

Princeton Health

When Morning Sickness Becomes Serious

Important Information
About Your Pregnancy



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UMCP Expands Robot-Assisted Surgery Capabilities



University Medical Center of Princeton (UMCP) has acquired two additional da Vinci Surgical System® robots, including the latest, most advanced Xi System, which enables surgeons to perform complex procedures with great precision and improves patient comfort.

The second robot is a da Vinci Si System, which is ideal for single-site surgeries, such as gynecologic and general surgery procedures that can be performed through a small incision at the navel in order to minimize scarring and post-operative pain.

A significant portion of the cost to acquire the new equipment was covered by generous gifts from members of the community, as well as from patients who benefited from robotic procedures. Fundraising efforts will continue throughout 2015 to further offset costs.

The Center for Minimally Invasive Surgery at UMCP has one of the most comprehensive robot-assisted surgery programs in the region. Surgeons on the medical staff use the da Vinci Surgical System® to perform colorectal, gynecologic, thoracic, urologic, and urogynecologic procedures, as well as general surgery.

For patients, the benefits of minimally invasive surgery may include less scarring and blood loss, significantly less pain and shorter recovery time.

To learn more about robot-assisted surgery at UMCP's Center for Minimally Invasive Surgery, visit www.princetonhcs.org/davincisurgery.

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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When It's More Than 'Morning Sickness'

During pregnancy, the majority of women experience some degree of nausea, a condition commonly referred to as "morning sickness."

Julie Cargille's experience was anything but normal. With her first pregnancy in 2005, she became so sick she could barely leave the house and eventually had to be treated with medication and fluids through an intravenous (IV) line.

"There was nothing I could do to keep from either vomiting or feeling so nauseous that I couldn't eat or drink," says Cargille. "I was so dizzy, I couldn't walk."



Cargille was suffering from an extreme form of morning sickness called hyperemesis gravidarum (HG), a condition that affects about 1 to 2 percent of women during pregnancy, says **Robert Martin, MD, FACOG**, a board certified OB/GYN at UMCP.

While rare, the condition made headlines last fall when it led to the hospitalization of Kate Middleton, the Duchess of Cambridge, during her second pregnancy.

What's Normal?

Morning sickness is a result of hormonal changes that slow down the body's ability to move food through the gastrointestinal tract. Common morning sickness usually peaks around the 8- to 10-week mark of pregnancy and gradually improves. Dr. Martin says that under the supervision of a physician, women often find some relief with a combination of:

Over-the-counter medications, vitamin B6 supplements and natural anti-nausea therapies such as ginger root capsules.

Small, frequent meals and a healthy diet that is high in protein and lower in fats and carbohydrates.

"It's perfectly normal to have intermittent nausea and occasional vomiting — a lot of people call it 'morning sickness,' but it really can happen at any time," Dr. Martin says. "We start to become concerned about hyperemesis gravidarum if a patient is experiencing such severe nausea and vomiting that she is becoming dehydrated and losing weight."



"I was so dizzy, I couldn't walk... It's important to connect with people who understand what you're going through and to have a doctor who looks for ways to help."

- Going to the bathroom infrequently with very small amounts of dark, concentrated urine is a telltale sign of dehydration and should immediately be brought to your doctor's attention, Dr. Martin says.

Feeling Better

- Cargille says that under Dr. Martin's care, she continued with IV treatments until about the 20th week of pregnancy, when she was again able to eat, drink and return to work with mild nausea. During her second pregnancy in 2008, she went through a similar, although somewhat less severe bout of HG.

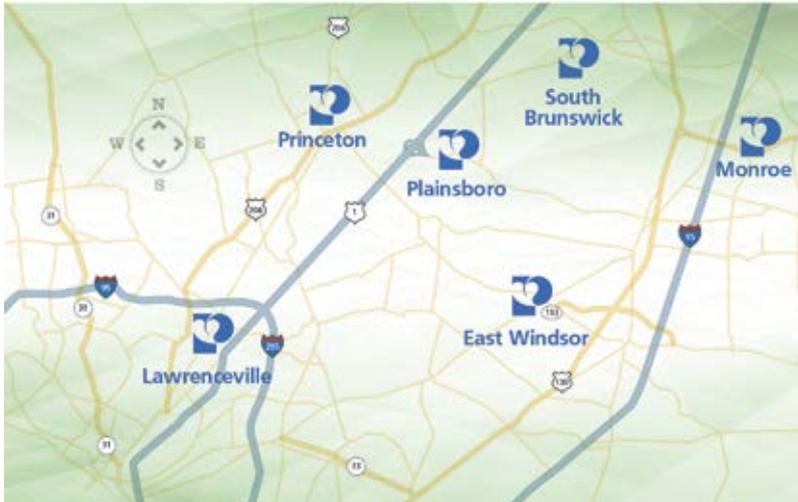
- Despite feeling terrible, she says she was comforted knowing that her condition had no impact on the health of her babies. She also turned to online support groups through the HER Foundation (www.helper.org) a network of women who have HG.

- Cargille observes that HG is a real condition and you cannot just eat crackers to feel better. "It's important to connect with people who understand what you're going through and to have a doctor who looks for ways to help," says Cargille, now the mom of a 9-year-old daughter and a 6-year-old son.

