

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | MAY/JUNE 2008



Princeton HealthCare System

Redefining Care.

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

PHCS Introduces Daddy Boot Camp

communityfocus
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Daddy Boot Camp: It's Training Time for Baby Duty

One-two-three-four ... what's the baby crying for?!

While there are no military chants involved, Daddy Boot Camp – Princeton HealthCare System's newest childbirth and family program – provides first-time dads-to-be with the knowledge to tackle the joys and challenges of fatherhood. Encouragement and support are provided by the people who know it best – veteran dads.

"Every new father has the same fears and anxieties," says Geoff Maurer of Hamilton, a Daddy Boot Camp instructor and the father of a 4-year-old daughter. "This class helps men get past the whole 'I'm a guy, I know everything' mentality, and ask the questions they really want to know."

Veterans and Rookies

Daddy Boot Camp – fun and for men only – joins together dads-to-be, known as "rookies"; experienced dads, known as "veterans"; and one or more nationally certified instructors, who are called "drool sergeants." The group setting provides just the right atmosphere for relaxed, frank discussions about fatherhood.

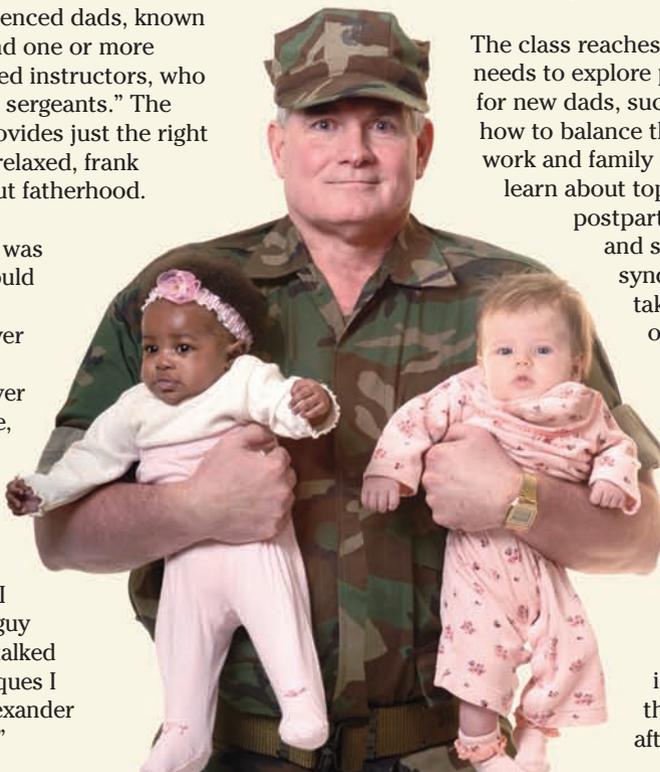
"One of the dads was concerned he would 'break' his baby, because he'd never held an infant before," says Oliver Giller of Titusville, a "veteran" dad who brought his then 6-week-old son, Alexander, to a recent class. "So I passed my little guy over to him. We talked about the techniques I use to soothe Alexander when he's upset."

Learning from fathers who have been there helps dads-to-be feel more comfortable about the prospect of caring for their new babies. The veteran dads bring their infant children to give the rookies a chance to watch demonstrations of how to burp an infant, change a diaper and swaddle a baby – a daunting task for almost anyone. Through these demonstrations and even some hands-on experience, new dads learn about baby care and safety.

The class reaches beyond baby's needs to explore personal issues for new dads, such as learning how to balance the demands of work and family life. They also learn about topics like postpartum depression and shaken baby syndrome. Each class takes a life of its own as the veterans answer questions from the rookies and swap stories.

Be Prepared

A central theme of the class is to plan now for potential issues, because there is little time after the baby



*On the cover and above:
Destinee Lightner and Anna Bornheimer, both about 2 months old, head to boot camp.
They are pictured above with "drool sergeant" Dan Shine.*

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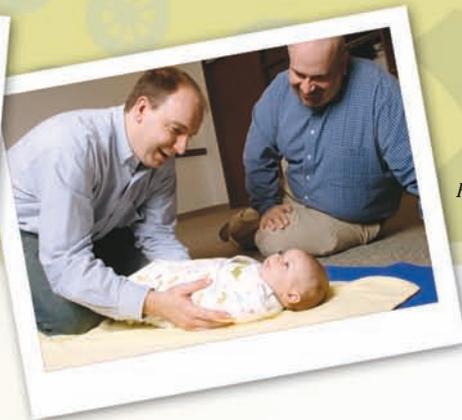
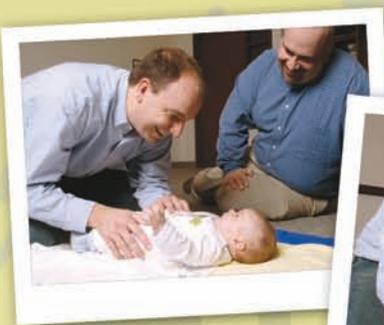
Health Focus, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information.

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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Insets: "Veteran" dad Oliver Giller and his son, Alexander, demonstrate swaddling techniques for then-father-to-be Robb Fedak. Fedak and his wife welcomed their baby girl at University Medical Center at Princeton on February 18, 2008.

arrives. According to Maurer and "drool sergeant" Dan Shine of Milltown, new dads can avoid problems, as well as arguments with their spouses and partners, by:

- Making sure their home is safe for a baby
- Having a plan about how to handle a baby's crying
- Talking with their spouses/partners about how they can support breastfeeding
- Reading books about basic child care
- Setting aside time to simply play with the baby

"We tell the guys they need to get their house in order, so that once the baby arrives they can be there for mom and the new baby," says Shine, the father of an 18-year-old daughter. "If a dad has one concern or 10 concerns, we try to address them before the end of the class. If we can't address it, we will refer them to a professional who can."

National Program

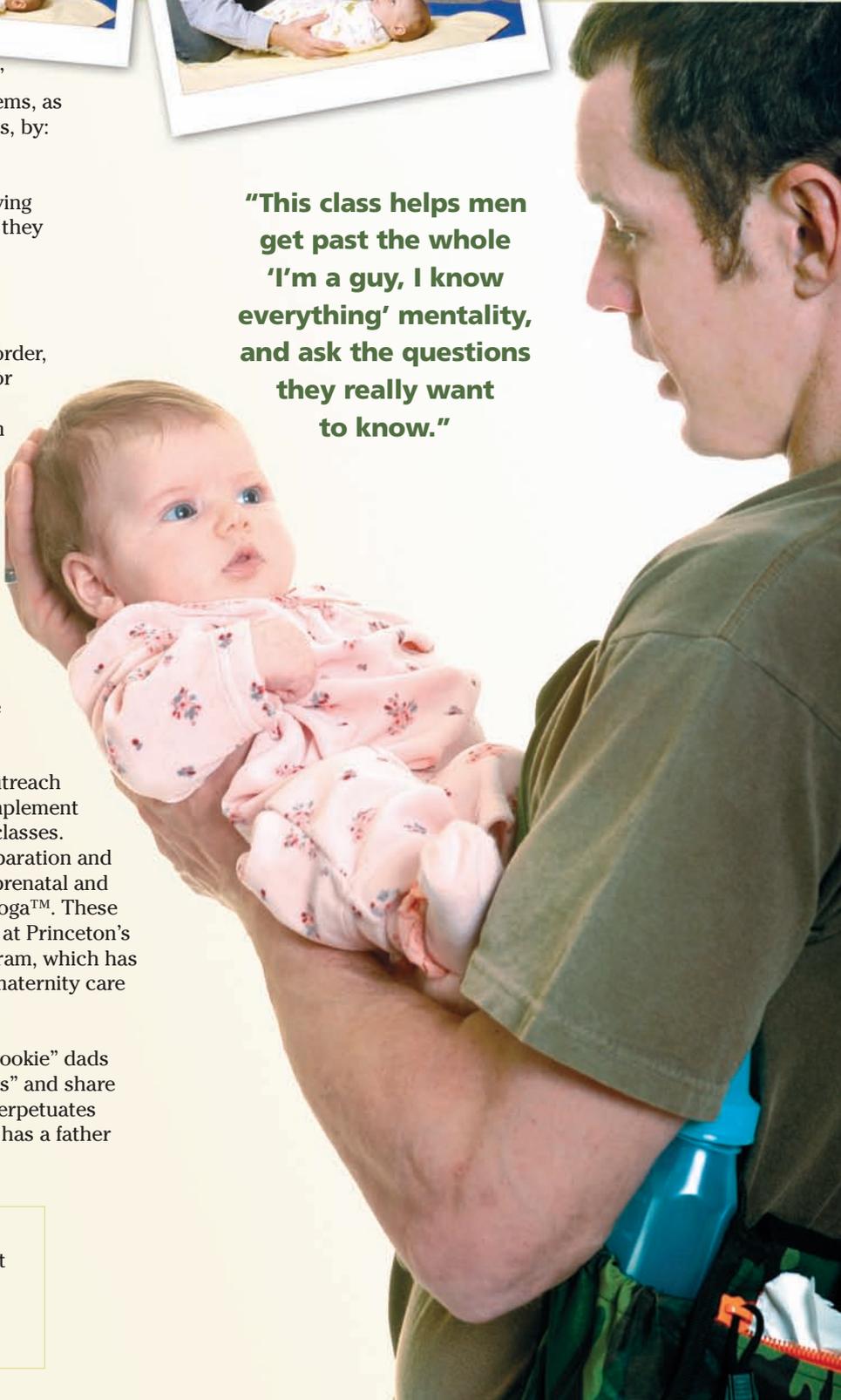
The Boot Camp program was started by a group of fathers in Irvine, Calif., in 1990. (A nearby U.S. Marines base inspired the military theme.) The program has since grown to more than 250 programs in 42 states. Princeton HealthCare System is the only official training site for this program in New Jersey.

