

Princeton Health

Winter Worries: Breathing Troubles in Young Children



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University Medical Center of Princeton Receives Women’s Choice Award® for Cancer Care, Breast Care

University Medical Center of Princeton (UMCP) has earned the 2015 Women’s Choice Award® as one of America’s Best Hospitals for Cancer Care and one of America’s Best Breast Centers, recognitions that are based on federal data measuring patient outcomes, quality of care and patient satisfaction.

UMCP earned its award as one of America’s Best Hospitals for Cancer Care by meeting or exceeding the accreditation standards of the American College of Surgeons Commission on Cancer (CoC), as well as for excellent clinical performance related to patient safety measures and a high recommendation rate, a measure that is very important in choosing a hospital.

“We are pleased and honored to receive this award,” says Donald F. Denny Jr., Senior Vice President for Medical Affairs at Princeton HealthCare System, and a board certified diagnostic radiologist. “It is one more important way of letting our community know that we provide exceptional care. We offer state-of-the-art technologies and the latest treatment options, delivered by outstanding surgeons, oncologists, radiologists and pathologists who collaborate to determine the best treatment plan for every individual and work closely with expert nurses and others to care for our patients.”

The Women’s Choice Award for America’s Best Breast Centers — which applies to the care at UMCP and the UMCP Breast Health Center in East Windsor — was based on patient satisfaction, accreditation by the National Accreditation Program for Breast Centers and designation by the American College of Radiologists as a Breast Imaging Center of Excellence.

“This is our second year in a row earning this award, and we’re very proud of what it says about the care we deliver at the hospital and the Breast Health Center,” says Rachel P. Dultz, MD, FACS, Medical Director of the UMCP Breast Health Center and a fellowship trained breast surgeon. “It speaks to the quality of our staff and our physicians and the full range of individualized services and treatment options that we have to offer. We provide our patients with every advantage right here, close to home.”

The Women’s Choice Award is intended to help women and their families make the best healthcare choices by providing recommendations they can trust.

“Women have many choices when it comes to cancer care, but now they can make informed choices based on rigorous evidence-based criteria,” says Delia Passi, Founder and CEO of the Women’s Choice Award. UMCP is one of less than a dozen New Jersey hospitals to receive these awards.



What Parents Need to Know About Breathing Troubles in Young Children



With winter weather on the way, parents of young children will be dealing with the usual coughs and sniffles during the coming months. However, what seems like common congestion can sometimes signal a more serious condition.



That's why it's important for parents to know how to recognize signs of severe breathing troubles, says **Craig Gronczewski, MD**, Chairman of the Department of Emergency Medicine of University Medical Center of Princeton (UMCP).

"Most children do just fine with conservative and supportive care, such as getting plenty of rest, taking medicines to reduce fever and drinking lots of fluids," Dr. Gronczewski says. "However, it can be difficult for parents to recognize the difference between congestion from a common cold and a breathing problem that requires medical attention."

Signs of Breathing Trouble

Infants and young children aren't able to clearly express what they are feeling, so parents need to look out for signs such as:

- Breathing that appears very fast, labored, too deep or too shallow.
- Unusual noises during breathing, such as a raspy, wheezing or whistling sound.
- Abnormal behavior, such as being inactive or lethargic.
- Refusal to eat or drink.
- Changes in skin color, including blueness of the face, lips and fingernails.

These symptoms require prompt medical attention, Dr. Gronczewski says.

A Common Culprit

In children from about two months to two years old, a common cause of wintertime breathing difficulties is a condition called bronchiolitis, an infection that affects the tiny airways, or bronchioles, in the lungs. Bronchiolitis is almost always caused by a virus, and symptoms can last for a few days to a week or two.

"It's a very common condition, and it mimics a lot of illnesses — from asthma to pneumonia," Dr. Gronczewski says. "It needs to be evaluated because a small percentage of children require further intervention and hospitalization."

A Lighter Touch with Children

The Emergency Department at UMCP, in consultation with hospitalists from The Children's Hospital of Philadelphia (CHOP), who are onsite 24/7 to consult on emergency cases, recently instituted new clinical pathways to help diagnose and treat breathing problems in infants and young children. The pathways help doctors more quickly differentiate between minor illnesses and more serious conditions such as pneumonia.

"With implementation of this new clinical pathway for bronchiolitis at UMCP, we have been able to decrease unnecessary testing and reduce the use of medications like steroids, antibiotics and breathing treatments," says Kristin Prendergast, MD, a CHOP pediatric hospitalist at UMCP.

Adds Julianne Prasto, MD, also a CHOP pediatric hospitalist at UMCP, "These changes are part of our continuing efforts to provide better and safer care for children."

For more information about the Center for Emergency Care at University Medical Center of Princeton, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org. If you are experiencing a medical emergency, please call 9-1-1.

UMCP Leads the Way: Robot-Assisted Abdominal Surgery Reduces Recovery Time, Eases Pain

The goal in all abdominal surgeries is to treat a patient's medical condition with the least possible impact on nearby muscles and tissues — an approach known as minimally invasive surgery.

With the da Vinci Surgical System® at University Medical of Princeton (UMCP), patients now have more minimally invasive options to treat common abdominal conditions such as hernia, gallbladder disease and gastroesophageal reflux disease (GERD).

The da Vinci® robotic platform provides a magnified 3D high-definition vision system with the surgeon at the controls of tiny instruments that bend and rotate far more than the human wrist. This enables the surgeon to operate through small incisions with exceptional precision.



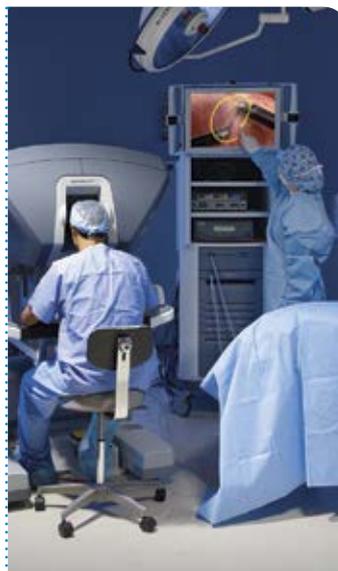
“Robot-assisted surgery allows us to perform more complex cases than we might otherwise be able to complete using traditional minimally invasive laparoscopy,” says **Nisha Dhir, MD, FACS**, a general surgeon on staff at UMCP. “It provides the benefits of

open surgery with a large incision in terms of being able to visualize the surgical site, but with the benefits of minimally invasive surgery such as less pain and a shorter recovery time.”

