,” says Eran S. Zacks, MD, (pictured left), a cardiac electrophysiologist on staff at UMCPP, who is board certified in

cardiovascular disease, clinical cardiac electrophysiology and internal medicine. “We use the latest technologies to determine which palpitations are benign and which may require treatment.”

Arrhythmias are diagnosed with state-of-the-art technology including:

- **Cardiac stress tests:** A continuous electrocardiogram (EKG) monitors electrical activity in the heart during exercise.
- **Echocardiogram:** A painless ultrasound of the heart helps determine whether a structural defect is causing an arrhythmia.
- **Personal arrhythmia monitoring devices:** Patients are fitted with devices that record electrical signals for up to several weeks at a time, including devices that transmit real-time results using wireless phone technology.

Treatment may involve medication or procedures including implantation of a pacemaker or cardiac defibrillator, or a cardiac catheterization procedure known as cardiac ablation, says Dr. Zacks.

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

Princeton HealthCare System Community Education & Outreach also offers a bimonthly support group for people with implanted cardiac devices. For more information or to register, please call 1.888.897.8979.



# UMCPP's First Year Marked by High Patient Recognition for Clinical

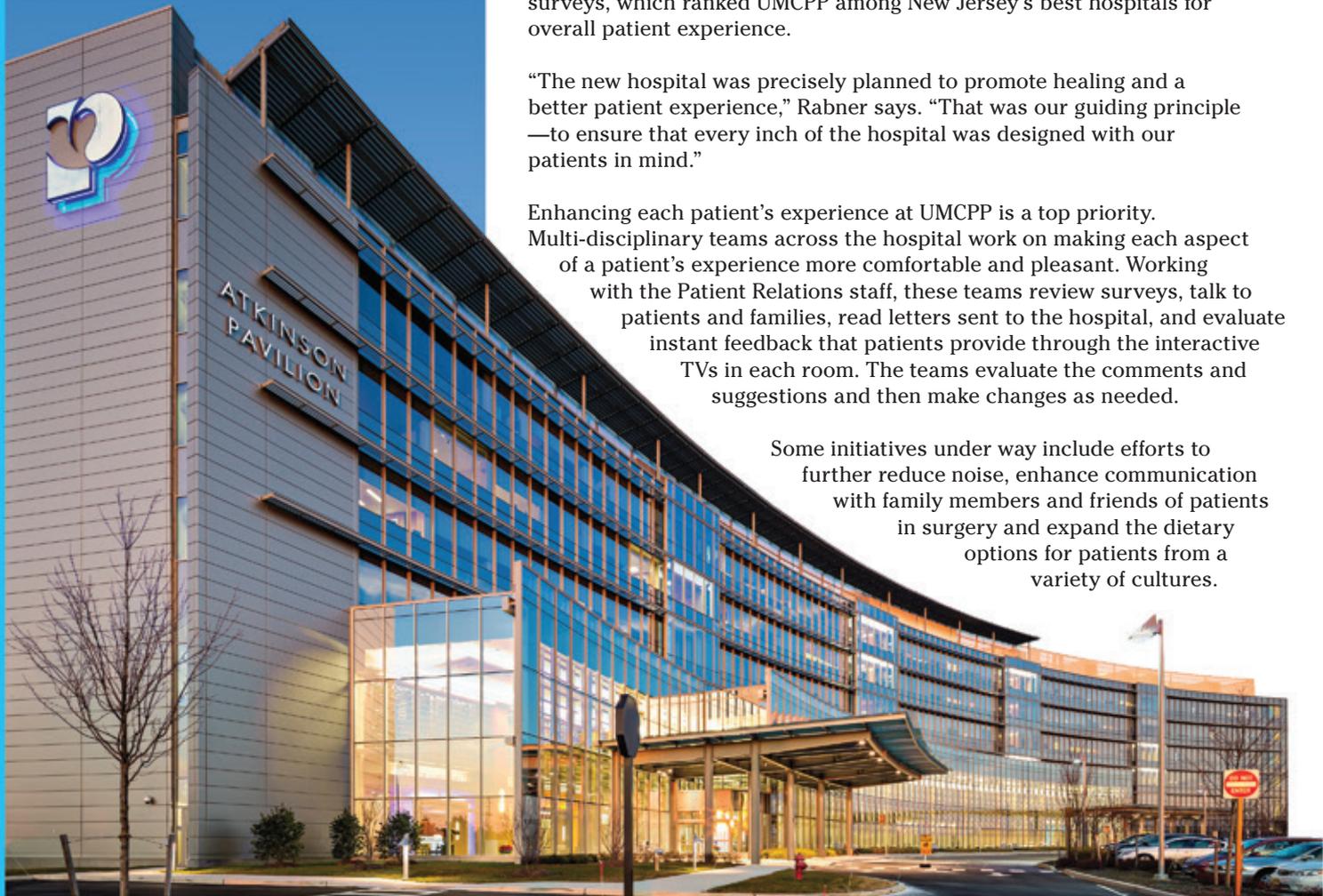
University Medical Center of Princeton at Plainsboro (UMCPP) celebrates its first anniversary on May 22, wrapping up a year marked by providing outstanding care and service to patients and receiving numerous accolades.

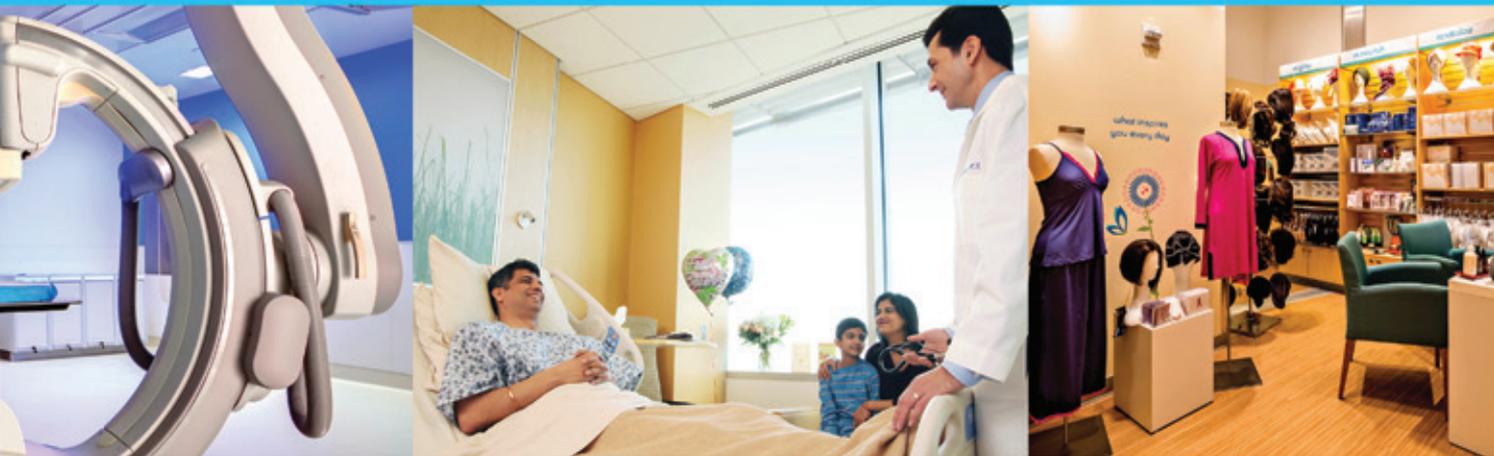
Barry S. Rabner, President and CEO of Princeton HealthCare System (PHCS), says it was gratifying to see the most recent inpatient satisfaction surveys, which ranked UMCPP among New Jersey's best hospitals for overall patient experience.

