

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | NOVEMBER/DECEMBER 2008



Princeton HealthCare System

Redefining Care.

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Talking, Eating & Working Again:
Passaic County Resident Treated for Rare Nerve Condition at UMCP

communityfocus
HEALTH EDUCATION CALENDAR

Pain-free Once More: Passaic County Resident Treated for Rare Nerve Condition at UMCP

Natalie Cameron wonders whether she would be alive today if an Internet search had not led her to Mark McLaughlin, MD, a board certified neurosurgeon on staff at University Medical Center at Princeton.

The 58-year-old from Clifton, N.J., suffered from a rare nerve condition that caused episodes of severe, shock-like pain in the right side of her throat and ear. Two days before last Christmas, she suffered a bout of pain so intense she was admitted to a hospital near her Passaic County home.

Doctors identified her condition as glossopharyngeal neuralgia, but medication and ever-increasing doses of painkillers did nothing to relieve her pain. After more than a week in the hospital, her condition worsened. Doctors suggested she be transferred to a hospital with more expertise in treating the extremely rare condition, she says.

“By that time, I wasn’t eating, I wasn’t drinking and I wasn’t talking because I didn’t want to do anything to provoke a pain spasm,” she says. “My body was starting to shut down.”

As Cameron lay immobile in her hospital bed, her family members searched the Internet for information about the disease and doctors capable of treating it. Their search led them 60 miles away to Dr. McLaughlin, a neurosurgeon who specializes in treating cranial nerve pain using a state-of-the-art technique known as microvascular decompression.

The Worst Pain of Her Life

Glossopharyngeal neuralgia affects fewer than one in 100,000 people, but it makes life miserable for sufferers, Dr. McLaughlin says.

“I’ve never experienced pain like that; childbirth was nothing compared with it,” says Cameron, who has three sons and eight grandchildren.



The condition is caused by irritation of the ninth nerve exiting the skull, the glossopharyngeal nerve. In Cameron’s case, a blood vessel that had weakened and elongated over time would occasionally rub against the nerve, sending pain shooting up her throat and into her ear.

Cameron first experienced episodes of sharp pain in her throat in the late summer of 2007. As the incidents became more frequent and intense, she

visited multiple doctors, who suspected everything from a virus to throat cancer. An MRI during her initial hospital stay showed a contorted blood vessel was causing glossopharyngeal neuralgia.

A Surgical Option for Facial Pain

Medications and needle procedures are the frontline therapies for cranial nerve pain, Dr. McLaughlin says. If a patient cannot tolerate anesthesia, sometimes radiation can be used. Surgery is the final option once a patient such as Cameron has exhausted other choices.

During the minimally invasive procedure known as microvascular decompression, a neurosurgeon uses advanced microscopes and surgical tools to move the blood vessel away from the nerve. Shredded Teflon® padding, about half the size of a Q-Tips® head, is inserted between the blood vessel and the nerve to prevent future irritation.

“While glossopharyngeal neuralgia is exceedingly rare, microvascular decompression can treat a variety of cranial nerve disorders, such as trigeminal neuralgia

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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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Medical Nutrition Therapy: A One-on-One Look at Nutritional Needs of People With Diabetes

With nearly 21 million diabetics in the United States today, many people know that managing the disease involves regular blood sugar monitoring, proper diet and, in some cases, medication. What people often do not realize is that nutritional needs can vary from person to person.

“When people hear diabetes, they automatically think they can’t eat certain foods, and they must strictly follow a set ‘diabetic’ diet, but to properly manage the disease, individualized nutritional care is a critical link in the treatment chain, and that’s where medical nutrition therapy comes into play,” explains Ned Weiss, MD, board certified endocrinologist. Dr. Weiss is Medical Director of University Medical Center at Princeton’s Diabetes Management Program and Chief of Endocrinology, Diabetes and Metabolism.



dietary concerns of the individual in order to tailor a nutrition plan that works for him or her.

“Taking the standard education course provides the foundation for understanding diabetes, from what the disease is and how it affects the body to basic dietary concerns and management options,” explains Carol Salas, a registered dietitian at UMCP. “In MNT we actually help people address their personal dietary needs, so they can manage their diabetes more effectively. We make sure

they are eating in a way that controls their blood sugar, but also works for them long term. What affects one person’s blood sugar may not be a problem for another, and some people have special dietary considerations – for example, vegetarians or people with food allergies.”

MNT is covered by Medicare and many private insurance companies.

Medical nutrition therapy (MNT) is a one-on-one dietary counseling program available to individuals regardless of their age or diabetic level. Unlike the basic 10-hour diabetes education course often taken by newly diagnosed patients, UMCP’s MNT program focuses on the medical conditions and

For more information about University Medical Center at Princeton’s Diabetes Management Program and MNT services, or for assistance finding an endocrinologist on staff with Princeton HealthCare System, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Passaic County Woman Treated for Rare Nerve Condition at UMCP *(continued from page 2)*

and hemifacial spasms,” Dr. McLaughlin says. “The procedure provides another choice for patients who are frustrated with their options for relieving chronic throat or facial pain.”

