



healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | NOVEMBER/DECEMBER 2009



Princeton HealthCare System

Redefining Care.

■ University Medical Center at Princeton
■ Princeton House Behavioral Health
■ Princeton Rehabilitation Services
■ Merwick Care Center

■ Princeton Home Care Services
■ University Medical Center at Princeton Surgical Center
■ Princeton Fitness & Wellness Center
■ Princeton HealthCare System Foundation

Special Deliveries:
Neonatal Care at UMCP
Enhanced through
Partnership with The
Children's Hospital of
Philadelphia

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

Health Focus, published six times each
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dedicated to providing you with the latest
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Surgical and Post-Op Advances: Blocking Out Pain with Advanced Regional Nerve Block Techniques

Using sophisticated ultrasound imaging,
anesthesiologists are able to deliver
precise dosages of pain-numbing
medicine, often avoiding the need for
general anesthesia during surgery and
effectively managing post-surgical pain.

After battling recurrent breast cancer for
more than eight years, Shirley Colabella
of Plainsboro thought for sure that the
excruciating pain in her shoulder was the
result of her cancer. When she found out
that it was due to a torn rotator cuff, she was
relieved, yet worried that she would have to
endure the pain for the rest of her life.

"It was awful," remembers Colabella.
"I hoped that surgery would help, but knew
that I couldn't have general anesthesia due
to the tumors in my lungs."

Colabella was right. The use of a breathing
tube wasn't an option, but fortunately,
her anesthesiologist did offer a solution:
Regional nerve blocking.

Regional nerve blocks, which can be used
in a variety of surgeries but are especially
useful in orthopedic procedures, numb the
area of the body where the nerves connect
to the surgical site. By way of an injection
or a catheter for continuous infusion, the
procedure completely blocks the pain while
making it possible for many patients to
receive sedation, rather than traditional
general anesthesia.

"Shirley was the perfect candidate for a
nerve block," explains Bridget Ruscito,
MD, (*pictured, above left*) attending
anesthesiologist at University Medical Center
at Princeton (UMCP). "And the ultrasound
guidance enabled me to accurately inject and
numb the area."

UMCP is one of the hospitals leading the
way in the combined use of state-of-the-art
ultrasound imaging with regional nerve
blocks, Dr. Ruscito notes.



No Pain, A Lot of Gain

Alexander Wolfson,
MD, (*pictured, above right*)
board certified anesthesiologist on staff
at UMCP, says the nerve blocks can provide
continuous pain relief for several days
without any systemic effect (that is, adverse
reactions that affect the body generally).

"Patients are excited that they won't have
pain and that, in most cases, they will only
need a little sedation," says Dr. Wolfson.

Barbara Dunn of Hillsborough was
truly excited to know that the nerve
blocks would help her avoid the use
of pain narcotics associated with her
knee replacement surgery.

"I am highly allergic to many pain
medicines, so managing my pain was a huge
issue," explains Dunn. "I had continuous
blocking for three days (before, during and
after surgery) with no negative side effects."

Drs. Ruscito and Wolfson are called on more
and more to perform regional nerve blocking.

"These blocks have a very good track record
of safety and have made a huge difference for
many patients," says Dr. Ruscito.

Speak with your surgeon to discuss the
possibility of regional nerve blocks for
an upcoming procedure. To find a surgeon
affiliated with Princeton HealthCare System,
call 1.888.PHCS4YOU (1.888.742.7496) or
visit www.princetonhcs.org.

Special Deliveries:

Neonatal Care at UMCP Enhanced through CHOP Partnership

Recognized as one of the leading pediatric and research facilities in the world, The Children's Hospital of Philadelphia (CHOP) has recently joined forces with the University Medical Center at Princeton (UMCP). Through this new partnership, the formidable skills and experience of two top-rated hospitals combine to provide around-the-clock, world-class pediatric care.

UMCP's Level II Special Care Nursery cares for premature babies who are delivered at 32 weeks and later, as well as full-term babies who may have respiratory complications or infections. On site 24 hours a day, seven days a week, CHOP's board certified neonatologists Carrie Hufnal-Miller, MD, Medical Director of Neonatology; Anthony Marino, MD; and Bridget Mihalyfi, MD, are ready to assist in high-risk deliveries, respond to a newborn emergency, and answer the questions of concerned parents.

"This new partnership ensures that infants can receive exceptional care right here close to home," says Dr. Hufnal-Miller. "As CHOP Newborn Care at UMCP, we have assembled a team of highly qualified specialists with a long history of providing outstanding care for newborns in need of specialized care. Parents who choose UMCP have the added peace of mind of knowing that a CHOP specialist is always available to care for their babies."

Exceptional Care for Babies with Special Needs

With board certified neonatologists from CHOP, state-of-the-art technology, certified neonatal nurses, therapists and other pediatric health professionals, UMCP is firmly positioned to provide newborns who are born prematurely or with a complication with exceptional treatment to help them get a healthy start in life.

"We have been providing excellent newborn care for two decades, and for each of the past four years have been ranked in the top 5% of the nation for maternity-related services.* This new partnership with CHOP supports and enhances our mission of delivering critical neonatal services that are in the best interest of all our babies," says Dr. Marino.



Through the CHOP/UMCP Pediatric Inpatient, Emergency and Newborn Care partnership, which began in July, access to CHOP specialists is available in UMCP's Level II Special Care Nursery, as well as through consultations in UMCP's Emergency Department, and on an inpatient basis, with care accessible around-the-clock from CHOP pediatric hospitalists.

We have been providing excellent newborn care for two decades. This new partnership supports and enhances our mission.

In addition, the UMCP/CHOP partnership ensures that the highly skilled clinical team of board certified physicians and nurses remains at the forefront of neonatal and pediatric care by participating in CHOP's top-notch clinical education programs addressing the latest medical advances and breakthroughs.

For more information about CHOP Newborn Care at University Medical Center at Princeton, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.umcpchop.org.

* Ratings by HealthGrades®, which include maternal-child health and neonatology, 2006/2007, 2007/2008, 2008/2009, 2009/2010. UMCP received HealthGrades' Maternity Care Excellence Award™ during those years.

