

Princeton Health

**Breathe Easier:
Is Nasal or Sinus
Surgery the Answer?**



ALSO IN THIS ISSUE:

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- Eating Disorders in Boys
- Make a Birthing Plan

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Princeton HealthCare System

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Hospitalists Provide Efficiency, Continuity of Care

University Medical Center of Princeton (UMCP) has developed a program with a dedicated staff of hospitalists who manage your care while you are hospitalized.



Dr. Simran Sedani, MD, Hospitalist Medical Director at UMCP.

“The hospitalist program was driven by the desire to provide greater efficiency and to make sure patients’ issues can be addressed in real time,” says **Simran Sedani, MD, Hospitalist**

Dr. Sedani emphasizes that hospitalists serve as an extension of primary care services offered by patients’ personal physicians.

“A vital part of the hospitalist’s role is to enhance the patient experience by working with primary care physicians and specialists involved in someone’s care,” she says.

“That team effort, with the hospitalist at the center, is key.”

“There must be strong communication to ensure a positive impact on the patient experience,” says Dr. Sedani.

If a patient is admitted through the UMCP Emergency Department (ED), a hospitalist assumes responsibility for further communication with the patient’s primary care physician. For planned hospital admissions, a patient’s physician will request that a hospitalist provide care during the patient’s stay. The hospitalist will notify the primary care provider of any complications that arise and alert them when the patient is discharged. A record of the patient’s hospital care is made available to the patient and primary care physician to ensure continuity.

Hospitalists also work closely with surgical specialists to co-manage care for patients who are admitted for surgery and experience any medical complications during their stay.



UMCP hospitalists provide:

- Focused, face-to-face care around the clock, 365 days a year
- Familiarity with UMCP’s protocols and processes
- Close working relationships with nurses and other staff
- Coordination with specialists and primary care physicians to evaluate treatment recommendations, coordinate testing and develop a care plan
- Availability to answer questions, discuss test results and engage in family discussions

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.

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For more information about the UMCP hospitalist program, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Breathe Easier: Is Nasal or Sinus Surgery the Answer?

Everyone has dealt with a stuffy nose and congestion, perhaps from a common cold or an allergy. But for some people, nasal and sinus problems are the result of a more chronic condition that may require surgical intervention.



“When you have a recurrent or chronic problem, you’re not getting relief from other treatments and you have a structural component to your blockage, surgery may help,” says **Samuel Becker, MD**, a board certified physician in otolaryngology (ear, nose and throat) at University Medical Center of Princeton (UMCP).

Nasal and sinus congestion can also cause headaches, facial pain or pressure, post nasal drainage, smell and taste disturbances, and fatigue.

Treatment Options

Thorough examinations are important for all patients struggling with nasal and sinus blockage and associated conditions. Children who have frequent sinus infections or breathe primarily from their mouths may be suffering from allergies, sinusitis, or enlarged adenoids (tonsil-like tissues in the back of the nose). On occasion, CT scans or laboratory testing may be used to evaluate the nose and sinus pathways, and to rule out more severe factors such as immunodeficiency or cystic fibrosis.

“Effective treatment depends on an effective diagnosis. Once we identify a cause, we look at every option to provide long-term solutions, starting with the simplest and least invasive,” says Dr. Becker.

Depending on an individual’s diagnosis, initial treatments may include prescription nasal spray, allergy medications, saline rinse, oral steroids or other medications.

Minimally Invasive Procedures

For those who will benefit from surgery, most procedures are minimally invasive and are done on an outpatient basis. “With endoscopic surgery we operate through the nostrils with small cameras that magnify the anatomy. Procedures are much less involved and less invasive than they once were, and we can specifically target the areas that are causing blockage,” Dr. Becker says.

Although recovery times vary, most patients experience minimal discomfort or pain for about a week after surgery.

To find a physician affiliated with University Medical Center of Princeton, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.



CAUSES OF CONGESTION MAY INCLUDE:

ALLERGIES

INFECTIONS

ENVIRONMENTAL IRRITANTS

DEVIATED NASAL SEPTUM

CHRONIC SINUSITIS (SINUS LINING INFLAMMATION)

NASAL POLYPS

BENIGN OR CANCEROUS TUMORS

Robot-assisted Abdominal Surgery

A Faster Recovery for an Active Lifestyle

Robot-assisted surgery is helping patients with common abdominal conditions such as hernia, gallbladder and colon disease get back to their normal, active lives more quickly than ever.

UMCP offers robotic surgery using the da Vinci Xi® Surgical System, the latest, most advanced version of the surgical robot. The system puts the surgeon at the controls of tiny instruments, allowing for precise, minimally invasive procedures.



“The precision of robot-assisted surgery can make a dramatic difference in how well and how quickly patients recover from abdominal procedures,” says

Nisha Dhir, MD, FACS, a general

surgeon on staff at University Medical Center of Princeton (UMCP), who has performed more than 500 robotic surgeries at UMCP.

Revolutionizing Hernia Surgery

One area where robotic surgery has made a remarkable difference is in the repair of inguinal hernia, one of the most common operations in general surgery.

The condition occurs when contents of the abdomen bulge through the lower abdominal wall into the groin.

With traditional surgeries, inguinal hernia patients are advised to wait up to six weeks before resuming strenuous activities, and are often prescribed narcotic pain medication. With da Vinci surgery, most patients resume normal activities within a week and can manage their pain with over-the-counter medications.

“Robot-assisted surgery makes a huge difference for people of all ages who are very active and want to maintain their exercise routines,” Dr. Dhir says. “I’ve had patients who’ve come back a week after hernia surgery and told me they’ve gone for long runs without any difficulties.”

