

# Princeton Health



**Comprehensive  
Cancer Care  
Close to Home**

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- Summer Medication Safety
- Dance Therapy

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Princeton HealthCare System

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# Comprehensive Cancer Care Close to Home

When he was diagnosed with colorectal cancer following a colonoscopy, Chacko Verghese, a 45-year-old Monroe resident, was understandably shaken. "I was determined to beat cancer, but I didn't know what to do," Verghese says of his September 2014 diagnosis. "I didn't know where to go for treatment or how to go about it."

He says his doubts disappeared after a meeting with Lori McMullen, RN, MSN, OCN, then a nurse navigator and now the Clinical and Program Manager of Cancer Services at University Medical Center of Princeton (UMCP). She discussed his type of cancer, reviewed possible treatment options and helped him schedule appointments with physician specialists.

"Being diagnosed with cancer is scary," McMullen says, "but our nurse navigator supports, educates and empowers patients by helping them develop a specific plan of action. We encourage patients to explore all of their options, but we really stress that since in most cases cancer care at UMCP is delivered following national guidelines, why not be treated close to home?"

For Verghese's type of colorectal cancer, treatment often involves surgery to remove cancerous tissue. Because of his age and otherwise good health, Verghese and his doctors decided to first attack his cancer with chemotherapy and radiation treatments at UMCP's Edward & Marie Matthews Center for Cancer Care, and make a decision about surgery later.

## Top-Level Treatment

In October 2014, Verghese began chemotherapy in UMCP's JoAnn Heffernan Heisen Infusion Therapy Suite. He says the center's welcoming staff and natural scenery — its windows have a garden view — made his treatments as comfortable as possible.

"We have the expertise to deliver the most effective chemotherapy routines available for most types of cancer," says **David Sokol, MD**, a board certified hematologist/oncologist at UMCP who treated Verghese. "We also have strived to create an environment that provides an exceptional level of personal caring and comfort for patients."



UMCP has received the Women's Choice Award® as one of **America's Best Hospitals for Cancer Care** for the past two years. The oncology program is accredited with **commendation from the American College of Surgeons Commission on Cancer**, and is the recipient of the **American College of Surgeons' Commission on Cancer Outstanding Achievement Award**.

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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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**“I felt confident with my care, and I felt very welcome at Princeton HealthCare System,”** Vergheze says. “Every employee that I met — whether it be a receptionist or a nurse or anybody — helped me go in and come out with a smile on my face.”



Vergheze followed his chemotherapy with 5½ weeks of radiation treatments in the winter of 2015, under the care of **Joseph M. Pepek, MD**, a board certified radiation oncologist on staff at UMCP. The goal was to destroy any remaining tumor cells while sparing nearby healthy tissue.

“We have top-line technology at UMCP and can deliver very sophisticated radiation treatment plans,” Dr. Pepek says. “Treating these types of cancer requires a multi-disciplinary approach, and all of the oncology physicians here really work well together.”

## A Positive Outlook Without Surgery

Vergheze says that with a commitment to a healthy vegetarian diet along with meditation, he tolerated his treatments well, and was able to keep working at his position as an information technology director. In mid-March 2016, nearly a year after his final radiation treatment, screening tests showed no signs of cancer.

He will continue regular follow-up visits with his doctors, but he is hopeful that his treatments are behind him.

“I felt confident with my care, and I felt very welcome at Princeton HealthCare System,” Vergheze says. “Every employee that I met — whether it be a receptionist or a nurse or anybody — helped me go in and come out with a smile on my face.”



**For more information** about the Center for Cancer Care at UMCP, call 1.888.PHCS4YOU, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# High Blood Pressure

## A Common Condition with Serious Side Effects

An estimated 77.9 million American adults—an average of one out of every three—have high blood pressure, or hypertension, according to the American Heart Association. Nearly 20 percent of them are unaware that they have the condition.



“Left untreated, hypertension causes strain on several important organs, including the heart, kidney and brain, leading to heart attacks, kidney disease, stroke and retinal disease,” says **Karina Lee, MD**, a member of the Medical Staff at University Medical Center of Princeton (UMCP). In fact, according to the Centers for Disease Control (CDC), in 2013 high blood pressure caused or contributed to the deaths of nearly 1,000 Americans every day.

### Are You at Risk?

Age, ethnicity, family history, a high-sodium diet, stress, obesity, physical inactivity, and excessive alcohol consumption are risk factors for developing high blood pressure, according to Dr. Lee, who is board certified in internal medicine. African Americans are more likely to experience high blood pressure earlier and, until age 45, men of all ethnicities have a higher rate of hypertension than women.

Since hypertension usually doesn't cause any identifiable symptoms, it's important to see your doctor regularly to have your blood pressure checked. As an added precaution, lifestyle changes are important for achieving and maintaining a normal blood pressure range.

If lifestyle changes fail to bring blood pressure down to acceptable levels, or if pressure readings are excessively high, a range of medications can be used to treat hypertension, such as diuretics, beta-blockers, calcium channel blockers, ACE inhibitors and angiotensin II receptor blockers (ARBs).

### Doctor's Orders are Important

Following your doctor's orders when it comes to medications, and reporting any changes you may experience — including light-headedness, dizziness, changes in heart rate or pulse — between office visits is an important part of managing hypertension.

“It is very important to take medication properly and regularly,” says Dr. Lee. “If you take too much medication, your blood pressure can become dangerously low, and you can pass out and develop organ damage. If you don't take enough medication, your blood pressure can become dangerously high, and you can develop strain on your heart, kidneys and brain.”

**To find a physician** on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit [www.princetonhcs.org](http://www.princetonhcs.org).



