

# PRINCETON HEALTH



## Women's Health Procedure Makes Big Difference for Angelina Ruggiero

**ALSO IN THIS ISSUE:**

- Trying to Have a Baby?
- Stroke: Young Individuals at Risk
- Weight Loss Options for Seniors

**PLUS:**

- **COMMUNITYFOCUS** Event Calendar



Princeton HealthCare System

The new name of Princeton Healthcare Systems' six-times-per-year publication is now *Princeton Health* (formerly *HealthFocus*). The name change reflects our new hospital location, as well as our evolution as a healthcare system.

## PRINCETONHEALTH

JULY/AUGUST 2013

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Princeton HealthCare System  
One Plainsboro Road  
Plainsboro, NJ 08536  
1.888.PHCS4YOU (1.888.742.7496)

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.

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# Princeton Medicine

## An Exceptional Physician Group.

If you are looking for a highly skilled physician in an office close by, look no further than Princeton Medicine.

Princeton Medicine is the new name of the network of primary and specialty physicians who are employed by Princeton HealthCare System (PHCS). Backed by the strength of the healthcare system, Princeton Medicine is an exciting collaboration—local practices working in concert to offer exceptional, coordinated care throughout our community. With locations stretching from Monroe to Robbinsville, Plainsboro to Lawrenceville, and more, Princeton Medicine is sure to have an office near you.

The group includes family medicine, geriatric medicine, and internal medicine physicians who are highly skilled in primary and preventive healthcare. It also includes medical and surgical specialists in fields ranging from obstetrics and gynecology to cardiology and thoracic surgery (see complete list below).

“Princeton Medicine’s board certified physicians cover the great majority of medical needs that most patients will face during their lives,” says David Lazarus, MD, (pictured on page 3 with a patient), PHCS’ Chairman of Medicine. “All of our physicians have been selected because of their training and experience, and many hold medical school teaching positions, ensuring they are at the top of their game.”

### The Princeton Medicine Advantage

Because of its direct affiliation with University Medical Center of Princeton at Plainsboro (UMCPP), Princeton Medicine can ensure you receive comprehensive, coordinated care.

For example, a patient may see a Princeton Medicine family doctor in Dayton and later receive care from a Princeton Medicine hospitalist and gastroenterologist at UMCPP. All of those physicians share a common electronic medical record, so patient information can be shared instantly.

“We have taken steps to establish high standards of care within all of the Princeton Medicine practices,” says Barbara Yost, Vice President, Continuum of Care Services. “Patients can expect quality care no matter which site they utilize—in the hospital or throughout the community.”

What’s more, because it’s part of Princeton HealthCare System, Princeton Medicine can also easily and efficiently connect patients with services such as Princeton

## More Offices, More Convenience

### Princeton Medicine—Primary and Specialty Care

401 Ridge Road  
Suite 6  
Dayton, NJ 08810  
732.329.4800

2 Centre Drive  
Suite 200  
Monroe, NJ 08831  
609.395.2470

5 Plainsboro Road  
Suite 300  
Plainsboro, NJ 08536  
609.853.7272

# Medicine

## Expert. Caring. Convenient.

HomeCare, Princeton Rehabilitation Services, and Princeton House Behavioral Health, Yost says.

### Quality Care and Convenience

Each Princeton Medicine location was chosen for ease of access and each offers convenient, free parking. The practices are patient friendly, with features such as:

- On-site laboratory services so patients don't have to go to a different location for blood tests (with co-pays waived if insurance providers require a different lab location).
- Same-day appointments, in most cases. If an appointment is not available at your primary doctor's office, but you need to be seen urgently, an appointment can often be made at another Princeton Medicine location.
- Wide hallways and entryways to accommodate seniors and people with disabilities.
- Physicians who speak languages including Spanish, Mandarin, Gujarati and Hindi.

Princeton Medicine is also developing an online Patient Portal where patients can log in to a secure, password-protected site to view certain medical information, such as their test results.

"We want Princeton Medicine to be a model for providing seamless care for patients as they transition between outpatient care, testing, and the hospital," says Dr. Lazarus, who is board certified in internal medicine, critical care medicine and pulmonary disease. "We will continue to look for innovative ways to provide top-quality care wherever it is needed in the communities we serve."

For assistance finding a Princeton Medicine physician near you, call 1.800.FIND.A.DR (1.800.346.3237).



