

HEALTHFOCUS

Enhanced, Life-Saving Care for Heart Attacks

UMCPP's fully digital Cardiac
Catheterization Laboratory



ALSO IN THIS ISSUE:

- Robotic Surgery Now Available for Colorectal Conditions
- Kids' Coughs: When They're a Cause for Concern
- Maintaining a Healthy Lifestyle as You Age

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- **COMMUNITYFOCUS** Event Calendar



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

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Health Focus is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.252.8785.

Entire publication
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Health Focus is published under contract by The Nautilus Publishing Company
www.nautiluspublishing.com
T: 662.513.0159



UMCPP Takes Minimally Invasive Surgery to the Next Level

University Medical Center of Princeton at Plainsboro (UMCPP) is among the select hospitals in Central New Jersey offering minimally invasive surgical procedures through a single incision.

A technique known as single-port laparoscopy allows procedures such as gallbladder and appendix removal through an incision smaller than a dime. As a result, patients are likely to have less pain and a shorter recovery time compared with traditional surgeries.

"The trend in surgery in recent years has been to complete more procedures through smaller incisions to help patients more quickly return to normal activities," says Henry Davison, MD (pictured right), a board certified general surgeon on staff at UMCPP. "Single-port surgery takes that minimally invasive approach to the next level."



Dr. Davison performed UMCPP's first single-port procedure in 2008, and he remains one of the few general surgeons using the technique in Central New Jersey. Dr. Davison has also helped a company that develops single-port laparoscopic equipment refine its latest technologies.

How It Works

During traditional laparoscopic surgery, multiple small incisions are made in the abdomen through which the surgeon guides a miniature video camera and surgical instruments. A single-port procedure uses a similar approach, but all of the instruments are directed through a single incision, usually in the belly button.

"The incision is so small, the patient usually cannot see it when it heals," says Dr. Davison. "My experience has been that patients have less pain, because the single incision causes less trauma to stomach muscles."

Many patients leave the hospital within three to four hours after surgery and return to work in less than a week, Dr. Davison says.

The Future

The single-port procedure is being used at UMCPP mainly for gallbladder and appendix operations. Its uses may expand in the future for procedures including colon surgery, Dr. Davison says.

"If you look at national trends, there's no general surgical procedure that's not being done with single-incision surgery," he says. "The field is wide open and growing."

For information about UMCPP's Center for Surgical Care, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

New Hospital Enhances Life-Saving Heart Program

Every second counts when treating a heart attack.

That's why the new University Medical Center of Princeton at Plainsboro (UMCPP) was designed to enhance the hospital's emergency angioplasty program. This procedure opens clogged arteries during a heart attack without the need for invasive heart surgery.



"Time is the most critical component in emergency angioplasty," says Andrew Shanahan, MD (*pictured left*), Medical Director of Emergency Angioplasty at UMCPP.

"The hospital was built with multiple features intended to reduce the time between when a patient enters the

hospital and when he or she receives this potentially life-saving treatment."

Those features, part of the hospital's Center for Emergency Care, include:

- The LIFENET Cardiac Care System, which transmits electrocardiogram data while a patient is in transit to the hospital via ambulance.
- A state-of-the-art Emergency Department, which provides fast triage of patients with suspected heart attack symptoms.
- An elevator directly from the Center for Emergency Care to the hospital's Cardiac Catheterization Lab.

A Model Program

Emergency angioplasty locates and opens blocked vessels to restore blood flow to the heart. During the procedure, a small angioplasty balloon at the tip of a catheter is inflated to open the clogged arteries. The faster doctors can perform the procedure, the greater the chance of limiting permanent damage.

UMCPP has consistently performed well below the 90-minute national standard for door-to-balloon time—the time from a patient's arrival to when the coronary artery is opened with an angioplasty balloon, says Dr. Shanahan, who is board certified in interventional cardiology, cardiology and internal medicine. In fact, 2012 statistics reveal the hospital's average door-to-balloon time is approximately 25 percent faster than the national standard.

State reviews of the program have also found its results and safety match those of the largest cardiac surgery centers in the state, Dr. Shanahan says.

"We started this service more than six years ago, and we now have a mature program with a recognized track record of providing excellent care," Dr. Shanahan says. "The new hospital's location will give us an even greater opportunity to offer this service to a wider area."



Emergency angioplasties at UMCPP are performed in the hospital's fully digital Cardiac Catheterization Lab, part of the Interventional Suite in UMCPP's Center for Surgical Care. Led by Medical Director T. John Mercuro, MD (*pictured left*), who is board certified in interventional cardiology, cardiovascular disease and internal medicine, UMCPP's Cardiac Catheterization Lab features a specialized team of highly skilled professionals and the most advanced angioplasty equipment available.

For more information on emergency angioplasty, UMCPP's Center for Emergency Care or the George & Estelle Sands Center for Cardiac & Pulmonary Care, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).

On the cover: Pictured is the fully digital Cardiac Catheterization Laboratory, part of UMCPP's Center for Surgical Care, where emergency angioplasties are performed.

When Should Your Teen See a Gynecologist?

A visit to a gynecologist might not be on most teenage girls' radar, but it's a great opportunity for them to learn about their changing bodies, discuss options for disease and pregnancy prevention and establish healthy habits for a lifetime.

