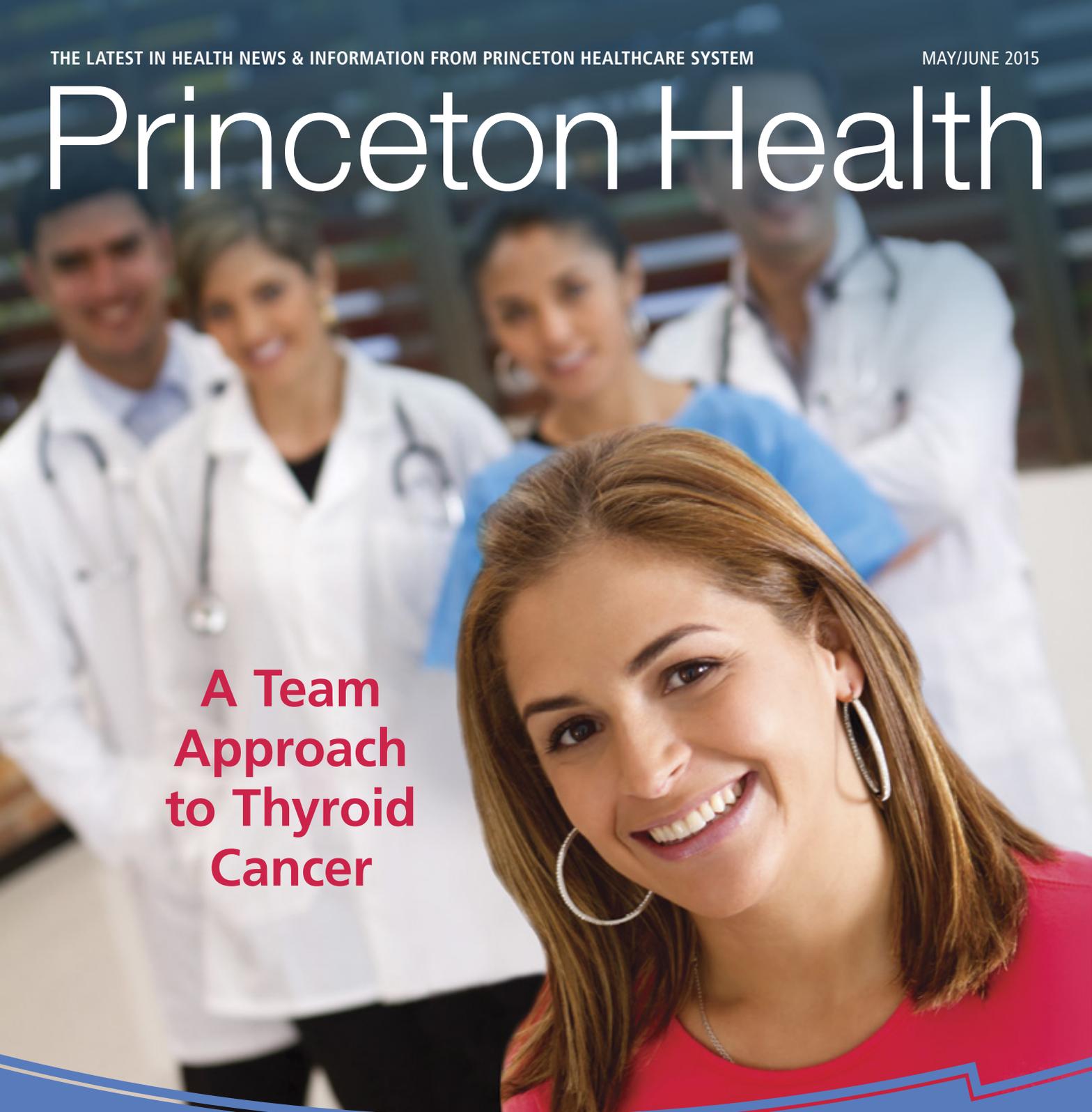


Princeton Health



A Team Approach to Thyroid Cancer

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- Getting a Good Night's Sleep
- Treating Irritable Bowel Syndrome

PLUS:

- **Community Focus** Event Calendar



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1.888.PHCS4YOU (1.888.742.7496)

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A Team Approach to Thyroid Cancer

Like many people, Ryan Walters had no idea anything was wrong with his thyroid until a doctor noticed a lump below his Adam's apple during a routine exam in the fall of 2014. Within a matter of weeks, an ultrasound test and biopsy confirmed he had thyroid cancer.

"It was shocking," says the Hightstown man, who enjoys an active lifestyle, including fishing. "I was only 30 years old, and I had never had any major health problems in my life, not even a broken bone."

Thyroid cancer is the most rapidly increasing type of cancer in the U.S., with 62,000 new cases expected this year, according to the American Cancer Society. Ultrasounds are used during the diagnostic process and they are able to detect smaller tumors, so this may account for the rise in reported cases, but there is also an increase in the number of patients with larger nodules.



"While thyroid cancer is becoming more common, it is, fortunately, also one of the more curable forms of cancer," says **Rashmi Roy, MD**, a board certified surgeon at University Medical Center of Princeton (UMCP). "As more physicians become aware of the symptoms of the disease, we're detecting cancer at an earlier stage, when it is most treatable."

Detecting Thyroid Trouble

The thyroid is a butterfly-shaped gland in the lower front of the neck that secretes hormones to regulate bodily functions, including metabolism, growth and development, and temperature. Thyroid problems cause symptoms similar to many other conditions, so the first detected warning sign is often when a lump (nodule) is felt in the neck.



Doctors use ultrasound to locate the nodule and, if necessary, use a small needle biopsy to remove cells for testing. A pathologist examines these cells under a microscope to determine the diagnosis. Roughly 85 percent of nodules are determined to be benign, while around 5 percent are diagnosed as cancer, says **Elliot Krauss, MD**, Chairman of the Department of Pathology and Laboratory Medicine at UMCP.

In the other 10 percent of cases, it's unclear exactly whether the nodule is cancerous or benign. In those cases, UMCP uses state-of-the-art molecular testing to determine the odds that a nodule is cancerous. This provides the surgeon and the patient with the information they need as they discuss the patient's condition and make a decision about treatment.

“We’re proud of the program we’ve developed here to diagnose and treat thyroid cancer,” says Dr. Krauss, noting his department has tested some 5,500 thyroid samples since 1999. “We really have a coordinated, multispecialty team effort to offer the best care possible.”

Ryan’s Story

On Oct. 21, 2014, Walters underwent surgery to have his thyroid removed with Dr. Roy, who is on track to perform more than 150 such procedures this year. The procedure requires only a small incision and an overnight hospital stay.