PHCS' award-winning Community Education & Outreach Program launched Daddy Boot Camp here to complement its extensive and innovative Childbirth & Family classes. Programs offered by PHCS include childbirth preparation and birthing options, breastfeeding, car seat checks, prenatal and postpartum yoga, infant massage and Itsy Bitsy Yoga™. These programs complement University Medical Center at Princeton's nationally recognized Maternal-Child Health Program, which has ranked among the top 5 percent of hospitals for maternity care for two years in a row.

At the end of each Daddy Boot Camp class, the "rookie" dads are invited to come back in the future as "veterans" and share what they have learned. That way, the program perpetuates itself and its mission – to help ensure every child has a father he or she can count on, no matter what.

For more information about Daddy Boot Camp, or to register, please call **1.888.897.8979** or visit **www.princetonhcs.org/calendar**. See page 15 of this issue for information about an upcoming Daddy Boot Camp session.

"This class helps men get past the whole 'I'm a guy, I know everything' mentality, and ask the questions they really want to know."



Long-time Supporters Pledge \$25 Million for UMCP's Relocation Effort

David and Patricia Atkinson, long-time area residents, have pledged \$25 million in support of the new University Medical Center at Princeton (UMCP), the acute care hospital of Princeton HealthCare System. The replacement hospital is scheduled to open in 2011. The Atkinson donation will represent the largest gift ever made to a hospital in New Jersey.

Mr. and Mrs. Atkinson, former residents of West Windsor, plan to make their contribution as part of a matching gift program in order to encourage other donations to the new hospital. A portion of their gift will be set aside to match gifts from physicians and hospital staff. The remainder will be used to encourage others within the region to make gifts toward the construction.

"Pat and I are excited by the giving opportunity created by the new hospital," says Mr. Atkinson. "The existing Princeton hospital has played an important role in our lives. Both of my parents received treatment in the hospital's intensive care unit. I had major surgery at the facility some years ago.

Two of our five grandchildren were born there. We are particularly excited by the idea that the new hospital represents an opportunity to create a new facility from the ground up that incorporates both the latest medical technology and best thinking in hospital design."

"This gift will enable Princeton HealthCare System to redefine how healthcare is provided throughout the region. It will enhance significantly the quality of the lives of our patients and their families," says Barry S. Rabner, President and CEO of Princeton HealthCare System.



"We are particularly excited by the idea that the new hospital represents an opportunity to create a new facility from the ground up that incorporates both the latest medical technology and best thinking in hospital design."

"Right now, our physicians and staff are working closely with some of the most creative and knowledgeable architects, engineers and healthcare planners in the country to design the new hospital. The Atkinson's gift makes it possible for us to incorporate best practices in every area of the facility, as well as to develop innovative solutions in the healthcare field. These advancements will benefit the people we serve and allow us to be a model for other hospitals throughout the country. We are exceedingly grateful to David and Pat for this extraordinary gift. We thank them for sharing our passion and vision."

To encourage hospital physicians and staff to support the construction project, \$5 million of the

Atkinson pledge will be used as a one-to-one match; physicians and hospital staff who give gifts or make pledges for the hospital relocation project will have their support matched by this fund.

"We hope that this challenge to our medical and dental staff, as well as all our employees, will encourage their philanthropic support of this once-in-a-lifetime opportunity – to build a state-of-the-art hospital for this community and this region," says Dr. Peter Yi, Co-chair of the Physicians' Development Committee.



Pictured Left:
The hospital is being designed so that every entrance has the significance and aesthetically pleasing quality of the southside entrance shown in this rendering.

Pictured on page 4: *Shown is a model of the mostly glass south façade of the new hospital campus, facing the Millstone River. This concept rendering represents the final design principles agreed upon by UMCP physicians, staff and replacement hospital team.*

The replacement hospital is being designed by Hellmuth, Obata and Kassabaum and RMJM Hillier.

The remainder of the pledge will be used as a one-to-two match for gifts toward the construction of the new UMCP. Through this program, the Atkinsons' \$20 million could raise an extra \$40 million. The matching program is available from June 6, 2008, the launch of the public phase of the Capital Campaign, through December 31, 2010.

"To date we have received great support from members of the Princeton HealthCare System Board, the PHCS Foundation Board, the Robert Wood Johnson Foundation and Bristol-Myers Squibb," notes Steve Distler, Chairman of the Capital Campaign. "This matching gift opportunity will enable us to reach further within our community and engage more people in supporting the Capital Campaign. Thanks to the generosity of Mr. and Mrs. Atkinson and others, we will soon begin construction on a model hospital that will serve people living in the area."

A History of Support

Together, Mr. and Mrs. Atkinson have been longstanding PHCS Foundation and Auxiliary donors. They currently reside in Pennsylvania.

Mr. Atkinson is a private investor who maintains an office in the Princeton area. He retired in 1992 as a general partner of Miller, Anderson & Sherrerd (MAS), a suburban Philadelphia-based money management firm. Morgan Stanley acquired his limited partnership interest when it purchased MAS in the mid-1990s. Prior to joining MAS in 1980, Mr. Atkinson was a vice president at Morgan Stanley, where he started an emerging growth stock service and published a weekly commentary on liquidity trends and their implication for equity prices. Prior to Morgan Stanley, he was a partner at Franklin Capital Investors, which

managed the University of Pennsylvania endowment. Before Franklin, Mr. Atkinson managed a mutual fund for Scudder, Stevens & Clark that invested in emerging growth stocks. After receiving an MBA from the Wharton School of the University of Pennsylvania, his first six years in the investment business were spent at J.P. Morgan, where he was an investment research analyst and a pension portfolio manager.

Before attending Wharton, Mr. Atkinson was an officer in the U.S. Navy for two years, after having received an undergraduate degree from Cornell University. Mr. Atkinson grew up on a farm outside New Egypt, N.J., and graduated from Allentown High School in Allentown, N.J. He is a life member of the Cornell University Council. With a passionate interest in sustainability and environmental issues, Mr. Atkinson provided seed money last year for Cornell University to establish a Center for a Sustainable Future. The Center focuses on energy, the environment and economic development. The Center takes an interdisciplinary approach to addressing these complex and interrelated subjects.

Mrs. Atkinson was active in The Auxiliary of the University Medical Center at Princeton for many years. She served as membership chair for 10 years and as treasurer for two years. Mrs. Atkinson has also been a volunteer for the Princeton Meals on Wheels Program for more than 20 years. She is a graduate of the University of Southern California.

An Exciting Opportunity

Mr. Atkinson notes how special the opportunity to create a new hospital is, commenting that "few hospitals have

continued on page 6

A *New* UMCP Taking Shape

Located only 2.5 miles from downtown Princeton, the hospital's new site creates an opportunity to dramatically reshape the institution founded in 1919. The hospital will trade its nine-acre Princeton location for an expansive 50-acre site within a 158-acre health campus in Plainsboro with easy access to Route One, Scudders Mill Road and Plainsboro Road.

