

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | SEPTEMBER/OCTOBER 2008



Princeton HealthCare System

Redefining Care.

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

**UMCP's New 3.0T MRI's
Advanced Imaging
Capabilities Can Make
a Difference in
Diagnosis, Treatment**

communityfocus

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Princeton HealthCare System
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Princeton, NJ 08540
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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UMCP Expands Imaging Capabilities with Addition of New 3.0T MRI

The first step in selecting the best, most effective treatment for any disease or condition is making the right diagnosis. In September, University Medical Center at Princeton will implement a new, state-of-the-art MRI that will provide highly detailed and intricate images for making even more accurate and timely diagnoses.

Taking advantage of new MRI (magnetic resonance imaging) technology and increased magnet strength, the Radiology Department will be adding a new, high-definition Signa HDx 3.0T ("Tesla") system to its MRI services. This unit can produce clearer pictures of small body parts, as well as provide capabilities previously unavailable with the traditional MRI.

"This dramatically cuts down on the time the patient will spend in the machine and the pictures it produces are just superb," explains Jonathan Lebowitz, MD, board certified radiologist and Co-director of MRI, Body Imaging, at UMCP. "The 3.0T MRI's capabilities are exciting. For example, we will now be able to perform bilateral breast imaging, rather than doing one breast at a time."

Essentially, the magnet used in the 3.0T MRI is twice as powerful as the one used in the traditional 1.5T. In addition to increased magnet strength, it uses advanced technology that is able to capture and produce finely detailed images of small body parts such as fingers and other tiny structures. Because of its ability to clearly image these small areas, 3.0T MRI is particularly beneficial for pediatric uses.

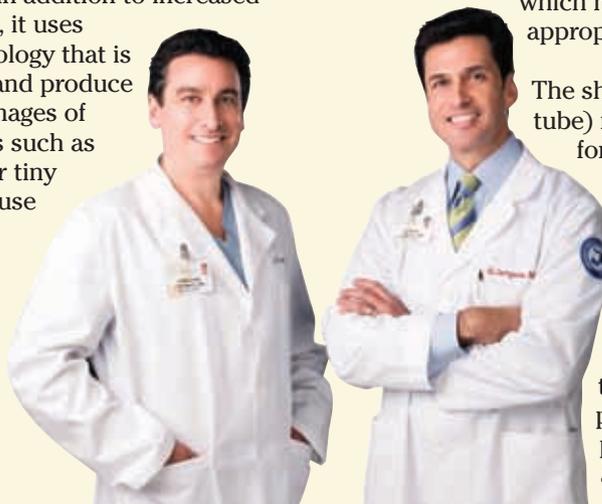
The increased speed of the machine is certainly a plus when working with anxious children.

Exceptional Imaging

The usefulness of the 3.0T transcends just about all specialties – from oncology and neurology to cardiology and orthopedics. This advanced technology produces views of the heart anatomy that are unparalleled, and its exceptional imaging of the brain and spinal cord allows radiologists to accurately diagnose neurological diseases such as multiple sclerosis.

"With its superior brain imaging, we are more clearly able to see lesions of plaque that are associated with multiple sclerosis," says Gerard Compito, MD, UMCP's Co-director of MRI, who is board certified in neuroradiology and radiology. "It allows us to make an accurate diagnosis while also determining the extent of disease, all of which helps us develop an appropriate treatment plan."

The shorter bore length (or tube) means more comfort for patients, especially those with some degree of claustrophobia. Additionally, the increased speed of the machine means less patient time on the table and that more patient studies can be performed in the same amount of time.



On the Cover: Board certified radiologists Gerard Compito, MD, and Jonathan Lebowitz, MD, Co-directors of MRI at University Medical Center at Princeton (left to right), view sample images from the new 3.0T MRI technology.



Leveraging the Right Technology

“There are many studies in which the 1.5T is perfectly suited,” explains Dr. Lebowitz. “The new 3.0T is wonderful for special applications, but many patients will receive the same benefit from the imaging of 1.5T MRI. We will carefully screen patients to determine which machine is the right one for their situation.”

As part of the screening process, the radiology team is well-trained in precautionary measures. The stronger magnet requires that special considerations be made concerning foreign metals and implants, which could vibrate and move, causing internal damage.

“We do need to take special care regarding implanted metals when assessing the risk level for 3.0T imaging; therefore, we are all knowledgeable and cautious in our evaluation. Truly, there are few situations that would preclude us from recommending it if we felt it would be beneficial for the patient,” Dr. Compito adds.

For more information about diagnostic imaging services at University Medical Center at Princeton, including magnetic resonance imaging, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Complementing Our Services

With the addition of the 3.0T MRI, University Medical Center at Princeton is one of the few healthcare facilities in the region to offer this exciting, cutting-edge technology to both the inpatient and outpatient population.

In addition to magnetic resonance imaging, UMCP’s Radiology Department offers a full range of imaging services, including nuclear medicine, CT scanning, diagnostic radiology, ultrasound and mammography. Equipped with the most current models of imaging technology, the department offers such services as interventional radiology, minimally invasive targeted treatments that are performed using state-of-the-art, digital image-guided technology, and stereotactic breast biopsy, an interventional procedure that offers women an alternative to surgical biopsy of the breast tissue.

University Medical Center at Princeton Continues to Rank Among Nation’s Elite for Maternity Care

University Medical Center at Princeton’s Maternal-Child Health Program has once again received stellar marks for its maternity care, ranking by HealthGrades® among the top 5 percent of hospitals in the nation for maternity care services for the third year in a row.

For four consecutive years, UMCP has received HealthGrades’ Maternity Care Excellence Award™ and its five-star rating for clinical excellence in maternity care (2005, 2006/07, 2007/08 and 2008/09).

Features of UMCP’s exceptional maternity care include:

- 24/7 anesthesia availability
- 24/7 in-house neonatologists
- Level II Special Care Nursery
- Advanced services for high-risk pregnancies
- Private rooms with guest accommodations
- Comprehensive education and support

For more information about UMCP’s Maternal-Child Health Program, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

mammoremindHER October is National Breast Cancer Awareness Month...

Have you or a loved one taken advantage of our free, life-saving **MammoRemindHER** service? Sign up for this online service and you will receive an annual e-mail reminder to schedule a mammogram, as well as monthly e-mail reminders to perform a breast self-exam.

Register for **MammoRemindHER** online at **www.princetonhcs.org**.

Prostate Cancer: Regular Testing Saves Lives



You're Not Alone

Since 1991, UMCP has sponsored a support group designed to help men diagnosed with prostate cancer, as well as their families and loved ones, cope with and understand the disease. The 90-minute sessions are free, and no registration is required.

"A few of us got together and decided to form the support group because none existed in New Jersey," recalls John Vaccaro, one of the original five founders. "Today there are 22 groups like ours all over the state, but at the time we were the only place to go for support and education. Sometimes we would have 60 people at a meeting."

The group meets at the Princeton Fitness & Wellness Center from noon to 1:30 p.m. on the fourth Wednesday of the month. The format alternates monthly between open discussions and an informative lecture.

"For anyone out there who is afraid or embarrassed to attend a meeting, I can say that those feelings disappear quickly, and that the information and support you find with the group can be a great help," notes Vaccaro. "Realizing that you're not alone, and that your problems can be overcome, is a wonderful feeling."

For information on upcoming lecture topics, visit www.princetonhcs.org/calendar or see page 17 for more details.

It was the nagging discomfort of a hernia that sent Barry Kovler to the doctor 14 years ago. But while an in-office exam confirmed his suspected self-diagnosis, it also revealed a nodule that turned out to be prostate cancer and required immediate surgical attention.

"Had he not been diagnosed and treated when he was, the cancer would have been fatal, and it would have been a rapid progression," says Sidney J. Goldfarb, MD, a board certified urologist on the Medical Staff of Princeton HealthCare System. "As it was, he faced a very low chance of survival even with the surgery we performed."

A healthy man of 52 at the time of his diagnosis, Kovler, of East Windsor, recalled he was working 10- to 12-hour days and just never made time to schedule the prostate exam recommended for men beginning at age 50, or 40 if a family history of the disease exists. Once a patient shows signs of the disease it is often in the advanced stages, so a simple digital rectal exam (DRE) and prostate-specific antigen (PSA) blood work should be routinely conducted to catch the cancer early and promote a successful outcome, explains Dr. Goldfarb.

"Every day I'm thankful that I was one of the lucky ones — they found it in time and removed it," says Kovler, who is now retired and enjoys relaxing on cruises with his wife and spending time with his seven grandchildren. "But if it hadn't been for the hernia, I wouldn't be here today. To anyone who has been putting off getting tested, I say it only takes a minute or two and it really can save your life, so just do it, and stick with the follow-up exams, too."

Commit to Routine Exams

In fact, regular exams in the years following Kovler's surgery revealed a recurrence of the cancer about five years ago. Radiation treatment at University Medical Center at Princeton's state-of-the-art J. Seward Johnson Sr. Radiation Oncology Center has resulted in a clean bill of health ever since, but Kovler remains committed to his strict schedule of testing every six months.