In late January of this year, Walters also had a radioactive iodine treatment to destroy any potentially remaining microscopic thyroid cells. He will continue with regular follow-up visits with **Jason M. Hollander, MD**, a board certified endocrinologist on staff at UMCP.

“Patients with thyroid cancer need high-resolution ultrasound periodically after treatment to look for any possible recurrences,” Dr. Hollander says. “The overall cure rate is very high for the most common type of thyroid cancer in younger patients, and most of them do very well.”

Looking back, Walters believes his thyroid was the reason he felt tired and “beat up” off and on for more than a year. Now that he and his doctors are hopeful he is on the road to recovery, he’s looking forward to an active summer.

“I’ve always been a high-energy guy, and I’m finally starting to feel like my energy is coming back again,” Walters says.

To find an endocrinologist or surgeon affiliated with Princeton HealthCare System, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).

Looking back, Walters (*pictured below*) believes his thyroid was the reason he felt tired and “beat up” off and on for more than a year. Now that he and his doctors are hopeful he is on the road to recovery, he’s looking forward to an active summer.



Common Thyroid Conditions

Thyroid cancer is becoming more common, but it is still rare compared with other thyroid diseases, which impact an estimated 20 million Americans. Common conditions include:

- Excessive thyroid hormone production (**hyperthyroidism**), which causes symptoms such as irritability, tremor, weight loss and sweating.
- Low thyroid hormone production (**hypothyroidism**), which can cause weight gain and leave a person feeling chronically tired and sensitive to cold.

- **Graves’ disease**, an autoimmune condition that can cause hyperthyroidism.
- **Multinodular goiter**, which is an enlarged thyroid that can cause symptoms such as voice changes, or difficulty swallowing or breathing.

Some of these conditions can be treated using medication. But if medical management has failed, surgery is the next likely option. Thyroid removal is also indicated if the thyroid nodule is very large, is causing compressive symptoms or is at risk for cancer.

Arthroscopic Joint Repair: Not Just for Professional Athletes

If you're a sports fan, you've no doubt heard of an athlete who's undergone arthroscopic surgery for a knee, hip or shoulder injury. Well, the same procedures that put the pros back on the field can help teens and young adults resume their active lives.



In fact, advances in the field of arthroscopy are providing more options to help younger patients not only recover but also potentially avoid chronic problems later in life, says **Dinesh Dhanaraj, MD**, an orthopaedic surgeon on staff at

University Medical Center of Princeton (UMCP). That includes cutting-edge procedures aimed at repairing meniscal (cartilage) tears in the knee, one of the most common orthopaedic injuries.

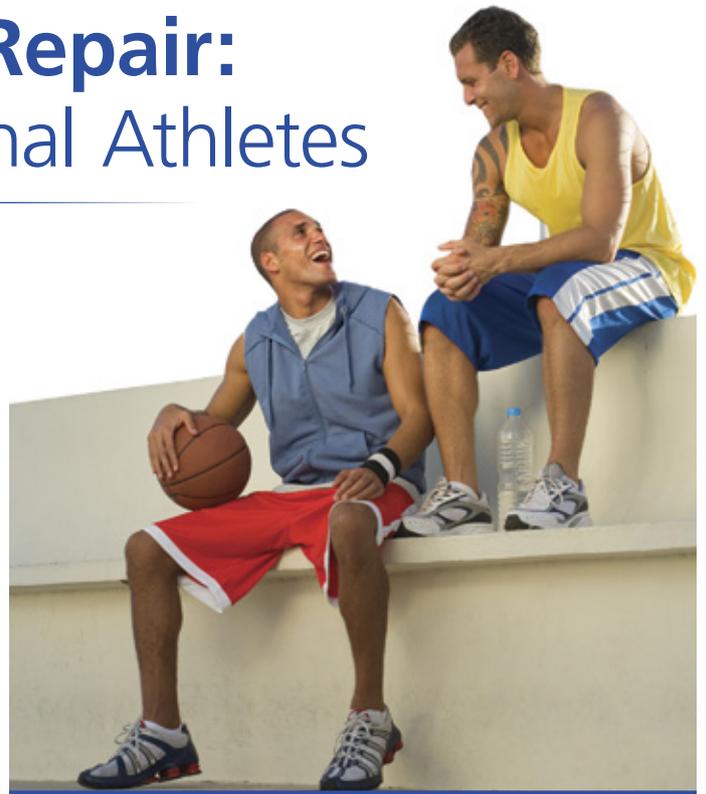
“Younger patients have their whole active lives ahead of them, and our goal during surgery is to preserve as much of the natural joint anatomy as possible,” says Dr. Dhanaraj, who is fellowship trained in orthopaedic sports medicine. “We’re not just looking at what’s best for today, but how we can help prevent problems 20, 30 or even 40 years down the road.”

A Minimally Invasive Approach

Arthroscopy uses pencil-sized instruments, including lighting and cameras, to diagnose and treat injuries within a joint. Images from the camera are shown on a TV screen, which allows the surgeon to precisely identify and repair an injury or damage from long-term wear and tear.

“Arthroscopy allows us to work inside a joint, such as underneath the kneecap, without opening the entire joint,” says Dr. Dhanaraj. “This approach provides numerous benefits for patients, including less bleeding, less scarring and a shorter overall recovery time.”

Arthroscopy is commonly used for injuries such as rotator cuff tendon and labral tears in the shoulder, meniscal tears in the knee, anterior cruciate ligament (ACL) tears in the knee or loose pieces of bone or cartilage in the joints. Surgeons at UMCP are also using arthroscopy to treat hip problems, including tears of



the labrum — the ring of cartilage in the hip socket — and a condition called femoroacetabular impingement, in which the bones of the hip are abnormally shaped. Previously, those surgeries required dislocating the hip and opening the hip joint, Dr. Dhanaraj says.

Cartilage Repair and Preservation

A fast-emerging field in orthopaedic surgery is the repair and preservation of knee cartilage, including various techniques to re-implant cartilage in the knee that are most effective in patients under the age of 40.

In one technique, known as autologous chondrocyte implantation, cartilage cells are taken from the knee, grown in the lab, and then implanted in the damaged cartilage. Other approaches involve the direct transfer of cartilage from a healthy joint to a damaged joint, or the use of donor cartilage.

“Most of these techniques have either been developed or popularized in the last five to 10 years or so,” Dr. Dhanaraj says. “We already are seeing a lot of promising data with these newer techniques.”

To find an orthopaedic surgeon affiliated with Princeton HealthCare System, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).

See page 18 for information on an upcoming online seminar on arthroscopy and joint disease.

Managing Your Emotions

Princeton House Behavioral Health Can Help

For most of us, sadness, worry, anxiety, and even anger are a natural part of life. The key to good mental health is not letting those emotions interfere with daily life and undermine your sense of wellbeing.

