

Princeton Health



New Guidelines for Preventing Stroke in Women

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

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New Guidelines for Preventing Stroke in Women

The American Heart Association (AHA) recently released new guidelines for preventing stroke in women.



Women need to be aware of ways to help prevent stroke and to quickly detect a stroke, says Chitharanjan Rao, MD, MRCP (UK), DM, (pictured left) a board certified neurologist

at University Medical Center of Princeton (UMCP).

Stroke is the third-leading cause of death among women and one in five women will have a stroke during her life, according to the American Heart Association.

“In addition to stroke risk factors that are common to men and women—like diabetes, high blood pressure, high cholesterol and smoking—there are unique risks related to pregnancy and oral birth control and health conditions including migraine headaches with aura and atrial fibrillation,” Dr. Rao says.

New Stroke Guidelines

The new AHA guidelines address the risks of high blood pressure, including preeclampsia, which is high blood pressure and high protein in the urine during pregnancy. Preeclampsia doubles a woman’s risk of stroke later in life.

Women with a history of high blood pressure should talk to their doctor about low-dose aspirin, calcium supplement therapy or both to lower preeclampsia risks. Expectant mothers with severe high blood pressure should be treated with blood pressure medication, the heart association guidelines say.

The heart association guidelines also suggest that:

- Before taking birth control pills, women should be screened for high blood pressure because the combination raises the risk of stroke.

- Women who have migraines with aura should quit smoking to avoid higher stroke risks.
- Women over the age of 75 should be screened for atrial fibrillation, or A-Fib, an irregular heartbeat linked to higher stroke risk.

Get Help FAST

The most important factor in treating a stroke is quickly getting to the hospital, Dr. Rao says. Most strokes involve a blood clot in the brain, and clot-busting medication must be given within the first few hours of stroke symptoms.

“There is no pain associated with stroke, and that’s why people often don’t call for help and don’t make it to the hospital in time,” Dr. Rao says.

To recognize stroke symptoms, remember the acronym FAST: F – Face drooping; A – Arm weakness; S – Speech difficulty; T – Time to call 9-1-1.

UMCP is a state-designated Primary Stroke Center with a comprehensive protocol to fully address the many complex needs of individuals who have had a stroke—from acute care in the Center for Emergency Care through rehabilitation and home care.

For more information or to find a neurologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.



Confronting Depression During Pregnancy

Princeton House Can Help



We're told that pregnancy should be one of the happiest times in a woman's life. But for some women that's not always the case.

For many women, the physical and mental stress of pregnancy can bring about sad, anxious, or confused feelings. In fact, more than one in 10 pregnant women and new mothers have depression, according to the U.S. Office on Women's Health.

While depression can impact the health of mom and baby, it can almost always be effectively managed, especially when confronted early during pregnancy, says Delane Casiano, MD, Associate Medical Director of the Moorestown Women's Program, a service of Princeton House Behavioral Health (Princeton House).

"Too many pregnant women think when they're depressed that it's 'just hormones' and they need to 'tough it out,'" Dr. Casiano says. "The reality is that depression is very common during pregnancy, and women need to know that there is nothing wrong with seeking help."

Interfering with Daily Life

Women are generally at greater risk for depression. That risk is believed to increase during pregnancy because of hormonal changes and changes in body chemistry, including levels of serotonin, a neurotransmitter that helps regulate mood, Dr. Casiano says.

"Stress is also a factor because pregnancy brings about changes in identity, changes in family structure, financial concerns and work pressures," Dr. Casiano says. "In general, it's difficult to point to any single cause for increased vulnerability for depression during pregnancy."

Women can experience anxiety, sleep disturbances, and other symptoms of depression at any stage of

pregnancy. Typical signs include:

- Feelings of sadness or an "empty" feeling
- Low energy or motivation
- Poor eating habits
- Trouble focusing or making decisions
- Loss of interest in activities they used to enjoy
- Physical symptoms such as chronic headaches

Seeking Help

It's a good idea for all pregnant women to discuss mental health with their OB/GYN or other healthcare provider. If feelings of depression are interfering with a woman's daily life, or if a woman has a history of depression, a consultation with a mental health professional may be in order, Dr. Casiano says.

Women with mild to moderate depression can often improve with psychotherapy. Women with more severe depression may require anti-depressant medication—with the goal of using the lowest effective dose.

For women who need more extensive care, the Princeton House Women's Program at Moorestown offers Partial Hospital (5 days a week) and Intensive Outpatient (3 days a week) services to adult women. The program uses advanced techniques including mindfulness meditation and dialectical behavior therapy (DBT), which help women learn healthy ways to respond to their emotions and to cope with stress.

For information about Princeton House Behavioral Health's Outpatient Services, please call 1.888.437.1610 or visit www.princetonhouse.org.

Dr. Casiano and Mary Evers, a licensed clinical social worker for Princeton House Behavioral Health Women's Program at Moorestown, will be speaking on the topic "The ABCs of Managing Clinical Depression During Pregnancy and Postpartum" from 6:30 to 8 p.m. on Tuesday, Aug. 12, at the University Medical Center of Princeton Breast Health Center in East Windsor. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register.

