

HEALTHFOCUS



Treating Vascular Disease in the Hybrid OR

ALSO IN THIS ISSUE:

- UMCPP Provides Advanced Care for Preemies
- Epilepsy: Know the Signs
- Special Care for Patients with Cancer

PLUS:

- **COMMUNITYFOCUS** Event Calendar



HEALTHFOCUS

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

Health Focus, 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 Health Focus 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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Early Arrivals

UMCPP Provides Advanced Care for Premies



to Carrie Hufnal-Miller, MD, (pictured left), Medical Director of The Children's Hospital of Philadelphia (CHOP) Newborn Care at University Medical Center of Princeton at Plainsboro (UMCPP).

Premature babies can face a number of health challenges, including breathing problems, infection, feeding issues, difficulty self-regulating body temperature, neurological and physical developmental delays, or other complications. So, for many, at least a short stay in the Neonatal Intermediate Care Unit (NICU) is necessary for proper monitoring and treatment.

UMCPP's Center for Maternal & Newborn Care is designed to meet the needs of premature babies, whether they simply require a little extra care for a few hours, or an extensive stay in the certified Level II NICU, which is staffed by neonatology-trained nurses and board certified CHOP neonatologists.

"Our NICU has neonatal doctors from CHOP on duty 24/7," says Dr. Hufnal-Miller, who is board certified in neonatal-perinatal medicine and pediatrics. "The 14-bed unit has eight private infant patient rooms, so once a mom is discharged, she or the father can stay with the baby. It provides some extra privacy that parents need, and adds to the specialized care we provide."

During the newborn's hospital stay, parents should feel free to discuss any questions they may have with the medical staff, whether they involve care in the hospital or when the baby heads home, since their infant's needs may be different from a full-term infant's. For example, premature babies may require food supplementation, and may eat less at each feeding, so more frequent feedings may be necessary. Since premature babies are more susceptible to infections, parents should minimize the infant's exposure to crowds and make sure everyone handling the baby washes their hands. Having the recommended medical checkups is also extremely important.

For more information about the Center for Maternal & Newborn Care at UMCPP, or to find an OB/GYN, please call 1.888.PHCS4YOU (1.888.742.7496).

Hybrid OR

Physicians Use State-of-the-art Equipment for Treating Vascular Disease

Vascular diseases—any condition affecting the circulatory system—may pose a sudden health risk that can be life or limb threatening.

One of the most common vascular conditions treated includes peripheral arterial disease (PAD), which is caused by a buildup of fatty material within the blood vessels. This creates plaque throughout the arterial tree, which can lead to blockage that impairs normal blood flow. Blockages in the arteries to the legs can lead to pain with walking or foot wounds, and blockages in carotid arteries, if untreated, can lead to stroke. Another common condition is abdominal aortic aneurysm (AAA), where the aorta, the largest and most important artery in the body, dilates abnormally. If the aneurysm reaches a critical size, it can rupture, leading to dire consequences including death.

Vascular diseases become a greater health risk at age 45 and older, and pose their greatest risk to those over 70. As the population continues to age, the prevalence of vascular disease is expected to rise significantly.

New hybrid OR technology available at University Medical Center of Princeton at Plainsboro (UMCPP) is helping to provide advanced treatment for vascular disease. The hybrid OR suite at UMCPP, which opened in November 2012, provides cutting-edge imaging technology in an operating room setting. Here, virtually any surgery can be performed, but the hybrid room is best suited for endovascular procedures. More than 80% of vascular patients are treated with endovascular techniques that allow surgeons to correct complex vascular conditions in a minimally invasive fashion.

“What is unique about the hybrid OR is that superb quality imaging equipment is built right into the suite,” says Kenneth A. Goldman, MD, FACS, a board certified vascular surgeon at UMCPP. “This enables vascular surgeons to use rotational and three-dimensional imaging technologies for

visualizing the treatment area, and that is a tremendous benefit when operating on the more delicate structures of the circulatory system.”

“The hybrid OR is an absolute necessity in the armamentarium of vascular surgeons,” adds Elliot B. Sambol, MD, FACS, a board certified vascular surgeon at UMCPP. “With new devices rapidly coming down the pipeline to treat vascular patients, the hybrid OR is the only environment where these technologies can be utilized.”

Benefits of the hybrid OR include:

- Shorter procedure times
- Less radiation exposure
- Less pain
- Faster recovery
- Shorter hospital stays

The hybrid OR at UMCPP also provides patients with a safer environment for surgery. If necessary, an endovascular or interventional procedure can be converted to a traditional open surgery seamlessly without the need to close or move the patient to another operating room. In fact, many of the procedures currently being performed in the new hybrid OR combine both open and new endovascular techniques.

UMCPP’s hybrid OR also is used to perform interventional radiology cases such as embolization procedures and biopsies of the lung, liver and kidney. Both vascular surgeons and interventional radiologists at UMCPP are assisted by a team of nurses and technicians who are cross-trained to handle the full spectrum of procedures that might be performed.

It is important to consult a physician about your risk factors for vascular disease or any symptoms of vascular disease that you may be experiencing. To find a vascular surgeon on staff at Princeton HealthCare System, call 1.888.PHCS.4YOU (1.888.742.7496) for assistance. Vascular surgeons at UMCPP participate in Medicare and many insurance plans, including Horizon-BCBSNJ.

Who is at risk for vascular disease?

- Age 45 and older
- History of Coronary Artery Disease
- Physically inactive
- Tobacco use
- High blood pressure and cholesterol
- Diabetes
- Family history peripheral arterial disease
- Family history of Abdominal Aortic Aneurysm

What are common symptoms of vascular disease?

- Leg cramps or pain that gets better only with rest
- Pain, numbness, tingling or weakness in muscles
- Coldness, hair loss or slower hair growth affecting your legs or feet
- Changes in the color of your legs
- Sores on your toes, feet or legs that won’t heal
- Tenderness or pain in the abdomen or chest

IMPORTANT: When an aortic aneurysm bursts or ruptures, symptoms include sudden severe pain, an extreme drop in blood pressure and signs of shock. Seek emergency care by calling 9-1-1 immediately because without immediate treatment, death occurs.

On the cover, pictured left to right: Elliot Sambol, MD, and Kenneth A. Goldman, MD, FACS, both board certified vascular surgeons on staff at UMCPP, stand in the state-of-the-art hybrid operating room.

Diabetes Management: Building a Successful Meal Plan

The Diabetes Management Program at University Medical Center of Princeton at Plainsboro (UMCPP) helps people with diabetes build meal plans based on their existing eating habits. That includes people with special diets, such as vegans and vegetarians, and those who eat traditional Asian, Latin American or regional American diets.