Traditional thinking may dictate that a young woman wouldn't need to see a gynecologist until she is in her 20s, is sexually active or has a gynecological problem like painful, heavy periods. However, the American College of Obstetrics and Gynecology (ACOG) recommends that a first visit should occur between 13 and 15 years of age.



"That may seem young to some, but it really makes sense," says Samih Ibrahim, MD, FACOG (*pictured left*), board certified in obstetrics and gynecology. "It's important for teens to establish an early relationship with a physician who can discuss important topics like menstruation, their changing bodies and sexually transmitted diseases—and give them an opportunity to ask questions."

Dr. Ibrahim says that a first gynecologic visit usually involves a general physical including weight and blood pressure checks, along with a discussion about current and future gynecological health.

For teens who are already sexually active, a visit may include a pelvic exam and Pap smear, as well as sexually

transmitted disease (STD) testing and contraceptive planning to help avoid pregnancies and serious diseases.

A gynecologic visit is also appropriate for teen girls who have complaints of painful or irregular periods, vaginal infections, acne, weight management—even psychological concerns like depression and anxiety. Establishing a relationship with a gynecologist will give teens a valuable resource for information about their health.

At first, many teens are hesitant to openly discuss these "embarrassing" topics, but a gynecologist who regularly sees young women will usually be able to open a comfortable line of communication.

"The key message is that girls should be educated about what is happening to their bodies and prepared and protected before they become sexually active," says Dr. Ibrahim. "Gynecologic care should become part of their regular health maintenance."

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



Is Your Child's Cough Cause for Concern?

It's only natural that your child's nighttime cough could keep you up worrying, but a few simple tips can help determine if medical attention is needed.

"The most important point to remember is that parents should seek prompt medical attention if their child displays any increased effort in breathing, including using the muscles of their chest or stomach to breathe, or if their nose is flaring," says Alicia Brennan, MD (*pictured right*), board certified pediatrician and Medical Director of The Children's Hospital of Philadelphia (CHOP) Pediatric Care at UMCP.

"Obviously, if a child has asthma or allergies, they should take their medicine as previously directed, including following an asthma action plan if their symptoms are getting worse," Dr. Brennan notes.

While most pediatricians do not recommend cough and cold medications for children, since they can have side effects and often are not effective, other home treatments can help alleviate coughs. Humidifiers,



Let's Play!

Sports Safety Starts with Proper Training and Healthy Habits



It's Fall. The weather's cooling down, the kids are back in school, and school sports like soccer, field hockey and football are in full swing. Unfortunately, so are sports-related injuries like shin splints, muscle strains and sprains, stress fractures and tendonitis. But proper conditioning, good practice habits and swift medical attention can prevent or at least reduce the chance of injury to a young player.



"A lot of kids use pre-season camp as a means of getting into shape for the sports season. That's not its purpose. They should have already spent about six weeks prior to camp conditioning their bodies, building strength and stamina," says Steven R. Gecha, MD (pictured left), board certified in orthopedic surgery and fellowship trained in sports medicine. "This way, they're more prepared for the rigors of camp and less likely to suffer an injury."

First and foremost, though, Dr. Gecha recommends that each child be medically cleared by a pediatrician to play sports. That means he or she should undergo an annual check-up to ensure that there are no health problems like diabetes or cardiac and metabolic issues.

Getting into Condition

The six weeks or so prior to pre-season camp should be spent doing conditioning workouts that get progressively more challenging. These young athletes should start slowly and work their way up. It is important to discuss exercise with your child's physician; however, as a general guide, Dr. Gecha recommends:

- **Warm up** – Three to five minutes of jogging or running
- **Stretching** – Five to 15 minutes
- **Active workouts** – The length will vary depending on the child's level of fitness. Remember, start slow and build up.
- **Cool down** – Five minutes of stretching. This step is especially important for avoiding overuse injuries like stress fractures and tendonitis.

"To make the most of a workout, kids should do exercises that are sport-specific," says Dr. Gecha. "For example, if you

play soccer, instead of just running, run while kicking the ball. It trains your body to play the game and improves your overall ability."

During training workouts and practices, staying hydrated and taking frequent breaks are very important. Drink a lot of water. It is better to drink small amounts frequently, than large amounts all at once. And, be sure to take breaks in the shade. For energy, kids may eat a small meal or snack before training, particularly something that contains complex carbohydrates.

Don't Play through the Pain

If a player suffers an injury or has any kind of pain, particularly in the arms or legs, Dr. Gecha says to remember "RICE":

- **Rest** – stop immediately
- **Ice** – place ice on the affected area 20 minutes at a time, five times a day
- **Compression** – wrap the area in an ACE™ bandage. If it's a leg injury, start wrapping from the toes, up to and including the site of pain.
- **Elevation** – raise the arm or leg above the chest.

The key is to address the problem immediately. Seek out the trainer—he or she is the best resource for initial evaluation of sports injuries. A physical therapist can often help restore function so that the child can play without pain and the risk of re-injury.

University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, for example, offers sports-specific rehabilitation programs designed to improve flexibility, joint stability, endurance and conditioning, with specialized treatment programs available for golf, tennis, swimming, basketball and baseball.

"Sports should be fun and safe," says Dr. Gecha. "Many injuries can be avoided with proper conditioning and good training habits. These are things every player should learn to do."

For assistance finding an orthopedist affiliated with Princeton HealthCare System, or for more information about UMCP's Outpatient Rehabilitation Network, please call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

saline drops and plenty of fluids can help loosen congestion that may be producing your child's cough.

