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# health focus

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## Behind the Walls: Progress on the New UMCPP Continues

**communityfocus**

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# Behind the Walls:

## Progress on the New UMCPP Continues

**With the exterior well on the way to completion, the main action at University Medical Center of Princeton at Plainsboro (UMCPP) has shifted inside, where, on any given day, crews of more than 300 workers move about in a choreographed whirlwind of activity.**



Among the major work now taking place is the framing of rooms and corridors with metal studs, as well as the framing of what will be expansive windows that will make virtually every patient room a “room with a view.”

Workers are also putting in a complex infrastructure for mechanical and electrical systems that patients will never see, but which will make the new hospital one of the most advanced facilities of its kind.

Included is overhead ductwork for an environmentally state-of-the-art heating and cooling system. A heightened standard for cleanliness applies even now at the healthcare facility: Each length of metal ductwork arrives from the factory with a dust-proof plastic seal on each end, which workers remove during the ductwork’s installation. The same standard also applies to the extensive network of pipes that will carry medical gasses like oxygen throughout the building, which are also being installed overhead.

Other systems being installed in the ceiling spaces include piping for water; conduit for

normal and backup electrical power; and a pneumatic tube system that will speed the delivery of pharmacy supplies and lab specimens throughout the hospital.

Also going into the ceiling area is a network of connected tele/data cable trays – essentially the “ductwork” that will hold the wires and cabling for the hospital’s advanced IT and communications systems.

In addition, work is proceeding on the hospital’s main concourse – a soaring entryway that is now being enclosed by a two-story high wall of glass. That wall of glass will continue moving up floor by floor until it covers the hospital’s entire south façade.

Pamela Garbini, Vice President for Construction and Facilities at Princeton HealthCare System, can already visualize the stunning effect when work on that façade is complete in early fall.

“You can imagine that curved wall of glass someday soon reflecting blue sky and clouds, and the green of the park outside,” says Garbini. “It will be breathtakingly beautiful.”

For more information about the new University Medical Center of Princeton at Plainsboro, visit [www.newhospitalproject.org](http://www.newhospitalproject.org).

## New Merwick Benefits from Non-traditional Design

When Windsor Healthcare owners Hyman and Michael Jacobs sat down with an architect to design the new Merwick Care & Rehabilitation Center, they made one thing clear: It shouldn't look like any skilled nursing facility and rehabilitation facility built in the past 50 years.

They got what they asked for, a one-of-a-kind building that meets the needs of its residents and patients with a decidedly non-institutional approach.

"The form of the building is not different just for the sake of being different," Windsor Healthcare President Hyman Jacobs says. "The layout contributes to a better experience for the residents and patients and creates a more efficient workplace for our caregivers."

Viewed from above, the buildings now under construction in Plainsboro across the street from the future home of

University Medical Center of Princeton at Plainsboro resemble scattered dominoes, the various components of the building broken up into rectilinear forms set at odd angles to one another.

"It's not a building you're going to mistake for any other, or have trouble remembering," says Michael Jacobs, Vice President of Windsor Healthcare. "And the layout of the buildings creates some real advantages."

The long, straight hallways typical of older institutions are broken up by setting the doorways at an angle. Semi-private rooms offer more privacy by placing the beds on opposing walls, toe-to-toe, with a full-height wall separating them.

The angles between buildings create distinctive outdoor courtyards, which offer visually interesting views from within. The residential wings



are broken up into small "pods" of residents, facilitating socializing and a sense of belonging. Similarly, multiple smaller dining rooms were specified instead of one vast cafeteria.

The facility, which opens in September, will also have modern amenities, from wireless connectivity virtually everywhere to state-of-the-art nursing stations with patient tracking capabilities.

For more information about the new Merwick, call **1.888.PHCS4YOU (1.888.742.7496)**.

***Pictured above:** Windsor Healthcare owner's rep Joe Greco (L) and Windsor Vice President Michael Jacobs oversee construction of the two-story glass wall that opens onto the 3,500-square-foot rehabilitation gym at the Merwick Care & Rehabilitation Center in Plainsboro. The new 200-bed Merwick facility will offer sub-acute rehabilitation and long-term skilled nursing services.*

## Turner Youth Force Visits the New Hospital Site

Turner Construction Company is not only building the new University Medical Center of Princeton at Plainsboro (UMCPP), but also preparing a generation of future builders.

In March 2010, a group of students from Technology High School in Newark (pictured right) visited the UMCPP construction site in Plainsboro as part of the company's Youth Force 2020 program. They began with an overview of the project with Greg Ryan, Senior Project Executive at Turner. Dexter Hendricks, Community Affairs Director at Turner, then accompanied the students to the site to explore an array of topics pertinent to the construction of the hospital, including the challenge of getting materials in and out of the site; the importance of fireproofing; safety issues; the placement of patient rooms; environmental control systems

for lighting and temperature; and the goal of making UMCPP a national model of sustainability for healthcare facilities.

In 1989 Turner instituted the Youth Force 2020 program to guide youth toward careers in the construction industry. Turner employees bring construction awareness to the classroom, encouraging students to stay in school and exposing them to the construction, engineering and architectural fields. The program also provides college scholarships for students majoring in civil, electrical or mechanical engineering, construction management, and architecture.

Turner's community and philanthropic commitment goes beyond constructing permanent structures made of steel, concrete and glass, however. In fact, the



company also made a gift in support of *Design for Healing, The Campaign for the New UMCPP*. Together, we are building the future in more ways than one.

For more information on the Turner Youth Force 2020 program, please contact Dexter Hendricks at **732.627.8314**. For more information on the new University Medical Center of Princeton at Plainsboro, visit **[www.newhospitalproject.org](http://www.newhospitalproject.org)**.

# Diabetes Management Key to Healthy Pregnancies



**With a family history of diabetes and an African-American background, which put her at high risk of the disease, Lanniece Hall, MD, FACOG, (pictured left) was not surprised when she was diagnosed with gestational diabetes in 2006 and again this year when she was expecting her second child. What did surprise her was how challenging it was being on the other side of the stethoscope.**

“I regularly work with patients with gestational diabetes, so I certainly know what the concerns are and how important diabetes management is,” says Dr. Hall, a member of the University Medical Center at Princeton Medical Staff who is board certified in obstetrics and gynecology. “But while it is easy to give guidance as a doctor, it is not that easy to live by those standards as a patient. Being diagnosed, and learning how to manage my condition, opened my eyes and added to my understanding of what my patients have to deal with.”

Dr. Hall worked to successfully control her gestational diabetes — a condition that results in high blood sugar levels during pregnancy that can create health problems for both the mother and the baby — through UMCP’s Diabetes Management Program during her first pregnancy, and applied those same tools in her recent pregnancy.

UMCP’s comprehensive program provides individualized support for adults and children diagnosed with all forms of diabetes, offering customized counseling in everything from nutrition, weight and stress management to medication, blood glucose testing and insulin pump training. Led by a board certified endocrinologist, and staffed by a multidisciplinary team of diabetes specialists, UMCP’s Diabetes Management Program is recognized by the American Diabetes Association as a quality diabetes self-management education program.

“Working with the staff taught me a lot about how to manage my gestational diabetes,” says Dr. Hall. “I learned everything from how to really read the labels on the food I buy to ways to make following the diet a little easier, and they provided me with the tools to track my blood sugar levels and handle the issues that come up when you’re pregnant and dealing with diabetes.

“What I learned I can apply in my daily life too,” Dr. Hall adds, “especially since my diagnosis and family history means I now have a 50 percent chance of developing diabetes in the next five to 10 years.”

For more information about UMCP’s Diabetes Management Program, call **609.497.4372**.

*Learn more about gestational diabetes at a free seminar Sept. 30. See p. 11 for details.*



## When ‘I Don’t Want to Go to School!’ Means Something More

**Any parent of a school-age child has probably heard at one time or another, “I don’t want to go to school.” In fact, they probably uttered those exact same words to their parents when they were kids. However, adamantly refusing to go to school on a daily basis may be a symptom of a larger underlying problem.**

Continual refusals to go to school are often due to either anxiety or depression or a combination of both. Maybe the child is anxious about keeping up with schoolwork or just feels uncomfortable with classmates. In some cases, the child is simply being defiant.

“Regardless of the reason, the worst thing parents can do is give in and let their child stay home,” says Madhurani Khare, MD, Medical Director of Princeton House Behavioral Health in Hamilton. “Letting a child miss school because they don’t want to go only reinforces the behavior and makes it that much more difficult to send them to school the next day.”

Often, children who are anxious or depressed will complain of physical

ailments such as headaches and stomachaches as a reason to stay home. Initially, a parent might not recognize the behavior as school refusal, but if it lasts longer than a week or so, they shouldn’t waste time getting help.

“Many parents wait too long before seeking help. By letting the child stay home, parents think they are helping relieve their child’s anxiety, but it actually exacerbates the situation,” says Dr. Khare.

Children who are treated at Princeton House for refusing to go to school first receive behavioral therapy, and only if necessary, anti-anxiety or anti-depressive medicines. Dr. Khare and her staff work in tandem with the child,

parent and school to cope with the stresses and reinforce the importance of going to school.

“Having the support of their parents, school and therapist, most children successfully manage their anxieties and no longer refuse to go,” explains Dr. Khare. “However, consistency is key, especially when there are breaks in school over holidays and the summer. Not going back to school should never be an option.”

For more information about Princeton House Behavioral Health’s services for children and adolescents, call **800.242.2550** or visit **[www.princetonhouse.org](http://www.princetonhouse.org)**.

