

# Princeton Health



## Edie Pannone Overcame Diabetes with Bariatric Surgery

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- Ease Your Aching Back
- Top-rated, Personal Maternity Care
- Princeton House Helps Men Cope With Trauma

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Princeton HealthCare System

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

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T: 662.513.0159

# Curing Diabetes: Is Metabolic Surgery Right for You?

Edie Pannone used to avoid having her photograph taken with her two children, Kristi and Jessi. Dangerously obese, a condition that led to her developing diabetes, she was always tired and struggled to keep up with work and family demands.



“I travel a lot with my job, and it was tiring just getting in and out of the car,” recalls Pannone, of New Egypt.



She had no success losing weight with dieting and lifestyle changes, and by early 2014 she was taking three oral medications, plus insulin, and worried diabetes was putting her at risk for vision and other health problems. In March, Pannone decided to pursue weight loss surgery with Lisa Dobruskin, MD, FACS, (pictured left) Co-Director of Metabolic and Bariatric Surgery at University Medical Center of Princeton (UMCP).

## Metabolic and Bariatric Surgery

While bariatric surgery, now also known as metabolic surgery, has long been proven to help people lose considerable amounts of weight, more and more studies are showing it is also an effective way to treat obesity-related diseases, including diabetes, high blood pressure, high blood cholesterol and obstructive sleep apnea.

“Because of the surgery’s impact on these metabolic disorders, we have

moved in recent years to referring to it as metabolic and bariatric surgery,” says Dr. Dobruskin, who is board certified in general surgery and fellowship trained. “Our hope is this new focus will appeal to more patients, especially men, who often have more severe obesity-related diseases but are less likely than women to pursue treatment.”

Patients qualify for bariatric and metabolic surgery based on their body mass index, or BMI, as well as any obesity-related health conditions. UMCP offers a comprehensive program to help patients achieve sustained weight loss, with surgical options that include gastric sleeve, gastric bypass and adjustable gastric banding. Most insurance companies, including Medicare, cover all three procedures for patients who qualify.

The Center for Bariatric Surgery at University Medical Center of Princeton (UMCP) has been accredited as Comprehensive by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, a joint program of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.

(continues on page 3)

# UMCP Earns Hospital Recognition Award

The safety and quality of care at University Medical Center of Princeton (UMCP) has earned a recognition award from Horizon Blue Cross and Blue Shield of New Jersey (BCBSNJ) for the fourth consecutive year.



The \$234,700 Hospital Recognition Award was presented recently to Barry S. Rabner, President and CEO of Princeton HealthCare System, which includes UMCP.

“This recognition demonstrates our organizational commitment to exceptional patient care,” says Rabner. “It is the talent and passion of our dedicated physicians, nurses and staff members that makes great results possible. That passion is reflected in the outstanding quality of care we provide and also in our patient satisfaction results, which are among the highest in the country for inpatient services.”

Horizon BCBSNJ’s recognition awards reflect hospital performance on surveys by The Leapfrog Group, a Washington, DC-based coalition working to improve the safety, quality and affordability of healthcare.

Earlier this year, UMCP received an “A” grade in The Leapfrog Group’s most recent bi-annual Hospital Safety Score, which is based on data related to preventable errors, injuries, accidents and infections. UMCP has consistently earned an “A” since the grading began in the spring of 2012.

**Horizon Blue Cross Blue Shield of New Jersey (BCBSNJ) presents its Hospital Recognition Award to University Medical Center of Princeton.**

*Pictured, left to right: Kathleen Ryan, Director of Nursing and Peri-operative Services, Princeton HealthCare System (PHCS); Jill Van Rooyen, Horizon BCBSNJ Network Hospital Specialist; Michelle Merchant, Manager, Horizon BCBSNJ Network Relations; Barry S. Rabner, PHCS President and CEO; James Albano, Vice President of Network Management and Horizon Healthcare Innovations, Horizon BCBSNJ; Dr. Steven Peskin, Senior Medical Director Clinical Innovations, Horizon Healthcare Innovations, Horizon BCBSNJ; and Dr. Eliane Schwartz, Horizon BCBSNJ Medical Director.*

*Curing Diabetes: Is Metabolic Surgery Right for You? (continued from page 2)*

## Feeling Stronger, Healthier

Pannone chose sleeve gastrectomy, a minimally invasive procedure intended to reduce the amount of food a person can eat, as well as his or her desire to eat.

“Sleeve gastrectomy or ‘gastric sleeve’ is the most common procedure performed for weight loss today,” says Dr. Dobruskin. “It reduces the size of the stomach to less than one-third of its original size and also reduces the level of ghrelin, a hormone that stimulates hunger.”

Pannone was back to normal activities within a month. Within the first three months she lost 70 pounds and her diabetes began to improve. She now sleeps better, has tremendous energy and has the stamina to interact more with her children.

“I am done with diabetes medications,” she says. “I even posed for photographs for my daughter’s prom.”



To find a bariatric surgeon on staff at Princeton HealthCare System, please call 1800.FINDADR (1.800.346.3237).

See page 8 for an upcoming program on bariatric and metabolic surgery.

# Oh My Aching Back!

## Physical Therapy May Ease Your Pain

If your back is aching as you read this, you're not alone. According to the National Institutes of Health, eight out of 10 people will experience lower back pain at some point in their lifetime, and for many it's a chronic condition.

A sedentary lifestyle often causes back problems. In addition, most people are in the habit of moving quickly rather than correctly; bending from the waist, for example, instead of the legs.

"Most of us spend a great deal of time sitting, and too much sitting can lead to poor posture, tighten muscles and significantly increase the load placed on the soft, fluid-filled discs between vertebrae," says Sunita Mani, PT, DPT, MBA, Director of the Krogh Outpatient Rehabilitation Facility at University Medical Center of Princeton (UMCP).

### Individualized Treatment

Physical therapy is generally the first step to treat lower back pain. "Of all available treatments, including medication, injections and surgery, it is the most conservative and least invasive," says Mani.

Because back pain can stem from a variety of causes—including injury and poor posture—physical therapy at the UMCP Outpatient Rehabilitation Network begins with a thorough evaluation of posture, movement, range of motion, muscle strength and flexibility. An individualized physical therapy program is then developed to strengthen and retrain muscles, improve posture and increase flexibility.

