

PRINCETONHEALTH

Breathe Easy: Managing Pulmonary Disease



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

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

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Buying Health Insurance: What You Need to Know



If you don't currently have health insurance, or if you will be losing your coverage at the end of the year, now is the time to explore your options and to sign up.

Under the Affordable Care Act, every person in the U.S. is required to have private health insurance or government-sponsored health coverage such as Medicare or Medicaid as of March 31, 2014.

On Oct. 1, health plans became available for individuals and families in New Jersey through the National Health Insurance Marketplace, also known as the health insurance "exchange." The Marketplace allows people to learn about enrolling in private insurance plans created specifically for the exchange.

Princeton HealthCare System

At press time, Princeton HealthCare System has contracted to accept health plans offered through the exchange by Horizon Blue Cross Blue Shield of New Jersey, and it may add other exchange plans in the future.

Getting Ready to Enroll

New Jersey residents can learn about the different types of insurance plans available through www.HealthCare.gov or by calling 800.318.2596. You can then apply for coverage online, by mail, or in person with the help of a Navigator or other qualified helper.

When enrolling, you should consider:

- The level of coverage you want based on your budget and the benefits each plan offers. Depending on your income, you may qualify for lower costs on your premiums or lower out-of-pocket costs.
- Whether or not your preferred healthcare providers accept that particular plan. Similar to any private health insurance, not all providers will accept all plans offered on the exchange.
- Whether you or your child may be eligible for free or low-cost (subsidized) coverage through Medicaid or the Children's Health Insurance Program. When you fill out an application on the exchange, you'll learn whether you qualify for those programs.

For more information on buying health insurance, please visit www.HealthCare.gov or call 800.318.2596.

Breathe Easy: Managing Pulmonary Disease

With a combination of medication, pulmonary rehabilitation and lifestyle changes, more and more people with chronic obstructive pulmonary disease (COPD) are leading full, active lives.



“If you have mild to moderate COPD, you can do very well for a very long time with the right treatment approach,” says Kenneth Goldblatt, (pictured left), MD, Section Chief of Pulmonary and Critical Care Medicine at University Medical Center of Princeton at Plainsboro (UMCPP), board certified in internal medicine

and pulmonary diseases. “In some cases, we’re even able to help patients resume many daily activities they previously found very difficult because of COPD.”

The term COPD refers to a group of diseases that blocks airflow to the lungs and cause breathing problems, including emphysema and chronic bronchitis. An estimated 15 million Americans have been diagnosed with COPD, according to the U.S. Centers for Disease Control and Prevention.

Symptoms include shortness of breath and a chronic cough, often accompanied by mucus. A diagnosis is confirmed by pulmonary function tests. While smoking causes most COPD, the disease can also be related to occupational and environmental pollutants, hereditary conditions and long-term asthma.

Five Ways to Control COPD

In general, COPD care involves drug therapy to open up airways to the lungs, as well as rehabilitation and lifestyle changes to help the body process oxygen more efficiently. Dr. Goldblatt says treatment may include:

Smoking cessation. Smoking destroys and inflames lung tissue. Quitting can greatly slow the progression of the disease.

Medication. Many effective medications are available, from long-lasting beta-agonists, which relax the muscles of the airways to allow more air to enter the lungs, to emergency inhalers for acute breathing trouble.

Oxygen therapy. Oxygen can help patients with COPD feel better and be more active. Portable oxygen concentrators allow patients to move freely while receiving continuous therapy.

Weight loss. Losing weight can take pressure off of the diaphragm, making it easier to breathe. It also reduces the body’s oxygen needs.

Pulmonary rehabilitation. UMCPP’s Pulmonary Rehabilitation program, which may last up to 12 weeks, involves medically supervised, progressive exercise as well as education on topics ranging from inhaler use to breathing techniques.

“It’s amazing how much better rehabilitation can make people feel,” says Dr. Goldblatt, who serves as the program’s medical director. “Without rehabilitation, COPD patients can fall into a downward spiral—the disease makes them less active, and that lack of activity leaves them less fit to be active.”

Inpatient Care at UMCPP

Even patients successfully managing COPD may experience an occasional exacerbation that requires hospitalization for breathing treatments or to treat lung infections or conditions such as pneumonia.

For those patients, UMCPP offers comprehensive inpatient care supervised by board certified pulmonologists and nurses with extensive experience working with COPD patients. Upon discharge, patients can also be referred for in-home nursing and rehabilitation through Princeton HomeCare, a unit of Princeton HealthCare System.

To find a board certified pulmonologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

The Health Risks of Obesity During Pregnancy

When a woman is obese during pregnancy, she is at greater risk for any number of health problems, from diabetes to premature birth.



But recent research shows that a mother's weight can also significantly affect a child's health and later risk of obesity, says Robert Debbs, (*pictured left*), DO, FACOOG, Director of Penn Maternal Fetal Medicine at University Medical Center of Princeton at Plainsboro (UMCPP) and the Director of the University of Pennsylvania Maternal Fetal Network. Penn Maternal Fetal Medicine at UMCPP offers advanced care for expectant mothers in

New Jersey, including an increased range of services, round-the-clock access, and experts in the field of maternal fetal medicine.

