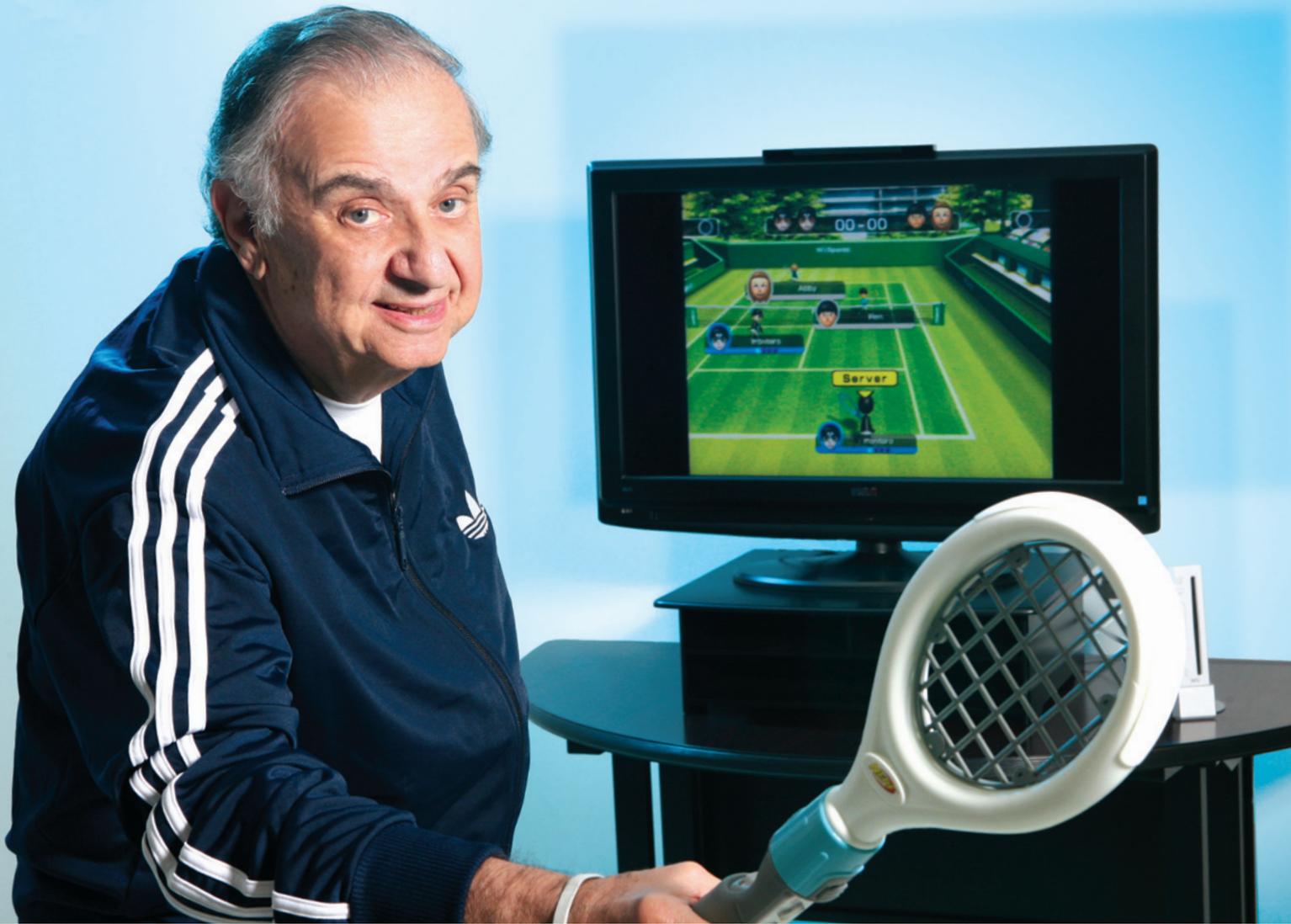


University Medical Center at Princeton
One of 26 U.S. Hospitals Recognized
as a Top Hospital for
Patient Safety



health focus

THE LATEST IN HEALTH NEWS & INFORMATION | SEPTEMBER/OCTOBER 2009



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton House Behavioral Health
- Princeton Rehabilitation Services
- Merwick Care Center
- Princeton Home Care Services
- University Medical Center at Princeton Surgical Center
- Princeton Fitness & Wellness Center
- Princeton HealthCare System Foundation

Wii™-habilitation:
Video Games Help
Make Therapy Fun

communityfocus
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Princeton HealthCare System
253 Witherspoon Street
Princeton, NJ 08540
1.888.PHCS4YOU (1.888.742.7496)

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dedicated to providing you with the latest
health-related news and information.

The health information provided in Health
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Wii™-habilitation at UMCP

If you spend time at University Medical Center at Princeton's Outpatient Rehabilitation Network facility at Princeton Fitness & Wellness Center, you'll likely see patients – and maybe even therapists – playing video games like baseball, tennis and bowling.

Working out with the Wii™ is a new and effective part of patient therapy at UMCP.

Inpatient and outpatient rehabilitation sites throughout Princeton HealthCare System use the Nintendo® Wii™ video game console to supplement traditional physical therapy. This so-called “Wii™-habilitation” has been a hit with patients.

“Patients have so much fun with it, they don't even realize how much they're working on strength and flexibility,” says Pamela Radziewicz, DPT, a physical therapist with UMCP's Outpatient Rehabilitation Network.

You Move, The Game Moves

For those unfamiliar with Wii™, it is unlike traditional gaming systems where action is controlled by a player's thumbs on a keypad or joystick. Instead, game players hold a remote control in the palm of their hands. The player's actual body movements are mimicked by virtual people in the video game.

In bowling, for example, a player swings her arm as she would in real life. This movement – without the weight of a bowling ball – is an excellent exercise for people recovering from fractures and other arm, elbow, shoulder and hand problems, Radziewicz says.

The games also help patients understand their limitations so they don't try to do too much too soon after an injury.

Getting Up and Going

In an inpatient setting, the fun is the same, but the goals are sometimes different.

The UMCP Acute Rehabilitation Unit has a Wii™ for its patients, who include people with disabilities resulting from conditions such as stroke, brain injuries and multiple sclerosis. Wii™ is as much for recreation, enabling patients to have fun and transcend their situation, as it is for therapy, says UMCP recreation therapist Jo-Ellen Ross, PhD, CTRS.

“Young and older patients are equally excited about playing the games,” Ross says.

Games help patients work on hand-eye coordination, balance, memory, use of their

non-dominant side, and following directions, Ross explains. For patients with language or speech issues, Wii™ presents a non-verbal means of activity with visual feedback. The competition can motivate patients to work harder – whether they are trying to set a new high score in bowling, knock out an opponent in boxing, or outwit a mini “brain game,” Ross says.

“They get immersed in the game, see the results of their own movements, and get a sense of accomplishment,” Ross says.

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

“Patients have so much fun with it, they don't even realize how much they're working on strength and flexibility.”

– Pamela Radziewicz, DPT, Physical Therapist, UMCP's Outpatient Rehabilitation Network



Pictured on the cover: UMCP rehab patient Arthur Stoller of Skillman demonstrates use of Wii™ tennis. **Pictured above:** Physical therapist Pamela Radziewicz, DPT, works with Marsha Freeman of Princeton on some “Wii™-hab” moves.

UMCP Advances Trend Toward Less Invasive Approach to Surgeries

University Medical Center at Princeton has become one of just a handful of centers in the Northeastern United States to offer a pioneering surgical procedure that enables surgeons to perform laparoscopic surgery by way of a single incision through the belly button.

With virtually no visible scar, less pain and faster recovery, this "single port laparoscopic surgery" is an important medical advance that provides significant benefits for patients.

In traditional laparoscopic surgery, doctors make multiple "keyhole" incisions – usually three or four – in different sites on the body, through which a specialized camera and surgical instruments are inserted. This method represented a clinical breakthrough when it came on the scene nearly 20 years ago, providing the first alternative to the long, open incisions normally associated with surgery. Patients still had to recover from these multiple small incisions, however, and deal with the cosmetic issue of multiple scars.

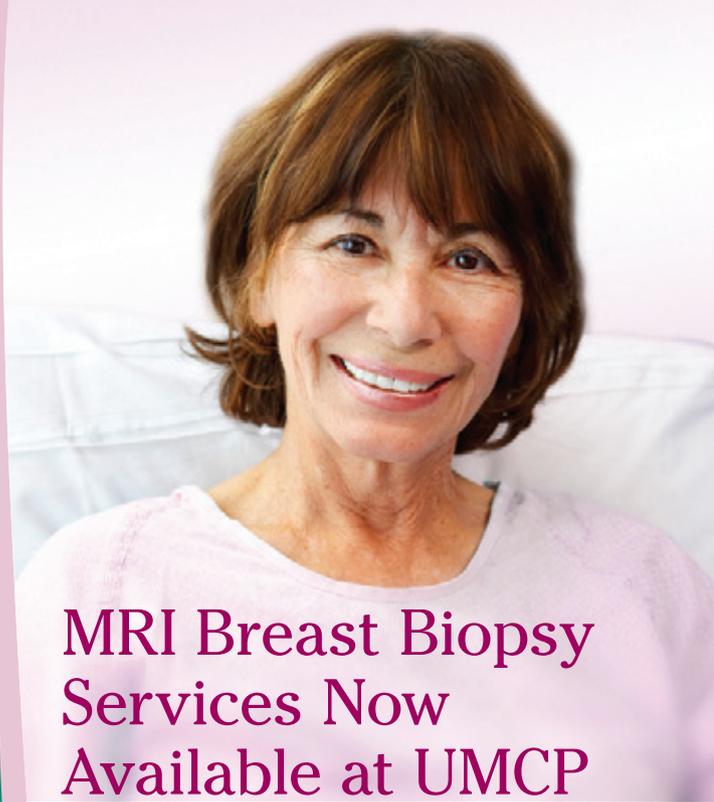
In single port laparoscopic surgery, only one incision is made through the navel, with all instruments passing throughout that opening.