A Life-changing Experience

Less than a week after being transferred to UMCP, Cameron underwent a microvascular decompression procedure.

Cameron was back on her feet within days. She quickly returned to her position with the Nutley (N.J.) Board of Education. She also resumed her regular trips to see her 95-year-old mother in upstate New York.

“The pain was gone right away, and I have not experienced one bit of that horrible pain since,” she says. “The pain takes your life away from you. If somebody is suffering, I will do anything to get the word out that there is somebody who can help you. There is relief.”

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



UMCP Acute Rehab Unit Moves to Hospital Campus

In September, our accredited Acute Rehabilitation Unit moved from the Merwick Campus at 79 Bayard Lane in Princeton to University Medical Center at Princeton (UMCP), 253 Witherspoon Street in Princeton.

The Unit provides care for patients who have had complex orthopedic procedures and/or who have neurological conditions, such as strokes. Many patients who have suffered a stroke often have related heart, diabetic, kidney and blood pressure problems. By moving the unit into the hospital, we are able to enhance patient care by enabling internists, neurologists, and other specialists to continue to follow their patients without leaving the hospital campus. Also, patients are now able to receive their X-rays, CT scans, and other procedures without requiring transportation to and from the hospital via an ambulance or wheelchair van. Patients and families are pleased with the enhanced comfort and convenience of being within the hospital.

The unit is led by board certified physiatrist Carol Sonatore, DO, Medical Director of UMCP's Acute Rehabilitation Unit,

and Certified Rehabilitation Registered Nurse Stella Mason, UMCP Acute Rehabilitation Unit Manager. Both have extensive experience and expertise in acute rehabilitation. The staff of the unit includes seasoned physical, occupational and speech therapists; rehabilitation nurses; registered dietitians; and licensed clinical social workers.

The Acute Rehabilitation Unit is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). It is the only acute rehabilitation program in Mercer County to achieve this prestigious accreditation.

For more information about the Acute Rehabilitation Unit, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Retired Doctor Supports Capital Campaign Effort



Retired obstetrician/gynecologist Fraser Lewis, MD, delivered more than 5,000 infants throughout his 31-year career, 25 years of which were spent at University Medical Center at Princeton (UMCP). Yet despite his extensive professional ties to UMCP, a personal inpatient experience has been one of his most significant, he says.

In 1997 – only five years into his retirement – Dr. Lewis was faced with the decision of which direction he should take for treatment of his prostate cancer. He visited the Mayo Clinic in Rochester, Minn., as well as a prostate cancer specialist at Johns Hopkins University School of Medicine in Baltimore. In the end, however, Dr. Lewis decided to treat his cancer here at home, at University Medical Center at Princeton.

Since then, Dr. Lewis, now 74 and healthy, has maintained his relationship with the hospital in a number of ways – most recently, with a six-figure donation to UMCP's Maternal-Child Health Program, as Princeton HealthCare System begins construction on a state-of-the-art facility within a 160-acre health campus in Plainsboro.

Dr. Lewis has now joined the effort to get other retired physicians involved in the hospital's fund-raising process.

PHCS reached out to Dr. Lewis about eight years ago to help with development, and he jumped on board. The entire effort is a bit awe-inspiring, Dr. Lewis says of the \$115 million campaign: "When you talk about the number of dollars they're trying to raise, it's always impressive to think about the fact that the hospital is going to be able to succeed – there are so many people out there who are really invested in this project."

Dr. Lewis and his wife, Maxine, who still live in their home of 40 years in Hopewell Township, raised four sons and have two grandsons and one granddaughter. Dr. Lewis is now looking forward, both for his family and the hospital community. He is committed to helping the healthcare institution that has played such a significant personal and professional role throughout his life.

For more information about Princeton HealthCare System Foundation or *Design for Healing: The Campaign for the New University Medical Center of Princeton*, call **609.497.4190** or visit **www.princetonhcs.org/designforhealing**.

Prenatal Screenings Now an Option for Younger Moms Too

Until recently, advanced fetal screenings and diagnostic testing were focused on expectant mothers over 35 years of age. While it's true that women in this age group are at greater risk of having pregnancy complications including babies with Down syndrome, that thinking – and the guidelines that go along with it – has changed.

Historically, older moms have been offered advanced fetal screenings and amniocentesis to determine whether their babies had the Trisomy 21 abnormality (Down syndrome) or other age-related, high-risk chromosomal abnormalities. By using this cut-off age, though, only 30 percent of all Down syndrome cases could be detected. That's because, although older moms have an increased risk of having a baby with Down syndrome, there are more young moms having babies. And since Down syndrome occurs in one per 800 live births, many of these babies are born to mothers under 35 years of age.

“There are now a number of additional screening options available to all pregnant women that can increase the detection of Down syndrome to 80 percent or more,” explains Meena Khandelwal, MD, a member of Princeton HealthCare System's Medical Staff, who is board certified in maternal-fetal medicine and Associate Professor of the Department of Obstetrics & Gynecology at the University of Medicine and Dentistry of New Jersey (UMDNJ) – Robert Wood Johnson Medical School. “These screening tests will not tell us if the baby does or does not have Down syndrome, but it will give us a more accurate estimation of the risk compared to using age alone.”