If the problem is postural, for example, the focus will include the correct way to sit and stand, as well as exercises to strengthen the muscles that control posture. If a disc issue is causing pain that radiates into the buttocks or legs, the focus will be on stretches and postures to decrease compression on the affected nerve and help reduce disc inflammation.

A physical therapist may also perform manual therapy, a skilled process of hands-on therapy that places pressure on your spine to increase mobility and range of motion.

"Our goal," says Mani, "is to make you not need us anymore."

For more information about the Outpatient Rehabilitation Network, call 609.853.7840 or visit [www.princetonhcs.org](http://www.princetonhcs.org).



### Continuing the Work at Home

After completing physical therapy, patients are given a home exercise program to help ward off back pain flare-ups and retain muscle flexibility and strength. But developing a routine without professional guidance can make matters worse.

"We could both have pain in the lower back, but the stretches that benefit you could be bad for me," says Mani.

**Pictured above:** Sunita Mani, PT, DPT, MBA, Director of the Krogh Outpatient Rehabilitation Facility, provides therapy to relieve back pain.

See page 10 for a related program on back pain prevention and rehabilitation.

# Baby On the Way?

## Here's Why Families Choose UMCP

At least five babies are born on an average day in the Center for Maternal & Newborn Care at University Medical Center of Princeton (UMCP).



Yet, UMCP's commitment to supporting healthy moms and babies begins long before and continues long after families experience this special day.

UMCP's board certified OB/GYNs work in partnership to provide exceptional care with experts from The Children's Hospital of Philadelphia (CHOP) and Penn Maternal Fetal Medicine, a program of PennMedicine/the Hospital of the University of Pennsylvania. In addition, specially trained maternity nurses work with families to ensure a safe hospital stay and a smooth transition back home.



"We've developed a comprehensive program to help women and their families feel confident and comfortable, from pre-conception planning to learning how to care for their newborns at home," says Alan Friedman, MD, FACOG, (pictured left) board certified

OB/GYN and Chairman of Obstetrics and Gynecology at UMCP. "We offer this high level of care in a truly state-of-the-art labor suite, equipped with advanced technology and comfortable spaces for family members."

### A Team of Experts

UMCP's staff includes more than 20 locally based OB/GYNs as well as experienced anesthesiologists, midwives and nurses who provide exceptional care throughout pregnancy, labor and delivery. They collaborate with specialists in programs including:

- **CHOP Neonatal Care at UMCP.** Neonatology-trained nurses and board certified CHOP neonatologists and pediatric hospitalists are on duty 24/7 to care for infants and to attend high-risk deliveries. They work closely with your personal pediatrician.

- **Penn Maternal Fetal Medicine at UMCP.** Moms-to-be can receive care throughout their pregnancies from experts in high-risk obstetrics, fetal evaluation and antepartum testing. The program's offices are conveniently located in the Medical Arts Pavilion adjacent to UMCP.

Nurse midwife services are available for those who embrace the philosophies of this model of care. Home care, an option to ease the transition from hospital to home, can be arranged through Princeton HomeCare.

Women who deliver at UMCP can also benefit from the expertise of nurses with specialized maternity training and lactation consultants with Princeton HealthCare System's Community Education & Outreach program. They can provide hands-on training with everything from car seat installation to caring for a baby's everyday needs.

### A Safe, Comfortable Environment

The Center for Maternal & Newborn Care offers private delivery and recovery suites that feature private baths, hotel-like amenities, accommodations for family members who wish to spend the night and beautiful views from top-floor suites.

The Center includes two fully equipped operating rooms dedicated solely for patients needing Cesarean sections. It is also equipped with whirlpool air-flow tub rooms that are designed to ease back pain during labor.

For more information on the new Center for Maternal & Newborn Care at UMCP, or for assistance finding an obstetrician/gynecologist or certified nurse midwife affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).

# Birth Control: Many Options for a Personalized Choice



Choosing a method of birth control is a highly personal decision. With more and more options available, most women should be able to work with their doctor to find a safe and effective choice to suit their needs, says Sejal Amin, MD, (*pictured left*) an OB/GYN on staff at Princeton HealthCare System.

In recent years, advances in intrauterine devices, or IUDs, have given women a more reliable option for long-term contraception than traditional birth control pills. At the same time, new minimally invasive techniques are providing alternatives for permanent contraception.

“Each method comes with its own benefits and its own considerations. We have to find what’s right for each individual,” Dr. Amin says. “We have to consider issues ranging from a women’s age and overall health to her personal beliefs and family desires.”

## Alternatives to Pills

Traditional birth control pills, which use the hormones estrogen and progestin to prevent pregnancy, are the most commonly known method of female birth control. While they are effective, women have to remember to take them every day.

Dr. Amin says newer methods have proven more effective because they eliminate the possibility of patient error. They include:

**Birth control implants.** An implant is a matchstick-sized rod inserted in the arm that prevents pregnancy by releasing progestin into the body. The procedure is done in a physician’s office and can last up to three years.

**Copper IUDs.** An IUD is a small, T-shaped device inserted in the uterus during a minor office procedure, comparable to a Pap smear. Copper creates a spermicidal uterine environment that prevents fertilization. The implantation can last up to 10 years.

**Hormonal IUDs.** Implanted using the same procedure, hormonal IUDs release progestin rather than copper, and can last up to five years. The newest IUD is smaller, emits a lower dose of hormones and lasts three years.

“With implants and IUDs, a woman doesn’t have to think about birth control every day,” Dr. Amin says. “It’s also a concealed method of birth control for a woman who wants to keep her decision to herself.”

## A Surgical Solution

For women who are 100 percent sure they no longer want to have children, surgical sterilization can be an option. The traditional procedure, called tubal ligation, involves either sealing the fallopian tubes or removing a small segment of the tubes. Both procedures involve minimally invasive techniques with tiny incisions. Doctors at University Medical Center of Princeton (UMCP) are also performing a procedure where tiny coils are inserted to block the fallopian tubes. The same-day procedure requires no incisions and has a shorter recovery period than tubal ligation.

To find an OB/GYN affiliated with UMCP, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## ONLINE SEMINAR

**December 8 at 12 p.m.**

Live web chat with Sejal Amin, MD, FACOG, board certified OB/GYN.

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

See page 18 for more details.

