

PRINCETONHEALTH



ROBOTIC SURGERY AT UMCPP: MORE SPECIALTIES, MORE OPTIONS

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- Are You an Emotional Eater?
- Fall-proof Your Life
- Managing Morning Sickness

PLUS:

- **COMMUNITYFOCUS** Event Calendar



Princeton HealthCare System

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Princeton HealthCare System
One Plainsboro Road
Plainsboro, NJ 08536
1.888.PHCS4YOU (1.888.742.7496)

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

The health information provided in Princeton Health is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

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

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

ROBOTIC SURGERY AT MORE SPECIALTIES,

University Medical Center of Princeton at Plainsboro (UMCPP) offers one of the most comprehensive robotic surgery programs in the region and continues to expand to offer patients more choices for advanced, minimally invasive procedures that promote quicker recovery times.

The hospital first began using the da Vinci Surgical System® for urologic procedures in October 2009. Since then, the program has expanded and surgeons now perform hundreds of robotic procedures each year in fields including colorectal, general surgery, gynecologic, urologic, urogynecologic and thoracic surgery.

“In light of the benefits for patients, we feel very strongly that minimally invasive and robotic-assisted procedures are the future of surgery,” says John Heim, MD, Chairman of Surgery at UMCP. “We devote resources to training and recruiting physicians and upgrading our technology to ensure we can perform even more of these procedures in the future.”

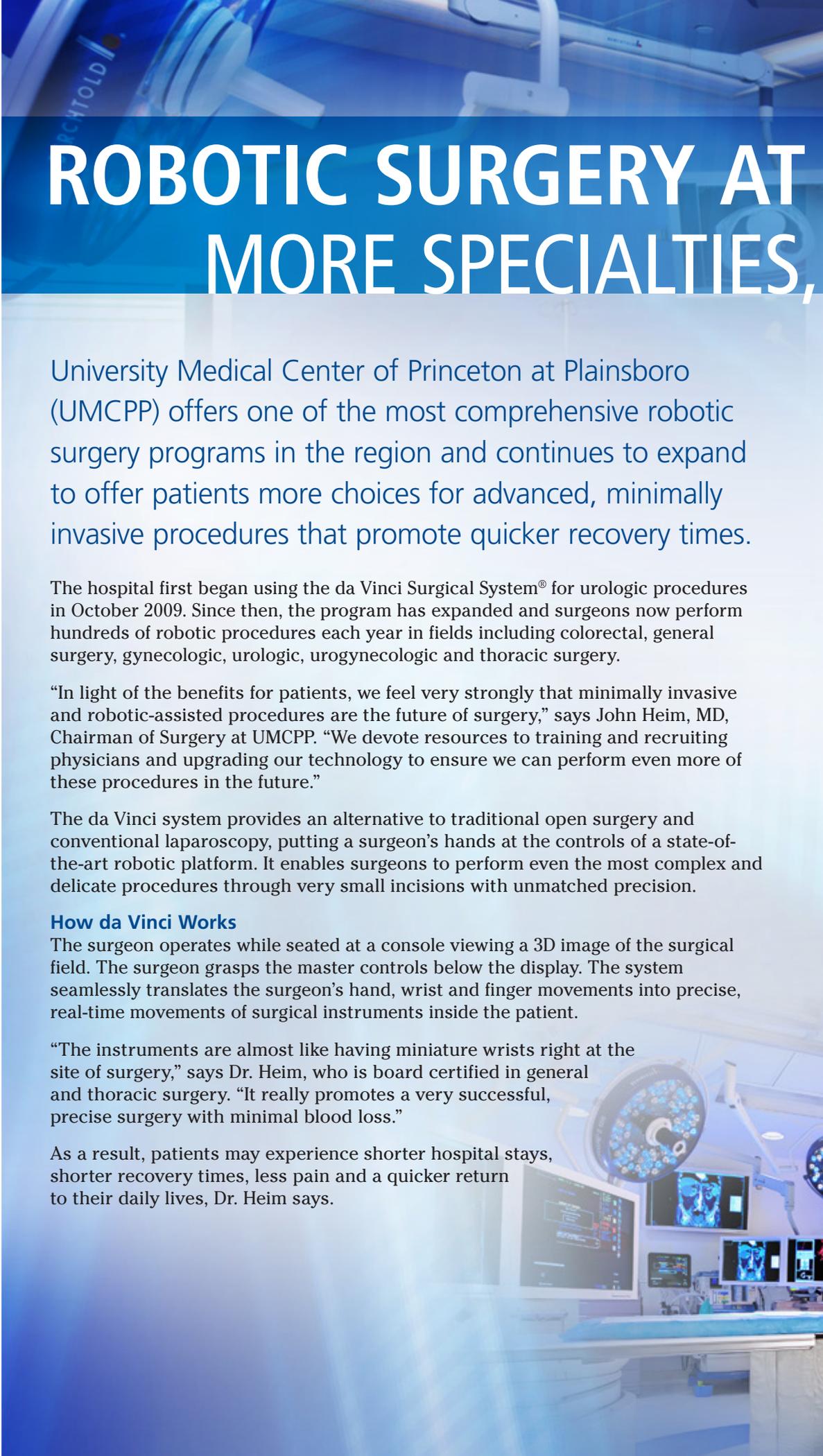
The da Vinci system provides an alternative to traditional open surgery and conventional laparoscopy, putting a surgeon’s hands at the controls of a state-of-the-art robotic platform. It enables surgeons to perform even the most complex and delicate procedures through very small incisions with unmatched precision.

How da Vinci Works

The surgeon operates while seated at a console viewing a 3D image of the surgical field. The surgeon grasps the master controls below the display. The system seamlessly translates the surgeon’s hand, wrist and finger movements into precise, real-time movements of surgical instruments inside the patient.

“The instruments are almost like having miniature wrists right at the site of surgery,” says Dr. Heim, who is board certified in general and thoracic surgery. “It really promotes a very successful, precise surgery with minimal blood loss.”

As a result, patients may experience shorter hospital stays, shorter recovery times, less pain and a quicker return to their daily lives, Dr. Heim says.



UMCPP: MORE OPTIONS

UMCPP's Robotic Options

The da Vinci Surgical System® is being used at UMCPP in fields including:

- Colorectal surgery, for conditions such as colon cancer, rectal cancer, diverticulitis and inflammatory bowel disease.
- General surgery. (See related article for more information.)
- Gynecologic surgery, for conditions such as cervical and uterine cancer, uterine fibroids, endometriosis, uterine and vaginal vault prolapse and menorrhagia or excessive bleeding.
- Thoracic surgery, for conditions such as lung cancer, chest nodules and diseases of the lymph glands.
- Urologic surgery, for conditions such as prostate cancer and ureteral and kidney disorders.

Patients with some of the most common health conditions requiring surgery can now benefit from robotic procedures at University Medical Center of Princeton at Plainsboro (UMCPP).

For more information about the da Vinci Surgical System® at UMCPP or for referral to one of our da Vinci surgeons, please call 1.888.PHCS4YOU (1.888.742.7496) or visit princetonhcs.org/davincisurgery.

Robotic General Surgery Now Available at UMCPP

General surgery procedures such as gallbladder and spleen removal, hernia repair and surgical reflux treatment are now being performed at UMCPP using the da Vinci Surgical System®.