"Of course, if a parent is worried, they can always call their pediatrician for advice," says Dr. Brennan, noting that your pediatrician can recommend whether you should bring your child to the Emergency Department.

University Medical Center of Princeton at Plainsboro and The Children's Hospital of Philadelphia (CHOP) have partnered to enhance pediatric services available at UMCP. CHOP pediatric hospitalists and pediatric neonatologists are on site at UMCP 24/7. They provide pediatric consultations in the Center for Emergency Care as needed; inpatient pediatric care in UMCP's Regan Family

Center for Pediatric Care; and neonatal care in UMCP's Center for Maternal & Newborn Care.

For more information about CHOP Newborn & Pediatric Care at UMCP, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.umcpchop.org.



UMCPP OFFERS ROBOTIC COLON AND RECTAL SURGERY

Less Invasive Surgery...Less Pain...Faster Recovery

University Medical Center of Princeton at Plainsboro (UMCPP) continues to give patients more surgical options using state-of-the-art robotic technology, recently adding a range of procedures to treat colon and rectal conditions. These conditions include colorectal cancer, diverticulitis and inflammatory bowel disease.



The robotic surgical technology, da Vinci Surgical System®, is less invasive than traditional surgeries, which increases the likelihood of a faster recovery.

“The robotic technology allows us to do the same surgeries we have always done with an exceptional level of precision,” says Eben Strobos, MD (pictured left), a surgeon on staff at UMCPP. “Greater precision means we can perform these procedures with less injury to healthy tissue, increasing a patient’s chances of a quicker recovery and a better overall outcome.”

While surgery is usually the last option for colon diseases, more than 600,000 surgical procedures are performed in the United States each year, according to the Society of American Gastrointestinal and Endoscopic Surgeons.

The most common surgery is a large bowel resection or colectomy, which involves removing all or part of the colon,

says Dr. Strobos, who is board certified in general surgery and fellowship trained in colon and rectal surgery.

The Robotic Advantage

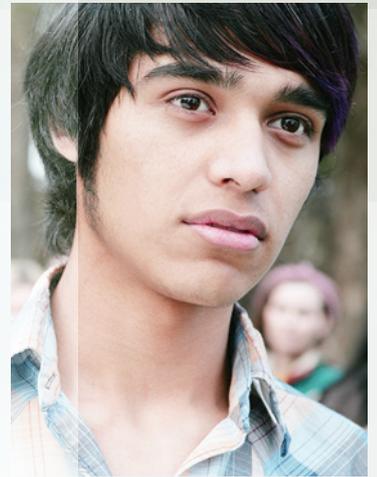
With da Vinci, the surgeon sits at a 3D viewing console, grasping master controls. The surgeon’s hand and wrist movements on the controls are converted into precise, real-time actions of surgical instruments. The system also provides high magnification, giving the surgeon unmatched views of the surgical site.

Precision is particularly vital in performing colectomy for colorectal cancer, the third most common cancer among men and women, Dr. Strobos says.

“The best chance of curing colorectal cancer is to make sure we remove the whole tumor during surgery,” he says. “The incredibly detailed images provided by da Vinci can help us better locate and take out the diseased section of the colon.”

Robotic surgery, like all forms of minimally invasive surgery, has also been shown to reduce bleeding, scarring and recovery time after surgery. UMCPP also offers a wide variety of urologic, gynecologic, urogynecologic and thoracic surgical procedures using the da Vinci Surgical System®.

To learn more about UMCPP’s surgical services and the da Vinci Surgical System®, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.



Treating the Health Effects of Substance Abuse

Often, the first noticeable effects of substance abuse are behavioral. But behind the scenes, the substance is often taking a serious toll on physical health as well.

Alcohol abuse can lead to long-term health problems including liver damage and heart disease. Injected drugs are a major source of the spread of hepatitis and other infectious diseases, and when abused or misused in combination with alcohol or opiates, prescription sedative drugs can lead to fatal respiratory problems.



“Drug and alcohol abuse can affect any organ system,” says Mark Schwartz, MD, FASAM (*pictured left*), an addiction medicine specialist and Medical Director for the Medical Detoxification Program at Princeton House Behavioral Health. “People often seek help for alcohol or drug dependence once they’ve suffered consequences like medical problems. Ideally, however, people should seek treatment for substance abuse before their health suffers.”

When medical conditions are identified in a patient who has been admitted to Princeton House for substance abuse treatment, he or she is seen by a primary care physician. That doctor works in conjunction with psychiatric and addiction specialists to address health and substance abuse issues simultaneously. For patients who need a higher level of care, Princeton House physicians can also refer directly to medical specialists at the new University Medical Center of Princeton at Plainsboro.

“For some people, realizing that their addiction has caused medical problems is an important step in accepting the extent of their illness,” Dr. Schwartz says. “When we identify medical problems in their early stages, it can be useful to motivate the patient toward recovery.”

Princeton House Behavioral Health provides inpatient and outpatient behavioral health and addiction recovery services for people of all ages. For more information or to make an appointment, please call 1.800.242.2550 (inpatient admissions) or 1.888.437.1610 (outpatient), or visit www.princetonhouse.org.

Healthy Aging

Your Doctor Can Help You Maintain a Healthy Lifestyle

Getting older doesn't necessarily mean slowing down and watching the world go by. In fact, by staying active physically and socially, eating right, and seeing your doctor regularly, you can maintain a healthy lifestyle in your later years.



