

# Princeton Health

## UMCP Recognized by *U.S. News & World Report*

Among an elite list of hospitals nationwide named  
*High Performing* in every ranked category



HIP REPLACEMENT



KNEE REPLACEMENT



HEART FAILURE



COPD



### ALSO IN THIS ISSUE:

- Coping with Childhood Anxiety
- New Option for Hysterectomy
- Maternity: A Family Affair

### PLUS:

- **Community Focus** Event Calendar



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by Princeton HealthCare System, is dedicated  
to providing you with the latest health-related  
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Princeton Health is prepared by the Marketing  
& Public Affairs Department. For questions or  
information, please call 609.252.8785.

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[www.nautiluspublishing.com](http://www.nautiluspublishing.com)  
T: 662.513.0159

# UMCP Recognized by U.S. News & World Report

## Among an elite list of hospitals named *High Performing* in every ranked category



University Medical Center of Princeton (UMCP) is one of only 40 hospitals nationwide named *high performing* for every procedure and medical condition in which it was rated in *U.S. News & World Report’s* Best Hospitals for Common Care.

The ratings evaluated more than 4,500 hospitals nationwide on common procedures and conditions based on data related to patient satisfaction and outcome measures such as hospital-acquired infections and readmissions.

**UMCP was named *high performing* in hip replacement, knee replacement, heart failure and chronic obstructive pulmonary disease (COPD).<sup>1</sup>**

“Our results are gratifying because the ratings are based solely on objective data measuring important indicators of quality care, such as patient satisfaction, hospital-acquired infections and readmissions,” said Barry S. Rabner, President and CEO of Princeton HealthCare System, which includes UMCP. “Our hospital is one of only 40 in the nation noted as ‘high performing’ for every procedure or condition in which we were rated. That puts us in a class with less than 1 percent of hospitals in the country, which is significant. This is a testament to the skill and dedication of our physicians, nurses and all of the employees who serve our patients every day. These ratings are further evidence for our patients that the quality of care they receive here is among the best anywhere.”

The Best Hospitals for Common Care ratings were created to help patients find better care for common procedures and medical conditions that account for millions of hospitalizations each year.

The Common Care ratings rely on U.S. Centers for Medicare and Medicaid Services data for patients 65 and older, as well as survey data from the American Hospital Association and clinical registry data from the Society of Thoracic Surgeons.

Dr Foster®, an international healthcare analytics company with expertise in claims-based risk adjustment, collaborated with *U.S. News* on the Best Hospitals for Common Care ratings methodology.

<sup>1</sup> *UMCP was not evaluated in the fifth category, heart bypass surgery, because the procedure is not performed at the hospital.*

# Princeton House Behavioral Health: A New School Year — Helping Your Child Cope with Anxiety



While you may be happy to get back to a normal routine after a long summer, your child may experience anxiety over starting a new school year.



**Madhurani Khare, MD**, Medical Director of the Princeton House Behavioral Health (PHBH) Hamilton Outpatient Site, says that starting a new school year — especially going from elementary to middle school — can cause anxiety in children.

“This is the first time they will be changing classes,” says Dr. Khare, who is board certified in psychiatry, as well as child and adolescent psychiatry. “This can create anxiety about everything from making new friends, to having enough time to get to class, to the increase in school work.”

Dr. Khare says another source of anxiety can be the dreaded locker, which elementary school children never contended with before. Anxiety can arise from the fear of forgetting the locker combination to problems opening it. In addition, the most common fear among older school children, according to Dr. Khare, is peer acceptance. “They are concerned with fitting in and who they will sit with at lunch.”

## What’s Normal Anxiety and What’s Cause for Concern

How do you determine if a child is having normal anxiety over starting a new school year or whether there is a larger issue? A sign of something to worry about is if a child is having bouts of insomnia or making excuses (headaches, stomach aches) for not going to school. Dr. Khare says that if a child doesn’t settle down a week or two after school starts, then the problem could be more than just normal anxiety.

Of course, anxiety can come into play at any stage of a child’s life. According to Dr. Khare, normal anxiety for children around the age of six or seven is usually the fear of monsters under the bed. For older children

**Starting a new school year — especially going from elementary to middle school — can cause anxiety in children.**

and adolescents, normal anxiety can be a fear of something bad happening to a parent, which puts their own safety in jeopardy. “The fear comes from concerns about their own safety and who will take care of them,” Dr. Khare says.

If a child is in need of professional support to cope with anxiety, PHBH uses cognitive behavior therapy (CBT) techniques to help them. Through CBT, children can identify and change negative thoughts into positive ones. For instance, many children experience the thought that “nobody likes me.” Dr. Khare says therapists show children that “nobody likes me” is an “automatic negative thought” and teach them to employ coping skills and relaxation techniques they can use to combat those thoughts.

## Offering Support

Part of what makes PHBH’s children’s program, Advanced Solutions for Children, unique, Dr. Khare says, is its weekly family programs where the staff works with children and parents, teaching communication and other skills.

For more information on PHBH child and adolescent programs, call 888.437.1610, or visit [www.princetonhouse.org](http://www.princetonhouse.org).

**See page 18** for information on an upcoming online seminar on Anxiety in Children.

# A New, Single-Site Option for Hysterectomy

Jen Ward lost track of how many years she had suffered with recurrent endometriosis, a painful condition in which uterine tissue grows outside of the uterus. Earlier this year, she decided she needed to take action.

“It was to the point where the pain was shooting through my back, my abdomen and down my pelvis,” says Ward, 45, a Hamilton mother of two adult children and a grandmother of two. “I could not take it anymore.”

Ward decided to undergo a hysterectomy, and she says she felt even more comfortable with her decision when she learned she was a candidate for an advanced procedure at University Medical Center of Princeton (UMCP) called single-site hysterectomy. The procedure takes advantage of the hospital’s robotic da Vinci Surgical System® to allow the removal of the uterus through a single incision.



“The decision to have a hysterectomy is between a patient and her doctor, based on many personal factors,” says **Bruce Pierce, MD**, Medical Director of the Robotic Surgery Program at UMCP. “Once a patient makes that choice, single-site surgery gives us

the ability to perform a procedure that is less invasive than most traditional techniques.” This means less scarring and a faster recovery for most patients.

## A Very Common Procedure

Roughly 600,000 hysterectomies are performed in the U.S. each year, placing it among the most common major surgical procedures for women, according to the National Institutes of Health. Dr. Pierce, a board certified OB/GYN on staff at UMCP, says most women decide to have a hysterectomy because of:

- Heavy, abnormal menstrual bleeding
- Uterine fibroids, which are benign growths in the uterus that can lead to severe pelvic pain or heavy bleeding
- Other causes of pelvic pain such as endometriosis

Hysterectomy is an option when non-surgical treatments are not effective or no longer desirable. Ward says that she chose surgery to avoid continuing to take stronger and stronger doses of medication to manage her pain.

## A Less Invasive Approach

Robotic surgery allows surgeons to perform complex and delicate procedures through small incisions with extraordinary precision. In the past, robotic hysterectomy was performed using three to five incisions. Techniques have improved to a point where it can now be done at UMCP through a single incision, often through the belly button.

“It provides an improved cosmetic result for the patient because the scar is hidden,” Dr. Pierce says. “We’re also optimistic that, in many cases, recovery from a single-incision procedure will be slightly easier than recovery from multiple incisions.”

