

Princeton Health

**Advanced Care
with a Focus on
Your Baby and You**



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Princeton HealthCare System

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

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

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

Entire publication
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Princeton Health is published under contract by The Nautilus Publishing Company
www.nautiluspublishing.com
T: 662.513.0159

Every Delivery is Special at UMCP

More than 2,100 babies are born at University Medical Center of Princeton (UMCP) each year, and each one receives personalized, advanced care, whether the pregnancy and delivery is relatively routine or high risk.



In UMCP's Center for Maternal & Newborn Care, moms, babies and families receive individualized, round-the-clock attention from a team of board certified physicians and specially trained maternity nurses.

Through partnerships with The Children's Hospital of Philadelphia (CHOP) for neonatal care, including a new Neonatal Intensive Care Unit, and with Penn Maternal Fetal Medicine for high-risk pregnancies, UMCP offers advanced maternity and neonatal care — from the early days of pregnancy to the time a baby heads home.



“We have built a program that people throughout the region can count on when they think about starting or expanding their families,” says **Heather M. van Raalte, MD**, Chairman of UMCP's Department of Obstetrics and Gynecology. “We have all the experts in place to provide an extremely high level of care for moms and babies who may have a wide range of medical needs and desires for their childbirth experience.”

State-of-the-Art Care

The UMCP team of family health specialists includes:

- **CHOP Neonatal Care at UMCP.** CHOP's neonatologists and pediatric hospitalists provide around-the-clock care for infants and attend to high-risk deliveries. The hospital recently became a Neonatal Intensive Care Unit (NICU), to care for newborns as young as 28 weeks. (See article on page 4)
- **Penn Maternal Fetal Medicine at UMCP**, which includes a team of nationally recognized experts in high-risk obstetrics, fetal evaluation and antepartum testing. The program's offices are conveniently located in the Medical Arts Pavilion adjacent to UMCP.
- **A staff of board certified gynecologists, obstetricians, anesthesiologists and pediatricians** who practice in both the hospital and offices throughout the community.
- **A nursing team** that includes nurses who are certified in neonatal and perinatal care and childbirth education, as well as lactation consultants.
- **Certified nurse midwives and a collaborative environment** for those patients who wish to utilize the services of a doula to provide support and help a woman communicate with her caregivers during labor and childbirth.

The hospital recently became a Neonatal Intensive Care Unit (NICU), to care for newborns as young as 28 weeks. (See article on page 4)



A Comfortable Environment

UMCP's Center for Maternal & Newborn Care is located on the hospital's top floor. All rooms are private and offer beautiful natural views. The center's Labor & Delivery Unit includes delivery and recovery suites equipped with advanced technology and safety features. After delivery, patients move to in the Mother-Baby Unit.

Mother-Baby Unit rooms include hotel-like amenities such as private baths and high-speed Internet access. Bassinets enable babies to stay in the room, and in-room sleeping accommodations are available so dads, partners or visitors can stay the night.

"Our volume of deliveries has continuously grown since the new hospital opened in 2012, which reflects on both the quality of care and the comfort of our new facility," says Dr. van Raalte, who is board certified in obstetrics and gynecology. "We hope to continue to be a destination of choice throughout the region for expectant families."

For more information on the Center for Maternal & Newborn Care at UMCP, or for assistance finding an obstetrician/gynecologist or certified nurse midwife affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).

UMCP Receives **2016 Women's Choice Award®** as One of America's Best Hospitals for Obstetrics

University Medical Center of Princeton (UMCP) has received the 2016 Women's Choice Award® as one of America's Best Hospitals for Obstetrics. This evidence-based designation is the only award that identifies the country's best healthcare institutions based on robust criteria that consider female patient satisfaction, clinical excellence, and what women say they want from a hospital.

The list of over 400 award winners, including UMCP, represents hospitals that offer exceptional obstetric services that ranked above the national average for patient safety, thereby supporting a woman's decision when choosing the best for her maternity needs.



"We are greatly honored to receive the Women's Choice Award," said Heather M. van Raalte, MD, Chairman of Obstetrics and Gynecology at UMCP. "Having a baby is a life-changing event, and our physicians, midwives and nurses are committed to delivering the highest level of care and making it the best experience possible for our patients."

"New moms have many choices when it comes to having their baby, so choosing the best birthing experience is right up there with choosing the best doctor," says Delia Passi, CEO and Founder of the Women's Choice Award. "We've made it easy for moms to vet out the hospitals proven to deliver an outstanding experience."

UMCP Opens Intensive Care Unit for Newborns



Some of the tiniest newborns and their families can now stay closer to home for care with the recent opening of a Neonatal Intensive Care Unit (NICU)* at University Medical Center of Princeton (UMCP).

The new unit, which is staffed by specialists from The Children’s Hospital of Philadelphia (CHOP), provides a high level of care for premature babies as young as 28 weeks who weigh at least 1 kilogram (2.2 pounds). Previously, newborns younger than 32 weeks often had to be transferred to hospitals in New Brunswick or Philadelphia.



“Premature babies sometimes have to stay in the hospital for as long as three months,” says **Benedict E. Asiegbu, MD, FAAP**, Medical Director of Neonatology at UMCP. “It can be very hard on families if they have to travel out of the area for the specialized

care these newborns require. We felt it was important to bring these services close to home for our families.”

The new NICU opened this winter in UMCP’s Center for Newborn and Maternal Care. It is managed as part of UMCP’s ongoing partnership with CHOP. Physicians from CHOP are on site 24 hours a day, 365 days a year, to provide pediatric emergency consultations, inpatient care and neonatal care.

Special Care for Premies

Babies born prior to 37 weeks are considered premature. Premature infants often require specialized care, including help with breathing, feeding and maintaining proper body temperature, as they continue to grow, Dr. Asiegbu says.

UMCP was previously authorized by the state Department of Health to provide an intermediate level of care in its 14-bed nursery. The hospital was licensed by the state to convert six of those beds into a higher level of intensive care after completing a series of upgrades in 2015, including:

- Acquiring special respiratory equipment for newborns.
- Completing specialized training for nurses and other staff members.
- Renovating part of the NICU with the help of donations from patients who were grateful for the excellent maternity care they received.