Changing the Guidelines for Better Care

These new guidelines are based on the recommendation of The American College of Obstetricians and Gynecologists (ACOG). In addition to non-invasive screenings, ACOG advises that all pregnant women, regardless of age, should have the option of diagnostic testing, i.e., amniocentesis.

During the procedure, a small sample of amniotic fluid is removed through a fine needle inserted into the uterus through the abdomen, under ultrasound guidance. Although the procedure presents some risks, the benefits usually outweigh those risks – even for young mothers.

“Risk is a relative term based partially on a woman's age, but also combined with other factors such as the results of the prenatal screenings,” says Dr. Khandelwal. “Up until ACOG changed the recommendation, women at 35 years old were considered to have an even risk – one in 270 – of having a baby with Down syndrome and of losing the fetus through an amniocentesis. Since the risk of loss from an amnio is considered much lower now, the age limit has essentially been eliminated as an arbitrary cut-off.”

Based on the new risk factor estimates (one in 300 to one in 500) for fetal loss from an amnio, ACOG recommends letting the woman decide whether the procedure is right for her. Her personal risk factor is taken into account when making that decision. Dr. Khandelwal also stresses the importance of genetic counseling to discuss specific risks and options should tests determine the presence of the Trisomy 21 abnormality.

“There are several reasons women would have the test,” says Dr. Khandelwal. “However, the overriding reason I find is that they want to put their mind at ease and enjoy their pregnancy. Luckily, for most women that's the case.”



University Medical Center at Princeton offers state-of-the-art maternal-fetal medicine services, including:

- Access to high-risk obstetricians who are board certified in maternal-fetal medicine
- amniocentesis
- chorionic villus sampling (CVS)
- nuchal translucency
- serum screening
- 3D/4D ultrasound
- counseling and education

UMCP was recently ranked by HealthGrades® among the top 5 percent of hospitals in the nation for maternity care – for the third year in a row.



For more information about Maternal-Fetal Medicine Services at University Medical Center at Princeton, or for assistance finding a maternal-fetal medicine specialist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



Smoking Cessation: Winning the Mind Game and Achieving Better Health

When it comes to kicking the smoking habit, Andrew Martin, MD, Medical Director of Intensive Care at University Medical Center at Princeton, tells his patients the same thing: **Don't plan to quit; plan to be a nonsmoker.**

"If you quit, you can start again. If you don't smoke, then why would you even think about picking up a cigarette?" explains Dr. Martin, who is board certified in pulmonary disease, critical care and sleep medicine. "The distinction can make a difference in your ability to remain smoke-free."

While nicotine is highly addictive – as addictive as heroin or cocaine, according to the American Cancer Society – many options are available to make quitting easier. Over-the-counter patches and gum can help wean smokers from their nicotine addiction, while certain prescription medications can reduce cravings. Treatments such as hypnosis, relaxation techniques and acupuncture have also been found helpful.

"The effects of smoking on the body are significant, especially over time," notes Dr. Martin. "It causes more than just lung cancer; it causes a range of lung diseases, as well as serious heart and circulatory conditions. Making the decision to be smoke-free, and taking that step, has an almost immediate

positive impact on your health, and over the weeks, and months, and years you will continue to see improvements."

For example, within 24 hours of quitting, a person's chance of heart attack decreases, while two weeks after quitting, circulation and lung function improve, and within one year, the risk of coronary heart disease is half that of a smoker's, according to the American Lung Association.

Setting a specific quit date is the first step in the process, and the American Cancer Society's Great American Smokeout, held on the third Thursday of November each year, is the perfect time. Support is also available throughout the year through your doctor.

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



UMCP Joint Replacement Surgery Rates Are Tops Once Again

For the third year in a row, University Medical Center at Princeton has received a five-star rating for overall joint replacement and total knee replacement surgery in a new, national survey of hospitals.

These ratings – the highest available – are part of a comprehensive annual analysis released in October by HealthGrades®, the leading independent healthcare ratings company.

According to HealthGrades, University Medical Center at Princeton continues to rank among the top hospitals in the state for overall joint replacement and total knee replacement and is the only hospital in the Trenton area to have received a five-star rating – ratings that also have been achieved for three consecutive years (2007-2009).

"These latest HealthGrades' ratings are a testament to the clinical expertise of our physicians and the other members of the orthopedic team," says Barry Rabner, President and CEO of Princeton HealthCare System.

"We are proud of our consistent five-star ratings for overall joint replacement and total knee replacement over the past three years and are committed to continue providing our community with exceptional orthopedic services," Rabner says.

Staffed by board certified physicians with fellowship training in key subspecialties, including spine, hand, shoulder, hip and knee surgery, UMCP's Orthopedics Program offers minimally invasive techniques that promote faster recovery and greater comfort. Patients also benefit from comprehensive inpatient and outpatient rehabilitation, fitness and wellness services.