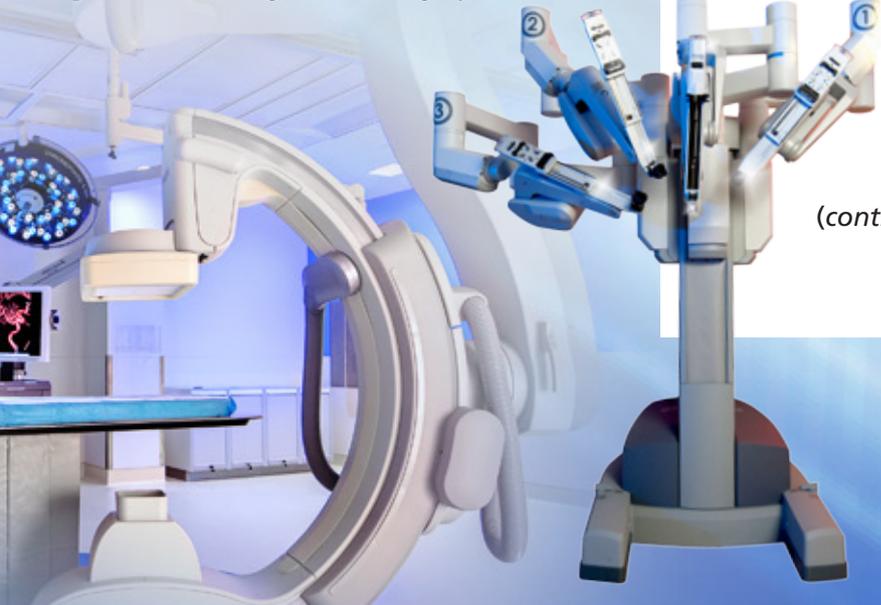
"The field of general surgery includes a wide variety of common and complex procedures throughout the body," says Nisha S. Dhir, MD, FACS, a general surgeon on staff at UMCPP. "The robotic platform is a natural fit because it allows us to complete even the more difficult cases with greater ease."

While general surgery traditionally involved large, open incisions, most modern procedures are done using laparoscopic techniques. da Vinci surgery combines the minimally invasive benefits of laparoscopy with robotic technology that dramatically enhances vision, precision and control.

"The high-definition, 3D visualization is outstanding," says Dr. Dhir, who is board certified in general surgery. "Our ability to visualize and safely dissect and suture within the body is much greater with the da Vinci system than with standard laparoscopic techniques."

Benefits of da Vinci surgery may include significantly less pain, shorter recovery times and, very often, better clinical outcomes, Dr. Dhir says.

(continues on page 22)



MEET THE DA VINCI SUR

Surgeons at UMCP use our da Vinci Surgical System® to perform a full range of gynecologic, urologic, thoracic and colorectal procedures—including prostatectomy, hysterectomy, lobectomy and colectomy. Surgeries performed using da Vinci are generally less invasive than traditional surgeries and increase the likelihood of a fast recovery.

COLORECTAL SURGEON



Sanjiv K. Patankar, MD, board certified in general surgery and specialized in colorectal surgery

GENERAL SURGEON



Nisha Dhir, MD, FACS, board certified in general surgery

GYNECOLOGIC ONCOLOGISTS



James K. Aikins, MD, FCOG, FACS, board certified in gynecologic oncology



David P. Warshal, MD, FCOG, board certified in gynecologic oncology

THORACIC SURGEON



John A. Heim, MD, board certified in general surgery and thoracic surgery, Chairman of UMCP Department of Surgery

UROGYNECOLOGISTS*



Heather M. Van Raalte, MD, specialized in urogynecology

** Not pictured:*
Manish Gopal, MD, specialized in urogynecology

SURGICAL TEAM AT UMCPP

OBSTETRICIANS/GYNECOLOGISTS



Seth G. Derman, MD, FACOG, board certified in gynecology



Scott E. Eder, MD, FACOG, board certified in gynecology



Eugene S. Gamburg, MD, FACOG, board certified in obstetrics and gynecology



Jeffrey Hofman, MD, FACOG, board certified in obstetrics and gynecology



Christopher A. Naraine, MD, FACOG, board certified in obstetrics and gynecology



Bruce R. Pierce, MD, FACOG, board certified in obstetrics and gynecology



Helen Simigiannis, MD, FACOG, board certified in obstetrics and gynecology



Kenneth H. Ung, MD, FACOG, board certified in obstetrics and gynecology

UROLOGISTS



Alexander P. Vukasin, MD, board certified in urology



John A. Watson, MD, board certified in urology



Alexei Wedmid, MD, board certified in urology

For more information about the da Vinci Surgical System® at UMCPP or for referral to one of our da Vinci surgeons, please call 1.888.PHCS4YOU (1.888.742.7496). More information about da Vinci surgery is also available at www.davincisurgery.com.

Are You an EMOTIONAL EATER?

Princeton House Program Offers Help

Do you ever find yourself eating not because you're feeling hungry but because you're feeling happy or sad? Or have you found yourself skipping a meal because of these emotions?

While occasionally eating for comfort is no cause for concern, regularly using food to soothe your emotions could be a sign of a more serious problem known as emotional eating, says Sheri Solinski, LCSW, LCADC, a therapist with Princeton House Behavioral Health's Women's Program.

Emotional eating could point to an underlying mood problem, such as depression, anxiety or bipolar disorder. If not properly addressed, emotional eating may also lead to a dangerous eating disorder such as anorexia or bulimia.

"Emotional eating is when a person uses food to regulate any intense emotion—positive or negative," Solinski says. "It often happens because a person lacks the skills needed to manage emotions in other, more positive ways."

Signs of an Eating Problem

Emotional eating is considered part of the spectrum of eating disorders, the most serious of which are binge eating, anorexia and bulimia. The early warning signs are similar to other eating disorders, including:

- Changes in eating patterns, such as eating a lot more or a lot less than usual.
- Unusual eating behaviors, such as picking at food, cutting it into small pieces or refusing to eat around other people.
- A pre-occupation with food, including reading labels or thinking about food so much that it impacts your daily life.
- Out-of-control feelings about food, such as intense cravings or guilt or shame related to eating.

Coping with Emotional Eating

Putting a stop to emotional eating involves finding alternative ways to cope with emotional highs and lows. For people with mild problems, emotional eating can often be improved by working on "mindful" eating—focusing on what you're eating and why you're eating it.

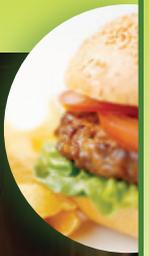
"At times, we all eat without thinking," Solinski says. "That impacts how much we enjoy food and the quantity of food we might consume."

For those who need more intensive therapy or whose emotional eating is related to a mood disorder, Princeton House's Women's Program offers a new 8- to 10-week Emotional Eating Track, an intensive program that helps women overcome emotional eating habits. It includes:

- A complete nutritional assessment.
- Therapies aimed at improving impulse control and stress tolerance.
- Lessons on engaging in more self-care and in making time for more pleasure and leisure activities.
- A comprehensive discharge and follow-up plan in conjunction with a therapist, nutritionist and psychiatrist.

Patients who need inpatient hospitalization or partial hospitalization for anorexia or bulimia are referred to University Medical Center of Princeton at Plainsboro's (UMCPP) Center for Eating Disorders Care. It provides effective and compassionate treatment for adults, adolescents and children as young as 8 years old.

For more information about the Women's Program at Princeton House Behavioral Health or to schedule an appointment, call 1.888.437.1610.



Sprains vs. Fractures:

A Guide to Children's Common Injuries

Fun on the playground can often lead to injuries for children, whether falling from the monkey bars or taking a wrong turn in a soccer game. Broken bones, sprains and strains are all common injuries among children. Knowing how to spot them is the best way to help children heal faster.



Telling the Difference

“A fracture is a broken bone, while a sprain involves a stretch or partial tear of ligaments (which connect two bones),” says Harvey Smires, MD (pictured left). “Strains are injuries to muscles due to overstretching.”

A fracture is almost always accompanied by a snap or grinding noise. Other symptoms include swelling, bruising or tenderness, difficulty moving the injured part and pain when bearing weight or being touched.

