

# healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | NOVEMBER/DECEMBER 2011

## Overcoming Infertility: New Advances Can Help



**Princeton HealthCare System**

Redefining Care.

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

### BREAKING NEWS:

Joint Commission Names UMCP  
Top Performer (p. 6)



### Third Year in a Row!

University Medical Center at Princeton  
Recognized as a Top Hospital for Patient  
Safety and Quality—Only NJ Hospital to  
Receive Designation 3 Consecutive Years!

**communityfocus**

HEALTH EDUCATION CALENDAR

When You Can't Wait to Go:  
Help for an Overactive Bladder.....2

Overcome Infertility:  
New Advances Can Help ..... 3

Barrett's Esophagus:  
The Link Between Acid Reflux  
and Cancer ..... 4

Early Detection Allows  
Prompt Action ..... 4

Radiofrequency Ablation  
for GI Now Available at UMCP..... 5

University Medical Center at  
Princeton Named a Top Performer  
by The Joint Commission ..... 6

The Art for Healing Program  
at University Medical Center  
of Princeton at Plainsboro..... 6

COMMUNITY FOCUS ..... 7

Sports-specific Rehab  
Gets You Back in the Game ..... 17

Know Your Stats About  
Prostate Cancer ..... 17

Sleep and Seizures:  
Why Sleep Is So Important  
for Managing Epilepsy..... 18

National Nonprofit Health Design  
Appoints Barry S. Rabner  
to Board of Directors ..... 19

More PHCS Physicians  
Now Accept Horizon..... 19

The New Hybrid  
Operating Room: The Best  
of Both Worlds .....20

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

Health Focus, 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 Health  
Focus 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.

Health Focus is prepared by the Marketing  
& Public Affairs Department. For questions  
or information, please call 609.497.4191.

Entire publication  
©2011 Princeton HealthCare System.  
All Rights Reserved.

Health Focus is published under contract  
by The Nautilus Publishing Company  
[www.nautiluspublishing.com](http://www.nautiluspublishing.com)  
T: 662.513.0159

# When You Can't Wait to Go: Help for an Overactive Bladder

When you need to go to the bathroom, do you often find you have to go *now, now, now*?

Dropping everything to urinate is a telltale sign of overactive bladder, a common condition that affects as many as one in three women, says Heather van Raalte, MD, (pictured right) who specializes in urogynecology.



"It's so common a lot people just accept it as just a normal process of aging, but it's not," Dr. van Raalte says. "These symptoms shouldn't be swept under the rug. They need to be evaluated and treated."

## Cause Unknown

The risk of overactive bladder increases with age and can be associated with certain medications or medical problems. Patients with symptoms will first be tested to rule out more serious conditions such as urinary tract infections, bladder stones or tumors or anatomical problems, Dr. van Raalte says. However, in many cases there is no clear cause for an overactive bladder.

Treatment usually begins with conservative therapies, including:

- Diet changes to eliminate food or drinks that irritate the bladder
- Bladder "training" to help relearn how to hold urine longer
- Medications to regulate bladder nerve and muscle activity

## Advanced Treatments

University Medical Center at Princeton offers advanced treatments for patients for whom conservative therapy has not been effective. Neuromodulation is a surgical procedure to implant a pacemaker near the tailbone that regulates the bladder.

"People assume there's nothing they can do about it," she says. "However, the way we treat overactive bladder has changed a lot over the years, so in many cases, something that didn't work in the past deserves another look."

UMCP's Outpatient Rehabilitation Network offers a women's health program with therapists who specialize in treating such issues as urinary incontinence and other pelvic floor disorders. For more information about this program, or for assistance finding a urogynecologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).





# Overcome Infertility: New Advances Can Help

Some women seem to have no problems getting pregnant, while others find it challenging to conceive. Although every couple's circumstances are unique, there are a number of ways you can help maximize your chances of conceiving.

Since conception can really occur only during a very narrow window around the time of ovulation, which is about two weeks before the next period, keeping track of your menstrual cycle can help focus on the correct timing.



Keeping in mind certain dos and don'ts can increase the likelihood of becoming pregnant as well, notes Seth G. Derman, MD, FACOG, (*pictured left*) board certified specialist in reproductive endocrinology and infertility, and Medical Director of Princeton IVF Laboratory, a joint venture of

Princeton HealthCare System and Lawrenceville-based Princeton IVF.

- When trying to conceive, having intercourse daily at the correct time of the month will maximize your chances for getting pregnant without help.
- Making healthy lifestyle choices, including maintaining a healthy weight, eating well, limiting caffeine, getting moderate physical exercise and managing stress are important as well.

- Avoid tobacco. As women age, their egg supplies dwindle as eggs die and disappear. Smoking cigarettes may harm fertility, since it has been found to speed up the loss of a woman's eggs.
- Certain over-the-counter medications and prescription drugs can also impact fertility, including so-called "natural" products. It is best to discuss these with your doctor before trying to get pregnant.

"The general rule is that most healthy, sexually active couples can conceive within a year," says Dr. Derman. "Couples in their early 30s or younger who do not have a history of fertility problems or irregular cycles should try on their own for a year before consulting a specialist. Couples over age 35, particularly those with known or suspected fertility issues, should seek medical advice sooner, typically after six months. Regardless, it's important not to get discouraged—infertility can usually be successfully treated. The key is not to delay seeing a specialist or your OB/GYN while your chances for conception are still good."

---

For more information on Princeton IVF Laboratory or assistance finding a reproductive endocrinologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).

**Get answers to your questions** about infertility during a live online Q&A with Dr. Derman on Thursday, December 8 at 7 p.m. To participate in the program, simply go to PHCS' UStream Channel at [www.ustream.tv/channel/princetonhealth](http://www.ustream.tv/channel/princetonhealth) at the time of the seminar. All you need are a PC or Mac with Adobe Flash Player installed and a broadband Internet connection. Please pre-register by calling 1.888.897.8979 or visiting [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

# Barrett's Esophagus: The Link Between Acid Reflux and Cancer

**Many Americans suffer from heartburn every now and then. But if you are experiencing symptoms of gastroesophageal reflux disease (GERD) every day, you may be at risk for more than just a little discomfort after dinner.**



Untreated GERD can damage the lining of the esophagus, leading to a pre-cancerous condition known as Barrett's esophagus, says Anish Sheth, MD, (pictured left) a board certified

gastroenterologist on staff at University Medical Center at Princeton.

"Barrett's esophagus occurs when cells lining the esophagus change because of repeated exposure over many years to stomach acid from GERD," Dr. Sheth says. "While esophageal cancer is rare, the cellular changes caused by Barrett's increase a person's risk for developing the disease."