To learn more about robot-assisted surgery at UMCP’s Center for Minimally Invasive Surgery, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

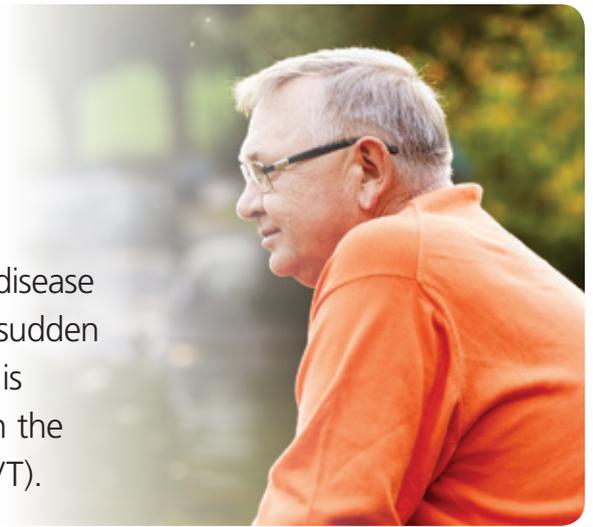
Because of the experience of its surgeons and robotics team, UMCP serves as an observation site to help train professionals from other hospitals in robotic surgery.

In addition to hernia repair, UMCP offers general robotic procedures treating:

- Gallbladder disease, including single-site surgery where the gallbladder is removed through a single incision in the belly button
- Colon cancer, large polyps, diverticulitis and other conditions that require removal of a section of the colon
- Gastroesophageal reflux disease (GERD) through a procedure known as Nissen fundoplication that helps keep stomach acid from backing up into the esophagus
- Conditions requiring removal of the adrenal gland, biopsies of tumors in the abdomen or pelvis, and treating abdominal adhesions from prior surgeries

Heed the Warning Signs for Pulmonary Embolism

The third most common cause of death from cardiovascular disease after heart attack and stroke, pulmonary embolism causes a sudden blockage in a lung artery. In 8 out of 10 cases, this blockage is caused by a blood clot that travels to the lungs from a vein in the leg or pelvis, a condition known as deep vein thrombosis (DVT).



Pulmonary embolism is potentially dangerous not only because of its swift onset, but because it can be difficult to diagnose, says **Craig Gronczewski, MD**, Chairman of the Department of Emergency Medicine at University Medical Center of Princeton (UMCP).

“It’s important for anyone who is presenting with any of the most common symptoms to seek immediate emergency care,” says Dr. Gronczewski, who is board certified in emergency medicine.

Most common symptoms associated with pulmonary embolism are:

- Chest pain
- Shortness of breath
- Rapid heartbeat
- Fainting
- Coughing up blood

Signs of DVT include redness or swelling of the leg and calf pain.

“Any of those symptoms warrant prompt medical evaluation,” Dr. Gronczewski says.

The Centers for Disease Control and Prevention (CDC) says pulmonary embolism and DVT may affect 900,000 people in the U.S. annually, causing an estimated 60,000 to 100,000 deaths per year.

Emergency Care

For patients who seek emergency treatment for symptoms commonly associated with pulmonary embolism, UMCP physicians will take a medical history; perform a physical exam and order appropriate diagnostic testing, including blood tests and/or imaging.

The standard treatment for pulmonary embolism is anti-coagulants, or blood thinners, which may need to be taken for six months or longer, depending on the underlying cause of the condition, says Dr. Gronczewski. Some patients may require an implant known as an inferior vena cava filter, which traps the blood clot to prevent it from traveling to the lungs.

To find a physician on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.
If you are experiencing symptoms of a pulmonary embolism call 911.

COMMON RISK FACTORS INCLUDE:

Increasing age

Tobacco use — including, for women, smoking combined with use of oral contraceptives

Long periods of immobilization, such as long plane trips or car rides, or extended periods of bed rest

Recent surgery, including pelvic, gynecological or orthopaedic procedures

Trauma to the lower extremities

Certain forms of cancer, such as pancreatic, ovarian and lung cancers

Obesity

Pregnancy

Protect Yourself Against Antibiotic-Resistant Infection

Each year in the U.S., at least 2 million people suffer from serious bacterial infections that are resistant to antibiotics. An estimated 23,000 die as a result of those infections, according to the Centers for Disease Control and Prevention.

The University Medical Center of Princeton's (UMCP's) Department of Pharmacy Services recently launched an Antimicrobial Stewardship Program to help promote the appropriate use of antimicrobials (including antibiotics). Through the program, the department will regularly review the broad-spectrum antibiotics that are being prescribed for adult patients and make recommendations to prescribing physicians for optimizing their use, including dosing, duration of therapy and how they are administered.

"Programs to manage antimicrobial agents have been shown to improve the quality of patient care and patient safety by increasing infection cure rates and reducing hospital-acquired infections," says Whitney Hung, PharmD, BCPS-AQ ID, UMCP Interim Pharmacy Director.

While UMCP's program is already in place, the Centers for Medicare and Medicaid Services, The Joint Commission, and The Leapfrog Group are in the process of mandating that all hospitals have an Antimicrobial Stewardship Program.



Failing to take antibiotics as prescribed, or taking unnecessary medication for an infection, can contribute to antibiotic resistance.

Princeton HealthConnect[®]: Keeping Track of Your Health Records Online is Now Even Easier

The redesigned Princeton HealthConnect[®] Patient Portal is the safe, secure and convenient way to access many of your medical records online.

You can view, download and save many of your most commonly requested documents at your convenience, including outpatient lab and radiology results, which are available 72 hours after you receive care.