### KEEP YOUR BLOOD PRESSURE IN CHECK BY MAKING LIFESTYLE CHANGES

- Faithfully taking all prescribed medications
- Following the DASH Diet, which focuses on fruits, vegetables, whole grains, lean meats and fish
- Reducing sodium intake
- Maintaining a healthy weight
- Exercising regularly
- Not smoking
- Limiting alcohol consumption
- Reducing stress

### According to the American Heart Association:

 **High blood pressure: above 140/90**

 **Normal blood pressure: below 130/80**

# When an Infection Becomes Life Threatening

Even a minor infection, if not properly treated, can develop into a serious condition known as sepsis. Each year, over a million Americans develop the dangerous illness, according to the National Center for Health Statistics.

Sepsis occurs when chemicals released by the immune system, meant to fight an infection, instead cause widespread and uncontrolled inflammation throughout the body. As this inflammation progresses, blood vessels lose their tone and become leaky. This can result in low blood pressure, diminished oxygen supply to various organs and severe organ damage.



“Diagnosing sepsis early in the disease process, when it is most treatable, has become

a major point of focus for hospitals across the country,” says **Craig Gronczewski, MD**, Chairman of the Department of Emergency Medicine at University Medical Center of Princeton (UMCP). “We’re also trying to spread awareness among patients who might be at risk for sepsis so they can better recognize the warning signs and seek treatment.”

## Know the Signs

Sepsis is usually triggered by a bacterial infection. Skin infections (ranging from small scrapes to diabetic foot ulcers), urinary tract or gallbladder infections, appendicitis and pneumonia are just some infections that can lead to sepsis.

Sepsis is most common in infants and seniors over 65 — as well as among people with compromised immune systems, such as those taking immunosuppressant medications or undergoing chemotherapy or other treatments for chronic illness.



## Sepsis can mimic flu-like symptoms like:

- Confusion and lethargy
- A temperature above 101 or below 96
- Shortness of breath or rapid breathing rate (over 20 breaths per minute)
- Heart palpitations or rapid heart rate (over 90 beats per minute)
- Lack of appetite

## Treating Sepsis

Over past five years, UMCP has participated in the national Surviving Sepsis Campaign and has instituted advanced laboratory methods to facilitate early recognition and treatments of sepsis that have greatly impacted outcomes, says

**Jasmeet Bajaj, MD**, Medical Director of the Critical Care Unit and Intermediate Care Unit at UMCP.



Sepsis is diagnosed through a physical exam and blood tests. Patients with severe sepsis may require hospitalization. Early treatment includes antibiotics to fight the infection and fluids to help the patient rehydrate. If sepsis progresses to septic shock, treatments may include a host of therapies to raise blood pressure and support organ dysfunctions.

As the U.S. population ages, more people will be at risk for developing complications of sepsis if it is not recognized and aggressively treated early to prevent complications.

“Any infection in the body should be taken seriously, as it can worsen and progress to sepsis. Therefore, it becomes crucial not to ignore the early signs and symptoms of an infection and to seek care from a physician right away,” Dr. Bajaj stresses.

**To find a physician** on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Better Health Is There an App for That?

In an effort to get and stay fit, more and more people are turning to personal fitness devices to track everything from their weight to how many steps they take each day.



While there are many wearable gadgets and smartphone apps on the market, they all work on the idea that more information can lead to better health, says **Harvey Smires, MD**, an orthopaedic surgeon on staff at University Medical Center of Princeton (UMCP).

“These new technologies can provide daily updates as to how much you weigh, how much you eat and how active you are,” Dr. Smires says. “All that feedback can offer the extra encouragement some people need to reach their fitness goals.”

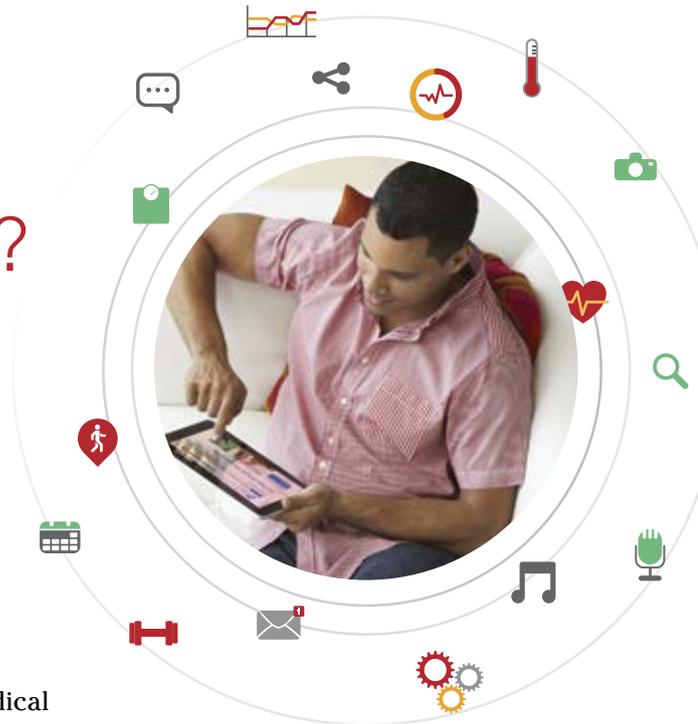
In fact, a study published in February found that participants who wore a wireless activity tracker increased their daily activity by nearly 1,000 steps, according to the *Journal of Medical Internet Research*.

Dr. Smires, who is board certified in orthopaedic surgery, says he has successfully incorporated several new devices into his personal fitness routine. He encourages orthopaedics patients to look into whether

the new technologies might help them become more active. “I’ve always been a big fan of new technology, and the personal fitness device market is just in its infancy,” says Dr. Smires. “I think anything that encourages people to be more active is a good thing.”