"Overweight women are more likely to have children who become overweight and have medical problems at an earlier age," Dr. Debbs says. "We're seeing teenagers born of women who were significantly overweight having weight-related health problems like high blood pressure."

Dr. Debbs recommends that women speak with their doctors about ways to achieve a healthy weight before becoming pregnant.

A Healthy Weight at Conception

More than one-third of women in New Jersey enter pregnancy at a weight that would be considered obese based on their Body Mass Index, or BMI, Dr. Debbs says. A person is regarded as obese if her BMI, a measure of body fat based on height and weight, is over 30.

Obese women have a higher incidence of diabetes, infections and preeclampsia, a dangerous combination of high blood pressure and excess protein in the urine during pregnancy. They are also more likely to have complications during a C-section delivery and to have babies with congenital abnormalities.

A more long-term issue is that an expectant mom's obesity, in essence, genetically "pre-programs" her baby's body to be more resistant to insulin, Dr. Debbs says. Insulin resistance harms the body's ability to process carbohydrates and sugars, causing them to be converted to body fat instead of energy.

"Many women don't know the risks of obesity during pregnancy," says Dr. Debbs, who is board certified in OB/GYN and maternal and fetal medicine. "When women talk to their doctors they often find it very empowering, because there is a lot they can do to prevent these risks."

To find a doctor or to learn more about Penn Maternal Fetal Medicine at UMCPP, call 609.853.7660 or visit www.princetonhcs.org.



Tips for a Healthy Pregnancy

Healthy eating and exercise habits should be developed before pregnancy and continued throughout. Dr. Debbs suggests:

- Eating a diet that's focused on lean meats and fish, whole grains, fruits, vegetables and low-fat dairy products. Women who are pregnant usually do not need more than 2,000 calories a day, although weight-specific guidelines should be used based on your starting weight.
- Aiming for 30 minutes of low-impact exercise, such as walking, at least three days a week. Pregnant women should avoid workouts that take their heart rate above 140 beats per minute but should continue to exercise throughout pregnancy.
- Scheduling a pre-conception visit with an OB/GYN or a maternal fetal medicine specialist if you've had past pregnancy-related health problems. Pregnant women should follow the appointment schedule suggested by their doctors.

High Blood Pressure During Pregnancy: Know Your Risks

If you are pregnant or planning on becoming pregnant, keeping on top of your blood pressure can help ensure a safe and healthy pregnancy.

High blood pressure is usually the first sign of a pregnancy-related syndrome called preeclampsia. Preeclampsia, which is also characterized by the presence of protein in the urine, puts both mom and baby at risk for serious health complications, such as life-threatening seizures.



“Preeclampsia is a common complication of pregnancy,” says Antonio Sison, (pictured left), MD, FACOG, Medical Director, Comprehensive OB/GYN Care of Princeton, board certified OB/GYN. “High blood pressure is definitely something all pregnant women should discuss with their healthcare providers.”

Women who are at higher risk for preeclampsia need to be especially vigilant about monitoring their blood pressure, Dr. Sison says. This includes women who are pregnant for the first time; women who had high blood pressure or kidney disease before pregnancy; women who smoke; and women who are carrying multiple babies.

What is Preeclampsia?

Blood pressure measures how hard blood pushes against the walls of your arteries. A blood pressure above 140 (systolic, while the heart is pumping) over 90 (diastolic, while the heart is at rest) is considered high for a pregnant woman. Preeclampsia is diagnosed if protein is also detected during a urine test.

Preeclampsia affects 5 to 8 percent of all pregnancies, according to the Preeclampsia Foundation. However, some estimates show as many as 1 in 5 women may experience high blood pressure during pregnancy, Dr. Sison says.

Preeclampsia can be accompanied by symptoms such as swelling, sudden weight gain, headaches and blurred vision—but often there are no obvious symptoms. It is most often diagnosed during the third trimester of pregnancy.

Without treatment, the condition can slow the growth of a baby, and it puts the mother at risk for serious health problems, including seizures known as eclampsia.



Treating Preeclampsia

The cause of preeclampsia is not known, and the only treatment is delivery of the baby. Supportive therapy often involves blood pressure medication and close monitoring of the health of the mom and baby.

“The golden rule is to stabilize blood pressure, normally with blood pressure medication, monitor protein in the urine and make a decision at some point about whether to induce labor,” Dr. Sison says. “Our goal is to extend the pregnancy as long as safely possible so the baby has more time to mature.”

Some women may also benefit from bed rest or inpatient monitoring in the hospital, Dr. Sison says.

To find an OB/GYN affiliated with Princeton HealthCare System, please call 1.800.FINDADR (1.800.346.3237) or visit www.princetonhcs.org.

New PHBH Program Provides Emotional Support for Teen Girls



Adolescence can be a difficult time of transition for girls, particularly those struggling with emotional trauma, substance abuse and body-image issues. Providing a safe, supportive environment to explore these problems while also building self-awareness and self-esteem is the goal of a new program, **Supporting Adolescent Girls Emotionally**

(SAGE), offered at Princeton House Behavioral Health's (PHBH) Princeton location.

