

HEALTHFOCUS



Three Times the Charm: *Welcome, Gulotta Triplets!*

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- Comprehensive Breast Services, Close to Home
- Princeton Practice Relocates to Plainsboro Campus
- Da Vinci: A New Option for Lung Surgery

PLUS:

- **COMMUNITYFOCUS** Event Calendar



Princeton HealthCare System

HEALTHFOCUS

JULY/AUGUST 2012

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Princeton HealthCare System
One Plainsboro Road
Plainsboro, NJ 08536
1.888.PHC54YOU (1.888.742.7496)

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

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

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And Babies Make... *Six!* Hamilton Family Delivers Triplets at UMCP

250 diapers, 7 gallons

of infant formula and a bottle of laundry detergent. While that list sounds extensive, it's merely a week's worth of supplies at Mike and Dawn Gulotta's Hamilton home.

The Gulottas welcomed triplets Ella (3 pounds, 13 ounces), Lacey (3 pounds, 10 ounces) and Adam (3 pounds, 3 ounces) on Dec. 12, 2011, at University Medical Center at Princeton. The triplets joined big sister Emily, who turned 2 in March, and family golden retriever, Daisy, to create a household most gently described as "busy."

"When the triplets first came home, I remember thinking, 'This is nothing,' because they slept constantly," Dawn says. "Now, not so much."

Expert Maternity Care

Dawn had morning sickness early in her pregnancy. An ultrasound done by her physician, Michael Resnick, MD, of Comprehensive OB/GYN Care of Princeton, found she was pregnant with three babies. The odds of having triplets without assistive reproductive technology are about 1 in 6,000 to 1 in 8,000, Dr. Resnick says.

"When they told us, they had to bring my husband a chair because they thought he was going to pass out," Dawn says. "All the blood drained out of his face."

The news quickly spread to the hospital, where the staff members began preparing for the delivery. University Medical Center of Princeton at Plainsboro's Center for Maternal & Newborn Care provides award-winning maternity care, while board certified neonatologists affiliated with The Children's Hospital of Philadelphia care for newborns in the new Neonatal Intermediate Care Unit.

At 32 weeks and 5 days, Dawn delivered three healthy babies by cesarean section.



"There was a true team effort between my practice, the outstanding nursing staff, as well as the neonatologists," says Dr. Resnick, who is board certified in obstetrics/gynecology. "The nursing staff had actually drilled and prepared for this delivery. It was really my privilege to be involved."

Lots of Help

The babies remained in the hospital for several weeks, with Adam being the last to go home in mid-January.

"Everyone involved made what could have been a really scary experience, really, really easy for us," Dawn says. "My husband and I were actually a little sad when we left with Adam because we knew all of these wonderful caregivers would no longer be a part of our daily lives."

Now, Dawn's mother helps out each day until Mike arrives home from his job with the West Windsor Township Public Works Department. Her aunt and uncle live across the street, and her sister is just a few blocks away.

They also have big sister Emily, who's always willing to pull out a new diaper or throw baby clothes in the hamper. In fact, she refers to her younger siblings as "Emmy's babies."

For more information about Comprehensive OB/GYN Care of Princeton, call 1.888.FIND.A.DR (1.888.346.3237).

Pictured cover: (left to right) Board certified OB/GYN Michael Resnick, MD, holds then-4-month-old triplet Adam Gulotta; mom, Dawn, holds his sister Lacey; and dad, Mike, holds Ella. **Pictured left:** (top) Two-year-old Emily Gulotta takes her big sister duties seriously, watching over siblings Ella, Adam and Lacey (left to right). (bottom) The Gulotta family relaxing at home—(left to right) Ella, Emily, Lacey, Dawn, golden retriever Daisy, Mike and Adam.

Pictured on this page: Mike Gulotta with daughter Ella.

High-Quality, Comprehensive Breast Services in Your Community

From routine screenings to advanced breast cancer treatment, University Medical Center of Princeton at Plainsboro (UMCPP) has clinical expertise and results that exceed national standards.

And whether you're at the new Princeton Health Plainsboro Campus or UMCPP's Breast Health Center in East Windsor, you'll find exceptional care in a warm, compassionate environment focused on you.

UMCPP's comprehensive array of state-of-the-art breast health services includes:

- Digital screening and diagnostic mammography
- Ultrasound-guided and stereotactic biopsies
- MRI-guided biopsy
- Genetic counseling and testing through a partnership with The Cancer Institute of New Jersey's LIFE Center
- Certified breast health navigators—specially trained nurses who provide one-on-one support and skilled guidance, from diagnosis through treatment, for patients diagnosed with breast cancer
- Breast Cancer Survivor Rehabilitation Program
- Lymphedema therapy
- Breast health education and support services



Exceptional Care, Close to Home

"We provide our patients with every advantage in their fight against breast cancer," says Rachel P. Dultz, MD, FACS, (pictured left) breast surgical specialist, Medical Director of UMCPP Breast Health Center, and chair of the multidisciplinary Breast Program Leadership committee. "People don't

need to travel far and wide searching for the best care. We provide it right here, close to their homes."

The five-year survival rate among UMCPP breast cancer patients is significantly higher than the national average. UMCPP also far exceeds state and national averages in the National Quality Forum-endorsed core measures of quality related to breast cancer treatment.

"Technological advances have provided the ability to detect breast cancers earlier and more accurately than ever before, and we are seeing a greater proportion of breast cancers being diagnosed in the earliest stages when treatment is most effective," Dr. Dultz says.

About 85 percent of patients who are diagnosed at UMCPP with breast cancer are in an early stage of the disease—Stage 0, 1 or 2. Ninety-four percent of these patients are diagnosed using a minimally invasive needle biopsy instead of a more traditional surgical biopsy.

"Because their cancer has been caught at an early stage, we are able to offer less invasive breast-conserving surgery, preserving a woman's breast, as well as her peace of mind," adds Dr. Dultz, noting that nearly three-fourths of women undergoing surgery for breast cancer at UMCPP are able to have this type of surgery.

Weekly breast cancer conferences help ensure the most appropriate, personalized care is provided to each patient. This prospective, multidisciplinary team approach uses staging, prognostic indicators and national evidence-based treatment guidelines to review treatment options and develop recommendations tailored to individual needs.

UMCPP is a Clinical Research Affiliate of The Cancer Institute of New Jersey. For more information about comprehensive breast health services at UMCPP and UMCPP Breast Health Center, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.