“We’re not going to advise someone to completely change their diet when we know they love to eat certain things,” says Sandra Byer-Lubin, RD, CDE, a Registered Dietitian and Certified Diabetes Educator. “Instead, we take what a person eats now and gradually incorporate changes that can help keep their blood glucose levels under control.”

In general, that means making changes that help keep blood glucose from spiking after meals. For example, choose lower-carbohydrate foods instead of those higher in carbs and add healthy proteins and fats to meals, Byer-Lubin says. Foods made from potatoes and processed corn and wheat, including breads and pasta, tend to be higher in carbohydrates, while green, leafy vegetables, broccoli and cauliflower are fairly low in carbs.

Our Program

The Diabetes Management Program includes several components: group education classes, support groups and individual sessions with a Certified Diabetes Educator. The program serves people with type 1, type 2, pre-diabetes and gestational diabetes. During the sessions, a patient and educator can develop an individualized meal plan based on the person’s preferences and lifestyle.

Program educators have access to information about foods from around the world. For example, a person eating a traditional South Asian diet can learn how to substitute

for higher-carb vegetables such as peas and potatoes. Or, a vegetarian may learn how to add proteins (such as soy products, nuts and nut butters) to help reduce carbohydrates, Byer-Lubin says.

“There’s no single correct diet, because everyone is different,” Byer-Lubin says. **“People are more willing to make changes when we work within their existing diet.”**

What Can You Do?

Whether or not you have diabetes, you can make changes in your diet to help control blood sugar, Byer-Lubin says.

- Eat more low-carbohydrate vegetables. Go for broccoli, cauliflower and green beans instead of higher carb vegetables such as potatoes and corn.
- Eat more high-fiber grains. Replace white rice with brown rice and opt for whole grain breads and pastas.
- Eat fewer processed foods. Processed foods are less likely to fill you up, causing you to eat more, and are more likely to spike your blood glucose levels.
- Add healthy fats and proteins. Meat, fish, poultry, eggs and nuts can help you feel full, while healthy fats such as olive oil can help slow down the rise of blood glucose levels after meals.

For more information about the Diabetes Management Program, visit www.princetonhcs.org or call 1.609.853.7890.



PUTTING A STOP TO C. DIFF

Clostridium difficile, or C. diff, is an increasingly common intestinal bacterial infection that causes abdominal cramping, diarrhea and, in some cases, severe illness.

While C. diff can often be effectively treated with antibiotics, some individuals experience repeated, hard-to-treat infections. For these people, University Medical Center of Princeton at Plainsboro (UMCPP) offers a highly effective treatment known as a fecal transplant.

The procedure is done via colonoscopy, and uses a donor’s stool sample to repopulate the infected patient’s intestines with healthy bacteria. It has been shown to cure C. diff in up to 90 percent of cases, says Kevin Skole, MD, (pictured right),

a board certified gastroenterologist on staff at UMCPP.

“Recurrence is one of the main problems with C. diff. It’s not just that C. diff makes people sick, it’s that it tends to come back,” Dr. Skole says. “A lot of people getting transplants are people with recurrences who are tired of taking medications or whose medications are no longer working.”



Use Antibiotics Wisely

The C. diff bacterium is often acquired in community settings. People usually get sick with C. diff after taking a course of

Epilepsy Care Starts With Knowing the Signs of a Seizure



While people may experience epilepsy with a visible seizure, other symptoms suggestive of the condition may be much harder to detect, says Rene Gomez, MD, (pictured left), a neurologist on staff at University Medical Center of Princeton at Plainsboro (UMCPP).

“Any unusual neurological symptoms, especially those happening for the first time, need to be evaluated,” says Dr. Gomez, who is board certified in neurology. “We need to determine whether these symptoms are the result of an isolated problem, such as low blood sugar or head trauma, or whether epilepsy might be the cause.”



More subtle symptoms of epilepsy may include daydreaming, behavioral mannerisms or clumsiness, repetitive behaviors, a blank stare, or jerking movements, says Kimberly Palangio, DO, (pictured left), a neurologist on staff at UMCPP.

“Any time a person loses awareness or becomes confused, even for a brief period, it could be a sign of a seizure,” says Dr. Palangio, who is board certified in neurology and clinical neurophysiology. “Sometimes the patient will notice the problem, but often it is only recognized by a friend or family member.”

Identifying Epilepsy

It is not uncommon to have a single, unprovoked seizure once in a lifetime. Epilepsy is diagnosed only when a person has two unprovoked seizures, or seizures without a clear cause. A seizure is the result of abnormal electrical activity in the brain. One in 10 people will suffer a seizure

during their lifetime, according to the Epilepsy Foundation.

Depending on a person’s medical history, doctors will attempt to uncover the cause of the seizure. Seizures can result from any number of problems, from lack of sleep and drug interactions to stroke and brain tumors. Doctors may order blood tests or imaging studies such as a CT Scan or an MRI. If epilepsy is suspected, an electroencephalogram (EEG) may be ordered to detect abnormalities in brain waves.

A Team Approach to Treatment

With a combination of anti-seizure medications and lifestyle changes, many people with epilepsy live normal, healthy lives, Drs. Gomez and Palangio say.

At UMCPP, patients suspected to have had a seizure are offered comprehensive services. This includes consultation with board certified neurologists focused on the care of epilepsy and diagnostic studies, including a broad range of imaging and electrodiagnostic tests. Inpatient long-term epilepsy monitoring is also available for proper diagnosis or management of seizures.

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



antibiotics, which kills off healthy bacteria, allowing *C. diff* to thrive and release toxins into the body.

Symptoms of the disorder range from mild diarrhea to abdominal pain, intestinal bleeding, fever and a severe condition called toxic megacolon, in which the colon can become perforated. *C. diff* is blamed for an estimated 14,000 American deaths each year, according to the Centers for Disease Control and Prevention.

A Potential Cure

The fecal transplant procedure is identical in most ways to a colonoscopy. Patients take medication to clear out the colon the day before the procedure. During the colonoscopy, a

small amount of a donor’s stool is injected into the intestines. The stool sample is usually taken from a friend or family member after being thoroughly tested for infectious diseases.

After the procedure is completed, a transplant recipient’s gastrointestinal symptoms should resolve within days. Some of the other results of being chronically ill, however, such as fatigue, weight loss and anxiety, may take a few weeks longer.

To find a board certified gastroenterologist affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Pet Therapy

Brings a Feeling of Home to the Hospital



When Miki Baker (*pictured above*) walks the hallways of University Medical Center of Princeton at Plainsboro (UMCPP), he holds his head high and chest out, showing off his hospital-issued ID badge.

Everyone who walks by can't help but smile at the sight of the 4-year-old Pomeranian.

"He knows he has a job to do," says his owner, Tricia Baker of Plainsboro. "And he's very excited to do it."