Triple the Fun

Adam is a social butterfly, Ella is an athlete and Lacey is shy and thoughtful. Madeline is spunky, John is laid-back and Robert is a little naughty. Pooja is a talker, Shraddha has great hand-eye coordination and Sarayu always wants to play.

While these three sets of triplets are very different, they all have one thing in common: They were delivered by the doctors of Comprehensive OB/GYN of Princeton—and all within a span of 16 months.

This remarkable run of triplets defies the odds—triplets or higher account for only 137 of every 100,000



births in the U.S., according to the National Center for Health Statistics. The triple triplets also show the capabilities of Comprehensive OB/GYN and University Medical Center of Princeton (UMCP) in caring for high-risk pregnancies, says Antonio Sison, MD, (pictured left) FACOG, Comprehensive OB/GYN's Medical Director.

“I always tell patients that the uterus is like an apartment,” Dr. Sison, who is board certified in obstetrics and gynecology, says. “It’s fairly easy when you’re the only one living there, but when three people are living in the apartment, things can get complicated.”

Baby Boom

Moms with triplets require special care leading up

to delivery, including restricted activity or bed rest, higher-calorie diets and weekly obstetrical monitoring, according to Dr. Sison. The delivery must be by Cesarean section, and it involves a team of more than a dozen doctors, nurses and other specialists.

The recent arrivals include:

- Adam, Ella and Lacey, born to Dawn and Mike Gulotta of Hamilton in December 2011. They joined older sister Emily.
- Madeline, John and Robert, born to Megan and Matt Byrne of Millstone Township in August 2012. They joined older brothers Matthew and Luke.
- Pooja, Shraddha and Sarayu, born to Sinduri Valleru and Kranthi Paturi of Plainsboro in April 2013. They were the first children in their family.

“They just took excellent care of me—it was very reassuring throughout the whole process,” says Megan Byrne. “They made it seem like they had done it a thousand times.”





Specialized Maternity Services

Because they were delivered prior to full term, the triplets all required stays, anywhere from a couple of days to over a month, in UMCP's Neonatal Intermediate Care Unit, under the care of neonatologists affiliated with The Children's Hospital of Philadelphia.

"We didn't feel like we were going to a hospital every day," says Sinduri Valleru, whose daughter Shraddha was in the unit for 40 days. "It was a place that felt like home."

The moms also benefited from consultations with a team of nationally recognized experts in high-risk obstetrics as part of UMCP's partnership with the Maternal Fetal Department at Penn Medicine. All nine children and their moms are doing well and taking on the challenges of their sudden baby boom with a lot of help from family and friends.

"Life is definitely crazy," says Dawn Gulotta, who was working on potty training this winter. "The good thing is they always have each other around to play with."

In addition to Dr. Sison, Comprehensive OB/GYN's board certified doctors include Samih Ibrahim, MD, *(pictured left)* FACOG; Christopher Naraine, MD, FACOG; and Michael Resnick, MD, *(pictured below)* FACOG.

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



Relocation to Robbinsville

At time of printing, Comprehensive OB/GYN of Princeton was relocating to Robbinsville to provide a more central, more convenient location for many of its patients.

The 3,100-square-foot, newly renovated office suite is located at 1 Union Street, Suite 106, Robbinsville. Conveniently situated off Route 33, near the intersection of Route 130, the office features free and ample parking.

The new location is in the same complex as Rednor Risi Family Medicine Associates, the offices of Mark Risi, DO and Jeffrey Rednor, DO. Comprehensive OB/GYN and Rednor Risi are part of Princeton Medicine, Princeton HealthCare System's network of physician offices dedicated to excellence in primary and specialty medical care.

Comprehensive OB/GYN is also still operating in Monroe Township at 2 Centre Drive, Suite 200.

To find a physician affiliated with Princeton Medicine, call 1.800.FIND.A.DR (1.800.346.3237) or visit www.princetonmedicine.org.



Barcode Technology Enhances Medication Safety at UMCP

At University Medical Center of Princeton (UMCP), your safety is our top priority. Now, UMCP is using barcode technology—the same black-and-white symbols retailers scan—to maximize patient safety.

The hospital's new barcode medication administration system helps ensure that every patient receives the right medication, in the right dose, at the right time, says Barbara Christiano, RN, MS, BSN, NEA-BC, Vice President of Patient Care Services and Chief Nursing Officer for Princeton HealthCare System (PHCS).

“Our medical staff and employees are dedicated to patient safety, and the barcode system is just one more example of our efforts,” Christiano says. “The new system adds an extra layer of protection to an already robust medication safety program.”

How Barcodes Work

The barcode program uses a handheld scanner made specifically for a hospital environment. Before a nurse administers a medication, he or she will:

- 1) Scan a patient's wristband to verify it is the correct patient.
- 2) Review the patient's medication schedule, which is part of his or her electronic medical record.
- 3) Scan a barcode on each medication to make sure it is the correct medication, dose, time and route (i.e., orally, by injection or intravenously).

If there are any mismatches in the process, the nurse will receive an alert from the computer system and review everything with a patient's physician, a pharmacist, or both before proceeding.

Introduced as a pilot program in December, the barcode system is expected to be operating in most UMCP inpatient hospital units by the end of June and throughout the campus by the end of 2014. It is also used in the JoAnn Heffernan-Heisen Infusion Therapy Suite.