National Recognition

- Full accreditation from the National Accreditation Program for Breast Centers (NAPBC). UMCPP is one of fewer than 420 hospitals, freestanding facilities and specialized physician practices nationwide that have earned NAPBC accreditation.
- Designation as a Breast Imaging Center of Excellence by the American College of Radiology. UMCPP Breast Health Center joins only about 5 percent of breast imaging facilities nationwide that have received this designation.
- Accredited by the American College of Surgeons' Commission on Cancer and 2012 recipient of its Outstanding Achievement Award. Less than one-quarter of programs surveyed in 2011 received this prestigious award.

Pelvic Pain Should Not Be Ignored



Pelvic pain, which is pain in the lower abdomen below the belly button, is common and can affect women in any number of ways. It may be steady, come and go, or only happen during menstruation or intercourse.

However, all pelvic pain has one thing in common—it should not be ignored, says Antonio Sison, MD, FACOG, (*pictured left*) Medical Director, Comprehensive OB/GYN Care of Princeton.

“Any type of pelvic pain needs to be evaluated by your doctor,” says Dr. Sison, a board certified OB/GYN. “Pelvic pain is often caused by a relatively minor, treatable problem, but it can indicate a more serious health issue that needs to be treated as soon as possible.”

Causes of Pelvic Pain

Common causes of pelvic pain vary among women of different ages:

- **Premenopausal Women.** Pain during the menstrual cycle can indicate conditions such as an ovarian cyst. Pain that increases over time or happens during intercourse may indicate fibroid tumors in the uterus. Constant pain can point to inflammatory conditions such as endometriosis, which is when uterine cells grow outside of the uterus, or a bacterial infection of the pelvis.
- **Postmenopausal Women.** Benign and cancerous tumors of the uterus and ovaries are the biggest concern with any type of pelvic pain in postmenopausal women.

Bladder infections are also a common cause of pelvic pain, but are usually accompanied by urinary symptoms, such as a burning sensation when urinating, a frequent need to urinate or passing only small amounts of urine at a time despite feeling that need, Dr. Sison says.

“Pelvic pain is a common complaint every obstetrician/gynecologist encounters every day in the office,” Dr. Sison says. “If you’re experiencing pelvic pain, it’s important to discuss it with your doctor so he or she can determine how to best treat it.”

For assistance finding an OB/GYN affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Extremely High Blood Pressure: Is It Your Adrenal Gland?

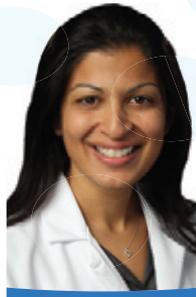
You've no doubt experienced an adrenaline rush—that “fight or flight” feeling during times of extreme stress.

However, the adrenal glands, which sit on top of the kidneys, also help with many other vital bodily functions—from regulating blood pressure to producing male and female sex hormones.

When adrenal glands are not working properly, surgery can sometimes be an option.

University Medical Center of Princeton at Plainsboro (UMCPP) offers the latest, minimally invasive surgical treatments for adrenal gland disorders. In some cases, surgery can be life changing for patients with extremely high blood pressure.

“It's not uncommon for a patient with an adrenal disorder to have tried taking three or four different blood pressure medications without success,” says Rashmi Roy, MD, *(pictured right)* a fellowship-trained endocrine surgeon at UMCPP. “After surgery, certain patients can at least cut their medications in half, if not stop them altogether.”



Adrenal Disorders

Addison's Disease, which affects about one in 100,000 people, is when the adrenal glands produce too little cortisol hormone, causing symptoms such as chronic fatigue. It requires medical treatment involving lifelong steroid therapy.

Surgery to remove the adrenal gland is often required for adrenal cancer, which is rare, as well as for more common non-cancerous adrenal tumors that cause conditions including:

- Cushing's syndrome, which results from overproduction of the hormone cortisol. Symptoms include high blood pressure and weight gain around the waist and a fatty hump between the shoulders.
- Primary hyperaldosteronism, which results in high levels of aldosterone, a hormone that regulates blood pressures. The main symptom is very high blood pressure that is commonly resistant to blood pressure medications.

If you have these symptoms, your doctor may send you for blood tests or imaging studies to detect an adrenal disorder, Dr. Roy says.

Adrenal Surgery

Laparoscopic adrenalectomy allows the adrenal gland to be removed through a few small incisions that are less than 1/2 inch, using thin, specialized instruments. This minimally invasive approach reduces bleeding, scarring and recovery time.

“The body can survive with one adrenal gland, and often no further treatment is required,” Dr. Roy says.

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



Three Strikes Make

A diagnosis of high blood pressure or elevated sugar or cholesterol levels usually means your doctor will suggest you make lifestyle changes and possibly prescribe medication to control your condition. But if you suffer from one or more of these conditions, you are at risk of developing metabolic syndrome, making you far more prone to heart attack, stroke and diabetes.

“With two-thirds of American adults being overweight, which can be a factor in all of these conditions, it's not surprising that 25 percent of the population has

Hard to Swallow?

If you have difficulty swallowing, it's important to seek medical advice. Left untreated, swallowing problems can end up negatively affecting your lungs.



“Swallowing is actually a complex process that involves a series of nerves and muscles in the lips, mouth and throat,” says Ritwick Agrawal, MD, (pictured left) of Princeton Health Medical & Surgical Associates. “If any steps in the swallowing process are misfiring, food or stomach acid can end up in the lungs, resulting in breathing problems.”

Those problems include everything from mild irritation to a dangerous condition known as aspiration pneumonia, says Dr. Agrawal, who is board certified in pulmonary disease, critical care medicine and internal medicine.

Treating Swallowing Problems

Swallowing disorders can result from stroke or neurological conditions such as Parkinson's disease. Muscles may also weaken with age, making it more difficult for the epiglottis



to keep food or liquid out of the lungs, Dr. Agrawal says.

If a problem is suspected, it may be diagnosed with a barium swallow test, which uses X-rays to view the swallowing process, says Jenny Cowell, CCC-SLP, a speech-language pathologist with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network.

Based on those results, treatments may include:

- Special diets of softened foods and thickened liquids
- Exercises to strengthen the tongue and throat
- VitalStim® electrical stimulation to activate muscles used in swallowing

“We try to get people back to the safest diet they can tolerate, with the lowest risk of aspiration into the lungs,” Cowell says. “In many cases, we can get patients back to eating the foods they've always enjoyed.”