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

Addictions and the Holidays: Holiday Cheer Can Hide a Serious Problem



The holidays are a time to reunite with family members and reflect on the past year, but holiday celebrations can lead to overindulgences in food and alcohol.

This mix of excess and emotion makes the holidays a difficult time for people struggling with an alcohol or drug problem, says Arnold M. Washton, PhD, Clinical Director of The Retreat at Princeton, an inpatient drug and alcohol rehabilitation program for adults who would otherwise be functioning in their daily lives.

“The holidays are always a time of increased relapse potential for people in recovery who have stopped drinking,” says Dr. Washton, an addiction psychologist. “It’s also a time when people with active drinking problems may go unnoticed, because other people are also drinking more heavily than usual.”

Dr. Washton says he advises those in recovery to be extra cautious from Thanksgiving through the New Year. Many individuals abusing alcohol work hard to hide their drinking problem from others, so they may continue to receive bottles of alcohol as holiday gifts and be encouraged or even pressured to drink at holiday parties, he says.

Heightened alcohol consumption during the holidays is equally dangerous for people who are having problems with substances other than alcohol, because alcohol can trigger other drug use, Dr. Washton says.

When Could There Be a Problem?

A problem drinker’s friends and family members very often are the first to suspect alcohol abuse because of the behaviors it triggers. The American Psychiatric Association defines recurrent drinking as alcohol abuse when it results in one or more of the following:

- Poor performance at work or in school or neglect of household responsibilities
- Drinking during dangerous situations such as driving or operating machinery
- Legal problems related to drinking such as disorderly conduct
- Fights, arguments and other interpersonal problems caused by alcohol

Alcohol dependence, or alcoholism, is a disorder in which a person often drinks more than intended, has difficulty controlling his or her alcohol consumption, and suffers negative consequences directly related to drinking.

“An alcoholic is a person who has lost the ability to reliably and predictably control their alcohol consumption,”

Dr. Washton says. “They have an ‘on’ switch for drinking, but they don’t have an ‘off’ switch.”

Like any serious health problem, the best treatment for alcoholism is prevention. Problem drinking can harm relationships, job performance, physical health and self-esteem even before it reaches the point of full-blown alcoholism, Dr. Washton says.

Nagging Doesn’t Work

If you suspect a loved one has a problem, you should approach the person in a positive, non-threatening way, Dr. Washton says. “Nagging, pleading and threatening don’t work,” he added.

Instead, Dr. Washton suggests:

- Offering to stop drinking together with the person who’s having trouble.
- Being on the lookout for parties where excessive drinking is encouraged.
- Planning alternative activities and events unrelated to drinking.
- Proposing a one-time consultation with an addiction treatment specialist.

Where to Turn for Help

One of the few programs of its kind in the nation, the Retreat at Princeton was opened in May 2007 as an inpatient residential program for adults who would otherwise be functioning in their daily lives, to help them address substance abuse problems and related core issues. The Retreat is a private, 14-bed wing of Princeton House Behavioral Health’s main campus on Herrontown Road in Princeton.

“We don’t try to coerce people into recovery; rather, we try to encourage them into recovery,” Dr. Washton says. “We do this by providing individually tailored treatment that is respectful of the patient.”

Answering “yes” to one or more of the following questions suggests a possible alcohol problem:

- Have you ever felt you should reduce your drinking?
- Have people criticized your drinking?
- Have you ever felt bad about your drinking?
- Have you ever had a drink first thing in the morning?

Source: National Institute on Alcohol Abuse and Alcoholism.

the Retreat at Princeton

For questions, referrals or admissions to The Retreat at Princeton, call 609.497.2600 or visit www.retreatatprinceton.org.

UMCP Joins Nationwide Effort to Improve Health Services to Older Adults

University Medical Center at Princeton is working hard to improve the care of hospitalized individuals age 65 and over.

Older adults have different needs from those of younger hospitalized patients, whether it involves the likelihood of more prescription medications prior to hospitalization, or physical changes that can occur during the hospitalization itself (e.g., losing muscle strength at a faster rate than younger patients), among other health concerns.

As a result, UMCP's administrators, physicians and nursing staff have initiated a variety of new programs focused on these different needs. One of the most exciting programs to be implemented is the NICHE (Nurses Improving Care for HealthSystem Elders) program, which started here in February 2008. Although the initiative has begun with bedside nurses in inpatient units, the ultimate aim is to implement system-wide advancements that will ensure sensitive, exemplary care for older adult patients.

"Our goal here at UMCP is to anticipate and respond promptly and effectively to older patients' needs. We want to be the model to be followed in relation to care of the older adult," says Ashley Zampini, RN, BSN, NICHE Program Coordinator at UMCP.

NICHE has become a nationwide effort to improve nursing care for the elderly. UMCP is one of 240 hospitals in more than 40 states participating with the NICHE initiative. A program of the Hartford Institute for Geriatric Nursing at New York University, NICHE seeks to bring about changes in nursing practice that will benefit older hospitalized patients.