Negative emotions are a part of life, but for most of us they are temporary and manageable. For some people, though, they can persist, interfering with daily life and making it difficult to accomplish even the simplest tasks. “Many people just don’t know how to tolerate negative thoughts and feelings and not become undone by them,” says Judith Margolin, PsyD, Director of the Women’s Program at Princeton House Behavioral Health (PHBH).

If you feel like you’re struggling with the basics — sleeping too much or too little, finding it difficult to accomplish even simple things like housecleaning or hygiene, or having trouble maintaining relationships with family or friends — you may have difficulty regulating your emotions. Fortunately, emotion regulation is a skill that anyone can learn, and for those too overwhelmed to master the skill on their own, PHBH offers an intensive, outpatient program designed to provide the tools to put those out-of-control emotions in perspective and help patients regain control.

Giving a Name to Your Emotions

The most basic of these tools is the ability to identify negative feelings. “Many people have difficulty labeling what they’re feeling, or they try to avoid painful emotions,” notes Margolin. For instance, the irritation you feel with your husband might actually stem from an unpleasant incident at work. Or, the inexplicable sense of sadness you can’t shake off could, in fact, be worry or anxiety that you’ve tried to suppress.

Once you’ve learned to identify and describe your emotions, mindfulness skills — which encourage nonjudgmental awareness of sensations and feelings and help you stay moored to the here and now (rather than the “what if?”) — allow you to take a step back from overpowering emotions.

Redirect Your Emotions

Redirecting your emotions is another tool that can help keep you from feeling overwhelmed. Feelings of sadness, for instance, may tempt you to stay in bed

with the covers pulled up over your head, but doing so is only likely to increase your sadness. On the other hand, if you redirect that emotion into action — working on a task that interests and distracts you, for example — you’ll almost certainly feel better.

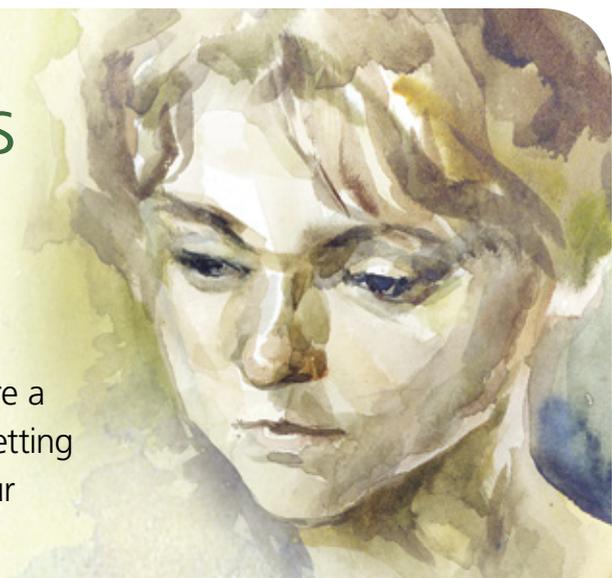
Self-soothing — engaging your senses to find relief in the face of emotional upheaval — is another skill that can make difficult feelings manageable. Unfortunately, for those who struggle to regulate their emotions, the simple act of self-soothing is anything but simple. The key, says Margolin, is to figure out what works best for you, whether that’s walking through the park and feeling the sun on your face, lighting a scented candle, going for a swim, or reaching out to a friend who’s willing to listen. “Often, you may have to try 10 different things in order to find the method that works for you, and you may have to try it several dozen times,” she notes.

Get the Help You Deserve

If your emotions are controlling you, rather than the other way around, the Emotion Regulation Track at PHBH can help you master mindfulness skills to keep you in the here and now, decrease impulsivity and mood swings while increasing positive emotions and experiences, and maintain healthy relationships and self-respect within those relationships. Participants spend three or more days a week in treatment for an average duration of six weeks, depending on individual needs. The concentrated program is highly effective in helping people redirect their energy in a positive way.

“People leave here having learned a tremendous amount about their feelings, thoughts, and behavior, and about the skills to deal with them more efficiently,” says Margolin.

To find out more about Princeton House Behavioral Health or the Emotion Regulation Track, call 1.888.437.1610 or visit www.princetonhcs.org.



Making Fitness Fun

Join Us for the 7th Annual Kids Marathon



 Kids
Marathon

Start planning now to take part in the seventh annual Kids Marathon, hosted by Princeton HealthCare System Community Education & Outreach and Princeton Fitness & Wellness Center. More than 500 children are expected to participate in the event, which has one clear goal in mind — making fitness fun for area children in kindergarten through eighth grade, while raising awareness about healthy living.

The popular program promotes good health and helps young participants incorporate exercise into their daily routines. Over the course of 10 weeks, Kids Marathon participants complete a 25-mile 'run.' Everything from sports activities to walking to school counts toward the finish line!

At every milestone mile (5 - 10 - 13.1 - 20 - 25) marker during the 10-week marathon, participants are awarded special incentives.

The marathon officially begins in April, and culminates with participants completing the last 1.2 miles on **Saturday, June 27**. Cheering crowds and music will add to the excitement as they cross the finish line.

Registration is \$25 per child. Proceeds support Princeton HealthCare System's programs to promote wellness and prevent obesity and chronic disease in children.

To register your child, or for additional information, including tracking forms, visit www.princetonhcs.org/kidsmarathon.

Community Focus



Celebrate Strength.

Celebrate *Life*

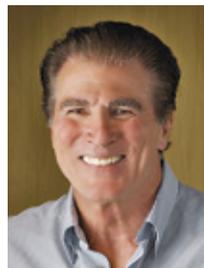
Cancer Survivors Day

Sunday, June 7, 2015

9 a.m. – 12 p.m.

University Medical Center of Princeton
One Plainsboro Road, Plainsboro
Edward & Marie Matthews Center for Cancer Care

You and your family are invited to a day of inspiration and wellness. Enjoy breakfast, music and festivities, as we honor the strength of our survivors and the support they received from friends and family.



Join us for an uplifting message from cancer survivor **Vince Papale**, whose inspiring journey to become a Philadelphia Eagle was portrayed in the movie *Invincible*.

RSVP online at www.princetonhcs.org/calendar or call 1.888.897.8979.

This program is supported by the Community Education & Outreach Program and Edward & Marie Matthews Center for Cancer Care at University Medical Center of Princeton.



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).

Health Screenings at West Windsor Community Farmers' Market

SAT. May 2, 16, 30, June 13 and 27
(9 a.m. – 1 p.m.)

Princeton Junction Train Station
Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive), Princeton Junction

Registration not required.

Each 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.

Exploring the Keys to Wellness as We Age

MON. May 4 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction
Join Jamie Winters, LCSW, Senior Primary Therapist at Princeton House Behavioral Health, and explore the keys to wellness that help contribute to happiness. The eight dimensions of wellness will be discussed, focusing on the emotional, financial, spiritual, occupational, physical, intellectual and environmental aspects of wellness and how the right balance of each can contribute to happiness later in life.

