

# health focus

THE LATEST IN HEALTH NEWS & INFORMATION | JULY/AUGUST 2008



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**No Train, No Game:  
Summer Preparation  
Can Help Kids Prevent  
Fall Sports Injuries**

**communityfocus**

HEALTH EDUCATION CALENDAR

# No Train, No Game: Preparation Can Help Prevent Fall Sports Injuries

A lack of training is one of the key culprits behind many common sports injuries, says Steven Gecha, MD, a board certified orthopedic surgeon at University Medical Center at Princeton who is fellowship trained in sports medicine.

High school and youth-league athletes need to spend at least six weeks prior to the start of fall practice getting their bodies in shape, Dr. Gecha says. That doesn't mean they have to hit the gym every day or run miles around the neighborhood. But they should participate in gradually more vigorous activity each week.

"You need to get back into shape slowly," says Dr. Gecha. "This is not something you're going to do with the snap of a finger."

## The Body's Not Ready

Moving directly from the sofa to the playing field puts athletes at greater risk for so-called repetitive stress or overuse injuries, Dr. Gecha says. These problems include stress fractures, shin splints, tendonitis, strains and sprains.

"These injuries occur when you repeatedly put too much stress on one part of the body without adequate rest periods," says Dr. Gecha, who, during his fellowship, was involved with the care of numerous college and professional sports teams, including the Philadelphia Flyers professional ice hockey team.

As an example, Dr. Gecha points to lower-leg stress fractures caused by a sudden increase in strenuous running. Weight-bearing exercises such as running help

gradually strengthen and thicken bones. But before that strengthening occurs, bones are temporarily weakened. Without proper training and rest, cracks can form in the weakened bone, leading to a fracture.

## Intensity, Frequency, Duration

Young athletes can help protect themselves against overuse injuries by following a training program with workouts that gradually increase in intensity, frequency and duration, Dr. Gecha says.

Start each session with a two- or three-minute warm-up, such as light jogging, followed by at least 10 minutes of stretching. The workout itself depends on the sport. High school coaches will often provide sport-specific workouts. For youth-league athletes, the workout may simply be playing the sport itself.

To gauge whether a child is working too hard, Dr. Gecha says, "If a body part hurts while you're doing a particular activity, stop doing that activity. If it hurts after you do it, then you need to cut that activity in half."

## Drink Plenty of Your Own Water

Training, especially during the summer, is not without its own risks.

Young athletes need to be warned to drink plenty of water and take breaks in the shade to avoid heat-related medical problems. They should also be advised not to share water bottles or athletic equipment that hasn't been washed to prevent the spread of disease and infection, Dr. Gecha says.



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

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

Health Focus is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.497.4191.

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Health Focus is published under contract by The Nautilus Publishing Company  
[www.nautiluspublishing.com](http://www.nautiluspublishing.com)  
T: 662.513.0159

# Million-Dollar Gift Received for New UMCP Chapel

Princeton residents Bob and Leslie Doll have donated \$1 million to support the construction of the Chapel at the new University Medical Center at Princeton, in honor of the services provided at the Chapel for the hospital community.

“Our faith plays an important role in our lives,” Bob Doll explains. “Leslie and I are pleased to make this gift, knowing that a special place of prayer, of refuge and of celebration will be built at the new hospital.”

Vice Chairman and Chief Investment Officer (Global Equities) at BlackRock, Inc., Bob Doll has served with Charles Townsend as Co-Chair of Princeton HealthCare System Foundation Capital Campaign’s Principal Gifts Committee since 2006.

He and his wife, who have three children, have lived in Princeton for 20 years.

“We enjoy living in Princeton and are pleased to have the opportunity to contribute to the community in this way,” Leslie Doll says.

Richard White, UMCP Director of Religious Ministries, applauds the Doll gift, saying, “Patients, family members and hospital staff can be found in the Chapel night or



*Pictured (left-right): Project architect Bob Hillier and Leslie and Bob Doll.*

day. I sometimes call it “The Soul” of the System.’ We are grateful that attention is being paid to the Chapel in the new facility.”

Great care is being taken to design the new Chapel as “a remarkable jewel” in the facility, according to Bob Hillier, a lead project architect. The Chapel is expected to be located in the building adjacent to the patient tower and with easy accessibility to a specially designed Healing Garden.

For more information about Religious Ministries at University Medical Center at Princeton, call **1.888.PHCS4YOU (1.888.742.7496)**.

For more information about the Princeton HealthCare System Foundation, call **609.497.4190** or visit **[www.princetonhcs.org/foundation](http://www.princetonhcs.org/foundation)**.

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If you believe your child has suffered a sports-related injury, seek medical attention. A specialist in orthopedic surgery may be necessary if surgical treatment is required.

It is important to seek care for and treat any injury promptly to help avoid a more debilitating injury that can put a player out for the rest of the season, Dr. Gecha says, noting, “You’re not doing anybody any good playing hurt.”