NICHE sites have been reported to have increased nursing knowledge and skills concerning treating common geriatric



UMCP is a teaching hospital and these changes will be incorporated into the resident curriculum with the hopes of cultivating physicians who are more prepared and attuned to the specialized needs of the older adult.

syndromes, boosted patient satisfaction, and decreased length of stay for elderly patients, as well as reduced readmission rates and increased the length of time between readmissions.

UMCP's effort will focus not only on its nursing staff, however, but on physician involvement as well, with Medical Staff member David Barile, MD, assisting in that effort.

"Dr. Barile has been strategic in enhancing communication between nurses and physicians," Zampini explains.

In October, physician involvement in the NICHE program began with the addition of a gerontologic assessment for patients over the age of 75, responsibility for the

medication reconciliation process when patients are discharged, and monthly interdisciplinary meetings.

"UMCP is a teaching hospital and these changes will be incorporated into the resident curriculum with the hopes of cultivating physicians who are more prepared and attuned to the specialized needs of the older adult," says Zampini.

Initiatives such as low beds and an RN/NA orientation program have already been implemented at the hospital and are expected to grow. In addition, according to Zampini, the hospital plans to incorporate improvements in areas such as policies, changes to the physical environment, daily interdisciplinary rounds and the creation of ACE Units – those dedicated to Acute Care of the Elderly.

For more information about University Medical Center at Princeton, contact us at **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**. For more information about the NICHE program, visit www.nicheprogram.org.

community focus

NOVEMBER – DECEMBER 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 or call **1.888.897.8979** (unless another number is indicated).

CURRENT PROGRAMS



5th Annual Women's Wellness Day 2008

SAT. November 1
(8 a.m. – 3 p.m.)
Conant Hall, ETS Campus
660 Rosedale Road, Princeton

\$50 per person (\$60 at the door)
\$40 for Heart to Hearts members
& seniors age 60 and over

Registration required.

Please call Terry Tucker at 609.689.3131 or register online at www.hearttohearts.org.

This event, sponsored by **Heart to Hearts, Inc.**, a women's wellness organization committed to empowering women through education, will focus on all areas of women's health. Kenneth

H. Ung, MD, board certified OB/GYN, and Richard T. Lee, MD, board certified in hematology and medical oncology, will lead a panel discussion on women's health and cancer-specific health concerns. Other community speakers will be highlighted. The daylong event will include exhibits, massages, holistic presentations, and health lectures and screenings by physicians and health professionals from Princeton HealthCare System. Screenings include:

- Posture
- Blood pressure
- Bone density
- Cholesterol
- Glucose

Drs. Ung and Lee are members of the Medical Staff of Princeton HealthCare System.



Health Technology Information & GERD Lecture (Gastroesophageal Reflux Disease)

WED. November 5 (6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Eric Shen, MD, board certified in internal medicine and gastroenterology, and a member of the Medical Staff of Princeton HealthCare System, will explain GERD (Gastroesophageal Reflux Disease), including:

- Signs & symptoms
- Diagnosis
- Treatment
- Related conditions such as Barrett's esophagus – a precursor to esophageal cancer

Plus, learn how to research GERD and access up-to-date medical information with Louise Yorke, Medical Librarian, Princeton HealthCare System's Library of the Health Sciences, who will discuss how to access medical information via the PHCS online medical library.

Safe Sitter

THU. & FRI. November 6 & 7 (9 a.m. – 3 p.m.)

Community Education & Outreach at 731

Alexander Road

\$60 per person

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

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

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

Sitters should bring their own lunch.



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

CURRENT PROGRAMS

**A November Night:
An Evening in Tangier**

SAT. November 8

(6:30 – 11 p.m.)

D & R Greenway Land Trust

1 Preservation Place, Princeton

This annual event, sponsored by The Auxiliary of University Medical Center at Princeton (UMCP), features dinner, dancing, and live and silent auctions benefiting UMCP's Maternal-Child Health Program. Spend the evening underneath a high tent lit with street lanterns, decorated in traditional Moroccan colors and filled with silent auction items, while you dance to the spirited music of the Jump City Jazz Orchestra. Chef Max Hansen of Bucks County will be whetting palates and serving up tantalizing treats. Reservations are required. For more information and to request an invitation, please call 609.497.4069 or visit www.princetonhcs.org/auxiliary. Sponsorship opportunities are available.



Community Health & Safety Fair

SAT. November 8 (9 a.m. – 12 p.m.)

West Windsor-Plainsboro High School North

90 Grovers Mill Road, Plainsboro

No registration required.

Princeton HealthCare System, the Indian American Civic Forum and the Plainsboro Police Department are pleased to cosponsor this fair, open to the entire community. PHCS physicians and health professionals will provide health information and free screenings, plus a special opportunity to participate in a PHCS research study about the health of the South Asian American population. Bring your family to this fun and informative fair!

**Focus on Diabetes:
Fall into Healthy Habits**

MON. November 10

(11:30 a.m. – 1:30 p.m.)