For assistance finding a Princeton HealthCare System physician near you, call 1.888.PHCS4YOU (1.888.742.7496). To learn more about University Medical Center of Princeton at Plainsboro's swallowing therapy, call 609.853.7820.

Serious Health Risks More Likely

metabolic syndrome, which involves the way your body metabolizes insulin,” says Jabbar Zafar, DO, (pictured right) board certified in family medicine and a member of the Medical Staff at University Medical Center of Princeton at Plainsboro. “In some cases it can be hereditary, but in most instances it's related to our sedentary lifestyle and a diet high in carbohydrates. The risk increases as we age and these conditions worsen.”



If you have at least one risk factor for metabolic syndrome (see sidebar), see a doctor to evaluate your condition and take the necessary steps to control blood pressure, blood sugar, cholesterol and weight through diet, exercise, quitting smoking, and medication, if needed. Proper diagnosis and treatment are key to reducing your risk of metabolic syndrome and the serious complications it can cause, notes Dr. Zafar.

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

Are You at Risk?

According to the American Heart Association, metabolic syndrome is present if you have three or more of the following:

- Blood pressure at or above 130/85 mmHg
- Fasting blood sugar (glucose) at or above 100 mg/dL
- Large waist circumference (length around the waist):
 - Men—40 inches or more
 - Women—35 inches or more
- Low HDL cholesterol:
 - Men—under 40 mg/dL
 - Women—under 50 mg/dL
- Triglycerides over 150

Special Deliveries Need Extra Special Care

Sometimes moms or developing fetuses have a condition that puts one or both at an increased risk for complications during pregnancy or after birth. To ensure a healthy pregnancy and safe delivery, some expectant moms may need the extra level of care of a doctor who specializes in maternal fetal medicine (MFM).



“MFM physicians specialize in the diagnosis, treatment and care of high-risk pregnancies,” says Robert Debbs, DO, FACOG, (pictured left) Medical Director, Penn Maternal Fetal Medicine at University Medical Center of Princeton at Plainsboro (UMCPP). “In some cases, we just provide a single consultation either prenatally or during pregnancy, while in more complicated cases, we can manage the entire pregnancy, performing assessments and fetal interventions, if necessary.”

Some conditions of the mother that are considered high-risk and may require the care of an MFM specialist include:

- Hypertension, diabetes or seizure disorders
- Autoimmune or infectious disease like HIV
- Multiple gestations (twins or more)
- Cervical insufficiency (premature cervical dilation)
- Placental abruption (premature separation of placenta)
- Pre-term labor

MFM specialists also manage pregnancies where the fetus has been diagnosed with certain conditions like:

- Structural malformations (birth defects like spina bifida)
- Chromosomal abnormalities or genetic syndromes
- Cardiac arrhythmias or blood disorders
- Congenital infections or intrauterine growth abnormalities

“We routinely work hand-in-hand with the pregnant woman’s obstetrician to develop a plan of care that’s tailored to her needs and those of her unborn child,” says Dr. Debbs. “A multidisciplinary approach is often best, so that all care providers like anesthesiologists, neonatologists and pediatric subspecialists are prepared to handle the complications we might face. We want to ensure the optimum outcome for both mother and baby.”

Dr. Debbs underscores the importance of pre-pregnancy care for those women who have pre-existing conditions that could leave them at higher risk for complications. That includes women who have had a poor or difficult pregnancy outcome before, as well as those who have faced post-pregnancy complications like excessive bleeding or postpartum depression.

“Establishing a plan to prevent or limit pregnancy complications is the best approach,” says Dr. Debbs. “The sooner we can provide counsel and care for a high-risk pregnancy, the better the chance both mom and baby will have the best outcome possible.”

Penn Medicine is a nationally recognized leader in high-risk obstetrics, fetal evaluation and antepartum testing (tests performed late in pregnancy) and provides an enhanced range of services on-site at UMCPP. Penn Maternal Fetal Medicine at UMCPP is located on the first floor of the new Medical Arts Pavilion on the Princeton Health Plainsboro Campus at 5 Plainsboro Road.

UMCPP’s new Center for Maternal & Newborn Care also features an expanded Neonatal Intermediate Care Unit, staffed by neonatology-trained nurses and board certified neonatologists from The Children’s Hospital of Philadelphia (CHOP), who are on duty 24/7 and available to care for infants and attend high-risk pregnancies.

For more information about Penn Maternal Fetal Medicine at UMCPP, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

COMMUNITY FOCUS



Join us for the following programs, and enjoy a summer of healthy fun in the sun.

Varicose Veins:

Now You See Them, Now You Don't

TUE. July 24 (7 – 8:30 p.m.)

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

TUE. August 28 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

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. Learn more about these conditions and the latest minimally invasive and non-invasive treatment options from Kenneth A. Goldman, MD, FACS, and Elliot Sambol, MD, FACS, both double board certified in general surgery and vascular surgery and members of the Medical Staff of Princeton HealthCare System. An overview of the Center for Surgical Care at the University Medical Center of Princeton at Plainsboro will also be provided.

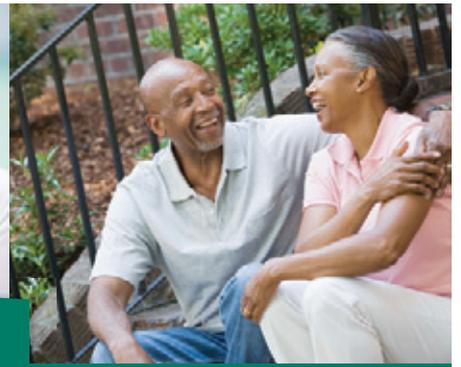
Seniors, Be Sun Smart!

THU. August 30 (12 – 1 p.m.)

Waterside Villas

1 Overlook Drive, Monroe Township

Spending time outdoors is an easy way to absorb vitamin D, but getting too much sun without taking the proper precautions can cause damage to your eyes and skin. Join us for this informative session presented by Jose Vigario, DO, board certified in geriatrics and internal medicine, focusing on sun safety tips for seniors. Following the program, participants will have an opportunity to obtain a skin scan to reveal sun damage that could be a precursor to skin cancer. This program is cosponsored by the Gardens at Monroe and Waterside Villas.



CURRENT PROGRAMS

Princeton HealthCare System Community Education & Outreach offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System.

A Matter of Balance

TUE. & THU. July 10 – August 2 (10 a.m. – 12 p.m.)