Pictured on the cover: Our thanks to Yelena Yefimov of Holland, Pa., and her son Max, for posing with our board certified neonatologists in UMCP's Level II Special Care Nursery. Specialists with CHOP Newborn Care at UMCP who are pictured (left to right) are Carrie Hufnal-Miller, MD, Medical Director of Neonatology; Anthony Marino, MD; and Bridget Mihalyfi, MD. Max, who was born August 11, 2009, at UMCP, was a guest in the Well Baby Nursery.

Pictured above: Lara Pinto, RN, a registered nurse in University Medical Center at Princeton's Special Care Nursery.

Overcoming Dizzy Spells: UMCP Hamilton Site Offers New Therapy

The UMCP Outpatient Rehabilitation Network site at Hamilton recently introduced a new therapy program to help patients suffering from debilitating bouts of dizziness.

The Vestibular and Balance Program uses specialized exercises and therapy techniques to help eliminate dizzy spells and improve balance. It can help patients with dizziness resulting from conditions including stroke, head trauma and a common condition called benign paroxysmal positional vertigo, or BPPV.

"Life can become a challenge when everyday minor activities such as bending or turning suddenly cause motion sensitivity, nausea and instability," says Linda A. Lucuski, MPT, Certified Vestibular Rehabilitation Specialist and Rehab Coordinator at the Hamilton site. "Vestibular rehabilitation can help an individual decrease his or her symptoms and return to a life of improved function and independence."

What Is BPPV?

Dizziness is usually described as lightheadedness, unsteadiness or feeling as if you are about to fall. Vertigo is the sensation that the world around you is spinning.

Both are often caused by an abnormality in the vestibular system, which helps keep track of where we are in space. It includes tiny, loop-shaped structures in the inner ear called semicircular canals. BPPV, the most common type of vertigo, causes brief spells that often arise when a person moves his or her head.

BPPV occurs when calcium carbonate crystals in the ear that make us sensitive to movement become dislodged and move into the semicircular canals. The cause is often unknown, but it can be due to infection, head trauma or simply the effects of aging.

"Fortunately, BPPV is usually very easy to treat," Lucuski says. "Using a specialized technique called the Epley

maneuver, we can maneuver the head in a way that repositions the crystals back to where they belong."

Other Causes of Dizziness

Dizzy spells can also result from conditions such as stroke, migraines, osteoarthritis of the neck, multiple sclerosis, meningitis, and other neurological disorders. Therapists from the Vestibular and Balance Program conduct a comprehensive evaluation that includes specialized testing of dizziness, vertigo, balance and visual function.

Treatment may include traditional physical therapy techniques, as well as balance and gait training, the Epley maneuver, visual tracking exercises, and instruction in activities of daily living. The therapist may also use habituation activities—repeating positions and situations that cause dizziness to help eliminate symptoms.

In the case of BPPV, it's possible for an individual to feel better following one treatment with the Epley maneuver and experience improved balance in anywhere from one to three months, Lucuski says.

"Dizziness can be an alarming and uncomfortable problem, but it isn't necessary to live with it. Today there are very effective therapies to help patients overcome these issues," she says.

For more information about UMCP's Outpatient Rehabilitation Network and vestibular rehabilitation services at the Hamilton site, located in the Hamilton Area YMCA John K. Rafferty Branch, call **1.888.PHCS4YOU (1.888.742.7496)**.

FIGHT THE FLU

At press time, state, federal and international health organizations are continuing to carefully track the progress of Influenza A (H1N1) (swine flu). Because the situation continues to evolve, Princeton HealthCare System has posted information for you online. Please visit www.princetonhcs.org/fluinfo for links to up-to-date information on how to protect yourself and your loved ones from this virus.

To prevent the spread of the flu, the U.S. Department of Health and Human Services advises individuals to **wash their hands thoroughly with soap and water on a regular basis, cover their nose and mouth with a tissue when they cough or sneeze, and avoid touching their eyes, nose or mouth to keep from spreading germs. If you develop any symptoms of influenza-like illness, the Department of Health encourages you to stay home, follow your doctor's orders, and watch for signs that would require immediate medical attention.**

Additional information is available from:

- Centers for Disease Control and Prevention at www.cdc.gov/h1n1flu
- U.S. Department of Health and Human Services at www.flu.gov
- N.J. Department of Health and Senior Services at www.state.nj.us/health/flu/h1n1.shtml



Dementia... or Depression?

If an older loved one has been exhibiting behavioral changes recently, it doesn't necessarily mean he or she is in the early stages of dementia. Instead, you should consider the possibility that depression is the cause.

While no simple test will distinguish dementia from depression, certain behavioral clues can make a diagnosis easier, notes George Wilson, MD, a board certified psychiatrist with Princeton House Behavioral Health (*see table to the right*).

Spotting Key Differences

Overall, attitude consistently offers the most telling clues in distinguishing between the two conditions, according to Dr. Wilson.

"A depressed person will tell you that they can't do something and may apologize for the failure," says Dr. Wilson. "Someone with dementia will show no concern, or will deny or justify their failures if confronted. They will swear they paid that bill and place the blame elsewhere, or casually comment that they always had trouble remembering where they put their keys."

DEPRESSION

- Negativity
- Feelings of hopelessness
- Guilt
- Low self-esteem
- Speaks slowly and with little emotion
- Knows whom they're speaking with, where they are and what day it is
- Apologetic

DEMENIA

- Do not typically exhibit signs of negativity, hopelessness, guilt or low self-esteem (in early-stage dementia)
- Persistent cognitive language difficulties (e.g., inability to remember names of common objects or complete a train of thought)
- Tend to be confused at various times by either some or all of the following: whom they're speaking with, where they are, what day it is
- Denial/justification of failures

If you know an older adult who is depressed, Princeton House Behavioral Health's Senior Link program may be able to help. The Senior Link program offers partial hospital and intensive outpatient treatment for seniors 65 and older who have major anxiety, depression and other mood disorders. For more information, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org/princetonhouse.

Reverse the Course of 'Pre-Diabetes'

Every hour, nearly 200 people in the United States are diagnosed with diabetes.



Diabetes may seem to occur suddenly, but most adults who develop type 2 diabetes have lived for years with a condition called impaired glucose tolerance, or "pre-diabetes." Pre-diabetes is an above-normal blood sugar level that is not high enough to be classified as diabetes.