**For more information** about the Jim Craigie Center for Joint Replacement or to find an orthopaedic surgeon affiliated with Princeton HealthCare System, visit [www.princetonhcs.org](http://www.princetonhcs.org) or call 1.888.PHCS4YOU (1.888.742.7496).

**See page 18** for information on an upcoming program on Personal Health Technology.



## AMONG THE MOST POPULAR DEVICES:



### Fitness Trackers.

Worn as watches, pendants or wristbands, fitness trackers can measure your activity, such as the number of steps you take in a day or the number of stairs you climb. “If you know your activity is being recorded, you might think, ‘Oh, I’ll take the stairs instead of the elevator or I’ll park farther away and walk the extra distance to the store,’” Dr. Smires says.



### Wi-Fi Connected Scales.

These scales collect and send information about your weight and body fat to an Internet-based program that charts your progress. “You see that chart and you see it trending in the right direction and it’s encouraging,” Dr. Smires says. “There are numerous studies that have proven it is very difficult to lose weight unless you’re checking your weight every day.”



### Smartphone Apps.

Fitness apps can keep track of everything from your diet to your sleeping habits. They often allow users to share information with friends, creating a social circle of people committed to better health. “You see a friend doing well, and you’re thinking, ‘I’m going to stick to my healthy habits during the holidays,’” Dr. Smires says.



### Workout Trainers.

Sensors that track your heart rate, how hard you are pedaling your bicycle and even how far you swim, ski or SCUBA dive can help guide the intensity of your workouts.

# Community Focus



## Get Moving, Get Healthy Events for the Whole Family

Princeton HealthCare System (PHCS) is hosting its three biggest fitness events of the year all on the same day — offering options for individuals of all ages and fitness levels.

### September 10, 2016

Educational Testing Service, 660 Rosedale Road, Princeton

### 5 Mile Race & 1 Mile Fun Walk

**5 Mile Race:** 8 a.m. – Cost: \$30 per person  
**1 Mile Walk:** 10 a.m. – Cost: \$20 per person

The 5 Mile Race is a USA Track & Field (USATF) certified course, sanctioned event and Grand Prix event.

**Proceeds:** Benefit the care and services provided by the Jim Craigie Center for Joint Replacement at University Medical Center of Princeton.

### Kids Marathon

**Start Time:** 10:30 a.m. – Cost: \$25 per child

Children in grades K – 8 are invited to walk, run or roll 25 miles over 10 weeks beginning in July. Then, they will gather on September 10 to finish the last 1.2 miles together!

**Scholarship Opportunities:** All children are encouraged to participate. If cost is a factor, contact Debbie Millar at [dmillar@princetonhcs.org](mailto:dmillar@princetonhcs.org) or 609.897.8982, to see if your child is eligible for a free scholarship.

**Proceeds:** Support PHCS' programs to promote wellness and prevent obesity and chronic disease in children.

REGISTER AT [www.princetonhealthinmotion.com](http://www.princetonhealthinmotion.com)

# 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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

## These classes are open to all children.

When attending these classes, children should dress in comfortable clothes and sneakers.

To learn more about the upcoming Kids Marathon, visit [www.princetonhealthinmotion.com](http://www.princetonhealthinmotion.com).



1 mile credit per class toward the Kids Marathon!

## Kids Zumba

WED. July 20 (1 – 1:30 p.m.)  
Hickory Corner Library  
138 Hickory Corner Road  
East Windsor

Registration required.  
To register, call  
1.888.897.8979.

MON. July 11 (10 – 10:30 a.m.)  
West Windsor Library  
333 North Post Road, Princeton Junction

MON. July 18 (10 – 10:30 a.m.)  
West Windsor Library  
333 North Post Road, Princeton Junction

Registration suggested. To register, visit [www.mcl.org](http://www.mcl.org).

Get your kids moving and dancing to upbeat music at our fun Kids Zumba class, led by an exercise instructor from Princeton Fitness & Wellness Center. For kids ages 6 and up.

## Kick Start the Fun!

SUN. July 17 (2 – 3 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

MON. August 8 (5:30 – 6:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

SUN. August 14 (2 – 3 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

This lively class is filled with activities designed to give children a running start toward regular physical activity. A personal trainer will demonstrate new ways to warm up, improve balance and build strength, all to show children how exercise can be fun! For kids ages 5-14.



## Kids Can Cook

MON. – FRI. July 11 - 15 (1 – 2:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

TUE. August 23 (1 – 2 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

WED. August 24 (6:30 – 7:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

This hands-on class will teach kids to prepare healthy meals, snacks and drinks that reduce sugar and increase fruits and veggies. Led by Jane Schwartz, RD, Outpatient and Community Education Dietitian with University Medical Center of Princeton's Nutrition Program. For kids ages 7-11.



## Stuffed Up; Can't Breathe?

THU. July 7 (7 – 8 p.m.)  
West Windsor Library  
333 North Post Road  
Princeton Junction

Registration suggested.  
Please call the library at  
609.275.8901 to register.

If you suffer from congestion or a stuffy nose, sinus or allergy issues, nasal blockage, or post nasal drip, join us for this informative lecture presented by a board certified otolaryngologist and a member of the Medical Staff of Princeton HealthCare System. Learn more about common sinus problems, including nasal blockage, nasal polyps and sinus infections, as well as treatment options.

## Weight-loss Surgery: Is It Right for Me?

THU. July 7 (6 – 6:30 p.m.)  
THU. August 4 (6 – 6:30 p.m.)  
Princeton Medicine  
2 Centre Drive  
Monroe Township

WED. July 20 (6 – 6:30 p.m.)  
WED. August 17 (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. 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.

## Kids Healthy Living Summer Program

MON. – FRI. July 11, 12, 13, 14 & 15  
(9 a.m. – 12 p.m.)