"The new hospital was precisely planned to promote healing and a better patient experience," Rabner says. "That was our guiding principle—to ensure that every inch of the hospital was designed with our patients in mind."

Enhancing each patient's experience at UMCPP is a top priority. Multi-disciplinary teams across the hospital work on making each aspect of a patient's experience more comfortable and pleasant. Working with the Patient Relations staff, these teams review surveys, talk to patients and families, read letters sent to the hospital, and evaluate instant feedback that patients provide through the interactive TVs in each room. The teams evaluate the comments and suggestions and then make changes as needed.

Some initiatives under way include efforts to further reduce noise, enhance communication with family members and friends of patients in surgery and expand the dietary options for patients from a variety of cultures.





# Satisfaction, Care and Safety

Aspects of the patient room itself also help increase patient satisfaction. Each room has a single patient and ample space for family and friends to spend time with patients and even stay overnight, which is often cited as helping to alleviate patients' stress. In every medical unit, patients and visitors can call Room Service for meals.

The interactive TV system enables patients to view educational videos about their conditions or medications they are taking. Patients also can use the system to request visits by a patient advocate, a nutritionist, a pharmacist who can explain the patient's medications, a staff member from Environmental Services or a chaplain. The Department of Religious Ministries provides chaplains for patients, families and friends of all faiths. The Chapel of Light, located on the first floor of UMCP, offers patients and visitors a welcoming space for prayer, meditation or reflection.

UMCP also provides concierge services through the Medical Library and Business Center. Concierge staff visit patient rooms every morning to inform people of the service, which offers a wide range of assistance, such as:

- Locating and making reservations with local hotels and restaurants
- Arranging birthday or anniversary celebrations
- Providing maps and directions to local destinations
- Loaning e-readers, tablets and laptops to patients
- Providing an array of business services, including cell phone charging, copying, faxing, printing, notarizing, mailing and conducting Internet research

Concierge staff also can help inform patients about other existing hospital services and help arrange them, if necessary. For instance, patients who were unaware that UMCP offered pet therapy are able to arrange visits through the concierge.

In addition to its positive patient satisfaction scores, the new hospital has received accolades from other organizations.

Shortly after opening, UMCP received a \$250,000 award from Horizon Blue Cross Blue Shield of NJ to recognize the safety and quality of patient care. In the fall, The Joint Commission—the leading accreditor of healthcare organizations in America—designated UMCP a Top Performer on Key Quality Measures.

A few months later, UMCP earned Magnet® status, the highest institutional recognition available for nursing excellence, following a rigorous review. Magnet® status is granted by the American Nurses Credentialing Center, a subsidiary of the American Nurses Association, to recognize superior patient care, nursing excellence, and innovations in professional nursing practice. Less than 5 percent of hospitals nationwide have earned Magnet® recognition.

Mark Jones, President of UMCP and Senior Vice President of PHCS, says the recognitions and the patient satisfaction scores reflect the quality of both the new hospital and its entire staff.

"We've always had exceptional people on our staff, and now we've put them in a state-of-the-art hospital that helps them do their jobs even better," Jones says.

"We have had an excellent Medical Staff, including some of the best physicians in their specialties, for many years," says Linda F. Sieglen, MD, MMM, PHCS Senior Vice President of Medical Affairs. "This new facility helps us to retain those physicians and attract new ones. With the leadership of our physicians, we are confident that we will remain at the forefront of delivering outstanding care."

# Is it Drug Use or **ADOLESCENT ANGST?**

Adolescents are prone to mood swings, behavioral changes and testing the limits of established rules—whether that’s a curfew or a speed limit—which in turn tries their parents’ patience. And for many teens, this is a typical part of growing up. But what are typical teenage behaviors are also common signs of drug abuse, making it a challenge for parents to tell between the two.

According to the American Academy of Child and Adolescent Psychiatry\*, on average, adolescents who use drugs started at the age of 12 or 13. Warning signs for drug use in adolescents may be indicated by mood swings, apathy and isolation, or anger and aggression. Sound familiar? Changes in friends, poor performance in school, or poor interaction with family may also indicate drug use. Physical indications of drug use can include weight loss, dilated or bloodshot eyes, rapid or slurred speech, and neglected personal hygiene.

## **How is a parent supposed to know what to do?**

“It sounds simplistic, but the key is to stay connected with your children, and share family time,” says Neal Schofield, MD, board certified in psychiatry and addiction psychiatry, and Chairman of the Department of Psychiatry at Princeton House Behavioral Health (PHBH). “If you have a strong relationship, you will notice if there is a change you can’t account for and will be able to talk to your child about what’s bothering them. If they shut down, speak with another person who has insight into their life, such as a teacher or a sports coach. If red flags remain, then it’s time to seek professional help.”

If drug use is a problem, professional care can help your child recover. The Community Alliance for Medication Safety (CAMS) Program is offering a presentation on *When Prescriptions Can Harm* for parents and teens on May 6, 2013 (see p. 12 of Community Focus for more details). PHBH also offers after-school and day treatment programs in North Brunswick, Moorestown, and Hamilton, as well as an inpatient program in Princeton. All programs are designed to treat adolescents with substance-abuse problems as well as co-occurring substance abuse and mental health issues. These programs emphasize family involvement and the importance of open communication, notes Christian Losch, LCSW, LCADA, Director of Addiction Services at PHBH.

For more information on adolescent services at Princeton House Behavioral Health, visit [princetonhcs.org](http://princetonhcs.org) or call 800.242.2550 for inpatient admissions or 888.437.1610 for outpatient admissions.

*\*“Teens: Alcohol and Other Drugs,” AACAP 2011,  
[http://www.aacap.org/cs/root/facts\\_for\\_families/teens\\_alcohol\\_and\\_other\\_drugs](http://www.aacap.org/cs/root/facts_for_families/teens_alcohol_and_other_drugs)*

# Are Your Kids Sleeping OK?



Sleep is critical to a child's brain development. In fact, sleep quality can be the difference between a child who is learning and behaving well and a child who is struggling at home or in school, says Ashgan A. Elshinawy, DO, (pictured left), Medical Director of the Sleep Center at University Medical Center of Princeton at Plainsboro (UMCPP).