### Princeton Medicine Specialties:

Bariatric Surgery  
Cardiology  
Family Medicine  
Gastroenterology  
Geriatric Medicine  
Hematology/Oncology  
Hospitalists  
Intensivists  
Internal Medicine  
Obstetrics and Gynecology  
Pulmonary Medicine  
Sleep Medicine  
Thoracic Surgery

#### Comprehensive OB/GYN Care of Princeton

638 Lawrence Road  
(Rt. 206)  
Lawrenceville, NJ 08648  
609.252.8756

#### Princeton Medicine Gynecology

601 Ewing Street, Suite A-3  
Princeton, NJ 08540  
609.921.1500

#### Rednor-Risi Family Medicine

1 Washington Boulevard  
Suite A  
Robbinsville, NJ 08691  
609.448.4353

#### Princeton Medicine Thoracic Surgery

5 Plainsboro Road  
2nd Floor  
Plainsboro, NJ 08536  
609.853.7200



# UTERINE FIBROID EMBOLIZATION

## AN EFFECTIVE TREATMENT FOR A COMMON PROBLEM

**W**hen Angelina Ruggiero looked at her options for treating an uncomfortable uterine fibroid, she decided to try a radiological procedure called uterine fibroid embolization.

Ruggiero, a resident of Robbinsville, needed an effective treatment option with a quick recovery so she could get back to her job working as an aquatic therapist for dogs.

A friend recommended she consult David Youmans, MD, (*pictured above, right*). Dr. Youmans and Donald Denny, MD, (*pictured above*), are both interventional radiologists at University Medical Center of Princeton at Plainsboro (UMCPP) who perform uterine fibroid embolization.

### A VERY COMMON PROBLEM

Fibroids are benign tumors of the wall of the uterus. An estimated 70 to 80 percent of women will have fibroids during their lives, according to the National Institutes of Health.

Fortunately, most fibroids do not cause symptoms, but when they do, women may develop heavy menstrual bleeding or pressure symptoms. In Ruggiero's case, a large fibroid was causing bloating, discomfort and frequent urination, which was disrupting her sleep and her ability to do her physically demanding job.

"I was exhausted and extremely uncomfortable," she says. "My quality of life was suffering—I started to feel really down all the time."

Treatment options for fibroids have traditionally included hormonal medications, hysterectomy and myomectomy, a surgery to remove fibroids without removing the uterus.

"For many women, fibroid embolization offers another choice that is less invasive than having surgery," says Dr. Denny, who is board certified in diagnostic radiology and vascular and interventional radiology. "Women can be home and back on their feet within a day and typically back to work within one to two weeks."

### AN ENDOVASCULAR PROCEDURE

Fibroid embolization is an endovascular procedure performed by an interventional radiologist in which a tiny catheter is threaded through a puncture in the femoral artery in the groin area to the uterine arteries in the pelvis. Then a liquid composed of microscopic, harmless particles is injected through the catheter.

"The particles gradually plug up the blood vessels to a fibroid," says Dr. Youmans, who is Chairman of the Department of Radiology and board certified in diagnostic radiology and vascular and interventional radiology. "This cuts off blood flow, causing the fibroid to gradually shrink and die."

The non-invasive procedure is performed in a state-of-the-art interventional suite designed specifically for image-guided procedures. Most patients go home the following day.

"What a difference it has made in my life," says Ruggiero, who had the procedure in October 2012. "I feel absolutely fantastic. There's no bloating, no discomfort. I actually had to buy smaller clothes."

Patients can be referred by an OB/GYN or self refer. To find an interventional radiologist who performs fibroid embolization, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

*On the cover: Patient Angelina Ruggiero with her dogs, Stella and Maggie, at her home.*



# Trying to Have a Baby?

## Explore Your Fertility Options Now



If you're ready to have a child but are having trouble becoming pregnant, don't wait long to seek medical help, says Seth Derman, MD, (pictured left), Medical Director

of Princeton IVF Laboratory, a partnership between University Medical Center of Princeton at Plainsboro and Princeton IVF in Lawrenceville.

While there are many highly effective infertility treatments, women have the most success at younger ages.

"Age is not friendly to fertility," says Dr. Derman, who is board certified in gynecology and reproductive endocrinology/fertility. "If you're ready to have a baby, there will never be a better time for a successful pregnancy."