Yikes: What is Happening to My Body? A Puberty Talk for Girls

MON. May 4 (7 – 8:30 p.m.)
Hickory Corner Library

138 Hickory Corner Road, East Windsor
This program will discuss the physical, intellectual and emotional changes your child will experience as she transitions into her teenage years. Bring your child and join us for an informative and relaxed look at growing up. This program is designed for girls 9 to 12 years old. Children should be accompanied by their parent/guardian. Karen Davison, RN, Health Educator with Princeton HealthCare System, will lead the discussion.

Hypertension and the DASH Diet

TUE. May 5 (7 – 8:30 p.m.)
West Windsor Library
333 North Post Road, West Windsor

To register, please call the library at 609.275.8901.

Hypertension, or high blood pressure, is a silent killer, putting you at risk for serious health conditions such as heart attack, stroke and kidney disease. Join Maya Mann, PA-C, Certified Physician Assistant and member of the Allied Professional Staff of Princeton HealthCare System, and Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, to learn what you can do to manage your blood pressure and the important nutritional information you need to know to take control of your health.

Freedom From Smoking®

TUE. May 5, 12, 19, 26, 28, June 2, 9, 16 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$125 per person.

Join us for this seven-week program led by American Lung Association-trained facilitators to learn proven skills and techniques to help you quit smoking. In this small group setting we will show you how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health. The program will prepare you to quit smoking, provide ideas on lifestyle changes that make quitting easier and offer tips to manage stress and avoid weight gain. Participant workbooks and other informative materials will be provided.

Take Control of Your Health

WED. May 6, 13, 20, 27, June 3 & 10 (12 – 2:30 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Registration required. Space is limited.

If you are living with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease or chronic pain, understanding your condition and what steps you can take to improve your quality of life is invaluable. This workshop, broken into 2 1/2 hour sessions, is designed to help you find practical ways to deal with pain and fatigue, explore better nutrition and exercise options, learn about new treatment options and explore effective ways to communicate with your physician and family about your health concerns. Led by Princeton HealthCare System Community Education & Outreach Program trained staff, this workshop will help you set goals and make a step-by-step plan to improve your health and your life.

This project was supported, in part by grant number 90CS0042-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Weight-loss Surgery: Is It Right for Me?

THU. May 7 (6 – 6:30 p.m.)

THU. June 4 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. May 20 (6 – 6:30 p.m.)

WED. June 17 (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, board certified surgeon 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, sleeve gastrectomy and laparoscopic stomach banding — to help you make the choice that's right for you. This group meets the third Wednesday of every month at the Hamilton location and the first Thursday of every month at the Monroe location.

Secrets to Healthy Skin

THU. May 7 (7 – 8:30 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Taking care of your skin is important year round. Join Brian R. Keegan, MD, board certified in dermatology and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion about skin care techniques, how to evaluate abnormal growths and what to do if you are concerned about changes in your skin.

AARP Driver Safety Program

MON. & TUE. May 11 & 12 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

WED. June 10 (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

\$15 for AARP members

\$20 for non-members

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

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

Dealing with Dizziness and Vertigo

MON. May 11 (3 – 4 p.m.)

West Windsor Library

333 North Post Road, West Windsor

Please call the library at 609.275.8901

to register.

WED. May 20 (3 – 4 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

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

Any number of things can cause dizziness, but when the condition begins to limit your ability to function, finding relief becomes extremely important. Erin Mee, PT, DPT, who specializes in vestibular rehabilitation at the University Medical Center of Princeton's Outpatient Rehabilitation Network, will discuss the anatomy and physiology of the inner ear; common causes of dizziness, vertigo and loss of balance; and how vestibular rehabilitation can help.

CarFit Safety Checks

TUE. May 12 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

THU. June 11 (9 – 11 a.m.)

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

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.

Osteoporosis: Managing the Silent Crippler

TUE. May 12 (1:30 – 2:30 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

As we age, we begin to lose bone mass and are at risk for developing osteoporosis, a condition that weakens bones and makes us more prone to fractures and breaks. Although some risk factors for osteoporosis are out of our control, there are things we can do to promote bone health. Join Susan Jafar, RN-BC, MSN, ONC, CNL, Senior Care Coordinator at University Medical Center of Princeton, for this informative session about osteoporosis and what you can do to keep your bones strong.

Join health professionals with the Community Education & Outreach Program for your free **Blood Pressure Check from 10 a.m. – 12 p.m. on Tuesday, May 19 and June 16** at our new location at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Fertility, Egg Freezing and Updates on Reproductive Technology

THU. May 14 (7 – 8:30 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

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

MON. June 8 (7 – 8:30 p.m.)

West Windsor Library

333 North Post Road, West Windsor

Please call the West Windsor Library at 609.275.8901 to register.

THU. June 18 (7 – 8:30 p.m.)

Lawrenceville Library

2751 Brunswick Pike, Lawrenceville

Please call the Lawrenceville Library at 609.989.6920 to register.

Remarkable advances have been made in the field of assisted reproductive technologies over the past few years. Improvements in laboratory techniques and innovations in ovulation induction, egg freezing and genetic testing have enabled many couples to achieve their dream of having a child. Join us as Debbra Keegan, MD, board certified in reproductive endocrinology and fertility, discusses options for treatment of infertility. This discussion will include valuable information for anyone planning a future pregnancy, currently trying to conceive or wishing to learn more about reproductive health.

Common Orthopaedic Ailments: ACL and Rotator Cuff Injuries

THU. May 14 (6:30 – 8 p.m.)

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

Join us to learn about the diagnosis and treatment of common orthopaedic ailments such as rotator cuff injury, torn ligaments and injury to the meniscus, plus the best ways to prevent these injuries. Dinesh Dhanaraj, MD, MSPH, specializing in orthopaedic sports medicine and orthopaedic surgery, will also discuss non-operative treatment options and arthroscopic and minimally invasive surgical repairs. Dr. Dhanaraj is a member of the Medical Staff of Princeton HealthCare System.

Diverticular Disease

MON. May 18 (6:30 – 8 p.m.)

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

Diverticula — small pouches in the lining of the colon that bulge outward — are common, especially after age 40. You may never even know you have these pouches until they begin to cause problems. But when they become inflamed — a condition known as diverticulitis — they can cause severe abdominal pain, fever, nausea, a change in your bowel habits and other issues. Deborah K. Sokol, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will discuss what diverticulitis is, as well as the signs, symptoms, diagnosis and treatment options for the condition.