Tricia and Miki are participants in the hospital's growing Pet Therapy Program. Volunteers bring their specially trained animals to the hospital to help comfort patients and to make them feel more at home.

Smiles and Tricks

Volunteer Anita Quinn of South Brunswick visits the hospital's Center for Eating Disorders several times a month with Buster (*pictured center*), her 3-year-old small standard poodle. Buster is full of tricks—he waves, says prayers and even cleans up his own toys—and he loves attention.

"When I walk into a room, all I see are smiles," Quinn says. "Having a pet in the room brings a sense of warmth and happiness."

Volunteer Barbara von Oehsen of Pennington brings her Labrador retriever, Nelley (*pictured above with a patient*), to UMCPP's Center for Pediatric Care and the Edward & Marie Matthews Center for Cancer Care. Nelley is well known for wearing her red vest to meet patients. She will sit or lie down while they pet her.

"Pet therapy is such a wonderful way to give comfort and happiness to patients," she says. "They all want to tell me

about the dogs or cats they know and love, especially the ones who are waiting for them at home."

Not Just for Fun

While pet therapy is fun, it's also therapeutic. Research shows therapy dogs can lower anxiety and stress, helping people recover from illness or injury. In fact, a 2005 study at the University of California Los Angeles Medical Center found that levels of epinephrine, a hormone the body produces under stress, dropped by an average of 17 percent when people interacted with therapy dogs.

Pet therapy can also offer a diversion for people undergoing lengthy treatments in places such as the JoAnn Heffernan-Heisen Infusion Therapy Suite.

"People love pets, and they look forward to the visit," says Judy Neuman, UMCPP's Director of Cancer Services. "Even the staff gets excited. It makes their day."

More Help Needed

The program's goal is to have enough volunteers to make therapy dogs available to all hospital units that would like them, says Tricia Baker, a certified professional dog trainer, who helps coordinate the program for the hospital's Volunteer Services Department.

Dogs and their owners must first complete therapy animal training, and Baker cautions that not all dogs are appropriate for the program.

"You need a dog who's confident, who enjoys meeting other people," she says. "Knowing that you can make other people smile just with your little dog—it makes my heart feel good."

For more information about participating in Pet Therapy, contact the Volunteer Services Department at 609.853.6010.



Endometriosis:

Understanding and Managing a Complicated Disease

Endometriosis, which affects more than 5.5 million women in North America alone*, can now be treated with a variety of therapeutic and minimally invasive surgical methods offered through Princeton HealthCare System. Although this gynecological disease is complicated—with varying symptoms, causes, and side effects—physicians now have the technology to alleviate the pain associated with endometriosis.

It is believed that endometriosis occurs when some of the tissue that a woman sheds during her period flows into her pelvic cavity, causing those cells to attach themselves to the surface of surrounding tissue like the uterus itself, ovaries, bladder or rectum. When this happens, over time, the tissue grows and can cause severe or chronic pain, excessive menstrual bleeding and infertility. In some cases, there are no symptoms at all.



“The symptoms and side effects from endometriosis can really vary from woman to woman,” says Michael B. Resnick, MD, FACOG, *(pictured left)*. “Sometimes patients with mild cases have severe pain, while women with a moderate amount of abnormal tissue growth may have little or no symptoms at all. We find that the severity of symptoms doesn’t often correlate with the extent of the disease.”

If the pain associated with endometriosis significantly affects the patient’s quality of life, treatment is available. Anti-inflammatories like Ibuprofen can be taken as a first step. Hormone treatments using oral contraceptives can also be helpful.

If these treatments are ineffective, a minimally invasive procedure—such as laparoscopy—can be performed. The procedure can also be used to overcome infertility caused by endometriosis.

In certain cases, minimally invasive surgery using the da Vinci® Robotic Surgical System may be an option. The da Vinci® System is a sophisticated robotic device that uses high quality three-dimensional imaging for exceptional viewing of the abdomen and pelvic cavity. While seated at a console, the surgeon controls its movements for precise positioning and delicate suturing.

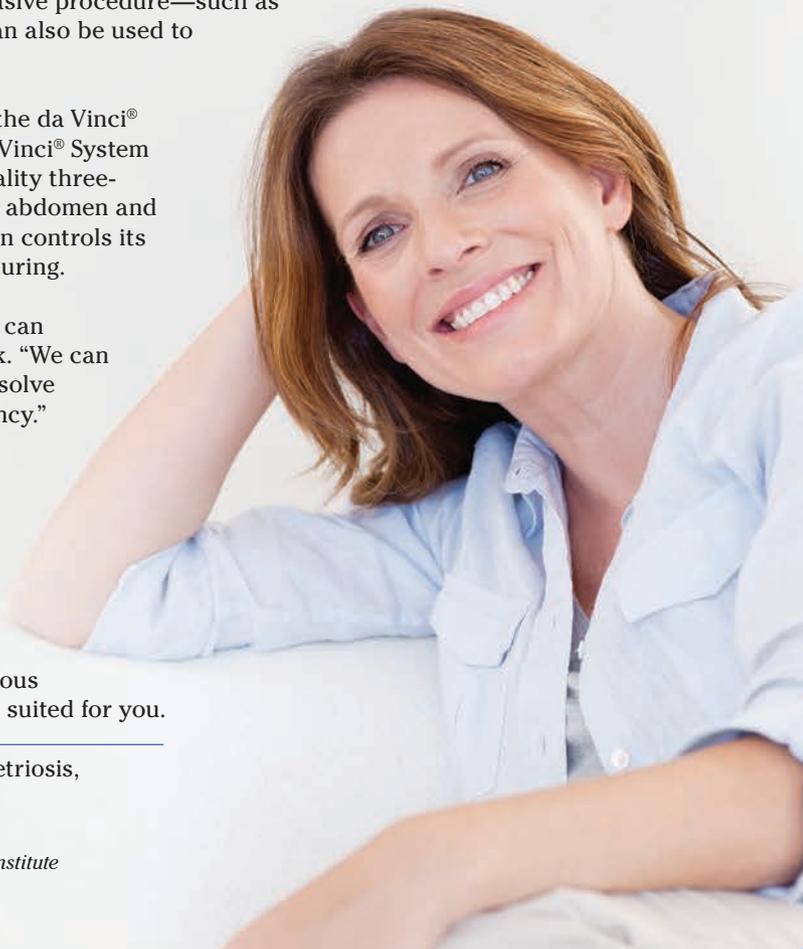
“The lesions and scarring caused by endometriosis can prevent a woman from conceiving,” says Dr. Resnick. “We can sometimes use a minimally invasive approach to resolve blockages which may allow for a successful pregnancy.”

