

Princeton Health

Starting Over: Acute Rehab Helps Stroke Survivor Get His Life Back

*Kevin Boyle,
Monroe*

ALSO IN THIS ISSUE:

- Better Sleep, Better Health
- Treating Varicose Veins
- Flu Season is Here

PLUS:

- **Community Focus** Event Calendar



Princeton HealthCare System

Starting Over: Acute Rehab Helps Stroke Survivor Get His Life Back 2

U.S. News & World Report Rates UMCP Among Central New Jersey's Best Hospitals 3

Better Sleep, Better Health 4

Medication Reconciliation: Keeping You Safe 5

Is This Recipe Healthy? 5

Treating Varicose Veins Safely and Effectively 6

COMMUNITY FOCUS 7

Hightstown Medical Associates Joins Princeton Medicine 19

Lab Services Available at Seven Locations 19

Dr. Steven R. Bergmann Joins PHCS as Chairman of Medicine 20

Respiratory Care at UMCP Earns Quality Recognition 20

Flu Shots: The Earlier the Better 21

Treating Substance Abuse and Mental Illness Together 22

Princeton HealthCare System Non-Discrimination Notice 23

Take Advantage of Giving Tuesday, November 29, 2016 24

Princeton HealthCare System
One Plainsboro Road
Plainsboro, NJ 08536
1.888.PHCS4YOU (1.888.742.7496)

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

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

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

Entire publication
©2016 Princeton HealthCare System.
All Rights Reserved.

Princeton Health is published under contract by **The Nautilus Publishing Company**
www.nautiluspublishing.com
T: 662.513.0159

Starting Over: Acute Rehab Helps Stroke Survivor Get His Life Back

In early February, after a stroke left him with weakness throughout the left side of his body and little use of his left arm, Kevin Boyle was admitted to the Acute Rehabilitation Unit at University Medical Center of Princeton (UMCP).

"I had to retrain everything," says Boyle, a 59-year-old trucking operations supervisor from Monroe. "After a stroke, your body doesn't do what your mind tells it to do."

After four weeks of acute rehabilitation, Boyle returned home and was back to work by late spring.



His recovery is a credit to his hard work, as well as the program's experience in helping stroke survivors resume active lives, says **Richard Bach, MD**, Medical Director of Acute Rehabilitation.

"He worked hard, and he was determined to improve," Dr. Bach says. "I remember this clearly: When he wasn't in therapy, I would find him doing his exercises in his room, while watching TV."

A Designated Stroke Center

UMCP is a state-designated Primary Stroke Center with comprehensive protocols to address the complex needs of stroke patients. Acute Rehabilitation, a unit with 17 private beds, serves patients recovering from stroke and neurologic and orthopaedic conditions.

Patients spend at least three hours a day, six days a week, completing physical, individualized occupational and speech therapy.

As one of the region's only hospital-based rehabilitation units, UMCP provides:

Easy access to hospital-based testing.

In-house hospitalists, 24/7, in case of an emergency.

Neurologists and other specialists who work with patients from the Emergency Department through rehab.

“Stroke patients often stay in acute rehabilitation for up to a month,” says Humility Sumayang, RN, Nurse Manager of Acute Rehabilitation. “They really benefit from having the same group of doctors who admitted them to the hospital continue to follow them while they’re in rehab.”

National Accreditation

The Acute Rehabilitation Unit recently earned three-year accreditation from Commission on Accreditation of Rehabilitation Facilities (CARF International). UMCP is one of only 10 inpatient hospital programs in New Jersey to hold this accreditation.

“The accreditation shows our patients that we are committed to providing the highest level of care,” says Dr. Bach, who is board certified in physical medicine and rehabilitation.

“It was a very positive experience,” Boyle says.

“I was lucky I was brought to a hospital that had specialized treatment for stroke. I feel like everyone I encountered knew, right away, what to work on with me.”



For more information about the Acute Rehabilitation Unit, call 1.888.PHCS4YOU, or visit www.princetonhcs.org.

U.S. News & World Report Rates UMCP Among Central New Jersey’s Best Hospitals

University Medical Center of Princeton (UMCP) was recognized as a Best Regional Hospital and rated high performing in five procedures and conditions in the 2016-17 Best Hospitals rankings by U.S. News & World Report.

In addition to being named among the best hospitals in central New Jersey, UMCP was ranked as the No. 8 hospital in the state and No. 18 in the New York metropolitan region.

UMCP rated as high performing in chronic obstructive pulmonary disease (COPD), colon cancer surgery, heart failure, hip replacement and knee replacement.

“It’s significant when a respected, independent voice praises the quality of care that we provide,” said Barry S. Rabner, President and CEO of Princeton HealthCare System (PHCS), which includes UMCP. “These ratings are based on objective data related to outcomes, patient safety and readmissions, as well as indicators such as patient satisfaction and Magnet® recognition of our nursing standards. Earning five high performing ratings is a testament to the exceptional work that our employees and physicians do every day.”



Better Sleep, Better Health



Sleep problems should be brought to your doctor's attention just like any other chronic health problem, says

David Cohn, MD, Medical Director of the Sleep Center at University Medical Center of Princeton (UMCP).

"I've seen people who have put up with a sleep problem for decades. Once it has been treated, they're stunned by how much better they feel," says Dr. Cohn, who is board certified in sleep medicine.

Sleep disorders put people at higher risk for high blood pressure, heart attack and stroke. Even if your sleep is otherwise normal, not getting enough shut-eye has been linked to potential health problems such as decreased immune system function.

What's Enough?