Heart Attack and Heart Disease: What Men and Women Need to Know

MON. May 18 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

When it comes to heart-related conditions, men and women exhibit different symptoms, a distinction that can result in serious health conditions going untreated. Join Lisa S. Motavalli, MD, board certified in cardiovascular disease and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion of the differences between men and women regarding heart attacks and heart disease, prevention, risk factors and available treatment options.

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

FRI. May 29, June 5, 12 & 19 (6 – 9 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Studio 2, Princeton

\$60 per person.

R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including awareness, recognition and avoidance, physical defense techniques and positive visualization techniques. Strategies are simple, practical and effective, and designed for every woman, regardless of physical fitness. This four-evening course is open to women of all ages. Dress in sneakers and comfortable clothing. *No prior experience is necessary.

Stuffed Up and Can't Breathe?

MON. June 1 (10:45 – 11:30 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

If you suffer from sinus congestion, allergies, nasal blockage or postnasal drip, join us for this informative program presented by Samuel S. Becker, MD, board certified in otolaryngology and a member of the Medical Staff of Princeton HealthCare System. Learn more about common sinus problems, including nasal blockage, nasal polyps and sinus infections, as well as treatment options.

Manage All Your Medications

TUE. June 2 (1:30 – 2:30 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

MON. June 15 (12:30 – 1:15 p.m.)

South Brunswick Wellness

540 Ridge Road, Monmouth Junction

Keeping track of multiple medications can be overwhelming, but proper dosage is extremely important. Even a seemingly simple mistake can be dangerous. Join Susan Jafar, RN-BC, MSN, ONC, CNL, Senior Care Coordinator at University Medical Center of Princeton, and learn more about sticking to your doctor's recommended treatment, managing multiple prescriptions, interactions and medication-related problems.

Pediatric Summer Emergencies

WED. June 3 (1 – 2 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Join Alicia Brennan, MD, Medical Director of CHOP Pediatric Care at University Medical Center of Princeton, for this invaluable discussion focusing on a variety of summer emergencies, including heat-related issues, sunburn and water-related injuries, as well as general information about the Emergency Department.

Freedom From Smoking

WED. June 10, 17, 24, July 1, 8, 15, 22 & FRI. July 3 (6 – 7:30 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$125 per person. Registration required.

Join us for this eight-week program led by American Lung Association-trained facilitators to learn proven skills and techniques to help you quit smoking. The small group setting is the perfect place to learn how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health. The program will prepare you to quit smoking, provide ideas on lifestyle changes that make quitting easier and offer tips to manage stress and avoid weight gain. Participant workbooks and other informative materials will be provided.

Reclaim Your Life — All About Hip Replacement

THU. June 11 (12:30 – 1:30 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Every year, thousands of people suffering from painful hip conditions undergo replacement surgery and reclaim their lives. Join W. Thomas Gutowski, MD, FAAOS, board certified in orthopaedic sports medicine and orthopaedic surgery, and Medical Director of the Jim Craigie Center for Joint Replacement, to learn when it's time for a hip replacement, what's involved in hip replacement and the services UMCP provides, including the Jim Craigie Center for Joint Replacement. Dr. Gutowski is a member of the Medical Staff of Princeton HealthCare System.

Kids Marathon

SAT. June 27 at 9 a.m.

Educational Testing Service (ETS)
660 Rosedale Road, Princeton

Sign up! For fitness. For fun & camaraderie. For community contribution.

Proceeds support Princeton HealthCare System's programs to promote wellness and prevent obesity and chronic disease in children.

Please see page 6 for more information.

Safe Sitter

WED. & THU. June 24 & 25 (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 aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, basic first aid and rescue skills. Sitters should bring their own lunch.

Parkinson's Disease: Talk Loud and Move Big

TUE. June 30 (2 – 3:30 p.m.)

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

Parkinson's and other progressive neurological diseases can make speaking, swallowing, walking and balance difficult. The Lee Silverman Voice Treatment (LSVT) LOUD and BIG programs are designed to help individuals suffering from these symptoms improve speech, walking and balance, as well as their ability to carry out the activities of daily life. Join Jenny E. Cowell, MS, CCC-SLP, Certified Speech and Language Pathologist, and Linda Lucuski, MPT, certified LSVT BIG clinician and Rehabilitation Director, with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn about how LSVT programs can help reduce the progression of symptoms and improve function.

Free Vision Screenings

THU. May 21 (10 a.m. – 1 p.m.)

Community Education & Outreach at 731 Alexander Road

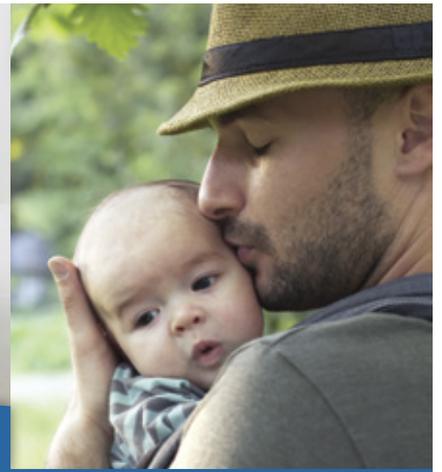
THU. June 18 (4 – 8 p.m.)

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

Please call 1.888.8979 to make an appointment.

Space is limited.

Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today! Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit, are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family health. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register.

Sibling Class

SAT. May 9 (10 – 11:30 a.m.)
University Medical Center of Princeton – Atrium

\$30 per child

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

Maternity Tour

SAT. May 9 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)
MON. May 18 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
THU. June 11 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. June 27 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

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

Baby Steps to Baby Care

FRI. May 15 (7 – 8 p.m.)
Babies "R" Us
700 Nassau Park Boulevard, West Windsor

\$10 per couple which includes a \$5 voucher toward a Baby Care class at UMCP. Must call 1.888.897.8979 to redeem voucher.

This informative introduction to the UMCP Baby Care program is designed to help create confidence in your parenting skills. Topics include an introduction to infant care, safe sleep techniques and car seat education.

Daddy Boot Camp™

SAT. May 2 (9 a.m. – 12:30 p.m.)
Comp OB/GYN Care of Princeton
One Union Street, Suite 106, Robbinsville

\$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

TUE. May 12 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

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

Baby Care

TUE. June 9 (7 – 9:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills. 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.

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 20 – June 10 (7 – 9 p.m.)
MON. June 8 – June 29 (7 – 9 p.m.)
THU. June 25 – July 16 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$125 per couple

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

Accelerated Birthing Basics

SAT. May 16 (9 a.m. – 5 p.m.)
SAT. June 20 (9 a.m. – 5 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$155 per couple

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

HypnoBirthing®

MON. June 15 – July 13 (6:30 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple Registration required.

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

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

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



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Bright Beginnings (birth to crawling)

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

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

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

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

WED. May 13 (1 – 2 p.m.)
WED. May 27 (1 – 2 p.m.)
WED. June 10 (1 – 2 p.m.)
WED. June 24 (1 – 2 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

No registration required.