Fortunately, a number of treatment options are available that can slow or even stop the progression of Barrett's and reduce the risk of esophageal cancer.

## What Are the Symptoms?

Barrett's esophagus itself doesn't cause any symptoms, Dr. Sheth notes, but the underlying GERD may produce symptoms such as:

- Burning sensation in the chest or throat
- Hoarseness
- Chronic cough
- Asthma
- Bitter taste

Consult with your doctor if you experience heartburn multiple times a week, especially if over-the-counter medications provide no relief, says Eric Shen, MD, (pictured right) who is also a board certified gastroenterologist on staff at UMCP.



## Treating Barrett's

The definitive way to diagnose Barrett's is through an upper endoscopy, a procedure in which a thin, flexible tube with a light and video camera is inserted into the esophagus to look for tissue damage. Treatment depends on the extent of the damage.

"Before it progresses to Barrett's esophagus, GERD can often be treated with medications that limit the body's production of stomach acid," Dr. Shen says.

For patients with more advanced Barrett's, UMCP recently introduced a new radiofrequency ablation procedure that uses heat energy to destroy diseased tissue in the esophagus before it becomes potentially life-threatening cancer. (See article on page 5.)

---

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

# Early Detection Allows Prompt Action

Routine health screenings help catch a disease early, when it is most treatable and often before it produces any symptoms.

"I hear over and over, 'I don't have any symptoms, so why do I need a screening test?'" says Jeanne Mitterando, MD, (pictured right) who is board certified in family medicine and specializes in geriatric medicine and women's health. "But that's exactly why we do screenings. If you have symptoms, it may be too late."



Many of these exams can be done in conjunction with an annual physical exam, says Dr. Mitterando, who treats patients age 14 and older.

A routine physical also gives your doctor the chance to conduct blood tests for problems such as diabetes, high cholesterol and liver disease, she says. Based on your age and health history, your doctor may recommend other screenings.

---

For assistance finding a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).



## Radiofrequency Ablation for GI Now Available at UMCP

**Radiofrequency ablation, a minimally invasive endoscopic technique available at University Medical Center at Princeton (UMCP), is enabling gastroenterologists to become more proactive in treating Barrett's esophagus.**

“This technology is taking the anxiety and uncertainty out of living with Barrett’s esophagus,” says Anish Sheth, MD, a board certified, fellowship trained gastroenterologist who performs this procedure at UMCP and previously served as Director of Yale University School of Medicine’s Gastroenterology Motility Program. “Until recently, there have been very few treatment options for this condition. Now, we are able to treat patients before their disease becomes a serious and potentially life-threatening problem.”

A minimally invasive, outpatient procedure, radiofrequency ablation involves using an endoscope to deliver high-frequency radio waves to destroy damaged tissue. An endoscope

is a long, thin tube with a light and camera that allows the physician to see inside a patient’s body or organ(s). The procedure generally requires moderate sedation and is typically painless, with few side effects.

Radiofrequency ablation is performed in UMCP’s state-of-the-art Endoscopy Suite, a specialized center staffed by a caring team of board certified physicians and skilled nurses, and equipped with the latest technology.

“We offer a wide range of comprehensive gastrointestinal and digestive services at UMCP,” says James Demetriades, Vice President of Professional Services at Princeton HealthCare System. “By adding radiofrequency ablation to our program, we are providing patients with another highly effective treatment option.”

For more information, call 1.888.PHCS4YOU (1.888.742.7496).

Dr. Mitterando says, at a minimum, you should stay current with the following screenings:

### For Women

- ✓ Mammograms to detect breast cancer, starting at age 40.
- ✓ Pap tests to detect cervical cancer, starting once a woman is sexually active or at 21 years of age.
- ✓ Bone density scans to detect osteoporosis, once a woman is post-menopausal.

### For Men

- ✓ A digital rectal exam for prostate cancer, starting at age 40.

### For Everyone

- ✓ Colorectal cancer screening, such as colonoscopy, starting at age 50.



# University Medical Center at Princeton Named a **Top Performer** by The Joint Commission

University Medical Center at Princeton (UMCP) has been recognized by The Joint Commission as one of the Top Performers on Key Quality Measures in the United States. This new recognition program was announced Sept. 14, when The Joint Commission released its *Improving America's Hospitals* annual report.

For the first time, The Joint Commission is recognizing accredited hospitals and critical access hospitals that attain and sustain excellence in accountability measure performance.

As a Top Performer on Key Quality Measures, UMCP is among only 405 hospitals nationwide being recognized for 2010. It is the only hospital in this region, and one of only 12 in New Jersey to earn this recognition.

University Medical Center at Princeton is being recognized for its performance in the following areas:

- Heart Attack
- Heart Failure
- Pneumonia
- Surgical Care

Top Performer hospitals represent the top 14 percent of Joint Commission-accredited hospitals (of those that report core measure performance data). Other hospitals receiving this recognition include the Mayo Clinic Health System, Cleveland Clinic (Florida site) and Cedars-Sinai Medical Center in California.

“We are pleased to be counted among this select group,” says Barry Rabner, President and CEO of Princeton HealthCare System. “I want to thank all our physicians and employees for their dedication to our patients and their tireless efforts that led to this tremendous achievement.”

Earlier this year, UMCP was recognized by The Leapfrog Group as No. 1 in the state for quality and patient safety, marking its third consecutive year as one of Leapfrog's Top Hospitals for quality and safety.

For more information about the new Top Performers on Key Quality Measures recognition, visit The Joint Commission's website at [www.jointcommission.org](http://www.jointcommission.org).

## THE ART FOR HEALING PROGRAM AT UNIVERSITY MEDICAL CENTER OF PRINCETON AT PLAINSBORO

Being in a hospital can be quite stressful. Patients and their loved ones often face serious medical issues, while physicians, nurses, and other medical staff continually deal with life-and-death situations. As the late author John Updike observed, in such situations art provides “breathing room”—space for the spirit.

And not only the literati have observed that art has health-promoting properties: scientific research has also shown that art contributes greatly to the healing process. A variety of studies have found that certain kinds of art reduce lengths of stay, decrease anxiety, stress, and pain, improve patient satisfaction, and lead to more favorable perceptions of care.

This being so, Princeton HealthCare System has embarked on an *Art for Healing* initiative, a program to grace our new hospital with beneficial works of art, most by local artists. Our new hospital adheres to the principles of evidence-based design—in the healing effects of art as in all else.