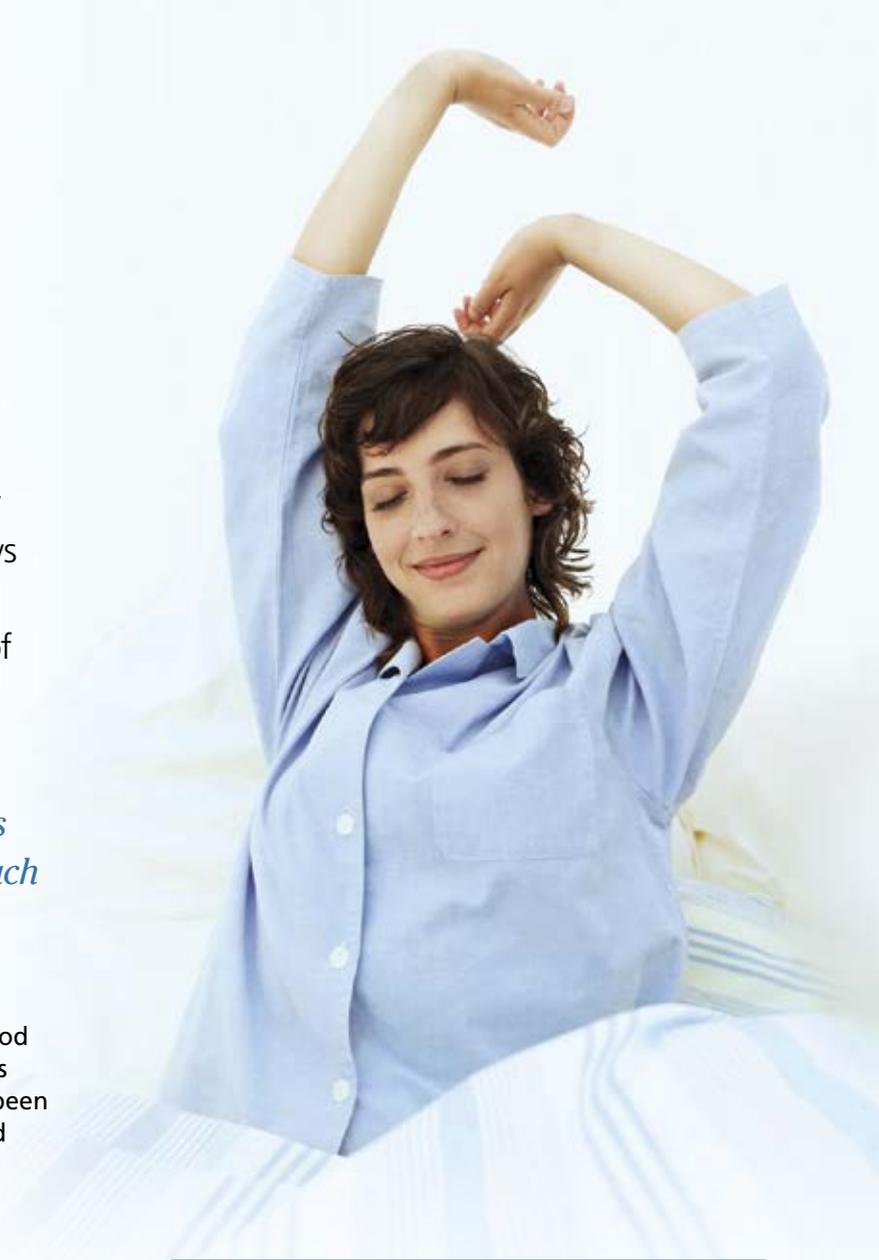
Adults need six to eight hours of sleep a night. This means committing to at least seven hours in bed, considering the time it takes to fall asleep and the possibility of nighttime wake-ups.

In some cases, sleep problems can be resolved with fairly minor changes, like going to bed and waking up at roughly the same time each day or avoiding caffeine around bedtime. More serious sleep disorders, which affect 50 to 70 million U.S. adults, need to be diagnosed and treated by a sleep specialist.

Getting Help

The Sleep Center at UMCP, which is fully accredited by the American Academy of Sleep Medicine (AASM), provides overnight on-site and at-home sleep studies, individual evaluations and treatment plans and equipment fittings.

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



Common symptoms of a sleep disorder include:

- Daytime sleepiness.
- Loud snoring, gasping for breath or choking during sleep.
- Trouble falling asleep or getting back to sleep.
- Trouble concentrating at work.

Medication Reconciliation: Keeping You Safe

Making sure your healthcare team knows the prescription and over-the-counter medications, vitamins and supplements you are taking is an important part of maintaining good health. Failing to mention even one medication can have negative health implications.

“Whenever you interact with a healthcare provider, it’s important to go through ‘medication reconciliation’ — updating the list of what medications and supplements you’re taking, as well as the dosages,” says Timothy Reilly, PharmD, BCPS, CGP, FASCP, Clinical Pharmacist at University Medical Center of Princeton (UMCP). “This process is a way to get a clear picture of your health, and avoid omissions, duplications, dosing mistakes and drug interactions.”



Make a complete list of everything you take, including the strength and frequency. Keep your list updated, and share it with your doctors, nurses and pharmacists.

“It’s also important to keep track of any medication problems you have experienced, and share that information as well. Taking all of these steps are key to avoiding errors that could put your health at risk,” says Reilly.

You can download a form to make tracking your medications easier
by visiting www.princetonhcs.org/medication-reconciliation.

Is This Recipe **Healthy?**

When deciding what to cook, plenty of recipes probably look and sound good, but all of them may not be good for you.

“With so many recipes out there, it can be a challenge figuring out which ones really are good for you,” says Jane Schwartz, RD, Outpatient and Community Education Nutritionist with University Medical Center of Princeton (UMCP).

In general, healthy recipes should include fruits, vegetables, lean meats, whole grains and a small amount of healthy oils. Fruits and vegetables should make up at least half of the recipe, with less focus on meats and grains. Avoid recipes with a lot of sugar, fats, flour, dairy, unrefined grains and high-fat meats like bacon, most cuts of beef and even chicken with skin.



“In addition to the ingredients, it’s important to look at how the recipe calls for the food to be prepared,” says Schwartz.

“Deep frying is extremely unhealthy. Using a small amount of a healthy oil like olive or canola to stir fry foods, or baking or grilling are the best ways to prepare foods, along with slow cooking.”

For more information about UMCP’s Nutrition Program, call 609.853.6183, or visit www.princetonhcs.org.

Treating Varicose Veins Safely and Effectively



Varicose veins are a common condition that can create medical and cosmetic problems. Fortunately, treatments have improved dramatically in recent years, says **Kenneth Goldman, MD, RVT, FACS**, a member of the Medical Staff at University Medical Center of Princeton (UMCP).