Like most patients undergoing robotic hysterectomy, Ward left the hospital the same day as her March 2015 procedure. She says she was back to most normal activities by the end of the week, and she’s never looked back.

“I feel great — no problems whatsoever,” she says. “It’s such a relief to feel so good after so many years of pain.”

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For more information about the da Vinci Surgical System® at University Medical Center of Princeton, or to find a da Vinci® surgeon on staff, call 1.888.PHCS4YOU (1.888.742.7496).

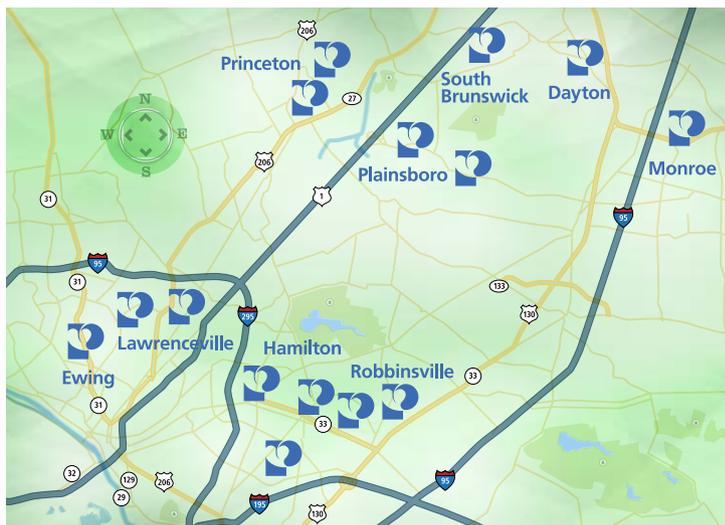
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**See page 18** for information on an upcoming online seminar on Single-Site Hysterectomy.

# Three Practitioners Join Princeton Medicine

Princeton Medicine, the employed physician group of Princeton HealthCare System (PHCS), recently welcomed three practitioners:

- **Kathryn E. Morris, MD**, a board certified internist who sees patients at 601 Ewing St., Suite C13, Princeton. This is a new Princeton Medicine location. Call 609.924.5242 for an appointment.
- **Mark R. Schwartz, MD**, who provides primary care and works with patients to manage chronic conditions such as atrial fibrillation, chronic obstructive pulmonary disease (COPD), diabetes, headaches and reflux disease. He sees patients in the Medical Arts Pavilion, adjacent to UMCP. Call 609.853.7272 for an appointment.
- **Elaine Cowen, PsyD, LMFT, APN-C**, a psychologist and psychiatric nurse practitioner who sees patients in the Medical Arts Pavilion and at the Princeton Medicine offices in Princeton and Monroe. Call 609.853.7272 for an appointment.



In addition, Deborah K. Sokol, MD, a board certified gastroenterologist with Princeton Medicine, now sees patients in a new office at the Hamilton Area YMCA John K. Rafferty Branch. This new Princeton Medicine location is within PHCS' facilities at the YMCA, 1315 Whitehorse-Mercerville Road, Suite 100, Hamilton. Call 609.750.3040 for an appointment.

Princeton Medicine employs approximately 70 practitioners with offices in Princeton, Plainsboro, Monroe, Hamilton, Lawrenceville, Robbinsville, South Brunswick and Ewing.

In addition to practices operating with the Princeton Medicine name, the group includes Comprehensive OB/GYN Care of Princeton, Ewing Medical Associates, Hamilton Medical Group, NJ Bariatrics, Princeton Pike Internal Medicine and Rednor-Risi Family Medicine.

To find a Princeton Medicine practitioner, visit [www.FINDADR.com](http://www.FINDADR.com) or call 1.800.FINDADR (1.800.346.3237).

## The Children's Hospital of Philadelphia's (CHOP) New Outpatient Facility Has Opened

The 25,000-square-foot Specialty Care Center on the campus of University Medical Center of Princeton celebrated its grand opening with a ribbon cutting and open house. Pictured from left to right are: Barry S. Rabner, President and CEO of Princeton HealthCare System; Jennifer Winell, MD, CHOP orthopedic surgeon; CHOP patient Elizabeth Jones, of Princeton; Steven M. Altschuler, MD, CEO of The Children's Hospital of Philadelphia; Plainsboro Mayor Peter Cantu; New Jersey State Assemblyman Dan Benson; and New Jersey Department of Health Deputy Commissioner of Health Systems William Conroy.

Photo courtesy of The Children's Hospital of Philadelphia



 The Children's Hospital of Philadelphia®  
Hope lives here.



# Prostate Cancer Early Detection Could Save Your Life

One man in six will be diagnosed with prostate cancer in his lifetime, making the disease the second most common cancer diagnosed in American men. The American Cancer Society projects that more than 220,000 cases of prostate cancer will be diagnosed in 2015 alone.

The good news is the disease is extremely treatable, especially if caught early.



## Screening: The First Line of Defense

Screening for prostate cancer starts with a prostate-specific antigen (PSA) test or a digital rectal exam (DRE). According to **Alexei Wedmid, MD**, a urologist on staff at University

Medical Center of Princeton (UMCP), men in their 40s should have a screening to set a baseline value, especially if there is a family history of the disease. Once a baseline has been set, men between the ages of 50 and 75 should have a yearly PSA test.

Those with a high risk for developing the disease should consider early screening. African-American men, for instance, tend to be at a higher risk, with one in three being diagnosed with prostate cancer in his lifetime. Another risk factor is a high body mass index (BMI).

Dr. Wedmid stresses the importance of early screening, as statistics have shown it can reduce the risk of death by 21 to 44 percent.

## Different Treatments for Different Patients

There are no unique symptoms of prostate cancer, another reason why screenings are key. And while the disease can be slow growing, a diagnosis is important so it can be properly monitored and treated.

“Even if a biopsy is positive for prostate cancer, not all cancer needs to be treated,” Dr. Wedmid says. “I often recommend active surveillance to follow men with low-volume, low-aggression cancer.”

If surgery is needed, many prostatectomies — the removal of all or part of the prostate gland — are performed robotically at UMCP, using the da Vinci Surgical System®. Dr. Wedmid, who specializes in da Vinci surgeries, says for some this can be the best chance for a cure.

“Using the da Vinci system, we can perform very advanced, minimally invasive surgery to remove the prostate cancer,” Dr. Wedmid says. “Using small incisions we can reproduce and even improve upon old-fashioned open surgery results, speeding up recovery and a man’s return to normal life.”

To find a urologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## Take Advantage of Free Screenings and Support Groups

UMCP is offering free prostate cancer screenings **Thursday, September 17, from 6-8 p.m.** at University Medical Center of Princeton, Bristol-Myers Squibb Community Health Center. The confidential screenings will be performed by a board certified urologist from Princeton HealthCare System and are sponsored by UMCP’s Edward & Marie Matthews Center for Cancer Care. Appointments are required. Please call 1.888.897.8979 to schedule an appointment.

Princeton HealthCare System’s Community Education & Outreach Program also offers support groups for patients and their loved ones dealing with prostate and other forms of cancer. **See page 15** for more information on support group times and locations.

# Community Focus



## An Evening with Cindy Crawford

**October 22, 2015 – 6:45 p.m.**

The Hyatt Regency Princeton

Registration is \$40 per person which includes a copy of Crawford's book, light desserts, coffee and tea. Beginning September 22, the cost will be \$45 per person.

To register, please visit online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.