Special features of the new hospital, designed to utilize the latest innovations in healthcare, include:

- Spacious operating rooms to accommodate robotics and other emerging technologies;
- Single patient rooms that maximize patient privacy and provide amenities such as wireless Internet access, room-dedicated ventilation and temperature control systems and room-service dining;
- A light-filled atrium entrance that welcomes visitors and clearly and conveniently leads through a central "main street" to one of the primary centers of care;
- Decentralized nursing stations that enable nurses to remain just steps away from their patients;
- The Joan and William Schreyer Education Center, a vital hub of learning for medical professionals, medical students, patients and families, and residents of the community. It will feature a library with print and electronic access to materials, high-tech classrooms that can be converted into an auditorium or integrated with the surgical suites, and video-conferencing capabilities.



The new hospital will also incorporate the latest digital technology, including digitized medical records, interactive hospital maps, patient education materials and other innovations that take accuracy, safety, convenience, privacy, and cost efficiency to a new level.

In addition, the design of the facility will incorporate energy and resource-conservation innovations from the Green Building Council's LEED (Leadership in Energy and Environmental Design) Green Building Rating System, which is the established benchmark for the design and construction of environmentally friendly buildings. Sustainable design elements may include a co-generation plant for combined heat and power production.

Selection of the Route One site followed a three-year planning process involving extensive community outreach and collaboration with all stakeholders, including state and local government leaders, Princeton neighborhood residents, hospital administration, trustees and staff.

Early in 2007, the New Jersey State Department of Health and Senior Services officially supported the hospital's relocation by granting a Certificate of Need. In January 2008, Plainsboro Township adopted the necessary zoning to permit the hospital's construction.

The hospital's site plan is now under review by Plainsboro Township.

Long-time Supporters Pledge \$25 Million for UMCP's Relocation Effort *(continued from page 5)*

this opportunity and most are faced by necessity to resort to making modifications as best they can to old facilities. This new hospital should result in the Princeton area having one of the very best, if not the best, regional hospitals in the United States."

The Atkinsons say they are pleased that their \$25 million challenge makes it possible for the citizens, businesses, medical professionals and academic institutions of Central New Jersey to magnify their gifts to this worthwhile cause. Based on personal experience, they

To encourage hospital physicians and staff to support the construction project, \$5 million of the Atkinson pledge will be used as a one-to-one match.

have learned that one never knows when the quality of care at the local hospital can become the most important thing in one's own life or that of a family member.

"This astonishing gift, being made by two caring and extraordinary people, will greatly enhance our fund raising efforts and allow us to build a new hospital that will provide superior healthcare to the region for years to come," says Joe Stampe, Vice President of Development for Princeton HealthCare System Foundation.

For more information about how to get involved in the effort to build the new University Medical Center at Princeton, call **609.497.4190** or visit **www.princetonhcs.org/foundation**.

Overcoming Trauma & Addiction in Women



Women suffering from addiction often have a greater challenge dealing with the disease than do men.

Women become addicted quicker and have a lower tolerance for drugs and alcohol than men, often facing more serious health-related problems as a result, according to the National Center on Addiction and Substance Abuse (CASA). In fact, CASA reports, female alcohol abusers are twice as likely to die as men. Women also are more prone to liver disease, hypertension, and brain and heart damage.

Combine this struggle with the aftermath of a traumatic experience and the achievement of abstinence becomes even more difficult.

But despite the fact that CASA statistics show women are the fastest growing segment of substance abusers in the nation, and the difference between the reasons for and results of addiction in men and women, most treatment programs are not designed with women as the primary focus.

However, the Women's Trauma and Addiction Program at Princeton House Behavioral Health, a unit of Princeton HealthCare System, turns its attention to the specific needs of women, providing a safe environment for them to undergo individualized partial hospital or intensive outpatient treatment. The program – the first of its kind in the state – blends intensive trauma therapy, 12-step addiction treatment and creative arts therapies with sessions designed to help women develop coping skills to avoid relapse.

Meeting a Special Need

"Frequently women turn to substance abuse as a way to try to medicate themselves in the face of traumas in their lives, such as sexual and physical abuse in childhood, domestic violence and rape," says Anne Davidson, MD, Medical Director of Women's Programs at Princeton House Behavioral Health. "Often they turn to prescription drugs, but we see all types of drug and alcohol abuse. Our program is designed to help women work through the trauma and its link to their addiction, and develop the strong coping skills needed to avoid relapse."

Although treatment is individualized to meet each woman's personal needs, the average length of the program is between eight and 12 weeks.

"Treating trauma and addiction together is a highly successful approach for women," says Dr. Davidson. "The two issues go hand in hand, and working through one naturally sets off triggers for the other. Without the proper treatment and support, chronic relapses can easily occur."

For more information on the Women's Trauma & Addiction Program and other Princeton House Behavioral Health programs, visit our Web site at www.princetonhcs.org/princetonhouse or call **1.888.PHCS4YOU (1.888.742.7496)**.

Sweet Rewards for Blood Donor Program

For an hour of your time, you can help save a life.

"The gift of blood by donation is a life-giving gift to others you probably may never meet," says Mark Branon, MD, a retired physician who served on the Medical Staff of Princeton HealthCare System and has been a long-time donor to the University Medical Center at Princeton's Blood Donor Program.

In addition to the personal satisfaction of providing what Dr. Branon calls the "gift of life," individuals have an added benefit in donating to UMCP's Blood Donor Program: its "A Pint for a Pint" program, which marked its third anniversary in April 2008. Through this initiative, sponsored by Princeton-based Thomas Sweet Ice Cream, all individuals who come to UMCP to donate blood receive a coupon for a free pint of Thomas Sweet ice cream.

Until researchers are able to develop synthetic blood substitutes, blood donation will be critical, Dr. Branon says.

UMCP is one of only eight hospitals in the state with its own blood donor program. The program plays a key role in the care the hospital provides. Each year, 3,500 units of blood are

transfused to adults and children. Blood is needed to treat accident victims, patients with cancer, surgical patients and many others.

In 2007, UMCP's Blood Donor Program collected more than 2,000 units of blood through the generous donations of community members and staff. The program also conducts periodic employee blood drives at companies throughout the area.

To be eligible to donate blood, you must be at least 17 years old, weigh 110 pounds or more, and be in good health.

Pictured above: Rao Andavolu, MD, board certified pathologist and Medical Director of UMCP's Blood Donor Program; Marco Cucchi, owner of Thomas Sweet Ice Cream; and Marlene Ihle, Donor Recruiter, UMCP, celebrate the third anniversary of "A Pint for a Pint" program, sponsored by Thomas Sweet.

UMCP's Blood Donor Program is open weekdays from 7:30 a.m. to 3 p.m., with evening hours until 7 p.m. on Thursdays and on the fourth Monday of the month. For more information, call **609.497.4366** or visit www.princetonhcs.org.





UMCP's Infusion Therapy Makes 'Unbelievable' Difference in Montgomery Woman's Rheumatoid Arthritis

For more than two decades, Trudy Yingling (*left*) has lived with rheumatoid arthritis, a disease that causes swelling in the soft tissue lining of joints, resulting in chronic joint pain and potentially leading to severe joint damage, disabilities or the need for joint replacement surgery.

In Mrs. Yingling's case, the disease progressed to a point where she had to walk with a cane, and ultimately needed hip replacements. Both procedures were performed at University Medical Center at Princeton by board certified orthopedic surgeon Michael N. Jolley, MD, with the most recent operation in December 2004.

Now, at 78, Mrs. Yingling says she has days when she feels active and virtually pain-free. She is able to keep house, shop and go to lunch with friends. She credits regular intravenous treatments with Remicade, a medication that has been prescribed since earlier this decade to relieve the pain and stiffness of rheumatoid arthritis.

"The difference it makes is unbelievable," says Mrs. Yingling of Montgomery Township. "I know when it is time for my next treatment because I hurt all over. Once the medicine takes effect, I have no problems at all getting around."

She has her treatments in the Outpatient Infusion Room at University Medical Center at Princeton. Staffed by nationally certified nurses, the infusion room provides a welcoming, comfortable atmosphere for treatment. Each patient is seated

in a recliner with its own television. Lunch is served if treatments run into the lunch hour.

"The nurses are extremely caring – they will always answer any questions I have or bring me a blanket if I feel cool," says Mrs. Yingling, a mother of five, who has four grandchildren and a great-grandchild. "The fact that the infusion room is in the hospital also makes me more comfortable."

