

HEALTHFOCUS

Is Joint Replacement Right for You?



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ALSO IN THIS ISSUE:

- Solving Your Sleepless Nights
- When Your Asthma Attack Becomes an Emergency
- UMCP's New Minimally Invasive Technique for Diagnosing Lung Conditions & Lung Cancer

PLUS:

- **COMMUNITYFOCUS** Event Calendar



Princeton HealthCare System

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Princeton HealthCare System
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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.

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Is Joint Replacement Right for You?



X-rays and other tests can show whether you are a candidate for hip or knee replacement surgery. Yet, it's up to each patient to ultimately decide whether to have the procedure.

“You need to have a very honest and open discussion with your doctor about your medical condition and your goals,” says W. Thomas Gutowski, MD, (pictured left) Chairman of Orthopedic Surgery at University Medical Center of Princeton at Plainsboro (UMCPP). “Once you get all the information you need, you weigh the pros and cons and make a decision.”

At the new UMCPP, joint replacement patients benefit from comfortable, private rooms; a daily “Joint Camp,” where patients gather to share stories about their progress; as well as easy access to UMCPP’s Acute Rehabilitation Unit and Outpatient Rehabilitation Network to help get back up to speed.

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

Questions to Ask Before Making a Decision



Dr. Gutowski advises anyone considering joint replacement surgery to ask these questions and discuss them with a physician:

Are non-surgical treatments working? Pain from the early stages of osteoarthritis can often be managed with physical therapy, weight loss, anti-inflammatory medicine or pain medicine injections. Surgery becomes an option only when non-invasive therapies no longer work.

Is the timing right? Many elements go into this decision—but age doesn't necessarily have to be a limiting factor. While most joint replacement patients are in their

60s and 70s, Dr. Gutowski says he's seeing more and more in their 50s and 80s. “They just don't want to live with arthritis pain,” he says. “They want to be as physically active as possible, regardless of age.”

What are my options? Knee and hip replacement prostheses are available in a number of different combinations of materials, and the choice depends on factors including age and activity level. “Don't necessarily look for the latest and greatest innovation,” says Dr. Gutowski, who is board certified in orthopedic surgery. “We want things we know have survived the test of time.”

Where do I go? The Medical Staff at UMCPP includes highly experienced joint replacement surgeons who perform hundreds of procedures each year. Patients can stay close to home while receiving expert care and rehabilitation.

Solve Your Sleepless Nights



Are you getting enough sleep each night? You can go by the clock—the average adult should be getting 7.5 hours—but a better indicator is often how you feel the next day, says Ashgan A. Elshinawy, DO, (*pictured right*) Medical Director of the Sleep Center at University Medical Center of Princeton at Plainsboro (UMCPP).

“You need both a good quantity and quality of sleep in order to function well during the day—whether it’s at home, work or school,” Dr. Elshinawy says. “Too little sleep can cause physical symptoms such as morning headaches, irritability, and the inability to concentrate—even on simple tasks.”

What’s more, studies link sleeping problems with a range of health issues, from high blood pressure to heart disease to depression, says Dr. Elshinawy, who is board certified in internal medicine, pulmonary disease and sleep medicine.

Better Sleep Habits

Minor sleeping problems can often be improved with simple adjustments to your bedtime routine. Dr. Elshinawy suggests you:

- Try to go to bed and wake up at the same time every day.
- Avoid caffeine and alcohol at least four to six hours before bedtime.
- If you must nap during the day, try to limit it to 30 minutes.
- Don’t get into bed until you feel sleepy.

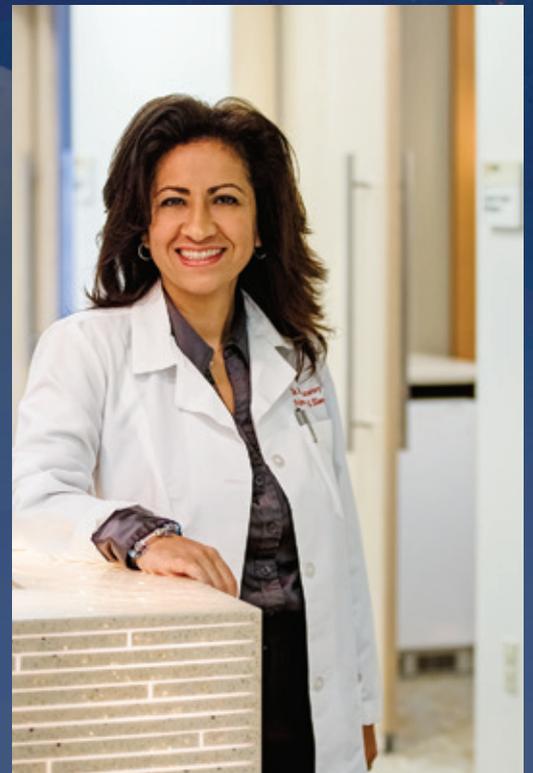
“The worst thing you can do is go to bed wide awake and toss and turn for two hours,” she says. “If you don’t fall asleep after 30 to 45 minutes, get out of bed and read a book or do something quiet until you feel sleepy.”

Seek Professional Help

If better habits do not make a difference, you should talk to your doctor about the possibility of a sleep disorder such as insomnia or sleep apnea. Your doctor may send you for an overnight sleep study at an accredited center, such as UMCPP’s Sleep Center.

UMCPP’s Sleep Center, which operates seven days a week, has six comfortable private bedrooms, each with its own bathroom. Each room is equipped with a flat-screen television and a refrigerator. Registered technologists administer all tests using a state-of-the-art digital sleep-recording system.

Fully accredited by the American Academy of Sleep Medicine—the gold standard for sleep center accreditation—UMCPP’s Sleep Center is located on the fifth floor of the new Medical Arts Pavilion on the Princeton Health Plainsboro Campus, 5 Plainsboro Road.