Children can also be susceptible to a growth plate fracture, a unique injury that can have debilitating consequences if not treated quickly. Because children's bones heal faster than adults', treating a growth plate injury as soon as possible is key.

“Growth plates are areas of developing cartilage tissue near the end of long bones, and are the last parts of the bones to harden once a child is full-grown. Until then, they are soft and susceptible to fracture,” says Dr. Smires, who is board certified in orthopedic surgery. “In fact, up to 30 percent of all childhood fractures are growth plate fractures.”

Sprains and strains are more common among teens. Signs may include pain in the joint or muscle, redness of the injured area, swelling and bruising, and difficulty moving the injured part.

When to Seek Care

When a fracture is suspected, see an orthopedic specialist as soon as possible to get treatment before the bone begins to heal. With a severe fracture call 911 to get immediate care at the nearest emergency facility.



With a sprain or strain, **RICE** is recommended for the first 48 hours after the injury:

- **Rest.** Rest the injured part until pain diminishes.
- **Ice.** Wrap an icepack or cold compress in a towel and place over the injured part immediately, for no more than 20 minutes at a time, four to eight times a day.
- **Compression.** Support the injured part with an elastic compression bandage for at least two days.
- **Elevation.** Elevate the injured part above heart level to decrease swelling.

Doctors recommend ibuprofen or acetaminophen for pain and to reduce swelling. If you are unsure about the type of injury, or if symptoms worsen or fail to improve over five to seven days, call your doctor as soon as possible.

Treatment

Children's bones heal faster than adults', so they will not have to stay in a cast or splint as long. Mild fractures may simply need a splint or cast for support. More severe fractures may require surgery to realign the bones and then pins, metal implants, or a cast to hold the bones in place while they heal.

To find a doctor or orthopedic specialist with Princeton HealthCare System, call 1.888.742.7496 or visit www.princetonhcs.org.

October is Breast Cancer Awareness Month and a perfect time for women who are due for a mammogram to schedule one.

The American Cancer Society has released an important finding — advanced breast cancer among women under the age of 40 is on the rise. The study indicates that between 1976 and 2009, the incidence of breast cancer that spread to the bones or other organs before being diagnosed tripled in women under 40. The highest increase was in women between the ages of 25 and 34.



“Clearly, the impression that breast cancer is something you need to worry about only when you are older is false. Breast cancer can strike anyone at any age,” says Rachel P. Dultz, MD, FACS, (pictured left) Medical Director of the University Medical Center of Princeton at Plainsboro (UMCPP) Breast Health Center. “That’s why breast health is so important and why regular breast self-exams and mammograms are essential.”

Women age 40 and older should have a mammogram every one to two years, while women under the age of 40 who have any of the known risk factors for breast cancer should discuss appropriate screening with their doctors. Risk factors include a prior diagnosis of breast cancer, family history, inherited gene mutations (such as BTCA1 and BRCA2), radiation exposure as a child or young adult, obesity, beginning menstruation at a young age, having a first child after age 35, taking postmenopausal hormone therapy, and drinking alcohol.

Breast Cancer Awareness: Screenings Key to Early Detection

UMCPP is nationally recognized for its excellence in a full spectrum of breast care, from preventive services like mammograms to advanced cancer treatments. The state-of-the-art UMCPP Breast Health Center is one of only about five percent of breast imaging facilities nationwide designated as a Breast Imaging Center of Excellence by the American College of Radiology.

Advanced breast imaging capabilities available at UMCPP’s main campus in Plainsboro include state-of-the-art 3.0T MRI and MRI breast biopsy services. The Breast Health Center, at its East Windsor campus, offers sonographic and mammographic evaluations, as well as ultrasound-guided biopsies and stereotactic biopsies, which can be completed promptly following diagnosis.



“Our focus is on providing the best individualized preventive care, diagnostic services and treatment available,” says Christopher L. Ananian, MD, (pictured left) Director of Medical Imaging at the Breast Health Center. “The recipe for successful outcomes when it comes to breast cancer begins with early

detection, which is a two-fold process: You, as the patient, need to follow the screening recommendations for your age and medical and family background, and we, as your healthcare providers, need to be equipped with the most advanced diagnostic equipment and skilled staff to identify any abnormalities and treat them promptly.”

For more information, or to schedule an appointment at the Breast Health Center, call 609.688.2700. To find a physician affiliated with the Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Prostate Cancer: Know Your Risk

An estimated one in every six men will be diagnosed with prostate cancer over the course of his lifetime, according to the American Cancer Society. Fortunately, if caught early the disease is highly treatable.

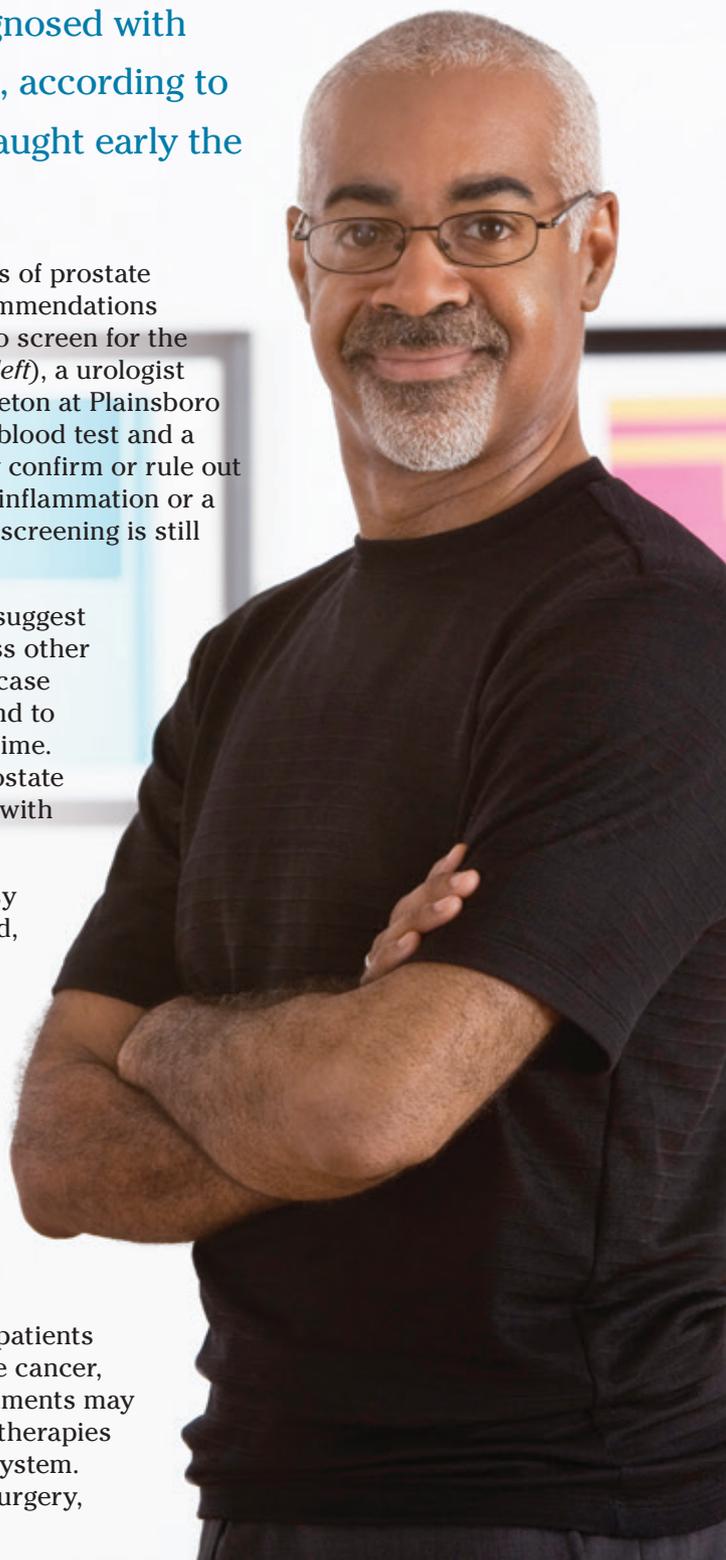


“Since there are no unique symptoms or signs of prostate cancer, it’s very important to follow the recommendations of your primary care physician or urologist to screen for the disease,” says Alexei Wedmid, MD, (*pictured left*), a urologist on staff at University Medical Center of Princeton at Plainsboro (UMCPP). “A prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE) will not definitively confirm or rule out prostate cancer, and things like an infection, inflammation or a benign prostate growth called BPH may affect PSA results, but screening is still highly recommended as a first line of defense.”