# Concerned Mom Finds Relief and Answers at UMCP

**Ewa Ozga of Hamilton found compassion and help for her sick daughter, Maria, when she visited the Emergency Department at University Medical Center at Princeton (UMCP) and met Alicia Brennan, MD.**

Maria, 3, had been running high fevers, stopped eating, drinking and urinating, and was extremely lethargic. Even two trips to another hospital's emergency room yielded no clear answers.

"I was so scared," says Ewa. "Finally, a friend told me that UMCP had CHOP (Children's Hospital of Philadelphia) pediatricians who would see patients in the Emergency Department and that maybe I should take her there."

That's where she met Dr. Brennan, Medical Director of CHOP Pediatric Care at UMCP.

"When I saw Maria in the ER, she appeared very ill, uncomfortable and had respiratory trouble," Dr. Brennan recalls. "Mrs. Ozga knew something was seriously wrong with her child, and she felt that no one was listening to her. I have found, based on my experience, that the mothers are always right."

Maria was admitted right away, but because her condition continued to decline, she was transferred to CHOP's Intensive

Care Unit. Maria's twin, Jacob, was also hospitalized that same night with similar symptoms.

## **Finally, Answers & Action**

"Although I was frightened, I felt safe because finally someone listened, and my daughter was getting the help she needed," explains Ewa. "Dr. Brennan was so kind and concerned, even checking on Maria on her day off."



Maria was diagnosed with mononucleosis, the highly contagious respiratory syncytial virus (RSV) and pneumonia. Jacob was not nearly as sick, but he did require inpatient care. Fortunately, the Ozga family was able to return home within a few days.

Because the multiple viruses impacted her immune system, Maria has developed a condition that lowers her platelet count. She is monitored closely by CHOP doctors and is expected to recover fully.

Says Ewa, "I'm just so grateful that someone finally listened to me and that Maria is in good hands now."

***Pictured:** Maria and Ewa Ozga are all smiles after a trip to UMCP's Emergency Department and subsequent care by Dr. Brennan (pictured above, inset) led to answers and a return to health for 3-year-old Maria.*



## **How Do I Know It's Time to Seek Help?**

It's not unusual for school refusal to peak at ages 5 to 7, and then

again at ages 11 to 14, when transitions to middle school or high school occur, according to Dr. Khare.

Occasional complaints about going to school are normal; daily refusals are not. Other signs to look for to help you decide whether you should seek behavioral healthcare for your child include if your child is:

- Crying every morning or evening
- Complaining of physical ailments that are unfounded
- Unable to sleep
- Slacking off on work, resulting in falling grades

University Medical Center at Princeton has partnered with The Children's Hospital of Philadelphia (CHOP) to provide exceptional pediatric care in our region—with consultations in the Emergency Department, inpatient hospitalizations, and neonatal care. Experts from CHOP are on-site 24/7.

For more information about CHOP Newborn & Pediatric Care at UMCP, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **[www.umcphop.org](http://www.umcphop.org)**.

# UMCP Outpatient Rehab: Helping Patients Get Stronger Every Day

In John Kelly's line of work, a weakened knee won't cut it.

**"I have to be able to run, jump over things and get in and out of a car quickly," says Kelly, 40, a municipal police officer in Mercer County. "For my safety, and to be able to do my job well, I have to be 100 percent."**

Kelly turned to University Medical Center at Princeton's Outpatient Rehabilitation Network after having ligaments and cartilage in his left knee surgically repaired in February, following a swimming accident in Florida last fall.

Kelly says he knew the importance of therapy after suffering a similar injury to his right knee while chasing a suspect 10 years ago.

Both of his knees were surgically repaired by Steven Gecha, MD, an orthopedic surgeon on staff at UMCP. Kelly is expecting to return to full duty this fall. Quality physical therapy motivates patients to work harder, and it comforts them knowing expert help is nearby, Dr. Gecha says.

"Physical therapy really makes a difference for this type of surgery," Dr. Gecha says. "If you don't have excellent physical therapy, the results are just not going to be there."

## Back on the Exercise Beat

Tom Eller is a self-described "gym rat" who has been working out as a member of the Hamilton Area YMCA for more than 15 years.

But the 62-year-old Hamilton man believed his days of strenuous workouts were over after he suffered episodes of crippling back pain early last year. Diagnosed with herniated and bulging discs as well as spinal stenosis, a narrowing of the spine that causes nerve pain, Eller chose physical therapy at UMCP Outpatient Rehabilitation Network. The program, staffed by highly experienced therapists, provides occupational and physical therapy at three Central New Jersey locations, including a newly expanded section of the Hamilton Area YMCA John K. Rafferty Branch.

"I didn't think I'd ever get back to doing the stuff I had done before in the gym," says Eller, a retired lawyer and certified public accountant. "But now,

after physical therapy, I'm back. I don't feel like my back condition stops me from doing or trying anything."

## Top Rehab, Close to Home

Eller and Kelly say they picked UMCP's Hamilton site partly because it is close to home and they were impressed with the large, modern facility. They credit their recovery to:

- One-on-one attention from certified therapists
- Expert advice and innovative techniques
- Access to state-of-the-art equipment

In addition to Hamilton, UMCP Outpatient Rehabilitation has sites in Cranbury and Montgomery (Princeton Fitness & Wellness Center). The sites offer different services – for example, the fitness center has a pediatric program and, like Hamilton, a pool.

"While therapy differs from patient to patient, our goal is to help a person to return to everything he or she could do before – and maybe even do them better," says Linda Lucuski, MPT, Rehabilitation Coordinator in Hamilton. "We can meet the needs of a competitive athlete or someone who simply wants to be able to walk his dog again without pain."

## The Y Connection

Even though he has been out of therapy for months, Eller says he is still benefiting from the YMCA's proximity to outpatient rehab.

"Every time I walk into the gym, I see the physical therapy center, and I'm reminded of what I should and shouldn't do in the gym to take care of my back," says Eller. "It's also nice to know that if I have a problem, I have friends nearby to turn to for help – friends who are experts in physical therapy."

For more information about University Medical Center at Princeton's Outpatient Rehabilitation Network, call **609.430.7880** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**. To schedule an appointment at the Hamilton Area YMCA site, call **609.581.5910**.

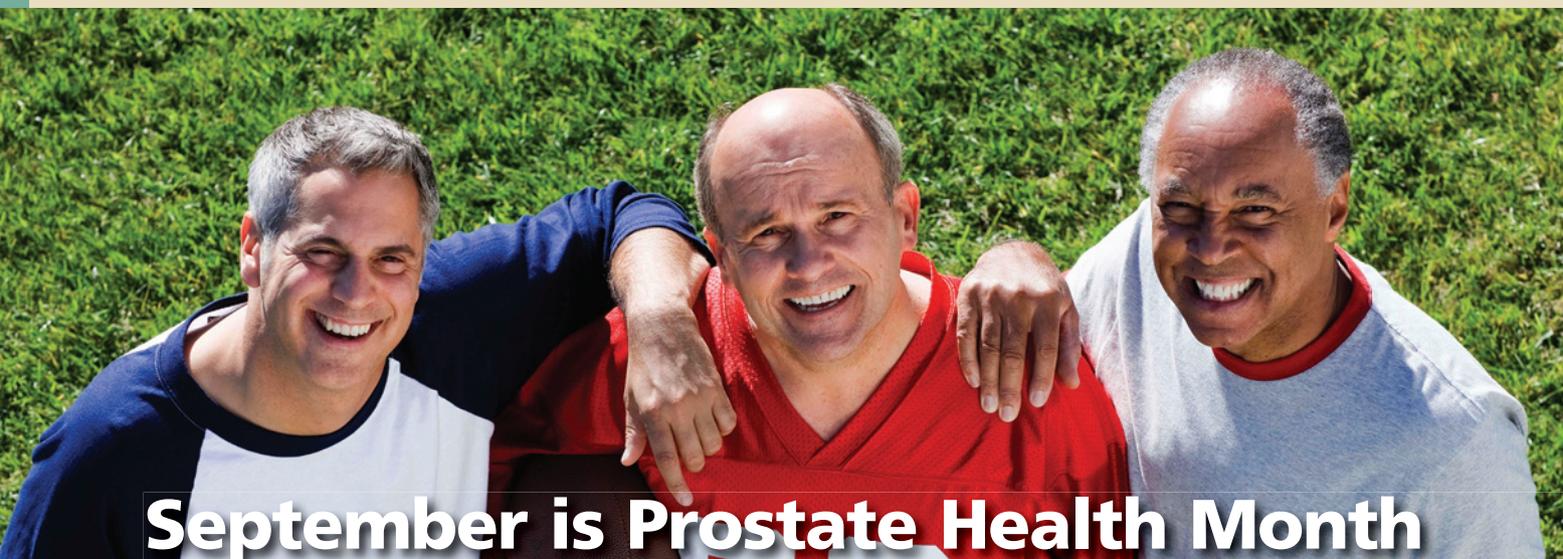
***Pictured:** Hamilton Area YMCA member Tom Eller works with Linda Lucuski, MPT, of UMCP's Outpatient Rehabilitation Network, on a physical therapy regimen that has him back in the gym.*



# community focus

SEPTEMBER – OCTOBER 2010

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



## September is Prostate Health Month

### The PSA Controversy: The Latest Guidelines for Prostate Cancer Screening

TUE. September 7 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center  
Alexander P. Vukasin, MD, board certified urologist and member of the Medical Staff of Princeton HealthCare System, will discuss best practices in prostate cancer treatment and the multitude of factors to consider when planning a course of action, such as:

- PSA (prostate-specific antigen) performance variables
- Exam findings
- Risk factors specific to the individual being tested

There will be ample opportunity for questions on this topic, as well as other prostate-related matters. This program aims to help inform men over 40, and those who love them.

### UMCP's Annual Free Prostate Cancer Screening

THU. September 23 (6 – 8 p.m.)