"Some people in their 70s are in decline, while others in their 90s are still going strong," says Anshu Bhalla, MD (pictured left), board certified in geriatric medicine and internal medicine, and a member of the Medical Staff at University Medical Center of Princeton at Plainsboro

(UMCPP). "Naturally, there are a lot of factors that can come into play. Prevention is the one that makes the most difference and holds the key to healthy aging."

Prevention begins with keeping up with blood pressure, hearing, vision, bone density and other testing ordered by your doctor, including memory evaluations in certain situations, as well as keeping up to date with flu and other vaccines. If follow-up treatment or medication is warranted, be sure you understand and follow the doctor's orders.

"Taking someone with you to a doctor's appointment is very helpful," notes Dr. Bhalla. "Two sets of ears are better than one. Your companion helps you remember what the doctor said. A friend or family member can also help you remember to take your medications, encourage you to exercise, and reinforce healthy eating once you return home. This person may also provide your doctor with information about changes in your medical history you may not have noticed."

It's extremely important to tell your doctor about any unusual aches and pains; and changes in diet, mood, or social network such as the loss of a close friend or spouse. Any of these changes can affect your overall health and can help your doctor evaluate and treat you properly.

For help locating a physician affiliated with University Medical Center of Princeton at Plainsboro, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).

COMMUNITY FOCUS



Join us in September and October for the following fun-filled events for the whole family.

Grandparenting 101 in the 21st Century

SUN. September 9 (1 – 2:30 p.m.)

Babies“R”Us

700 Nassau Park Boulevard

West Windsor

In observance of National Grandparents Day, attend this entertaining, interactive class designed to bring grandparents-to-be and new grandparents up to date on the latest in baby care. Topics range from the changing birth environment to safety considerations, including:

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

This discussion will be presented by Carolyn Schindewolf, a health educator with Princeton HealthCare System.

Mother and Baby Shower

SAT. October 20 (10 a.m. – 2 p.m.)

University Medical Center of Princeton at Plainsboro

Ground Floor, Education Center

No registration required, however, if you pre-register you will be entered into a drawing to win a \$100 gift card.

Don't miss this special opportunity to celebrate new beginnings at this fun-filled educational event for those who are expecting, thinking about pregnancy or already have young children. Join us for:

- Health tips from the physicians, educators and staff of Princeton HealthCare System
- Interactive demonstrations and car seat safety checks
- Kids' crafts, giveaways and more
- Information on services available at University Medical Center of Princeton at Plainsboro

This program is provided with support by Central Jersey Family Health Consortium (CJFHC).



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. Registration is required, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979 (unless another number is indicated).

Managing Menopause

THU. September 6 (7 – 8 p.m.)

University Medical Center of Princeton at Plainsboro

Today's treatment options for menopause make transitioning to your next stage in life more manageable than ever before. Michael B. Resnick, MD, FACOG, board certified OB/GYN, will explore symptoms, hormone replacement options and tips on how you can stay youthful and active throughout your life. Dr. Resnick is a member of the Medical Staff of Princeton HealthCare System. *This program is co-sponsored by Community Connection of Princeton HealthCare.*

Health Screenings at West Windsor Community Farmers' Market

SAT. September 8 & 22, October 6 & 20 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive)
Princeton Junction

No registration required.

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

Regan Family Center for Pediatric Care: Managing Head Injuries in Children

THU. September 13 (6:30 – 8 p.m.)

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

Whether it's from a fall or a blow to the head, a head injury can have serious repercussions, even if there are no visible signs of bleeding or swelling. Bleeding or bruising can occur in the brain itself, which is why it's always wise to discuss a head injury with your doctor. Join us for this educational session with Koel Guha, MD, a board certified pediatric hospitalist with The Children's Hospital of Philadelphia (CHOP) Newborn and Pediatric Care at University Medical Center of Princeton at Plainsboro, for a discussion on:

- Symptoms and treatment of external and internal head injuries
- Signs that may indicate a possible concussion
- When to see a pediatric neurologist
- How to prevent head injuries in children

Dr. Guha will also provide an overview of the Regan Family Center for Pediatric Care at UMCP. *Care for traumatic brain injuries is provided in a trauma center. UMCP is not a state-designated regional trauma center. This program is co-sponsored by Community Connection of Princeton HealthCare.*

Irritable Bowel Syndrome & the FODMAP Diet

THU. September 20 (7 – 8:30 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.

Millions of people suffer from irritable bowel syndrome (IBS), a condition that can turn running a quick errand or attending a social event into a stressful experience. Learn about the treatment options for IBS and how to ease symptoms with the FODMAP (Fermentable Oligo-, Di- and Mono-saccharides And Polyols) diet at this informative session with Jabbar Zafar, DO, board certified in family medicine, and Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program. Dr. Zafar is a member of the Medical Staff of Princeton HealthCare System.

Experience the Benefits of Exercise and Weight Loss

Princeton Fitness & Wellness Center

Introduction

THU. September 20 (7 – 8:30 p.m.)

This panel discussion will serve as the kick-off for an eight-week fitness and wellness weight-loss program. T.J. Marvel, Certified Personal Trainer, and Sharon Casper, CSCS, HFS, Fitness Manager, Princeton Fitness & Wellness Center, will discuss the benefits of exercise, including improving strength, endurance, flexibility and confidence. Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, will discuss surgical weight-loss options. Donna De Mild, ELI-MP, Certified Professional Life Coach, will discuss how to get and stay motivated.