MON. November 24

(6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join us for this informative program and learn how to better manage your diabetes throughout the holiday season, including:

- How to avoid weight gain
- Managing the stress of holiday preparations
- Achieving satisfactory control of your blood sugar

Plus, learn some tasty, diabetes-friendly recipes.

This program will be led by Sandra Byer-Lubin, RD, CDE, a registered dietitian, and Nancy Rhodes, RN, CDE, Certified Diabetes Educators with University Medical Center at Princeton's Diabetes Management Program. Lunch or a light dinner will be provided for the day-time and evening lectures, respectively. Registration is limited.



**Celiac Disease & Living with
a Gluten-Free Diet**

TUE. November 11 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

According to the National Institutes of Health, one in every 133 Americans suffers from celiac disease. Celiac disease is an autoimmune disease that affects the digestive system. A person with celiac disease cannot eat gluten – a protein found in wheat, rye and barley. Symptoms include: abdominal pain, bloating, weight loss, general weakness, anemia and joint pain.

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss what you need to know about celiac disease, including:

- Signs and symptoms
 - Risk factors
 - Healthy approaches to gluten-free living
- Refreshments featuring gluten-free baked goods will be provided.



AARP Driver Safety Program

TUE. November 11 & 18 (9 a.m. – 1 p.m.)

Princeton Fitness & Wellness Center

Registration required.

\$10, payable at door

(Checks should be made payable to AARP.)

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.

**The Difference Between
Dementia & Depression**

WED. November 12 (6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Is it dementia or am I depressed? Aliya W.

Kahn, board certified internist and member of the Medical Staff of Princeton HealthCare System; Barbara DeAngelis, MS, Coordinator of Education and Training, Alzheimer's Association;

and George F. Wilson, MD, board certified psychiatrist and member of the Medical Staff of Princeton HealthCare System, will discuss the different signs and symptoms of dementia and depression, how to continue living a healthy lifestyle, and available treatment options.



Healthy Holiday Cook-Off

MON. November 17 (6:30 – 9 p.m.)

Princeton Fitness & Wellness Center

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, and Lisa Motavalli, MD, board certified in internal medicine and echocardiography, board eligible in cardiology, will lead this interactive, tasty holiday cook-off. Learn how to make traditional holiday recipes into healthier, but just as delicious, dishes. Beesley and Dr. Motavalli will be joined by the following special guests:

- Chris Carey, Executive Chef, University Medical Center at Princeton
- Will Moody, Executive Chef, The Brothers Moon
- Anthony M. Perrotti, Executive Chef, Hyatt Regency-Princeton
- Luis Bollo, Executive Chef, Mediterra

CURRENT PROGRAMS

Emotional Eating

WED. November 19 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join Kelly Sweeney, MS, LPC, primary therapist with University Medical Center at Princeton's Eating Disorders Program, for a discussion on emotional eating and mindfulness. Understand some reasons why we may turn toward food to satisfy emotional needs. Learn strategies for tuning into hunger and fullness cues and how to practice mindful eating.



FREE Vision Screenings

THU. November 20

THU. December 18

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.

Anemia: Evaluation & Treatment

WED. December 3 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

David B. Sokol, MD, board certified in internal medicine, hematology, and medical oncology, will discuss the definition of anemia and other blood count abnormalities, including:

- How to read the results of complete blood count (CBC) testing
 - Management of anemia and other blood count abnormalities
- Dr. Sokol is a member of the Medical Staff of Princeton HealthCare System.

Understanding Your Thyroid: Its Impact on How You Feel

TUE. December 9 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

When it's working properly, your thyroid can make you feel better, look better, and keep you healthy. However, millions of people, most of whom are women, suffer from thyroid diseases and often write their symptoms off as being due to stress and overwork. Ned M. Weiss, MD, board certified endocrinologist, and Jason M. Hollander, MD, board certified endocrinologist, will provide a description of the thyroid gland and its function, as well as common thyroid problems, including overactive and underactive thyroid, goiters and nodules, plus their causes, symptoms, treatments and common myths. Drs. Weiss and Hollander are members of the Medical Staff of Princeton HealthCare System.

Please Give Blood

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

For hours, or to schedule your appointment, call 609.497.4366.

CHILDBIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for three years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Postpartum Adjustment Support Group

Thursdays (11 a.m. – 12 p.m.)

UMCP Breast Health Center

300B Princeton-Hightstown Road

East Windsor Medical Commons 2

East Windsor

No registration required.

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

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)

UMCP Breast Health Center

300B Princeton-Hightstown Road

East Windsor Medical Commons 2

East Windsor

No registration required.

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



CHILDBIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for three years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Maternity Tour

SAT. November 1 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
 SAT. November 15 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
 SAT. December 20 (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. November 1
 SAT. November 15
 SAT. December 20
 University Medical Center at Princeton
 Main Lobby



\$30 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 6 and older (10:15 - 11:15 a.m.), and 3 to 5 years (11:30 a.m. - 12:30 p.m.). Parents are expected to attend the course with their child and are not charged an additional fee.