Should you wish to aid us in acquiring works of health-promoting art, please consider making a gift to our art acquisition fund. These gifts will be recognized through plaques, publications, and invitations to special arts-related functions. For more information on our *Art for Healing* program and related giving opportunities, please visit [www.princetonhcs.org/foundation](http://www.princetonhcs.org/foundation) or contact Robert Sweet, Director of Gift Planning, at 609.252.8713 or [rsweet@princetonhcs.org](mailto:rsweet@princetonhcs.org).



*“What art offers is space—a certain breathing room for the spirit.” John Updike*

**Pictured:** One of the pieces of artwork to be displayed at the new hospital, **The Sandy Road** is an oil on canvas by local artist Charles McVicker.

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).

HEALTH EDUCATION CALENDAR

# community focus

NOVEMBER – DECEMBER 2011

## Women's Health

### 8th Annual Women's Wellness Day 2011

SAT. November 12 (8 a.m. – 2:30 p.m.)  
Conant Hall, ETS Campus  
660 Rosedale Road, Princeton

\$60 per person, \$50 for seniors age 65 and over and for Heart to Hearts' members. Please call Terry or Sue at 609.689.3131 or visit [www.hearttohearts.org](http://www.hearttohearts.org) to register.

Come join us at our women's health event sponsored by Heart to Hearts, Inc., a women's wellness organization. Learn about thyroid issues and osteoporosis in women from an endocrinologist with Princeton HealthCare System's Medical Staff. Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will present *Benefits of a Plant-based Diet for Your Health* and Sherryl K. Croitor, MD, cardiologist and a member of the Medical Staff of Princeton HealthCare System, will address heart health in women. There will also be exhibits, massages, holistic presentations, health lectures and screenings provided by physicians and health professionals from Princeton HealthCare System. Other community speakers will be highlighted as well. Screenings will include: posture, body fat, glucose, blood pressure and cholesterol.



### Alternatives to Hysterectomy

WED. November 16 (6:30 – 8 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

For women suffering from painful periods, fibroids, endometriosis or other pelvic health problems, hysterectomy may not be your only option. Several medical treatments and minimally invasive alternatives are available. Scott E. Eder, MD, FACOG, board certified in gynecology and member of the Medical Staff of Princeton HealthCare System, will discuss uterine fibroid embolization (UFE), endometrial ablation and other techniques that may work for you.

### Transforming Women's Gynecological Health: da Vinci Robotic Surgery

Learn more about this state-of-the-art, minimally invasive technology that gives patients another alternative to traditional "open" surgery for conditions like fibroids, heavy menstrual bleeding and endometriosis that have been unresponsive to medical therapies.

THU. November 3 (7 – 8:15 p.m.)  
Lawrenceville Library  
2751 Brunswick Pike, Lawrenceville

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

This session will be presented by Christopher A. Naraine, MD, FAGOC, board certified OB/GYN and member of the Medical Staff of Princeton HealthCare System.

MON. November 7 (6:30 – 8 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road, East Windsor  
This session will be presented by Bruce R. Pierce, MD, FACOG, who is board certified in obstetrics and gynecology, and is a member of the Medical Staff of Princeton HealthCare System.

Also check our *Events for Seniors* section for the following women's health program:  
**Women's Health Across the Ages (p. 15)**

 Princeton HealthCare System  
Community Education & Outreach

Redefining Care.

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

#### LOCATIONS:



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



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



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



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

**CURRENT PROGRAMS**

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



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

TUE. November 1  
(7 – 8:15 p.m.)  
Robbinsville Library  
42 Allentown-Robbinsville Road, Robbinsville

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

This program will discuss

the physical, intellectual and emotional changes your child will experience during her transition to teenager. Bring your daughter and join us for an informative and relaxed look at growing up. The program is designed for girls 9 to 12 years old. Children should be accompanied by their parent/guardian.

**Cholesterol 101**

WED. November 2 (7 – 8:30 p.m.)  
Hopewell Branch Library  
245 Pennington-Titusville Road, Pennington

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

High blood cholesterol can be a problem at any age. Left untreated, the condition produces plaque that blocks blood vessels and over time reduces the flow of blood through your arteries, increasing your risk of heart attack and stroke. Learn what your cholesterol numbers mean and how to keep your levels in check by joining Jabbar Zafar, DO, board certified in family medicine and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion.

**10% Solution: Losing a Little Weight Goes a Long Way**

WED. November 2 & 9 (6:30 – 8 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

This two-part health series will help you develop a plan to lose weight and get on the road to better health. During the first session, have your body mass index measured and learn the health benefits of losing weight from Ned M. Weiss, MD, board certified in endocrinology, diabetes and metabolism and internal medicine and a member of the Medical Staff of Princeton HealthCare System. During the second session, Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will explain how to reduce caloric intake and a physical trainer from the Hamilton Area YMCA John K. Rafferty Branch will demonstrate exercises to help you lose weight. This program is cosponsored by the Hamilton Area YMCA John K. Rafferty Branch.



**Safe Sitter**

THU. & FRI. November 10 & 11 (9 a.m. – 3 p.m.)  
Community Education & Outreach at 731 Alexander Road

\$65 per person. Registration required.

This two-day class teaches adolescents ages 11 to 13 the skills needed to be Safe Sitters, ensuring they can keep the children in their care out of harm's way while their parents are away. Babysitters completing this training emerge as more confident, responsible and compassionate teens and adults. The program focuses on a variety of skills essential to being a Safe Sitter, including:

- Safe and nurturing childcare techniques
- Basic first aid
- Rescue skills

Participants should bring their own lunch.



**KCCP Health Fair and Dinner**

SAT. November 12 (3 – 6 p.m.)  
Princeton Fitness & Wellness Center

Princeton HealthCare System and the Korean Community Center of Greater Princeton (KCCP) invite you to join us for an informative bilingual panel discussion addressing the health needs of the Korean community. A Korean buffet dinner will be included. Panelists are medical practitioners, including:

- David R. Barile, MD, board certified in internal medicine, geriatric medicine, hospice and palliative medicine
- Anish A. Sheth, MD, board certified in gastroenterology
- Gabriel B. Smolarz, MD, MSB, CCD, board certified in internal medicine

**Is Your Bad Back Holding You Back?**

MON. November 14 (12 – 1 p.m.)  
Princeton Fitness & Wellness Center

Persistent back pain is one of the most common reasons people visit their doctor and lose time at work, affecting millions of Americans each year. Join John Frank, MSPT, BSPH, of UMCP's Outpatient Rehabilitation Network, for this educational program on back pain prevention and rehabilitation. Topics to be discussed include:

- Causes of lower back pain
- Common back pain myths
- Choosing safe, effective exercises
- Abdominal and gluteal muscles and back health
- When surgery is appropriate



### New Advances in Cosmetic & Plastic Surgery

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

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

Join Thomas A. Leach, MD, board certified in plastic surgery by the American Society of Plastic Surgeons and a member of the Medical Staff of Princeton Healthcare System, to learn about common cosmetic procedures for body contouring, including liposuction, abdominoplasty, breast augmentation and breast reduction. Dr. Leach will also discuss surgical and non-surgical methods to achieve facial rejuvenation. Participants will have an opportunity to view before-and-after photos, and learn what qualifications to look for in a plastic surgeon.