Community Education & Outreach at  
731 Alexander Road – Suite 103

\$75 per child

Registration required.



Kids ages 5-10 are invited to our healthy living summer program to learn, play, be creative, and meet new friends. Each day will begin with yoga poses, craft activities and story time related to the theme of the day. Children will also be introduced to radKIDS®, which is designed to teach personal empowerment and practical skills to

recognize, avoid and, if necessary, escape an unsafe situation. Each day will conclude with an educational activity, for example, maintaining good health, sun safety, creating a first aid kit and recognizing poisons. Children should dress in comfortable clothes and sneakers.

## AARP Smart Driver

TUE. & WED. July 12 & 13 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

TUE. & THU. July 26 & 28 (5 – 8 p.m.)

University Medical Center of Princeton  
First Floor, Education Center  
Conference Room D

WED. August 10 (9:30 a.m. – 3:30 p.m.)

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

**\$15 for AARP members; \$20 for non-members**  
Checks are payable at the door and should be made payable to AARP.

The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques; new traffic laws and rules of the road and how to handle potential problem situations. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

## CarFit

WED. July 13 (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.

## Total Control® A Pelvic Wellness Program for Women

TUE. & THU. July 12 – August 25 (9:30 – 10:45 a.m.)

Community Education & Outreach at 731 Alexander Road – Suite 103

\$99 per person

Empower yourself to improve your pelvic floor health and quality of life through a seven-week Total Control® program. Participants report improvement in:

- Urinary leakage and bladder control
- Frequency or overactive bladder
- Pelvic strength and support
- Post-partum core strength
- Better posture and balance

Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join other women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

## The Aging Eye

WED. July 13 (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.

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

- Refractive cataract surgery
- Glaucoma
- Macular degeneration prevention

## Put on Your Thinking Cap: Memory Screenings

THU. July 14 (11:30 a.m. – 2:30 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

THU. July 18 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Please call 1.888.897.8979 to schedule an appointment.

Memory screenings — consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions — will be offered during this session. Screenings and review of the results are confidential. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

## Preventing Falls

MON. July 18 (10:30 a.m. – 12 p.m.)  
Plainsboro Library  
9 van Doren Street, Plainsboro

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

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

## Summertime First Aid

TUE. July 19 (5:30 – 6:15 p.m.)  
Hamilton Area YMCA John K. Rafferty Branch  
1315 Whitehorse Mercerville Road, Hamilton  
Healthy Living Center

Don't let your summertime fun be hampered by minor mishaps. Learn some simple first aid techniques to handle things like bug bites and tick removal, minor cuts and bruises, splinters, sunburn, choking and more. This course is presented by a first aid instructor from Princeton HealthCare System Community Education & Outreach.

## The Five Wishes:

### A Discussion of End-of-Life Decisions

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

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the stress and anxiety. Learn how hospice and palliative care programs provide help and support; their similarities and differences; and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare, will present this invaluable program, which will include ample time to answer your questions.

## What You Need to Know About Hypertension

WED. August 3 (12:30 – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join Karina Lee, MD, board certified in internal medicine to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Dr. Lee is a member of the Medical Staff of Princeton HealthCare System.

## Hypertension and the DASH Diet

TUE. August 16  
(5:30 – 6:15 p.m.)  
Hamilton Area YMCA  
John K. Rafferty Branch  
1315 Whitehorse  
Mercerville Road,  
Hamilton

### Healthy Living Center

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 Justin Karl, MD, board certified in cardiology and a member of the Medical Staff of Princeton HealthCare System, 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.



## The Journey Back: Stroke Rehabilitation

MON. August 18 (12:30 – 1:15 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Discover what you can do to lower your risk for stroke at this informative program led by Kathleen Cooney, RN, with University Medical Center of Princeton's Acute Rehabilitation Unit. Learn the early warning signs of a stroke, when to seek medical attention and prevention methods. UMCP is a state-designated Primary Stroke Center.

## Safe Sitter

TUE. & WED. August 16 & 17 (9 a.m. – 3 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

### \$65 per child

This two-day class teaches adolescents, ages 11–13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including: safe and nurturing childcare techniques, basic first aid and rescue skills. Sitters should bring their own lunch.

## Free Vision Screenings

THU. July 21 (10 a.m. – 1 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

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.

## Health Screenings at West Windsor Community Farmers' Market

SAT. July 2, 16, 30, August 13 & 27  
(9 a.m. – 1 p.m.)

Princeton Junction Train Station  
Vaughn Drive Parking Lot (Alexander  
Road & Vaughn Drive), Princeton  
Junction

Every two weeks, 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.

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

TUE. July 5, 12, 19 & 26 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

**\$60 per person**

R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including:

- Awareness, recognition and avoidance
- Physical defense techniques
- Positive visualization techniques

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

## 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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

#### Sibling Class

SAT. July 23 (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

WED. July 13 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
SAT. July 23 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)  
SAT. August 13 (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.)  
MON. August 22 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton – Atrium  
University Medical Center of Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

#### Early Pregnancy Class

WED. July 20 (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.

Designed for expectant parents in the first five months of pregnancy, this class will address the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy.

#### Daddy Boot Camp™

SAT. July 9 (9 a.m. – 12:30 p.m.)  
Community Education & Outreach  
at 731 Alexander Road – Suite 103

**\$35 per person**

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

#### Prenatal Yoga

Please visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) for upcoming class dates.

Community Education & Outreach  
at 731 Alexander Road – Suite 103

**\$10 per person, per class**

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



## 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

MON. July 11 – August 1 (7 – 9 p.m.)  
WED. July 27 – August 17 (7 – 9 p.m.)  
THU. August 11 – September 1 (7 – 9 p.m.)  
TUE. August 30 – September 20 (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

WED. July 16 (9 a.m. – 5 p.m.)  
WED. August 20 (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

WED. July 6 – August 3  
(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 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.