"SAGE is designed to help girls between the ages of 13 and 18 identify and understand their emotional struggles and impulsive behaviors while building confidence and developing positive coping skills," says Suni Antony, LCSW, Women's Program Director at PHBH. "We realized that many adolescent girls needed a safe space where they could open up and work through their difficulties. We

hope to address the more sensitive topics they may not have the opportunity to explore in other coed groups."

The SAGE program includes both individual and group therapy, as well as medication management and a strong family component. Evidence-based therapeutic approaches are applied including dialectical behavioral therapy (DBT), a therapy that teaches coping skills through various modules including mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

SAGE offers both a partial hospital program for girls whose emotional difficulties make regular school attendance difficult and an intensive outpatient program. The partial hospital program is held five days a week and includes two hours of school instruction each day. The intensive outpatient program is held after school three days a week. Both programs run from six to eight weeks and are specialized to the needs of each person, says Antony.

For information or referrals to the SAGE Program, please call 1.888.437.1610 or visit www.princetonhouse.org.

Protect Yourself Against Dangerous Blood Clots

The ability of your blood to clot can stop potentially dangerous bleeding when you suffer an injury or cut. But clots that form unrelated to an injury can be life threatening—causing a stroke, heart attack or pulmonary embolism.



"When a clot forms in an artery or vein there is always a risk that it will dislodge and cause serious damage to an organ," says Qian Wang, MD, a physician with Princeton Medicine specializing in internal and geriatric medicine and board certified in internal medicine. "The risk is greatest for

people with a family history of clots; heart, artery or blood disorders; or diabetes. But there are many other things that can put you at risk, including taking certain medications or hormones such as estrogen, pregnancy, being overweight, smoking and even dehydration."

To reduce your risk of developing a blood clot, maintain a healthy and active lifestyle and pay attention to your body. "The key to spotting excessive blood clotting is to be aware of your level of risk, take note of any changes in

your body, and seek medical attention when you notice something unusual," says Dr. Wang.

Chest pain, shortness of breath, and pain or discomfort in your arms, back, neck or jaw can be signs of a blood clot in the heart or lungs, which can result in a heart attack or pulmonary embolism, leading to damage to the lungs. Pain, redness, warmth and swelling in your lower leg can be a sign of a blood clot in the leg, called deep vein thrombosis (DVT), which can also cause a pulmonary embolism.

If you have symptoms of deep vein thrombosis, call your physician. You should seek emergency care if, along with DVT, you develop chest pain, difficulty breathing, loss of consciousness, or if you begin coughing up blood.

"Discuss your risk factors with your doctor," says Dr. Wang. "Regular checkups and honesty about your lifestyle and new or changing health conditions, even if they seem minor, can be extremely important."

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

COMMUNITY FOCUS

Diabetes Awareness Day

Education and Screenings Hosted and Sponsored by Greater Mercer Public Health Partnership

The Greater Mercer Public Health Partnership will sponsor its first-ever Diabetes Awareness Day, a coordinated effort to raise community awareness by providing diabetes education and screenings at five locations throughout Mercer and Middlesex counties. This program is being presented in response to feedback we received from residents who responded to our recent community-needs assessment. We learned that many people want and need to know more about the prevention, diagnosis and treatment of diabetes. Bring the whole family to this fun, educational and invaluable community health day to learn about pre-diabetes, diabetes, nutrition and exercise and to have a free blood glucose screening.

No registration required.

WED. November 6

Join us from 7 to 9 a.m., 2 to 4 p.m., or 6 to 8 p.m. at any of these locations:

Local Health Departments of Mercer County
Quaker Bridge Mall
150 Quakerbridge Mall, Lawrenceville

Capital Health Medical Center – Hopewell
One Capital Way, Pennington

RWJ Fitness & Wellness Center
3100 Quakerbridge Road, Mercerville

St. Lawrence Rehabilitation Center
2381 Lawrenceville Road, Lawrenceville

University Medical Center of Princeton at Plainsboro
1 Plainsboro Road, Plainsboro

GMPHP Greater Mercer
Public Health
Partnership

For more information, please
email GMPHP.NJ@gmail.com



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).

Understanding and Managing Movement Disorders

MON. November 4 (7 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro Education Center

Join our panel for a discussion on symptoms, diagnosis and the latest treatments and therapies available for Movement Disorders such as Parkinson's Disease, Multiple Sclerosis, Epilepsy and Amyotrophic Lateral Sclerosis (ALS). This panel is comprised of members from Princeton HealthCare System and The Parkinson Alliance. After the presentation, a question-and-answer session will follow.

A Healthier South Asian Diet

SAT. November 2 (10 – 11:30 a.m.)

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

People of South Asian descent are prone to chronic conditions such as diabetes, but slight changes to traditional dishes can make them more healthful. Learn these simple, effective adjustments as well as risk reduction information related to diabetes, during a program led by Nancy L. Rhodes, RN, MA, CDE and Sejal Patel, RD, Diabetes Clinicians/Educators from the Diabetes Management Program at University Medical Center of Princeton at Plainsboro.