### Emotional Eating: The Connection Between Mood & Food

THU. November 17 (7 – 8:30 p.m.)  
Monroe Township Middle School  
1629 Perrineville Road  
Monroe Township

\$8 per person. Payable to Monroe Township Board of Education (on-site registration is available and checks or cash will be accepted). The registration fee helps cover expenses, including printing of the booklet and Monroe Township program staff salaries.

Certain foods can increase your appetite, leave you tired and disoriented, and make you prone to emotional eating. Join Anthony Disen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, for this informative program on how foods can affect your mood.



### All About HomeCare

FRI. November 18 (10:30 – 11:30 a.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

Sooner or later, every family is confronted with the challenges of finding the proper care for an ailing loved one. In honor of National Caregiver's Month, learn how to choose a quality home care provider, the roles specific home care and hospice staff members play in providing services, and safety measures for fall prevention. Our panel includes Melanie Horton, Princeton HomeCare Services; Janice Love, RN, MPH, Nurse Manager, Princeton Caregivers; and Kelly Shipp, Lifeline Community Outreach Coordinator.



### Design for Healing: University Medical Center of Princeton at Plainsboro

WED. November 30 (7 – 8 p.m.)  
Princeton Fitness & Wellness Center

Learn about University Medical Center of Princeton at Plainsboro (UMCPP) and other health-related facilities moving in the near future to a 171-acre site in Plainsboro, bounded by the Millstone River, Scudders Mill Road and Route One, just 2.5 miles from the center of Princeton. UMCPP will be the state-of-the-art replacement hospital for the current University Medical Center at Princeton (UMCP) on Witherspoon Street in Princeton. Joseph Stampe, Vice President of Development, Princeton HealthCare System Foundation, will present this session.

### Colon Cancer and Women

MON. December 5 (7 – 8:30 p.m.)  
UMCP Breast Health Center  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road  
East Windsor

Colon cancer is the fourth most common cancer in women, after skin, breast, and lung cancer, according to the National Cancer Institute. And for women with a history of ovarian, uterine or breast cancer, the risks are somewhat higher of developing the disease. Learn about screening guidelines, diagnosis and treatment of colon cancer, especially as it pertains to women, at this informative session presented by Kevin S. Skole, MD, board certified in gastroenterology and member of the Medical Staff of Princeton HealthCare System.

## Please Give Blood

You can help save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering a coupon for a single cup of home-made ice cream to everyone who donates a pint of blood. For hours, or to schedule your appointment, call 609.497.4366. You can also join us at the following special event:

### UMCP Blood Drive

FRI. November 11 (11 a.m. – 2 p.m.)  
Princeton Fitness & Wellness Center

Please call 609.497.4366 to register. Potential donors need to eat a good meal and drink plenty of fluids prior to donating. A photo ID is required.

**CHILDBIRTH & FAMILY**

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

University Medical Center at 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.

**Sibling Class**

SAT. November 5 (10 – 11:30 a.m.)  
SAT. December 3 (10 – 11:30 a.m.)  
University Medical Center at Princeton – Main Lobby

**\$30 per child**  
Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.

**Maternity Tour**

SAT. November 5 (12 – 1 p.m. or 1:30 – 2:30 p.m.)  
THU. November 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
SAT. December 3 (12 – 1 p.m. or 1:30 – 2:30 p.m.)  
MON. December 19 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
University Medical Center at Princeton  
Main Lobby

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

**Baby Care**

THU. November 10 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

MON. December 12 (7 – 9:30 p.m.)  
Princeton Fitness & Wellness Center

**\$45 per couple**  
How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills. Topics include infant care, feeding choices, choosing a pediatrician and more.

**Prenatal Breastfeeding Class**

TUE. November 15 (7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

MON. December 5 (7 – 9 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$45 per couple**  
Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems. This class is taught by a certified lactation consultant.



**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.

**Review of Birthing Basics**

FRI. November 4 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

**\$60 per couple**  
Designed for second- or third-time parents, this program will help you refresh and practice coping skills for labor and delivery.

**Birthing Basics**

MON. November 7 – 28 (7 – 9 p.m.)  
TUE. November 22 – December 13 (7 – 9 p.m.)  
THU. December 1 – 22 (7 – 9 p.m.)  
TUE. December 27 – January 17 (7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

**\$120 per couple**  
This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience. The third session of each series will be held at University Medical Center at Princeton and will include a tour of the Maternal-Child Health Program.



**Accelerated Birthing Basics**

SAT. November 12 (9 a.m. – 5 p.m.)  
SAT. December 10 (9 a.m. – 5 p.m.)  
University Medical Center at Princeton  
Lambert House, Classroom 3

**\$155 per couple**  
This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing

techniques, medical interventions and comfort measures to promote a positive birth experience.

**HypnoBirthing®**

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

**\$195 per couple**  
This five-week class is designed for expectant couples who have a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

**CHILDBIRTH & FAMILY**

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



**Prenatal Exercise**

TUE. November 15 – December 20 (7 – 8 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$95 per person**

Expectant moms interested in learning about exercise during pregnancy will benefit from this program designed to improve muscle tone, circulation and energy levels while easing

everyday tension and stress. Recommended for all fitness levels, the program allows moms-to-be to perform the exercises at their own comfort levels, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

**Daddy Boot Camp™**

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

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

**\$25 per person**

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

**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 at 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.

**Postpartum Adjustment Support Group**

THU. November 10 (11 a.m. – 12 p.m.)  
THU. December 1 (11 a.m. – 12 p.m.)  
THU. December 15 (11 a.m. – 12 p.m.)  
THU. December 29 (11 a.m. – 12 p.m.)  
*No class on November 24*  
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.