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

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

Is a Heavy Menstrual Flow Controlling You?

TUE. July 10 (6:30 – 8 p.m.)

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

Excessive menstrual bleeding can cause anemia and fatigue and can interfere with your ability to enjoy everyday activities. If you find yourself missing work or missing out on other activities because of your menstrual flow, now is the time to take control. Find out about the treatment options that can help reduce heavy periods, including the minimally invasive da Vinci Surgical System®. This informative program will be led by Bruce R. Pierce, MD, FACOG, board certified in obstetrics and gynecology and a member of the Medical Staff of Princeton HealthCare System.

New Advances in Cosmetic and Plastic Surgery

TUE. July 10 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join Thomas A. Leach, MD, board certified in plastic surgery and a member of the Medical Staff of Princeton HealthCare System, to learn about common cosmetic procedures for body contouring, including liposuction, abdominoplasty, breast augmentation and breast reduction. Dr. Leach will also discuss surgical and non-surgical methods to achieve facial rejuvenation. Participants will have an opportunity to view before-and-after photos, and learn what qualifications to look for in a plastic surgeon.

Fevers in Children

WED. July 11 (5:30 – 6:30 p.m.)

Bright Horizons

2557 Route 130 South, Cranbury

What does it mean when your child has a fever? What is the best treatment? And when should you seek medical attention? Join Omolara O. Abitoye, MD, a pediatrician with The Children's Hospital of Philadelphia (CHOP) Newborn and Pediatric Care at UMCPP and a member of the Medical Staff of Princeton HealthCare System, to learn what to do when your child is sick with a fever. UMCPP and The Children's Hospital of Philadelphia have partnered to enhance pediatric services available at UMCPP at all levels of care, including pediatric emergency consultation, inpatient pediatric care and neonatal care.

Safe Sitter

THU. & FRI. July 12 & 13 (9 a.m. – 3 p.m.)

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

MON. & TUE. August 20 & 21 (9 a.m. – 3 p.m.)

Princeton Fitness & Wellness Center

\$65 per child

This two-day class teaches adolescents ages 11-13 the skills needed to be safe babysitters, ensuring they can keep the children in their care out of harm's way while their parents are away. Participants completing this training emerge as more confident, responsible and compassionate teens and adults. This program focuses on a variety of skills essential to being a Safe Sitter, including: safe and nurturing childcare techniques, basic first aid, and rescue skills. Participants should bring their own lunch.

Health Screenings at West Windsor Community Farmers' Market

SAT. July 14 & 28 and August 11 & 25 (9 a.m. – 1 p.m.)

West Windsor Community Farmers' Market

Princeton Junction Train Station

Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive) Princeton Junction

No registration required.

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

Are You Ready to Kick the Habit?

TUE. July 17 (12 – 1 p.m.)

Princeton Fitness & Wellness Center

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

Coping with Adult Asthma and COPD

WED. July 18 (7 – 8:30 p.m.)

Ewing Library

61 Scotch Rd., Ewing

Registration will be accepted in person at the library or through PHCS' Community Education & Outreach Program.

Discover how to lead a full, productive life while coping with chronic lung disease. Join us for an informative discussion of treatments for adult asthma and lung diseases including COPD, presented by Ritwick Agrawal, MD, board certified in pulmonary disease, critical care medicine and internal medicine. Dr. Agrawal is a member of the Medical Staff of Princeton HealthCare System.

Stroke: Every Minute Counts... Prevention and Treatment

WED. July 25 (7 – 8 p.m.)

Princeton Fitness & Wellness Center

Minutes matter when it comes to a stroke. Recognizing the signs and symptoms, and getting immediate medical care, increase your chances for a positive outcome. Join Paul K. Kaiser, MD, board certified neurologist and Medical Director of University Medical Center of Princeton at Plainsboro's Stroke Center, for an informative discussion on prevention and treatment options for stroke, the third most common cause of death in the United States. Dr. Kaiser is a member of the Medical Staff of Princeton HealthCare System.

Yikes! What Is Happening to My Body?

A Puberty Talk for Girls

WED. August 1 (7 – 8:30 p.m.)

A Puberty Talk for Boys

WED. August 15 (7 – 8:30 p.m.)

Ewing Library

61 Scotch Rd., Ewing

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

Designed for children between the ages of 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as he or she enters the teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System.

The Simpler Colectomy

MON. August 6 (12 – 1 p.m.)

Princeton Fitness & Wellness Center

Join Eben Strobos, MD, colon and rectal surgeon, and find out about the da Vinci Surgical System®. This state-of-the-art, minimally invasive surgical system provides an alternative to the traditional colectomy, resulting in a simpler surgery with fewer complications, as well as a shorter hospital stay and more comfortable recovery. A question-and-answer session will follow the presentation. Dr. Strobos is a member of the Medical Staff of Princeton HealthCare System.



Please Give Blood

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

You can also give blood on July 9 from 12 to 3 p.m. at the Princeton Fitness & Wellness Center. Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.

AARP Driver Safety Program

MON. & TUE. August 13 & 14 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

\$12 for AARP members

\$14 for Non-members

Checks are payable at the door and should be made payable to AARP.

Attendance at both dates is required.

The techniques learned in this two-part course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record.

Participants will learn:

- Defensive driving techniques
- New traffic laws and rules of the road
- How to deal with aggressive drivers
- How to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots
- How to safely use anti-lock brakes and safety belts

You must be 18 years or older and have a valid NJ or PA driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