Keep Your Bones Strong

WED. November 6 (7 – 8:30 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

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

It's never too late to take steps for making your bones stronger and healthier. Join Anuj Malhotra, MD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System to learn current information on the nature, causes and prevention of osteoporosis, as well as treatment options.

Safe Sitter

THU. & FRI. November 7 & 8 (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, providing them with the skills needed to 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 training program focuses on safe and nurturing childcare techniques; basic first aid and rescue skills. Sitters should bring their own lunch.

Dance Injury: Prevention and Rehabilitation

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

Presented by Linda Lucuski, MPT, Rehabilitation Director, Dance Physical Therapist with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network and former professional ballerina.

Workshop for Parents and Students

THU. November 7 (6:30 – 8 p.m.)

Discover the best ways to prevent, screen and treat common dance-related injuries during this informative program.

Workshop for Dance Instructors

MON. November 11 (1 – 2:30 p.m.)

Learn about the muscle groups, tendons, ligaments and joints used in various dance forms, appropriate warm-up and cool-down exercises, diagnosis and treatment options for dance injuries, and how to tell if your students are ready for pointe work.



AARP Driver Safety Program

MON. & TUE. November 4 & 5 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

TUE. November 26 (9:30 a.m. – 3:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$12 for AARP members, \$14 for non members
Payable at the door (cash or check).

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

Put Your Best Foot Forward

THU. November 7 (7 – 8:30 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Explore the treatment options for common orthopedic, skin, vascular and neurological disorders of the foot and ankle at this informative session presented by Donna M. Barrese, DPM, board certified in podiatry and a member of the Medical Staff of Princeton HealthCare System.

Back and Spine Health

TUE. November 12 (7 – 8:30 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. An estimated 80 percent of Americans experience back pain caused by nerve and muscular problems, as well as arthritis. Join Rony Nazarian, MD, specializing in orthopedic surgery and a member of the Medical Staff at Princeton HealthCare System, to learn more about the prevention, causes and treatment options available for back pain.

Living with Lupus: Panel Discussion

WED. November 13 (7 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center
Join the Lupus Panel with speakers from Princeton HealthCare System and the Alliance for Lupus Research for a discussion and question-and-answer session about:

- Understanding how Lupus can affect the body
- Advances in treatment and care
- The Anti-Inflammatory Diet

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

THU. November 14 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Learn how to lower your risks of pre-diabetes and type 2 diabetes, reduce diabetes complications and incorporate low-glycemic index foods into your diet with Nancy Rhodes, RN, MA, CDE, and Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinicians and Certified Diabetes Educators with University Medical Center of Princeton at Plainsboro's Diabetes Management Program. Then take the American Diabetes Association's brief Diabetes Risk Quiz to determine your personal risk of developing these conditions.

Surgical Options for Knee Pain

TUE. November 19 (7 – 8:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Come to this informative session to learn about all options to treat knee pain. Brian M. Vannozzi, MD, specializing in orthopedic surgery and a member of the Medical Staff of Princeton HealthCare System, will discuss everything from total knee replacement to joint-sparing realignment or resurfacing, and when each of these surgical techniques may be appropriate for your knee pain.

The Tenth Annual Women's Wellness Day Sponsored by Heart to Hearts, Inc.

SAT. November 16 (8 a.m. – 2:30 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 Hearts members. To register, visit www.hearttohearts.org.

Join us for exhibits, free massages, breakfast, lunch, door prizes, giveaways as well as workshops and screenings by physicians from Princeton HealthCare System including:

- Heather M. van Raalte, MD, specializing in urogynecology
- Ansu Joy, MD, board certified in endocrinology
- Rachel P. Dultz, MD and Margaret L. Crivello, MD, breast specialists will be conducting breast exams
- Darlene J. Kwee, MD, board certified in dermatology will be conducting skin cancer screenings

And don't miss a nutrition workshop with Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program.

Advances in Breast Health

MON. November 18 (7 – 8:30 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction

Please call the library at 609.275.8901 to register. New scientific evidence is changing the way physicians treat breast health. Join Margaret L. Crivello, MD, specializing in breast surgery, and a member of the Medical Staff of Princeton HealthCare System, to learn about diseases of the breast, breast cancer risk factors, latest diagnostic procedures and screening methods as well as how to properly conduct breast self-exams.

Supporting A Loved One's Mental Health

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

Helping someone you love deal with a mental health issue can feel like an overwhelming challenge. Fortunately, guidance is available through this educational session led by Robyn Marks, Certified Prevention Specialist with Princeton House Behavioral Health, who will provide information on navigating mental healthcare resources and discuss available levels of care.

Diabetes and Skin Health

MON. November 25 (12:30 – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Decreased sensation in your hands and feet isn't something you just have to live with. Join Patricia O'Shea, PT, DPT, MSPT, with University Medical Center of Princeton at Plainsboro's (UMCPP) Outpatient Rehabilitation Network, and Nancy Rhodes, RN, MA, CDE, Registered Nurse and Certified Diabetes Educator with UMCPP's Diabetes Management Program, for a discussion on what can be done to maintain skin integrity and decrease skin complications from diabetes.