How do you know if your child is sleeping well? Remember BEARS\*, a common screening tool for pediatric sleep problems, Dr. Elshinawy says. If your child is having **B**edtime issues, **E**xcessive daytime sleepiness, **A**wakenings at night, **R**egularity and duration of sleep issues, or **S**norning, it might indicate a sleeping problem.

"If your child is having problems in even one of those areas, it usually warrants a visit to a sleep doctor," says Dr. Elshinawy, who is board certified in sleep medicine, pulmonary medicine and internal medicine. "If a sleep problem appears to be impacting a child's ability to function during the day, then it needs to be addressed."

## Getting Enough Sleep?

Dr. Elshinawy says many childhood sleep problems can be traced to an inadequate amount of sleep. Up until about age 10, children should be getting 11 hours of sleep at night, not including naps. Kids ages 10 to 15 should be getting about 10 hours, while teenagers 16 and older need about 9 hours.

"With our busy lives, many kids are not getting the proper amount of sleep," she says. "Adults need about 7 hours, and they often get away with 6, so they may assume their kids can do the same. That's not true."

Dr. Elshinawy says parents can encourage better sleep by:

- Enforcing consistent bedtimes and routines around bedtime.
- Eliminating stimulating foods, such as caffeine, and wake-promoting activities, such as strenuous exercise and video games, around bedtime.
- Offering small rewards to encourage young children to stay in their beds through the night.

## Sleep Study

While many issues can be solved with behavioral changes, an overnight sleep study may be necessary if a child appears to have sleep apnea—the starting and stopping of breathing during sleep—or excessive parasomnias such as night terrors, sleepwalking, head banging or waking up confused.

UMCPP's Sleep Center, which is fully accredited by the American Academy of Sleep Medicine, is staffed by technologists who are specially trained in pediatric sleep studies and monitor pediatric patients on a one-to-one basis. The center operates seven days a week, and parents are required to stay in the room with a child, or stay in one of the center's adjoining rooms, if available. All rooms are private, each with its own bathroom and shower.

For children, surgery to remove the tonsils and adenoids to improve breathing during sleep often cures apnea, Dr. Elshinawy says. Treatment for parasomnias varies but can include medication, changes in sleep habits or addressing underlying health problems.

For more information about UMCPP's Sleep Center, please call 609.853.7520 or visit [www.princetonhcs.org/sleepcenter](http://www.princetonhcs.org/sleepcenter).

\*Source: "A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems" by Jodi A. Mindell and Judith A. Owens.

# Combatting a Stroke: What You Need to Know About Early Detection

Stroke is the third-leading killer and the leading cause of long-term disability in the U.S., according to the American Heart Association. But too often, stroke victims don't realize they are having a medical emergency. Knowing the signs and getting treatment as quickly as possible can lessen or prevent long-term effects and impairment.



Paul K. Kaiser, MD, (pictured left), and Medical Director of the University Medical Center of Princeton at Plainsboro's (UMCPP) Stroke Center, says that there are many different symptoms for a stroke. The signs of a stroke can include any one or a combination of the following:

- Sudden numbness or weakness in the face, arms, or legs, especially on one side of the body or in multiple limbs
- Sudden trouble speaking or understanding, confusion
- Sudden vision problems in one or both eyes
- Dizziness, loss of balance, or sudden trouble walking
- Severe headache with no obvious cause

"If you are not sure whether you or someone you are with is having a stroke, it's best to go straight to an ER to be safe," says Dr. Kaiser, who is board certified in clinical neurophysiology, neurology and vascular neurology.

According to the *New England Journal of Medicine*, the recommended treatment for a stroke is tissue Plasminogen Activator (tPA). If a blood vessel is blocked, blood supply to part of the brain is cut off and can cause a stroke; tPA can break up the clot to allow for renewed blood flow. While some other treatments, such as endovascular therapy, have been lauded as improved techniques, new research shows that tPA is still the most effective treatment for preventing long-term disabilities.

UMCPP is a state-designated Primary Stroke Center, with comprehensive stroke treatment, including tPA, and recovery protocol to care for patients. The Center for Emergency Care allows for quick diagnosis, Acute Rehabilitation provides physical, occupational, speech, and psychological therapy, and Princeton HomeCare and the Outpatient Rehabilitation Network provide assistance to patients after they have left the hospital.

For more information on UMCPP's continuum of stroke care, please call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## Act **F.A.S.T**

In an effort to educate the public about stroke symptoms, the National Stroke Association launched the "Act F.A.S.T." campaign in 2009. If you are with someone whom you believe to be having a stroke, think F.A.S.T:

**Face.** Ask the person to smile or stick out their tongue. Does one side of the face droop?

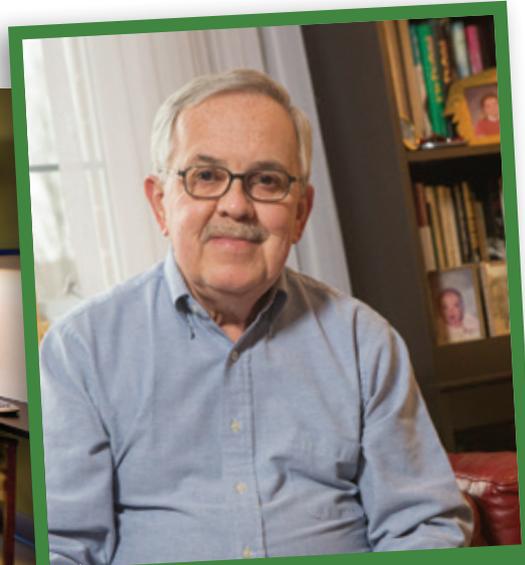
**Arms.** Ask the person to raise both arms. Does one arm drift downward?

**Speech.** Ask the person to repeat a simple sentence. Does he or she have trouble or are the words slurred?

**Time.** Don't waste time; call 911 immediately.



# Acute Care of the Elderly Unit: State-of-the-art Care and Comfort for Seniors



“The fact that the rooms were private, single rooms made it really comfortable too. Actually, one of my daughters came in and commented the place was better than a nice hotel.”

Feeling tired and worn down because of a low blood count, Lawrence Township resident Terrance Burns (*pictured right*) was scheduled for a transfusion at University Medical Center of Princeton at Plainsboro (UMCPP).

Originally, he expected to undergo the procedure as an outpatient, but when he arrived the decision was made to monitor him overnight and do the transfusion in the morning.

Normally, an overnight hospital stay would feel like a bit of an inconvenience, Burns, 70, admits, but he was pleasantly surprised when he settled into the Acute Care of the Elderly (ACE) Unit.

“The first thing that struck me was how easy it was to register,” says Burns. “I went right up to the floor and registered there, easy as could be. Everyone on staff was friendly, helpful and really caring while I was there. The fact that the rooms were private, single rooms made it really comfortable too. Actually, one of my daughters came in and commented the place was better than a nice hotel.”