For more information about UMCP’s Orthopedics Program, which is ranked by HealthGrades among the top two hospitals in the state for overall joint replacement surgery, or for assistance finding an orthopedic surgeon or sports medicine specialist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**.



**Young athletes can help protect themselves against overuse injuries by following a training program.**

# Colon Cancer: Unknown Dangers Pose Great Risk

Polyps are the most common growth in the colon, but not necessarily the most dangerous. Flat growths and certain genetic conditions can make the occurrence of colon cancer even more likely. Are you at increased risk?

Early stage colon cancer doesn't typically have symptoms, which is why age-appropriate screenings – like colonoscopies – are so critical. A colonoscopy can detect and remove potentially cancerous growths before they invade the colon wall and spread to other areas of the body. Most colon cancers start as slow-growing polyps, so removing them before they turn into cancer will, essentially, prevent colon cancer. However, flat or depressed growths may not be easily or completely removed and may require a separate surgical procedure.

“Flat growths can often be successfully removed through a minimally invasive procedure called a laparoscopic colectomy,” explains Jeffrey Zavotsky, MD, board certified surgeon specializing in surgical oncology at Princeton HealthCare System. “If cancer is present and the colon and draining lymph nodes need to be removed, sometimes a laparoscopic colectomy can be used for that, as well.”

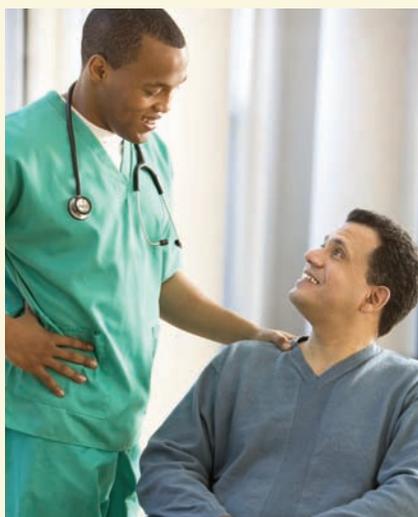
Flat growths on the colon wall are more common in Americans than previously thought and are 10 times more likely to be cancerous than polyps, a recent study in *Journal of the American Medical Association* indicates. The growths tend to be smaller when they are cancerous and are level with the colon wall or slightly depressed, making them more difficult to spot.

“Even though they aren't as readily visible as polyps, flat growths are still routinely detected through colonoscopies. This screening is the best way to identify abnormal growths in the colon,” says Dr. Zavotsky.

## Sometimes, It's in the Genes

It has been standard practice to begin colonoscopy screenings at age 50. However, individuals with high risk factors such as a family history of colon cancer or who have ulcerative colitis or Crohn's Disease, may need to begin even sooner. There are also two types of genetic predispositions to colon cancer that require special attention.

Hereditary nonpolyposis colon cancer (HNPCC) is a genetic mutation that causes cancerous growths at a much earlier age



than in the general population. It is estimated that 15 percent of people with HNPCC will develop colon cancer by age 40, thus bringing the age recommendation for screenings down to 20 to 25 years old. Women in this group are at increased risk for endometrial cancer, as well.

The good news is that a simple blood test, available through University Medical Center at Princeton's outpatient laboratory services, has recently been developed that can pinpoint those individuals with the HNPCC genetic malformation, eliminating the guessing game of who may have this predisposition.

“Another type of genetic predisposition, called familial adenomatous polyposis (FAP), causes multiple polyps,” says Dr. Zavotsky. “In certain cases, there are so many polyps that it's prudent to remove the entire colon to prevent colon cancer.”

People with FAP can develop non-cancerous colon growths as early as their teenage years, and as they age, the number of growths increases dramatically – sometimes into the hundreds or thousands. Unless the colon is removed, these polyps will become malignant.

## Screening and Treatment Can Prevent Deaths

“Almost all cases of colon cancer are preventable,” notes Dr. Zavotsky.

In addition to diligent screening, Dr. Zavotsky also suggests keeping your colon healthy by eating a high-fiber/low-fat diet.

“Ideally, if you don't have any of the major risk factors, eat a reasonably healthy diet and get regular colon screenings, your chances of getting colon cancer are very low,” says Dr. Zavotsky.

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

# Osteoporosis: Not Just a Woman's Concern

For years women have been warned of the dangers of osteoporosis, but until recently little has been said about similar health concerns facing middle-aged and older men. In fact, according to the National Osteoporosis Foundation, men over 50 are more likely to break a bone as a result of osteoporosis than they are to get prostate cancer.

An estimated 2 million U.S. men suffer from osteoporosis, a condition where bones lose density, weaken and break easier, usually as a result of the aging process. An additional 12 million men have low bone density that has not yet reached the level of osteoporosis.

“Traditionally, osteoporosis care was focused on women because we knew so much about the accelerated loss of bone mass as a result of menopause,” explains Michael J. Froncek, MD, board certified rheumatologist and a member of the Medical Staff of Princeton HealthCare System. “It has only been in recent years that the severity of the condition in men has really come to the attention of the medical community.”