Everyone Aches: Rheumatoid Arthritis

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

Discover the steps you can take to prevent the onset of arthritis, how you can manage the disease and the treatment options that are available with Gina C. Del Giudice, MD, and Michael J. Froncek, MD, both board certified in rheumatology and internal medicine and members of the Medical Staff of Princeton HealthCare System.

Recovery Resiliency this Holiday Season

WED. December 4 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

The holiday season can be a difficult time for anyone recovering from drug and alcohol abuse. Fortunately, you don't have to face the holidays alone. This presentation, led by Robyn Marks, CPS, Community Liaison, Addiction Specialist with Princeton House Behavioral Health, will help you and your loved ones safely navigate the holiday season. Time will be allotted for discussion with an addiction specialist.

Hip and Knee Pain

THU. December 5 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road, Robbinsville

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Anyone who has experienced hip and knee pain and stiffness knows it can make even the simplest tasks difficult. Learn about the surgical and non-surgical treatment options that can make a difference in your daily life at this informative program led by Brian M. Vannozzi, MD, an orthopedic surgeon and a member of the Medical Staff of Princeton HealthCare System.

Prostate Health: Partnering to Reduce Risk

MON. December 9 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Join Sidney Goldfarb, MD, a board certified urologist and a member of the Medical Staff of Princeton HealthCare System, for an overview of prostate cancer, prevention, treatment, and potential complications, as well as what women can do to support their partners.

Home Care Options

MON. December 9 (7 – 8 p.m.)
West Windsor Branch Library
333 North Post Road, Princeton Junction

Please call the library at 609.275.8901 to register.

Many people face the dilemma of how they will care for their aging parents while working and raising a family of their own. Join Christine Diaz, RN, clinical liaison with Princeton HomeCare, to find out where to begin and learn more about home care services covered by insurance and Medicare, types of home care professionals as well as choosing a private pay company and a quality home care company.

The Aging Eye

TUE. December 10 (11 a.m. – 12 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe Township

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

Free Memory Screenings

TUE. December 10 (6:30 – 8 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction

Please call 609.897.8991 for an appointment time. Appointments are approximately 20 minutes long.

Take advantage of a free memory screening by The Princeton Medical Institute which will consist of a series of questions and/or tasks designed to test memory, language skills, mental ability and other intellectual functions. Screenings and a review of the results, including when to follow up with a physician or other healthcare provider, are private.

Catching Yourself Before You Fall

TUE. December 17 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Join John Frank, PT, MSPT, and Patricia O'Shea, PT, DPT, MSPT, with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, and learn some simple techniques you can do at home to improve your daily function and decrease your chance of falling as well as common causes of falls, including vision changes, medications, leg strength and balance.

**PLEASE
GIVE
BLOOD**

You can help save a life by giving blood at the Blood Donor Program of the University Medical Center of Princeton at Plainsboro. For hours, or to schedule your appointment, call 609.853.6870. **You can also join us at a blood drive on December 23, from 12 to 3 p.m., at the Princeton Fitness & Wellness Center, 1225 State Road, 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.

Birthing Basics

MON. November 4 – 25 (7 – 9 p.m.)

TUE. November 19 – December 10 (7 – 9 p.m.)

MON. December 9 – 30 (7 – 9 p.m.)

THU. December 19 – January 9 (7 – 9 p.m.)

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

\$125 per couple

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

Accelerated Birthing Basics

SAT. November 16 (9 a.m. – 5 p.m.)

SAT. December 14 (9 a.m. – 5 p.m.)

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

\$155 per couple

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

HypnoBirthing®

SAT. December 7 – 28

(9:30 a.m. – 12:30 p.m.)

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

\$195 per couple

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

Private childbirth and family classes are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

Sibling Class

SAT. November 9 (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 of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

SAT. November 9 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

WED. November 20 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

SAT. December 7 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)

TUE. December 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

University Medical Center of Princeton at Plainsboro – Main Lobby

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

Baby Care

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

\$50 per couple

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

Daddy Boot Camp™

SAT. December 14 (9 a.m. – 12:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$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

THU. December 12 (7 – 9 p.m.)
University Medical Center of Princeton
at Plainsboro
Education Center, First Floor
Conference Rooms A & B

\$50 per couple

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

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

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



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 crawling)

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

\$5 per session, payable at the door

No registration required.

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

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

THU. November 14 (1 – 2 p.m.)
THU. November 21 (1 – 2 p.m.)
THU. December 5 (1 – 2 p.m.)
THU. December 19 (1 – 2 p.m.)
Community Education & Outreach
at 731 Alexander Road

No registration required.

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

CPR & FIRST AID

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

ACLS Full Certification Course

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

ACLS Recertification Course

MON. November 4 (9 a.m. – 2:30 p.m.)
WED. December 4 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

PALS Recertification Course

THU. November 14 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Recertification: \$175 per person

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

BLS for Healthcare Providers

THU. November 7 (6 – 10:30 p.m.)
FRI. December 6 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. November 12 (9 a.m. – 1:30 p.m.)
WED. December 11 (6 – 10:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

TUE. November 19 (6 – 10:30 p.m.)
TUE. December 17 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$65 per person

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

Heartsaver AED

THU. November 21 (6 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road

FRI. November 8 (9 a.m. – 12:30 p.m.)
TUE. December 3 (6 – 9:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 per person

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

Family & Friends CPR

\$20 per person, per session

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

Session Times:

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

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

Session Dates:

SAT. November 9
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. December 14
Community Education & Outreach at 731 Alexander Road

Family & Friends CPR: Infant Only

TUE. November 26 (7 – 8 p.m.)
TUE. December 17 (7 – 8 p.m.)
Babies "R" Us
700 Nassau Park Boulevard, West Windsor

Pet First Aid and CPR

TUE. December 10 (6 – 9 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$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.