The 24-bed ACE Unit, one of the first in the state and designed specifically to meet the complex needs of older adults, is staffed by a board certified geriatrician and nurses specially trained to care for patients age 65 and older. The unit’s private rooms are carefully designed with seniors in mind, with low-set beds to help prevent falls, mattresses

that reduce pressure points and provide extra comfort, built-in bed scales for in-place weighing, a color scheme that enhances depth perception, geriatric-friendly bedside recliners, and a sleeper sofa to encourage loved ones to stay overnight. For patients requiring physical or occupational rehabilitation, therapy is provided in the room, offering greater privacy and eliminating the stress and confusion some patients may experience when they are transported to a different area of a hospital for therapy.



“ACE Unit patients are often admitted through our new Senior Emergency Unit, which has six private rooms that are also designed with special safety features for older patients, including slip-resistant floors,” says David R. Barile, MD, (*pictured left*), board certified in internal medicine, geriatric medicine, hospice and palliative medicine. “Our goal when it comes to older patients is to provide a safe and comfortable environment for them to receive quality care.”

For more information on the Acute Care of the Elderly Unit, call 1.888.PHCS4YOU (742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org)

# Irregular Menstruation: What You Need to Know



Many women experience some form of irregular menstruation. While irregular menstruation is usually a minor problem with a simple solution, it's important to know exactly what it is and when you should see a doctor.

## What is irregular menstruation?

Menorrhagia, or irregular bleeding, is defined as an increased amount or increased duration of a woman's period. With 5 days as the average duration, a period lasting more than 7-10 days is irregular. The average menstrual cycle occurs every 21 to 35 days. A major change in this cycle, with periods happening more frequently than every 21 days, or less frequently than every 35, would also be considered irregular.



Dr. Antonio V. Sison, MD, FACOG, (*pictured left*), notes that women generally fall into three age-related groups with regard to menstruation. In young women ages 13 to 25, hormones are often the cause of irregular bleeding. Even though the cause is most likely not serious, it's important to see a doctor to rule out other more serious causes. When the problem is hormonal, often medication, such as birth control pills or injections, is used to treat it.

Hormonal issues are also a common cause of irregular menstruation in women ages 25 to 45, as are fibroid tumors, says Dr. Sison, who is a board certified OB/GYN. A fibroid tumor is a benign growth in the uterus, and may present with heavy or prolonged bleeding. An exam and an ultrasound by a doctor can diagnose fibroids. Finally, cancer of the uterus, or endometrial cancer, is a less likely but possible cause of bleeding. This condition can also be diagnosed or ruled out by a doctor.

For women 45 and over, the most common cause of irregular bleeding is the start of menopause. As the reproductive organs start to slow and shut down, periods may become irregular before stopping all together. Cancer is, again, a cause that needs to be ruled out by a doctor.

## So when should you see your doctor?

Dr. Sison advises that it's important to remember that minor changes, such as a cycle change from 28 to 26 days or a period that is slightly longer one month and back to normal the next, are not cause for alarm. A doctor should be consulted if the symptoms of irregular bleeding have occurred for several months in a row. Also, if a young woman has not had her first period by the age of 16, she should see a doctor. For older women, a doctor should be consulted if bleeding occurs after menopause. You should see a doctor if you believe you are pregnant.

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To find an OB/GYN affiliated with Princeton HealthCare System, please call 1.800.FINDADR (1.800.346.3237) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# COMMUNITY FOCUS



## Fifth Annual Kids Marathon Race Day

Princeton University Stadium, Sunday, June 9, 2013 — 9:30 a.m.

### Calling All Kids!

**Any fitness level – any ability – grades K-8**

It's not too late to sign up! [www.princetonkidsmarathon.org](http://www.princetonkidsmarathon.org)  
Entry Fee \$25

Registration closes May 15, 2013

Sponsored by Community Connection of Princeton HealthCare.

### How It Works

Run, walk or roll 25 miles over the weeks leading up to race day. You can track your own progress.

On Race Day, everyone gathers to finish the last 1.2 miles together at the Princeton University Stadium, where the kids burst through the finish line, collect a medal and feel an amazing sense of accomplishment!

### Find Out More at [www.princetonkidsmarathon.org](http://www.princetonkidsmarathon.org):

- Training and nutrition tips
- Mileage tracker to track your progress
- Incentives for every 5 miles completed
- A list of green deeds
- Pledge sheets
- Race day info
- Photos from prior events
- And more!



## CURRENT PROGRAMS

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

### When Prescriptions Can Harm Community Alliance for Medication Safety (CAMS) Program

MON. May 6 (6 – 7 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100  
Conference Room A – Parents  
Conference Room B – Teens

Prescription medications are among the most commonly abused drugs by teens, often as young as 12 years of age. An alarming 71 percent of these prescription medications are being obtained from friends and family. Empower yourself by joining us for this invaluable presentation and discover the facts, warning signs of abuse and what you can do as a parent. Bring your teen to learn the dangers of prescription drug abuse, where to go for help and what to do if their friends are involved. This program is supported by a generous grant from the American Medical Association.



### Stay Healthy! Prevent Chronic Disease

WED. May 8 (4 – 6 p.m.)  
Neighborhood Information Center  
281 Witherspoon Street, Princeton

No registration required. For more information, please call Neighborhood Information Center at 609.853.6200 or Bristol-Myers Squibb Community Health Center at 609.853.7600

Please join healthcare professionals from Princeton HealthCare System for free blood pressure, BMI and cholesterol screenings and to learn about preventing or managing chronic conditions such as diabetes and cardiac disease. Also, get to know our Neighborhood Information Center and meet the Coordinator, Maria, who speaks both English and Spanish. Maria can provide free tickets for the 655 bus that will take neighbors of the old hospital in Princeton directly to the new hospital in Plainsboro. Maria can also help arrange for clinic appointments at the Bristol-Myers Squibb Community Health Center.

### Allergies & Asthma: Controlling the Triggers

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

May is Asthma Awareness Month, and with allergy and asthma season about to kick into high gear there is no better time than the present to explore the best ways to manage environmental triggers. If you suffer from chronic nasal stuffiness, headaches, coughs, or other sinus and allergy symptoms, join us for this informative program led by D. Loren Southern, MD, board certified in allergy and immunology and a member of the Medical Staff of Princeton HealthCare System, and learn about the symptoms, causes and treatments of common allergy disorders.

### Stroke Is an Emergency—Act F.A.S.T.

THU. May 9 (1 – 2:30 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
Discover what you can do to lower your risk for stroke at this invaluable program led by Nicole A. Kuczinski, RN, Stroke Coordinator with University Medical Center of Princeton at Plainsboro (UMCPP). Learn the early warning signs of a stroke, when to seek care if symptoms appear, prevention pointers, and other important considerations. UMCPP is a state-designated Primary Stroke Center.