CarFit

TUE. August 14 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

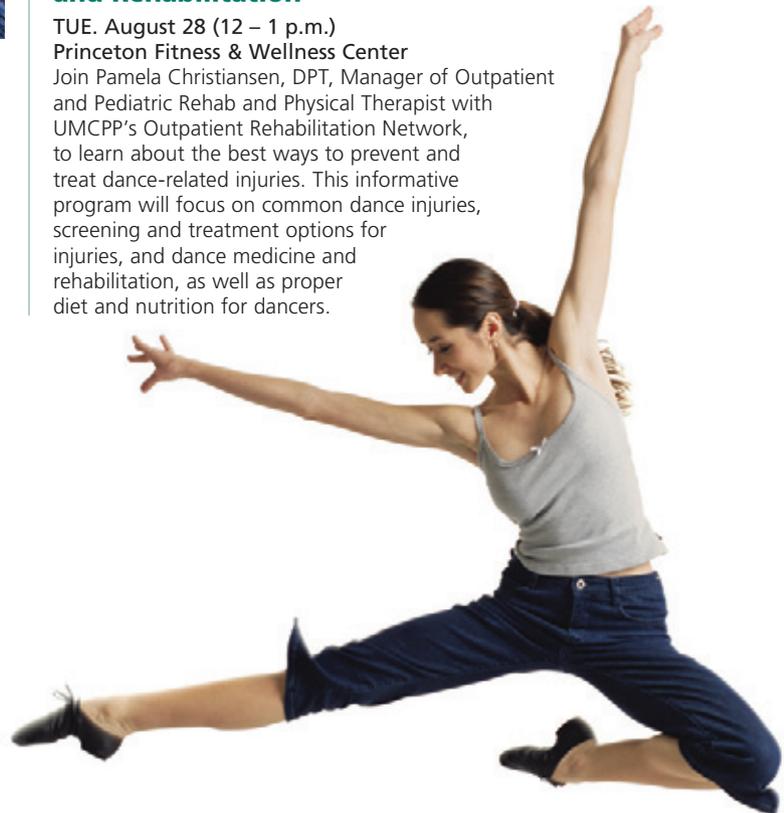
As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide the driver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

Dance Injury Prevention and Rehabilitation

TUE. August 28 (12 – 1 p.m.)

Princeton Fitness & Wellness Center

Join Pamela Christiansen, DPT, Manager of Outpatient and Pediatric Rehab and Physical Therapist with UMCP's Outpatient Rehabilitation Network, to learn about the best ways to prevent and treat dance-related injuries. This informative program will focus on common dance injuries, screening and treatment options for injuries, and dance medicine and rehabilitation, as well as proper diet and nutrition for dancers.





CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

OPTIONS FOR BIRTHING

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

Birthing Basics

THU. July 12 – August 2 (7 – 9 p.m.)
 WED. July 25 – August 15 (7 – 9 p.m.)
 TUE. August 14 – September 4 (7 – 9 p.m.)
 THU. August 30 – September 20 (7 – 9 p.m.)
 University Medical Center of Princeton at Plainsboro
 Education Center, First Floor, Conference Rooms A & B

\$120 per couple

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

Accelerated Birthing Basics

SAT. July 21 (9 a.m. – 5 p.m.)
 SAT. August 18 (9 a.m. – 5 p.m.)
 University Medical Center of Princeton at Plainsboro
 Education Center, First Floor, Conference Rooms A & B

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience.

Review of Birthing Basics

FRI. July 27 (7 – 9:30 p.m.)
 University Medical Center of Princeton at Plainsboro
 Education Center, First Floor, Conference Rooms A & B

\$60 per couple

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

HypnoBirthing®

SAT. July 28 – August 18 (9:30 a.m. – 12:30 p.m.)
Class on August 18 will be from 1:30 – 4:30 p.m.
 Community Education & Outreach at the Hamilton Area YMCA
 John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$195 per couple

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

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.

Sibling Class

SAT. July 14 (10 – 11:30 a.m.)
 SAT. August 11 (10 – 11:30 a.m.)
 University Medical Center of Princeton at Plainsboro – Main Lobby

\$30 per child

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

Maternity Tour

SAT. July 14 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 MON. July 23 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
 SAT. August 11 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 WED. August 22 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
 University Medical Center of Princeton at Plainsboro – Main Lobby
 University Medical Center of Princeton at Plainsboro is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Baby Care

MON. July 16 (7 – 9:30 p.m.)

THU. August 23 (7 – 9:30 p.m.)

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

\$45 per couple

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

Prenatal Breastfeeding Class

TUE. July 24 (7 – 9 p.m.)

MON. August 13 (7 – 9 p.m.)

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

\$45 per couple

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

Daddy Boot Camp™

SAT. July 28 (9 a.m. – 12:30 p.m.)

SAT. August 25 (9 a.m. – 12:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$25 per person

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center

\$5 per session, payable at the door

No registration required.

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

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)

Community Education & Outreach at 731 Alexander Road

No registration required.

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

Postpartum Adjustment Support Group

THU. July 5 (11 a.m. – 12 p.m.)

THU. July 19 (11 a.m. – 12 p.m.)

THU. August 2 (11 a.m. – 12 p.m.)

THU. August 16 (11 a.m. – 12 p.m.)

Community Education & Outreach at 731 Alexander Road

No registration required.

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

Itsy Bitsy Yoga® for Tots (crawling to 21 months, with a parent or caregiver)

FRI. July 13, 20 & 27, August 3, 10 & 17 (11 – 11:45 a.m.)

Princeton Fitness & Wellness Center

\$85 per person

Bond with your little one through this guided yoga series designed to help tots develop a sense of calm through a playful series of postures built around sitting, standing, walking and jumping. Classes are taught by a yoga instructor certified in Itsy Bitsy Yoga® and the Barnes Method®, and no previous yoga experience is necessary. Please bring a favorite small plush toy to help your child make the most of the activities.



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

WED. & THU. July 11 & 12 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification

TUE. July 24 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

BLS for Healthcare Providers

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

WED. July 18 (9 a.m. – 1:30 p.m.)
TUE. August 14 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

MON. July 30 (6 – 10:30 p.m.)
THU. August 23 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center

\$65 per person

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



Heartsaver AED

MON. July 2 (6 – 9:30 p.m.)
Community Education & Outreach at
731 Alexander Road

WED. July 25 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center

TUE. August 7 (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

\$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

\$20 per person, per session

The Family & Friends CPR programs teach you how to perform CPR and how to help someone who is choking. These courses are designed for people who want to learn CPR but do not need a course completion card.

Session Times:

Adult CPR (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Infant CPR* (12 – 12:45 p.m.)

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

Session Dates:

SAT. July 21
Community Education & Outreach at 731 Alexander Road

SAT. August 18
Princeton Fitness & Wellness Center

Pet First Aid and CPR

FRI. August 17 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$40 per person

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

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.

EVENT 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.

Improving Occupant Protection for Non-Critical Pediatric Patients in Ambulances: A Training Curriculum for EMS Personnel

MON. July 23 (6 – 10 p.m.)
Princeton Fitness & Wellness Center

This training session has been pre-approved for 4 CEUs for EMS Providers by the NJDHSS and for Child Passenger Safety Technicians by SafeKids WorldWide.