Join Princeton HealthCare System in welcoming Cindy Crawford, entrepreneur and international supermodel, to discuss her new book, *Becoming by Cindy Crawford*, which chronicles her life and remarkable career.

On the eve of her 50th birthday, Crawford looks back, photo shoot by photo shoot, sharing stories and the life lessons she picked up along the way. She discusses her earliest modeling years; learning to become less self-conscious in front of a camera; trusting her own instincts; projecting positive messages to women of all ages about a healthy and strong body image; her feelings about becoming a wife and a mother; her thoughts about turning 50; and what she would tell her younger self if she had the chance.

© BECOMING, by Cindy Crawford, Rizzoli New York, 2015

Photo by Peter Lindbergh



## 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](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).

### 5 Mile Race/ 1 Mile Fun Walk

**Saturday, September 12**

Education Testing Service (ETS)  
660 Rosedale Road, Princeton

8:30 a.m. – 1 Mile Fun Walk  
9 a.m. – 5 Mile Race

5 Mile Race: \$30 per person  
1 Mile Fun Walk: \$20 per person

To sign up, visit  
[www.princetonhcs.org/5milerace](http://www.princetonhcs.org/5milerace)

Proceeds will benefit the Jim Craigie Center for Joint Replacement at University Medical Center of Princeton. The 5 Mile Race is a 2015 USATF Certified Course, Sanctioned Event and Grand Prix Event.

- View results online and receive notifications via email or text message (data rates may apply)
- Chronotrack RFID chip timing by CompuScore
- Awards and door prizes
- Celebrate with post-race refreshments and activities!



**USATF**

**CERTIFIED  
COURSE**

**2015  
SANCTIONED EVENT**



**USA  
TRACK & FIELD  
NEW JERSEY**



**North Jersey  
New Jersey  
Grand Prix Event  
500 Points**

### Health Screenings at West Windsor Community Farmers' Market

SAT. September 5, 19, October 3 & 17 (9 a.m. – 1 p.m.)

Princeton Junction Train Station

Vaughn Drive Parking Lot (Alexander Road & Vaughn Drive)

Princeton Junction

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

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

THU. September 3 (6 – 6:30 p.m.)

THU. October 1 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. September 16 (6 – 6:30 p.m.)

WED. October 21 (6 – 6:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

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

Severe obesity is a serious health condition that can impact every aspect of your life. If traditional weight-loss methods have failed, surgery may be an option for you. Lisa Dobruskin, MD, FACS, board certified surgeon specializing in bariatric surgery and a member of the Medical Staff of Princeton HealthCare System, will provide an overview of traditional and minimally invasive surgical weight-loss options — including laparoscopic gastric bypass surgery, sleeve gastrectomy and laparoscopic stomach banding — to help you make the choice that's right for you. This group meets the third Wednesday of every month at the Hamilton location and the first Thursday of every month at the Monroe location.

### Concussions in Sports and Life Activities

TUE. September 8 (7 – 8:30 p.m.)

West Windsor Library

333 North Post Road, Princeton Junction

Please call the library at 609.275.8901 to register.

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 Adam Redlich, MD, a board certified and fellowship trained sports medicine specialist and a member of the Medical Staff of Princeton HealthCare System, for a discussion on:

- Symptoms and treatments of external and internal sports-related head injuries
- Signs that may indicate a possible concussion
- How to decrease chances of concussion

## Handling the Challenges of Aging

WED. September 9 (10 – 11 a.m.)

Copperwood  
300 Bunn Drive, Princeton

As we age, we can become particularly vulnerable to the effects of stress. If you can't change the situation that is causing you stress, there are ways you can change how you interpret and react to the situation. Join Judith Mecklenburger, MSW, LCSW, Senior Primary Therapist with Princeton House Behavioral Health, for this informative discussion.

## Pelvic Pain: Causes and Treatment

TUE. September 15 (7 – 8:30 p.m.)

Robbinsville Library  
42 Robbinsville-Allentown Road, Robbinsville

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

Lingering lower abdominal pain can be caused by a number of health-related conditions, from reproductive concerns to urinary tract issues or other problems. Christopher A. Naraine, MD, FACOG, board certified OB/GYN and member of the Medical Staff of Princeton HealthCare System, will discuss how you can find relief from chronic pelvic pain.

## Parkinson's Dance Program at Princeton (PDPP)

### Introduction

TUE. September 15 (1 – 2 p.m.)

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

### Program

TUE. September 22, 29, October 6, 13, 20, 27,  
November 3, 10 (1 – 2 p.m.)

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

Introduction is FREE and the program is \$12.50 per class or \$99 for the eight-week program. (Caregivers can attend with patients for free.)

The Parkinson's Dance Program at Princeton (PDPP) is designed to help people with Parkinson's disease improve their quality of life and more effectively manage symptoms. Classes are led by instructors trained through the Mark Morris Dance Group Dance for PD Program in Brooklyn, NY, and can accommodate those who walk independently, need a cane or rely on a wheelchair. Caregivers are encouraged to participate. Potential PDPP benefits include: increased confidence and balance; increased muscle strength and endurance; stimulation of mind/body connection; reduced social isolation and increased self-expression.

Join us in celebrating the **12th anniversary of Princeton Fitness & Wellness Center on Saturday, September 26** at 9 a.m. at the Princeton Fitness & Wellness Center on 1225 State Road in Princeton. Enjoy free health screenings, tours of the facility, classes, chair massages and more!

## Diabetes and Pre-diabetes: What's My Risk?

WED. September 16 (11 a.m. – 12 p.m.)

Monroe Library, 4 Municipal Plaza, Monroe

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

Join us for an informative session presented by Diabetes Clinicians and Certified Diabetes Educators Nancy Rhodes, RN, MA, CDE, and Sandra Byer-Lubin, MS, RD, CDE, from the UMCP Diabetes Management Program team, to learn about lowering your risks of pre-diabetes and type 2 diabetes, reducing complications for those diagnosed with diabetes and how to incorporate low-glycemic index foods into your diet. Then take the American Diabetes Association's brief Diabetes Risk Quiz to determine your personal risk of developing these conditions.

## Free Vision Screenings

THU. September 17 (10 a.m. – 1 p.m.)

Community Education & Outreach at 731 Alexander Road

THU. October 15 (4 – 8 p.m.)

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

Please call 1.888.897.8979 to make an appointment.

Space is limited.

Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit, are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.

## Understanding the Aging Eye

FRI. September 18 (12:30 – 1:30 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

Learn about the age-related vision changes that could be affecting your quality of life at this informative presentation. Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, will discuss refractive cataract surgery, glaucoma and macular degeneration prevention.

## Varicose Veins:

### Now You See Them, Now You Don't

MON. September 21 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

TUE. October 13 (7 – 8:30 p.m.)

Robbinsville Library  
42 Robbinsville-Allentown Road, Robbinsville

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

## **Total Control®: A Pelvic Wellness Program for Women**

**MON. & WED. September 28 – November 11 (5:30 – 6:45 p.m.)**

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

**\$99 per person. Registration required.**

Incontinence and other bladder issues are common among women of all ages, but you shouldn't accept them as normal. Empower yourself to improve your bladder health and quality of life through a seven-week Total Control® program. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join other women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for exercise.