### Dealing with Dizziness

THU. May 9 (7 – 8:30 p.m.)  
Robbinsville Library  
42 Allentown-Robbinsville Road, Robbinsville

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

Any number of things can cause dizziness, but when the condition begins to limit your ability to function, finding relief becomes extremely important. Linda A. Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist and Rehabilitation Coordinator with Princeton HealthCare System's Outpatient Rehabilitation Network will discuss:

- Anatomy and physiology of the inner ear
- Causes of dizziness, vertigo and loss of balance
- Vestibular rehabilitation
- Exercises to decrease or eliminate dizziness and improve balance and quality of life

### Who Turned Up the Heat? Managing Menopause

THU. May 16 (7 – 8:30 p.m.)  
UMCPP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road, East Windsor  
Today's treatment options for menopause make transitioning to your next stage in life more manageable than ever before. Christopher Naraine, MD, FACOG, board certified OB/GYN, will explore symptoms, hormone replacement options and tips on how you can stay youthful and active throughout your life. Dr. Naraine is a member of the Medical Staff of Princeton HealthCare System.

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

TUE. May 14 (7 – 8:30 p.m.)

Robbinsville Library

42 Allentown-Robbinsville Road, Robbinsville

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

Designed for girls between the ages of 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as she enters her 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.

## **Pediatric Injuries: When to Head for the Emergency Room**

TUE. May 14 (12 – 1 p.m.)

Princeton Fitness & Wellness Center

1225 State Rd., Princeton

As any parent knows, scrapes and spills are a natural part of growing up. Sometimes a comforting kiss and quick cleanup at home is all that's needed to treat an injury. But at other times a visit to the Emergency Department may be necessary. Craig A. Gronczewski, MD, board certified in emergency medicine and Chairman of the Department of Emergency Medicine at University Medical Center of Princeton at Plainsboro, will discuss what types of injuries and illnesses can be addressed at home, which require emergency treatment, and what services parents can expect to find at the Center for Emergency Care at UMCPP.

## **Chronic Neck and Back Pain**

THU. May 16 (7 – 8:30 p.m.)

Lawrenceville Library

2751 Brunswick Pike, Lawrenceville

Please call 609.989.6920 to register.

Over 80 percent of the U.S. population suffers from annoying neck or back pain at some point in their lives, but for some the condition is chronic and debilitating. Ronald Gonzalez, MD, specializing in physiatry, and a member of the Medical Staff of Princeton HealthCare System, will explore the common causes of chronic back and neck pain, as well as non-surgical treatments for this condition.

## **Health Fair**

SUN. May 19 (12 – 4 p.m.)

Plainsboro Public Library

9 Van Doren Street, Plainsboro

No registration required.

Fostering good health is the focus of this free health fair. Join medical staff and professionals from Princeton HealthCare System, as well as community health and wellness organizations, for free health screenings, workshops, demonstrations and educational information. The event will include a blood drive conducted by the Blood Donor Program of University Medical Center of Princeton at Plainsboro from 10 a.m. to 3 p.m.

## **Are You Ready to Kick the Habit?**

TUE. May 21 (12 – 1 p.m.)

Princeton Fitness & Wellness Center

1225 State Rd., Princeton

If the timing is right, with the proper support and guidance you can kick the smoking habit, no matter how many times you've tried before. To help you decide if you're ready to quit, join us for this introduction to smoking cessation led by Annmarie Cristino, CTTS, CEAP, SAP, a licensed social worker with Princeton HealthCare System's Employee Assistance Program.

## **Grandparenting 101 in the 21st Century**

TUE. May 21 (6:30 – 8 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

This grandparenting class is a fun, interactive session designed to bring new grandparents and new grandparents-to-be up to date on the latest information on baby care. Topics range from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- SIDS (Sudden Infant Death Syndrome) risk reduction
- Transitioning your role from parent to grandparent
- Newborn characteristics

This discussion will be presented by Carolyn Schindewolf, a Health Educator with Princeton HealthCare System.

## **The Healthier You! Weight Loss Surgery**

THU. May 23 (12 – 1 p.m.)

Gardens at Monroe

189 Applegarth Road, Monroe

Seats are limited and light lunch will be provided.

Discover how bariatric surgery can help you overcome severe obesity and the damaging health effects of being overweight, such as diabetes, high blood pressure, sleep apnea and infertility. Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss sleeve gastrectomy, a surgical procedure that reduces the volume of your stomach, typically resulting in significant weight loss and improved health. Dr. Chau is a member of the Medical Staff of Princeton HealthCare System. University Medical Center of Princeton at Plainsboro is a Bariatric Surgery Center of Excellence.

## **Eating Disorders: Warning Signs and Symptoms**

WED. May 29 (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.

Eating disorders are most commonly diagnosed in young women but can affect both males and females of any age. Join Elizabeth A. Frenkel, PhD, Supervising Psychologist for The Center for Eating Disorders Care at University Medical Center of Princeton at Plainsboro, for an informative discussion of the warning signs for common eating disorders such as anorexia nervosa, bulimia nervosa, and binge-eating disorder, and when and how to get help.

## **AARP Driver Safety Program**

WED. June 12 (9:30 a.m. – 3:30 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$12 for AARP members. \$14 for non-members.

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

The valuable techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn: defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations, such as left turns, right-of-way, interstate highway traffic, truck traffic and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid NJ or PA driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor. \*A CarFit Check-up event will be held on Thursday, June 20. Visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) for more information on the CarFit program.

## Are You At Risk for Developing Diabetes?

MON. June 17 (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.

Join us for an informative session presented by Nancy Rhodes, RN, MA, CDE, and Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinicians and Certified Diabetes Educators with the UMCP Diabetes Management Program, to learn how to lower your risks of pre-diabetes and type 2 diabetes, how to reduce complications if you have been diagnosed with diabetes and how to incorporate low-glycemic index foods into your diet. Then take the American Diabetes Association's brief diabetes risk quiz to determine your personal risk of developing these conditions.

## Stretch for Health

MON. June 17 (12 – 1 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Rd., Princeton

There's nothing like a good stretch when your muscles are feeling tight and sore, and most of us experience those aches and pains throughout the day. This informative session, led by a certified Group Exercise Instructor from Princeton Fitness & Wellness Center, will teach you a number of stretches designed to loosen tight muscles and improve flexibility, as well as your state of mind. Please dress comfortably for this hands-on program.

## Knee and Hip Pain: What Are My Options?

THU. June 20 (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.

Anyone who has experienced hip and knee pain and stiffness knows it can make even the simplest tasks difficult. Join Brian M. Vannozzi, MD, an orthopedic surgeon and a member of the Medical Staff of Princeton HealthCare System, to learn more about surgical and non-surgical treatment options that can make a difference in your daily life.

## Safe Sitter

THU. & FRI. June 27 – 28 (9 a.m. – 3 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$65 per child.

This two-day class teaches adolescents ages 11-13 how to be safe babysitters, providing them with the skills needed to 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 training program focuses on:

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

Sitters should bring their own lunches.