# Community Focus

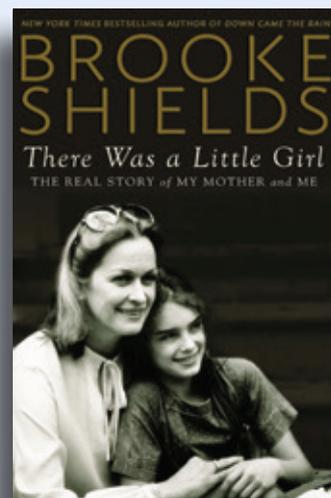


## PHCS Welcomes Brooke Shields

Princeton HealthCare System welcomes award-winning actress and bestselling author Brooke Shields to discuss her latest book, *There Was a Little Girl: The Real Story of My Mother and Me*. In her new memoir, the *New York Times* bestselling author of *Down Came the Rain*, explores her relationship with her unforgettable mother, Teri.

Brooke Shields never had what could be considered an ordinary life. Raised by her Newark-tough single mother, at the age of 11 months she became a model, the start of a career that made her the most famous child, and then teen, of her generation. Her mother's skills as both parent and manager were formidable. On set, she fiercely protected her daughter from the temptations that waylaid many child stars. In fact, her actions often made her a media sensation in her own right. But in private, she was troubled and drank so much that at 13 her daughter staged an intervention.

As the actress grew into adulthood, the pair made choices and sacrifices that would affect their relationship forever. But when her mother died in 2012, Shields was by her side, loving and conflicted to the end. Only she knows the truth of the remarkable, difficult, scarred, and complicated woman who was her mother. And now, she's sharing that story with the world.



**December 4, 2014 – 7 p.m.**  
**The Hyatt Regency, Princeton**

Registration is \$40 per person until October 31, and beginning November 1 is \$45 per person. Cost includes a copy of Shields' new book, desserts, coffee and tea.

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



## CURRENT PROGRAMS

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

### Safe Sitter

THU. & FRI. November 6 & 7 (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. The Safe Sitter instruction focuses on a variety of essential babysitting knowledge, including safe and nurturing childcare techniques, basic first aid and rescue skills. Participants should bring their own lunch.

### KCCP Panel Discussion and Dinner

SAT. November 8 (3 – 6 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center

Please call 609.915.4795 to register in Korean or call 1.888.897.8979 to register in English.

Princeton HealthCare System and the Korean Community Center of Greater Princeton (KCCP) invite you to join us for an informative bilingual panel discussion addressing the health needs of the Korean community. Slides will be presented in Korean, and a question-and-answer session will be followed by a Korean buffet dinner. The panel will include members of the Medical Staff of Princeton HealthCare System.

### Is Your Back Holding You Back?

THU. November 20 (10 - 11 a.m.)  
University Medical Center of Princeton  
Ground Floor, Conference Room A

Persistent back pain affects millions of Americans each year and is one of the most common reasons people visit their doctor and lose time at work. Join Sunita Mani, PT, DPT, MBA, Director of Outpatient Rehabilitation, UMCP Outpatient Rehabilitation Network's Plainsboro Location, for this educational program on common causes, prevention and rehabilitation of low back pain.

### Homecare Options

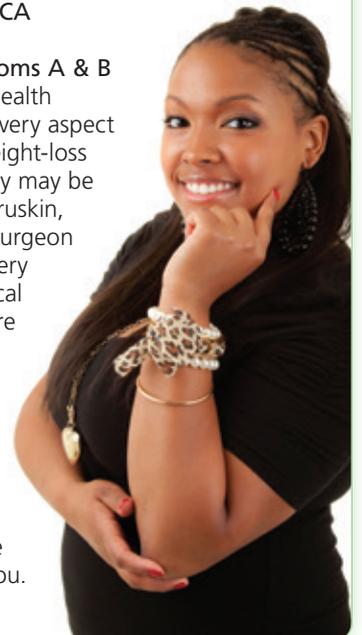
THU. November 13 (1 – 2:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

Many people face the dilemma of caring for their aging parents while working and raising a family of their own. In recognition of National Caregiver's Month, join Janice Love, RN, MPH, Nurse Manager, Princeton Caregivers, for this helpful program to learn about homecare services covered by insurance and Medicare, the types of homecare professionals available, and choosing a private-pay company and a quality homecare company.

### Weight Loss Surgery: Is It Right for You?

WED. November 19 (6 – 6:30 p.m.)  
WED. December 17 (6 – 6:30 p.m.)  
Community Education & Outreach  
at the Hamilton Area YMCA  
John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

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



Join Princeton HealthCare System for one or more of the following diabetes programs during American Diabetes Month this November. Programs will be led by registered dietitian Sandra Byer-Lubin, MS, RD, CDE, and Nancy Rhodes, MA, RN, CDE, both Certified Diabetes Educators with University Medical Center of Princeton's Diabetes Management Program. For more information about the services offered by the Diabetes Management Program, please call 609.853.7890.



### **Diabetes and Pre-Diabetes: Are You at Risk?**

THU. November 6 (6:30 – 8:30 p.m.)  
Plainsboro Library  
9 Van Doren Street, Plainsboro

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Learn more about lowering your risk of developing pre-diabetes and type 2 diabetes, reducing complications if you are diagnosed with diabetes and how to incorporate low-glycemic index foods into your diet.

### **Diabetes: Healthy Holiday Eating and Stress Reduction**

MON. November 10 (2 – 3:30 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center  
Conference Rooms A & B

With the holidays fast approaching, there is no better time to learn strategies for healthy holiday eating and stress management while living with diabetes. An opportunity for open discussion will be available at the end of this program.

### **Coping with Diabetes and Portion Distortion**

THU. November 13 (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. Living with diabetes or pre-diabetes can be a daily challenge. Attend this educational program and learn coping techniques to deal with the stress and emotional aspects of living with a chronic disease, as well as how to recognize portion distortion and read food labels correctly.

### **Focus on Diabetes: Turn Over a New Leaf with Healthy Eating Habits**

TUE. December 2 (12 – 1:30 p.m.)  
Princeton Fitness & Wellness Center  
1225 State Road, Princeton

Join us for this informative program and learn how to better manage your diabetes throughout the holiday season, including how to avoid weight gain, manage the stress of holiday preparations and control your blood sugar. Plus, discover some tasty, diabetes-friendly recipes you can incorporate into your diet.