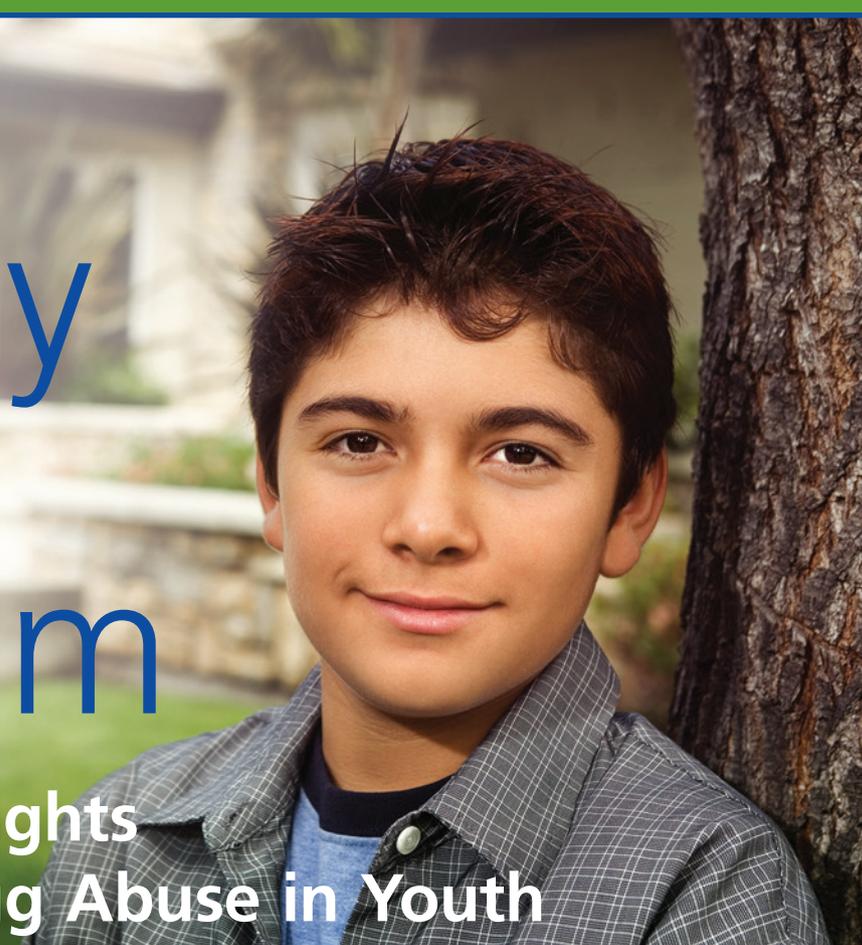
“Endometriosis is a complicated disease that may result in pain and/or infertility issues,” says Dr. Resnick. “Fortunately, we have many treatment regimens and can tailor these modalities to an individual’s symptoms and needs.”

Women who have endometriosis do not need to live in pain. Speak to your physician about the various approaches to treatment to find the one that’s best suited for you.

To find a physician to discuss treatments for endometriosis, call 1.888.FIND.A.DR (1.888.346.3237).

*<http://www.nichd.nih.gov/publications/pubs/endometriosis/>
National Institutes of Health, Eunice Kennedy Shriver, National Institute of Child Health & Human Development





PHCS Initiates Healthy Living Program

New Program Fights Prescription Drug Abuse in Youth

Recent studies suggest that approximately one in 10 New Jersey teenagers have abused prescription drugs in the past year—a statistic that exceeds the national average. As a result, Princeton HealthCare System's Community Education & Outreach Department, with guidance from Princeton House Behavioral Health (PHBH) and funding from the American Medical Association Foundation's Healthy Living Program, is launching a training program to combat medication abuse in youth.

The Community Alliance for Medication Safety will educate community leaders, educators and families on the risks and signs of prescription drug abuse, intervention techniques, and strategies for reducing medication abuse in Mercer, Middlesex and Somerset counties.

"Prescription drug abuse has been rising at an alarming rate, and is now the second most common reason for seeking substance abuse treatment," says Jonathan Krejci, PhD, Director of Clinical Programs, Training and Research at Princeton House Behavioral Health. "Unfortunately, prescription drugs are readily available to most teens. This innovative program will be an invaluable resource for professionals and members of the community who would like to learn how to best respond to this growing threat."

For more information on the Healthy Lifestyles Program, call Princeton HealthCare System Community Education & Outreach at 1.888.897.8979.

A range of treatment options are available at several PHBH locations for adolescents dealing with addiction and a combination of chemical dependency and emotional issues.

Princeton:

Adolescent Detox and Addiction Recovery—

A short-term inpatient treatment program for youth between the ages of 13 and 18.

North Brunswick, Hamilton and Cherry Hill:

Outpatient Partial Hospital Program—

A full-day, five-day-a-week youth treatment program focusing on addiction and emotional issues. Transportation is available in some areas.

Adolescent After-School Intensive Outpatient Program—

A three-hour, three-day-a-week, after-school program focusing on addiction and emotional issues. Transportation is available in some areas.

Call 1.800.242.2550 for inpatient admissions, 1.888.437.1610 for outpatient admissions, and visit www.princetonhcs.org for more information on PHBH services.

Fifth Annual Kids Marathon Coming This Spring

Registration remains open for the 5th Annual Princeton HealthCare KIDS MARATHON, a fun, 10-week endeavor that ends with a 1.2-mile fun run on Sunday, June 9, at Princeton University Stadium.

During the course of the 10 weeks preceding the race—from late March through early June—participating children will run, walk or roll 25 miles. The final leg on June 9 will bring the children to a total 26.2 miles, the full length of a marathon. In total, 750 children participated in last year's event, and more than 80 schools across the region have already pledged their commitment to this year's event.

Sponsored by Community Connection of Princeton HealthCare, the marathon was established to raise awareness of our society's growing problem of childhood obesity and its resulting health problems.

The marathon's 10-week structure gives children a fun, easy way to incorporate exercise into their daily lives.

The event also intends to inspire community involvement by encouraging the participants to complete 26 eco-friendly "Green Deeds" and to raise funds from sponsors to support the care of babies and children at the Bristol-Myers Squibb Community Health Center. The health center, located at University Medical Center of Princeton at Plainsboro, provides primary medical care to uninsured and underinsured residents of central New Jersey.

Visit www.princetonkidsmarathon.org to register and find:

- Training tips
- Mileage tracker to track your progress
- A list of green deeds
- Pledge sheets
- Race day info
- Photos from prior events
- And more!

Chris Christie, Governor, State of New Jersey

"As Governor, I am pleased to extend best wishes to all those who will be participating in the 5th Annual Princeton HealthCare Kids Marathon. From March to June, children throughout Central New Jersey will take part in this enriching ten-week program that promotes exercise in a supportive, inclusive and noncompetitive manner. Initiatives like this are an effective tool at warding off the societal threat of childhood obesity. I commend the Community Connection of Princeton HealthCare, as well as all participating teachers and administrators, for their investment in the health and welfare of our state's children."