### Prenatal Breastfeeding Class

THU. July 21 (7 – 9 p.m.)  
MON. August 8 (7 – 9 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

FRI. August 19 (7 – 9 p.m.)  
Babies "R" Us  
700 Nassau Park Boulevard, West Windsor

**\$50 per couple. The sessions in August are free in observance of World Breastfeeding Month.**

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

### Prepare for Cesarean Section

THU. August 4 (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 Steps to Baby Care

FRI. July 29 (7 – 8 p.m.)  
FRI. August 26 (7 – 8 p.m.)  
Babies "R" Us  
700 Nassau Park Boulevard, West Windsor

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

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

### Expecting Twins and Multiples

WED. August 24 (6:30 – 9 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

**\$40 per couple**

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

## Baby Care

WED. July 20 (7 - 9:30 p.m.)

TUE. August 16 (7 - 9:30 p.m.)

University Medical Center of Princeton

First Floor, Education Center

\$50 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, choosing a pediatrician and more.

## Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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

# CHILDBIRTH & FAMILY

## POSTPARTUM & PARENTING CLASSES

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family issues. To register, please call **1.888.897.8979** (unless another number is indicated) or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### 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 group is for parents and caregivers of infants. Each week focuses on a different topic, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with a parent or caregiver. Topics available online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### Breastfeeding Support Group

Tuesdays & Fridays

(11 a.m. – 12 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

No registration required.

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 6 (1 – 2 p.m.)

WED. July 20 (1 – 2 p.m.)

WED. August 3 (1 – 2 p.m.)

WED. August 17 (1 – 2 p.m.)

WED. August 31 (1 – 2 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

No registration required.

Having a baby can involve a variety of emotions, from joy and excitement to uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System and explore the challenges of becoming a new parent in a relaxed, friendly way. 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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### CEVO III

SUN. August 28 (9 a.m. – 3 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton – Studio 4

\$10 per person

This classroom course teaches defensive driving techniques unique to ambulance work, training drivers to navigate in traffic safely in emergency and non-emergency situations under severe time constraints and stress. This class will cover collision-prevention techniques and a wide range of other safety-related topics, including vehicle inspection; vehicle handling and design characteristics; emergency and non-emergency driving differences; and safety at the emergency scene.

### EMT CEU – Spinal Motion Restriction Training Presentation

WED. August 10 (6 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

CEUs pending state approval.

The use of back boards to secure patients with suspected spinal injuries has been used as a protocol for protection for years. Recently, however, evidence-based research has shown that this may not be true in all cases. Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education & Outreach Program, to learn about the protocols for the use of spinal motion restriction to ensure proper patient care.

University Medical Center of Princeton is **not** a state-designated regional trauma center.

# CPR & FIRST AID

To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**. Participants who are more than 15 minutes late will need to reschedule for another CPR course held by Princeton HealthCare System.

## ACLS Full Certification Course

THU. & FRI. July 21 – 22 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

## ACLS Recertification Course

MON. August 15 (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 Course

WED. & THU. July 6 & 7 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

## PALS Recertification Course

THU. August 25 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

Recertification: \$175 per person

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

## BLS for Healthcare Providers

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

TUE. July 19 (9 a.m. – 1:30 p.m.)  
TUE. August 23 (6 – 10:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

\$65 per person

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

## Heartsaver AED

THU. August 4 (6 – 9:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$60 per person

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

## Family & Friends CPR

\$25 per person, per session

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

### Session Times:

Infant CPR\* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

### Session Dates:

SUN. August 21

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

## Infant CPR Only

TUE. July 19 (7 – 8 p.m.)

TUE. August 30 (7 – 8 p.m.)

Babies "R" Us

700 Nassau Park Boulevard, West Windsor

## Neonatal Resuscitation Program Recertification Course

WED. July 13 (8 a.m. – 12 p.m.)

MON. August 22 (9 a.m. – 1 p.m.)

University Medical Center of Princeton  
6th Floor, Mother & Baby Unit

\$100 per person.

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



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

# CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. University Medical Center of Princeton (UMCP) 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 information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780. To register, please call **1.888.897.8979** (unless another number is indicated) or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

## Prostate Cancer Support Group

WED. July 13 (12 – 1:30 p.m.)

WED. August 10 (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 19 (1:30 – 3 p.m.)

TUE. August 16 (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 19 (6 – 7:30 p.m.)

TUE. August 16 (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

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

WED. July 20 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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

## American Cancer Society's Look Good, Feel Better

THU. July 18 (1 – 3 p.m.)

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

Please call 1.800.227.2345 to register.

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

## Living Well After Cancer

MON. August 15 (10:45 – 11:15 a.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Find the support you need to transition back into everyday life after successful cancer treatment at this informative program. Join Karen Davison, RN, BSN, Oncology Survivorship Coordinator with University Medical Center of Princeton, for a discussion on nutrition, life after cancer treatment, guidelines for physical fitness and coping with the fear of reoccurrence.

For a full, up-to-date calendar, list of topics or to register, visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).



## SUPPORT GROUPS

### UNITE: Perinatal Loss Bereavement Support Group

MON. July 11 (7 – 9 p.m.)

MON. August 1 (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 5 (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.



### Weight-loss Surgery Support Group

THU. July 7 (6 – 7:30 p.m.)

THU. August 4 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. July 20 (6:30 – 7:30 p.m.)

WED. August 17 (6:30 – 7:30 p.m.)

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

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

### Women's Pelvic Wellness Support Group

THU. July 14 (7 – 8 p.m.)