University Medical Center at Princeton Clinic

Registration preferred. Walk-ins welcome. Prostate cancer deaths in the United States have gradually, yet steadily declined due in part to an increase in detecting prostate cancer at earlier stages. If you are a man 40 years of age or older, it is recommended that you be screened with prostate-specific antigen (PSA) testing and a digital rectal exam (DRE). African-American men and men with a strong family history of prostate cancer are particularly at risk. Join us for this free, confidential screening. The screening is sponsored by UMCP Cancer Program and Princeton Regional Health Department.

### Prostate Health: More Than Just Prostate Cancer

TUE. September 28 (6:30 – 8 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

In recognition of National Prostate Health Month, a member of the Medical Staff of Princeton HealthCare System will discuss the following topics:

- Benign Prostatic Hyperplasia (BPH)/enlarged prostate and how it is treated
- Prostatitis and how it is treated
- Robot-assisted prostatectomy – the da Vinci Surgical System®
- When to have a PSA (prostate-specific antigen) to screen for prostate cancer
- New techniques and technology to treat prostate cancer
- Active surveillance and when it is appropriate



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

Redefining Care.

Directions available at [www.princetonhcs.org](http://www.princetonhcs.org)

#### LOCATIONS:



**Community Education & Outreach Program**  
731 Alexander Rd., Suite 103, Princeton, NJ 08540



**Princeton Fitness & Wellness Center**  
Princeton North Shopping Center  
1225 State Rd., Princeton, NJ 08540



**University Medical Center at Princeton**  
253 Witherspoon St., Princeton, NJ 08540



**Hamilton Area YMCA John K. Rafferty Branch**  
1315 Whitehorse-Mercerville Rd., Hamilton, NJ 08619

**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.

**Heart Disease: Differences and Similarities in Men and Women**

WED. September 1 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

The signs and symptoms of cardiovascular disease differ significantly between men and women. Join us for this informative presentation and learn more about these differences, including:

- Signs and symptoms of a heart attack
- Treatment response
- How to lower your risk for cardiovascular disease

John D. Passalaris, MD, board certified in cardiovascular disease and internal medicine and a member of the Medical Staff of Princeton HealthCare System, will present this lecture.



**Eating Green**

TUE. September 7 (7 – 8:30 p.m.)  
Ewing Branch Library  
61 Scotch Road, Ewing

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

Eating with the environment in mind can be just as important as recycling or buying low-energy appliances. The food we buy affects the planet — starting with how it's grown, how it's transported, and how it's sold. Take advantage of what the Garden State has to offer and discover how eating locally can be both a fine dining experience and environmentally sound.

**F.I.T. – Families in Training**

WED. September 8 – October 31  
Community Education & Outreach at the Hamilton Area YMCA  
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

Parents and children ages 9-12

**Fall I and II Fees:**

Facility/Facility Plus Members: \$99

Program & Non-YMCA Members: \$135\*

\*Includes eight-week facility membership for program participants

**Fall I program dates: September 8 – October 31**

Registration is currently being taken.

**Fall II program dates: November 1 – December 19**

Priority registration begins October 18, 2010

For more details, please contact Ryan Young at 609.581.9622, ext. 21103 or [ryanyoung@hamiltonymca.org](mailto:ryanyoung@hamiltonymca.org). You can register with member services at either branch of the Hamilton Area YMCA.

Are you looking for a fun, supportive way to help you and your family get on the road to a healthier lifestyle? The F.I.T. program allows your family to have access to the entire facility for the full eight weeks the program runs. Every Wednesday evening features a structured event in which all families in the F.I.T. program are welcome to participate. These events will range from fun ways to exercise in the pool, gym and XRKade, to educational classes in Princeton HealthCare System's conference rooms. There is even a scheduled event at the local supermarket to show you how to shop for healthy foods! With access to the facility, fun weekly family events, and the educational classes from PHCS, you will receive all the tools needed to accomplish your goals together, as a family.

**Get Ready, Get Set... Get Moving!**

Fall I Session:

MON. September 13 (6:30 p.m.)

Fall II Session:

MON. November 8 (6:30 p.m.)

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

**Fees for six-week program:**

Facility & Facility Plus Members: \$99

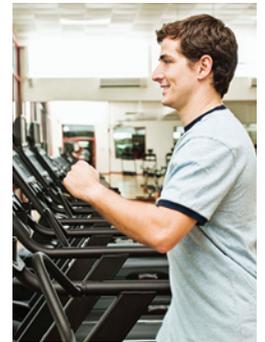
Program & Non-YMCA Members: \$135\*

\*Fee includes a six-week temporary facility membership to the Hamilton Area YMCA.

Please call Krissi Zigenfus, Hamilton Area YMCA, at 609.581.9622, ext.112, for more information and to register.

FREE Orientation Session

The Hamilton Area YMCA has partnered with the Princeton HealthCare System Community Outreach & Education Program to provide a six-week weight-loss program. This program includes workshops on nutrition and exercise led by a registered dietitian and physical therapist from University Medical Center at Princeton, four sessions with a YMCA Personal Fitness Coach, and opportunities for group motivation. The workshops will take place on Monday evenings and the Personal Fitness Coach will work around YOUR schedule. It's time to finally achieve your weight-loss goals! Let us help you get started in a safe, effective and motivational way. Learn more about the program, meet the Fitness Coaches, and see if this program is right for you.



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

MON. September 13 – October 4 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center

\$30 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 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.

**Meditation for Health**

WED. September 14 (7 – 8 p.m.)  
University Medical Center at Princeton – Ground Floor Conference Room B

UMCP's Cancer Program, in conjunction with PHCS Community Education & Outreach, is pleased to bring meditation and relaxation to people who have been affected by cancer, caregivers, and to anyone with is interested in learning about meditation for health, to bring our bodies healthy energy and positive insights. Meditation practice will be conducted in chairs and you are welcome to bring a pillow for comfort.



**COOKING CLASSES & TASTING SESSIONS**

\$15 per person, per class. Registration is limited.

These programs feature hands-on demonstrations by Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program.

**High Flavor, Low Salt**

WED. September 8 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Cooking with less salt doesn't have to mean less flavor! Knowing which herbs, spices, and other foods to use can mean delicious and flavorful food that is lower in sodium.

**If You Can't Take the Heat, Stay Out of the Kitchen! Cool Spanish Cooking**

WED. September 15 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
Cool down the final days of summer with some refreshing foods from Spain! Who needs a hot stove when you can use fruits, spices, and chilies to make a satisfying Spanish feast?

**Ethiopian Cuisine: One of the World's Best-Kept Secrets**

MON. September 20 (6:30 – 8 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B  
The delicious cuisine of Ethiopia is some of the most flavorful and simple to prepare, but it is also one of the most unknown. Experience the wonderful spices and flavors from Africa and learn how to prepare some classic Ethiopian dishes and breads that will delight your palate and your dinner guests.

**A Taste of India: Quick & Easy Indian Cooking**

MON. October 25 (6:30 – 8 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B  
The delicious sauces, the exotic spices: What's not to love about Indian food? Many Indian dishes are simple to prepare, abundant in flavor, and are nourishing to the body and soul. Come and learn how to make quick and easy Indian dishes that will make every occasion special.



**If You Can't Take the Heat, Stay Out of the Kitchen! Toaster Oven Cuisine**

WED. October 27 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
Before turning on that oven, turn to your toaster oven instead! Quick and versatile, it can help you prepare dozens of delicious foods right on your kitchen counter. From appetizers to entrees, learn how to make a meal from your trusty toaster oven.

*Kids Can Cook* is \$15 per child, per class. Registration is limited.

*Kids Can Cook* is an interactive cooking class that teaches children ages 8 – 12 years old and their parents how to prepare healthy, simple recipes together.

**Kids Can Cook: "Say Cheese!"**

SAT. September 18 (11:30 a.m. – 1:30 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B  
Kids love anything cheesy. Discover some new ways to use different cheeses that are delicious, healthful and fun to make.



**Kids Can Cook: Fun Foods for Fall**

SAT. October 23 (11:30 a.m. – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
Autumn provides a bounty of delicious foods like apples and pumpkins. Learn to make homemade treats for this fall season perfect for Halloween or any fall celebration.

**Kids Can Cook: Spooky Snacks & Treats**

SAT. October 30 (11:30 a.m. – 1:30 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B  
Have some fun this fall season and learn how to make spooky and delicious treats that will delight any trick-or-treater. These haunted treats are not only fun to make and eat, but they are also good for you. Join us for a spook-tacular time!

**Managing Your GI Health**

THU. September 16 (6:30 – 8 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B  
Gary P. Forester, MD, board certified in gastroenterology and internal medicine, and Kevin S. Skole, MD, board certified in gastroenterology, will present an overview of GI health. They will discuss the signs, symptoms, diagnosis and treatment options of a variety of gastrointestinal problems, including:

- Acid reflux
- Gastroesophageal reflux (GERD)
- Crohn's disease
- Irritable bowel syndrome
- Ulcerative colitis

Drs. Forester and Skole are members of the Medical Staff of Princeton HealthCare System.

**Healthy Eating for Pre-Diabetes and Diabetes Type 2**

THU. September 16 (7 – 8:30 p.m.)  
Robbinsville Branch Library  
42 Allentown-Robbinsville Road, Robbinsville  
Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.  
An important part of taking care of yourself and your diabetes is learning what to eat, how much to eat and when to eat. Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will show you how to better manage your eating habits. Learn how to make wise food choices, lose weight (if you need to), lower your risk for heart disease, stroke and other problems caused by diabetes, and manage healthful carbohydrates to help keep your blood sugar in your target range.