Infusion therapy with Remicade is initially administered at zero, two and six weeks and then, typically, every eight weeks thereafter. Each intravenous treatment takes about two hours, and the treatments are covered under Medicare.

Mrs. Yingling will continue her treatments indefinitely, but she says she feels fortunate with the success she has had so far and looks forward to staying as active as possible for years to come.

For more information about UMCP's Outpatient Infusion services, or to find a rheumatologist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Early Diagnosis Key for Rheumatoid Arthritis Relief

An estimated 2.1 million Americans suffer from rheumatoid arthritis. Fortunately, advances in drug therapy over the past decade are helping many people with rheumatoid arthritis control their pain and lead normal, active lives, says R. Michael Roberts, MD, a member of the Princeton HealthCare System Medical Staff who is board certified in internal medicine and rheumatology.

"Some people with rheumatoid arthritis are uncomfortable all of the time and have trouble with simple daily tasks, like brushing their hair," Dr. Roberts says. "The treatments we have available today can transform their lives."

Rheumatoid arthritis is usually diagnosed after experiencing pain in multiple joints on both sides of the body for more than six weeks, Dr. Roberts says. Because, when left untreated, it can progress to the point where

cartilage and bone break down and severely limit movement in those joints, the emphasis today is on early diagnosis and early treatment to prevent damage, he says.

While there is no cure, several medicines – such as methotrexate – effectively control damaging, painful joint inflammation. During the past decade, standard treatment has shifted to a class of drugs known as tumor necrosis factor inhibitors (e.g., Humira, Enbrel, Remicade). While they need to be self-injected or given intravenously, the drugs generally have few side effects, Dr. Roberts says.

The best treatment depends on several factors, including a patient's medical history, exam and ability to tolerate regular injections. In general, if the disease is detected early, "the outlook is good for most people," Dr. Roberts says.

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).

Stroke Alert! Stroke Risk Assessment & Screening

In honor of American Stroke Month (May), Princeton HealthCare System is pleased to present these programs focused on creating awareness of the symptoms and risk factors for stroke, and how to reduce your risk.

SAT. May 17 **(9 a.m. – 12 p.m.)**

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

Appointment required.
Please call 1.888.897.8979.

SAT. May 31 **(10 a.m. – 12 p.m.)**

Hightstown Housing Authority
131 Rogers Ave., Hightstown

Appointment required.
Please call 609.448.2268.

Receive a free personal risk assessment for stroke. Health professionals from Princeton HealthCare System will help determine your risk for stroke by:

- Conducting a medical history
- Taking your pulse and blood pressure
- Checking your glucose and cholesterol levels
- Performing a carotid bruit screening*

Participants will have the opportunity to review their results and develop an action plan to reduce their risk. A healthy snack will be served.

These programs are registered with the American Stroke Association.

* Carotid bruit screenings involve listening to blood flow in your neck using a stethoscope.



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

CURRENT PROGRAMS

5TH ANNUAL COMMUNITY HEALTH FAIR

SAT. May 3 (9 a.m. – 1 p.m.), Princeton Fitness & Wellness Center

No registration required.

Join us in celebrating the fifth anniversary of Princeton Fitness & Wellness Center. Health professionals from Princeton HealthCare System will be on hand to provide free screenings and information.

Tours of Princeton Fitness & Wellness Center will be available.



Screenings include:

- Blood pressure
- Glucose
- Cholesterol
- Body fat
- Bone density
- Pulmonary function
- Glaucoma
- Skin cancer
- Posture

Participating PHCS physicians include:

- Gina C. DelGiudice, MD, FACR, board certified rheumatologist
- Wanda M. Patterson, MD, board certified dermatologist
- Bani A. Sarma, MD, FACOG, board certified OB/GYN
- Alexander Vukasin, MD, board certified urologist
- Plus, a board certified pediatrician

The health fair is open to the general public. Membership at Princeton Fitness & Wellness Center is not required to attend.

Breast Health: What Every Woman Should Know

WED. May 7 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

This seminar will focus on breast health and self-awareness. Elizabeth Krefski, RN, MSN, Director of the UMCP Breast Health Center, and Susan Straszynski, RN, Certified Breast Health Navigator, will discuss breast cancer statistics, risk factors and the anatomy and physiology of the breast. The importance of early detection through screening methods and breast self-exams will also be discussed. Women of all ages are welcome to attend.



Stress Management

WED. May 7 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
A health professional from University Medical Center at

Princeton's Cardiac & Pulmonary Rehabilitation Program will discuss the issues and factors in our lives that make us feel stress. Learn how to make a roadmap of acceptance and planning for the important, controllable stressors versus the unimportant, uncontrollable stressors.

Kids Can Cook

Dessert

THU. May 8 (6:30 – 8:30 p.m.)

Vegetarian Meals

WED. June 11 (6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center
\$10 per child

Kids Can Cook is an interactive cooking series that teaches children and their parents how to prepare healthy, simple recipes together. Each session will focus on a particular type of meal and will feature a hands-on demonstration from a registered dietitian. Children must be accompanied by a parent or guardian. Registration is limited and open to children ages 8 to 12.



Healthy Skin

WED. May 14 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Taking care of your skin is important all year round, but with the summer months approaching, it is especially important to protect your skin. Roderick T. Kaufmann, MD, board certified dermatologist, will discuss:

- Sun protection
- Cleansers and moisturizers
- Anti-oxidants and skin repair

Dr. Kaufmann is a member of the Medical Staff of Princeton HealthCare System.

Health Screenings

WED. May 14 (9:30 a.m. – 12 p.m.)
Mercer County Library System –
Robbinsville Branch
42 Allentown-Robbinsville Road
Robbinsville

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.

FREE Vision Screenings

THU. May 15
THU. June 19
Community Education & Outreach at 731
Alexander Road



By appointment only. Space is limited. Please call 1.888.897.8979.

Half of all blindness is preventable through regular screenings and education, so have your eyes checked today! Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer these free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian. *Se habla español.*

Adult Cooking Classes

Mediterranean Food

THU. May 15 (7 – 8:30 p.m.)

Summer Salads & BBQ Foods

WED. June 18 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center
\$10 per person

Registration limited.

This interactive cooking series will teach adults how to prepare simple, healthy recipes. Each session focuses on a different meal and features a hands-on demonstration led by a registered dietitian.

17th Annual Coast the Coast Bike Tour



SAT. May 17
(7 – 11 a.m.)
Monmouth University
400 Cedar Ave.
West Long Branch

No registration
for blood pressure
screenings.

For information on how to register for the Bike Tour, call 732.660.1005. Princeton HealthCare System will be providing free blood pressure screenings at this annual event to benefit the National Multiple Sclerosis Society's Mid Jersey Chapter.

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

TUE. May 20 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

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, will discuss hair loss causes in women and treatment options available. Dr. Notterman is a member of the Medical Staff of Princeton HealthCare System.



Everyone Aches: Treatment & Prevention of Arthritis

TUE. May 20 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
According to the Centers for Disease Control and Prevention, arthritis is the nation's No. 1 cause of disability. Michael J. Froncek, MD, board certified rheumatologist, will discuss:

- Steps you can take to prevent the onset of arthritis
 - Ways to treat and control arthritis
- A question-and-answer session will follow. Dr. Froncek is a member of the Medical Staff of Princeton HealthCare System.

Emotional Eating: The Connection Between Mood & Food

THU. May 22 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Learn how different types of foods affect your mood by stimulating certain brain chemicals. Understand how your food choices and styles may make you more prone to emotional eating. Learn which foods may make you more hungry, tired and disoriented. A registered dietitian will lead this discussion. *This program is part of the Meredith Maher Peterson Memorial Lecture Series.*

Overcoming Obesity: Surgical Options for Weight-Loss

TUE. May 27 (6:30 – 8 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, such as diabetes, high blood pressure, sleep apnea and infertility. Robert E. Brolin, MD, FACS, board certified bariatric surgeon and former President of the American Society for Bariatric Surgery, and Wai-Yip Chau, MD, board certified bariatric surgeon, will answer your questions about the surgery and will also discuss the laparoscopic banding procedure. University Medical Center at Princeton is a Bariatric Surgery Center of Excellence.

The Bariatric Surgery Center of Excellence Support Group meeting will be held immediately following the lecture. The support group is open to the public. Take this opportunity to speak with Drs. Brolin and Chau, and well as other patients who have had weight-loss surgery.