For more information about UMCPP’s Sleep Center, please call 609.853.7520 or visit www.princetonhcs.org/sleepcenter.

UMCPP Has New Tool in Fight Against Lung Cancer

University Medical Center of Princeton at Plainsboro (UMCPP) is among the select centers in the state to offer a state-of-the-art imaging procedure to help detect diseases of chest and lungs, including lung cancer, with an extremely high level of accuracy.

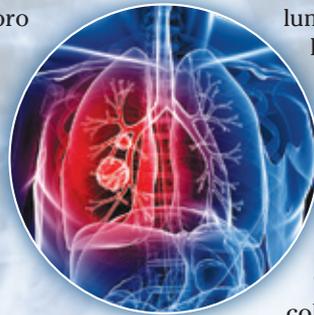
The endobronchial ultrasound, or EBUS, procedure provides exceptional views of the inside of the upper chest and lungs. Doctors use those real-time images to guide them so they can precisely remove tissue samples for testing whether a patient has cancer or other lung condition, and to determine whether cancer has spread beyond the lungs.



“It’s a very minimally invasive way of getting samples, and it’s outstanding for helping us determine the extent or ‘stage’ of lung cancer,” says John Heim, MD, (pictured left) board certified thoracic surgeon and Chairman of the Department of Surgery at UMCPP. “Staging is one of

the most important steps in fighting lung cancer because it determines our treatment approach.”

EBUS is performed as part of a bronchoscopy. The patient is sedated, and a flexible tube containing the ultrasound probe is passed through the mouth into the windpipe and then



lungs. The doctor views the ultrasound images on a high-resolution monitor.

Much Less Invasive

The procedure can often replace the need for mediastinoscopy, a surgical procedure in which tissue samples are removed via a small incision near the breastbone.

“With this procedure, samples can instead be collected using a needle that we guide using the ultrasound images,” says Ritwick Agrawal, MD, (pictured

below) a board certified pulmonologist with Princeton Health Medical & Surgical Associates. “In the case of lung cancer, it provides us with a high level of accuracy in locating and taking samples from lymph nodes to determine whether cancer has spread.”



The EBUS procedure can also help diagnose benign conditions of the chest such as sarcoidosis, an inflamed area of the lungs or lymph nodes.

For more information about endobronchial ultrasound or for assistance finding a physician specializing in this procedure, call 1.888.PHCS4YOU (1.888.742.7496).

AN OUNCE OF PREVENTION: SCREENING TESTS YOU SHOULDN'T IGNORE

The old saying “what you don’t know, can’t hurt you” may be true in some instances, but not when it comes to your health. Following your doctor’s recommendations for health tests such as mammograms and prostate screenings, as well as regular blood pressure, cholesterol and triglyceride (blood sugar) monitoring, can help prevent serious medical conditions and catch certain cancers in their early stages.

“Early detection gives patients the best chance for long-term survival when it comes to cancer and other

diseases,” says Jeffrey Rednor, DO, board certified in family medicine and a member of the Medical Staff of University Medical Center of Princeton at Plainsboro. “Educating patients is one of the biggest jobs of a family physician, since without our support and encouragement, patients may put off screenings that can save their lives.”

While guidelines exist for how often patients should have colonoscopies, mammograms, Pap tests or prostate cancer tests, variables like family history, prior test

Out-of-control Asthma Attack?

Emergency Care May Be a Life Saver

Nearly 25 million Americans have asthma, and many are able to keep it under control with inhalers and other self-management techniques. Sometimes, however, an asthma attack can be more severe than normal, requiring emergency intervention to prevent it from becoming life-threatening.

“All asthma exacerbations should be treated as emergencies,” says Craig Gronczewski, MD, *(pictured below)* Chairman of the Department of Emergency Medicine at University Medical Center



of Princeton at Plainsboro (UMCPP).

“When an asthmatic patient comes to the Emergency Department complaining of wheezing and chest tightness, there’s no foolproof way to predict whether or not the condition will progress. That’s why we always perform a swift evaluation and treatment.”

An Emergency Medicine physician will assess the individual to determine the

severity of the attack. The doctor will evaluate:

- Volume of air moving in and out of lungs
- Oxygen level
- Heart rate
- Breath sounds
- Speech patterns (during an attack, it’s difficult to speak normally)
- Muscle movement of the chest and neck (muscles will visibly contract in a patient struggling to breathe)



Combating the Attack

Treatment usually includes administration of medicine through a nebulizer, a machine that converts medicine into a mist or vapor that the patient can breathe.

“We typically treat asthmatic patients with a combination of medications,” says Dr. Gronczewski, who is board certified in emergency medicine. “One helps dilate or open up the bronchial airways, while the other—a steroid—works to decrease any bronchial secretions that impede air flow.”

Medicines can be administered in other forms as well, such as through injection, orally or intravenously.

Dr. Gronczewski says most patients typically spend a few hours in the Emergency Department while the asthma attack is treated and brought under control, and then they are discharged to home. Those who don’t make a full recovery and are in need of further care may be admitted to the hospital.

“Asthma can be unpredictable and life-threatening. Never hesitate to seek the specialized care of an Emergency Department,” says Dr. Gronczewski.

For more information about University Medical Center of Princeton at Plainsboro’s Center for Emergency Care, visit www.princetonhcs.org. **If you are experiencing a medical emergency, please call 9-1-1.**

results and other health conditions can mean you should be monitored more often. Your primary care physician can help establish a screening schedule that’s right for you.

“The importance of monitoring one’s blood pressure and lipid profile in an effort to prevent coronary artery disease cannot be overstated. These ‘silent killers’ affect millions of Americans every year, and many individuals do not realize they are experiencing any problems,” says Mark Risi, DO, FAAFP, board certified in family medicine and a member of the Medical Staff of University Medical Center of Princeton at Plainsboro.