Pressure Ulcer Prevention When Transporting Patients

WED. November 13 (6 – 8 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

Protecting patients from additional harm is first and foremost on the minds of the EMS personnel. Splinting or backboarding a patient helps to prevent additional injuries, but what impact does it have on the patient's skin? Is there a way to help prevent skin breakdown on a patient who is on a backboard for an extended period of time? Connie Johnson, BSN, RN, WCC, LLE, DAPWC, UMCPP, Clinical Educator, Wound/Ostomy Nurse, UMCPP Skin Integrity Team, will discuss how pressure ulcers occur, how to identify patients at risk, and the risk assessment tool (Braden Scale).

EMT Refresher Class

University Medical Center of Princeton at Plainsboro
Education Center

\$40 per person, per session

Registration required; payment due at registration.

These sessions are for existing EMTs who are required to recertify.

Session C – Trauma Assessment and Management

SUN. November 17 (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 an Affiliate of Rutgers Cancer Institute of New Jersey, an accredited comprehensive community cancer program of the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award for cancer care. For further information about UMCPP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

Understanding Colorectal Cancer

Sponsored by Cancer Support Community
of Central New Jersey

TUE. November 12 (12 - 2 p.m.)

University Medical Center of Princeton at Plainsboro,
Education Center

Join us to explore the signs, symptoms, treatments and the latest updates on colorectal cancer. This informative program will be presented by Lewis D. Zinkin, MD, board certified in colon and rectal surgery and a board certified medical oncologist with the Medical Staff of Princeton HealthCare System.

Prostate Cancer Support Group

WED. November 13 (12 – 1:30 p.m.)

WED. December 11 (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.

American Cancer Society's Look Good, Feel Better

MON. November 18 (1 – 3 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Please call 1.800.227.2345 to register.
Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a makeover for the spirit.

Cancer Support Group

TUE. November 19 (1:30 – 3 p.m.)
TUE. December 17 (1:30 – 3 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

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

Breast Cancer Support Group

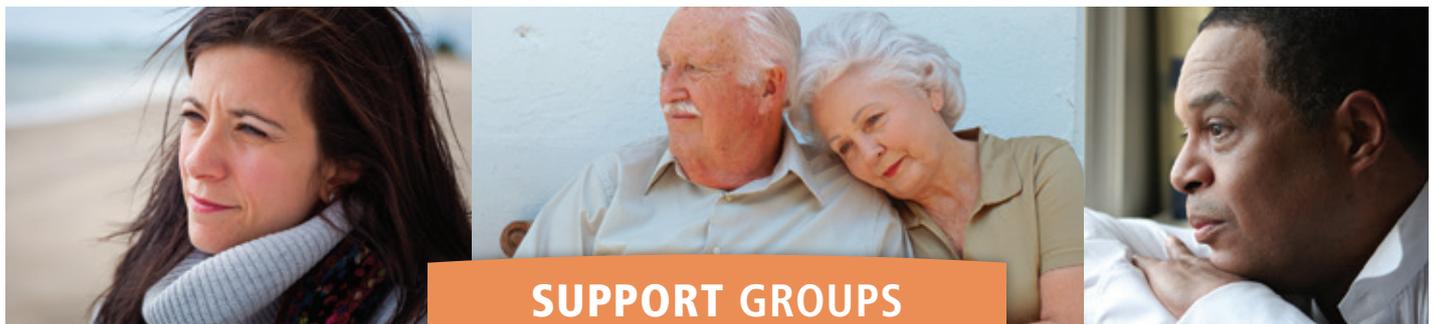
TUE. November 19 (6 – 7:30 p.m.)
TUE. December 17 (6 – 7:30 p.m.)
UMCPP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.
The group meets the third Tuesday of the month and welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, *CancerCare* of New Jersey, and a Breast Health Navigator from 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 20 (12 – 1 p.m.)
WED. December 18 (12 – 1 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

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



UNITE: Perinatal Loss Bereavement Support Group

MON. November 4 (7 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road
MON. December 2 (7 – 9 p.m.)
University Medical Center of Princeton at Plainsboro
Chapel of Light

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. For the month of December, Princeton HealthCare System invites you and your loved ones to join us for an Interfaith Candlelight Remembrance Ceremony. All are encouraged to share a poem, story or memory of your beloved baby. The monthly Unite Support Group Meeting will immediately follow the service.

Bariatric Surgery Support Group

MON. November 4 (7 – 8:30 p.m.)
MON. December 2 (7 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Classroom 1
This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include but are not limited to Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery at University Medical Center of Princeton at Plainsboro, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; and Princeton HealthCare System staff. Sponsored by Center for Bariatric Surgery at UMCPP, a Center of Excellence, and New Jersey Bariatrics.

