

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | JANUARY/FEBRUARY 2008



Princeton HealthCare System

Redefining Care.

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

GOAL!
Princeton Junction Dad Gets Active Again with UMCP's Top-Ranked Joint Replacement Program

communityfocus
HEALTH EDUCATION CALENDAR

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UMCP's Top-Ranked Joint Repla Offers Latest Technology in Hip

Diane DiGennaro always joked that she would probably need a hip replacement – just like her grandmother – when she reached “old age.” With a history of osteoarthritis on both sides of the family, she said, her future seemed clear. What DiGennaro didn't expect was that her hip would wear out early.

“I started having this achiness, and I just kept thinking, ‘I'm 53 – so I have some aches and pains in my joints, so what?’” recalls DiGennaro, who teaches a weekly yoga and dance therapy class. “But as time went on I couldn't walk right, I developed a terrible limp, and I couldn't sleep because of the pain when I would shift positions. By the time I really looked into what was going on, the pain was escalating quickly.”

In late May, DiGennaro underwent a procedure known as hip resurfacing at University Medical Center at Princeton, one of the top two providers of overall joint replacement surgery in the state, according to HealthGrades, the nation's leading healthcare ratings company. By reshaping the ball of the hip and capping it, the procedure preserved bone and provided DiGennaro with greater stability, flexibility and range of motion than a traditional hip replacement. Within a relatively short period of time she was back to her daily yoga practice, and has resumed teaching yoga.

David Cully, an active 55-year-old father of five, turned to UMCP for hip surgery as well, and made a quick, full recovery following total replacement of both hips, one in June 2005 and the second 16 months later. Today, he's back to biking, playing tennis and the occasional game of golf, as well as hitting the soccer field with his family.

“Both my grandfather and my mother had hips replaced, and I knew what they went through and what their limitations were afterwards,” says Cully, a Princeton Junction resident. “So I have to say when I first started looking into the procedure, I was really surprised by how much has changed and improved in recent years. I'm so happy with the results that I had my mom, who's 86, come down from Connecticut recently so she could have her second hip done at Princeton.”

Once considered a surgery primarily for the elderly, today's hip procedures – ranging from resurfacing to total hip replacements using several types of implant materials – are being performed on more and more people in their 50s and younger, who suffer from debilitating pain and limited mobility. Increased life expectancies, a desire to remain active longer, and medical advances are making the procedures more common among the middle-aged population.

“There was a time not that long ago where people just lived with the pain as long as they could bear it, and maybe used a cane to get around as best they could, sacrificing their quality of life,”



David Cully turned to UMCP for hip surgery and made a quick, full recovery.

On the cover: Princeton Junction resident David Cully is back in action on the soccer field, with daughters Mei Li, 10; Brisa, 16; Meg, 12; and son, Drew, 7 (left-right). Not pictured: oldest daughter, Blaine, a student at University of Vermont; and David's wife, Lynn.
Above, right: The Cully family takes a break from practice: (top row, left-right) Meg, David and Brisa; and (bottom row, left-right) Drew and Mei Li.

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

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

The health information provided in Health Focus is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

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Cement Program Procedures

says W. Thomas Gutowski, MD, FAAOS, Chief of Orthopedic Surgery, University Medical Center at Princeton. "Today, people want to be active and don't want those restrictions, and with recent advances we can provide our patients with exactly what they need to live well."

What's Right for You?

While the reason for hip surgery remains the same for most patients – to stop the bones from rubbing against each other, which causes pain and limits movement – selecting the exact procedure that's right for you depends on your lifestyle and a variety of physical conditions, including overall health, bone quality (i.e., osteoporosis), age and gender. UMCP's Orthopedics Program is a pioneer in the use of highly advanced materials that provide patients with more options than ever before, using more durable materials, such as titanium, trabecular metal and ceramic, to provide a better quality of life for a longer period of time.

"Today, we provide people facing hip surgery not just with a generic hip, but with multiple implant choices to match the patient's need," says Dr. Gutowski, who is board certified in orthopedic surgery. "And determining which one is right for the patient is key. A younger, athletic person might do better with a hip in which the bone grows into the prosthesis as his option, as opposed to an older person with osteoporosis, who doesn't have the capacity to have bone grow into the prosthesis, in which case cement would be an excellent option."

UMCP's Orthopedics Program is distinguished by the quality and training of its surgeons. All of our orthopedic surgeons are board certified, many of whom also have taken additional fellowship training in key sub-specialties including spine, hand, shoulder, hip and knee surgeries. Patients also benefit from comprehensive inpatient and outpatient rehabilitation, fitness and wellness services.