Pioneering New Technology

"This is the next advance of laparoscopic surgery, from multiple incisions to just a single incision in the belly button," says Henry Davison, Jr., MD, FACS, a board certified surgeon who performs single port procedures at UMCP. "This is where the technology is moving, and it's something people can take advantage of right now."

The benefits for patients are substantial. Cosmetically, the single port approach is a major advance, as it leaves the patient with virtually no visible scar. A single incision also means less post-operative pain and slightly reduced risk of infection than a recovery from multiple incisions. The procedure may also help eliminate the need for an overnight hospital stay.

For more information about single port laparoscopic surgery or for assistance finding a Princeton HealthCare System-affiliated surgeon trained in this procedure, call 1.888.PHCS4YOU (1.888.742.7496).



MRI Breast Biopsy Services Now Available at UMCP

Adding another tool for the diagnosis of breast cancer, University Medical Center at Princeton is now offering MRI-guided breast biopsy, a minimally invasive procedure in which a breast biopsy is guided by highly detailed magnetic resonance imaging.

"When it comes to successfully fighting breast cancer, early detection and prompt treatment are essential," says William A. Parker, MD, a board certified interventional radiologist on the hospital's medical staff. "The good news is that advances in breast care such as MRI and MRI-guided breast biopsy can now be used in coordination with other diagnostic exams such as mammograms to detect and diagnose cancers earlier."

During a breast biopsy, doctors remove a small sample of breast tissue and examine it for the presence of cancer cells. Such procedures are typically ordered after the detection of a lump or when a diagnostic exam finds an irregularity.

The MRI-guided breast biopsy at UMCP makes use of the minimally invasive Mammotome® Breast Biopsy System in conjunction with powerful 3.0T MRI imaging capabilities, resulting in a highly accurate breast cancer diagnosis with minimal pain, scarring and recovery time.

During the procedure, a physician guides a small probe into the breast through a ¼-inch incision and gently collects suspicious tissue samples for evaluation.

(continued on page 4)



Self-treating Depression or Anxiety with Substances

Living with depression or anxiety can make simple, everyday tasks overwhelming – commuting to work; cooking dinner; taking care of the kids. These problems can be compounded when a person turns to alcohol or drugs to help them cope.



Whether it's alcohol, prescription medication or street drugs, addictive substances can seem to provide temporary relief for some of the symptoms of depression or anxiety, but they only mask the true problem.

“Many people with addictions actually have what we call a ‘dual diagnosis’ or ‘co-morbidity,’” says Neal Schofield, MD, Medical Director of Inpatient Services for Princeton House Behavioral Health and Vice Chairman of the Department of Psychiatry for Princeton HealthCare System. “People with depression, for example, may use stimulants like amphetamines to help them focus, but they often then become addicted, resulting in two different diagnoses – depression and, now, substance addiction.”

In fact, nearly one-quarter of adults who had a serious psychological disorder in the previous year also were dependent on or abused substances, according to the latest *2007 National Survey on Drug Use & Health*, by the Substance Abuse and Mental Health Services Administration.

Denying the true problem or trying to avoid the stigma of mental illness may drive some people to “self-medicate,” rather than seek professional help, Dr. Schofield says. The symptom relief they get – like the calming effect sedatives or alcohol gives to those with anxiety – is what hooks people and keeps them coming back for more.

“People can become chemically dependent on the substance they choose, especially those who have a family history of addiction,” explains Dr. Schofield.

Resolving the Problem

The first step in treating dual diagnoses, Dr. Schofield says, is to detoxify the patient of the addictive substance. Initially, it can make the situation seem worse, as the underlying issue of depression or anxiety comes to the surface once the substance is withdrawn. However, this step is critical, because you need to strip away the addiction before you can really treat the root cause.

Group and individual therapy, as well as non-addictive medications, are often used as a long-term treatment. At Princeton House Behavioral Health, a staff of board certified psychiatrists, skilled nurses and social workers have a tremendous amount of experience treating patients with dual diagnoses.

“We help them to break the cycle of self-medicating, because although they often remember only the good feeling they got from it, it's really like throwing kerosene on a fire,” says Dr. Schofield. “Our recovery program is multi-faceted so that each patient, and often their family, receives the ongoing support and treatment they need to permanently overcome their addiction and appropriately manage their depression or anxiety.”

For more information about Princeton House Behavioral Health, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org/princetonhouse.

MRI Breast Biopsy Services Now Available at UMCP *(continued from page 3)*

The outpatient procedure can be completed in approximately an hour and most patients return to normal activity immediately after. In addition, the biopsy incision is so small that just an adhesive bandage is needed to cover it. No sutures are required, and there is minimal scarring.

Comprehensive Breast Health Services

Mammograms continue to be essential to breast cancer screening, Dr. Parker adds, with MRI and MRI-guided biopsy among several follow-up diagnostic techniques that may be used depending on the mammogram results and the needs of the patient.

MRI-guided biopsy is the newest in a comprehensive array of breast health services available through UMCP.

UMCP's Cancer Program is a Clinical Research Affiliate of The Cancer Institute of New Jersey and accredited by the American College of Surgeons' Commission on Cancer. For more information about University Medical Center at Princeton's Cancer Program and breast health services, call **1.888.PHCS4YOU (1.888.742.7296)** or visit www.princetonhcs.org.

October is National Breast Cancer Awareness Month

and an opportune time to be thinking about prevention and early detection, including your annual mammograms.

Schedule your mammogram today by calling **609.497.4310** for University Medical Center at Princeton or **609.688.2700** for UMCP Breast Health Center. Sign up for our free electronic mammogram reminder service at www.MammoRemindHer.com.

Roughly one quarter of American women are affected by pelvic floor disorders, with that number increasing as women age: more than 40 percent of women age 60 to 79 and about half of women 80 and older, according to the National Institutes of Health. In addition, nearly one in 11 women will undergo surgery because of these conditions.

“This area is one of the most rapidly growing specialty fields in women’s health, and fortunately, there are now better solutions available, including non-surgical and minimally invasive procedures,” says Heather M. van Raalte, MD, who is fellowship trained in urogynecology and a member of the medical staff of Princeton HealthCare System.

The pelvic floor is a group of muscles that form a sling or hammock across the opening of a woman’s pelvis and help hold the bladder, uterus, bowel and rectum in place. Pelvic floor disorders occur when the pelvic muscles and connective tissues are weakened or injured. Risk factors include pregnancy and childbirth, prior pelvic surgery, radiation, chronic constipation and heavy lifting.

Pelvic floor disorders affect three main areas: the bladder, the rectum, and the vagina and uterus. Problems include urinary incontinence, overactive bladder, fecal incontinence, chronic constipation, and pelvic organ prolapse (*see sidebar*).

These disorders can usually be diagnosed in the doctor’s office through a pelvic exam similar to a typical gynecological exam.

Finding Relief

Often incontinence can be treated with exercises (known as Kegel exercises) to strengthen the muscles around the openings of the urethra, vagina and rectum. Diet modifications, such as avoiding caffeine or high-acid foods, may be recommended, Dr. van Raalte notes.

In cases of prolapse, doctors may recommend treatment with a pessary, a plastic device similar to a diaphragm that is fitted into the vagina to help

hold the bladder, uterus and bowel in place. Pessaries can be inserted in the office without surgery.

Surgery, however, also is an effective treatment for prolapse, and with advancements in medicine it is minimally invasive and can often be performed with regional anesthesia, Dr. van Raalte says.

Preventive Techniques

Preventing pelvic floor disorders can often be accomplished by strengthening and maintaining the muscles of the pelvic floor. In addition to Kegel exercises, yoga and Pilates are effective in targeting the pelvic area. At the same time, women should avoid activities that place a lot of strain on the pelvis, such as repetitive heavy lifting. Women who suffer from constipation should use a stool softener and increase their water intake, as regular pushing and straining may also damage the pelvic tissues.

“Most importantly, women should remember that pelvic floor disorders do not have to be ‘closet’ conditions,” says Dr. van Raalte. “Too many women keep these problems to themselves, not knowing that there are often simple solutions that can improve their quality of life.”

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

Simple Treatments for Pelvic Floor Disorders Can Improve Quality of Life

If you are a woman and suffer from incontinence, overactive bladder or pelvic organ prolapse, you are not alone.



Symptoms of Pelvic Organ Prolapse

Pelvic organ prolapse occurs when pelvic organs such as the uterus, bladder and bowel fall out of place and collapse into the vagina, the pressure from which may cause a bulge or protrusion through the vaginal canal. Symptoms include:

- A feeling of heaviness or fullness in the vagina;
- Pulling or aching in the lower abdomen or pelvis or a bulge coming from the vaginal opening;
- Difficulty emptying the bladder or rectum completely; and
- Frequent urinary tract infections.



TIPS TO KEEP BABY SAFE

As new parents quickly discover, caring for a baby is an around-the-clock job that requires constant vigilance. UMCP's pediatricians advise that careful attention to small details can make a big difference when it comes to keeping your baby safe.

"The key to baby safety really is paying careful attention to the infant's needs and activities," says Louis J. Tesoro, MD, a board certified pediatrician and Chairman of Pediatrics at University Medical Center at Princeton. "The best way to remain alert is to take care of yourself, by having help and support. Set up a support network so you can take regular breaks from your baby, and don't be afraid to ask for help."

Dr. Tesoro's Top Baby Safety Tips:

- Never leave infants unattended on an elevated surface, such as a changing table or bed. In an instant, they can shift position and fall.
- Sunblock should not be used on babies, so keep them out of direct sunlight, especially on hot, dry days. When in the sun, cover the baby carriage or stroller with child-safe netting, allowing air to flow through to the baby while filtering out the sun.
- Dress babies properly for the weather. The basic rule is to provide one more layer of clothing than you are wearing. If you feel comfortable in a long-sleeved shirt, your baby should be dressed in a long-sleeved shirt and light jacket or sweater.
 - Keep in mind that babies cannot regulate their body temperature, so never leave them in a steamy bathroom unattended.
 - Anticipate babies' natural curiosity by keeping small objects and containers holding hot liquids out of reach. In one moment, a little hand can grab something that can cause choking or a severe burn.