“We tell families that, on average, premature babies will need to stay in the hospital until close to their original due date,” Dr. Asiegbu says. “That can be a long stay for some families, and our goal is to provide all of the necessary services, right here in Princeton.”

See page 18 for information on an upcoming program about the Neonatal Intensive Care Unit (NICU) at UMCP.

* UMCP is licensed by the New Jersey Department of Health as a Community Perinatal Center—Intensive. That unit is identified here and in the hospital by the more commonly recognized term NICU.

Is it Just a Stomachache or Something More Serious?



While we all experience abdominal pain from time to time, if the pain is sudden, severe or unlike any pain you've experienced in the past, it should be brought to a doctor's attention, says **Craig Gronczewski, MD**, Chairman of the Department of Emergency Medicine at University Medical Center of Princeton (UMCP).

With the many organs and structures inside of the abdomen, abdominal pain can be related to anything from a common virus to a more serious condition such as appendicitis. What's more, abdominal pain can also be caused by seemingly unrelated problems such as a back injury or heart disease.

"Aside from chest pain, abdominal pain is the most common reason that adults visit the emergency room," Dr. Gronczewski says. "It can often be challenging for doctors to immediately diagnose the cause of abdominal pain. In the ER setting, our goal is to rule out the most potentially dangerous conditions."

Finding a Cause

A complete medical history — including information about your diet and whether anyone else in your family is sick — can help your doctor narrow down the potential causes of abdominal pain, Dr. Gronczewski says. If necessary, blood tests and imaging studies such as a CT scan or ultrasound can also help identify whether your pain is due to a significant internal illness or injury.

However, despite a thorough evaluation, the exact cause of abdominal pain is often not readily apparent. In fact, fewer than one in five patients who visit an emergency room with abdominal pain are diagnosed with a serious disease, according to the U.S. Department of Health and Human Services.

"The most common emergency room diagnosis for abdominal pain is 'nonspecific abdominal pain,'" Dr. Gronczewski says. "That can be frustrating for patients, but we are able to reassure them that their pain is not life-threatening."

For most patients with nonspecific pain, symptoms resolve within hours or days, or are later diagnosed by a gastroenterologist as a more chronic condition such as irritable bowel syndrome (IBS) or Crohn's disease, Dr. Gronczewski says.

For more information about the Center for Emergency Care at University Medical Center of Princeton, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org. If you are experiencing a medical emergency, please call 9-1-1.



'Red Flag' Symptoms



Dr. Gronczewski says abdominal pain may indicate a more serious medical problem if it:

- **Comes on suddenly and severely** in a way you haven't experienced in the past or would describe as the worst stomach pain of your life.
- **Is accompanied by bleeding** of any type, including blood in stools, urine or regurgitation.
- **Is associated with symptoms** such as fever, persistent regurgitation or diarrhea or changes in skin color.

Elderly patients should be especially cautious when it comes to abdominal pain. Age increases the risk for the more emergent causes of pain such as kidney stones and gallstones; ischemic bowel (the loss of blood supply to part of the colon); and abdominal aortic aneurysm (a weakening or rupture of the body's largest blood vessel).

Know the Warning Signs for Vascular Disease

According to the Centers for Disease Control and Prevention (CDC), about 8 million Americans suffer from peripheral artery disease (PAD). This condition results from hardening of the arteries (atherosclerosis), which is the leading cause of heart attack and stroke in the U.S. It occurs when a buildup of plaque narrows or blocks the vessels that carry blood from the heart to the extremities.

PAD is a condition where narrowed arteries reduce the flow of blood to the limbs. The risk for PAD increases with age. In fact, as many as 20 percent of people over 60 suffer from the disease, and many are unaware of their condition, the CDC reports.

Smokers and people with conditions such as diabetes, high blood pressure and heart disease are at greater risk for PAD. “Most patients are referred by a primary care physician, endocrinologist or cardiologist



because they’re being treated for other risk factors,” says **Elliot Sambol, MD, RPVI, FACS**, a board certified vascular surgeon at the University Medical Center of Princeton (UMCP).

Watch for Warning Signs

PAD can affect any extremity, but is most common in the legs. Warning signs include pain in the lower extremities and changes in the skin, such as darkening, hair loss or ulcerations.

“If you’re experiencing any pain with walking, you should definitely get checked out,” says Dr. Sambol. “When your muscles are starved for oxygen because blood flow is limited, that’s when you feel pain. If you have pain in your legs at rest, especially if it’s bad enough to wake you from sleep, the condition may be quite advanced.”

He notes that early screening and detection are critical to ensuring that PAD does not go untreated and increase in severity.



PAD can affect any extremity, but is most common in the legs. Warning signs include pain in the lower extremities and changes in the skin, such as darkening, hair loss or ulcerations.

Multiple Treatment Options

The first phase of PAD treatment involves reducing risk factors, for example, stopping or reducing tobacco use or taking steps to control diabetes, high blood pressure or high cholesterol. Dr. Sambol also puts patients on exercise regimens, such as robust walking programs that can help create new blood vessels and reduce pain.

If these efforts are unsuccessful, patients may undergo an angiogram — an X-ray imaging test to view the blood vessels — to assess treatment options. The first line of surgical treatment is endovascular therapy, which includes minimally invasive procedures such as atherectomy, to remove plaque from inside the artery. Additionally, angioplasty procedures use balloons to dilate the artery, and sometimes a stent (a small steel mesh tube) is inserted to keep the artery from narrowing again. This can all be performed through a small needle puncture under local anesthetic. More severe cases of PAD may require

traditional open bypass surgery to reroute blood flow around a blocked vessel.

The Center for Vascular Care at UMCP has a state-of-the-art hybrid operating room to support the full range of vascular surgical procedures for PAD patients. “We have one of the most advanced facilities in the state and surgeons who have trained at top institutions,” Dr. Sambol says. “We can do very complicated interventions on par with the best centers in the country.”

