

healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | SEPTEMBER/OCTOBER 2011



UMCP
Ranked No. 1
in New Jersey
for Quality,
Patient Safety



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton HomeCare Services
- Princeton House Behavioral Health
- University Medical Center at Princeton Surgical Center
- Princeton Rehabilitation Services
- Princeton Fitness & Wellness Center
- Princeton HealthCare System Foundation



Third Year in a Row!
University Medical Center at Princeton Recognized as a Top Hospital for Patient Safety and Quality—Only NJ Hospital to Receive Designation 3 Consecutive Years!

communityfocus

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Princeton HealthCare System
253 Witherspoon Street
Princeton, NJ 08540
1.888.PHCS4YOU (1.888.742.7496)

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Health Focus is prepared by the Marketing
& Public Affairs Department. For questions
or information, please call 609.497.4191.

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

UMCP Ranked No. 1 in New Jersey for Quality, Patient Safety

University Medical Center at Princeton (UMCP) recently learned that we're the No. 1 hospital in New Jersey for quality and patient safety. In fact, UMCP has been named a Top Hospital for quality and safety for the third consecutive year by The Leapfrog Group. We're the only New Jersey hospital to earn that prestigious designation three years in a row.



The Leapfrog Group, a Washington, D.C.-based coalition, works to improve the safety, quality and affordability of healthcare. The Leapfrog Hospital Survey is recognized nationally as the gold standard for comparing hospital performance through a voluntary assessment.



In addition to this achievement, University Medical Center at Princeton recently received a \$250,000 recognition award from Horizon Blue Cross Blue Shield of New Jersey in connection with UMCP's quality and patient safety efforts.

"This award is especially gratifying because we are being recognized for patient safety and quality of care," says Barry S. Rabner, President and CEO of Princeton HealthCare System. "As I meet people throughout our system, I am consistently impressed with their passion for the quality of

care that we provide. Earning Top Hospital three years in a row and ranking the best in the state this year are evidence of that passion and of the skill and dedication of our entire staff."

Promoting Quality, Safety

Horizon BCBSNJ initiated its Hospital Recognition Program in 2006 to promote safe, high-quality and effective hospital care. For the first three years, hospitals participated either through the Leapfrog Survey or a similar program created by Horizon BCBSNJ. Since 2010, hospitals participate exclusively in the hospital recognition program by completing the Leapfrog Survey.

The Leapfrog Group conducts a voluntary survey each year to measure hospitals' performance in crucial areas of patient safety, quality of care, and efficiency. The efficiency standard incorporates patient outcomes, length of stay, readmission rates, and incidence of hospital-acquired conditions and infections.

For more information about Horizon's Hospital Recognition Program, visit www.horizonblue.com; additional details about the Leapfrog Hospital Survey can be found at www.leapfroggroup.org. For more information about University Medical Center at Princeton, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Pictured above (l-r): Jim Albano, Vice President, Healthcare Services, Horizon BCBSNJ; Barry S. Rabner, President and CEO, Princeton HealthCare System (PHCS); and Linda Sieglen, MD, Senior Vice President of Medical Affairs, PHCS.



Frequently Asked Questions About University Medical Center of Princeton at Plainsboro

Construction of University Medical Center of Princeton at Plainsboro (UMCPP) at One Plainsboro Road remains on schedule. The facility, replacing University Medical Center at Princeton on Witherspoon Street in Princeton, will be structurally complete in March 2012, with an anticipated move-in date of May 22, 2012.

Situated on Route 1 between Scudders Mill Road and Plainsboro Road, the state-of-the-art facility is located closer to 70 percent of our patients and staff, and just 2.5 miles from the center of Princeton.

The following are answers to some frequently asked questions about the project.

What are the mass transit options for the new facilities?

Mass transit options include a comprehensive network of bus service that now links the Plainsboro hospital site with the Princeton Junction train station, with Trenton and points along the Route One Corridor, and with sites east of Plainsboro, i.e., Monroe, Cranbury, Jamesburg. NJ Transit is considering a new bus line that would link several locations in Princeton with several locations in Plainsboro, including, of course, the new hospital campus.

In addition, UMCP has arranged for all senior citizens living in Mercer County, southern Middlesex and southern Somerset to be transported to the hospital (and all UMCP facilities) at no cost to the senior citizen. The free transportation services for seniors will continue at the new hospital location.

What about traffic?

Local road improvements should ease traffic flow to the new facility. For example, the Harrison Street/Route One intersection will be dramatically improved by the addition of a lane on Harrison Street, extending from Eden Way to Route One. This road construction project began on July 28, 2011, and will be completed before the end of 2011.

What about emergency vehicles?

New signalization at the Harrison Street/Route One intersection will accommodate remote-control technology so the rescue squads can change the traffic signal at Route One and Harrison, and thus gain immediate access to Route One. Once on Route One, rescue vehicles will turn into a dedicated driveway (rescue vehicles only) that will lead directly to UMCPP's Emergency Department.

What will happen to the site of the original hospital?

The 9.83-acre Witherspoon Street site in Princeton is zoned for mixed use residential/retail/office development. At press time, Princeton HealthCare System was reviewing proposals from developers interested in purchasing the existing site, but no final decisions had been made at that time.

These items are a brief sampling of some of the questions residents have been asking about the new hospital project. For a more comprehensive Q&A, or for more information about the new University Medical Center of Princeton at Plainsboro, visit www.newhospitalproject.org.

Princeton House Offers Specialized Programming for Men

Princeton House Behavioral Health (PHBH) has launched its first program exclusively for men, offering Partial Hospital and Intensive Outpatient services to men who have experienced traumatic events that are currently affecting their sense of well-being and overall functioning.

There was a demonstrated need for this type of specialized program, says Kameron Cassella, LCSW, a Clinical Coordinator at PHBH's Mount Lucas Road facility in Princeton.

"We had seen so many men in our programs over the years who had experienced trauma," Cassella explains. "But when we researched it, we found there were very few available resources to treat this population."

Cassella says the program design was based, in part, on programs Princeton House runs specifically for women. A pilot of the Men's Program ran last year, before the current

Men's Program may benefit:

- Those who have experienced childhood abuse or other trauma
- Victims of serious motor vehicle accidents
- 9/11 survivors
- War veterans
- EMTs or others in dangerous, high-stress professions



one debuted in January. Men in that program reported feeling safer and more comfortable discussing their past trauma, its impact on their relationships, self-esteem, and ability to manage stress, Cassella notes.

"One patient told me, 'I've never been able to talk about it like this,'" she said.

All program clients undergo a comprehensive psychiatric evaluation that

is used to develop an individualized recovery plan.

Each man in the program receives group and individual therapy, coping and life skills training, and education on maintaining his physical and emotional health. Family sessions are offered as well, Cassella says. Program hours range from three hours a day, three days a week, to six hours daily, Monday through Friday. Medicare and most major insurance plans are accepted.

Princeton House Behavioral Health accepts referrals to the program from other professionals and from patients themselves. For more information about Princeton House's Men's Program, or to schedule an appointment, call 609.497.3343.

Eating Disorders Affect Boys, Too

Anorexia and bulimia are more common among girls and women, but eating disorders are also a growing problem for young men, says Russell Marx, MD, Medical Director of University Medical Center at Princeton's Eating Disorders Program.