Nancy Snyderman, MD, Chief Medical Editor, NBC News

"The Princeton Kids Marathon is a fun and innovative way for children and adolescents to get regular exercise and to reach an important goal. Helping young people to gain firsthand experience with the benefits of exercise is critically important, especially at a time when childhood obesity has reached near epidemic proportions.

As an activity and a fundraiser for the Pediatric Clinic, the Princeton Kids Marathon has it all—it's a fun way for kids to do something good for others while doing something very good for themselves."



Special Care for Patients with Cancer



Navigator Service Launched

UMCPP has launched a navigator service to help guide patients through treatment and recovery of cancer. The navigator provides individualized support to patients—and their families—as they progress through the continuum of cancer care provided at UMCPP's Edward & Marie Matthews Center for Cancer Care. Research has shown that navigator services help improve patient outcomes and increase both patient and physician satisfaction. The oncology navigator service is provided free to UMCPP patients.

For more information on the oncology navigator service, please call 609.853.6790.

New Cancer Care Boutique

The UMCPP Cancer Care Boutique, (pictured above), offers specialized items for individuals with cancer from diagnosis through treatment and recovery and life after cancer:

- Skin care products
- Sleepwear for women in transition
- Specialized undergarments
- Wigs
- Prostheses
- Cancer awareness items

For more information, please call 609.853.6018.

The cost of some items you purchase through the UMCPP Cancer Care Boutique may be reimbursed by Medicare or your private insurance provider. Please save your receipts and check with your provider regarding your eligibility for reimbursement.

Hours

Weekdays from
9 a.m. to 5 p.m. and
by appointment



18th Annual Princeton HealthCare System Golf Outing

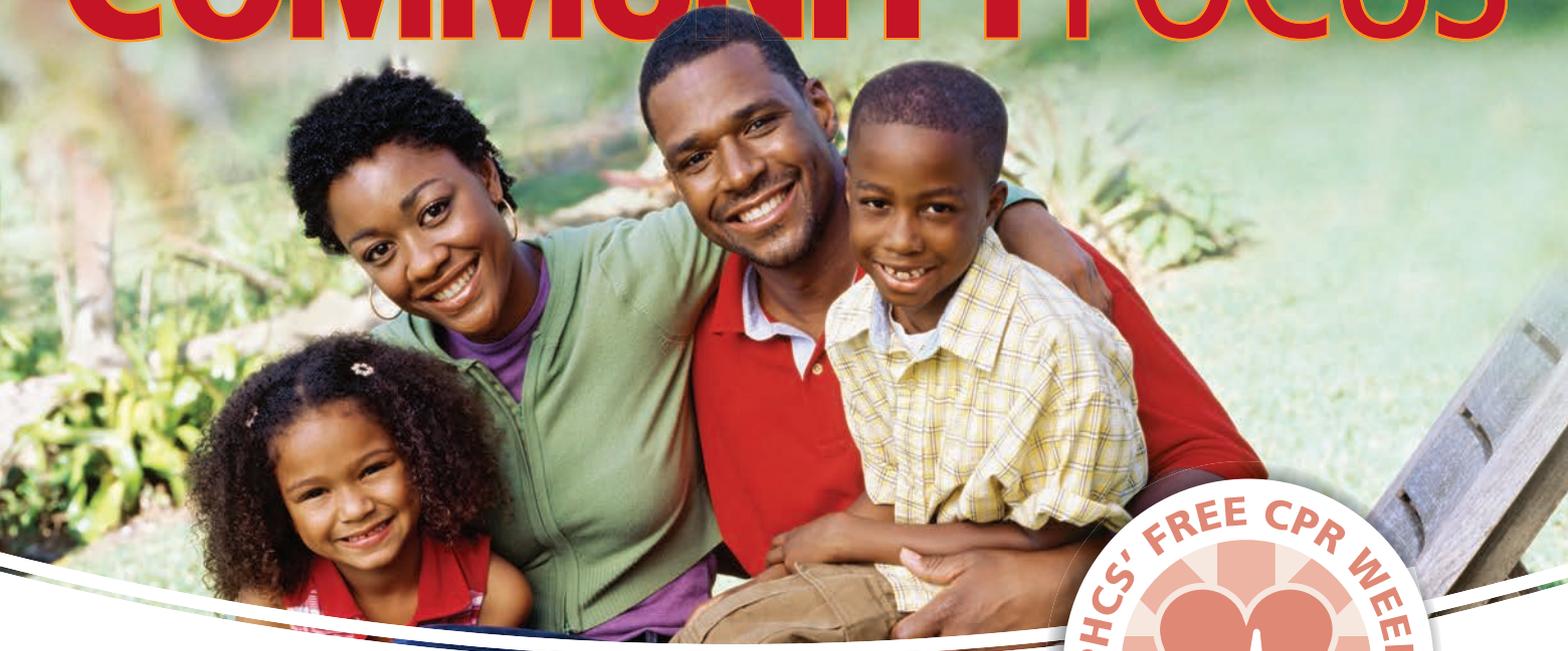
June 11, 2013
Metedeconk National Golf Club
Jackson, NJ

To register, visit

www.phcsgolf.org
or call 609-252-8705

Proceeds will benefit clinic services for uninsured and underinsured patients.

COMMUNITY FOCUS



LEARN LIFESAVING TECHNIQUES DURING PHCS' FREE CPR WEEK

Registration is required for all classes. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR and first aid classes, unless otherwise noted. Participants who are more than 15 minutes late will need to reschedule for another CPR course. Many are held by Princeton HealthCare System.

The Family & Friends CPR program teaches you how to perform CPR on adults, children and infants, and how to help an adult, child or 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.

Family & Friends CPR – Infant

SUN. April 7 (12– 12:45 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

SAT. April 13 (12 – 12:45 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SUN. April 14 (12 – 12:45 p.m.)
Community Education & Outreach at
731 Alexander Road

Family & Friends CPR – Adult & Child

SUN. April 7 (10 – 11:30 a.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

MON. April 8 (6:30 – 8 p.m.)
Plainsboro Recreation & Community
Service Department
641 Plainsboro Rd., Plainsboro

TUE. April 9 (10 – 11:30 a.m.)
Please call 609.448.1330 to register.
Hickory Corner Branch
138 Hickory Corner Rd., East Windsor

TUE. April 9 (6:30 – 8 p.m.)
Please call 609.259.3490 to register.
Robbinsville Library
42 Allentown-Robbinsville Rd., Robbinsville

WED. April 10 (10 – 11:30 a.m.)
Please call 609.737.2610 to register.
Hopewell Library
245 Pennington-Titusville Rd., Pennington

WED. April 10 (6:30 – 8 p.m.)
South Brunswick Public Library
110 Kingston Lane, Monmouth Junction

WED. April 10 (6:30 – 8 p.m.)
Franklin Township Public Library
485 DeMott Lane, Somerset

THU. April 11 (6:30 – 8 p.m.)
*This session will be taught in
English and Mandarin*
Princeton Christian Church
471 Cherry Valley Rd., Princeton

FRI. April 12 (1:30 – 3 p.m.)
Please call 609.799.9068 to register.
West Windsor Senior Center
271 Clarksville Rd., Princeton Junction

FRI. April 12 (6:30 – 8 p.m.)
Plainsboro Library
9 Van Doren St., Plainsboro

SAT. April 13 (10 – 11:30 a.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SUN. April 14 (10 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road



CURRENT PROGRAMS

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

Kidney Function & Hypertension: How Are They Related?