It only takes an instant for an accident to occur, cautions Alicia Brennan, MD, FHM, Medical Director of the new Pediatric Hospitalist Service component of CHOP Pediatric and Newborn Care at University Medical Center at Princeton, a partnership between UMCP and The Children's Hospital of Philadelphia (CHOP).

"Remember to take that extra minute to make sure your baby is safe," says Dr. Brennan, a board certified pediatrician with CHOP, who will treat patients at UMCP. "Leaving the baby in the tub for a second while you reach for the towel may have turned out fine the first 10 times you did it, but the next time could be different. It really does only take a second for tragedy to strike."

As soon as your baby starts crawling, take additional safety measures, advises Dr. Tesoro. Stairs and doors should be blocked and furniture, boxes and other items that could entice a baby to climb should be removed.

Dr. Tesoro also recommends that parents take a CPR course specifically designed to address emergencies involving children. Princeton HealthCare System's Community Education & Outreach regularly offers pediatric first aid courses. (See pages 17-19 for details.)

For assistance finding a pediatrician affiliated with PHCS, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).



New Partners in

CHOP Pediatric Inpatient, Emergency and Newborn Care at University Medical Center at Princeton is now available, bringing access to world-class pediatric healthcare in your neighborhood!

Through this exciting partnership, physicians from top-ranked The Children's Hospital of Philadelphia (CHOP) will care for children at UMCP 24/7 in three key areas:

- Emergency Department – pediatric consultations as needed
- Inpatient – our new Pediatric Hospitalist Service provides access to CHOP pediatric hospitalists for around-the-clock, non-intensive hospital care
- Newborns/Level II Special Care Nursery – Board certified CHOP neonatologist on-site 24/7 to provide care in UMCP's Level II Special Care Nursery and attend high-risk deliveries as needed

Just like those “terrible twos,” the teenage years can be a challenging time for children and parents alike. At both ages, the battle for independence can be fierce, but a healthy dose of patience, communication and understanding can make the transition smoother.

“In the teenage years, children are trying to establish their own identity, and in the process they naturally test their independence,” says Madhurani Khare, MD, board certified in psychiatry and child and adolescent psychiatry, and a staff member at Princeton House Behavioral Health. “Problems arise because they are not mature enough to handle that independence, and parents do not recognize that their teenager wants freedom but also wants some level of emotional support from them as well.”

The key, according to Dr. Khare, is to take an active interest in your teen’s life, without pushing too hard.

- Know who his or her friends are.
- Be alert to changes in behavior that could indicate a drug, alcohol or emotional problem.
- Keep the lines of communication open.
- Read between the lines as much as possible.
- Try to remain supportive and open to discussion, rather than hounding your teen about his or her attitude.

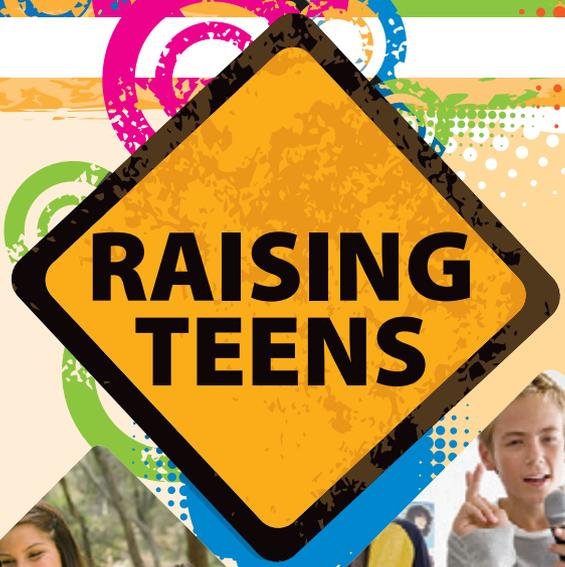
Spotting Problem Signs

Distinguishing “normal” teenage growing pains from behaviors that should spark concern requires a keen eye. Most adolescents typically have mood swings; are super-sensitive; and experience occasional difficulties with their peers and authority figures in school and at home, notes Timothy Patrick-Miller, MD, a board certified pediatrician on the Medical Staff of Princeton HealthCare System. What parents should be on the lookout for are:

- sudden, long-term changes, including persistent sadness, anger, isolation and defiance
- more than occasional sleeping and eating issues
- significant changes in the approach to school and school work

If serious problems do develop, Dr. Khare says parents shouldn’t hesitate to seek professional help. This type of professional help is available through Princeton House Behavioral Health, which provides innovative adolescent treatment programs at four convenient locations: Princeton, Cherry Hill, Hamilton and North Brunswick. Adolescent services include after-school intensive outpatient programs, partial hospital programs, and inpatient substance abuse programs. Regardless of the treatment provided, counseling services involve working with the entire family to promote a supportive environment for recovery.

For more information about Princeton House Behavioral Health adolescent services, visit www.princetonhcs.org/princetonhouse or call 888.242.2550.



Pediatric Medicine

For more information, visit www.umcpchop.org.



Redefining Care.



Hope lives here.

Control Your Cholesterol and Reduce Your Heart Disease Risk

How high is your blood cholesterol? September is National Cholesterol Education Month and a good time to get your blood cholesterol checked and take steps to lower it.

High blood cholesterol is one of the biggest risk factors for heart disease and stroke. But even if your cholesterol numbers are normal, you may be able to do even more to lower your risk, says Aliya Khan, MD, a member of the Medical Staff of Princeton HealthCare System.

“There are diet and lifestyle changes we can all make to reduce our risk of heart disease or having a heart attack,” says Dr. Khan, who is board certified in internal medicine. “These changes can even make a dramatic difference for patients already taking medication to control high cholesterol.”

What Is Cholesterol?

Cholesterol is a fat-like substance produced naturally by the liver and found in certain foods. When the body has too much cholesterol, it can create a build-up, or plaque, on the walls of arteries, which can lead to heart disease. An estimated 65 million Americans have high cholesterol, and heart disease is the No. 1 killer of men and women, according to the National Institutes of Health.

Making a Change

Factors within your control to lower blood cholesterol and reduce your risk of heart disease, according to Dr. Khan, include:

- **Diet:** Limit foods high in fat and cholesterol, such as meat, eggs and non-skim dairy products. (*Check the Health Focus section of the PHCS website — www.princetonhcs.org/healthfocus — for a sample heart-healthy recipe.*)
- **Weight:** Lose weight and maintain a healthy waist measurement (less than 40 inches for men and 35 inches for women).
- **Exercise:** Strive to be physically active at least 30 minutes on most days.
- **Lifestyle:** Quit smoking, drink less alcohol and try to reduce daily stress.
- **Health:** Proactively manage conditions such as diabetes, high blood pressure and kidney disease.

Is Medication an Option?

Even if you are taking cholesterol-lowering medication, known as statins, making lifestyle changes is also an important part of preventing heart disease, says Dr. Khan.

“Lowering your other risk factors is still a critical part of preventing heart disease,” says Dr. Khan.

Learn more at a special presentation on “Understanding & Improving Your Cholesterol Numbers.” See page 11 for details.

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

Should I Try a Clinical Trial?

University Medical Center at Princeton’s Cancer Program provides the full spectrum of personalized care, including advanced diagnostic, clinical, rehabilitative and support services. For some patients, that specialized care may include the opportunity to participate in clinical trials, designed to provide state-of-the-art treatment while advancing efforts to prevent and defeat the disease.

“Participating in a clinical trial can provide certain patients with an opportunity to assist in the valuable research needed to improve outcomes in the treatment of various diseases,” says Judy Neuman, CTR, Director of Cancer Services at UMCP. “At the same time, they are receiving some of the most advanced treatments possible, often well before they become available to the general public.”

“One of our goals is to open trials that will benefit the greatest number of patients in the Princeton area,” notes Douglas A. Fein, MD, board certified radiation oncologist and a Medical Staff member at Princeton HealthCare System.

Clinical trials aren’t appropriate for everyone, Dr. Fein adds. To qualify, patients must meet the stringent prerequisites for that

study, which may include their overall health, age, gender, prior medical treatments, and a wide range of other criteria.

Currently, UMCP is involved with clinical trials related to breast, lung and prostate cancer, as well as bone cancer that has spread from the breast, lung or prostate.

For more information on UMCP’s Cancer Program, which is a Clinical Research Affiliate of The Cancer Institute of New Jersey and one of only 25 percent of hospitals nationwide that is accredited by the American College of Surgeons’ Commission on Cancer, visit www.princetonhcs.org or call **1.888.PHCS4YOU (1.888.742.7496)**.

community focus

SEPTEMBER – OCTOBER 2009

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).

CURRENT PROGRAMS

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

Stroke Prevention: Receive a FREE Carotid Artery Screening!

SAT. August 29 (8 a.m. – 4 p.m.)

281 Witherspoon Street, Princeton

Every year, thousands of Americans suffer strokes as a result of carotid artery disease. Kenneth A. Goldman, MD, board certified vascular surgeon on staff at Princeton HealthCare System, is leading a study on the effectiveness of a new non-invasive ultrasound screening device for carotid artery disease. The study is funded by the National Institutes of Health and takes about 10 minutes to complete.

Eligible candidates for the free screening are 65 years of age or older and have at least one of the following risk factors:

- High cholesterol
- High blood pressure
- History of smoking
- Heart disease

Registration is required. If you meet the above criteria and are interested in participating in the study, please call 609.921.7223 to schedule your screening.

Adult Cooking Classes

TUE. September 1 (7 – 8:30 p.m.)

WED. October 14 (7:30 – 9 p.m.)

Princeton Fitness & Wellness Center

\$15 per person.