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

Hospice: Compassionate Support for Patients and Their Families

Dealing with a life-limiting illness can be overwhelming for patients and their families. Turning to the interdisciplinary medical and social services team at the Hospice Program of Princeton HomeCare for support can help ease both the physical and the emotional burden, while allowing families to make the most of their time together.

“People often think turning to Hospice for support implies giving up, but in reality it’s an opportunity to ensure the best quality of life possible for patients and their families,” says Nancy Buckwald, RN, BSN, Hospice Program Manager. “Hospice can make a remarkable difference in your life, but is frequently underused by families.”



With a direct link to Princeton HealthCare System’s broad network of services, the Hospice Program’s registered nurses and certified home health aides provide care in the home, at assisted living facilities and nursing homes, and even in the hospital if needed. In addition to providing medical care to manage pain and control symptoms, Hospice cares for the emotional needs of patients and their families, through social workers, support and illness education counseling, chaplains and bereavement counselors.

In addition to the regular patient visits, Hospice provides on-call nursing support 24 hours a day, seven days a week; an on-staff triage nurse; direct around-the-clock medical assistance through University Medical Center of Princeton at Plainsboro; and bereavement services for up to 13 months.

The program also recently implemented Dignity Therapy, a type of psychotherapy approach in which trained facilitators help individuals reflect on their most meaningful life experiences to create a written, lasting document of their life history as a legacy for their family and friends. It has been found to improve the end-of-life experience for patients and their loved ones.

If individuals decide to seek curative treatment, they may leave the Hospice Program at any time. For more information on Princeton HomeCare’s Hospice Program, visit www.princetonhcs.org or call 609.497.4945.

When Can Hospice Help?

Patients and their families choose hospice care when potentially curative or disease-modifying treatment for a terminal illness is no longer appropriate or desired. The decision to receive hospice care is made by an individual in consultation with his or her personal physician and caregiver, if available.

If the answer to the following questions is “yes,” then hospice is an important option to consider:

- Has the illness been described as end-stage?
- Does the patient desire palliative (comfort) care with pain and symptom management?
- Are disease-modifying treatments no longer an option or no longer desirable?
- Has the physician determined that the patient has six months or less to live if the disease follows its usual course?
- Are family or friends willing to participate in the patient’s care?
- Does the patient desire holistic care and help with the emotional, spiritual and psychosocial issues of his or her illness?
- Does the patient wish to remain at home and receive care?



UMCPP Offers Advanced Method

Women who are finished having children and want a permanent form of birth control now have a safe and effective approach without incisions.

Called hysteroscopic sterilization, this minimally invasive procedure shortens recovery time, generally enabling women to be back on their feet in less than 24 hours.

At University Medical Center of Princeton at Plainsboro (UMCPP), the Essure method is an increasingly popular option for women seeking permanent sterilization and an alternative to tubal ligation.

“Essure allows women who are finished having children to stop worrying about birth control and unplanned pregnancy,” says Christopher Naraine, MD, FACOG, (pictured above) who is board certified in obstetrics and gynecology and a member of the Medical Staff at UMCPP.



Electroconvulsive Therapy: A Safe and Effective Method for Treating Many Mental Health Disorders

Electroconvulsive therapy—often misunderstood and misrepresented in movies and literature—is an advanced, medically approved method of treating a variety of mental health disorders. With 20 years' experience in delivering this specialized treatment, Princeton House Behavioral Health offers hope to those who need it most.

“Many people don’t even consider electroconvulsive therapy (ECT) until they’ve exhausted all other therapies,” says Lisa Johnson, BSN, RN, CAPA, ECT Coordinator, Princeton House Behavioral Health. “That’s unfortunate, because it has helped so many people find relief from the sometimes debilitating symptoms of disorders like depression, bipolar disorder and schizophrenia.”

ECT uses electrodes placed on the side of the head to send a low-dose electrical current to the brain. The purpose is to cause a controlled seizure in the brain that affects its chemistry, flooding it with the body’s natural mood-enhancing chemicals like serotonin and dopamine.

At Princeton House, the procedure is performed in a dedicated ECT suite so individuals receive the privacy and specialized attention they need. Patients are placed under anesthesia and given a muscle relaxant for the procedure. The actual procedure is quick (about 30 seconds), painless, calm and quiet.

Clinical Expertise and Patient Safety

“All of the physicians are board certified psychiatrists who are certified in ECT,” says Anatoliy Yanofskiy, MD, Medical Director of Electroconvulsive Therapy at Princeton House Behavioral Health. “Our entire staff is highly trained and experienced, providing our patients with an exceptionally safe environment. And ECT success rate is very high—about 85 percent to 95 percent of patients find relief.”

Dr. Yanofskiy recommends ECT as an option when first-line medicines have failed to fully manage the disease or for those who have difficulty with the side effects of medicines.

Depending on diagnosis, treatments are usually three times a week for a total of six to 12 sessions. A maintenance schedule of once-a-month treatments is often recommended. The most common side effect of short-term memory loss is temporary.

“ECT is life changing for most, but it can be life saving for those who suffer from severe forms of their illnesses,” says Johnson.

ECT is covered by most major insurances.

More information about electroconvulsive therapy is available online at www.princetonhouse.org in the “What We Do” section. Click on ECT to find a list of Frequently Asked Questions. To schedule a consultation, call Princeton House Behavioral Health’s ECT Suite at 609.497.2673.



for Achieving Permanent Birth Control

In fact, research shows that Essure is among the most effective contraception methods, Dr. Naraine says. According to studies published in such professional clinical journals as the *Journal of Minimally Invasive Gynecology* and *OB Management*, Essure’s effectiveness rate has been found to be 99.74 percent—reportedly the highest of any form of permanent birth control.

