

Princeton Health

Heroin Abuse Rising Among Teens



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- Pediatric Sleep Disorders
- Expert Cervical Cancer Treatment
- Slowing Multiple Sclerosis Progression

PLUS:

- **COMMUNITYFOCUS** Event Calendar



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Princeton HealthCare System
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Heroin Abuse Is on the Rise: Princeton House Can Help

Actor Philip Seymour Hoffman’s recent death may have started people talking about heroin addiction, but abuse of the drug has risen dramatically in recent years. According to the Substance Abuse and Mental Health Services Administration, heroin use has increased by 75 percent since 2009, and the fastest growing segment of users is under the age of 21.

“While at one time heroin dependence was more of an urban problem, today it knows no boundaries; it crosses all social and professional lines,” says Mark P. Schwartz, MD, FASAM, Medical Director for Inpatient Detoxification Services at Princeton House Behavioral Health (Princeton House). “The numbers have been on the rise for the past 20 years, fueled by the availability of potent prescription opioids like OxyContin and Percocet. When these drugs become inaccessible, people turn to heroin on the street. It’s the same classification of drug, producing the same high. Believing otherwise would be like saying there is a difference between diabetes for chocolate cake lovers and diabetes for hard candy lovers.” Please see page 7 for information on a panel discussion that will be held on this topic on May 15.

What to Watch For

Clues that someone you love may be abusing heroin or a prescription opioid may include:

- Constricted pupils
- Behavioral changes such as withdrawing from family, social and work activities
- Irresponsibility
- Hyperactivity followed by sedation
- Confusion
- Weight loss
- Slurred speech
- Mood swings
- Wearing long sleeves and pants in hot weather to cover needle marks on arms and legs

Treatment with Princeton House

Treatment options for adults and adolescents (ages 13-18) at Princeton House include both inpatient and outpatient addiction recovery programs. The type and length of treatment vary depending on the individual.

“It is extremely important to evaluate the individual and develop a treatment plan that is best suited for that person. No two people are alike when it comes to addiction history, background, personality and support network,” says Dr. Schwartz. “The first step is often detoxification, which can be done on an outpatient basis but is more commonly taken care of in an inpatient program, where we are better able to monitor the patient and adjust medications. After detoxification, participation in an outpatient program is vitally important to achieving success in early recovery.”

In addition to inpatient medical detoxification, Princeton House offers outpatient adult and adolescent addiction recovery programs, which include individual, group and family therapy, as well as an adult dual diagnosis treatment program for individuals coping with both substance abuse and mental health disorders. Princeton House also offers agonist therapy when warranted, administering medically controlled opioids to help patients who suffer from recurring relapses manage their addiction.



For more information on Princeton House Behavioral Health and its programs, please call 1.800.242.2550 or visit www.princetonhouse.org.



What Parents Need to Know About Pediatric Sleep Disorders

Most children have no memory of having night terrors. Their parents are not so lucky.



“It’s a pretty scary experience—probably more so for a parent than a child because the child usually has no memory of the dream,” says Ashgan Elshinawy, DO, Medical Director of the Sleep Center at the University Medical Center of Princeton (UMCP).

In fact, night terrors are among the most common parasomnias (behavioral sleep disorders) in children, along with nightmares and sleepwalking. These disorders can wreak havoc on your child’s sleep—and yours. While many children quickly grow out of them, some parasomnias may require treatment, so it’s important to know what to look for in your child and when to seek help.

Nightmares. After a nightmare, your child generally fully awakens, usually with a vivid memory of the dream. Nightmares occur during REM (rapid eye movement) sleep, the deepest phase of nighttime sleep; REM tends to occur during the second half of the night.

Night terrors. While your child may appear to be awake during a night terror, she really isn’t. She may scream, thrash and even speak, though incoherently. Other signs include increased heart rate, rapid breathing, and sweating. Unlike nightmares, most night terrors take place during the first half of the night. They’re most common during the preschool years, usually diminishing as children age.

If your child experiences a night terror, advises Dr. Elshinawy, “don’t forcibly wake her up or try to shake her out of it, which can cause additional agitation or even violence.” Sit by her side until the event passes, which will typically occur within a few minutes and a half hour.

Sleepwalking. Sleepwalkers, too, may appear awake but won’t respond if you talk to them. In fact, not all

sleepwalking involves actual walking; some children may simply sit up in bed. Like night terrors, sleepwalking episodes occur more frequently during the first half of the night and usually last from a few minutes to a half hour.

If your child is sleepwalking, try not to wake him; instead, gently guide him back to bed. The key here is preventing injuries as the child walks around the home. Like night terrors, sleepwalking tends to wane as children get older.

Could a Doctor Help?

“Sixty percent of chronic nightmares are preceded by a major life event like a move or a new school,” says Dr. Elshinawy, who is board certified in sleep medicine, internal medicine and pulmonary disease. In fact, almost all cases of childhood parasomnia are relatively simple to treat.

Consult your pediatrician if parasomnia happens several times a week, interferes with your child’s sleep, affects daytime functioning or if your child fears going to sleep. Your doctor may ask about possible triggers like excessive caffeine, heavy exercise before bedtime or an inconsistent sleep schedule. Removing these triggers and making sure that your child’s sleep space is dark, comfortable and quiet may alleviate the disorder.

If removing triggers doesn’t help, an overnight sleep study can help to diagnose the problem. UMCP’s Sleep Center offers these studies for pediatric patients. Specially trained technologists monitor patients staying overnight in a private room, each with its own bathroom and shower. A parent is required to stay overnight with the child, either in the same room or an adjoining one.

Speak with your pediatrician to find out if a sleep study may be necessary for treating your child.

For more information about UMCP’s Sleep Center, call 609.853.7520 or visit www.princetonhcs.org/sleepcenter.

Oh Baby!