According to the American Cancer Society, one in six men in the United States will face prostate cancer in their lifetime, making it the most common form of cancer in the country. Although it can often be successfully treated with close monitoring, radiation or surgery when caught relatively early, one in 35 men will ultimately die from the disease. With September designated as Prostate Cancer Awareness Month, there is no better time to schedule your routine exam.

Should prostate cancer be detected, UMCP's Cancer Program offers advanced diagnostic and treatment technologies and a team of experts trained to provide comprehensive, individualized care. A Clinical Research Affiliate of The Cancer Institute of New Jersey, and an accredited oncology teaching program of the American College of Surgeons' Commission on Cancer, UMCP offers state-of-the-art clinical studies in prostate cancer, as well as such areas as melanoma, breast and lung cancer.

For more information about University Medical Center at Princeton's Cancer Program, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Teaching Your Child How to Deal with Bullies



Teaching children how to constructively deal with a bully can be one of the most challenging parts of parenthood.

Depression, poor school performance and even suicide have been linked to bullying. While bullying is often associated with physical violence, verbal or written taunting can be even more hurtful. With the popularity of social networking Web sites and text messaging, bullies have more ways than ever to publicly harass their victims.

“Bullying can break down a child’s self-confidence to a point where he or she actually starts to believe what a bully says,” says Madhurani Khare, MD, Medical Director of Princeton House Behavioral Health - Hamilton. “It can get to the point where a student being bullied is afraid to go to school or even leave the house.”

Because bullies thrive on intimidation, their victims are often reluctant to speak out for fear of retaliation. Parents need to proactively look for warning signs that a child is being bullied, and teach their children ways to handle a bully, says Dr. Khare, who is board certified in child and adolescent psychiatry.

Spotting the Red Flags

Bullies usually go after younger, smaller classmates or those who look or act differently. Victims may be targeted based on their clothes or simply the fact that they are shy, Dr. Khare says.

Children who are being bullied often change their behavior, Dr. Khare says. They may:

- Refuse to go to school or skip school.
- Show a noticeable drop in school performance.
- Lose interest in activities they used to enjoy.
- Act out at home and show unusual anger.

“In the extreme, all the pent-up anger because of being bullied at school can lead

to drug and alcohol abuse, anxiety disorders and clinical depression,” says Dr. Khare.

Have a Plan – the radKIDS® Way

Parents should take common sense precautions: Talk about bullying with their children and their teachers and monitor Internet use for potential problems. Ultimately, however, bullying happens when adults are not around.

Princeton HealthCare System Community Education & Outreach Program’s “Resist Aggression Defensively,” or radKIDS® program, teaches children ages 5 to 12 important decision-making skills to handle potentially harmful situations. To deal with bullies, children are taught to:

- Avoid a bully and play with a friend or group.
- Ignore a bully or tell him or her to stop and walk calmly away.
- Block a punch or kick, run away and tell a trusted adult.

“If you are the person who walks away, you are the person in control,” Dr. Khare says.

If Your Child Is the Bully

If your child is bullying others, the consequences can be just as serious.

The parents of a child who bullies need to make it clear that they will not tolerate the behavior, while trying to redirect the child to more social activities such as clubs, music lessons and sports, Dr. Khare says. They should also share their concerns with teachers, administrators and counselors to make sure the bullying stops.

Dealing with Back-to-school Stress

Even without the threat of bullying, heading back to school can be a stressful time for students. Dr. Khare recommends parents ease this transition by:

Parental Dos and Don'ts for Addressing Bullying

1. Do be supportive and gather information.
2. Don't blame your child or assume he or she provoked the bullying.
3. Do ask your child what he or she thinks can be done to help.
4. Do tell your child what you plan to do about the bullying.
5. Don't encourage physical retaliation.
6. Do contact your child's teacher or principal.
7. Don't contact the parents of the suspected bully.
8. Do continue to work with school officials until the bullying stops.

Source: U.S. Department of Health and Human Services, www.stopbullyingnow.hrsa.gov.

(continued on page 21)

HEALTH EDUCATION CALENDAR

communityfo



Goldie Hawn to Headline 2008 PHCS Women's Conference

Princeton HealthCare System's 6th Annual Conference for Women, *Intentional Happiness: It's Your Choice*, is sure to be an exceptional event, featuring keynote speaker Goldie Hawn, award-winning actress, film producer and director, entrepreneur, CEO, and parent. The conference will be held Saturday, December 6, at the Hyatt Regency in Princeton.

6th Annual
Conference
for
Women

Goldie Hawn, who earned an Academy Award as best supporting actress in *Cactus Flower* and was nominated in the best actress category for *Private Benjamin*, a film she also produced, is respected as a director, entrepreneur, CEO and parent as well. Today she is a principal in the production company Cosmic Entertainment, created with partner Kurt Russell and children Kate and Oliver Hudson.

The former Rowan & Martin's *Laugh-In* star attributes her countless accomplishments to a commitment to the belief that an individual's strength comes from within and we create our own happiness. Drawing from her unique life experiences, Hawn believes total wellness requires a balance of mind, body and spirit. Through her irrepressible humor and energy, she teaches a valuable lesson to people of all ages — that enthusiastically embracing the joys of life helps us heal.

In recent years Hawn has launched The Hawn Foundation to support research efforts and teaching programs designed to advance mindfulness training in educational, healthcare and community settings. Concerned that children are not developing to their full potential, she hopes to change the world "one mind at a time."



SEPTEMBER-OCTOBER 2008

SATURDAY, December 6, 2008

Continental Breakfast & Check-in: 7:30 a.m. | Conference: 8:30 a.m. – 2:30 p.m.
Hyatt Regency – Princeton | 102 Carnegie Center, Princeton

Early-Bird Registration (through October 31): \$65

Registration (after October 31): \$75

Registration required by Friday, November 28, 2008

Please call 1.888.897.8979 or visit us online at www.princetonhcs.org/calendar.

Registrants must indicate their three breakout selections upon registration. Choose one topic from each session. A continental breakfast and lunch are included and complimentary childcare is available.

Breakout Session 1

Going Green: One Home at a Time

Maren L. Haus, MEM, LEED, A.P., Research Project Manager, Rutgers Center for Green Building at the Edward J. Bloustein School of Urban Planning & Policy Development, Rutgers–The State University of New Jersey

Surviving the Storm: Your Child's Teenage Years

Tim C. Patrick-Miller, MD, board certified in pediatrics

Meals in Minutes

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program

Supplementing Your Mind & Body: The Facts about Vitamins & Herbs

Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, registered pharmacist, University Medical Center at Princeton

Standing Strong: Your Fight Against Arthritis & Osteoporosis

Gina C. Del Giudice, MD, FACR, board certified in rheumatology and internal medicine

Breakout Session 2

Going Green: One Home at a Time

Maren L. Haus, MEM, LEED, A.P., Research Project Manager, Rutgers Center for Green Building at the Edward J. Bloustein School of Urban Planning & Policy Development, Rutgers–The State University of New Jersey

Maintaining Flexibility & Agility

Richard Levandowski, MD, board certified in sports medicine and family practice

Financial Fitness for Today's Women

Audrey S. Gould, Managing Director – Investments, Wachovia Securities; **Ellen Gould Baber**, Managing Director – Investments, Wachovia Securities; and **Georgette Moss**, Managing Director – Investments, Wachovia Securities

Rest Easy: Hints for Sleeping Soundly

Michael S. Nolleto, MD, Medical Director, University Medical Center at Princeton's Sleep Center

Intimacy: Where Does It Fit In?

Sonja B. Gray, MD, board certified psychiatrist and Medical Director of Princeton House Behavioral Health Outpatient Services

Breakout Session 3

New Advances in Headache Management

John W. Vester, MD, board certified neurologist

Financial Fitness for Today's Women

Audrey S. Gould, Managing Director – Investments, Wachovia Securities; **Ellen Gould Baber**, Managing Director – Investments, Wachovia Securities; and **Georgette Moss**, Managing Director – Investments, Wachovia Securities

Meals in Minutes

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program

Dress Your Best: Finding Fashion at Every Age

Paula Molino, Owner, Fashion Fix

Cultivating Mindfulness

Alan Axelrod, LCSW, Director, Community Education & Outreach Program, Princeton HealthCare System



Redefining Care.

LOCATIONS:

- **University Medical Center at Princeton**
253 Witherspoon St., Princeton, NJ 08540
 - **Princeton Fitness & Wellness Center**
Princeton North Shopping Center
1225 State Rd., Princeton, NJ 08540
 - **Community Education & Outreach Program**
731 Alexander Rd., Suite 103, Princeton, NJ 08540
- Directions are available at www.princetonhcs.org

Programs are free and registration is required unless otherwise noted. Membership at Princeton Fitness & Wellness Center is not required to attend these programs. Please register online at www.princetonhcs.org/calendar or call **1.888.897.8979** (unless another number is indicated).