THU. August 11 (7 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

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

### Freedom from Smoking Support Group

THU. July 14 (6:30 – 7:30 p.m.)

THU. August 11 (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.

### Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. July 18 (1 – 2:30 p.m.)

MON. August 15 (1 – 2:30 p.m.)

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

MON. August 1 (6 – 7:30 p.m.)

University Medical Center of Princeton

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

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

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

TUE. July 19 (6:30 – 8 p.m.)

Community Education & Outreach at  
731 Alexander Road – Conference Room A

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

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

## Total Joint Replacement Support Group

TUE. July 19 (6 – 7 p.m.)

TUE. August 16 (6 – 7 p.m.)

University Medical Center of Princeton  
Conference Rooms C & D

### Registration requested.

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

## Diabetes Support Group

WED. July 20 (2:30 – 4 p.m.)

WED. August 17 (2:30 – 4 p.m.)

Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

MON. July 25 (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 information on UMCP's Diabetes Management Program

and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## 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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

## Varicose Veins

FRI. July 15 (12 – 1 p.m.)

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

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

## Urinary Incontinence: It's Time to Regain Control

TUE. July 26 (11 a.m. – 12 p.m.)

Stonebridge of Montgomery  
100 Hollinshead Spring Road, Skillman

Urinary incontinence affects over 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Physical therapy focused on strengthening the pelvic floor and retraining the bladder can help. Join Becky Keller, PT, MSPT, Pelvic Wellness Rehabilitation Coordinator with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness and restore your quality of life.

## Managing Constipation

TUE. August 23

(11 a.m. – 12 p.m.)

Stonebridge of  
Montgomery

100 Hollinshead Spring  
Road, Skillman

Chronic constipation can interfere with your ability to live a normal life, but there are ways to manage the condition. Join Becky Keller, PT, MSPT, with University Medical Center of Princeton's Outpatient Rehabilitation Network, and learn some simple and practical ways to manage and reduce constipation.



## ONLINE SEMINARS

[www.ustream.tv/princetonhealth](http://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](http://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](http://www.princetonhcs.org/calendar).



### Your Risk of Developing Certain Diseases: A Matter of Ethnicity

THU. July 21 at 7 p.m.

Muhammad Azam, MD, a family medicine practitioner



### Tech Savvy You: Personal Health Technology

THU. August 18 at 7 p.m.

Harvey E. Smires, MD, board certified orthopaedic surgeon



Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check on Tuesday, July 19 and August 16**, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

FULL, UP-TO-DATE CALENDAR AT  
[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar)

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

#### REGISTER:

[www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar)

**1.888.897.8979** (unless another number is indicated)

**DIRECTIONS:** [www.princetonhcs.org](http://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



**Princeton HealthCare System**  
**Community Education & Outreach**

# School is Out and Medication Safety is In

The lazy days of summer can make it difficult to keep kids on their medication schedule. That's why staff members at Princeton House Behavioral Health's (PHBH) Child and Adolescent Programs often meet with parents and young patients in June to discuss plans to stay on track with medication during the summer.

In some cases, accommodating a child's summer schedule may be as simple as switching medication doses to dinnertime, says Madhurani Khare, MD, Medical Director for PHBH's Hamilton site.

If the child is attending camp or a childcare center for the summer, the nurse or caregiver will be responsible for monitoring the child's medication schedule.

For kids lucky enough to sleep in during the summer, taking meds as soon as they wake up might be possible, with adjustments made accordingly throughout the day. And some children, with supervision from their doctor, may be able to suspend taking medication for ADHD during the summer, since they may not need to focus in the same way they do during the school year. In those cases, medication should resume a week or so before school begins.

## Make a Plan

"I would not recommend any child under the age of 14 be left responsible for taking their medication without parental supervision — and then only if they are not a danger to themselves," says Dr. Khare, who is board certified in psychiatry, as well as child and adolescent psychiatry. She also cautions parents about leaving an entire bottle of medication with a teen. Instead, she recommends leaving either a five-day pillbox or one dose at a time for the teen to take upon waking. Then, lock up all other medication.

Setting an alarm on the child's cellphone or sending a text reminder to take medication can also be helpful. "We stress the importance of staying on their medication and the consequences of going off it, especially with anti-anxiety, anti-depressants or mood stabilizers," Dr. Khare says. "Even missing one dose of this type of drug can have consequences."

Parents of children taking psychotropic or antipsychotic medication should also be mindful of how much time their child spends in the sun, since there is a risk of photosensitivity. If a child is going to be exposed to the sun for a period of time, Dr. Khare recommends lots of sunscreen and urges parents to keep the child properly hydrated, not just with water, but also with sports drinks that replace lost electrolytes.

Regular monitoring of medication for children and teen patients by their psychiatrist or other healthcare provider during the summer is also a good practice.

**For more information** on PHBH's Child and Adolescent Partial Hospital Program and Intensive Outpatient Program, located in Princeton, Hamilton, North Brunswick and Moorestown, call 1.888.437.1610, or visit [www.princetonhouse.org](http://www.princetonhouse.org).



**A child under the age of 14 should not be left responsible for taking medication without supervision.**

**For a teen, leave either a five-day pillbox or one dose at a time.**

# Pay Attention to Your Breathing: Difficulty May Be a Warning Sign

For many Americans, taking a deep breath can be a challenge. The Centers for Disease Control and Prevention estimates that 22 million Americans have asthma and more than 15 million have been diagnosed with chronic obstructive pulmonary disease (COPD).



According to **Joseph A. DeBlasio Jr., MD**, a member of the Medical Staff at University Medical Center of Princeton (UMCP) who specializes in internal medicine, difficulty breathing usually relates to one of the disorders he calls the “Big Six.” The most common are asthma and COPD.