Join us for an interactive cooking class and learn how to prepare healthy, simple recipes. These programs feature a hands-on demonstration by a registered dietitian with the University Medical Center at Princeton's Nutrition Program.

What's in Your Shopping Cart? Diabetes Management

WED. September 2 (7:30 – 9 p.m.)

Princeton Fitness & Wellness Center

Learn how to control your sugar intake by making the right food choices at the grocery store and the basic guidelines for reading and understanding nutrition labels. Sandra Byer-Lubin, RD, a registered dietitian with University Medical Center at Princeton's Diabetes Management Program, will present the program.



Living Well with Lung Disease

THU. September 9

(12 – 1 p.m.)

Community Education & Outreach at

731 Alexander Road

Join us for an update on the medications and products currently used in the treatment of COPD (Chronic Obstructive Pulmonary Disease) with Cynthia De Piano, PharmD, Clinical Pharmacist with University Medical Center at Princeton, and Clinical Assistant Professor at the Ernest Mario School of Pharmacy at Rutgers – The State University of New Jersey. Dr. DePiano will answer questions and advise participants regarding the proper use of their inhalers. Participants are encouraged to bring their medications or a list of their medications, including any over-the-counter drugs, to review with the pharmacist after the presentation.

Overcoming Obesity

THU. September 10

(6:30 – 8 p.m.)

Princeton Fitness & Wellness Center

SAT. October 17

(11 a.m. – 12:30 p.m.)

Community Education &

Outreach at the

Hamilton Area YMCA

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

Discover how bariatric surgery can help you overcome severe obesity and the damaging health effects of being overweight, such as: diabetes, high blood pressure, sleep apnea, and infertility. Robert E. Brolin, MD, FACS, board certified bariatric surgeon and former president of the American Society for Bariatric Surgery, and Wai-Yip Chau, MD, board certified bariatric surgeon, will discuss various weight-loss surgery options, including bariatric surgery, gastric bypass surgery and the laparoscopic banding procedure, as well as answer your questions. University Medical Center at Princeton is a Bariatric Surgery Center of Excellence.



Princeton HealthCare System
Community Education & Outreach

Redefining Care.

Directions are available at www.princetonhcs.org

LOCATIONS:

- **University Medical Center at Princeton**
253 Witherspoon St., Princeton, NJ 08540
- **Community Education & Outreach Program**
731 Alexander Rd., Suite 103, Princeton, NJ 08540
- **Hamilton Area YMCA John K. Rafferty Branch**
1315 Whitehorse-Mercerville Rd., Hamilton, NJ 08619
- **Princeton Fitness & Wellness Center**
Princeton North Shopping Center
1225 State Rd., Princeton, NJ 08540

CURRENT PROGRAMS



Health Day: Taking Care of Our Community

SAT. September 12 (10 a.m. – 2 p.m.)
Pennington Quality Market
25 Rt. 31 South, Pennington

FREE. *Pre-registration required for CarFit checks only.

Join us for a fun-filled day of health-related activities designed for the whole family!

Participants include:

- Princeton HealthCare System's Community Education & Outreach Program
- Mercer County Library System – Hopewell Branch
- University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program
- Hopewell Township Health Department
- Alzheimer's Association, Greater New Jersey Chapter
- Pennington First Aid Squad
- UMCP's Pediatric Rehabilitation & Outpatient Rehabilitation Network
- UMCP's Nutrition Program

Activities and events include:

- Blood pressure screenings
- Heart-healthy information
- Kids' crafts & door prizes
- Ambulance 101 tours
- Opportunity to fill out emergency cards
- Food facts at the farmer's market with a UMCP nutritionist
- Car seat safety checks (10:30 a.m. – 1:30 p.m.)
- CarFit checks for seniors (10:30 a.m. – 1:30 p.m.) Learn how to make simple adjustments to your car for a safe and comfortable fit that meets the special needs of the older adult. Please call 1.888.897.8979 for more information and to make an appointment.

2009 Greater Mercer County Start! Heart Walk

SUN. September 13
Registration: 9 a.m.
Walk: 9:30 a.m.

Mercer County Park

Come join the Princeton HealthCare System team in the fight against heart disease and stroke. For more information or to sign up, contact Tracy Davison-DiCanto at 609.529.9461 or join the Princeton HealthCare System team online at www.mercercountyheartwalk.org or tdavison-dicanto@princetonhcs.org.

Meet the Chefs!

Meghan Cattani of PorterHouse Steaks, Chops & Seafood in Hamilton
MON. September 14 (7 – 8:30 p.m.)

Ian Lloyd & Karen Gibson of Kiki's Café at the Hamilton Area YMCA
MON. October 5 (7 – 8:30 p.m.)

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

Meet local chefs for an interactive evening of cooking demonstrations, culinary ideas and the opportunity to sample a variety of cuisine. A registered dietitian from University Medical Center at Princeton's Nutrition Program will be on-hand to discuss nutritional alternatives to everyday cooking and answer your questions.

AARP Driver Safety Program

TUE. September 15 & 22
(9 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center



Registration required.

\$10, payable at door
(Checks should be made payable to AARP.)

Upon completion of this two-part course, students will receive certificates of completion to send to their insurance companies. The certificate entitles students to a 5 percent discount on the major portion of their auto premiums for three consecutive years, and two points will be deducted from their motor vehicle records, if applicable. There is no age requirement, and you do not need to be a member of AARP.



Sinusitis Relief

TUE. September 15
(7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

About 37 million Americans suffer from at least one episode of sinusitis each year,

according to WebMD. Join us to learn more about the causes of sinusitis, diagnosis and treatment options. Scott L. Kay, MD, board certified in otolaryngology, will present this program and answer your questions. Dr. Kay is a member of the Medical Staff of Princeton HealthCare System.

Childhood Obesity: What Parents and Educators Can Do to Help Our Children

TUE. September 15 (6:30 – 8:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

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

The prevalence of obesity among children ages 6 to 11 more than doubled in the past 20 years and the rate among adolescents ages 12 to 19 more than tripled, Centers for Disease Control and Prevention statistics show. If this trend continues, the current generation of American children may be the first generation with a shorter lifespan than their parents. Priya Stephen, MD, board certified in pediatric medicine, and Annie Condit, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss what parents and educators can do to help stop this growing epidemic.

Advance Directives

THU. September 17 (7 – 8:30 p.m.)

Mercer County Library System – Hickory Corner Branch

138 Hickory Corner Road, East Windsor

Learn more about advance directives and how to fill out the associated paperwork at this informational session. It is helpful for your family, loved ones and caregivers to know your wishes in the case of hospitalization and/or incapacitation. This session will explain advance directives, including:

- The legalities of advance directives
- How advance directives are used in the hospital setting

A question-and-answer session will follow the lecture. Participants will have an opportunity to fill out an advanced directive form if they so choose. Sandra Mariani, MSN, RN, a Health Educator with Princeton HealthCare System, will present this program and be on hand to notarize any completed advance directive forms.

Understanding Your Thyroid: Its Impact on How You Look and Feel

THU. September 17 (7:30 – 9 p.m.)

Somerset County Library System – Mary Jacobs Library

64 Washington Street, Rocky Hill

Registration required. Please call 609.924.7073, ext. 112.

Millions of people suffer from thyroid disease. Symptoms such as fatigue, weight changes and anxiety can sometimes be caused by thyroid disease. Join us to learn more about the signs and symptoms of thyroid disorders, their causes and treatment options. Jason M. Hollander, MD, board certified endocrinologist and a member of the Medical Staff of Princeton HealthCare System, will present this program.

How to Manage Stress Successfully

THU. September 17 (7 – 8:30 p.m.)
UMCP Breast Health Center

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

Life can be full of deadlines, frustrations and demands. For many people, stress has become a way of life, but constantly running in emergency mode can have a negative effect on your mind and body. Discover how you can protect yourself by learning how to recognize the signs and symptoms of stress and how you can take steps to reduce its harmful effects. Mary P. Ricci, MSN, RN, BC, Nurse Manager of University Medical Center at Princeton's Cardiac & Pulmonary Program, will lead this discussion and demonstrate relaxation techniques and exercises you can do to help manage stress. *This program is part of the Meredith Maher Peterson Memorial Lecture Series.*



The Latest on HPV

THU. September 17 (7 – 8:30 p.m.)
Community Education & Outreach at
731 Alexander Road

Many people think HPV is mostly a problem for teens or young adults. HPV can infect men and women of any age. In fact, a 2007 survey found that nearly 27% of women in the United States between the ages of 14 and 59 have HPV, according to a report in the *Journal of the American Medical Association*. Lanniece F. Hall, MD, board certified in obstetrics & gynecology, will discuss the role of the HPV vaccine in preventing cervical cancer. Dr. Hall will also discuss the prevalence and incidence of HPV, and review the most common HPV-related diseases, disease prevention, screening and vaccination. Dr. Hall is a member of the Medical Staff of Princeton HealthCare System.

CarFit Check-up Event

TUE. September 22 (1 – 3 p.m.)
Princeton Fitness & Wellness Center

Personal mobility is critical to safe driving. 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. Participants are requested to drive their own vehicles to this event. A trained Princeton HealthCare System CarFit technician will take the driver through an observation and questionnaire session, as well as make adjustments to the vehicle to better fit the driver. PHCS' Community Education & Outreach Program is pleased to partner with AAA (American Automobile Association) and AARP to provide this service to the community.

Common Shoulder Problems – Advanced Solutions

THU. September 24 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch, Suite 100,
Conference Rooms A & B



Is shoulder pain keeping you from doing what you love? Every year more than 4 million Americans seek medical attention for common shoulder problems. Learn more about what you can do to prevent shoulder injuries, including:

- Common causes of shoulder pain
- Diagnosing the source of the problem
- The latest non-surgical and surgical treatment options

A Princeton HealthCare System physician will present this program.