Senior Health & Fitness Day: Chair Exercise

WED. May 28 (2 – 3:30 p.m.)
Princeton Fitness & Wellness Center
In recognition of Senior Health & Fitness Day, Carol Keyes, PT, Coordinator, Outpatient Rehabilitation, University Medical Center at Princeton, 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 are provided.

Preventing Childhood Obesity

THU. May 29 (7 – 8:30 p.m.)
Mercer County Library – Hickory Corner Branch
138 Hickory Corner Road
East Windsor
A registered dietitian will discuss nutritional information designed to help prevent childhood obesity.

Please Give Blood

You can help to save a life by giving blood at the Blood Donor Program at 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

MEN'S HEALTH SERIES



Blood Pressure Screenings for Men

TUE. June 3 (10 a.m. – 2 p.m.)
Cammops Hardware & Lawn Products
2168 Route 206, Belle Mead

No registration required.
Health professionals from Princeton HealthCare System will provide free blood pressure screenings to area men.



Preventing Illness as We Age

TUE. June 24 (7 – 8 p.m.)
Princeton Fitness & Wellness Center

Robert Platzman, DO, board certified in geriatric medicine and internal medicine, will discuss some common diseases related to aging in men and how to modify your risk factors through simple lifestyle changes, including balancing your diet and exercise. Dr. Platzman is a member of the Medical Staff of Princeton HealthCare System.

Osteoporosis Information Session

TUE. June 3 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Osteoporosis affects more than 8 million American women and is responsible for 1.5 million fractures and \$18 billion in healthcare costs each year. Learn what you can do to prevent osteoporosis and bone loss. Michael J. Froncek, MD, board certified rheumatologist, will discuss the latest advances in the diagnosis and treatment of osteoporosis. Dr. Froncek is a member of the Medical Staff of Princeton HealthCare System.



Sleep & Your Health

WED. June 4 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Join us for this eye-opening discussion of sleep disorders, including snoring, sleep apnea and insomnia. Long- and short-term health consequences and treatment options will also be discussed. Michael Nolloo, MD, Medical Director of University Medical Center at Princeton's Sleep Center, and board certified in sleep medicine, pulmonary medicine, critical care medicine and internal medicine, will lead this discussion. Dr. Nolloo is a member of the Medical Staff of Princeton HealthCare System.

Princeton HealthCare 10K Race and Fun Run: New Name, New Location & New Monetary Prizes

SAT. June 7
Registration: 6:30 a.m.
Race: 8 a.m.
FMC Entrance
Scudders Mill Road and Connector Road, Plainsboro
10K Entry Fee: \$25 (\$2 pre-entry discount for USATF-NJ members); \$30 after May 29, 2008

Fun Run Entry Fee: \$5; or \$15 with T-shirt

Please make checks payable to Princeton HealthCare 10K Race.

Register online at www.active.com
The 10K Race and Fun Run will take place on the grounds of FMC, soon to be the new home of University Medical Center at Princeton. Bring the whole family. The 10K race is a USATF-certified Grand Prix 500 point event. This event is sponsored by The Auxiliary of University Medical Center at Princeton. All proceeds benefit the Maternal-Child Health Program at UMCP.

R.A.D. Women™

MON. June 9 - 30 (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 any woman age 16 and over. Dress in sneakers and comfortable clothing that would be suitable for exercising. No prior experience is necessary.

Surgical Treatment of Low Back Pain

TUE. June 10 (6:30 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road
No one wants to have back surgery, but if all else fails and the pain is intolerable, surgery may be a reasonable option. John D. Tydings, MD, board certified orthopedic surgeon, will discuss the most common causes of low back pain and when surgery is appropriate. Dr. Tydings will discuss different types of surgery, from minimally invasive techniques to more extensive procedures. He will also discuss which surgical approaches are most appropriate for each cause of low back pain. Dr. Tydings is a member of the Medical Staff of Princeton HealthCare System.

Understanding Your Thyroid: Its Impact on How You Look and Feel

TUE. June 10 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor
When it's working properly, your thyroid can make you feel better, look better, and keep you healthy. However, millions of people suffer from thyroid diseases, most of whom are women, who often write their symptoms off as being due to stress and overwork. Ned M. Weiss, MD, board certified endocrinologist, and Jason M. Hollander, MD, board certified endocrinologist, will provide a description of the thyroid gland and its function, as well as common thyroid problems including over- and under-active thyroid, goiter and nodules, plus their causes, symptoms, treatments and common myths. Drs. Weiss and Hollander are members of the Medical Staff of Princeton HealthCare System.

CURRENT PROGRAMS



13th Annual Princeton HealthCare System Golf Outing

MON. June 16 (10:30 a.m. – 8 p.m.)
The Ridge at Back Brook Golf Club
211 Wertsville Road, Ringoes

\$750 per person

Please call 609.252.8705 for more information or to register. This annual VIP golf outing, sponsored by Princeton HealthCare System Foundation and The Bank of Princeton, will take place at this Tom Fazio-designed course in Ringoes. Golfers will have the opportunity to take part in a spectacular golfing experience and win prizes. **Sponsorships are also available.**

New Advances in Headache Management



TUE. June 17
(7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
John W. Vester, MD, board certified in neurology and electrodiagnostic medicine, will

discuss the biological and lifestyle factors that can trigger headaches, plus ways to prevent and treat headaches. Dr. Vester is a member of the Medical Staff of Princeton HealthCare System.

Your Metabolism: How It Can Affect Your Weight-Loss Plan

THU. June 19 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Metabolism lies at the heart of how many calories your body can burn on a given day. Many people interested in losing weight find that they hit a plateau due to their metabolism. A registered dietitian will teach you how to increase your metabolism, burn more calories and lose weight by following an anti-inflammatory “detox diet.”

Safe Sitter

THU. & FRI. June 26 & 27
(9 a.m. – 3 p.m.)
Community Education & Outreach at
731 Alexander Road

\$60 per person

This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. Instruction focuses on handling crises, safe and nurturing childcare techniques, rescue skills and basic first aid. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. Their instructors thrive on making a difference in the lives of adolescents and children in their care.

Instruction includes:

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

Sitters should bring their own lunch.

CHILD BIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for two 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.



Baby Care

THU. May 1 (7 – 9:30 p.m.)
WED. May 21 (7 – 9:30 p.m.)
THU. June 12 (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.

CHILDBIRTH & FAMILY

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Sleep Success: Better Sleep for You and Your Child

THU. May 1 (7 – 8 p.m.)

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

Karen Davison, RN, a Health Educator with Princeton HealthCare System, will discuss ways to ease the transition to bedtime for both you and your child.

Prenatal Exercise

MON. & WED. May 5 – June 18
(7 – 8 p.m.)

No class May 26 and 28.

Community Education & Outreach at
731 Alexander Road

\$165 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.

Postpartum Exercise

MON. & THU. May 5 – June 20
(10:30 – 11:30 a.m.)

No class on Thursdays, May 15 and June 19. Class will be held on Fridays, May 16 and June 20, instead.

No class May 26 and 29.

Community Education & Outreach at
731 Alexander Road

\$125 per person

This 12-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.

Car Seat Safety Check

WED. May 7 (11 a.m. – 1 p.m.)
Mercer County Library System –
Hopewell Branch

245 Pennington-Titusville Road
Pennington

SAT. May 10 (10 a.m. – 1 p.m.)

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

FRI. June 13 (1 – 3 p.m.)

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

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.



Maternity Tour

SAT. May 10
(1 – 2 p.m. or 2:30 – 3:30 p.m.)

SAT. May 31
(1 – 2 p.m. or 2:30 – 3:30 p.m.)

SAT. June 14
(1 – 2 p.m. or 2:30 – 3:30 p.m.)

SAT. June 28
(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. May 10

SAT. May 31

SAT. June 14

SAT. June 28

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 4 and under (10:15 – 11:15 a.m.), and 5 and older (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.

Childhood Immunizations

MON. May 12 (7 – 8 p.m.)

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

Learn about the recommended schedule for immunizing your child from Karen Davison, RN, Health Educator, Princeton HealthCare System.



Prenatal Breastfeeding Class

MON. May 12 (7 – 9:30 p.m.)

WED. May 21 (7 – 9:30 p.m.)

WED. June 4 (7 – 9:30 p.m.)

THU. June 26 (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.

CHILDBIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for two 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.

Optimal Diet for Conception

TUE. May 13 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
A registered dietitian 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.

Postpartum Infant Massage

MON. May 19 (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 about the principles of infant massage with your baby. This class is designed for moms and babies, and involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. To help ensure safety, please test the sunflower oil on your child for allergies before coming to class. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.