With Essure, doctors place a microscopic coil—made of the same material as heart stents—into each fallopian tube. Doctors access the tubes using the natural pathways through the vagina and the cervix, eliminating the need for surgical incisions.

Over a period of three months, the body forms scar tissue around the device, effectively blocking the tubes and preventing fertilization. Patients must use an alternative form of birth control during this time period.

In addition to its effectiveness, other benefits of Essure include:

- No scarring, given no surgical incisions are required
- Quick recovery time—most women return to their normal activities in less than a day
- No need for general anesthesia, though local anesthesia may be recommended

- Short procedure time—typically about 10 minutes
- Hormone free

“Unlike many other forms of birth control, Essure does not contain hormones,” notes Dr. Naraine, who is Co-Medical Director of Comprehensive OB/GYN Care of Princeton. “This means women are not at risk for the side effects such as weight gain that can accompany hormone-related birth control.”

For more information about the Essure method, call Comprehensive OB/GYN Care of Princeton at 609.252.8756 or 609.395.2470.

UMCPP Offers Ultrasound for Bone, Muscle and Joint Problems

Most people are familiar with medical sonography, or ultrasound, as a way of capturing images of a fetus during pregnancy.

However, radiologists at University Medical Center of Princeton at Plainsboro are also among the region's leaders in the emerging field of musculoskeletal ultrasound—using ultrasound to diagnose and treat problems with bones, muscles and joints.



Extremely safe, painless and portable, ultrasound can be an effective alternative to MRI for capturing clear images of problems ranging from muscle and tendon tears to fluid collection in joints. Ultrasound provides live, real-time images, allowing doctors to precisely deliver treatments such as steroid injections for arthritis.

“It really allows us to target the exact area we want to examine or treat,” says Sarah Dodge, MD, (pictured left) a board certified radiologist with Princeton Radiology Associates who is on staff at UMCPP. “We can ask a patient to move in a particular way and watch in real time how it affects a joint, which is very difficult to do with other imaging techniques.”

Expanding Uses

MRI remains the standard for diagnosing a wide range of bone, joint and muscle problems. However, ultrasound can be an alternative for diagnosing problems such as muscle and tendon tears, bleeding or fluid collection in muscles and joints, and changes caused by rheumatoid arthritis.

Ultrasound has been shown to be particularly effective in diagnosing conditions such as Morton's neuroma, a painful foot condition, and Achilles tendonitis. It can also be used as part of a procedure to break up and remove painful calcium deposits in the shoulder, a condition called calcific tendonitis.

“We can place the ultrasound probe right where a patient is feeling pain, helping pinpoint the exact cause of a problem,” says Dr. Dodge, who is fellowship trained in musculoskeletal radiology. “While MRI is still recommended for the evaluation of many orthopedic conditions, I expect the uses of ultrasound will continue to expand as people become more aware of it.”

Ultrasound cannot penetrate bone. Therefore, MRI is recommended for evaluation of bone marrow, bone tumors, cruciate knee ligaments, cartilage and neck or back pain.

For more information about musculoskeletal ultrasound and other outpatient imaging services available at University Medical Center of Princeton at Plainsboro, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Many Benefits for Patients

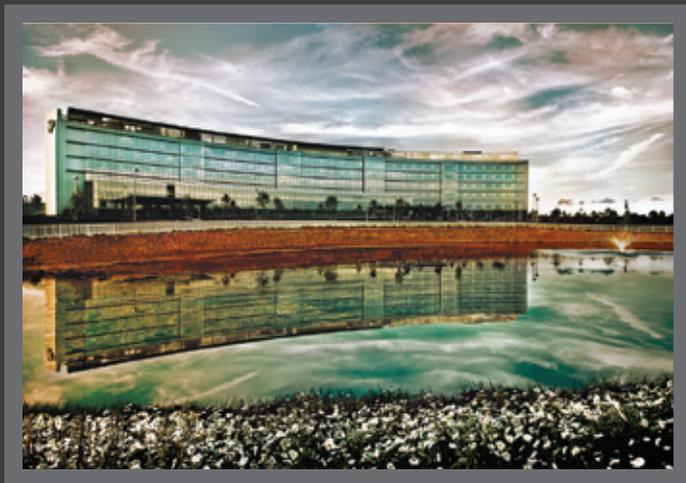
Musculoskeletal ultrasound is particularly important for patients who have existing orthopedic hardware from a prior surgery, which can make a joint harder to see in an MRI or a CT scan, Dr. Dodge says. It also provides several advantages over other imaging studies, including:

- **Comfort.** The patient can sit in a chair or lie comfortably in a bed during the procedure.
- **Portability.** The ultrasound machine can be brought directly to a patient's bedside.
- **Safety.** Ultrasound uses sound waves rather than radiation to capture images.



PRINCETON HEALTHCARE SYSTEM (PHCS) IS PROUD TO ONCE AGAIN BE AMONG THE JOINT COMMISSION'S TOP PERFORMERS ON KEY QUALITY MEASURES.

We were recognized for achievement in clinical care for the following areas: heart attack, heart failure, pneumonia and surgical care. PHCS is one of only 14 hospitals in the state to earn this recognition. This is the second consecutive year we have been recognized by The Joint Commission for exemplary performance in using evidence-based clinical processes shown to improve care. For more information, visit www.princetonhcs.org.



First place, Exterior: Rob McHugh, Newtown, PA



First place, Interior: Nick Palmieri, Linden, NJ

Picture of Health

Contest Brings Artist's Eye—and Camera—to UMCPP

With the aim of highlighting the mission, beauty and technological excellence of the new University Medical Center of Princeton at Plainsboro (UMCPP), Princeton HealthCare System's *Picture of Health* photo contest honored area photographers who showcased the new facility in a creative way.