Upgraded features:

- An expanded selection of medical records, including operative reports, discharge summaries, consults, history and physicals
- A new mobile-friendly interface for viewing on smartphones and tablets, for both patients and clinicians
- A self-service password reset capability for portal users

Enhanced features, including health conditions hyperlinked to Medline Plus[®] articles from the National Institutes of Health, will be added to the portal in the near future.



To access the newly redesigned Princeton HealthConnect[®], visit princetonhealthconnect.com. For help and tutorials, click the "Contact Us" or "System Requirements" links on the home logon page.

If you would like to enroll in Princeton HealthConnect[®], please email the Health Information Management department at recordrequest@princetonhcs.org, or call 609.853.7060.

Community Focus



Preparing Heart-healthy Foods

TUE. February 7 (7 – 8:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
The first step to healthy eating is knowing what to put on the menu. Heart-healthy cooking will be the focus of this demonstration, led by Natalie Mundt, RD, Nutrition Therapist with University Medical Center of Princeton. Learn to identify recipes and make dishes that are delicious, nutritious and easy to prepare.

Women's Wellness & Heart Health

THU. February 23 (7 – 8:30 p.m.)
Community Education & Outreach
at 731 Alexander Road, Suite 103
Discover what you can do to keep your heart healthy at this valuable presentation led by Desiree M. Younes, MD, specializing in cardiovascular disease and internal medicine. Learn about the risk factors and symptoms of heart disease that are unique to women. Also, learn your blood pressure and body mass index (BMI) and check your pulse during this session. Dr. Younes is a member of the Medical Staff of Princeton HealthCare System.

Don't Miss a Beat: Getting to the Heart of Arrhythmias

TUE. January 24 (1 – 2 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe Township
Arrhythmias, or irregular heart rates or heart rhythms, have many causes. Some arrhythmias are harmless, while others require medical attention. Join Eran Zacks, MD, FACC, board certified in cardiovascular disease, clinical cardiac electrophysiology and internal medicine, at this informative session to learn about the causes, symptoms and treatments of cardiac arrhythmias. Dr. Zacks is a member of the Medical Staff of Princeton HealthCare System. From 12 to 1 p.m. there will be a cholesterol and blood pressure screening on a first come, first served basis.

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**.

Weight-loss Surgery: Is It Right for Me?

THU. January 5 (6 – 6:30 p.m.)

THU. February 2 (6 – 6:30 p.m.)

Princeton Medicine

2 Centre Drive, Monroe Township

WED. January 18 (6 – 6:30 p.m.)

WED. February 15 (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.

Safe Sitter

SAT. January 7 & 14 (9 a.m. – 3 p.m.)

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

\$65 per child.

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

FREE

Vision Screening

THU. January 19 (10 a.m. – 1 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

THU. February 16 (10 a.m. – 1 p.m.)

Community Education & Outreach at
731 Alexander Road, Suite 103

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.

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

MON. & THU. January 23, 26, 30 &

February 2 (6 – 9 p.m.)

Community Education & Outreach at
the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$60 per person.

R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with physical defense tactics and risk-reduction strategies, including:

- Awareness, recognition and avoidance
- Physical defense techniques
- Positive visualization techniques

Techniques are simple, practical and effective — designed for every woman regardless of physical fitness. This four-evening course is open to women of all ages. Dress in sneakers and comfortable clothing. No prior experience is necessary.



Overcoming Obstacles: Specialized Wellness Programs

WED. January 11 (1 – 2 p.m.)

Princeton Fitness & Wellness Center

1225 State Road, Princeton

Physical activity promotes overall health, but how can you exercise if medical concerns like arthritis or joint replacement, cardiac problems, Parkinson's or other health conditions make moving difficult? Join us for this informative overview of wellness programs tailored for those living with specific health conditions, presented by Sharon Casper, CSCS, HFS, Fitness Manager, and Erica Scott, BS, MS, CPT, Wellness Coordinator, both from Princeton Fitness & Wellness Center. Participants are not required to be members of the Princeton Fitness & Wellness Center.

It's My Sinuses: Allergies, Sinusitis and Nasal Blockage

THU. January 12 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center

540 Ridge Road, Monmouth Junction

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

Common Hip and Knee Problems: Lecture and Screening

THU. January 12 (3 – 4 p.m.)

Hickory Corner Library
138 Hickory Corner Road, East Windsor

THU. January 19 (11 a.m. – 12:30 p.m.)

Plainsboro Library
9 van Doren Street, Plainsboro

Knee and hip problems can make even simple, everyday tasks seem challenging. Learn about the common causes of hip and knee pain and treatment options, followed by an optional hip and knee screening. Please wear loose-fitting clothing if you are participating in the screening. Speakers:

- Jan. 12: Hari Bezwada, MD, board certified in orthopaedic surgery and affiliated with the Jim Craigie Center for Joint Replacement
- Jan. 19: Brian Culp, MD, board certified in orthopaedic surgery, and Sunita Mani, PT, DPT, MBA, CEAS, Director of Outpatient Rehabilitation, at University Medical Center of Princeton

Happy New Year to Your Health

TUE. January 17

(8:30 – 10:30 a.m.) – Morning

(5 – 7 p.m.) – Evening

Hamilton Area YMCA – Lobby

John K. Rafferty Branch

1315 Whitehorse-Mercerville Road, Hamilton

No registration required.

Kick-start your New Year's resolution to get in shape by getting a few basic health screenings — including weight, blood pressure, body mass index (BMI), cholesterol, glucose, posture, and balance — to see how you measure up. Nurses from Princeton HealthCare System will be available to discuss guidelines for healthy ranges and physical trainers from the Hamilton Area YMCA John K. Rafferty Branch will be on hand to discuss exercise programs.

AARP Smart Driver Course

THU. January 19 (9:30 a.m. – 3:30 p.m.)

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

TUE. February 21 (9 a.m. – 3 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.