An estimated 10 million females and 1 million males suffer from eating disorders, according to the National Eating Disorders Association. However, because those figures rely on diagnosed cases, the numbers for males are likely higher, Dr. Marx (pictured left) says.

"Parents and even medical providers are much less likely to look for eating disorders in young men," explains Dr. Marx, a board certified psychiatrist and nationally recognized expert on eating disorders who serves on the board of the National Eating Disorders Association.

Young men find it more shameful to admit an eating problem, and parents find it harder to detect

Fighting Prostate Cancer: Many Options, One Hospital

The best way to treat prostate cancer can be different for every man.

That's why University Medical Center at Princeton is committed to offering advanced treatment options, including image-guided radiation therapy and robotic surgery with the da Vinci Surgical System®.

"Prostate cancer is highly treatable, but men should have choices and a highly individualized treatment plan. Generally, no one treatment is better or more definitive than any other," says Edward Soffen, MD, (*pictured right*) a board certified radiation oncologist at UMCP.



Once prostate cancer is confirmed with a biopsy, a patient will typically meet with multiple specialists to develop a treatment plan that takes into consideration a wide range of factors—from his age and the extent of his cancer to his symptoms and lifestyle. For most patients, especially those with cancer that hasn't spread beyond the prostate, radiation and surgery are the most effective options.

Targeted Radiation Therapy

Radiation oncologists at UMCP offer two therapies that use detailed CAT scan images and sophisticated 3D computer models to target and destroy cancer:

- **Intensely modulated radiation therapy (IMRT).** Radiation is aimed directly at cancer cells to help spare nearby tissues. Treatments are given five days a week for up to nine weeks.
- **Brachytherapy.** Tiny radioactive pellets are inserted using needles placed directly in the prostate gland. The treatment is done only once, as radiation is slowly delivered to cancer cells over the course of weeks.

Da Vinci Surgery

Urologists at UMCP, including John Watson, MD, (*pictured right*) are now performing prostate cancer surgery using the da Vinci robotic platform. The "robot" translates the surgeon's hand movements into more precise movements of surgical instruments. The result is less blood loss, a shorter hospital stay and an overall quicker recovery time compared with traditional surgery, Dr. Watson says.



Surgery also may be combined with chemotherapy and hormone therapy in patients with advanced cancer.

"Ultimately, the decision on how to treat prostate cancer lies with the patient," Dr. Watson says. "The role of the doctor is to lay out the risks and benefits of each treatment and really guide the patient into making a decision that best suits him."

University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey and an accredited oncology teaching hospital of the American College of Surgeons' Commission on Cancer. For more information about UMCP's Cancer Program, or for assistance finding a radiation oncologist or urologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.



weight loss because adolescent boys naturally remain more lean and muscular than girls, Dr. Marx says.

Symptoms can be the same for both sexes: weight loss, change in mood, change in sleep patterns, and extreme obsession with dieting, calories and exercise.

UMCP's Eating Disorders Program provides effective and compassionate treatment for males and females of all ages. For questions or to schedule an evaluation, please call 609.497.4490 or 1.877.932.8935.

NEW AFFILIATED PHYSICIAN PRACTICES OPEN IN MONROE, LAWRENCEVILLE

PRINCETON HEALTHCARE SYSTEM IS OPENING TWO NEW PHYSICIAN OFFICES AS PART OF ITS EVER-GROWING NETWORK OF AFFILIATED PHYSICIAN PRACTICES.

In May, Comprehensive OB/GYN Care of Princeton was established with four board certified obstetrician/gynecologists:

- Samih A. Ibrahim, MD, FACOG
- Christopher A. Naraine, MD, FACOG
- Michael B. Resnick, MD, FACOG
- Antonio V. Sison, MD, FACOG

The practice is located at 638 Lawrenceville Road, Lawrenceville, NJ. Appointments may be scheduled by calling 609.252.8756.



A new multispecialty practice also is opening in Monroe. Princeton Health Medical & Surgical Associates' new office is located at 11 Centre Drive, Suite A, and includes the following specialists:

- **Internal Medicine/Geriatrics**—Juan Abellana, MD; Jose Vigario, DO; and Qian Wang, MD
- **Family Medicine/Geriatrics**—Jeanne Mitterando, MD
- **Cardiology**—Lisa Motavalli, MD
- **Pulmonology/Sleep Medicine**—Ashgan Elshinawy, DO

In addition, a PHCS laboratory outpatient facility—for bloodwork, urine specimens and other lab tests—is housed in the same unit as the new Monroe practice. No appointments are needed, and most insurance plans are accepted. Call the lab at 609.395.2456 for more information.

Appointments for Princeton Health Medical & Surgical Associates' Monroe office may be made by calling 609.395.2470. Medicare and most major insurance plans are accepted at both new practices.

JOIN US AT AN OPEN HOUSE FOR OUR NEW MONROE PRACTICE!

TUE., September 20, 2011, 3:30 – 7 p.m.
11 Centre Drive, Suite A, Monroe

- Meet the Staff
- Health screenings
- Refreshments
- Tours
- Door prizes and more!

a Heart *Plan of* Attack

University Medical Center at Princeton has strict treatment protocols and advanced procedures in place to ensure heart attack patients receive the best possible care from the moment they enter the Emergency Department.

In an emergency

A specialized team is on-call around the clock to provide emergency angioplasty, a lifesaving procedure to open blocked vessels and restore blood flow to the heart. UMCP also offers therapeutic hypothermia, a treatment in which the body temperature is lowered to improve neurological outcomes after cardiac arrest. In the event a patient needs open heart surgery, UMCP has an emergency transport team on site to immediately transfer the patient to the Heart Center of New Jersey at Robert Wood Johnson University Hospital in New Brunswick.

In the hospital

Board certified cardiologists and specially trained nurses care for heart attack patients in the Critical Care Unit. Patients are evaluated for chronic heart medications and educated about heart disease.

Back at home

UMCP's medically supervised outpatient Cardiac Rehabilitation Program and Princeton HomeCare Services' comprehensive, patient-centered care help individuals maintain a healthy lifestyle in accordance with their cardiologist's overall treatment plan.

"We have a program that provides heart attack patients with an extremely high level of care, right here in Princeton," says Lisa Motavalli, MD, (pictured right) board certified cardiologist. "People who get earlier treatment have better outcomes."



To learn more about UMCP's cardiac services, call 609.497.4347. If you are experiencing a cardiac emergency, call 9-1-1.

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

HEALTH EDUCATION CALENDAR

community focus

SEPTEMBER – OCTOBER 2011

September is National Cholesterol Education Month

According to the Centers for Disease Control and Prevention, high cholesterol increases your risk for developing heart disease. Maintaining a healthy diet, optimal weight and regular exercise can help keep your cholesterol levels in check and reduce your risk for heart disease!

How Can Exercise Help Me Lose Weight?

THU. October 13
(7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

According to the National Institutes of Health, the amount of exercise needed to start shedding those extra pounds depends on how much you eat and the type of exercise you choose. Discover the importance of healthy eating and the right activities to help you lose weight with Alpesh Patel, MD.

Dr. Patel is board certified in cardiovascular disease, internal medicine, interventional cardiology and nuclear medicine and is a member of the Medical Staff of Princeton HealthCare System.



Belly Fat: Why and How to Eliminate It

THU. October 13
(6:30 – 8 p.m.)