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

Outpatient Lab Services

Available at Seven Convenient Locations



Prompt, accurate diagnostic testing is an essential part of quality medical care, which is why convenience is so important. University Medical Center of Princeton Laboratory Outpatient Services offers comprehensive diagnostic testing at seven full-service Patient Service Centers.

The Centers, which are staffed by certified pathologists and technologists, provide routine screenings and diagnostic laboratory blood tests. Same-day results are provided for many routine tests and most major insurance plans are accepted. The staff works directly with Mayo Medical Laboratories, the renowned reference lab for the Mayo Clinic.

University Medical Center of Princeton (UMCP) maintains convenient regional Patient Service Centers providing blood collection and specimen drop-off services at the following locations:

UMCP Laboratory Patient Service Center

Medical Arts Pavilion at UMCP
5 Plainsboro Road, Plainsboro

East Windsor Patient Service Center

300A Princeton-Hightstown Road, Suite 103,
East Windsor

Lawrenceville Patient Service Center

132 Franklin Corner Road, Lawrenceville

Monroe Patient Service Center

2 Centre Drive, Suite 200, Monroe

Monroe Patient Service Center

11 Centre Drive, Suite B, Monroe

Princeton Patient Service Center

281 Witherspoon Street, Princeton

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

No appointment is necessary, and some locations are open evenings and Saturdays. For hours of operation, visit www.princetonhcs.org/labs or call **1.888.PHCS4YOU (1.888.742.7496)**.

Pre-Diabetes: Catch it Early Before it Becomes Type 2 Diabetes



Learning you are pre-diabetic — which means you have a higher than normal blood sugar level but not high enough to be classified as diabetic — should be a wakeup call to take action. Without intervention, it may be only a matter of time before pre-diabetes develops into type 2 diabetes.

Risk factors for pre-diabetes include being overweight, inactive, over 45, having high blood pressure and having a family history of type 2 diabetes. In addition, African-Americans, Hispanics, American Indians, Asian-Americans and Pacific Islanders are more at risk for the disease. Women who developed gestational diabetes while pregnant or gave birth to a baby weighing more than nine pounds, and women who have polycystic ovary syndrome, are also more vulnerable to developing the disease.



Jason M. Hollander, MD, a member of the Medical Staff at University Medical Center of Princeton, says he doesn't care for the term "pre-diabetes" because he feels it minimizes the seriousness of the illness. He prefers using the term "mild diabetes," and says anyone with a risk factor should have a serious conversation with his or her doctor and ask to be tested with either a fasting glucose test or, preferably, a hemoglobin A1C test.

Putting it in Reverse

Dr. Hollander, who is board certified in endocrinology, diabetes and metabolism, as well as internal medicine and pediatrics, says it is possible for some patients to reverse the disease if they take the right precautions and make the necessary lifestyle changes.

Excess weight — especially in the abdominal area — coupled with inactivity, makes you more susceptible to developing pre-diabetes, so watching your weight, making healthy food choices and exercising are important steps to reverse pre-diabetes and to prevent pre-diabetes from becoming type 2 diabetes. In terms of

food choices, it's important to remember that it's not just sweets that need to be avoided; any food with a high carbohydrate content (carbs turn into sugar) can affect your blood sugar level.

Education is Key

Whether the diagnosis is pre-diabetes or type 2 diabetes, Dr. Hollander urges patients to educate themselves about the disease.

The Diabetes Management Program at University Medical Center of Princeton (UMCP) is recognized by the American Diabetes Association as a quality diabetes self-management education program.

Staffed by a multidisciplinary team of diabetes specialists, including registered nurses and dietitians, the program offers individual and group education sessions, medication management, blood glucose monitoring instruction, insulin pump training, community outreach programs, weight management, diabetes care and management before and during pregnancy, as well as stress management and wellness programs and monthly support groups.

Participation in the Outpatient Diabetes Management Program requires a referral from your physician/healthcare provider. Medicare, Medicaid and most third-party insurances are accepted; some restrictions may apply per individual insurance limitations.

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

Body Mass Index Over 30? LAP-BAND® Surgery May Be the Answer



A third of all Americans are classified as obese — meaning their body mass index (BMI), or weight to height ratio, is 30 or above. These individuals need to lose weight to prevent or address health-related conditions such as diabetes, high blood pressure, heart disease and stroke.

For some people fighting obesity, diet and exercise are the practical solution, but for others traditional weight-loss methods aren't enough. When you can't reach a healthy weight through diet and exercise, bariatric surgery — including gastric bypass, bilopancreatic diversion, LAP-BAND®, gastroplasty and sleeve gastrectomy — may be the answer.



A Reversible Procedure

According to **Wai-Yip Chau, MD**, a member of the bariatric surgery team at University Medical Center of Princeton (UMCP), LAP-BAND® surgery can be a particularly good choice if you need help losing

weight but are hesitant about choosing a procedure that permanently reduces the size of the stomach. LAP-BAND® surgery is the least invasive of the weight-loss procedures and is totally reversible. The procedure is also a good option if you have health issues that make traditional, open surgery more risky.