Join health professionals with the Community Education & Outreach Program for your **Free Blood Pressure Check** on Tuesday, January 17 and February 21, from 10 a.m. – 12 p.m., at the South Brunswick Wellness Center, 540 Ridge Road, Monmouth Junction.

YIKES! What is Happening to My Body?

THU. January 19 (6:30 – 8 p.m.)

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

Designed for girls between the ages of 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as she enters her teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by Karen Davison, RN, a Health Educator with Princeton HealthCare System.

Stuffed Up and Can't Breathe? Common Sinus Problems

WED. January 25 (7 – 8 p.m.)

Robbinsville Library
42 Robbinsville-Allentown Road, Robbinsville

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

YIKES! What is Happening to My Body?

TUE. January 31 (6:30 – 8 p.m.)

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

Designed for boys between the ages of 9 and 12, this program will address the physical, intellectual and emotional changes your child will experience as he enters his teenage years. Bring your child and join us for an informative and relaxed look at growing up, led by Greg Barron, a Health Educator with Princeton HealthCare System.

Total Control® A Pelvic Wellness Program for Women

TUE. & THU. January 10 – February 23 (12:30 – 1:45 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

\$99 per person

Empower yourself to improve your pelvic floor health and quality of life through a seven-week Total Control® program. Participants report improvement in urinary leakage and bladder control; frequency or overactive bladder; pelvic strength and support; postpartum core strength and posture and balance. Each session includes a 60-minute low-impact workout followed by a 15-minute education portion. Trained Total Control® professionals will teach you how to isolate and strengthen your pelvic floor and core muscles through gentle exercises. Join other women of all ages, life stages and fitness levels in a comfortable, supportive environment. Dress in clothing suitable for floor and standing exercises.

Medication Safety

MON. February 6 (12:30 – 1:15 p.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Keeping track of multiple medications can be overwhelming, but proper dosage is extremely important. Even a seemingly simple mistake can be dangerous, especially for elderly patients. Join Timothy Reilly, PharmD, BCPS, Clinical Pharmacist with Princeton HealthCare System and Clinical Assistant Professor at the Ernest Mario School of Pharmacy, Rutgers–The State University of New Jersey, and learn more about sticking to your doctor's recommended treatment, managing multiple prescriptions, interactions and medication-related problems.

All About Total Knee Replacement

MON. February 6 (1 – 2 p.m.)

Princeton Fitness & Wellness Center
1225 State Road, Princeton

WED. February 8 (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 University Medical Center of Princeton, including the Jim Craigie Center for Joint Replacement.

Non-pharmacological Approach to Osteoarthritis

MON. February 6 (7 – 8:30 p.m.)

Robbinsville Library
42 Robbinsville-Allentown Road
Robbinsville

There are countless claims that supplements and non-pharmacologic treatments can help alleviate the pain of arthritis. What does the research show? Join Brian Culp, MD, board certified in orthopaedic surgery, for an up-to-date discussion on whether nutritional supplements and products such as magnets and home laser treatments are effective in relieving arthritis pain.



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

WED. February 8 (1 – 2 p.m.)

Monroe Township Library
4 Municipal Plaza, Monroe Township

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 leg 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.

Is Your Daughter Ready for the Gynecologist?

THU. February 9 (6:30 – 8 p.m.)

UMCP Breast Health Center
East Windsor Medical
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.

Spinal Injuries: What You Need to Know to Reduce Injuries

THU. February 9 (10:45 – 11:45 a.m.)

South Brunswick Wellness Center
540 Ridge Road, Monmouth Junction

Approximately 12,000 people suffer spinal cord injuries each year in the United States, resulting in serious, and sometimes permanent damage. Join Craig Gronczewski, MD, board certified in emergency medicine and Chairman of University Medical Center at Princeton's Emergency Department, and learn about spine anatomy, spinal injuries and what can be done to help prevent them.

How Did You Sleep Last Night?

THU. February 16 (7 – 8 p.m.)

Hickory Corner Library
138 Hickory Corner Road, East Windsor

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.

Mindfulness to Reduce Stress

THU. February 23 (6:30 – 8 p.m.)

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

Practicing mindfulness — experiencing the present moment without judgment — can help you manage stress and improve your quality of life. Attend this informative session led by Judith Margolin, Psy.D, Clinical Director of Women's Programs at Princeton House Behavioral Health, to learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation of 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. To register, please call **1.888.897.8979** (unless another number is indicated) or visit **www.princetonhcs.org/calendar**.

Sibling Class

SAT. January 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.

Maternity Tour

SAT. January 14 (12 – 1 p.m. or 1:30 – 2:30 p.m. or 3 – 4 p.m.)
TUE. January 24 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. February 4 (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.)
TUE. February 28 (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 Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Early Pregnancy Class

THU. February 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 expectant parents in the first five months of pregnancy, this class will address the basics of prenatal nutrition, exercise and staying healthy throughout your pregnancy.

Register for multiple classes and SAVE!

2 classes save \$10

3 classes save \$20

4 classes save \$30

Baby Care

MON. January 30 (7 – 9:30 p.m.)
WED. February 22 (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

TUE. January 10 (7 – 9:30 p.m.)
WED. February 15 (7 – 9:30 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.

Grandparenting 101 in the 21st Century

MON. January 9 (7 – 9 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

This fun, interactive class is designed to bring grandparents-to-be and new grandparents up-to-date on the latest in baby care. Topics range from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- SIDS (Sudden Infant Death Syndrome) risk reduction
- Transitioning your role from parent to grandparent
- Newborn characteristics

This discussion will be led by Carolyn Schindewolf, a Health Educator with Princeton HealthCare System.