While pre-diabetes increases a person's chance of developing diabetes, it is not certain the disease will advance. In fact, research shows that people with pre-diabetes who take steps to control their blood sugar levels can reduce their risk of developing full-blown diabetes by 50 percent or more, says Ned M. Weiss, MD, who is board certified in endocrinology and Medical Director of University Medical Center at Princeton's Diabetes Management Program.

"The most important things you can do to avoid diabetes are modify your diet and increase your activity level," Dr. Weiss says. "Substituting fruits and vegetables for

higher-calorie foods in your diet, or even a small, simple change such as walking 10 to 15 minutes a day, can have a major impact on preventing diabetes."

Know Your Risk

Pre-diabetes does not cause symptoms, so many individuals are unaware they have a problem. Even before it progresses, pre-diabetes can put a person at higher risk for heart disease and circulation problems.

People at high risk for diabetes should have their blood sugar tested regularly and work with their doctor to improve their diet and become more physically active, Dr. Weiss says.

You may be at higher risk for diabetes if you are overweight, especially if you have excessive abdominal fat; have a family history of diabetes; have had a baby weighing more than 9 pounds at birth; or have poor eating habits and a sedentary lifestyle. African Americans, Hispanic/Latino Americans, Native Americans, Asian Americans, and Pacific Islander Americans are also at higher risk for type 2 diabetes.

For information about UMCP's Diabetes Management Program or for assistance finding a physician affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

HEALTH EDUCATION CALENDAR

community fo

NOVEMBER –

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



PRINCETON HEALTHCARE SYSTEM

Simple Ingredients for a Deliciously Satisfying Life

WITH KEYNOTE SPEAKER

Mariel Hemin

The annual Women's Conference is Princeton HealthCare System's signature health event for women. This year, PHCS, in partnership with Friends' Health Connection, is pleased to welcome Mariel Hemingway — author, actress and wellness advocate — as keynote speaker. Leading experts on women's health and wellness, including physicians and health professionals on staff at PHCS, are scheduled to speak during the conference.



Princeton HealthCare System
Community Education & Outreach

Redefining Care.

Directions are available at www.princetonhcs.org

LOCATIONS:

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

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

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DECEMBER 2009

M'S 7TH ANNUAL WOMEN'S CONFERENCE

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SATURDAY
DECEMBER 5, 2009

Check-in: 9:15 a.m.

Conference: 9:45 a.m. – 3 p.m.

Hyatt Regency – Princeton, 102 Carnegie Center

Early-Bird Registration (through October 31): \$50

Registration (after October 31): \$60

Registration required by Monday, November 30, 2009.

Lunch is included. Complimentary childcare is available.

*Information about breakout sessions and meal choices coming soon!

Please call **1.888.897.8979** or visit us online at www.princetonhcs.org/calendar to register, and for additional information.



Friends' Health Connection

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

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

CURRENT PROGRAMS

Princeton HealthCare System Community Education & Outreach offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System.

Safe Sitter

THU. & FRI. November 5 & 6 (9 a.m. – 3 p.m.)

Community Education & Outreach

at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$65 per child

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

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

Sitters should bring their own lunch.



Goals of Palliative Care in Geriatric Medicine

THU. November 5

(7 – 8:30 p.m.)

Community Education

& Outreach at

731 Alexander Road

The focus of palliative care is on improving the quality of your life physically, emotionally and spiritually. Learn more about the goals of palliative care, including:

- Decision-making processes in geriatric medicine
- Updates in geriatric medicine at University Medical Center at Princeton
- Palliative and hospice medicine

David R. Barile, MD, board certified in internal medicine, geriatric medicine, hospice and palliative medicine, will present this program. Dr. Barile is a member of the Medical Staff of Princeton HealthCare System.



Kids Can Cook: Dinner!

SAT. November 7 (11:30 a.m. – 1:30 p.m.)

Princeton Fitness & Wellness Center

\$15 per child

Kids Can Cook is an interactive cooking series that teaches children and their parents how to prepare healthy, simple recipes together. This session will focus on learning how to prepare some appetizing meals just for kids and will feature a

hands-on demonstration by Anthony Dissen, RD, Outpatient & Community Education Nutritionist for University Medical Center at Princeton's Nutrition Program.

HEALTH EDUCATION CALENDAR
community focus

CURRENT PROGRAMS**Lymphedema Management**

TUE. November 10 (6:30 – 8 p.m.)
 Community Education & Outreach at the Hamilton Area YMCA
 John K. Rafferty Branch
 Suite 100, Conference Rooms A & B
 If you suffer from lymphedema, you are not alone. Millions of Americans are affected by lymphedema due

to various causes, including cancer treatment. Lymphedema is an abnormal swelling that occurs in any part of the body and can be very disabling. Topics to be highlighted will include:

- Defining lymphedema
- Causes of lymphedema
- Incidences worldwide
- Treatment options
- Compression garment introduction
- Individualized Outpatient Lymphedema Therapy Program

Neepa Mahulkar, OTR/L, CLT, Occupational Therapist and Certified Lymphedema Therapist with University Medical Center at Princeton's Outpatient Rehabilitation Network, will present this program. See page 15 for more cancer-related programming.

Diverticulitis

TUE. November 10 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road

Diverticula – small pouches in the lining of the colon that bulge outward – are common, especially after age 40. You may never even know you have these pouches, because they seldom cause problems. But when they become inflamed – a condition known as diverticulitis – they can cause severe abdominal pain, fever, nausea, a marked change in your bowel habits, and other issues. Eric H. Shen, MD, board certified in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will discuss what diverticulitis is, possible methods of prevention, signs, symptoms, diagnosis and treatment options.

Update on Influenza

WED. November 11 (7:30 – 9 p.m.)

Princeton Fitness & Wellness Center

Do you have questions about getting your flu shots this year? Join us to learn more about influenza and its current trends, including:

- Background information on influenza and on H1N1 (swine flu)
- Who is most at risk for the flu
- Who should get vaccinated and information about the traditional flu vaccine and the H1N1 vaccine
- Other ways to prevent the spread of the flu
- Signs and symptoms of influenza
- Treatment options for both types of flu

This informational program will be presented by Shannon Aymes, MD, a member of the Medical Staff of Princeton HealthCare System.