The American Urologic Association’s (AUA) newest guidelines suggest yearly screenings for men between the ages of 55 and 69, unless other factors suggest a high risk of developing the disease, in which case testing may begin as early as age 40. African-American men tend to be at a higher risk, as one in three will be diagnosed in his lifetime. Having a high body mass index (BMI) or a family history of prostate cancer are also high risk factors. AUA recommends discussing with your physician whether testing is right for you.

If an annual screening detects an abnormality, a prostate biopsy is used to determine if cancer is present. If cancer is discovered, advanced testing can now analyze genetic changes to help determine how aggressive a patient’s prostate cancer is and what treatment options will work best. These advanced tests are being incorporated into the routine screening recommendations for all patients at UMCPP.

“What is important to remember is that prostate cancer treatment is a very individualized process. Even if you are diagnosed with prostate cancer through a prostate biopsy, not all prostate cancer needs to be treated. But this can be determined only through close consultation with your doctor,” says Dr. Wedmid, who is fellowship trained in da Vinci robotic surgery for prostate and kidney conditions. “For some patients with low-grade cancer, or even older patients with intermediate cancer, active surveillance may be an option. For others, curative treatments may include surgery or radiation, including image-guided radiation therapies or state-of-the-art robotic surgery using the da Vinci Surgical System. Chemotherapy and hormone therapy, along with radiation or surgery, may be used in advanced cases.”



For assistance finding an urologist on staff with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

How to Help Fall-proof Your Life

A trip, slip or stumble: Whatever you call them, falls are a common, dangerous problem among older adults. Yet, with a few common sense safety measures and regular checkups with your healthcare provider, many falls can be prevented.



“Falls are a significant problem, but many people forget or are reluctant to talk to their healthcare providers about them,” says Jose Vigario, DO, (pictured left), a geriatrician with Princeton Medicine. “Even if you are not injured, you and your provider can discuss steps to prevent future incidents.”

One in three adults 65 and older experiences a fall each year. While many falls are related to neurological conditions such as stroke and multiple sclerosis or arthritis and other muscle and bone issues, others can be traced to the home environment.

Dr. Vigario and Linda A. Lucuski, MPT, Cert. MDT, Rehab Director with Princeton Rehabilitation Services, offer these tips on preventing falls:

Fall-proof your home. Secure loose carpets and add traction to slippery surfaces. Make sure stairs have handrails on both sides. Add grab bars to showers and raise toilet seats. Make sure you have proper lighting. Many falls happen during middle-of-the-night bathroom trips.

Stay on top of your health. Seek medical advice for any symptoms of lightheadedness or vertigo. Because drug interactions can cause balance problems, review any new prescription and over-the-counter medications with your provider. Have your eyes checked at least once a year.

Use the right equipment. Avoid socks and slippers on smooth floors. Opt for shoes with rubber soles and lower heels. Make sure canes and walkers are expertly fitted.

Get strong and balanced. Walking and other regular exercise can strengthen muscles that provide balance. Physical therapy can relieve symptoms of dizziness and vertigo and improve balance. Therapists can also provide at-home exercises to improve balance.

“Balance is a skill like anything else,” Lucuski says. “With proper training and practice, balance can be improved and falls prevented.”

For assistance finding a geriatrician affiliated with Princeton HealthCare System, or for more information about Princeton Rehabilitation Services, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.



Helping You Prevent Falls

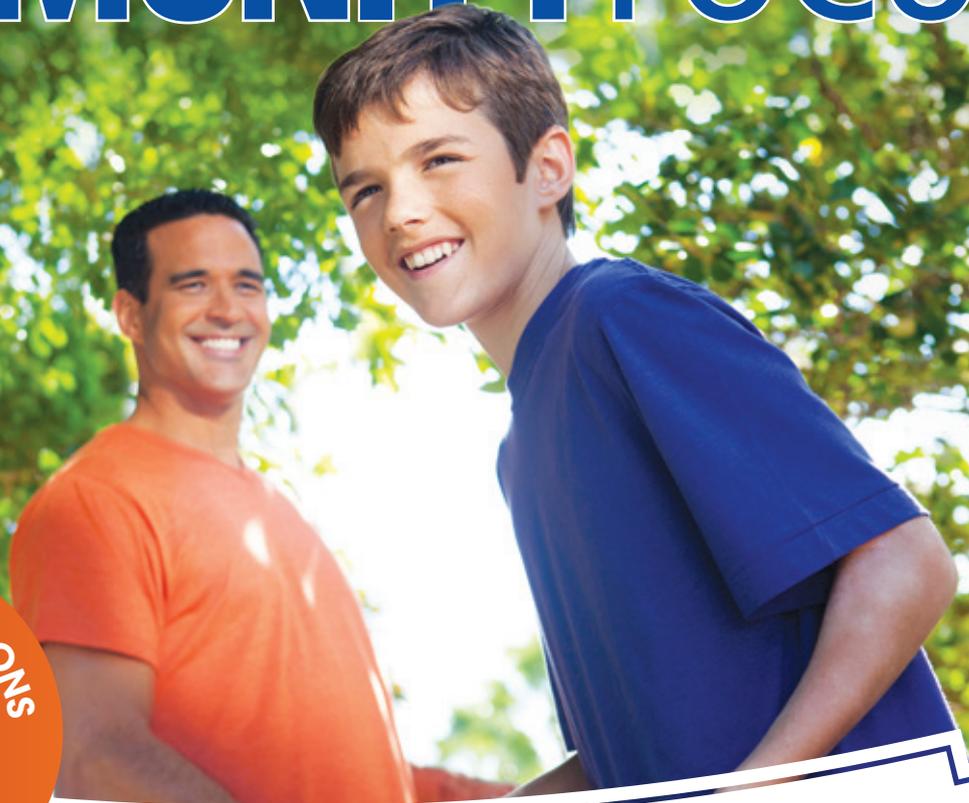
Princeton HealthCare System Community Education & Outreach offers free programs related to falls prevention and balance.

“**A Matter of Balance**,” an 8-week program that offers practical coping strategies to reduce your risk and fear of falling, is held on a regular basis at PHCS Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch.

“**Step Lively! Falls Awareness & Prevention Health Fair**” is scheduled for 10 a.m. to 1 p.m. Tuesday, Sept. 24, at the Hamilton YMCA.

Please call 1.888.897.8979 for more information or visit princetonhcs.org/calendar.

COMMUNITY FOCUS



To recognize **“Talk About Prescriptions Month”** for the month of October and **“Lock Your Meds Day”** on October 28, empower yourself by joining us for the following invaluable presentations on prescription drug safety.

When Prescriptions Can Harm Community Alliance for Medication Safety (CAMS) Program

Prescription medications are among the most commonly abused drugs by children, often as young as 12 years of age. An alarming 71 percent of teens say they gained access to prescription drugs from the medicine cabinets of their family or friends. Discover the facts, warning signs of abuse and what you can do as a parent to protect your children. This program is supported by a generous grant from the American Medical Association.

THU. October 17 (7 – 8 p.m.)

Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville

MON. October 28 (7 – 8 p.m.)