CURRENT PROGRAMS

Pain Management

TUE. September 9 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Perry M. Herman, MD, FAAP, who is board certified in physical medicine and rehabilitation, will review a variety of painful and chronic pain disorders, including a discussion of management and treatment options. Dr. Herman is a member of the Medical Staff of Princeton HealthCare System.

Getting to the Root of Women's Hair Loss: From Diagnosis to Treatment

WED. September 10 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Today more women than ever are experiencing hair loss. The causes for women's hair loss are often very different from those for balding in men. According to the American Society of Dermatology, hair loss in women is a growing problem, affecting 30 million women in the United States. Robyn B. Notterman, MD, board certified dermatologist and a member of the Medical Staff of Princeton HealthCare System, will discuss hair loss causes in women, and treatment options available.



Psoriasis: Understanding All Your Options

THU. September 11 (7 – 8:30 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor

Psoriasis can affect many parts of your life and the lives of people close to you. There are many things you can do to help keep

psoriasis under control. Jerry Bagel, MD, board certified dermatologist and member of the Medical Staff of Princeton HealthCare System, will discuss the incidence risk, precipitating factors, latest treatment options and emotional considerations associated with psoriasis.

American Heart Association 2008 Start! Mercer County Heart Walk

SUN. September 14

Registration: 9:30 – 10:30 a.m.

Walk: 10:30 a.m. – 1 p.m.

Mercer County Park

Come join the Princeton HealthCare System team in the fight against heart disease and stroke. For more information or to sign up, contact Tracy Davison-DiCanto at 609.430.7796 or join the Princeton HealthCare System team online at www.mercercountyheartwalk.org.

Portion Control: Essential to Good Nutrition

THU. September 18

(7 – 8:30 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor

Most people consume far more calories than they realize because of an unclear sense of portion size and control. A registered dietitian with University Medical Center at Princeton's Nutrition Program will help you understand the concept of standard serving sizes and show you how essential portion control is to good nutrition and your weight management goals.

Multicultural Health Month:

In honor of Multicultural Health Month (September), Princeton HealthCare System and the Princeton Regional Health Department are proud sponsors of these events:

Understanding Osteoporosis in the Chinese-American Community: Risk Factors, Prevention & Treatment

WED. September 17 (6 – 8 p.m.)

Princeton Township Municipal Complex
Community Room

400 Witherspoon Street, Princeton

No registration required.

Osteoporosis is a major public health problem, characterized by low bone mass, which can lead to fractures and chronic pain. Twenty percent of Asian women age 50 and older are estimated to have osteoporosis, and 52 percent have low bone mass, according to the National Osteoporosis Foundation. Learn what you can do to lower the risk of osteoporosis for yourself and your loved ones, and hear more about the current recommendations for the treatment of this disease. **This lecture will be presented in Mandarin by Xiaomei Chen, MD, board certified in internal medicine and member of the Medical Staff of Princeton HealthCare System.**

Managing Blood Pressure & Blood Sugar: An Imperative for the African-American Community

WED. September 24 (6 – 8 p.m.)

Princeton Township Municipal Complex
Community Room

400 Witherspoon Street, Princeton

Management of high blood pressure and blood sugar are crucial for members of the African-American community, who are at a higher risk for these disorders. Uncontrolled blood pressure and blood sugar are the cause of many preventable disabilities, including stroke, kidney failure and blindness. Speakers include:

- Vadim A. Finkelstein, MD, board certified in internal medicine and nephrology, designated specialist in clinical hypertension, American Society of Hypertension
- Ned M. Weiss, MD, board certified in endocrinology, diabetes and metabolism, and Medical Director of UMCP's Diabetes Management Program

Drs. Finkelstein and Weiss are members of the Medical Staff of Princeton HealthCare System.

Light refreshments will be provided.

Greening of West Windsor (groWW) Environmental Education Fair

SAT. September 20 (10 a.m. – 3 p.m.)
West Windsor Community Farmer's Market
Princeton Junction Train Station,
Vaughn Drive Parking Lot
Alexander Road and Vaughn Drive
Princeton Junction

No registration required.
West Windsor Environmental Commission and the West Windsor Community Farmer's Market will host this special event. Citizens, government agencies, corporate exhibitors and local business will come together to celebrate how change today can make the world better tomorrow. Health professionals from Princeton HealthCare System will provide free health screenings and information to area residents. For more information, visit www.westwindsorfarmersmarket.org. Princeton HealthCare System proudly sponsors the West Windsor Community Farmer's Market.

Chair Exercise

TUE. September 23 (2 – 3:30 p.m.)
Princeton Fitness & Wellness Center
In recognition of Healthy Aging Month (September), Carol Keyes, PT, Coordinator, Outpatient Rehabilitation, University Medical Center at Princeton's Outpatient Rehabilitation Network, will lead you in a variety of exercises that can be done while seated. Exercises include the use of resistance bands and household weights to get your heart pumping and keep you fit. Bands and weights will be provided.

Supplements: What Every Woman Should Know About Vitamins & Herbs

TUE. September 23 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor
Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, registered pharmacist, University Medical Center at Princeton, will discuss the most current information regarding the use of vitamins and herbs for general wellness, cardiovascular health, osteoporosis prevention and menopause. Product selection, dosing, cautions, drug interactions and current data supporting (or not supporting) the use of various supplements will be reviewed. A special emphasis will be placed on the use of supplements by women.

Identity Theft

TUE. September 23 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
The impact of identity theft can be devastating. Learn how to protect yourself and those you love by becoming savvy about the many ways thieves can access your personal information and how they use it. A representative from the New Jersey State Police Community Services Unit will discuss effective steps you can take to protect yourself from identity theft and what to do if you suspect you may be a victim of this rapidly growing crime.

Picky Eaters & Problem Feeders

WED. September 24 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
This informational discussion is designed to help parents with children ages 3 – 15 years old, including children with mild to moderate neurological impairments, Autism Spectrum Disorders, behavioral problems and children with sensory, oral and/or motor skills problems. Learn more about how to manage these food issues and provide a well-balanced diet for your child. This discussion will be led by Alexis Ciani, MOT, OTR/L, University Medical Center at Princeton's Pediatric Rehabilitation Program.



R.A.D. Women™

WED. October 1 – 22 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$25 per person
Registration is limited.

R.A.D. (Rape Aggression Defense) is a national self-defense course for women that combines classroom learning with physical self-defense tactics. The four-evening course is open to women of any age. Dress in sneakers and comfortable clothing that would be suitable for exercising. No prior experience is necessary.

Breast Health: What Women Need to Know

WED. October 1 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor
Rachel P. Dultz, MD, FACS, board certified surgeon and Medical Director of University Medical Center at Princeton's Breast Health Center, and Elizabeth Krefski, RN, MSN, Director of UMCP's Breast Health Center, will present this program on breast health, including a

discussion of risk factors for breast cancer, risk reductions, screening recommendations and breast self-exams. Clinical breast examinations will be available to participants, as well as the opportunity to schedule a mammogram appointment. Registration is limited and available on a first-come, first-served basis. This program is part of the Meredith Maher Peterson Memorial Lecture Series.

Safe Sitter

SAT. October 4 & 11 (9 a.m. – 3 p.m.)
South Brunswick Family YMCA
329 Culver Road, Monmouth Junction

\$50 per person for YMCA members
\$60 per person for non-members
Please call 732.329.1150, ext. 200 or 201, for more information and to register.

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. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including:

- Safe and nurturing childcare techniques
- Rescue skills
- Basic first aid

Sitters should bring their own lunch.

Health Screenings

TUE. October 7 (9:30 – 11:30 a.m.)
Mercer County Library System –
Hopewell Branch
245 Pennington-Titusville Road
Pennington

No registration required.
Health professionals from Princeton HealthCare System will provide free blood pressure, glucose and cholesterol screenings to participants. Fasting is preferred, but not required for the screenings.

Arthritis Management: Physical Therapy Treatment Options

TUE. October 7 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Jim McCracken, PT, CEES, Rehab Manager
Diversified Services, University Medical Center at Princeton's Outpatient Rehabilitation Network, will discuss common types of arthritis and the effects arthritis can have on your joints. Learn more about different physical therapy options available for pain control, the importance and safety of exercise in managing arthritis, and physical therapy treatment after joint replacement surgery.

CURRENT PROGRAMS

Step Out & Fight Diabetes!

SUN. October 12

Registration: 9 a.m.

Walk: 10 a.m.

Princeton Forrestal Village

Join the Princeton HealthCare System Team! Call 609.497.4372 for more information or visit

www.stepout.diabetes.org to register.**Health Screenings**

WED. October 15 (11 a.m. – 2 p.m.)

Princeton Family YMCA

Paul Robeson Place, Princeton

No registration required.

Health professionals from Princeton HealthCare System will provide valuable health information and free screenings, including:

- Blood pressure
- Cholesterol
- Body fat analysis

New Advances in Cosmetic & Plastic SurgeryWED. October 15
(7 – 8:30 p.m.)Mercer County
Library System –
Robbinsville Branch
42 Allentown-
Robbinsville Road
Robbinsville

WED. October 22 (7 – 8:30 p.m.)