The Rutgers University Police Department, in conjunction with the Rutgers Department of Emergency Services, the New Jersey Division of Highway Traffic Safety and Princeton HealthCare System, will present this program. This course was designed to teach EMS personnel and Child Passenger Safety (CPS) Technicians about selection and installation of ambulance-specific restraints and some types of conventional child restraints on the ambulance cot. General occupant protection principles and policy and protocol development are also addressed in the four-hour training, which combines lecture with hands-on exercises.

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



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar. University Medical Center of Princeton at Plainsboro is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited program of the American College of Surgeons' Commission on Cancer. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **1.866.460.4776**.

Cancer Support Group

TUE. July 17 (1:30 – 3 p.m.)
TUE. August 21 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza
Monroe Township

No registration required.

Walk-ins welcome.

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

Breast Cancer Support Group

TUE. July 17 (6 – 7:30 p.m.)
TUE. August 21 (6 – 7:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required.

Walk-ins welcome.

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

Prostate Cancer Support Group

WED. July 25 (12 – 1:30 p.m.)
WED. August 22 (12 – 1:30 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

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

American Cancer Society's Look Good, Feel Better

MON. August 13 (1 – 3 p.m.)
UMCPP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
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 make-over for the spirit.



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. July 2 (7 – 9 p.m.)
 MON. August 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.

Bariatric Surgery Support Group

MON. July 9 (7 – 8:30 p.m.)
 MON. August 6 (7 – 8:30 p.m.)
 Community Education & Outreach at
 731 Alexander Road

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

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

TUE. July 17 (6:30 – 8 p.m.)
 Community Education & Outreach at 731 Alexander Road

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

Diabetes Support Group

WED. July 18 (2:30 – 4 p.m.)
 WED. August 15 (2:30 – 4 p.m.)
 Monroe Township Senior Center
 One Municipal Plaza, Monroe Township

MON. July 23 (6:30 – 8 p.m.)
 University Medical Center of Princeton at Plainsboro
 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 their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center of Princeton at Plainsboro's Diabetes Management Program, facilitates meetings. For more information on UMCPP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

ONLINE SEMINARS

www.ustream.tv/channel/princetonhealth

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

Lung Cancer Awareness: It's Not Just for Smokers... Dispelling Myths, Dispensing Facts

July 19 at 7 p.m.

with David B. Sokol, MD, board certified in hematology and medical oncology

Concussions: What Every Parent Needs to Know

August 16 at 7 p.m.

with Koel Guha, MD, a pediatric hospitalist and board certified pediatrician with The Children's Hospital of Philadelphia (CHOP) Newborn and Pediatric Care at the University Medical Center of Princeton at Plainsboro

Care for traumatic brain injuries is provided in a trauma center. UMCPP is not a state-designated regional trauma center.



EVENTS FOR SENIORS

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

Managing Medications for the Elderly Patient

FRI. July 20 (12 – 1 p.m.)

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

Keeping track of multiple medications can be overwhelming, and even a seemingly simple mistake can be dangerous, especially for older patients. Join Liza Barbarello-Andrews, PharmD, BCPS, a Critical Care Clinical Pharmacist with Princeton HealthCare System and Professor with Rutgers—The State University of New Jersey, to learn more about sticking to your doctor's recommended treatment, managing multiple prescriptions, food interactions, and medication-related problems.

Is Your Bad Back Holding You Back?

THU. August 2 (12:15 – 1:15 p.m.)

South Brunswick Senior Center
540 Ridge Road, Monmouth Junction

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 John Frank, MSPT, BSPH, of UMCPP'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



Save these dates!

■ Annual Prostate Cancer Screening

THU. September 20

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

■ Falls Awareness & Prevention Health Fair

TUE. September 18

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

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 Rd., Suite 103, Princeton



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



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



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

PHM&SA's Faculty Physicians

Encouraging Better Patient Care through Education and Leadership



As professors and clinical instructors at the University of Medicine and Dentistry of New Jersey (UMDNJ), faculty physicians of Princeton Health Medical & Surgical Associates (PHM&SA) share their in-depth experience and knowledge in medicine with the next generation of practitioners. But this relationship not only benefits the students; it also improves the care delivered to patients throughout Princeton HealthCare System (PHCS).

Being a teaching hospital benefits patients in many ways: providers are on the cutting-edge of medicine and patients have access to the latest treatments and technologies. It's a dynamic team environment where learning and providing care go hand-in-hand.

Whether it's in the classroom at UMDNJ or on-site at University Medical Center of Princeton at Plainsboro (UMCPP), faculty physicians teach residents and medical students all aspects of patient care. Their commitment to excellence helps ensure high standards of care and quality.

"Many of the faculty physicians with PHM&SA learned and trained through this very same program," says David S. Lazarus, MD, (*pictured above*) Chairman of UMCPP's Department of Medicine, who is multi-board certified in critical care medicine, pulmonary disease and internal medicine, and Clinical Associate Professor of Medicine at UMDNJ—Robert Wood Johnson Medical School. "We understand the value of teaching future practitioners the 'best practices' in a specialty, and also find that, as professors, we are lifelong learners, as well. That combination gives our patients the best of both worlds."

Specialized Care

"Our full-time employee faculty practice mentors 28 internal medicine residents and six surgical residents during their clinical rotations at UMCPP," says Dr. Lazarus. "Under our leadership and guidance, these residents have the opportunity to practice hands-on, evidence-based inpatient care—all in an exciting, new healthcare facility."

At UMCPP, future physicians practice in specialties such as:

- Primary care
- Cardiology
- Pulmonary medicine and critical care
- Sleep medicine
- Hematology/oncology
- Gastroenterology

Some pharmacy students from the Ernest Mario School of Pharmacy at Rutgers University also perform their in-house training at UMCPP.

For more information about Princeton Health Medical & Surgical Associates, call 1.888.FIND.A.DR or visit www.findadr.com.

PHM&SA Faculty Practice Has Moved!

Nearly 20 of our employed faculty physicians have a new home on the Princeton Health Plainsboro Campus, the site of the new University Medical Center of Princeton at Plainsboro.

The new practice replaces Princeton Health Medical & Surgical Associates' (PHM&SA) previous office space in Lambert House on Witherspoon Street, Princeton. The move to the third floor of the new Medical Arts Pavilion at 5 Plainsboro Road will provide our patients with a full spectrum of outpatient care at a brand-new, 15,000-square-foot office space.

Patients and visitors will also enjoy easy parking, on-site testing and handicapped accessibility.