During the LAP-BAND® procedure an inflatable silicone device is placed around the top portion of the stomach to restrict food intake, allowing you to feel full after eating smaller portions. While the amount of weight loss over a given period of time varies from patient to patient, LAP-Band® surgery leads to rapid weight loss. Performed laparoscopically, the procedure results in less scarring and faster recovery, says Dr. Chau, a board certified surgeon who is fellowship trained in bariatric surgery and has performed more than 900 bariatric procedures.

Treating Weight-related Conditions

LAP-BAND® surgery is generally recommended for patients with a BMI of 40 or greater; however, the Food and Drug Administration has approved the procedure for patients with a BMI greater than 30 who are diagnosed with obesity-related conditions such as diabetes, sleep apnea or high blood pressure, says Dr. Chau. Weight loss can often resolve those conditions.

It is important to check with your insurance company to determine whether LAP-BAND® surgery will be covered if your BMI is less than 35, according to Dr. Chau.

Medical and Emotional Support

UMCP's Center for Metabolic and Bariatric Surgery brings together all of the hospital's weight-loss services in a single location. The center has been accredited as Comprehensive by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, a joint program of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.

Dr. Chau also recommends patients who have had or are considering a bariatric procedure take advantage of UMCP's weight-loss support groups, which are designed to provide patients with the emotional support they need to achieve success both before and after surgery.

To find a bariatric surgeon on staff at Princeton HealthCare System, call 1.800.FINDADR (1.800.346.3237) or visit www.princetonhcs.org.

See page 18 for information on an upcoming online seminar on LAP-BAND® Surgery.

Community Focus



5 Mile Race & 1 Mile Fun Walk



**Saturday
September 12, 2015**

Educational Testing Service (ETS)
660 Rosedale Road, Princeton

**8:30 a.m. — 1 Mile Fun Walk
9 a.m. — 5 Mile Race**

\$30 per person for the 5 Mile Race
\$20 per person for the 1 Mile Fun Walk

To sign up, visit
www.princetonhcs.org/5milerace.

Proceeds will benefit the Jim Craigie
Center for Joint Replacement at
University Medical Center of Princeton.

The 5 Mile Race is a **2015 USATF Certified Course, Sanctioned Event and Grand Prix Event.**

- View results online and receive notifications via email or text message (data rates may apply)
- Chronotrack RFID chip timing by CompuScore
- Awards and door prizes
- Celebrate with post-race refreshments and activities!





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).

Weight-loss Surgery: Is It Right for Me?

THU. July 2 (6 – 6:30 p.m.)

THU. August 6 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. July 15 (6 – 6:30 p.m.)

WED. August 19 (6 – 6:30 p.m.)

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

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

Defeating Dizziness

MON. July 6 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

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

Hypertension and the DASH Diet

TUE. July 7 (7 – 8:30 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

TUE. August 18 (7 – 8:30 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

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

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

Introduction to Babysitting

THU. July 9 (6 – 7 p.m.)

Lawrenceville Library

2751 Brunswick Pike, Lawrenceville

Registration preferred. Please call the library at 609.989.6920 to register.

This introductory course is designed for preteens and teens who are interested in becoming babysitters. Topics will include:

- How to prepare to be a babysitter
- Staying safe and keeping the children in your care safe
- How to care for a new baby (Feel free to bring a doll or stuffed animal to practice diapering and swaddling.)
- How to find and keep babysitting jobs

This discussion will be presented by Carolyn Schindewolf, a Health Educator and Safe Sitter Instructor with Princeton HealthCare System. Parents are welcome to attend with their children.

Health Screenings at West Windsor Community Farmers' Market

SAT. July 11, 25, August 8, 22 (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.

Grandparenting 101 in the 21st Century

SAT. July 11 (10 – 11:30 a.m.)

West Windsor Library

333 North Post Road, Princeton Junction

Please call the library at 609.275.8901 to register.

MON. July 20 (2 – 3 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

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

This fun, interactive class is designed to bring grandparents-to-be and new grandparents up-to-date on the latest in baby care. Topics range from the changing birth environment to safety considerations, including car seat laws and recommendations; safe sleep; transitioning from parent to grandparent and newborn characteristics. This discussion will be presented by Carolyn Schindewolf, a Health Educator with Princeton HealthCare System.

AARP Smart Driver Course

TUE. July 14 (9 a.m. – 3 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

TUE. & THU. August 4 & 6 (5 – 8 p.m.)

University Medical Center of Princeton

First Floor, Education Center, Conference Room E

\$15 for AARP members; \$20 for non-members. Payable at the door (cash or check). Checks should be made payable to AARP.

The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

CarFit

WED. July 15 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Appointment required. Call 1.888.897.8979 to schedule your appointment.

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

Pelvic Floor Disorders in Women: Is It a Natural Part of Aging?

WED. July 15 (7 – 8:30 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

Register through Hickory Corner Library or Princeton HealthCare System's Community Education & Outreach Program.

TUE. July 28 (11 a.m. – 12 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

Register through South Brunswick Library or Princeton HealthCare System's Community Education & Outreach Program.

TUE. August 11 (7 – 8:30 p.m.)

West Windsor Library

333 North Post Road

Princeton Junction

Please call the West Windsor Library at 609.275.8901 to register.