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

Conference Rooms A & B

Learn why getting rid of that spare tire is so important with Dan M. Sodano, MD, a cardiologist with Princeton HealthCare System's Medical Staff. Anthony Disson, RD, Outpatient & Community Education Dietitian, will provide tips on dietary changes to help trim your waistline, and a physical trainer from the Hamilton Area YMCA will demonstrate exercises that specifically target the abdominals.

Cooking for Weight Loss

Princeton Fitness & Wellness Center
\$10 per person, per class

Learn how to achieve your personal weight-loss goals through these educational programs presented by Anthony Disson, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program. Each session will include a cooking demonstration and an opportunity to sample healthy menu items.

One-Pot Meals

THU. September 22 (6 – 7 p.m.)

Eating right and making healthy food choices don't have to be a challenge. Discover quick, healthy one-pot recipes that taste great and make cleanup a snap!

Hearty Fall Cooking

MON. October 17 (6 – 7 p.m.)

Usher in the crisp autumn weather with some hearty new recipes using locally grown seasonal foods!

 **Princeton HealthCare System**
Community Education & Outreach

Redefining Care.

Directions available at www.princetonhcs.org

LOCATIONS:



Community Education & Outreach Program
731 Alexander Rd., Suite 103, Princeton, NJ 08540



Princeton Fitness & Wellness Center
Princeton North Shopping Center
1225 State Rd., Princeton, NJ 08540



University Medical Center at Princeton
253 Witherspoon St., Princeton, NJ 08540



Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Rd., Hamilton, NJ 08619

CURRENT PROGRAMS

Princeton HealthCare System Community Education & Outreach 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.

Experience the Gains of Exercise and Weight Loss

Princeton Fitness & Wellness Center

Introduction

TUE. September 6 (7 – 8:30 p.m.)

This panel discussion will serve as the kick-off for an eight-week fitness and wellness weight-loss program.

- T.J. Marvel, Certified Personal Trainer, and Sharon Casper, CSCS, HFS, Fitness Manager, Princeton Fitness & Wellness Center, will review *The Gains of Exercise: Improving Strength, Endurance, Flexibility and Confidence*.
- Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss surgical weight-loss options.
- Donna De Mild, ELI-MP, Certified Professional Life Coach, will discuss how to get motivated.

Series

MON. & THU. September 8 – November 3 (7 – 8 p.m.)

(Cooking demo on September 22 & October 17 from 6 – 7 p.m.)

No Session on September 29

\$159 per person. Please call Sharon Casper at 609.683.7888 to register.

This eight-week dynamic fitness program is designed to help motivate individuals who want to lose a minimum of 50 pounds. Work on your cardiovascular fitness, strength and flexibility in a safe, supportive environment, including fitness assessments, yoga, Pilates, cardio options, strength training and circuit training.



Diabetes and Weight Management

FRI. September 9, 16, 23 & 30, October 7, 14, 21 & 28 (11 a.m. – 12 p.m.)

University Medical Center at Princeton

\$95 per person. Please call 609.497.4372 to register.

This eight-week program is designed to help you improve your glucose control and achieve a healthy weight loss. Facilitated by Sandra Byer-Lubin, RD, CDE, a registered dietitian and certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, the series includes an individual nutritional evaluation and a personalized health plan; seven group sessions focusing on lifestyle and behavioral approach methods; guest speakers on stress management and exercise; and healthy eating for diabetics, including recipes and a carbohydrate- and calorie-counting book. For more information on UMCP's Diabetes Management Program and its full range of educational services, please call 609.497.4372 or visit www.princetonhcs.org.

Overcoming Obesity

SAT. September 17 (11 a.m. – 1 p.m.)

University Medical Center at Princeton, Conference Room B

SAT. October 15 (11 a.m. – 1 p.m.)

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

Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery, and Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss weight-loss surgery options, including bariatric surgery, gastric bypass surgery, sleeve gastrectomy and the laparoscopic band procedure.

Drs. Brolin and Chau are members of the Medical Staff of Princeton HealthCare System. UMCP is recognized as a Bariatric Surgery Center of Excellence by the American Society for Bariatric Surgery.

American Heart Association 2011 Start! Mercer County Heart Walk

SUN. September 11 (8:30 – 11:30 a.m.)

Mercer County Park

Come join the Princeton HealthCare System team in the fight against heart disease and stroke. For more information or to register, contact Tracy Davison-DiCanto at tdavison-dicanto@princetonhcs.org or 609.529.9461, or join online at www.mercercountyheartwalk.org.

Transforming Women's Gynecological Health: da Vinci Robotic Surgery

MON. September 12

(7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

The da Vinci Surgical System® is transforming gynecologic surgery at UMCP. Hear from Bruce R. Pierce, MD, FACOG, who is board certified in obstetrics and gynecology, as he describes this state-of-the-art, minimally invasive technology that gives patients another alternative to traditional "open" surgery for conditions like fibroids, heavy menstrual bleeding and endometriosis that have been unresponsive to medical therapies. Dr. Pierce is a member of the Medical Staff of Princeton HealthCare System.



Hypertension: The Silent Killer

TUE. September 13 (11 a.m. – 12:30 p.m.)

Monroe Township Library
4 Municipal Plaza, Monroe Township

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program. Join Jose Vigario, DO, a member of the Medical Staff of Princeton HealthCare System, to learn what you can do to



manage your blood pressure and what treatment options are available. Anthony Disson, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will show you how to take control of your health through dietary choices.

Meet the Chef! Cooking with Fresh Fall Foods

WED. September 14 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Joe Egitto, owner and head chef of Cugino's Italian Specialties, will lead an interactive evening of Fall-focused cooking demonstrations, tips and food tasting. Anthony Disson, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, will discuss nutritional alternatives in everyday cooking.

Fitness for Babies

WED. September 14 (12 – 1 p.m.)

Princeton Fitness & Wellness Center

With so many products on the market claiming to help babies build strong, healthy bodies, how do you know which ones are safe and effective? Join Mary Louise Jani, PT, MS, PCS, Pediatric Physical Therapist, for an informative session on how to evaluate popular baby fitness products; how to facilitate your baby's development without breaking the bank; and when to be concerned about your child's development and where to seek help.

CURRENT PROGRAMS

Enhanced Care for Hospitalized Elders

FRI. September 16
(10:30 – 11:30 a.m.)
Mercer County
Connection
957 Highway 33, Hamilton



Please call 609.890.9800 to register. Attend this informative presentation to learn how University Medical Center at Princeton is targeting the special care needs of the hospitalized elderly. The redesign of the current hospital environment and a planned state-of-the-art geriatric emergency department at the new facility are designed to make hospital visits safer and more in-tune with the unique needs of elderly patients.

Overcome Infertility: New Advances Can Help

TUE. September 20 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Remarkable advances such as improvements in laboratory techniques, innovations in ovulation induction and the treatment of male factor infertility have enabled many couples to achieve their dream of having a child. Seth G. Derman, MD, FACOG, board certified OB/GYN and reproductive endocrinologist, will discuss options for infertility treatment.

Emotional Eating

TUE. September 20 (7 – 8:30 p.m.)
Robbinsville Library, 42 Allentown-
Robbinsville Rd., Robbinsville

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program. Certain foods can increase your appetite, leave you tired and disoriented, and make you prone to emotional eating. Join Anthony Dissen, RD, Outpatient & Community Education Dietitian with University Medical Center at Princeton's Nutrition Program, for this informative program on how foods can affect your mood.