For more information on the Center for Vascular Care, call 609.742.7496, or visit www.princetonhcs.org.

See page 18 for information on an upcoming program on vascular disease.

Community Focus

Photo Credit: Julie Dennis

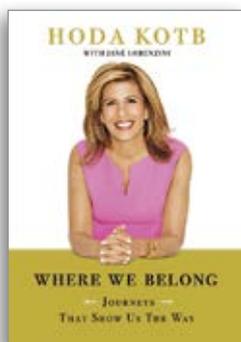


Celebrate Strength Celebrate Life

Cancer Survivors Day
with **Hoda Kotb**

Thursday, June 2, 2016
7 p.m.

Hyatt Regency Princeton
102 Carnegie Center Drive, Princeton



You and your family are invited to join us for coffee, tea and desserts, as we honor those we have lost and celebrate our survivors and the support they received from their loved ones. Attendees will receive a copy of Hoda Kotb's book.

Hoda Kotb, *New York Times* bestselling author, beloved *Today* show co-anchor and cancer survivor, will share inspiring stories as featured in her book, *WHERE WE BELONG: Journeys That Show Us The Way*, during this special evening hosted by Princeton HealthCare System. The book, published this year, profiles people who found their life's purpose in unexpected ways, often surprising themselves and the ones they love.

RSVP for this free event online at princetonhcs.org/calendar or call 1.888.897.8979.

This event is made possible by a generous donation from Bristol-Myers Squibb.

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).



Introduction to Total Control®: Wellness Program for Women

WED. May 11 (10 – 11 a.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

Join us for this introduction to the Total Control® program, a pelvic wellness program for women. Exercises designed to strengthen your pelvic floor and core muscles will be introduced. Please wear comfortable clothing and bring an exercise mat.

Total Control®: A Pelvic Wellness Program for Women

TUE. & THU. May 3 – June 16

(12:30 – 1:45 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

\$99 per person.

Incontinence and other bladder issues are common among women of all ages, but you shouldn't accept them as normal. Empower yourself to improve your bladder health and quality of life through this seven-week Total Control® program. Each session includes a 15-minute education portion and a 60-minute low-impact workout. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor muscles through gentle exercises. Join other women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for exercise.

The Secret to Healthy Skin

WED. May 4 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

No matter what time of year it is, taking care of your skin is important. Join Phillip Holler, MD, PhD, board certified dermatologist and member of the Medical Staff of Princeton HealthCare System, for an informative discussion on:

- Environmental challenges to skin health: sun, smoking and stressors
- Skin damage prevention: sun protection, skin cancer screening
- Skin care treatment options: anti-aging procedures and evaluation of abnormal growths

Weight-loss Surgery: Is It Right for Me?

THU. May 5 (6 – 6:30 p.m.)

THU. June 2 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. May 18 (6 – 6:30 p.m.)

WED. June 15 (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.

Car Seat Safety Check

SAT. May 7 (9:30 a.m. – 12 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Appointment required, please call 609.259.2150.

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 have the car seat installed prior to your appointment. Please bring your car manual and car seat instructions.

Walk from Obesity

SUN. May 22 at 10 a.m.

University Medical Center of Princeton

In front of the Education Center, Parking Lot V2

Early registration (through May 3) is \$10 per person. Beginning May 4, the cost is \$25 per person. Same-day registration is \$35 per person. To register, visit www.walkfromobesity.com and click on "find an event."

Bring the whole family and join Princeton HealthCare System for a 1.2-mile walk that passes through University Medical Center of Princeton and around the hospital's beautiful campus. Walkers of all ages and fitness levels are welcome to participate. Before and after the walk, participants can learn more about healthy eating; active living and obesity; win prizes and enjoy healthy snacks, kids crafts, face painting and more. Proceeds support the ASMB Foundation's efforts to fund obesity research, education and access to treatment.

Health Screenings at West Windsor Community Farmers' Market

SAT. May 7, 21, June 4 & 18 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

Vaughn Drive Parking Lot

(Alexander Road & Vaughn Drive)

Princeton Junction

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.

AARP Smart Driver

MON. & TUE. May 9 & 10 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

WED. June 8 (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. Checks are payable at the door and 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 and how to handle potential problem situations. 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.

CarFit

TUE. May 10 (10 a.m. - 12 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

THU. June 9 (9 – 11 a.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch – Parking Lot

Please call 1.888.897.8979 to schedule an appointment.

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide more comfort and better control of your vehicle. In addition, a trained PHCS CarFit technician will take the driver through an observation and questionnaire session. Participants are requested to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

Grandparenting 101 in the 21st Century

THU. May 12 (10 – 11:30 a.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

This fun, interactive class is designed to bring grandparents-to-be and new grandparents up to date on the latest in baby care. Topics range from the changing birth environment to safety considerations, including: car seat laws and recommendations; SIDS (Sudden Infant Death Syndrome) risk reduction; transitioning your role from parent to grandparent; and newborn characteristics. This discussion will be led by Carolyn Schindewolf, a health educator with Princeton HealthCare System.

Oh, My Aching Back

WED. May 18 (7 – 8:30 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Persistent back pain affects millions of Americans each year and is one of the most common reasons people visit their doctor and lose time at work. Join Linda A. Lucuski, MPT, Certified MDT, Rehabilitation Director and Certified Vestibular Rehabilitation Specialist and Rehabilitation Coordinator with University Medical Center of Princeton's Outpatient Rehabilitation Network, for this educational program on back pain prevention and rehabilitation. Topics to be discussed include:

- Causes of lower back pain
- Common back pain myths
- Choosing safe, effective exercises
- Abdominal and gluteal muscles and back health
- When surgery is appropriate

Hip and Knee Pain: What are My Options?

THU. May 19 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Anyone who has experienced hip and knee pain and stiffness knows it can make even the simplest tasks difficult. Join Brian M. Vannozzi, MD, an orthopaedic surgeon and a member of the Medical Staff of Princeton HealthCare System, and Sunita Mani, PT, DPT, MBA, Director of Outpatient Rehabilitation at UMCP Outpatient Rehabilitation Network's Plainsboro location, to learn more about surgical and non-surgical treatment options that can make a difference in your daily life.