Over a third of women live with a pelvic floor dysfunction, including urinary incontinence and pelvic floor prolapse. Nina Bhatia, MD, board certified in obstetrics and gynecology and urogynecology and a member of the Medical Staff of Princeton HealthCare System, will discuss the causes and symptoms of this common problem. Non-surgical and surgical interventions, including da Vinci® Robotic Surgery, will also be explored.



Physical Therapy after Breast Cancer

THU. July 16 (6:30 – 8 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road

East Windsor

Join Denise Quinn, DPT, CLT, a physical therapist with University Medical Center of Princeton Outpatient Rehabilitation Network, to learn about the importance of rehabilitation following mastectomy, lumpectomy or breast reconstruction. A gentle exercise session will follow the lecture. Breast cancer survivors, physicians, therapists and caregivers are all welcome to attend. The following topics will be discussed:

- Reducing scar adhesions after surgery
- Maintaining range of motion in the neck and shoulders during and after reconstruction
- Lymphedema signs, symptoms and treatment options
- Types of compression garments

Free Vision Screenings

THU. July 16 (10 a.m. – 1 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

THU. August 20 (4 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Please call 1.888.897.8979 to make an appointment.
Space is limited.

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

Getting a Grip on Carpal Tunnel Syndrome

THU. July 16 (7 – 8:30 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Do you experience tingling, numbness, weakness or pain in your fingers? Is the pain or discomfort impacting your daytime activities and waking you up at night? Join us for this informative session presented by Marc J. Lamb, MD, board certified orthopaedic surgeon and member of the Medical Staff of Princeton HealthCare System, to learn more about the diagnosis and treatment of carpal tunnel syndrome.

Exercise Alternatives: Explore Aquakinetics

MON. July 20 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

If traditional exercise such as lifting weights and aerobic activities cause you pain or discomfort there are other options available to help you improve and maintain your physical fitness. Attend this educational program and learn the benefits of aquakinetics. A certified personal trainer will discuss:

- how the properties of water can be used to create resistance for your exercise program
- the different types of water equipment
- how to use equipment effectively

Adjusting to New Environments: Coping with Change

WED. July 22 (10 – 11 a.m.)
Copperwood
300 Bunn Drive, Princeton

This informative program will focus on the feelings of loss that often arise when older adults have to give up their homes due to a decline in health and/or mobility. Michele Kinderman, PhD, Supervising Psychologist at Princeton House Behavioral Health's Princeton – Adults Outpatient, will discuss the challenges older adults may face when moving to a new environment such as assisted living, senior communities and nursing homes, and ways to ease the transition to new living situations.

Empower Your Adult Child Towards Independence

WED. July 29 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Transitioning into adulthood can be difficult, particularly for loved ones dealing with psychological disorders such as depression, anxiety or schizophrenia; drug or alcohol abuse; or learning disabilities. Join Marci Wishner, LCSW, Senior Primary Therapist, and Monica Barria, LAC, NCC, Primary Therapist, both with Princeton House Behavioral Health, for a discussion of these mental health issues and how to recognize the warning signs that professional support may be needed when your adult child is not able to launch into adulthood.

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

MON. & WED. August 3, 5, 10, & 12 (6 – 9 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 per person.

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

Senior Safety: Keeping Cool in the Summer

MON. August 3 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

For older adults, summer poses particular health and safety concerns. Join Tanya Font, APN, a Nurse Practitioner with University Medical Center of Princeton who specializes in family medicine, for this valuable program on protecting yourself or a loved one during the summer. Topics include hydration, sun protection, appropriate clothing, staying comfortable indoors and out, and summer-suitable snacks.

Common Orthopaedic Ailments: ACL and Rotator Cuff Injuries

THU. August 6 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Join us to learn about the diagnosis, treatment and rehabilitation of common orthopaedic ailments such as rotator cuff injury, torn ligaments and injury to the meniscus, plus the best ways to prevent these injuries. Non-surgical treatment options as well as minimally invasive surgical repairs and rehabilitation after surgery will be presented by Dinesh Dhanaraj, MD, MSPH, specializing in orthopaedic sports medicine and orthopaedic surgery, and Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center of Princeton's Outpatient Rehabilitation Network. Dr. Dhanaraj is a member of the Medical Staff of Princeton HealthCare System.

Put Your Best Foot Forward: Common Foot Problems and Solutions

WED. August 12 (7 – 8:30 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

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

This informative session, presented by Sachin Patel, DPM, board certified in podiatry and a member of the Medical Staff of Princeton HealthCare System, will provide an overview of the treatment options for common orthopaedic, dermatologic, vascular and neurological disorders of the foot and ankle.

Advance Directives

MON. August 17 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Your family, loved ones and caregivers should be aware of your wishes in case of hospitalization or incapacitation. Learn more about advance directives and how to fill out the associated paperwork at this informational session. The program will focus on the legal aspects of advance directives and how they are used in the hospital setting. Barbara Vaning, MHA, EMT Instructor and a member of Princeton HealthCare System, will present the program.

Lung Cancer Awareness: It's Not Just for Smokers

WED. August 26 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Contrary to popular belief, lung cancer can strike both smokers and nonsmokers. Join David B. Sokol, MD, board certified in hematology and medical oncology, to learn about symptoms associated with lung cancer; screenings, early detection and diagnosis; stages of lung cancer and the current treatment options available.