Be sure to join us for a free glucose screening on November 11 from 8 a.m. to 12 p.m. at Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Lobby. Information on managing your risk for diabetes will be provided, and results will be given on the spot.

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

FRI. November 14 (2 – 3 p.m.)  
West Windsor Library  
333 North Post Road, West Windsor

Register through the library or Princeton HealthCare System's Community Education & Outreach Program. Discover what you can do to lower your risk for stroke at this invaluable program led by Nicole A. Kuczinski, RN, former Stroke Coordinator with University Medical Center of Princeton (UMCP). Learn the early warning signs of a stroke, when to seek medical attention, and prevention methods. UMCP is a state-designated Primary Stroke Center.

### **Put on Your Thinking Cap: Memory Screening**

TUE. November 18 (6:30 – 8:30 p.m.)  
Robbinsville Library  
42 Allentown-Robbinsville Road Robbinsville

Please call the library at 609.259.2150 to make an appointment.

Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions. The screening and review of the results are both 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.

## Fix Your Sights on Better Vision

TUE. November 18 (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.

You don't have to live with decreased vision due to aging. Many age-related vision conditions can be treated and either corrected or controlled. Join Colleen Coleman, MD, board certified in ophthalmology and a member of the Medical Staff of Princeton HealthCare System, to learn about the age-related vision changes that could be affecting your quality of life. Dr. Coleman will discuss refractive cataract surgery, glaucoma prevention and macular degeneration prevention.

## Memory Loss: A Natural Part of Aging?

THU. November 20 (7 – 8:30 p.m.)

Lawrenceville Library  
2751 Brunswick Pike, Lawrenceville

Registration preferred. Please call the library at 609.989.6920 to register.

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it's time to learn the facts. Early detection, diagnosis and intervention provide the best opportunities for treatment, support and planning for the future. Join Paula Amerman, RN, MSN, MA, Director of Clinical Operations at Global Medical Institutes in Princeton, for this educational program on aging and brain function.

## AARP Smart Driver™

MON. & TUE. November 17 & 18 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

\$15 for AARP members. \$20 for non-members. Payable at the door, cash or check. Check should be made payable to AARP.

The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks and blind spots; and how to safely use anti-lock brakes and safety belts. 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. This course will be presented by an AARP instructor.

## Oh, My Aching Back

TUE. December 9 (12 – 1 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

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

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

## GERD: The Burning Question

WED. December 10 (10:30 – 11:30 a.m.)

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

Approximately 60 million Americans experience heartburn and acid reflux at least once a month. Aaron M. Bellows, MD, specializing in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will discuss the causes of gastroesophageal reflux disease (GERD), treatment options, and Barrett's esophagus, a complication of chronic acid reflux that can lead to esophageal cancer.

## Self-defense for Women: Empower Yourself with a New Sense of Awareness and Confidence!

TUE. & WED. December 2, 3, 9 & 10 (6 – 9 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

\$60 per person.

R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including awareness, recognition and avoidance, physical defense techniques, and positive visualization techniques. Techniques are simple, practical and effective — designed for every woman regardless of physical fitness. This course is open to women of all ages. Dress in sneakers and comfortable clothing. No prior experience is necessary.

University Medical Center of Princeton (UMCP) is designated as an official Certified Application Counselor (CAC) organization. If you need assistance with reviewing your health insurance options and enrolling in a new plan through the Health Insurance Marketplace, call 1.888.897.8979 and speak to one of our Certified Application Counselors from the Community Education & Outreach Program.



## PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family health. Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register.

### Sibling Class

SAT. November 8 (10 – 11:30 a.m.)  
University Medical Center of Princeton – Main Lobby

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children 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 8 (12 – 1 p.m. or 1:30 – 2:30 p.m.)  
THU. November 13 (6 – 7 p.m. or 7:30 – 8:30 p.m.)  
SAT. November 22 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)  
SAT. December 13 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)  
WED. December 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

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

### Daddy Boot Camp™

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

\$35 per person

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

### Prenatal Breastfeeding Class

THU. November 6 (7 – 9 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center  
Classrooms 1, 2 & 3

MON. December 1 (7 – 9 p.m.)  
Comp OB/GYN Care of Princeton  
One Union Street, Suite 106, Robbinsville

\$50 per couple

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

### Baby Care

WED. December 10 (7 – 9:30 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center  
Classrooms 1, 2 & 3

\$50 per couple

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

### Car Seat Safety Checks

Call **1.888.897.8979** for an appointment and locations.

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

## 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

TUE. November 11 – December 2 (7 – 9 p.m.)  
MON. November 24 – December 15 (7 – 9 p.m.)  
TUE. December 23 – January 13 (7 – 9 p.m.)  
University Medical Center of Princeton – Ground Floor, Education Center

**\$125 per couple**

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

### Accelerated Birthing Basics

SAT. November 22 (9 a.m. – 5 p.m.)  
SAT. December 20 (9 a.m. – 5 p.m.)  
University Medical Center of Princeton  
Ground Floor, Education Center, Conference Room E

**\$155 per couple**

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

### HypnoBirthing®

SAT. November 15 – December 13  
(9:30 a.m. – 12 p.m.)  
Community Education & Outreach at the  
Hamilton Area YMCA John K. Rafferty Branch  
Suite 100, Conference Rooms A & B

**\$195 per couple**

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



## CHILDBIRTH & FAMILY

### POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

#### Bright Beginnings (birth to crawling)

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

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

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

#### Breastfeeding Support Group

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

**No registration required.**

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

#### Postpartum Adjustment Support Group

THU. November 13 (1 – 2 p.m.)  
THU. December 4 (1 – 2 p.m.)  
THU. December 18 (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 encouraged to bring their infants.



## CPR & FIRST AID

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

### ACLS Full Certification Course

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

### ACLS Recertification Course

TUE. November 4 (9 a.m. – 2:30 p.m.)  
 THU. 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. This course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

### PALS Full Certification Course

MON. & TUE. December 8 & 9 (9 a.m. – 3:30 p.m.)  
 Community Education & Outreach at 731 Alexander Road

### PALS Recertification Course

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

Full: \$250 per person

Recertification: \$175 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management 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 6 (6 – 10:30 p.m.)  
 TUE. December 2 (9 a.m. – 1:30 p.m.)  
 Community Education & Outreach at 731 Alexander Road

WED. November 12 (9 a.m. – 1:30 p.m.)  
 THU. 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

FRI. November 21 (6 – 10:30 p.m.)  
 FRI. December 19 (9 a.m. – 1:30 p.m.)  
 Princeton Fitness & Wellness Center  
 1225 State Road, Princeton

\$65 per person

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

### Heartsaver AED

WED. November 19 (6 – 9:30 p.m.)  
 Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

TUE. December 16 (6 – 9:30 p.m.)  
 Community Education & Outreach at 731 Alexander Road

\$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.