Mercer County Library System –
Hopewell Branch
245 Pennington-Titusville Road
Pennington

Join us for this interactive session, led by Thomas A. Leach, MD, board certified in plastic and reconstructive surgery. Learn more about common cosmetic procedures, including liposuction, abdominoplasty, breast augmentation and breast reduction for body contouring. Ways to achieve facial rejuvenation, surgically and non-surgically, also will be discussed. Participants will learn what qualifications to look for in a plastic surgeon and have their questions answered. Dr. Leach is a member of the Medical Staff of Princeton HealthCare System.

Autoimmune Disease

THU. October 16 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Your immune system plays an essential role in fighting off disease and infection.

There are more than 80 types of autoimmune diseases that can affect many parts of the body. Michael J. Froncek, MD, board certified in rheumatology and member of the Medical Staff at Princeton HealthCare System, will discuss what happens when the immune system becomes affected by an autoimmune disease or malfunctions and the steps you can take to correct it.

Yikes! What Is Happening to My Body?**A Puberty Talk for Girls**

THU. October 16 (7 – 8:30 p.m.)

Mercer County Library System –
Robbinsville Branch
42 Allentown-Robbinsville Road
Robbinsville

This program will discuss the physical, intellectual and emotional changes your child will experience during her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The program is designed for girls 9 to 12 years old. Children should be accompanied by a parent or guardian. This session will be led by Lisa Mathiasen, RN, a Health Educator with Princeton HealthCare System.

From Reproductive Life to Menopause

TUE. October 21 (6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Learn more about a woman's transition to menopause during this informative discussion. The program will discuss the physiologic events during this time in a woman's life and explore the issues that arise with it. Lecture presenters:

- Mary Beth Kazanski, MD, board certified in obstetrics & gynecology and member of the Medical Staff of Princeton HealthCare System
- Diane Vanucci, MA, LPC, group therapist and yoga instructor with Princeton House Behavioral Health Women's Program

Super Foods & Cancer Prevention

TUE. October 21

(7 – 8:30 p.m.)

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

A registered dietitian with University Medical Center at Princeton's Nutrition Program will discuss foods that help promote optimal health by lowering the risk for chronic diseases and cancer in women. Taste tests and recipes will be available.

Overcoming Obesity

THU. October 23 (6:30 – 8:30 p.m.)

University Medical Center at
Princeton - Ground Floor
Conference Rooms A & B

Discover how bariatric surgery can help you overcome severe obesity and the damaging health effects of being overweight, which include: diabetes, high blood pressure, sleep apnea and infertility. Robert Brolin, MD, FACS, former president of the American Society for Bariatric Surgery (ASBS), and his associate Wai-Yip Chau, MD, will answer your questions about this surgery, as well as discuss the laparoscopic banding procedure. Drs. Brolin and Chau are board certified surgeons and members of the Medical Staff of Princeton HealthCare System. The Bariatric Surgery Center of Excellence Support Group meeting will be held immediately following the lecture. PHCS is a designated ASBS Bariatric Surgery Center of Excellence.

I Can't Hear You! Hearing Loss & Advances in Hearing Aid Technology

THU. October 23 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Learn more about your hearing and new hearing aid technology. Howard S. Farmer, MD, FACS, board certified in otolaryngology and 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, Au.D., CCC/A, will speak specifically about hearing aids and how modern instruments have become better and more acceptable to patients than aids of just a few years ago.

Please Give Blood

You can help to 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 Pint for a Pint," and you will receive a certificate for a free pint of ice cream when you donate blood. For office hours, or to schedule your appointment, call 609.497.4366.

CURRENT PROGRAMS

**Hamilton Area YMCA's
4th Annual Spooky Tails & Trails 2008**

SAT. October 25 (rain or shine)
Veteran's Park in Hamilton
Check-in and walk-in registration: 8 – 9 a.m.
2-Mile Family & Pet Walk: 9 a.m.
5K Run: 9 a.m.

Ages 13 and up: \$17 (\$22 after October 23)
Ages 6 – 12: \$10
Children 5 and under: FREE!

Contact Krissi Zigenfus, Senior Director of Health, Wellness, & Aquatics, Hamilton Area YMCA, at 609.581.9622, ext. 1112 to register or for more information. You can also register online at: www.active.com or www.hamiltonymca.org.

This annual event, cosponsored by Princeton HealthCare System, will feature a 5K run, a two-mile family and pet walk, food, prizes and family fun. Health professionals from Princeton HealthCare System will provide health information and free blood pressure screenings, plus Halloween crafts for the kids.

Internet Safety

TUE. October 28 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
A representative from the New Jersey State Police Community Services Unit will discuss ways to keep yourself and your family safe while using the Internet.

**A Parents' Guide to
Understanding
Their Teen**

TUE. October 28 (7 – 8:30 p.m.)
Community Education & Outreach at
731 Alexander Road

Madhurani Khare, MD, board certified in child and adolescent psychiatry, will discuss the normal physical, social, emotional and behavioral aspects of a teenager's life and how parents can better understand and deal with these developments. Plus, learn some early warning signs that may indicate a problem your teen is having and ways you can intervene to help. Dr. Khare is a member of the Medical Staff of Princeton HealthCare System.

**Living with Vitiligo**

THU. October 30 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2

300B Princeton-Hightstown Road, East Windsor
Vitiligo, also known as leukoderma, is a skin pigmentation disorder that is not contagious or fatal, but the emotional effects can be devastating. Jerry Bagel, MD, board certified dermatologist and member of the Medical Staff of Princeton HealthCare System, will discuss the physical and psychological effects of vitiligo, including the incidence risk, precipitating factors and the latest treatment options.

CHILD BIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for three years in a row for maternity care services, 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.

Postpartum Adjustment Support Group

Thursdays (11 a.m. – 12 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor



No registration required.

Having a new baby is a time of great joy, but also one that can bring about uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System as they help explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
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.

Car Seat Safety Checks

WED. September 3 (1 – 3 p.m.)
Babies "R" Us – West Windsor
Nassau Park Boulevard, West Windsor

FRI. September 12 (1 – 3 p.m.)
Baby Depot
East Windsor Town Center
370 Route 130 South, East Windsor

SAT. September 13 (10 a.m. – 12 p.m.)
West Windsor Community
Farmer's Market
Princeton Junction Train Station
Vaughn Drive Parking Lot
Alexander Road and Vaughn Drive, Princeton Junction



No registration required.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Attend this car seat safety check to have your child's car seat checked by a certified child passenger safety technician. Please bring your car manual and car seat instructions. For alternate dates and locations or to schedule an appointment, call 1.888.897.8979. Please schedule your appointment at least one month prior to your due date.

CHILD BIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for three years in a row for maternity care services, 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.

Maternity Tour

SAT. September 6
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. September 20
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. October 4
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. October 18
(1 – 2 p.m. or 2:30 – 3:30 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.

Sibling Class

SAT. September 6
SAT. September 20
SAT. October 4
SAT. October 18
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 6 and older (10:15 – 11:15 a.m.), and 3 to 5 years (11:30 a.m. – 12:30 p.m.). Parents are expected to attend the course with their child and are not charged an additional fee.

Prenatal Partner Yoga Workshop

SAT. September 6 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$40 per couple

This workshop is designed to help pregnant couples learn supportive positions that can help the mother-to-be stretch and feel better during pregnancy and labor. Couples will practice:

- Postures
- Breathing techniques
- Massage

No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. This class is taught by a certified prenatal yoga instructor.

Prenatal Exercise

MON. September 8 – October 20
(7 – 8 p.m.)
No class on September 15.
Community Education & Outreach
at 731 Alexander Road

\$90 per person

This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to improve muscle tone, circulation and energy level while easing everyday tension and stress.



The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own individual comfort level, 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

MON. September 8 (7 – 9:30 p.m.)
THU. October 2 (7 – 9:30 p.m.)
MON. October 20 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$40 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.

Potty Training

MON. September 8
(7 – 8 p.m.)
Baby Depot
East Windsor Town
Center
370 Route 130
South East Windsor

Many parents struggle with potty training their child. Whether you're currently toilet training your child, or just want to prepare yourself for what's to come, this class will teach you the basics and how it relates to the development of the toddler. This class will be taught by Karen Davison, RN, a Health Educator with Princeton HealthCare System.

**Postpartum Exercise**

TUE. September 9 – October 28
(10:30 – 11:30 a.m.)
No class on September 23 & October 21.
Community Education & Outreach at
731 Alexander Road

\$60 per person

This six-session 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 exercise 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.