Diabetes Support Group

WED. November 20 (2:30 – 4 p.m.)

WED. December 18 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. November 25 (6:30 – 8 p.m.)

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

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

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

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

TUE. November 19 (6:30 – 8 p.m.)

Community Education & Outreach at
731 Alexander Road

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

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



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).

News You Can Use: Specialized Care for Seniors and New Advances in Healthcare

THU. November 7 (12 – 1 p.m.)

Gardens at Monroe

189 Applegarth Road, Monroe Township

Join us for lunch and an opportunity to learn more about the local healthcare environment and the specialized services available to you. Three senior leaders of Princeton HealthCare System (PHCS)—Mark Jones, President of University Medical Center of Princeton at Plainsboro (UMCPP) and Senior Vice President, PHCS; Linda F. Sieglen, MD, MMM, Senior Vice President of Medical Affairs, PHCS; and Susan Lorenz, RN, DrNP, NEC-BD, EDAC, Vice President of Patient Care Services/Chief Nursing Officer at PHCS—will provide an overview of UMCP's first year of operation, highlight recent advancements and detail the hospital's full spectrum of senior care.

Feeling Unsteady? Improve Your Balance

FRI. November 8 (12 – 1 p.m.)

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

Join Patricia O'Shea, PT, DPT, MSPT, with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, for a discussion on the importance of balance and factors contributing to maintaining balance. Learn about strength training exercises and techniques to help improve your balance safely and effectively.

Memory, Aging and the Brain

FRI. November 8 (1 – 2:30 p.m.)

Plainsboro Recreation Center

641 Plainsboro Road, Plainsboro

If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, join a member from Princeton Medical Institute to learn about mild cognitive impairment, dementia, and Alzheimer's and also receive a memory screening. Screenings and review of the results are confidential. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

When to Call 911

THU. November 14 (10:30 – 11:30 a.m.)

Charleston Place

3424 State Route 27, Kendall Park

When an emergency strikes, you can find yourself unsure of what to do, but knowing the basics of when to call 911 can keep you focused on the task at hand. Whether it's an accidental injury or sudden chest pains, do you know when to call 911? Join Barbara Vaning, MHA, EMT Instructor, Princeton HealthCare System for this interactive and educational lecture.

A Matter of Balance

MON. & WED. November 18 – December 11 (1 p.m. – 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. 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.

Dealing with Dizziness

WED. December 18 (10:30 – 11:30 a.m.)
Hopewell Valley Senior Center
395 Reading Street, Pennington
Any number of things can cause dizziness, but when the condition begins to limit your ability to function, finding relief becomes extremely important. Linda A. Lucuski, MPT, Certified MDT, Rehab Director and Certified Vestibular Rehabilitation Specialist and Rehabilitation Coordinator with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, will discuss anatomy and physiology of the inner ear; causes of dizziness, vertigo and loss of balance; vestibular rehabilitation as well as exercises.

ONLINE SEMINARS

www.ustream.tv/princetonhealth

PHCS hosts monthly live web chats, and you're invited. To participate, go to our UStream Channel at www.ustream.tv/princetonhealth on your computer, tablet, or smartphone on the day of the seminar. Pre-register either by calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar. All those who pre-register for an online seminar will be entered to win one of several gift cards that will be awarded immediately following the web chat. Must be present to win.



Heel and Ankle Pain

November 7 at 12 p.m.
Panagiotis Panagakos, DPM, board certified podiatrist



Reclaim Your Life: All About Hip Replacement

November 14 at 12 p.m.
W. Thomas Gutowski, MD, FAAOS, board certified in orthopaedic sports medicine and orthopaedic surgery



Reclaim Your Life: All About Knee Replacement

November 18 at 7 p.m.
Harvey E. Smires, MD, board certified orthopedic surgeon



Understanding Behaviors in Individuals With Memory Loss

December 2 at 12 p.m.
Jeffrey T. Apter, MD, board certified psychiatrist



Pain in the Neck: Why Do I Need an MRI?

December 19 at 7 p.m.
Gerard A. Compito, MD, specializing in interventional radiology and board certified in neuroradiology and radiology

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

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

 Princeton HealthCare System
Community Education & Outreach



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



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



University Medical Center of Princeton at Plainsboro
One Plainsboro Road, Plainsboro



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

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



Gynecologic Cancer Specialists Now Treating Patients at UMCPP

University Medical Center of Princeton at Plainsboro (UMCPP) has added gynecologic oncology to its nationally recognized cancer services, providing patients greater access to outstanding care close to home.



Through a partnership with Cooper University Health Care, gynecologic oncologists perform procedures in UMCPP's state-of-the-art surgical facilities and see patients in the Medical Arts Pavilion weekly.

The primary physicians caring for patients at UMCPP are James K. Aikins Jr., *(pictured left)*, MD, FACOG, FACS, Director of Research for Cooper's Division of Gynecologic Oncology and Gynecologic Oncology Fellowship Program, and David P. Warshal, *(pictured left, below)*, MD, FACOG, Director of the Gynecologic Cancer Center at the Cooper Cancer Institute, Vice Chief of the Department of Obstetrics and Gynecology, and Head of the Division of Gynecologic Oncology at Cooper. Both are board certified in gynecologic oncology and provide a broad range of treatment therapies and minimally invasive surgical procedures.