Focus on Medication Safety

The barcode system is part of the hospital's existing efforts to enhance medication safety, says Anne Searle, PHCS' Chief Information Officer. All physician medication orders are entered via an electronic medical record system. The system



double-checks the order for potential issues, such as patient allergies or the possibility of an adverse reaction with another medication.

A board certified pharmacist reviews each electronic order before the medication is delivered from the hospital's central pharmacy to a patient's room. In the room, medications are kept in a secure locker, accessible only by authorized staff members.

“Patients and providers have given us overwhelmingly positive feedback about the barcode program,” Searle says. “They're very appreciative that we're taking these extra steps for their safety.”

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

UMCP Earns Top Grade in Patient Safety

The clinical care at University Medical Center of Princeton (UMCP) has earned another “A” in patient safety from The Leapfrog Group, a national nonprofit working to improve the safety, quality and affordability of health care.



The top grade was awarded as part of The Leapfrog Group’s Hospital Safety Score, which is calculated twice yearly based on data related to preventable medical errors, injuries, accidents and infections. UMCP has earned all A’s since the grades were first published in June 2012.

“We are very proud that we have earned straight A’s from an organization dedicated to helping individuals and organizations make informed choices about their healthcare,” said Barry S. Rabner, President and CEO of Princeton HealthCare System (PHCS), which includes UMCP. “Our patients need to know that they can trust in the safety and quality of care that we provide, and the Hospital Safety Score is one of the best independent, expert evaluations available.”

In addition to receiving The Leapfrog Group’s top grade, UMCP has earned The Joint Commission’s designation as a Top Performer on Key Quality Measures® for three years in a row and achieved Magnet® status, the highest institutional recognition available for nursing excellence. UMCP is one of only 395 Magnet-recognized organizations nationwide.

According to Press Ganey, the company that conducts patient experience surveys for PHCS, inpatient satisfaction at UMCP ranks in the top 1 percent of the 44 hospitals in New Jersey that participate with Press Ganey. Across the United States, UMCP ranks among the top 1 percent of 722 participating hospitals that have 100 beds or more.

PHCS Welcomes Diane Keaton



PHCS President & CEO Barry S. Rabner and Kim Pimley, Chairman of the PHCS Board of Trustees, welcomed Diane Keaton, Academy Award-winning actress and bestselling author, to a sold-out event to discuss her new book, *Let’s Just Say It Wasn’t Pretty*, a candid, hilarious, and deeply affecting look at beauty and aging. More than 1,000 people attended the event, which was held in May at the Hyatt Regency-Princeton, through PHCS’ Community Education & Outreach Program.

A Long-term Health Record: The UMCP Laboratories' Advantage



Whether you need routine blood tests or sophisticated laboratory work, the outpatient laboratories of University Medical Center of Princeton (UMCP) can provide accurate, timely results.

Yet UMCP's outpatient labs can also offer an important additional benefit for patients—an electronic, personalized history of testing.

Every lab test is logged into a patient's electronic health record maintained by UMCP. That way, a physician can quickly pull up all of a patient's relevant testing information—whether the test was completed last week or two years ago.

“The lab information gives your doctor the best possible view of your health history, so he or she can decide on the most appropriate treatment,” says Elliot A. Krauss, MD, *(pictured left)* Medical Director of the Department of Laboratories and Chairman of the Department of Pathology. “It ensures that your health record is complete and can help avoid duplicate testing.”



Sophisticated Testing

UMCP performs more than 900,000 laboratory tests each year. Services include phlebotomy, clinical chemistry, clinical hematology, clinical microbiology, blood banking, pathology and cytology.

The laboratories offer convenient hours for outpatient testing at six sites (see list on this page), including a new site to be opened this summer at 132 Franklin Corner Road in Lawrenceville.

No appointments are necessary, wait times are usually very brief and most

test results are available within 12 to 24 hours. UMCP's labs also perform testing for more than 30 physician offices in Central New Jersey that offer their own phlebotomy services.

A Personal Health Record

Electronic lab test results are part of Princeton HealthCare System's larger effort to maintain a portable, personalized and permanent health record for each patient. That record includes everything from radiology reports to doctors' notes from a hospital stay.

Those records can be accessed by physicians at UMCP as well as by community physicians through a secure physician portal. The health system is also developing a password-protected Internet portal, called Princeton HealthConnect, through which patients will be able to access many records.

“Any time you have lab tests or receive any kind of care through Princeton HealthCare System, it's entered into your single patient record,” Dr. Krauss says. “This information can be invaluable when you are admitted to the hospital, especially in an emergency.”

UMCP's outpatient laboratories accept most major insurances. Patients with health plans that have designated laboratory providers often incur few, if any, additional costs when having testing done at a UMCP site.