Understanding & Improving Your Cholesterol Numbers

THU. September 24 (7 – 8:30 p.m.)
Mercer County Library System –
Hickory Corner Branch

138 Hickory Corner Road, East Windsor
Most people with high cholesterol have no symptoms. While cholesterol plays an important role in the body, too much "bad" cholesterol can lead to heart disease. This program will explain cholesterol numbers and the differences between "good" and "bad" cholesterol, including:

- Healthy levels of LDL/HDL and triglycerides
- Risk factors for developing unhealthy cholesterol levels
- Treatments and the risks and benefits of cholesterol-lowering medications

Mohammad Azam, MD, a member of the Medical Staff of Princeton HealthCare System, will present this informative program.



Celiac Disease & Living with a Gluten-Free Diet

TUE. September 29 (7 – 8:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch, Suite 100,
Conference Rooms A & B

According to the National Institutes of Health, one in every 133 Americans suffers from celiac disease. Celiac disease is an autoimmune disease that affects the digestive system. A person with celiac disease cannot eat gluten – a protein found in wheat, rye and barley. Symptoms include abdominal pain, bloating, weight loss, general weakness, anemia and joint pain. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss what you need to know about celiac disease, including:

- Signs and symptoms
- Risk factors
- Healthy approaches to gluten-free living



Kids Can Cook: Breakfast!

TUE. September 29 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Kids Can Cook: Lunch!

TUE. October 24 (11:30 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center

\$15 per child, per session.

Kids Can Cook is an interactive cooking series that teaches children and their parents how to prepare healthy, simple recipes together. Each session will focus on healthy meals just for kids and will feature a hands-on demonstration by a registered dietitian from University Medical Center at Princeton's Nutrition Program.

CURRENT PROGRAMS



The Art of Therapeutic Stretching

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

Did you know that most injuries occur from a simple lack of flexibility? This head-

to-toe program will take you through a routine of stretches you can use to protect and relieve the most commonly strained muscles. Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center at Princeton's Outpatient Rehabilitation Network, will lead you through some stretching routines, including:

- A review of the physiology of stretching
- Different types of stretches
- Single muscle stretches and spiral-diagonal patterns

*This will be an active class. Please come ready to move and unwind! Dress in comfortable clothing that would be suitable for exercise.

Diabetes Is a Growing Epidemic Among All Ages: What Is My Risk?

WED. September 30 (7 – 8:30 p.m.)
Mercer County Library System – Hopewell Branch

245 Pennington-Titusville Road
Pennington

With nearly 21 million Americans estimated to have diabetes – and nearly one-third unaware they have the disease – it is important to know what you can do to reduce your risk of developing diabetes. Join us for an informative session with Debbie Brown-Kuhn, RN, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, who will discuss:

- Risk factors for developing diabetes
- How to significantly reduce your risk
- How to reduce associated complications for those with known diabetes



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

THU. October 1 – 22 (6 – 9 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$25 per person. Registration is limited. FBI projections suggest that one out of every three women in the United States will be assaulted in her lifetime. Learn how to become more aware of potential danger and protect yourself in everyday situations. R.A.D. Women® is a national self-defense course for women that combines realistic classroom learning with unique physical defense tactics and risk-reduction strategies, including:

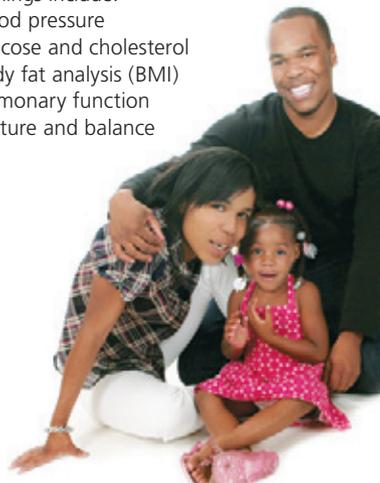
- Awareness, recognition and avoidance
- Physical defense techniques
- Positive visualization techniques

Techniques are simple, practical and effective – 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.

6th Annual Community Health Fair!

SAT. October 3 (10 a.m. – 2 p.m.)
Princeton Fitness & Wellness Center
Join us in celebrating the sixth anniversary of the Princeton Fitness & Wellness Center. Health professionals from Princeton HealthCare System will be on hand to provide free health screenings and information. Plus, tours of Princeton Fitness & Wellness Center, special classes, chair massages, refreshments, kids' crafts, door prizes, and more! Health screenings include:

- Blood pressure
- Glucose and cholesterol
- Body fat analysis (BMI)
- Pulmonary function
- Posture and balance



Common Musculoskeletal Sports Injuries

MON. October 5 (6:30 – 8 p.m.)
University Medical Center at Princeton
Conference Rooms A & B

MON. October 26 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B



Get first-hand information from an orthopedic surgeon about how injuries occur to the musculoskeletal system while playing

sports, and what you can do to reduce the risk of injury for your children or yourself while engaging in sports activities. A physician with Princeton HealthCare System will present this program.

Heart Health: How to Manage Cardiac Risk Factors and Lower Your Risk of Heart Attack and Stroke

WED. October 7 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

It is very important for everyone to know their risk for heart attack or stroke and the importance of maintaining a healthy heart. Of all the risk factors, the only one that cannot be controlled is family history. Learn how to manage the risk factors that can be controlled, with Lisa S. Motavalli, MD, board certified in cardiovascular disease and member of the Medical Staff of Princeton HealthCare System. Dr. Motavalli will discuss the latest in cardiovascular health and risk factors and what you can do to stay heart-healthy.

Please Give Blood

You can help to save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering "A Pint for A Pint," and everyone who donates will receive a certificate for a free pint of Thomas Sweet ice cream. **For hours, or to schedule your appointment, call 609.497.4366.**

**Yikes! What Is Happening to My Body?
A Puberty Talk for Girls**

THU. October 8 (7 – 8:30 p.m.)

**Yikes! What Is Happening to My Body?
A Puberty Talk for Boys**

THU. October 15 (7 – 8:30 p.m.)

Mercer County Library System –
Robbinsville Branch
42 Allentown-Robbinsville Road
Robbinsville

Please call 609.259.2150 to register. These programs will discuss the physical, intellectual and emotional changes your child will experience during his or her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The programs are designed for children 9 to 12 years old and will be led by Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System. Children should be accompanied by their parent/guardian.

Vegetarian MealsTUE. October 13 (7 – 8:30 p.m.)
Community Education & Outreach at
731 Alexander Road

Whether you have been following a vegetarian diet for years, or are just thinking about getting started, join us and learn more about the different levels of a vegetarian diet, how to ensure proper nutritional balance, and avoid hidden fats. This program will be presented by a registered dietitian with University Medical Center at Princeton's Nutrition Program.

**University Medical Center of
Princeton at Plainsboro**

TUE. October 13 (7 – 8:30 p.m.)
South Brunswick Public Library
110 Kingston Lane, Monmouth Junction
Learn about the University Medical Center of Princeton at Plainsboro (UMCPP) and other health-related facilities moving in the near future to a 160-acre site in Plainsboro, bounded by the Millstone River, Scudders Mill Road and Route One, just 2.5 miles from the center of Princeton. UMCPP will be the state-of-the-art replacement hospital for the current University Medical Center at Princeton (UMCP) on Witherspoon Street in Princeton. Presentation by Pam Hersh, Vice President for Government and Community Affairs at Princeton HealthCare System, whose acute care hospital is UMCP.

**5th Annual Fall Senior Fest**

TUE. October 20 (10 a.m. – 2 p.m.)

Angeloni's Cedar Gardens
Route 33, Hamilton**No registration required.**

Princeton HealthCare System is pleased to participate once again in this annual event, sponsored by Saul Funeral Homes, Inc. PHCS health professionals will provide free blood pressure screenings. Board certified otolaryngologist Scott L. Kay, FACS, and Debra Himel, ScD, CCC-A, will explain the different types and causes of hearing loss, including information on the latest technology in hearing devices that can open the world of communication for the hearing impaired. They will also include a discussion on the issues of tinnitus, or ringing in the ears, and how to overcome that as well. This event also features community agencies and vendors focused on the lifestyle of today's seniors.

**Joint
Replacement &
Revision**TUE. October 20
(6:30 – 8 p.m.)Community Education
& Outreach at the
Hamilton Area YMCAJohn K. Rafferty Branch
Suite 100, Conference Rooms A & B

TUE. October 27 (6:30 – 8 p.m.)

Princeton Fitness & Wellness Center
Brian Vannozzi, MD, an orthopedic surgeon with Princeton HealthCare System, will discuss arthritis, including:

- Who gets it and why
- How doctors diagnose arthritis
- New ways your doctor can treat arthritis before surgery
- The latest, smaller and minimally invasive surgeries, including partial replacements
- Newer, faster rehabilitation techniques
- What to expect after a joint replacement, a joint replacement's failure, what your doctor can do, and what to do if you've had a joint replacement and still have pain

**Cooking with
the Women's
Club of KCCP:
An Introduction
to Korean Food**

WED. October 21 (6:30 – 8 p.m.)

Princeton Fitness & Wellness Center
Meet the women of the Korean Community Center of Princeton (KCCP) and enjoy the opportunity to experience Korean cuisine. The Women's Club of KCCP will share their recipes for the food served, while a PHCS registered dietitian will discuss the nutritional value of each dish. A donation of \$10 is requested to cover the cost of this light supper. Seating is limited – early registration suggested.

**Are You Suffering From Loss
of Balance, Unexplained Falls,
Trouble with Movement or
Dizziness and Vertigo?**

WED. October 21 (6:30 – 8 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Dizziness can mean many things to many people, but when the ability to function becomes limited, finding relief from the symptoms becomes very important. Linda A. Lucuski, MPT, Cert. MDT, Rehabilitation Coordinator with University Medical Center at Princeton's Outpatient Rehabilitation Network, will discuss vestibular rehabilitation and how specific exercises can be used to decrease or eliminate dizziness, improve balance, and enhance safe activity levels.

**Attention Deficit and Related
Disorders in Children**

TUE. October 27 (7:30 – 8:30 p.m.)