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

The program on October 28 will also include a special session for your teen to explore the dangers of prescription drug abuse, where to go for help and what they can do if a friend is abusing prescription medications.



CURRENT PROGRAMS

Princeton HealthCare System's Community Education & Outreach Program offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System. Registration is required, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call **1.888.897.8979** (unless another number is indicated).

Health Screenings at West Windsor Community Farmers' Market

SAT. September 7 & 21, October 5 & 19 (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 is proud to participate in 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.

Mother and Baby Shower

SUN. October 6 (12 - 3 p.m.)
University Medical Center of Princeton at Plainsboro
Don't miss this special opportunity to celebrate new beginnings at this educational event for those who are expecting, thinking about pregnancy or already have young children. Join us for health tips from the obstetricians, pediatricians, midwives, and educators from Princeton HealthCare System; tour our state-of-the-art Center for Maternal & Newborn Care; enjoy car seat safety checks, kids' crafts, refreshments and give-aways. There will also be local businesses with a wide variety of products and services designed for new families, as well as interactive demonstrations. This program is provided with support by Central Jersey Family Health Consortium (CJFHC).

Grandparenting 101 in the 21st Century

SUN. September 8 (1 – 2:30 p.m.)
Babies "R" Us
700 Nassau Park Boulevard, West Windsor

Registration preferred.

This fun, interactive class is designed to bring grandparents-to-be and new grandparents up-to-date on the latest in baby care. Topics range from the changing birth environment to safety considerations, including car seat laws and recommendations; sudden infant death syndrome (SIDS) risk reduction; transitioning your role from parent to grandparent; and newborn characteristics. This discussion will be presented by Carolyn Schindewolf, a health educator with Princeton HealthCare System.

Experience the Benefits of Exercise and Weight Loss

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Get on the path to lifelong weight-loss success with this dynamic fitness program designed to educate and motivate individuals who want to lose a minimum of 50 pounds.

Introduction

TUE. September 10 (7 – 8:30 p.m.)

This panel discussion kicks off 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 review the Benefits of Exercise: Improving Strength, Endurance, Flexibility and Confidence. Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss surgical weight-loss options.

Series

MON. & THU. September 12 – November 7 (7 – 8 p.m.)
Please call Sharon Casper at 609.683.7888 for pricing and to register.

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.

Please Give Blood



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

You can also join us at a blood drive on October 28, from 12 to 3 p.m., at the Princeton Fitness & Wellness Center, 1225 State Rd., Princeton. Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.

GERD: The Burning Question

THU. September 12 (7 – 8:30 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction

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

TUE. September 24 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville
Approximately 60 million Americans experience heartburn and acid reflux at least once a month. Anish Sheth, MD, board certified in gastroenterology and member of the Medical Staff of Princeton HealthCare System, will discuss the causes of gastroesophageal reflux disease (GERD), treatment options, and Barrett's esophagus, a complication of chronic acid reflux that can lead to esophageal cancer.

Kidney Function & Hypertension

THU. September 12 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
Learn more about how high blood pressure (hypertension) affects kidney function and ways you can help protect your kidneys. Grace B. Bialy, MD, board certified in nephrology, will discuss the benefits of lowering blood pressure and lifestyle modifications that can help prevent and manage hypertension. Dr. Bialy is a member of the Medical Staff of Princeton HealthCare System.

Emotional Eating

THU. September 19 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Emotional eating is a behavior which, if left unidentified and untreated, can turn into a more serious eating disorder. Join Sheri Solinski, LCSW, LCADC, Manager of Princeton House Behavioral Health Women's Programs, to learn more about the signs of emotional eating as well as the best methods of intervention.

PFWC 10th Annual Health Fair

SAT. September 21 (9 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
Join us in celebrating the tenth anniversary of Princeton Fitness & Wellness Center. Health professionals from Princeton HealthCare System will be on hand to provide free information and health screenings, including: blood pressure, glucose and cholesterol, body fat analysis (BMI), and posture and balance. Plus, take a tour of Princeton Fitness & Wellness Center and enjoy special classes, chair massages, refreshments and more!

Healthy Holiday Goodies

MON. October 7 (6 – 7 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

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

Join Jane Schwartz, RD, Outpatient and Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program, for a hands-on demonstration of healthy and delicious dessert recipes that won't go to your waistline this holiday season.

Standing Tall Against Falls

TUE. October 8 (10:30 – 11:30 a.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
In the United States, it is estimated that one third of all seniors over the age of 65 will suffer a fall requiring medical attention each year. Learn about the risk factors and what you can do to avoid falls and their devastating effects. This program will be presented by Betsy Muessig, a Community Education & Outreach Program associate with Princeton HealthCare System.

Strategies for Beating the Blues

TUE. October 8 (11 a.m. – 12 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe Township
Experiencing increased stress and anxiety, especially during the holiday season, can negatively affect your emotional and physical health. Join Jamie Winters, LSW, Primary Therapist, Senior Link Program with Princeton House Behavioral Health, for an uplifting program on recognizing the signs of depression and learning ways to cope with life's stressors in a healthier way.

Eating Disorders: Recognizing the Warning Signs

THU. October 10 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville
Eating disorders are most commonly diagnosed in young women but can affect anyone of any age. Join Laurie Posner, LPC, NCC, M.Ed., Primary Therapist for the Center for Eating Disorders Care at University Medical Center of Princeton at Plainsboro, for an informative discussion of the warning signs for common eating disorders such as anorexia, bulimia, and binge-eating disorder, as well as when and how to get help.

Hamilton Area YMCA's 9th Annual Spooky Tails & Trails 2013

SAT. October 26 (8 a.m. – 12 p.m.)
Veteran's Park in Hamilton
2206 Kuser Road, Hamilton

Register online at www.active.com or
www.hamiltonymca.org.

This Hamilton Area YMCA annual event, cosponsored by Princeton HealthCare System, will feature a 5K run and 1.2-mile Kid's 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.

REGISTRATION

5K participants – \$22 (by October 24), \$27 (after October 24)
1.2-mile Kid's Pumpkin Run (13 and under) – \$15
2-mile Pet/Family Walk – \$13 (6 and over), \$25 (family rate)

General Hospital Tours

For more information, a list of tour dates or to register, please call 1.888.897.8979 or visit www.princetonhcs.org/calendar.
Join Princeton HealthCare System's Community Education & Outreach tour leaders as they guide you through featured areas of the new University Medical Center of Princeton at Plainsboro.





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

MON. September 16 – October 7 (7 – 9 p.m.), Room E
 TUE. September 3 – 24 (7 – 9 p.m.), Room E
 WED. October 2 – 23 (7 – 9 p.m.), Room E
 TUE. October 22 – November 12 (7 – 9 p.m.), Rooms A & B
 University Medical Center of Princeton at Plainsboro
 Education Center, First Floor

\$125 per couple

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

Accelerated Birthing Basics

SAT. September 21 (9 a.m. – 5 p.m.)
 Community Education & Outreach at 731 Alexander Road
 SAT. October 19 (9 a.m. – 5 p.m.)
 University Medical Center of Princeton at Plainsboro
 Education Center, First Floor, Room E

\$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 5 – 26 (9:30 a.m. – 12:30 p.m.)
 (Please note: the session on October 12 will be from 1 – 4 p.m.)

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

\$195 per couple

This multi-session class is designed for expectant couples with a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and 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 14 (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. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

SAT. September 14 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 WED. September 18 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
 SAT. October 5 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
 TUE. October 15 (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 Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Baby Care

WED. September 25 (7 – 9:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Room E

\$50 per couple

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

Daddy Boot Camp™

SAT. October 12 (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

MON. October 21 (7 – 9 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

\$50 per couple

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

Car Seat 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.