First-, second- and third-place awards were presented in two categories: exterior and interior. The photographs were judged based on their creative and aesthetic quality beyond basic architectural representation.

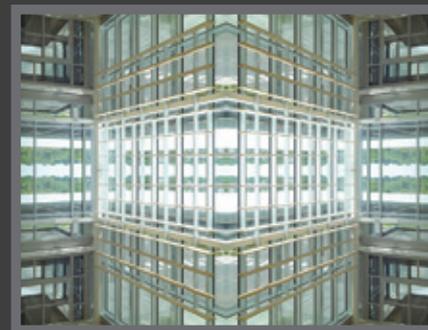
"The winning images capture the essence of the new University Medical Center of Princeton at Plainsboro in a unique and artistic way," says Barry S. Rabner, President and CEO of Princeton HealthCare System.

The photo contest, open to amateurs and professionals, attracted more than 150 entries, which all were taken during three days in May, prior to the opening of UMCPP. Prizes were sponsored by CAMA Inc., a New Haven, Conn.-based interior design firm specializing in healthcare facilities. Judges included members of the UMCPP *Art for Healing* Committee and two New Jersey-based professional photographers.

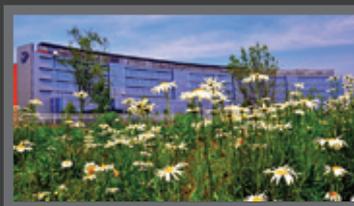
The winning photographs will be part of the hospital's permanent *Art for Healing* collection, hanging at different locations throughout the hospital. In healthcare facilities, art is more than a decorative aesthetic. Research has shown art can play a role in restorative health and healing and can lead to a shorter length of stay, less anxiety and pain, greater levels of patient satisfaction, and overall perception of care.



Second place, Exterior:
Alan Kesselhaut, Princeton, NJ



Second place, Interior:
Madeline Shellaby, Belle Meade, NJ



Third place, Exterior:
Jennifer Galgano, Pennington, NJ



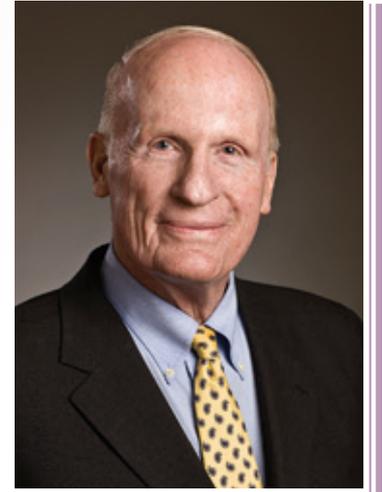
Third place, Interior:
David DesRochers, Cranford, NJ

For more information about University Medical Center of Princeton at Plainsboro or to view contest photos that received Honorable Mentions, visit www.princetonhcs.org.

PHCS HONORS PHYSICIAN PHILANTHROPIST OF THE YEAR

To recognize physicians who dedicate their time, energy and resources in strengthening the greater central New Jersey community, the Princeton HealthCare System (PHCS) Foundation has created the *Physician Philanthropist of the Year* award. This distinction will be awarded annually to a University Medical Center of Princeton at Plainsboro (UMCPP) physician whose services and leadership as a volunteer have enhanced not only PHCS' fundraising goals, but also the missions of other nonprofit organizations throughout our community.

William P. Burks, MD, (pictured right) was honored as the inaugural recipient of this award at the September quarterly meeting of the PHCS Medical Staff. A retired surgeon, Dr. Burks served on the PHCS Medical Staff for more than 32 years and on the PHCS Board of Trustees for 12 years. He is currently a member of the PHCS Foundation Board of Directors. Dr. Burks has also been the Chairman of the Princeton Area Community Foundation, where he continues to serve on its Board of Trustees.



Along with his fellow Princeton University colleagues, Dr. Burks helped establish the Princeton Project 55 to promote civic engagement and community service. Dr. Burks is also a donor to the Princeton Varsity Club, which supports the performance, values and community of Princeton Athletics and the University.

In subsequent years, the *Physician Philanthropist of the Year* will be recognized at the Annual Meeting of the PHCS Medical Staff. The recipient's name will also be inscribed on the *Physician Philanthropist of the Year* plaque located outside the UMCPP Physician's Lounge.

Gerard Compito, MD, President of the PHCS Medical Staff, reflected, "Superior leadership and generosity are qualities that deserve appreciation and should not go unnoticed. The *Physician Philanthropist of the Year* award will shed positive light on those who follow in Dr. Burks' footsteps of philanthropic work and a calling to do good for others."

For more information about the PHCS Foundation, call 609.292.8710.

Maintaining Our Princeton Connection

NEIGHBORHOOD HEALTHCARE INFORMATION CENTER

281 WITHERSPOON STREET

RESIDENTS IN THE AREA CAN OBTAIN:

- FREE BUS TICKETS ON THE 655 PRINCETON-TO-PLAINSBORO NJ TRANSIT BUS
- ADDITIONAL TRANSPORTATION ASSISTANCE
- INFORMATION ABOUT COMMUNITY EDUCATION & OUTREACH EVENTS TAKING PLACE AT THE HOSPITAL

With the hospital's recent move to Plainsboro, we remain committed to the Princeton community through our Neighborhood HealthCare Information Center, located at 281 Witherspoon Street.

Staff members at the center are able to link clients with the appropriate resources at the Bristol-Myers Squibb Community Health Center, located on the new Plainsboro campus.

Phlebotomy services, including laboratory tests like cholesterol, thyroid and other blood tests, are also available on a first-come, first-served basis, with no appointment required.