Series

MON. & THU. September 24 – November 15 (7 – 8:30 p.m.)

\$159 per person. Please call Sharon Casper at 609.683.7888 to register.

Get on the road to lifelong weight-loss success through this dynamic fitness program designed to assist and motivate individuals who want to lose a minimum of 50 pounds. This program will create a strong foundation for fitness, and build upon it by focusing on postural alignment, muscle balance and joint stability. Work on your cardiovascular fitness, strength and flexibility in a safe, supportive environment. The program includes fitness assessments, yoga, Pilates, cardio options, strength training and circuit training.

Establishing Patient Goals in Geriatric Medicine: The POLST Form

WED. September 26 (12 – 1 p.m.)
Princeton Fitness & Wellness Center

The Physician Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patients' treatment wishes are properly communicated to their healthcare team, who promises to honor their wishes. This program will be presented by David R. Barile, MD, who is board certified in internal medicine, geriatric medicine, hospice and palliative medicine, and a member of the Medical Staff of Princeton HealthCare System.

S.A.F.E.: Self Defense Awareness for Women

WED. October 3 (7 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro

There are steps women can take to protect their personal safety and to help them avoid becoming victims of crime. Join us for this informative course combining risk-reduction tools and easy, effective self-defense techniques for women. Led by Carolyn Schindewolf, S.A.F.E. Instructor, S.A.F.E. is a program of the National Self-Defense Institute, Inc. Please note that participants under 18 years of age will need permission from a parent to take the course. Dress in sneakers and comfortable clothing. *This program is co-sponsored by Community Connection of Princeton HealthCare.*

Center for Emergency Care: The Big Chill—Managing Emergency Cardiac Cases

THU. October 4 (6:30 – 8 p.m.)

Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B
Learn about the use of therapeutic hypothermia in the management of emergency cardiac patients, and what the Center for Emergency Care can offer all patients, at this informative presentation by Craig Gronczewski, MD, board certified in emergency medicine, Chairman of University Medical Center of Princeton at Plainsboro's Department of Emergency Medicine and a member of the Medical Staff of Princeton HealthCare System.

Fall Harvest: Root and Bean Cuisine

THU. October 11 (6 – 7 p.m.)

Princeton Fitness & Wellness Center

\$10 for participants who are not registered for *Experience the Benefits of Weight Loss: Series*

Fall is a great time to enjoy hearty dishes like soups and stews. Join us as Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program, explores the health benefits of tasty meals featuring nutritious and affordable root vegetables and beans. This program includes a hands-on demonstration.

AARP Driver Safety Program

FRI. October 5 & 12 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

**\$12 for AARP members
\$14 for non-members**

Fees are payable at the door and checks should be made payable to AARP. Attendance at both dates is required.

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

Vitamins and Supplements

TUE. October 23 (7 – 8:30 p.m.)

Ewing Library
61 Scotch Road, Ewing

THU. October 25 (7 – 8:30 p.m.)

Robbinsville 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.

Attend this popular program for the most current information on the use of vitamins and supplements, including herbal treatments for general wellness and disease prevention. Danielle Candelario, PharmD, Clinical Pharmacist and Clinical Assistant Professor at the Ernest Mario School of Pharmacy at Rutgers—The State University of New Jersey, will discuss product selection, dosing, cautions and drug interactions.

Hamilton Area YMCA's 8th Annual Spooky Tails & Trails 2012

SAT. October 27 (8 a.m. – 12 p.m.)

Veteran's Park in Hamilton
(Kuser Road Entrance)

8 a.m. – Check-in and registration
9 a.m. – 1.2-mile Kids' Pumpkin Run
9:15 a.m. – 5K run followed by the
2-mile Pet/Family Walk

5K Participants: \$20 (by October 26)
or \$25 (after October 26)

2-mile Family/Pet Walk: \$13 (for ages
6 and older); \$25 (family rate)

1.2-mile Kids' Pumpkin Run: \$13 (for
ages 13 and under)

Pet Costume Contest: \$2 (by October 26);
\$4 (after October 26)

Register online at: www.active.com, search "spooky" or go to www.hamiltonymca.org or call Joe Fuhrman, Director of Member Initiatives, Hamilton Area YMCA, at 609.581.9622, ext.132, to register or for more information. This Hamilton Area YMCA annual event, cosponsored by Princeton HealthCare System, will feature a 5K run, a 1.2-Mile Kids' Pumpkin Run, a 2-mile Family and Pet Walk, food, prizes and family fun! Health professionals from Princeton HealthCare System will provide health information and free blood pressure screenings, plus Halloween crafts for the kids.



Please Give Blood

You can help save a life by giving blood at the Blood Donor Program of University Medical Center of Princeton at Plainsboro. For hours, or to schedule your appointment, call 609.853.6870.