"This is an exciting collaboration that enhances our exceptional cancer program," says Judy Neuman, CTR, Director Cancer Services at UMCPP. "The gynecologic oncologists seeing patients at UMCPP have a well-deserved reputation for delivering state-of-the-art treatment."

UMCPP, home to the Edward & Marie Matthews Center for Cancer Care, is a University Hospital Affiliate of Rutgers Robert Wood Johnson Medical School, a Clinical Research Affiliate of Rutgers Cancer Institute of New Jersey, an accredited oncology-teaching program of the American College of Surgeons Commission on Cancer (CoC) and recipient of the CoC's Outstanding Achievement Award.

For more information or for assistance finding a physician specializing in gynecologic oncology, call 1.888.PHCS4YOU (1.888.742.7496).

Cancer and Genetics: What Men and Women Need to Know

Many forms of cancer tend to run in families. For both women and men, knowing when to seek genetic testing may lead to earlier intervention in, or even prevention of, a cancer diagnosis.

Stopping Breast Cancer Before It Strikes

Ten percent of breast cancer diagnoses involve gene mutations, which can be detected with a simple blood test.

“Knowing if you have a genetic mutation, and therefore have a higher risk of breast and ovarian cancer, means you can be more aggressive in preventing the disease,” says Doreen Babott, (pictured left), MD, board certified in medical oncology, hematology and internal medicine, and a member of the Medical Staff of University Medical Center of Princeton at Plainsboro (UMCPP).



Women who find they are genetically predisposed have several options. Protective surgery, like the double mastectomy Angelina Jolie underwent, is one possibility. Hormonal therapy is another.

“Frequent screenings, including monthly self-exams, annual breast exams, and digital mammograms as often as twice a year, are essential for high-risk women,” says Dr. Babott. “An annual MRI, and in some cases an ultrasound, means breast changes can be quickly identified.”

Women with a family history of breast cancer before age 50 and women with both breast and ovarian cancer in their families are more likely to have gene mutations, as are Eastern European Jews and African Americans who have a family member diagnosed with breast cancer at the age of 35 or younger.

Genetic counseling and testing services are available through The Rutgers Cancer Institute of New Jersey LIFE Center in New Brunswick for breast, ovarian, colon and uterine cancers.



Genetics Make Men More Vulnerable to Cancer

Studies show that men are far more likely to die from all forms of cancer than women.

“Although we may not understand exactly why men have a harder time

surviving cancer, the message is clear: While early detection and prompt treatment is extremely important for both sexes, it is absolutely essential for men,” says David B. Sokol, (pictured right), MD, board certified in medical oncology, hematology, and internal medicine, and a member of the Medical Staff of University Medical Center of Princeton at Plainsboro.



One in six men will be diagnosed with prostate cancer over the course of his lifetime. But when caught early, the disease is highly treatable. The American Urologic Association (AUA) now suggests that men between the ages of 55 and 69 get screened annually, unless other factors suggest a higher risk. Knowing your family history and any other risk factors will help you to know when or if screening is right for you.

Men should also pay attention to any unexplainable physical changes they may be experiencing, recommends Dr. Sokol, from a decline in energy or a shift in appetite to new aches and pains. Listening to your body and sharing even small changes and concerns with your physician will help him or her develop a clearer understanding of your medical condition and determine whether screening tests or follow-up treatment is warranted.

To schedule an appointment or for more information about genetic testing, call the UMCPP’s Breast Health Center at 609.688.2710.

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



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[@princetonhealth](https://twitter.com/princetonhealth)



Visit our website
www.princetonhcs.org

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

NONPROFIT
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POSTAGE
PAID
UMCP

The Annual Fund: Giving for the Community

The Annual Fund is an expression of community in which individuals illustrate the power of many.

Every donor and *every* gift make a difference to our HealthCare System. Particularly helpful are unrestricted gifts to the Annual Fund, which supports the areas of greatest need.

In the first three quarters of 2013, our community has donated nearly \$1.2 million to the Princeton HealthCare System Annual Fund. We are almost to our goal of \$1.8 million, and with your help we can make it! Already more than 1,000 of your neighbors have reached into their pockets to contribute to the one organization that is there for you every day. They have enhanced technology and knowledge, and they have helped those less fortunate, thereby contributing to the health and well-being of the community as a whole.

We encourage you to join this group of philanthropists by calling Alison Lauck, Manager of Annual Giving, at 609.252.8719 or donate online at www.princetonhcs.org/giving.



Use your smart phone to visit the Princeton HealthCare System Foundation website.



We are proud to be a part of extraordinary care. Here's what some of our patients have said:

"Our RN was compassionate and professional in a difficult situation."

"Thanks to everyone for the great experience in the new Medical Center. The nursing staff was great over the three-day stay here. Even the food was good—and that is saying a lot for hospital food."

"Our RN was very nice and went above and beyond her job duties."