PREGNANCY PLANNING

Fertility Yoga

WED. January 4, 11, 18, 25,
February 1, 8, 15 & 22 (7 – 8 p.m.)
Community Education & Outreach
at 731 Alexander Road, Suite 103

\$10 per person, per class.

This class, taught by a certified yoga instructor, offers a supportive environment in which women are introduced to yoga poses, visualization, relaxation and breathing techniques intended to promote fertility. No previous yoga experience is necessary. However, clearance from a medical professional is required. The necessary form can be obtained by calling 1.888.897.8979. Please bring a yoga mat or large towel, two pillows or cushions, and a yoga tie or a regular tie for stretching.



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

THU. January 5 – 26 (7 – 9 p.m.)
WED. January 18 – February 8 (7 – 9 p.m.)
TUE. January 31 – February 21 (7 – 9 p.m.)
THU. February 16 – March 9 (7 – 9 p.m.)
MON. February 27 – March 20 (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. January 21 (9 a.m. – 5 p.m.)
SAT. February 18 (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. January 21 – February 18
(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.

Daddy Boot Camp™

SAT. February 11 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at
731 Alexander Road, Suite 103

\$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.

Preparing for Twins and Multiples

TUE. February 28 (6:30 – 9 p.m.)
University Medical Center of Princeton
First Floor, Education Center

\$40 per couple

Designed for parents expecting more than one baby, this class will cover antepartum, preterm labor, nutrition, exercise, breastfeeding multiple babies, what to expect immediately postpartum, and the first couple of weeks at home. Parents are encouraged to take our Birthing Basics series as well for a more comprehensive program and a tour of our Center for Maternal & Newborn Care.

Prenatal Yoga

TUE. January 3, 10, 17, 24, 31, February 7, 14, 21 & 28 (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.

Car Seat Safety Checks

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

CHILDBIRTH & FAMILY

POSTPARTUM & PARENTING 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.

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. January 4 (1 – 2 p.m.)
WED. January 18 (1 – 2 p.m.)
WED. February 1 (1 – 2 p.m.)
WED. February 15 (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.

Postpartum Yoga

WED. January 4, 11, 18, 25, February 1, 8, 15 & 22 (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.

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.

CPS for EMS: Securing Children in Ambulances

TUE. February 21 (6 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

2 CEUs

This course is 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.



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

THU. & FRI. January 19 & 20 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

MON. January 23 (9 a.m. – 5 p.m.)
TUE. February 21 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$175 per person
Recertification: \$125 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. February 9 & 10 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

FRI. January 13 (9 a.m. – 5 p.m.)
SAT. February 25 (9 a.m. – 5 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$175 per person
Recertification: \$125 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 Provider

TUE. January 17 (9 a.m. – 1:30 p.m.)
WED. February 22 (6 - 10:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

WED. January 25 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

MON. February 13 (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 Provider course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.

Heartsaver AED

WED. February 15 (6 – 10 p.m.)
Community Education & Outreach at
731 Alexander Road

SAT. February 25 (9:30 a.m. – 12:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$45 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.

Heartsaver First Aid

THU. February 16 (6 – 10 p.m.)
Community Education & Outreach at
731 Alexander Road

\$40 per person
The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

Heartsaver AED & First Aid

SAT. January 21 (9 a.m. – 5 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 per person
The Heartsaver AED First Aid course teaches CPR; AED use; relief of choking in adults, children and infants; and use of a barrier device for all ages. Heartsaver AED First Aid also teaches how to manage illness and injuries in the first few minutes until professional help arrives. This class is designed for those who have a duty to respond to a cardiac or first aid emergency because of job responsibilities or regulatory requirements. This course includes a skills test. Participants will receive a course completion card.

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

Family & Friends CPR

\$10 per person, per session (\$25 for infant/child/adult)

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

Session Times:

Infant CPR* (10 – 10:45 a.m.)

Child CPR (11 – 11:45 a.m.)

Adult CPR (12 – 12:45 p.m.)

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

Session Dates:

SAT. January 14

Community Education & Outreach at
731 Alexander Road

SUN. February 26

Princeton Fitness & Wellness Center – 1225 State Road, Princeton

Infant CPR Only

WED. January 11 (6 – 7 p.m.)

THU. February 23 (6 – 7 p.m.)

Babies “R” Us – 700 Nassau Park Boulevard, West Windsor

Adult/Child CPR Only

TUE. February 14 (10:30 a.m. – 12 p.m.)

South Brunswick Wellness Center – 540 Ridge Road, Monmouth Junction



Neonatal Resuscitation Program Recertification Course

TUE. January 24 (8 a.m. – 12 p.m.)

MON. February 27 (9 a.m. – 1 p.m.)

University Medical Center of
Princeton

6th Floor, Mother & Baby Unit

\$75 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.

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.

American Cancer Society's Look Good, Feel Better

MON. January 23 (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.

Prostate Cancer Support Group

WED. January 11 (12 – 1:30 p.m.)

WED. February 8 (12 – 1:30 p.m.)

University Medical Center of Princeton

Edward & Marie Matthews Center for Cancer Care

Education Conference Room

No registration required. 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. January 17 (1:30 – 3 p.m.)

TUE. February 21 (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. January 17 (6 – 7:30 p.m.)

TUE. February 21 (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. January 18 (12 – 1:30 p.m.)

WED. February 15 (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.

Therapeutic Yoga

Thursdays (10 – 11 a.m.)

University Medical Center of Princeton

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration required.

We invite you to join us for therapeutic yoga designed for patients with cancer, survivors and their caregivers. Practice mindful awareness as you explore simple yoga stretches and breathing techniques to enhance your wellness. This class will be taught by a certified yoga for cancer instructor. No experience is necessary and modifications for all poses will be offered.