## **Aches and Pains: Traditional and Integrative Treatments**

**TUE. September 29 (7 – 8:30 p.m.)**

**West Windsor Library  
333 North Post Road, Princeton Junction**

**Please call the library at 609.275.8901 to register.**

Joint pain affects most people at some point in their lives, whether the aches and pains are caused by physical activity, aging or illness. Join Adam Redlich, MD, a board certified and fellowship trained sports medicine specialist, for a discussion of non-surgical, traditional and integrative approaches (including acupuncture) to this common problem.

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

**WED. September 30 (7 p.m. – 8 p.m.)**

**Princeton Fitness & Wellness Center  
1225 State Road, Princeton**

Osteoporosis is responsible for 1.5 million fractures each year. In the United States today, one in six women will experience a hip fracture in her lifetime. Join Gina C. Del Giudice, MD, FACR, FACP, board certified in rheumatology and internal medicine, and Michael J. Froncek, MD, board certified rheumatologist, and learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms and treatment of osteoporosis in aging adults. Dr. Del Giudice is a member of the Medical & Dental Staff of Princeton HealthCare System.

## **Dealing with Dizziness**

**THU. October 1 (1 – 2:30 p.m.)**

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

Join Linda A. Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist and Rehabilitation Coordinator with Princeton HealthCare System's Outpatient Rehabilitation Network, for an invaluable discussion on anatomy and physiology of the inner ear, causes of dizziness, vestibular rehabilitation and exercises to improve balance.

## **Eating to Avoid Diabetes**

**MON. October 5 (10:45 – 11:45 a.m.)**

**South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction**

Join Sandra Byer-Lubin, MS, RD, CDE, certified diabetes educator with University Medical Center of Princeton's Diabetes Management Program, to find out what normal glucose levels are and how to reduce your risk for diabetes and heart disease through your diet.

## **Non-Surgical Treatment of Shoulder and Knee Pain**

**TUE. October 6 (7 p.m. – 8 p.m.)**

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

Shoulder and knee pain can occur in patients of all ages and activity levels and can limit your ability to enjoy hobbies and complete basic everyday tasks. Join Adam Redlich, MD, a board certified and fellowship trained sports medicine specialist and member of the Medical Staff of Princeton HealthCare System, to learn about the symptoms, prevention and non-surgical treatments for these common joint problems.

## **Breast Health: What Every Woman Should Know**

**WED. October 7 (6 – 7:30 p.m.)**

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

Join Rachel P. Dultz, MD, FACS, board certified surgeon and Medical Director of University Medical Center of Princeton's Breast Health Center, and Margaret L. Crivello, MD, specializing in breast surgery, for this invaluable presentation focusing on breast health, including a discussion of risk factors for breast cancer, risk reductions, screening recommendations and breast self-exams. Dr. Dultz and Dr. Crivello are members of the Medical Staff of Princeton HealthCare System.

## **Knee and Shoulder Injuries and Ailments**

**THU. October 8 (7 – 8:30 p.m.)**

**South Brunswick Library  
110 Kingston Lane, Monmouth Junction**

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

Learn more about the diagnosis, treatment and prevention of common orthopaedic ailments with Dinesh Dhanaraj, MD, MSPH, specializing in orthopaedic sports medicine and orthopaedic surgery and a member of the Medical Staff of Princeton HealthCare System. Also join Eileen Kast, PT, OCS, a physical therapist with University Medical Center of Princeton's Outpatient Rehabilitation Network, for exercises to protect and strengthen the knee and shoulder.

## **Mother and Baby Shower**

**SUN. October 11 (12 – 3:30 p.m.)**

**University Medical Center of Princeton – First Floor, Education Center**

Come 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 Princeton HealthCare System obstetricians, pediatricians, midwives and educators; car seat safety checks; interactive demonstrations; information on family services available at University Medical Center of Princeton; tours of our Center for Maternal & Newborn Care and giveaways and refreshments. This program is provided with support by Central Jersey Family Health Consortium (CJFHC).

## AARP Smart Drivers

WED. October 14 (9:30 a.m. – 3:30 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

THU. & FRI. October 8 & 9 (9 a.m. – 12:30 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

\$15 for AARP members; \$20 for non-members. Payable at the door (cash or check). Checks should be made payable to AARP.

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

## Flu Fair

WED. October 14 (1 – 4 p.m.)  
Suzanne Patterson Center at Princeton Senior Resource Center  
45 Stockton Street, Princeton

No registration required.

Princeton HealthCare System (PHCS) is a proud participant in this event, sponsored by Princeton Senior Resource Center and the Princeton Regional Health Department. Flu shots will be provided through the township. PHCS participants, including Community Education & Outreach, Princeton Fitness & Wellness Center, Acute Rehab and HomeCare will provide health-related information to the community.

## Dealing with Dizziness and Vertigo

THU. October 15 (1 – 2 p.m.)

Gardens at Monroe  
189 Applegarth Road, Monroe

Any number of things can cause dizziness, but when the condition begins to limit your ability to function, finding relief becomes extremely important. Erin Mee, PT, DPT, who specializes in vestibular rehabilitation at the University Medical Center of Princeton's Outpatient Rehabilitation Network, will discuss the anatomy and physiology of the inner ear; common causes of dizziness, vertigo and loss of balance; and how vestibular rehabilitation can help.

## Community Wellness Day

SAT. October 17 (9 a.m. – 1 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

No registration required.

Bring the whole family to Community Wellness Day, hosted by Princeton HealthCare System Community Education & Outreach in partnership with South Brunswick Health Department. Don't miss out on a variety of free programs, including Friends & Family CPR classes, dance classes, car seat safety checks and Car Fit. Enjoy door prizes, chair massages, kids crafts, activities, giveaways and more! Be sure to visit our health professionals for free health screenings.

Join health professionals with the Community Education & Outreach Program for your **free Blood Pressure Check from 10 a.m. – 12 p.m. on Tuesday, September 15 and October 20** at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

## Understanding the Aging Eye

MON. October 19 (12:30 – 1:15 p.m.)  
South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

Learn about the age-related vision changes that could be affecting your quality of life at this informative presentation. Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, will discuss refractive cataract surgery, glaucoma and macular degeneration prevention.

## Shoulder and Knee Pain: Non-Surgical Approaches

WED. October 21 (7 – 8:30 p.m.)  
Hickory Corner Library  
138 Hickory Corner Road, East Windsor

TUE. October 27 (7 – 8:30 p.m.)  
Robbinsville Library  
42 Robbinsville-Allentown Road, Robbinsville

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

Anyone who has experienced shoulder or knee pain and stiffness knows it can make even the simplest tasks difficult. Join Adam Redlich, MD, a member of the Medical Staff of Princeton HealthCare System, to learn about non-surgical treatment options that can make a difference in your daily life.

## Hypothyroidism: Could Your Symptoms Be Caused by this Common Disorder?

THU. October 22 (7 – 8:30 p.m.)  
Lawrenceville Library  
2751 Brunswick Pike, Lawrenceville

To register, please call the library at 609.989.6920.

Weight gain, fatigue, depression, muscle aches, sleep problems, high cholesterol, and low libido can all be signs that your thyroid isn't working properly. Join Rashmi Roy, MD, specializing in general surgery, for an overview of common symptoms of hypothyroidism and when surgery is warranted. Dr. Roy is a member of the Medical Staff of Princeton HealthCare System.