Please Give Blood

You can help to save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering "A Pint for A Pint," and everyone who donates will receive a certificate for a free pint of Thomas Sweet ice cream. **For hours, or to schedule your appointment, call 609.497.4366.**

**The Fountain of Youth:
The Benefits of Exercise for the Mature Adult**

THU. November 12 (7 – 8:30 p.m.)

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

Learn more about the benefits of exercise for older adults and how it can help prevent and ease symptoms of aging, including: osteoarthritis, cardiovascular function, hypertension, osteoporosis, balance, diabetes and blood sugar, depression, cognitive function and chronic pain conditions. Stacey A. Miller-Smith, MD, board certified in physical medicine & rehabilitation and a member of the Medical Staff of Princeton HealthCare System, will present this program.

6th Annual Women's Wellness Day 2009

SAT. November 14 (8 a.m. – 3 p.m.)

ETS Campus – Conant Hall
 660 Rosedale Road, Princeton

\$55 per person. \$45 for Heart to Hearts members and seniors age 60 and older.

Registration required. Please call 609.689.3131 or visit www.hearttohearts.org.

This event, sponsored by Heart to Hearts, Inc., a women's wellness organization committed to empowering women through education, will focus on all areas of women's health. The daylong event will include exhibits, massages, holistic presentations, and health lectures and screenings by physicians and health professionals from Princeton HealthCare System. Screenings include:

- Posture
- Body fat
- Blood pressure
- Cholesterol
- Glucose

**Understanding Alzheimer's Disease**

TUE. November 17 (7 – 8:30 p.m.)

Mercer County Library System
 Hickory Corner Branch
 138 Hickory Corner Road, East Windsor
 Learn more about the differences between Alzheimer's disease and common age-related brain changes at this informative lecture.

Qian Wang, MD, board certified in internal and geriatric medicine, will discuss:

- Risk factors for Alzheimer's disease
- Diagnosis and treatment
- Other treatable conditions that may mimic Alzheimer's disease
- When you should see your physician

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

CURRENT PROGRAMS

**Vitamins & Supplements:
Which Ones Are Important for
Your Health?**

TUE. November 17 (7 – 8:30 p.m.)

West Windsor Library

33 North Post Road, Princeton Junction

In this popular program, learn the most current information regarding the use of vitamins and supplements for general wellness and disease prevention, including product selection, dosing, cautions and drug interactions. Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, and a registered pharmacist with University Medical Center at Princeton, will present this program.

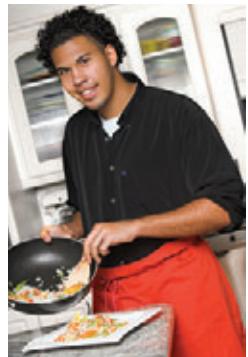
**Adult Cooking Classes**

TUE. November 17 (7 – 8:30 p.m.)

TUE. December 1 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

\$15 per person per class. Registration is limited.



Join us for an interactive cooking class and learn how to prepare healthy, simple recipes. These programs feature a hands-on demonstration by Anthony Dissen, RD, Outpatient & Community Education Nutritionist for University Medical Center at Princeton's Nutrition Program.

Optimal Meals for Optimal Fitness

WED. November 18 (6:30 – 8 p.m.)

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

Anthony Dissen, RD, Outpatient & Community Education Nutritionist for University Medical Center at Princeton's Nutrition Program, will lead this hands-on demonstration and discuss how to maximize your diet and your workout. Topics include:

- Strategic eating plans
- How to make balanced meals a priority
- Healthy eating on a busy schedule
- Adequate hydration for optimal performance

**Nutrition for Busy Women: How to Eat Healthy on the Run**

THU. November 19 (7 – 8:30 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

If you are like most women today, it may seem as if there simply aren't enough hours in the day to focus on taking good care of yourself. But having too little time to spare, too often results in unhealthy food habits. A registered dietitian with University Medical Center at Princeton's Nutrition Program will discuss easy-to-prepare meals, plus simple and healthy snack ideas to keep in your car or purse. This program is part of the *Meredith Maher Peterson Memorial Lecture Series*.

**Keeping Kids Safe This Winter**

THU. December 3 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Do you know how to recognize the signs and symptoms of hypothermia or frostbite? Learn some simple, easy ways in which you can keep your children warm and safe during the coming winter months.

Louis J. Tesoro, MD, board certified in pediatrics and

Chairman of Princeton HealthCare System's Department of Pediatrics, will discuss and review helpful information and winter safety reminders, including:

- How to safely enjoy winter activities and sports, such as sledding and ice-skating
- How to manage some commonly associated injuries, such as head injuries or fractures
- Hypothermia and frostbite
- Winter colds and flu in children: the signs, symptoms and treatment options

Meet the Chef!**Bobby Trigg, Chef and Owner of BT Bistro in Princeton**

MON. December 7 (7 – 8:30 p.m.)

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

Meet this local chef for an interactive evening of cooking demonstrations, culinary ideas and the opportunity to sample a variety of cuisine. A registered dietitian from University Medical Center at Princeton's Nutrition Program will be on hand to discuss nutritional alternatives to everyday cooking and answer your questions.

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

TUE. December 8, 15, 22 & 29

(6 – 9 p.m.)

Princeton Fitness & Wellness Center

\$25 per person. Registration is limited.

FBI projections suggest that one out of every three women in the United States will be assaulted in her lifetime. Learn how to become more aware of potential danger and protect yourself in everyday situations. R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with unique physical defense tactics and risk-reduction strategies, including:

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

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

CURRENT PROGRAMS



Common Causes of Spinal Strain

TUE. December 15 (7 – 8:30 p.m.)
 Community Education & Outreach at 731 Alexander Road
 Eileen Kast, PT, OCS, with University Medical Center at Princeton's Outpatient Rehabilitation Network, will discuss valuable information on how to prevent and treat spinal strain injuries, including:

- Spinal mechanics
- The importance of proper posture and balance
- Ergonomics — at the computer and in the car
- Basic exercises to prevent back injury
- Stretches to do before raking, shoveling and sweeping
- Cold weather considerations
- Proper balance techniques for winter clean-up
- Proper lifting to avoid injury

This class will be an active class with group activities following the presentation, such as single-leg standing, stretching, proper lifting and proper gait.