Dealing with Dizziness and Vertigo

MON. May 23 (7 – 8:30 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Any number of things can cause dizziness, but when the condition begins to limit your ability to function, finding relief becomes extremely important. Linda Lucuski, MPT, Certified MDT, Rehabilitation Director and Certified Vestibular Rehabilitation Specialist 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.

Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check on Tuesday, May 17 and June 21**, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Free Vision Screenings

THU. May 19 (10 a.m. – 1 p.m.)
Community Education & Outreach at 731 Alexander Road, Suite 103

THU. June 16 (4 – 7 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Please call 1.888.897.8979 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.



Healthy Eating, Active Living: Nutrition Series

WED. May 25, June 1, June 8, June 15 June 22, June 29
(6:30 – 8 p.m.)

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

Admission is free, but registration is required and a commitment to all six sessions is preferred.

Join us for this free, six-session program to help adults improve their health by incorporating fitness and better food choices into their daily lives. The first four sessions will focus on nutrition, followed by interactive sessions on exercise and cooking. Weekly topics include:

1. Nutrition for a Busy Lifestyle: How to Eat Healthy on the Run
2. Sugar Savvy: Understanding the Sugar Content of Foods
3. How to Eat Healthy on a Budget
4. Emotional Eating: The Connection Between Mood and Food
5. Gentle Exercise Class (Dress in comfortable clothes and sneakers.)
6. Cooking Demonstration — Healthy recipes demonstrated by a special guest chef

In response to PHCS's recent community needs assessment, this program was developed to help combat obesity. This program is presented thanks to the generous support of Scott and Tracy Sippelle and Novo Nordisk.

The Aging Eye

THU. June 2 (7 – 8:30 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

Learn more about your eyes and the changes that accompany age at this informative presentation. Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, will discuss:

- Refractive cataract surgery
- Glaucoma
- Macular degeneration prevention

Media Violence and Children

MON. June 6 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Children today are exposed to violence through the media at ever-increasing levels, from TV to video games, and studies show that exposure plays a significant role in the development of violent behavior and other problems. Join Chirayu Parikh, DO, Associate Medical Director, Child and Adolescent Programs, at Princeton House Behavioral Health's North Brunswick outpatient site, for an invaluable discussion on how to recognize the signs that media violence is impacting your child and where to go for help.

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

TUE. June 7 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Varicose veins and spider veins can cause pain and discomfort, and may lead to serious health problems if left untreated. In fact, you may be at higher risk for other circulatory problems if you have varicose veins. Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Center for Surgical Care at the University Medical Center of Princeton.

Simple Steps to Healthier Living

WED. June 8 (7 – 8:30 p.m.)

South Brunswick Municipal Center

540 Ridge Road, Dayton

Eating wholesome foods and exercising regularly are the keys to maintaining a healthy weight and preventing chronic diseases, but those things are easier said than done. Join our experts for an interactive discussion featuring practical advice as well as information about services offered through University Medical Center of Princeton (UMCP) to help you achieve your health and wellness goals. Our panel includes:

- Jose Vigario, DO, board certified in internal medicine and Medical Director of South Brunswick Wellness Center
- Lisa Dobruskin, MD, specializing in bariatric surgery, Director of Metabolic and Bariatric Surgery at UMCP
- Annie Condit, MS, RD, a registered dietitian with UMCP's Nutrition Program
- A representative from the Princeton Fitness & Wellness Center

Get Balanced: Don't Fall

WED. June 15 (2 p.m. – 3 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Attend this session to learn how to improve your balance and what you can do to prevent falls. Please wear sturdy shoes and comfortable clothes for the exercise component. The class will be taught by Carolyn Schindewolf, Health Educator with Princeton HealthCare Community Education & Outreach and Matter of Balance instructor.

What You Need to Know About Hypertension

THU. June 16 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction
Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Srujana Polsani, MD, board certified nephrologist, will lead this discussion. Dr. Polsani is a member of the Medical Staff of Princeton HealthCare System.

Pediatric Asthma: What You Need to Know

MON. June 20 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction
Childhood asthma is the most common chronic disease in children, and a major cause of emergency department visits and hospital admissions. Learn about the signs, symptoms and treatment options for pediatric asthma at this informative program presented by Koel Guha, MD, a pediatric hospitalist and board certified pediatrician with The Children's Hospital of Philadelphia (CHOP) Newborn and Pediatric Care at University Medical Center of Princeton.

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

THU. & FRI June 2, 3, 9 & 10 (6 – 9 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$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
- Positive visualization techniques

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

Safe Sitter

THU. & FRI. June 23 & 24 (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.



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 7 (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 7 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)

TUE. May 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. June 18 (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.)

WED. June 29 (6 – 7 p.m. or 7:30 – 8:30 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 Center for Maternal & Newborn

Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Daddy Boot Camp™

SAT. May 14 (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 Yoga

SAT. May 7, 14, 21, June 4, 11, 18 & 25
(9:45 – 11 a.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103
(There is no session on May 28 for Memorial Day weekend.)

\$10 per person, per class.

Prenatal Yoga will be held Saturday mornings. Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them stay fit and feel good during pregnancy. No previous yoga experience is necessary. However, medical clearance from a healthcare professional is required, which can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Prenatal Breastfeeding Class

MON. May 16 (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 at this informative program. This class is taught by a certified lactation consultant.

Baby Steps to Baby Care

FRI. May 27 (7 – 8 p.m.)
FRI. June 24 (7 – 8 p.m.)

Babies "R" Us
700 Nassau Park Boulevard, West Windsor

\$10 per couple, which includes a \$10 voucher toward a Childbirth & Family class at UMCP. Must call 1.888.897.8979 to redeem voucher.

This program provides a basic overview of infant care, breastfeeding, safe sleep practices and car seat education. Expectant parents are encouraged to take our Baby Care and Prenatal Breastfeeding classes as well for a more comprehensive program.