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

Please note new location!

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

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

ACLS Recertification Course

WED. May 27 (9 a.m. – 5 p.m.)
TUE. June 9 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person
Recertification: \$175 per person

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

PALS Full Certification Course

MON. & TUE. June 22 & 23 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

WED. May 13 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person
Recertification: \$175 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS for Healthcare Providers

WED. June 10 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. May 19 (9 a.m. – 1:30 p.m.)
TUE. June 16 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

FRI. May 29 (6 – 10:30 p.m.)
TUE. June 30 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$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

FRI. May 15 (9 a.m. – 1:30 p.m.)
THU. June 4 (6 – 9:30 p.m.)
Community Education & Outreach at
731 Alexander Road

FRI. June 26 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at
the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

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

Family & Friends CPR

\$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:

SUN. May 17
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. June 6
Community Education & Outreach at
731 Alexander Road

Infant CPR Only

TUE. March 31 (7 – 8 p.m.)
TUE. April 28 (7 – 8 p.m.)
Babies "R" Us
700 Nassau Park Boulevard, West Windsor

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.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

Prostate Cancer Support Group

WED. May 13 (12 – 1:30 p.m.)

WED. June 10 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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

Cancer Support Group

TUE. May 19 (1:30 – 3 p.m.)

TUE. June 16 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

University Medical Center of Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

TUE. May 19 (6 – 7:30 p.m.)

TUE. June 16 (6 – 7:30 p.m.)

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

No registration required. Walk-ins welcome.

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



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

WED. May 20 (12 – 1 p.m.)

WED. June 17 (12 – 1 p.m.)

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

Registration preferred. Walk-ins welcome.

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

American Cancer Society's Look Good, Feel Better

MON. May 18 (1 – 3 p.m.)

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

Please call **1.800.227.2345** to register.

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

Skin Cancer Screening

THU. May 21 (6 – 8 p.m.)

University Medical Center of Princeton
Bristol-Myers Squibb Community Health Center

Please call **1.888.897.8979** to schedule an appointment.

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.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

EMT Refresher Class: Section C — Trauma Assessment and Management

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

\$50 per person.

Students will review immobilization techniques, splinting and wound care.

Caring for Patients with Hearing Loss

TUE. May 5 (6 – 9 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

CEUs pending

Learn more about caring for patients with hearing loss at this workshop hosted by Princeton HealthCare System Community Education & Outreach Program. Both EMTs and PHCS employees are welcome to attend. The workshop will be led by Jason Weiland, Field Representative, NJ Division of the Deaf and Hard of Hearing.

Join us to learn more about:

- Different types of hearing loss
- How to recognize hearing loss in a patient
- Communicating with a patient who has experienced hearing loss
- Resources available through the Division of the Deaf and Hard of Hearing

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



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. May 4 (7 – 9 p.m.)
MON. June 1 (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

TUE. May 5 (7 – 8:30 p.m.)
TUE. June 2 (7 – 8:30 p.m.)
University Medical Center of Princeton
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, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery at UMCP and New Jersey Bariatrics.

Freedom From Smoking Support Group

THU. May 14 (6:30 – 7:30 p.m.)
THU. June 11 (6:30 – 7:30 p.m.)
Community Education & Outreach at 731 Alexander Road
This group meets the second Thursday of every month and welcomes individuals who want to quit smoking or have already quit smoking. Join American Lung Association-trained facilitators to share strategies for starting or maintaining your new tobacco-free lifestyle.

Diabetes Support Group

WED. May 20 (2:30 – 4 p.m.)
WED. June 17 (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'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

TUE. May 19 (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'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.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. May 4 (6 – 7:30 p.m.)

MON. June 1 (6 – 7:30 p.m.)

University Medical Center of Princeton
Respite Room

MON. May 18 (1 – 2:30 p.m.)

MON. June 15 (1 – 2:30 p.m.)

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

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

Led by Sherri Goldstein, LCSW, bereavement coordinator with Princeton HomeCare, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight Loss Support Group

THU. May 7 (6:30 – 7:30 p.m.)

THU. June 4 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Dr Monroe Township

WED. May 20 (6:30 – 7:30 p.m.)

WED. June 17 (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 every month at the Hamilton location and the first Thursday of every month at the Monroe location. Join fellow patients; their significant others; and Lisa Dobruskin, MD, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, to discuss and share strategies for dealing with the physical, emotional and lifestyle changes related to weight-loss surgery.



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).

Senior Health and Fitness Day

WED. May 27 (9 a.m. – 12 p.m.)

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

No registration required.

Join the Hamilton Area YMCA and Princeton HealthCare System Community Education & Outreach to celebrate older adults at this fun morning event promoting health, fitness and wellness. Take advantage of free blood pressure screenings, balance screenings, exercise demonstrations, tours of the YMCA, information about the Active Older Adult Program offerings, door prizes, refreshments and more! Join the Y on this day and receive a special discount.

Get Balanced: Don't Fall

MON. & WED. May 4, 6, 11, 13 (1 p.m. – 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 these falls can be prevented with the right exercises and some simple changes in your habits and your environment. Attend this informative four-part class to learn how to improve your balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so wear sturdy shoes and comfortable clothes. Class 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's Outpatient Rehabilitation Network.



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 Eating Concerns Become Eating Disorders

May 4 at 12 p.m.

Elizabeth Frenkel, PhD, licensed psychologist and Supervising Psychologist with University Medical Center of Princeton's Center for Eating Disorders Care



Managing Mental Health Challenges in the Senior Years

June 1 at 12 p.m.

Michele Kinderman, PhD, Supervising Psychologist at Princeton House Behavioral Health's Princeton – Adults Outpatient



Arthroscopy for Joint Disease

May 21 at 7 p.m.

Dinesh Dhanaraj, MD, MSPH, specializing in orthopaedic sports medicine and orthopaedic surgery



Managing Diverticular Disease

June 18 at 7 p.m.

Deborah K. Sokol, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System

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.



Community Education & Outreach Program
731 Alexander Road, Suite 103, Princeton



Princeton Fitness & Wellness Center
Princeton North Shopping Center
1225 State Road, Princeton



University Medical Center of Princeton
One Plainsboro Road, Plainsboro



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



South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Depression and Heart Disease: A Serious Concern for Women 55 and Younger

A recent study published in the *Journal of the American Heart Association* sheds light on the potentially dangerous link between depression and heart disease in women 55 or younger.

Seeking Treatment is Important



“There has been data suggesting that depression is a risk factor for coronary artery disease, but what’s significant about this study is that it found a particularly strong relationship between the two conditions in a specific demographic group — women younger than 56,” says **Puneet Ghayal, MD**, a cardiologist on staff at University Medical Center of Princeton (UMCP). “These

findings make it all the more important to seek treatment for both conditions.”