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

Outpatient Testing Sites

Plainsboro

UMCP Laboratory
Patient Service Center
Medical Arts Pavilion
5 Plainsboro Road,
Plainsboro, NJ
609.853.6880

East Windsor

UMCP Laboratory
Patient Service Center
300A Princeton-
Hightstown Road, Suite 103
East Windsor, NJ
609.252.8751

Monroe Township

UMCP Laboratory
Patient Service Center
Forsgate Centre
Medical Building
11 Centre Drive, Suite A
Monroe Township, NJ
609.395.2456

UMCP Laboratory
Patient Service Center
Princeton Medicine
2 Centre Drive, Suite 200
Monroe Township, NJ
609.395.2447

Princeton

UMCP Laboratory
Patient Service Center
Outpatient Laboratory Area
281 Witherspoon St.,
Basement Level,
Princeton, NJ
609.853.6200

(Opening Soon) Lawrenceville

UMCP Laboratory
Patient Service Center
132 Franklin Corner Road,
Lawrenceville, NJ

(Opening Soon) Hamilton

Hamilton Y Complex
1315 Whitehorse-
Mercerville Rd.
Hamilton, NJ 08619

Call to confirm hours at each location. Evening and weekend hours available at some locations.

Community Focus



Freedom From Smoking®

**WED. July 2, 9, 16, 23, 25, 30,
Aug 6 & 13 (6:30 — 8 p.m.)**
(Please note, the July 25 date is a Friday)
**Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B**

\$125 per person.

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

Freedom From Smoking® Support Group

**THU. July 10 (6:30 – 7:30 p.m.)
THU. August 14 (6:30 – 7:30 p.m.)**
**Community Education & Outreach
at 731 Alexander Road**

This group meets the second Thursday of every month and welcomes individuals who want to quit smoking or have already quit smoking. Join American Lung Association-trained facilitators to share strategies for starting or maintaining your new tobacco-free lifestyle.



CURRENT PROGRAMS

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



Nutrition for Children: Make a Healthy Snack!

WED. July 2 (11 a.m. – 12 p.m.)
Lawrenceville Library
2751 Brunswick Pike, Lawrenceville

Please call the Lawrenceville Library at 609.989.6920 to register.

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.

Cervical Health for All Ages

WED. July 2 (6:30 – 8 p.m.)
Comp OB/GYN Care of Princeton
One Union Street, Suite 106, Robbinsville

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

Reclaim Your Life: All About Hip Replacement

THU. July 10 (11:30 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

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

Health Screenings at West Windsor Community Farmers' Market

SAT. July 12, 26, Aug 9 & 23 (9 a.m. – 1 p.m.)
Princeton Junction Train Station
Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive)
Princeton Junction

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

Bowel Control Issues

TUE. July 15 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Bowel incontinence can be upsetting and embarrassing, but it is often a temporary condition caused by a treatable medical problem. Join Liam R. Smith, MD, board certified in colon and rectal surgery, to learn more about surgical and non-surgical treatment options that can make a difference in your daily life. Dr. Smith is a member of the Medical Staff of Princeton HealthCare System.

Weight Loss Surgery: Is It Right for Me?

WED. July 16 (6 – 6:30 p.m.)

WED. August 20 (6 – 6:30 p.m.)

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

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

Stroke is an Emergency: Act F.A.S.T.

THU. July 17 (1 – 2 p.m.)

Hickory Corner Library

138 Hickory Corner Rd, East Windsor

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

THU. July 24 (2 – 3 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

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

MON. August 11 (2 – 3 p.m.)

West Windsor Library

333 North Post Road, West Windsor

Please call the West Windsor Library at 609.275.8901 to register.

Discover what you can do to lower your risk for stroke at this invaluable program led by Nicole A. Kuczinski, RN, BSN, Stroke Coordinator with University Medical Center of Princeton at Plainsboro (UMCP). Learn the early warning signs of a stroke, when to seek medical attention and prevention methods. UMCP is a state-designated Primary Stroke Center.

CarFit

FRI. July 18 (9 – 11 a.m.)

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

TUE. August 12 (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.



AARP Smart Driver Course

THU. July 17 (9:30 a.m. – 3:30 p.m.)

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

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

Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$15 for AARP members and \$20 for non members. Payable at the door — cash or check. Check should be made payable to AARP.

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

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

TUE. & WED. July 1, 2, 8 & 9 (6 - 9 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

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

Hospice and Palliative Care

WED. July 23 (7 - 8 p.m.)
Hightstown Library
114 Franklin Street, Hightstown

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

Foot Surgery: One Step to Healthy, Happy Feet

THU. July 17 (6:30 - 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Give painful feet the boot. Join us for this informative session with John S. Smith, DPM, board certified in foot and ankle surgery and podiatry, who will discuss common foot problems that respond well to surgical correction, such as bunions, hammertoes, and Morton neuromas. Dr. Smith, a member of the Medical Staff of Princeton HealthCare System, will provide an overview of the procedures, recovery times, recommended physical therapy and benefits of correcting foot problems.

Managing Depression and Anxiety During and After Pregnancy

TUE. August 12 (6:30 - 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

It's normal to have some mood swings or a degree of worry during pregnancy, but if you experience persistent symptoms it's time to get help. Research has shown that up to 33 percent of women experience clinical depression or an anxiety disorder at some point during or after pregnancy. Learn what symptoms to look for and what treatment is available during this informative session presented by Delane E. Casiano, MD, board certified in psychiatry, and Mary Evers, Primary Therapist with Princeton House Behavioral Health. Dr. Casiano is a member of the Medical Staff of Princeton HealthCare System.

Blood Drive

SAT. August 16 (9 a.m. - 2 p.m.)
Montgomery EMS
8 Harlingen Road, Belle Mead

Register through Montgomery EMS by calling 908.359.4112. and please include name, email, phone number and appointment time.