Princeton Public Library
65 Witherspoon Street, Princeton

Please call Jan Johnson, Youth
Coordinator at Princeton Public Library,
to register at: 609.924.9529, ext. 243.

Join us to learn more about hyperactivity and attention deficit disorders in children, including:

- Signs and symptoms
- Differentiating between normal and abnormal childhood behavior
- Treatment options

This discussion will be presented by a certified pediatrician with Princeton HealthCare System.

CURRENT PROGRAMS

Bipolar Awareness & Information Session

TUE. October 27 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
Depending on who you talk to, bipolar disorder may be described as an “often under-diagnosed” or “over-diagnosed” condition. Join us to learn up-to-date information on the spectrum of bipolar disorder, how it is diagnosed and what treatment options are available. George F. Wilson, MD, board certified psychiatrist with Princeton House Behavioral Health, will present this program. Dr. Wilson is a member of the Medical Staff of Princeton HealthCare System.



Maintaining Flexibility & Agility as We Age

WED. October 28 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B
Maintaining your flexibility, agility and balance as you age will enable you to continue to enjoy the activities you love, while helping you prevent common orthopedic injuries and conditions, including back pain, bursitis, tendonitis and joint pain. Richard Levandowski, MD, board certified in sports medicine and a family practice physician, will present this program. Dr. Levandowski is a member of the Medical Staff of Princeton HealthCare System.

Hamilton Area YMCA's 5th Annual Spooky Tails & Trails 2009

SAT. October 31 (rain or shine)
Veteran's Park in Hamilton
Check-in and walk-in registration: 8 – 9 a.m.
2-Mile Family & Pet Walk: 9 a.m.
5K Run: 9 a.m.

Ages 13 and up: \$17 (\$22 after October 29)
Ages 6 – 12: \$10
Children 5 and under: FREE!

Contact Krissi Zigenfus, Senior Director of Member Initiatives, Hamilton Area YMCA, at 609.581.9622, ext.1112, to register or for more information. You can also register online at: www.active.com or www.hamiltonymca.org. This annual event, cosponsored by Princeton HealthCare System, will feature a 5K run, a two-mile family and pet walk, food, prizes and family fun. Health professionals from Princeton HealthCare System will provide health information and free blood pressure screenings, plus Halloween crafts for the kids.



CHILD BIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center at Princeton, which has ranked by HealthGrades among the top 5 percent of hospitals in the nation for maternity services for four years in a row, 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.

The Happiest Baby on the Block™ Part 1: Prenatal Class

FRI. September 11 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road

WED. October 14 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

\$60 per family*

Is parenting a newborn in your future? Are you feeling overwhelmed at the thought of sleepless nights and continual baby cries? Few impulses are as powerful as a parent's desire to calm a crying baby. However, calming a baby is a skill that takes some practice. In our *Happiest Baby Class: Part 1*, caregivers learn a revolutionary technique for calming a fussy baby. The class is taught by Mindi J. Klein, MSPT, a certified Happiest Baby Instructor, and includes an instructional DVD and Soothing Sounds White Noise CD. Parents will practice techniques on a doll and learn a step-by-step approach to helping babies sleep longer, as well as how to soothe even the fussiest of infants. After the birth of their baby, parents will have the opportunity to attend a follow-up class (Part 2) with their newborn, to allow for hands-on practice and skill.

*Cost includes the follow-up class *Part 2: Hands-On Skills with Your Baby*, the Happiest Baby on the Block™ DVD and Soothing Sounds CD.



Prenatal Partner Yoga Workshop

SAT. September 12 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$40 per couple

This workshop is designed to help pregnant couples learn supportive positions that can help the mother-to-be stretch and feel better during pregnancy and labor. Couples will practice:

- Postures
- Breathing techniques
- Massage

No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. This class is taught by a certified prenatal yoga instructor.

Maternity Tour

SAT. September 12 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
SAT. September 26 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)
SAT. October 10 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
SAT. October 24 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)

University Medical Center at Princeton – Main Lobby
University Medical Center at 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.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Sibling Class

SAT. September 12 (10 – 11:30 a.m.)
 SAT. October 10 (10 – 11:30 a.m.)
 University Medical Center at Princeton –
 Main Lobby

\$30 per child

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



Daddy Boot Camp™

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

SAT. October 17 (9 a.m. – 12:30 p.m.)
 Community Education & Outreach at the Hamilton Area YMCA
 John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$25 per person

This "men only" course is designed for fathers-to-be to gain knowledge in parenting skills and to develop hands-on skills for caring for their newborns. A certified male Daddy Boot Camp™ instructor, along with new dads, will demonstrate how to hold, comfort, diaper and play with their baby, 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.

OPTIONS FOR BIRTHING

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

Birthing Basics

WED. September 9 – 30 (7 – 9 p.m.)
 TUE. September 29 – October 20 (7 – 9 p.m.)
 MON. October 19 – November 9 (7 – 9 p.m.)
 THU. October 29 – November 19 (7 – 9 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

\$120 per couple

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

Accelerated Birthing Basics

SAT. September 12 (9 a.m. – 5 p.m.)
 SAT. October 3 (9 a.m. – 5 p.m.)
 SAT. October 24 (9 a.m. – 5 p.m.)
 University Medical Center at Princeton
 Lambert House Classroom 3

\$155 per couple

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



HypnoBirthing®

WED. September 16 – October 14 (6:30 – 9 p.m.)
 Community Education & Outreach at 731 Alexander Road

\$195 per couple

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

Review of Birthing Basics

FRI. September 25 (7 – 9:30 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

\$60 per couple

This program is designed for second- or third-time parents to help you refresh and practice coping skills for labor and delivery.

Lamaze Class

THU. October 1 – 22 (7 – 9 p.m.)
 Community Education & Outreach at 731 Alexander Road

\$120 per couple

This four-week class teaches expectant parents about the Lamaze philosophy of childbirth – that women can trust their body to birth their baby naturally and without intervention. Couples will learn a variety of Lamaze techniques that support the natural birthing process. This class will be taught by a certified Lamaze childbirth educator.

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

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL



Prenatal Exercise

MON. September 14 – October 26
(7 – 8 p.m.)

No class September 28
Community Education & Outreach
at 731 Alexander Road

\$95 per person

This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to improve muscle tone, circulation and energy level while easing everyday tension and stress. The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own individual comfort level, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

Prenatal Breastfeeding Class

TUE. September 15 (7 – 9:30 p.m.)

TUE. October 20 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$45 per couple

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

Car Seat Check Events

WED. September 16 (1 – 3 p.m.)

Babies "R" Us – West Windsor
700 Nassau Park Boulevard, Princeton

SAT. October 17 (10 a.m. – 1 p.m.)

Mercer County Library System
Robbinsville Branch
42 Allentown-Robbinsville Road, Robbinsville

No registration required.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Have a certified child passenger safety technician check your child's car seat! Please bring your car manual and car seat instructions. Participants must arrive half an hour before the end of the event.

Prenatal Yoga

THU. September 17 – November 5 (7 – 8:15 p.m.)
Princeton Fitness & Wellness Center

\$130 per person

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

Baby Care

TUE. September 22 (7 – 9:30 p.m.)

THU. October 15 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$45 per couple

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



The Personal Touch: Having Your Baby with a Certified Nurse Midwife

THU. October 29 (6:30 – 8:30 p.m.)

University Medical Center at Princeton
Conference Rooms A & B

Please join us for an informative evening about the midwife model of care. The evening will focus on a discussion of comfort measures for labor and include a tour of University Medical Center at Princeton's Maternal-Child Health Program. Participating certified nurse midwives include:

- Ursula Miguel, MS, CNM
- Grace Fimbel, CNM

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center at Princeton, which has ranked by HealthGrades among the top 5 percent of hospitals in the nation for maternity services for four years in a row, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)

Community Education & Outreach at 731 Alexander Road

\$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 the parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)

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

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

Postpartum Adjustment Support Group

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

No registration required.

Having a new baby is a time of great joy, but also one that can bring about uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System as they help explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

Postpartum Exercise

TUE. & THU. September 15 – October 22 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$140 per person

This six-week class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The exercise program, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

Postpartum Yoga

THU. September 17 – November 5 (10 – 11:15 a.m.)
Princeton Fitness & Wellness Center

\$125 per person

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies. Breathing, relaxation and meditation techniques will be integrated. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching.

Grandparenting 101

TUE. September 22 (7 – 9 p.m.)
Princeton Public Library

65 Witherspoon Street, Princeton

This grandparenting class is a fun, interactive session designed to bring new grandparents and new grandparents-to-be up to date on the latest information on baby care. Topics range from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- SIDS (Sudden Infant Death Syndrome) risk reduction
- Transitioning your role from parent to grandparent
- Newborn characteristics

**Baby Sign**

WED. September 23 (6:30 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$25 per family

Communicating with your baby can be challenging. This class will give you the tools you need to communicate with your child months before he or she learns to speak. Find out when your baby is hungry, thirsty or just not feeling well, using simple sign language. You can begin baby sign at any age, but a good time to start is when your child is between 6 and 7 months old. The entire family is encouraged to attend.

The Happiest Baby on the Block™ Part 2: Postpartum Class

SAT. September 26 (10 – 11:30 a.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SAT. October 17 (10 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

\$60 per family.* Free for families that have taken Part 1.

Are you currently parenting a newborn? Are you feeling overwhelmed with sleepless nights and continual baby cries? Few impulses are as powerful as a parent's desire to calm a crying baby. However, calming a baby is a skill that takes some practice. In our *Happiest Baby Class: Part 2*, parents will have the opportunity to attend with their newborn, to allow for hands-on practice. This class will be taught by Mindi J. Klein, MSPT, and a certified Happiest Baby Instructor. *Cost includes the Happiest Baby on the Block™ DVD and Soothing Sounds CD.

Infant Massage

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

\$30 per family

The benefits of infant massage are numerous – it stimulates baby's brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles and promotes growth, strengthens the immune system, increases circulation and more! Learn about the principles of infant massage with your baby. This class involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.



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 be denied entry into CPR courses held by PHCS.