Daddy Boot Camp™

SAT. September 13
(9 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$25 per person

This "men only" course is designed for fathers-to-be to gain knowledge in parenting skills such as diapering, swaddling and feeding, and to develop hands-on skills for caring for their newborns. Taught by a certified male instructor, Daddy Boot Camp™ offers a fun environment for fathers-to-be and new dads to develop parenting skills. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

Postpartum Infant Massage

MON. September 15
(9:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

\$30 per family

The benefits of infant massage are numerous – it stimulates baby's brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles and promotes growth, strengthens the immune system, increases circulation and more! Learn the principles of infant massage with your baby. This class is designed for babies and their parents, and includes in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. Infants who have received immunizations should not attend this

CHILD BIRTH & FAMILY

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class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required. The entire family is encouraged to attend.

Baby Soothing Techniques

MON. September 15 (7 – 8 p.m.)

Kiddie Academy of Cranbury
2557 Route 130
South, Cranbury



Babies cry for many reasons. You have checked to see if your baby is tired, sick, hungry, or in pain. Those issues appear to be taken care of, but your baby is still crying and unsettled; what can you do next? A health educator from Princeton HealthCare System will introduce you to a variety of ways to help comfort your newborn. *This event is open to the community.*

Prenatal Breastfeeding Class

WED. September 17 (7 – 9:30 p.m.)

MON. October 13 (7 – 9:30 p.m.)

University Medical Center at Princeton
Lambert House Classroom 3

\$40 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.

Home Safety & Childproofing

WED. September 24 (7 – 8 p.m.)

Kiddie Academy of Cranbury
2557 Route 130 South, Cranbury

A health educator from Princeton HealthCare System will teach new parents and parents-to-be about the preventive measures of childproofing that correspond to the various developmental stages of your child. *This event is open to the community.*

Prenatal Nutrition

SAT. September 27 (1 – 3 p.m.)

Community Education & Outreach at
731 Alexander Road

\$25 per couple

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, and mother of two, will teach expectant couples proper nutrition for the pregnant mom, through all gestational ages. Topics include minimizing weight gain during

pregnancy, foods to avoid when pregnant, postpartum nutrition and special nutritional concerns for breastfeeding moms.

Doctor Dad Workshop

SAT. October 4 (9 a.m. – 12 p.m.)

Community Education & Outreach at
731 Alexander Road

SAT. October 18 (9 a.m. – 12 p.m.)

Kiddie Academy of Cranbury
2557 Route 130 South, Cranbury

\$35 per person

The Doctor Dad Workshop is designed to enhance a father's parenting skills in caring for the health and well-being of his infant or toddler. Dads learn basic "well child" and "sick child" health knowledge. The well child discussion will provide information on temperament, crying, immunizations and nutrition, while the sick child discussion will provide information on fever, dehydration, the common cold, and how to take a temperature. This workshop will be led by a health educator from Princeton HealthCare System and a certified Doctor Dad instructor. *This event is open to the community.*

The Personal Touch: Having a Baby with a Certified Nurse Midwife

TUE. October 7 (6:30 – 8:30 p.m.)

University Medical Center at Princeton

Ground Floor Conference
Rooms A & B

Please join us for an informative evening about the midwife model of care. The evening will focus on a discussion of comfort measures for labor and include a tour of University Medical Center at Princeton's Maternal-Child Health Program. Participating certified nurse midwives include:

- Ursula Miguel, MS, CNM
- Grace Fimbel, CNM

Introducing Solids to Your Baby

MON. October 13

(7 – 8 p.m.)

Baby Depot
East Windsor
Town Center
370 Route 130
South, East Windsor

Karen Davison, RN, a Health Educator with Princeton HealthCare System, will discuss how and when to introduce solid foods to your baby.



Baby Sign

WED. October 22 (7 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

\$25 per family

Communicating with your baby can be challenging. This class will give you the tools you need to communicate with your child months before he or she learns to speak. Find out when your baby is hungry, thirsty or just not feeling well, using simple sign language. You can begin baby sign at any age, but a good time to start is when your child is between 6 and 7 months old. The entire family is encouraged to attend.

Baby Care Basics: Tips for Caring for Your Newborn

MON. October 27 (7 – 8 p.m.)

Kiddie Academy of Cranbury
2557 Route 130 South, Cranbury

A health educator from Princeton HealthCare System will teach new and expectant parents the basics of caring for a newborn. *This event is open to the community.*

Optimal Diet for Conception

MON. October 27 (7 – 8:30 p.m.)

Community Education & Outreach at
731 Alexander Road

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will present groundbreaking research from Harvard researcher Walter C. Willett, MD, that evaluates the role of diet, exercise and weight control in fertility. Meal plans that support the research also will be presented. The role of carbohydrates, protein, fats and exercise will be discussed.

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)

No class September 10.

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.

OPTIONS FOR BIRTHING

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

Birthing Basics

TUE. September 2 – September 23
(7 – 9 p.m.)

MON. September 15 – October 6
(7 – 9 p.m.)

WED. October 1 – October 22
(7 – 9 p.m.)

THU. October 16 – November 6
(7 – 9 p.m.)

MON. October 27 – November 17
(7 – 9 p.m.)

University Medical Center at
Princeton
Lambert House Classroom 3

\$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.

HypnoBirthing®

WED. September 9 – October 8
(6:30 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

\$180 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.

Accelerated Birthing Basics

SAT. September 13
(9 a.m. – 5 p.m.)

Single-day program

SAT. & SUN October 4 & 5
(9 a.m. – 1 p.m.)

Two-day program

SAT. October 25
(9 a.m. – 5 p.m.)

Single-day program

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.

Review of Birthing Basics

FRI. September 26 (6:30 – 9 p.m.)

University Medical Center at
Princeton

Lambert House Classroom 3

\$55 per couple

This program is designed for second- or third-time parents to help you refresh and practice coping skills for labor and delivery.

Lamaze Class

TUE. October 7 – 28 (7 – 9 p.m.)

University Medical Center at
Princeton

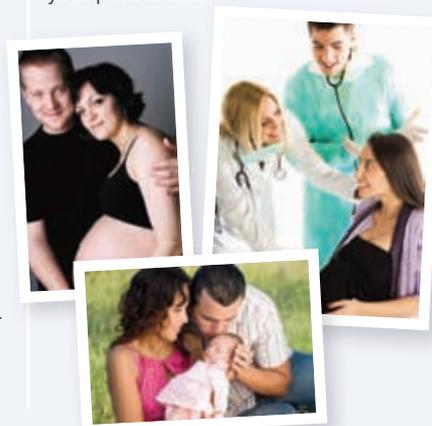
Lambert House Classroom 3

\$120 per couple

This four-week class teaches expectant parents about the Lamaze philosophy of childbirth – that women can trust their body to birth their baby naturally and without intervention. Couples will learn a variety of Lamaze techniques that support the natural birthing process. This class will be taught by a certified Lamaze childbirth educator.

Private childbirth & 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.



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 be denied entry into CPR courses held by PHCS.



BLS for Healthcare Providers

THU. September 4 (9 a.m. – 1:30 p.m.)

SAT. October 11 (9 a.m. – 1:30 p.m.)

Princeton Fitness & Wellness Center

THU. September 18 (6 – 10:30 p.m.)

THU. October 23 (6 – 10:30 p.m.)

University Medical Center at
Princeton

WED. September 24 (9 a.m. – 1:30 p.m.)

TUE. October 14 (6 – 10:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$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

SAT. September 6 (9:30 a.m. – 12:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$60 per person

The Heartsaver AED course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices 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 written exam and skills test. Participants will receive a course completion card.

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 be denied entry into CPR courses held by PHCS.

Pet First Aid

SAT. September 20
(9:30 a.m. – 12 p.m.)
Princeton Fitness &
Wellness Center

\$40 per person

The Pet First Aid course, designed by the American Safety & Health Institute (ASHI), 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 and cats; however, first aid applications for most pets are similar.

**BLS for Healthcare Providers – Renewal Challenge**

MON. September 22
(10 – 11 a.m. & 6 – 8 p.m.)

FRI. October 24
(10 – 11 a.m. & 6 – 8 p.m.)
Community Education & Outreach at
731 Alexander Road

\$25 per person

The Renewal Challenge is designed for healthcare providers who are currently certified and require certification renewal. The registrant MUST:

- Present an original, valid and current AHA BLS for Healthcare Providers CPR certification card.
- Arrive on time. Your appointment and deposit will be forfeited if you are more than 15 minutes late.
- Be able to perform ALL skills on the first attempt. No pre-skills demonstration or remediation will be permitted.
- Receive a score of 85 percent or better on the first attempt at the AHA BLS for Healthcare Providers exam. No second attempt is permitted.

If a participant fails the skills and/or exam, he or she will be required to take the full AHA BLS for Healthcare Providers course. Fees may apply. No second attempt at a challenge course will be permitted.

Family & Friends CPR – Infant

SAT. September 27 (9:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

SAT. October 25 (9:30 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road

\$30 per person

The Family & Friends CPR program teaches how to perform CPR on infants and how to help an infant 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.