For more information about UMCP's Orthopedics Program, or for assistance finding an orthopedic surgeon on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



Joint Replacement Program Receives Five Stars

For the second consecutive year, University Medical Center at Princeton (UMCP) received five stars – the highest possible rating – for joint replacement surgery by HealthGrades, a leading independent healthcare ratings company. UMCP was also recognized as one of the top two providers of overall joint replacement surgery in the state.

"Our orthopedics team strives to provide the highest quality of care," says Vincent Joseph, UMCP President and Senior Vice President, Princeton HealthCare System. "This recognition from an independent source like HealthGrades confirms our team's commitment to clinical excellence and the quality of our doctors, nurses and staff."

We're Relocating!

University Medical Center at Princeton is relocating to Route 1 in Plainsboro, in a move that will help shape future healthcare delivery in the region with the creation of a state-of-the-art healthcare campus. The hospital plans to complete the move in 2011.

As part of our ongoing commitment to keeping our community as involved and informed as possible during the process of building a new hospital, we will continue to update you periodically on the latest developments in our move. Visit our website at **www.princetonhcs.org/breakingnewground** for information or call **609.430.7106** with any questions.

Protect Yourself from Coronary Artery Disease

In the time it takes to read this article, approximately five more Americans will have died from coronary artery disease – in many cases, without any warning.

Coronary artery disease – a condition where the arteries that supply blood to the heart become blocked with plaque – is the nation’s No. 1 cause of death for both men and women, resulting in more than 452,000 deaths each year. Nearly half of those fatalities occur suddenly, in the form of heart attacks, according to the American Heart Association.

Focus on Prevention

According to Chirag Shah, DO, cardiologist with Princeton HealthCare Medical Associates and a member of the Medical Staff of Princeton HealthCare System, the statistics make it clear. Everyone needs to focus on preventing coronary artery disease before it strikes by reducing personal risk factors.

“There definitely are risk factors associated with coronary artery disease, and preventative measures everyone can and should take,” notes Dr. Shah (*pictured above*).

“Diabetes is a big risk factor, along with untreated high cholesterol, high blood pressure, and smoking. It is also important to maintain a healthy weight and get regular exercise. Taking these basic precautions can have a big impact on cardiac health.”

In fact, there is growing evidence that coronary artery disease can regress, even in advanced cases, following lifestyle changes and proper medical care, according to the American Heart Association.

Saving Lives Through Awareness

With coronary artery disease, identifying the problem early is also critical to saving lives, advises Dr. Shah. Because coronary artery disease, also known as coronary heart disease, can strike unexpectedly, it is important to seek medical treatment at the first sign of trouble.

Symptoms such as extreme fatigue or decreased ability to complete daily activities; chest pain or discomfort during activities that is relieved with rest; dizziness or lightheadedness; nausea or poor appetite; or changes in sleep patterns, are common signs of the disease and should be reported to your physician.



Be sure to seek emergency care, however, if you are experiencing sudden, severe chest pain or discomfort; pain in one or both arms; pain in the left side of the shoulder, neck, jaw or back; shortness of breath that is not relieved by resting; sudden, severe headache; or if you have a fainting spell in which you lose consciousness.

According to Dr. Shah, people who are experiencing unexplained chest discomfort or pain, or who have had abnormal stress test results, may need to be scheduled for cardiac catheterization. Physicians use advanced, fully digital cardiac catheterization technology to provide prompt and accurate diagnosis of heart disease and other heart problems, such as muscle or structural defects. Digital imaging, which is available at University Medical Center at Princeton, allows cardiologists and skilled technicians to capture high-quality images. These images are then used by physicians to evaluate the condition of your arteries, and the blood and oxygen levels in your heart, as well as its pumping capacity.

“The testing procedure routinely takes between 30 and 45 minutes, using a mild sedative to relax the patient,” explains Dr. Shah, one of a team of highly qualified heart specialists at Princeton HealthCare System.

In addition to diagnostic testing, University Medical Center at Princeton is certified to treat patients using a procedure called emergency angioplasty, which involves clearing a blockage from an artery and possibly inserting a stent to keep the artery open. Additional cardiac services provided by UMCP include the Echocardiogram Laboratory and the Cardiac Rehabilitation Program.

For more information on UMCP’s cardiac-related services, or for assistance with finding a cardiologist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)**, or visit **www.princetonhcs.org**.

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

American Heart Month



The ABCs of Diabetes & Heart Disease

THU. January 31 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Nancy Rhodes, RN, BS, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, will discuss the connections between diabetes and heart disease. Learn how to manage your blood pressure and cholesterol, and other tips for a healthier you.