As a general rule, women under the age of 35 who have normal menstrual cycles should consider medical help for fertility after trying to become pregnant for a year. Women over the age of 35 or women with irregular menstruation may want to consult a doctor after trying for six months, Dr. Derman says.

### A Common Problem

About 10 percent of U.S. women up to the age of 44 experience trouble getting or staying pregnant, according to the Centers for Disease Control and Prevention.\* Men and women can have medical conditions that cause infertility.

Some of the most common causes of infertility include:

- Irregular menstrual cycles, often caused by conditions such as polycystic ovary syndrome and other hormonal disorders.
- Endometriosis, a disorder in which cells from the lining of the womb grow outside of the uterus.
- Blockage of the fallopian tubes.
- Fertility issues with a male partner.

"In some cases, there is no clear reason why a couple is having problems with fertility," Dr. Derman says. "However, regardless of the cause, we are able to help most couples find a solution for infertility."

In fact, two-thirds of couples treated for infertility end up having children, according to the Office on Women's Health, part of the US Department of Health and Human Services.\*\*

### A Successful Pregnancy

Infertility treatment depends on a number of factors including age and medical history. Dr. Derman says that any couple trying to become pregnant can increase their chances of a successful and healthy pregnancy by:

- Trying to conceive in the middle of the menstrual cycle, or roughly 2-3 days before a woman's expected ovulation.
- Taking prenatal vitamins at least 3 months before conception. It's not clear whether vitamins help fertility, but folic acid has been shown to help prevent certain types of birth defects.

To find a fertility specialist near you, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org)

### Treatment Options for Infertility

There is no set treatment for infertility. Working with a fertility specialist can help a couple determine the best course of treatment for their situation.

Dr. Derman says options may include one or more of the following:

- Fertility medications aimed at stimulating a woman's eggs to grow.
- Intrauterine insemination (the injection of sperm into the uterus).
- In-vitro fertilization, or IVF, which involves fertilization of eggs in the laboratory and transferring the resulting embryos back into the uterus.
- IVF with eggs or sperm from a donor.
- Surgery to correct conditions such as endometriosis or scar tissue in the uterus.

Princeton IVF Laboratory's 1,000-square-foot lab consists of four rooms including a procedure room for egg retrieval and embryo transfer; an embryology laboratory where sperm and egg are processed and cultured; cryopreservation and storage room for embryo preservation; and a recovery room.

Treatment may be covered by insurance. Under the New Jersey Family Building Act, large employers are often required to cover the cost of the diagnosis and treatment of infertility. There are certain exclusions, so check with your health plan for details.

# 25 Percent of Strokes Occur in Young People: How to Protect Yourself



**A** conscientious and healthy lifestyle is the best way to reduce the likelihood of having a stroke. While most people think of stroke as a disease that affects the elderly, the truth is that a quarter of all strokes occur in people between the ages of five and 44. In fact, while strokes have been declining among older Americans, they have doubled in young people since the mid-1990s.



“Poor overall health really is the main reason behind what we are seeing in young people,” says Paul Kaiser, MD, (*pictured left*), board certified in clinical neurophysiology, neurology and vascular neurology and a member of the Medical Staff at University Medical Center of Princeton at Plainsboro (UMCPP). “High blood pressure, diabetes, obesity, and high cholesterol are all risk factors for stroke, and we are seeing these conditions in more and more patients at younger and younger ages. If the person is also a smoker, that raises their chances of having a stroke even further.”

A stroke occurs when blood flow to the brain is blocked by a blood clot or plaque, and this can cause permanent neurological damage or death. The chances of a young person experiencing a stroke, however, can be greatly reduced by leading a healthy lifestyle, including a good diet, plenty of exercise, and not smoking or abusing alcohol.

“It is extremely important to seek medical attention right away if you experience any signs of stroke or see symptoms in someone else,” says Dr. Kaiser. “Prompt treatment can mean the difference between fully recovering and not surviving a stroke.”

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

To find a neurologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## SIGNS OF A STROKE MAY INCLUDE\*:

Sudden dizziness or loss of balance or coordination

Difficulty speaking or understanding speech

Sudden numbness, weakness, or paralysis in the face, arm, or leg

Sudden blurred or disrupted vision

Sudden, severe headache

*\*American Stroke Association*

## Princeton House Outpatient Center Relocates and Expands in Moorestown

In order to expand its services while continuing to serve patients in the same region, the Princeton House Behavioral Health (PHBH) outpatient center has relocated from Cherry Hill to Moorestown.