Our multispecialty group practice of 17 board certified physicians and a nurse practitioner includes the following individuals and their specialties:

- Ritwick Agrawal, MD—Pulmonary Medicine
- Doreen Babott, MD—Hematology/Oncology
- Sherryl Croitor, MD—Cardiology
- Barbara Edwards, MD, MPH—Internal Medicine
- Ashgan Elshinawy, DO—Pulmonary & Sleep Medicine
- Tobe Fisch, MD—Internal Medicine
- Gary Forester, MD—Gastroenterology
- Kenneth Goldblatt, MD—Pulmonary Medicine
- Rameck Hunt, MD, FACP—Internal Medicine
- Margaret Lancefield, MD—Internal Medicine
- David Lazarus, MD—Critical Care, Pulmonology & Internal Medicine
- Lisa Motavalli, MD—Cardiology
- Sean Naini, DO—Internal Medicine
- Kathryn Robison, MD—Internal Medicine
- Kevin Skole, MD—Gastroenterology
- David Sokol, MD—Hematology/Oncology
- Qian Wang, MD—Geriatric Medicine & Internal Medicine
- Ellen Land, APRN—Internal Medicine/Geriatrics

In addition to PHM&SA, at press time, other physicians in the following specialties are now seeing patients in the Medical Arts Pavilion: cardiology, infectious diseases, obstetrics/gynecology, orthopedic surgery and sports medicine, otolaryngology (ENT), surgery and vascular surgery.

For more information, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

DEPRESSION

OFTEN OVERLOOKED IN SENIORS

It can be easy to miss the warning signs, but depression is a serious problem among Americans age 65 and over.



Chronic illness, the loss of loved ones, changes in lifestyle due to retirement and loss of independence can leave them feeling isolated, alone and hopeless.

“In this country, the highest rate of suicide is among those 65 and older, so it is extremely important to identify and treat depression among this growing population,” says David Cordón, MD, Medical Director of Outpatient Services at Princeton House Behavioral Health and a board certified geriatric psychiatrist.

Feeling tired, weak or lethargic; forgetfulness; personality changes; sleep pattern changes; and loss of interest or appetite can be signs of any number of physical problems, but

they can also point to depression. Older people, particularly if they already have one or more medical conditions, may attribute their symptoms to these health problems, or assume they are simply signs of aging, and ignore them.

“An older person who is experiencing any of these symptoms should talk to their doctor or turn to an outpatient program like Senior Link at Princeton House, designed specifically to work with seniors, for guidance,” Dr. Cordón says.

“Counseling, psychiatric treatment with properly prescribed medication and a group setting where socializing and sharing takes place can greatly improve quality of life.”

The Senior Link Program offers partial hospital and intensive outpatient services to older adults who are experiencing mental health issues that have an impact on their sense of well-being and overall functioning. It includes group and individual counseling, coping and life skills training, family therapy and education, and information about how to maintain physical and emotional health.

For more information about Princeton House Behavioral Health’s Senior Link Program, call 609.587.4899 or visit www.princetonhcs.org.

A World-class Health System Is a Sensible Investment

Consider investing in Princeton HealthCare System through a charitable gift annuity.

With a Princeton HealthCare System Foundation charitable gift annuity, you can increase your income—safely. Transfer cash or stock directly to the Foundation, and you will receive a fixed return for life. When your annuity comes to an end, your gift supports the work of Princeton HealthCare System.

Single-Life Rates	
Age	Rate
60	4.4%
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%

A charitable gift annuity provides you with:

- Generous fixed-rate lifetime income based on your age.
- An immediate income tax charitable deduction.
- Favorable taxation of your annuity (a portion of which is tax-free).
- Simplicity: you enter into a simple contract with Princeton HealthCare System Foundation.

The minimum age for creating an immediate-payment charitable gift annuity is 60; the minimum funding amount is \$10,000. If you are younger than 60, you can create a gift annuity now and have the payments begin once you turn 60 (or later). You can designate one or two beneficiaries.

If you would like to learn more about charitable gift annuities, please contact Robert Sweet, Director of Gift Planning, Princeton HealthCare System Foundation, at 609.252.8713 or via e-mail at rsweet@princetonhcs.org





UMCPP Hospitalists Provide Specialized Care

If you or someone you know has recently been admitted to a hospital, there's a good chance that care was managed by a hospitalist. Hospital medicine has started to take hold in New Jersey, as more and more patients and institutions like University Medical Center of Princeton at Plainsboro (UMCPP) have come to understand and appreciate the benefits of having hospitalists.

So, what exactly is a hospitalist? Hospitalist is the term used for doctors who are specialized in the care of patients in the hospital. Most hospitalists are board certified internists who have undergone the same training as other internal medicine doctors, including medical school, residency training and board certification examination.

"From admission to discharge, a hospitalist will manage a patient's total care—even in the most complicated cases," says Simran R. Sedani, MD, FHM, (*pictured right*) Chief of Hospitalist Medicine at UMCPP. "Our role is to ensure patients get high-quality care, coordination and transition, which includes consultations with specialists or primary care physicians."



Some primary doctors who choose to devote more time to seeing patients in the office entrust hospitalists to manage the care of their hospitalized patients. A hospitalist can also be called into action by physicians in the Center for Emergency Care, for a patient who either doesn't live locally or whose primary care provider is not on staff at UMCPP.

With on-site availability and lack of typical office time constraints, hospitalists at UMCPP are available to answer questions, discuss test results and engage in family discussions, as the case requires.

For more information about care at the new University Medical Center of Princeton at Plainsboro, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

TUNE IN TO BETTER HEALTH WITH INTERACTIVE PATIENT CARE TV



Patients staying at University Medical Center of Princeton at Plainsboro (UMCPP) now have access to the GetWellNetwork interactive TV system, designed to educate, engage and entertain them throughout their stay in the hospital. The service will also be available to patients in the hospital's Center for Emergency Care and certain areas of UMCPP's Edward & Marie Matthews Center for Cancer Care.

In addition to the everyday television programming available, physicians and nurses can individually program a patient's TV with informative videos about his or her health condition, medications and medical procedures. Programming on more than 300 conditions is available, as well as a wide range of healthy living videos covering diet, exercise and other recommendations for specific healthcare concerns.

The GetWellNetwork is designed as a perfect complement to the personal healthcare counseling and consultations patients receive from their doctors, nurses or other healthcare professionals during their stay.