CURRENT PROGRAMS

**Sleep at Any Age**

THU. September 16 (7 – 8:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road  
Vincent Scoles, BS, Registered Pulmonary  
Function Technologist and Registered  
Polysomnographic Technologist at University  
Medical Center at Princeton's Sleep Center,  
will discuss:

- The importance of sleep
- How a sleep study is performed
- Symptoms and treatment options for common sleep disorders (sleep apnea, snoring and insomnia)
- How our sleep patterns changes as we age

**It's Time to Talk: Understanding Teen Depression and Suicide**

TUE. September 21 (6:30 – 8 p.m.)  
Community Education & Outreach at  
the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
Teenage depression is not just bad moods  
and occasional melancholy. Depression  
is a serious problem that impacts every  
aspect of a teen's life. Left untreated, teen  
depression can lead to problems at home  
and school, drug abuse, self-loathing and  
suicide. Fortunately, teen depression can be  
treated, and as a concerned parent, teacher,  
or friend, there are many things you can do  
to help. Beverly Anders, MSW, LSW, Primary  
Therapist, Princeton House Behavioral  
Health, will discuss:

- Signs and symptoms of teen depression
- The effects of teen depression
- Suicide warning signs
- How to help a depressed teenager
- Current treatment options

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

TUE. September 21 (7 – 8:15 p.m.)  
Hickory Corner Library  
138 Hickory Corner Road, East Windsor

Registration will be accepted in person  
at the library or through Princeton  
HealthCare System's Community  
Education & Outreach Program.

Are we aware of the message we are  
sending regarding self-worth and self-  
esteem? Join us to learn more about  
managing self-esteem, including:

- A definition of self-esteem
- Where self-esteem comes from
- How it can be measured
- How we can influence or affect good self-esteem
- Strategies to instill a good sense of self-esteem in the next generation of women

This discussion will be led by Jamie  
Benjamin, MA, NCC, National Certified  
Counselor and Primary Therapist, Princeton  
House Behavioral Health. Mothers and  
daughters (age 12 and up) are welcome to  
attend this event together.



**Adult Immunizations: Health Through Prevention**

WED. September 22 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Your need for immunizations does not  
end when you reach adulthood. According  
to the Centers for Disease Control and  
Prevention, during an average year, nearly  
50,000 adults die from diseases, like the  
flu, pneumococcal disease and hepatitis B,  
that are preventable through vaccination.  
The specific shots you need as an adult  
are determined by factors such as your  
age, gender, lifestyle, type and locations  
of travel, overall health, and previous  
immunizations. This informative session by  
Muhammad Azam, MD, who specializes in  
family medicine, will address:

- Why adults should immunize
- Which vaccines adults need
- How often adults should get immunized
- What vaccines are needed before traveling abroad

Dr. Azam is a member of the Medical Staff  
of Princeton HealthCare System.

**Probiotics: Its Role in a Healthful Diet**

THU. September 23 (6:30 – 8 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

"Probiotics" and "prebiotics" are sometimes  
known as "the good bacteria" or "the  
friendly bacteria," but what exactly do those  
terms mean? What is their function in the  
body and how do you lose or deplete your  
probiotic level? Join us for a fascinating  
presentation by Anthony Dissen, RD,  
Outpatient & Community Education Dietitian  
with University Medical Center at Princeton's  
Nutrition Program, as he discusses:

- What are "probiotics" and "prebiotics"?
- What do they do in the body?
- How are they involved in health and disease?
- What foods and supplements provide probiotics?
- How do you choose the right probiotic for you?

**Chronic Pain Management**

THU. September 23  
(7 – 8:30 p.m.)  
Princeton Fitness &  
Wellness Center

Thirty-four million  
Americans suffer  
from chronic pain,  
according to the American Chronic Pain  
Association. Pain can attack the human  
body at every vulnerable target—muscles,  
bones and joints. Unrelieved pain has many  
negative health consequences, including  
increased stress, decreased metabolic rate,  
delayed healing, mobility, problems with  
appetite and sleep, and needless suffering,  
impacting the quality of life. Join us as  
Lawrence E. Kanter, MD, board certified  
in pain medicine/pain management and  
anesthesiology, gives an overview of chronic  
pain, types of pain, causes and treatment  
options. He will also discuss:

- Who is at risk
- Diagnosis and when to seek a pain management doctor
- Lifestyle changes
- Long-term management

Dr. Kanter is a member of the Medical Staff  
of Princeton HealthCare System.



**Influenza and Pneumonia: What You Need to Know**

THU. September 23 (7 – 8:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

According to fluFACTS.com, an estimated  
25–50 million cases of the flu are currently  
reported each year in the United States –  
leading to 150,000 hospitalizations and  
between 30,000 and 40,000 deaths yearly.  
Pneumonia, meanwhile, kills more than  
4 million people every year globally – half  
of these deaths occur among children younger  
than 5 years of age. Andrew H. Sokel, MD,  
board certified in family medicine and a  
member of the Medical Staff of Princeton  
HealthCare System, will discuss:

- What influenza and pneumonia are
- Symptoms
- Types
- How they are diagnosed and treated

**Getting the Most Out of Weight-Loss Surgery**

This series will start again on Wednesday, September 22 at the  
Princeton Fitness and Wellness Center. Registration required.  
Please call 609.683.7888 for more information and to register.



### Life Coaching and the Weight-Loss Surgery Patient: Creating Wholeness and Health

SAT. September 25 (11 a.m. – 1 p.m.)  
University Medical Center at Princeton –  
Ground Floor Conference Room B

Losing weight and keeping it off are major goals for individuals who have had bariatric surgery. Equally important is improvement in quality of life. Learn how to obtain the successful outcome you desire.

- Identify obstacles and move past them
- Undo habits that interfere with progress
- Improve self-trust and confidence
- Create balance of mind, body and soul

Those who have had or are considering weight-loss surgery are encouraged to attend this presentation led by Donna DeMild, ELI-MP, Certified Professional Life Coach and Bariatric Consultant with NJ Bariatrics. UMCP has been designated a Center of Excellence by the American Society for Bariatric Surgery since 2005.

### Advance Directives

WED. September 29 (7 – 8:30 p.m.)  
South Brunswick Library  
110 Kingston Lane, Monmouth Junction

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

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 or incapacitation. This session, led by Sandra Mariani, MSN, RN, a Health Educator with Princeton HealthCare System, will include discussion of:

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

Participants will have the opportunity to fill out an advance directive form if they so choose. Mariani will be available to notarize any completed forms.

### Coffee: The New Health Food?

WED. September 29 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

September 29 is National Coffee Day! Find out how coffee can be a very healthful food to use in our daily lives. High in antioxidants and other disease-fighting compounds, coffee can be a real superfood! Join us for this informative session presented

by Anthony Dissen, RD, Outpatient and Community Education Nutritionist with University Medical Center at Princeton's Nutrition Program, in conjunction with Jessica Durri, manager of Small World Coffee in Princeton. Durri will discuss the cultivation, harvesting and roasting of coffee beans. Enjoy the aroma and sample different varieties of coffees!



### Women and Irritable Bowel Syndrome

THU. September 30 (6:30 – 8 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. According to the U.S. Department of Health and Human Services' Office on Women's Health, an estimated one in five Americans has IBS, and up to 75 percent of them are women. Vasudha Dhar, MD, board certified in gastroenterology, will discuss:

- Signs and symptoms
- The causes of IBS
- Risk factors
- Current treatment options

Dr. Dhar is a member of the Medical Staff of Princeton HealthCare System. *This program is part of the Meredith Maher Peterson Memorial Lecture Series.*

### Sports-related Knee Injuries

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

Participating in sports can pose the potential for a variety of knee injuries, including damage to the anterior cruciate ligament (ACL), menisci, and cartilage. Fortunately, there have been tremendous advances in the treatment of all of these injuries. Join us for an informative session with orthopedic surgeon Frederick S. Song, MD, as he discusses:

- The anatomy of the knee
- Causes and symptoms of ligament, meniscal, and cartilage injury
- Diagnosis, treatment and preventive measures.

Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology, with University Medical Center at Princeton's Outpatient Rehabilitation Network, will discuss knee injury prevention, sports-specific training tips, and post-surgical expectations. Dr. Song is a member of the Medical Staff at Princeton HealthCare System.

### Do You Have Trouble Sleeping? A Talk About Sleep Disorders

THU. September 30 (7 – 8:30 p.m.)  
Robbinsville Branch Library  
42 Allentown-Robbinsville Road  
Robbinsville

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

A good night's sleep is essential to restore body and mind. Nearly seven out of 10 Americans experience difficulty sleeping. Vincent Scoles, BS, Registered Pulmonary Function Technologist and Registered Polysomnographic Technologist at University Medical Center at Princeton's Sleep Center, will discuss the various causes of sleep disorders and tips for more restful sleep.

### Gestational Diabetes

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

According to the American Diabetes Association, gestational diabetes occurs in approximately 4% of all pregnancies. Learn more about the causes, diagnosis, and treatment of gestational diabetes and how to plan a healthy pregnancy while maintaining your blood sugar levels. Sandra Byer-Lubin, MS, CDE, RD, a registered dietitian with University Medical Center at Princeton's Diabetes Management Program, will present this program.

### Mother and Baby Shower

SAT. October 2  
(10 a.m. – 1 p.m.)  
Community Education  
& Outreach at the  
Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference  
Rooms A & B



Join us for an exceptional family event for those who are expecting, thinking about pregnancy and/or already have children.