Each year 80,000 men fracture hips as a result of osteoporosis, and in the first year following the fracture they are far more likely than women to die from complications related to the incident.

“Why this is the case is not really clear at this point, but it could be due to the fact that men have not routinely been treated for osteoporosis and so are not as well equipped to handle the disease,” Dr. Froncek says.

In men, he adds, higher rates of the disease have been reported in Caucasian and Asian populations than others.

The good news for both men and women is that developing osteoporosis does not have to be an inevitable part of aging. It is a condition that can be prevented, diagnosed and successfully treated.



**Risk factors for both sexes include being over the age of 70 (65 for women); or being middle-aged with one or more of the following risk factors:**

- a family history of osteoporosis;
- smoking;
- having a small physical frame;
- suffering from a medical condition such as rheumatoid arthritis, early menopause in women, intestinal disorders, or certain cancers; or
- taking medications that are known to cause bone loss, such as steroids, hormone treatments and some drugs used to treat seizures or diabetes.

Since osteoporosis can remain undetected until you break a bone, a simple low-dose X-ray called a bone mineral density (BMD) test can be performed to detect the disease.

If you are diagnosed with osteoporosis, your physician can help you manage the condition with medication. If tests indicate you are at risk for the disease, eating a well-balanced diet, with an ample supply of calcium and vitamin D; engaging in weight-bearing and resistance exercises; avoiding smoking; and limiting alcohol consumption can help prevent or slow the process.

“Although there are no medical guidelines in place at this time for men when it comes to bone density testing, the statistics indicate that they should be tested once they reach 70, or 50 if they have risk factors,” notes Dr. Froncek. “Women should be tested when they reach 65, or 50 if they have risk factors. We also have a wonderful new diagnostic tool available to us to determine a patient’s risk of fracture – the computerized Fracture Risk Assessment Tool (FRAX). Together with a bone density test, this evaluation tool provides a clear picture of a patient’s condition and future risk. Since osteoporosis is often an invisible disease until you experience a fracture, these tools can be lifesavers.”

For assistance finding a rheumatologist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**.

# Expanded Horizons in Healthcare Access

Local Horizon Blue Cross Blue Shield of New Jersey members now have more choices for expert healthcare services, whether they are in need of primary care physicians or specialists like surgeons and cardiologists.

Several hundred physicians on the Medical Staff of Princeton HealthCare System now accept Horizon BCBSNJ's family of insurance products. As a result, more members of our community can use our physicians for many of their medical needs, while still remaining in network.

Princeton HealthCare System and its clinical units, including University Medical Center at Princeton, Princeton House Behavioral Health, Merwick Care Center, Princeton HomeCare Services and Princeton Rehabilitation Services, are already in-network providers with Horizon's

family of insurance products.



For assistance finding a physician on staff at Princeton HealthCare System who participates in your Horizon insurance plans, please call our 24-hour, toll-free Physician Referral Service at **1.888.PHCS4YOU (1.888.742.7496)**, or visit our online directory at **www.princetonhcs.org**.

# Visit UMCP Lab Patient Service Centers in Your Community

Laboratory services from University Medical Center at Princeton just became even more accessible, with the opening of a new Laboratory Patient Service Center in East Windsor and expanded hours at UMCP's Monroe Township center.

Our sites are strategically located throughout the region in order to provide prompt and convenient access for blood collection and specimen drop-offs.

No appointment is necessary. The centers can be accessed at the times indicated in the box below.

To take advantage of one of our Patient Service Centers, simply bring with you the following information:

- Test order/request from a physician
- A photo ID
- Current insurance identification card

Most major insurance plans are accepted.

Our staff of highly trained laboratory professionals is committed to providing the highest quality of care and testing available, with same-day test results.

## UMCP Laboratory Patient Service Centers are located at:

- **Forsgate Centre Medical Building**  
11 Centre Drive, Suite A, Monroe Township  
Hours: Monday – Friday, 8:30 a.m. – 2 p.m.
- **University Medical Center at Princeton Breast Health Center**  
East Windsor Medical Commons 2  
300B Princeton-Hightstown Road, East Windsor  
Hours: Monday – Friday, 8 a.m. – 4:30 p.m.
- **University Medical Center at Princeton Outpatient Laboratory Area, Ground Floor**  
253 Witherspoon Street, Princeton  
Hours: Monday – Friday, 7 a.m. – 6 p.m.;  
Saturday, 8 a.m. – Noon

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

# community focus

JULY - AGUST 2008

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](http://www.princetonhcs.org/calendar) or call **1.888.897.8979** (unless another number is indicated).