The new center is just 3.5 miles from the former site and is located at **351 New Albany Road, Moorestown**.

“Our new office is less than 10 minutes away, so we will remain accessible to the patients we currently serve, and the larger space allows us to offer additional services,” said Site Director Donna Kiley, MSW, LCSW.

The Moorestown office employs approximately 50 professionals including psychiatrists, psychologists, social workers, art therapists, nurses and various



# Princeton House Young Adult Program Targets Crucial Time in Life

For young adults having a hard time transitioning into adulthood, the Princeton House Behavioral Health (PHBH) Young Adult Program can help. Figuring out what you want to do with your life, and how to reach those goals, can be challenging at any age. But formulating a game plan can be particularly difficult for teens and young adults.

“This is an age where everything is changing—high school is ending, college or job expectations can cause pressure, and both the young adult and the family have expectations of what the future should bring,” says Melanie Teasley, MD, a psychiatrist with Princeton House Behavioral Health. “It’s a time when young people are expected to make adult decisions about life, but many are not entirely equipped to make them.”

The pressure can be overwhelming and can trigger previously undetected mental health conditions such as bipolar disorder and schizophrenia. It can also result in substance abuse. Changes in personality, academic failures and changes in sleep patterns can be an indication that there is a problem, but these may also be normal growing pains.

“The key is communication to find out what is going on in their life and to seek professional help if necessary,” says Lorna Stanley, MD, Medical Director of the PHBH Young Adult Program. “Our Young Adult Program focuses on coping with life’s pressures, accountability and recognizing and dealing with triggers. Because everyone is dealing with the same overall concerns, the program offers a particularly safe and supportive environment.”

Located in Princeton, North Brunswick and Hamilton, the Young Adult Program offers partial hospital (five full days a week) and intensive outpatient (three to five half days a week) sessions. The focus is on coping with mental health and substance abuse issues, building relationships and self-confidence, setting and achieving life goals, making decisions, and embracing the move to adulthood.

For inpatient admissions, call 800.242.2550; for outpatient admissions, call 888.437.1610. For more information on PHBH services, visit [www.princetonhouse.org](http://www.princetonhouse.org).



support workers. Along with the expanded programs, the outpatient site continues to provide the following services:

- Adult psychiatric
- Adult dual diagnosis (co-occurring mental illness and addiction)
- Senior Link, a specialized program for older adults
- Young Adult Program
- Adolescent psychiatric
- Adolescent dual diagnosis/addiction
- Children's psychiatric

- Women's Trauma (emotional and/or sexual)

The programs are offered on a partial hospital (five full days per week) or intensive outpatient (three to five half-days per week) basis, depending upon a patient's needs.

Most insurance plans are accepted, including Medicare and Medicaid. To make a referral, please call **888.437.1610**. For more information, visit [www.princetonhouse.org](http://www.princetonhouse.org).

# UMCPP Opens Second Fitness & Wellness Center



University Medical Center of Princeton at Plainsboro (UMCPP) has opened Princeton Fitness & Wellness on its new Plainsboro campus.

Princeton Fitness & Wellness is designed to offer individuals of all ages and stages of health a personalized approach to wellness, providing each member with access to state-of-the-art equipment and group fitness classes to fit a variety of interests and needs. Highly trained nurses and trainers work one-on-one with members to ensure that all activities are safe, appropriate and effective for each individual's needs.

At the 50,000-square-foot center, members will find:

- Advanced cardiovascular and strength equipment
- An aquatic center featuring three salt water filtered pools
- Group fitness studios
- Pilates Reformer studio
- Quarterly risk assessments

- Classes and seminars on topics such as nutrition, stress management and CPR training
- Locker rooms with a steam room and sauna
- Complimentary childcare
- Month-to-month memberships
- On-site physical therapy and comprehensive rehabilitation services through Krogh Outpatient Rehabilitation

“When we were planning the hospital and the larger campus, our goal was to transform the way illness is prevented, health is maintained, care is delivered and families are supported,” said Barry S. Rabner, President and CEO of Princeton HealthCare System. “Princeton Fitness & Wellness at Plainsboro was always a part of that vision.” Its first fitness and wellness center, on Route 206, just celebrated its 10th anniversary.

For more information or to become a member of the center, please call 609.799.7777 or visit [www.princetonfitnessplainsboro.com](http://www.princetonfitnessplainsboro.com).