The study found that women in this age group who also suffer from moderate to severe depression are twice as likely to experience a fatal heart attack or require artery-opening procedures, and the risk increases with the severity of the depression. What researchers don’t yet know is precisely why the link between heart disease and depression exists.

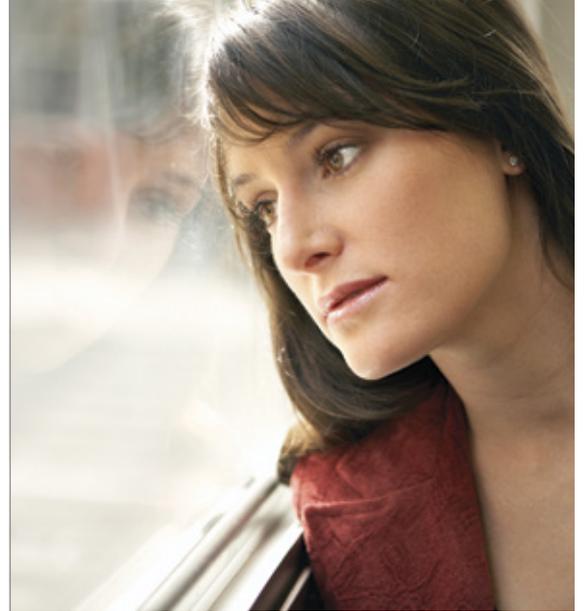
“We do know that things like increased stress, poor eating and sleeping habits, and lack of physical activity can contribute to the development of heart disease, and it turns out that all of those things can also be associated with depression,” says Dr. Ghayal, who is board certified in internal medicine.

It has also been established that women, as a group, are twice as likely as men to suffer from depression, and that depression is most common in women between the ages of 40 and 59.

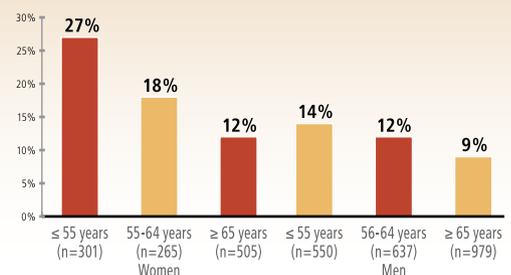
What remains to be discovered is whether the risk factor for heart disease is depression itself, or one or more of its symptoms.

Know the Risk Factors

In either case, if you’re a young or middle-aged woman suffering from depression, or if you’ve experienced it in the past, there’s more reason than ever to seek treatment — and to talk to your doctor about your risk for heart disease. In addition to risk factors common to both men and women — including obesity, smoking, diabetes, high blood pressure and a family history of heart disease — women



Proportion of cardiac patients with moderate or higher severity depressive symptoms (PHQ-9 \geq 10) according to age and sex.



Shah A J et al. J Am Heart Assoc 2014;3:e000741

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may be at greater risk if they suffer from an autoimmune disease (such as lupus or rheumatoid arthritis) and/or hypertension that increases during menopause, as well as depression.

The relationship between heart disease and depression, says Dr. Ghayal, “is an evolving field of study right now, so we don’t have all the answers.” But, he says, “we do know how to treat heart disease and how to treat depression, so being evaluated for both conditions is definitely important — and could save your life.”

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

For information about support services available through Princeton House Behavioral Health, visit www.princetonhouse.org, or to make a referral, call 800.242.2550.

Food for Thought: Is My Child a Picky Eater, or Developing an Eating Disorder?

What parent hasn't experienced the challenges of dealing with a picky eater?

Refusing to eat certain foods — or only wanting to eat certain foods — is a phase many children go through. But in some instances this behavior may be more than just a phase; it may be the sign of a developing or existing eating disorder.

"People are often surprised to learn that young children have eating disorders, but these behaviors are occurring at younger and younger ages, and in both girls and boys," says Melinda Parisi, PhD, Program Director of the Center for Eating Disorders Care at University Medical Center of Princeton (UMCP). "We work with children as young as eight, and eating disorders can be seen in even younger children."

The Impact Can Be Serious

Considerable attention is focused on children eating too much, often resulting in childhood obesity, while underweight children, who may be experiencing eating disorders including anorexia and bulimia, are often overlooked. Both problems — overeating and undereating — can have long-term effects.

Inadequate nutrition can have a serious impact on people of any age, but for children the effect on physical, psychological and social growth and development can be particularly troublesome. Fortunately, early diagnosis and intervention can be very effective, says Parisi.

Treatment at the Center for Eating Disorders Care focuses on the child as well as the family, and includes an inpatient and partial hospital component, nutritional counseling and aftercare planning.



Five Signs Your Child May be at Risk

Weight loss or lack of expected weight gain for their age

Sudden change in eating habits

Significant increase in activity or exercise

Anxiety

Distorted body image

Evaluate the Risk

Unlike adolescents and adults experiencing eating disorders, children may not exhibit the typical body image issues generally thought of as a motivating factor for the condition. "Instead, children may refuse food based on claims that they are not hungry, that they feel bloated or nauseated, or that they are afraid of vomiting or choking."

Communication and awareness are the first steps in assessing what is motivating a child's eating behaviors.

A useful guide to evaluate whether your child is at risk is to consider four key questions:

- Is your child's diet providing enough nutrition to ensure proper physical and mental development in the short and long term?
- Is your child's diet likely to impact his or her weight and growth?
- Is your child's eating behavior impacting his or her social and emotional development? For example, is your child avoiding certain activities in order to maintain his or her eating behavior?
- Is your child's eating behavior affecting family relationships?

"While the exact cause of eating disorders is not clear, we do know that these conditions can be successfully treated, which is why intervention is so important," says Parisi.

For more information about UMCP's Eating Disorders Program, call 609.853.7575 (toll-free at 877.932.8935) or visit www.princetonhcs.org/eatingdisorders.

See page 18 for information on an upcoming online seminar on eating disorders.

Rise and Shine: Start the Day Right With a Good Night's Sleep

There's nothing quite like starting your day energized following a restful night's sleep. But getting the recommended amount of shut-eye — about seven-and-a-half hours each night — isn't always easy. In fact, sometimes it seems downright impossible.



Fortunately, there are several key things you can do to promote a good night's sleep. According to **Ashgan A. Elshinawy, DO**, Medical Director of the University Medical Center of Princeton (UMCP) Sleep Center, it's important to establish a regular bedtime routine; keep to a set schedule, even on the weekends; avoid caffeine and alcohol before bedtime and get at least 30 minutes of exercise a day.

Not getting enough sleep, or not getting quality sleep, can impact your mood and your overall health, including your cardiovascular health, says Dr. Elshinawy, who is board certified in internal medicine, pulmonary disease and sleep medicine.