The Neighborhood HealthCare Information Center operates Monday through Friday, 8 a.m. to 4:30 p.m. For more information, call Maria Conde at 609.853.6200. **If you are experiencing a medical emergency, please call 9-1-1.**

COMMUNITY FOCUS



Managing Arthritis During the Winter

TUE. November 13 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Anyone who has experienced the pain and stiffness associated with arthritis knows that the colder months can make your condition feel worse. Join Sunita Mani, PT, DPT, MBA, Director of Outpatient Rehabilitation, UMCP's Outpatient Rehabilitation Network's Plainsboro location, to learn about how cold weather affects your arthritis; signs, symptoms, and treatment options; and how effectively managing arthritis and staying active can help you comfortably get through the winter.

Stay Injury Free this Fall Season

WED. November 28 (12:30 – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Whether you are cleaning your gutters or raking leaves this fall season, this head-to-toe program will take you through a routine of stretches you can use to protect and relieve the most commonly strained muscles. Learn how to stay flexible and free from injury during the autumn months with Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network. This will be an active class. Please come ready to move and unwind! Dress in comfortable clothing that would be suitable for exercise.

Winter-related Falls: Foot & Ankle Injuries

TUE. December 11 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Be careful this winter season as ice-related falls may be difficult to avoid and could be one of the main reasons for spraining or fracturing your ankle, according to the American College of Foot and Ankle Surgeons (ACFAS). Join Jennifer Hasan, DPM, board certified in podiatry and foot and ankle surgery, for tips on symptoms, diagnosis, receiving prompt evaluation and treatment, as well as an overview of other common foot and ankle problems. Dr. Hasan is the Chief of Podiatry at University Medical Center of Princeton at Plainsboro and a member of the Medical Staff of Princeton HealthCare System. In addition, a limited number of foot screenings will be available at the conclusion of the program; please sign up immediately prior to the lecture.



CURRENT PROGRAMS

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

Are You Ready to Kick the Habit?

TUE. November 6 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

If the timing is right, with the proper support and guidance you can kick the smoking habit, no matter how many times you've tried before. To help you decide if you're ready to quit, join us for this introduction to smoking cessation led by Annmarie Cristino, CTTS, CEAP, SAP, a licensed social worker with Princeton HealthCare System's Employee Assistance Program.

Safe Sitter

THU. & FRI. November 8 & 9 (9 a.m. – 3 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$65 per child

This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including:

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

Sitters should bring their own lunch.

Eye Health: Prevention and Treatment

TUE. November 13 (11 a.m. – 12 p.m.)
Ewing Library
61 Scotch Road, Ewing

TUE. December 11 (11 a.m. – 12 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe Township

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

Chronic eye disorders affect the quality of life of millions of Americans every year. Join Suzanne K. Jadico, MD, ophthalmologist and member of the Medical Staff of Princeton HealthCare System, to learn how the latest advances can help treat eye problems such as cataracts, glaucoma, advanced age-related macular degeneration, and dry eye, as well as ways to prevent these common conditions.

Colon Health: Understanding Colorectal Cancer

TUE. November 13 (7 – 8:30 p.m.)
South Brunswick Library
110 Kingston Lane, South Brunswick

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

According to the American Cancer Society, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. Fortunately, as a result of early detection and advances in treatment, the death rate from colorectal cancer has been declining for more than 20 years. Join us for an informative program explaining the signs, symptoms, treatments and latest updates on colorectal cancer. Kevin S. Skole, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will lead the program.

Benefits of Cardiac & Pulmonary Rehab Programs at UMCP

WED. November 14 (12:30 – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Cardiac and pulmonary conditions don't have to slow you down. Participation in a cardiac rehabilitation program can boost your physical and emotional state and help you return to an active life through heart-healthy exercise, diet and stress reduction. Join Mary P. Ricci, MSN, RN, BC, Manager of Cardiac Services/Diabetes Management Program at University Medical Center of Princeton at Plainsboro, to learn about how rehab programs work, the lifelong benefits of an individualized program, and qualifications (diagnoses) for program participation, as well as new technologies at UMCP.



The Ninth Annual Women's Wellness Day by Heart to Hearts, Inc

SAT. November 17 (8 a.m. – 3 p.m.)
Educational Testing Service, Conant Hall
660 Rosedale Road, Princeton

\$70 per person (\$55 for seniors age 65 and over and for Heart to Heart's members)

Join us for a women's health event sponsored by the women's wellness organization Heart to Hearts, Inc. This year's theme, featuring keynote speaker Gail Sheehy, revolves around caregiver stress. Workshops related to this theme will be presented by members of the Medical Staff of Princeton HealthCare System, and staff from University Medical Center of Princeton at Plainsboro and Princeton House Behavioral Health (PHBH), including:

- Sherryl Croitor, MD, cardiologist
- Janice Love, RN, MPH, Nurse Manager, Princeton Caregivers
- Judith Mecklenburger, LCSW, Senior Primary Therapist, PHBH
- Jane Schwartz, RD, Outpatient & Community Education Dietitian
- Kelly Shipp, Lifeline Community Outreach Coordinator

In the morning there will be the opportunity to visit the *Ask the Doctor* tables, and to take advantage of free posture, body fat, glucose, blood pressure and cholesterol screenings provided by physicians and health professionals from Princeton HealthCare System. Also enjoy exhibits, free massages, breakfast, lunch, door prizes and giveaways.



Vitamins and Supplements

MON. November 19 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Danielle Candelario, PharmD, Clinical Pharmacist, University Medical Center of Princeton at Plainsboro and Clinical Assistant Professor, Ernest Mario School of Pharmacy at Rutgers—The State University of New Jersey, will present this informative program highlighting the latest information on the use of vitamins and supplements for general wellness. Topics include:

- Product selection
- Dosing
- Cautions
- Drug interactions and disease prevention
- A special highlight on vitamin D

Eating Disorders and Body Image

MON. November 19 (7 – 8 p.m.)
University Medical Center of Princeton at Plainsboro

People with a negative body image, especially girls, are more likely to develop eating disorders and suffer from feelings of depression, isolation, low self-esteem and weight-loss obsessions. Join Kelly Sweeney, MS, LPC, Therapist with Princeton House Behavioral Health's Women's Program, to find out what you can do if you or a loved one is at risk. This program is co-sponsored by Community Connection of Princeton HealthCare.