A Choice for General Surgery

Robot-assisted surgery is available for a wide range of conditions often treated by general surgeons, who focus mostly, but not exclusively, on conditions of the abdomen and gastrointestinal (GI) tract. Conditions treated include:

- **Many types of hernia**, including umbilical (a bulge near the belly button), inguinal (a bulge near the groin) and hiatal (when part of the stomach pushes through the diaphragm).
- **Conditions requiring a portion of the colon to be removed**, including colon cancer, large polyps and diverticulitis.
- **Esophageal diseases**, including achalasia (a swallowing disorder) and GERD, which is treated through a procedure known as Nissen fundoplication.
- **Other conditions**, including biopsies of tumors in the abdomen or pelvis that can't be reached safely by a needle, removal of adhesions caused by abdominal scar tissue, and removal of the adrenal gland.



Gall Bladder Disease

In fact, surgeons at UMCP are using a state-of-the-art da Vinci Si System® for gall bladder surgery. The gall bladder can now be removed through a single incision in the belly button.

“Patients are often amazed at the results of single-site surgery,” says Dr. Dhir, who is board certified in general surgery. “When they show the incision to their friends or doctors, everyone's looking for the other scars, but there are no other scars.”

A Model Team

The Center for Minimally Invasive Surgery at UMCP has one of the most comprehensive robot-assisted surgery programs in the region, offering colorectal, gynecologic, thoracic, urologic and urogynecologic procedures, as well as general surgery. The hospital has a dedicated, experienced robotic surgery team, including specially trained nurses and surgical technologists.

“We all work closely and are very experienced using the robots,” Dr. Dhir says. “Our team has actually reached the point where we have operating room teams and surgeons from other hospitals coming to observe our team in action.”

To learn more about robot-assisted surgery at UMCP's Center for Minimally Invasive Surgery, visit www.princetonhcs.org/davincisurgery.

See page 17 for information on an upcoming online seminar on Robotic Laparoscopic Surgery.

Prehab: Getting Ready for Joint Replacement Surgery

More than 1 million Americans will have surgery this year to replace a knee or a hip joint, according to the National Institutes of Health.

While each patient's experience is different, multiple studies have shown that patients who participate in exercise prior to surgery often have better results after surgery. In fact, pre-surgery rehabilitation, or "prehab," can reduce a patient's hospital stay by lowering the odds that he or she will require inpatient rehabilitation.



"Prehab can make a difference in a number of ways — from helping patients improve their core strength to educating them on what exercises they will be expected to do after surgery," says **Harvey E. Smires, MD**, a board certified orthopaedic surgeon

on the Medical Staff of Princeton HealthCare System (PHCS). "Prehab also helps us identify patients who are going to need extra help doing rehab after surgery because of co-existing medical issues."

Comprehensive Joint Care

Rehabilitation is part of the comprehensive services offered through the Jim Craigie Center for Joint Replacement at University Medical Center of Princeton (UMCP), which combines personalized, supportive care with the latest techniques in hip and knee replacement surgery and recovery.

While rehabilitation has always been a critical component of recovering from joint replacement surgery, there has been a greater emphasis in recent years on prehab, says Anthony Ventura, MSPT, Director of the UMCP Outpatient Rehabilitation Network.

"There is a lot of research out there that shows it's necessary, and it's definitely best practice when it comes to having good clinical outcomes after surgery," Ventura says. "Naturally, the stronger you are before you get into surgery, the quicker your recovery will be afterward."

Prehab at UMCP

At UMCP's Outpatient Rehabilitation Network, prehab usually begins up to a few weeks prior to a patient's surgery. The program is tailored to each patient's needs, but generally involves:

- Exercises for pre-operative and post-operative therapy, including everything from leg-strengthening workouts to exercises intended to reduce the risk of blood clots after surgery.
- Instructions on how to use a walker, crutch or other assistive device a patient may need in the days right after surgery.
- Lessons on preparing for activities of daily life after surgery — from safely getting in and out of a car to sitting and rising from a chair.

Prehab is conveniently offered at the Outpatient Rehabilitation Network's locations in Plainsboro, Princeton, Hamilton, South Brunswick and Monroe.

For more information about the Outpatient Rehabilitation Network, visit www.princetonhcs.org or call 609.853.7840.



Breathe Easier With Advancements in Lung Cancer Treatment



Lung cancer is usually not diagnosed until it is in an advanced stage, and it accounts for more deaths among men and women than colon, prostate, ovarian and breast cancers combined.



“If lung cancer is caught in Stage I there is an 80 percent, five-year survival rate,” says **John A. Heim, MD**, Chairman of the University Medical Center of Princeton’s (UMCP) Department of Surgery, who is board certified in general and thoracic surgery.

Five Minutes Could Save Your Life

The best chance of surviving lung cancer is detecting it early, when it is the most treatable and has not spread beyond the lung. That’s why Dr. Heim says a lung cancer screening — which takes less than five minutes — can be invaluable. The scan also provides doctors with valuable information in terms of accurately staging the disease and determining the best course of treatment.

To warrant a screening, you need to meet two basic criteria. First, you need to be over the age of 55. Second, you should have a 30 pack-year history, which means you have smoked the equivalent of a pack of cigarettes a day for 30 years or two packs each day for 15 years. A family history of any type of cancer is also taken into consideration in determining if a lung cancer screening should be considered.

While most insurance companies will cover the cost of lung cancer screenings, some do not. To help make lung cancer screenings more affordable and accessible, PHCS makes these screenings available at no cost to patients who meet the eligibility criteria to have them.

Early Detection Increases Treatment Options

If the disease is caught in its early stages, surgery can often be performed robotically using the da Vinci® Surgical System. Even complex surgeries, where a small part of the lung or an entire lobe are removed, can be performed robotically with just a few tiny incisions between the ribs.

Thoracic surgery performed robotically provides surgeons with significant precision, control and dexterity and gives patients identical outcomes as traditional surgery, while being minimally invasive. Other benefits to robotic surgery include less blood loss and pain for the recuperating patient, which leads to a quicker recovery.

“Robotic surgery allows patients to get back to their everyday lives faster,” says Dr. Heim.