“There are many benefits to getting a good night's sleep. These include being more functional and productive at work or school, as well as being in a better mood during the day,” she says. Most private insurance plans and Medicare provide coverage for sleep studies, as long as patients meet the requirements for coverage.

When Sleeping Becomes a Struggle

While an occasional restless night is fairly common, frequent bouts of sleeplessness, snoring, gasping or choking while asleep, awakening frequently during the night, restless legs or abnormal body movements during sleep may be signs of a sleep disorder. This lack of quality sleep may result in regular daytime sleepiness or fatigue, non-refreshing sleep, problems with memory or concentration, hyperactivity in children and poorly controlled high blood pressure.

Someone suffering from any of these symptoms may benefit from a sleep study, which can confirm or rule out a number of sleep disorders and lead to a treatment plan to help improve your quality of sleep, Dr. Elshinawy says.

Sleep studies at the UMCP Sleep Center, which is fully accredited by the American Academy of Sleep Medicine, are performed in private rooms equipped with a comfortable bed, television with VCR/DVD player, refrigerator and a personal shower. Overnight studies are completed by 6 a.m., so you can go to work the next morning.

The UMCP Sleep Center's specially trained technicians can perform sleep evaluations on children as young as two years of age, and accommodations are available for parents staying overnight with their child, says Dr. Elshinawy.



Common Sleep Disorders

There are more than 80 types of sleep disorders. The most common are:

Sleep apnea

Insomnia

Periodic limb movements

Sleep walking

Sleep talking

REM behavior disorder (acting out dreams)

For more information about the UMCP Sleep Center, call 609.853.7520 or visit www.princetonhcs.org. To schedule a consultation with a sleep specialist, call 609.853.7272.

A Multifaceted Approach to Treating Irritable Bowel Syndrome



Frequent abdominal pain, cramping and changes in bowel habits can point to any number of gastrointestinal (GI) tract problems. Among the most common culprits, however, is a condition known as irritable bowel syndrome, or IBS, which impacts an estimated 10 to 15 percent of Americans, according to the National Institutes of Health.



While IBS doesn't permanently harm the GI tract, it does produce symptoms such as constipation, bloating or diarrhea. With a proper diagnosis, IBS symptoms can be minimized, even for people who have been suffering for years, says **Deborah Sokol, MD**, a board certified

gastroenterologist on staff at University Medical Center of Princeton (UMCP).

"IBS is called a 'functional' disorder, because it is not linked to any underlying illness or injury of the GI tract," says Dr. Sokol. "Once we rule out more serious GI diseases, and we diagnose IBS, we can usually find a combination of medication, diet and lifestyle changes that can provide significant relief."

Identifying IBS

IBS is defined as chronic pain or discomfort with at least two of the following three symptoms: a change in bowel movement frequency, a change in stool consistency (harder or softer) and bowel movements that relieve abdominal discomfort. It is twice as common in women than men, usually impacting women under the age of 45.

To determine if you have IBS, your doctor will first review your family history and check for symptoms of more serious GI conditions, such as nocturnal bowel movements, incontinence, bleeding and anemia. If tests show no obvious cause for your symptoms, IBS may be diagnosed.

"The true cause of IBS is unclear, although it's probably an interaction between lots of different physical or mental and emotional triggers," Dr. Sokol says. "It might be related to changes in how quickly food and waste

move through the gut, how sensitive the gut is to food, how well bacteria in the gut are functioning, how well the brain and gut communicate or unknown genetic factors."

A Multifaceted Approach to Treatment

You doctor will usually recommend a multifaceted approach to treating IBS, including:

Dietary changes. Temporary changes in diet can help identify foods that aggravate symptoms. A high-fiber diet as well as a diet low in gas-producing carbohydrates known as FODMAPs can improve symptoms.

Lifestyle changes. Exercise has been shown to improve the gut's ability to move matter through the intestines. Stress can also play a role in worsening IBS, and stress management techniques such as counseling, meditation and yoga help some sufferers.

Medications. Depending on the symptoms, your doctor may prescribe fiber supplements, laxatives or medications that regulate muscle movements of the colon. Antidepressants may also relieve symptoms in some people.

"IBS symptoms can come and go and change in frequency and intensity," Dr. Sokol says. "While there is no 'cure,' most people can find ways to control the symptoms and live much more comfortably."

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

See page 18 for information on an upcoming online seminar on managing diverticular disease.

Donald F. Denny Jr., MD, Honored as Physician Philanthropist of the Year



The Princeton HealthCare System (PHCS) Foundation presented the 2015 Physician Philanthropist of the Year Award to Donald F. Denny Jr., MD, a board certified radiologist who serves as Senior Vice President for Medical Affairs at PHCS.

Dr. Denny received the award from Gerard A. Compito, MD, Chairman of the PHCS Foundation Board of Directors, during the PHCS Medical Staff's annual dinner held earlier this year.

The Foundation presents the award annually to a University Medical Center of Princeton (UMCP) physician whose service and leadership as a volunteer have enhanced not only the PHCS Foundation's fundraising goals but also the missions of other nonprofit organizations throughout the greater central New Jersey community. Dr. Denny is the fourth recipient of the award. Previous awardees include William P. Burks, MD, Peter I. Yi, MD, and Margaret L. Lancefield, MD, PhD.

Dr. Denny was Co-Chair of the Physicians Development Committee (with Dr. Yi) and served on the Leadership Gifts Committee during the *Design for Healing* campaign, which supported construction of the new UMCP. The Physicians Development Committee helped raise more than \$5 million from over 460 physicians and their families.

In addition to attending campaign events, Dr. Denny and his wife, Catherine, hosted events in their home for the Foundation and *Design for Healing* campaign. Dr. Denny continues to work with the Foundation to support new service line fundraising initiatives.

The mission of the PHCS Foundation is to financially support and promote the mission of PHCS. For more information, please visit www.princetonhcs.org/foundation.

Join us! 20th Annual Princeton HealthCare System Golf Outing

June 9, 2015

Metedeconk National Golf Club, Jackson, New Jersey

This event will be a great day of golf for a great cause! Proceeds will support the expansion of the Center for Maternal and Newborn Care at University Medical Center of Princeton.

Sponsorship opportunities at multiple levels, as well as spaces for individual golfers, are still available.

This is expected to be a sold-out event, so reserve your space soon!

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



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2014



Princeton
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Redefining Care

Princeton HealthCare System's 2014 Progress Report to the Community is available online.

- A summary of new services and enhancements to existing programs
- A report on our clinical performance and patient satisfaction rates
- A recap of the hundreds of free or low-cost health education programs available to the community
- An update on the Princeton Health Campus

To view the report, visit www.princetonhcs.org/progressreport.