Life's a Sport: Bring Your A+ Game

THU. September 22 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch, Suite 100,
Conference Rooms A & B
Join Adam D. Redlich, MD, board certified in sports medicine and member of the Medical Staff of Princeton HealthCare System, and Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center at Princeton's Outpatient Rehabilitation Network, to learn more about injury prevention, diagnosis, treatment and flexibility, as well as strengthening exercises and post-injury tips.

Step Lively! Falls Prevention Awareness Day 2011

FRI. September 23 (10 a.m. – 1 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch, Suite 100,
Conference Rooms A & B
Join us for a fun-filled day of workshops, screenings and demonstrations focusing on your risk for falls and how to improve your balance. There will be chair yoga, line dancing, refreshments and more. Presenters will include: Linda Lucuski, MPT, Certified MDT and Vestibular Rehabilitation Specialist, and Rehabilitation Coordinator with University Medical Center at Princeton's Outpatient Rehabilitation Network; Daphne Berei, RN, BSN, RN-C, Nurse Manager, UMCP's Acute Care for the Elderly (ACE) Unit; and Marlene Tarshish, PT, LNHA, Rehabilitation Manager, Diversified Services, Princeton HomeCare Services.

**Teen Health: Ask the Experts**

TUE. September 27
(7 – 8:30 p.m.)
Princeton Fitness &
Wellness Center
Here is your chance to ask our panel of experts advice on teens' sleep

needs, proper nutrition, sexual health, immunizations, moodiness, and more. Join us for this open forum with panelists Kathleen A. Swayne, MD, board certified in pediatrics; Maria E. Sophocles, MD, specializing in adolescent gynecology; and Robert Bennett, DO, specializing in psychiatry at Princeton House Behavioral Health. The doctors are members of the Medical Staff of Princeton HealthCare System.

When You or Someone You Love is Seriously Ill

MON. October 3
(7 – 8:30 p.m.)
University Medical
Center at Princeton
Conference Rooms
A & B

The Physician 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. Patients' treatment wishes are properly communicated to their healthcare team, who promise to honor their wishes. This program is offered in collaboration with Community Connection of Princeton HealthCare and will be presented by David R. Barile, MD, who is board certified in internal medicine, geriatric medicine, hospice and palliative medicine, and a member of the Medical Staff of Princeton HealthCare System.

**CarFit Check-up Event**

TUE. October 4 (10 a.m. – 12 p.m.)
Mobility Mall at Brunswick
1500 US 1 North, North Brunswick
FRI. October 21 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

Appointment required. Call 1.888.897.8979 for an appointment. As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles. A trained CarFit technician will take the driver through an observation and questionnaire session and will make adjustments to the vehicle to better fit the driver. Participants are requested to drive their own vehicles to this event. We are pleased to partner with AAA (American Automobile Association) and Mobility Mall at Brunswick to provide this service.

Does Your Child Get Enough Sleep?

TUE. October 4 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Could your child's poor concentration and performance in school be sleep related? Join Ashgan Elshinawy, DO, board certified in pulmonology and sleep medicine and a member of the Medical Staff of Princeton HealthCare System, to learn about behavioral sleep disorders in young children and the impact sleep deprivation has on cognition and behavior, as well as available evaluation and treatment options.

The PSA Controversy: The Latest Guidelines for Prostate Cancer Screening

THU. October 6 (12:15 – 1:15 p.m.)
South Brunswick Senior Center
540 Ridge Road, Monmouth Junction
Join Edward M. Soffen, MD, board certified radiation oncologist and a member of the Medical Staff of Princeton HealthCare System, for an informative discussion on prostate cancer treatment, PSA (prostate-specific antigen) performance variables and the factors to consider when planning a course of action.

When to Worry: Your Guide to Colds and Coughs

THU. October 6 (6:30 – 8 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch, Suite 100
Conference Rooms A & B
Sooner or later everyone comes down with a cold or cough, but when should you seek medical attention? Bindoo Rughani-Shah, MD, FAAP, board certified pediatrician and a member of the Medical Staff of Princeton HealthCare System, will discuss cold and cough complications that warrant immediate medical attention and offer some guidelines for when to self-treat the common cold.

CURRENT PROGRAMS

Standing Tall: Prevent Injury through Postural Awareness

TUE. October 18 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
Proper posture can make a big difference when it comes to preventing and alleviating back pain. Learn proper postures for relaxing and while working at a computer, as well as techniques to prevent injuries and improve overall alignment. This program is led by Lisa Baptis, PT, MPT, University Medical Center at Princeton's Outpatient Rehabilitation Network.

Abnormal Uterine Bleeding: Causes and Treatments

MON. October 24 (6:30 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Abnormal uterine bleeding can occur at any age and have many causes. While some causes are easily treated, proper diagnosis is important. Join Christopher A. Naraine, MD, FACOG, board certified in obstetrics and gynecology and a member of the Medical Staff of Princeton HealthCare System, to learn more about the causes and treatment options currently available.



Common Causes and Treatments of Back Pain

TUE. October 25 (7 – 8:30 p.m.)
Robbinsville Library
42 Allentown-Robbinsville Road
Robbinsville
Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program. An estimated 80 percent of Americans experience back pain caused by nerve and muscular problems, and arthritis. Join Adam D. Redlich, MD, board certified in sports medicine and a member of the Medical Staff at Princeton HealthCare System, to learn more about the prevention, causes and treatment options available for back pain. The program will also include an exercise and stretching demonstration.

Not Sleeping Well Lately?

WED. October 26 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
Do you wake up feeling tired, or find yourself getting groggy during the day? Learn more about common sleep disorders, their relationship to other medical problems, diagnosis and current treatments options with Ashgan Elshinawy, DO, board certified in pulmonology and sleep medicine, and a member of the Medical Staff of Princeton HealthCare System.

Advances in Cataract and Refractive Surgery

THU. October 27 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
There have been many recent advances in the use of refractive surgery to correct vision. Join us for a presentation by Suzanne K. Jadico, MD, ophthalmologist and a member of the Medical Staff of Princeton HealthCare System, on the latest advances in eye care.

AARP Driver Safety Program

THU. October 13 (12:30 – 3:30 p.m.)
FRI. October 21* (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center
Please call 1.888.897.8979 to register.
\$12 for AARP members
\$14 for Non-members
Checks are payable at the door and should be made payable to AARP. Course participants may be eligible to receive a reduction in their car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; and how to handle problem situations. There is no age requirement for this course, and you do not need to be a member of AARP to attend. This course will be presented by an AARP instructor.
*A CarFit check-up event will be held on Friday, October 21, in the parking lot of Princeton Fitness & Wellness Center immediately preceding the program.

Please Give Blood

You can help save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering a coupon for a single cup of home-made ice cream to everyone who donates a pint of blood. For hours, or to schedule your appointment, call 609.497.4366.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Sibling Class

SAT. September 10 (10 – 11:30 a.m.)
SAT. October 8 (10 – 11:30 a.m.)
University Medical Center at Princeton – Main Lobby
\$30 per child
Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

SAT. September 10 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
TUE. September 20 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. October 8 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
WED. October 19 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
University Medical Center at Princeton – Main Lobby
University Medical Center at Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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.