## Novo Nordisk Gift Supports Diabetes Programs, Outpatient Rehabilitation



Novo Nordisk Inc., a global pharmaceutical company with U.S. headquarters in Princeton, donated \$550,000 to support diabetes programs at UMCPP and to help fund construction of a new Outpatient Rehabilitation Center on the hospital campus. Combined with prior gifts, Novo Nordisk has now contributed more than \$1 million to the *Design for Healing* campaign for UMCPP.

To acknowledge the \$550,000 gift, the 2,500-square-foot Outpatient Rehabilitation facility—which is part of the Princeton Fitness & Wellness Center at Plainsboro that opened with a ribbon cutting ceremony on April 19—is named *Krogh Outpatient Rehabilitation* in honor of Novo Nordisk's founders, Drs. August and Marie Krogh.

“Novo Nordisk considers this gift an extension of our triple bottom-line philosophy,” said Jerzy Gruhn, President of Novo Nordisk Inc. and a Trustee of Princeton HealthCare System, which includes UMCPP. Referencing the company's dedication to social contributions, environmental sustainability and financial

profits, Gruhn continued, “Supporting diabetes treatment and the construction of this comprehensive healthcare campus aligns with our belief that our neighbors and employees should have access to high quality care close to home.”

Staffed by a skilled team of licensed physical therapists, Krogh Outpatient Rehabilitation is the newest location of UMCPP's Outpatient Rehabilitation Network. The site features an open physical therapy area, nine individual treatment rooms, and access to Princeton Fitness & Wellness Center's amenities, such as cardio equipment, strength-training machines, and a therapy pool.

For more information on the Krogh Outpatient Rehabilitation facility, call 609.853.7830 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

*Pictured above: Barry S. Rabner, PHCS President & CEO, with members of Novo Nordisk staff, from left to right: Genevieve Jean-Bart, Manager, Grants & Philanthropy; Diana Blankman, Director, Grants & Philanthropy; Michelle Powell, Manager, Media Relations; and Steve Noyes, Vice President, Public Affairs.*

# COMMUNITY FOCUS



## Stay safe this summer with the following programs:

### **Lyme Disease: Tiny Tick, Big Danger**

WED. July 10 (6:30 – 8 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B  
Summer means more time outdoors and greater exposure to ticks, which can transmit Lyme disease and other serious infections. Join us for an informative presentation by Richard B. Porwancher, MD, board certified in infectious disease and internal medicine, as he discusses the symptoms, diagnosis and treatment of Lyme disease, as well as ways to reduce exposure to ticks and other pests. Dr. Porwancher is a member of the Medical Staff of Princeton HealthCare System.

### **Weekend Warriors: Sprains & Pains of Summertime Activities**

THU. August 1 (6:30 – 8 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B  
Summertime is a great time to enjoy the outdoors, putting around the yard, getting a little exercise or diving into a favorite sport. But overzealous weekend warriors can easily end up injuring themselves. Join us for an informative session presented by Joseph P. Mullane, MD, board certified in sports medicine and family medicine, as he discusses ways to avoid sprains and pains, and when you should seek medical treatment for orthopedic injuries. Dr. Mullane is a member of the Medical Staff of Princeton HealthCare System.



## CURRENT PROGRAMS

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

### Nutrition for Children

WED. July 10 (10 – 11 a.m.)

Lawrenceville Library

2751 Brunswick Pike, Lawrenceville

Making healthy food choices is a life-long habit that should begin in childhood. Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program, will lead this fun and educational nutrition lesson for children between the ages of 6 and 10. Children must be accompanied by a parent.

### Sweet & Salty:

#### Reducing Sugar & Salt in Your Diet

THU. July 11 (6:30 – 8 p.m.)

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

A chronic condition such as diabetes or heart disease often requires a change in diet, but that doesn't mean you have to forgo flavor. Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro Nutrition Program, will demonstrate simple ways to use fresh herbs, spices and natural sweeteners to enhance flavors without relying on sugar or salt.

### Health Screenings at West Windsor Community Farmers' Market

SAT. July 13 & 27, August 10 & 24 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

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

No registration required.

Princeton HealthCare System proudly participates in the West Windsor Community Farmers' Market twice a month. Health professionals will be on hand to offer free health screenings and information to area residents.