Prenatal Exercise

MON. November 3 – December 8
 (7 – 8 p.m.)
 Community Education & Outreach at
 731 Alexander Road

\$90 per person

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



clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

Postpartum Exercise

MON. November 3 – December 8 (10:30 – 11:30 a.m.)
 Community Education & Outreach at 731 Alexander Road

\$60 per person

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

Prenatal Infant Massage

WED. November 5 (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, promotes growth, strengthens the immune system and increases circulation. Massage techniques are practiced on a doll. The class is designed for expectant couples. Please bring an exercise mat or large towel to class.

Prenatal Yoga

THU. November 6 – December 18 (7 – 8:15 p.m.)
 No class on November 27.
 Princeton Fitness & Wellness Center

\$125 per person

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

Postpartum Yoga

FRI. November 7 – December 19
 (10 – 11:15 a.m.)
 No class on November 28.
 Princeton Fitness & Wellness Center

\$125 per person

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



Holidays with Baby

MON. November 10 (7 – 8 p.m.)

Baby Depot – East Windsor
 370 Route 130 South, East Windsor

Karen Davison, RN, a Health Educator with Princeton HealthCare System, will share tips for relieving stress and enjoying the upcoming holidays with your baby.

CHILDBIRTH & FAMILY

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for three years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

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.

Review of Birthing Basics

FRI. November 7 (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.

Birthing Basics

TUE. November 11 – December 2 (7 – 9 p.m.)
MON. November 24 – December 15 (7 – 9 p.m.)
TUE. December 9 – December 30 (7 – 9 p.m.)
MON. December 29 – January 19, 2009 (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®

TUE. November 11 – December 9 (6:30 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

\$180 per couple
This five-week class is designed for expectant couples who have a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

Accelerated Birthing Basics

SAT. November 15 (9 a.m. – 5 p.m.)
SAT. December 13 (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, medical interventions and comfort measures to promote a positive birth experience.

Private childbirth & family classes are available upon request for those with special medical considerations.
Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

Prenatal Breastfeeding Class

THU. November 13 (7 – 9:30 p.m.)
WED. December 3 (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.

Baby Care

WED. November 19 (7 – 9:30 p.m.)
WED. December 10 (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.



Fall in Love When You Bring Baby Home

WED. November 19 (6:30 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road

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

CHILDBIRTH & FAMILY

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Prenatal Partner Yoga Workshop

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

\$40 per couple

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

- Postures
- Breathing techniques
- Massage

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

Baby Sign

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

\$25 per family

Communicating with your baby can be challenging. This class will give you the tools you need to communicate with your child months before he or she learns to speak. Find out when your baby is hungry, thirsty or just not feeling well, using simple sign language.

You can begin baby sign at any age, but a good time to start is when your child is between 6 and 7 months old.

The entire family is encouraged to attend.

Daddy Boot Camp™

SAT. December 13 (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 on November 26 & December 24.

Princeton Fitness & Wellness Center

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

This informative, relaxed group is for parents and caregivers of infants.

Each week focuses on a different topic

of interest to new moms, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with the parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Car Seat Safety Checks

Call **1.888.897.8979** for an appointment and locations.

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



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

FRI. November 7 (9 a.m. – 1:30 p.m.)

MON. December 8 (6 – 10:30 p.m.)

University Medical Center at Princeton

WED. November 12 (6 – 10:30 p.m.)

MON. December 15 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at 731 Alexander Road

THU. November 20 (9 a.m. – 1:30 p.m.)

TUE. December 2 (6 – 10:30 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.

Family & Friends CPR – Infant

SAT. November 8 (9:30 – 11:30 a.m.)
Community Education & Outreach at
731 Alexander Road



SAT. December 13 (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

TUE. November 8 (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.

Heartsaver AED

MON. November 10 (6 – 9 p.m.)
Princeton Fitness & Wellness Center

\$60 per person

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

Pet First Aid

FRI. November 14 (6 - 9 p.m.)
Princeton Fitness & Wellness Center

\$40 per person

The Pet First Aid course, designed by the American Safety & Health Institute (ASHI), teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs and cats; however, first aid applications for most pets are similar.

BLS for Healthcare Providers – Renewal Challenge

SAT. November 15 (10 – 11 a.m.)
WED. December 10 (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.

Family & Friends CPR – Adult & Child

SAT. December 13 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center

\$30 per person

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

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 to register.

EMT Core 13

THU. – SUN. December 18 – 21
Participants must attend all four sessions.
December 18 & 19 (7 – 11 p.m.)
December 20 & 21 (9 a.m. – 5 p.m.)
Princeton Fitness & Wellness Center

Registration required.

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

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

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

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

CANCER PROGRAMS & SCREENINGS

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

Cancer Support Group

TUE. November 18 (1:30 – 3 p.m.)
TUE. December 16 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

WED. November 19 (6 – 7:30 p.m.)
WED. December 17 (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, and Karen Rust, RN, BSN, OCN, University Medical Center at Princeton's Cancer Outreach Coordinator. Light refreshments will be provided.