Support Group for Women with Cancer

THU. January 5 (5 – 6:30 p.m.)

THU. February 2 (5 – 6:30 p.m.)

University Medical Center of Princeton

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration preferred.

This support group offers women living with cancer an encouraging and empowering environment to cope with their diagnosis. Oncology Social Worker Joanita Miranda, LCSW, will facilitate the group. Discussion topics will include: managing your stress; self-image and nutrition; financial planning; the art of difficult conversations; resources (family, community and counseling); and the workplace.

Caregiver Support Group

THU. January 5 (1 – 2:30 p.m.)

THU. February 2 (1 – 2:30 p.m.)

University Medical Center of Princeton

Edward & Marie Matthews Center for Cancer Care – Conference Room

Registration preferred.

All caregivers of individuals with cancer are invited to join our support group, led by Oncology Social Worker Joanita Miranda, LCSW. This group is designed to offer support and practical advice to help promote your own wellbeing as you fulfill the vital role as caregiver to your loved one. Discussion topics will include: the role of the caregiver and managing stress; nutrition; long-term care planning; the art of difficult conversations; community resources; and the workplace.

SUPPORT GROUPS

UNITE: Perinatal Loss Bereavement Support Group

MON. January 9 (7 – 9 p.m.)

MON. February 6 (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.

Women's Pelvic Wellness Support Group

THU. January 12 (7 – 8 p.m.)

THU. February 9 (7 – 8 p.m.)

University Medical Center of Princeton

First Floor, Center for Pelvic Wellness

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.



Weight-loss Surgery Support Group

TUE. January 3 (7 – 8:30 p.m.)
TUE. February 7 (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.

THU. January 5 (6:30 – 7:30 p.m.)
THU. February 2 (6:30 – 7:30 p.m.)
Princeton Medicine
2 Centre Drive, Monroe Township

WED. January 18 (6:30 – 7:30 p.m.)
WED. February 15 (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.

ICD Support Group:

Support Group for People with Implanted Cardiac Defibrillators
TUE. January 17 (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. January 18 (2:30 – 4 p.m.)
WED. February 15 (2:30 – 4 p.m.)
Monroe Township Senior Center
12 Halsey Reed Road, Monroe Township

MON. January 23 (6:30 – 8 p.m.)
University Medical Center of Princeton

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

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

THU. February 9 (12 – 1 p.m.)
Gardens at Monroe
189 Applegarth Road, Monroe

Memory loss is often dismissed as a normal part of aging, but 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, providing the best opportunities for treatment, support and planning for the future. Join Jeffrey T. Apter, MD, board certified psychiatrist and a 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

FRI. February 10 (10 a.m. – 12 p.m.)
Gardens at Monroe
189 Applegarth Road, Monroe

Take this opportunity to get a memory screening, consisting of a series of questions and/or tasks designed to test memory, language skills, thinking ability and other intellectual functions. The 15-minute screening and review of the results are confidential. Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.



www.ustream.tv/princetonhealth

Princeton Health on Demand features interesting and informative pre-recorded presentations by physicians, clinicians and other professionals of Princeton HealthCare System.

New episodes will premiere each month and then remain available for on-demand viewing on our USTREAM channel at www.ustream.tv/princetonhealth.

To learn about upcoming episodes, visit:
www.princetonhcs.org/calendar

If you register to watch the premiere, you'll be entered for a chance to win a gift card.

Future Topics? Send us your ideas.
PrincetonHealth@gmail.com



▶ **Pulmonary Embolisms**

WED. January 4 (12 p.m.)
Craig A. Gronczewski, MD, board certified in emergency medicine and Chairman of the Department of Emergency Medicine at University Medical Center of Princeton



▶ **Your Medical Record Online: How to Use Our Patient Portal**

WED. February 1 (12 p.m.)
Jeffery Wolff, Manager of IT Strategic Services

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

Arthritis: Early Treatment Can Make a Difference

More than 30 percent of people ages 45 to 64, and nearly half of those 65 and older, have been diagnosed with arthritis, according to the U.S. Centers for Disease Control and Prevention.



Still, you do not have to accept it as a part of getting older, says **Jose Vigario, DO**, a geriatrician with Princeton Medicine, the primary and specialty care physician network of Princeton HealthCare System (PHCS). With early diagnosis and treatment, many people can control arthritic pain, swelling and stiffness and live full lives.

“It is difficult to prevent arthritis, but we can help prevent the disabilities that arthritis can cause,” says Dr. Vigario, who is board certified in internal medicine and geriatric medicine. “With a well-designed treatment plan, we can help people have a better quality of life well into their 80s and beyond.”

Arthritis Treatment

Arthritis can be diagnosed through physical exam, X-rays and the removal of fluid from the joint to test for infection.

Osteoarthritis (the breakdown of joints due to age or injury) and rheumatoid arthritis or RA (an autoimmune condition where the body attacks joint linings) are the most common forms.

Osteoarthritis is often treated with a combination of pain medication, physical therapy to strengthen joints, occupational therapy to learn to protect joints when you move, assistive devices and therapies such as acupuncture. Joint replacement surgery is a final option.

RA is not as common as osteoarthritis, but early diagnosis can be critical, since it can rapidly cause permanent joint damage. Aggressive treatment with chemotherapy and biologic medicines may be recommended to stop the progression of the disease.

“A lot of people recognize the symptoms of arthritis, but they think there’s not a lot they can do about it — that it’s just part of getting older,” Dr. Vigario says. “There are many things we can do to make your life better so you can live with less or possibly no pain.”



What’s Normal?