Heartsaver AED

THU. September 3 (6 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

WED. September 16 (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

The Heartsaver AED course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices 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.

CPR & FIRST AID

BLS for Healthcare Providers

TUE. September 8 (9 a.m. – 1:30 p.m.)
TUE. October 6 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center

TUE. September 15 (9 a.m. – 1:30 p.m.)
University Medical Center at Princeton
Conference Room A

WED. October 14 (6 – 10:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

TUE. September 22 (6 – 10:30 p.m.)
MON. October 5 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at
731 Alexander Road

TUE. October 20 (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.

Pet First Aid

TUE. September 8 (6 – 9 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

THU. September 24 (6 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$40 per person

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



Family & Friends CPR – Infant

SAT. September 12 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

SAT. September 26 (9:30 – 11:30 a.m.)
SAT. October 10 (9:30 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

SAT. October 24 (9:30 – 11:30 a.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$30 per person

The Family & Friends CPR program teaches how to perform CPR on infants and how to help an infant who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.



Family & Friends CPR – Adult & Child

SAT. September 12 (1 – 3 p.m.)
Princeton Fitness & Wellness Center

SAT. October 10 (12:30 – 2:30 p.m.)
Community Education & Outreach at
731 Alexander Road

SAT. October 24 (12:30 – 2:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$30 per person

The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Heartsaver First Aid

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

WED. October 21 (6 – 9:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$55 per person

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those involved in child care who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

Heartsaver First Aid – Pediatric

SAT. September 26 (12:30 – 3 p.m.)
Community Education & Outreach at
731 Alexander Road

SAT. October 17 (12:30 – 3 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$55 per person

The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

Family & Friends CPR – Adult, Child & Infant

SAT. October 3 (9:30 a.m. – 12:30 p.m.)
University Medical Center at Princeton –
Conference Room B

\$30 per person

This class will be taught in Spanish. The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

CPR & FIRST AID



RCP para Familiares y Amigos – Adultos, Niños y en Lactantes

SÁBADO, 3 de Octubre
(9:30 a.m. – 12:30 p.m.)
University Medical Center at
Princeton – Conference Room B

\$30 por persona

Clase disponible en español! En el programa RCP para Familiares y Amigos (Family & Friends CPR) aprenderá cómo dar la resucitación cardiopulmonar a adultos y niños y cómo ayudar a un adulto o

niño que se esté asfixiando. Este curso está diseñado para familias, amigos y personas en general que viven en la comunidad que desean aprender cómo dar la resucitación cardiopulmonar, pero no necesitan tener certificado.



BLS for Healthcare Providers – Renewal Challenge

MON. October 26 (10 – 11 a.m.)
Community Education & Outreach at
731 Alexander Road

\$25 per person

The Renewal Challenge is designed for healthcare providers who are currently certified and require renewal. The registrant MUST:

- Present an original, valid and current AHA BLS for Healthcare Providers CPR certification card.
- Arrive on time. Your appointment and deposit will be forfeited if you are more than 15 minutes late.
- Be able to perform ALL skills on the first attempt. No pre-skills demonstration or remediation will be permitted.
- Receive a score of 85 percent or better on the first attempt at the AHA BLS for Healthcare Providers exam. No second attempt is permitted.

If a participant fails the skills and/or exam, he/she will be required to take the full AHA BLS for Healthcare Providers course. Fees may apply. No second attempt at a challenge course will be permitted.

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. Online registration is not available for this event. Please call **1.888.897.8979** to register.

Assessing Injuries: Emergency Medicine Panel

MON. September 21 (6 – 9 p.m.)
Princeton House Behavioral Health –
Conference Center

905 Herrontown Road, Princeton

EMTs are invited to learn more about assessing emergency situations at a workshop hosted by the Emergency Department at University Medical Center at Princeton and Princeton HealthCare System's Community Education and Outreach Program. Stephen J. Harrison, DO, board certified in emergency medicine, will discuss how to assess injuries and treat pediatric patients; Charles McHugh, MD, will discuss how to assess and treat geriatric injuries; and Kyra Williams, MD, board certified in obstetrics and gynecology, will discuss obstetric emergencies. Topics include:

- Pediatric injuries such as falls, motor vehicle collisions (MVC), bike injuries, sports injuries and submersion
- Geriatric injuries, including falls, abuse, MVC and fractures
- OB emergencies, featuring discussion of anatomy, pre-eclampsia, eclampsia, MVC, domestic violence and falls

This class has been awarded 3 CEUs and is open to all area EMTs. Drs. Harrison, McHugh and Williams are members of the Medical Staff of Princeton HealthCare System.



Pediatric Emergencies: What to Do When a Baby, Child or Teen Can't Breathe

THU. October 22 (6 – 9 p.m.)
Princeton House Behavioral Health –
Conference Center

905 Herrontown Road, Princeton

EMTs are invited to learn about pediatric emergencies at a workshop hosted by the Emergency Department at University Medical Center at Princeton and Princeton HealthCare System Community Education & Outreach Program. Stephen J. Harrison, DO, board certified in emergency medicine, will discuss:

- Anatomy and physiology
- Growth and development through infant, toddler, pre-school, school-age, and adolescent
- Emergencies, injuries and child abuse
- Sudden Infant Death Syndrome (SIDS)
- Medical and trauma scenarios

This class has been awarded 3 CEUs and is open to all area EMTs.

Registration required for all classes. \$10 per person. FREE for EMTs with a training fund certificate. You can pay by credit card prior to the class or bring a check payable to Princeton HealthCare System to class.

CANCER PROGRAMS, SCREENINGS & SUPPORT GROUPS



The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited program of the American College of Surgeons' Commission on Cancer, is pleased to offer support groups, lectures and screenings. Registration required unless otherwise noted. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar.

Cancer Support Group

TUE. September 15 (1:30 – 3 p.m.)
TUE. October 20 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

No registration required.
Walk-ins welcome.

University Medical Center at 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 both personally and professionally
- Managing concerns about recurrence

This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

TUE. September 15 (6 – 7:30 p.m.)
TUE. October 20 (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.

This newly formed Breast Cancer Support Group will meet the third Tuesday of the month. We welcome breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

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

WED. September 16 (12 – 1 p.m.)
WED. October 21 (12 – 1 p.m.)
Medical Society of New Jersey
2 Princess Road, Lawrenceville

Registration preferred. Walk-ins welcome. Please call the American Cancer Society at 732.951.6303.

Princeton HealthCare System is pleased to partner with the American Cancer Society to provide the Head & Neck Cancer Support Group of Central Jersey. This support group will meet the third Wednesday of the month and will provide:

- Encouragement for fellow members
- A safe setting for sharing concerns and problems related to life after head and neck cancer
- Education on laryngectomy issues
- A social outlet for head and neck cancer patients, their families and loved ones

This support group will be co-facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist; Karen Sherman, Director of Patient Family Services, American Cancer Society; and a healthcare professional from Princeton HealthCare System.



Prostate Cancer Support Group

Community Education & Outreach at
731 Alexander Road

No registration required.
Walk-ins welcome.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey and a healthcare professional from Princeton HealthCare System.

WED. September 23 (12 – 1:30 p.m.)

Join us for an *Update on Conventional and Alternative Therapies for Prevention and Treatment of Prostate Cancer* with Connie Pfeiffer, PharmD, BCPS, BCOP, Clinical Pharmacist of Oncology and Internal Medicine at UMCP, and Clinical Associate Professor at the Ernest Mario School of Pharmacy at Rutgers.

WED. October 28 (12 – 1:30 p.m.)

Join us for an open discussion co-facilitated by Lois Glasser and a healthcare professional from Princeton HealthCare System.

UMCP's Annual Free Prostate Cancer Screening

THU. September 24 (6 – 8 p.m.)
University Medical Center at Princeton's Clinic
Medical Arts Building, Suite B
253 Witherspoon Street, Princeton

Appointment required. Please call **1.888.897.8979**.

In recognition of Prostate Health Month (September), University Medical Center at Princeton and the Princeton Regional Health Department will provide free screenings for detection of prostate cancer by board certified urologists to:

- Men over age 50
- Men over age 40 with a family history of prostate cancer
- African-American males over age 40

Screenings will include a digital rectal exam (DRE) and blood work for prostate specific antigen (PSA). Refreshments will be provided.

CANCER PROGRAMS, SCREENINGS & SUPPORT GROUPS

Women of Wisdom: Straight Talk About Breast Cancer from the Women Who Know

SUN. September 27 (1:15 – 2:45 p.m.)
St. Anthony of Padua Church
156 Maxwell Avenue, Hightstown

Registration requested, but not required. Please call 1.888.897.8979 or see David Abalos, PhD, after church on Sunday, September 20 to register.

All women are invited to join us to hear inspiring stories of women who have been affected by breast cancer and learn about the signs, symptoms and risk factors for breast cancer, plus how to detect it early. The session will include:

- Information about how and where to obtain a mammogram.
- Free mammogram for the uninsured. *Free mammograms will be made available (at a later date) to women in need through a generous grant from the Susan G. Komen for the Cure Central and South Jersey Affiliate, Princeton Radiology, and the Christina Walsh Foundation.
- A \$25 gift card for women who complete a screening mammogram.
- Gifts, light lunch and door prizes!

Women of Wisdom is presented by healthcare professionals and community members from the Breast Health Resource Center, Princeton HealthCare System and University Medical Center at Princeton's Breast Health Center. This program is supported by generous grant from Church and Dwight Co., Inc. **This class will be taught in Spanish. ***Esta clase será en español.*

Mujeres de sabiduría: Una plática franca con mujeres que saben sobre el cáncer de seno

DOMINGO. 27 de septiembre
1:15 – 2:45 p.m.