Aging with Style – Healthy Eating

TUE. December 15 (2 – 3 p.m.)
 Mercer County Library System
 Robbinsville Branch
 42 Allentown-Robbinsville Road
 Robbinsville

Learn the principles of healthy eating for the older adult at this informative lecture with Lindsey Paglia, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, including:

- How much calcium, protein, sodium and carbohydrates you should be consuming
- How much water you should be drinking to keep your body hydrated and healthy



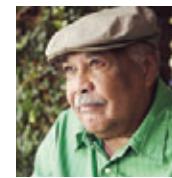
Kids Can Cook: Dessert!

WED. December 16 (6:30 – 8:30 p.m.)
 Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

SAT. December 19 (1 – 3 p.m.)
 Princeton Fitness & Wellness Center

\$15 per child, per session

Kids Can Cook is an interactive cooking series that teaches children and their parents how to prepare healthy, simple recipes together. This session will focus on learning how to prepare some tasty treats just for kids and will feature a hands-on demonstration by Anthony Dissen, RD, Outpatient & Community Education Nutritionist for University Medical Center at Princeton's Nutrition Program.



Stress Management and Handling the Challenges of Aging

THU. December 17 (1:30 – 2:30 p.m.)
 Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

As we age, older adults can become particularly vulnerable to the effects of stress. If you can't change the situation that is causing you stress, there are ways you can change how you think and react to that situation. Judith Mecklenburger, MSW, LCSW, Senior Primary Therapist with Princeton House Behavioral Health, will discuss the following topics:

- The "stress response" and aging
- How worry can trigger physical and mental/emotional illness
- Why we worry more as we age
- How to replace worry with healthier thoughts and responses
- Making new life choices

Improve Your Health with Probiotics

THU. December 17 (7 – 8:30 p.m.)
 Community Education & Outreach at 731 Alexander Road
 What do the terms "probiotic" and "prebiotic" mean? What is their function in the body and how do you lose or deplete your probiotic level? Learn more about what foods and supplements contain probiotics, and which strains are best for which conditions. Anthony Dissen, RD, Outpatient & Community Education Nutritionist for University Medical Center at Princeton's Nutrition Program, will present this program.

CHILDBIRTH & FAMILY

PREGNATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

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

Prenatal Breastfeeding Class

WED. November 4 (7 – 9:30 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

THU. December 10 (7 – 9:30 p.m.)
 Community Education & Outreach at 731 Alexander Road

\$45 per couple

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

Maternity Tour

SAT. November 7 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
 SAT. November 21 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)
 SAT. December 19 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
University Medical Center at Princeton – Main Lobby
 University Medical Center at Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

OPTIONS FOR BIRTHING

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

HypnoBirthing®

WED. November 4 – December 9

(6:30 – 9 p.m.)

No class on November 25.

Community Education & Outreach at
731 Alexander Road

\$195 per couple

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

**Accelerated Birthing Basics**

SAT. November 14 (9 a.m. – 5 p.m.)

SAT. December 19 (9 a.m. – 5 p.m.)

University Medical Center at Princeton
Lambert House, Classroom 3

\$155 per couple

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

Birthing Basics

TUE. November 17 – December 8 (7 – 9 p.m.)

Community Education & Outreach at
731 Alexander Road

MON. November 23 – December 14 (7 – 9 p.m.)

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

WED. December 2 – 23 (7 – 9 p.m.)

TUE. December 22 – January 12, 2010 (7 – 9 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$120 per couple

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

Review of Birthing Basics

FRI. November 13 (7 – 9:30 p.m.)

University Medical Center at Princeton
Lambert House, Classroom 3

\$60 per couple

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

Private childbirth and family classes are available upon request for those with special medical considerations.

Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

**Sibling Class**

SAT. November 7 (10 – 11:30 a.m.)

SAT. December 19 (10 – 11:30 a.m.)

University Medical Center at Princeton –
Main Lobby

\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.

Prenatal Exercise

MON. November 9 – December 14
(7 – 8 p.m.)

Community Education & Outreach at
731 Alexander Road

\$95 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.

**Daddy Boot Camp™**

SAT. November 14 (9 a.m. – 12:30 p.m.)

SAT. December 19 (9 a.m. – 12:30 p.m.)
Community Education & Outreach at
731 Alexander Road

\$25 per person

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

CHILDBIRTH & FAMILY**PREGNATAL CLASSES & PREPARING FOR BABY'S ARRIVAL****Baby Care**

WED. November 18 (7 – 9:30 p.m.)
 MON. December 14 (7 – 9:30 p.m.)
 University Medical Center at Princeton
 Lambert House, Classroom 3

\$45 per couple

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

Prenatal Nutrition: Healthy Eating for Mom & Baby!

THU. November 19 (7 – 8:30 p.m.)
 Princeton Fitness & Wellness Center
 A registered dietitian with UMC's Nutrition Program will teach expectant couples proper nutrition for the pregnant mom through all gestational stages. Topics include:
 • Minimizing weight gain during pregnancy
 • Foods to avoid when pregnant
 • Postpartum nutrition
 • Special nutritional concerns for breastfeeding moms

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. Please bring your car manual and car seat instructions.

CHILDBIRTH & FAMILY**POSTPARTUM, PARENTING & CHILD-REARING CLASSES**

University Medical Center at Princeton, which has been ranked by HealthGrades among the top 5 percent of hospitals in the nation for maternity services for four years in a row, 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.)
No class November 25 and December 16 & 30.
 Community Education & Outreach at 731 Alexander Road

\$5 per session, payable at the door.

No registration required.

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

**Breastfeeding Support Group**

Fridays (11 a.m. – 12 p.m.)
No group on December 25.
 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.

Postpartum Adjustment Support Group

Thursdays (11 a.m. – 12 p.m.)
No class November 26 and December 24 & 31.
 UMCP Breast Health Center
 300B Princeton-Hightstown Road
 East Windsor Medical Commons 2, East Windsor

No registration required.

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

Postpartum Exercise

TUE. & FRI. November 10 – December 22 (10:30 – 11:30 a.m.)
No class on November 27.
 Community Education & Outreach at 731 Alexander Road

\$165 per person

This class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The 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.

Infant Massage

MON. November 16 (9:30 – 11:30 a.m.)
 Community Education & Outreach at the Hamilton Area YMCA
 John K. Rafferty Branch, Suite 100
 Conference Rooms A & B

\$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 involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.



EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Registration for these events is required. Please register online or call **1.888.897.8979** unless otherwise noted.

Patients with Behavioral Challenges

MON. November 2 (6 – 9 p.m.)

Princeton House Behavioral Health, Conference Room
905 Herrontown Road, Princeton

Registration required. \$10 per person. FREE for EMTs with a training fund certificate. You can pay by credit card prior to the class or bring a check payable to Princeton HealthCare System to class.

EMTs are invited to learn more about assessing emergency situations at a workshop hosted by the Emergency Department at University Medical Center at Princeton and Princeton HealthCare System's Community Education & Outreach Program. George F. Wilson, MD, board certified in psychiatry, Staff Psychiatrist with Princeton House Behavioral Health and a member of the Medical Staff of Princeton HealthCare System, will discuss how to assess injuries and treat patients who present behavioral challenges in emergency situations, including:

- How to interpret suicide threats and attempts
- Psychotic, depressed and withdrawn patients
- Potentially violent patients
- Substance abuse
- Assessment and treatment techniques

This class has been awarded 3 CEUs and is open to all area EMTs. Plus, guest speaker Greg Fitzpatrick, LCSW, Screening Coordinator for Middlesex County and Clinician Coordinator, UBHC (University Behavioral Healthcare), Piscataway, will discuss what happens to the patient after he or she arrives at a crisis center.



EMT Core 13

THU. – SUN. December 17 – 20

*Participants must attend all four sessions.

December 17 & 18 (7 – 11 p.m.)

December 19 & 20 (9 a.m. – 5 p.m.)

Montgomery EMS

8 Harlingen Road, Belle Mead

Registration required. \$120 per person.
FREE for EMTs with a training fund certificate. Checks should be made

payable to First Response Training.

Online registration is not available for this event.

Please call **1.888.897.8979** to register.

The EMT Core 13 class is a refresher training program that follows the National Standard Curriculum guidelines. Core lessons include:

- Preparation
- Airway management
- Patient assessment
- Medical/behavioral emergencies
- Obstetrics, infants and children

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

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

TUE. November 3 (9 a.m. – 1:30 p.m.)

Conference Room A

University Medical Center at Princeton

TUE. December 8 (6 – 10:30 p.m.)

Lambert House, Classroom 3

University Medical Center at Princeton

WED. November 4 (9 a.m. – 1:30 p.m.)

THU. December 3 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA

John K. Rafferty Branch

Suite 100, Conference Rooms A & B

TUE. November 10 (9 a.m. – 1:30 p.m.)

TUE. December 15 (9 a.m. – 1:30 p.m.)

Princeton Fitness & Wellness Center

THU. November 12 (6 – 10:30 p.m.)

WED. December 16 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$65 per person

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

Pet First Aid

TUE. November 3 (6 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

\$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 AED

FRI. November 6 (6 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

TUE. November 24 (6 – 9 p.m.)

Community Education & Outreach at the

Hamilton Area YMCA John K. Rafferty Branch

Suite 100, Conference Rooms A & B

\$60 per person

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 skills test. Participants will receive a course completion card.

CPR & FIRST AID**Family & Friends CPR – Infant**

SAT. November 7 (9:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

SAT. November 21 (9:30 – 11:30 a.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SAT. December 19 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$30 per person

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

**Heartsaver First Aid – Pediatric**

SAT. November 7 (12:30 – 3 p.m.)
Community Education & Outreach at 731 Alexander Road

\$55 per person

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

Family & Friends CPR – Adult, Child & Infant

SAT. November 14 (9:30 a.m. – 12:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$30 per person

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

**RCP para Familiares y Amigos – Adultos, Niños y en Lactantes**

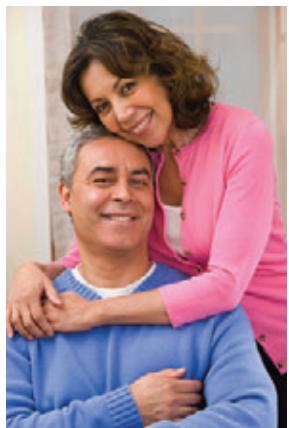
SÁBADO, 14 de Noviembre
(9:30 a.m. – 12:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$30 por persona

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

CANCER PROGRAMS, SCREENINGS & SUPPORT GROUPS

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



Cancer Support Group

TUE. November 17
(1:30 – 3 p.m.)
TUE. December 15
(1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza
Monroe Township

No registration required.
Walk-ins welcome.
University Medical Center at Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move

along the path to recovery. Topics discussed include:

- Coping with the emotional impact of cancer
- Communicating effectively with your healthcare team
- Adjusting to changes during and after treatment
- Maintaining healthy relationships both personally and professionally
- Managing concerns about recurrence

This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.



Breast Cancer Support Group

TUE. November 17 (6 – 7:30 p.m.)
TUE. December 15 (6 – 7:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required.
Walk-ins welcome.

The Breast Cancer Support Group will meet the third Tuesday of the month. We welcome breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group will be co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

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

WED. November 18 (12 – 1 p.m.)
WED. December 16 (12 – 1 p.m.)
Medical Society of New Jersey
2 Princess Road, Lawrenceville

Registration preferred. Walk-ins welcome. Please call the American Cancer Society at 732.951.6303.

Princeton HealthCare System is pleased to partner with the American Cancer Society to provide the Head & Neck Cancer Support Group of Central Jersey. This support group will meet the third Wednesday of the month and will provide:

- Encouragement for fellow members
- A safe setting for sharing concerns and problems related to life after head and neck cancer
- Education
- A social outlet for head and neck cancer patients, their families and loved ones

This support group will be co-facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist from Princeton HealthCare System, and Karen Sherman, Director of Patient Family Services, American Cancer Society.



Prostate Cancer Support Group

WED. November 18 (12 – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required.
Walk-ins welcome.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the

month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Join us in November to learn more about *The Management and Treatment of Urinary Incontinence Post-Prostatectomy*, presented by Alexander P. Vukasin, MD, board certified urologist and Chief of Urology at University Medical Center at Princeton.

American Cancer Society's Look Good, Feel Better

MON. December 7 (1 – 3 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Free. Registration required. Please call 1.800.227.2345.