You can also join us at the following special event on September 10 from 12 to 3 p.m., at the Princeton Fitness & Wellness Center. Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

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 12 – October 3 (7 – 9 p.m.)
 MON. September 24 – October 15 (7 – 9 p.m.)
 TUE. October 16 – November 6 (7 – 9 p.m.)
 THU. October 25 – November 15 (7 – 9 p.m.)
 University Medical Center of Princeton at Plainsboro
 Education Center, First Floor, Conference Rooms C & D

\$120 per couple

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

Accelerated Birthing Basics

SAT. September 15 (9 a.m. – 5 p.m.)
 SAT. October 13 (9 a.m. – 5 p.m.)
 University Medical Center of Princeton at Plainsboro
 Education Center, First Floor, Conference Rooms A & B

\$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®

SAT. October 27 – November 17 (9 a.m. – 12 p.m.)
(The November 17 class will be from 12:30 – 3:30 p.m.)
 Community Education & Outreach at the
 Hamilton Area YMCA John K. Rafferty Branch
 Suite 100, Conference Rooms A & B

\$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.

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 8 (10 – 11:30 a.m.)
 SAT. October 13 (10 – 11:30 a.m.)
 University Medical Center of Princeton at Plainsboro – Main Lobby

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children 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 8 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 THU. September 27 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
 SAT. October 13 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 MON. October 22 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
 University Medical Center of Princeton at Plainsboro – Main Lobby
 University Medical Center of Princeton at Plainsboro is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Daddy Boot Camp™

SAT. September 22 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

SAT. October 27 (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.

Prenatal Breastfeeding Class

TUE. September 18 (7 – 9 p.m.)

WED. October 24 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms A & B

\$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.

Baby Care

MON. September 10 (7 – 9:30 p.m.)

WED. October 17 (7 – 9:30 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms A & B

\$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.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

Bright Beginnings (birth to 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 a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road

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 13 (11 a.m. – 12 p.m.)

THU. September 27 (11 a.m. – 12 p.m.)

THU. October 11 (11 a.m. – 12 p.m.)

THU. October 25 (11 a.m. – 12 p.m.)

Community Education & Outreach at
731 Alexander Road

No registration required.

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



CPR & FIRST AID

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

ACLS Full Certification Course

WED. & THU. September 12 & 13 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

THU. September 20 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

PALS Full Certification Course

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

PALS Recertification Course

WED. September 26 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

BLS for Healthcare Providers

THU. September 6 (6 – 10:30 p.m.)
WED. October 3 (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

FRI. September 14 (9 a.m. – 1:30 p.m.)
THU. October 11 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

WED. September 19 (6 – 10:30 p.m.)
TUE. October 23 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center

\$65 per person

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

Heartsaver AED

TUE. September 18 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center

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

\$60 per person

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

Heartsaver First Aid

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

\$55 per person

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

Family & Friends CPR

\$20 per person, per session

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

Session Times:

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

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

Session Dates:

SAT. September 15
Princeton Fitness & Wellness Center

SAT. October 20
Community Education & Outreach at 731 Alexander Road

Pet First Aid and CPR

SAT. September 8 (10 a.m. – 1 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

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

\$40 per person

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

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



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

Cancer Support Group

TUE. September 18 (1:30 – 3 p.m.)
TUE. October 16 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

No registration required. Walk-ins welcome.

University Medical Center of Princeton at Plainsboro is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics to be discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program 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 18 (6 – 7:30 p.m.)
TUE. October 16 (6 – 7:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required. Walk-ins welcome.

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

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

WED. October 17 (12 – 1 p.m.)
WED. September 19 (12 – 1 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

Princeton HealthCare System's Head 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; and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.

UMCPP's Annual Prostate Cancer Screening

THU. September 20 (6 – 8 p.m.)
University Medical Center of Princeton at Plainsboro
Bristol-Myers Squibb Community Health Center

Registration required.

Early detection greatly increases your odds of successfully treating prostate cancer. Men 40 years of age or older should take advantage of this opportunity to be screened with prostate-specific antigen (PSA) testing and a digital rectal exam (DRE). African-American men and men with a family history of prostate cancer are particularly at risk. This confidential screening will be performed by a board certified urologist from Princeton HealthCare System and is sponsored by UMCPP's Edward & Marie Matthews Center for Cancer Care and Princeton Regional Health Department.

Prostate Cancer Support Group

WED. September 12 (12 – 1:30 p.m.)

WED. October 10 (12 – 1:30 p.m.)

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

Registration preferred. Walk-ins welcome.

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

Skin Cancer Screening In Observance of Melanoma/Skin Cancer Detection and Prevention Month

THU. October 25 (6 – 8 p.m.)

University Medical Center of Princeton at Plainsboro
Bristol-Myers Squibb Community Health Center

Registration required.

As part of a national public service program, a Princeton HealthCare System board certified dermatologist will perform full-body skin examinations by appointment. Nationwide, this annual program has screened nearly 1.7 million people and detected more than 171,000 suspicious lesions, including over 20,000 suspected melanomas.



SUPPORT GROUPS

Bariatric Surgery Support Group

MON. September 10 (7 – 8:30 p.m.)

MON. October 1 (7 – 8:30 p.m.)

Community Education & Outreach at
731 Alexander Road

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

UNITE: Perinatal Loss Bereavement Support Group

MON. September 10 (7 – 9 p.m.)

MON. October 1 (7 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

No registration required. Walk-ins welcome.

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

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

TUE. September 18 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

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

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

Diabetes Support Group

WED. September 19 (2:30 – 4 p.m.)

WED. October 17 (2:30 – 4 p.m.)

Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. September 24 (6:30 – 8 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Diabetes Management Department

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

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



EVENTS FOR SENIORS

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

Step Lively!