You can help save a life by giving blood. Montgomery EMS (MEMS), in partnership with Princeton HealthCare System, is proud to host this blood drive. All blood donations serve patients of UMCP. Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required. Lunch will be provided for all blood donors.

Knee and Hip Pain: What Are My Options?

WED. August 27 (12:30 - 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Anyone who has experienced hip and knee pain and stiffness knows it can make even the simplest tasks difficult. Join Brian M. Vannozzi, MD, an orthopaedic surgeon and a member of the Medical Staff of Princeton HealthCare System, to learn more about surgical and non-surgical treatment options that can make a difference in your daily life.



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

MON. August 25 (6:30 - 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

It's normal for adolescent girls to think about their bodies and make comparisons to others, but in some cases self-esteem, body image and anxiety problems can develop. Join us for a special evening for mothers and daughters to informally explore these concerns and learn how the Supporting Adolescent Girls Emotionally (SAGE) program can offer support during this transitional time. Leslie Azaroff, RD, Princeton House Behavioral Health, will lead the program. Tea and dessert will be served.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Sibling Class

SAT. July 12 (10 – 11:30 a.m.)

University Medical Center of Princeton at Plainsboro – Main Lobby

\$30 per child.

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

Maternity Tour

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

SAT. August 9 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

THU. August 21 (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 Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

OPTIONS FOR BIRTHING

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

Birthing Basics

WED. July 2 – 23 (7 – 9 p.m.)

THU. July 17 – August 7 (7 – 9 p.m.)

TUE. August 5 – 26 (7 – 9 p.m.)

WED. August 20 – September 10 (7 – 9 p.m.)

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

\$125 per couple.

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

Accelerated Birthing Basics

SAT. July 26 (9 a.m. – 5 p.m.)

SAT. August 16 (9 a.m. – 5 p.m.)

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

\$155 per couple.

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

HypnoBirthing®

MON. July 14 – August 11 (6:30 – 9 p.m.)

Community Education & Outreach
at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$195 per couple.

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

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

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

Daddy Boot Camp™

SAT. July 19 (9 a.m. – 12:30 p.m.)
Community Education & Outreach
at 731 Alexander Road

\$35 per person.

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

Prenatal Breastfeeding Class

TUE. July 15 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Conference Room A & B

\$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. August 6 (7 – 9:30 p.m.)
University Medical Center of Princeton
at Plainsboro
Ground Floor, Education Center,
Conference Room E

\$50 per couple.

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment
and locations.

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



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

Bright Beginnings (birth to crawling)

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

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

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

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

THU. July 10 (1 – 2 p.m.)
THU. July 24 (1 – 2 p.m.)
THU. August 7 (1 – 2 p.m.)
THU. August 21 (1 – 2 p.m.)
Community Education & Outreach
at 731 Alexander Road

No registration required.

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



EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

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.

Understanding and Planning for School Bomb Incidents

MON. July 21 (6 – 10 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

This class has been awarded 4 CEUs.

Success in deterring, preventing, preparing for, and responding to a bombing incident involving conventional or non-conventional explosives at a school relies on the establishment and maintenance of a robust crisis and consequence management infrastructure. Emergency responders must be adequately trained, equipped, exercised, and funded in order to ensure their ability to effectively respond to and conduct relief and recovery operations as part of an interagency team. Please join Mario Batista, FEMA Instructor, for this informative session. Class is free to first responders, fire, EMS, police and CERT teams.

CPR & FIRST AID

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

ACLS Full Certification Course

MON. & TUE. August 18 & 19 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

WED. July 9 (6 – 10:30 p.m.)
MON. August 4 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

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

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

PALS Full Certification Course

TUE. & WED. July 8 & 9 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

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

BLS for Healthcare Providers

TUE. July 1 (6 – 10:30 p.m.)
THU. August 7 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

THU. July 10 (9 a.m. – 1:30 p.m.)
TUE. August 12 (6 – 10:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

FRI. July 18 (6 – 10:30 p.m.)
FRI. 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.

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.

Heartsaver AED

TUE. July 15 (6 – 9:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

WED. August 20 (6 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$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.

Pet First Aid and CPR

TUE. July 29 6 – 9 p.m.
Princeton Fitness & Wellness Center
1225 State Road, Princeton
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$40 per person

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



Family & Friends CPR

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

Session Times:

Infant CPR* (10 – 10:45 a.m.)
Child CPR (11 – 11:45 a.m.)
Adult CPR (12 – 12:45 p.m.)

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

Session Dates:

SAT. July 12
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. August 9
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

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

Prostate Cancer Support Group

WED. July 9 (12 – 1:30 p.m.)
 WED. August 13 (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.

Cancer Support Group

TUE. July 15 (1:30 – 3 p.m.)
 TUE. August 19 (1:30 – 3 p.m.)
 Monroe Township Senior Center
 12 Halsey Reed Road, Monroe Township

No registration required.
 Walk-ins welcome.