Twins and Multiples

WED. May 25 (6:30 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$40 per couple

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiple babies, what to expect immediately postpartum, and the first couple of weeks at home. Parents are encouraged to take our Birthing Basics series as well for a more comprehensive program and a tour of our Center for Maternal & Newborn Care.



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 18 – June 8 (7 – 9 p.m.)
TUE. May 31 – June 21 (7 – 9 p.m.)
THU. June 23 – July 14 (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 21 (9 a.m. – 5 p.m.)
SAT. June 11 (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.

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.

Baby Care

MON. June 13 (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 with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, 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 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.

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 11 (1 – 2 p.m.)
WED. May 25 (1 – 2 p.m.)
WED. June 8 (1 – 2 p.m.)
WED. June 22 (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.

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

University Medical Center of Princeton

\$50 per person, per session.

Section B – Medical Assessment and Management

SUN. May 1 (8 a.m. – 5 p.m.)

Students will review proper CPR techniques, childbirth and approved medication administration.

Section C – Trauma Assessment and Management

SUN. June 12 (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 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

TUE. & WED. May 10 – 11 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

TUE. May 24 (9 a.m. – 5 p.m.)
THU. June 2 (5 – 11 p.m.)
THU. June 23 (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 Recertification Course

WED. May 25 (9 a.m. – 5 p.m.)
THU. June 30 (5 – 11 p.m.)
Community Education & Outreach at 731 Alexander Road

Recertification: \$175 per person

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

TUE. May 3 (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

TUE. May 17 (9 a.m. – 1:30 p.m.)
TUE. June 21 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

TUE. June 7 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$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

TUE. June 14 (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.

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 22
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. June 18
Community Education & Outreach at 731 Alexander Road

Infant CPR Only

TUE. May 24 (7 – 8 p.m.)

TUE. June 28 (7 – 8 p.m.)

Babies "R" Us

700 Nassau Park Boulevard, West Windsor

Neonatal Resuscitation Program Recertification Course

THU. May 26 (8 a.m. – 12 p.m.)
TUE. June 21 (9 a.m. – 1 p.m.)
University Medical Center of Princeton – Mother & Baby Unit

\$100 per person.

The Neonatal Resuscitation Program teaches an evidence-based approach to newborn resuscitation and is designed for hospital staff who provide care for newborns at the time of delivery, including physicians, nurses and respiratory therapists. There is an online exam that must be completed and passed 30 days prior to the course. 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.

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.

Prostate Cancer Support Group

WED. May 11 (12 – 1:30 p.m.)

WED. June 8 (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 17 (1:30 – 3 p.m.)

TUE. June 21 (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 17 (6 – 7:30 p.m.)

TUE. June 21 (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 18 (12 – 1:30 p.m.)

WED. June 15 (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.

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 16 (6 – 8 p.m.)

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

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.



University Medical Center of Princeton is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. May 2 (7 – 9 p.m.)

MON. June 6 (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.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. May 2 (6 – 7:30 p.m.)

MON. June 6 (6 – 7:30 p.m.)

University Medical Center of Princeton

MON. May 16 (1 – 2:30 p.m.)

MON. June 20 (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.

The evening support group meets the first Monday of the month and the afternoon support group meets the third Monday of the month. 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.

Bariatric Surgery Support Group

TUE. May 3 (7 – 8:30 p.m.)

TUE. June 7 (7 – 8:30 p.m.)

University Medical Center of Princeton

First Floor, Education Center, Conference Room C & D

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: 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.

Weight-loss Surgery: Support Group

THU. May 5 (6:30 – 7:30 p.m.)

THU. June 2 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. May 18 (6:30 – 7:30 p.m.)

WED. June 15 (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 first Thursday of every month at the Monroe location and the third Wednesday of every month at the Hamilton 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. Sponsored by the Center for Bariatric Surgery at UMCP.

Freedom from Smoking Support Group

THU. May 12 (6:30 – 7:30 p.m.)

THU. June 9 (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.

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

TUE. May 17 (6:30 – 8 p.m.)

Community Education & Outreach at

731 Alexander Road, Conference Room A

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.



Women's Pelvic Wellness Support Group

Community Education & Outreach
at 731 Alexander Road

THU. May 12 (7 – 8 p.m.)

THU. June 9 (7 – 8 p.m.)

This group, held the 2nd Thursday of every month, welcomes women experiencing symptoms associated with pelvic dysfunction. General pelvic floor dysfunction topics such as urinary leakage, overactive bladder and pelvic organ prolapse are discussed, as well as pelvic pain conditions such as painful bladder and interstitial cystitis. While these symptoms are extremely common, feeling comfortable discussing them and understanding how to overcome them can be challenging. This support group provides a safe, supportive environment for women and UMCP's pelvic health clinicians to discuss their concerns and share strategies to improve quality of life and pelvic wellness.

Diabetes Support Group

WED. May 18 (2:30 – 4 p.m.)

WED. June 15 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. May 23 (6:30 – 8 p.m.)

University Medical Center of Princeton
First Floor, Diabetes Management Program



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 for 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.

Total Joint Replacement Support Group

TUE. May 17 (6 – 7 p.m.)

TUE. June 21 (6 – 7 p.m.)

University Medical Center of Princeton,
Conference Rooms C & D

Registration requested.

This group is for individuals who have undergone or are considering total knee replacement or total hip replacement, and their family and friends. Join us each month for an opportunity to share experiences and strategies with others who have undergone total joint replacement.

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).

Caring for Older Loved Ones: Updates in Senior Services

FRI. May 13 (12 p.m. – 1 p.m.)

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

Older patients often have unique needs that require specialized care. Join Daphne Berei, RN, BSN, RN-C, Nurse Manager, Acute Care for the Elderly (ACE) Unit, and Allison Healy, BSN, RN-BC, Senior Care Coordinator, Acute Care of the Elderly (ACE) Unit, to learn about the latest geriatric care taking place at UMCP, including our ACE Unit and NICHE (Nurses Improving Care for Healthsystem Elders).