“Treatment today is not the varicose vein surgery your great aunt had in years past, when people were in the hospital with a long recovery period,” says Dr. Goldman, who is board certified in general and vascular surgery. “Varicose veins can make you miserable,” Dr. Goldman says. “But now treatment is very quick, safe and effective. **Many patients have a procedure done in the morning and go back to work in the afternoon.**”

More Common in Women

Varicose veins and spider veins occur more often in women. Their frequency increases with age, affecting half of people 50 years and older, according to the U.S. Department of Health and Human Services.

They are caused by weak or damaged valves in your legs that create a backup of blood, causing the veins to stretch and bulge. In addition to aging, they are common in pregnant women and people who stand for long periods.

Varicose veins can cause achiness, tiredness or heaviness in the legs. As they worsen, the condition can hinder everyday activities.



Multiple Treatment Options

Visit a vascular surgeon if you notice bulging veins; swelling in your legs; brownish discoloration in your ankles; or achiness, tiredness or heaviness in your legs. In most cases, the surgeon will conduct a vascular ultrasound and recommend one of the following treatments:

Elevation and compression: The most conservative approach for mild cases, patients should elevate their legs after long periods of standing or sitting. Wearing compression stockings can also help.

Radiofrequency ablation (vein closure): Significant leakage in a vein can be treated by a process called Venefit™, where the leaking vein is sealed, and blood is naturally rerouted through healthier veins.

Chemical injection: Many cases can be managed through sclerotherapy, in which a chemical solution is injected into the vein, causing it to scar — and eventually be absorbed into the body — while forcing blood to reroute through healthier veins.

Vein removal: Varicose veins close to the surface of the skin can be removed through a series of tiny incisions, known as microphlebectomy.

Dr. Goldman notes that most of these procedures are covered by insurance when there is a medical need.

For more information on UMCP’s Center for Vascular Care, call 1.888.PHCS4YOU, or visit www.princetonhcs.org.

Community Focus



Stay healthy and stress free this holiday season with these new programs.

Building a Better Brunch

TUE. November 29 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
A chef from Café Vienna in Princeton will share quick, easy and healthier brunch recipes that are sure to be a hit at any holiday gathering. After the demonstration, participants will have a chance to sample some of the chef's festive creations.

A Modern Holiday Menu

WED. November 16 (6 – 7:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton
Spice up your holiday menu this year by incorporating fresh ideas into your holiday traditions. Robert Jackson, Executive Chef with University Medical Center of Princeton, will walk you through modern recipes that use simple ingredients and are easier to make than many traditional dishes. He will also offer time saving tips, share samples and answer audience questions.

Thriving this Holiday Season: A Program for Those Touched by Cancer

FRI. November 3 (1 – 2 p.m.)
MON. December 5 (1 – 2 p.m.)
University Medical Center of Princeton
Join Mehreen Husain, Outpatient Oncology Dietitian, and Joanita Miranda, Oncology Social Worker, for this uplifting guide to the holidays. Learn how to eat well, cope with negative feelings, take great care of yourself and reduce the stress that can come with the season. Participants will get to sample nutritious holiday foods. This class is presented by the Edward & Marie Matthews Center for Cancer Care at University Medical Center of Princeton.

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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Understanding the Aging Eye

WED. November 2 (2 – 3 p.m.)

Hopewell Library

245 Pennington-Titusville Road, Pennington

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

- Refractive cataract surgery
- Glaucoma prevention
- Macular degeneration prevention

Preventing Falls

WED. November 2 (10:30 a.m. – 12 p.m.)

Plainsboro Library

9 van Doren Street, Plainsboro

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

THU. November 3 (10 – 11 a.m.)

West Windsor Library

333 North Post Road, Princeton Junction

Registration suggested. Please call the library at 609.275.8901.

Every 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 class to learn how to improve your balance and what you can do to prevent falls. The class will include a lecture and exercises, so wear sturdy shoes and comfortable clothes. Classes will be taught by Carolyn Schindewolf, Health Educator with Princeton HealthCare System's Community Education & Outreach Program and Matter of Balance Instructor.



Join health professionals with the Community Education & Outreach Program for your

Free Blood Pressure Check

on Tuesday, November 15 and December 20, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

Yikes! What's Happening to My Body? Puberty Talk for Girls

WED. November 2 (6:30 – 7:30 p.m.)

Ewing Library

61 Scotch Road, Ewing

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

Designed for girls between 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as she enters her teenage years. Children should be accompanied by their parent/guardian when attending this informative and relaxed session on growing up, led by Lisa Mathiasen, RN, Health Educator with Princeton HealthCare System.



Weight-loss Surgery: Is It Right for Me?

THU. November 3 (6 – 6:30 p.m.)

THU. December 1 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. November 16 (6 – 6:30 p.m.)

WED. December 21 (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. 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.

AARP Smart Driver

MON. & TUE. November 7 & 8 (12:30 – 3:30 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, 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.

Dealing with Dizziness and Vertigo

MON. November 7 (11:30 a.m. – 12:30 p.m.)
South Brunswick Library
110 Kingston Lane, Monmouth Junction
Register through the library or Princeton HealthCare System's Community Education & Outreach Program.

WED. November 30 (11:30 a.m. – 12:30 p.m.)
West Windsor Library
333 North Post Road, Princeton Junction
Registration suggested. Please call the library at 609.275.8901 to register.

MON. December 5 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction
Registration not required.

Any number of things can cause dizziness, but when the condition begins to limit your ability to function, finding relief becomes extremely important. Learn more about the anatomy and physiology of the inner ear; common causes of dizziness; vertigo and loss of balance and how vestibular rehabilitation can help, at this informative program led by Erin Mee, PT, DPT, MA, Physical Therapist specializing in vestibular dysfunction with UMCP's Outpatient Rehabilitation Network. The session in South Brunswick will also include Michael D. Lupa, MD, specializing in otolaryngology and a member of the Medical Staff of Princeton HealthCare System.

Are You at Risk for a Stroke?

MON. November 7 (10:45 – 11:45 a.m.)
South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

FRI. December 9 (1 – 2 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Registration not required.