## General Hospital Tours

For more information, a list of tour dates or to register, please call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). Join Princeton HealthCare System's Community Education & Outreach tour leaders as they guide you through featured areas of the new University Medical Center of Princeton at Plainsboro (UMCPP).



## CHILDBIRTH & FAMILY

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

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

#### Sibling Class

SAT. May 4 (10 – 11:30 a.m.)  
University Medical Center of Princeton at Plainsboro – Main Lobby

\$30 per child

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

#### Maternity Tour

SAT. May 4 (12 – 1 p.m. or 1:30 – 2:30 p.m.)  
TUE. May 7 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
SAT. June 8 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)  
MON. June 10 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro – Main Lobby

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

## Baby Care

THU. May 2 (7 – 9:30 p.m.)

THU. June 20 (7 – 9:30 p.m.)

University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Conference Rooms A & B

\$50 per couple

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

## Prenatal Yoga

TUE. May 28 – July 2 (7:30 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$99 per person. Registration required.

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep 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, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

## Prenatal Breastfeeding Class

WED. May 29 (7 – 9 p.m.)

TUE. June 25 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Conference Rooms A & B

\$50 per couple

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

## Daddy Boot Camp™

SAT. June 1 (9 a.m. – 12:30 p.m.)

Community Education & Outreach at  
731 Alexander Road

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

# OPTIONS FOR BIRTHING

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

## Birthing Basics

THU. May 9 – 30 (7 – 9 p.m.)

TUE. May 21 – June 11 (7 – 9 p.m.)

WED. June 5 – 26 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Conference Rooms C & D

\$125 per couple

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

## Accelerated Birthing Basics

SAT. May 11 (9 a.m. – 5 p.m.)

SAT. June 15 (9 a.m. – 5 p.m.)

University Medical Center of Princeton  
at Plainsboro  
Education Center, First Floor  
Conference Rooms A & B

\$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.

## Review of Birthing Basics

FRI. June 7 (7 – 9:30 p.m.)

University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Conference Rooms C & D

\$60 per couple

Designed for second- or third-time parents, this program will help you refresh and practice coping skills for labor and delivery.

## HypnoBirthing®

SAT. June 15 – July 6 (9:30 a.m. – 12:30 p.m.)

Community Education & Outreach

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

\$195 per couple

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

**Private childbirth and family classes** are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.





## CHILDBIRTH & FAMILY

### POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of Princeton at Plainsboro is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://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 a parent or caregiver. For a list of topics, visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.

#### Breastfeeding Support Group

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

No registration required.

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

#### Postpartum Adjustment Support Group

THU. May 2 (11 a.m. – 12 p.m.)  
THU. May 16 (11 a.m. – 12 p.m.)  
THU. May 30 (11 a.m. – 12 p.m.)  
THU. June 13 (11 a.m. – 12 p.m.)  
THU. June 27 (11 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

No registration required.

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

#### Postpartum Yoga

THU. May 9 – June 27 (11 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

\$160 per person. Registration required.

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies. Breathing, relaxation and meditation techniques will be integrated. 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.

## EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register.

#### Increasing the Chances of Survival: Hypothermia & CPR

WED. May 8 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Rd., Princeton

This class has been awarded 3 EMT CEUs. (This session is replacing the November 13, 2012, class, which was canceled due to Super Storm Sandy.)

For years hypothermia therapy has been used in the operating room when doctors want to slowly reduce a patient's need for oxygenated blood during heart and other surgeries. Studies have shown that cooling allows the body to get by with less oxygen by decreasing the metabolic demand. Join us and learn more about hypothermia, including:

- An overview of therapeutic hypothermia
- Hypothermia's physiologic effects
- Clinical and other applications for induced hypothermia
- Hypothermia protocol
- Complications

Stephen J. Harrison, DO, will present this informational session. Dr. Harrison is board certified in emergency medicine and is a member of the Medical Staff of Princeton HealthCare System.

While we are proud to offer this training to Emergency Medical Services personnel, we wish to clarify that University Medical Center of Princeton at Plainsboro is not a state-designated regional trauma center.



## CPR & FIRST AID

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

### ACLS Full Certification Course

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

### ACLS Recertification Course

THU. May 9 (6 – 10:30 p.m.)  
TUE. June 4 (9 a.m. – 2:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

### PALS Full Certification Course

WED. & THU. May 8 & 9 (9 a.m. – 3:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

### PALS Recertification Course

TUE. May 14 (9 a.m. – 2:30 p.m.)  
FRI. June 14 (6 – 10:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

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.

### BLS for Healthcare Providers

THU. May 2 (6 – 10:30 p.m.)  
FRI. May 31 (9 a.m. – 1:30 p.m.)  
WED. June 5 (9 a.m. – 1:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

TUE. May 7 (9 a.m. – 1:30 p.m.)  
TUE. June 11 (6 – 10:30 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

TUE. May 21 (6 – 10:30 p.m.)  
THU. June 20 (9 a.m. – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Rd., Princeton

\$65 per person

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

### Heartsaver AED

THU. May 2 (9 a.m. – 12:30 p.m.)  
TUE. June 4 (6 – 9:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Rd., Princeton

\$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

TUE. June 18 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Rd., Princeton

\$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.

### Heartsaver First Aid

WED. May 15 (6 – 9 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$55 per person

The Heartsaver First Aid course teaches 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. This course includes a skills test. Participants will receive a course completion card.

### Family & Friends CPR

\$20 per person, per session  
The Family & Friends CPR programs teach you how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

#### Session Times:

Infant CPR\* (10 – 10:45 a.m.)  
Child CPR (11 – 11:45 a.m.)  
Adult CPR (12 – 12:45 p.m.)

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

#### Session Dates:

SAT. May 11  
Princeton Fitness & Wellness Center  
1225 State Rd., Princeton

SAT. June 8  
Community Education & Outreach at  
731 Alexander Road



## SUPPORT GROUPS

### UNITE: Perinatal Loss Bereavement Support Group

MON. May 6 (7 – 9 p.m.)  
MON. June 3 (7 – 9 p.m.)  
Community Education & Outreach at  
731 Alexander Road

No registration required. Walk-ins welcome.  
This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

### Bariatric Surgery Support Group

MON. May 6 (7 – 8:30 p.m.)  
MON. June 3 (7 – 8:30 p.m.)  
University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Classroom 1

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

### Diabetes Support Group

WED. May 15 (2:30 – 4 p.m.)  
WED. June 19 (2:30 – 4 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

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

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

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

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



## CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). University Medical Center of Princeton at Plainsboro 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 UMCPP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

### Prostate Cancer Support Group

WED. May 8 (12 – 1:30 p.m.)  
WED. June 12 (12 – 1:30 p.m.)  
University Medical Center of Princeton at Plainsboro  
Edward & Marie Matthews Center for Cancer Care  
Education Conference Room

Registration preferred. Walk-ins welcome.

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

## American Cancer Society's Look Good, Feel Better

MON. May 13 (6 – 8 p.m.)  
UMCPP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road, East Windsor

Please call 1.800.227.2345 to register.