Falls Prevention Awareness Day 2012

TUE. September 18 (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 a fun-filled day of workshops, screenings and demonstrations focusing on your risk for falls and how to improve your balance. Presenters will include Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network; Daphne Berei, RN, BSN, RN-C, Nurse Manager, UMCP's Acute Care for the Elderly (ACE) Unit; and Marlene Tarshish, PT, LNHA, Rehabilitation Manager, Diversified Services, Princeton HomeCare. Participate in chair yoga and line dancing led by Hamilton Area YMCA staff and enjoy refreshments and more.

Injury Prevention for Seniors

THU. October 4 (12:15 – 1:15 p.m.)

South Brunswick Senior Center
540 Ridge Road
Monmouth Junction

Join John Frank, MSPT, BSPH, with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, for this informative discussion on prevention methods to avoid falls, slips, lower back pain and vertebral fractures, and how to benefit from physical therapy.

ONLINE SEMINARS

www.ustream.tv/channel/princetonhealth

PHCS is hosting monthly live web chats, and you're invited. To participate, all you need to do is go to our UStream Channel at www.ustream.tv/channel/princetonhealth on the day of the seminar. Pre-register either by calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar. All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.



Understanding & Improving Your Cholesterol Numbers

September 20 at 7 p.m.

with Muhammad Azam, MD,
family medicine practitioner



Behind the Walls of UMCP: Technology, Design and Engineering

October 18 at 7 p.m.

with Pamela Garbini, Vice President
of Construction and Facilities,
Princeton HealthCare System

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

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



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

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

 **University Medical Center of Princeton at Plainsboro**
One Plainsboro Rd., Plainsboro

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



A WARM WELCOME FOR OUR 'FIRSTS'

MAY 22 was a day filled with firsts at University Medical Center of Princeton at Plainsboro (UMCPP). The first patient (transferred from the old hospital in Princeton). The first emergency arrival. The first surgery. And, at 1:12 p.m., the first baby—a beautiful girl named Inès Cadjee, delivered by Jeffrey K. Gross, MD, FACOG.

“Magnificent. It was like being in a luxurious hotel. I felt so pampered,” says Imane Tazi of the labor and delivery room at UMCPP, where she gave birth to Inès, her second daughter.

The Cadjee family of Princeton—Imane, her husband, Ismael Cadjee, and their two-year-old daughter, Jade—toured the hospital prior to its opening and the baby’s birth. Imane was very impressed with the environment, though she initially was a little anxious about the readiness of the facility, equipment and staff. As soon as she entered the new hospital at 9:58 a.m. on May 22, her fears were immediately put to rest.

“The staff was so warm and welcoming. There was such a sense of excitement and enthusiasm that I felt immediately at ease,” remembers Imane.

Her delivery went quickly, and at 1:12 p.m. the Cadjee family—as well as the UMCPP family—joyfully welcomed little Inès. For the next two days, Imane and Inès stayed together in one of the hospital’s comfortably appointed patient rooms.

“It was lovely with a wonderful view of the trees. It was a great place for a mom and baby to stay,” says Imane.

One of the features in all patient rooms is a TV that is Internet-enabled through the GetWell:)Network. Imane gave UMCPP permission to put Inès’ photo on its Facebook page.

When Imane was told that it had been posted, she quickly logged in through her TV to take a look. Fingers flying across the keyboard, Imane typed, “That’s my girl!” in response to the warm comments already posted beneath the family photo.

Little Inès won’t remember all the special attention she received as UMCPP’s “first baby,” but her family will never forget.

“In a place like this, you just gotta get better!” Keller Watson, 86, of Hamilton, expected a lengthy recovery after surgery to remove a malignant tumor in his lung. He never expected, though, that the time he spent in acute rehabilitation would be so enjoyable.

“I had my surgery in the old hospital on May 10 and spent time recuperating there,” explains Keller. “I was one of the first patients to be transferred to the new hospital and it was quite an experience. I was welcomed by the staff. Photographers took pictures. I was interviewed by reporters. I felt like a star!”

Keller describes his inpatient stay in UMCPP’s Acute Rehabilitation Unit as “just the thing a person needs” when recovering. The beautiful rooms, ample light and greenery outside the windows not only kept his spirits high, they made him “feel like a new person.”

Pictured above: (Left) The Cadjee family of Princeton: (l-r) Imane Tazi; Inès, just a few hours old; big sister, Jade; and Ismael Cadjee. (Right) Keller Watson’s therapy sessions continue within the first hours of his move to the new UMCPP’s Acute Rehabilitation Unit.

"I received excellent care, night and day," says Keller. "Everyone was so friendly, answered all my questions and just made me feel like family. Even the food was really great."

Keller spent about a week and a half in the new hospital and then was discharged to home. He had improved so much with the intensive physical and occupational therapy he received that he needed little assistance when he returned home.

"I feel really good and am back to doing most of the things I did before," says Keller. "I thank my doctors, Dr. [Aissa T.] Alexeeva, Dr. [John] Heim and Dr. [Thomas] Blom, and the whole staff. They were so kind and did all the right things for me."

For more information about the new University Medical Center of Princeton at Plainsboro, visit www.princetonhcs.org or call 1.888.PHCS4YOU (1.888.742.7496).