Managing Sports-related Head Injuries in Children

MON. November 19 (7 – 8:15 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

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

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 Alicia Brennan, MD, Medical Director of The Children's Hospital of Philadelphia (CHOP) Pediatric Care at University Medical Center of Princeton at Plainsboro, for a discussion on:

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

Care for traumatic brain injuries is provided in a trauma center. UMCPH is not a state-designated regional trauma center.

Alternatives to Hysterectomy

MON. December 3 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

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. Michael B. Resnick, MD, FACOG, board certified OB/GYN, 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.

Coping with Chronic Obstructive Pulmonary Disease (COPD)

TUE. December 4 (5:15 – 6 p.m.)
South Brunswick Library
110 Kingston Lane, South Brunswick

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

Ritwick Agrawal, MD, board certified in pulmonary disease and internal medicine, will discuss chronic obstructive pulmonary disease (COPD), a common lung disease that makes breathing difficult. Learn about the tests and treatments that are available and how to lead a full, productive life while coping with this chronic disease.



Please Give Blood

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

You can also join us at special events on November 5 or December 17, from 12 to 3 p.m., at the Princeton Fitness & Wellness Center, 1225 State Rd., Princeton. Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

OPTIONS FOR BIRTHING

Princeton HealthCare System offers a variety of childbirth preparation classes to help prepare expectant parents for labor and delivery. Choose the series that is right for you.

Review of Birthing Basics

FRI. November 9 (7 – 9:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor
Conference Rooms C & D

\$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 12 – December 3 (7 – 9 p.m.)
TUE. November 27 – December 18 (7 – 9 p.m.)
THU. December 6 – 27 (7 – 9 p.m.)
WED. December 19 – January 9 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor
Conference Rooms C & D

\$120 per couple

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

Accelerated Birthing Basics

SAT. November 17 (9 a.m. – 5 p.m.)
SAT. December 15 (9 a.m. – 5 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor
Conference Rooms A & B

\$155 per couple

This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience.

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. November 3 (10 – 11:30 a.m.)
SAT. December 1 (10 – 11:30 a.m.)
University Medical Center of Princeton at Plainsboro – Main Lobby

\$30 per child

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

Maternity Tour

SAT. November 3 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
WED. November 14 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. December 1 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
WED. December 12 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro – Main Lobby
University Medical Center of Princeton at Plainsboro is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Daddy Boot Camp™

SAT. November 10 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at 731 Alexander Road

SAT. December 8 (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.

Prenatal Breastfeeding Class

TUE. November 20 (7 – 9 p.m.)
MON. December 17 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms A & B

\$45 per couple

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

Baby Care

TUE. November 13 (7 – 9:30 p.m.)
MON. October 10 (7 – 9:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor
Conference Rooms A & B

\$45 per couple

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations. Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

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

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

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

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

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

THU. November 8 (11 a.m. – 12 p.m.)
THU. December 6 (11 a.m. – 12 p.m.)
THU. December 20 (11 a.m. – 12 p.m.)
No class on November 22.

Community Education & Outreach
at 731 Alexander Road

No registration required.

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



CPR & FIRST AID

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

ACLS Full Certification Course

TUE. & WED. November 6 & 7 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

WED. November 28 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full Certification: \$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 Recertification Course

MON. November 12 (9 a.m. – 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full Certification: \$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 for cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS for Healthcare Providers

FRI. November 16 (9 a.m. – 1:30 p.m.)
WED. December 12 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

MON. November 5 (6 – 10:30 p.m.)
FRI. December 7 (9 a.m. – 1:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

TUE. November 20 (6 – 10:30 p.m.)
TUE. December 18 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$65 per person

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

Heartsaver AED

MON. November 19 (6 – 10:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

TUE. December 4 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$60 per person

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

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

SAT. December 15
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Pet First Aid and CPR

FRI. December 21 (6 – 9 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$40 per person

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

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

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

Increasing Chances of Survival: Hypothermia & CPR

TUE. November 13 (6 – 9 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

EMTs are invited to learn more about assessing emergency situations at a workshop hosted by Princeton HealthCare System's Community Education & Outreach Program. Hypothermia therapy has for years been used in the operating room when doctors want to slowly reduce a patient's need for oxygenated blood during heart and other surgeries. Studies have shown that cooling allows the body to get by with less oxygen by decreasing the metabolic demand. Join us for this informative presentation and learn more about hypothermia, including:

- An overview of therapeutic hypothermia
- Hypothermia's physiologic effects
- Clinical applications
- Hypothermia protocol
- Complications
- Other applications for induced hypothermia

Stephen J. Harrison, DO, will present this informational session. Dr. Harrison is board certified in emergency medicine and is a member of the Medical Staff of Princeton HealthCare System.

EMT Refresher Class

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Room E

\$40 per person, per session

Registration required; payment due at registration.

These sessions are for existing EMTs who are required to re-certify.

Session A – Airway Assessment and Management

SUN. November 18 (8 a.m. – 5 p.m.)

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

Session B or M – Medical Assessment and Management

SUN. November 25 (8 a.m. – 5 p.m.)

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

Session C or T – Trauma Assessment and Management

SUN. December 2 (8 a.m. – 5 p.m.)

Students will review immobilization techniques, splinting and wound care.