*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.*

## Family & Friends CPR

\$25 per person, per session

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

### Session Times:

Infant CPR\* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

### Session Dates:

SAT. November 8

Community Education & Outreach

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

SAT. December 13

Community Education & Outreach at 731 Alexander Road

## Pet First Aid and CPR

TUE. November 25 (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 are similar for most pets. Participants will receive a course completion certificate.



## EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

## NJ Transit Emergency Response Procedures: Rail Safety

WED. November 12 (6 – 9 p.m.)

Princeton Fitness & Wellness Center  
1225 State Road, Princeton

This is a pre-approved elective class for three CEUs conducted by NJ TRANSIT. The objective of this training is to provide all first responders with a basic overview of NJ TRANSIT's Emergency Response Guidelines. Training includes a video of an actual passenger train emergency and a full response by Emergency Services, as well as an Emergency Response Guidelines PowerPoint presentation covering the following subjects:

- A brief history of NJ TRANSIT
- A system map of NJ TRANSIT
- Safety awareness
- Railroad response agencies
- NIMS-ICS table
- Train crews
- From the ground up familiarization
- Tracks
- NJ TRANSIT—tunnel hazards

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

## EMT Refresher Class

University Medical Center of Princeton—Education Center

\$50 per person, per session

Registration required; payment due at registration. These sessions are for existing EMTs who are required to recertify.

## EMT Refresher Class: Section A—Airway Assessment and Management

SUN. December 7 (8 a.m. – 5 p.m.)

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

## EMT Refresher Class: Section B—Medical Assessment and Management

SAT. December 13 (8 a.m. – 5 p.m.)

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

## EMT Refresher Class: Section C—Trauma Assessment and Management

SUN. December 14 (8 a.m. – 5 p.m.)

Students will review immobilization techniques, splinting and wound care.



## CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar). University Medical Center of Princeton is 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). For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call **609.853.6780**.

### Prostate Cancer Support Group

WED. November 12 (12 – 1:30 p.m.)  
 WED. December 10 (12 – 1:30 p.m.)  
 University Medical Center of Princeton  
 Edward & Marie Matthews Center for Cancer Care  
 Education Conference Room

Registration preferred. Walk-ins welcome.

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

### Cancer Support Group

TUE. November 18 (1:30 – 3 p.m.)  
 TUE. December 16 (1:30 – 3 p.m.)  
 Monroe Township Senior Center  
 12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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

### Breast Cancer Support Group

TUE. November 18 (6 – 7:30 p.m.)  
 TUE. December 16 (6 – 7:30 p.m.)  
 UMCP Breast Health Center  
 East Windsor Medical Commons 2  
 300B Princeton-Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the third Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a Breast Health Navigator from UMCP's Breast Health Center.

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

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

Registration preferred. Walk-ins welcome.

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

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

MON. November 17 (1 – 3 p.m.)  
 University Medical Center of Princeton  
 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.



## SUPPORT GROUPS

### **UNITE: Perinatal Loss Bereavement Support Group**

MON. November 3 (7 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

MON. December 1 (7 – 9 p.m.)

University Medical Center of Princeton—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, join us for an Interfaith Candlelight Remembrance Ceremony. All are encouraged to share a poem, story or memory of their beloved baby. The monthly Unite Support Group Meeting will immediately follow the service.

### **Bariatric Surgery Support Group**

MON. November 3 (7 – 8:30 p.m.)

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

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

### **Diabetes Support Group**

WED. November 19 (2:30 – 4 p.m.)

WED. December 17 (2:30 – 4 p.m.)

Monroe Township Senior Center  
12 Halsey Reed Road, Monroe Township

MON. November 24 (6:30 – 8 p.m.)

University Medical Center of Princeton  
First Floor, Diabetes Management Program

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

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

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

TUE. November 18 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

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

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and a member of the Medical Staff of University Medical Center of Princeton's George & Estelle Sands Center for Cardiac & Pulmonary Care.

### **Hospice Program of Princeton HomeCare Bereavement Support Groups**

MON. November 17 (1 – 2:30 p.m.)

MON. December 15 (1 – 2:30 p.m.)

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

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

This group meets the third Monday of the month and welcomes individuals who need support in coping with grief and loss.

THU. October 30, November 6, 13, 20, December 4 & 11  
Afternoon Session: 1 – 2:30 p.m.

Evening Session: 6 – 7:30 p.m.

University Medical Center of Princeton  
Ground Floor, Family Respite Room

Please call 609.819.1226 to register.

This 6-week series offers individuals and family members information, education and support in learning to cope with grief and loss. Meet other support group members and share insights, experiences, strengths and hopes.

*Both support groups are led by chaplains and licensed clinical social workers.*

### **Weight-loss Surgery Support Group**

WED. November 19 (6:30 – 7:30 p.m.)

WED. December 17 (6:30 – 7:30 p.m.)

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

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



## EVENTS FOR SENIORS

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

### Put on Your Thinking Cap: Memory Screening

THU. November 13 (10 a.m. – 1 p.m.)  
 South Brunswick Senior Center  
 540 Ridge Road, Monmouth Junction

Registration required, please call 732.329.3000 ext. 7675. Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions. The screening and review of the results are both 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.

### Fun with the Pharmacist: Game Show and Brown Bag Session with the Pharmacist

FRI. November 14 (1 – 2:30 p.m.)  
 Plainsboro Recreation & Cultural Center  
 641 Plainsboro Road, Plainsboro

Test your medication “IQ” with the Pharmacy Game Show and get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. Timothy Reilly, PharmD, BCPS, a Clinical Pharmacist with Princeton HealthCare System and Clinical Assistant Professor at the Ernest Mario School of Pharmacy, Rutgers—The State University of New Jersey, will present this program.