THU. March 7 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Uncontrolled high blood pressure (hypertension) and diabetes are the two most common causes of kidney failure in the United States. Are you at risk for kidney disease? Learn more about how high blood pressure affects kidney function and ways you can help protect your kidneys. Proper care can help slow the progression of kidney disease. Grace B. Bialy, MD, board certified in nephrology, will discuss the benefits of lowering blood pressure and lifestyle modifications that can help prevent and manage hypertension. Dr. Bialy is a member of the Medical Staff of Princeton HealthCare System.

The Thyroid's Role in Your Weight, Sleep and Cholesterol

MON. March 11 (7 – 8:30 p.m.)
Hickory Corner Library
138 Hickory Corner Rd., East Windsor

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

Weight gain, fatigue, depression, muscle aches, sleep problems, high cholesterol, and low libido can all be signs that your thyroid isn't working properly. Join Gabriel B. Smolarz, MD, board certified in endocrinology, diabetes and metabolism and internal medicine, to discover why thyroid health is so important to overall good health. Dr. Smolarz, who is a member of the Medical Staff of Princeton HealthCare System, will explain steps you can take to maintain or improve the health of your thyroid.

Women and Epilepsy

TUE. March 12 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

According to the Epilepsy Foundation, more than a million women and girls in the United States are living with seizure disorders. Whether you are newly diagnosed or have been living with epilepsy for years, understanding the biological and societal issues surrounding your condition is important. Rajesh C. Sachdeo, MD, board certified in neurology and psychiatry, will provide you with a basic understanding of the disease, its treatments, and the ways it can affect your life. Dr. Sachdeo is a member of the Medical Staff of Princeton HealthCare System.

Chronic Neck and Back Pain

THU. March 14 (7 – 8:30 p.m.)
Hickory Corner Library, 138 Hickory Corner Rd., East Windsor

THU. April 11 (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.

Over 80 percent of the U.S. population suffers from annoying neck or back pain at some point in their lives, but for some the condition is chronic and debilitating. Ronald Gonzalez, MD, specializing in physiatry, and a member of the Medical Staff of Princeton HealthCare System, will explore the common causes of chronic back and neck pain, as well as non-surgical treatments for this condition.

Diabetes: Are You at Risk?

TUE. March 26 (6:30 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor

The American Diabetes Association has designated March 26 as Diabetes Alert Day®. Join us for an informative session presented by Nancy Rhodes, RN, and Sandra Byer-Lubin, RD, from the UMCPP Diabetes Management team, to learn about pre-diabetes and type 2 diabetes, as well as preventive tips. Then take the American Diabetes Association's brief diabetes risk quiz to determine your personal risk of developing these conditions. Light refreshments and free giveaways will be available.

Please Give Blood

You can help save a life by giving blood at the Blood Donor Program of University Medical Center of Princeton at Plainsboro. For hours, or to schedule your appointment, call 609.853.6870.



You can also join us at a blood drive on March 25, from 12 to 3 p.m., at the Princeton Fitness & Wellness Center, 1225 State Rd., Princeton.

Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.

Experience the Benefits of Exercise and Weight Loss

Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Get on the path to lifelong weight-loss success with this dynamic fitness program designed to educate and motivate individuals who want to lose a minimum of 50 pounds.

Introduction

TUE. April 2 (7 – 8:30 p.m.)

This panel discussion kicks off 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 Benefits 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. April 4 – May 23 (7 – 8 p.m.)

Please call Sharon Casper at 609.683.7888 for pricing and to register.

This program will create a strong foundation for fitness, and build upon it by focusing on postural alignment, muscle balance and joint stability. Work on your cardiovascular fitness, strength and flexibility in a safe, supportive environment. The program includes fitness assessments, yoga, Pilates, cardio options, strength training and circuit training.

Abdominal Pain: When to Go to the Emergency Department

TUE. April 2 (6:30 – 8 p.m.)

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

According to the Centers for Disease Control and Prevention (CDC), abdominal pain is the most common reason why people visit the emergency room. The cause of severe abdominal pain can range from an intestinal flu to a life-threatening condition such as a ruptured appendix. So how can you tell if stomach pain warrants a trip to the emergency room? Come to this informative session led by Craig A. Gronczewski, MD, board certified in emergency medicine and Chairman of the Department of Emergency Medicine at University Medical Center of Princeton at Plainsboro (UMCPP), to get some guidelines on when to seek medical attention for abdominal pain. Dr. Gronczewski is a member of the Medical Staff of Princeton HealthCare System.

What to Know Now That I Am Pregnant

THU. April 11 (7 – 8 p.m.)

Princeton Fitness & Wellness Center
1225 State Rd., Princeton

If you're expecting (or thinking about having a baby), join Christopher A. Naraine, MD, FACOG, board certified OB/GYN, for a discussion about prenatal care and the questions you should ask your doctor during your first prenatal visit. Information about the new Center for Maternal and Newborn Care at UMCPP will also be provided. Dr. Naraine is a member of the Medical Staff of Princeton HealthCare System.



CarFit

WED. April 17 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Appointment required. Please call 1.888.897.8979 to schedule an appointment.

As we age, changes in our vision, flexibility, strength, range of motion and even height may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. The CarFit program helps make vehicle adjustments to better "fit" the driver, which will provide the driver with greater comfort and better vehicle control. In addition, a trained PHCS CarFit technician will take each driver through an observation and questionnaire session. Participants are asked to drive their own vehicles to this event. We are pleased to partner with the American Automobile Association and AARP to provide this service.

Going Green with Spring Vegetables

MON. April 22 (6 – 7 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$10 for participants who are not registered for Experience the Benefits of Weight Loss Series

Ready to shed those winter pounds? Spring is the perfect time to boost the nutrition and flavor in your meals by incorporating more fresh salads and greens into your diet. Green leafy vegetables such as spinach, broccoli and kale pack the perfect punch—they're rich in nutrients and extremely low in calories. Join Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program, for an introduction to new and creative ways to "go green" with simple salad and sauté recipes. This program features a hands-on demonstration.