## Fit Kids

Princeton HealthCare System and Princeton Fitness & Wellness Center are proud to offer these fun fitness classes, designed to keep kids moving this summer with activities intended to improve flexibility, endurance and strength. Children ages 8 through 12 are welcome to attend. **Registration is limited. Parental consent is required for all classes. Children must be picked up promptly at the end of class.**



### Circuit Class

TUE. August 5 (6:45 – 7:30 p.m.)  
Princeton Fitness & Wellness Center

**\$10 per child**

This class will be led by Christina Specos, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Improves overall fitness
- Combines cardio, strength conditioning and games for optimal results

### Pilates Class

TUE. August 5 (7:45 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

**\$10 per child**

This class will be led by Nicole Arioso, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Learn Pilates principles of length, strength and balance
- Increase flexibility, posture and overall body awareness

### Groove Class

TUE. August 12 (6:45 – 7:30 p.m.)  
Princeton Fitness & Wellness Center

**\$10 per child**

This class will be led by Tori Hillock, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Fun, energetic, dance-based class
  - Includes urban, club and Latin dance
  - Easy choreography and tons of fun
- No dance experience necessary.

### Zumba Class

TUE. August 12 (7:45 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

**\$10 per child**

This class will be led by Donna Friel, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Latin dance-based class
- High-energy cardio workout

### Exercise Ball Class

TUE. August 19 (6:45 – 7:30 p.m.)  
Princeton Fitness & Wellness Center

**\$10 per child**

This class will be led by Corina Simms, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Cardio and strength training
- Toning and balance
- Music to move to

### Aqua Class

TUE. August 19 (7:45 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Hydrotherapy Pool

**\$10 per child**

Parents must be present for the duration of the aqua class. This class will be led by Corina Simms, Group Fitness Instructor, Princeton Fitness & Wellness Center.

- Fun water workout
- Learn to use aqua steps, water medicine balls, paddles, noodles and more



Princeton HealthCare System  
**Community Education & Outreach**

Redefining Care.

#### LOCATIONS:

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

CURRENT PROGRAMS

**Health Screenings at West Windsor's Community Farmer's Market**

Saturdays through October 25 (9 a.m. – 1 p.m.)  
Princeton Junction Train Station  
Vaughn Drive Parking Lot  
Alexander Road and Vaughn Drive  
Princeton Junction

**No registration required.**  
Princeton HealthCare System proudly sponsors the West Windsor Community Farmer's Market. Each week, health professionals from Princeton HealthCare System will be on hand to offer free health screenings and information to area residents. For more information, visit [www.westwindsorfarmersmarket.org](http://www.westwindsorfarmersmarket.org).

**Summertime Safety for Children**

TUE. July 8 (6:30 – 7:30 p.m.)  
Community Education & Outreach at 731 Alexander Road  
Helen Rose, MD, board certified pediatrician, will teach parents ways to keep their kids safe during the summer months. Topics include:

- Sun protection
  - Pool and water safety
  - Temperature control and hydration
  - Playground safety
  - Bicycle safety
  - Lawnmower safety
  - Avoiding insect emergencies and removing ticks
  - Plant irritants
  - Fireworks safety
  - First aid kits for extended trips
- Dr. Rose is a member of the Medical Staff of Princeton HealthCare System.

**Health Screenings**

FRI. July 11 (9:30 - 11:30 a.m.)  
Mercer County Library System - Hickory Corner Branch  
138 Hickory Corner Road, East Windsor

**No registration required.**  
Health professionals from Princeton HealthCare System will provide health information and free blood pressure, glucose and cholesterol screenings. Fasting is preferred for the most accurate screening results, but not required.



**AARP Driver Safety Program**

TUE. July 15 & 22 (9 a.m. – 1 p.m.)  
Princeton Fitness & Wellness Center

**\$10, payable at door (checks should be made payable to AARP). Registration required.**

Upon completion of this two-part course, students will receive certificates of completion to send to their insurance companies. The certificate entitles students to a 5 percent discount on the major portion of their auto premiums for three consecutive years, and two points will be deducted from their motor vehicle records, if applicable. There is no age requirement, and you do not need to be a member of AARP.

**r.a.d.KIDS™**

MON. July 28 – FRI. August 1  
5 – 7-year-olds: 9:30 – 11:30 a.m.  
8 – 12-year-olds: 1 – 3 p.m.  
Princeton Fitness & Wellness Center

**\$25 per person**  
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

**Skin Care Information Session & Skin Cancer Screenings**

THU. July 31  
Information Session: 6 – 7 p.m.  
Screenings: 7 – 9 p.m.

Princeton Fitness & Wellness Center  
Outdoor summer activities increase our exposure to the sun and our risk of skin cancer. In recognizing the importance of early detection and prevention of skin cancer, University Medical Center at Princeton is pleased to offer a free skin care information session and skin cancer screening. A board certified dermatologist on staff at Princeton HealthCare System will lead the information session, and provide head-to-toe skin assessments, along with personalized recommendations for skin care. Screenings are limited and available by appointment only. Please call 1.888.897.8979 for an appointment.