### Reclaim Your Life: All About Joint Replacement

WED. November 12 (10:30 – 11:30 a.m.)  
 West Windsor Senior Center  
 271 Clarksville Road  
 Princeton Junction

Every year thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Brian M. Vannozzi, MD, orthopedic surgeon with Princeton HealthCare System, and Victoria Ribsam, RN, BSN, ONC, Orthopedic Patient Navigator, for a discussion on how to know when it’s time for a joint replacement, what is involved and the services available at University Medical Center of Princeton, including the Jim Craigie Center for Joint Replacement. Dr. Vannozzi is a member of the Medical Staff of Princeton HealthCare System.

### Keeping Bones Healthy As You Age

WED. December 17 (10:30 – 11:30 a.m.)  
 Hopewell Senior Center  
 395 Reading Road, Pennington

As we age, we begin to lose bone mass and are at risk for developing osteoporosis, a condition that weakens bones and makes us more prone to fractures and breaks. Although some risk factors for osteoporosis are out of our control, there are things we can do to promote bone health. Join Susan Jafar, RN-BC, MSN, ONC, CNL, Senior Care Coordinator, Clinical Nurse Leader for Acute Care for the Elderly and Acute Rehabilitation Units at the University Medical Center of Princeton, for this informative session about osteoporosis and what you can do to keep your bones strong.

### Get Balanced: Don’t Fall

MON. & WED. November 10, 12, 17 & 19 (1 – 2:30 p.m.)  
 Community Education & Outreach at the  
 Hamilton Area YMCA John K. Rafferty Branch  
 Suite 100, Conference Rooms A & B

Each year, one in three people over the age of 60 experience a fall. Many of these accidents can be prevented with the right exercises and some simple changes in habits and environment. Attend this informative four-part class to learn how to improve your balance and what you can do to prevent falls. Each class includes 30 minutes of exercise, so wear sturdy shoes and comfortable clothes. Classes will be taught by trained facilitators, with a special presentation by Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center of Princeton’s Outpatient Rehabilitation Network.



## ONLINE SEMINARS

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

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

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

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



### **Surgical Options for Knee Pain**

November 3 at 12 p.m.  
Brian M. Vannozi, MD,  
board certified orthopaedic surgeon



### **Lung Cancer Screening: What You Need to Know**

November 20 at 7 p.m.  
John A. Heim, MD, board certified in  
thoracic and cardiovascular surgery



### **Take Control of Your Birth Control!**

December 8 at 12 p.m.  
Sejal Amin, MD, FACOG,  
board certified OB/GYN



### **Midwifery Care**

December 18 at 7 p.m.  
Ursula Miguel, MS, CNM,  
board certified nurse midwife

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

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



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



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



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



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

 **Princeton HealthCare System**  
**Community Education & Outreach**

\* 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.

# High Blood Pressure: Defend Against the Silent Killer

One in every three adults in the United States has high blood pressure, or hypertension, according to the Centers for Disease Control and Prevention. Only about half of them have the condition under control. In fact, since people with hypertension often exhibit no symptoms—even when their blood pressure is dangerously high—many are unaware they have the condition.



“Untreated hypertension can lead to a variety of complications, including heart disease and stroke. The risk of these complications increases as your blood pressure rises above 110/75, which is still in the healthy range,” says Sean Naini, DO, (pictured left) a physician with

the Witherspoon Street office of Princeton Medicine, the newest location of the primary and specialty care physician group of Princeton HealthCare System. “Treating high blood pressure can reduce your risk of heart attack, stroke and death.”

## Time Takes Its Toll

The first step in protecting yourself against this silent killer is to have an annual physical, which includes a blood pressure screening to detect hypertension or pre-hypertension, a slight elevation in pressure that can be a warning sign you may develop high blood pressure in the future, according to Dr. Naini, who is board certified in internal medicine. Since the condition generally develops over time, and becomes more common with age, just because your blood pressure was normal in the past is no protection against hypertension.

A family history of hypertension, being overweight, lack of exercise, smoking or abusing alcohol or drugs, eating a diet high in sodium and stress can increase the risk of developing high blood pressure. Medical conditions such as high cholesterol, diabetes, kidney disease and sleep apnea can also increase the risk of developing high blood pressure. African-Americans have a higher risk of developing hypertension, particularly at an early age, and often experience more serious complications.

## Aim for a Healthy Lifestyle

Whether you have been diagnosed with hypertension or want to do what you can to prevent the disease, maintaining a healthy lifestyle is key. First, be sure to address any underlying medical conditions that may contribute to hypertension. Then lose weight if you are overweight, reduce sodium in your diet, limit or eliminate alcohol use, do not smoke, and exercise regularly.

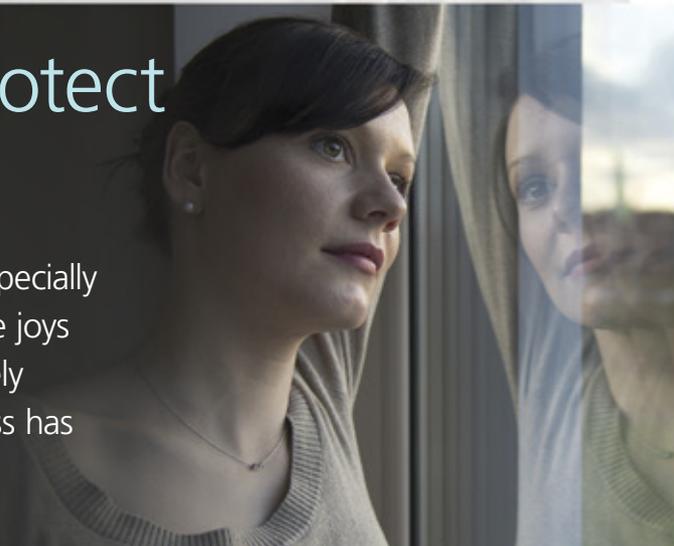
If your doctor determines medication is needed to control hypertension, be sure to take it as prescribed. Hypertension medication treats the underlying conditions that cause your condition, keeping your blood pressure at a safe level.

To locate a Princeton Medicine physician near you, call 1.800.FINDADR (1.800.346.3237).



# Manage Stress to Protect Against Heart Disease

For most people occasional stress is inescapable, especially when holiday pressures threaten to overshadow the joys of the season. While a little holiday anxiety isn't likely to land you in the Emergency Room, recurring stress has been linked to heart disease and other illnesses.