Senior Health & Wellness Fair

WED. May 25 (9 a.m. – 11 a.m.)

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

Registration not required.

Join the Hamilton Area YMCA and Princeton HealthCare System Community Education & Outreach to celebrate older adults at this morning fair 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! A special discount will be offered to anyone joining the Y on this day.

It Could be Poison!

WED. May 25 (11 a.m. – 12 p.m.)

Stonebridge at Montgomery
100 Hollinshead Road, Skillman

Every year, between 2 to 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions;

drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education and Outreach Program, to learn more about:

- Identifying poisons
- How poisons can enter the body
- Dos and don'ts of using medications and household cleaners
- What to do if you suspect poisoning

Spirituality and the Lifecycle

FRI. June 17 (12 p.m. – 1 p.m.)

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

Join Rev. Amy Seat, Hospice Chaplain, Princeton HealthCare System, to explore some of the spiritual challenges and opportunities that arise throughout different stages of life, with a special emphasis on the spirituality of older adulthood.

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.



NICU: Advanced Care for the Tiniest Patients

MON. May 2 at 12 p.m.
Benedict Asiegbu, MD, board certified in neonatal-perinatal medicine and pediatrics



Vascular Health

THU. May 19 at 7 p.m.
Elliot Sambol, MD, FACS, double board certified in general surgery and vascular surgery



When Eating Concerns Become Eating Disorders

THU. June 16 at 7 p.m.
Melinda Parisi, PhD, Program Director, University Medical Center of Princeton's Center for Eating Disorders Care



Staying Safe at Home: How HomeCare Helps

MON. June 6 at 12 p.m.
Dominique V. Pierce-O'Connor, MSW, LSW, Clinical Educator with Princeton HomeCare

SAVE-THE-DATE

SAT. September 10

Educational Testing Service (ETS), Princeton

5 Mile Race
& **1 Mile Fun Walk**

5 Mile Race

8 a.m. — \$30 per person

www.princetonhcs.org/5milerace

1 Mile Fun Walk

10 a.m. — \$20 per person

 **Kids Marathon**

Kids Marathon

10:30 a.m. — \$25 per child

www.princetonhcs.org/kidsmarathon

FULL, UP-TO-DATE CALENDAR AT
www.princetonhcs.org/calendar

Programs are free, and registration is required unless otherwise noted.

REGISTER:

www.princetonhcs.org/calendar

1.888.897.8979 (unless another number is indicated)

DIRECTIONS: 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

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

HomeCare Helps Hospital Patients Return Home and Stay Home



Most patients are happy to go home after a hospital stay, but if they have multiple medical challenges and don't have the right support, they may need to be admitted again.

Princeton HomeCare, a unit of Princeton HealthCare System (PHCS), has put an emphasis in recent years on services that help patients return home and stay at home.

By providing exceptional care, and helping patients with tasks ranging from organizing medications to making doctors' appointments, HomeCare has helped PHCS lower its hospital re-admission rate to well below state and national averages, says Connie Oldham, Executive Director of Princeton HomeCare.

"From a patient's point of view, there's no place like home," Oldham says. "Being able to receive medical assessments and treatments in your own familiar environment, where you can go on with your own routine, can make a huge difference in your recovery."

How HomeCare Helps

HomeCare provides comprehensive in-home nursing and rehabilitation, hospice care and support services in Mercer, Somerset, Middlesex and Hunterdon counties. Patients in need of HomeCare are often identified before they leave the hospital, based on their age, home situation and whether they need follow-up treatments, including training on how to use in-home medical equipment, but anyone in need of home assistance can take advantage of HomeCare's services.

All HomeCare patients benefit from services including:

- **Medication safety.** Medication mistakes are a leading cause of hospital re-admissions. HomeCare nurses and therapists are trained to help patients make sure they are taking their medications correctly.

- **Care coordination.** HomeCare helps patients schedule follow-up visits with primary care doctors and specialists as soon as possible after returning home.
- **A "Call Me First" program.** Patients with non-emergency medical issues can call HomeCare 24 hours a day, seven days a week, to ask questions or request an in-home evaluation by a HomeCare nurse.

"Education is a big part of what we do," says Jean Anderson, RN, HomeCare's Director of Clinical Operations. "We teach patients and their families about everything from how to make their homes safer to how to recognize symptoms that may require medical attention."

Back to Normal

Most patients benefit from home care for anywhere from two weeks to two months, although some may need services for longer periods, depending on their individual circumstances. Most insurance plans and Medicare cover many HomeCare services.

"Home care is really about getting someone back to their prior level of functioning and to living a full life," says Dominique Pierce-O'Connor, MSW, LSW, a clinical educator with HomeCare. "By being in the home, we're able to notice subtle changes in a person's health or living situation that need to be addressed before they grow into bigger problems that require hospitalization."

HomeCare also provides private-duty services, including skilled nursing, home health aides and homemakers; the Lifeline emergency response system; and inpatient and outpatient hospice programs.

For more information about Princeton HomeCare, visit www.princetonhcs.org, or call 609.497.4900.

See page 18 for information on an upcoming program about caring for a loved one following a hospital stay.

Teens and Diabetes: Preventing Type 2 Diabetes in Teens

The Centers for Disease Control and Prevention (CDC) estimates that one out of three Americans will be diagnosed with Type 2 diabetes by 2050. Formerly rare among children and teens — to the point of once being called adult-onset diabetes — a recent study says one in four adolescents could already be diabetic or is on the verge of developing Type 2 diabetes.

If not managed properly, complications from Type 2 diabetes, which is a buildup of glucose in the blood, can lead to other health problems such as heart disease, vision problems, nerve damage and kidney failure.



According to **Sefton Vergano, MD**, a member of the Medical Staff at University Medical Center of Princeton (UMCP), experts agree that childhood obesity and inactivity are prevailing factors in the increase of Type 2 diabetes in teens. Numbers

from the CDC indicate that childhood obesity has quadrupled over the past 30 years.