Healthy Kids® Day

SAT. April 27 (11 a.m. – 1 p.m.)
Hamilton Area YMCA Sawmill Branch
185 Sawmill Rd., Hamilton

Princeton HealthCare System and the Hamilton Area YMCA, Sawmill Branch, invite the community to participate in YMCA Healthy Kids® Day, the nation's largest health day for children and families. It's a day of fun, engaging and creative activities for children and families, and a great way to kick off spring with a focus on wellness and healthy living.



AARP Driver Safety Program

TUE. & WED. April 16 & 17 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$12 for AARP members

\$14 for non-members

Checks are payable at the door and should be made payable to AARP. The valuable techniques learned in this two-part course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn: defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations, such as left turns, right-of-way, interstate highway traffic, truck traffic and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid NJ or PA driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

Safe Sitter

MON. & TUE. March 25 – 26 (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
- Rescue skills

Sitters should bring their own lunch.



General Hospital Tours

For more information, list of tour dates or to register, please call 1.888.897.8979 or visit www.princetonhcs.org/calendar.

Join Princeton HealthCare System's Community Education & Outreach tour leaders as they guide you to featured areas of the new University Medical Center of Princeton at Plainsboro (UMCPP).



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Sibling Class

SAT. March 9 (10 – 11:30 a.m.)
University Medical Center of Princeton at Plainsboro – 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 of age. Parents are expected to attend the course with their child and are not charged an additional fee.

Maternity Tour

SAT. March 9 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
WED. March 13 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. April 6 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m. or 1 – 2 p.m.)
THU. April 25 (6 – 7 p.m. or 7:30 – 8:30 p.m.)

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

Daddy Boot Camp™

SAT. April 13 (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.

Prenatal Breastfeeding Class

TUE. March 5 (7 – 9 p.m.)
THU. April 18 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms A & B

\$50 per couple

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

Baby Care

WED. March 27 (7 – 9:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms A & B

\$50 per couple

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

Car Seat Safety Checks

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

OPTIONS FOR BIRTHING

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

Birthing Basics

THU. March 7 – 28 (7 – 9 p.m.)

TUE. March 19 – April 9 (7 – 9 p.m.)

MON. April 8 – 29 (7 – 9 p.m.)

WED. April 24 – May 15 (7 – 9 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms C & D

\$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. March 16 (9 a.m. – 5 p.m.)

SAT. April 20 (9 a.m. – 5 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms A & B

\$155 per couple

This one-day 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.

Review of Birthing Basics

FRI. March 1 (7 – 9:30 p.m.)

University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms C & D

\$60 per couple

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

HypnoBirthing®

SAT. March 16 – April 6 (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

\$195 per couple

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

Private childbirth and family classes are available upon request for those with special medical considerations. Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

You may also be interested in the following program:
What to Know Now That I Am Pregnant on Page 13.



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of Princeton at Plainsboro 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 a parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
UMCPP 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.

Postpartum Adjustment Support Group

THU. March 7 (11 a.m. – 12 p.m.)
THU. March 21 (11 a.m. – 12 p.m.)
THU. April 4 (11 a.m. – 12 p.m.)
THU. April 18 (11 a.m. – 12 p.m.)
Community Education & Outreach at
731 Alexander Road

No registration required.

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



CPR & FIRST AID

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

ACLS Full Certification Course

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

ACLS Recertification Course

MON. March 4 (9 a.m. – 2:30 p.m.)
THU. April 4 (9 a.m. – 2:30 p.m.)
Community Education & Outreach at
731 Alexander Road

Full: \$250 per person
Recertification: \$175 per person
The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. 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.

PALS Full Certification Course

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

PALS Recertification Course

THU. March 14 (6 – 10:30 p.m.)
Community Education & Outreach at
731 Alexander Road

Full: \$250 per person
Recertification: \$175 per person
The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management or cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS for Healthcare Providers

TUE. March 5 (6 – 10:30 p.m.)
WED. March 27 (9 a.m. – 1:30 p.m.)
TUE. April 2 (9 a.m. – 1:30 p.m.)
TUE. April 23 (6 – 10:30 p.m.)
Community Education & Outreach at
731 Alexander Road

FRI. March 15 (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. March 19 (6 – 10:30 p.m.)
THU. April 18 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$65 per person
The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.

Heartsaver AED

THU. March 7 (9 a.m. – 12:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

THU. March 21 (6 – 9:30 p.m.)
TUE. April 16 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at
731 Alexander Road

THU. April 4 (6 – 9:30 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 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

\$20 per person, per session
The Family & Friends CPR programs teach you 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. March 9
Community Education & Outreach at
731 Alexander Road

Pet First Aid and CPR

THU. April 25 (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.

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

EMT Refresher Class

University Medical Center of Princeton at Plainsboro
Ground Floor, Education Center, Room E

\$40 per person, per session

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

Session B – Medical Assessment and Management

SUN. March 3 (8 a.m. – 5 p.m.)

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

Session C – Trauma Assessment and Management

SUN. April 28 (8 a.m. – 5 pm.)

Students will review immobilization techniques, splinting and wound care.

Disaster Preparedness for Hospitals and Healthcare Organizations (EMS CEU - TEEX MGT 341)

WED. & THU. March 6 & 7 (9 a.m. – 4 p.m.)

University Medical Center of Princeton at Plainsboro

Registration required. This class qualifies for 14 EMT CEUs.

Please join us for this informative seminar designed specifically for EMS and hospital personnel. In the wake of Superstorm Sandy, which crystalized both our strengths and our weaknesses when it comes to disaster preparedness, there is no better time than the present for hospitals and healthcare organizations to fine-tune their emergency plans and procedures. Learn more about disaster preparedness for emergency and healthcare personnel from a representative from Texas A&M's Engineering Extension Service (TEEX), a leader in training emergency personnel for response to natural disasters and other emergencies. This course brings together members of the hospital and healthcare community who are responsible for ensuring the resiliency of healthcare services during a high-consequence or catastrophic event. Focusing on preparedness processes and activities, the course provides participants with an opportunity to acquire the knowledge, skills and abilities necessary to help them ensure the sustainability of their facilities and organizations during all types of disasters.

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



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

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

Prostate Cancer Support Group

WED. March 13 (12 – 1:30 p.m.)

WED. April 10 (12 – 1:30 p.m.)

University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care, Education Conference Room

Registration preferred. Walk-ins welcome.

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

Cancer Support Group

TUE. March 19 (1:30 – 3 p.m.)

TUE. April 16 (1:30 – 3 p.m.)

Monroe Township Senior Center, One Municipal Plaza, Monroe Township

No registration required. Walk-ins welcome.

University Medical Center of Princeton at Plainsboro 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. March 19 (6 – 7:30 p.m.)

TUE. April 16 (6 – 7:30 p.m.)