An estimated 80% of all strokes can be prevented if you know and address your risk factors. Join Kimberly Rogers, BSN, RN, CEN, Stroke Coordinator, to learn about risk factors, warning signs and the importance of seeking medical attention, as well as the services available through University Medical Center of Princeton's state-designated Primary Stroke Center Stroke Program to identify and treat stroke.

Secrets to Healthy Skin

WED. November 9 (7 – 8 p.m.)
Hickory Corner Library
138 Hickory Corner Road, East Windsor

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

Taking care of your skin is important year round. Jessica Simon, MD, specializing in dermatology, and a member of the Medical Staff of Princeton HealthCare System, will discuss important skin care techniques, how to evaluate abnormal growths and what to do if you are concerned about skin changes.

Yikes! What's Happening to My Body? Puberty Talk for Boys

WED. November 9 (6:30 – 7:30 p.m.)
Ewing Library
61 Scotch Road, Ewing

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

Designed for boys between 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as he enters his teenage years. Children should be accompanied by their parent/guardian when attending this informative and relaxed session on growing up, led Lisa Mathiasen, RN, Health Educator with Princeton HealthCare System.



Establishing Patient Goals in Geriatric Medicine: The POLST Form

WED. November 9 (5:30 – 6:30 p.m.)
THU. November 10 (12 – 1 p.m.)

Brandywine Living at Princeton
155 Raymond Road, Princeton

The Practitioner Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patient treatment wishes are properly communicated to their healthcare team, which promises to honor their wishes. Barbara Vaning, EMT Instructor, MHA, Princeton HealthCare System Community Education & Outreach, will discuss the POLST form.

Safe Sitter

THU. & FRI. November 10 & 11 (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 person.

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

Navigating the Healthcare System

TUE. November 15 (7 – 8:30 p.m.)
South Brunswick Municipal Center
540 Ridge Road, Monmouth Junction

Registration not required.

Princeton HealthCare System (PHCS) invites you to join us for an informative panel discussion addressing the health needs of the community, presented by members of the Medical Staff of PHCS. There will be a question-and-answer session.

The panel will include:

- Tracy Davison-DiCanto, Director of Managed Care with Princeton HealthCare System, discussing managed care
 - Silky Sharma, MD, Hospitalist with PHCS, discussing the role of a hospitalist
 - A Yoon Ha Kim, MSW, with PHCS, discussing 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.

All About Joint Replacement

WED. November 16 (10 - 11 a.m.)

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

Every year, thousands of people suffering from painful joint conditions undergo replacement surgery and reclaim their lives. Join Victoria Ribsam, RN, BSN, ONC, Orthopaedic 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 UMCP, including the Jim Craigie Center for Joint Replacement.

Posture Perfect

WED. November 16 (11:30 a.m. - 12:30 p.m.)

South Brunswick Library

110 Kingston Lane, Monmouth Junction

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

Poor or improper posture can have a negative impact on your body. Poor posture can cause problems with digestion, breathing, muscles, joints and ligaments. Join Eileen Kast, PT, OCS, physical therapist with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn what constitutes proper posture, as well as some exercises to improve posture and posture awareness.

Tired of Being Tired: What's Keeping You from a Good Night's Sleep?

WED. November 16 (12:30 - 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Registration not required.

Join David B. Cohn, MD, for an eye-opening discussion of common sleep disorders and their relationship to other medical conditions, such as heart disease, as well as accurate sleep disorder diagnosis and current treatments. Insomnia, restless legs syndrome, sleep apnea and narcolepsy are among the disorders that will be discussed. Dr. Cohn is board certified in critical care medicine, internal medicine (primary care), pulmonary disease, and sleep medicine, and is a member of the Medical Staff of Princeton HealthCare System.

The Five Wishes: A Discussion of End-of-Life Decisions

THU. November 17 (5:30 - 7 p.m.)

Brandywine Senior Living

143 W. Franklin Avenue, Pennington

It can be challenging to make sound decisions during difficult times, but understanding the choices that are available can help reduce the stress and anxiety. Learn how hospice and palliative care programs provide help and support; their similarities and differences; and how they can make a positive difference. Liz Cohen, LCSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare, will present this invaluable program, which will include ample time to answer your questions. A light supper will be served at 5:30.

Stuffed Up and Can't Breathe?

TUE. November 29 (7 - 8 p.m.)

Lawrenceville Library

2751 Brunswick Pike, Lawrenceville

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

THU. December 8 (7 - 8:30 p.m.)

Hickory Corner Library

138 Hickory Corner Road, East Windsor

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

If you suffer from congestion, a stuffy nose, sinus or allergy issues, nasal blockage or post nasal drip, join us for this informative lecture presented by Michael Lupa, MD, board certified otolaryngologist and rhinologist, and a member of the Medical Staff of Princeton HealthCare System. Learn about common sinus problems, including nasal blockage, nasal polyps and sinus infections, as well as treatment options.

Is Your Daughter Ready for the Gynecologist?

TUE. November 29 (6:30 - 8 p.m.)

UMCP Breast Health Center

East Windsor Commons 2

300B Princeton-Hightstown Road, East Windsor

Put your daughter at ease by attending this informative session led by Alison "Janet" Wilson, MSN, APN, a Women's Healthcare Nurse Practitioner, who will answer your questions about when a teen should have her first exam, what the exam entails, options for disease and pregnancy prevention, information about her changing body and establishing healthy habits for a lifetime. By giving your daughter a sense of what to expect, and addressing any questions or fears she might have, you can help her feel more confident about taking this next step in maturity.

HPV, HIV, ZIKV, HSV: The ABCs of Infectious Diseases

THU. December 1 (6:30 - 8 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Attend this informative presentation led by Arunima Mamidi, MD, board certified in infectious disease and board certified in internal medicine, for an overview of the Zika and other viruses, their transmission, symptoms, diagnosis and treatments, as well as an exploration of the myths and misconceptions about these diseases.

FREE

Vision Screenings

THU. November 17 (10 a.m. - 1 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

THU. December 15 (4 - 7 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.

So You're Having Surgery: Now What?

TUE. December 6 (6 – 7 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 and a member of the Medical Staff of Princeton HealthCare System, will discuss what to expect and how to prepare your body and mind for surgery.