Go Red for Women

FRI. February 1
Heart disease is the No. 1 killer of women in the United States. Go Red for Women is the American Heart Association's movement to give women the lifesaving power of awareness to prevent heart disease and have long, healthy futures. Show your support by wearing red. Free blood pressure and heart risk assessments will be available from 11:30 a.m. – 1:30 p.m. in the main lobby of University Medical Center at Princeton.

Princeton HealthCare System is pleased to offer these informative programs in recognition of American Heart Month (February). These events are designed to increase awareness of steps you can take to prevent cardiovascular disease and, for those who have the condition, offer support that can help maximize the quality of your health and your life.

Celebrate Heart Health & Cardiovascular Professionals Week

WED. February 13 (10 a.m. – 2 p.m.)
University Medical Center at Princeton
Main Lobby

No registration required.

Join us in celebrating Cardiovascular Professionals Week by having your blood pressure checked by one of the cardiovascular professionals from University Medical Center at Princeton.

- Free blood pressure screenings
- Facts about how to reduce your risk for heart disease
- Information on cardiac services available at UMCP
- Door prizes

Annual Cardiac & Pulmonary Rehabilitation Pot-Luck Dinner

WED. February 13 (6 – 8 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A & B

Please call 609.497.4285 to register.
Join us in celebrating 25 years of Cardiac Rehabilitation at University Medical Center at Princeton. All current and former participants in UMCP's Cardiac & Pulmonary Rehabilitation Program are invited to celebrate heart health at this annual dinner. Bring your favorite heart-healthy dish to share. Guests are welcome.

Heart Health for Women

TUE. February 19 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Cardiovascular disease claims the lives of more than half a million women each year. John D. Passalaris, MD, FACC, multi-board certified in cardiovascular disease, echocardiography, nuclear cardiology and internal medicine and a member of the Medical Staff of Princeton HealthCare System, will review known risk factors of heart disease in women and current recommendations for decreasing your risk.

Cardiovascular Risk Factors: What Women Need to Know to Stay Heart Healthy

THU. February 21
(7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor
As a woman, you may not realize your risk for a heart attack or stroke and the importance of maintaining a healthy heart. Chirag H. Shah, DO, a cardiologist on staff at Princeton HealthCare System, will discuss the latest in cardiovascular health and risk factors that every woman should know.

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

Healthy Eating All Year Long

TUE. January 8 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

\$10 per person

Sabina Beesley, MS, RD, registered dietitian with University Medical Center at Princeton's Nutrition Program, will teach you how to balance the carbohydrates, protein and fat in your diet for optimal athletic performance, muscle gain and weight loss. Participants will have the opportunity to practice recipes and meal plans during class. Plus, learn which foods can help prevent common illnesses and which foods to avoid.



Child Passenger Safety: What Every Parent Should Know

THU. January 10 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Car crashes are the No. 1 cause of death and injury for children 4 to 14 years of age. More than half of children

who die in car crashes are completely unrestrained. In recognition of National Child Passenger Safety Week, join us for an informative discussion with Dan Shine, certified child passenger safety technician, who will review proper car seat installation and teach ways to restrain your child properly on every car ride.

Kids Can Cook: Lunch

WED. January 16 (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. This session will focus on lunch foods and will feature a hands-on demonstration from Sabina Beesley, MS, RD, a registered dietitian from University Medical Center at Princeton's Nutrition Program. Children must be accompanied by a parent or guardian. Registration is limited and open to children ages 8 to 12.

FREE Vision Screenings

THU. January 17
THU. February 21
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.*

From Atkins to Weight Watchers

WED. January 23 (7 – 8:30 p.m.)
Mercer County Library System – Hopewell Branch
245 Pennington-Titusville Road
Pennington

Sabina Beesley, MS, RD, registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss popular diets and offer guidelines for eating healthy and losing weight.

Chair Exercise

THU. January 24 (11 a.m. – 12 p.m.)
Mercer County Library System - Hickory Corner Branch
138 Hickory Corner Road
East Windsor

Carol Keyes, PT, Coordinator, Outpatient Rehabilitation, University Medical Center at Princeton's Outpatient Rehabilitation Network, will lead you in a variety of exercises that can be done while seated. Exercises include the use of resistance bands and household weights to get your heart pumping and keep you fit. Bands and weights will be provided.