St. Anthony of Padua Church
156 Maxwell Avenue
Hightstown

Se solicita que se registre, pero no es indispensable. Para registrarse, llame al 1.888.897.8979 hable con David Abalos, PhD, después de la misa, el domingo, 20 de septiembre. Invitamos a todas las mujeres a acompañarnos a escuchar las inspiradoras historias de mujeres que han sido afectadas por el cáncer de seno y a aprender sobre los signos, síntomas y factores de riesgo de esta enfermedad y también cómo detectarla tempranamente. La sesión incluirá:

- Información sobre cómo y dónde puede hacerse el mamograma.
- Mamogramas gratis para las mujeres que carecen de seguro. *Los mamogramas gratis se ofrecerán (se harán en otra fecha) a mujeres necesitadas mediante una generosa subvención de Susan G. Komen for the Cure Central and South Jersey Affiliate, Princeton Radiology y la Fundación Christina Walsh.
- Una tarjeta de regalo de \$25 para las mujeres que se hagan el mamograma de detección.
- ¡Regalos, almuerzo ligero y sorteo de obsequios!

Mujeres de sabiduría se presenta por profesionales de atención de la salud y miembros de la comunidad de Breast Health Resource Center, Princeton HealthCare System y el University Medical Center at Princeton's Breast Health Center. Este programa recibe el apoyo de una generosa subvención de Church and Dwight Co., Inc.

***Esta clase será en español.*

American Cancer Society's Look Good, Feel Better

MON. September 28 (1 – 3 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Free. Registration required.
Please call 1.800.227.2345.

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 that help combat the appearance-related side effects of cancer treatment. It's a make-over for the spirit! Beauty techniques will be demonstrated.



The Susan G. Komen Race for the Cure: Join the Princeton HealthCare System Team!

SUN. October 4
(Registration begins at 7 a.m.)
Six Flags Great Adventure

1 Six Flags Boulevard, Jackson

Princeton HealthCare System is continuing its long-standing support of the Susan G. Komen Central and South Jersey Affiliate's Race for the Cure with a silver-level sponsorship and a commitment to making this year's event the biggest yet. As a leading cancer services provider, we encourage you to join us in this vital effort to raise funds in the battle against breast cancer. Or, if you are unable to take part in the event, you can still support the team—and the cause—by making a pledge online at the PHCS team page on the Race website.

For more information and to register, visit:
www.komencsnj.org. Click on "Join an Existing Team" and select the Princeton HealthCare System team!

Options in Breast Health

THU. October 8 (7 – 8:30 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

According to the American Cancer Society, breast cancer is the most common cancer among women in the United States next to skin cancer, and it is the second leading cause of cancer-related death in women. Rachel P. Dultz, MD, FACS, Medical Director, University Medical Center at Princeton's Breast Health Center, and Matthew J. Lynch, MD, board certified in plastic and reconstructive surgery, will present this informative, up-to-date program on breast health and breast cancer treatment options, including:

- Current treatments
- Surgical options
- Breast reconstruction
- Breast reduction

Drs. Dultz and Lynch are members of the Medical Staff of Princeton HealthCare System.

CANCER PROGRAMS, SCREENINGS & SUPPORT GROUPS

The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited program of the American College of Surgeons' Commission on Cancer, is pleased to offer support groups, lectures and screenings. Registration required unless otherwise noted. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar.



Breast Cancer: The Importance of Prevention & Early Detection

THU. October 15 (11 a.m. – 12 p.m.)
TUE. October 27 (6:30 – 8 p.m.)

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

October is National Breast Cancer Awareness Month and a great opportunity to empower yourself and the other women in your life with the information necessary to understand how to best prevent breast cancer and the importance of early detection. Learn more about the various methods used in early detection of breast cancer, including:

- Screening recommendations
 - Breast cancer risk reduction
 - Breast self-exam
 - The latest in new treatments and screenings for breast cancer
- Beth Krefski, RN, MSN, Director of University Medical Center at Princeton's Breast Health Center and certified breast health navigator, will present these programs.

Super Foods & Cancer Prevention for Women

THU. October 22 (7 – 8:30 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss foods that help promote optimal health by lowering the risk for chronic diseases and cancer in women, as well as provide recipes for you to take home.

Breast Cancer Awareness Month!

WED. October 28 (7:30 – 9 p.m.)

Princeton Fitness & Wellness Center

This seminar will focus on breast health and self-awareness, including:

- Breast cancer statistics
- Risk factors
- Anatomy and physiology of the breast
- The importance of early detection through screening methods and breast self-exams

Beth Krefski, RN, MSN, Director of University Medical Center at Princeton's Breast Health Center, will present this program. Women of all ages are welcome to attend.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. September 14 (7 – 9 p.m.)
MON. October 5 (7 – 9 p.m.)
Princeton House Behavioral Health – Conference Center
905 Herrontown Road, Princeton

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.

Diabetes Support Group

WED. September 15 (2:30 – 4 p.m.)
WED. October 20 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. September 28 (6:30 – 8 p.m.)
MON. October 26 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B

No registration required. Please call 609.497.4372 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 at Princeton's Diabetes Management Program, facilitates meetings.

LAWRENCE TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Lawrence Township.

How to Stay Limber and Prevent Injury

WED. September 2 (11 – 11:30 a.m.)
Lawrence Township Senior Center
30 Darrah Lane, Lawrenceville

The role of flexibility in maintaining our independence as we age is important! There is plenty you can do to improve your flexibility and strength right in your own home, especially if you gain an understanding of the aging process and know what specific concerns to target. Join us to learn how you can improve your quality of life and to learn common stretches and exercises you can do at home. Debbie Hutchinson, PT, physical therapist with University Medical Center at Princeton's Outpatient Rehabilitation Network, will lead this presentation.



HOPEWELL TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Hopewell.

Memory, Aging and the Brain: Understanding Memory Loss and the Caregiver

FRI. September 25 (2 – 3 p.m.)

Hopewell Township Municipal Building — Auditorium
201 Washington Crossing-Pennington Road, Titusville

Qian Wang, MD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, will lead this informative discussion. Learn more about aging and the effect it has on the brain, including:

- Understanding your memory
- What is expected with normal aging
- When you should pay attention to memory loss
- Current treatment options
- What you can do to prevent or delay the progress of memory loss



Barbara DeAngelis, Coordinator, Education and Training, Alzheimer's Association, Greater NJ Chapter, will discuss the role of the caregiver, including:

- Caring for the caregiver
- The grieving process (ongoing as a caregiver)
- Signs of caregiver stress
- Ways to reduce caregiver stress
- Taking care of yourself

MONROE TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Monroe Township.

Common Shoulder Problems

TUE. September 29 (1:30 – 3 p.m.)

Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Registration required. Please call 732.521.6111 after August 29.

Painful shoulder conditions occur in patients of all ages and activity levels. Those disorders that affect the more mature patient population include rotator cuff tears, shoulder impingement, and various forms of arthritis. There have been tremendous technological advances in the treatment of all of these disorders. The most common types of shoulder problems pertaining to this demographic will be presented, including a discussion of the symptoms, diagnosis, treatment, and preventative measures. Both conservative and surgical treatment options will be discussed in detail. A Princeton HealthCare System physician will present this program.



Surprise Game Show & Brown Bag Session: Fun with the Pharmacist

THU. October 8 (1:30 – 3 p.m.)

Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Registration required. Please call 732.521.6111 after September 8.

Test your medication "IQ" with the Pharmacy Game Show – the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. Your health professional for the day will be Cynthia De Piano, PharmD, Clinical Pharmacist with University Medical Center at Princeton, and Clinical Assistant Professor at the Ernest Mario School of Pharmacy at Rutgers – The State University of New Jersey.

PLAINSBORO TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Plainsboro.



Surprise Game Show & Brown Bag Session: Fun with the Pharmacist

FRI. October 2 (1 – 2 p.m.)

Plainsboro Recreational Department – Senior Drop In
641 Plainsboro Road, Plainsboro

For more information and to register, call 609.799.0909, ext. 350.

Test your medication "IQ" with the Pharmacy Game Show – the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. Your health professional for the day will be Cynthia De Piano, PharmD, Clinical Pharmacist with University Medical Center at Princeton, and Clinical Assistant Professor at the Ernest Mario School of Pharmacy at Rutgers – The State University of New Jersey.

EWING TOWNSHIP EVENT

Princeton HealthCare System is pleased to offer educational seminars and screenings to residents of Ewing Township.

Maintaining Strength for Women

MON. October 12 (7 – 8 p.m.)

Prospect Heights Fire Co.
1660 Ninth Street, Ewing

No registration required. This event is open to all members of the community.

Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center at Princeton's Outpatient Rehabilitation Network, will discuss the importance of strength building for women, including:

- Aging effects on muscle, heart and bones
- Osteoporosis: male vs. female characteristics
- Benefits of strength and cardiovascular training



Princeton HealthCare System

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A New Hospital Takes Shape

Years of careful planning and visions of a new era in healthcare for the region are taking on tangible form, as construction progresses on the new University Medical Center of Princeton at Plainsboro, scheduled to replace the current hospital site on Witherspoon Street in Princeton in 2011.

The project marked a significant milestone in June, when the first steel columns, which are part of the central utility plant, were raised (see inset photo). Steel installation on the diagnostic and treatment tower began in July.

“It fuels the excitement and anticipation that the whole Princeton HealthCare System family feels for this project,” says Barry S. Rabner, PHCS President and CEO. “The entire community will soon be sharing those feelings as this amazing hospital begins to take shape before their eyes.”



Located on Route One in Plainsboro between Scudders Mill Road and Plainsboro Road, the new University Medical Center of Princeton at Plainsboro will consist of approximately 636,000 square feet of interior space, with 238 private patient rooms, state-of-the-art emergency services, operating suites and a comprehensive array of ambulatory services and laboratories.

For more information about the new University Medical Center of Princeton at Plainsboro, visit www.newhospitalproject.org. For details on the *Design for Healing* campaign, call 609.497.4190 or visit www.princetonhcs.org/designforhealing.

Pictured above: Plainsboro Mayor Peter Cantu, PHCS President and CEO Barry Rabner and Plainsboro Committeeperson Nuran Nabi check on the project's progress in July.