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



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar. University Medical Center of Princeton at Plainsboro is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited program of the American College of Surgeons' Commission on Cancer. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

American Cancer Society's Look Good, Feel Better

MON. November 5 (6 – 8 p.m.)
UMCPP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
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 make-over for the spirit.

Prostate Cancer Support Group

WED. November 14 (12 – 1:30 p.m.)
WED. December 12 (12 – 1:30 p.m.)
University Medical Center of Princeton
at Plainsboro
Edward & Marie Matthews Center
for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

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

Frankly Speaking about New Discoveries in Cancer

WED. November 14 (12 – 2 p.m.)
University Medical Center of Princeton
at Plainsboro
Education Center, First Floor

Registration recommended.

Learn about new advances and the latest treatments for cancer. This program will be presented by Thomas R. Blom, MD, board certified in hematology and medical oncology and a member of the Medical Staff of Princeton HealthCare System.

Cancer Support Group

TUE. November 20 (1:30 – 3 p.m.)
TUE. December 18 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

No registration required. Walk-ins welcome. University Medical Center of Princeton at Plainsboro is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics 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 20 (6 – 7:30 p.m.)
TUE. December 18 (6 – 7:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required. Walk-ins welcome. The Breast Cancer Support Group meets the third Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCPP's Breast Health Center.

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

WED. November 21 (12 – 1 p.m.)
WED. December 19 (12 – 1 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

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



Bariatric Surgery Support Group

MON. November 5 (7 – 8:30 p.m.)
MON. December 3 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery at University Medical Center of Princeton at Plainsboro, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. Sponsored by Center for Bariatric Surgery at UMCPP, a Center of Excellence, and New Jersey Bariatrics.

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

TUE. November 20 (6:30 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road

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

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

Diabetes Support Group

WED. November 21 (2:30 – 4 p.m.)
WED. December 19 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. November 26 (6:30 – 8 p.m.)
University Medical Center of Princeton at Plainsboro
First Floor, Diabetes Management Department

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

This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center of Princeton at Plainsboro's Diabetes Management Program, facilitates meetings. For more information on UMCPP'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.

UNITE: Perinatal Loss Bereavement Support Group

MON. November 5 (7 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

MON. December 3 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro
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.



EVENTS FOR SENIORS

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

Matter of Balance

MON. & WED. November 5 – 28 (1 – 3 p.m.)
 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 lead 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 help participants view falls and the fear of falling as controllable; set realistic goals for increasing activity; and change their environment to reduce the risk of falls. Simple exercises to increase strength and balance are also highlighted.

I Can See Clearly Now: Advances in Eye Surgery

WED. December 19 (10:30 – 11:30 a.m.)
 Hopewell Valley Senior Center
 395 Reading Street, Pennington
 The latest advances in the use of refractive surgery in the treatment of vision problems can make a world of difference in your quality of life. Join us for a presentation by Suzanne K. Jadico, MD, ophthalmologist and member of the Medical Staff of Princeton HealthCare System, on the latest advances in vision treatment.

ONLINE SEMINARS

www.ustream.tv/channel/princetonhealth

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



Does Your Child Get Enough Sleep?

November 15 at 7 p.m.
 with Ashgan Elshinawy, DO, board certified in pulmonology and sleep medicine



21st Century—What UMCP Has to Offer for Patients with Cancer

December 13 at 7 p.m.
 with Edward M. Soffen, MD, board certified radiation oncologist

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

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



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

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

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

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



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PHCS to Open New Fitness and Wellness Center Offering More Than Just Exercise

Currently under construction on the campus of University Medical Center of Princeton at Plainsboro (UMCPP), Princeton Fitness & Wellness Center at Plainsboro will bring together education, nutrition, professional instruction and oversight to help you achieve your health and fitness goals.

Princeton Fitness & Wellness Center at Plainsboro—one of the area's few medically based fitness facilities—will offer members the opportunity to achieve their goals in a comprehensive, state-of-the-art environment. This exceptional facility, scheduled to open in the First Quarter of 2013, will feature personalized services and amenities that have been designed with your health and fitness in mind.

In addition to the latest exercise equipment, fitness floor and a large variety of professionally taught group exercise classes, the new center will offer:

- Health risk assessments and screenings
- Therapy, spa and junior Olympic pools
- Monitoring by exercise physiologists
- Certified personal trainers
- A steam room and sauna
- Swim instruction
- Physician-led wellness programs
- Nutritional counseling
- Ongoing educational lectures and programs provided by Princeton HealthCare System's Community Education & Outreach Program in the adjoining Education Center, including diabetes education, smoking cessation, CPR training and more

Individualized Therapy Services

The new center will also house UMCPP's Outpatient Rehabilitation Network, which offers therapeutic and rehabilitative services for those who have pain, discomfort or loss of function due to an illness or injury. Highly experienced, doctorate-level therapists work hands-on with patients to help them achieve their maximum potential and quality of life.

The outpatient program at the center provides comprehensive rehabilitation services, including treatment for:

- Back and neck pain
- Joint pain
- Neurological injuries and disorders, including multiple sclerosis
- Hip and knee surgery
- Sports injuries
- Balance and gait dysfunction

Ergonomic assessments also are available.

Outpatient Rehabilitation Network therapists are already on site and will be providing rehabilitation services in a temporary facility located on the UMCPP campus, until the fitness center formally opens.

An information and enrollment center for Princeton Fitness & Wellness Center at Plainsboro is also now open on the hospital campus, Monday through Saturday. Discounted pre-construction memberships—with convenient month-to-month terms—are being offered.

For more information about Princeton Fitness & Wellness Center at Plainsboro, or to join, call 609.799.7777 or visit princetonfitnessplainsboro.com.

The new site will be one of four UMCPP Outpatient Rehabilitation Network locations. For more information about outpatient rehabilitation and therapy in Plainsboro, call 609.853.7830.