Join health professionals with the Community Education & Outreach Program for your **free Blood Pressure Check from 10 a.m. – 12 p.m. on Tuesday, July 21 and August 18** at our new location at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Sibling Class

SAT. July 11 (10 – 11:30 a.m.)

University Medical Center of Princeton – Atrium

\$30 per child

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

Maternity Tour

SAT. July 11 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)

MON. July 20 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. August 8 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

TUE. August 18 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton – Atrium

University Medical Center of Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art 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. July 11 (9 a.m. – 12:30 p.m.)
University Medical Center of Princeton

\$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.

Early Pregnancy

MON. July 13 (7 - 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$30 per couple. This fee will be applied toward a Birthing Basics class. This class is designed for parents in the first five months of pregnancy and will focus on the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy.

Prenatal Breastfeeding Class

WED. July 15 (7 – 9 p.m.)
WED. August 19 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

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

Prepare for Cesarean Section

WED. August 5 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$30 per couple

Learn what to expect during your scheduled Cesarean section. Topics include preparation, surgery, anesthesia and post-operative recovery.

Baby Care

THU. August 13 (7 – 9:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills. 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 21 – August 11 (7 – 9 p.m.)
WED. August 5 – 26 (7 – 9 p.m.)
THU. August 27 – September 17 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$125 per couple

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

Accelerated Birthing Basics

SAT. July 18 (9 a.m. – 5 p.m.)
SAT. August 15 (9 a.m. – 5 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$155 per couple

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

HypnoBirthing®

MON. August 24, 31, September 14 & 21 and
TUE. September 8
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple. Registration required.

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

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

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

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

Bright Beginnings (birth to crawling)

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

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

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

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

WED. July 8 (1 – 2 p.m.)
WED. July 22 (1 – 2 p.m.)
WED. August 5 (1 – 2 p.m.)
WED. August 19 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Please note
new location!

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.



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

WED. & THU. July 1 & 2 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

WED. July 22 (9 a.m. – 5 p.m.)
THU. August 27 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

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

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

PALS Full Certification Course

THU. & FRI. August 13 & 14 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

WED. July 15 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

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

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

BLS for Healthcare Providers

THU. July 9 (6 – 10:30 p.m.)

MON. August 31 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at 731 Alexander Road

TUE. July 21 (9 a.m. – 1:30 p.m.)

TUE. August 18 (6 – 10:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

THU. August 6 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$65 per person

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

Heartsaver AED

FRI. July 17 (6 – 9:30 p.m.)

WED. August 12 (6 – 9:30 p.m.)

Community Education & Outreach at 731 Alexander Road

MON. July 27 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$60 per person

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

Family & Friends CPR

\$25 per person, per session

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

Session Times:

Infant CPR* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

Session Dates:

SAT. July 11

Community Education & Outreach at 731 Alexander Road

SUN. August 16

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Infant CPR Only

TUE. July 28 (7 – 8 p.m.)

TUE. August 25 (7 – 8 p.m.)

Babies R Us

700 Nassau Park Boulevard
West Windsor

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

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.

NJ Transit Bus Safety

SAT. July 11 (9 a.m. – 12 p.m.)

NJ Transit – Hamilton Township Garage

600 Sloan Avenue, Hamilton

Registration required.

This training is approximately three hours long and is divided into two sections. The first portion involves a brief classroom PowerPoint presentation and the second portion will be working hands-on with the bus. The objective of this training is to provide all first responders with a basic overview of buses operated by NJ TRANSIT Bus Operations.

During the presentation, participants will be informed of the following:

- General information
- Entrance and exit doors
- Wheelchair lift
- Fuel tanks
- Batteries
- Engine compartment
- Fire suppression system
- Driver's compartment
- Interior

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



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

EATING FOR OPTIMAL HEALTH

University Medical Center of Princeton, Conference Rooms C, D & E

In collaboration with Cancer Support Community Central New Jersey, this monthly series will address a variety of evidence-based nutrition topics relevant to cancer survivors. Sessions will be led by Jeanne Petrucci, MS, Nutritionist and Culinary Instructor and founder of Living Plate, and will focus on a different topic each month.

The New American Plate

THU. July 16 (7 – 8 p.m.)

Learn about the American Institute of Cancer Research's recommendations for cancer prevention, which include healthy lifestyle habits regarding diet, physical activity and weight. Topics will include the benefits of a plant-based diet and portion sizes.

Beans and Whole Grains:

Reducing Red Meat in Your Diet

THU. August 13 (7 – 8 p.m.)

Discover the benefits of eating beans and whole grains; methods for purchasing, storing and preparing them and strategies for incorporating them more successfully into your diet.

Prostate Cancer Support Group

WED. July 8 (12 – 1:30 p.m.)

WED. August 12 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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

Cancer Support Group

TUE. July 21 (1:30 – 3 p.m.)

TUE. August 18 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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

Breast Cancer Support Group

TUE. July 21 (6 – 7:30 p.m.)

TUE. August 18 (6 – 7:30 p.m.)

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

No registration required. Walk-ins welcome.

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

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

WED. July 15 (12 – 1 p.m.)

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

Registration preferred. Walk-ins welcome.

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

American Cancer Society's Look Good, Feel Better

MON. July 27 (1 – 3 p.m.)