**Breastfeeding Support Group**

Fridays (11 a.m. – 12 p.m.)  
*No class on November 25*  
Community Education & Outreach at  
731 Alexander Road

**No registration required.**

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



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

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

**\$5 per session, payable at the door**  
**No registration required.**

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

**Postpartum Exercise**

Tuesdays & Thursdays  
(10:30 – 11:30 a.m.)  
*No class on November 1, 10, 15 & 24 & December 8 (Additional schedule changes may apply; please check calendar for other months.)*  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$10 per class\***

**Registration required.**

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

*\*Save up to 12.5 percent on registration costs by purchasing a class discount card: \$75 for eight classes, \$90 for 10 classes, \$105 for 12 classes. If purchasing a discount card, you must register by phone; please call 1.888.897.8979.*

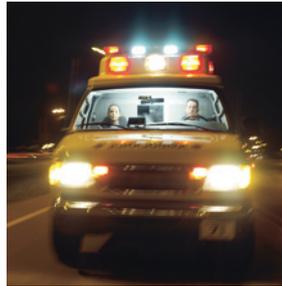
**EVENTS FOR EMERGENCY MEDICAL TECHNICIANS**

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.

**EMT Core 13**

THU. – SUN.  
December 8 & 9 (6 – 10 p.m.)  
December 10 & 11 (8:30 a.m. – 5 p.m.)  
Princeton Fitness & Wellness Center

Registration required. \$120 per person. Participants must attend all four sessions. Due to changes in the state of New Jersey EMT Training Fund, the Training Fund Certificate will no longer be accepted. The EMT Core 13 class is a refresher training program that follows the National Standard Curriculum guidelines. Core lessons include: preparation; airway management; patient assessment; medical/behavioral emergencies; and obstetrics, infants and children. This class will be led by NJ Certified EMT instructors and has been approved for 24 CEUs.



**Pharmacology for the EMT: Practical Considerations**

THU. November 10 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center  
EMTs are invited to attend this informative BLS pharmacology workshop hosted by the Princeton HealthCare System Community Education & Outreach Program. Join us to learn about general pharmacology and the signs, symptoms and treatments related to use and overdose of common performance-enhancing and recreational drugs. This workshop will be led by Liza Barbarello-Andrews, PharmD, BCPS, a Critical Care Clinical Pharmacist with Princeton HealthCare System and Professor with Rutgers-The State University of New Jersey. Three CEUs will be available from the N.J. Department of Health and Senior Services' Office of Emergency Medical Services for participants.

**CPR & FIRST AID**

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

**ACLS Full**

TUE. & WED. November 1 & 2 (9 a.m. – 5 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

**ACLS Recertification**

FRI. November 11 (9 a.m. – 5 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

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**

TUE. & WED. November 8 & 9 (9 a.m. – 5 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

**PALS Recertification**

THU. November 10 (9 a.m. – 5 p.m.)  
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

Full: \$250 per person  
Recertification: \$175 per person  
The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management or cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.



**BLS for Healthcare Providers**

WED. November 9 (9 a.m. – 1:30 p.m.)  
TUE. December 6 (9 a.m. – 1:30 p.m.)  
MON. December 12 (6 – 10:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

THU. November 17 (6 – 10:30 p.m.)  
WED. December 28 (9 a.m. – 1:30 p.m.)  
Community Education & Outreach at the

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

FRI. November 4 (6 – 10:30 p.m.)  
TUE. November 22 (9 a.m. – 1:30 p.m.)  
MON. December 19 (6 – 10:30 p.m.)  
Princeton Fitness & Wellness Center

**\$65 per person**  
The Basic Life Support (BLS) for Healthcare Providers course covers core material such as adult and pediatric cardiopulmonary resuscitation (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. December 8 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center

MON. November 14 (6 – 9 p.m.)  
THU. December 15 (9 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

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

**\$60 per person**  
The Heartsaver automated external defibrillation (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.

**CPR & FIRST AID**

**Family & Friends CPR**

\$20 per person, per session  
The Family & Friends CPR programs teach you how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

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

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

Session Dates:  
SAT. November 5  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

SAT. November 26  
Community Education & Outreach at 731 Alexander Road

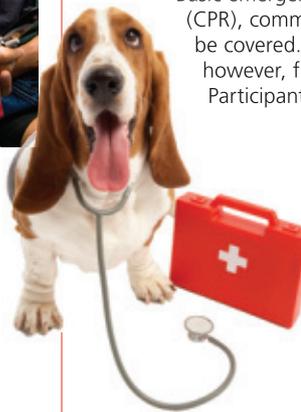
SAT. December 10  
Princeton Fitness & Wellness Center



**Pet First Aid and CPR**

TUE. December 13 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center

\$40 per person  
Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, cardiopulmonary resuscitation (CPR), common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.



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

**CANCER LECTURES, SCREENINGS & SUPPORT GROUPS**

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



**Acupuncture for Wellness for Those Touched by Cancer**

TUE. November 15 (6:30 – 7:30 p.m.)  
University Medical Center at Princeton  
Individuals coping with nausea, pain or other symptoms related to cancer and its treatment may find relief through acupuncture. Used in traditional Chinese medicine for thousands of years, the technique has been shown to stimulate the body's natural painkillers and increase blood flow. Join acupuncturist Karen Flicker, MS, LAc, to learn the benefits of acupuncture.

**Cancer Support Group**

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

No registration required. Walk-ins welcome.  
University Medical Center at Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy relationships personally and professionally; and managing concerns about recurrence. This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

**Breast Cancer Support Group**

TUE. November 15 (6 – 7:30 p.m.)  
TUE. December 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 will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.



**CANCER LECTURES, SCREENINGS & SUPPORT GROUPS**

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

WED. November 16 (12 – 1 p.m.)  
WED. December 21 (12 – 1 p.m.)  
University Medical Center at Princeton  
Administrative Conference Room, 2nd Floor, A2 Wing

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

**The Ins and Outs of Herbs and Supplements for Those Touched by Cancer**

WED. December 7 (11 a.m. – 12 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room B  
Join us for an interactive discussion about the pros and cons of herbs and supplements for individuals diagnosed with cancer, being treated for cancer, or in a high risk group for developing the disease.



**SUPPORT GROUPS**



**Bariatric Surgery Support Group**

MON. November 7 (7 – 8:30 p.m.)  
MON. December 5 (7 – 8:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at 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; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.

**UNITE: Perinatal Loss Bereavement Support Group**

MON. November 7 (7 – 9 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

MON. December 5 (7 – 9 p.m.)  
University Medical Center at Princeton, Chapel

No registration required. Walk-ins welcome.  
This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

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

TUE. November 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 the staff of University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health, and well-being.