MEN'S HEALTH SERIES

**Blood Pressure Screenings for Men**

FRI. July 18 (1 – 3 p.m.)  
Lowe's Home Improvement  
3504 Brunswick Pike (Route 1)  
Princeton

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



**Weight Lifting 101**

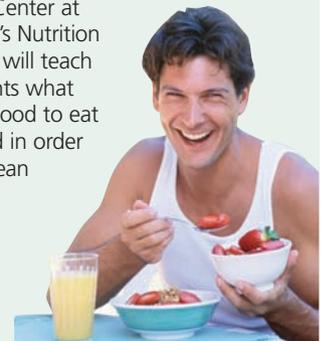
WED. August 6 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Learn safe and effective ways to weight-train through demonstrations of different styles of strength training, including power and shaping for fun. Also learn about the benefits of building strength through weight training.

- Fitness experts from Princeton Fitness & Wellness Center will lead this session:
- Scott Donaldson, Certified Personal Trainer
  - Nicole M. Doran, NASM, CPT, Fitness Manager
  - R.J. Pietrucha, MS, ACE certified, Assistant Fitness Manager

**Healthy Eating for Lean Muscle**

MON. August 11 (7 – 8 p.m.)  
Princeton Fitness & Wellness Center  
Sabina Beesley, MS, RD, a registered dietitian with University

Medical Center at Princeton's Nutrition Program, will teach participants what types of food to eat and avoid in order to build lean muscle.



### Indo-American Fair

SAT. August 30 & SUN. August 31  
(12 – 6 p.m.)  
Mercer County Park  
West Windsor



No registration required.

Princeton HealthCare System is a proud sponsor of this annual event, featuring family activities, food and fun! Health professionals from Princeton HealthCare System will provide free blood pressure screenings and health information.

### Please Give Blood

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

## 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](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Postpartum Adjustment Support Group

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

No registration required.

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

### Breastfeeding Support Group

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

No registration required.

Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by a certified lactation consultant.

### Prenatal Exercise

MON. July 7 – August 11 (7 – 8 p.m.)  
Community Education & Outreach at  
731 Alexander Road

\$85 per person

This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to improve muscle tone, circulation and energy level while easing everyday tension and stress. The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own individual comfort level, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

### Postpartum Exercise

MON. July 7 – August 11  
(10:30 – 11:30 a.m.)  
Community Education & Outreach at  
731 Alexander Road

\$65 per person



This six-session class helps postpartum moms restore strength and improve muscle

tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm-up, a cardiovascular workout, strength training and a cool-down. The exercise program, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.



### Baby Care

TUE. July 8 (7 – 9:30 p.m.)  
MON. July 28 (7 – 9:30 p.m.)  
TUE. August 19 (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.

### Prenatal Infant Massage

WED. July 9  
(7 – 9 p.m.)  
Community Education & Outreach at 731 Alexander Road



\$25 per couple

This class is the perfect time to learn the principles of infant massage before the arrival of your baby. 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, and increases circulation. Massage techniques are practiced on a doll. This class is designed for expectant couples. Please bring an exercise mat or large towel to class.

### Car Seat Safety Check

WED. July 2 (1 – 3 p.m.)  
WED. August 6 (1 – 3 p.m.)  
Babies "R" Us - West Windsor  
Nassau Park Boulevard, Princeton

THU. July 10 (10 a.m. – 1 p.m.)  
Mercer County Library System –  
Ewing Branch  
61 Scotch Road, Ewing  
Please call 609.882.3130 to register.

FRI. July 11 (1 – 3 p.m.)  
FRI. August 8 (1 – 3 p.m.)

Baby Depot  
East Windsor Town Center  
370 Route 130 South, East Windsor  
No registration required.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Attend this car seat safety check to have your child's car seat checked by a certified child passenger safety technician.

**Car seat checks are also available by appointment at 731 Alexander Road. Please call 1.888.897.8979.**

**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](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

**OPTIONS FOR BIRTHING**

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

**Birthing Basics**

THU. July 10 – 31 (7 – 9 p.m.)  
TUE. July 22 – August 12 (7 – 9 p.m.)  
MON. August 4 – 25 (7 – 9 p.m.)  
WED. August 20 – September 10 (7 – 9 p.m.)

University Medical Center at Princeton  
Lambert House Classroom 3

**\$120 per couple**

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



**HypnoBirthing®**

THU. July 10 – August 14 (7 – 9:30 p.m.)  
Community Education & Outreach at  
731 Alexander Road

**\$180 per couple**

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

**Review of Birthing Basics**

FRI. July 18 (6:30 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3

**\$55 per couple**

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

**Accelerated Birthing Basics**

SAT. July 19 (9 a.m. – 5 p.m.)  
SAT. August 2 (9 a.m. – 5 p.m.)  
SAT. August 16 (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. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience.

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

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

**Maternity Tour**

SAT. July 12 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. July 26 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. August 9 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. August 23 (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. July 12  
SAT. July 26  
SAT. August 9  
SAT. August 23  
University Medical Center at Princeton, Main Lobby

**\$30 per child**

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 4 and under (10:15 – 11:15 a.m.), and 5 and older (11:30 a.m. – 12:30 p.m.). Parents are expected to attend the course with their child and are not charged an additional fee.