You may also be interested in the following programs on page 12:

- Grandparenting 101 in the 21st Century
- Mother and Baby Shower



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.)
UMCPP Breast Health Center
East Windsor Medical Commons 2, 300B Princeton-Hightstown Road, East Windsor

No registration required.

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

Postpartum Adjustment Support Group

THU. September 5 (1 – 2 p.m.)
THU. September 19 (1 – 2 p.m.)
THU. October 3 (1 – 2 p.m.)
THU. October 17 (1 – 2 p.m.)
THU. October 31 (1 – 2 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 18 & 19 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

WED. September 4 (9 a.m. – 2:30 p.m.)
FRI. October 4 (9 a.m. – 2:30 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. October 8 & 9 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

MON. October 14 (6 – 10:30 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 treatment of 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

FRI. September 6 (6 – 10:30 p.m.)
WED. September 25 (9 a.m. – 1:30 p.m.)
TUE. October 1 (9 a.m. – 1:30 p.m.)
FRI. October 25 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. September 10 (9 a.m. – 1:30 p.m.)

WED. October 9 (6 – 10:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA

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

TUE. September 17 (6 – 10:30 p.m.)

THU. October 17 (9 a.m. – 1:30 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$65 per person

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

Heartsaver AED

THU. September 19 (6 – 9:30 p.m.)

MON. October 14 (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

THU. September 5 (9 a.m. – 12:30 p.m.)

TUE. October 1 (6 – 9:30 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$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

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

\$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

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

Session Times:

Infant CPR* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

Session Dates:

SAT. September 14

Community Education & Outreach at 731 Alexander Road

SAT. October 12

Community Education & Outreach

at the Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Family & Friends CPR: Infant Only

TUE. September 24 (7 – 8 p.m.)

TUE. October 22 (7 – 8 p.m.)

Babies "R" Us

700 Nassau Park Boulevard, West Windsor

Pet First Aid and CPR

FRI. October 18 (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

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.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register.

Autism and Safety – It's Unpredictable

MON. September 16 (6 – 9 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

This educational workshop will provide information and resources regarding safety matters and emergency preparedness related to individuals with autism spectrum disorder (ASD) and those who surround them. Participants will learn important characteristics of ASD; communication and social challenges affecting safety; methods of identifying and tracking autism; environmental modifications; fire and travel safety; and other important safety issues related to those with ASD. Participants will gain an understanding of the complex challenges relating to rescue techniques surrounding ASD individuals, who are at increased risk for accidental injury and loss of life. This program will be presented by Adrienne Robertiello, Autism Educator at Children's Specialized Hospital. This program has been made possible by the Kohl's KidsAbilities program at Children's Specialized Hospital through the generosity of Kohl's Cares®.

EMT Refresher Class

SUN. September 22 (8 a.m. – 5 p.m.)

University Medical Center of Princeton
at Plainsboro

\$40 per person. Registration required; payment due at registration. This session is for existing EMTs who are required to recertify.

Session B – Medical Assessment and Management

Students will review proper CPR techniques, childbirth and approved medication administration.

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



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar.

University Medical Center of Princeton at Plainsboro is a Clinical Research Affiliate of The Cancer Institute of New Jersey and an approved teaching program of the American College of Surgeons' Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award for cancer care. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

Prostate Cancer Support Group

WED. September 11 (12 – 1:30 p.m.)

WED. October 9 (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.

Cancer Support Group

TUE. September 17 (1:30 – 3 p.m.)

TUE. October 15 (1:30 – 3 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

University Medical Center of Princeton 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 will include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

TUE. September 17 (6 – 7:30 p.m.)

TUE. October 15 (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 is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCP's Breast Health Center.

UMCP's Annual Prostate Cancer Screening

THU. September 19 (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 UMCP's Edward & Marie Matthews Center for Cancer Care and Princeton Health Department.

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

WED. September 18 (12 – 1 p.m.)

WED. October 16 (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 & Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement; a safe setting for sharing concerns and problems related to life after cancer; education; and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.

American Cancer Society's Look Good, Feel Better

MON. September 23 (1 – 3 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

Please call 1.800.227.2345 to register.

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

Celebrating Strength: In Conjunction with National Cancer Survivors Day®

SUN. September 29 (8 a.m. – 12 p.m.)
University Medical Center of Princeton at Plainsboro

Registration required.

UMCPP's Edward & Marie Matthews Center for Cancer Care invites patients who have been treated for cancer and their loved ones to attend the 2013 Cancer Survivor Conference morning program dedicated to wellness, celebration and support. This program is sponsored by Princeton HealthCare System Foundation.

Advances in Breast Cancer Treatments

THU. October 17 (7 – 8:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor
New scientific evidence is changing the way physicians treat breast cancer, allowing women with breast cancer to live longer, healthier lives. Attend this informative presentation by Margaret L. Crivello, MD, specializing in breast surgery and a member of the Medical Staff of Princeton HealthCare System, and learn about the newest advances in breast cancer surgery, treatments and diagnostic screening tools.

Skin Cancer Screening

THU. October 24 (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 in observance of Melanoma/Skin Cancer Detection and Prevention Month, 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.



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).

Do I Still Need My Gynecologist?

WED. September 11 (12 – 1 p.m.)
Gardens at Monroe
189 Applegarth Road, Monroe Township
Your body naturally goes through changes during and after menopause. While your childbearing years may have ended, your gynecological health is still important. Join Christopher A. Naraine, MD, FACOG, board certified OB/GYN and member of the Medical Staff of Princeton HealthCare System, for this informative session focusing on your post-menopausal healthcare needs, from doctor visits to pelvic exams.

Staying Strong in Your Home

THU. September 12 (10:30 – 11:30 a.m.)
South Brunswick Senior Center
540 Ridge Road, Dayton
Maintaining strength and balance are essential for seniors who wish to live safely and independently in their homes. Join Patricia O'Shea, PT, DPT with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, for this informative discussion on how to build strength and stick to an exercise routine, and learn some simple exercises you can do at home to build strength, balance and flexibility.

Step Lively! Falls Prevention Awareness Day 2013

TUE. September 24
(10:30 a.m. – 1 p.m.)

Community Education & Outreach
at the Hamilton Area YMCA

John K. Rafferty Branch, Suite 100

Join us for a fun-filled day of screenings, demonstrations and discussions focusing on how to improve your balance and reduce your risk for falls, presented by Linda Lucuski, MPT, Certified MDT, Rehab Director and Certified Vestibular Rehabilitation Specialist with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network. Learn about UMCPP's Acute Care for the Elderly (ACE) Unit, Princeton HomeCare, and Active Older Adults of Hamilton Area YMCA John K. Rafferty Branch; participate in chair yoga and line dancing; take advantage of free blood pressure screenings, balance screenings, and eye glass adjustments by Outlook EyeCare; and enjoy refreshments, door prizes and more.

Stroke is an Emergency: Act F.A.S.T.

FRI. October 11 (1 – 2 p.m.)
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

No registration required.

Discover what you can do to lower your risk for stroke at this invaluable program led by Nicole A. Kuczinski, RN, Stroke Coordinator with University Medical Center of Princeton at Plainsboro. Learn the early warning signs of a stroke, when to seek medical attention, and prevention methods. UMCPP is a state-designated Primary Stroke Center.

It Could Be Poison!

MON. October 21 (11 – 11:45 a.m.)

Montgomery Senior Center
356 Skillman Road, Skillman

Every year, between 2 to 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products. Join Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education and Outreach Program, to learn more about:

- Identifying poisons
- How poisons can enter the body
- Dos and don'ts of using medications and household cleaners
- What to do if you suspect poisoning



SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. September 9 (7 – 9 p.m.)

MON. October 7 (7 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

No registration required. Walk-ins
welcome.

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

Bariatric Surgery Support Group

MON. September 9 (7 – 8:30 p.m.)