**Diabetes Support Group**

WED. November 16 (2:30 – 4 p.m.)  
WED. December 21 (2:30 – 4 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

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

No registration required. Walk-ins welcome.  
Please call 609.497.4372 for information.  
This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, facilitates meetings. 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 609.497.4372 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

EVENTS FOR SENIORS

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



**Living Well With COPD  
(Chronic Obstructive  
Pulmonary Disease)**

THU. November 3  
(12:15 – 1:15 p.m.)  
South Brunswick Senior Center  
540 Ridge Road  
Monmouth Junction  
Join Ritwick Agrawal, MD, board certified in pulmonary disease and internal medicine, in an informative discussion about day-to-day living with COPD. Topics include:

- Defining COPD
- Respiratory medications
- Breathing techniques to ease shortness of breath
- Nutritional guidance
- Energy conservation
- Communicating with loved ones

**Women’s Health  
Across the Ages**

TUE. November 8 (12 – 1 p.m.)  
Waterside Villas  
One Overlook Drive  
Monroe Township

Space is limited. Registration required. Women’s bodies change over time, so it is important to make proactive choices today to get the most health benefits later in life. Discover the preventative steps you can take to combat any future health challenges. Join Jeanne Mitterando, MD, board certified in family medicine and a member of the Medical Staff of Princeton HealthCare System, to learn more about healthy habits, going to the doctor, reproductive health and nutrition. The event is cosponsored by Gardens at Monroe and a light lunch will be provided.



**Foot Screenings**

WED. November 9 (11 a.m. – 12 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register. Jennifer Hasan, DPM, board certified in foot and ankle surgery and podiatry, will conduct brief foot screenings by appointment. Common orthopedic, skin, vascular and neurological disorders of the foot and ankle will be addressed, as well as foot-related concerns as a result of diabetes. Dr. Hasan is a member of the Medical Staff of Princeton HealthCare System.

**Managing Your GI Health**

MON. November 14 (11 a.m. – 12 p.m.)  
Lawrence Township Senior Center  
30 Darrah Lane, Lawrenceville  
Millions of people suffer from intestinal disorders such as diverticulitis, irritable bowel syndrome and inflammatory bowel disease. Kevin S. Skole, MD, board certified in gastroenterology, will discuss the signs and symptoms of these common GI problems, as well as treatment options and how to know if further testing is warranted. Dr. Skole is a member of the Medical Staff of Princeton HealthCare System.

**A Matter of Balance**

TUE. & THU. November 17 – December 15 (1 – 3 p.m.)  
*No Session on November 24*  
Community Education & Outreach  
at the Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B



The fear of losing your balance and falling can cause you to restrict activities, especially if you have experienced a fall in the past. Improving your balance, strength and flexibility can get you back on the fast track. This program — broken into eight two-hour sessions — offers practical coping strategies to reduce your risk and fear of falling. Small groups are led by trained facilitators who will help participants view falls and the fear of falling as controllable, set realistic goals for increasing activity and change their surroundings to reduce the risk of falls. Simple exercises to increase strength and balance are also highlighted.

**Get In, Get Out with Ease: Adaptive Devices**

FRI. November 18 (12 – 1 p.m.)  
Suzanne Patterson Center at  
Princeton Senior Resource  
Center  
1 Monument Drive, Princeton  
Pamela Christiansen, DPT, Manager  
of Outpatient and Pediatric Rehab  
and Physical Therapist with UMCP’s  
Outpatient Rehabilitation Network,



will provide a hands-on demonstration of different adaptive devices that can make your driving experience easier and safer. This informative session will include a brief description of each device, along with an explanation of the benefits of using them. A representative from Brunswick Automotive Professionals will be on hand with an adaptive vehicle for hands-on demonstrations, weather permitting.

**Vitamin D: What It Means to You and Your Bones**

TUE. November 22 (12 – 1 p.m.)  
Waterside Villas  
One Overlook Drive, Monroe Township

Space is limited. Registration required. When you think about staying healthy, keeping your bones strong to prevent osteoporosis may not be at the top of your list, but it should be. Join Jeanne Mitterando, MD, board certified in family medicine, and learn about osteoporosis, how common the disease is in men and women and what can you do to help prevent the condition. Dr. Mitterando is a member of the Medical Staff of Princeton HealthCare System. This event is cosponsored by Gardens at Monroe, and a light lunch will be provided.

**EVENTS FOR SENIORS**

**Health Changes As We Age**

FRI. December 2 (12 – 1 p.m.)  
Waterside Villas  
One Overlook Drive, Monroe Township

Space is limited. Registration required.  
Changes in our bodies as we age can have both positive and negative impacts on our lives. Join Jose Vigario, DO, board certified in geriatrics and internal medicine, to discover the impact aging has on our skin, bones, muscles and cardiopulmonary system, and what you can do to age gracefully. Dr. Vigario is a member of the Medical Staff of Princeton HealthCare System. The event is cosponsored by Gardens at Monroe and a light lunch will be provided.



**Insomnia: Tired of Being Tired**

FRI. December 9 (12 – 1 p.m.)  
Suzanne Patterson Center at Princeton Senior Resource Center  
1 Monument Drive, Princeton

Is it hard for you to fall asleep or stay asleep though the night? Do you wake up feeling tired or become drowsy during the day, even when you get plenty of sleep? These experiences can be signs of a sleep disorder. Dana Supe, MD, Medical Director, University Medical Center at Princeton's Sleep Center, will discuss common sleep disorders and their relationship to other medical problems, such as heart disease, as well as accurate diagnosis and current treatments. Insomnia, restless leg syndrome, sleep apnea and narcolepsy are among the disorders that will be discussed. Dr. Supe is board certified in sleep medicine, internal medicine, and pulmonary and critical care medicine and a member of the Medical Staff of Princeton HealthCare System.

**Understanding and Finding Solutions for Sleep Problems**

FRI. December 2 (1:30 – 2:30 p.m.)  
Stonebridge of Montgomery  
100 Hollinshead Spring Road, Skillman  
If you have trouble sleeping on a regular basis, you may be experiencing sleep apnea or some other type of sleep problem. Learn more about common sleep problems, sleep apnea, and current diagnosis and treatment options that are available. This discussion will be presented by Dana Supe, MD, Medical Director, University Medical Center at Princeton's Sleep Center. Dr. Supe is board certified in sleep medicine, internal medicine, and pulmonary and critical care medicine and a member of the Medical Staff of Princeton HealthCare System.