In addition to the advancements in robotic surgery, radiation therapy has improved for lung cancer patients with the TrueBeam™ Linear Accelerator, which supports Intensity Modulated Radiation Therapy (IMRT) techniques. The accelerator allows physicians to tailor each radiation beam to the exact shape of the tumor and can even take a CT scan image, determining the exact location of the tumor and making last-minute adjustments before delivering the treatment, an important factor for treating tumors in the lung, which can shift within the body.

To find a thoracic surgeon affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org. To inquire about a cancer screening, call 609.497.4040.

See page 17 for information on an upcoming online seminar on Lung Cancer Screening.

Community Focus



Join us this November for one of the following classes to recognize

American Diabetes Month

Eating to Avoid Diabetes

WED. November 4 (12:30 – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
Join Sandra Byer-Lubin, MS, RD, CDE, Certified Diabetes Educator with University Medical Center of Princeton's Diabetes Management Program, to find out what normal glucose levels are and how to reduce your risk for diabetes and heart disease through your diet.

Health Screenings

MON. November 16 (9 – 11 a.m.)
Hamilton Area YMCA John K. Rafferty Branch – Lobby
In observance of American Diabetes Month, join us for a free glucose screening and information about managing your risk for diabetes. Cholesterol and blood pressure screenings will be available and results will be given on the spot.

Diabetes and Your Feet

FRI. December 4 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
Individuals living with diabetes are particularly susceptible to foot problems, but there are ways they can protect themselves. Join Nancy Rhodes, RN, BS, MA, CDE, Certified Diabetes Educator with University Medical Center of Princeton's Diabetes Management Program, for this informative session on how to prevent and treat common foot ailments related to diabetes.

Diabetes Support Group

For more information, see page 16.



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).

Freedom from Smoking – Series

MON. November 2, 9, 16, 23, 30, December 7, 14 and

WED. November 25 (6:30 – 8 p.m.)

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

\$125 per person

Join us for this seven-week program led by American Lung Association-trained facilitators to learn proven skills and techniques to help you quit smoking. The small group setting is the perfect place to learn how to create a personalized plan to overcome your tobacco addiction so you can start enjoying the benefits of better health. The program will prepare you to quit smoking, offer ideas on lifestyle changes that make quitting easier and provide ways to manage stress and avoid weight gain. Participant workbooks and other informative materials will be provided.

Parkinson's Dance Program

TUE. November 3 & 10 (1 – 2 p.m.)

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

\$12.50 per class. Caregivers can attend with patients for free.

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

Pediatric Rehabilitation: Helpful Programs for Your Child

WED. November 4 (1 – 2 p.m.)

Plainsboro Library
9 Van Doren Street, Plainsboro

TUE. November 10 (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.

Whether your child has autism, low muscle tone or decreased strength due to an injury, many children — from infants to teens — may benefit from a physical rehabilitation program. Join Alison Liedtka, physical therapist, and Martha Mayo, occupational therapist, both with University Medical Center of Princeton's Pediatric Rehabilitation Program, for an informative discussion on the types of rehabilitation services available to help your child.

Weight-loss Surgery: Is It Right for Me?

THU. November 5 (6 – 6:30 p.m.)

THU. December 3 (6 – 6:30 p.m.)

Princeton Medicine
2 Centre Drive, Monroe Township

WED. November 18 (6 – 6:30 p.m.)

WED. December 16 (6 – 6:30 p.m.)

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

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

Join health professionals with the Community Education & Outreach Program for a **Free Blood Pressure Check on November 17 and December 15, from 10 a.m. – 12 p.m.**, at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Safe Sitter

THU. & FRI. November 5 & 6 (9 a.m. – 3 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$65 per child.

This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction includes: safe and nurturing childcare techniques, basic first aid and rescue skills. Sitters should bring their own lunch.

AARP Smart Driver Course

MON. & TUE. November 9 & 10 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

THU. & FRI. December 3 & 4 (5 – 8 p.m.)
University Medical Center of Princeton

\$15 for AARP members \$20 for non-members. Checks are payable at the door and should be made payable to AARP. The techniques learned in this course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques; new traffic laws and rules of the road and how to handle potential problem situations. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

Gastroesophageal Reflux Disease (GERD) and Healthy Eating

TUE. November 10 (1 – 2 p.m.)
Plainsboro Library
9 Van Doren Street, Plainsboro

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

Join Anish A. Sheth, MD, Chief of Gastroenterology at University Medical Center of Princeton and Medical Director of the hospital's comprehensive Esophageal Program, for a discussion on the causes of gastroesophageal reflux disease (GERD), Barrett's esophagus and treatment options. Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, will discuss the important nutritional information you need to know to take control of your health. Dr. Sheth, board certified in gastroenterology, is a member of the Medical Staff of Princeton HealthCare System.

How Did You Sleep Last Night?

THU. November 12 (7 – 8:30 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor
Please call 1.888.897.8979 to register.

TUE. November 17 (7 – 8:30 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction
Please call the library at 609.275.8901 to register.

According to the American Academy of Sleep Medicine, more than 100 million Americans have difficulty falling or staying asleep, which can negatively affect health and mood. Join Tara Scoles, a registered polysomnographic technologist with University Medical Center of Princeton, for an eye-opening discussion on sleep disorders and whether a sleep study could help diagnose your condition.

Annual KCCP Health Panel and Dinner: Navigating the HealthCare System

SAT. November 14 (3 – 6 p.m.)
University Medical Center of Princeton
First 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 presented by members of the Medical Staff of Princeton HealthCare System. The slides will be available in Korean and there will be a question-and-answer session, followed by a Korean buffet dinner.

The panel will include:

- Tracy Davison-DiCanto, Director of Managed Care with Princeton HealthCare System will discuss *Managed Care*
- Silky Sharma, MD, hospitalist with Princeton HealthCare System, will discuss *What is a Hospitalist?*
- A healthcare professional with Princeton HealthCare System will discuss *How to Be a Caregiver*

A Certified Application Counselor will be available after the event to answer questions about applying for health insurance through the Health Insurance Marketplace.

Timely Topics in Men's Health

MON. November 16 (12:30 – 1:15 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Join Sidney J. Goldfarb, MD, a board certified urologist and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion on men's health issues, including:

- Prostate health and cancer
- Reproductive health
- Colorectal cancer
- Other health concerns

Free Vision Screenings

THU. November 19 (10 a.m. – 1 p.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

THU. December 17 (4 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Please call 1.888.897.8979 to make an appointment.
Space is limited.

Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today! Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit, are pleased to offer free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian.



Acid Reflux: Answers to Your Burning Questions

TUE. November 17 (7 – 8:30 p.m.)

Robbinsville Library

42 Robbinsville–Allentown Road, Robbinsville

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

Gastroesophageal reflux disease (GERD) affects millions of Americans and can lead to Barrett's esophagus, a precursor to esophageal cancer. Join Anish A. Sheth, MD, Chief of Gastroenterology at University Medical Center of Princeton and Medical Director of the hospital's comprehensive Esophageal Program, for an overview of the signs and symptoms of GERD with a special focus on endoscopic therapy for Barrett's esophagus. Medications, lifestyle changes and advanced testing for acid reflux will also be discussed. Dr. Sheth, board certified in gastroenterology, is a member of the Medical Staff of Princeton HealthCare System.

Pediatric Aquatic Therapy

WED. November 18 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

The natural buoyancy of water makes aquatic therapy a valuable tool to help occupational and physical therapists enhance your child's functional abilities. Alison Liedtka, PT, DPT, physical therapist, and Martha Mayo, OTR/L, occupational therapist, both with University Medical Center of Princeton's Pediatric Rehabilitation Program, will lead a discussion on how aquatic therapy can help your child move more freely, with less joint stress, providing for more productive therapy sessions. A tour of the Aquatic Center will follow the presentation.

Dealing with Dizziness and Vertigo

TUE. December 1 (7 – 8:30 p.m.)

Lawrenceville Library

2751 Brunswick Pike, Lawrenceville

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

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

From Emotional to Mindful Eating

WED. December 2 (6:30 – 8 p.m.)

University Medical Center of Princeton

First Floor, Education Center, Rooms A & B

Do you tend to eat to fulfill an emotion rather than a physical hunger? Would you like to make better food choices? Have you been unsuccessful in developing healthy eating habits? When you become more mindful of your relationship with food, you can break free from unhealthy eating patterns and make healthier food choices. Join us for this valuable session presented by Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, and learn how to shift from emotional to mindful eating.

Modern Anesthesia: Show and Tell

MON. December 7 (1:30 – 2:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Every year millions of people undergo surgical procedures. Properly preparing for an operation can ease your mind and lead to a smoother recovery. At this informative session, Alexander Wolfson, MD, board certified in anesthesiology, Medical Director at Ambulatory Surgery Center at Monroe, and a member of the Medical Staff of Princeton HealthCare System, will discuss everything you want to know about anesthesia, how it works, and why it matters.

Common Causes of Spinal Strain

MON. December 7 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Join Eileen Kast, PT, OCS, with University Medical Center of Princeton's Outpatient Rehabilitation Network, and explore the prevention and treatment of spinal strain injuries, including:

- Proper posture, balance and lifting
- Basic exercises to prevent back injury
- Stretches to help reduce injury
- Cold weather considerations

Following the presentation, participants will practice proper lifting, stretching and balancing techniques.

Healthy Eating over the Holidays

TUE. December 8 (6:30 – 8 p.m.)

Pennington Public Library

30 North Main Street, Pennington

The average person puts on a few pounds each holiday season, and usually keeps it on. Find out what you can do to better manage your eating habits and curb your appetite during the holiday season. Join Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton's Nutrition Program, to learn more about:

- Managing holiday parties and office treats
- How to navigate the buffet and dining out
- Calories in alcoholic drinks
- Healthy winter cooking tips
- Exercise strategies for cold weather

Knee and Hip Pain: What Are My Options?

MON. December 21 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Anyone who has experienced hip and knee pain and stiffness knows it can make even the simplest tasks difficult. Join Michael P. Ast, MD, specializing in orthopaedic surgery and a member of the Medical Staff of Princeton HealthCare System, to learn more about surgical and non-surgical treatment options that can make a difference in your daily life.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Maternity Tour

MON. November 2 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. November 14 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)
SAT. December 12 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m. or 2:30 – 3:30 p.m.)
THU. December 17 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
University Medical Center of Princeton – Atrium

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

Daddy Boot Camp™

SAT. November 7 (9 a.m. – 12:30 p.m.)
Comp OB/GYN Care of Princeton
One Union Street, Suite 106, Robbinsville

\$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.

Early Pregnancy Class

MON. November 9 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$30 per couple. This fee will be applied toward a Birthing Basics class.

Designed for parents in the first five months of pregnancy, learn the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy.

Sibling Class

SAT. November 14 (10 – 11:30 a.m.)
University Medical Center of Princeton – Atrium

\$30 per child

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

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 17 – December 8 (7 – 9 p.m.)
MON. November 30 – December 21 (7 – 9 p.m.)
TUE. December 15 – January 5 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

TUE. November 17 – December 8
Comp OB/GYN Care of Princeton
One Union Street, Suite 106, Robbinsville

\$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 21 (9 a.m. – 5 p.m.)
SAT. December 19 (9 a.m. – 5 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$155 per couple

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

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.

Prepare for Cesarean Section

THU. December 3 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$30 per couple.

Learn what to expect during your scheduled Cesarean section, including preparation, surgery, anesthesia and post-operative recovery.

Prenatal Breastfeeding Class

THU. November 12 (7 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$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 Steps to Baby Care

FRI. November 20 (7 – 8 p.m.)
WED. December 9 (7 – 8 p.m.)

Babies "R" Us

700 Nassau Park Boulevard, West Windsor

\$10 per couple, which includes a \$10 voucher toward a Childbirth & Family class at UMCP. Must call 1.888.897.8979 to redeem voucher.

This program provides a basic overview of infant care, safe sleep practices and car seat education. Expectant parents are encouraged to take our Baby Care class as well for a more comprehensive program.

Baby Care

THU. December 10 (7 – 9:30 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$50 per couple

How will we care for our baby? What does it mean when a baby cries? How do we bathe our baby? This program is designed to help create confidence in your parenting skills with an in-depth discussion of infant care, feeding choices, soothing techniques, safe sleep practices, 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.

Prenatal Yoga

THU. November 5 – December 17 (6 – 7:15 p.m.)
(No session on Nov. 26 due to holiday)

Community Education & Outreach at 731 Alexander Road

\$99 per person

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required, which can be obtained by calling 1.888.897.8979.

Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching. This class is taught by a certified prenatal yoga instructor.