Robot-Assisted Surgery Helped Couple Conceive



Nicole Barclay waited a long time for her precious son, Mason. For years the Ewing resident had hoped for a baby, but Barclay had uterine fibroids—benign tumors—that prevented her from conceiving.



Treatment with da Vinci Surgical System®

In December 2010, Barclay had a traditional open myomectomy—an open surgical procedure to remove the fibroids while preserving the uterus—but still was not able to conceive. A consultation with Bruce Pierce, MD, FACOG,

board certified in obstetrics and gynecology, and a member of the Medical Staff at University Medical Center of Princeton (UMCP), confirmed the tumors had returned and were growing. In 2013, Dr. Pierce recommended a myomectomy using a minimally invasive robotic surgical procedure.

“I had the da Vinci® procedure in March and, considering my last experience, I have to admit I wasn’t optimistic that I would get pregnant,” says Barclay, 38. “By May I was totally surprised to find out that I was, and the February delivery went smoothly with Dr. Pierce. I would definitely recommend the procedure to other women.”

How does it work?

Robot-assisted surgery is most commonly used to treat uterine fibroids, but it is also regularly used for hysterectomy and to treat other gynecological conditions including endometriosis, abnormal bleeding, benign masses, hysterectomy and uterine prolapse. The robotic system may be used in place of the traditional open surgical procedure when

medication and other non-invasive measures are unsuccessful.

Compared to traditional, open surgical procedures, robotic procedures generally result in quicker recoveries; less pain, blood loss, and scarring; and shorter hospital stays. In fact, many procedures are done on an outpatient basis.

Improving with Technology

“When people hear the word robot, they often think it’s a machine performing the procedure, but the surgeon is manipulating the instruments,” says Dr. Pierce. “Using high-definition and 3D technology, plus the fact that the instruments can be manipulated more naturally in your hands, robot-assisted surgery can successfully treat anything from an extremely small tumor to one the size of a basketball.”

As a result of its precision, most women are candidates for robot-assisted gynecological surgery. The surgery often leaves patients feeling better than they have in a long time. Since the recovery time after robot-assisted surgery is short, most patients are able to return to their everyday activities more quickly than if they had undergone traditional surgery.

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

Expert Treatment for Cervical Cancer Now Available on Princeton Health Campus



Over the past several decades, advances in surgery and post-surgical treatment for cervical cancer have helped raise the five-year survival rate to nearly 75 percent.

And thanks to a partnership between Princeton HealthCare System (PHCS) and Cooper University Health Care, women with cervical cancer can now find expert diagnoses and state-of-the-art treatments in the Medical Arts Pavilion at University Medical Center of Princeton (UMCP). This care is provided close to home and near a support system of their primary care physician, family and friends.



James K. Aikins, Jr., MD, Director of Research for Cooper's Division of Gynecologic Oncology, is one of two specialists who provide care and perform surgeries at UMCP. "Today," he says, "we have the capacity to do many surgeries for cervical cancer robotically and laparoscopically"—

using a slender scope inserted through a small incision in the abdomen—resulting in less pain and faster recovery time for patients.

Surgical Procedures

The surgical procedures for treating cervical cancer are varied. For early-stage cancers, cone biopsy or radical trachelectomy may be used to remove diseased portions of the cervix. These procedures are designed to preserve the uterus for future childbearing. For women beyond childbearing age, a simple hysterectomy to remove the cervix and uterus is the best treatment for early microscopic cancers.

Modified radical hysterectomy (removing the cervix, uterus and some vaginal tissue) or radical hysterectomy (removing all supporting structures of the cervix, pelvic and paraaortic lymph nodes and the ovaries)

is used to treat larger or later-stage cancers.

Post-surgical Therapies

In addition to surgical advances, new post-surgical therapies "have really changed the way we manage patients," says Dr. Aikins, who is board certified in gynecologic oncology.

Chemosensitization—the use of generally low-dose amounts of a chemotherapy agent—has significantly improved the effectiveness of radiation therapy and increased survival odds in the process. For cancers that have spread beyond the pelvis, most patients will receive a full dose of chemotherapy, and in certain cases radiation therapy as well.

Treatment Close to Home

Cervical cancer can be an overwhelming diagnosis to receive, but with the partnership between PHCS and Cooper University Health Care, women can now get expert treatment closer to home at UMCP, with family and friends nearby for support.



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

Supporting PHCS via a Charitable Gift Annuity—“A Clear and Easy Decision”

Joyce and Georg Albers-Schönberg have enjoyed highly successful careers—Joyce, first as a biochemist at Merck, and then as a healthcare securities analyst at First Boston and Deerfield Management; Georg as a research chemist at Merck. Though the couple have a long history of philanthropy, in their retirement they are very active in supporting a number of nonprofit organizations with both their time and talent. Currently, Joyce serves on the Board of Directors of the Princeton HealthCare System (PHCS) Foundation, and Georg is a member of the Board of Trustees of the Princeton Symphony Orchestra. As a couple, they are members of PHCS Foundation’s 1919 Society, PHCS’s gift-planning society.

The Albers-Schönbergs were also generous donors to PHCS Foundation’s Design for Healing campaign, first through gifts to the Annual Fund, and then with a charitable gift annuity. To create this gift, they simply signed a two-page agreement and funded the gift annuity; they received an income tax charitable deduction for their gift, and they will receive quarterly payments, quite favorably taxed, for the remainder of their lives. Joyce explained, “A charitable gift annuity is a painless way of making a contribution to an important nonprofit—and thus to the community. What is more, a gift annuity offers one of the better returns you can find now. For us, it was a clear and easy decision.”

Perhaps a charitable gift annuity is right for you. To calculate the charitable deduction and payments you would receive from a gift annuity, please visit princetonhcs.giftplans.org.

To learn more about charitable gift annuities or other planned gifts, please contact Robert Sweet, Director of Gift Planning, at 609.252.8713 or rsweet@princetonhcs.org. To learn more about Joyce and Georg, please visit princetonhcs.giftplans.org/Albers-Schonberg.