**SAVE THESE DATES**

**JANUARY**

- Cervical Health for All Ages ..... TUE. January 24
- Gynecology Across the Ages ..... THU. January 26

**FEBRUARY**

- Vitamin D: You and Your Bones ..... WED. February 8

<http://www.ustream.tv/channel/princetonhealth>

**ONLINE SEMINARS**

**PHCS is hosting monthly live web chats, and you're invited.**

To participate, all you need to do is go to our UStream Channel at [www.ustream.tv/channel/princetonhealth](http://www.ustream.tv/channel/princetonhealth) on the day of the seminar. Pre-register either by calling 1.888.897.8979 or by going to [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.

 <p><b>Who Turned Up the Heat? Understanding Peri-Menopause</b> November 17 at 7 p.m. with Maria E. Sophocles, MD Board certified in gynecology</p>	 <p><b>Overcome Infertility: New Advances Can Help</b> December 8 at 7 p.m. with Seth G. Derman, MD, FACOG Board certified OB/GYN and reproductive endocrinologist</p>
--	---

# SPORTS-SPECIFIC REHAB GETS YOU BACK IN THE GAME



When an athlete experiences an injury, rehabilitation can be a process that takes several steps, the first of which involves regaining strength and flexibility in the injured area—a shoulder, for example. Getting back into playing form, however, requires taking recovery to another level.

University Medical Center at Princeton's Outpatient Rehabilitation Network offers sports-specific rehab that combines traditional therapies to improve range of motion and minimize pain, with activities aimed at getting athletes back in the game.

"Many people will complete traditional rehabilitation, but they won't have the confidence to return to their sport," says Christopher Blessing, MS, MPT, OCS, CSCS, a physical therapist with specialized training in sports rehabilitation. "The goal of our program is to help restore confidence by working on specific movement patterns and specific muscles required for each sport."



## SPORTS-SPECIFIC MOVEMENTS

Sports-specific rehab, offered at the Princeton Fitness & Wellness Center site, is intended for athletes of any level, from a high school basketball player to an adult who plays golf or tennis on weekends.

Therapy begins with exercises that help restore strength and full range of motion to the injured area—whether it is an arm, shoulder, back, hip or leg, Blessing says. Once a patient's physician is satisfied with his or her progress, therapy moves on to sports-specific activities.



"For a tennis player, we might start working on exercises that simulate a forehand or backhand," Blessing says. "A baseball pitcher might work on motions needed to wind up and throw a ball."

## FITNESS CENTER BENEFITS

Because the program is located in the Fitness Center, patients have access to state-of-the-art exercise equipment and large fitness rooms for agility drills and plyometric exercises, which help improve speed and quickness in athletes.



For more information about UMCP Outpatient Rehabilitation Network's sports-specific rehab, or to schedule an appointment, call 609.430.7880.

**Know  
Your  
Stats**

About Prostate Cancer

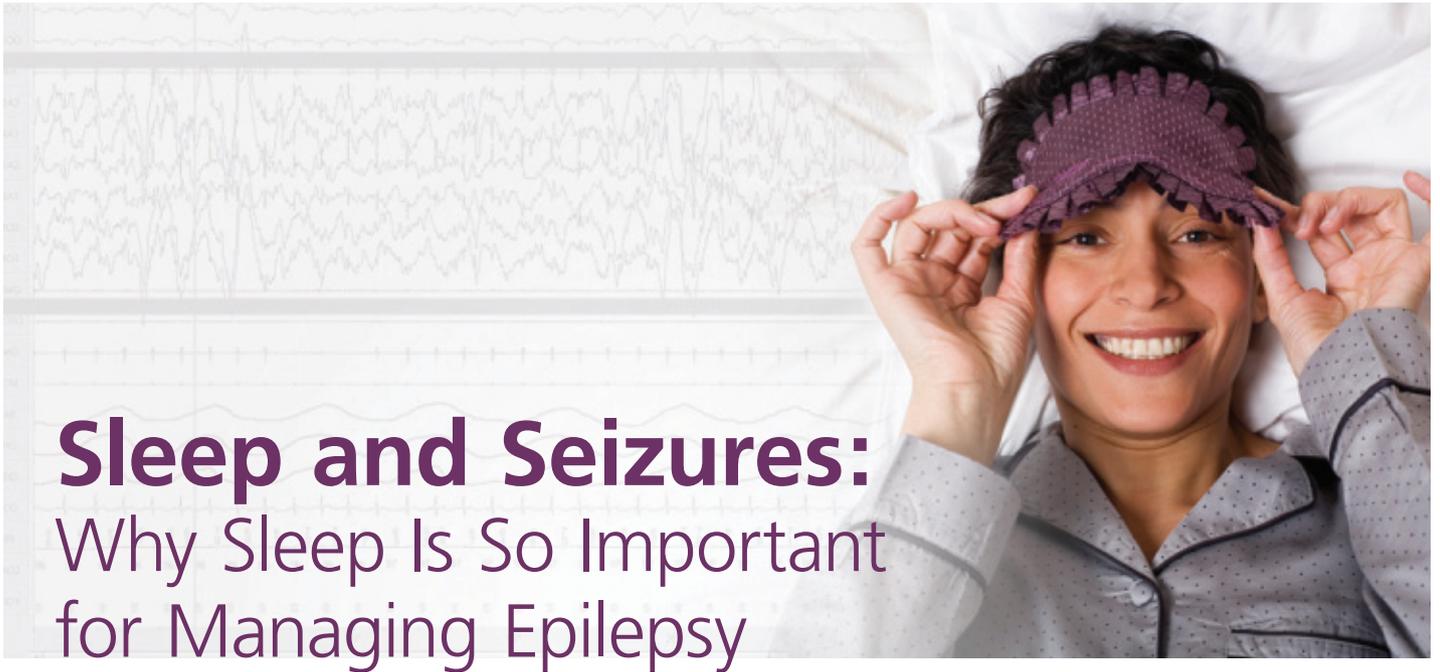
Princeton HealthCare System has joined the "Know Your Stats About Prostate Cancer" campaign, a national public awareness campaign of the American Urological Association (AUA) Foundation and the National Football League™ to promote the AUA prostate cancer screening guidelines. This campaign encourages all men age 40 and older to talk with their doctors about their prostate health.

PHCS' Community Education & Outreach Program is planning several events focused on prostate health and awareness in the coming months. Check our website at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) for details or call 1.888.897.8979.



**AUA FOUNDATION**  
The Official Foundation of the  
American Urological Association





# Sleep and Seizures: Why Sleep Is So Important for Managing Epilepsy

**Epilepsy is a complex seizure disorder that can be difficult to control, even with medication. However, one of the best things a person with the condition can do to reduce the incidence of seizures is to simply get a good night's sleep.**

“The relationship between good quality sleep and seizure activity is indisputable,” says Rajesh C. Sachdeo, MD, *(pictured right)* board certified neurologist, University Medical Center at Princeton’s Neurophysiology Lab/Epilepsy Program.