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

No registration required.

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

Postpartum Adjustment Support Group

WED. November 11 (1 – 2 p.m.)
WED. November 25 (1 – 2 p.m.)
WED. December 9 (1 – 2 p.m.)
WED. December 23 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

No registration required.

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

CPR & FIRST AID

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar 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. December 1 & 2 (9 a.m. – 5 p.m.)
Community Education & Outreach at
731 Alexander Road

ACLS Recertification Course

WED. November 4 (9 a.m. – 5 p.m.)
FRI. December 18 (9 a.m. – 5 p.m.)
Community Education & Outreach at
731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

PALS Full Certification Course

MON. & TUE. December 14 & 15 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

TUE. November 10 (9 a.m. – 5 p.m.)
TUE. December 8 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

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

BLS for Healthcare Providers

FRI. November 6 (6 – 10:30 p.m.)
FRI. December 4 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

TUE. November 17 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center, 1225 State Road, Princeton

MON. November 30 (6 – 10:30 p.m.)
TUE. December 15 (6 – 10:30 p.m.)
MON. December 28 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$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.

Family & Friends CPR instruction for the Special Needs Adult

MON. December 14 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
The Family & Friends CPR program teaches you how to perform CPR on adults, and how to help an adult who is choking. This class is geared toward special needs adults and their caregivers who want to learn CPR but do not need a course completion card.



Heartsaver AED

WED. November 18 (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.

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:

SUN. November 8
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. December 12
Community Education & Outreach at
731 Alexander Road

Infant CPR Only

TUE. November 17 (7 – 8 p.m.)

TUE. December 29 (7 – 8 p.m.)

Babies R Us

700 Nassau Park Boulevard
West Windsor

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

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

EMT Refresher Class

University Medical Center of Princeton
\$50 per person, per session.

Section B – Medical Assessment and Management

SUN. November 8 (8 a.m. – 5 p.m.)

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

Section C – Trauma Assessment and Management

SUN. December 6 (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 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 is accredited as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC) and a recipient of the CoC's Outstanding Achievement Award. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

Living Well After Cancer

MON. November 2
(10:45 – 11:45 a.m.)
South Brunswick Wellness Center

540 Ridge Road
Monmouth Junction

Find the support you need to transition back into everyday life after successful cancer treatment at this informative program. Join Karen Davison, RN, BSN, oncology survivorship coordinator with University Medical Center of Princeton, for a discussion on nutrition, life after cancer treatment, guidelines for physical fitness and coping with the fear of recurrence.

Prostate Cancer Support Group

WED. November 11 (12 – 1:30 p.m.)

WED. December 9 (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 17 (1:30 – 3 p.m.)

TUE. December 15 (1:30 – 3 p.m.)

Monroe Township Senior Center, 12 Halsey Reed Road, Monroe Township

No registration required. Walk-ins welcome.

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

EATING FOR OPTIMAL HEALTH

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

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



Healthy Holiday Food Preparation: How Can I Keep My Traditions and Still Eat Healthy? (Part 2):

WED. November 18 (7 – 8 p.m.)

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

Breast Cancer Support Group

TUE. November 17 (6 – 7:30 p.m.)

TUE. December 15 (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 18 (12 – 1 p.m.)

WED. December 16 (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 23 (1 – 3 p.m.)

University Medical Center of Princeton

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 2 (7 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

MON. December 7 (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 ceremony.

Hospice Program of Princeton HomeCare Bereavement Support Groups

MON. November 2 (6 – 7:30 p.m.)

MON. December 7 (6 – 7:30 p.m.)

University Medical Center of Princeton – First Floor, Family Respite Room

MON. November 16 (1 – 2:30 p.m.)

MON. December 21 (1 – 2:30 p.m.)

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

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

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

Bariatric Surgery Support Group

TUE. November 3 (7 – 8:30 p.m.)

TUE. December 1 (7 – 8:30 p.m.)

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

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

Weight-loss Surgery: Support Group

THU. November 5 (6:30 – 7:30 p.m.)

THU. December 3 (6:30 – 7:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. November 18 (6:30 – 7:30 p.m.)

WED. December 16 (6:30 – 7:30 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

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

Freedom from Smoking Support Group

THU. November 12 (6:30 – 7:30 p.m.)

THU. December 10 (6:30 – 7:30 p.m.)

Community Education & Outreach at 731 Alexander Road

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

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

TUE. November 17 (6:30 – 8 p.m.)

Community Education & Outreach at

731 Alexander Road

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

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

Diabetes Support Group

WED. November 18 (2:30 – 4 p.m.)

WED. December 16 (2:30 – 4 p.m.)

Monroe Township Senior Center

12 Halsey Reed Road, Monroe Township

MON. November 23 (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.

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).



Memory & Aging: What's Normal, What's Not

THU. November 12 (1 – 2 p.m.)

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

Memory loss is often dismissed as a normal part of 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 are vital because they provide the best opportunities for treatment, support and planning for the future. Join Jeffrey T. Apter, MD, board certified psychiatrist and member of the Medical Staff of Princeton HealthCare System, as he explains the difference between mild cognitive impairment, dementia and Alzheimer's disease.

**Put On Your Thinking Cap:
Memory Screenings**

WED. November 18 (10 a.m. – 1 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Take advantage of a free memory screening by The
Princeton Medical Institute, consisting 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. 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.

Common Accidental Poisonings: How to Stay Safe

FRI. December 11 (12 – 1 p.m.)
Suzanne Patterson Center at Princeton – Senior Resource Center
45 Stockton Street, Princeton
Every year, between 2 to 4 million poisonings occur in the United States,
according to the New Jersey Poison Control Center. Unintentional poisoning
can be caused by over-the-counter, prescribed or illegally obtained
pain medications and sedatives; antidepressants and other medications
prescribed for various health conditions; drug and alcohol interactions;
and even household cleaning products. Join Barbara Vaning, MHA, EMT
Instructor with Princeton HealthCare System’s Community Education and
Outreach Program, to learn more about:

- Identifying poisons
- How poisons can enter the body
- Dos and don’ts of using medications and household cleaners
- What to do if you suspect poisoning



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.