Joyce and Georg Albers-Schönberg

Joyce’s and Georg’s gift to the Design for Healing campaign was made in memory of Georg’s grandfather, Dr. Heinrich Albers-Schönberg. He was one of the first to develop Roentgen’s X-rays for medical use. He advanced science, treated patients, discovered osteopetrosis, and saw the need for protection from radiation.

Community Focus



Let's Talk: A Prescription for Families

May 15, 2014 – 6:30 p.m.
**University Medical Center
of Princeton at Plainsboro
Education Center, One Plainsboro
Road, Plainsboro**

Registration preferred. Those who register will be entered for a chance to win a \$100 gift card.
Register at www.princetonhcs.org/calendar or call 1.888.897.8979.

Who Should Attend

- Teens, parents, guardians and family members

The Discussion

- Drug epidemic in Mercer and Middlesex counties
- Warning signs
- How to communicate as a family
- Resources in your community
- Personal experiences shared by two local teens

The Experts

- Richard Wohl, MSW, MBA, President, Princeton House Behavioral Health (PHBH)
- Craig A. Gronczewski, MD, Chairman, Department of Emergency Medicine, UMCP
- Neal B. Schofield, MD, Chairman, Department of Psychiatry, PHBH
- Barbara Sprechman, BA, CPS, Coordinator, Prevention Coalition of Mercer County
- Linda Surks, BS, CPS, Coordinator, Middlesex County Coalition for Healthy Communities
- Roswell Perez, MPA, MA, SAC, East Windsor Regional School District

Ways You Can Help

- Sign up for community-wide teen service projects
- Participate in the **Prescription Drop Off** by bringing unused or expired prescription medications to the event for proper disposal, courtesy of Plainsboro Police Department

This program is presented in collaboration with the Prevention Coalition of Mercer County, The Middlesex County Coalition for Healthy Communities and Princeton House Behavioral Health and is supported by a generous grant from the American Medical Association.



CURRENT PROGRAMS

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



"Helping You Stay Motivated with Your Wellness Goals" Mental and Physical Health Awareness Day

WED. May 21 (9 a.m. - 12 p.m.)
PHBH's Hamilton Outpatient Site
300 Clocktower Drive, Suite 101
Hamilton

Registration is requested, but walk-ins are welcome. For more information or to register, call Billie-Jo Stuto, LCSW, LCADC, Clinical Manager at Hamilton, at 609.688.2770.

- Health fair
- Information from PHBH and community providers
- Free health screenings
- Local support groups
- Take-home materials

Health Screenings at West Windsor Community Farmers' Market

SAT. May 3, 17 & 31, June 14 & 28 (9 a.m. - 1 p.m.)
Princeton Junction Train Station
Vaughn Drive Parking Lot
(Alexander Road & Vaughn Drive)
Princeton Junction

Registration not required.

Twice a month, health professionals from Princeton HealthCare System will be on hand to offer free health screenings and information to area residents at the West Windsor Community Farmers' Market.

Get a Leg Up on Improved Circulation

TUE. May 6 (7 - 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Spider veins, varicose veins and deep vein thrombosis (DVT) can be more than just cosmetic concerns; they can lead to serious medical conditions. Join Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System, to learn how to improve circulation in your legs. Dr. Sambol will discuss the importance of good circulation, signs and symptoms of poor circulation, and available treatments.

Car Seat Safety Check

SAT. May 10 (10 a.m. - 1 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville

Please call the Robbinsville Library at 609.259.2150 to schedule an appointment.

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. Please bring your car seat manual and your vehicle manual with you to the appointment, and be sure to schedule an appointment for each car seat if you have more than one.

CarFit Check-up Event

TUE. May 13 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

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 you with more comfort and better control of your vehicle. In addition, a trained PHCS CarFit technician will take each 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.

For Every Woman: Prevention & Early Detection of Gynecological Cancers

MON. May 12 (7 – 8:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor
Most women are concerned about reproductive cancers, but are not aware of the symptoms or risk factors. Join Christopher Naraine, MD, FACOG board certified OB/GYN, for an invaluable discussion on the prevention, warning signs and importance of early detection of six types of gynecological cancers: cervical, ovarian, uterine, vaginal, vulvar, and cancer of the fallopian tubes. A question-and-answer session will follow. Dr. Naraine is a member of the Medical Staff of Princeton HealthCare System.

Shoulder Pain: Causes and Treatment

WED. May 14 (7 - 8:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Painful shoulder conditions can occur in patients of all ages and activity levels, and can limit your ability to enjoy hobbies and complete basic everyday tasks. Join Fredrick S. Song, MD, orthopedic surgeon and a member of the Medical Staff of Princeton HealthCare System, to learn about the symptoms, treatments, and prevention of the most common conditions, including spurs, rotator cuff tears, shoulder impingement and various forms of arthritis, and what can be done to get you back into the swing of things.

Joint Aches and Pains: Traditional and Integrative Treatments

THU. May 15 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville

THU. June 5 (1 - 2 p.m.)
Community Education & Outreach at the Hamilton Area
YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Register through the library or Princeton HealthCare System’s Community Education & Outreach Program. Joint pain affects most people at some point in their lives, whether the aches and pains are caused by physical activity, aging or illness. Join Adam Redlich, MD, a board certified and fellowship trained sports medicine specialist, for a discussion of non-surgical traditional and integrative approaches to this common problem.

Weight Loss Surgery: Is It Right for Me?

WED. May 21 (6 – 6:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option for you. Lisa Dobruskin, MD, FACS, specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, will provide an overview of traditional and minimally invasive surgical weight-loss options — including laparoscopic gastric bypass surgery and laparoscopic stomach banding — to help you make the choice that’s right for you.

Hospice and Palliative Care: Is There a Difference?