UMCPP 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 will be 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. March 20 (12 – 1 p.m.)

WED. April 17 (12 – 1 p.m.)

University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

Princeton HealthCare System's Head and Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and 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.

American Cancer Society's Look Good, Feel Better

MON. March 25 (6 – 8 p.m.)

University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Please call 1.800.227.2345 to register.

Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a makeover for the spirit.

SUPPORT GROUPS

Bariatric Surgery Support Group

MON. March 4 (7 – 8:30 p.m.)

MON. April 1 (7 – 8:30 p.m.)

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

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery at University Medical Center of Princeton at Plainsboro, 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 Center for Bariatric Surgery at UMCPP, a Center of Excellence, and New Jersey Bariatrics.

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

TUE. March 19 (6:30 – 8 p.m.)

Community Education & Outreach at 731 Alexander Road

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

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and the staff of University Medical Center of Princeton at Plainsboro'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. March 20 (2:30 – 4 p.m.)

WED. April 17 (2:30 – 4 p.m.)

Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. March 25 (6:30 – 8 p.m.)

University Medical Center of Princeton at Plainsboro
First Floor, Diabetes Management Department

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 at Plainsboro's Diabetes Management Program, facilitates meetings. For more information on UMCPP'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.

UNITE: Perinatal Loss Bereavement Support Group

MON. March 4 (7 – 9 p.m.)

MON. April 1 (7 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

No registration required. Walk-ins welcome.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

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

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

 Princeton HealthCare System
Community Education & Outreach



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



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



University Medical Center of Princeton at Plainsboro
One Plainsboro Rd., Plainsboro



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



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).

When to Call 911

THU. March 14 (1:30 – 2 p.m.)
Montgomery Senior Citizens Group
356 Skillman Road, Skillman

When an emergency strikes, you can find yourself unsure of what to do, but knowing the basics of when to call 911 can keep you focused on the task at hand. Whether it's an accidental injury or sudden chest pains, do you know when to call 911? Join Barbara Vaning, MHA, EMT Instructor, Princeton HealthCare System, for this interactive, educational lecture, and learn when to call for help, as well as:

- What constitutes an emergency
- What you need to tell the emergency dispatcher when you call
- What to do if you can't talk
- What you can do while waiting for help to arrive

Common Foot and Ankle Problems

WED. March 20 (10:30 – 11:30 a.m.)
Hopewell Valley Senior Center
395 Reading Street, Pennington

Registration preferred.

This informative session will provide an overview of the treatment options for common orthopedic, dermatologic, vascular and neurological disorders of the foot and ankle. Ample time will be provided for questions and answers at the end of the program. This lecture will be presented by Donna M. Barrese, DPM, board certified in podiatry and a member of the Medical Staff of Princeton HealthCare System.

A Matter of Balance

MON. & WED. April 1 – 24 (1 – 3 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

The fear of losing your balance and falling can lead you to restrict activities, especially if you have experienced a fall in the past. Improving your balance, strength and flexibility can get you back on the fast track. This program — broken into eight two-hour sessions — offers practical coping strategies to reduce your risk and fear of falling. Small groups are led by trained facilitators who help participants view falls and the fear of falling as controllable; set realistic goals for increasing activity; and change their environment to reduce the risk of falls. Simple exercises to increase strength and balance are also highlighted.

ONLINE SEMINARS

www.ustream.tv/channel/princetonhealth

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 either by calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar. All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.



When Should Your Teen See a Gynecologist

March 7 at 12 p.m.
With Christopher A. Naraine, MD, FACOG,
board certified OB/GYN



Pediatric Asthma Concerns: What You Need to Know About Pediatric Asthma Today

April 1 at 12 p.m.
With Helen S. Skolnick, MD, board certified in
allergy and immunology



Is My Child's Cold Cause for Concern?

March 21 at 7 p.m.
With Alicia Brennan, MD, Medical Director of
CHOP Pediatric Care at University Medical Center
of Princeton at Plainsboro

Charting a Course Through Cancer Care

April 18 at 7 p.m.
With Lori McMullen RN, MSN, OCN,
Senior Oncology Nurse Navigator with University Medical Center of
Princeton at Plainsboro



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call 1.888.PHCS4YOU (1.888.742.7496)

POISON PREVENTION: Stay a Step Ahead

The statistics on accidental poisonings are shocking—

- 53% of poison exposures occur in children under the age of six.
- 89% of all poison exposures occur in the home.
- 86.7% of poison exposures are unintentional.



“Most people would be surprised to learn that Grandma’s and Grandpa’s medications are some of the leading sources of poisonings of young children,”

says Alicia Brennan, MD, (pictured above), Medical Director of Children’s Hospital of Philadelphia (CHOP) Care Pediatrics at University Medical Center of Princeton at Plainsboro (UMCPP).

“It most frequently occurs when the grandparents come to visit and the children find medications in their bags or out on dressers or sink tops.”

Generally, older people who don’t live with children aren’t accustomed to safeguarding their medications from inquisitive hands. Their medications often don’t have childproof caps and they are stored in easy-to-open pill boxes. They are also generally left in accessible locations.

Dr. Brennan warns that although prescription medications are dangerous for children to ingest, some over-the-counter drugs can be just as harmful.

“Accidental ingestion of Tylenol or drugs with iron are particularly dangerous and should always be treated as an

urgent situation,” advises Dr. Brennan. “Even if you merely suspect your child swallowed a harmful substance, call your local poison control center.”

How to Respond to Accidental Poisoning

If you know or suspect your child swallowed a poisonous substance, don’t make him or her vomit—you could cause more harm. Unless your child is exhibiting serious symptoms like respiratory distress—in which case you should call 911—call poison control first. Tell them as much information as you know: when it happened, what your child took and how much you think was ingested. They’ll direct you to the emergency room if necessary. Always bring the item with you to help the physicians assess the situation as quickly as possible.

“Depending on the type and quantity of substance swallowed, the child could be admitted for treatment and observation,” says Dr. Brennan. “Preventing an accidental poisoning is your first line of defense. You can never be too cautious.”

To contact the New Jersey Poison Information and Education System call 1.800.222.1222. To reach the UMCPP Emergency Department, call 609.853.7000 (and remember to bring samples and/or containers of the substances ingested).

DOs AND DON'Ts OF PROTECTING YOUR CHILD FROM DANGEROUS SUBSTANCES

DO place harmful substances, including medications, out of reach or in a secure location.

DON'T keep cleaners or other dangerous substances in containers that are normally used for food.

DO ask your guests to keep their medications and other dangerous substances in a safe place.

DON'T assume non-poisonous or non-medicinal items aren't harmful (for example, discarded batteries may release acid if ingested).

DO check each room in your home, including your garage, to ensure that items like weed killer and antifreeze are out of reach.