University Medical Center of Princeton
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

UNITE: Perinatal Loss Bereavement Support Group

MON. July 6 (7 – 9 p.m.)

MON. August 3 (7 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

No registration required. Walk-ins welcome.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

Bariatric Surgery Support Group

TUE. July 7 (7 – 8:30 p.m.)

TUE. August 4 (7 – 8:30 p.m.)

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

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

Freedom from Smoking Support Group

THU. July 9 (6:30 – 7:30 p.m.)

THU. August 13 (6:30 – 7:30 p.m.)

Community Education & Outreach at 731 Alexander Road

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

Diabetes Support Group

WED. July 15 (2:30 – 4 p.m.)

WED. August 19 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. July 27 (6:30 – 8 p.m.)

University Medical Center of Princeton
First Floor, Diabetes Management Program

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

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

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

TUE. July 21 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

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

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

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. July 20 (1 – 2:30 p.m.)

MON. August 17 (1 – 2:30 p.m.)

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

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

This group meets the third Monday of the month. Led by Sherri Goldstein, LCSW, Bereavement Coordinator with Princeton HomeCare, this group welcomes community members who need support and assistance in coping with grief and loss.

Weight Loss Support Group

THU. July 2 (6:30 – 7:30 p.m.)

THU. August 6 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. July 15 (6:30 – 7:30 p.m.)

WED. August 19 (6:30 – 7:30 p.m.)

Community Education & Outreach
at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

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



EVENTS FOR SENIORS

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

Put On Your Thinking Cap: Memory Screening

TUE. July 7 (10 a.m. – 1 p.m.)

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

Take advantage of a free memory screening by The Princeton Medical Institute, consisting of a series of questions and/or tasks designed to test memory, language skills, mental ability and other intellectual functions. Screenings and a review of the results, including when to follow up with a physician or other healthcare provider, are private.

Maintaining Flexible Joints as We Age

WED. July 22 (10:30 – 11:30 a.m.)

Hopewell Senior Center

395 Reading Street, Pennington

Join Richard Levandowski, MD, board certified in sports medicine and family practice, and a member of the Medical Staff of Princeton HealthCare System, for a discussion of how the muscles, bones and joints are affected by the aging process. Learn how to reduce pain, prevent and recognize joint problems, as well as the latest treatment techniques.



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.



**LAP-BAND® Surgery:
Is It Right for Me?**

July 6 at 12 p.m.
Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery



**Opiates:
The Epidemic Continues**

August 3 at 12 p.m.
Arshad Siddiqui, MD, Associate Medical Director of Princeton House Behavioral Health



Defeating Dizziness and Vertigo

July 16 at 7 p.m.
Erin Mee, PT, DPT, specializing in vestibular rehabilitation at University Medical Center of Princeton's Outpatient Rehabilitation Network



**Acid Reflux:
The Burning Question**

August 20 at 7 p.m.
Anish A. Sheth, MD, board certified in gastroenterology

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

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



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



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



University Medical Center of Princeton
One Plainsboro Road, Plainsboro



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



South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Heart Health: A Daily Aspirin May Not Be Right for Everyone



An aspirin a day, according to conventional wisdom, may help prevent heart attacks and stroke. But for some patients, a daily aspirin may pose serious health risks.



“Aspirin works by interfering with your blood’s clotting action, and helps to prevent blood clots from forming,” says **Lisa Motavalli, MD**, a cardiologist on staff at University Medical Center of Princeton (UMCP).

“Because aspirin thins the blood, it’s important to consult with your doctor before starting a daily aspirin regimen. Your doctor will weigh the risks and benefits and help decide what’s right for you.”

Follow Doctor’s Orders

If you have had a heart attack or stroke, have had a stent placed in a coronary artery, have had bypass surgery or suffer from angina, your doctor may recommend aspirin therapy. In some cases you may also be prescribed a daily aspirin if you are at a high risk of having a heart attack.

If aspirin therapy is right for you, the physician-recommended dosage may vary. Taking an unneeded daily aspirin or a higher dose than needed can put you at risk for internal bleeding. The best way to know if aspirin is right for you is to speak with your healthcare provider.

“This really is an individual matter that requires a review of your medical history and input from your healthcare provider,” says Dr. Motavalli, who is board certified in cardiovascular disease and internal medicine. “Starting an aspirin regimen on your own, or

choosing to stop taking aspirin that was prescribed by your doctor, can have serious repercussions.”

Take Precautions

Combining aspirin with a prescription anticoagulant such as warfarin, corticosteroids, ibuprofen or similar medications may greatly increase the risk of major bleeding complications. Certain dietary supplements can also increase your risk of bleeding when taken in conjunction with aspirin.

Additionally, limit the amount of alcohol you drink if you are on an aspirin regimen. Ask your doctor if it is safe for you to drink alcohol in moderation.

If you are on physician-prescribed aspirin therapy and need dental work or surgery, be sure to tell the dentist or surgeon that you take a daily aspirin, and what the dosage is, to avoid the risk of excessive bleeding during your procedure.

A Heart-Healthy Lifestyle

Whether you are on a physician-recommended aspirin regimen or not, eating well, exercising, getting the proper amount of sleep and managing stress are important for heart health.