**Prenatal Partner Yoga Workshop**

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

**\$40 per couple**

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

- Postures
- Breathing techniques
- Massage

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

**Baby Soothing Techniques**

MON. July 14 (7 – 8 p.m.)  
Baby Depot  
East Windsor Town Center  
370 Route 130 South  
East Windsor



WED. July 16 (7 – 8 p.m.)  
Babies "R" Us – West Windsor  
Nassau Park Boulevard, Princeton

Learn basic techniques you can use to soothe and calm your baby. Karen Davison, RN, a Health Educator from Princeton HealthCare System, will lead this discussion.

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](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

**Prenatal Breastfeeding Class**

TUE. July 15 (7 – 9:30 p.m.)  
WED. August 6 (7 – 9:30 p.m.)  
TUE. August 26 (7 – 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3

**\$40 per couple**

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



**Intro to Baby Sign**

WED. July 30 (7 – 8 p.m.)  
Babies “R” Us – West Windsor  
Nassau Park Boulevard, Princeton  
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. This class will teach you the basics of baby sign and is taught by Debbie Brown-Kuhn, RN, a Health Educator with Princeton HealthCare System.

**Intro to Infant Massage**

THU. July 31 (10:30 a.m. – 12 p.m.)  
Mercer County Library System – Ewing Branch  
61 Scotch Road, Ewing  
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 Health Educator with Princeton HealthCare System. No massages will be given. Demonstration only.

**Sleep Success: Better Sleep for You and Your Child**

MON. August 11  
(7 – 8 p.m.)  
Baby Depot  
East Windsor Town Center  
370 Route 130 South, East Windsor  
Karen Davison, RN, a Health Educator with Princeton HealthCare System, will discuss ways to ease the transition to bedtime for both you and your child.

**Baby Sign**

TUE. August 19 (9:30 – 11:30 a.m.)  
Princeton Fitness & Wellness Center

**\$25 per family**

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

**Prenatal Yoga**

THU. August 21 – October 9  
(7 – 8:15 p.m.)  
Princeton Fitness & Wellness Center

**\$165 per person**

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



**Itsy Bitsy Yoga® for Tots (crawling to 21 months, with parent or caregiver)**

FRI. August 22 – September 26  
(9:30 – 10:15 a.m.)  
Princeton Fitness & Wellness Center

**\$85 per person**

This class will provide active and supportive yoga practice, combined with proven techniques to playfully teach tots yoga postures while they are sitting up, standing, walking and jumping. Practicing yoga together helps strengthen the bond between parent and child. Tots feel happier and more confident while honoring their explorative and physical nature. No previous yoga experience is necessary. Please bring a favorite small plush toy to help involve your child in some of the activities. These classes are taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

**Itsy Bitsy Yoga® for Tykes (22 months to 4 years, with parent or caregiver)**

FRI. August 22 – September 26  
(10:30 – 11:15 a.m.)  
Princeton Fitness & Wellness Center

**\$85 per person**

This class will offer yoga poses, songs, stories and games to discover and enhance physical and social development of your tyke. Practicing yoga together helps strengthen the bond between parent and child, and is helpful in building a foundation for a healthy and fit lifestyle. No previous yoga experience is necessary. Please bring a favorite small plush toy to help involve your child in some of the activities. These classes are taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

**Daddy Boot Camp™**

SAT. August 23 (9 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

**\$25 per person**

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

**Bright Beginnings (birth to 6 months)**

Wednesdays  
(10:30 – 11:30 a.m.)  
*No class July 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 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](http://www.princetonhcs.org/calendar) or call 1.888.897.8979.

**CPR & FIRST AID**

Call **1.888.897.8979** or visit [www.princetonhcs.org/calendar](http://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**

TUE. July 1 (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. July 2 (6 – 9 p.m.)  
Community Education & Outreach at 731 Alexander Road

\$60 per person

The Heartsaver AED course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a written exam and skills test. Participants will receive a course completion card.



**BLS for Healthcare Providers**

TUE. July 8 (9 a.m. – 1:30 p.m.)  
THU. August 21 (6 – 10:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

MON. July 14 (6 – 10:30 p.m.)  
WED. August 13 (6 – 10:30 p.m.)  
Princeton Fitness & Wellness Center

TUE. July 22 (6 – 10:30 p.m.)  
TUE. August 5 (9 a.m. – 1:30 p.m.)  
University Medical Center at Princeton

\$65 per person

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

**Family & Friends CPR – Infant**

SAT. July 12 (9:30 – 11:30 a.m.)  
Community Education & Outreach at 731 Alexander Road

SAT. August 9 (9:30 – 11:30 a.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. July 12 (12:30 – 3:30 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 involved in child care who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

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

SAT. July 19 (10 a.m. – 12 p.m.)  
Community Education & Outreach at 731 Alexander Road

\$30 per person

*This class will be taught in Spanish.* The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. This course is designed for family members, friends and members of the



general community who want to learn CPR but do not need a course completion card.