New Year, New You: Achieving Your Optimal Weight Loss

THU. January 24 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

If healthier habits and weight loss are among your New Year's resolutions, give yourself a pat on the back for making health a top priority. Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will teach you how to balance your carbs, protein and fat for optimal weight loss. Learn the most recent information on weight-loss drugs, herbs and supplements. Free pedometers will be given to all participants.



r.a.d.KIDS™

MON. – FRI. January 28 – February 1
7 – 12 year olds: 3:30 – 5:30 p.m.
Community Education & Outreach at 731 Alexander Road

\$25 per child

Princeton HealthCare System is pleased to present r.a.d.KIDS, a national program designed to provide children with hope, options and practical skills to recognize, avoid, and, if necessary, escape violence and abuse. r.a.d.KIDS is a five-session, activity-based program that includes lectures, safety drills, muscle memory exercises and physical defense techniques. Topics include:

- Home, school and vehicle safety
- Out-and-about safety
- Realistic defense against abduction
- Good/bad/uncomfortable touch
- Stranger tricks
- Self-realization of personal power

R.A.D. Women™

MON. February 11, 18, 25 and TUE. March 4 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$25 per person

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. Registration is limited.

Kids Can Cook: Dinner

TUE. February 5 (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. This session will focus on dinner foods and will feature a hands-on demonstration from Sabina Beesley, MS, RD, a registered dietitian from University Medical Center at Princeton's Nutrition Program. Children must be accompanied by a parent or guardian. Registration is limited and open to children ages 8 to 12.



Teenage Suicide: Assessment, Prevention and Intervention

TUE. February 26 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road
The first step in preventing suicide is understanding the risks and warning signs. Join us as Jacqueline C. Oshiver, LCSW, MEd, Site Director of Outpatient Services with Princeton House Behavioral Health, discusses everything you should know about teen suicide, but probably don't. Topics include:

- Common myths about suicide
- Assessment and evaluation
- Risk factors
- Treatment interventions

This program may be especially helpful for parents, teachers, and caregivers who interact with teens who may be experiencing depression and/or emotional illness, or who may have experienced a major loss.

Super Foods and Cancer Prevention

THU. February 28 (7 – 8:30 p.m.)

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

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

Common GI Problems: Ask the Gastroenterologist

THU. February 28 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road
Join us for an informative discussion about common gastrointestinal conditions with Anne P. Swedlund, MD, board certified gastroenterologist. Dr. Swedlund will discuss the signs, symptoms, diagnosis and treatment of acid reflux, gastroesophageal reflux (GERD), Crohn's disease, irritable bowel syndrome and ulcerative colitis. She will also answer your questions about GI problems. Dr. Swedlund is a member of the Medical Staff of Princeton HealthCare System.



Corrective Eye Surgery

THU. February 21 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

John Epstein, MD, board certified ophthalmologist, will discuss all

aspects of corrective eye surgery and answer your questions, including:

- What is Lasik and am I a good candidate?
- Is Lasik safer than contact lenses?
- New frontiers in Lasik – Blade-Free Intralase Lasik
- Multifocal lenses and cataract surgery: The cure for reading glasses?

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

Workplace Ergonomics

WED. February 20 (7:30 – 8:45 p.m.)

Princeton Public Library
65 Witherspoon Street
Princeton

Learn proper ergonomics and ways to relieve stress and fatigue at your desk, with this interactive program. The discussion will be led by Jim McCracken, PT, CEES, Coordinator, University Medical Center at Princeton's Outpatient Rehabilitation Network.

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.

Postpartum Adjustment Support Group

- WED. January 2 (7 – 8 p.m.)
- THU. January 3 (11 a.m. – 12 p.m.)
- THU. January 10 (11 a.m. – 12 p.m.)
- WED. January 16 (7 – 8 p.m.)
- THU. January 17 (11 a.m. – 12 p.m.)
- THU. January 24 (11 a.m. – 12 p.m.)
- THU. January 31 (11 a.m. – 12 p.m.)
- WED. February 6 (7 – 8 p.m.)
- THU. February 7 (11 a.m. – 12 p.m.)
- THU. February 14 (11 a.m. – 12 p.m.)
- WED. February 20 (7 – 8 p.m.)
- THU. February 21 (11 a.m. – 12 p.m.)
- THU. February 28 (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 a lot of uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System as they help you explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Children age 4 and under are welcome to attend with their parent or guardian.

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.