As we age, it’s normal to wake up with joint stiffness or experience episodes of joint pain that last a few days, Dr. Vigario says. Joint pain becomes a concern when it:

- **Doesn’t improve** after you’re up and moving for 30 to 60 minutes in the morning
- **Is accompanied by fever, redness or swelling** (signs of diseases that impact joints, such as gout, lupus and Lyme disease)
- **Persists** for more than a week or for several episodes in a month

To find a physician affiliated with Princeton Medicine, call 1.888.PHCS4YOU (1.888.742.7496), or visit www.princetonhcs.org.

Princeton House Behavioral Health

Getting to the Root of Substance Abuse

Substance abuse — a dependence on drugs and/or alcohol — is widely regarded as a significant problem in American society, yet many people who are struggling with addiction don't realize or choose to deny that they have a problem.

The key to conquering alcohol and drug addiction is acknowledging the disease and addressing its root causes, says Kapila Marambage, MD, Medical Director of the Inpatient Addiction Recovery Program at Princeton House Behavioral Health (PHBH).

"We want patients to have a comprehensive view of their substance abuse issues," says Dr. Marambage.

"We explore all of the contributing factors that have made someone a severe drug or alcohol user. Most people go into a treatment program without a reasonable understanding of what's really happening to them. We try to educate our patients to give them and their families a better understanding of their problems, in addition to what they need to do to overcome them."

A Multidisciplinary Approach

Alcohol and drug use has turned into dependence when "someone's life revolves around the substance," says Dr. Marambage. This can create many serious hardships — ranging from family, occupational and legal problems, to medical complications such as infectious disease; liver, cardiac, gastrointestinal and pancreatic issues; or brain damage. The PHBH Inpatient Addiction Recovery Program aims to help patients deal with these medical problems, as well as psychiatric issues that may be a driver of the substance abuse and may become exacerbated by alcohol or drug dependence.

"We try to address every aspect of someone's substance abuse issues to deliver the best level of care," says Dr. Marambage. PHBH offers an intensive, short-term (generally two to three weeks) inpatient recovery/rehabilitation program as well as outpatient programs designed to meet the unique needs of patients over 18 who are suffering from substance abuse.

The program offers an evaluation and individual treatment plan by a board certified psychiatrist; 24-hour registered nursing care; evidence-based therapy and traditional 12-step and recovery-based programming; medication management; group and individual therapy; expressive therapies like art, music and yoga; nutritional counseling; medical care by a team of primary care physicians; and family therapy and education.

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

SIGNS OF ADDICTION

- Feeling you need a drug/alcohol to deal with problems or daily living
- Using a drug/alcohol regularly — daily or several times a day
- Failing in attempts to quit
- Consciously maintaining a supply of the drug/alcohol
- Driving or doing other risky activities when under the influence

An Often Neglected Problem: Eating Disorders in Boys

Eating disorders are often characterized as conditions affecting young girls and women, but studies show these conditions also impact a significant number of young boys and men.

According to the National Institutes of Health, males may account for up to 15 percent of those suffering from anorexia nervosa and bulimia nervosa, and an estimated 35 percent of those with binge-eating disorders.

“The male population faces the same health risks as the female population when it comes to eating disorders,” says Melinda Parisi, PhD, Program Director for the University Medical Center of Princeton (UMCP) Center for Eating Disorder Care.

Overcoming Misconceptions

While the signs and symptoms of eating disorders are similar for both sexes, boys face an added diagnosis and treatment hurdle — overcoming the misconception that their condition is “a girls’ disorder,” notes Parisi.

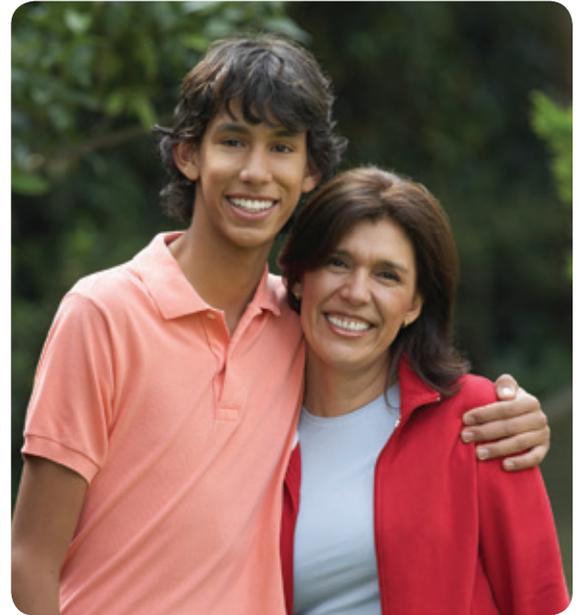
Like girls with eating disorders, boys have a distorted sense of body image. Often boys also have an extreme concern with muscle development. While some boys are focused on losing weight, others are determined to bulk up, which can lead to steroid use.

Personalized Treatment

The Center for Eating Disorder Care treats children as young as 8, as well as adolescents and adults, for the physical, psychosocial and nutritional aspects of their condition. Individual treatment planning establishes a daily inpatient or partial hospital schedule that takes into account each patient’s particular needs.

The treatment team includes board certified psychiatrists, registered nurses, licensed psychotherapists, registered dietitians, mental health associates, board certified consulting physicians and certified teachers to provide private tutoring for school-age patients. Located within UMCP, the center also provides patients with direct access to additional medical care if needed, and treatment is covered by most insurance plans.

For more information about the UMCP Center for Eating Disorder Care, visit princetonhcs.org, or call 609.853.7575.



Raising Body-Positive Children

Keeping in mind a few dos and don'ts can help children develop a positive sense of self:

Don't discuss your own or others' dieting efforts and body image concerns around children.

Don't focus on personal qualities that are linked to appearances.

Don't use food as a reward or punishment.

Don't label foods as 'good' or 'bad' or overemphasize portion sizes.