Asthma is a condition where the airway narrows and swells, producing mucus and making it difficult to breathe. Triggered by allergies, air pollutants, stress and respiratory infections, it can be a severe condition for some and minor for others.

COPD is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Its major cause is smoking, but exposure to occupational or environmental pollutants, as well as long-term asthma, are also causes.

While breathing problems can occur at any time, Dr. DeBlasio tends to see more patients with acute shortness of breath in the spring and summer due to allergies, which can cause lung constriction and make chronic breathing problems like COPD and asthma worse.

## History is Key

Diagnosing a breathing condition starts with a thorough medical history. Next, a pulmonary function test is performed — along with blood work, a chest X-ray and possibly an EKG — before a patient may be referred to either a pulmonologist or a cardiologist. For both COPD and asthma, treatment may include lifestyle changes and medication, often including a steroid inhaler.

## Know Your Baseline

Dr. DeBlasio urges anyone experiencing shortness of breath to seek a medical evaluation, and if breathing becomes labored, blood pressure or heart rate increases, or other complications are present, to seek emergency care. If a patient has already been diagnosed with a breathing condition, however, knowing what is “normal” (or baseline) is key to knowing when it’s time to see a doctor.

“It comes down to knowing your baseline and noticing when that changes,” Dr. DeBlasio says. “If shortness of breath worsens during a typical daily routine, a patient should consult a doctor.” Dr. DeBlasio warns that smoking will exacerbate most breathing conditions.

**To find a physician** on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## The six top causes of breathing difficulty include:

- 1 Chronic obstructive pulmonary disease (COPD)
- 2 Asthma
- 3 Anxiety
- 4 Blood clots
- 5 Congestive heart failure, or
- 6 Heart attack

# Dance Therapists Understand the Challenge of **Pain-Free Performance**

Like any athlete, dancers at all levels – from novice to professional – endure intense training to develop their skills. But, unlike other athletes, who may be able to limp through a game or wear protective braces or padding, dancers must always look graceful in performance.

When dancers suffer injuries or pain requiring physical therapy, they are well served by therapists who understand their unique needs. The University Medical Center at Princeton (UMCP) employs two therapists who are also trained dancers to design treatments for each patient's needs.

“If a dancer comes in and says, ‘My ankle hurts every time I do a plie and a grande jete,’ I can understand what that means,” says Linda Lucuski, MPT, Rehabilitation Director at UMCP’s Outpatient Rehabilitation Network in Hamilton. “I can ask the patient to show me those movements and I can analyze the technique and form to determine why he or she is experiencing pain.”

## **Foot and Ankle Injuries Are Common**

UMCP therapists treat dancers ranging from young children to adults, whose areas of focus include ballet, ballroom, hip-hop, jazz, musical theater, folk, and traditional styles of Indian and Irish dance. Foot and ankle injuries or discomfort most often lead dancers to seek physical therapy. Hip, lower back or knee pain, muscle strains and tendinitis are also common.

“Dancers are prone to overuse injuries, especially around recital time and during intensive summer training, when they may go from dancing a couple of days per week to dancing five to seven days a week,” says Allison Jackson, PT, DPT, OCS, a therapist at the Outpatient Rehabilitation Network’s Plainsboro location.

## **Balancing Athletics and Art**

“In order for dancers to be successful, they must have the strength and endurance of an athlete and the skill of an artist,” Jackson says. She and Lucuski focus on rehabilitation strategies to help their patients return to their rigorous practice and performance schedules while remaining nimble and pain free.



“An athlete can grimace, sweat and really show how hard he or she is working,” Lucuski says. “A dancer must look as if the dance steps are a walk in the park.”

Lucuski and Jackson conduct comprehensive evaluations of each patient and design individualized treatment plans. They offer dance-specific functional therapy and offer guidance on how to move with improved form and technique. Treatment may include electrical muscle stimulation, ultrasound, heat or ice treatments and manual therapy to decrease pain and swelling and improve range of motion and mobility of the joints and soft tissues. Exercise programs are developed to improve flexibility, strength, core stability, balance and aerobic conditioning. Some patients also may require postural education.

Dance rehabilitation is available days and evenings. Most insurance coverage is accepted. UMCP’s Outpatient Rehabilitation Network also provides comprehensive rehabilitation services at locations in Monroe, Hamilton, Princeton, Plainsboro and South Brunswick.

**For more information** on UMCP’s Outpatient Rehabilitation Network, call 609.853.7840, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Read Between the Lines: What You Don't Know About Nutrition Labels

Food labels are something we all check, at least occasionally, whether it's to pick a product that's lower in calories or check the content of a favorite food's "low sodium" version. But the information found on labels may not be all that helpful when it comes to healthy food choices.



"It's really hard for a food label to educate consumers," says Jane Schwartz, RD, Outpatient and Community Education Nutritionist with University Medical Center of Princeton (UMCP). "Even the simplest thing — calories — can be misinterpreted or misrepresented. You would be surprised how many people don't realize that the number of calories listed for many things is not for the entire package. And in many cases people would never think of a serving size being just a portion of the product."

## New Changes May Help

The Food and Drug Administration (FDA) has revamped nutritional labels, which will make the information more understandable. The changes include requiring products to contain calorie counts based on serving sizes an average person would consume in a sitting. The new rules also require labels to include a listing for "added sugars" on all foods.

"Both changes will be beneficial," says Schwartz. "The added sugar listing will break down sugars in a way that will explain why a package of frozen blueberries, where the ingredients are listed as nothing but blueberries, still has a certain amount of sugar listed on the

nutrition label. These are natural sugars found in the fruit, and while the distinction may not seem important to most people unless they are diabetic, it's an important fact for everyone to know, since added sugars can cause inflammation and weight gain."