Prenatal Yoga

THU. May 22 – July 24 (7 – 8:15 p.m.)
No class June 12 and July 3.
Princeton Fitness & Wellness Center

\$165 per person

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a healthcare professional is required. Please bring a yoga mat or towel, two pillows or cushions, and a yoga tie or regular tie for stretching. This class is taught by a certified prenatal yoga instructor.

Postpartum Yoga

FRI. May 23 – July 25 (10 – 11:15 a.m.)
No class June 13 and July 4.
Princeton Fitness & Wellness Center

\$165 per person

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies. Breathing, relaxation and meditation techniques will be integrated. No previous yoga experience is necessary; however, medical clearance from a healthcare provider is required. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching.

Fall in Love When You Bring Your Baby Home

FRI. May 30 (7 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road



Princeton HealthCare System is pleased to welcome back Sharon H. Press, PhD, Gottman-trained couples

counselor and family, child and adolescent psychologist, and Phyllis P. Marganoff, EdD, a family psychologist and Certified Gottman Educator, to lead this two-hour program. Drs. Press and Marganoff will introduce couples to research-based techniques that can be used to strengthen their relationship as they make the transition to parenthood. Based on the techniques in John and Julie Gottman's *And Baby Makes Three*, these strategies are designed for pregnant and parenting couples with children up to 3 years of age.

Intro to Baby Sign

WED. June 4 (7 – 8 p.m.)
Babies "R" Us – West Windsor
Nassau Park Boulevard
West Windsor

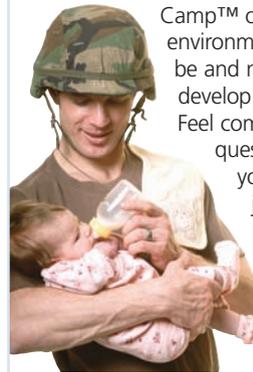
Communicating with your baby can be challenging, but teaching your child to sign will allow him or her to communicate with you long before he or she can speak. This class will teach you the basics of baby sign and is taught by Bree Powell, MSW, LCSW.

Daddy Boot Camp™

SAT. June 7 (9 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road

\$25 per person

This "men only" course is designed for fathers-to-be to gain knowledge in parenting skills 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.



For more information, please see article on page 2.

Intro to Infant Massage

MON. June 9 (7 – 8 p.m.)
Baby Depot
East Windsor Town Center
370 Route 130 South
East Windsor

This class introduces participants to some of the many benefits of infant massage and involves an in-class demonstration of massage techniques for caregivers and babies by Karen Davison, RN, a Health Educator with Princeton HealthCare System. No massages will be given. Demonstration only.

Baby Sign

TUE. June 24 (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. The entire family is encouraged to attend. You can begin baby sign at any age, but a good time to start is when your child is between 6 months and 7 months old.

CHILDBIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for two 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.

Bright Beginnings (birth to 6 months)

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

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

This informative, relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new moms, 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.



Car Seat Safety Checks

Call **1.888.897.8979** for an appointment and locations
Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date.

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

FRI. May 2 - 23 (7 – 9 p.m.)
THU. May 15 – June 5 (7 – 9 p.m.)
TUE. May 27 – June 17 (7 – 9 p.m.)
WED. June 11 – July 2 (7 – 9 p.m.)
MON. June 23 – July 14 (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, medical interventions, and comfort measures to promote a positive birth experience.

HypnoBirthing®

THU. May 15 – June 12
(7 – 9:30 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.

Review of Birthing Basics

FRI. May 16 (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.

Accelerated Birthing Basics

SAT. May 17 (9 a.m. – 5 p.m.)
Single-day program
SAT. & SUN. June 7 & 8
(9 a.m. – 1 p.m.) Two-day program

SAT. June 28 (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.

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. May 8 (6 – 10:30 p.m.)
TUE. June 3 (6 – 10:30 p.m.)
Community Education & Outreach at
731 Alexander Road

TUE. May 20 (6 – 10:30 p.m.)
MON. June 23 (9 a.m. – 1:30 p.m.)
University Medical Center at Princeton

TUE. May 13 (9 a.m. – 1:30 p.m.)
MON. June 9 (9 a.m. – 1:30 p.m.)
Princeton Fitness & Wellness Center

\$65 per person

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

Family & Friends CPR – Infant

SAT. May 10 (9:30 a.m. – 11:30 a.m.)
Princeton Fitness & Wellness Center

SAT. June 21 (9:30 a.m. – 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.

Pet First Aid

FRI. May 9 (6 – 9:30 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.



Heartsaver First Aid – Pediatric

SAT. May 10 (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.

Heartsaver AED

MON. May 12 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$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.

Family & Friends CPR – Adult & Child

SAT. June 14 (9:30 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$25 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. June 14 (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.

BLS for Healthcare Providers – Renewal Challenge

WED. June 25
(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 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/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.

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

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

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

Stroke Update

WED. May 21 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

Registration required.

EMTs are invited to learn about stroke care at a workshop hosted by the Emergency Department at University Medical Center at Princeton and Princeton HealthCare System Community Education & Outreach Program.

Join us to learn more about:

- Different types of stroke
- Neurological assessment
- Pre-hospital, emergency and inpatient care
- UMCP stroke policy and care

The workshop will be led by Paul K. Kaiser, MD, board certified in clinical neurophysiology and neurology and Medical Director of University Medical Center at Princeton's Stroke Program. Dinner will be served. Continuing Education Units will be available to participants, pending approval from the New Jersey Department of Health and Senior Services, Office of Emergency Medical Services.

EMT Core 13

THU. - SUN. June 19 – 22
Participants must attend all four sessions.
June 19 & 20 (7 – 11 p.m.)
June 21 & 22 (9 a.m. – 5 p.m.)
Princeton Fitness & Wellness Center



Registration required.

\$100 per person. Free for EMTs with a training fund certificate. Checks should be made payable to First Response Training.

The EMT Core class is a refresher training program that follows the guidelines of the National Standard Curriculum. Core lessons include:

- Preparation
- Patient Assessment
- Medical/Behavioral Emergencies
- Trauma
- Obstetrics, Infants and Children

This class will be led by instructors from First Response Training and has been approved for 24 CEUs.

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.



Skin Cancer Screening & Information Session

THU. May 15 (6 – 8 p.m.)
University Medical Center at Princeton's Outpatient Clinic
Medical Arts Building, Suite B
253 Witherspoon Street, Princeton

Appointment required.

Outdoor summer activities increase our exposure to the sun and our risk of skin cancer. In recognizing the importance of early detection and prevention of skin cancer, University Medical Center at Princeton is pleased to offer a free skin cancer screening and information session. Board certified dermatologists on staff at Princeton HealthCare System will provide head-to-toe skin assessments along with personalized recommendations for skin care. Educational information and a question-and-answer session will follow.

Cervical Cancer Prevention: What You Need to Know About HPV

TUE. May 20 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road
Kenneth H. Ung, MD, FACOG, board certified OB/GYN, will discuss facts every woman should know about HPV (human papillomavirus) and cervical cancer, including:

- The new PAP smear and HPV testing
- Prevention and treatment of HPV
- Effectiveness of the HPV vaccine

Dr. Ung is a member of the Medical Staff of Princeton HealthCare System.

Cancer Support Group

TUE. May 20 (1:30 – 3 p.m.)
TUE. June 17 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township
WED. May 28 (6 – 7:30 p.m.)
WED. June 25 (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

This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, Cancer Care of New Jersey. Light refreshments will be provided.

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 Support Group

WED. May 28 (6 – 7:30 p.m.)
WED. June 25 (6 – 7:30 p.m.)
Princeton Fitness & Wellness Center

No registration required.

This support group 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 May, Myron Pawliw, MD, board certified OB/GYN, will discuss the impact of prostate cancer on sexual intimacy. June's meeting will be an open discussion, facilitated by Lois Glasser, LCSW, Oncology Social Worker, Cancer Care of New Jersey. Lunch will be provided.

American Cancer Society's Run for Dad

SUN. June 15 (9 a.m.)
Mercer County Park
Hughes Drive, West Windsor

For information, call 1.800.ACS.2345. Princeton HealthCare System is a proud sponsor of this annual event, supporting prostate cancer awareness and research.