Suicide Prevention: How to Help Someone Who is Suicidal

WED. December 7
(6 – 7 p.m.)

Princeton Fitness &
Wellness Center

1225 State Road, Princeton

The World Health Organization estimates that approximately 1 million people die each year from suicide. A suicidal person may not ask for help, but that doesn't mean help isn't wanted. Suicide prevention starts with recognizing the warning signs and taking them seriously. Attend this informative session led by Barbara A. Sirch, APN, board certified in psychiatry, to learn about the common misconceptions related to suicide, how to respond and where to get help. Dr. Sirch is a member of the Medical Staff of Princeton HealthCare System.



How Did You Sleep Last Night?

THU. December 8 (7 – 8 p.m.)

Robbinsville Library

42 Robbinsville-Allentown Road, Robbinsville

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

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.

What You Need to Know About Hypertension

THU. December 15 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Srujana Polsani, MD, board certified nephrologist, will lead this discussion. Dr. Polsani is a member of the Medical Staff of Princeton HealthCare System.

Good Sleep: Essential for Good Health

TUE. November 15 (5:15 – 6:30 p.m.)

Hamilton Area YMCA John K. Rafferty Branch

Healthy Living Center

1315 Whitehorse-Mercerville Road, Hamilton

Regular and sufficient sleep is crucial for overall health and problems with sleeping can negatively impact your mood and play a role in chronic diseases such as diabetes. 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.

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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Sibling Class

SAT. November 12 (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.

Maternity Tour

SAT. November 12 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)

TUE. November 29 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

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

SAT. December 17 (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.)

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 Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

OPTIONS FOR BIRTHING

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

Birthing Basics

MON. November 7 – November 28
(7 – 9 p.m.)

WED. November 30 – December 21
(7 – 9 p.m.)

THU. December 15 – January 5
(7 – 9 p.m.)

University Medical Center of Princeton
First 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 19 (9 a.m. – 5 p.m.)

SAT. December 10 (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.

HypnoBirthing

SAT. November 12 – December 10
(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 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.

Prenatal Yoga

TUE. November 1, 8, 15, 22, 29, December 6, 13, 20 & 27
(6 – 7 p.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103

\$10 per person, per class.

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them stay fit and feeling 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.

Baby Care

THU. November 17 (7 – 9:30 p.m.)

TUE. December 13 (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.



Prenatal Breastfeeding Class

MON. November 21 (7 – 9 p.m.)

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

THU. December 8 (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 at this informative program. This class is taught by a certified lactation consultant.

Baby Steps to Baby Care

FRI. November 25 (7 – 8 p.m.)

FRI. December 16 (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, breastfeeding, safe sleep practices and car seat education. Expectant parents are encouraged to take our Baby Care and Prenatal Breastfeeding classes as well for a more comprehensive program.

Daddy Boot Camp™

SAT. December 3 (9 a.m. – 12:30 p.m.)

Babies "R" Us – 700 Nassau Park Boulevard, West Windsor

\$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.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.

CHILDBIRTH & FAMILY

POSTPARTUM & PARENTING CLASSES

University Medical Center of Princeton is pleased to offer a variety of programs related to childbirth and family issues. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Bright Beginnings (birth to crawling)

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

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.



Postpartum Adjustment Support Group

WED. November 9 (1 – 2 p.m.)
WED. November 23 (1 – 2 p.m.)
WED. December 7 (1 – 2 p.m.)
WED. December 21 (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.

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.

Working & Breastfeeding: Making It Work

WED. November 9 (7 – 8 p.m.)
WED. December 7 (7 – 8 p.m.)
Babies "R" Us
700 Nassau Park Boulevard, West Windsor

\$10 per couple

This program is designed for moms who are currently breastfeeding and returning to work. Join our board certified lactation consultant for a discussion on: developing a breastfeeding plan; maintaining an ample milk supply; options for pumping; and milk storage solutions.

For a full, up-to-date calendar, list of topics or to register, visit us online at **www.princetonhcs.org/calendar**.



CPR & FIRST AID

To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**. 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

WED. & THU. November 9 & 10
(9 a.m. – 5 p.m.)
Community Education &
Outreach at
731 Alexander Road

ACLS Recertification Course

FRI. December 2 (5 – 11 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 Course

THU. & FRI November 17 & 18 (9 a.m. – 5 p.m.)
Community Education & Outreach at
731 Alexander Road

PALS Recertification Course

FRI. December 16 (5 – 11 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

TUE. November 15 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

MON. November 28 (6 – 10:30 p.m.)
MON. December 19 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at
731 Alexander Road

TUE. December 6 (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.

Heartsaver AED

THU. November 3 (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 6

Princeton Fitness & Wellness Center – 1225 State Road, Princeton

Infant CPR Only

TUE. November 29 (7 – 8 p.m.)

TUE. December 27 (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.



Neonatal Resuscitation Program

WED. November 9 (9 a.m. – 1 p.m.)

TUE. December 13 (8 a.m. – 12 p.m.)

University Medical Center of Princeton – 6th Floor, Mother & Baby Unit

\$100 per person.

The Neonatal Resuscitation Program teaches an evidence-based approach to newborn resuscitation and is designed for hospital staff members who provide care for newborns at the time of delivery, including physicians, nurses and respiratory therapists. There is an online exam that must be completed and passed 30 days prior to the course. This course includes a skills test. Participants will receive a course completion card.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar.

EMT Refresher Class

Community Education & Outreach at 731 Alexander Road

\$50 per person, per session

Section B – Medical Assessment and Management

SUN. November 13 (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 4 (8 a.m. – 5 p.m.)

Students will review immobilization techniques, splinting and wound care.

CPS for EMS:

Securing Children in Ambulances

MON. November 28 (6 – 8 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

CEUs pending.

This course was designed as an overview to inform EMS personnel and Child Passenger Safety (CPS) Technicians about selection and installation of ambulance-specific restraints and types of conventional child restraints on the ambulance cot.

*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. 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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar.

Prostate Cancer Support Group

WED. November 9 (12 – 1:30 p.m.)

WED. December 14 (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.



American Cancer Society's Look Good, Feel Better

MON. November 14 (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.