MON. October 7 (7 – 8:30 p.m.)

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

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

Diabetes Support Group

WED. September 18 (2:30 – 4 p.m.)

WED. October 16 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. September 23 (6:30 – 8 p.m.)

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

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

This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center of Princeton 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.

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

TUE. September 17 (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 wellbeing.

ONLINE SEMINARS

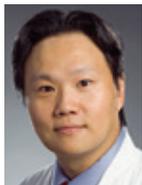
www.ustream.tv/channel/princetonhealth

PHCS hosts monthly live web chats, and you're invited. To participate, 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 visiting www.princetonhcs.org/calendar.

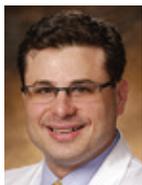
All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.



The Healthier You! Weight Loss Surgery

September 9 at 12 p.m.

With Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery



Skiping to the Beat—Atrial Fibrillation

September 26 at 7 p.m.

With Eran Zacks, MD, board certified in cardiovascular disease, clinical cardiac electrophysiology and internal medicine

Eating Around the Holidays

October 7 at 12 p.m.

With Sheri Solinski, LCSW, LCADC, Manager of Princeton House Behavioral Health Women's Programs



New Non-surgical Cancer Treatments

October 17 at 7 p.m.

With Edward M. Soffen, MD, board certified radiation oncologist

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.

 Princeton HealthCare System
Community Education & Outreach



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

* The Princeton Fitness & Wellness facility on 1225 State Road is located in the Montgomery Township area and is not to be confused with the fitness facility located on the campus for the new hospital.

PHCS Annual Golf Outing

Nets More Than \$178,000 to Benefit the Underserved

Princeton HealthCare System's 18th Annual Golf Outing set a new record, raising more than \$178,000 in net proceeds. Held on June 11, 2013, at the Metedeconk National Golf Club in Jackson, New Jersey, the Outing was a sold-out event with more than 150 participants.

Proceeds from the Golf Outing will support healthcare services for underserved patients at the University Medical Center of Princeton at Plainsboro's Bristol-Myers Squibb Community Health Center. The Community Health Center serves as a medical home for nearly 6,000 uninsured and underinsured patients, about one-third of whom are children.

Lead sponsors included Conner, Strong & Buckelew; SEI Investment Management; Spacelabs Healthcare; and Bill and Judith Scheide. In total, over 70 companies and individuals who do business or live in the region supported the event.

"Improving access to quality healthcare for everyone in our community is a high priority for Bill and Judith Scheide," said Anne O'Neill, Honorary Chair of the 2013 PHCS Golf Outing Committee and Executive Director of The Scheide Fund. "They feel privileged to be able to help Princeton HealthCare System meet this critical need."



Pictured from left to right are Bob Holmes, Account Executive, Spacelabs Healthcare; Glenn Mekles, Vice President, Conner, Strong & Buckelew and Co-Chair, PHCS Golf Committee; Mark Jones, President, University Medical Center of Princeton at Plainsboro and Co-Chair, PHCS Golf Committee; Anne O'Neill, Executive Director, The Scheide Fund and Honorary Chair, PHCS Golf Committee; Adam Levine, Global Institutional Group, SEI Investment Management.

ROBOTIC SURGERY AT UMCP: MORE SPECIALTIES, MORE OPTIONS *(continued from page 3)*

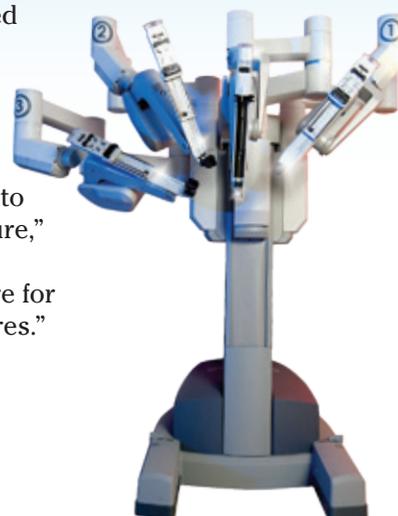
General Surgery Options

At UMCP, the da Vinci system is used for a variety of general surgery procedures including:

- Cholecystectomy (gallbladder removal)
- Hiatal hernia repair
- Abdominal hernia repair
- Nissen fundoplication (stomach wrap for reflux disease)
- Esophagomyotomy (Heller) Myotomy (for achalasia)
- Splenectomy (spleen removal)
- Adrenal resection
- Colorectal procedures

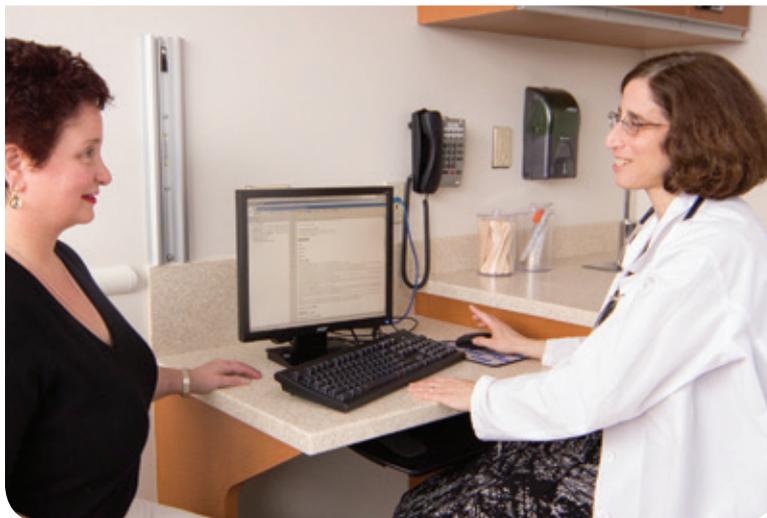
These procedures are being completed alone or in conjunction with other robotic-assisted surgeries in areas such as gynecologic surgery.

"As more patients learn about the benefits of robotic surgery, we expect to offer even more procedures in the future," Dr. Dhir says. "We definitely foresee robotics becoming the standard of care for a majority of general surgery procedures."



Electronic Medical Records Promote Quality, Convenience

As Princeton HealthCare System (PHCS) moves toward fully computerized medical records, doctors and patients are benefiting from enhanced communication and more efficient, coordinated care, says Tobe Fisch, MD/PhD, (*pictured with a patient*), a primary care internist with Princeton Medicine, the network of physicians employed by PHCS.



Princeton Medicine doctors now have a comprehensive electronic medical records system for office visits as well as access to information, such as test results, from University Medical Center of Princeton at Plainsboro (UMCPP). This means that regardless of whether you are seen at UMCPP, or at any of Princeton Medicine's office locations, your doctor will have the most up-to-date information about your medical history, tests and treatments.

"Electronic medical records are an invaluable tool to ensure we provide the best and most appropriate care," says Dr. Fisch, who is board certified in internal medicine. "Our system greatly enhances the amount of patient information we have at our fingertips, which can only improve our medical decision-making."

Treatment Before the Office Opens

Dr. Fisch recalls a patient who was seen by another physician in her practice on a day she was out of the office. The patient wasn't feeling well and was sent to UMCPP for tests.

The next morning, Dr. Fisch logged into Princeton Medicine's patient information system. The patient's test results from UMCPP were already available, and she was able to quickly determine a treatment plan.

"This is all happening before our office is even open," Dr. Fisch says. "Without this kind of electronic information flow, it would have taken several more hours, at least, to gather all of the patient data and test results."

Benefits of Electronic Medical Records

In addition to improving the speed and efficiency of information flow, electronic medical records provide benefits including:

- **Electronic prescriptions.** Prescriptions can be transmitted directly to a pharmacy, reducing the possibility of errors. The system can also check for

adverse medication interactions, automatically order refills and even check whether a certain medicine is covered by a patient's insurance.