## Outpatient Total Hip Replacement

THU. October 29 (7 – 8:30 p.m.)  
University Medical Center of Princeton  
First Floor, Conference Rooms C, D, E

Join us for an informative discussion on outpatient surgery for total hip replacement at University Medical Center of Princeton (UMCP). Brian M. Vannozzi, MD, a board certified orthopaedic surgeon affiliated with the Jim Craigie Center for Joint Replacement at UMCP, will review new techniques and technologies at UMCP that help patients recover quickly and with less pain. Victoria Ribsam, RN, BSN, ONC, Orthopaedic Patient Navigator, will teach participants how to prepare for surgery and what to expect at discharge. Jayanti Ingle, DPT, MPH, LSSBB, a physical therapist with UMCP's Outpatient Rehabilitation Network, will discuss techniques for an optimal recovery.



## CHILDBIRTH & FAMILY

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

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family health. Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://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 9 – 30 (7 – 9 p.m.)  
 MON. September 28 – October 19 (7 – 9 p.m.)  
 THU. October 15 – November 5 (7 – 9 p.m.)  
 WED. October 28 – November 18 (7 – 9 p.m.)  
 University Medical Center of Princeton  
 First Floor, Education Center

#### \$125 per couple

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

#### Accelerated Birthing Basics

SAT. September 19 (9 a.m. – 5 p.m.)  
 SAT. October 17 (9 a.m. – 5 p.m.)  
 University Medical Center of Princeton  
 First Floor, Education Center

#### \$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience. This class includes a tour of our Center for Maternal & Newborn Care.

#### HypnoBirthing®

SAT. October 24 – November 21  
 (9:30 a.m. – 12 p.m.)  
 Community Education & Outreach at the  
 Hamilton Area YMCA John K. Rafferty Branch  
 Suite 100, Conference Rooms A & B

#### \$195 per couple

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

#### Private childbirth and family classes are available upon request for those with special medical considerations.

Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

#### Sibling Class

SAT. September 12 (10 – 11:30 a.m.)  
 University Medical Center of Princeton – Atrium

#### \$30 per child

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

#### Maternity Tour

SAT. September 12 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)  
 THU. September 24 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
 WED. October 14 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
 SAT. October 24 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)

#### University Medical Center of Princeton – Atrium

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

## Daddy Boot Camp™

SAT. September 26 (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

**\$35 per person**

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

## Prenatal Breastfeeding Class

MON. September 21 (7 – 9 p.m.)  
Comp OB/GYN Care  
One Union Street, Suite 106, Robbinsville

**\$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.

## Baby Care

TUE. October 13 (7 – 9:30 p.m.)  
University Medical Center of Princeton  
First Floor, Education Center

**\$50 per couple**

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills. 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 is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

#### Bright Beginnings (birth to crawling)

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](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.

#### Breastfeeding Support Group

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

**No registration required.**

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. Mothers are encouraged to bring their infants.

#### Postpartum Adjustment Support Group

WED. September 2 (1 – 2 p.m.)  
WED. September 16 (1 – 2 p.m.)  
WED. September 30 (1 – 2 p.m.)  
WED. October 14 (1 – 2 p.m.)  
WED. October 28 (1 – 2 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

**No registration required.**

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

# CPR & FIRST AID

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

## ACLS Full Certification Course

MON. & TUE. September 28 & 29 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

## ACLS Recertification Course

WED. September 16 (9 a.m. – 5 p.m.)  
WED. October 14 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

## PALS Full Certification Course

WED. & THU. October 7 & 8 (9 a.m. – 5 p.m.)  
Community Education & Outreach at 731 Alexander Road

## PALS Recertification Course

TUE. September 8 (9 a.m. – 5 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 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

WED. September 30 (9 a.m. – 1:30 p.m.)  
FRI. October 2 (9 a.m. – 1:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

TUE. September 22 (9 a.m. – 1:30 p.m.)

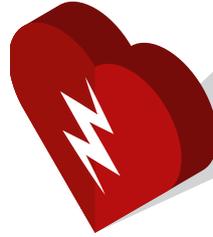
TUE. October 20 (6 – 10:30 p.m.)  
Princeton Fitness & Wellness Center, 1225 State Road, Princeton

FRI. September 11 (6 – 10:30 p.m.)

FRI. October 30 (9 a.m. – 1:30 p.m.)  
Community Education & Outreach at the Hamilton Area  
YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

\$65 per person

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



## Heartsaver AED

TUE. September 15  
(9 a.m. – 12:30 p.m.)  
Community Education & Outreach  
at 731 Alexander Road

WED. October 28 (6 – 9:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch, Suite 100  
Conference Rooms A & B

\$60 per person

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

## Family & Friends CPR

\$25 per person, per session  
Family & Friends CPR programs teach participants how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

### Session Times:

Infant CPR\* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

### Session Dates:

SAT. October 17  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch, Suite 100  
Conference Rooms A & B

### Infant CPR Only

TUE. September 29 (7 – 8 p.m.)

TUE. October 27 (7 – 8 p.m.)

Babies R Us  
700 Nassau Park Boulevard  
West Windsor

*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](http://www.princetonhcs.org/calendar) to register.

### Caring for Patients with Hearing Loss

TUE. September 29 (6 – 8 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

2 CEUs

Learn about caring for patients with hearing loss at a workshop hosted by Princeton HealthCare System Community Education & Outreach Program. Both EMTs and PHCS employees are welcome to attend. This workshop will be led by Jason Weiland, Field Representative, New Jersey Division of the Deaf and Hard of Hearing. Join us to learn more about:

- Different types of hearing loss
- How to recognize hearing loss in a patient
- Communicating with a patient who has experienced hearing loss
- Resources available through the Division of the Deaf and Hard of Hearing

### EMT Refresher Class Section A – Airway Assessment and Management

SUN. October 18 (8 a.m. – 5 p.m.)  
University Medical Center of  
Princeton

**\$50 per person, per session**

Students will review proper airway management techniques, including assessment, airway insertion and oxygen administration.

*While we are proud to offer this training to Emergency Medical Services personnel, we wish to clarify that University Medical Center of Princeton 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](http://www.princetonhcs.org/calendar). University Medical Center of Princeton is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

### UMCP's Annual Prostate Cancer Screening

THU. September 17 (6 – 8 p.m.)  
University Medical Center of Princeton  
Bristol-Myers Squibb Community  
Health Center

Appointment required.  
Please call **1.888.897.8979**.

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.



### Prostate Cancer Support Group

WED. September 9 (12 – 1:30 p.m.)  
WED. October 14 (12 – 1:30 p.m.)  
University Medical Center of Princeton  
Edward & Marie Matthews Center for Cancer Care  
Education Conference Room

Registration preferred. Walk-ins welcome.

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

### Cancer Support Group

TUE. September 15 (1:30 – 3 p.m.)  
TUE. October 20 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

University Medical Center of Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

## EATING FOR OPTIMAL HEALTH

University Medical Center of Princeton, Conference Rooms C, D & E

In collaboration with Cancer Support Community Central New Jersey, this monthly series will address a variety of evidence-based nutrition topics relevant to cancer survivors. Sessions will be led by Jeanne Petrucci, MS, Nutritionist and Culinary Instructor and founder of Living Plate, and will focus on a different topic each month.

### Breakfast & Snacks: How Can I Make Them Healthy and Taste Good, Too?

THU. September 17 (7 – 8 p.m.)

This session will offer ideas for replacing the standard American breakfast and daily snacks with healthy alternatives and ways to create a kitchen environment to easily store, prepare and consume these types of foods.