### AARP Driver Safety Program

TUE. & WED. July 23 & 24 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

\$12 for AARP members

\$14 for non-members

\$5 for educators

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

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

Participants will learn:

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

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

## Please Give Blood

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



**You can also join us at a blood drive on August 26, from 12 to 3 p.m., at the Princeton Fitness & Wellness Center, 1225 State Road, Princeton.** Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.

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

TUE. July 30 (7 – 8 p.m.)

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

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



## General Hospital Tours

For more information, a list of tour dates or to register, please call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

Join Princeton HealthCare System's Community Education & Outreach tour leaders as they guide you through featured areas of the new University Medical Center of Princeton at Plainsboro (UMCPP).



## CHILDBIRTH & FAMILY

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

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

#### Sibling Class

SAT. July 13 (10 – 11:30 a.m.)

University Medical Center of Princeton at Plainsboro  
– Main Lobby

**\$30 per child**

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

#### Maternity Tour

SAT. July 13 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

THU. July 18 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. August 3 (10 – 11 a.m. or  
11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

TUE. August 13 (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 UMCPP or considering delivering here to take a tour of our state-of-the-art Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

#### Daddy Boot Camp™

SAT. August 10 (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.

### **Prenatal Breastfeeding Class**

THU. August 15 (7 – 9 p.m.)  
University Medical Center of Princeton  
at Plainsboro  
Education Center, First Floor  
Conference Rooms E

**\$50 per couple**

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

### **Baby Care**

WED. July 17 (7 – 9:30 p.m.)  
University Medical Center of Princeton  
at Plainsboro  
Education Center, First Floor  
Conference Rooms E

**\$50 per couple**

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

### **Car Seat Safety Checks**

Call 1.888.897.8979 for an appointment and locations. Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

## **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**

TUE. July 9 – 30 (7 – 9 p.m.)  
WED. July 31 – August 21 (7 – 9 p.m.)  
THU. August 22 – September 12 (7 – 9 p.m.)  
University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Conference Room E

**\$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. July 20 (9 a.m. – 5 p.m.)  
SAT. August 24 (9 a.m. – 5 p.m.)  
University Medical Center of Princeton at Plainsboro  
Education Center, First Floor, Conference Room E

**\$155 per couple**

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

### **HypnoBirthing®**

SAT. August 3 – August 24 (9:30 a.m. – 12:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$195 per couple**

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



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

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



## CHILDBIRTH & FAMILY

### POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

#### **Bright Beginnings (birth to 6 months)**

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

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

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

#### **Breastfeeding Support Group**

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

No registration required.  
Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by a certified lactation consultant.

#### **Postpartum Adjustment Support Group**

THU. July 11 (11 a.m. – 12 p.m.)  
THU. July 25 (11 a.m. – 12 p.m.)  
THU. August 8 (11 a.m. – 12 p.m.)  
THU. August 22 (11 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

No registration required.  
Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

#### **Intro to Infant Massage (ages 1 to 6 months)**

TUE. July 30 (7 – 8 p.m.)  
Babies R Us  
700 Nassau Park Boulevard, West Windsor

\$20 per couple. Registration required.  
The benefits of infant massage are numerous. Learn the basics of infant massage with Carolyn Schindewolf, Health Educator with Princeton HealthCare System. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel. Test the oil on your baby's ankle or wrist at least 20 minutes before coming to class to make sure he or she has no skin sensitivities. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.

## EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

#### **Establishing Patient Goals in Geriatric Medicine: The POLST Form & What it Means for EMS**

THU. July 11 (6 - 7 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

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

## EMT Refresher Class:

SUN. July 21 (8 a.m. – 5 p.m.)  
University Medical Center of Princeton at Plainsboro

\$40 per person

Registration required; payment due at registration.

This session is for existing EMTs who are required to re-certify.

### Session A – Airway Assessment and Management

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

*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.*



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

## ACLS Full Certification Course

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

## ACLS Recertification Course

TUE. July 9 (6 – 10:30 p.m.)  
FRI. August 9 (6 – 10:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

## PALS Full Certification Course

MON. & TUE. July 8 & 9 (9 a.m. – 3:30 p.m.)  
THU. & FRI. August 8 & 9 (9 a.m. – 3:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

## PALS Recertification Course

WED. August 14 (9 a.m. – 2:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

The Pediatric Advanced Life Support (PALS) course uses a

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

## BLS for Healthcare Providers

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

THU. July 11 (9 a.m. – 1:30 p.m.)  
WED. August 14 (6 – 10:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

TUE. July 16 (6 – 10:30 p.m.)  
THU. August 22 (9 a.m. – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

\$65 per person

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

## Heartsaver AED

TUE. July 2 (9 a.m. – 12:30 p.m.)