Cancer Support Group

TUE. November 15 (1:30 – 3 p.m.)

TUE. December 20 (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 15 (6 – 7:30 p.m.)

TUE. December 20 (6 – 7:30 p.m.)

UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton–Hightstown Road, East Windsor

No registration required. Walk-ins welcome.

The Breast Cancer Support Group meets the third Tuesday of the month. The group welcomes breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group 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 16 (12 – 1:30 p.m.)

WED. December 21 (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.

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.

SUPPORT GROUPS

Bariatric Surgery Support Group

TUE. November 1 (7 – 8:30 p.m.)

TUE. December 6 (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: Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, and Princeton HealthCare System staff. Sponsored by the Center for Bariatric Surgery and Metabolic Medicine at UMCP.

Weight-loss Surgery Support Group

THU. November 3 (6:30 – 7:30 p.m.)

THU. December 1 (6:30 – 7:30 p.m.)

Princeton Medicine – 2 Centre Drive, Monroe Township

WED. November 16 (6:30 – 7:30 p.m.)

WED. December 21 (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.

UNITE: Perinatal Loss Bereavement Support Group

MON. November 7 (7 – 9 p.m.)

MON. December 5 (7 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

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 7 (6 – 7:30 p.m.)

MON. December 5 (6 – 7:30 p.m.)

University Medical Center of Princeton

MON. November 21 (1 – 2:30 p.m.)

MON. December 19 (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.

Women's Pelvic Wellness Support Group

THU. November 10 (7 – 8 p.m.)

THU. December 8 (7 – 8 p.m.)

Community Education & Outreach at
731 Alexander Road

This group, held the second Thursday of every month, welcomes women experiencing symptoms associated with pelvic dysfunction. General pelvic floor dysfunction topics such as urinary leakage, overactive bladder and pelvic organ prolapse are discussed, as well as pelvic pain conditions such as painful bladder and interstitial cystitis. While these symptoms are extremely common, feeling comfortable discussing them and understanding how to overcome them can be challenging. This support group provides a safe, supportive environment for women and UMCP's pelvic health clinicians to discuss their concerns and share strategies to improve quality of life and pelvic wellness.

Freedom from Smoking Support Group

THU. November 10 (6:30 – 7:30 p.m.)

THU. December 8 (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.

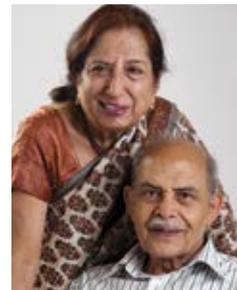
ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators

TUE. November 15 (6:30 – 8 p.m.)

Community Education & Outreach at
731 Alexander Road Conference Room A

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 16 (2:30 – 4 p.m.)

WED. December 21 (2:30 – 4 p.m.)

Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. November 28 (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 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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit www.princetonhcs.org/calendar.

Spirituality and the Lifecycle

TUE. November 1 (10 – 11 a.m.)

Hamilton Senior Center – 409 Cypress Lane, Hamilton

Join Rev. Amy Seat, Hospice Chaplain with Princeton HealthCare System, to explore some of the spiritual challenges and opportunities that arise throughout the different stages of our lives. The discussion will address issues at all stages of life, with a special emphasis on the spirituality of older adulthood.

Do You Know Your Risk for Stroke?

WED. November 2 (10 – 11 a.m.)

Brandywine Senior Living
143 West Franklin Avenue, Pennington

Discover what you can do to lower your risk for stroke at this invaluable program led by Kimberly Rogers, BSN, RN, CEN, Stroke Coordinator. Learn the early warning signs of a stroke, when to seek medical attention, prevention methods. UMCP is a state-designated Primary Stroke Center.



Dealing with Dizziness and Vertigo

FRI. December 9 (12 – 1 p.m.)

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

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.

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.

How Did You Sleep Last Night? An Overview of Sleep Disorders

MON. November 7 at 12 p.m.

David B. Cohn, MD, board certified in pulmonary disease, sleep medicine, critical care medicine and internal medicine



FULL, UP-TO-DATE CALENDAR AT
www.princetonhcs.org/calendar

Programs are free, and registration is required unless otherwise noted.

REGISTER:

www.princetonhcs.org/calendar

1.888.897.8979 (unless another number is indicated)

DIRECTIONS: www.princetonhcs.org

 Princeton HealthCare System
Community Education & Outreach



Community Education & Outreach Program

731 Alexander Road, Suite 103, Princeton



Princeton Fitness & Wellness Center

Princeton North Shopping Center
1225 State Road, Princeton



University Medical Center of Princeton

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

Hightstown Medical Associates

Joins Princeton Medicine

Hightstown Medical Associates and its five primary care practitioners recently joined Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS).

The practice retained its name and current office in the **Windsor Business Park, 186 Princeton-Hightstown Road, Building 3A, Suite 101, West Windsor**. For appointments, call 609.443.1150.



To find a Princeton Medicine physician near you, call 1-800.FIND.A.DR (1.800.346.3237), or visit www.princetonmedicine.org.

The practitioners at Hightstown Medical Associates are:

- **James A. Robin, MD**, provides primary care for adult patients and is board certified in internal medicine and fellowship trained in rheumatology.
- **Hank R. Lubin, MD**, is board certified in internal medicine and provides primary care to adult patients.
- **Kristyn K. Phelps, MD**, is board certified in internal medicine and provides primary care to adults.
- **Virginia Azarchi, MSN, NP-BC**, is a board certified nurse practitioner and provides primary care to adult patients.

Princeton Medicine employs more than 80 practitioners with offices in Princeton, Plainsboro, West Windsor, Cranbury, Dayton, Monroe, Hamilton, Lawrenceville, Robbinsville, South Brunswick, Ewing and Hillsborough. Medicare and most major insurance plans are accepted.

Lab Services Available at Seven Locations

University Medical Center of Princeton (UMCP) offers comprehensive diagnostic testing including venipuncture (blood draws), specimen collection and specimen drop-off at seven regional labs. The labs offer convenient hours for outpatient testing at the following locations, and no appointment is necessary.