Breastfeeding Support Group

FRI. January 4 (11 a.m. – 12 p.m.)
FRI. January 11 (11 a.m. – 12 p.m.)
FRI. January 18 (11 a.m. – 12 p.m.)
FRI. January 25 (11 a.m. – 12 p.m.)
THU. January 31 (7 – 8 p.m.)
FRI. February 1 (11 a.m. – 12 p.m.)
FRI. February 8 (11 a.m. – 12 p.m.)
FRI. February 15 (11 a.m. – 12 p.m.)
FRI. February 22 (11 a.m. – 12 p.m.)
THU. February 28 (7 – 8 p.m.)
FRI. February 29 (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.

Maternity Tour

SAT. January 5 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. January 19 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. February 2 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. February 16 (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. January 5
SAT. January 19
SAT. February 2
SAT. February 16

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 2 and under (9 – 10 a.m.), 3 to 4 (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.



Childbirth Preparation

MON. January 7 – 28 (7 – 9 p.m.)
TUE. January 22 – February 12 (7 – 9 p.m.)
WED. February 13 – March 5 (7 – 9 p.m.)
THU. February 21 – March 12 (7 – 9 p.m.)
MON. February 25 – March 17 (7 – 9 p.m.)

University Medical Center at Princeton
Lambert House Classroom 3

\$130 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.

Prenatal Exercise

MON. & WED. January 7 – February 13 (7 – 8 p.m.)
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 physician is required. Please bring a large towel or mat for floor exercises and water for hydration.



Postpartum Exercise

MON. & THU. January 7 – February 14 (10:30 – 11:30 a.m.)
No class on Thursday, January 17. Class will be held on Friday, January 18, instead.
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 (age 6 weeks to crawling). Medical clearance from a physician is required. Please bring a large towel or mat for floor exercises and water for hydration.

Prenatal Breastfeeding Class

WED. January 9 (7 – 9:30 p.m.)
WED. January 30 (7 – 9:30 p.m.)
TUE. February 19 (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.

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.

HypnoBirthing®

THU. January 10 –
February 7 (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.

Postpartum Infant Massage

FRI. January 11 (9:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$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, promotes growth, strengthens the immune system and increases circulation! 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. Please test the sunflower oil on your child for allergies before coming to class. To test, place a small amount of the oil on your baby's wrist or ankle and leave it on for 20-30 minutes. Check that there is no sensitivity to the oil, as indicated by a rash or redness. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a physician is required.

Accelerated Childbirth Preparation

SAT. January 12 (9 a.m. – 5 p.m.)
SAT. February 2 (9 a.m. – 5 p.m.)
SAT. February 23 (9 a.m. – 5 p.m.)

University Medical Center at Princeton
Lambert House Classroom 3

\$155 per couple

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

Baby Fest

SAT. January 12 (11 a.m. - 3 p.m.)
SAT. February 9 (11 a.m. - 3 p.m.)
Babies "R" Us - West Windsor
Nassau Park Boulevard
Princeton

No registration required.

Princeton HealthCare System is proud to take part in these monthly Baby Fest events at Babies "R" Us - West Windsor. Each month features a different theme of interest to new and expectant parents. Health professionals from Princeton HealthCare System will be on hand with important information for new families.

Baby Care Basics

MON. January 14 (7 – 8 p.m.)

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

Karen Davison, RN, Princeton HealthCare System, will teach new and expectant parents the basics of caring for a newborn.

Baby Care

TUE. January 15
(7 – 9:30 p.m.)
MON. February 4
(7 – 9:30 p.m.)
WED. February 27
(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.



Intro to Infant Massage

WED. January 16 (10 - 11 a.m.)
Babies "R" Us - West Windsor
Nassau Park Boulevard
Princeton

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 Debbie Brown-Kuhn, RN, a certified infant massage instructor. No massages will be given. Demonstration only.

Childbirth Preparation Review

FRI. January 25 (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.

Daddy Boot Camp™

SAT. January 26 (10 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 relaxed environment for fathers-to-be and new dads to feel comfortable to ask questions and express any frustrations about the complexities of fatherhood.

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.

Lamaze Class

TUE. January 29 – February 19
(7 – 9 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$120

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

Prenatal Partner Yoga Workshop

SAT. February 2 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$40 per couple

This workshop is designed to help pregnant couples learn supportive positions that can help the mother-to-be stretch and feel better during pregnancy and labor. Couples will practice postures, breathing techniques and massage. No previous yoga experience is necessary; however, medical clearance from a physician is required. Please bring a yoga mat or large towel and a pillow. This class is taught by a certified prenatal yoga instructor.

Breastfeeding Basics

MON. February 11 (7 – 8 p.m.)
Baby Depot
East Windsor Town Center
370 Route 130 South, East Windsor
Karen Davison, RN, Princeton HealthCare System, will offer tips for getting off to a good start with breastfeeding and answer your questions.