Behavior Issues in Children
MON. November 2 (12 – 12:30 p.m.)
Madhurani Khare, MD, board certified in psychiatry and child and adolescent psychiatry and Medical Director of Princeton House Behavioral Health – Hamilton



Robotic Surgery for Uro-Gyn Issues
MON. December 7 (12 – 12:30 p.m.)
Nina Bhatia, MD, FACOG, FPMRS, board certified in obstetrics and gynecology, and female pelvic medicine and reconstructive surgery



Robotic Laparoscopic Surgery: What’s New?
THU. November 19 (7 – 7:30 p.m.)
Nisha S. Dhir, MD, board certified surgeon



Lung Cancer Screening: What You Need to Know
THU. December 17 (7 – 7:30 p.m.)
John A. Heim, MD, board certified thoracic surgeon and Chairman, Department of Surgery at University Medical Center of Princeton

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

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



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

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

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

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

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

Princeton House Behavioral Health: Coping With Depression and Loneliness During the Holiday Season



For many people, the hustle and bustle of the holiday season brings unwanted guests — stress and depression. Social and financial demands, as well as added work and household responsibilities, can take their toll, but so can certain circumstances, such as living alone, being away from loved ones, the death or illness of a spouse or friend, or a broken or deteriorating relationship.

“Loneliness is one of the most common stressors when it comes to depression at any time of year, but that is particularly true around the holidays,” says David Cordon, MD, Medical Director of Princeton House Behavioral Health’s (PHBH) Outpatient Services. “Part of the problem is that we are constantly exposed to media images of families and friends happily celebrating together, seemingly without a care in the world. We start comparing our real lives to these fabricated ones, and it can intensify the loneliness.”

Be Proactive

Although it may be difficult to do, it is important to avoid social isolation during the holidays; withdrawing will only intensify the sense of loneliness.

“That doesn’t mean, however, that you shouldn’t acknowledge your feelings of depression,” says Dr. Cordon. “You can’t force yourself to be happy, but you can take steps to overcome those feelings rather than focus on them. Reach out to family and friends if they are available, or seek out community, religious or other events where you are around other people.”

Stressful relationships that may have to be tolerated during the holidays should be viewed as temporary situations, and in many cases differences can be set aside for a short time.

Also, Dr. Cordon advises, don’t fall into the perfection trap, feeling you need to meet every obligation and create a perfect holiday celebration. Instead, learn to develop realistic expectations of what can be accomplished, plan ahead and stick to a budget.

“Striving for perfection when it comes to the holidays is a recipe for disaster, and will only add to your stress and depression,” says Dr. Cordon. “Instead, focus on a few things that will make the holidays special for you and accept that nothing will ever work out exactly as planned.

In addition, take time for yourself, whether it is a special treat or some time to sit quietly and relax. Maintain a healthy diet and a regular sleep and exercise routine as well. In fact, says Dr. Cordon, regular exercise can help boost your mood. Avoiding alcohol, which is often prevalent during the holidays, is also important, since it will only worsen depression.

Don’t Go It Alone

If, despite your best efforts, you find yourself experiencing persistent sadness or anxiety, or other depression-related symptoms such as changes in sleeping patterns, irritability or an inability to concentrate or complete routine chores, seek professional help.

PHBH’s inpatient and outpatient Adult Psychiatric Program helps adults ages 18 and older develop coping skills and regain quality of life. Programs are also available for adults dealing with a combination of mental health and substance abuse issues.

For more information on Princeton House Behavioral Health’s Adult Psychiatric Program, visit www.princetonhouse.org. For Outpatient Services, call 1.888.437.1610; for Inpatient Services call 1.888.242.2550.

Advanced Surgery for a Common Problem in Women

Pelvic organ prolapse — an uncomfortable condition in which pelvic organs such as the bladder drop from their natural position and press on the vagina — is more common than most women realize.

In fact, nearly one in four U.S. women are affected with one or more pelvic floor disorders, including pelvic organ prolapse and incontinence, according to the National Institutes of Health.

At University Medical Center of Princeton (UMCP), surgeons offer pelvic organ prolapse treatment using the da Vinci® Surgical System, a breakthrough robotic technology that allows complex procedures through small incisions. The robotic system provides exceptional precision by translating the surgeon's hand movements into more defined movements of tiny surgical instruments.



“Many women suffer silently for years with this very common condition, as they may be embarrassed or uncomfortable to talk about it, or may not know that treatments are available,” says **Nina Bhatia, MD**, a board certified urogynecologist on staff at UMCP. “Robot-assisted surgery

gives women a minimally invasive option to relieve their symptoms, often helping them recover more quickly and get back to their normal lives.”

Uncomfortable and Sometimes Painful

The pelvic floor is a group of muscles that form a sort of hammock across the lower opening of a woman's pelvis. These muscles and connective tissues hold the bladder, uterus, bowel and rectum in place. When the pelvic floor weakens, often as a result of childbirth, surgery or advanced age, pelvic organs can drop (prolapse) from their normal location and push on the walls of the vagina.

This pressure on the vagina can cause symptoms, including feelings of fullness or of something falling out of the vagina; a pulling feeling in the groin or pain in the back; and urinary incontinence and the need to urinate frequently.

While pelvic organ prolapse can sometimes improve on its own or be managed with special exercises or a uterine device for vaginal support, surgery is required in many cases.

Surgery with da Vinci®

During surgery for pelvic organ prolapse, known as da Vinci® sacrocolpopexy, a surgical mesh is placed to hold the affected pelvic organs in their natural position. The mesh remains in place permanently. The uterus may also be removed during the procedure if necessary to resolve the condition.

Because of the precision of da Vinci® surgery, patients may experience less blood loss and a shorter hospital stay than they would have had with traditional open surgery and laparoscopy. Dr. Bhatia says most patients return home the day after their surgery.

“When we see patients the morning after surgery, they usually have minimal pain and often report feeling great,” says Dr. Bhatia, who is board certified in OB/GYN and urogynecology. “At their two-week follow-up visit, patients often say they have resumed many of their normal activities without the discomfort they felt before surgery.”

In addition to pelvic organ prolapse, da Vinci® surgery is being used at UMCP to treat many other common conditions affecting women, including: endometriosis, a painful condition in which uterine tissue grows outside of the uterus; and noncancerous uterine fibroid tumors.

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

See page 17 for information on an upcoming online seminar on Robotic Surgery for Uro-Gyn Issues.



New Acid Reflux Treatment Option Can Eliminate the Need for Medicine



The burning pain of heartburn, or acid reflux, is something most people suffer from now and then. But chronic reflux — experienced several times a week — requires medical attention. In fact, left untreated chronic reflux can put you at risk of developing Barrett’s esophagus, a condition that can lead to esophageal cancer.