### Comfort Food: How Can I Keep My Traditions and Still Eat Healthy? (Part I)

THU. October 15 (7 – 8 p.m.)

This session will offer ideas for making adjustments to traditional comfort foods to promote healthy weight and healthy living without compromising taste.

### Breast Cancer Support Group

TUE. September 15 (6 – 7:30 p.m.)

TUE. October 20 (6 – 7:30 p.m.)

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

No registration required. Walk-ins welcome.

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.

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

WED. September 16 (12 – 1 p.m.)

WED. October 21 (12 – 1 p.m.)

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

Registration preferred.

Walk-ins welcome.

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

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

MON. September 28

(1 – 3 p.m.)

UMCP 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.

## SUPPORT GROUPS

### Bariatric Surgery Support Group

TUE. September 1 (7 – 8:30 p.m.)

TUE. October 6 (7 – 8:30 p.m.)

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

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

### Weight Loss Support Group

THU. September 3 (6:30 – 7:30 p.m.)

THU. October 1 (6:30 – 7:30 p.m.)

Princeton Medicine  
2 Centre Drive, Monroe Township

WED. September 16 (6:30 – 7:30 p.m.)

WED. October 21 (6:30 – 7:30 p.m.)

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

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





### Freedom from Smoking Support Group

THU. September 10 (6:30 – 7:30 p.m.)  
THU. October 8 (6:30 – 7:30 p.m.)  
Community Education & Outreach  
at 731 Alexander Road

This group meets the second Thursday of every month and welcomes individuals who want to quit smoking or have already quit smoking. Join American Lung Association-trained facilitators to share strategies for starting or maintaining your new tobacco-free lifestyle.

### UNITE: Perinatal Loss Bereavement Support Group

MON. September 14 (7 – 9 p.m.)  
MON. October 5 (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 except when there is a holiday.

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

TUE. September 15 (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 a member of the Medical Staff of University Medical Center of Princeton's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and wellbeing.

### Diabetes Support Group

WED. September 16 (2:30 – 4 p.m.)  
WED. October 21 (2:30 – 4 p.m.)  
Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

MON. September 28 (6:30 – 8 p.m.)  
University Medical Center of Princeton  
First Floor, Diabetes Management Program

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

This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a Certified Diabetes Educator with University Medical Center of Princeton's Diabetes Management Program, facilitates meetings. For 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](http://www.princetonhcs.org).

### Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. October 5 (6 – 7:30 p.m.)  
University Medical Center of Princeton  
First Floor, Family Respite Room

MON. September 21 (1 – 2:30 p.m.)  
MON. October 19 (1 – 2:30 p.m.)

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

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

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

## EVENTS FOR SENIORS

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

### Balance Screenings

MON. September 21 (1 – 2:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

Please call 1.888.897.8979 for an appointment.

In observation of National Falls Prevention Week, Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center of Princeton's Outpatient Rehabilitation Network, will conduct individual balance screenings.



### Advances in Medicine for Older Adults

MON. September 28 – November 16 (9:30 – 11:30 a.m.)  
Princeton Senior Resource Center (The Evergreen Forum)  
45 Stockton Street, Princeton

To register and for weekly topics, visit [www.theevergreenforum.org](http://www.theevergreenforum.org).

Join Princeton HealthCare System (PHCS) to learn about prevention, treatment options and recent advances related to conditions affecting older adults. The course will be led by David Atkin, MD, retired physician and former Chief of Staff and Trustee of PHCS, and Debbie Millar, RN, Director, PHCS Community Education & Outreach, and will feature a guest speaker from PHCS each week.

## Improving Your Balance to Prevent Falls

MON. September 28 (11 – 11:45 a.m.)

Montgomery Senior Center  
356 Skillman Road, Skillman

John Frank, MSPT, BSPH, with University Medical Center of Princeton's Outpatient Rehabilitation Network, will discuss the importance of improving your balance through strength training. Learn about strength training exercises and techniques to help you begin improving your balance safely and effectively.

## Get Balanced: Don't Fall

MON. & WED. October 19, 21, 26 and 28 (1 – 2:30 p.m.)

Community Education & Outreach

at the Hamilton Area YMCA John K. Rafferty Branch

Many falls can be prevented with the right exercises and some simple changes in your habits and your environment. This informative four-part class will teach you how to improve balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so wear sturdy shoes and comfortable clothes. Class will be taught by trained facilitators with a special presentation by Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center of Princeton's Outpatient Rehabilitation Network.

## Skin Care and Aging

WED. October 14 (10:30 – 11:30 a.m.)

Hopewell Senior Center  
395 Reading Street, Pennington

Skin changes with age, often becoming thinner and more fragile, and developing age spots and even cancer. There are things you can do to protect your skin as you age. Join Sarika Banker, MD, specializing in dermatology, and a member of the Medical Staff of Princeton HealthCare System, to learn more about skin cancer prevention, protecting your skin from the sun, as well as skin care treatment options and anti-aging procedures.

## Fun with the Pharmacist! Brown Bag Session

FRI. October 16 (12 – 1 p.m.)

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

Test your medication IQ with Pharmacy Jeopardy. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. Your health professional for the day will be Timothy Reilly, PharmD, BCPS, a Clinical Pharmacist with Princeton HealthCare System and Clinical Assistant Professor at the Ernest Mario School of Pharmacy, Rutgers—The State University of New Jersey.

## ONLINE SEMINARS

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

PHCS hosts monthly live web chats, and you're invited. To participate, go to our UStream Channel at [www.ustream.tv/princetonhealth](http://www.ustream.tv/princetonhealth) on your computer, tablet, or smartphone on the day of the seminar.

Pre-register either by calling 1.888.897.8979 or by going to [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

All those who pre-register for an online seminar will be entered to win one of several gift cards that will be awarded immediately following the web chat. Must be present to win.



### Anxiety in Children

MON. September 14 at 12 p.m.

Madhurani Khare, MD, board certified child and adolescent psychiatrist and Medical Director of Princeton House Behavior Health – Hamilton location



### Single-Site Hysterectomy

MON. October 5 at 12 p.m.

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



### Incontinence: It's Time to Take Back Control

THU. September 17 at 7 p.m.

Nina Bhatia, MD, FACOT, FPMRS board certified OB/GYN and female pelvic medicine and reconstructive surgery



### Sitting and Cancer Risks

THU. October 15 at 7 p.m.

Richard T. Lee, MD, board certified in hematology and medical oncology

For a full, up-to-date calendar, visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

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

 Princeton HealthCare System  
Community Education & Outreach



Community Education & Outreach Program  
731 Alexander Road, Suite 103, Princeton



Princeton Fitness & Wellness Center  
Princeton North Shopping Center  
1225 State Road, Princeton



University Medical Center of Princeton  
One Plainsboro Road, Plainsboro



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



South Brunswick Wellness Center  
540 Ridge Road, Monmouth Junction

# Please Don't Remain Seated

## A Sedentary Lifestyle Can Increase Your Cancer Risk



Here's one more compelling reason to get out of your chair — and get moving. Over the past several years, a number of studies have linked prolonged sitting with an increased risk of diabetes, heart disease and early death. Recent research published in the *Journal of the National Cancer Institute* suggests that sitting for long periods also can increase the risk of developing colon, lung or endometrial cancer.



“The study supports the idea that people who are able to lead more active lives can reduce their risk of both recurring and new cancers,” says **Richard Lee, MD**, an oncologist on staff at University Medical Center of Princeton (UMCP).