Prenatal Nutrition

TUE. February 19 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$25 per couple

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, and mother of two, will teach expectant couples proper nutrition for the pregnant mom, through all gestational ages. Topics include minimizing weight gain during pregnancy, foods to avoid when pregnant, postpartum nutrition and special nutritional concerns for breastfeeding moms.

Baby Sign

TUE. February 12 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$30 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.

Breastfeeding Basics

WED. February 13 (7 – 8 p.m.)
Babies "R" Us - West Windsor
Nassau Park Boulevard
Princeton
Karen Davison, RN, Princeton HealthCare System, will teach you the basics of breastfeeding and answer your breastfeeding questions to help get you and your child off to a good start.

Bright Beginnings 1 (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
No class on January 2.
Princeton Fitness & Wellness Center

**\$5 per session, payable at 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.

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

Fees for private classes may 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

TUE. January 8 (6 – 10:30 p.m.)
WED. January 23 (9 a.m. – 1:30 p.m.)
TUE. February 5 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

MON. January 14 (6 – 10:30 p.m.)
WED. February 20 (6 – 10:30 p.m.)
University Medical Center at Princeton

FRI. February 15 (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.

CPR & FIRST AID

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

Pet First Aid

FRI. January 18 (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 AED

WED. January 30 (6 – 10:30 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.

Heartsaver First Aid – Pediatric

SAT. January 26 (12:30 – 2:30 p.m.)
Princeton Fitness & Wellness Center

\$55 per person
The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.



Family & Friends CPR – Infant

SAT. January 26 (9:30 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

SAT. February 16 (9:30 a.m. – 12 p.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.

Family & Friends CPR – Adult & Child

SAT. February 16 (12:30 – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$30 per person
The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Heartsaver First Aid

FRI. February 22 (6 – 9:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$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 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.

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

CANCER 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.

Cancer Support Group

TUE. January 15 (6:30 – 8 p.m.)
TUE. February 19 (6:30 – 8 p.m.)
Princeton Radiation Oncology Center
9 Centre Drive, Suite 115
Jamesburg

WED. January 23 (6:30 – 8 p.m.)
WED. February 27 (6:30 – 8 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. January 23
(12 – 1:30 p.m.)
WED. February 27
(12 – 1:30 p.m.)
Princeton Fitness & Wellness
Center

No registration required.

This support group, which has been in existence for more than 13 years, 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 January, Edward M. Soffen, MD, board certified radiation oncologist, will discuss prostate brachytherapy as a salvage for local recurrence of prostate cancer. February's meeting will be an open discussion, facilitated by Lois Glasser, LCSW, Oncology Social Worker, Cancer Care of New Jersey.

SUPPORT GROUPS

UNITE – Perinatal Loss Bereavement Group

MON. January 7 (7 – 9 p.m.)
MON. February 4 (7 – 9 p.m.)
Princeton Fitness & Wellness Center

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



Bereavement Support Group: In the Face of Grief: Coping With the Expected and Unexpected

MON. January 14 (1 – 2:30 p.m.)
Suzanne Patterson Building at
Princeton Senior Resource Center
45 Stockton Street
Princeton

Please call 609.497.4900,

ext. 7909, to register.

This meeting, facilitated by JoAnn Laveman, LCSW, Hospice Bereavement Coordinator, and Ann Schoonover, Hospice Chaplain, will cover some of the unexpected trials and triumphs that often accompany the grieving process.

Diabetes Support Group

WED. January 16 (2:30 – 4 p.m.)
WED. February 20 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. January 28 (6:30 – 8 p.m.)
MON. February 25 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B

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. January 23 (2 – 3 p.m.)
WED. February 27 (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. January's meeting will feature Chirag H. Shah, DO, a cardiologist on staff at Princeton HealthCare System. Dr. Shah will discuss the relationship between lung and heart health. In February, a health professional from University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Department will offer tips for exercising with COPD. All members of the community are invited to attend.

Bereavement Support Group: People Say the Darndest Things!

MON. February 25 (1 – 2:30 p.m.)
Suzanne Patterson Building at Princeton Senior Resource
Center
45 Stockton Street
Princeton

Please call 609.497.4900, ext. 7909, to register.

Although well-intentioned, people often don't know what to say to someone who is grieving and their sentiments may seem less than helpful or, in some cases, even hurt. This meeting, facilitated by JoAnn Laveman, LCSW, Hospice Bereavement Coordinator, and Ann Schoonover, Hospice Chaplain, invites participants to share their feelings and experiences with fellow mourners who truly understand their grief.