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

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

WED. May 15 (12 – 1 p.m.)  
WED. June 19 (12 – 1 p.m.)  
University Medical Center of Princeton at Plainsboro  
Edward & Marie Matthews Center for Cancer Care  
Education Conference Room

Registration preferred. Walk-ins welcome.

Princeton HealthCare System's Head and Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement for fellow members; 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.

## Cancer Support Group

TUE. May 21 (1:30 – 3 p.m.)  
TUE. June 18 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

No registration required.

Walk-ins welcome.

University Medical Center of Princeton at Plainsboro is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program 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 21 (6 – 7:30 p.m.)  
TUE. June 18 (6 – 7:30 p.m.)  
UMCPP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

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



## EVENTS FOR SENIORS

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

## Vaccinations for Adults: You're Never Too Old to be Immunized!

WED. May 15 (10:30 – 11:30 a.m.)  
Hopewell Senior Center  
395 Reading Street, Pennington

Registration preferred.

Immunizations aren't just for children. Learn about the latest immunization recommendations and how to protect yourself against serious medical conditions such as shingles, whooping cough and pneumonia by attending this informative session presented by a member of the Medical Staff of Princeton HealthCare System.

## Vitamins and Supplements

WED. May 15 (10:45 – 11:45 a.m.)  
South Brunswick Senior Center  
540 Ridge Road, Monmouth Junction

Danielle Candelario, PharmD, Clinical Pharmacist, University Medical Center of Princeton at Plainsboro and Clinical Assistant Professor, Ernest Mario School of Pharmacy at Rutgers—The State University of New Jersey, will present this informative program highlighting the latest information on the use of vitamins and supplements for general wellness. Topics include:

- Product selection
- Dosing
- Cautions
- Drug interactions and disease prevention
- A special focus on vitamin D

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

FRI. May 24 (1 – 2 p.m.)  
Plainsboro Recreation & Cultural Center  
641 Plainsboro Road, Plainsboro

### Registration preferred.

The Physician Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patients' treatment wishes are properly communicated to their healthcare team, who promise to honor their wishes. This program will be presented by David R. Barile, MD, who is board certified in internal medicine, geriatric medicine, hospice and palliative medicine, and a member of the Medical Staff of Princeton HealthCare System.

## Innovations in Senior Care at UMCPP

WED. June 12 (12 – 1 p.m.)  
Gardens at Monroe  
189 Applegarth Road, Monroe Township

University Medical Center of Princeton at Plainsboro is dedicated to addressing the special healthcare needs of our region's large and growing senior population at all levels of care. Our services include an Acute Care for the Elderly inpatient unit as well as a senior ER. In addition, UMCPP's highly specialized care providers include physicians who are board certified in geriatric medicine and nurses who are certified in NICHE (Nurses Improving Care for Healthsystem Elders), a model of nursing care that ensures nurses and nursing assistants are highly trained in nursing practices that benefit senior patients. Learn more about the many components of senior care at UMCPP. Kathleen H. Seneca, MSN, APN, CLN, Program Director, Transitional Care, Acute Care of the Elderly (ACE) unit, UMCPP, along with Sandra Mariani, MSN, RN, Clinical Nurse Leader, Center for Emergency Care, UMCPP, and Rebecca Godofsky, RN, BC, NICHE Coordinator, UMCPP, will present this informative session.

## A Matter of Balance

MON. & WED. June 17 – July 10 (1 p.m. – 3 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

The fear of losing your balance and falling can lead you to restrict activities, especially if you have experienced a fall in the past. Improving your balance, strength and flexibility can get you back on the fast track. This program—broken into eight two-hour sessions—offers practical coping strategies to reduce your risk and fear of falling. Small groups are led by trained facilitators who help participants view falls and the fear of falling as controllable; set realistic goals for increasing activity; and change their environment to reduce the risk of falls. Simple exercises to increase strength and balance are also highlighted.

## CarFit Check-up Event

THU. June 20 (10 a.m. – 12 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
Parking Lot

### 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 to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide 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 requested to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

## Seniors, Be Sun Smart!

FRI. June 21 (12 – 1 p.m.)  
Princeton Senior Resource Center  
45 Stockton Street, Princeton

### Please call 609.924.7108 to register.

Spending time outdoors is an easy way to absorb vitamin D, but getting too much sun without taking the proper precautions can cause damage to your eyes and skin. Join us for this informative session presented by Sally Kelly, RN, BSN, Cancer Program Nurse with the Edward and Marie Matthews Center for Cancer Care, UMCPP, focusing on sun safety tips and the signs of potential skin damage caused by too much sun exposure.

## Please Give Blood

You can help save a life by giving blood at the Blood Donor Program of University Medical Center of Princeton at Plainsboro. For hours, or to schedule your appointment, call 609.853.6870.

**You can also join us at a blood drive on May 6 and June 24, from 12 to 3 p.m., at the Princeton Fitness & Wellness Center, 1225 State Rd., Princeton.** Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.



## SAVE THE DATE: 2013 Cancer Survivor Conference – September 29

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

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

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

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

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

 **University Medical Center of Princeton at Plainsboro**  
One Plainsboro Rd., Plainsboro

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

## ONLINE SEMINARS

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

PHCS is hosting monthly live web chats, and you're invited. To participate, all you need to do is go to our UStream Channel at [www.ustream.tv/channel/princetonhealth](http://www.ustream.tv/channel/princetonhealth) on the day of the seminar. Pre-register either by calling 1.888.897.8979 or by going to [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.



### **Does Your Child Get Enough Sleep?**

May 6 at 12 p.m.  
With Ashgan Elshinawy, DO, board certified pulmonologist and sleep medicine specialist, and Medical Director of the Sleep Center at UMCP



### **Seizure Disorders in Women**

May 16 at 7 p.m.  
With Rajesh C. Sachdeo, MD, board certified in neurology and psychiatry



### **The Good, the Bad and the Ugly of Sleep Aid Medications**

June 3 at 12 p.m.  
With Liza Barbarello-Andrews, PharmD, BCPS, a Critical Care Clinical Pharmacist with Princeton HealthCare System and Professor with Rutgers—The State University of New Jersey



### **Kidney Function & Hypertension: How Are They Related?**

June 20 at 7 p.m.  
With Grace B. Bialy, MD, board certified in nephrology

# PHYSICIANS' DEVELOPMENT COMMITTEE

Under the tremendous leadership of Co-Chairs Peter Yi, MD and Don Denny, MD, the Physicians' Development Committee (PDC) has raised a total of \$3,465,000 for the *Design for Healing* Campaign, exceeding the PDC campaign goal of \$3,000,000 by over 11%. The gifts have come from 324 individual physician donors and eight physician groups.