SUPPORT GROUPS



UNITE – Perinatal Loss Bereavement Group

MON. May 5 (7 – 9 p.m.)
MON. June 2 (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

WED. May 21 (2:30 – 4 p.m.)
WED. June 18 (2:30 – 4 p.m.)
Monroe Township Senior Center, One Municipal Plaza, Monroe Township

MON. June 23 (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.

Better Breathers Support Club

WED. May 28 (2 – 3 p.m.)
WED. June 25 (2 – 3 p.m.)
Stonebridge at Montgomery Small Auditorium
100 Hollinshead Spring Road Skillman

Please call 609.759.3640 to register. University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program and the American Lung Association of New Jersey present the Better Breathers Support Club for individuals with chronic lung disease. The meetings will be facilitated by a health professional from University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Department. All members of the community are invited to attend.

MONROE TOWNSHIP EVENTS FOR SENIORS

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

Medical Detective Theatre: Can You Guess the Diagnosis?

WED. May 14 (10 a.m. – 12 p.m.)
WED. June 4 (10 a.m. – 12 p.m.)
WED. June 25 (10 a.m. – 12 p.m.)
Rossmoor Active Adult Community
Rossmoor Ballroom
2 Rossmoor Drive, Monroe

To register, call 609.655.3232.

This series, cosponsored by Princeton HealthCare System, Rossmoor Community Association Inc., and the Rossmoor Players, involves interactive sessions with Princeton HealthCare System physicians. Patients, played by members of the Rossmoor Players, will describe their symptoms and participants will have the opportunity to guess the diagnosis. The guest physician will offer his or her diagnosis, as well as treatment options and expectations for recovery. The May 14 event features Chirag Shah, DO, a specialist in cardiovascular disease. The June 4 event features Vadim M. Finkelstein, board certified in nephrology and internal medicine. The June 25 event features Erinn E. Beagin, MD, board certified in geriatric medicine and internal medicine. Refreshments will be provided.

MONROE TOWNSHIP EVENTS FOR SENIORS

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

When to Call 9-1-1

FRI. May 23 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Please call 732.521.6111 after
April 23 to register.

Do you know when to call 9-1-1?
Barbara Vaning, BA, CPCE, EMT, Program
Assistant with PHCS' Community Education
& Outreach Program, will discuss when it is appropriate
to call 9-1-1 and what happens after you call, from the
moment you hang up the phone through your visit to the
Emergency Department.



Ask the Doctor Day

WED. June 11 (6 – 8 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Please call 732.521.6111 after May 11 to register.

Is memory loss a normal part of aging? What does "total cholesterol" actually mean? Am I a candidate for cardiac rehab? What is GERD? Am I using my medications correctly? If you have medical questions like these, join us for Ask the Doctor Day. Participating health professionals from Princeton HealthCare System include:

- Jerry Bagel, MD, board certified dermatologist
- Seema Basi, MD, board certified nephrologist
- Erinn E. Beagin, MD, board certified in geriatric medicine and internal medicine
- Vadim A. Finkielstein, MD, board certified nephrologist
- Deborah Himel, ScD, board certified audiologist
- Chirag H. Shah, DO, board certified cardiologist
- Joseph P. Shovlin, MD, board certified ophthalmologist
- And more!

Free health screenings will also be available:

- Blood pressure
- Cholesterol
- Diabetic eye screening
- Glaucoma and cataract
- Glucose
- Hearing

Refreshments and door prizes will be provided.

Medication & Women's Health

FRI. June 6 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Please call 732.521.6111 after May 6 to register.

Connie Pfeiffer, PharmD, BCPS, BCOP, a clinical pharmacist at University Medical Center at Princeton, board certified in pharmacotherapy and oncology, will discuss medication and common women's health issues, including cardiovascular disease, osteoporosis, menopause, overactive bladder, general health and preventive medicine.

WEST WINDSOR TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in West Windsor Township. To register, please contact the West Windsor Senior Center at 609.799.9068.

Health Screenings

FRI. June 27 (1 – 2:30 p.m.)
West Windsor Senior Center, 271 Clarksville Road, Princeton Junction

To register, please call 609.799.9068.

Health professionals from Princeton HealthCare System will provide free glucose and cholesterol screenings. Plus, participants will have the opportunity to discuss their results with Erinn E. Beagin, MD, board certified in geriatric medicine and internal medicine. Dr. Beagin is a member of the Medical Staff of Princeton HealthCare System.



SAVE THESE DATES

Look for even more details about these exciting programs in the next issue of Community Focus.



r.a.d.KIDS™

July 28 – August 1

This national program is designed to provide children with practical skills to recognize, avoid, and, if necessary, escape violence and abuse.

Men's Health Series

This series focusing on men's health issues continues.

Blood Pressure Screenings

July 18

Weight Lifting 101

August 6

Healthy Eating for Lean Muscle

August 11

Is It Just a Headache or Something More Serious?

Chances are you or someone you know will experience a headache today. According to the National Headache Foundation (NHF), nearly 90 percent of the U.S. population suffers from the condition at one time or another, and a recent NHF study revealed that 94 percent of sufferers have missed family or social events, and 87 percent have lost time at work, as a result of a headache.

“While headaches are relatively common occurrences, for some people the condition can be infrequent and manageable and for others it can be debilitating,” says Paul K. Kaiser, MD, board certified neurologist and Chief of Neurology at University Medical Center at Princeton, as well as Medical Director of UMCP’s Stroke Program. “But regardless of the frequency and the intensity, headache is a real neurological condition, and it is treatable.”

Getting Help for Headache Pain

According to Dr. Kaiser, the decision to seek medical attention for headaches should be based on:

- how recurring headaches impact your life;
- whether a headache is different or more severe than usual, comes on suddenly, gets worse or does not respond to your regular treatment; or
- whether a headache strikes someone who has not experienced headaches before.

An occasional tension or sinus headache can easily be treated with over-the-counter pain relief medication, while people suffering from migraines or recurring headaches of any kind often find relief once they seek medical attention.

“It’s common, even among people who suffer with debilitating headaches, to think ‘it’s just a headache; you don’t go to the doctor for a headache,’ when, in fact, if you have more than an occasional headache that affects your quality of life there may be something available to help, especially if you get frequent migraines,” explains Dr. Kaiser. “Of course if you experience a sudden-onset headache that is unusual in nature, or feels like the worst headache of your life, you should certainly seek medical

attention to rule out an aneurysm, meningitis and other serious medical conditions.”

The first step in medical treatment for headaches is a visit to your doctor or neurologist to discuss your symptoms. Depending on the cause of the headaches, medications can often resolve, or at least reduce, the frequency and severity of the condition. In some cases, your doctor may suggest that you undergo a CT scan or MRI, diagnostic tests that are performed at University Medical Center at Princeton.

Don’t Miss Out on Life Any Longer

Once the type and possible cause of your headaches have been determined, proper treatment can begin, which may include appropriate medications, relaxation techniques, or changes in diet and habits. UMCP’s Pain Management Program regularly works with headache sufferers and their neurologists and physicians to develop individualized treatment plans to help alleviate chronic headache pain.

“With the options that are available today, no one should be missing out on time with family, friends or life in general because they suffer from headaches,” says Dr. Kaiser. “If headaches are impacting your life, it is worth evaluating.”

For assistance finding a neurologist on staff with Princeton HealthCare System, or for more information on UMCP’s Pain Management Program or outpatient radiology services, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**. Learn more about “New Advances in Headache Management” at an upcoming PHCS seminar; see page 13 for details.

UMCP’s Stroke Center Celebrates American Stroke Month

As the nation recognizes American Stroke Month in May, representatives from Princeton HealthCare System are sponsoring events geared to help raise awareness and reduce risk of stroke.

University Medical Center at Princeton is committed to this goal, having been recognized by the N.J. Department of Health and Senior Services as a Primary Stroke Center, based on UMCP’s advanced capabilities and protocols for the rapid and effective treatment of stroke patients. One of the first hospitals statewide to earn this designation, UMCP offers a Stroke Program that encompasses

everything from care in the Emergency Department through rehabilitation in the Acute Rehabilitation Unit and homecare services. Because stroke care does not end in the hospital, UMCP’s comprehensive approach to treatment includes outpatient rehabilitation, homecare, medical equipment and a medically based fitness center.

See page 9 of this issue for details on American Stroke Month events. For more information about UMCP’s Stroke Program, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Heartburn Could Signal a More Serious Condition: Endoscopy Is the Most Reliable Way to Diagnose Disease

After coffee, a meal or a rich dessert, you feel a burning sensation deep in your chest. You lie down, hoping that helps, and taste bitter liquid in the back of your throat. You have heartburn.