## Different Strokes for Different Folks

While nutritional labels can serve as a general guide — for example, identifying which brands are higher in sodium or include more trans fats — the best approach to healthy eating is to reduce, or even eliminate, pre-packaged foods from your diet, keeping in mind your personal health concerns.

"Relying on labels can lead to a number of problems," says Schwartz. "If you are concerned about fats in a packaged product, you may go for a low-fat version and then eat two or more times more than you normally would because it's 'low-fat'. That means you are taking in a lot more calories. Or, you may go for something that's sugar free, and not think about the effect artificial sweeteners have on health."

In general, the best approach to good nutrition is to use prepackaged foods sparingly, and rely mostly on whole foods prepared at home. While this is not always easy in today's hectic world, proper planning — for example, dedicating a specific time each week to preparing meals in advance — can make the task more manageable.

UMCP's Nutrition Program helps individuals understand how to make healthy eating choices in order to lose weight or improve health. In addition to explaining food labels, the program teaches recipe modification and meal planning, and shopping and eating out techniques.

**UMCP'S NUTRITION  
PROGRAM HELPS  
INDIVIDUALS  
UNDERSTAND HOW TO  
MAKE HEALTHY EATING  
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CAN LOSE WEIGHT OR  
IMPROVE THEIR HEALTH**

**For more information** about UMCP's Nutrition Program, call 609.853.6183, or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# UMCP's Center for Eating Disorders Care: Successful Treatment is a Family Affair

Since conditions such as anorexia nervosa, bulimia nervosa, and other eating disorders involve physical as well as emotional and environmental factors, successful treatment of these conditions involves more than just the individual. It engages their loved ones too.

“Family therapy has been found to be an important aspect of treatment,” says Melinda Parisi, PhD, Program Director for the University Medical Center of Princeton (UMCP) Center for Eating Disorder Care. “Whether the patient is a child or an adult, families typically experience confusion, stress, and anxiety. Involving loved ones in the process helps everyone develop the skills to handle the stress and other demands of supporting someone who has an eating disorder.”



## Communication is Key

“Because struggling with an eating disorder is stressful and challenging for everyone involved, communication can be difficult,” says Parisi. “But it’s a vital part of the treatment and recovery process.” Families participate in family therapy and may take part in multifamily group sessions during the patient’s treatment as well.

Family therapy may involve immediate members of the family but can also include other loved ones committed to supporting the patient’s recovery. Weekly or more frequent sessions may be scheduled days or evenings, Mondays through Fridays. Multifamily sessions, held on Saturdays, are available for inpatients and their families. The multifamily program provides family members with information on the issues surrounding eating disorders and an opportunity to seek support from other families sharing similar concerns.

## Individualized Care

Individual treatment plans are developed for each patient, establishing a daily inpatient or partial hospital schedule that takes into account each patient’s age, developmental level and particular needs.

The center treats adults, adolescents and children as young as 8 for the physical, psychosocial and nutritional aspects of their condition, and treatment is covered by most insurance plans. Located within UMCP, the center also provides patients with direct access to additional medical care if needed.

The treatment team includes board certified psychiatrists; registered nurses; licensed psychotherapists; registered dietitians; mental health associates; board certified consulting physicians; and certified teachers to provide private tutoring for school-age patients.

**For more information** about the UMCP Center for Eating Disorder Care, visit [www.princetonhcs.org/eatingdisorders](http://www.princetonhcs.org/eatingdisorders), or call 609.853.7575.

## With a family-centered treatment plan

we can help family members to open a line of communication and keep it open.



## Signs of a Possible Eating Disorder

Although different conditions have different symptoms, general signs of an eating disorder may include:

- Chronic dieting despite being underweight
- Frequent weight fluctuations
- Obsession with calories, fat content and other aspects of food
- Engaging in ritualistic eating patterns, such as hiding food, cutting food into tiny pieces or eating alone
- Avoiding social functions
- Switching between periods of overeating and fasting
- Frequent bathroom visits after meals
- Excessive exercise



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## PHCS FOUNDATION

# UMCP Pharmacy's UP-TEAM Achieves National Recognition

Princeton HealthCare System's UP-TEAM (Utilizing a Pharmacy-Technician to Achieve Optimal Medication Reconciliation) program has been recognized with a Jackson HealthCare Hospital Charitable Services Finalist Award (HCSA). A total of 52 hospital-sponsored community health programs were selected nationwide for the distinction.

HCSA winners were selected based on five central criteria: impact, collaboration, leading practice, transferability and innovation. The award was presented to Princeton HealthCare System on February 9, 2016, at the national HCSA Conference in Atlanta, Georgia.

Both pharmacists and pharmacy technicians play a pivotal role in the UP-TEAM program to ensure that Emergency Department (ED) patients have accurate medication lists, wherever they may be headed—to home, to observation, to a hospital bed or to another facility. No matter what the next destination, the shifting medication landscape for patients on multiple medications and those facing medication changes can be challenging for both patients and clinicians, especially during the crisis of an emergency. UP-TEAM responds to this urgent need, improving patient safety in preparation for the ensuing care transitions.

In 2015, Princeton HealthCare System Foundation awarded the Hospital Pharmacy team an internal grant to launch UP-TEAM in the ED. Last year, the Blanche and Irving Laurie Foundation also provided additional grant funding of \$25,000 for UP-TEAM to continue developing its medication-reconciliation efforts in the ED.



**Timothy Reilly, PharmD, BCPS, CGP, FASCP**, Clinical Pharmacist and UP-TEAM Project Director, and **Jacqueline E. White, PharmD, MSHSA, MBA**, Director of Pharmacy Services, lead the initiative in the Emergency Department, which has added to the national dialogue on medication reconciliation. In fact, Dr. Reilly has spoken on the topic at national and international seminars.