Virtually anyone, notes Lee, who is board certified in hematology and medical oncology, can ramp up the activity in their lives. “The key,” he says, “is to make incremental changes and choose activities that you're likely to stick with.”

### Ideas to Get You Moving

Walking, for instance, offers great health benefits, even if you start off with a few minutes a day and gradually increase your effort to as little as 30 minutes a day. It's also important to build in small periods of activity throughout your day, especially if you work in a sedentary job.

“I tell my patients to set an alarm on their computer that alerts them to get up and walk around for five minutes or so,” says Anthony Ventura, Director of the Outpatient Rehabilitation Network, Sleep Center, and Center for Neuroscience Care at UMCP. Once you're up, Ventura suggests, try doing some heel and toe raises at the back of your chair to keep lower leg muscles moving and to pump blood back up to your heart. You can also exercise in your chair by marching or kicking in place and raising your arms over your head or rhythmically shrugging your shoulders.

If a condition like arthritis makes it difficult for you to lead a more active life, physical therapy can help you get moving. UMCP's Outpatient Rehabilitation Network offers therapy for back and neck pain as well as chronic pain of all kinds.

You can also lower your risk for many cancers by eating well, maintaining a healthy weight, and getting regular health screenings. If you're at high risk for lung cancer (meaning that the number of packs you've smoked daily times the number of years you've smoked equals 30 or more), UMCP offers low-dose CT-scanning of the chest that exposes patients to less radiation than traditional CT scans and is effective at finding lung cancer when it's still operable. Other important cancer screenings, says Dr. Lee, include mammograms for breast cancer, colonoscopy for colon cancer, Pap tests for cervical cancer and full-body exams for skin cancer.

“We have the opportunity to find and treat cancers earlier with proper screening,” says Dr. Lee, “and the sitting studies suggest that we can have a positive impact on cancer risks through lifestyle changes.”

To find out more about cancer screenings or physical therapy services, or to find an oncologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

**See page 18** for information on an upcoming online seminar on Sitting and Cancer Risks.

# At UMCP, Maternity is a Family Affair

Finding out you're pregnant can be the thrill of a lifetime, but it also can be a source of trepidation and anxiety. The Center for Maternal & Newborn Care at University Medical Center of Princeton (UMCP) offers a full range of services to put the worries of parents and parents-to-be to rest.



"We've partnered with Penn Medicine's Division of Maternal Fetal Medicine (MFM) and The

Children's Hospital of Philadelphia (CHOP) to ensure our patients have round-the-clock access to the best medical care around, including board certified Penn Maternal Fetal Medicine specialists and board certified CHOP neonatologists," says **Heather M. van Raalte, MD**, Chair of UMCP's Department of Obstetrics and Gynecology, and board certified in obstetrics and gynecology, as well as female pelvic medicine and reconstructive surgery.



"Receiving support and education throughout the entire pregnancy ensures the best possible outcome for all members of the family," says Dr. Hofman, who is board certified in obstetrics and gynecology.

That support continues right up to the delivery. Friends and family members are welcome to be with the expectant parents during delivery, as well as after the baby is born.

## They Deliver

The Center for Maternal & Newborn Care provides state-of-the-art labor suites, which are equipped with advanced technology, while the remainder of the new mom's stay is spent in a private, quiet postpartum

environment with private bath and hotel-like amenities. Accommodations can also be made for fathers or domestic partners who wish to stay the night. The Center encourages keeping the newborn baby with the new parents as much as possible during this time to promote bonding as a family.

## Getting Everyone Involved

At every stage of pregnancy, Princeton HealthCare System's Community Education & Outreach Program offers a wide range of classes to help prepare the entire family for the baby's arrival. For instance, sibling classes are designed to help smooth the way for children ages three to eight who are about to become big brothers or sisters. Expectant fathers can benefit from Daddy Boot Camp, where experts and new fathers share tips on how to hold, comfort, diaper and play with their new baby. The class also provides tips on car seat safety and how to introduce a new baby to pets. Classes on general baby care, as well as prenatal breastfeeding and other programs, are also offered.



The philosophy of family-centered maternity care is key at the Center for Maternal & Newborn Care, which empowers new parents with confidence in their parenting skills, says **Jeffrey Hofman, MD, FACOG**.

To find an OB/GYN or midwife on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

To register for a childbirth or family health class, call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

**See pages 12-13** for information on upcoming prenatal, postpartum and parenting classes.

# Sarah's Story: Early-Stage Breast Cancer

Sarah Shannon had no pain, noticeable lumps or other symptoms when she was diagnosed with early-stage breast cancer following a routine mammogram in 2012.

Now, nearly three years after her mastectomy procedure at University Medical Center of Princeton (UMCP), and more than a year after her final chemotherapy treatment, Shannon is hopeful the disease is behind her.

"I can safely say at this point that I'm cancer free," says the 51-year-old East Amwell Township mother of two teenagers.



An estimated 231,840 new cases of breast cancer will be diagnosed among U.S. women this year, according to the National Cancer Institute (NCI). While every case is different, Shannon's experience highlights the importance of early detection and treatment in fighting the disease, says **Rachel Dultz, MD, FACS**, Medical Director of the UMCP Breast Health Center.

"Women who have yearly mammograms are much more likely to detect breast cancer in its earlier stages, before it causes any symptoms," says Dr. Dultz, a fellowship trained breast surgical oncologist and board certified surgeon. "Studies continue to show that women diagnosed with early-stage breast cancer have better outcomes than women with more advanced disease."

## Imaging Better Than Ever

When breast cancer is detected in an early, localized stage, the five-year survival rate is more than 98 percent, according to the NCI. That's why the American Cancer Society recommends that women age 40 and older have a mammogram every year as long as they remain in good health.



Working with their doctors, women with dense breast tissue and women with a family history of breast cancer may also benefit from breast ultrasound or MRI, says **Christopher Ananian, MD**, Director of Medical Imaging at the Center.



"The gold standard for breast cancer screening is and always has been mammograms," says Dr. Ananian, who is board certified in diagnostic radiology. "However, for women at higher risk for breast cancer, some of these other imaging technologies can sometimes help detect small masses and other abnormalities at an earlier stage."

## A One-Stop Community Resource

During her treatment, Shannon also took advantage of services through the UMCP Breast Health Center in East Windsor. Staffed by fellowship trained breast surgeons and radiologists with extensive experience in breast imaging, the Center offers a comfortable environment where women can access:

- Diagnostic services, including high-definition mammography and minimally invasive needle biopsy. This fall, the Center will also begin offering digital tomosynthesis, a state-of-the-art technology that creates a three-dimensional picture of the breast using X-rays.
- Genetic testing and counseling to assess breast cancer risk.
- A new program to identify and closely monitor women who are considered at high risk for breast cancer based on family history, genetic testing or both.
- A nurse navigator dedicated to helping guide women from biopsy to diagnosis to treatment.

"The care I received was tremendous," says Shannon, who has volunteered to speak with other women fighting breast cancer about her experience. "The Breast Health Center is a place I can go when I need something done locally. It's a great resource in the community."

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



*The Reverend Matthew Rhodes, M.Div., is a chaplain and Director of Religious Ministries at UMCP. This year, Religious Ministries is celebrating 50 years of service to patients, families and employees of our healthcare system.*

# Religious Ministries Commits to Raise Funds for Clinical Pastoral Education Program

When the Princeton HealthCare System (PHCS) Foundation team had a chance to talk with **The Reverend Matthew Rhodes**, they met someone who has a complex job description.