- Learn more about services available at University Medical Center at Princeton
- Get tips and information from the physicians, educators and staff of Princeton HealthCare System
- Participate in interactive demonstrations and a car seat safety check (10:30 a.m. – 12:30 p.m.)
- Involve kids in fun crafts
- Enjoy a relaxing chair massage and free gifts

### Protecting Yourself Against PAD: Peripheral Artery Disease

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

According to the American Heart Association, about 8 million Americans have Peripheral Artery Disease, or PAD. PAD affects the arteries outside the heart and brain – most commonly in the arteries of the pelvis and legs. Many people with PAD never have symptoms, and those who do often mistake them for something else, such as a back or muscle problem. Elliot Sambol, MD, board certified surgeon specializing in vascular surgery, will discuss:

- How to recognize the symptoms of PAD
- The benefits of early intervention
- Reducing your risk of PAD and associated complications such as heart attack and stroke
- Current therapies and new minimally invasive treatments for PAD

Dr. Sambol is a member of the Medical Staff of Princeton HealthCare System.

CURRENT PROGRAMS

**Osteoporosis: How to Stay One Step Ahead**

WED. October 6 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
As little as 20 years ago, osteoporosis was a disease of little concern. Today, this “silent crippler” is a household name. Of the 10 million people who suffer from osteoporosis in the United States today, 8 million are women; one out of six women will suffer a hip fracture during her lifetime. Michael J. Froncek, MD, board certified rheumatologist, will discuss current information about the causes, prevention and treatment of osteoporosis. Dr. Froncek is a member of the Medical Staff of Princeton HealthCare System.

**For Today’s Woman: Breast Health and Surgical Options**

THU. October 7 (6:30 – 8 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor  
October is National Breast Cancer Awareness Month. 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. Topics to be discussed:

- Screening recommendations
- Breast cancer risk reduction
- Breast self-exam
- Current breast-related plastic surgery options

Beth Krefski, RN, MSN, Administrative Director of University Medical Center at Princeton’s Breast Health Center and certified breast health navigator, and Joanna L. Partridge, MD, board certified plastic and reconstructive surgeon, will present this program.



**Fun with the Pharmacist! Game Show and Brown Bag Session**

THU. October 7 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
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. Timothy Reilly, PharmD, BCPS, a Clinical Pharmacist with Princeton HealthCare System, and Clinical Assistant Professor at the Ernest Mario School of Pharmacy, Rutgers — The State University of New Jersey, will present this program.

**How to Eat a Heart-Healthy and Delicious Diet**

SUN. October 10 (2 – 3:30 p.m.)  
Plainsboro Library  
9 Van Doren Street, Plainsboro  
Registration will be accepted in person at the library or through Princeton HealthCare System’s Community Education & Outreach Program. The foods we eat affect the health of our hearts. Learn which foods are heart-smart and delicious and how you can include them as a regular part of your diet. Anthony Disen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton’s Nutrition Program, will present this program.

**Holiday Cooking with Allergies in Mind: Allergy & Asthma Support Group Monthly Meeting**

MON. October 11 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
No registration required. Walk-ins welcome. Do you need new ideas to make Halloween, Thanksgiving and the holidays special for your food-allergic child? Come practice with us and make something to take home! This monthly support group provides support and resources for those living with allergies and asthma. Meetings are held the second Monday in September through June. This program will be presented by Anthony Disen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton’s Nutrition Program.



**The Aging Eye: Preventing and Treating Eye Disease**

TUE. October 12 (6:30 – 8 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B  
Vision problems are often dismissed as a common part of aging, and some of them are. But certain eye symptoms shouldn’t be taken lightly. Learn more about your eyes and the changes that come along with age. Colleen Coleman, MD, board certified ophthalmologist, will discuss:

- Refractive cataract surgery
- Glaucoma and macular degeneration prevention
- Other common eye diseases of older individuals
- Safeguarding your sight

Dr. Coleman is a member of the Medical Staff of Princeton HealthCare System.

**Introduction to Greener Living**

TUE. October 12 (7 – 8:30 p.m.)  
South Brunswick Library  
110 Kingston Lane, Monmouth Junction  
Registration will be accepted in person at the library or through Princeton HealthCare System’s Community Education & Outreach Program. Have you been thinking about ways to lead a “greener” life? Karen Davison, RN, Health Educator with Princeton HealthCare System, will discuss easy ways to reduce the amount of chemicals we use and how to incorporate natural substances into everyday living. A section on “green parenting” will also be discussed.



**Hip and Knee Pain: Is It Arthritis?**

WED. October 13 (7 – 8:30 p.m.)  
Ewing Branch Library  
61 Scotch Road, Ewing  
Registration will be accepted in person at the library or through Princeton HealthCare System’s Community Education & Outreach Program. Are you experiencing joint pain and feeling worried it may be arthritis? Brian M. Vannozzi, MD, an orthopedic surgeon and member of the Medical Staff of Princeton HealthCare System, will present this informative discussion. Learn more about:

- What arthritis is and its causes
- How lifestyle changes can improve your pain and function
- How doctors diagnose arthritis
- Non-surgical treatment options
- New, minimally invasive surgical techniques and advanced rehabilitation methods

**How to Make the Most of Your Doctor’s Visit**

THU. October 14 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
Margaret Lancefield, MD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, will discuss how to optimize your goals and expectations of a visit to the doctor, whether it is your current physician or a new one.



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

THU. October 14  
(7 – 8:30 p.m.)  
Robbinsville Branch Library  
42 Allentown-Robbinsville Road  
Robbinsville

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program. Designed for girls 9 to 12 years old, this program will discuss the physical, intellectual and emotional changes your child will experience during her transition to a teenager. Bring your child and join us for an informative and relaxed look at growing up. The program will be led by Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System. A parent or guardian should attend.

**Overcoming Obesity**

SAT. October 16 (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, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified in general surgery and former president of the American Society for Bariatric Surgery, and Wai-Yip Chau, MD, board certified in general surgery, will discuss various weight-loss surgery options, including bariatric surgery, gastric bypass surgery, and the laparoscopic band procedure. University Medical Center at Princeton is a Bariatric Surgery Center of Excellence. Drs. Brolin and Chau are members of the Medical Staff of Princeton HealthCare System.

**Breast Cancer: The Importance of Prevention and Early Detection**

TUE. October 19 (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 other women in your life with information on the importance of early detection of breast cancer. Beth Krefski, RN, MSN, Administrative Director of University Medical Center at Princeton's Breast Health Center and certified breast health navigator, will discuss screening recommendations, breast cancer risk reductions, breast self-exam, and new treatments and screenings for breast cancer.

**An Update for Women: The Role of Nutrition in Breast Cancer Prevention**

THU. October 21 (6:30 – 8 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

Food and nutrition can have a big impact on our health, especially in relation to breast cancer development and prevention. However, with all of the information out there, it can be hard to know fact from fiction. Anthony Dissem, RD, Outpatient & Community Education Dietitian with UMCP's Nutrition Program, will discuss the role of nutrition in cancer prevention, risk reduction, and healing, as well as other tips and techniques to maximize your health.

**American Diabetes Walk Step Out**

SUN. October 24  
(10 a.m.)  
Princeton Forrestal Village

This Annual Diabetes Walk supports the efforts of the American Diabetes Association. Come join the Princeton HealthCare System team! For more information, call the University Medical Center at Princeton Diabetes Management Program at 609.497.4372 or visit [www.diabetes.org/stepout](http://www.diabetes.org/stepout).

**Getting to the Root of Women's Hair Loss**

MON. October 25 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

Today more women than ever are experiencing hair loss. The causes for women's hair loss are often very different from those for balding men. According to the American Society of Dermatology, hair loss in women is a growing problem, affecting 30 million women in the United States. Robyn B. Notterman, MD, board certified dermatologist and a member of the Medical Staff of Princeton HealthCare System, will discuss:

- Hair loss causes in women
- Treatment options available

**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 coupon for a single cup of home-made ice cream to everyone who donates a pint of blood. For hours, or to schedule your appointment, call 609.497.4366.

**Women's Health: Common Pelvic Floor Disorders**

MON. October 25 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

More than one-third of all women are affected by such conditions as urinary incontinence, overactive bladder, pelvic organ prolapse (or "dropping" of the pelvic organs), bowel disorders, and other conditions that are included in the category of pelvic floor disorders. In addition, one of 11 women will undergo surgery because of these conditions. Fortunately, this area is one of the most rapidly growing specialty fields in women's health, and there are now better solutions available, including non-surgical and minimally invasive surgical procedures. Heather van Raalte, MD, fellowship trained in urogynecology and a member of the Medical Staff of Princeton HealthCare System, will discuss these conditions, including:

- How to know if you have a pelvic floor disorder
- Definition of a pelvic organ prolapse
- What treatment is available
- What can be done at home
- When it is time to see a doctor

**Breast Health**

THU. October 28 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

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, Administrative Director of University Medical Center at Princeton's Breast Health Center and certified breast health navigator, will present this program. Women of all ages are welcome to attend.

**Stress and Weight Gain: Maintaining Healthy Eating Habits During Stressful Times**

THU. October 28 (7 – 8:30 p.m.)  
Robbinsville Branch Library  
42 Allentown-Robbinsville Road  
Robbinsville

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

When you are under stress, you may find it harder to keep up healthy eating habits. As a result, you may be tempted to eat high-calorie foods during these stressful times, even when you are not hungry. Anthony Dissem, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will discuss:

- How stress and anxiety affect weight
- Foods that can help reduce stress
- Eating techniques to manage stress
- Easy home stress-reduction techniques

**CHILDBIRTH & FAMILY**

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

University Medical Center at Princeton, which has been ranked by HealthGrades® among the top five percent of hospitals in the nation for maternity services for four years in a row (2006/2007 – 2009/2010), is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

**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 1 – September 22 (7 – 9 p.m.)

THU. September 16 – October 7 (7 – 9 p.m.)

WED. October 20 – November 10 (7 – 9 p.m.)

University Medical Center at Princeton  
Lambert House, Classroom 3

TUE. October 5 – October 26 (7 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

**\$120 per couple**

Session 3 of each series will be held at University Medical Center at Princeton and will include a tour of the Maternal-Child Health Program unit. 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. October 11 (9 a.m. – 5 p.m.)