“The effects of stress are long term,” says Puneet Ghayal, MD, (*pictured left*) a cardiologist at Princeton HealthCare System. Fortunately, you don't have to eliminate stress entirely to blunt its effects; instead, you need to learn how to manage it.

## The Heart of the Matter

Left untreated, stress can damage arteries, raise cholesterol levels and lead to the development of coronary artery disease (also known as atherosclerosis). Living with stress can also give rise to behaviors that negatively affect heart health.

“It can cause people to eat poorly, forgo exercise, smoke and abuse alcohol, all factors that can contribute to hypertension, diabetes and heart disease,” says Dr. Ghayal, who is board certified in internal medicine. It can also disrupt your sleep, “and it's been shown that getting a good night's sleep is important to your overall health and your cardiovascular system in particular.”

## Is Your Stress Out of Control?

Stress can have both a physical and an emotional impact on your health. Emotional symptoms can include feeling overwhelmed, frequent anxiety or anger, concentration and sleep difficulties, fatigue, headaches, muscle tension, stomach problems and skin rashes. Physical signs that stress or other factors may be affecting your heart health include high blood pressure; a high resting heart rate; a high body mass index, or BMI; and a high waist circumference or waist-to-hip ratio.

## Busting Stress to Boost Health

If you are experiencing any of these symptoms, it's important to discuss them with your doctor. In addition, try to identify the factors that cause you the greatest stress—problems at work, family issues, financial difficulties—and take positive steps to address them.

You can moderate stress and its effects with mind-body practices like yoga, meditation and deep breathing. And one of the best stress busters, says Dr. Ghayal, is exercise, with medical approval. Not only does it help keep stress at bay, it can also lower blood pressure, help you lose weight, and strengthen your heart—a gift to yourself no matter what the season.

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

# Abdominal Aortic Aneurysm Screening Can Save Lives

Like most people who discover they have a potentially life-threatening abdominal aortic aneurysm (AAA), Bob Seaman wasn't experiencing any symptoms. During his annual physical his primary care doctor routinely pressed on his abdomen to check on his hernia and promptly suspected there was a problem.

"He ordered an ultrasound, and as soon as it was done he had me call a vascular surgeon immediately. It turned out I had a 6.2 cm aneurysm, something that I probably never would have known was there until it was possibly too late," recalls Seaman, of Plainsboro.

## A True Medical Emergency

An abdominal aortic aneurysm is a bulge in the wall of the abdominal portion of the aorta, the main artery running from the heart to the abdomen. If an AAA ruptures, it is a true medical emergency; untreated ruptures can result in death.



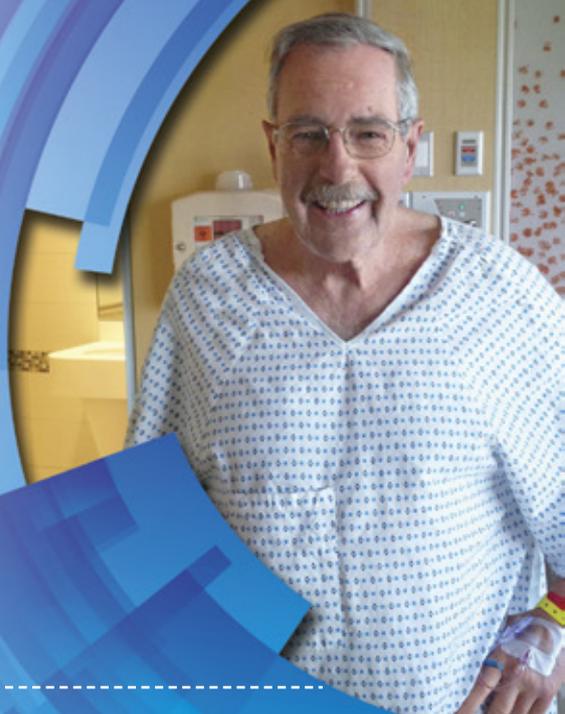
"Because they usually go undetected, it is extremely important to be screened if you are at high risk for an AAA," says Elliot Sambol, MD, FACS, (pictured left) a member of the Medical Staff at Princeton HealthCare System. "Anyone with a family history of AAA, and men between the ages of 65 and 75 who have smoked at least 100 cigarettes in their

lifetime, should be screened. There really is no excuse not to be tested—in fact, if you meet this criteria Medicare Part B will cover a one-time free screening."

## New Treatment Options

Most AAAs are treated at the University Medical Center of Princeton's Institute for Surgical Care by relining the inside of the aorta with a stent. The stent can be inserted through a small incision in the groin area, but many can be repaired without making any incisions at all. Using a minimally invasive procedure called percutaneous endovascular aneurysm repair (PEVAR), the stent graft is inserted using a needle without the need for an incision, according to Dr. Sambol, who is board certified in vascular surgery. With PEVAR, patients like Seaman leave the hospital within two days with nothing more than a small adhesive bandage.

For more information on the Institute for Surgical Care or to find a vascular surgeon affiliated with Princeton HealthCare System, visit [princetonhcs.org](http://princetonhcs.org) or call 1.888.PHCS4YOU (1.888.742.7496).



"I had my procedure and in just days I was back doing the things I love—gardening, going to the gym and vacuuming. The only difference is that before the procedure I biked a mile in 5 minutes at the gym and now it's 5 minutes and 10 seconds. I can't complain, though, that's still not bad at my age," says Seaman, 78 (pictured above in preparation for his procedure).

# Princeton House Behavioral Health: Helping Men Cope With Trauma

Sixty percent of all men will experience at least one traumatic event in their lifetime, from violent crime or violence on the battlefield to the sudden death of a loved one. Luckily, only a small percentage of them will develop post-traumatic stress disorder (PTSD), a psychological condition characterized by persistent feelings of intense fear, horror and/or helplessness. PTSD affects 3.6 percent of all American men. If you (or a loved one) are among them, Princeton House Behavioral Health (Princeton House) can help you cope with the shadow of constant fear.



## Identifying Trauma

PTSD is most often equated with the battlefield, and, in fact, up to 30 percent of veterans suffer from the disorder. But trauma is by no means limited to combat. According to Kim Dove, LCSW, Senior Primary Therapist at Princeton House Behavioral Health in Moorestown, trauma can include sexual, physical, or emotional abuse; torture; crime; cult abuse; stalking; damage to or loss of a body part; serious accidents; natural disasters; severe illness or surgical damage and witnessing a traumatic event.