It's normal to experience heartburn on occasion, especially after overeating. In fact, an estimated 60 million Americans suffer from heartburn at least once a month, according to the American Gastroenterological Association. But it is important to know the difference between a "normal" case of heartburn and something more serious.

"Heartburn becomes a concern when a person is having symptoms more than once or twice a week," says Jonathan R. Sachs, MD, Medical Director of Princeton Endoscopy Center, a joint venture between University Medical Center at Princeton, Princeton Gastroenterology Associates and Surgical Health Group. "If you are having frequent heartburn, it could be a sign of something more serious."

Heartburn is the most common symptom of gastroesophageal reflux disease (GERD). In people with GERD, the valve that keeps the contents of the stomach out of the esophagus, the lower esophageal sphincter (or LES), doesn't close adequately or relaxes at the wrong times. This allows digestive juices to flow backwards up the esophagus. Stomach acid irritates the esophagus, resulting in heartburn.

More Than Just Discomfort

In more mild cases, GERD can be managed with lifestyle changes such as weight loss and avoiding alcohol, caffeine, nicotine and other substances known to relax the LES and trigger heartburn. GERD is also effectively treated with over-the-counter and prescription medications that neutralize stomach acid or block the production of stomach acid.

However, people with more severe or prolonged GERD can sustain damage to the esophagus caused by repeated exposure to stomach acid.

"It's fairly easy for patients to feel better with many of the medications available," Dr. Sachs says. "But even though they feel better, there may be underlying injury that needs to be detected."

The most reliable way to determine whether the esophagus has been injured is a procedure known as endoscopy. During



endoscopy, a slender, flexible tube carrying a light and video camera is passed down the throat and into the esophagus. The patient, who is briefly sedated, should feel nothing during the 10-minute procedure.

Barrett's Esophagus

Using images provided by endoscopy, a gastroenterologist can inspect the esophagus for inflammation (called esophagitis) and complications such as bleeding, narrowing of the esophagus (stricture), and a condition called Barrett's esophagus. Untreated esophagitis can lead to an esophageal stricture, which can make swallowing

difficult. Barrett's occurs when repeated irritation by stomach acid causes a change in the cells that line the esophagus. Barrett's increases the risk of cancer of the esophagus if the condition is untreated.

"Endoscopy is especially recommended for patients who have been taking medication over an extended period or who have persisting or recurring heartburn," Dr. Sachs says. "By learning the extent of damage to the esophagus, we can determine whether a patient is taking the correct medication, correct dose or even whether he or she needs to continue drug therapy at all."

In the case of Barrett's, a patient may need to continue drug therapy indefinitely and be closely monitored for the rest of his or her life, Dr. Sachs says.

Endoscopy is best performed by a board certified gastroenterologist in a specialized center such as Princeton Endoscopy Center, located at 731 Alexander Road, or University Medical Center at Princeton's Endoscopy Suite, housed on the third floor of the hospital. Both facilities employ state-of-the-art imaging equipment and are staffed by a team of highly trained nurses and support staff dedicated to patient safety.

For more information, or for assistance finding a gastroenterologist on staff with Princeton HealthCare System, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Improved Technology Identifying Thyroid Problems Earlier

It may start with a cough that just won't go away. Perhaps you have noticed a change in your voice, or have been feeling exhausted and don't know why. All these signs could point to a problem with your thyroid – and with today's advanced technology, these issues are becoming easier to spot, and begin treatment for.

Part of the endocrine system, the thyroid gland, located in the neck, produces hormones regulating a person's growth and metabolism.

In the past year, University Medical Center at Princeton has seen the number of thyroid scans conducted by its Nuclear Medicine Services Department nearly double, resulting in UMCP successfully identifying, biopsying and, when necessary, treating potentially cancerous nodules earlier.

But while this increase in the detection of potentially cancerous lumps or nodules may sound frightening, the rise in numbers is actually a good thing, says Robert B. Berger, MD, board certified in nuclear radiology and radiology and a member of Princeton HealthCare System's Medical Staff (*pictured above*).

"Today, more people are getting ultrasounds of the carotid artery, MRIs of the cervical spine and CT scans of the back starting at the neck, and with improvements in technology the thyroid also happens to be shown in very good detail. When suspect nodules are spotted, the patients are being directed to us for evaluation," Dr. Berger explains.

Thyroid Problems on the Rise

While thyroid cancer is generally one of the least deadly forms of cancer, in recent years the National Cancer Institute has reported a significant increase in the number of new cases. Last year alone, 33,550 new diagnoses were expected, mainly among women between the ages of 20 and 55.

"When it comes to thyroid problems such as nodules," says Jason M. Hollander, MD, an endocrinologist on the Medical Staff of Princeton HealthCare System, "our goal is to begin by ruling out cancer. Once an abnormality has been detected, or a patient exhibits signs of a thyroid problem, we thoroughly evaluate their condition."

Possible signs of thyroid cancer or nodules can include a lump or swelling in the neck, pain in the front of the neck, difficulty swallowing or breathing, extended hoarseness or change in voice, and a protracted cough. Other thyroid conditions can produce symptoms ranging from unexplained exhaustion or



overstimulation to unexplained weight loss or rapid weight gain.

Identifying a Range of Thyroid Problems

Thyroid abnormalities, such as cancerous and non-cancerous nodules, hyperthyroidism (which can result in weight loss) and hypothyroidism (which can result in weight gain), are evaluated using a range of tests, including nuclear medicine scans. Performed at a limited number of specialized labs, thyroid nuclear medicine scans involve a small amount of radioactive iodine being

swallowed in pill form or injected into a vein. The iodine is absorbed by the thyroid and a special camera is then used to measure its distribution in and around the thyroid gland.

"As one of a select few labs in the region that provides complete diagnostic service by not only doing nuclear medicine scans but also having the same doctors handle the biopsies, UMCP tends to get a lot of referrals from other hospitals," notes Dr. Berger.

UMCP's Nuclear Medicine Services Department also holds the distinction of being the only facility in the region to receive a prestigious three-year accreditation from the American College of Radiology for all three modes of imaging: general nuclear medicine, CT scans and nuclear cardiology imaging. In addition to thyroid scans, UMCP's nuclear medicine lab is equipped with state-of-the-art technology to perform bone, gallbladder, gastric emptying and lung scans, as well as nuclear cardiac stress testing.

University Medical Center at Princeton is 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 (CoC). Only one in four hospitals nationwide achieves CoC approval.

For more information on UMCP's Nuclear Medicine Services or to find an endocrinologist on staff with Princeton HealthCare System, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**. Learn more about thyroid issues at a June 10 PHCS seminar, "Understanding Your Thyroid: Its Impact on How You Look and Feel"; see page 12 for details.

Free Vision Care Service Earns State Honors as Model Program

Princeton HealthCare System has received a statewide Community Outreach Award for a program that provides vision care services for medically underserved people in Mercer County.

PHCS' "Community Vision Services Outreach Program" was recognized by the Health Research and Educational Trust of New Jersey (HRET), an affiliate of the New Jersey Hospital Association (NJHA), as one of the state's model programs for providing health services to medically underserved populations.

The award was presented Friday, February 29, at the NJHA's annual meeting at the Hyatt Regency in Princeton.

PHCS identified a serious need for vision care among the county's underserved minority groups. A PHCS survey conducted as part of its *Feria de la Salud*, an annual health fair focusing on the needs of the Latino community, found that vision care and flu shots were the services most in demand.

Based on those findings, PHCS' Community Education & Outreach Program forged a coalition with groups including the New Jersey Commission for the Blind & Visually Impaired – Project Prevention Unit, the Give the Gift of Sight Foundation and the Latin American Task Force to provide free eye exams and eyeglasses to people in need.



Through this effort, a total of 724 people were screened and 289 pairs of glasses were distributed from 2006 through 2007. Additionally, 20 people were referred for further medical care for possible glaucoma.

As a result of this program, the New Jersey Commission for the Blind and Visually Impaired has designated University Medical Center at Princeton as its only "fixed site" in Mercer County, where people served by the commission can be referred for follow-up care and other services.

This was PHCS' second consecutive HRET award. It was previously recognized by HRET for a program to improve access and quality of care for uninsured, underinsured and minority groups in Hightstown.

See page 10 of this issue to learn more about upcoming screening dates. For further information about the Community Vision Services Outreach Program and future vision screenings, contact the Community Education & Outreach Program at **1.888.897.8979**.

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



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