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

SUPPORT GROUPS**UNITE: Perinatal Loss
Bereavement
Support Group**

MON. November 2 (7 – 9 p.m.)
Princeton House Behavioral Health –
Conference Center
905 Herrontown Road, Princeton

No registration required. Walk-ins welcome.

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

Diabetes Support Group

WED. November 18 (2:30 – 4 p.m.)
WED. December 16 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. November 23 (6:30 – 8 p.m.)
MON. December 28 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B



No registration required. Walk-ins welcome. Please call 609.497.4372 for information.

This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, facilitates meetings.

**HOPEWELL TOWNSHIP
EVENT FOR SENIORS**

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

Surprise Game Show & Brown Bag Session: Fun with the Pharmacist!

TUE. November 10 (10 – 11 a.m.)
Hopewell Township Municipal Building
201 Washington Crossing-Pennington Road, Titusville
Test your medication "IQ" with the Pharmacy Game Show – the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. A clinical pharmacist on staff with University Medical Center at Princeton will present this program.

**EAST WINDSOR & WEST WINDSOR
EVENTS FOR SENIORS**

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

**21st Century Wound Care: Hyperbaric Oxygen Therapy**

THU. November 12 (10:30 – 11:30 a.m.)
East Windsor Senior Center
40 Lanning Boulevard, East Windsor (Please call 609.371.7192 to register.)

THU. December 10 (7 – 8:30 p.m.)
Village Grande at Bear Creek - Clubhouse
100 Grande Boulevard, West Windsor (Please call 1.888.897.8979 to register.)

Every year, chronic wounds caused by diabetes, poor circulation and related conditions keep as many as 5 million Americans from enjoying life. Hyperbaric oxygen therapy is a proven medical treatment that enhances the body's

natural healing while strengthening the immune system. Topics of discussion include:

- The use of advanced techniques to heal wounds
- Hyperbaric oxygen therapy
- Bio-engineered tissue grafts and advanced wound care
- Uses for hyperbaric oxygen therapy other than wound healing

Denise R. Bonnin-Bethea, DPM, Program Manager of University Medical Center at Princeton's Center for Wound Healing, will describe how this advanced clinical approach could benefit you or a loved one to hasten wound healing and prevent more serious wound complications.

CRANBURY EVENT FOR SENIORS

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

Arthritis & Back Pain

WED. November 18 (6 – 8 p.m.)

Four Seasons at Cranbury

1 Labaw Drive, Cranbury

To register, please call 609.655.1241 or e-mail: the4seasonscrabury@comcast.net.

Join us for an informative program on arthritis and back pain with two accomplished healthcare professionals from Princeton HealthCare System. Leonard A. Grossman, MD, board certified in internal medicine and rheumatology, will provide an overview of:

- Arthritis and back pain
- Common forms of arthritis
- Causes of arthritis
- Best methods of treatment

James McCracken, PT, CEEES, Rehabilitation Manager, University Medical Center at Princeton's Outpatient Rehabilitation Network in Cranbury, will discuss:

- Effects of arthritis
- Physical therapy treatment options
- Importance of exercise in managing arthritis
- How to start exercising safely

**PLAINSBORO TOWNSHIP
EVENT FOR SENIORS**

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

**Healthy Eating Through the Holidays**

FRI. November 20 (1 – 2 p.m.)

Plainsboro Recreational Department – Senior Drop In

641 Plainsboro Road, Plainsboro

For more information and to register, call 609.799.0909, ext. 350.

Learn some simple ways to stay healthy and enjoy yourself during the holiday season.

Anthony Dissen, RD, Outpatient & Community Education Nutritionist for University Medical Center at Princeton's Nutrition Program, will discuss:

- Portion control
- How to choose holiday foods to create a balanced meal on your plate
- Healthy meal options for holiday dinners
- Preventing unwanted weight gain

PRINCETON EVENT FOR SENIORS

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

Fun with the Pharmacist!

FRI. November 20 (12 – 1 p.m.)

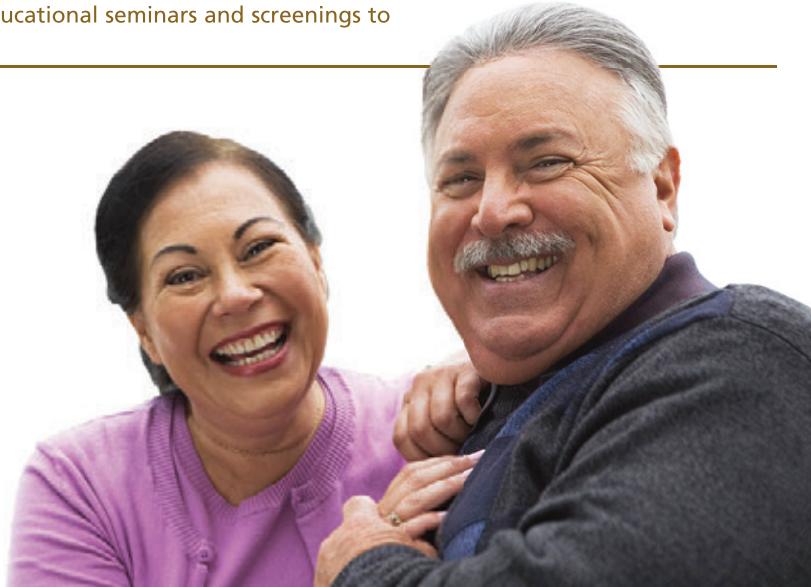
Suzanne Patterson Center at the Princeton Senior

Resource Center

45 Stockton Street, Princeton

Test your medication "IQ" with the Pharmacy Game

Show – the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), including any prescription and over-the-counter drugs. A clinical pharmacist on staff with University Medical Center at Princeton will present this program.



You Can't Do It All, All the Time: PHCS Can Help



Different levels of in-home services are available, including:

- meal preparation
- personal care
- light housekeeping
- medication management

Families who care for a loved one with a serious or chronic illness or disability sometimes find they can't do it all – all the time. Whether they need coverage because they'll be out of town, have a health issue of their own or just need a break, respite programs through Princeton HealthCare System are available to assist, giving families peace of mind.

"The most successful families we deal with know the importance of taking a break from their responsibilities and letting others share in the caregiving," says Barbara Yost, RN, BSN, MBS, Executive Director of Princeton HomeCare Services. "I always remind the caregivers that their parent just might want a break from them, too."