“In the past, the only treatment options available for reflux were surgery or medications,” says **Anish A. Sheth, MD**, Chief of Gastroenterology and Director of the University Medical Center of Princeton (UMCP) Esophageal

Program. “Now we can offer patients another option — the Stretta® procedure — which is an excellent choice for patients with symptoms that are not being successfully treated with medication or who do not want to continue being treated with medications.”

A Minimally Invasive Procedure

The 30-minute, minimally invasive, outpatient procedure uses radiofrequency energy to stimulate the lower esophageal sphincter, allowing the muscle to thicken and strengthen. Over time, it regains its ability to constrict and is able to efficiently prevent acid from rising up in the esophagus, which causes reflux.

“Since this process is a remodeling of the muscle, it takes time for reflux to be eliminated, so patients initially remain on their medication. Most patients begin to experience relief from reflux within a few months after the procedure,” says Dr. Sheth, a board certified gastroenterologist. “Every patient is different, but in some cases it can take up to a year for the muscle to strengthen enough to completely eliminate reflux symptoms.”

Statistics show that two-thirds of patients undergoing the Stretta® procedure still remained symptom-free eight years after receiving treatment.

To determine whether individuals are candidates for the procedure, patients undergo testing through the UMCP Esophageal Program. Generally, most people, except those with large hiatal hernias, are cleared as candidates for the treatment.

A Comprehensive Program

The Stretta® procedure is the latest esophageal treatment option provided at UMCP’s comprehensive Esophageal Program.

“With this added option for our patients, we have further enhanced our program” says Dr. Sheth.

The UMCP Esophageal Program offers state-of-the-art diagnostic and treatment services for conditions including heartburn, swallowing disorders, non-cardiac chest pain, Barrett’s esophagus, esophageal cancer, gastroesophageal reflux disease (GERD) and other disorders. In addition to the Stretta® procedure, the Esophageal Program performs esophageal dilation, including pneumatic dilation; radiofrequency ablation; endoscopic mucosal resection and esophageal stenting.

To learn more about UMCP’s Esophageal Program or find a gastroenterologist affiliated with Princeton HealthCare System, visit princetonhcs.org, or call 1.888.PHCS4YOU (1.888.742.7496).

See page 9 for information on an upcoming event on Gastroesophageal Reflux Disease (GERD) and Healthy Eating.

Advanced Imaging Improves Diagnosis of Esophageal Disorders

Physicians at UMCP are now better equipped to diagnose and treat patients with esophageal disease thanks to the NvisionVLE™ Imaging System, the most advanced diagnostic technology available.

UMCP was the first hospital in New Jersey to install the NvisionVLE™, which enables physicians to view high-resolution, 3-D images of organs and tissue up to 3 millimeters deep during a standard endoscopy. The images help clinicians make decisions related to treatment options and identify areas that should be studied further via biopsy.

The imaging system is more effective and efficient than traditional screening methods, and gives physicians greater ability to diagnose Barrett's esophagus, a precancerous condition caused by long-term acid reflux, and esophageal cancer.

"Diagnosing and treating these conditions at an early stage dramatically improves the prognosis for successful treatment," says Dr. Sheth.

The NvisionVLE™ is one of many advanced tools available at UMCP that promote high-quality patient care in the comprehensive Esophageal Program.

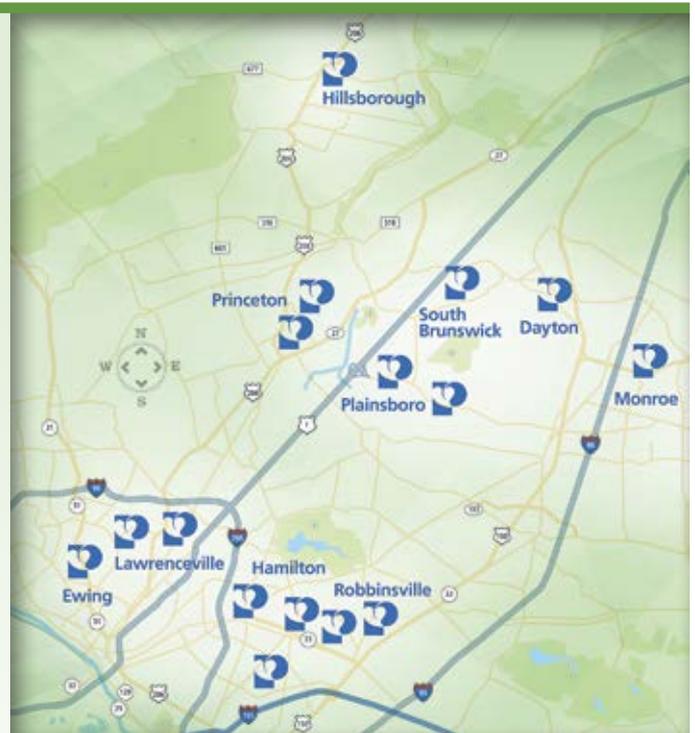
Three Practitioners Join Princeton Medicine

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

- **Ashley A. Driscoll, APN**, specializing in internal medicine, who sees patients in the Medical Arts Pavilion adjacent to UMCP, as well as the Princeton Medicine Offices in Monroe and Dayton. Call 609.853.7272 for an appointment.
- **Melissa Selke, MD**, board certified in family medicine, who sees patients at Princeton Medicine's Hillsborough office. Call 908.281.1199 for an appointment.
- **Christine M. Fanning, MD**, board certified in internal medicine, who sees patients at Princeton Medicine's Plainsboro office. Call 609.853.7220 for an appointment.

Princeton Medicine employs approximately 70 practitioners with offices throughout central New Jersey, including Dayton, Ewing, Lawrenceville, Monroe, Plainsboro, Princeton, Robbinsville and South Brunswick.

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



To find a Princeton Medicine practitioner, visit www.FINDADR.com or call 1.800.FINDADR (1.800.346.3237).

Are They Growing Pains or Something More?

Princeton House Behavioral Health Can Help

As a parent, it's natural to worry about whether your child's unruly or melancholy behavior is a normal part of growing up or a sign of deeper troubles.