**RCP para Familiares y Amigos – Adultos y Niños**

SÁBADO, 19 de Julio  
(10 a.m. – 12 p.m.)  
Community Education & Outreach en 731 Alexander Road

\$30 por persona

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

**BLS for Healthcare Providers – Renewal Challenge**

THU. July 24 (10 – 11 a.m. & 6 – 8 p.m.)  
TUE. August 19 (10 – 11 a.m. & 6 – 8 p.m.)  
Community Education & Outreach at 731 Alexander Road

\$25 per person

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

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

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

**CPR & FIRST AID**

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

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

SAT. August 16  
(9:30 a.m. – 12:30 p.m.)  
Community Education & Outreach at 731 Alexander Road

\$25 per person

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

**Heartsaver First Aid**

SAT. August 16 (12:30 – 3:30 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.

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.

**EVENT FOR EMERGENCY MEDICAL TECHNICIANS**

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

**Cardiac Emergencies**

TUE. July 29 (6 – 9 p.m.)  
Princeton Fitness & Wellness Center



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

Join us to learn more about:

- Different types of cardiac emergencies
- Patient assessment
- Emergency care
- Cardiac pharmacology

This workshop will be led by T. John Mercurio, MD, board certified in cardiology and interventional cardiology and Medical Director of UMCP's Cardiac Catheterization Lab, and Chirag Shah, DO, board certified cardiologist. Drs. Shah and Mercurio are members of the Medical Staff of Princeton HealthCare System. Three Continuing Education Units will be available to participants from the New Jersey Department of Health and Senior Services, Office of Emergency Medical Services. Dinner will be served.

**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](http://www.princetonhcs.org/calendar).

**Cancer Support Group**

TUE. July 15 (1:30 – 3 p.m.)  
TUE. August 19 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

WED. July 23 (6 – 7:30 p.m.)  
WED. August 27 (6 – 7:30 p.m.)  
Princeton Fitness & Wellness Center

No registration required.

University Medical Center at Princeton is pleased to partner with Cancer Care of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include:

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

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



**SUPPORT GROUPS**

**UNITE – Perinatal Loss Bereavement Group**

MON. July 7 (7 – 9 p.m.)  
MON. August 4 (7 – 9 p.m.)  
Princeton Fitness & Wellness Center

No registration required.  
This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death.

**Diabetes Support Group**

MON. July 28 (6:30 – 8 p.m.)  
University Medical Center at Princeton  
Diabetes Management Program  
Medical Arts Building, Suite B  
  
WED. August 20 (2:30 – 4 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

No registration required.  
Please call 609.497.4372 for information.

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



**MONROE TOWNSHIP EVENTS FOR SENIORS**

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

**What You Need to Know About Hypertension**

FRI. July 11 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza  
Monroe Township

Please call 732.521.6111 after June 11 to register.

Hypertension, or high blood pressure, is a silent killer. Having high blood pressure puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Seema Basi, MD, board certified nephrologist, will lead this discussion. Dr. Basi is a member of the Medical Staff of Princeton HealthCare System.

**The ABCs of Diabetes & Heart Disease**

WED. July 16 (12:30 - 2 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza  
Monroe Township

Please call 732.521.6111 after June 16 to register.

Nancy L. Rhodes, RN, MA, CDE, a certified diabetes educator and clinician with University Medical Center at Princeton's Diabetes Management Program, will discuss the connection between diabetes and heart disease, including the management of A1c (three-month average blood glucose), blood pressure, cholesterol, weight, and stress levels. Plus, learn tips for maintaining a healthy lifestyle. This program has been made possible by a generous grant from Church and Dwight to the Friends of the Monroe Senior Center and is open to all ages. Lunch will be provided.

**Taking Care of Your Kidneys**

TUE. August 5 (2 – 3 p.m.)  
Wynwood Brookdale Senior Living  
380 Forsgate Drive  
Monroe Township

Please call 609.409.7525 to register. Princeton HealthCare System is pleased to offer this informational session, led by Grace B. Bialy, MD, board certified nephrologist and member of the Medical Staff of Princeton HealthCare System. Dr. Bialy will discuss the importance of blood pressure and glucose levels in maintaining your kidney health, plus learning to control these and other risk factors for kidney disease. Dr. Bialy will also offer tips for managing kidney disease for those who already have it. Free blood pressure screenings will be available after the seminar.

**SAVE THESE DATES**

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

**Start! Heart Walk (September 14)**

The funds raised at this annual American Heart Association walk help to save lives from our country's No. 1 killer – cardiovascular disease.

**Prostate Cancer Support Group (September 24)**

In recognition of Prostate Health Month (September), Robert S. Di Paola, MD, a hematologist and professor of medicine at The Cancer Institute of New Jersey, will lead this session.

**Managing Blood Pressure & Blood Sugar (September 24)**

This event is designed to raise awareness of the risks for diabetes in the African-American population.

**Step Out: Walk to Fight Diabetes (October 12)**

Join us in helping the American Diabetes Association to raise needed funds to help find a cure for diabetes.