The members of the PDC include Drs. David Barile, John C. Baumann, Christopher A. Belardi, William P. Burks, J.T. Davidson, Rachel Dultz, Stephen Farmer, Arthur Fein, Kenneth Goldblatt, W.T. Gutowski, Jack Heim, Steve Kahn, Elliot Krauss, Margaret Lancefield, Fraser Lewis, Banu Mahalingham, Roger Moseley, Ronald Nahass, Barry Perlman, Robert Pickens,

Harvey Rothberg, Michael Ruddy, Neal Schofield, Eric Shen, Anish Sheth, Anne Swedlund and Lanjing Zhang.

These physicians led tours of the new hospital and participated in peer-to-peer outreach. Many of the PDC members were also a part of the PHCS Foundation's Doctor-Donor-Believer ad series featuring University Medical Center of Princeton at Plainsboro (UMCP) physicians who have supported the *Design for Healing* Campaign.

Support and involvement from our own physicians is a true testament to the exceptional technology and facilities at UMCP that enable them to deliver outstanding healthcare to members of our community.



# Recognizing and Treating Hernias

The National Center for Health Statistics estimates that approximately 5 million people in the U.S. have a hernia, though only a very small percentage of these people seek treatment. Knowing how to spot a hernia and when to seek medical treatment can save you unnecessary pain and help you enjoy life's activities.

A hernia happens when the lining of the abdominal cavity forms a sac, which breaks through a hole or weak area in the strong layer of abdominal wall.



"The three most common types that I see are groin, or inguinal, hernias; belly button, or umbilical, hernias; and incisional hernias that develop where a patient has had a previous surgery," says Nisha Dhir, MD, FACS, (pictured left). While hernias are sometimes seen in infants and children, they are most commonly found in adults. They may be

caused by overexertion, straining to lift heavy objects, or any activity that increases internal abdominal pressure. Age, pregnancy, or previous surgeries can also lead to a hernia.

A physician can usually diagnose a hernia with a physical exam. Discomfort or pain, which may increase with standing, straining or lifting, can be a sign of a hernia. Often, patients will notice a growth that feels sensitive or tender. If a patient has a persistent pain in the abdomen without a noticeable growth, they may require an ultrasound or MRI to diagnose a small hernia.

Surgery is the only way to permanently fix a hernia. For smaller hernias, open surgery with a very small incision will be used.

"The Stephen & Roxanne Distler Center for Ambulatory Surgery provides patient and family comfort and is a great place for these smaller, outpatient hernia repairs," says Dr. Dhir, who is board certified in general surgery. "The bigger hernias, which might require laparoscopic surgery or robotic surgery, can be taken care of at UMCP's Center for Surgical Care."

University Medical Center of Princeton at Plainsboro's (UMCPP) Center for Surgical Care offers eight state-of-the-art operating suites, plus a hybrid operating room, which allows surgeons to move from a minimally invasive procedure to a fully open surgery without moving the patient or interrupting the procedure.

The Stephen & Roxanne Distler Center for Ambulatory Surgery features four state-of-the-art operating suites, a minor procedures room, and three endoscopy rooms, allowing patients to see doctors quickly, have their procedures, and return home the same day.

Getting medical treatment as soon as possible is important for patients with a hernia. Untreated, it may get bigger and strangulate (when the tissue is stuck inside the hole and its blood supply is cut off) which can cause extreme pain. See your doctor if you have groin pain, swelling, or a bulge. Call your doctor *immediately* if the pain associated with your hernia increases, you develop nausea, vomiting, or fever, or if the area around your hernia becomes discolored.

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For more information on the Center for Surgical Care, the Stephen & Roxanne Distler Center for Ambulatory Surgery, or to find a surgeon on staff, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Breast Cancer: Not for Women Only

Breast cancer in men is rare, but is treatable if caught early.



“Breast cancer in men is uncommon, but it does occur and should be taken as seriously as if a woman had it,” says David Sokol, MD, (pictured left), Department of Internal Medicine, Hematology/Oncology at University Medical Center of Princeton at Plainsboro (UMCPP), and assistant professor of Medicine at Robert Wood Johnson Medical School.

The most common symptom of breast cancer in men is a lump near the nipple. Sometimes it’s accompanied by an ulceration of the skin, puckering or dimpling, redness or scaling of the nipple, or retraction (turning inward) of the nipple.

Breast cancer is usually diagnosed in men between the ages of 60 and 70; a diagnosis for men under 35 is rare. The presence of cancer is diagnosed through a biopsy, and additional testing is performed to determine if the cancer has spread or if it is localized just to the breast.

“A mastectomy, which removes all the breast tissue, is always part of the treatment plan,” says Dr. Sokol. “In women, we consider performing the less radical lumpectomy and breast conservation surgery if deemed an appropriate option. That’s because preserving their breasts is generally more important to women than men.”

After surgery, a treatment plan may include a combination of radiation, hormone therapy, and chemotherapy.

The number one risk factor for male breast cancer is a genetic predisposition most commonly due to a mutation in the BRCA2 gene, often called “the breast cancer gene.” Klinefelter’s syndrome—a chromosomal abnormality—is another genetic condition with an increased risk of male breast cancer.

When caught in the early stages, breast cancer in men has from 84-100 percent survival rates. “Breast cancer in men can have successful outcomes, but men need to seek medical attention right away if they find a lump in their breast tissue,” says Dr. Sokol.

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For more information about cancer services at the Edward & Marie Matthews Center for Cancer Care, or to find a Princeton HealthCare System physician, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).



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# New Nurse Navigator Guides Patients Through Treatment



Patients battling cancer at University Medical Center of Princeton at Plainsboro (UMCPP) have a new advocate to help them navigate their way from diagnosis through treatment.

Lori McMullen, RN, MSN, OCN, (*pictured above*), the new senior oncology nurse navigator at UMCPP's Edward & Marie Matthews Center for Cancer Care, provides individualized support for patients and their families. McMullen helps patients to understand their diagnoses, treatment options and the resources available to them.

"A nurse navigator acts as a coordinator and facilitator," says McMullen, "helping the patient to navigate appointments, consultations, and potential barriers to care such as transportation or financial issues."

Nurse navigators can provide resources to patients for psychosocial support and address financial concerns, language or cultural issues, and day-to-day needs such as transportation. The navigator individually guides patients—and their families—through the process of

care. The navigator also facilitates communication and coordination among doctors, all the while providing emotional support to the patient to reduce the anxiety and distress that often accompanies a cancer diagnosis.

Research has shown that navigator services help improve patient outcomes and increase both patient and physician satisfaction. The oncology navigator service is provided free to UMCPP patients. The service is funded in part by a grant from Bristol-Myers Squibb.

"We believe that making this available to our patients will help them to better cope with their diagnoses and to better understand and manage their experiences as they receive treatment," said Judy Neuman, CTR, director, Cancer Services, Edward & Marie Matthews Center for Cancer Care at UMCPP.

For more information on the oncology navigator service or the Edward & Marie Matthews Center for Cancer Care, visit [www.princetonhcs.org](http://www.princetonhcs.org) or call 1.888.PHCS4YOU (1.888.742.7496).