Heartsaver First Aid – Pediatric

SAT. September 27
(12:30 – 3:30 p.m.)
Princeton Fitness &
Wellness Center

\$55 per person

The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

**Family & Friends CPR – Adult & Child**

SAT. October 11 (10 a.m. – 12 p.m.)
Community Education & Outreach at
731 Alexander Road

\$30 per person

This class will be taught in Spanish.
The Family & Friends CPR program teaches 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.

RCP para Familiares y Amigos – Adultos y Niños

SÁBADO, 11 de octubre
(10 a.m. – 12 p.m.)

Departamento de Educacion para el
alcanze a la comunidad en 731
Alexander Road
(Community Education & Outreach)

\$30 por persona

Esta clase es enseñada en español. En el programa RCP para Familiares y Amigos (Family & Friends CPR) aprenderá cómo dar la resucitación cardiopulmonar a adultos y niños y cómo ayudar a un adulto o niño que se esté asfixiando. Este curso está diseñado para familias, amigos y personas en general que viven en la comunidad que desean aprender cómo dar la resucitación cardiopulmonar, pero no necesitan tener certificado.

Family & Friends CPR – Infant

SAT. October 11 (1 – 3 p.m.)
Community Education & Outreach at
731 Alexander Road

\$30 per person

This class will be taught in Spanish.

The Family & Friends CPR program teaches how to perform CPR on infants and how to help an infant 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.

RCP para Familiares y Amigos – en Lactantes

SÁBADO, 11 de octubre
(1 - 3 p.m.)

Departamento de Educacion para el
alcanze a la comunidad en 731
Alexander Road
(Community Education & Outreach)

\$30 por persona

Esta clase es enseñada en español. En el programa RCP para Familiares y Amigos (Family & Friends CPR) aprenderá cómo dar la resucitación cardiopulmonar en lactantes que se esté asfixiando. Este curso está diseñado para familias, amigos y personas en general que viven en la comunidad que desean aprender cómo dar la resucitación cardiopulmonar, pero no necesitan tener certificado.

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 be denied entry into CPR courses held by PHCS.

Family & Friends CPR – Adult & Child

SAT. October 18 (9:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

\$30 per person

The Family & Friends CPR program teaches 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.



Heartsaver First Aid

SAT. October 18 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center

\$55 per person

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

EVENT 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.

BLS Pharmacology

WED. September 17 (6 – 9 p.m.)
Princeton Fitness & Wellness Center
Registration required.



EMTs are invited to learn about BLS pharmacology at a workshop hosted by the Emergency Department of University Medical Center at Princeton and Princeton HealthCare System Community Education & Outreach Program. Join us to learn more about:

- General pharmacology pearls
- Intoxication and overdose of common performance-enhancing and recreational drugs
- Signs, symptoms and treatment
- Overdose treatment

This workshop will be led by Liza Barbarello-Andrews, PharmD, BCPS, Professor with Rutgers — The State University of New Jersey and Critical Care Clinical Pharmacist with University Medical Center at Princeton. Three Continuing Education Units will be available from the N.J. Department of Health and Senior Services' Office of Emergency Medical Services.

CANCER PROGRAMS & SCREENINGS

The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an approved program of the American College of Surgeons' Commission on Cancer, is pleased to offer support groups, lectures and screenings. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar.

Prostate Cancer Awareness Information

WEDNESDAYS, September 3 – 17
(11:30 a.m. – 1:30 p.m.)
University Medical Center at Princeton – Main Lobby
253 Witherspoon Street, Princeton

No registration required.

Certified oncology nurses and other health professionals from University Medical Center at Princeton's Cancer Program will be available to answer questions and distribute health information on prostate cancer. Stop by the main lobby to learn more about the risk factors and treatment options available in prostate cancer management, as well as the importance of early detection, signs and symptoms, and tips for the prevention of this disease.



Cancer Support Group

TUE. September 16 (1:30 – 3 p.m.)
TUE. October 21 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

WED. September 24 (6 – 7:30 p.m.)
WED. October 22 (6 – 7:30 p.m.)
Princeton Fitness & Wellness Center

No registration required.

University Medical Center at Princeton is pleased to partner with Cancer Care 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 both personally and professionally
- Managing concerns about recurrence

CANCER PROGRAMS & SCREENINGS

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This program will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, Cancer Care of New Jersey, and Karen Rust, RN, BSN, OCN, Outreach Coordinator. Light refreshments will be served.

Prostate Cancer Support Group

WED. September 24 (12 – 1:30 p.m.)
WED. October 22 (12 – 1:30 p.m.)
Princeton Fitness & Wellness Center

No registration required.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. In honor of Prostate Cancer Awareness Month (September), special guest Robert DiPaola, MD, Chief of Medical Oncology at The Cancer Institute of New Jersey and Professor of Medicine, UMDNJ—Robert Wood Johnson Medical School, will discuss "Novel Therapies in Prostate Cancer." October's meeting will be an open discussion, facilitated by Lois Glasser, LCSW, Oncology Social Worker, Cancer Care of New Jersey, and Karen Rust, RN, BSN, OCN, Outreach Coordinator. Lunch will be provided.

Prostate Cancer Screening

THU. September 25 (6 – 8 p.m.)
University Medical Center at Princeton's Clinic
Medical Arts Building – Suite B
253 Witherspoon Street, Princeton

Appointment required. Please call 1.888.897.8979 for an appointment. Se habla español.

Prostate cancer is the most frequently diagnosed cancer in men, accounting for more than 27,000 deaths per year. University

Medical Center at Princeton is pleased to offer FREE prostate cancer screenings, regardless of insurance or ability to pay, for men age 50 and older (age 40 and older for African-American men and men with a family history of prostate cancer). The screening process includes a Digital Rectal Exam (DRE) performed by a board certified urologist and a Prostate-Specific Antigen (PSA) test. Educational information and light refreshments will be served. All screening information is strictly confidential.

Breast Cancer Awareness Information

WEDNESDAYS, October 1 – 15 (11:30 a.m. – 1:30 p.m.)
University Medical Center at Princeton – Main Lobby
253 Witherspoon Street, Princeton

No registration required.

Certified oncology nurses and other health professionals from University Medical Center at Princeton's Cancer Program will be available to answer questions and distribute health information on breast cancer awareness. Stop by the main lobby to pick up some valuable information on breast cancer prevention, detection and treatment options for this beatable disease.



SUPPORT GROUPS

UNITE – Perinatal Loss Bereavement Group

MON. September 8 (7 – 9 p.m.)
MON. October 6 (7 – 9 p.m.)
Princeton Fitness & Wellness Center
No registration required.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death.

Diabetes Support Group

MON. September 22 (6:30 – 8 p.m.)
MON. October 27 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B

No registration required. 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.



MONTGOMERY TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Montgomery Township.

Montgomery Fall Festival

SAT. October 25 (10 a.m. – 1 p.m.)
Montgomery High School
1014 County Route 601
Skillman

No registration required.

This event is sponsored by the Montgomery Health Department. Princeton HealthCare System is proud to participate in this festival and offer free health screenings, plus physicians from Princeton HealthCare Medical Associates will be available to answer your health questions.

FRANKLIN TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Franklin Township.

Franklin Senior Health Fair

WED. October 15 (9 a.m. – 2 p.m.)
Franklin Township Senior Center
505 DeMott Lane
Somerset

No registration

required. *This event is sponsored by the Franklin Township Health Department.* Join health professionals from Princeton HealthCare System for free blood pressure screenings and body fat analysis, plus take the American Heart Association's "Heart Quiz." Have your health-related questions answered by Muhammad Azam, MD, a family practitioner and physician with Princeton HealthCare Family Medicine at Dayton, at our "Ask the Doctor" information table.



MONROE TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Monroe Township.

The Latest Trends in Healthy Living

WED. September 10 (7:30 – 9 p.m.)
Greenbriar at Whittingham
100 Whittingham Drive, Monroe

Free. Registration required. For Greenbriar at Whittingham residents flyers will be available at the Towne Centre with instructions for registration. Community members please call 1.888.897.8979. Space is limited.

Princeton HealthCare System and Greenbriar at Whittingham Residents Civic Club are pleased to sponsor this informational panel discussion. Health updates will be presented on the following topics by PHCS health professionals:

- Breast Health – Rachel Dultz, MD, FACS, Medical Director, University Medical Center at Princeton's Breast Health Center, board certified in general surgery
- Prostate Health – Karen M. Latzko, DO, board certified urologist
- New Trends in Radiation Oncology – Edward Soffen, MD, board certified radiation oncologist
- Cardiology Update – Chirag Shah, DO, board certified cardiologist

Dealing with Diabetes: Tips on Stacking the Deck in Your Favor

WED. September 17 (12:30 – 2:00 p.m.)
Monroe Township Senior Center
One Municipal Plaza
Monroe Township

Please call 732.521.6111 after August 15 to register. This event is open to all ages and the community.