When a child has persistent difficulty functioning at home or school and interacting with adults or peers, a mental health or substance abuse issue may be the cause. The U.S. Department of Health and Human Services estimates that up to one in five children and adolescents may have an identifiable mental health disorder at some point in their development — such as attention-deficit/hyperactivity disorder (ADHD), mood and anxiety disorders, behavior disorders or, in adolescents, substance use problems.

“It can be very difficult for parents to recognize and accept that their child has mental health issues and to bring the child in for therapy,” says Madhurani Khare, MD, Medical Director of the Princeton House Behavioral Health (PHBH) Hamilton Outpatient Site. “But if you choose to ignore the problem, that makes things worse.”

Be Alert for the Signs

Potential behavioral indicators of mental health disorders can include aggressive or self-destructive behavior, anxiety, problems with sleeping or eating, disinterest in play or in spending time with friends and family, or lack of focus in academics.

For example, if a child is very disruptive in school — running out of the classroom, speaking out of turn, requiring constant reprimands from teachers — or cannot be calmed down from a temper tantrum, “those are all warning signs that much more is going on beyond normal childhood issues,” says Dr. Khare, who is board certified in psychiatry, as well as child and adolescent psychiatry.

Developing the Tools to Cope

PHBH's board-certified psychiatrists perform comprehensive evaluations that include input from parents and educators. For children ages 6-12 and

adolescents ages 13-18 who qualify, treatment is available through full-day, partial hospital programs and half-day programs in Hamilton, North Brunswick and Moorestown.

These programs are designed to help children and adolescents improve their self-control and coping ability, gain emotional stability, and function better at school and home. Adolescents with substance abuse issues also receive tools to better understand addiction and to achieve and maintain abstinence from addictive substances.

For some adolescents, including those with suicidal thoughts, PHBH offers a Dialectical Behavior Therapy (DBT). This type of therapy helps patients tolerate distress, regulate emotions, and interact effectively with others. The program is designed to help patients who have difficulty processing emotions, and who tend to respond to their emotions with self-harming behaviors and suicidal thoughts. DBT treatment is available in all three locations, as well as through the Supporting Adolescent Girls Emotionally (SAGE) program in Princeton.

Given the complexities of mental health disorders and their treatments, parents, educators and mental health professionals need to work as a team to support the child. “We do a lot of outreach with schools about early intervention. Teachers and counselors are now more well informed,” Dr. Khare says. “So if your school brings up an issue, get an evaluation so you can help your child.”

For more information on PHBH child and adolescent programs, visit www.princetonhouse.org, or call 1.888.437.1610.

See page 17 for information on an upcoming online seminar on Behavior Issues in Children.

PHCS Golf Outing Nets \$282,000

Funds to Benefit Center for Maternal & Newborn Care



Princeton HealthCare System's 20th annual Golf Outing on June 9, 2015, raised more than \$282,000, the highest net proceeds in the event's history. The funds raised will support the Center for Maternal & Newborn Care at the University Medical Center of Princeton (UMCP).

"We are grateful to everyone who participated. It was wonderful to see the attendance at the tournament — and the support for the Center," says Iyalla Peterside, MD, MRCP, FAAP, attending neonatologist at The Children's Hospital of Philadelphia (CHOP) and honorary Co-Chair of the Princeton HealthCare System (PHCS) Golf Committee. "The partnership between UMCP and CHOP demonstrates a commitment from both organizations to provide exceptional care for families in the Princeton area."

Held at Metedeconk National Golf Club in Jackson, the outing drew 206 participants. In total, over 90 companies and individuals who do business or live in the region supported the event. CHOP was the premier community partner for the outing and the title sponsor was Spacelabs Healthcare. Other top sponsors included Conner, Strong & Buckelew; Edward E. Matthews; SEI Investment Management; Winter Services; Duane Morris; Forest Electric; Pepper Hamilton, LLP and Princeton Anesthesia, PA.

Proceeds will help fund the expansion of the Center for Maternal & Newborn Care at UMCP to meet the growing demand for services. Expansion plans include upgrading the Neonatal Intermediate Care Unit to an Intensive Care Unit, building additional labor/delivery/recovery and mother/baby rooms and creating an on-call space for physicians.

The Center provides exceptional care for mothers and babies with an award-winning nursing staff and nationally

recognized experts in maternal, perinatal and neonatal health. In 2014, the Center delivered over 2,100 babies.

Since 2009, UMCP and CHOP have partnered to enhance UMCP pediatric services at all levels of care, including neonatal care, inpatient pediatric care and pediatric consultation in the Emergency Department. Through this partnership, physicians from CHOP work on-site with the physicians and clinical staff of UMCP to provide access to world-class pediatric healthcare in the greater Princeton region.

To learn how you can support top quality, comprehensive maternal and newborn care close to home, please call the Princeton HealthCare System Foundation at 609.252.8710.

Pictured above, from left to right:

Mark Moore, Winter Services; Iyalla Peterside, MD, MRCP, FAAP, Golf Outing Honorary Co-Chair and Attending Neonatologist, CHOP; Janet Ready, President, UMCP; Glenn Mekles, Golf Outing Committee Co-Chair, Conner Strong & Buckelew; Adam Levine, Golf Outing Committee Member, SEI Investment Management; and James Demetriades, Golf Outing Committee Co-Chair, PHCS Vice President of Professional Services.

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Giving Tuesday: Successful New Initiative Continues in 2015

In 2014, Princeton HealthCare System Foundation's inaugural Giving Tuesday initiative raised over \$277,000 for the Annual Fund, including a generous matching gift from the Lebensfeld Foundation. Due to the tremendous response, the Lebensfeld Foundation is doubling their gift this year — providing a 1:1 challenge match for Giving Tuesday unrestricted or Annual Fund donations up to \$5,000. As a result, a gift of \$100 will be recognized as a gift of \$200, while a gift of \$10,000 will be recognized as \$15,000.

Unrestricted funds support many invaluable efforts, including staff training, technology upgrades and care for uninsured and underinsured members of the community. In addition to their unrestricted support, the Lebensfeld Foundation's generosity will help launch a robust pelvic health program for the community.



Giving Tuesday falls on December 1, 2015.

Donations made on that date will qualify for the Lebensfeld match. Pledges must be fulfilled by December 31, 2015, to receive the recognition match. Please take advantage of this wonderful opportunity!

#GIVINGTUESDAY™

For more information, call 609.252.8710, or visit www.princetonhcs.org/foundation.