MON. August 5 (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

\$20 per person, per session

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

Session Times:

Infant CPR\* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

Session Dates:

SAT. July 13

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

SAT. August 10

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

## Family & Friends CPR: Infant Only

TUE. July 23 (7 – 8 p.m.)

TUE. August 27 (7 – 8 p.m.)

Babies R Us

700 Nassau Park Boulevard, West Windsor

## Pet First Aid and CPR

THU. August 22 (6 – 9 p.m.)

Community Education & Outreach at  
731 Alexander Road

\$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.*



## SUPPORT GROUPS

### UNITE: Perinatal Loss Bereavement Support Group

MON. July 1 (7 – 9 p.m.)

MON. August 5 (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 1 (7 – 8:30 p.m.)

MON. August 5 (7 – 8:30 p.m.)

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

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

### Diabetes Support Group

WED. July 17 (2:30 – 4 p.m.)

WED. August 21 (2:30 – 4 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

MON. July 22 (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 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](http://www.princetonhcs.org).

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

TUE. July 16 (6:30 – 8 p.m.)

Community Education & Outreach at  
731 Alexander Road

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

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



## CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

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

### Prostate Cancer Support Group

WED. July 10 (12 – 1:30 p.m.)

WED. August 14 (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. July 22 (1 – 3 p.m.)

University Medical Center of Princeton at Plainsboro

Edward & Marie Matthews Center for Cancer Care

Conference Room

Please call 1.800.227.2345 to register.

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

## Cancer Support Group

TUE. July 16 (1:30 – 3 p.m.)

TUE. August 20 (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 16 (6 – 7:30 p.m.)

TUE. August 20 (6 – 7:30 p.m.)

UMCPP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

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



## EVENTS FOR SENIORS

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

## When Prescriptions Can Harm

### Community Alliance for Medication Safety (CAMS) Program

MON. July 29 (11 a.m. – 12 p.m.)

Montgomery Senior Center

356 Skillman Road, Skillman

Prescription medications are among the most commonly abused drugs by teens, often as young as 12 years of age. An alarming 71 percent of teens say they gained access to prescription drugs from the medicine cabinets of their family or friends. Empower yourself by joining us for this invaluable presentation and discover the facts, how to keep your medications safe and discard of them properly, and what you can do as a grandparent. This program is supported by a generous grant from the American Medical Association Foundation.

## CarFit

WED. July 24 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide 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.

## ONLINE SEMINARS

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

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



### **The Benefits of Exercise for the Heart, Mind and Body**

July 15 at 7 p.m.  
With Manuel Amendo,  
MD, FACC, board certified cardiologist

### **Get Motivated: Get Ready, Get Set... Get Moving!**

August 5 at 12 p.m.  
With Christopher Blessing, MPT, OCS,  
CSCS and MS in exercise physiology



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

August 15 at 7 p.m.  
With Elliot Sambol,  
MD, FACS, double board certified in  
general surgery and vascular surgery

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

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



**Princeton HealthCare System  
Community Education & Outreach**



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



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



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



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

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

## MARTHA STEWART SHARES EXPERTISE, LIFE EXPERIENCE, AND NEW BOOK

Barry S. Rabner, President & CEO of Princeton HealthCare System, welcomed Martha Stewart, who shared her personal thoughts and observations about living the good long life with 575 guests at an event at Hamilton Manor in June. Martha Stewart discussed her new book *Living the Good Long Life: A Practical Guide to Caring for Yourself and Others* and shared her expertise in signature topics—food, exercise, balanced living, home, and organizing.

This event was presented in partnership with Friends' Health Connection.



# Early Detection Key To Fighting Breast Cancer

Regular visits to the doctor and frequent self-examinations are the most important steps a woman can take to detect breast cancer in its earliest stages. In the United States, one in eight women will be diagnosed with breast cancer in her lifetime, and this year alone 200,000 women will learn they have the disease. The good news is that many will win the fight against breast cancer, thanks to treatment in early stages.



“There are a number of factors that can put you at higher risk of developing breast cancer, although you can develop the disease without having any of the known risk factors we have identified,” says Rachel P. Dultz, MD, FACS, (pictured left), a board certified, fellowship-trained surgeon who specializes in breast surgery. “Being aware of your risk is important but so are regular screenings and exams.”