TUE. May 27 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Inez Brandon, RN, MSN, CHPN, OCN, Hospice Nurse Manager for Princeton HomeCare and Hospice, will provide an overview of hospice and palliative care and discuss the differences between the two healthcare services. Learn more about the Hospice Medicare Benefit, including when it can be used and what it covers, and discover how hospice and palliative care can provide symptom management for individuals diagnosed with a life-threatening disease.

Robotic Surgery: The Latest Treatment for Colon Diseases

MON. June 2 (6:30 p.m. – 8 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, Room E

Attend this informative session presented by Sanjiv K. Pantankar, MD, board certified in colon and rectal surgery and a member of the Medical Staff of Princeton HealthCare System, to learn about the latest use of the da Vinci® robotic surgical system to treat conditions such as colon cancer, diverticulitis and inflammatory bowel disease. This minimally invasive surgical procedure reduces recovery times and scarring and may produce better outcomes.

When to Call 911

THU. May 1 (1 - 2 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

TUE. June 3 (11 a.m. – 12 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe Township
Register through the library or Princeton HealthCare System’s Community Education & Outreach Program.

TUE. June 10 (1 – 2 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction
Please call the library at 609.275.8901 to register.

When an emergency strikes, you can find yourself unsure of what to do, but knowing the basics of when to call 911 can keep you focused on the task at hand. Whether it’s an accidental injury or sudden chest pains, do you know when to call 911? Join Barbara Vaning, MHA, EMT Instructor, Princeton HealthCare System, for this interactive and educational lecture.

Attention Deficit Disorder in Adults

WED. June 11 (6:30 – 7:30 p.m.)

Hickory Corner Library
138 Hickory Corner Road, East Windsor

WED. June 25 (7 – 8:30 p.m.)

South Brunswick Library
110 Kingston Lane, Monmouth Junction

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Many people think of attention deficit hyperactivity disorder (ADHD) as a condition limited to children, but the truth is symptoms of ADHD can linger into adulthood. In fact, adults with ADHD may not realize that many of the problems they face, including staying organized or being on time, are symptoms of adult ADHD. Join Anuj Malhotra, MD, board certified in internal medicine, for this informative discussion of ADHD in adults. Dr. Malhotra is a member of the Medical Staff of Princeton HealthCare System

Homecare Options

MON. June 16 (12 - 1 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

TUE. June 24 (1 – 2 p.m.)

South Brunswick Library
110 Kingston Lane, Monmouth Junction

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Many people face the dilemma of how to care for their aging parents while working and raising a family of their own. Join Christine Diaz, RN, Nurse Manager with Princeton HomeCare, to find out where to begin and learn more about homecare services covered by insurance and Medicare, the types of homecare professionals available to help, and choosing a private-pay company and a quality homecare company.

Weight Loss Surgery: Is It Right for Me?

WED. June 18 (6 – 6:30 p.m.)

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

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option for you. Lisa Dobruskin, MD, FACS, a member of the Medical Staff of Princeton HealthCare System, will provide an overview of traditional and minimally invasive surgical weight-loss options — including laparoscopic gastric bypass surgery and laparoscopic stomach banding — to help you make the choice that's right for you.

Cervical Health for All Ages

WED. June 18 (6:30 – 8 p.m.)

Comp OB/GYN Care of Princeton
One Union Street, Suite 106, Robbinsville

Learn about the recent advances in the prevention, detection and treatment of cervical cancer and HPV disease and the management of abnormal Pap tests with Christopher Naraine, MD, FACOG, board certified in OB/GYN and member of the Medical Staff of Princeton HealthCare System. Dr. Naraine will also discuss the role of immunizations, Pap tests and pelvic exams.

radKIDS

Session for children ages 5 – 7

MON. - FRI. June 23 – 27 (12 – 1 p.m.)

Session for children ages 8 – 12

MON. - FRI. June 23 – 27 (1:15 – 2:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

\$50 per child, per session.

Princeton HealthCare System is pleased to present radKIDS®, a national program designed to provide children with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. radKIDS® is a five-session, activity-based program that includes lectures, safety drills, muscle memory exercises and physical defense techniques. Topics include home, school and vehicle safety; out-and-about safety; realistic defense against abduction; good/bad/uncomfortable touch; stranger tricks; and self-realization of personal power. Children should dress in sneakers and comfortable clothing suitable for exercising.

Safe Sitter

THU. & FRI. June 26 – 27 (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. It provides the skills needed to ensure that Safe Sitter babysitters can keep children in their care out of harm's way while their parents are away. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including safe and nurturing childcare techniques, basic first aid, and rescue skills. Sitters should bring their own lunch.

AARP Smart Driver Course

MON. & TUE. May 12 & 13 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

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

The techniques learned in this two-part course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years 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.



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 to register.

Sibling Class

SAT. May 10 (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 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 10 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

SAT. May 17 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

THU. May 29 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. June 7 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

WED. June 18 (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.

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

WED. May 7 – 28 (7 – 9 p.m.)

TUE. May 20 – June 10 (7 – 9 p.m.)

THU. June 5 – 26 (7 – 9 p.m.)

MON. June 23 – July 14 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center

\$125 per couple.

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

Accelerated Birthing Basics

SAT. May 3 (9 a.m. – 5 p.m.)

SAT. June 21 (9 a.m. – 5 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Conference Room E

\$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®

MON. June 2 – 30 (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 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.

Daddy Boot Camp™

SAT. May 17 (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

\$35 per person.

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

Prenatal Breastfeeding Class

THU. May 15 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro
First Floor, Education Center, Classrooms 1, 2 & 3

\$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.

Baby Care

WED. June 4 (7 – 9:30 p.m.)
University Medical Center of Princeton at
Plainsboro
First Floor, Education Center, Conference Room E

\$50 per couple.

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment
and locations.

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



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of Princeton 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 to register for childbirth and family classes.