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

Breast Cancer Support Group

TUE. July 15 (6 – 7:30 p.m.)
 TUE. August 19 (6 – 7:30 p.m.)
 UMCP Breast Health Center, East Windsor Medical Commons 2
 300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

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

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

WED. July 16 (12 – 1 p.m.)
 WED. August 20 (12 – 1 p.m.)
 University Medical Center of Princeton at Plainsboro
 Edward & Marie Matthews Center for Cancer Care
 Education Conference Room

Registration preferred. Walk-ins welcome.

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

American Cancer Society's Look Good, Feel Better

MON. July 21 (1 – 3 p.m.)
 University Medical Center of Princeton at Plainsboro
 Edward & Marie Matthews Center for Cancer Care
 Education Conference Room

Please call **1.800.227.2345** to register.

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



SUPPORT GROUPS

Bariatric Surgery Support Group

MON. July 7 (7 – 8:30 p.m.)

MON. August 4 (7 – 8:30 p.m.)

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

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

Diabetes Support Group

WED. July 16 (2:30 – 4 p.m.)

WED. August 20 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.
Please call 609.853.7890 for information.

This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a Certified Diabetes Educator with University Medical Center of Princeton at Plainsboro's Diabetes Management Program, facilitates meetings. For more information on UMCP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

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

TUE. July 15 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

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

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

Weight-loss Surgery Support Group

WED. July 16 (6:30 – 7:30 p.m.)

WED. August 20 (6:30 – 7:30 p.m.)

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

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

UNITE: Perinatal Loss Bereavement Support Group

MON. July 7 (7 - 9 p.m.)

MON. August 4 (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.

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).

It Could Be Poison!

TUE. July 8 (10:45 – 11:45 a.m.)

South Brunswick Senior Center
540 Ridge Road, Monmouth Junction

THU. August 14 (10:30 – 11:30 a.m.)

Charleston Place
3424 State Route 27, Kendall Park

Every year, between 2 to 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education and Outreach Program, to learn more about: identifying poisons, how poisons can enter the body, dos and don'ts of using medications and household cleaners and what to do if you suspect poisoning.



ONLINE SEMINARS

www.ustream.tv/princetonhealth

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

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

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



My Aching Stomach: Common Causes of Abdominal Pain

July 14 at 12 p.m.

Anuj K. Malhotra, MD, board certified in internal medicine



New Stroke Guidelines for Women

August 4 at 12 p.m.

Chitharanjan V. Rao, MD, MRCP, (UK), DM, board certified in clinical neurology



Stuffed Up and Can't Breathe?

July 24 at 7 p.m.

Samuel S. Becker, board certified in otolaryngology



Anesthesia and Post-Operative Pain Control

August 21 at 7 p.m.

Anna Westrick, MD, board certified in anesthesia

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

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

 **Princeton HealthCare System
Community Education & Outreach**



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



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



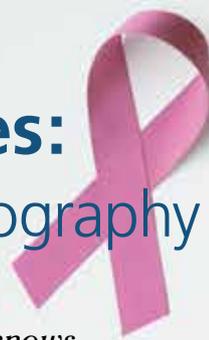
University Medical Center of Princeton at Plainsboro
One Plainsboro Road, Plainsboro



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

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

Early Detection Saves Lives: The Power of Screening Mammography



The key to beating breast cancer is early detection. No one knows this better than the professionals at University Medical Center of Princeton (UMCP) Breast Health Center. At the Breast Health Center a team of professionals, skilled in screening mammography and diagnostics, attends to each patient.



The Importance of Screenings

“Our goal is to give our patients an edge by providing early detection of mammographic abnormalities. By detecting cancer when

it is small, we can improve the patient’s prognosis, recovery and survival rate,” says Christopher L. Ananian, MD, (pictured above) the Director of Medical Imaging and fellowship trained in breast imaging.

The Breast Health Center is headed by Dr. Ananian and Rachel P. Dulz, MD, FACS, a board certified, fellowship trained breast surgeon. The state-of-the-art center offers rapid diagnostic services to help women move quickly from testing to treatment and recovery.

Caring for Women

The center has been providing dedicated breast services since it opened in December 2006. Last year, the center performed 2,551 screening mammograms and 1,806 diagnostic breast evaluations.

Dr. Ananian says, “In addition to providing excellent interpretive care, we also strive to educate the patients regarding individual breast cancer risks and to calculate an individual lifetime risk for breast cancer utilizing the Gail model”—a breast cancer risk assessment tool designed by

researchers at the National Cancer Institute and the National Surgical Adjuvant Breast and Bowel Project.

Regular Screenings Are Key

The American Cancer Society recommends yearly mammograms and clinical breast exams (CBE) for women starting at age 40 and continuing as long as a woman is in good health. For women in their 20s and 30s, CBEs are recommended every three years. Women should also know how their breasts look and feel, and perform breast self-exams (BSE) to catch any abnormalities or changes.

“The bottom line is that early detection of breast cancer saves lives,” says Dr. Ananian.

For more information on the Breast Health Center, call 609.688.2700 or visit www.princetonhcs.org.