Do encourage physical activity, but don't link exercise to weight control.

Do avoid media exposure to negative body image ideals.

Developing a Birthing Plan



Whether you are expecting your first baby or preparing to welcome another child, developing a birthing plan can be helpful, says **Jeffrey Hofman, MD, FACOG**, a board certified obstetrician gynecologist at University Medical Center of Princeton (UMCP).

“Creating a birthing plan can help you learn what to expect,” Dr. Hofman says. “With so many factors to consider, many patients find it useful to put a plan on paper. You can review it with your doctor to discuss your preferences and whether all of your expectations can be met.”

Some patients may prefer to draft plans before meeting with their care provider, while others may choose to develop a plan in collaboration with a physician. Many websites offer suggestions and templates for crafting a birthing plan, including the March of Dimes and the American Pregnancy Association.

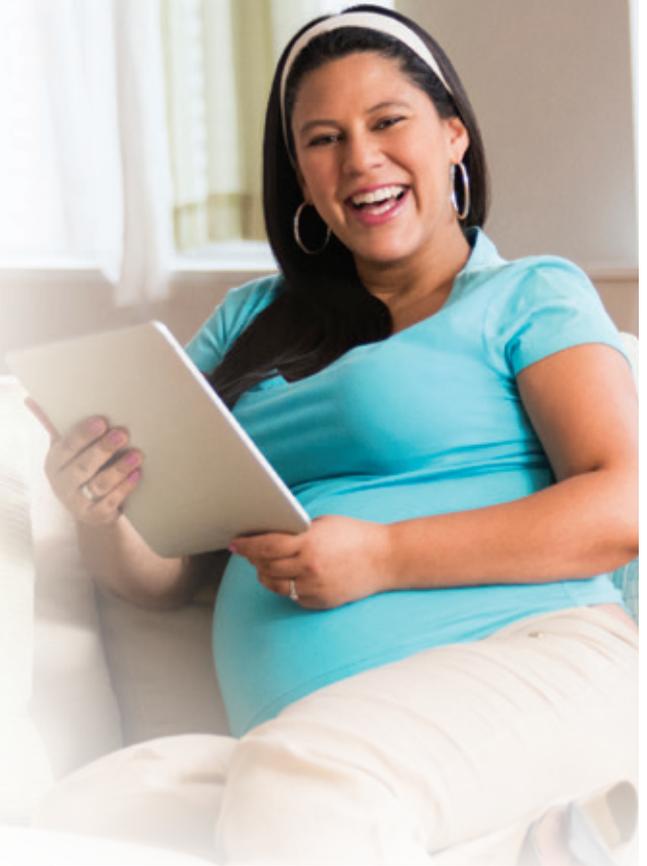
Range of Childbirth Services

Helping patients develop a birthing plan is just one facet of the comprehensive care and services that UMCP offers. The team at UMCP’s Center for Maternal & Newborn Care includes OB/GYNs, midwives and specially trained nurses, as well as anesthesiologists, maternal fetal medicine experts from Penn Medicine and neonatologists from The Children’s Hospital of Philadelphia.

Dr. Hofman encourages patients to begin by exploring the numerous childbirth books available and to extend their learning by enrolling in UMCP’s pre- and post-natal education and support groups. It is important to discuss your birthing plan with your physician and midwife.

UMCP also offers lactation services, including breastfeeding classes, support groups and outpatient consultations for nursing mothers. In addition, courses are available for siblings, grandparents and babysitters who will help care for newborns.

To learn more about the Center for Maternal & Newborn Care, call 888.742.7496, or visit www.princetonhcs.org.



Questions to Consider



Birthing plans can address a wide range of questions, including:

- Where do you want to have your baby?
- Who will be with you during labor and delivery (i.e., a spouse, family member, friend or doula)?
- Do you want to be able to move around during labor?
- Do you want an epidural and/or other pain medications?
- Do you prefer to be in a particular position during delivery?
- Do you want to breastfeed?
- Do you have any special requests or requirements for your care provider?

Watch our video *Pregnancy, Birth and Beyond: Your Journey with UMCP* at www.princetonbabies.com

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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>.

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DEDICATION

The William A. and Joan L. Schreyer Education Center

Lifelong friends of Princeton HealthCare System (PHCS) and donors to the PHCS Foundation, Bill and Joan Schreyer were generous philanthropists as well as much-loved members of the Princeton area community. Sadly, Bill passed away in January 2011 at the age of 83.

Bill served on the PHCS Board of Trustees from 1973 through 1981 (he chaired the Board for a six-year term). He then joined the PHCS Foundation Board of Directors in 1985, and was a member until 2003. In 1995, he became the Chair of the Board. Bill and Joan were so committed to the new hospital facility that they made the first gift to the campaign by pledging to name the Education Center at the new University Medical Center of Princeton (UMCP).

Recently, PHCS acknowledged the Schreyers' legacy of giving with an event to celebrate the dedication of the Education Center at UMCP in their honor. A portrait of Bill and Joan Schreyer was unveiled that will remain in the Education Center. Exterior signage that reads: "Schreyer Education Center" now adorns the building.

THE PHCS BOARD OF TRUSTEES AND THE FOUNDATION BOARD OF DIRECTORS THANK THE SCHREYER FAMILY FOR THEIR GENEROSITY. Their considerable gift is supporting the future development of PHCS employees and community members alike. It enables countless hours of training and provides a meeting space for the community to attend education classes and for our boards to hold committee meetings. It is estimated that over 50,000 people utilize this space each year, and we are thankful to the Schreyers for their philanthropy, which made all this possible.



Kiss your wife every night before you go to sleep; always work as a team; be honest and ethical; and share your good fortune." These are the words that William A. Schreyer lived by.