- **Emergency information.** When patients come to the hospital, especially through the Emergency Department, they might not always be in the state of mind to convey the right kind of information about pre-existing conditions and medications. Electronic medical records ensure all of that information is readily available.
- **Patient access.** PHCS is developing a password-protected Internet portal called Princeton HealthConnect, through which patients will be able to review their reports from doctors as well as their test results.
- **Physician communication.** Within Princeton Medicine, a patient's primary care and specialty physicians can now instantaneously share notes and consult with each other about a patient. In the near future, physicians in practices throughout the region who participate in Princeton HealthConnect will be able to share notes and information via the PHCS-sponsored health information exchange.

"It allows for excellent collaboration and coordination of care across what we call 'the medical neighborhood,'" Dr. Fisch says. "When each doctor knows exactly what's going on with a patient in his or her other care settings, we can deliver the best care possible."

For information about a Princeton Medicine physician or practice near you, call 1.800.FIND.A.DR (1.800.346.3237).

Princeton HomeCare: Helping You Care for Your Family

More and more, people in their 40s and 50s are facing a dilemma: How do you help take care of your aging parents while also working a full-time job and raising your own family?

What's more, how do you do it if you don't live near your parents?

Princeton HomeCare offers a wide range of services that can help busy families make sure their loved ones are well cared for in their own homes. That includes everything from providing home nursing and therapy to accompanying patients on medical visits or arranging the Lifeline personal emergency response system.

"We can help busy families go about their lives without constantly worrying about mom or dad," says Thomas Simpson, Executive Director of Princeton HomeCare. "Our goal is to provide the peace of mind that comes from knowing your loved one is cared for by a qualified, certified professional."

The Sandwich Generation

Nearly half of people in their 40s and 50s are members of the so-called "Sandwich Generation"—that is, they have a parent age 65 or older and are raising a child or supporting a grown child, according to a recent survey by the Pew Research Center.

Princeton Care Management, a new service of Princeton HomeCare, is aimed at helping families stay on top of their loved one's care by providing services including:

- A social worker to accompany a patient on visits to the doctor's office or the emergency department to help navigate his or her care.
- Written and verbal reports back to a patient's family members to keep them informed about a loved one's medical care.
- Evaluations about the need for home-based services or for a higher level of care such as placement in an assisted living facility or nursing home.



The Option to Stay at Home

Princeton HomeCare can also provide temporary care for those recovering from surgery or short-term conditions, as well as extended care for individuals with chronic conditions or illnesses.

"Basically, whatever need a person has in their home, we have a resource to meet that need," Simpson says. "We often find that when people look into home care for a loved one, they are surprised to learn about how many services we can offer."

Services include home-based skilled nursing as well as physical, occupational and speech therapy; Princeton Caregivers, which provides extended care and private duty services, including in-home care, in-hospital care and live-in care; and Lifeline, an affordable personal emergency response system that calls for help when seniors or disabled individuals cannot.

Additional services include palliative care for extensive, expert symptom management of life-limiting illness; hospice services to manage end-of-life care; and home infusion services that provide expert chemotherapy, pain management, hydration and antibiotic infusion.

Medicare covers many HomeCare services, including supplies and home visits (skilled nursing, physical therapy, occupational therapy, speech therapy, medical social worker and home health aide visits). For hospice patients, Medicare covers up to 20 hours of home health aide service, as well as chaplain visits and bereavement visits. Many insurance companies cover most of these services as well; check with your provider for the details of your plan.

Princeton HomeCare recently relocated its offices to 88 Princeton-Hightstown Road, Suite 202, Princeton Junction, NJ. For more information, call 609.497.4900.

Managing Morning Sickness Begins With Knowing Your Triggers



Feeling a little queasy is nothing unusual for pregnant women. In fact, more than half of all expectant mothers experience at least occasional nausea during the course of a pregnancy. But while “morning sickness,” (which can actually strike at any time of day or night) may be common, it still should be brought to the attention of your doctor.



“In most cases there isn’t really any cause for concern when it comes to morning sickness, but mentioning it during your visits—whether it’s mild or severe—is still a good idea,” says Samih A. Ibrahim, MD, FACOG, (pictured left), board certified in obstetrics and gynecology. “Even in its mildest forms there are things you

can do to reduce or eliminate the symptoms of morning sickness and prevent the condition from possibly becoming more severe.”

Acute morning sickness, which involves actual vomiting in addition to nausea, can result in weight loss, dehydration, and electrolyte imbalance, as well as an irregular heartbeat and breathing problems. All of these conditions can affect the health of the mother and the baby.

“At its most severe, we treat acute morning sickness with IV therapy in the hospital or at home to restore fluids and help control nausea so foods can be kept down,” says Dr. Ibrahim, a member of the UMCP Medical Staff. “But in most cases that is not necessary.

Easy, at-home treatments are all that most women need to control their nausea and vomiting.”

The first step is to identify possible triggers that may be causing nausea, including certain foods, smells and images.

“Fatty and spicy foods may be a trigger, along with eating too much at one time,” says Dr. Ibrahim. “So eating small meals over the course of the day, and focusing on easy-to-digest foods, is a good idea. If you find smells like cigarette smoke or perfume are a problem, be sure to avoid them. And, watch out for visual triggers, like the fast food commercial with a close-up of a juicy burger. If you pay close attention, you often will be able to identify what is causing your morning sickness and simply avoid it.”

Treatment options for women who are still experiencing morning sickness after modifying their diets and addressing other triggers may find relief with ginger supplements or ginger tea, which can settle the stomach; by trying acupuncture bracelets or hypnosis; by taking daily vitamin B-6 supplements combined with over-the-counter sleep medication; or by taking a prescription medication for nausea.

Pregnant teenagers, women who have experienced nausea with prior pregnancies or are pregnant with multiples, and women with underlying conditions such as anxiety disorders tend to be most prone to morning sickness. And while it is most common in the first trimester, some women experience nausea throughout their pregnancies.

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



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UMCPP EARNS A PLACE ON 100 GREAT HOSPITALS LIST

University Medical Center of Princeton at Plainsboro (UMCPP) was named to this

year's 100 Great Hospitals list, which is published annually by *Becker's Hospital Review* and includes some of the nation's best-known and well-respected hospitals.

Becker's Hospital Review is a magazine and website that provides news coverage geared toward hospitals and health systems. The 100 Great Hospitals list is developed through nominations, research, and by considering other factors such as recognition that a hospital has received for the quality of care it provides, clinical outcomes, patient satisfaction, management capabilities and cost-effectiveness.

In selecting UMCPP for the 100 Great Hospitals list, *Becker's Hospital Review* cited the hospital's new state-of-the-art campus in Plainsboro; the hospital's arrangement into distinct centers of care; its Magnet® status, the highest institutional recognition for nursing excellence; and partnerships with The Children's Hospital of Philadelphia (CHOP) for enhanced pediatric

services and Penn Medicine for advanced maternal-fetal services for high-risk pregnancies.

In addition to UMCPP, the 2013 list includes The Johns Hopkins Hospital in Baltimore, Maryland; Mayo Clinic in Rochester, Minnesota; Cleveland Clinic in Cleveland, Ohio; Massachusetts General Hospital and Brigham and Women's Hospital, two Boston-based teaching hospitals affiliated with Harvard University; Hospital of the University of Pennsylvania and Thomas Jefferson University Hospital, both in Philadelphia; and NYU Langone Medical Center and New York-Presbyterian Hospital in New York.

"It's an honor to be listed in such company and to be recognized again for the quality and safety of our patient care," said Barry S. Rabner, President and CEO of Princeton HealthCare System, which includes UMCPP. "This shows the leadership of our board and the passion and commitment of everyone in this organization, from our medical staff and nurses to all the other employees and volunteers who help serve our patients every day."