Join Nancy L. Rhodes, RN, MA, CDE, a Certified Diabetes Educator and Clinician with University Medical Center at Princeton's Diabetes Management Program, for a presentation on dealing with diabetes – whether for you or your loved ones. Learn tips on how to face your feelings, confront anxieties, and manage anger, denial, frustration and burn-out to live a more comfortable life and improve your health outcomes. This program has been made possible through a generous grant from Church and Dwight to the Friends of the Monroe Senior Center. Lunch will be provided.



Carbohydrate Counting: Easy as 1-2-3

WED. October 15 (12:30 – 2:00 p.m.)
Monroe Township Senior Center
One Municipal Plaza
Monroe Township

Please call 732.521.6111 after September 17 to register. This event is open to all ages and the community. Meal planning can be easy, flexible and effective in controlling blood sugar levels. Join Carol Salas, RD, MS, CDE, and Nancy Rhodes, RN, MA, CDE, Certified Diabetes Educators and Clinicians with University Medical Center at Princeton's Diabetes Management Program, for a "Lunch & Learn" presentation of fun, facts, label reading, carbohydrate counting and other dietary guidelines for effective diabetes management. This program has been made possible through a generous grant from Church and Dwight to the Friends of the Monroe Senior Center. Lunch will be provided.

PRINCETON TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Princeton Township.

Brown Bag Session: Senior Safety Lecture

FRI. October 17 (12 – 1 p.m.)
Suzanne Patterson Center at Princeton
Senior Resource Center
45 Stockton Street, Princeton

Please call 609.924.7108 to register. This program focuses on preventing crime, with basic instruction about keeping safe at home, in public, and in a car. A representative from the Mercer County Sheriff's Office Sheriff Kevin C. Larkin's Community Programs Unit, will illustrate criminal situations and offer tips for preventing them. Princeton HealthCare System and the Mercer County Sheriff's Office are pleased to provide this informational seminar for Princeton-area seniors.

Flu Fair

TUE. October 28 (1 – 4:30 p.m.)
WED. November 5 (1 – 4:30 p.m.)
Suzanne Patterson Center at Princeton
Senior Resource Center
45 Stockton Street, Princeton

Please call 609.924.7108 to register. Princeton HealthCare System is proud to take part in this annual program for Princeton residents age 65 and over. Health professionals from Princeton HealthCare System will provide a variety of health screenings, including:

- Blood pressure
- Glucose
- Cholesterol
- Body fat analysis

Participants from Princeton HealthCare System include:

- The Auxiliary at University Medical Center at Princeton

- Princeton HealthCare Medical Associates
- UMCP's Blood Donor Program
- Community Education & Outreach
- Princeton HomeCare Services & LifeLine
- UMCP's Nutrition Program
- Princeton Fitness & Wellness Center
- Princeton House Behavioral Health

Princeton Senior Resource Center and the Princeton Regional Health Department are proud sponsors of this event and will offer free flu shots* for Princeton Township and Borough residents (proof of residency required for flu shots only).
*Flu shots are free with a Medicare card; \$10 per person without a Medicare card. All other health screenings are free of charge.

SOUTH BRUNSWICK TOWNSHIP & BOROUGH OF ROCKY HILL EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in South Brunswick Township and the Borough of Rocky Hill.

Health Screening & Prevention Fair

SAT. October 25 (9 a.m. – 12 p.m.)
South Brunswick Senior Center
540 Ridge Road, Monmouth Junction

For more information and to register, please call 732.329.4000, ext. 7237 or ext. 7238, after September 8, 2008.

This event is sponsored by the South Brunswick Board of Health. Health professionals from Princeton HealthCare System and Princeton HealthCare Medical Associates will provide free blood pressure screenings and valuable health information, plus Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will answer your questions about nutrition. This event is open to South Brunswick and Rocky Hill residents only.



WEST WINDSOR TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in West Windsor Township.

Vision Screening

FRI. September 12 (10 a.m. – 1 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register. Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer this free vision screening to West Windsor seniors.



Minimally Invasive Arthroscopic Shoulder Surgery Provides Relief and Eases Recovery

Every spring since he retired from IBM and settled into his 15-acre farm in Ringoes, Richard Graper has personally wrestled the wool-laden sheep in his herd to the ground and expertly sheared them. But this past spring, Graper, 74, had no choice but to turn the hand-to-hoof combat over to one of his sons and a friend.

“It’s not a job I could do myself this year, since it takes a lot of upper body strength and flexibility,” explains Graper, who was undergoing physical therapy following arthroscopic shoulder surgery during shearing season. “But other than not being able to wrestle sheep for a bit, and getting annoyed when I tried to sleep with my arm in a sling right after the surgery, I’m doing great.”

Graper injured his right shoulder, cracked several ribs and banged up his hip when he slipped on a sheet of ice on the way to the barn to feed his herd. When tests revealed a tear in his shoulder, he turned to Jeffrey S. Abrams, MD, a member of University Medical Center at Princeton’s medical staff, board certified in orthopedic surgery and orthopedic sports medicine, because he had operated on other family members in the past.

“I knew Dr. Abrams had a very good reputation, and I knew the reputation of UMCP, so my decision was easy,” says Graper. “I could have gone somewhere closer, but why take a chance when you don’t have to?”

After evaluating Graper’s condition, Dr. Abrams suggested performing arthroscopic surgery to repair the tear. The procedure uses a miniature television camera to view and repair or treat the interior of the joint through a tiny incision. For patients with complications that make traditional surgery risky, notes Dr. Abrams, arthroscopic surgery can make all the difference in the world. The minimally invasive technique reduces the recovery time and potential complications, and is usually done on an outpatient basis.



Frequently used to treat shoulder dislocations, rotator cuff problems, bone spurs, shoulder stiffness, and range of motion limitations, arthroscopic surgery can also alleviate certain knee, elbow, ankle and wrist conditions. The procedure is also used to treat young patients in lieu of joint replacements.

“Interestingly, it is a procedure that can do wonders for both young people and older patients,” says Dr. Abrams. “Since a young person with joint problems would outlive the life of a shoulder replacement, for example, arthroscopic surgery provides an alternative procedure. Many

people over the age of 80, who in the past might have been told they just had to learn to live with the pain and limitations of these shoulder conditions, are now finding real relief through arthroscopic surgery.”

UMCP has been ranked among the top two hospitals in New Jersey for overall joint replacement surgery by HealthGrades®, a leading healthcare ratings company. For the past two years, it has also awarded UMCP a five-star rating in overall joint replacement surgery, the highest rating possible. Staffed by board certified physicians with fellowship training in key subspecialties, including spine, hand, shoulder, hip and knee surgery, UMCP’s Orthopedic Program has been an innovator in minimally invasive techniques that promote faster recovery and greater comfort.

For more information on University Medical Center at Princeton’s Orthopedic Program, or for assistance finding an orthopedic surgeon on staff with Princeton HealthCare System, visit www.princetonhcs.org or call **1.888.PHCS4YOU (1.888.742.7496)**.

Does Your Child Have ADHD... or a Sleep Disorder?

A Simple Test Can Help Find the Answer



It may surprise you, but lack of sleep could be the cause of your child's hyperactivity and concentration problems. In fact, studies conducted by the National Sleep Foundation found that children are sometimes treated for attention deficit/hyperactivity disorder (ADHD), when what they really need is a regular good night's sleep.

"Because the basic outward signs of both conditions are similar, sleep disorders in children are often misdiagnosed as ADHD," says Michael S. Nolleto, MD, Medical Director of University Medical Center at Princeton's Sleep Center. "A simple sleep study, however, can reveal the true cause of the child's behavior."

Both children and adults can be moody, short-tempered and lack concentration when tired, but unlike adults, children tend to exhibit hyperactive behavior when sleep-deprived.

But while both ADHD and sleep disorders can result in hyperactivity, inattention and impulsive behavior in children, there are some recognizable differences between the two conditions. Children suffering from ADHD may also be easily distracted, while sleep-deprived youngsters are more likely to display oppositional behavior, moodiness and irritability, and often have difficulty waking up in the morning.

"Since the medications given to children diagnosed with ADHD are stimulants, they appear to help the condition," explains Dr. Nolleto, who is board certified in sleep medicine, pulmonary medicine, internal medicine and critical care medicine. "Parents need to play an active role in determining the proper diagnosis of their child by asking their pediatrician or family doctor to consider the possibility of a sleep disorder and the value of a sleep study."

UMCP's Sleep Center is equipped to evaluate and treat children, as well as adults, and is fully accredited by the American Academy of Sleep Medicine, the highest certification available, demonstrating excellence in comprehensive sleep medicine. UMCP sleep studies are conducted in private rooms by technologists who apply a series of sensors to the patient to monitor sleep using a state-of-the-art digital recording system that tracks breathing, brainwave activity, muscle activity, eye movement, heart rate and rhythm, body movements and blood oxygen level.

"The sleep studies we conduct on children are basically the same as the studies we conduct on adults," says Dr. Nolleto. "We do, however, allow a parent to stay with a young child who needs a study, and we create a pediatric-friendly environment with toys and videos that are comforting to children."