SAT. October 25 (9 a.m. – 5 p.m.)

SAT. October 16 (9 a.m. – 5 p.m.)

SAT. October 30 (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 22 – October 20 (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 24 (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.



**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.

**Sibling Class**

SAT. September 11 (10 – 11:30 a.m.)

SAT. October 16 (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. Parents are expected to attend the course with their child and are not charged an additional fee.



**Maternity Tour**

SAT. September 11

(12 – 1 p.m. or 1:30 – 2:30 p.m.)

THU. September 23 (7 – 8 p.m.)

SAT. October 2

(12 – 1 p.m. or 1:30 – 2:30 p.m.)

THU. October 21 (7 – 8 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 unit, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

**Prenatal Breastfeeding Class**

THU. September 16 (7 – 9 p.m.)  
Princeton Fitness & Wellness Center

WED. October 13 (7 – 9 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.

**CHILDBIRTH & FAMILY**

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

**Baby Care**

TUE. September 21  
(7 – 9:30 p.m.)  
THU. October 21 (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.



**Daddy Boot Camp™**

SAT. September 25 (9 a.m. – 12:30 p.m.)  
SAT. October 23 (9 a.m. – 12:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$25 per person**

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

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

MON. September 27 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

WED. October 20 (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 babies, parents will have the opportunity to attend a follow-up class (Part 2) with their newborns, 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.

**Car Seat Check Events**

WED. September 22 (1 – 3 p.m.)  
Babies "R" Us – West Windsor  
700 Nassau Park Boulevard, Princeton

No registration required. First-come, first-served basis.

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.

**Unable to attend this event?**

Call 1.888.897.8979 for alternate locations and to schedule an appointment for a certified child passenger safety technician to check your child's car seat. If you are expecting, please schedule your appointment at least one month prior to your due date.

**CHILDBIRTH & FAMILY**

**POSTPARTUM, PARENTING & CHILD-REARING CLASSES**

University Medical Center at Princeton, which has been ranked by HealthGrades® among the top five percent of hospitals in the nation for maternity services for four years in a row (2006/2007 – 2009/2010), is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

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

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

**\$5 per session, payable at the door**

No registration required.

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

**Breastfeeding Support Group**

Fridays (11 a.m. – 12 p.m.)  
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.

**Postpartum Adjustment  
Support Group**

THU. September 2 (11 a.m. – 12 p.m.)  
THU. September 16 (11 a.m. – 12 p.m.)  
THU. September 30 (11 a.m. – 12 p.m.)  
THU. October 14 (11 a.m. – 12 p.m.)  
THU. October 28 (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 can involve a variety of emotions, from joy and excitement to 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.



**CHILDBIRTH & FAMILY**

**POSTPARTUM, PARENTING & CHILD-REARING CLASSES**

**Postpartum Exercise**

TUE. & FRI. September 17 – October 12 (10:30 – 11:30 a.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

**\$110 per person**

This 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.



**Infant Massage**

THU. 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

**\$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, and increases circulation. Learn about the principles of infant massage with your baby and practice 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. A patch test allows you to make sure your baby is not allergic to, or the skin is not irritated by, the oil that is being used. Place a little oil on the baby's ankle or wrist, and leave it on for 20-30 minutes to allow time for a reaction to occur. To eliminate sensitivity altogether, wait for 12-24 hours. If there is no irritation, proceed with the massage. If irritation does occur, do not use that particular oil. 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.

**Customizing Breastfeeding to Work for You!**

MON. October 18 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

**\$35 per person**

This class is for mothers who have been breastfeeding their babies and need information on easing the transition of returning to work and being apart from their babies. The class is taught by a certified lactation consultant and will focus on maintaining an adequate milk supply, introducing baby to the

bottle, weaning your baby from breastfeeding and time management tips. For expectant parents, we offer a prenatal breastfeeding class listed in the prenatal section of the calendar.

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

SAT. September 25 (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 23 (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, a certified Happiest Baby Instructor. \*Cost includes the Happiest Baby on the Block™ DVD and Soothing Sounds CD.

**CPR & FIRST AID**

Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by Princeton HealthCare System.

**BLS for Healthcare Providers**

FRI. September 3 (9 a.m. – 1:30 p.m.)

TUE. October 5 (6 – 10:30 p.m.)

Princeton Fitness & Wellness Center

WED. September 22 (9 a.m. – 1:30 p.m.) Conference Room B

MON. October 18 (6 – 10:30 p.m.) Conference Room A

University Medical Center at Princeton

MON. September 13 (6 – 10:30 p.m.)

TUE. October 26 (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

TUE. September 28 (6 – 10:30 p.m.)

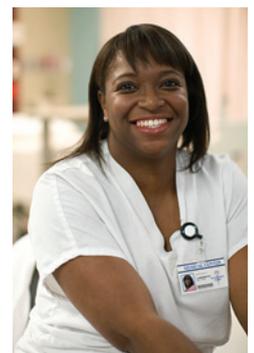
WED. October 13 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at 731 Alexander Road

**\$65 per person**

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

This course includes a written exam and skills test. Participants will receive a course completion card.



**Heartsaver CPR**

THU. September 16 (9 a.m. – 12 p.m.)  
 FRI. October 8 (6 – 9 p.m.)  
 University Medical Center at Princeton  
 Conference Room A

**\$55 per person**

The Heartsaver CPR course teaches CPR and relief of choking in adults, children and infants, as well as the use of a barrier device for all ages. Heartsaver CPR 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.

**Heartsaver AED**

TUE. September 14 (6 – 9 p.m.)  
 Community Education & Outreach at  
 731 Alexander Road

TUE. October 19 (6 – 9 p.m.)  
 Princeton Fitness & Wellness Center

**\$60 per person**

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

**Heartsaver First Aid – Pediatric**

THU. October 14 (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 Pediatric First Aid course teaches you 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 child care who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. After each section of the course, participants will answer a few written test questions. Participants will receive a course completion card.

**Family & Friends CPR – Infant**

SAT. September 11 (10 a.m. – 12 p.m.)  
 Princeton Fitness & Wellness Center

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

SAT. October 16 (9:30 – 11:30 a.m.)  
 Community Education & Outreach at  
 731 Alexander Road

**\$30 per person**

The Family & Friends CPR-Infant program teaches you how to perform CPR in infants, and how to help an infant who is choking. An infant is defined as a child 1 year of age and under. 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 25 (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 you 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.

**Pet First Aid and CPR**

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

WED. October 27 (6 – 9 p.m.)  
 Community Education & Outreach at  
 the Hamilton Area YMCA  
 John K. Rafferty Branch  
 Suite 100, Conference Rooms A & B

**\$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; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.

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

**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.

**Suspected Child Abuse & Neglect (SCAN) Education for EMS**

TUE. September 21 (6 – 9 p.m.)  
 Princeton Fitness & Wellness Center

**\$15 per person**

Emergency Medical Services (EMS) personnel are often able to see potentially dangerous situations for children within the context of their emergency calls. In an effort to educate this population and utilize this valuable resource, the Pediatric Council on Research & Education (PCORE), as a part of the American Academy of Pediatrics/ New Jersey Chapter, has created Suspected Child Abuse and Neglect Education of Emergency Medical Services Personnel.

This three-hour program is approved for three elective credits for EMTs. This program features a presentation team using discussion,

role playing and case studies. Training materials are provided for all participants.

**Attendees will:**

- Define the unique role of EMS providers in the network of healthcare providers ensuring comprehensive and effective child abuse and neglect response.
- Recognize signs of child abuse and neglect.
- Develop a protocol for handling child abuse and neglect cases in the emergency response and healthcare settings.
- Report child abuse and neglect according to New Jersey law.
- Create a partnership with the Division of Youth and Family Services to protect children.

**CANCER LECTURES, SCREENINGS & SUPPORT GROUPS**

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive lectures and screenings, to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). The Cancer Program at University Medical Center at Princeton is 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. For further information about the UMCP Cancer Program, please call **609.497.4475**.

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

WED. September 15 (12 – 1 p.m.)  
WED. October 20 (12 – 1 p.m.)  
University Medical Center at Princeton  
Administrative Conference Room  
2nd Floor, A2 Wing

Registration preferred. Walk-ins welcome. Please call University Medical Center at Princeton's Cancer Program at **609.497.4475**.

Princeton HealthCare System's Head and Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides:

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

This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist from Princeton HealthCare System.

**Cancer Support Group**

TUE. September 21 (1:30 – 3 p.m.)  
TUE. October 19 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
1 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 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 21 (6 – 7:30 p.m.)  
TUE. October 19 (6 – 7:30 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets 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 is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.



**Skin Cancer Screening**

WED. September 22 (6 – 8 p.m.)  
Hopewell Township Health Department  
201 Washington Crossing-Pennington Road, Titusville

Registration is required. Please call **609.737.0120** to register.

This public service program is offered nationally and has screened nearly 1.7 million people and detected more than 171,000 suspicious lesions, including more than 20,000 suspected melanomas. Martha E. Funkhouser, MD, board certified dermatologist and member of the Medical Staff of Princeton HealthCare System, will perform full-body skin examinations by appointment. This program is sponsored by Princeton HealthCare System and Hopewell Health Department.

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

MON. September 27 (6 – 8 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!

**Prostate Cancer Support Group**

WED. September 22 (12 – 1:30 p.m.)  
WED. October 27 (12 – 1:30 p.m.)  
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. At the September meeting, Jessica Heinzmann, MS, Certified Genetic Counselor from The Cancer Institute of New Jersey, will discuss the *Genetics of Prostate Cancer*. The October meeting will be an open forum.