Accelerated Birthing Basics

SAT. September 10 (9 a.m. – 5 p.m.)
 SAT. October 1 (9 a.m. – 5 p.m.)
 SAT. October 29 (9 a.m. – 5 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

\$155 per couple

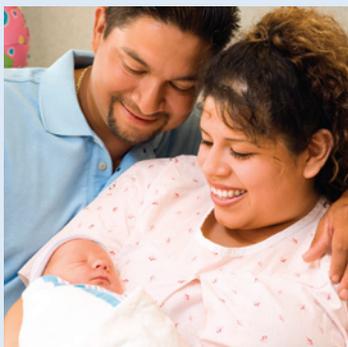
This program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, medical interventions and comfort measures to promote a positive birth experience.

HypnoBirthing®

WED. September 14, 19 & 28, October 12 & 19 (6:30 – 9 p.m.)
 Community Education & Outreach
 at the Hamilton Area YMCA John K. Rafferty Branch
 Suite 100, Conference Rooms A & B

\$195 per couple

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



Review of Birthing Basics

FRI. September 16 (7 – 9:30 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

\$60 per couple

Designed for second- or third-time parents, this program will help you refresh and practice coping skills for labor and delivery.

Birthing Basics

MON. September 19 – October 10 (7 – 9 p.m.)
 TUE. September 27 – October 18 (7 – 9 p.m.)
 WED. October 26 – November 16 (7 – 9 p.m.)

University Medical Center at Princeton
 Lambert House, Classroom 3

THU. October 13 – November 3 (7 – 9 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 1 & 2

\$120 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 be held at University Medical Center at Princeton and will include a tour of the Maternal-Child Health Program Unit.

Prenatal Breastfeeding Class

THU. September 8 (7 – 9 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

THU. October 6 (7 – 9 p.m.)
 Community Education & Outreach at 731 Alexander Road

\$45 per couple

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



Prenatal Exercise

TUE. September 13 – October 18
 (7 – 8 p.m.)
 Community Education & Outreach at
 the Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B

\$95 per person

Expectant moms interested in learning about exercise during pregnancy will benefit from this program designed to improve muscle tone, circulation and energy levels while easing everyday

tension and stress. Recommended for all fitness levels, the program allows moms-to-be to perform the exercises at their own comfort levels, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

Baby Care

THU. September 15 (7 – 9:30 p.m.)
 Princeton Fitness & Wellness Center

MON. October 17 (7 – 9:30 p.m.)
 Community Education & Outreach at the Hamilton Area YMCA
 John K. Rafferty Branch, Suite 100, Conference Rooms A & B

\$45 per couple

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

Daddy Boot Camp™

SAT. September 24 (9 a.m. – 12:30 p.m.)
 Community Education & Outreach at the Hamilton Area YMCA
 John K. Rafferty Branch, Suite 100, Conference Rooms A & B

SAT. October 22 (9 a.m. – 12:30 p.m.)
 Community Education & Outreach at 731 Alexander Road

\$25 per person

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



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Prenatal Yoga

THU. September 29 – November 3 (7 – 8:15 p.m.)
Princeton Fitness & Wellness Center

\$165 per person. Registration required.

Expectant mothers will learn how gentle postures, stretching, breathing, toning, relaxation and meditation can help them stay fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or large towel, two pillows or cushions and 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 & CHILD-REARING CLASSES

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

Bright Beginnings (birth to 6 months)

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

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

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

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required.

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

Postpartum Exercise

Tuesdays & Thursdays (10:30 – 11:30 a.m.)

No class on September 13
(Additional schedule changes may apply; please check other months.)

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

\$10 per class*
Registration required.

This class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The program, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

*Save up to 12.5 percent on registration costs by purchasing a class discount card: \$75 for eight classes, \$90 for 10 classes, \$105 for 12 classes. If purchasing a discount card, you must register by phone; please call 1.888.897.8979.



Postpartum Adjustment Support Group

THU. September 1 (11 a.m. – 12 p.m.)
THU. September 15 (11 a.m. – 12 p.m.)
THU. September 29 (11 a.m. – 12 p.m.)
THU. October 13 (11 a.m. – 12 p.m.)
THU. October 27 (11 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required.

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



EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

CISM Awareness: Critical Incident Stress Management for EMS

SUN September 11
(10 a.m. – 1 p.m.)
Montgomery EMS
8 Harlingen Rd., Belle Mead

\$10 per person
Checks are payable to MEMS.

This class is designed to increase awareness of key terms and concepts relevant to the practice of crisis intervention and disaster mental health intervention. Upon completion of this class, participants will understand critical incident stress management; the dynamics, signs and symptoms of a stress response (post-traumatic stress); and where crisis intervention falls in the spectrum of care in emergency mental health services. Eric S. Rice, EMT instructor, CISM Education Associates, will present this program.



Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by Princeton HealthCare System.

ACLS Full

TUE. & WED. September 13 & 14 (9 a.m. – 5 p.m.)
WED. & THU. October 5 & 6 (9 a.m. – 5 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

ACLS Recertification

MON. September 19 (9 a.m. – 5 p.m.)
SAT. October 1 (9 a.m. – 5 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

Full: \$250 per person

Recertification: \$175 per person

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

BLS for Healthcare Providers

THU. September 8 (6 – 10:30 p.m.)
WED. September 14 (9 a.m. – 1:30 p.m.)
MON. October 3 (9 a.m. – 1:30 p.m.)
THU. October 13 (6 – 10:30 p.m.)
Community Education & Outreach at
731 Alexander Road

WED. September 21 (6 – 10:30 p.m.)
WED. October 19 (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

TUE. September 27 (9 a.m. – 1:30 p.m.)
TUE. October 25 (6 – 10:30 p.m.)
Princeton Fitness & Wellness Center

\$65 per person

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

Heartsaver AED

WED. September 7 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

MON. September 19 (6 – 9 p.m.)
WED. October 12 (6 – 9 p.m.)
TUE. October 25 (9 a.m. – 12 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 – Adult & Child

SAT. September 17 (12:30 – 2:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

SAT. October 1 (12:30 – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$30 per person

The Family & Friends CPR program teaches you how to perform CPR on adults and children, and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.



Family & Friends CPR – Infant

SAT. September 17 (9:30 – 11:30 a.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

SAT. October 1 (9:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

SAT. October 22 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$30 per person

The Family & Friends CPR – Infant program teaches you how to perform CPR on infants, and how to help an infant who is choking. An infant is defined as a child 1 year of age or younger. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Pet First Aid and CPR

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

\$40 per person

Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.



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

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive lectures and screenings to support groups for those living with the disease. To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit www.princetonhcs.org/calendar. The Cancer Program at University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an accredited program of the American College of Surgeons' Commission on Cancer. For further information about the UMCP Cancer Program, please call 609.497.4475.

Introduction to Hypnotherapy for Wellness for Those Touched by Cancer

WED. September 7 (6:30 – 8 p.m.)
University Medical Center at Princeton
Ground Floor
Nuclear Medicine Waiting Room

Registration recommended, but not required.

Learn how hypnotherapy can bring about deep relaxation and help you master your own states of physical and psychological awareness with Anthony Dissen, RD, CHT, certified hypnotherapist; PHCS Outpatient & Community Education Dietitian.



Frankly Speaking About Advanced Breast Cancer

THU. September 15 (12 – 2 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Registration required.