UMCP labs offer a STAT testing service option with same-day results for physicians seeking prompt testing of their patients. They also offer convenient hours. Hours vary by location, so please call 609.853.6800 to confirm hours or view the hours online at www.princetonhcs.org/labs.

PLAINSBORO

UMCP Laboratory Patient Service Center
Medical Arts Pavilion at UMCP
5 Plainsboro Road

EAST WINDSOR

East Windsor Patient Service Center
300A Princeton-Hightstown Road
Suite 103

LAWRENCEVILLE

Lawrenceville Patient Service Center
132 Franklin Corner Road

MONROE TOWNSHIP

Monroe Patient Service Center
2 Centre Drive, Suite 200

PRINCETON

Princeton Patient Service Center
281 Witherspoon Street
and
731 Alexander Road, Suite 103

SOUTH BRUNSWICK

South Brunswick Wellness Center
540 Ridge Road

UMCP accepts Medicare, Medicaid and most private insurance plans.

For more information, call 609.853.6800, or visit www.princetonhcs.org/labs.

Dr. Steven R. Bergmann

Joins PHCS as Chairman of Medicine

Steven R. Bergmann, MD, PhD, board certified in both internal medicine and nuclear cardiology, has joined Princeton HealthCare System (PHCS) as Chairman of the Department of Medicine.

Dr. Bergmann, formerly a Professor of Medicine and Professor of Diagnostic Imaging and Therapeutics at the University of Connecticut School of Medicine, whose research has been published extensively during the past four decades, joined PHCS in July. In addition to his role as Chairman of Medicine, he is a member of Princeton Medicine, PHCS' primary and specialty care physician network.



As Chairman of Medicine, Dr. Bergmann oversees the Department of Medicine's clinical, academic and administrative activities and promotes clinical quality and patient safety throughout PHCS and its divisions, including Princeton Medicine; Princeton HomeCare; Princeton House Behavioral Health and University Medical Center of Princeton (UMCP), a University Hospital Affiliate of Rutgers Robert Wood Johnson Medical School.

He sees patients at the Bristol-Myers Squibb Community Health Center, a clinic on the UMCP campus that serves uninsured and underinsured residents of central New Jersey. Dr. Bergmann is also available to consult with physicians providing care for patients in the hospital.

Respiratory Care at UMCP Earns Quality Recognition

University Medical Center of Princeton (UMCP) has earned **Quality Respiratory Care Recognition from the American Association for Respiratory Care (AARC)**. Less than 8 percent of the nation's hospitals have received quality recognition, which is given to hospitals that meet advanced standards for quality and efficiency.

UMCP's respiratory therapists are certified in neonatal/pediatric, critical care, pulmonary function, asthma education, cardiac catheterization lab and emergency care. Working under physicians' orders, they provide a wide range of breathing treatments and other services to people with asthma, COPD, cystic fibrosis, AIDS, lung cancer and other lung-related conditions. They also care for premature infants and are key members of lifesaving response teams charged with handling medical emergencies.

The AARC initiated the quality recognition program to help consumers make informed choices about their healthcare by identifying hospitals that promote patient safety through high-quality respiratory care.

In addition, hospitals must identify and track metrics that measure the efficiency and quality of the respiratory department and its individual therapists. The intent is to promote continuous quality improvement in respiratory care services.

Hospitals eligible for the recognition meet the following criteria:

- Respiratory therapists must be available 24 hours a day.
- All respiratory therapists delivering bedside care must be a Certified Respiratory Therapists (CRTs) or Registered Respiratory Therapists (RRTs), or be legally recognized by the state as competent to provide respiratory care services.
- A physician must be designated as medical director of respiratory care services.

Flu Shots: The Earlier the Better

The annual influenza season in the U.S. usually reaches its peak between December and March, but significant flu activity can occur as late as April or May.



*“The flu vaccine is the most effective way to protect yourself from the flu,” says **Karina Lee, MD**, a primary care internist with Princeton Medicine, the employed physician group of Princeton HealthCare System.*

If you haven’t gotten your flu shot yet, now is the time, says Dr. Lee, who is board certified in internal medicine. “The vaccine can prevent you from getting the flu, and it can lessen the severity of the flu if you still contract it after being vaccinated.”

Changes for This Flu Season

The U.S. Centers for Disease Control and Prevention (CDC) is now advising against the use of the nasal spray flu vaccine — a once-popular option for children. The spray has been shown in recent years to be mostly ineffective against influenza.

People with mild egg allergies can usually get the flu shot, as long as it is given in a medical setting and supervised by a healthcare provider who can recognize a potential allergic reaction. If you have allergies, discuss your options with your doctor.

“The flu vaccine not only protects you but, by staying healthy, you are also protecting your friends, co-workers and loved ones who may be more susceptible to severe flu complications,” Dr. Lee says. “If you haven’t received a flu shot by January or February, it is not too late.”

“If you have received the shot, which can take up to two weeks to take effect, you can continue protecting yourself and others by taking normal precautions — wash your hands often, don’t share food or personal items, and stay home if you’re sick.”

To find a physician or advanced practice provider affiliated with Princeton Medicine, call 1.800.FIND.A.DR (1.800.346.3237), or visit www.princetonmedicine.org.



Who Should Get the Flu Vaccine?

The flu vaccine is recommended by the CDC for most people six months and older. It is particularly important for those most at risk for severe complications from the flu, including:

- ➔ Pregnant women or women who plan to become pregnant during flu season,
- ➔ Children six months to five years old, and seniors 65 and older,
- ➔ People who are immunosuppressed or have chronic health conditions such as asthma, diabetes or cardiovascular disease, and
- ➔ All healthcare workers and caregivers of young children and the elderly.

PEOPLE WHO SHOULD NOT GET THE FLU SHOT are children under the age of six months, and people with life-threatening allergies to the flu vaccine or any of its ingredients.

Princeton House Behavioral Health: Treating Substance Abuse and Mental Illness Together

For many adults struggling with alcohol or drug dependency, addiction is not the only condition for which they need treatment. Adults with addiction frequently suffer from mental health issues such as depression, anxiety or post-traumatic stress disorder (PTSD).

“We pay attention to both problems—substance abuse and mental illness.” says Anatoliy Yanovskiy, MD, Medical Director of Inpatient Services and Electroconvulsive Therapy Services.