“The good news,” Dr. Vergano says, “is for the vast majority of people, including teens, Type 2 diabetes is preventable.”

The Best Defense

Many teens don’t notice the warning signs of Type 2 diabetes, which include increased urination, constant thirst, feeling tired, unexplained weight loss, and a skin condition called acanthosis nigricans (patches of thick, dark skin on the neck and under arms).

Dr. Vergano, who is board certified in endocrinology, diabetes and metabolism, says the best defense against developing the disease is for teens to maintain a healthy weight by eating the right foods and getting regular exercise, preferably 60 minutes per day, as recommended for adolescents by the American Academy of Pediatrics.

Nutrition Counts

No matter the patient’s age, the treatment options for Type 2 diabetes are essentially the same: losing weight by reducing calories/carbs, increasing exercise, and



For the vast majority of people, including teens, Type 2 diabetes is preventable

considering medication. Treatment focuses on lifestyle improvements since there are limited medications tested on children, Dr. Vergano points out.

The treatment for adolescents, he says, emphasizes learning about nutrition and how certain foods affect blood glucose. For example, it’s not just sweets that need to be avoided; any high-carbohydrate food can affect blood sugar levels.

The Diabetes Management Program at UMCP, staffed by a multidisciplinary team of diabetes specialists, including registered nurses and dietitians, works one-on-one with young patients. The staff helps with medication management, blood glucose monitoring instruction, insulin pump training and weight management, as well as offering ways to handle adolescent stress, which can increase glucose levels.

A Family Affair

For younger patients, Diabetes Management staff urges parents to develop good eating habits their kids can emulate. Family exercise time, including bike rides or long walks together, is also encouraged.

“Making significant lifestyle changes is key to combatting Type 2 diabetes,” Dr. Vergano says, “and if the whole family can make those changes, so much the better.”

For more information about the Diabetes Management Program at UMCP, or to find a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Recovering from the Trauma of Abuse

The National Coalition Against Domestic Violence estimates more than 10 million women and men in the United States experience domestic violence each year, and according to the National Institutes of Health, abuse is the most common cause of physical injury to women between the ages of 15 and 44.



Beyond the physical injuries abuse can cause, domestic violence may also lead to or worsen mental health conditions. Studies show that trauma — including trauma as a result of domestic violence — can increase the risk of developing mental health conditions such as depression, post-traumatic stress disorder (PTSD), anxiety, self-injurious behavior or sleep disorders.

Gregory Fernandez, MD, a psychiatrist at Princeton House Behavioral Health (PHBH) and Medical Director of its outpatient site in Eatontown, points out that many victims hesitate to seek treatment while in — or after leaving — an abusive relationship. Consequently, accurate statistics on domestic violence are difficult to measure, but they do show that abuse victims come from all walks of life.

Seeking Help is Important

Dr. Fernandez emphasizes the importance of getting help for any mental health condition that is impacting your life, no matter what the cause, even if it is perceived to be “just” situational or environmental. For example, he says that PTSD is essentially “a stress response that has gone haywire,” and it is important to treat that response as soon as possible. The staff members at PHBH teach patients coping strategies to reduce their symptoms.

PHBH’s Women’s Trauma Program helps women understand the relationship between their symptoms and the traumatic events in their lives. Through the program, PHBH helps women develop basic coping and relationship-building skills, learn healthy ways of managing emotion, and build self-esteem and self-

Abuse victims come from all walks of life

confidence. Depending on the needs of the patient, PHBH’s Women’s Trauma Program offers partial hospital or intensive outpatient programs as treatment options.

Since experiencing the trauma of abuse may lead to problems with addiction as well, the Women’s Trauma Program provides a special Women’s Trauma and Addiction track for those who may have developed a chemical dependency in the aftermath of abuse or other traumas.

An Individualized Approach

Since every woman’s experiences and responses to trauma are unique, PHBH takes an individualized approach to treatment, says Dr. Fernandez.

Treatment at PHBH includes an initial comprehensive evaluation by a board certified psychiatrist. Then the staff employs a team approach to develop an individualized treatment plan, which may include group and individual therapy, medication management, family therapy and expressive therapies like yoga, art and writing.

PHBH Women’s Behavioral Health Programs provide treatment at five outpatient locations — Princeton, Hamilton, North Brunswick, Moorestown and Eatontown.

To find out more about Princeton House Behavioral Health’s Women’s Trauma Program, call 1.888.437.1610, or visit www.princetonhouse.org.

Princeton Medicine Adds Several Affiliates to Physician Group

Princeton Medicine, the employed physician group of Princeton HealthCare System (PHCS), recently added several affiliates to its network of more than 70 practitioners with offices in Princeton, Plainsboro, Cranbury, Dayton, Monroe, Hamilton, Lawrenceville, Robbinsville, South Brunswick, Ewing and Hillsborough.

Plainsboro Family Physicians, LLP, a practice offering comprehensive primary and preventive care to patients of all ages, and its two board certified practitioners, joined Princeton Medicine and will retain their name and current office in the Office Center at Princeton Meadows, 666 Plainsboro Road, Suite 1316, Plainsboro. Call 609.275.8100 for an appointment.

The two Plainsboro Family Physicians' practitioners joining Princeton Medicine are:

- **Andrew H. Sokel, MD, FAAFP**, board certified in family medicine and Chairman of the Department of Family Medicine of the PHCS Medical Staff
- **Peter C. Tierney, MD**, board certified in family medicine and a member of the PHCS Medical Staff

A new practitioner also recently joined Princeton Medicine:

- **Laura K. Buckley, MD**, is a triple board certified pulmonary and critical care specialist who also has extensive training in sleep medicine. Dr. Buckley sees patients primarily in the Medical Arts Pavilion in Plainsboro. She also is available to see patients at 281 Witherspoon Street, Suite 100, Princeton. Call 609.853.7272 for a Plainsboro appointment or 609.497.2211 for a Princeton appointment.