Discover the latest treatments and side-effect management for advanced (metastatic) breast cancer and ways to cope with the social and emotional challenges of this diagnosis. Light refreshments will be served.

Cancer Support Group

TUE. September 20 (1:30 – 3 p.m.)
TUE. October 18 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

No registration required.
Walk-ins welcome.

University Medical Center at 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 will be 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. September 20 (6 – 7:30 p.m.)
TUE. October 18 (6 – 7:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required.

The Breast Cancer Support 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 healthcare professional from Princeton HealthCare System.

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

WED. September 21 (12 – 1 p.m.)
WED. October 19 (12 – 1 p.m.)
University Medical Center at Princeton
Administrative Conference Room
2nd Floor, A2 Wing

Registration preferred. Walk-ins welcome. Princeton HealthCare System's Head and Neck Cancer Support Group of Central Jersey provides encouragement for fellow members; 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.

UMCP's Annual Prostate Cancer Screening

THU. September 22 (6 – 8 p.m.)
University Medical Center at Princeton

Registration required.

Prostate cancer deaths in the United States have gradually, yet steadily, declined due in part to an increase in early detection. Men 40 years of age or older should be screened with prostate-specific antigen (PSA) testing and a digital rectal exam (DRE). African-American men and men with a strong family history of prostate cancer are particularly at risk. This confidential screening will be performed by a board certified urologist from Princeton HealthCare System and is sponsored by University Medical Center at Princeton's Cancer Program and Princeton Regional Health Department.

American Cancer Society's Look Good, Feel Better

MON. September 26 (6 – 8 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

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 make-over for the spirit!

Prostate Cancer Support Group

WED. September 28 (12 – 1:30 p.m.)
WED. October 26 (12 – 1:30 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required.

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. At the September meeting, Myron Pawliw, MD, board certified OB/GYN and a member of the Medical Staff of Princeton HealthCare System, will present *Sexual Intimacy after Prostate Cancer*. The October meeting will be an open forum.



Susan G. Komen Race for the Cure

SUN. October 2 (7 a.m. – 12 p.m.)
Six Flags Great Adventure
1 Six Flags Boulevard
Jackson

For more details and to register, visit www.komencsnj.org. Click on "Join an Existing Team" and select the Princeton HealthCare System team.

As a leading cancer services provider, and a silver-level sponsor of this year's race, PHCS encourages you to join us in raising funds in the battle against breast cancer. You can also support the cause by making a pledge online at the PHCS team page on the Race website.

CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Genetic Counseling: Identify Your Risks for Hereditary Cancer

MON. October 17
(6:15 – 6:45 p.m. — “Meet and Greet” with Val Skinner)
(6:45 – 8 p.m. — Seminar)
UMCP Breast Health Center, East Windsor Medical Commons 2
300B Princeton-Hightstown Road, East Windsor



Registration required.
Learn how genetic counseling can help you and your doctors make informed decisions at this special event highlighting the new genetic counseling services of the LIFE Centers at University Medical Center at Princeton and Breast Health Center. The event begins with a half-hour “meet and greet” with Val Skinner, a veteran of the Ladies Professional Golf Association (LPGA) and Golf Channel commentator. She was the driving force behind the creation of The Cancer Institute of New Jersey’s LIFE (LPGA pros In the Fight to Eradicate breast cancer) Center after losing a young friend to the disease. Skinner has been, and continues to be, a strong supporter of the LIFE Center, which has raised more than \$3.5 million for LIFE Center programs since its inception in 2002. This session is followed by a seminar with Deborah Toppmeyer, MD, Director of the Stacy Goldstein Breast Center and LIFE Center, Chief of Solid Tumor Oncology at CINJ and Associate Professor of Medicine at UMDNJ-Robert Wood Johnson Medical School, as well as Justin Leighton, a genetic counselor at CINJ’s Hereditary Oncology Prevention and Evaluation (HOPE) program.

Meditation for Health for Those Touched by Cancer

WED. October 19 (6:30 – 8 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor



No registration required.
University Medical Center at Princeton’s Cancer Program and Breast Health Center, in conjunction with PHCS Community Education & Outreach, is pleased to present this relaxation program. Anthony Disen, RD, Outpatient & Community Education Dietitian with UMCP’s Nutrition Program, will conduct meditation practice in chairs. You are welcome to bring a pillow for comfort.

Complementary Alternative Medicine for Wellness for Those Touched by Cancer

TUE. October 25 (6:30 – 7:30 p.m.)
University Medical Center at Princeton
Ground Floor, Nuclear Medicine Waiting Room

Registration recommended, but not required.
Discover how Complementary and Alternative Medicine (CAM) can help you feel better, improve your immune system and ease you through your journey toward wellness. Karen Flicker, MS, LAC, Acupuncturist and Holistic Health Practitioner, who for 10 years has been treating people living with cancer, will share information about the role of acupuncture in facilitating health and preventing illness.

SUPPORT GROUPS

Bariatric Surgery Support Group

MON. September 12 (7 – 8:30 p.m.)
MON. October 3 (7 – 8:30 p.m.)
Community Education & Outreach at
731 Alexander Road

This supportive community welcomes individuals who have had or are considering weight-loss surgery. This support group may include, but is not limited to, the following facilitators: Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. Sponsored by the Bariatric Surgery Center of Excellence at UMCP and New Jersey Bariatrics.

UNITE: Perinatal Loss Bereavement Support Group

MON. September 12 (7 – 9 p.m.)
MON. October 3 (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.



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

TUE. September 20 (6:30 – 8 p.m.)
Community Education & Outreach at
731 Alexander Road

Registration requested. Please call 1.888.897.8979 for more information and to register.
Interested individuals and people with implanted cardiac defibrillators are welcome to attend this support group, which is facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and the staff of University Medical Center at Princeton’s Cardiac and Pulmonary Rehabilitation Program. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and well-being.

Diabetes Support Group

WED. September 21 (2:30 – 4 p.m.)
WED. October 19 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. September 26 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B

No registration required. Walk-ins welcome. Please call 609.497.4372 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 at 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 Certified Diabetes Educator, please call 609.497.4372 or visit www.princetonhcs.org.

EVENTS FOR SENIORS

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

Stroke: Prevention & Treatment

THU. September 1 (12:15 – 1:15 p.m.)
South Brunswick Senior Center
540 Ridge Road, Monmouth Junction
Join Paul K. Kaiser, MD, board certified neurologist and Medical Director of University Medical Center at Princeton's Stroke Program, for a discussion on prevention and treatment options for stroke, the third most common cause of death in the United States. Dr. Kaiser is a member of the Medical Staff of Princeton HealthCare System.

Osteoporosis: How to Stay One Step Ahead

MON. September 19 (11 a.m. – 12 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction
Please call 609.799.9068 to register.
Eighty percent of those affected by osteoporosis are women, and one out of six women will suffer a hip fracture during her lifetime. Anshu Bhalla, MD, board certified in geriatric medicine and family medicine, will discuss current information about the causes, prevention and treatment of osteoporosis. Dr. Bhalla is a member of the Medical Staff of Princeton HealthCare System.

What Did You Say?