WINDSOR TOWNSHIP EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in East Windsor Township. For more information, please contact the East Windsor Senior Center at **609.371.7192**.

Chinese New Year Celebration

SAT. February 9 (2 – 3 p.m.)
East Windsor Senior Center
40 Lanning Blvd.
East Windsor

No registration required.
Princeton HealthCare System is pleased to participate in this event to celebrate the Chinese New Year. Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will provide bubble tea and a Chinese fruit demonstration for participants.

MONROE TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Monroe Township. To register, please contact the Monroe Township Office on Aging – Senior Center at **732.521.6111** (unless another number is indicated).

Purposeful Eating

TUE. January 8 (2 – 3 p.m.)
Wynwood Brookdale Senior Living
380 Forsgate Drive, Monroe Township

Please call **609.409.7525** to register. Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss how making simple changes in your diet can improve your overall health and lower your risk for cardiovascular disease. This program is open to the general public.

Medication and Women's Health

FRI. February 8
(1:30 – 3 p.m.)
Monroe Township Senior Center, One
Municipal Plaza, Monroe Township

Please call **732.521.6111** after January 8 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.

SAVE THESE DATES

Look for these exciting programs in the next issue of Community Focus.



Soul to Soul Saturday, April 19

Features keynote speaker Natalie Cole, GRAMMY Award-winning recording artist, actress and author.

PHCS' Free CPR Week April 5 – 13

Learn how to save lives through cardiopulmonary resuscitation at a free CPR class during PHCS' Free CPR Week.

Sixth Annual *Art First!*

An international, juried exhibition and sale of original art and fine crafts by artists with disabilities, sponsored by The Auxiliary of University Medical Center at Princeton. More than 250 pieces, including watercolors, oils, photographs, sculpture, jewelry and more will be on display.

April 6 - May 9, 2008

Patrons' Preview Party – Saturday, April 5 (6 – 9 p.m.)

Presented throughout the main floor corridors of University Medical Center at Princeton, 253 Witherspoon Street, Princeton. For more information or an invitation to the preview party, call **609.497.4211** or visit **www.princetonhcs.org/auxiliary**.



Children & Body Image: Parents Are the Best Role Models

Signs and symptoms of an eating disorder can include:

- A preoccupation with food and weight gain
- A distorted view of one's body size
- Weight loss, often in a short period of time
- Excessive or compulsive exercise
- Menstrual irregularities caused by poor nutrition
- Signs of purging, such as frequent bathroom visits
- Avoiding activities that involve food
- Binge eating

poor body image can increase a child's risk, Dr. Parisi says. Eating disorders most often affect women in their teens and early 20s, but the average age has been steadily declining, with cases reported in children as young as 6 years old.

With approximately 40 percent of fourth graders claiming to "diet" at times, according to the U.S. Department of Health and Human Services, it has become essential for parents to take a positive and proactive role in promoting healthy attitudes about body image, eating and exercise in their children. Parents need to realize they are a child's first, best role models, Dr. Parisi says.

Anorexia and Bulimia

Anorexia causes a person to starve herself or himself for fear of becoming fat. A person with bulimia eats large amounts of food and purges to avoid gaining weight. Combined, the disorders affect as many as 10 million girls and women and 1 million boys and men in the United States, according to the National Eating Disorders Association.

Anorexia and bulimia are potentially fatal, but both are curable. Prevention is difficult because the causes of eating disorders are not fully understood, but parents can reduce potential risk factors, say Dr. Parisi and Kristen Sugarman, RD, a registered dietitian with the UMCP Eating Disorders Program.

"Kids imitate what they see, so the key is having parents set an example of healthy eating," Sugarman says. "What is healthy eating? In short, eating everything in moderation and having a healthy activity level."

When a little girl recently asked Eating Disorders Program Director Mindy Parisi, PhD, "Do I look fat?" Dr. Parisi was saddened but not surprised by the question.

"Kids are becoming more concerned with body image and dieting at a younger age," observes Dr. Parisi, who has served as Program Director of the Eating Disorders Program at University Medical Center at Princeton for the past five years.

While multiple biological and psychological factors cause eating disorders such as anorexia and bulimia,

Parents send the wrong message by labeling certain foods as "good" or "bad" and "healthy" or "unhealthy." A child might see this and attach feelings of guilt to eating certain foods, Sugarman says.

Similarly, parents should not use food to reward or scold a child. "Children need to learn to cope with emotions without having food involved," Sugarman says.

Unrealistic Images

Parents need to consistently encourage children to value people based on how they act, not how they look, Dr. Parisi says. Talk about how body images they see in magazines are unrealistic, especially with photo editing and plastic surgery.