A NEW BEGINNING... A FOND FAREWELL

Exactly 100 ambulances and approximately seven hours after it began, the historic move from our Witherspoon Street facility to UMCP's new home on the Plainsboro campus was complete. All told, approximately 110 patients were transferred from Princeton to Plainsboro. During the same time frame, the staff at the new hospital treated 65 patients in the Center for Emergency Care, admitted six new patients, and delivered two babies.

Among the notable milestones (pictured in order of mention):

- **THE FIRST PATIENT TRANSFERRED TO THE NEW HOSPITAL**—Just minutes after 7 a.m. on May 22, Nicole Williams of Hamilton and her newborn son, Atticus, were brought to a waiting ambulance to begin the trip to the new hospital. Nicole and John welcomed Atticus—their third child born at UMCP—on May 21 at 6:37 a.m., when he was delivered by Asha K. Proctor, MD, FACOG.
- **THE FIRST SURGERY**—At 12:48 p.m., Nisha Dhir, MD, FACS, performed the first surgery at the new hospital's Center for Surgical Care on Dulce Argilagos of Plainsboro. Dulce had been a volunteer at the Princeton hospital for two years.
- **THE LAST BABY BORN AT UMCP**—Trenton resident LaTanya Little's newborn son, Langston John Little Jones, became the last baby born in the Princeton hospital. Born at 1:31 a.m. May 22—less than six hours before the move began—Langston weighed 7 pounds when he was delivered by Shefali Goyal, MD.
- **THE LAST PATIENT TRANSFERRED FROM PRINCETON**—Erica Markee of Lawrenceville and her newborn son, Hayden, became the last patients at the Witherspoon Street hospital, when they boarded the ambulance at around 2 p.m. Hayden, who was delivered by Cesarean section by Dr. Proctor on May 21, is the first child for Erica and her husband, Sam.



Annual Golf Outing Nets Over \$130,000 for the New Hospital

Despite clouds and some rain, 130 participants in the 17th Annual Princeton HealthCare System Golf Outing enjoyed a great day of golf for a good cause at Metedeconk National Golf Course on June 12.

More than \$130,000 was raised in net proceeds to directly benefit the construction costs of the new University Medical Center of Princeton at Plainsboro, which opened its doors to patients on May 22, 2012.

"We were so pleased to be a lead sponsor for this premier golf event," says Glenn Mekles, Vice President of Conner, Strong & Buckelew and Co-Chair of the Golf Outing Committee. "I was born in the former Princeton Hospital, and now this new state-of-the-art medical center will ensure that Central New Jersey residents have the best possible healthcare for generations to come."

SEI, an investment company, was also a lead sponsor of the outing. In total, nearly 70 companies that are based in or do business in the region sponsored the event. An impressive total of more than \$680,000 has been raised for the new hospital's construction from the PHCS Annual Golf Outing proceeds between 2007 and 2012.

For more information about the golf outing, visit www.phcsgolf.org.



The 17th Annual PHCS Golf Outing's top sponsors, pictured with hospital leadership (l-r): Glenn Mekles, Vice President of Conner Strong & Buckelew, and Co-Chair of the Golf Outing Committee; Mark Jones, President, University Medical Center of Princeton at Plainsboro, and Senior Vice President, PHCS; Anne O'Neill, Executive Director, The Scheide Fund; Bruce Traub, Chief Financial Officer, PHCS, and Co-Chair of the Golf Outing Committee; Tom Reilly, Vice President and General Manager, Turner Construction Company; and Adam Levine, Global Institutional Group, SEI Investments.



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Visit our website
www.princetonhcs.org

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

UMCPP Earns Horizon Recognition Award for Quality, Patient Safety



Horizon Blue Cross Blue Shield of New Jersey (BCBSNJ) presents a \$250,000 Hospital Recognition Award to University Medical Center of Princeton at Plainsboro.

Pictured, left to right: *Walter H. Dryer, Hospital Account Executive, Horizon BCBSNJ; Robert A. Marino, President and CEO, Horizon BCBSNJ; Barry S. Rabner, PHCS President and CEO; Mark Jones, President, UMCPP, and Senior Vice President, PHCS; and Linda Sieglen, MD, MMM, Senior Vice President for Medical Affairs, PHCS.*

The quality and safety of clinical care at University Medical Center of Princeton at Plainsboro (UMCPP) has earned a \$250,000 recognition award from Horizon Blue Cross Blue Shield of New Jersey.

The financial award was provided under Horizon BCBSNJ's Hospital Recognition Program, which acknowledges network hospitals that demonstrate high quality and safe patient outcomes.

The program results are based on surveys by The Leapfrog Group, a Washington, D.C.-based coalition working to improve the safety, quality and affordability of health care.

"Horizon's recognition reflects the culture of patient safety that exists within our organization," says Barry S. Rabner, President and CEO of Princeton HealthCare System (PHCS). "Everyone in our hospital

plays an important role in creating a safe environment for our patients, and everyone has consistently demonstrated a commitment to fulfilling those responsibilities. Throughout the system, I am impressed by our staff and their passion for the quality of care we provide."

Horizon BCBSNJ initiated the Hospital Recognition Program in 2006 to promote safe, high-quality and effective hospital care. This is the second consecutive year that PHCS received a \$250,000 award for its acute-care hospital services. Previously, that care was provided at the former University Medical Center at Princeton on Witherspoon Street. The Princeton hospital was replaced by the state-of-the-art UMCPP on Plainsboro Road, which opened May 22.

For more information about University Medical Center of Princeton at Plainsboro, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.