FRI. September 23 (1 – 2 p.m.)
Cranbury Senior Center
23A North Main Street, Cranbury
Tired of missing out in social settings because your hearing is failing? Howard S. Farmer, MD, FACS, board certified otolaryngologist and a member of the Medical Staff of Princeton HealthCare System, will discuss the signs and symptoms of ear disorders related to hearing loss. Audiologist Susan Chrystal, AuD, CCC/A, will discuss hearing aids and recent advancements in hearing aid technology.



Diabetes & You

MON. October 3 (11 a.m. – 12 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register.
Learning to control your diabetes can reduce your chances of developing serious complications from this chronic condition. Discover the benefits of foot care, annual eye exams and A1C1 blood tests with Jeanne Mitterando, MD. Dr. Mitterando is board certified in family medicine and a member of the Medical Staff of Princeton HealthCare System.

Wow! That's Hard to Swallow

FRI. October 14 (1 – 2 p.m.)
Plainsboro Senior Drop-In Program
Plainsboro Recreation Center
641 Plainsboro Road, Plainsboro

Please call 609.799.0909, ext. 350, to register.
Swallowing problems, called dysphagia, are more common than realized, especially among older adults. University Medical Center at Princeton has speech pathologists who specialize in swallowing disorders and their remediation. Jenny E. Cowell, MS, CCC-SLP, and Karin Mathews, MA, CCC-SLP, certified speech pathologists from University Medical Center at Princeton, will present this program.

Flu Shots & Immunizations

WED. October 19 (10:30 a.m. – 11:30 a.m.)
Hopewell Valley Senior Center
395 Reading Street, Pennington
Jabbar Zafar, DO, board certified in family medicine and a member of the Medical Staff of Princeton HealthCare System, will discuss why annual flu shots are needed, who should get the flu shots, what's new this year and what you need to know about H1N1. Learn about the pneumonia and shingles vaccines, as well as tips on how to stay healthy this season.

<http://www.ustream.tv/channel/princetonhealth>

ONLINE SEMINARS

PHCS is hosting monthly live web chats, and you're invited.

To participate, all you need to do is go to our UStream Channel at www.ustream.tv/channel/princetonhealth on the day of the seminar. Pre-register by either calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar. Basic computer requirements are a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.

	<p>Options in Bariatric Surgery September 22 at 7 p.m. with Wai-Yip Chau, MD Board certified surgeon specializing in bariatric surgery</p>		<p>An Overview of Sleep Disorders October 20 at 7 p.m. with Dana Supe, MD Board certified in sleep medicine, internal medicine, and pulmonary and critical care medicine.</p>
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How Your Gift Makes a Difference

You can make a gift at www.princetonhcs.org/foundation, or call 609.497.4190 for more information.

Annual Fund gifts, at all levels, help Princeton HealthCare System provide quality healthcare to many people, in many ways. Over the past year, Annual Fund support allowed PHCS to make an impact where it matters most by:

- Shortening Emergency Department wait time through Fast Track technology and new triage procedures
- Reducing the risk of brain injury for patients experiencing cardiac arrest, made possible by acquiring the breakthrough Arctic Sun® temperature management system
- Providing access to The Children's Hospital of Philadelphia (CHOP) physicians in University Medical Center at Princeton's Special Care Nursery, inpatient pediatrics unit and consultations in the Emergency Department
- Serving more than 26,000 of our neighbors through Community Education & Outreach seminars, classes and health fairs

By supporting the Annual Fund, you help provide essential resources to meet our community's medical needs, as well as those of yourself and your family.

Did you know you can make a contribution to Princeton HealthCare System this year with an IRA rollover gift? For more information, contact Robert Sweet, Director of Gift Planning at PHCS Foundation, at 609.252.8713 or rsweet@princetonhcs.org.

mammoremindHER

Have You Scheduled Your Mammogram?

As the nation recognizes National Breast Cancer Awareness Month in October, it's the perfect opportunity to take care of your own breast health if you haven't already. You can start by scheduling your screening mammogram.

Digital mammography is available at University Medical Center at Princeton's Witherspoon Street location, as well as at UMCP Breast Health Center in East Windsor. UMCP Breast Health Center is among only 5 percent of breast imaging facilities nationwide that have been designated a Breast Imaging Center of Excellence by the American College of Radiology.

Not due for a mammogram? Consider signing up for our free monthly e-mail service MammoRemindHER, which provides an annual e-mail reminder to schedule your mammogram, as well as monthly e-mail reminders to perform a breast self-exam.

Breast self-exam is an option for women starting in their 20s. When performed according to the new recommended guidelines, breast self-exam may help

you detect breast cancer early, which may increase your chances for recovery and survival.

You can sign up for the life-saving MammoRemindHER service by visiting www.MammoRemindHER.com.

For more information about mammography or performing breast self-exam, call UMCP Breast Health Center's Breast Health Navigator at 609.688.2700.

To schedule an appointment for University Medical Center at Princeton's breast imaging services, call our Central Scheduling line at 609.497.4040.

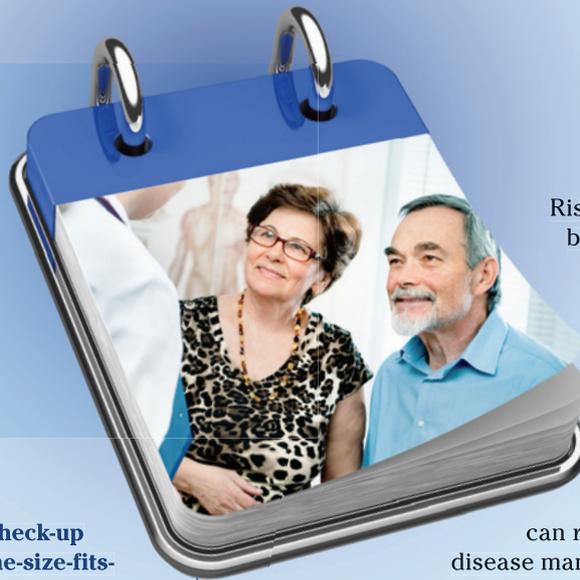


Rethinking the Routine Annual Physical



If your idea of an annual check-up with your physician is a one-size-fits-all, routine affair, it may be time to rethink that concept. In recent years, many general practitioners have taken a more personalized approach to patients' physicals, allowing them the opportunity to focus on individual risk factors and how they affect a patient's health.

"If I could rename the annual check-up, I'd like to call it the 'Periodic Health Exam,'" says Jabbar Zafar, DO, (*pictured above*) a family medicine practitioner affiliated with Princeton HealthCare System. Dr. Zafar eschews a cookie-cutter approach, instead using these regular visits as an opportunity to assess each patient's risk factors to counsel them on preventive care and health management.

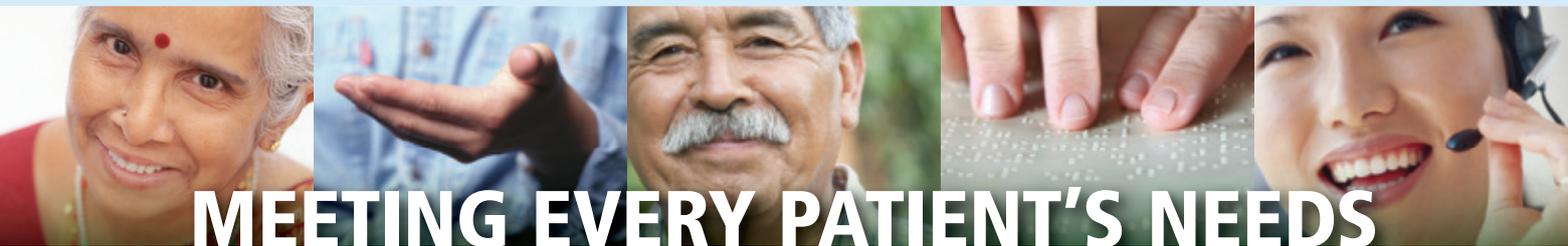


Risk factors such as weight, blood pressure, cholesterol and blood sugar—as well as lifestyle influences such as alcohol and tobacco use, activity level and family history—give physicians an overall picture of an individual's health status. From there, they can recommend treatment, disease management or continued prevention measures, Dr. Zafar says.