Precisely what type of care is provided by the skilled nurses, home health aides or companions who comprise PHCS' home caregivers, depends on your and your loved one's needs, Yost explains.

"Patients often prefer remaining in their homes, because they are in familiar, comfortable surroundings. As a caregiver, you can feel at ease knowing that your family member is in good hands," she says.

Princeton Caregivers, a private-pay entity of Princeton HomeCare Services, offers flexible, in-home services from as few as two hours through 24 hours a day. "In-home" also includes assisted living facilities and nursing homes.

For patients who require or desire inpatient services, Merwick Care Center in Princeton provides the same level of personal care as Princeton Caregivers, but at the Merwick campus.

"We often serve patients on a short-term, temporary basis," says Ryan Wismer, Administrative Director. "We offer a safe, comfortable environment where both patients and families can feel confident knowing that our caregivers are always available."

The adult-only facility provides meals, medication management and personal care services like bathing.

"Some of our respite patients stay with us on a regular basis, while others come just occasionally," says Wismer. "We can easily accommodate flexible arrangements so you can have the best care you need, when you need it."

For more information about family respite services at Princeton HomeCare Services or Merwick Care Center, call **1.888.PHCS4YOU (1.888.742.7496)**.



An individual who has a comment, question or concern about patient care and safety that was not resolved to his or her satisfaction at Princeton HealthCare System or any other Joint Commission-accredited institution, can contact The Joint Commission. Please call The Joint Commission Office of Quality Monitoring at 1.800.994.6610 or send an e-mail to complaint@jointcommission.org.

FOCUS ON Patient Safety

Know Your Risk: Take Action Before ‘Silent’ Heart Disease Can Strike

Heart disease usually produces telltale symptoms such as chest pain, shortness of breath or an irregular heartbeat. However, it's not uncommon to have heart disease and suffer few or no symptoms at all.

So-called “silent” heart disease can permanently damage heart muscle, even if it doesn't produce pain, says Banu Mahalingam, MD, who is board certified in internal medicine and cardiovascular disease, and a member of the Medical Staff of Princeton HealthCare System.

That's why, regardless of how you feel, it's important to know whether you are at high risk for heart disease and work with your doctor to monitor your heart health, Dr. Mahalingam says.

“Some people are fortunate enough to have early symptoms of heart disease and seek treatment before it progresses,” she says. “Unfortunately, for others, a fatal heart attack is the first presentation of their disease.”

Heed the Warning Signs

Anyone with multiple risk factors (listed on the right) should speak with his or her doctor about being screened for heart disease, Dr. Mahalingam says.

“Talking to your doctor about your risk factors is key in preventing silent heart disease,” Dr. Mahalingam says.

For assistance finding a cardiovascular disease specialist affiliated with Princeton HealthCare System or for more information about University Medical Center at Princeton's advanced cardiopulmonary diagnostic services, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Risk factors we can't control: Age, sex and family history. More than three quarters of people who die of heart disease are 65 and older. Men and people with a family history of heart disease are at higher risk. African Americans, Mexican Americans, Native Americans, native Hawaiians and some Asian Americans also are at higher risk.

Risk factors we can control: Smoking, high cholesterol, high blood pressure, physical inactivity, obesity and diabetes. Regular, moderate-intensity exercise can help control blood cholesterol, diabetes and obesity, as well as lower blood pressure.

Other contributing factors: The way people respond to stress has been shown to contribute to the development of heart disease. Some people tend to overeat or smoke or drink too much alcohol under stress, all of which can contribute to heart disease risk.



GIFT HONORS PHCS PHYSICIANS

Llura and Gordon Gund's gift of \$5 million in honor of Bruno N. Cole, MD, board certified in thoracic and thoracic cardiovascular surgery; Banu Mahalingam, MD, board certified in cardiovascular disease; and Andrew Shanahan, MD, board certified in cardiovascular disease and interventional cardiology (*pictured, left to right*), will support the intensive care unit in the new University Medical Center of Princeton at Plainsboro. A plaque at the entrance to the unit will read:

“IN GRATEFUL RECOGNITION OF DR. BRUNO COLE FOR THE INTUITION TO INVESTIGATE,
DR. BANU MAHALINGAM FOR THE WISDOM TO KNOW AND ACT, AND DR. ANDREW SHANAHAN
FOR THE SKILL TO RESPOND DECISIVELY AND SUCCESSFULLY.”



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New Hospital Project Named One of Nation's Most Beautiful

Though still in its early construction stages, the new University Medical Center of Princeton at Plainsboro (UMCPP) is already earning rave reviews for its state-of-the-art design and environmentally friendly use of materials and technology.

In fact, UMCPP joined such renowned facilities as Johns Hopkins Hospital in Baltimore and Baylor Medical Center at Frisco, Texas, in a ranking of the 20 Most Beautiful Hospitals in the United States for 2009 by Soliant Health, one of the largest healthcare staffing companies in the nation.

Located on 50 acres of a 160-acre site in Plainsboro bounded by Route One, Scudders Mill Road and the Millstone River, UMCPP is a replacement hospital for the current University Medical Center at Princeton on Witherspoon Street in Princeton. The hospital is set to open in late 2011.

The project represents a national model of 21st century excellence in healthcare delivery. The new UMCPP has gained national attention for its "evidence-based" design – innovative design elements that can result in better patient care – as well as for its comprehensive green design initiatives, both within the building and on the site itself.

"We are pleased that the design team's efforts to create a hospital that is welcoming and inspiring to those we serve have been recognized," says Barry Rabner, President and CEO, Princeton HealthCare System.

"We have the rare opportunity to build this hospital in an ecologically responsible manner by conserving energy, minimizing impact on the surroundings and providing the best conditions for patients," Rabner adds.

The new hospital will consist of approximately 600,000 square feet of interior space, 237 single-patient rooms, the most technologically advanced operating suites, patient rooms, treatment areas, and an emergency department that will be double the size of the current emergency department. The building is being constructed to accommodate a future expansion of one-third its 2011 size. The new UMCPP will include ample on-site parking, mass transit services and accommodations for a rapid transit system.

For more information about the new University Medical Center of Princeton at Plainsboro, visit www.newhospitalproject.org.