**SEPTEMBER IS PROSTATE HEALTH MONTH:**

For Prostate Health classes and screenings, check out p. 7!

**You also may be interested in one of the following seminars:**

- ➔ Meditation for Health (p. 8)
- ➔ For Today's Woman: Breast Health and Surgical Options (p. 12)
- ➔ An Update for Women: The Role of Nutrition in Breast Cancer Prevention (p. 13)

## SUPPORT GROUPS



### Bariatric Surgery Support Group

MON. September 13 (7 – 8:30 p.m.)  
University Medical Center at Princeton –  
Ground Floor Conference Room B

MON. October 4 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Individuals who have had or are considering weight-loss surgery have found this support group to be extremely beneficial. This supportive community welcomes recovering patients who have had either the LAP-BAND or gastric bypass procedure, as well as their family members and those who are considering weight-loss surgery options. This support group may include but is not limited to the following facilitators: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified bariatric surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified bariatric surgeon; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. *Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.*

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

TUE. September 21 (6:30 – 8 p.m.)  
TUE. October 19 (6:30 – 8 p.m.)  
Community Education & Outreach at  
731 Alexander Road

Registration requested. Please call 1.888.897.8979 for more information and to register. A light dinner will be served.

Join us at this group for those with implanted cardiac defibrillators, as well as those who are managing congestive heart failure (CHF). September's discussion is a panel presentation with topics including:

- An overview of congestive heart failure and ICDs — Eran Zacks, MD, FACC, EP Specialist
- You can exercise with your ICD! — Scott Johnson, MS, Clinical Exercise Physiologist, UMCP's Cardiac and Pulmonary Rehabilitation Program
- Nutrition and Blood Pressure Control — Anthony Disen, RD, Outpatient & Community Education Dietitian for University Medical Center at Princeton's Nutrition Program

In October, Dr. Zacks, who facilitates the support group, will join staff members from UMCP's Cardiac and Pulmonary Rehabilitation Program in an open discussion including such issues as how to improve your quality of life, health and well-being; exercise myths, facts and strategies; and tips for heart-protective nutrition and cooking.

### UNITE: Perinatal Loss Bereavement Support Group

MON. September 13 (7 – 9 p.m.)  
MON. October 4 (7 – 9 p.m.)  
Community Education & Outreach at  
731 Alexander Road

No registration required. Walk-ins welcome.

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

### Diabetes Support Group

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

MON. September 27 (6:30 – 8 p.m.)  
University Medical Center at Princeton  
Diabetes Management Program  
Medical Arts Building, Suite B



No registration required. Walk-ins welcome. 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.

## EVENTS FOR SENIORS

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

### How Did You Sleep Last Night? An Overview of Sleep Disorders

THU. September 2 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
1 Municipal Plaza, Monroe Township

Please call 732.521.6111 after August 15 to register.

Is it hard for you to fall asleep or stay asleep through the night? Do you wake up feeling tired or feel very sleepy during the day, even if you have had enough sleep? You might have a sleep disorder. Dana Supe, MD, Medical Director, University Medical Center at Princeton's Sleep Center, will discuss common sleep disorders and their relationship to other medical problems, such as heart disease, as well as accurate diagnosis and current treatments. Insomnia, restless leg syndrome, sleep apnea and narcolepsy are among the disorders that will be discussed. Dr. Supe is board certified in sleep medicine, internal medicine, and pulmonary and critical care medicine.

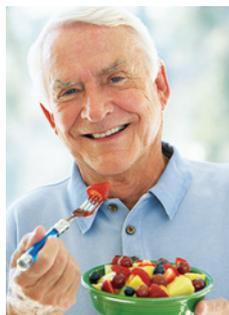
### CarFit Check-up Event

FRI. September 10 (12 – 2 p.m.)  
Suzanne Patterson Center at Princeton Senior Resource Center  
45 Stockton Street, Princeton

Appointment required. Call 1.888.897.8979 for an appointment. 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.

**EVENTS FOR SENIORS**

**Nutrition Concerns for Older Adults: Reassessing Your Needs**



WED.  
September 15 (10 – 11 a.m.)  
Monroe Village  
1 David Brainerd Drive  
Monroe Township

THU. September 30 (11 a.m. – 12 p.m.)  
Meadow Lakes  
300 Meadow Lakes Drive  
Hightstown

Open to the public. Please call 1.888.897.8979 to register.  
Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will discuss a number of issues that emerge as we age that require changes in the nutrients our bodies need. He also will demonstrate how to prepare some of his favorite recipes. This program is co-hosted by Springpoint Foundation and is open to the general public.



**Advance Directives**

WED. September 15 (10:30 – 11:30 a.m.)  
Hopewell Valley Senior Center  
395 Reading Avenue, Pennington

Please call 1.888.897.8979 to register. It is helpful for your family, loved ones and caregivers to know your wishes in the case of hospitalization or incapacitation. This session, led by Sandra Mariani, MSN, RN, a Health Educator with Princeton HealthCare System, will include discussion of:

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

Participants will have the opportunity to fill out an advance directive form if they so choose. Mariani will be available to notarize any completed forms.

**21st Century Wound Care: Hyperbaric Oxygen Therapy**

MON. September 20 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
1 Municipal Plaza, Monroe Township

Please call 732.521.6111 after August 15 to register.

Every year, chronic wounds caused by diabetes, poor circulation and related conditions keep as many as 5 million Americans from enjoying life. Hyperbaric oxygen therapy is a proven medical treatment that enhances the body's natural healing while strengthening the immune system. Topics of discussion include:

- The use of advanced techniques to heal wounds
- Hyperbaric oxygen therapy
- Bio-engineered tissue grafts and advanced wound care
- Uses for hyperbaric oxygen therapy other than wound healing

Denise R. Bonnin, DPM, Program Manager of University Medical Center at Princeton's Center for Wound Healing, will describe how this advanced clinical approach could benefit you or a loved one by hastening wound healing and preventing more serious wound complications.



**What's New in Diabetes Care**

MON. September 27 (2 – 3 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register. 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 Nancy L. Rhodes, RN, MA, CDE, a certified diabetes educator and clinician 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

**Diabetes, High Blood Pressure & Kidney Disease**

FRI. October 8 (12 – 1 p.m.)  
Suzanne Patterson Center at Princeton Senior Resource Center  
45 Stockton Street, Princeton

Please call 1.888.897.8979 to register. Are you at risk for kidney disease? Uncontrolled blood pressure and diabetes are the two most common causes of kidney failure in the United States. Millions of Americans have impaired kidney function, but do not need dialysis — yet. Learn more about how high blood sugar and high blood pressure affect kidney function and ways you can help protect your kidneys and slow the progression of kidney disease. Seema Basi, MD, a board certified nephrologist and member of the Medical Staff of Princeton HealthCare System, will present this informative program.

**Common Pelvic Floor Disorders**

THU. October 14 (1:30 - 3 p.m.)  
Monroe Township Senior Center  
1 Municipal Plaza, Monroe Township

Please call 732.521.6111 after September 15 to register.

More than one-third of all women are affected by such conditions as urinary incontinence, overactive bladder, pelvic organ prolapse (or "dropping" of the pelvic organs), bowel disorders, and other conditions that are included in the category of pelvic floor disorders. In addition, one of 11 women will undergo surgery because of these conditions. Fortunately, this area is one of the most rapidly growing specialty fields in women's health, and there are now better solutions available, including non-surgical and minimally invasive surgical procedures. Heather van Raalte, MD, fellowship trained in urogynecology and a member of the Medical Staff of Princeton HealthCare System, will discuss these conditions, including:

- How to know if you have a pelvic floor disorder
- Definition of a pelvic organ prolapse
- What treatment is available
- What can be done at home
- When it is time to see a doctor

**WEB-CHAT WITH HEATHER VAN RAALTE, MD, ON NEW ADVANCES IN STRESS URINARY INCONTINENCE**

MON. October 4 (7 p.m.)  
[www.ustream.tv/channel/princetonhealth](http://www.ustream.tv/channel/princetonhealth)

Pre-register to enter a drawing for one of several free gift cards. Details on p. 22



EVENTS FOR SENIORS

**Flu Fair**

TUE. October 26 (1 – 4:30 p.m.)  
Suzanne Patterson Center at Princeton  
Senior Resource Center  
45 Stockton Street, Princeton

Please call 609.927.7108 to register for flu and pneumonia shots. Registration is not required for the health fair.

Princeton HealthCare System (PHCS) is a proud participant in this event, sponsored by Princeton Senior Resource Center and the Princeton Regional Health Department. PHCS participants include University Medical Center at Princeton (UMCP), Community Education & Outreach, Merwick Care Center and UMCP Laboratory Services. Health screenings include blood pressure and body fat analysis.



**What a Pain: Information You Need to Know About Arthritis**

MON. October 25 (11:30 a.m. – 12:30 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register. Brian Vannozi, MD, an orthopedic surgeon and member of the Medical Staff of Princeton HealthCare System, will present this informative discussion. Learn more about:

- Staying active
- Hip and knee pain
- Types of arthritis
- Who gets it and why
- Preventive measures
- How doctors diagnose arthritis
- New ways your doctor can treat arthritis before surgery
- The latest, smaller and minimally invasive surgeries, including partial replacements

**SAVE THESE DATES**

**NOVEMBER**

- **MON. November 1: Flu Fair**
- **WED. November 3: How to Navigate Your Way Through Holiday Meals**
- **SAT. November 20: 7th Annual Women's Wellness Day 2010**

**DECEMBER**

- **WED. December 1: Heartburn and Reflux Diseases**

**NOVEMBER IS DIABETES AWARENESS MONTH: Read our next issue for upcoming events.**

**October is National Breast Cancer Awareness Month...**

Have you or a loved one taken advantage of our free, live-saving MammoRemindHer service?