UMCP Breast Health Center at a Glance

The 8,000-square-foot, state-of-the-art Breast Health Center offers:

- Sophisticated breast care technologies, including fast and detailed digital mammography
- Access to certified breast health navigators
- Breast health education and support services
- Comfortable, spa-like environment
- Convenient location and flexible scheduling
- Prompt scheduling of additional diagnostic testing
- Breast ultrasounds for further evaluation of breast abnormalities
- Ultrasound-guided biopsies and stereotactic biopsies to promptly evaluate masses and other abnormalities
- Advanced breast imaging capabilities available at the UMCP main campus in Plainsboro, including state-of-the-art 3.0T MRI and MRI breast biopsy services
- 1.5T MRI available on the East Windsor campus
- Coordination of follow-up consultations for surgery, radiation, chemotherapy, plastic surgery or other specialized breast-related care
- The Rutgers Cancer Institute of New Jersey LIFE Center at UMCP Breast Health Center, which provides genetic counseling, risk assessment, and genetic testing (as indicated) for individuals who are concerned about their risk to develop cancer

Summer Is Here: Stay Active, But Avoid Injuries

After such a miserable winter, spending time outdoors is a welcome pleasure. But without the proper precautions, it's easy to overdo it.



"We tend to go from doing very little in the winter to jumping into outdoor activities with both feet, forgetting that our bodies need time to adapt and that it's important to work smart," says Anthony Ventura, (pictured left) MSPT, Director of University Medical Center of Princeton's (UMCP) Outpatient Rehabilitation Network, Sleep Center and Center for Neuroscience Care. "By keeping a few things in mind many injuries can be avoided."

Injuries in Your Own Back Yard

Since yard work generally involves repetitive actions like weeding and raking, be sure to take frequent breaks and not to overreach, which can strain your back, shoulders and hips. Also, place something soft beneath your knees to prevent injury if you are going to be kneeling on the ground. When it comes to lifting, whether bags of mulch or an armload of paving bricks, lift with your legs, not your back, by bending at the knees instead of the waist and bringing the weight close to your body before rising. Another point to remember when lifting is to avoid twisting, and instead shift your entire body, including your feet.

"There's a saying that it's the lazy person who gets hurt," says Ventura, "and that's really true. Twisting instead of taking the extra step to move your entire body can leave you with anything from a muscle pull to an injured disc. Deciding to carry two bags of mulch instead of making two trips can have the same result."

Should you overdo it, seek prompt medical attention if you experience back pain that radiates to your legs, which may indicate a slipped disc or pinched nerve. For less severe pain, try icing, rest and over-the-counter pain medication. If that doesn't relieve your symptoms in two or three days, see your doctor to determine if additional treatment is needed. If the pain or discomfort continues, rehabilitation or physical therapy may help reduce inflammation and retrain your muscles.

Comprehensive Rehab Services

UMCP's Outpatient Rehabilitation Network offers a broad range of services designed to help individuals recover from injuries, surgery and various medical conditions. Services include back and neck pain therapy, certified hand therapy, hip and knee rehab, neurological rehab, pain management, pediatric rehab, sport injury and dance rehab, vestibular (balance) rehab, women's health therapy and worksite assessment and industrial rehab.

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



The Outpatient Rehabilitation Network offers four convenient locations for adult services, with day, evening and weekend hours, including:

- **UMCP Outpatient Rehabilitation at Princeton Fitness & Wellness Center, 1225 State Road, Princeton**
- **UMCP Outpatient Rehabilitation at Monroe, 2 Centre Drive, Suite 500, Monroe**
- **UMCP Outpatient Rehabilitation at Hamilton, 1315 Whitehorse-Mercerville Road, Suite 100, Hamilton**
- **Krogh Outpatient Rehabilitation, 7 Plainsboro Road, Plainsboro**

Chronic Heartburn Can Cause More Than Discomfort

Occasional indigestion or heartburn after a big meal, eating spicy food, or drinking a few glasses of wine is relatively normal. And symptoms can generally be alleviated with over-the-counter medications. But if you suffer from heartburn or indigestion several times a week, you could be at risk for developing Barrett's esophagus (BE). If left untreated, BE can increase your risk of developing esophageal cancer.



"Barrett's esophagus is a condition where the lining of the esophagus is changed as a result of frequent exposure to stomach acid," says Anish Sheth, MD, (pictured left) Director of University Medical Center of Princeton's (UMCP) Esophageal Program. "Over time, those changes can develop into cancer."

While BE occurs in men more frequently than women, anyone with frequent heartburn or who has been diagnosed with gastroesophageal reflux disease (GERD) is at risk of developing the disorder. Since not everyone with GERD experiences heartburn, it is also important to seek medical attention if you have experienced difficulty or discomfort swallowing, which may be a sign of the condition.

When to See a Doctor

"It's important to see a doctor for a diagnosis and to develop the right treatment plan if you have frequent heartburn or difficulty swallowing," says Dr. Sheth, a board certified gastroenterologist. "Even if you seem to be successfully managing it with antacids or other over-the-counter medications, you should be screened for Barrett's esophagus. And if testing shows you have the condition it is very important that you are monitored regularly, since Barrett's esophagus has no clear symptoms."

Treatment

One of the newest options available at UMCP to treat BE is radiofrequency ablation (RFA), a minimally invasive procedure that kills off precancerous cells from the esophagus. Studies have shown that RFA, which usually requires a minimum of three outpatient sessions, is highly successful at eliminating BE and reducing the likelihood of esophageal cancer. The procedure requires moderate sedation and is generally painless.