# Getting Past the Challenges of Breastfeeding

Many new mothers begin breastfeeding to benefit from the health advantages offered to them and their babies. For some mothers, breastfeeding goes remarkably well right from the start, but sometimes it can take persistence to get beyond initial challenges.

“If a mother receives the right information about breastfeeding and enough support early on, she is much more likely to succeed,” says Zanenge Ifan, MPA, IBCLC, RLC, a certified lactation consultant at University Medical Center at Princeton. Mothers who have a more difficult start can be discouraged by feelings that breastfeeding should be natural and easy. Misinformation about pain, nutrition and lifestyle changes can make the situation even more discouraging, says Ifan.

## Addressing and Overcoming Concerns

Heather Cerniglia says she was undecided and concerned about breastfeeding when her daughter, Stella, was born at UMCP in September 2007. The first-time mother from Robbinsville had heard breastfeeding could be painful.

“I wanted to at least give it a try because I knew it was the best thing for my daughter,” Cerniglia says.

During her stay at the hospital, Cerniglia worked with Ifan on the proper way to hold Stella and have her latch onto her breast. If the baby and mother are positioned properly, breastfeeding should be painless, says Ifan.

Cerniglia also was worried about her body being able to physically produce enough milk to nurture a thriving child – a common fear of new mothers. As part of this concern, some women feel they need to supplement their baby’s diet with at least some formula, especially before their milk supply arrives a few days after the baby is born.

However, Ifan assures new mothers that it is possible to breastfeed exclusively and fulfill the baby’s nutritional needs.

“Colostrum, a mother’s first milk that is in the breast during pregnancy and right after birth, provides all the nutrition a baby needs,” Ifan says. “It also provides unmatched immunity against bacteria and viruses.”

## Coaching New Mothers to Success

Because professional support is critical to a new mother’s success when breastfeeding, a certified lactation consultant meets with each new mother who gives birth at UMCP to offer advice, coaching and encouragement throughout her hospital stay. All nurses on the unit are also specially trained to provide 24-hour support for breastfeeding issues. The service is one



## Health Benefits of Breastfeeding

Studies have shown that breastfed babies are less likely to develop ear infections and a host of other illnesses and may be at reduced risk for childhood obesity. Nursing mothers reduce their risk of osteoporosis and certain types of cancer and can lose pregnancy weight more quickly, because the production of milk burns calories.

component of UMCP’s award-winning Maternal-Child Health Program. UMCP has been ranked by HealthGrades among the top 5 percent in the nation for maternity care services for two years in a row.

“Without their help, I don’t think I would have followed through with it,” says Cerniglia, who breastfed exclusively for her baby’s first three months.

To supplement the support new mothers receive in the hospital, Princeton HealthCare System’s Community Education & Outreach Program offers a prenatal breastfeeding class and a breastfeeding support group for nursing mothers. Both are led by certified lactation consultants. (See pages 9 and 11 of this issue for more details.)

In addition to professional support, a mother’s personal commitment to breastfeeding plays an important role in her experience.

By the time her daughter, Madison, was 6 weeks old, Leslie Tietjen of Robbinsville had built a supply of pumped breast milk that her husband and other caregivers could use to feed the baby. Properly stored breast milk can be kept in a standard freezer for up to four months.

“I enjoy breastfeeding, but it’s very demanding,” Tietjen says. “The more you think about how the baby’s going to benefit, the longer you stick with it.”

*Pictured above: Heather Cerniglia credits the support and encouragement of UMCP’s lactation consultants with helping her successfully breastfeed her daughter, Stella.*

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

For information about breast pump rentals, sales and repairs, call **Princeton HealthCare System Medical Equipment at 609.844.0221**.



# UMCP Sleep Center Earns Accreditation

University Medical Center at Princeton  
Sleep Center has achieved the gold standard  
in sleep medicine.



*UMCP Sleep Center's multidisciplinary treatment team includes (left to right) Vosudesh Pai, MD; Medical Director Michael S. Nollado, MD; and Andrew A. Martin, MD, all of whom are board certified in sleep medicine, pulmonary disease, internal medicine and critical care medicine.*

The UMCP Sleep Center recently received full, five-year accreditation by the American Academy of Sleep Medicine (AASM), a professional organization dedicated to assuring quality care for patients with sleep disorders, advancement of sleep research, and public and professional education.

AASM-accredited sleep centers meet the highest standards of quality care. For patients who need such services, AASM accreditation ensures that the center demonstrates excellence in providing comprehensive clinical sleep medicine, including diagnosis, treatment and follow-up of patients with a variety of sleep disorders.

UMCP Sleep Center's comprehensive services include overnight sleep studies, individual evaluations and treatment plans, equipment fittings and training sessions, coordination of care with personal physicians, and daytime assessments of

sleepiness. Our multidisciplinary treatment team features physicians who are board certified in sleep medicine, insomnia specialists, and technologists registered in clinical polysomnography.

For more information about the UMCP Sleep Center, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **[www.princetonhcs.org](http://www.princetonhcs.org)**.

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



**Princeton HealthCare System**

253 Witherspoon Street | Princeton, NJ 08540

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