Bright Beginnings (birth to crawling)

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

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

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

Breastfeeding Support Group

Tuesdays & Fridays (11 a.m. – 12 p.m.)
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. Mothers are welcome to attend with their infants.

Postpartum Adjustment Support Group

THU. May 1 (1 – 2 p.m.)
THU. May 29 (1 – 2 p.m.)
THU. June 12 (1 – 2 p.m.)
THU. June 26 (1 – 2 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.



EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

Getting to the “Root” of Medical Terminology

WED. May 21 (6 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

EMT CEUs are pending with the state of New Jersey. Understanding pharmaceutical terminology can be invaluable when it comes to quickly comprehending a patient’s medical condition and medications. But without the right tools, deciphering medication terms can be as challenging as learning a new language. Andrew Rogalski, PharmD, Clinical Pharmacy Specialist with UMCP’s Emergency Department, will help simplify the process by exploring the roots of commonly used pharmaceutical terminology.

EMT Refresher Class

University Medical Center of Princeton
at Plainsboro Education Center

\$50 per person, per session
Registration required; payment due at registration. These sessions are for existing EMTs who are required to recertify.

EMT Refresher Class: Section A – Airway Assessment and Management
SUN. June 8 (8 a.m. – 5 p.m.)

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

EMT Refresher Class: Section B – Medical Assessment and Management
SUN. June 22 (8 a.m. – 5 p.m.)
Students will review proper CPR techniques, childbirth and approved medication administration.

EMT Refresher Class: Session C – Trauma Assessment and Management
SUN. June 29 (8 a.m. – 5 p.m.)
Students will review immobilization techniques, splinting and wound care.

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** to register for CPR and first aid classes. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Princeton HealthCare System.

ACLS Full Certification Course

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

ACLS Recertification Course

FRI. May 9 (6 – 10:30 p.m.)
WED. 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

THU. & FRI. May 8 & 9 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at
731 Alexander Road

PALS Recertification Course

WED. May 14 (9 a.m. – 2:30 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 cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS for Healthcare Providers

WED. May 7 (6 – 10:30 p.m.)
FRI. June 6 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. May 13 (9 a.m. – 1:30 p.m.)
WED. 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 20 (6 – 10:30 p.m.)
FRI. June 20 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

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

Heartsaver AED

THU. May 1 (6 – 9:30 p.m.)
TUE. June 24 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

FRI. May 16 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

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

\$60 per person.
The Heartsaver AED course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

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

Family & Friends CPR

\$25 per person, per session. Family & Friends CPR programs teach participants how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

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 10
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SAT. June 14
Community Education & Outreach at 731 Alexander Road

Pet First Aid and CPR

FRI. May 30 (6 – 9 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$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.





CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar.

University Medical Center of Princeton at Plainsboro is an Affiliate of Rutgers Cancer Institute of New Jersey, an accredited comprehensive community cancer program of the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award for cancer care. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

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

THU. May 8 (6 – 8 p.m.)

University Medical Center of Princeton at Plainsboro
Bristol-Myers Squibb Community Health Center
One Plainsboro Road, Plainsboro

Appointment required, please call 1.888.897.8979.

As part of a national public service program, a Princeton HealthCare System board certified dermatologist will perform full-body skin examinations by appointment. Nationwide, this annual program has screened nearly 1.7 million people and detected more than 171,000 suspicious lesions, including over 20,000 suspected melanomas.

Prostate Cancer Support Group

WED. May 14 (12 – 1:30 p.m.)

WED. June 11 (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.

Breast Cancer Support Group

TUE. May 20 (6 – 7:30 p.m.)

TUE. June 17 (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.

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

Cancer Support Group

TUE. May 20 (1:30 – 3 p.m.)

TUE. June 17 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

Registration preferred. 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 is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

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

WED. May 21 (12 – 1 p.m.)

WED. June 18 (12 – 1 p.m.)

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

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

American Cancer Society's Look Good, Feel Better

MON. May 19 (6 – 8 p.m.)

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

Please call 1.800.227.2345 to register.

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



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. May 5 (7 – 9 p.m.)

MON. June 2 (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 5 (7 – 8:30 p.m.)

MON. June 2 (7 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Classroom 1

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery at University Medical Center of Princeton 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; and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery at UMCP, a Center of Excellence, and New Jersey Bariatrics.

Weight-loss Surgery Support Group

WED. May 21 (6:30 – 7:30 p.m.)

WED. June 18 (6:30 – 7:30 p.m.)

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

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

Diabetes Support Group

WED. May 21 (2:30 – 4 p.m.)

WED. June 18 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, 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 UMCP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

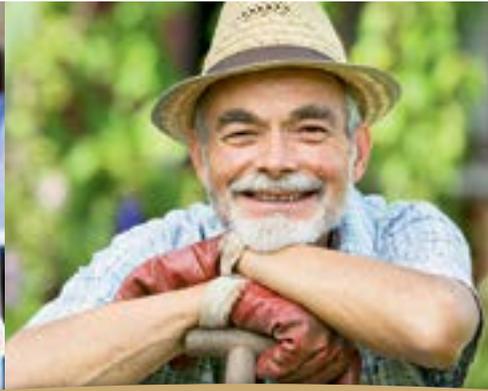
ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators (ICD)

TUE. May 20 (6:30 – 8 p.m.)

Community Education & Outreach at
731 Alexander Road

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

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of University Medical Center of Princeton 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.



EVENTS FOR SENIORS

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

Get Balanced: Don't Fall

MON. & WED. May 5, 7, 12 & 14
(1 – 2:30 p.m.)

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

Suite 100, Conference Rooms A & B

Each year, one in three people over the age of 60 experience a fall, many of which could have been prevented with the right exercises and some simple changes in habits and environment. Attend this informative four-part program to learn how to improve your balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so participants should wear sturdy shoes and comfortable clothes. Classes will be taught by trained facilitators, with a special presentation by Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network.