Breast cancer risk factors include being female (although men can and do develop the disease), increasing age (women over 55 are at greater risk), a family history of breast cancer, a prior abnormal biopsy or malignancy, or inherited gene mutations (known as BRCA1 and BRCA2). Other risk factors include being overweight, early menstruation, late-onset of menopause, having your first child after age 35, taking postmenopausal hormone therapy, radiation exposure, and drinking alcohol.



“Until we can prevent breast cancer, early detection and prompt treatment are key,” says Dr. Dultz. “Women age 40 and older should have a mammogram every one to two years, while women under the age of 40 who have any of the breast cancer risk factors should discuss appropriate screening with their doctor. Regular self-examinations are also extremely important.”

The UMCPB Breast Health Center has earned the designation as a Breast Imaging Center of Excellence by the American College of Radiology. Only about five percent of the facilities nationwide have been recognized as a Center for Excellence. UMCPB is also accredited by the National Accreditation Program for Breast Centers.

For more information, or to schedule an appointment at the Breast Health Center, call 609.688.2700.

## Outpatient Rehabilitation Network Opens New Monroe Location

University Medical Center of Princeton at Plainsboro’s (UMCPB) Outpatient Rehabilitation Network has moved to a new location in Monroe Township.

Formerly located in Cranbury, the new office offers much more space. The address of the new facility is **2 Centre Drive, Suite 500, Monroe, NJ 08831**. The phone number remains 609.655.4586.

The Monroe office will continue to offer:

- Physical therapy
- Industrial rehabilitation
- Certified lymphedema therapy
- Vestibular rehabilitation
- Orthopedic rehabilitation
- Sports injury

- Certified hand therapy
- Kinesio® taping

Open Monday through Friday, the Outpatient Rehabilitation Network has additional locations in Hamilton, Princeton and Plainsboro.

For more information on the Outpatient Rehabilitation Network, please visit [www.princetonhcs.org](http://www.princetonhcs.org) or call 1.888.PHCS4YOU (1.888.742.7496).





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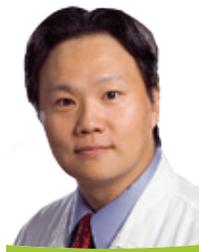
For help with finding a physician,  
call 1.888.PHCS4YOU (1.888.742.7496)

NONPROFIT  
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POSTAGE  
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UMCP

# Weight Loss Options for Seniors: WHEN DIET AND EXERCISE AREN'T ENOUGH

Losing weight and maintaining a healthy lifestyle can result in increased energy, better sleep, reduced risk for depression and cardiac disease, and overall increased quality of life. But as we age it can become harder to lose weight and keep it off, especially if other health problems make it difficult to engage in regular physical activity. For overweight seniors with a body mass index (BMI) of 40 or more, or a BMI of 35 or more with medical conditions such as diabetes, high blood pressure or sleep apnea, who have been unsuccessful with

traditional weight loss methods, surgery may be an option.



“Obesity is a condition of our modern society and can cause significant health issues for people of all ages,” says Wai-Yip Chau, MD, (pictured left), a board certified surgeon who is fellowship trained in bariatric surgery. “Our lifestyles are generally sedentary and become more so as we age. When dieting and exercise fail, bariatric surgery may be the answer.”

The Center for Bariatric Surgery at University Medical Center of Princeton at Plainsboro (UMCPP) has been



named a Center of Excellence by the American Society for Bariatric Surgery. One procedure performed at the Center, laparoscopic sleeve gastrectomy, can be a good option for older patients.

“The procedure involves reducing the stomach to about 20 percent of its original size through surgical removal and then forming a new sleeve of stomach or tubular stomach. It’s done laparoscopically, so surgical recovery time is reduced,” says Dr. Chau. “Overall the long-term effectiveness is better than most other bariatric procedures. The main side effect is heartburn, which can be treated with medication and decreases as the patient loses weight.”

The laparoscopic sleeve gastrectomy is now covered by Medicare. For seniors facing serious health problems as a result of obesity, this is good news.

The UMCPP Center for Bariatric Surgery uses a multidisciplinary approach to each patient’s treatment from board certified surgeons and anesthesiologists, to nursing professionals, registered dietitians and psychologists, as well as support groups. This approach provides patients with an extraordinary level of support and caring that considers each patient’s needs and comfort.