Whether he is praying with a patient who is dealing with serious health concerns, providing a few minutes of relief by listening to a family member express their worries, or talking with a nurse on the Intensive Care Unit about the stress of caring for a terminally ill patient, Rev. Rhodes is covering the hospital and ministering to the spiritual needs of the community.

“A growing body of research demonstrates the health-related benefits of religious and spiritual beliefs and practices,” says Rev. Rhodes. “Professional chaplains play an integral role in encouraging helpful religious coping processes. It is precisely in these moments of hospitalization and crisis that we turn to our deepest resources, our spirituality and faith.”

In order to provide a larger presence in the hospital, the Department of Religious Ministries has committed to raise \$250,000 as start-up funding for a Clinical Pastoral Education (CPE) Residency Program at UMCP. The funding will cover stipends and health coverage for four full-time Chaplain Residents for two consecutive years. These four residents will provide services beyond the level the current staff can provide. Residents will be assigned to: 1) Palliative Care and Hospice, 2) the Eating Disorder Unit and Maternity, 3) Oncology and the Emergency Department and 4) the Critical Care Unit and Mental Health. In addition to participating as an integral member of the interdisciplinary team, they will be trained to provide support groups and spirituality groups in each of the assigned areas. Residents will enable the department to expand on-call coverage and offer more weekly worship services in the Chapel of Light.

The Religious Ministries Department of Princeton HealthCare System specializes in providing patient and family-focused care that is sensitive to and appreciative of the religious tradition, life experience, hopes, fears, pains and joys of the patient. As Princeton HealthCare System is dedicated to the healing of its patients, the commitment to offer more than three times as many pastoral visits through this residency program is a significant step forward for the Religious Ministries Department, the entire Princeton HealthCare System and the patients and staff the department serves.

“Funding from our generous donors will enable us to begin the CPE Residency Program and expand our coverage throughout the medical center,” says Rev. Rhodes. “Their support will help us continue to grow and effectively respond to our community’s many needs for spiritual nurture and care. It is a privilege to be able to support people through these life experiences, and we want that opportunity to be available to all of our patients.”

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For more information about how you can help make this program a reality, please contact Sandy Roberts at 609.252.8701 or [sroberts@princetonhcs.org](mailto:sroberts@princetonhcs.org).

# Princeton House Behavioral Health: Helping Women Overcome Addiction Related to Trauma

Women who struggle with an addiction to drugs and alcohol often have one thing in common — a history of physical or emotional trauma.



In fact, studies suggest as many as 80 percent of women who seek treatment for substance abuse have a history of sexual or physical assault, according to the National Institutes of Health.



“Trauma victims often turn to drugs or alcohol as a way of trying to cope with anxiety, depression and other symptoms related to their trauma,” says **Firoz P. Rahman, MD**, a board certified psychiatrist at Princeton House Behavioral Health (PHBH).

“In essence, these women are self-medicating to deal with their pain, but in a dangerous way that leads to substance abuse.”

To help women who struggle with addiction due to painful emotional or physical trauma, PHBH offers a specialized Women’s Trauma & Addiction Program. The program integrates trauma and addictions treatment with group and individual therapies aimed at helping women achieve abstinence and develop healthy coping mechanisms.

## What is Trauma?

Trauma can be any verbal, physical, emotional or sexual abuse that affects a woman’s emotional well-being, self-esteem or ability to derive pleasure from life. It can be ongoing or have happened in the past. For example, some women who face trauma as a child may not experience symptoms until adulthood.

Dr. Rahman says women who have a history of trauma may experience symptoms such as:

- Nightmares and flashback memories of traumatic events
- Mental health issues such as depression, anxiety and panic attacks
- Self-harming behaviors, including substance abuse
- Physical symptoms such as low energy or chronic pain.

“The effects of trauma can impact almost any aspect of a woman’s daily life. She may struggle at work or have difficulty maintaining close personal relationships,” Dr. Rahman says. “If a woman has these symptoms and a history of trauma, she should consider speaking with a mental health professional.”

## Help is Available

At PHBH, patients are enrolled in the Women’s Trauma & Addiction Program if it is determined their addiction is directly related to trauma, Dr. Rahman says. The program is available on an intensive outpatient (three half days a week) and partial hospitalization (five full days a week) basis at five locations — Princeton, North Brunswick, Hamilton, Moorestown and Eatontown.

Therapy includes group sessions aimed at addressing trauma issues; learning about addiction and relapse triggers (using the 12-step philosophy); developing coping skills; and using the creative arts for healthy expression. Patients also meet regularly with a therapist and a psychiatrist, who provide psychiatric evaluations and treatment recommendations.

In addition to trauma and addiction, PHBH also offers women’s programs that focus on dialectical behavior therapy (DBT) skills, emotion regulation, emotional eating and supporting adolescent girls emotionally (SAGE).

For more information on PHBH’s Women’s Specialized Services, call 1.888.437.1610 or visit [www.princetonhouse.org](http://www.princetonhouse.org).



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

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## New Program Makes Scheduling a Colonoscopy Easier

University Medical Center of Princeton (UMCP), through a partnership with local gastroenterologists, has launched a new **Direct Access Colonoscopy program** to help speed the process of scheduling a routine screening colonoscopy for certain patients.

Now individuals can call UMCP's Surgical Scheduling Office directly — at 609.853.7510 — to make an appointment for a colonoscopy, and if they meet certain screening criteria they will be scheduled to have a colonoscopy within days.

“This new service is designed to speed up the scheduling process for routine non-complicated colonoscopies for individuals age 50 and over, when due to their age, they are at greater risk for colon cancer,” says James Demetriades, Vice President of Operations, Princeton HealthCare System. “Colon cancer is preventable and curable when caught early, so screenings save lives. This program is designed to help make the process of scheduling a colonoscopy quick and convenient.”

To be eligible to schedule through the new Direct Access Colonoscopy program, individuals must be age 50 or over, must not have a family history of colon cancer, cannot be on blood thinners or have a history of bleeding disorders, cannot have a history of chronic obstructive pulmonary disease, must never have been diagnosed with congestive heart failure, and must not have experienced chest pains or a heart attack within the past 12 months.

Individuals who do not meet these criteria and/or who report gastrointestinal symptoms will be referred to their primary physician or to a gastroenterologist to discuss their health and symptoms prior to scheduling a colonoscopy.

### Facilities where colonoscopies will be provided include:

- **University Medical Center of Princeton**, Stephen & Roxanne Distler Center for Ambulatory Surgery, 5 Plainsboro Road, Suite 200, Plainsboro
- **UMCP Center for Ambulatory Surgery**, 8 Centre Drive, Monroe
- **Princeton Endoscopy Center**, 731 Alexander Road, Suite 104, Princeton



Local gastroenterologists who have partnered with UMCP in the new screening program include:

- Aaron M. Bellows, MD
- Michael J. Fidanzato, MD
- Michael Z. Lupovici, MD
- Craig Margulies, MD
- Robert F. Meirowitz, MD
- Glenn L. Osias, MD
- Aloysius K. Rho, MD
- William N. Segal, MD
- Eric H. Shen, MD
- Anish A. Sheth, MD
- Kevin S. Skole, MD
- Deborah K. Sokol, MD
- Anne P. Swedlund, MD