Aging Gracefully in Your Home

WED. May 21 (10:30 – 11:30 a.m.)

Hopewell Senior Center

395 Reading Street, Pennington

As we age, our muscles, flexibility and strength change and affect our daily functioning. Gain a better understanding of those changes and how to adjust to them by joining Gogilavaani Pillai, MSPT, Clinical Educator with Princeton HomeCare, for a discussion on:

- How to maintain your strength and muscle function as you age
- Strength, balance and flexibility exercises
- Lifestyle and home modifications to decrease your chance of falls
- Medicare coverage and therapy options and brain function.

Senior Health and Fitness Day

WED. May 28 (9 a.m. – 12 p.m.)

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

Registration not required.

The Hamilton Area YMCA and Princeton HealthCare System Community Education & Outreach will celebrate seniors at this fun-filled morning program promoting health, fitness and wellness. Take advantage of free blood pressure screenings, balance screenings, exercise demonstrations, and tours of the YMCA; pick up information about Active Older Adult Program offerings; and enjoy door prizes, refreshments and more! A special discount will be offered to anyone joining the Y on this day.

MARK YOUR CALENDAR:

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

Monday, August 25 (6:30 – 8 p.m.)

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

Mothers and their daughters (ages 13 – 18)
are welcome to attend.



ONLINE SEMINARS

www.ustream.tv/princetonhealth

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

Pre-register either by calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar.

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



When is Chest Pain or Syncope in Children Serious?

May 5 at 12 p.m.
Julianne Prasto, MD, CHOP
Newborn & Pediatric Care at UMCP



Acute Rehabilitation or Sub-Acute Rehabilitation: How Can It Help You?

June 2 at 12 p.m.
Richard Bach, MD, board certified in physical medicine and rehabilitation (PM&R) and Medical Director of the Acute Rehabilitation Unit of UMCP



Robotic Surgery: Is It Right for Me?

May 12 at 12 p.m.
Bruce Pierce, MD, FACOG, board certified OB/GYN



Incontinence: Isn't it Time to Take Back Control?

June 16 at 12 p.m.
Heather van Raalte, MD, board certified in urogynecology and female pelvic medicine and reconstructive surgery



GERD and Barrett's Esophagus

May 22 at 7 p.m.
Anish A. Sheth, MD, board certified in gastroenterology



Secrets to Healthy Skin

June 19 at 7 p.m.
Brian R. Keegan, MD, board certified in dermatology

For a full, up-to-date calendar, visit www.princetonhcs.org/calendar.

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

 **Princeton HealthCare System**
Community Education & Outreach



Community Education & Outreach Program

731 Alexander Road, Suite 103, Princeton



Princeton Fitness & Wellness Center*

Princeton North Shopping Center
1225 State Road, Princeton



University Medical Center of Princeton at Plainsboro

One Plainsboro Road, Plainsboro



Hamilton Area YMCA John K. Rafferty Branch

1315 Whitehorse-Mercerville Road, Hamilton

* The Princeton Fitness & Wellness facility on 1225 State Road is located in the Montgomery Township area and is not to be confused with the fitness facility located on the campus for the new hospital.

Easing Emergency Room Visits for Children—and Their Parents



For parents and children alike, a visit to the emergency room can be a scary experience. But thanks to a five-year-old partnership between the University Medical Center of Princeton (UMCP) and The Children's Hospital of Philadelphia (CHOP), families facing a pediatric emergency can breathe a little easier.



A Pediatrician On Site

In addition to UMCP's skilled clinical team—which includes board certified ER physicians, specially trained physician assistants and registered nurses—patients will find a CHOP hospitalist on site 24/7.

"A pediatrician is always in house," notes Alicia Brennan, MD, Medical

Director of CHOP Pediatric & Newborn Care at UMCP. And that's important, she says, because "pediatrics is different from adult medicine." CHOP's pediatricians bring with them not just an expertise in diagnosing and treating children, but experience in caring for children and their families.

A Team of Specialists

In addition to pediatricians on site, ER doctors have prompt, easy access to CHOP doctors in a wide variety

of specialties, so they can consult with them about their young patients. This helps to ensure that infants, children and adolescents receive exceptional care during and after their emergency room visit.

CHOP pediatricians work closely with UMCP's skilled clinical team that includes board certified emergency medicine physicians and specially trained physician assistants and nurses. And because UMCP's emergency department treats some 8,000 pediatric patients every year, all doctors on staff—whether affiliated with the medical center or CHOP—are highly sensitive to the needs of children and their families.

Excelling in Patient Care

For years, UMCP's Center for Emergency Care has received patient satisfaction scores that are among the highest in New Jersey, and since 2009, its partnership with CHOP—a world leader in pediatric medicine and research—has served to enhance the center's reputation among patients at every stage of life.

"We now have a team of ER physicians and pediatricians involved in emergency care whose skill sets complement one another," says Craig Gronczewski, MD, Chairman of Emergency Medicine at UMCP and board certified in emergency medicine. It's a relationship, he notes, that "has allowed us to offer a more robust and in-depth workup for all the children who need us."

For more information about CHOP Pediatric & Newborn Care at UMCP, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Slow Multiple Sclerosis Progression with Early Treatment

Multiple sclerosis (MS) is a disease that progresses over time, affecting a patient's mobility and functioning skills. But by knowing the signs and seeking treatment early, the progression of MS can be slowed or even halted with the latest medications.



“There have been tremendous advances,” says Rene Gomez, MD, a neurologist with Princeton HealthCare System. “We’ve gone from no medication available to eight or nine, with new drugs on the horizon.”