"It's a challenge to help girls develop a positive body image in a culture where excessively thin women are viewed as the standard of beauty," Dr. Parisi says.

To create healthy habits, Dr. Parisi and Sugarman also suggest:

- Encouraging exercise as a fun, family activity rather than a way to lose weight.
- Setting aside time to eat dinner together as a family.

Parents concerned a child is showing signs of an eating disorder should seek early treatment, when a disorder is most curable. UMCP's nationally recognized Eating Disorders Program provides exceptional medical, psychotherapeutic and nutritional care for patients 8 and older. The program's multi-disciplinary treatment team is led by Medical Director Russell Marx, MD, board certified psychiatrist, who is co-founder and current treasurer of the National Eating Disorders Association. Author of *It's Not Your Fault: Overcoming Anorexia and Bulimia through Biopsychiatry*, Dr. Marx also has served as an editor for several eating disorder journals and been active in eating disorders research.

For more information about UMCP Eating Disorders Program, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Area Women Enjoy Weekday Getaway



As a kick-off to Breast Cancer Awareness Month, Rachel P. Dultz, MD, FACS, board certified, fellowship trained surgeon and Medical Director of University Medical Center at Princeton Breast Health Center, and Jeana S. Oh, MD, board certified in diagnostic radiology and Director of Medical Imaging at UMCP Breast Health Center, welcomed more than 350 guests to a “Weekday Getaway” at the center, located in East Windsor.



With delicious food and wine, and the strains of jazz guitar in the air, attendees relaxed with free chair massages and the opportunity to learn more about how to stay healthy and strong. More photos of this festive event can be viewed online at www.princetonhcs.org.



To make an appointment for a mammogram at the UMCP Breast Health Center, call **609.688.2700**.

UMCP Recognized as a Statewide Leader in Stroke Care *(continued from page 16)*

Rehabilitation: An Important Part of Recovery

At UMCP’s Acute Rehabilitation Unit, located at Princeton HealthCare System’s Merwick Care Center campus, a full range of services is available to help stroke patients recover, including physical, occupational, speech and psychological therapy. The unit, which is under the direction of Carol Sonatore, MD, board certified in physical medicine and rehabilitation, holds the highest accreditation available for acute rehabilitation programs from the Commission on Accreditation of Rehabilitation Facilities and is the only CARF-accredited acute rehabilitation unit in Mercer County. It is staffed by experienced rehabilitation nurses who understand the complexities of stroke patients.

For more information about UMCP’s Stroke Center and stroke-related programs, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



UMCP Recognized as a Statewide Leader in Stroke Care

Symptoms of Stroke

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, trouble walking, loss of balance or coordination
- Sudden severe headache with no known cause

Source: American Stroke Association.

University Medical Center at Princeton is among the first five hospitals in the state to earn the designation of Primary Stroke Center from the N.J. Department of Health and Senior Services. This designation is based on UMCP's advanced capabilities and protocols for the rapid and effective treatment of stroke patients.

"There's a saying in stroke care that 'time is brain.' The longer medical treatment is delayed, the greater the likelihood of permanent damage to the brain," says Melissa Schori, MD, Senior Vice President, Princeton HealthCare System and Vice President of Medical Affairs. "People who live and work in Mercer, southern Somerset and southern Middlesex counties should take comfort in knowing that their local hospital is also the home of a state-designated Primary Stroke Center."

Setting High Standards for Stroke Care

The Primary Stroke Center designation means UMCP meets strict state guidelines for the rapid diagnosis and treatment of stroke by specially trained medical professionals and follows established national standards for stroke care that improve outcomes for patients.

Specially trained, acute stroke teams are available at UMCP 24 hours a day, seven days a week. Neuro-imaging capabilities, like UMCP's state-of-the-art computerized tomography (CT) scanner and neurosurgical services, are available around the clock, with board certified neurologists and neurosurgeons on call at all times. UMCP's stroke center is staffed by physicians and nurses with advanced training in stroke care and Emergency Department physicians who are board certified in emergency medicine. It also provides staff and EMTs with access to special training in how to quickly assess and start appropriate care for stroke victims.

"The treatment of stroke patients requires a coordinated and rapid response," explains Paul K. Kaiser, MD, a board certified neurologist and Medical Director of the Stroke Program at UMCP. "The program at UMCP provides for a complete continuum of care ranging from stroke education and prevention through emergency, inpatient and rehabilitation care services."

(continues on page 15)

Visit us at www.princetonhcs.org



Princeton HealthCare System

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