The first step in managing chronic heartburn is making lifestyle and dietary modifications, including maintaining a healthy weight; exercising; and avoiding caffeine, alcohol, tomato-based foods and fatty foods. Waiting at least three hours after eating before going to bed will also help reduce the likelihood of indigestion.

If symptoms persist, your doctor may recommend a prescription-strength H2-receptor blocker (such as Tagamet or Pepcid), which lasts longer than antacids, or a proton pump inhibitor (such as Prevacid or Prilosec), which blocks the production of stomach acid and helps heal the esophagus. In some cases, prokinetic medications may be prescribed to help the stomach empty quicker and help strengthen the muscles between the stomach and esophagus to reduce acid reflux.

"In a small number of cases, an endoscopic procedure may be required, if lifestyle changes and medication aren't enough," says Dr. Sheth. "These are generally minimally invasive procedures, and many can be done on an outpatient basis."

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



Acute Care of the Elderly Unit Puts Families at Ease



In September 2013, Donna Aumack took her 80-year-old father, Edward Urban, to University Medical Center of Princeton's (UMCP) Emergency Department. Urban, who suffers from Parkinson's disease, was feeling weaker and more confused than usual. His daughter was worried about how he would cope with hospitalization.

Care in the ACE Unit

"It turned out I didn't have a thing to worry about," says Aumack, who had recently moved her father into her East Windsor home when his Parkinson's-related dementia worsened.

"From the emergency room they admitted my father to a unit designed specifically for elderly patients. I couldn't believe the atmosphere and the care he received—actually, that we all received—during his five days in the ACE Unit. It didn't look anything like a hospital; it looked like a fancy hotel. And they put all of us at ease immediately."

The 24-room unit is led by a board certified geriatrician, and the nurses have undergone highly specialized training in geriatric care. Each room is equipped with a special bed to provide extra comfort, help prevent falls and minimize the risk of developing pressure ulcers. Additional amenities help reduce confusion and increase safety, including in-bed scales, walls and doorframes painted to enhance depth perception, large-print signs, ample windows and geriatric-friendly bedside recliners. A sleeper sofa in each room is available for family members who wish to stay overnight.

"Dad received the care that I never could have given him at home. Everyone, from the doctors and nurses to the food service and cleaning people, provided personal, special treatment. When I would leave, I knew he was in good hands," says Aumack. Francis E. Rehor, MD, treated her father while he was in the unit and helped Aumack prepare for her father's release.

Senior Services Close to Home

In addition to its 24-bed ACE Unit, Princeton HealthCare System offers many services to meet older patients' special needs. A six-room Senior Emergency Unit is designed to meet the unique needs of older patients with slip-resistant floors, in-bed scales, pressure-relieving mattresses, private bathroom facilities and individual windows to help alleviate stress and confusion. Physicians and nurses are specially trained in emergency care for seniors.

UMCP is also one of a select group of hospitals participating in the national NICHE (Nurses Improving Care for Health System Elders) Program. Nurses and nursing assistants are trained to care for the special needs of geriatric patients and to decrease the length of hospital stays.

Princeton House Behavioral Health offers the Senior Link Program, an outpatient program for older adults experiencing mental health issues including depression. Princeton House also offers inpatient geriatric psychiatry services.

A state-of-the-art assisted living and memory care community is being planned for the Princeton Health Campus in Plainsboro. The community will include approximately 100 units with two memory care units focusing on early-stage dementia and more advanced memory loss.

To find out more about senior services or to find a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit our website www.princetonhcs.org.





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Lung Cancer Screening: Who's a Candidate? Am I At Risk?

Patients at increased risk for lung cancer now have a new, cost-effective lung cancer screening program available to them for early detection.



Who is eligible for screening?

The Lung Cancer Screening Program is a collaborative effort by Princeton Radiology Associates and University Medical Center of Princeton (UMCP). The program is open to current and former smokers, age 55 to 74, with a smoking history of at least 30 pack years—that is, one pack per day for

30 years, two packs per day for 15 years, and so on. According to John A. Heim, MD, (*pictured left*) Chairman of Surgery at UMCP, the new computed tomography (CT) scan is quick, uses no contrast or dyes and is able to detect cancer at early stages.

Promising results from the National Cancer Institute's (NCI) National Lung Screening Trial have prompted UMCP and Princeton Radiology associates to partner to offer this life-saving screening for lung cancer. The trial determined that low-dose CT screening tests can help doctors detect lung cancer early and plan curative

treatment and is more effective than chest radiography (CXR) screening in reducing mortality from lung cancer for high-risk patients.

The group identified at highest risk in the study was patients between the ages of 55 and 74, who smoked 30 pack-years or more of their lives. More than 50,000 patients participated in the study.

How do I participate?

"The first step for a patient interested in the CT scan would be to obtain a prescription from his or her primary doctor or to contact one of our screening navigators," says Dr. Heim. According to Dr. Heim, the \$99, low-dose CT scan takes about 30 seconds, does not include contrast and does not require blood tests. The scans are available at UMCP and Princeton Radiology locations in Princeton, Monroe, and Mercerville.

Dr. Heim adds, "When lung cancer is identified early and treated with surgery, the survival rate is phenomenal."

For more information on the Lung Cancer Screening Program or to make an appointment, call 609.497.4040