Early Symptoms: Know the Signs

Multiple sclerosis is an autoimmune disease in which the body's white

blood cells attack myelin, the insulating material around the body's nerves. It's more common in women than men, more prevalent in the northern hemisphere and most likely to have its onset between the ages of 20 and 50. The most common early symptoms include:

- Optic neuritis: a painful loss of vision, usually in one eye, that tends to get better within 2–3 weeks after onset
- Double vision
- Numbness and tingling in one or more body parts
- Problems with balance
- Loss of bladder control

- Lhermitte's sign: a tingling sensation in the spine or throughout the body when the neck is flexed
- Weakness in the arms or legs

Get Examined

Because these symptoms can also be caused by a variety of other conditions, it's essential to get examined by a doctor, which may include blood tests and magnetic resonance imaging (MRI) of the brain, eye, or spine. The 3T MRI used at University Medical Center of Princeton (UMCP) is considered state-of-the-art for MS diagnosis, notes Dr. Gomez, who is board certified in neurology. Other tests may include electrophysiological studies and examination of the spinal fluid.

Treating the (Formerly) Untreatable

Today's MS treatments include injectable and oral medications, and your doctor will decide which treatment is right for you based on your symptoms and general state of health. These medications have been found to diminish the annualized relapse rate—the likelihood that the disease in remission will recur in any given year—of MS by anywhere from 30 to 80 percent.

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

Rehab Improves Independence for Patients with MS

For patients with Multiple Sclerosis (MS), rehab can help speed recovery after an exacerbation or flare-up of symptoms. Working with a team of specialists, patients often find that rehab gets them moving and back to their normal routines more quickly.

“Given the progressive nature of MS, there is a need to maintain function and to learn techniques for energy conservation, functional adaptation and/or mobility adaptations,” says Anthony Ventura, PT, Director of the Outpatient Rehabilitation Network. “Physical therapists are trained to evaluate movement, walking and functional activities to identify

areas of dysfunction, and to identify origins of pain to help alleviate it. From there, they can devise a plan to address and help to eliminate these dysfunctions, or train the patient to adapt to them.”

University Medical Center of Princeton's (UMCP) Outpatient Rehabilitation Network offers “a full range of treatment protocols and plans specific to the needs of patients with MS,” says Ventura. Patients can receive quality therapy services close to home. Trained physical therapists work with patients to maintain strength, mobility and balance; to conserve

energy and reduce dizziness and falls; to use assistive devices (if needed) and to help with pain relief. Therapists also create exercise plans tailored to a patient's needs, abilities and desires.

Ventura notes that the goal of the Outpatient Rehabilitation Network is to address all of a patient's symptoms in order to preserve each individual's independence.

For more information about the Outpatient Rehabilitation Network, call 609.853.7840 or visit www.princetonhcs.org.

Princeton House: Helping Teens Cope Positively

Program treats common
“self-injury” behavior



For a parent, nothing is more powerful than the desire to shield a child from harm. So it's particularly difficult to discover that the child you're driven to protect is actually harming herself. This behavior, called self-injury, is common among adolescents.

Self-injury is the act of deliberately harming your own body. Two of the most common types of self-injury are cutting, with razor blades or other sharp objects, and burning. Self-injury is not an attempt at suicide, but an unhealthy way to cope with frustration, anger, or sadness.

There's Reason for Hope

Therapists at Princeton House Behavioral Health (Princeton House) in North Brunswick are trained to work specifically with teens in a variety of specialized programs, including the Adolescent After-School Intensive Outpatient Program and a new program aimed at teen girls known as SAGE (Supporting Adolescent Girls Emotionally). With the right kind of therapy, teens can learn to channel the feelings that prompt self-destructive behavior into more positive methods of coping.

Why Do They Do It?

“Adolescents will often report self-injury as a ‘release’ for internal conflicts like depression, anxiety or stressors related to school or home,” says Chirayu Parikh, DO, Associate Medical Director for Child and Adolescent Programs at Princeton House’s North Brunswick outpatient site. Generally, teens who self-injure aren’t suicidal, but, says Dr. Parikh, “that’s not always the case—which is why it’s important for the family to consult with a mental health professional when learning of self-injury.”

Spotting the Signs

Discerning whether your teen is hurting herself isn’t always easy. Children often go out of their way to hide the signs, wearing long sleeves or limiting the sites of injury to areas of the body that are usually covered. There are indications, however.

“When a parent notices that a child is acting differently from the way she usually behaves, it should raise

a red flag,” says Dr. Parikh. She may be dressing inappropriately—wearing a sweater or long pants on a hot day, for instance—or spending more time in her room. Or you may find razors or lighters around the house. And though self-injury is far more common in girls, don’t ignore the signs in your teenage son.

How to Help

If you suspect that your child is harming herself, the first step is to voice your concerns with her. She may resist the discussion—out of shame or a fear of hurting you, or because she doesn’t consider self-injury “a big deal.” Many teens, notes Dr. Parikh, don’t recognize the severity of the problem. Sympathy and reassurance, rather than expressions of anger or anxiety, are more likely to get her to open up.

Professionals with Princeton House can help you and your teen decide on an appropriate course of action and work with your child to determine the problems underlying the self-destructive behavior. “Very often,” says Dr. Parikh, “they’re linked to relationships with peers or a boyfriend, or stresses at home or in school—anything that would typically stress out an adolescent could serve as a trigger.”

In addition to talk therapy, treatment might also include medication and/or support and education for families, as well as an effort to change the teen’s environment if necessary. But the ultimate goal of therapy will be to replace your teen’s self-injurious behavior with positive coping skills, which should help her successfully face a lifetime of challenges.

For information on the Adolescent After-School Intensive Outpatient Program or SAGE, or to make a referral, call 1.888.437.1610 or visit www.princetonhouse.org.

Get Active Again!

Treating Stress Incontinence



The woman who won't jump up and down during aerobics class. The mom who does not play hopscotch with her kids. The co-worker who runs to the bathroom when she starts coughing. While they might not talk about it, all these women could have the same problem in common—stress incontinence.



Stress incontinence is the involuntary leakage of urine with exertion such as coughing, sneezing, exercising or even in severe cases, just changing positions. It is extremely common, affecting as many as one in three women over the age of 45, says Heather van Raalte, MD, who specializes in urogynecology.