Sign up for this online service and you will receive an annual e-mail reminder to schedule a mammogram, as well as monthly e-mail reminders to perform a breast self-exam.

**Register for MammoRemindHER online at [www.mammoremindher.org](http://www.mammoremindher.org).**

UMCP offers mammograms at the main hospital campus and at the UMCP Breast Health Center in East Windsor. To schedule your annual mammogram, call **Centralized Scheduling at 609.497.4040**.

**mammoremindHER**

## Robotic Surgery Revolutionizes Care for Common Female Problem

Women are often embarrassed or reluctant to talk about pelvic organ prolapse, but the condition is common and treatable, says Heather van Raalte, MD, who specializes in urogynecology.



In fact, one in 10 American women will undergo surgery during her lifetime to repair prolapse, which occurs when muscles and tissues weaken and pelvic organs sag toward the opening of the vagina, according to the American College of Physicians and Gynecologists.

“After being diagnosed with prolapse, patients are often surprised at how many other people they know have or had the same condition,” says Dr. van Raalte (pictured left). “Prolapse is usually a slow process that occurs over time, but for some women it occurs literally overnight from a rigorous activity or straining.”

While the condition can sometimes be managed with special exercises or a pessary device for vaginal support, surgery is required in many cases. Fortunately, prolapse surgery has advanced dramatically in recent years with the introduction of new surgical techniques using the da Vinci Surgical System® — sophisticated robotic technology now offered at University Medical Center at Princeton (UMCP).

### Signs of Prolapse

Depending on which organs are affected, women can suffer from one or more forms of prolapse, including cystocele (bladder), rectocele (rectum), and uterine or vaginal vault prolapse.

Prolapse sometimes presents as a bulge through the vaginal opening. Dr. van Raalte notes that symptoms may include:

- Feeling of heaviness or fullness in the vagina
- Pulling in the lower abdomen
- Urinary or bowel problems

“It’s like a hernia – once you have it, it only gets worse without treatment,” she says.

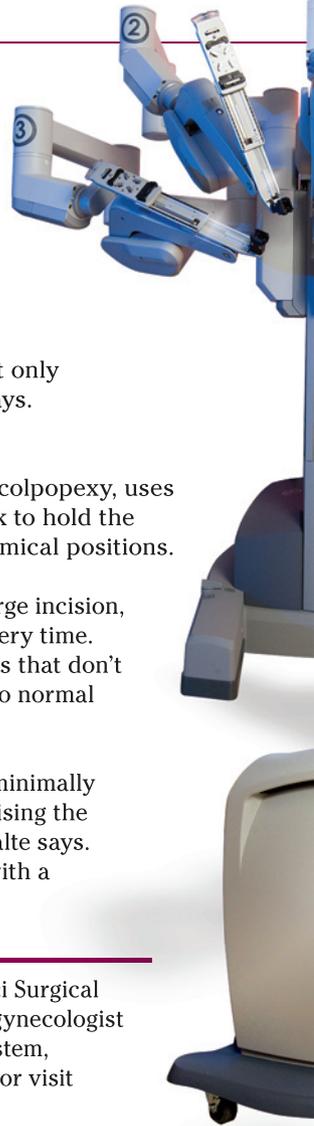
### A Breakthrough Approach

Surgery for prolapse, known as sacrocolpopexy, uses a mesh graft that acts like a hammock to hold the affected organs in their correct anatomical positions.

Traditional open surgery required a large incision, resulting in six to eight weeks of recovery time. With da Vinci, which uses tiny incisions that don’t require stitches, many women return to normal activities within a week.

“Robotic technology allows us to use minimally invasive techniques without compromising the complexity of the surgery,” Dr. van Raalte says. “The result is a lower-risk procedure with a much quicker recovery.”

For more information about the da Vinci Surgical System® or for assistance finding a urogynecologist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit [www.princetonhcs.org](http://www.princetonhcs.org).



## Do you have a question for Dr. van Raalte? Here’s your chance to ask.

**On October 4 at 7 p.m.**, Princeton HealthCare System will host a live Web-chat with Dr. van Raalte, and you’re invited. Dr. van Raalte will take your questions and discuss new advances in urogynecology that are making a difference in women’s lives.

**To participate**, all you need to do is go to our UStream Channel at [www.ustream.tv/channel/princetonhealth](http://www.ustream.tv/channel/princetonhealth) on October 4 at 7 p.m.

You can also enter a drawing for one of several free gift cards if you pre-register and let us know that you’ll be attending the

Web-chat. **Pre-register** by either calling **1.888.897.8979** or by going to [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). We’ll hold the gift card drawing right after the Web-chat. You must be present to win.

Basic computer requirements are a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.

For updates about this event and others, please follow us at [www.facebook.com/princetonhealth](http://www.facebook.com/princetonhealth) and [www.twitter.com/princetonhealth](http://www.twitter.com/princetonhealth).

## UMCP Offers Advanced Approach to Prostate Cancer Surgery

Surgery is never an easy choice for men confronting prostate cancer, but advances in robotic surgical technology are helping men return to normal activities faster than ever following a procedure.

Urologists at University Medical Center at Princeton (UMCP) are now using the da Vinci Surgical System® for radical prostatectomy, a procedure to remove a cancerous prostate. Because the robotic system uses the smallest incisions, patients typically have less pain and a shorter hospital stay than with traditional “open” surgery.

“The goal of the surgery is to remove and hopefully cure the cancer, but also to allow a man to resume doing everything he did before surgery,” says John A. Watson, MD, a urologist on staff at UMCP (pictured, right). “da Vinci just makes the surgery that much easier to recover from and have a good, functional outcome.”

### Prostate Cancer Choices

Depending on factors such as age and the type of tumor, prostate cancer is usually monitored over time or treated with radiation, surgery or both.

“It is not a fast-moving tumor, so we can sometimes wait and see whether it progresses, especially in older men,”

Dr. Watson says. “In younger men who are more fit, you’re more likely to act because they have a longer time for that cancer to progress.”

During the past few years, da Vinci prostatectomy has become the most common treatment for cancer that has not spread beyond the prostate, Dr. Watson says.

### How da Vinci Works

With da Vinci, the surgeon sits at a 3D viewing console, grasping master controls. The surgeon’s hand and wrist movements on the controls are translated into precise, real-time movements of surgical instruments inside the patient.



During prostatectomy, the cancerous prostate gland and certain surrounding structures are removed. Robotic technology gives the surgeon unmatched vision and control, resulting in benefits such as less blood loss and a shorter hospital stay, Dr. Watson says.

“A high level of precision is critical with prostatectomy,” Dr. Watson says. “We want to not only remove all of the cancerous tissue, but also ensure a man is able to fully recover urinary continence and sexual function.”

For more information about the da Vinci Surgical System® or for assistance finding a urologist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**. For more information about University Medical Center at Princeton’s Cancer Program, call 609.497.4475. UMCP is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited oncology teaching hospital of the American College of Surgeons’ Commission on Cancer.

Learn more about prostate health at the following events:

- **The PSA Controversy: The Latest Guidelines for Prostate Cancer Screening (p. 7)**
- **UMCP’s Annual Free Prostate Cancer Screening (p. 7)**
- **Prostate Health: More Than Just Prostate Cancer (p. 7)**
- **Prostate Cancer Support Group (p. 18)**



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

## Sleep Clinic Aims for a Perfect Fit

**Positive airway pressure machines, commonly known as CPAP or BIPAP, are the most commonly prescribed treatments for sleep apnea. Naturally, patients — especially those who have been recently diagnosed with sleep apnea — may have questions about their new treatment.**

To help ensure patients master their equipment so they can get a good night's sleep, the University Medical Center at Princeton Sleep Center recently launched a Mask/CPAP/BIPAP Desensitization Clinic. The clinic, held every two weeks, allows patients to spend 30 to 45 minutes with a certified sleep therapist who ensures that patients are comfortable using a CPAP (continuous positive airway pressure) or BIPAP (bilevel positive airway pressure) machine. The service is available at no cost for all UMCP Sleep Center patients.

“The clinic gives patients an opportunity to directly address all of their questions one-on-one with a therapist,” says Dana Supe, MD, Medical Director of the UMCP Sleep Center, who is board certified in sleep medicine, critical care, pulmonary medicine and internal medicine. “Patients are welcome to attend multiple sessions, if necessary, to make sure they are completely at ease with their treatment.”

### **Breathing Normally at Night**

Sleep apnea is a common sleep disorder in which a person stops breathing for brief periods (10 seconds or more) during sleep. With a CPAP or BIPAP machine, an individual wears a mask over the nose that softly blows air into the back of the throat. This keeps the airway open so the person breathes normally during sleep and achieves a better quality of sleep as a result.

Dr. Supe says the new clinic helps people using CPAP and BIPAP machines:

- Find a mask that fits properly.
- Learn how to correctly adjust air pressure settings.
- Learn techniques to become accustomed to sleeping with a mask.

The clinic works with several medical equipment companies to ensure patients can try multiple types of equipment and find the best fit, Dr. Supe says.

“Patients with poorly fitting equipment are much more likely to discontinue the treatment altogether,” Dr. Supe says. “Stopping treatment is dangerous because untreated sleep apnea has been linked to a range of medical problems such as high blood pressure, heart attacks and stroke.”

For more information about the University Medical Center at Princeton Sleep Center, call **609.497.4469** or visit **[www.princetonhcs.org/sleepcenter](http://www.princetonhcs.org/sleepcenter)**. To schedule a sleep study, call **609.497.4040**.

*Learn more about sleep disorders at the following free seminars:*

- **Sleep at Any Age, Sept. 16 (p. 10)**
- **Do You Have Trouble Sleeping? A Talk About Sleep Disorders, Sept. 30 (p.11)**