More than 80 different types of sleep disorders can be diagnosed at the UMCP Sleep Center, and steps can be taken to treat certain adult conditions onsite. In children the most commonly diagnosed conditions are sleep-related obstructive breathing disorders, which usually can be successfully treated by the removal of tonsils and adenoids.

For more information on University Medical Center at Princeton's Sleep Center, call **1.888.PHCS4YOU (1.888.742.7496)** or visit us online at www.princetonhcs.org/sleepcenter.

Teaching Your Child How to Deal with Bullies *(continued from page 5)*

- **Getting their kids back on a regular schedule at least two weeks before school starts.** That includes waking up and going to bed at regular times and having more structured activities during the day.
- **Encouraging children to socialize with classmates.** With vacations, camps and other activities, children might not see school friends for months. Reuniting with classmates ahead of time can help students ease back into school.

- **Participating in summer reading and back-to-school orientations.** Children will often fight this, but getting a jump on class work can help them feel much more comfortable.

To find a board certified psychiatrist on staff at Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org. To find upcoming radKIDS® classes, check the events calendar on our Web site or call 1.888.897.8979.

At Last: New Minimally Invasive Procedure Offers Relief from Sinusitis

University Medical Center at Princeton (UMCP) has introduced a new, innovative procedure that provides relief for people suffering from chronic sinusitis with significantly less recovery time than traditional sinus surgery.

Balloon sinuplasty uses a tiny, flexible balloon catheter threaded through the nostrils to open clogged sinus passageways and allow them to drain. For many patients, the minimally invasive procedure almost immediately helps ease headaches, congestion, facial pain and other symptoms of persistent sinusitis.

“Many people are familiar with angioplasty, which uses a tiny balloon to open up clogged blood vessels in the heart,” says David Goldfarb, DO, FACS, board certified otolaryngologist and Chief of Otolaryngology at UMCP. “We’re using the same techniques to open stuffed-up sinuses.”

UMCP is the first hospital in Mercer County to offer the cutting-edge procedure*, which was first approved by the U.S. Food and Drug Administration less than five years ago.

A Common Problem

Sinusitis is an inflammation or infection of the lining of the sinus cavities that affects about 37 million Americans each year, according to the National Institute of Allergy and Infectious Diseases. Chronic sinusitis is more common than arthritis or high blood pressure, the National Academy on an Aging Society says.

Usually triggered by a bacterial or viral infection, such as the common cold, or allergies, sinusitis also can result from a structural abnormality that blocks the sinus opening, called the ostium. If the ostium is blocked or swollen shut, mucus no longer drains properly. As a result, sinusitis sufferers will often visit a doctor complaining about headaches or feeling congested, tired, achy or dizzy.

Antibiotics and nasal steroid sprays are often effective at fighting infection and reducing swelling. If those



Symptoms of sinusitis:

- Facial pain
- Tiredness
- Discolored discharge from the nose
- Decreased sense of smell
- Cough that may be worse at night
- Sore throat
- Bad breath
- Fever
- Dizziness

treatments do not work, or if a person suffers from long-term sinusitis, endoscopic sinus surgery was traditionally the next step.

“Balloon sinuplasty now gives us a wider range of treatment options,” says Scott Kay, MD, FACS, a board certified otolaryngologist who performs the procedure at UMCP. “It’s a faster operation with less time under general anesthesia and less post-operative pain and discomfort.”

A Less Invasive Solution

During traditional endoscopic surgery, small cutting instruments are passed through the nostrils to shave down tissue along the lining of the sinus cavities, opening them up. The removal of tissue can cause some bleeding and the need to pack the nasal passages. Patients often are unable to return to work or normal activities for up to five to seven days.

In balloon sinuplasty, a tiny balloon is passed through the nostrils and inflated to gently widen the sinus walls, allowing air and mucus to more easily pass. The sinus lining is left intact, minimizing bleeding. Many patients are able to return to normal activities within a day or two following the procedure.

“We’re displacing tissue, rather than cutting tissue, so there’s a lower risk for pain and bleeding,” says Dr. Kay. “It’s especially good for people who are older and couldn’t tolerate a more invasive type of surgery.”

The new procedure has been shown in studies to date to be as effective as other sinus surgery techniques. It can be combined with endoscopic surgery in cases where multiple sinuses are impacted. It also does not prevent patients from having endoscopic surgery in the future if their sinusitis progresses, explains Dr. Goldfarb.

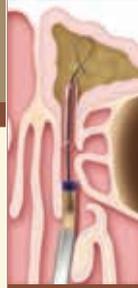
(continued on page 23)

At Last: New Procedure Offers Relief from Sinusitis *(continued from page 22)*



Step 1:

Using the Balloon Sinuplasty system, your physician gently places a Sinus Guide Catheter and a flexible Sinus Guidewire through the nostrils to access the target sinus. Then a Sinus Balloon Catheter is advanced over the guidewire.



Step 2:

The catheter is positioned across the blocked sinus opening and gently inflated.



Step 3:

The system is removed, leaving an open sinus passageway and restoring normal sinus drainage and function.

However, it is not appropriate for patients with conditions that need to be surgically removed or corrected, such as nasal polyps.

“If a patient has been suffering from recurrent sinus problems, but has been reluctant to have sinus surgery, this procedure may be a good option to investigate,” Dr. Goldfarb says.

** According to Acclarent Inc., manufacturer of the Relieva® Balloon Sinuplasty™ system*

For assistance finding an otolaryngologist, or ENT (ear, nose and throat) specialist, on staff at Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

New Hospital Campaign Kick-Off Celebrates Progress to Date *(continued from page 24)*

Throughout the evening, the guests browsed through mock design studios, reviewing renderings, displays and multi-media presentations to talk with architects, physicians, engineers and other leaders responsible for the design of the new hospital. Guests were also invited to participate in a game-show-like event titled *Barry's "Have-We-Really-Thought-of-Everything-Before?" Challenge*. Anthony J. Spogiano, Executive Chef, Eurest, prepared a menu of locally grown and produced, organic hors d'oeuvres. Entertainment was provided by a jazz quartet from Westminster College of the Arts and magician/mentalists Dick Stein of Baltimore, Md.

“This campaign will require broad-based support from the entire community,” said Joe Stampe, Vice President of Development. “We have already come a great distance toward realizing our goal. We invite the public to help us bridge the remaining distance and help us change the way healthcare is delivered to future generations of New Jersey residents.”



Dr. Elliot Krauss and Dr. Roxanne Kendall (foreground) review one of the displays, while Campaign Chairman Steve Distler and PHCS Foundation Board Member Janet Lasley converse in the background.

The move to Plainsboro will see UMCP trade its current nine-acre Princeton location for an expansive 50-acre site within a 158-acre health campus with easy access to Route One, Scudders Mill Road and Plainsboro Road. The hospital received unanimous site plan approval by Plainsboro Township in July, with groundbreaking expected to take place this fall.

For more information about Princeton HealthCare System Foundation and its *Design for Healing* campaign, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org/foundation**.

New Hospital Campaign Kick-Off Celebrates Progress to Date



Princeton HealthCare System President and CEO Barry Rabner and PHCS Vice President of Development Joe Stampe help kick off the Design for Healing campaign.

Two hundred donors and friends of Princeton HealthCare System Foundation gathered at BlackRock corporate headquarters the evening of June 5 to recognize the public launch of *Design for Healing: The Campaign for the New University Medical Center at Princeton*.

The interactive event featured numerous opportunities to learn about plans for the new healthcare campus, while celebrating the fundraising progress to date. Event host Bob Doll, who serves as Co-Chairman of the Campaign's Principal Gifts Committee, was out of the country on business, so he opened the program with a welcome video to the guests. Doll is Vice Chairman and Chief Investment Officer (Global Equities) at BlackRock, Inc. Campaign Chairman Stephen Distler announced that a total of \$76 million was raised during the "nucleus" phase of the campaign, begun in 2006.

"We have had wonderful support for this new facility, and now we shift from what has been the quiet, or nucleus, phase of the campaign to the public phase of the campaign, with momentum on our side," said Distler.

The campaign goal is \$115 million for the support of three specific areas:

- \$100 million is allocated for construction of the \$441 million state-of-the-art hospital.

- \$10 million is allocated for specific programmatic needs, such as the uninsured and continuing the current offerings of educational outreach programs to the community.
- The final \$5 million is for unrestricted programmatic needs, primarily given through Annual Fund drives.



In recognition of Distler's generosity and leadership, Princeton HealthCare System Board of Trustees Chairman Edward E. Matthews gave Distler a rendering of the new hospital signed by architects Bob Hillier and Kenneth Drucker.

PHCS President and CEO Barry S. Rabner thanked Distler, as well as the talented architects, engineers, members of the PHCS staff and the many donors to the project.

"Our goal of creating one of the finest regional medical centers in the country will be achieved because of you," said Rabner.

Following the premiere of an eight-minute campaign video, Rabner proposed a toast to the future and the success of the campaign.

(continued on page 23)

Visit us at www.princetonhcs.org



Princeton HealthCare System

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