## The Face of PTSD

Not every trauma evolves into PTSD, but certain factors—previous mental disorders (for example, anxiety, depression, panic disorder and obsessive-compulsive disorder), severe childhood adversity (like family dysfunction, parental separation or death of a parent), poverty and lack of education—can make developing the disorder more likely. And not everyone with PTSD experiences the same symptoms: some men develop so-called hypo-arousal, characterized by difficulty concentrating, a feeling of emotional numbness and the desire to avoid any reminder of the traumatic event. Others suffer from hyper-arousal, a sense of extreme anxiety and of being continually on guard. Many men with PTSD also experience sleep disturbances and/or substance abuse.

## Getting Help

One of the most effective PTSD treatments offered at Princeton House is the model known as Seeking Safety. It consists of a highly structured curriculum designed to establish and maintain what PTSD sufferers lack most—a sense of safety. Program participants learn to ask for help and to trust themselves and others.

Originally opened at the Mt. Lucas Road inpatient site in Princeton, Princeton House's Men's Trauma Program—one of the nation's first such programs—recently opened a second location in Moorestown. The program offers Seeking Safety as a six- to eight-week outpatient treatment covering a wide variety of topics, therapies, and skills, including interpersonal and relationship issues, trauma education, art therapy, and cognitive/behavioral skills. In addition, Princeton House can provide inpatient services that generally last from a few days to two weeks and include assessment for substance abuse, which often accompanies PTSD. Patients requiring medical detoxification are referred to Princeton House's Adult Medical Detoxification program, and then transition to inpatient services for PTSD. Inpatients generally then move on to the outpatient program.

Patients treated through Seeking Safety report significant improvements in many areas, including trauma-related symptoms, substance abuse, family functioning, problem-solving, and depression, notes Dove.

For more information on PTSD treatment or other Princeton House programs, call 1.888.437.1610 or visit [www.princetonhouse.org](http://www.princetonhouse.org).

# THERE'S A GREAT STORY BEHIND EVERY GIFT!



Every donor who makes a gift to Princeton HealthCare System (PHCS) has a reason for giving, whether it's to honor a doctor who provided superior care, in memory of a loved one, or simply because they believe in the greater good and advancement of the community.

PHCS Foundation takes pride in recognizing donors for their philanthropic support. The tools used to thank donors include printed publications, donor walls, plaques, and even a "Digital Recognition" interactive monitor, which is prominently located south of the Chapel, in the main north-south concourse leading from the main hospital to the Medical Arts Pavilion.

The Digital Recognition display homepage presently features 23 physicians and physician groups who participated in the Doctor, Donor, Believer ad series (2010–2013). The series featured individual physicians and medical groups who donated \$25,000 or more to the *Design for Healing* campaign. The interactive screen highlights these physicians and groups in a revolving slide show.

When visiting the University Medical Center of Princeton, feel free to peruse the interactive digital display by touching the screen to begin your journey. In many cases, touching a donor's name on the display will allow you to learn more about them. You can also press the "Donors" button to view the comprehensive list of donors who provided support with gifts of \$10,000 or more, as well the "Opportunities" and "Explore" buttons to discover funding possibilities throughout the campus.

Donor gifts have allowed PHCS to build an outstanding facility, expand several key programs, and purchase the most advanced medical equipment available. While we celebrate our success, we understand that our work is never finished. We are thankful for the physicians and physician practices that continue to support PHCS.

If you have any questions or are interested in learning more about Digital Recognition, please contact Kristen Magro at 609.252.8711 or [kmagro@princetonhcs.org](mailto:kmagro@princetonhcs.org).

The following physicians and physician groups have participated in the *Doctor, Donor, Believer* ad series.

#### Individual Physicians

M. Darryl Antonacci, MD, FACS  
William P. Burks, MD, FACS  
Donald F. Denny, Jr., MD  
Rachel P. Dultz, MD, FACS  
Howard Stephen Farmer, MD, FACS  
Art Fein, MD  
Craig Gronczewski, MD  
W. Thomas Gutowski, MD, FAAOS  
Jason M. Hollander, MD  
Steven P. Kahn, MD, FACS  
Elliot Krauss, MD  
Fraser Lewis, MD, FACOG  
Ronald G. Nahass, MD, FACP, FIDSA  
Robert Pickens, MD, FACS  
Michael Ruddy, MD, FACP  
Linda F. Sieglen, MD  
Harvey Smires, MD, FAAOS  
Peter I. Yi, MD

#### Physician Groups

Healthy Kids Pediatric Group  
Princeton Anesthesia  
Princeton Eye Group  
Princeton Radiology Associates, PA  
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## UMCP Commended for Cancer Patient Care

The Cancer Program at University Medical Center of Princeton (UMCP) has earned accreditation with commendation from the American College of Surgeons Commission on Cancer (CoC). In the United States and Puerto Rico, only about 30 percent of all hospitals earn this prestigious accreditation.

“This accreditation signifies to our patients that exceptional cancer care is available close to home,” says James Demetriades, Vice President—Professional Services at Princeton HealthCare System, which includes UMCP and the Edward & Marie Matthews Center for Cancer Care. “We provide access to state-of-the-art treatment options, and our multidisciplinary team of cancer specialists—including surgeons, medical and radiation oncologists, radiologists, and pathologists—collaborates to determine the appropriate treatment plan for each individual.”

UMCP met or exceeded all applicable quality care standards and earned seven of a possible seven commendations. Accreditation by the CoC is voluntary and symbolizes a cancer program’s dedication to providing the best in patient-centered care. The programs are surveyed every three years.

Thanks to its successful survey, UMCP will be eligible for a second consecutive Outstanding Achievement Award, which is granted by the CoC to recognize cancer programs that strive for excellence. The 2014 awards will be announced early in 2015. UMCP earned the award following its prior survey in 2011. Typically, less than 20 percent of accredited programs receive the Outstanding Achievement Award.

A unit of Princeton HealthCare System, UMCP is an affiliate of Rutgers Cancer Institute of New Jersey and maintains a cancer registry that contributes information, such as patient characteristics, treatments and outcomes, to the National Cancer Data Base.



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