“It’s also important to remember that if you think you or someone you are with is having a heart attack or stroke, call 911 immediately,” says Dr. Motavalli. “Emergency medical personnel can start treatment immediately, and every minute counts when it comes to heart attack and stroke treatment.”

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

A Healthy Start to the Summer



Summer — with extended daylight for outdoor activities and plenty of healthy fruits and vegetables available — is an excellent time to recommit yourself to a healthier lifestyle.



However, before you jump into any new exercise or eating habits, it's a good idea to schedule a visit with your doctor. A comprehensive wellness exam can help address existing health issues, as well as assess your risk for problems in the

future, says **Aubrie Nagy, MD, FACP**, a board certified internal medicine specialist on staff at Princeton HealthCare System (PHCS).

“Summer can be a great time to get into a routine of healthy habits — from regular exercise to eating more green, leafy vegetables — that are extremely important to overall wellness,” Dr. Nagy says. “But it’s worthwhile to have a general check-up with your doctor to make sure your health is on the right track before making any major changes.”

The Benefits of Preventive Healthcare

Dr. Nagy says regular wellness visits with your doctor can help you keep on top of health issues, including:

Cardiovascular Health: Problems such as high cholesterol and high blood pressure usually exist for many years before causing symptoms. Identifying and treating these issues early can reduce your risk of heart disease later in life.

Diet and Exercise: By calculating your body mass index (BMI), a measure of body fat based on height and weight, your doctor can help determine whether you need to modify your diet to achieve a healthier weight. Your doctor can also help you find ways to work toward the recommended 30 minutes of exercise, five days a week.

Other Screenings: Depending on your age, gender and family history, you may be a candidate for screenings for health conditions including colon and breast cancer, thyroid disease, type 2 diabetes and many others. A wellness exam can ensure you’re on the proper schedule.

Special Concerns: Traveling this summer? A check-up can ensure your immunizations are up to date. Planning to spend a lot of time outdoors? You can work with your doctor to make sure you’re following the latest advice on safety, from recommendations on sunscreen to the need for bike helmets.

Taking Care of Yourself

A yearly wellness visit can also provide you with the information you need to take advantage of the many smartphone apps and online tools available to monitor your health. For example, with current information about your blood cholesterol and blood pressure, you can try out the National Institute of Health’s risk assessment tool (<http://cvdrisk.nhlbi.nih.gov>), which can help predict a person’s chance of having a heart attack in the next 10 years.

“One of our main goals during every visit is to empower patients to take care of their health,” Dr. Nagy says. “We determine what obstacles people face to achieve a healthy lifestyle and help each individual overcome them.”

To find an internist on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).

Princeton House Behavioral Health: Helping Seniors Cope with Mental Health Challenges

The senior years can be one of the most enjoyable times of life, but the challenges that occur during that time can also put seniors at risk for mental health issues.



Perhaps the biggest trigger for mental health issues later in life is the sense of loss, says **Michele Kinderman, PhD**, Supervising Psychologist at Princeton House Behavioral Health (PHBH). It could be the loss of a spouse or a friend, the loss of independence or mobility due to health problems, the loss of a longtime home or the loss of one's sense of purpose after retirement.

"We face many types of loss as we age," Kinderman says. "If you don't adequately address these losses, they can ultimately lead to depression and anxiety, and a decreased quality of life."

Tips for Self Help

Dr. Kinderman says seniors can help themselves better deal with loss by:

Taking time to feel and express sadness or pain. You have to go through the grieving process, but you can't let it take over your life. Take breaks from the grief by enjoying time with friends and family.

Learning to slow down. "You're finally at a point in your life when you can enjoy the scenery," Kinderman says. "You worked long and hard, and you've probably helped a lot of people in your time — now it's your time to slow down and accept help."

Focusing on mental rather than physical independence. Even if you aren't as mobile as you once were, being able to decide what you want to do each day during retirement is a wonderful form of independence.

Exploring new opportunities.

Try new hobbies or volunteer opportunities to share the lifetime of skills you've acquired.

Friends and family members can help a loved one deal with loss by including them in as much decision-making as possible; not trying to change lifelong rituals such as eating or sleeping habits; and validating how the person is feeling rather than simply trying to cheer him or her up.

"We all need to maintain our sense of humor," Kinderman says, "but a loved one also wants to know we empathize with his or her situation — something as simple as saying, 'Yeah, it stinks to not be able to walk.'"

When to Seek Help

If a loved one seems lost in grief for an extended period of time, or is experiencing panic attacks, acting out, or not taking care of him or herself, it might be time to seek professional help.

The Senior Link Program at Princeton House Behavioral Health offers partial hospital and intensive outpatient services to older adults who are experiencing mental health issues that have an impact on their sense of wellbeing and overall functioning. With sites in Hamilton, Moorestown, North Brunswick and Princeton, the program offers group, individual and family counseling to reduce feelings of depression and anxiety and restore a sense of control in one's life.

For more information on Princeton House's Senior Link Program, call 1.800.242.2550 for Inpatient Services, or 888.437.1610 for Outpatient Services, or visit www.princetonhouse.org.

Opiate Addiction Continues to Rise: Princeton Health Behavioral Health Can Help



With the easy availability of prescription painkillers like OxyContin, Percocet and Vicodin, opiate addiction has made its way into every imaginable walk of life, from the schoolroom to the boardroom, in cities and suburbs alike.