University Medical Center of Princeton (UMCP) opened a new Center for Bariatric Surgery & Metabolic Medicine, located in the Medical Arts Pavilion adjacent to UMCP, at 5 Plainsboro Road, Suite 300, Plainsboro, and three skilled, experienced surgeons employed by Princeton Medicine are affiliated with the center.

- **Wai Yip Chau, MD, FACS**, a board certified surgeon who has performed approximately 1,000 bariatric procedures
- **Lisa Dobruskin, MD, FACS**, Medical Director of Metabolic and Bariatric Surgery at UMCP, a board certified surgeon who was among the first surgeons in the area to perform laparoscopic sleeve gastrectomy
- **Rameck R. Hunt, MD, FACP**, Medical Director of the Weight Management Program, board certified in internal medicine and specializing in obesity medicine
- **Mark R. Schwartz, MD**, board certified in internal medicine, provides care for patients in the UMCP Weight Management Program

www.princetonmedicine.org

Bristol Myers-Squibb Partners in Care

Best known as one of the most productive and successful biopharmaceutical companies in the world, Bristol Myers-Squibb lives its mission to extend and enhance human life not only through its medicines but by supporting important services and programs right here in our community. Princeton HealthCare System (PHCS) has been the recipient of their corporate support since 1985.

Most recently, Bristol Myers-Squibb awarded a grant to PHCS to expand its Cancer Survivorship Care Program in 2016.

“Funding from Bristol Myers-Squibb allows patients to be supported as they transition from diagnosis through to post-treatment, all while improving patient outcomes. As a caregiver, it is extremely rewarding to witness first hand the difference such funding can make,” said Lori McMullen, RN, MSN, OCN, Clinical and Program Manager of the Edward & Marie Matthews Center for Cancer Care.

The Cancer Survivorship Care Program was launched in 2015, thanks to initial support from Bristol Myers-Squibb and the PHCS Foundation Internal Grants Program. Bristol Myers-Squibb also helped PHCS develop and pilot its award-winning Patient Navigation Program with grants in 2012 and 2013.

Cancer Survivorship Care is a complimentary personalized service offered to patients upon completion of active cancer treatment. During their visit, participants receive:

- A summary of their cancer history and treatment, in order to help them better understand their own medical history.
- Medical surveillance guidelines regarding monitoring for a potential recurrence, a second malignancy, and the long-term and late-effect consequences of cancer and their specific treatments.
- Preventative practice recommendations specifically for cancer survivors, to promote personal wellness, including lifestyle changes such as physical activity, smoking cessation and diet.
- Navigation to appropriate health providers, community-based resources and services that address all aspects of survivorship, including lifestyle, psychosocial issues, insurance, employment and legal resources.

The multidisciplinary team at the Edward & Marie Matthews Center for Cancer Care in the University Medical Center of Princeton provides a complete continuum of care — from specialized clinical services to rehabilitative care and compassionate support services throughout treatment and recovery.

If you would like to join Bristol Myers-Squibb in making a difference in cancer care in our area, please contact the Princeton HealthCare System Foundation at 609.252.8710, or visit www.princetonhcs.org/foundation.

2016 Physician Philanthropist of the Year



Dr. Thomas Gutowski, MD, FAAOS, has been awarded the **William P. Burks Physician Philanthropist of the Year for 2016** by the Princeton

HealthCare System (PHCS) Foundation. The award, named in honor of retired surgeon William (Bill) P. Burks, is presented annually to a PHCS physician who partners with the PHCS Foundation in its fundraising efforts while supporting its philanthropic vision.

Well known in the PHCS service area, Dr. Gutowski is the Medical Director of University Medical Center of Princeton's (UMCP) award-winning Jim Craigie Center for Joint Replacement. He is currently a member of the PHCS Foundation Board of Directors as well as a past member of the PHCS Board of Trustees and former President of the PHCS Medical Staff.

In addition to being a longtime donor to the PHCS Foundation, Dr. Gutowski has made a considerable contribution of time, talent and personal resources to PHCS. During the *Design for Healing* campaign, in which the PHCS Foundation raised funds to support the construction of the new UMCP, he was a member of the Physicians' Development Committee and was instrumental in securing two seven-figure donations.

The members of the PHCS Foundation Board of Directors and the PHCS Foundation staff thank Dr. Gutowski for his many years of leadership and exceptional commitment to PHCS, and for raising the level of orthopaedic care.



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UMCP Earns Gold Seal of Approval® Knee, Hip Replacement Recognized

University Medical Center of Princeton (UMCP) has received The Joint Commission's Gold Seal of Approval® for hip and knee replacement following a rigorous on-site survey.



The Gold Seal of Approval® applies to surgical procedures and care provided through the Jim Craigie Center for Joint Replacement at UMCP. It renewed the certification awarded by The Joint Commission after the center first opened to patients in November 2013.

“When it comes to healthcare quality, The Joint Commission is as good as it gets, so it was gratifying that the Jim Craigie Center earned the Gold Seal for a second time,” said James Demetriades, Vice President, Operations, for Princeton HealthCare System, which includes UMCP. “This helps to affirm UMCP’s status as a center of excellence for joint replacement surgery.”

Last spring, in *U.S. News & World Report*'s first-ever Best Hospitals for Common Care ratings, UMCP ranked in the top 10 percent of hospitals nationwide for both hip and knee replacement.

The Jim Craigie Center offers the latest minimally invasive procedures, research-based clinical protocols and a thorough program of pre- and post-operative care for patients receiving total knee or total hip replacements. Patients receive care from experienced, board certified orthopaedic surgeons and anesthesiologists who are supported by specially trained staff, including nurse anesthetists, hospitalists, orthopaedic-certified nurses, physical and occupational therapists and specialized technicians.

“Since we opened two years ago, our patients have consistently told us how much they valued and appreciated the professional and thorough care they received,” said W. Thomas Gutowski, MD, FAAOS, Medical Director of the Craigie Center. “Having The Joint Commission review and validate our program relative to national standards should only add to our patients’ confidence when they come to us for joint replacement surgery.”

For more information about the Jim Craigie Center for Joint Replacement at UMCP,
visit www.princetonhcs.org/jointreplacementcenter.