Although the United States Preventive Task Force has stated that the average healthy adult—aged 18 to 50 years old—who has no significant risk factors, may visit his or her family doctor every three years, the actual timing of these exams really varies based on a patient's health status, and more frequent visits may be recommended, Dr. Zafar notes.

"Of course, people with chronic medical conditions such as high blood pressure, diabetes, anxiety or depression should be seeing their physicians regularly as determined by the nature of their condition," he says.

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



MEETING EVERY PATIENT'S NEEDS

To ensure that all individuals have equal access to healthcare, Princeton HealthCare System is committed to accommodating all patient needs, including those of individuals who are deaf or hard of hearing, have physical impairments, language barriers, or cultural or religious differences.

Essential services we provide include:

- **Language Line**, a telephone translation service that can translate conversation—and more importantly, medical terminology—in more than 160 different languages
- **American Sign Language**-certified interpreters
- **Special audio services** for visually impaired patients
- **Dietary and cultural** accommodations

Many of these services—especially those that involve communication—can be provided for caregivers as well.

PHCS staff work not only to identify patient needs and the services that may assist them, but also encourage patients and family members to tell them if there is anything else they may require, according to Debbie Parrott, PHCS Patient Representative, and Lisa R. Hartman, PHCS Corporate Compliance and Privacy Officer.

Customized services are available not only at the hospital bedside, but throughout the health system, from providers' offices to home care.

While provision of certain services is often required by regulatory standards, PHCS seeks to go a step further—for example, certifying some of our bilingual employees to provide one-on-one translation, a more personalized approach that patients and their family members appreciate.

For more information, please contact Debbie Parrott at 609.497.4477 or Lisa Hartman at 609.430.7789.

BLAST

B Behavior
L Learning
A &
S Social
T Training

FOR KIDS

Princeton HealthCare System to Open Unique After-School Program

Princeton HealthCare System (PHCS) will initiate after-school classes specializing in social skills instruction for children who face difficulty interacting and socializing with their peers.

Called **BLAST**—“**B**ehavior, **L**earning and **S**ocial **T**raining”—the new PHCS program will offer classes in social cognition, peer interaction skills, conflict resolution and stress management strategies to children and adolescents ages 3 to 17.

The BLAST Program will be offered at Commons Way, Building 6, in Montgomery, beginning this fall.

“BLAST presented an opportunity to expand our already significant programming for children and adolescents,” says Richard Wohl, Senior Vice President, Behavioral Health, for PHCS. “Typically our programs lie more in the behavioral health realm, whereas this program uses a social/educational model.”

BLAST was founded in November 2002 by Margie Pedron, a former classroom teacher for children with autism spectrum disorders.

The students may include children diagnosed with autism spectrum disorders, Asperger’s syndrome, pervasive developmental disorders, attention deficit and attention deficit hyperactivity disorders, speech and language delays and disorders, nonverbal learning disorders, bi-polar disorders, obsessive-compulsive disorders, learning disabilities, social deficits, selective mutism, semantic-

pragmatic disorders, and gifted children. Some children served have no diagnoses.

Daniela Kessel, who holds master’s degrees in childhood education and special education, will serve as Director of PHCS’ BLAST Program. She has worked in public and private schools, teaching children from preschool through high school ages.

“Our goal is to help children and adolescents develop and enjoy positive, meaningful relationships with their peers, family, and their community,” says Kessel. “We believe that the goal of teaching social skills to children and adolescents should be not just to help them fit in, but to improve the quality of their lives.”

Class size will average six to eight students per two professionals. Students are grouped with others who are age or grade appropriate and share similar cognitive levels and social or behavioral needs. Classes will meet once a week.

While many social skills are addressed during each 90-minute class, direct instruction will focus on a specific skill, such as how to be a friend; dealing with teasing and bullying; initiating, maintaining and ending interactions; developing conversation skills; understanding verbal and nonverbal social cues; sharing and negotiating; showing empathy for others; practicing appropriate manners; and understanding social cues.

For more information, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org/BLAST.



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Is Cancer in Your Genes? New Service Explores the Answer

Prevention and early intervention are key to managing any type of cancer, so it's important to know your personal risk of developing the disease. University Medical Center at Princeton (UMCP), in partnership with The Cancer Institute of New Jersey (CINJ), is providing on-site genetic evaluations and counseling for a variety of cancers.

“On designated days each month, genetic counselors from CINJ’s LIFE Center will be on-site at UMCP and the UMCP Breast Health Center in East Windsor to perform cancer assessments and recommendations,” says Judy Neuman, Director of Cancer Services at UMCP. “They work to identify people whose family history indicates a predisposition to breast, ovarian, uterine and colon cancers.”

People can be referred to The CINJ LIFE Centers at UMCP and Breast Health Center by a physician or make an appointment themselves. If the pre-screening indicates that they may have a genetic risk for these cancers, they are seen by a CINJ genetic counselor, who will discuss medical and family history and may recommend blood testing

to determine the presence of a specific gene mutation. A follow-up appointment is scheduled to discuss results and options.

“Prevention and early intervention are critical in the fight against cancer, so these services offered through the CINJ LIFE Center are invaluable,” says Linda Sieglen, MD, Senior Vice President for Medical Affairs at Princeton HealthCare System.

Deciding a Course of Action

“If a gene mutation—like one of the breast cancer genes, BRCA1 or BRCA2—is present, the counselor will then make recommendations such as treatment or increased surveillance,” explains Beth Krefski, RN, MSN, Director of UMCP’s Breast Health Center. “Certain cancers can have specific genetic links, so knowing whether or not you carry the gene mutation can help you decide what course of action to take now.”

Taking action could mean increased surveillance like more frequent imaging, taking cancer prevention drugs, or electing to have preventive surgery.

“This new relationship offers area residents the expertise of the CINJ LIFE Center’s specially trained, certified genetic counselors and other team members with the convenience of being close to home,” adds Deborah Toppmeyer, MD, Director of the LIFE Center and Chief of Solid Tumor Oncology at CINJ. Dr. Toppmeyer will review the results from genetic testing conducted at both UMCP sites. “We are pleased to partner with UMCP on providing these beneficial services to the greater community.”

University Medical Center at Princeton’s Cancer Program is a Clinical Research Affiliate of The Cancer Institute of New Jersey and is an accredited oncology teaching program of the American College of Surgeons’ Commission on Cancer. For more information about the genetic counseling service, call Princeton HealthCare System at 1.888.PHCS4YOU (1.888.742.7496).

*Learn more at the following free seminar: **Genetic Counseling: Identify Your Risks for Hereditary Cancer**, MON. October 17 (pg. 15).*