In fact, throughout New Jersey the rate of opiate addiction is skyrocketing. According to the New Jersey Governor's Council on Alcoholism and Drug Abuse, admissions to substance abuse treatment programs in the state have increased 700 percent over the past decade, and the number of New Jerseyans abusing prescription drugs is greater than those using cocaine, hallucinogens, and heroin combined. Equally alarming is the fact that prescription drugs have become a gateway to heroin.



“Addiction can no longer be limited to any particular social or economic category,” says **Arshad Siddiqui, MD**, Associate Medical Director of Princeton House Behavioral Health's Hamilton Outpatient Site. “Prescription painkillers and heroin are the two main culprits in New Jersey's opiate addiction epidemic, affecting adults in every age range.”

Customized Care is Key

For adults addicted to opiates, as well as for their families, Princeton House Behavioral Health (PHBH) offers hope in the form of a variety of compassionate, evidence-based programs customized to the needs of individual patients. All of the programs use the tools of cognitive-behavioral therapy in order to change old patterns of thinking and behavior. They offer group therapy, individual therapy, family counseling and support, and medication management under the care of a board-certified psychiatrist to decrease cravings and prevent relapse. Depending on their requirements, participants may choose intensive outpatient, outpatient with partial hospitalization, or inpatient programming; for the convenience of patients and their families, outpatient programs are offered both during the day and in the evenings.

PHBH also provides programming designed specifically for individuals suffering from both addiction and mental health problems such as anxiety or depression. The goal of all addiction programs at Princeton House is to help the patient achieve — and maintain — abstinence from addictive substances; improve coping and problem-solving skills; enhance life at home, work, and/or school; improve relationships and restore balance and stability in everyday life.

“In the right program,” says Dr. Siddiqui, “motivated patients have an excellent chance of breaking free from the bonds of opiate addiction.”

To find out more about Princeton House Behavioral Health or addiction services, call 1.800.242.2550 or visit www.princetonhouse.org.

UMCP's Balance Program: Finding Your Equilibrium

To maintain balance, all your systems — visual, sensory, vestibular (inner ear), muscular and cardiovascular — need to work together properly. When these systems don't send reliable information to the brain, your balance can be compromised.

Without proper equilibrium, fear of falling and suffering a serious injury may prevent you from doing the things you once loved, and the nausea and light-headedness balance issues often cause may leave you feeling too poorly to enjoy what life has to offer.

Fortunately, specialized exercise and physical therapy techniques can help improve steadiness and alleviate the dizziness, light-headedness, fainting, nausea and vertigo that often accompany balance problems. The Vestibular and Balance Program, offered through the University Medical Center of Princeton's (UMCP) Outpatient Rehabilitation Network in Princeton, Hamilton, Monroe and at the Princeton Fitness & Wellness Center, is designed to help people with dizziness and balance issues related to conditions such as stroke, head trauma, concussions and benign paroxysmal positional vertigo (BPPV).

"Poor balance and dizziness can be scary and debilitating," says Erin Mee, PT, DPT, MA, a physical therapist with UMCP's Outpatient Rehabilitation Network. "People often feel it's something they have to live with, but that's not true. My job is to help people determine the cause of their balance and dizziness problems and empower them with strategies to improve their condition and their lives."

The Root of the Problem

The first step in treating and resolving a balance problem is to evaluate the patient to "determine the source of the problem," says Mee, who specializes in diagnosing and treating patients experiencing dizziness and poor balance. The evaluation includes testing and screening of the balance system, including the musculoskeletal, sensory, vestibular and visual systems. The source of a balance problem can be anything from a simple inner ear infection to cardiac disease or a neurological condition.

Getting Physical

Once the cause of the condition is determined, a personalized treatment plan is developed. Exercise is often the key to improving and maintaining balance. "About balance, I tell my patients use it or lose it," says Mee.

Treatment options may include traditional physical therapy techniques, as well as balance and flexibility training, visual exercises to help stabilize balance and an equilibrium realignment technique known as the Epley



maneuver. Instruction in adapting daily living activities to reduce balance problems may also be part of the treatment plan.

A Team Approach

The Vestibular and Balance Program utilizes a multidisciplinary treatment approach, working with physicians and other healthcare professionals in audiology, otolaryngology (ear, nose and throat), cardiology, neurology, physical therapy and other areas to diagnose and treat patients.

Treatment is generally covered by most insurance plans and requires a physician referral.

For more information about the Vestibular and Balance Program, or to find a specialist affiliated with Princeton HealthCare System, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).

To schedule an evaluation with a UMCP Vestibular and Balance Program specialist, call 609.853.6400.

See page 18 for information on an upcoming online seminar on Defeating Dizziness and Vertigo.



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Your gift not only recognizes your caregiver, it directly supports the care they provide. To make a gift "in honor of" your caregiver or any PHCS employee, you can visit www.princetonhcs.org/giving, call **609.252.8710**, or mail a check payable to Princeton HealthCare System Foundation to 3626 US Highway 1, Princeton NJ 08540. Upon receipt of your gift, a letter will be sent to the individual you have honored. You will receive an official receipt for tax purposes, along with our thanks for your generosity.

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