To help patients overcome these dual-diagnosis or co-occurring disorders, Princeton House Behavioral Health (PHBH) focuses on “integrated intervention,” says Dr. Yanovskiy.

An Eye-opening Experience

Many people develop substance abuse issues because they are self-medicating or trying to numb the brain’s response to emotional stress or trauma—yet they are unaware that they are suffering from mental illness. PHBH provides a mental health screening as an initial step for all patients in its substance abuse programs.

“It’s important that we provide education to help patients understand what mental illness is,” Dr. Yanovskiy says.



In treating dual-diagnosis patients, PHBH’s goals are to help them:

Stabilize psychiatric symptoms,

Achieve and maintain abstinence from addictive substances,

Improve coping and problem-solving skills, including emotion management,

Enhance functioning at home and work, including resolving relationship difficulties,

Maintain physical well-being, and

Restore lifestyle balance and stability.

“Sometimes we see people who have depression, anxiety, bipolar symptoms, PTSD or attention deficit hyperactivity disorder and they have no idea they have these underlying mental health issues. It can be an eye-opening experience for them to learn about these conditions.”

Evidence-based Treatment Services

In its inpatient and outpatient programs, PHBH provides a range of evidence-based treatment services to patients with co-occurring mental health and substance abuse disorders. These include evaluation and medication management by a board certified psychiatrist, individual treatment planning, group and individual therapy, family therapy and education, and expressive therapies such as art or yoga. Patients also can participate in support programs such as Alcoholics Anonymous and Narcotics Anonymous.

“We aim to build a foundation for our patients to help them learn coping skills, and to understand their mental health issues and what substance abuse does to them and their families,” Dr. Yanovskiy says.

PHBH offers inpatient services in Princeton and outpatient services in Princeton, Hamilton, North Brunswick and Moorestown.

For more information, visit www.princetonhouse.org, or call 800.242.2550 (inpatient) or 888.437.1610 (outpatient).

Princeton HealthCare System Non-Discrimination Notice

Princeton HealthCare System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Princeton HealthCare System does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Princeton HealthCare System:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Director Patient Relations and Customer Service

If you believe that Princeton HealthCare System has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Director Patient Relations and Customer Service, 1 Plainsboro Road, Plainsboro, NJ 08536, telephone number 609-853-7490, fax number 609-853-7151 or email to patientadvocate@princetonhcs.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Director Patient Relations and Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490.

请注意: 如果您讲中文, 您可以免费获得语言协助服务。请致电 1-609-853-7490。

알림: 한국어를 쓰시는 경우, 비용없이 언어 지원 서비스를 제공해드립니다. 1-609-853-7490번으로 연락해 주십시오.

ATENÇÃO: Se você fala português, serviços gratuitos de assistência linguística estão à sua disposição. Ligue para 1-609-853-7490.

ધ્યાન આપો: જો તમે ગુજરાતી બોલો છો તો તમને ભાષા સહાય સેવાઓ મફતમાં ઉપલબ્ધ છે. કોલ કરો 1-609-853-7490.

UWAGA: Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Proszę zadzwonić pod numer: 1-609-853-7490.

ATTENZIONE – Se lei parla italiano, potrà disporre del servizio di interpretariato gratuito per assisterla. Chiami il numero 1-609-853-7490.

ملاحظة: إذا كنت تتكلم اللغة العربية، تتوفر لك خدمات المساعدة اللغوية بدون تكلفة. اتصل بالرقم 1-609-853-7490.

PAUNAWA: Kung nagsasalita ka ng Tagalog, may makakatulong sa iyo sa wikang ito; ito'y libreng serbisyo. Tumawag sa 1-609-853-7490.

ВНИМАНИЕ! Если вы говорите по-русски, то можете бесплатно получить услуги по переводу. Позвоните по номеру телефона 1-609-853-7490.

ATANSYON : Si w pale kreyòl, w ap jwenn sèvis tradiksyon lang disponib gratis pou ede w. Sonnen nimewo : 1-609-853-7490.

ध्यान दें: यदि आप हिंदी बोलते हैं तो भाषा सहायता सेवाएँ आपके लिए मुफ्त में उपलब्ध हैं। 1-609-853-7490 पर फोन करें।

LUU Ý: Nếu quý vị nói tiếng Việt, các dịch vụ trợ giúp ngôn ngữ, miễn phí, sẽ có sẵn cho quý vị. Gọi số 1-609-853-7490.

ATTENTION : Si vous parlez le français, vous bénéficiez de services gratuits d'assistance linguistique. Appelez le 1-609-853-7490.

توجه دیں: اگر آپ اردو بولتے ہیں تو، آپ کے لیے زبان سے متعلق مدد کی خدمات، بالکل مفت دستیاب ہیں۔ 1-609-853-7490 پر کال کریں۔

October 2016



Like us on Facebook
www.facebook.com/princetonhealth



Follow us on Twitter
[@princetonhealth](https://twitter.com/princetonhealth)



Visit our website
www.princetonhcs.org

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

Take Advantage of **Giving Tuesday**, November 29, 2016

Last year, #GivingTuesday took hold of the philanthropic spirit and generosity of the world, raising support in 71 countries, and in our own backyard. With the help of the Lebensfeld Foundation and our neighbors, Princeton HealthCare System Foundation raised \$244,150 on #GivingTuesday.

This year, for the third year in a row, the Lebensfeld Foundation has agreed to provide a 1:1 challenge match for Annual Fund or unrestricted gifts up to \$5,000. A gift of \$100 will be recognized as a gift of \$200, while a gift of \$10,000 will be recognized as \$15,000.

If you would like more information about the Princeton HealthCare System Foundation's #GivingTuesday initiative, please call **Alison Lauck** at **609.252.8719**, or email alauck@princetonhcs.org.

We're asking you to give to Princeton HealthCare System Foundation on Tuesday, November 29, 2016, to help uninsured and underinsured patients in need, train our staff to be ready for whatever medical emergency comes through the Emergency Room doors and upgrade equipment to remain on the cutting edge. Unrestricted gifts are an essential part of our Foundation's success.

#GIVINGTUESDAY