“It happens so commonly that people think it is normal and just avoid activities that cause problems,” Dr. van Raalte says. “It’s a shame because it can be corrected in most cases, yet people will live with it for years.”

An End to Incontinence

Stress incontinence occurs when ligaments and muscles that support the urethra, the tube through which urine passes out of the body, weaken over time or because of childbirth. Treatment involves re-establishing support in this area through:

- Conservative approaches such as physical therapy to strengthen the pelvic floor. In addition, devices are available that can be used at home to stimulate and strengthen those pelvic muscles.
- Injections to bulk up and tighten the walls of the urethra. This is an office-based procedure completed in a matter of minutes.

- A minor outpatient surgical procedure to insert a small synthetic ligament, sometimes called a mesh sling, to re-establish support under the urethra. The procedure, done under sedation, takes 20 minutes and most women return to normal activities within 24 hours.

“The body grows tissue around the synthetic ligament, creating a new and permanent support,” Dr. van Raalte says. “Then when you cough, sneeze, run or jump, the urethra has a backstop to close on.”

Overcoming Misinformation

The stress incontinence procedure can be done in combination with other minimally invasive urogynecologic procedures using the da Vinci Surgical System®. Those procedures include hysterectomy and sacrocolpopexy, which uses a mesh to hold the vagina in the correct anatomical position to correct vaginal vault prolapse.

“This is a very effective, safe procedure,” Dr. van Raalte says. “We have been doing for it a long time and patient satisfaction rates with the procedure are reported to be as high as 97 percent.”

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



Turning 50? Take Charge of Your Health

While you are commemorating this milestone, take some time to celebrate your health as well by having a simple screening test that could save your life—a colonoscopy. You'll be in excellent company. Since 1998, the rate of colorectal cancer has declined by nearly 3 percent every year, thanks largely to an increase in colonoscopy screenings.

“Of all the ways we can screen for colorectal cancer, colonoscopy is the gold standard, because it's the only test that can detect and remove precancerous polyps,” notes Eric Shen, MD, Section Chief of Gastroenterology at University Medical Center of Princeton (UMCP). In other words, a colonoscopy can actually prevent cancer from developing.

How it Works

While the idea of the test makes some patients nervous, it's really very simple. The day before screening, patients prepare by cleaning out the colon to make sure that nothing obscures the doctor's view. Typically, colonoscopy prep involves drinking a liquid laxative. A new regimen known as split dosing—taking half the laxative the night before the procedure and the other half the next day—has made prep both more effective for the doctor and easier on the patient.

The test itself involves the examination of the large intestine and a portion of the small intestine with a tiny camera attached to a flexible tube called a colonoscope. It's almost always done under some form of sedation—either full sedation or a state of semi-consciousness known as twilight sleep—which renders it virtually painless.

The procedure usually takes 15–25 minutes, during which the doctor examines the intestine for polyps—small growths known as adenomas that are either benign or precancerous—and removes them. After the test, any polyps removed will be sent away to be biopsied. Even if some are found to be precancerous, patients usually need no additional treatment other than more frequent colonoscopies.

“Depending on how many of the polyps have a higher potential to become cancerous, patients may have to come back sooner for their next colonoscopy,” says Dr. Shen, who is board certified in gastroenterology.

When to Screen

The American Cancer Society (ACS) recommends that men and women at average risk for developing colon cancer have their initial colonoscopy at age 50 and then every 10 years after if no polyps are found. The exceptions are people with a family history of colorectal cancer or polyps, those who've already had precancerous polyps removed, or patients suffering from a chronic condition like ulcerative colitis or Crohn's disease. (If you're in any of these groups, ask your gastroenterologist how often you should be screened.)

Colonoscopy is not only a screening tool. It may also be used as a diagnostic test for patients experiencing symptoms such as unexplained weight loss, severe abdominal pain, blood in the stool or profuse diarrhea.

After the procedure, says Dr. Shen, patients typically rest at home and return to work the next day.

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



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The ABCS of Preventing Heart Disease

The Centers for Disease Control and Prevention (CDC) report that approximately 600,000 people in the U.S. die each year from heart disease.

Although cardiovascular disease is the number one cause of death in men and women in the U.S., with a few lifestyle and diet changes, many patients could lessen the impact of—or even prevent—cardiovascular disease.



Know Your Risk

“People should start by talking to their doctor to understand their personal risk of heart disease,” says Lisa Motavalli, MD, FACC, a cardiologist with University Medical Center of Princeton (UMCP).

Risk factors for heart disease include age and family history, as well as several other factors where lifestyle changes are necessary. Elevated cholesterol, hypertension (high blood pressure), diabetes, smoking, physical inactivity and obesity are risk factors that need to be controlled to maintain a healthy heart. Dr. Motavalli, who is board certified in cardiovascular disease and internal medicine, notes, “Controlling your weight, following a healthy diet, and not smoking are important steps to staying healthy.” And most importantly, pay attention to your ABCS.

ABCS

Aspirin. When prescribed by a physician, appropriate aspirin therapy—taking a low dose of aspirin daily—can help to prevent heart attacks in high-risk patients.

Blood pressure control. Watching your blood pressure and making changes to lower it—such as eating more fruits and vegetables and less sodium—is a great way to reduce your risk.

Cholesterol management. Eating a heart-healthy, low-fat diet and enjoying moderate physical activity for at least 150 minutes a week can help to keep cholesterol in check.

Smoking cessation. Smoking is the most preventable cause of premature death in the U.S., according to the American Heart Association.

Speak to Your Doctor

Discussing your risk factors, diet and lifestyle with your doctor can help you to identify changes that need to be made and health issues that you need to pay attention to. Dr. Motavalli points out that “heart disease can be prevented, it can be controlled, it can be treated—and it all starts with speaking to your doctor about your risk factors and needs.”