Patients also are able to use the GetWellNetwork to provide direct requests to hospital staff—for example, to have their room cleaned. A wireless keyboard allows patients to nominate a nurse for the DAISY nurse recognition award and provide feedback regarding their stay. The keyboard also provides access to email and the Internet, so patients can stay connected while they are away from home. On-demand movies, including more than two dozen first-run films, are also accessible, along with music and games.

For more information about features of the new University Medical Center of Princeton at Plainsboro inpatient rooms, visit www.princetonhcs.org.

UMCPP Hosts Series of Open House Events

University Medical Center of Princeton at Plainsboro (UMCPP) opened May 22. But before ever opening its doors to patients, the hospital was host to thousands of area residents, healthcare professionals, officials and media in a series of events that culminated in a Community Open House on Saturday, May 12.

More than 9,000 people attended the May 12 event, which included a ribbon-cutting ceremony, tours, health screenings, and presentations from Barry S. Rabner, President and CEO of Princeton HealthCare System (PHCS); Donald Hofmann, Chairman of PHCS' Board of Trustees; Mark Jones, UMCPP President and Senior Vice President, PHCS; U.S. Sen. Robert Menendez; U.S. Rep. Rush Holt; and Plainsboro Mayor Peter Cantu. Community members and a host of state and local officials were on hand as PHCS provided a "sneak peek" of the new hospital. A Kid Zone sponsored by UMCPP's partner in pediatric care, The Children's Hospital of Philadelphia (CHOP), kept young guests entertained with face painting and kids' activity centers.

Other special features included the opportunity to try the da Vinci robot first-hand; refreshments, including cuisine from a variety of cultures; entertainment; on-site broadcasts from WPST radio; and giveaways. The following organizations also assisted with the events: Plainsboro Police Department, Plainsboro Rescue Squad, Plainsboro Fire Department, Plainsboro C.E.R.T. (Community Emergency Response Team), Middlesex County Office of Emergency Management, Spotswood EMS, Princeton University and PSE&G.

Events were also held for donors, board members, physicians, nurses, first responders and other PHCS employees and volunteers. For a closer look at the festivities, see pages 22-23 for photos. **To view more photos, visit www.princetonhcs.org/eventphotos.**



Pictured (left-right) are Plainsboro Mayor Peter Cantu; Gregory G. Ryan, Senior Project Executive, Turner Construction Co.; Mark Jones, UMCPP President and Senior Vice President, PHCS; Linda Sieglen, MD, MMM, Senior Vice President of Medical Affairs, PHCS; Kim Jensen Pimley, Chair, PHCS Foundation Board; Barry S. Rabner, PHCS President and CEO; Donald Hofmann, Chairman, PHCS Board of Trustees; Gerard A. Compito, MD, President, PHCS Medical Staff; Jessica Vuocolo, Interior Designer, HOK; and U.S. Rep. Rush Holt, D-12th District.

UMCPP Open House Events

COMMUNITY OPEN HOUSE — MAY 12, 2012



EMPLOYEE & VOLUNTEER OPEN HOUSE — APRIL 29, 2012



DONOR GALA — APRIL 28, 2012



PREMIERE SPONSORS

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Novo Nordisk

Turner Construction Company

CELEBRATION SPONSORS

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Princeton Fitness & Wellness**

VENUE SPONSORS

**Duane Morris
900 Scudders Mill Road Lands**

COMMUNITY PARTNER SUPPORTING THE KID ZONE

The Children's Hospital of Philadelphia (CHOP)



PHYSICIAN RECEPTION — MAY 3, 2012



OPEN HOUSE FOR FIRST RESPONDERS — MAY 12, 2012





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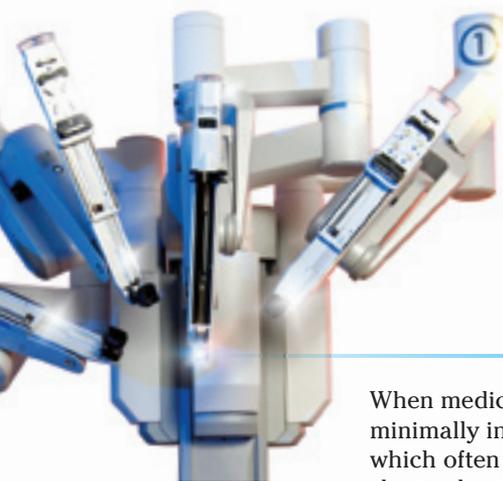


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UMCPP SURGEONS EXPAND THE USE OF ROBOTIC SURGERIES

When medically appropriate, minimally invasive procedures—which often result in less pain, shorter hospital stays and

improved overall patient satisfaction and safety—are preferred over open surgeries. With the da Vinci Robotic Surgical System®, surgeons at University Medical Center of Princeton at Plainsboro (UMCPP) are expanding the types of procedures performed with the kind of enhanced imaging, exacting precision and superior outcomes that are unmatched by traditional surgical techniques.



“We began using the da Vinci Robotic Surgical System in 2009 to perform prostatectomies, which is removal of the prostate,” says John A. Heim, MD, (pictured left) Chairman of UMCPP’s Department of Surgery and board certified in thoracic and general surgery. “Since that time, we have continued to expand our surgical capabilities to include procedures in the specialties of gynecology, general and thoracic surgery.”

By the end of 2011, more than 250 surgeries were performed using the da Vinci Surgical System. This past March marked a milestone in UMCPP’s robotic surgical program, as Dr. Heim became among the first surgeons

in the state to use da Vinci for thoracic surgery, when he successfully performed a lobectomy for the removal of an early lung tumor.

A lobectomy—which includes the removal of the entire lobe, not just the tumor—is the gold standard surgical procedure to treat early-stage lung cancer. Dr. Heim performed this procedure on his patient, Elaine S. Buggs, 57, of Bordentown, who had been recently diagnosed with Stage 1 lung cancer.

“I knew I would be Dr. Heim’s first patient to have a lobectomy using the da Vinci and I felt totally confident in his ability,” says Buggs. “I trusted him completely and had a wonderful experience. I had minimal pain, was back home in three days and resumed most activities within a week. It was amazing.”

Buggs’ cancer was discovered as the result of a CT scan following an accidental fall in her home.

“We are so pleased with Ms. Buggs’ outcome and appreciate her confidence in us,” says Dr. Heim. “As our robust surgical service continues to grow and expand, we will be able to offer more patients minimally invasive alternatives to increasingly complex conditions.”