“When the brain receives adequate sleep, it’s healthier and naturally suppresses seizures. However, when a person has insufficient or poor quality sleep, the brain isn’t functioning at its peak, and seizures tend to occur more frequently.”

According to Dr. Sachdeo, 99 percent of seizures are suppressed by a healthy brain, and sleep is one of the critical components of keeping the brain in tip-top shape. While it can be especially challenging for some people who have variable work, school or travel schedules to adhere to a regular sleep routine, it’s very important to do so, he says.

## Simple Strategies

Below are some general guidelines for getting quality sleep to prevent or reduce the incidence of seizures:

- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music.

- Create an environment that is dark, quiet, comfortable and cool.
- Use your bedroom only for sleep and sex, not for watching TV or using the computer.
- Avoid certain activities close to bedtime:
  - Eating
  - Exercising (although it’s very important for brain function, so do it earlier in the day)
  - Having caffeine and drinking alcohol (they can also interfere with the effectiveness of medicine)
- Give up smoking completely.

It’s also known that there’s a higher-than-normal incidence of central sleep apnea (pauses in breathing) in patients with epilepsy, so a sleep study may be necessary to confirm or rule out that diagnosis.

## Comprehensive Care

UMCP’s Epilepsy Program, led by Dr. Sachdeo and board certified neurologist John W. Vester, MD, PA, provides comprehensive outpatient and inpatient services for adults and children. Our specialized team provides the most up-to-date counseling and education; individualized treatment plans; medication management and psychosocial support.

“Managing epilepsy can be challenging, but many people learn to balance their medication, activity and sleep to successfully reduce their seizures and live normal lives,” says Dr. Sachdeo.

---

For more information about UMCP’s Epilepsy Program, call 609.497.4290. Learn more about University Medical Center at Princeton’s Sleep Center at [www.princetonhcs.org/sleepcenter](http://www.princetonhcs.org/sleepcenter).

# National Health Design Nonprofit Appoints Barry S. Rabner to Board of Directors



Princeton HealthCare System President and CEO Barry S. Rabner (*pictured left*) has been appointed to the Board of Directors of The Center for Health Design, a nonprofit organization that promotes the use of design to improve patients' outcomes in healthcare environments.

The Center for Health Design's Board has indicated Rabner's appointment was unanimously endorsed by its board members in recognition of the values-driven leadership behind the design and construction of the new University Medical Center of Princeton at Plainsboro (UMCPP).

The Center for Health Design has cited Rabner's leadership and foresight to manage an evidence-based design project.

"I'm honored to join in The Center for Health Design's mission to transform healthcare environments through evidence-based design," Rabner says.

UMCPP—scheduled to open in May 2012, replacing PHCS' current acute-care hospital in Princeton—will cover 50 acres of a larger 171-acre health campus in Plainsboro, N.J. The 636,000-square-foot hospital is characterized by patient-, visitor- and environment-friendly innovations.

"From the energy efficiencies to the infection controls to the layout of each room, we integrated research into every aspect of the new hospital," Rabner says. "We reviewed 1,200 research studies in designing the project. Our goal is to create an environment where we can provide outstanding care."

Rabner has spoken extensively about the project at conferences, including a gathering of hospital CEOs in China and a recent Center for Health Design Conference in British Columbia. For more information, visit [www.newhospitalproject.org](http://www.newhospitalproject.org).

***Pictured:** Artist's rendering of the main concourse of the new UMCPP.*



## MORE PHCS PHYSICIANS ACCEPT HORIZON



An increasing number of primary care physicians and specialists on the Princeton HealthCare System Medical Staff have begun to accept Horizon Blue Cross Blue Shield of New Jersey at their practices.

Among the latest staff members to become participating providers with Horizon BCBSNJ are members of Princeton Medical Group, as well as Rachel P. Dultz, MD, FACS, a fellowship-trained breast surgeon and Medical Director of University Medical Center at Princeton's Breast Health Center.

Earlier this year, additional general and vascular surgeons at Princeton Surgical Associates, PA, and Wai Yip Chau, MD, FACS, a PHCS-employed bariatric surgeon, also began accepting Horizon.

Princeton HealthCare System is pleased to have more than 900 physicians on our medical staff who participate in many commercial insurance plans and Medicare. To find a physician on staff at PHCS who participates in your insurance plan, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).



## Princeton HealthCare System

253 Witherspoon Street | Princeton, NJ 08540

NONPROFIT  
U.S. POSTAGE  
PAID  
UMCP

### THIRD YEAR IN A ROW!

University  
Medical Center at  
Princeton Recognized  
as a Top Hospital for  
Patient Safety and  
Quality—Only NJ Hospital  
to Receive Designation  
3 Consecutive Years!



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

# The New Hybrid Operating Room: The Best of Both Worlds



**The Hybrid Operating Room in the new University Medical Center of Princeton at Plainsboro, which will open in May 2012, will combine advanced imaging capabilities and fully equipped operating room technology in a single space. This combination will allow specially trained surgeons and technologists to perform minimally invasive interventional procedures with the option to quickly and seamlessly convert treatment to a more traditional surgery.**

“The mainstay of this new operating room is the state-of-the-art interventional imaging system,” says James Demetriades, Vice President of Professional Services, Princeton HealthCare System. “Its high-resolution 3-D imaging allows surgeons to perform exacting endovascular procedures. And since it’s completely integrated with the operating room’s other equipment, a patient’s surgery can move from minimally invasive to fully open without interruption—making it a safer and quicker procedure.”

Although this system can be used for a variety of surgical applications, it was specifically designed for endovascular (catheter-based) surgeries like repair of abdominal aortic aneurysms, as well as placements of stents and filters. The 3-D, high-resolution imaging and mapping allows for extremely precise movements and placement of devices by interventional physicians. A team of specially trained surgeons, nurses and technologists can perform the endovascular procedure as well as the traditional open surgery, if required.

“We are excited to provide our patients with a superior, minimally invasive option like this system,” says Peggy DeFalco, Director of Radiology, University Medical Center at Princeton. “It not only provides better images, it speeds procedures and lowers radiation exposure, which is much safer for both patients and operators.”

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

***Pictured above:***

***(above, right)*** A rendering of the state-of-the-art operating rooms planned for the new University Medical Center of Princeton at Plainsboro.

***(above, left)*** Construction progresses on the operating rooms at the new facility.