Prostate Cancer Support Group

WED. November 19
(12 – 1:30 p.m.)
Princeton Fitness & Wellness Center

No registration required. Lunch will be provided.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. In November, Mark Stein, MD, Assistant Professor of Medicine, UMDNJ–Robert Wood Johnson Medical School, will discuss “Current Clinical Prostate Trials in New Jersey and Novel Anticancer Agents in Development.”

SUPPORT GROUPS

UNITE – Perinatal Loss Bereavement Group

MON. November 3 (7 – 9 p.m.)
MON. December 1 (7 – 9 p.m.) – Memorial Service

Princeton Fitness & Wellness Center

No registration required.

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

Diabetes Support Group

WED. November 19 (2:30 – 4 p.m.)
WED. December 17 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. November 24 (6:30 – 8 p.m.)
MON. December 22 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B

No registration required. Please call 609.497.4372 for information.

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



MONROE TOWNSHIP EVENT FOR SENIORS

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



Hope: The Source of Eternal Strength

THU. December 18 (10:30 – 11:30 a.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Please call 732.521.6111 after November 17 to register.

Join us to learn more about spiritual life and older adults with Rev. Richard H. White, Director of Religious Ministries, Princeton HealthCare System. Topics include:

- Spiritual practices
- Beginning assumptions
- Resources

This is a nonsectarian lecture.

**PRINCETON TOWNSHIP
EVENTS FOR SENIORS**

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



Brown Bag Session: Ensuring Success after Hospitalization

FRI. November 21 (12 – 1 p.m.)
Suzanne Patterson Center at Princeton Senior Resource Center
45 Stockton Street, Princeton

Please call 609.924.7108 to register.

It is helpful to consider discharge planning before illness or hospitalization even happens. Discharge planning is a process that determines what patients need to make a smooth transition from one level of care, such as hospitalization, to another, whether it be home, an acute rehabilitation facility, or another type of care provider. What should you look for in a hospital discharge plan? Bonnie Hoegl, MSW, LCSW, Senior Social Worker with Princeton HealthCare System's Case Management and Social Work Department, will explain and discuss the following topics:

- Who is there to help? Planning resource people on the hospital staff
- Asking questions is good! What to ask?
- Patient and family participation in decision making
- What do discharge planners and social workers do?

Flu Fair

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

Please call 609.924.7108 to register.

Princeton HealthCare System is proud to take part in this annual program for Princeton residents age 65 and over. Health professionals from Princeton HealthCare System will provide a variety

- Blood pressure
- Glucose
- Cholesterol
- Body fat analysis

Physicians from Princeton HealthCare System's Medical Staff include:

- Mark E. Arcaro, MD
- Michael S. Arcaro, MD

Participants from Princeton HealthCare System include:

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

Princeton Senior Resource Center and the Princeton Regional Health Department are proud sponsors of this event and will offer free flu shots* for Princeton Township and Borough residents (proof of residency required for flu shots only).

*Flu shots are free with a Medicare card; \$10 per person without a Medicare card. All other health screenings are free of charge.



SAVE THESE DATES

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



Camps, Kids & Sports Expo (January 2009)



Breast Cancer Support Group (January 2009)



Recovering from Postpartum Depression

You may be surprised to learn that the most common maternal birth complication is not bleeding or infection – it’s depression, according to the March of Dimes. While contrary to the expected excitement over a new bundle of joy, the reality is that one in eight new mothers will experience postpartum depression.

Signs and Symptoms

- Baby blues lasting longer than two weeks
- Strong feelings of depression and anger that come one to two months after childbirth
- Feelings of sadness, doubt, guilt or helplessness that seem to increase each week and interfere with routine functions
- Inability to take care of self or the baby
- Changes in appetite
- Inability to enjoy activities that once brought pleasure
- Concern and worry about the baby that are too intense; conversely, a lack of interest in the baby
- Possible emergence of anxiety and panic attacks
- Fear of harming the baby or thoughts of self-harm or suicide

Source: American College of Obstetricians and Gynecologists.

“Very depressed mothers can have attachment difficulties and agonizing feelings of extreme sadness and worthlessness.”

In very rare cases (about 0.2 percent), women suffer postpartum psychosis, requiring immediate, emergency intervention.

Who’s at Risk?

The fact is every pregnant woman is at risk for postpartum depression; however, a recently published study by the

More than half of new mothers experience some changes in emotions during the week or two following birth. This experience, usually referred to as “Baby Blues,” is often marked by symptoms such as crying, mood swings, irritability and anxiety. In most instances, however, the blues resolve fairly quickly as Mom adjusts to life with her new baby.

Women whose symptoms continue and worsen over time may be suffering from postpartum depression disorder (PPD).

“Postpartum depression seriously diminishes a woman’s ability to properly care for herself and her baby,” explains Sonja B. Gray, MD, board certified psychiatrist and Medical Director at Princeton House Behavioral Health Outpatient Services.

American Psychiatric Association reveals that women who have had depression before or during their pregnancy have a greatly elevated chance of suffering from PPD.

“We know that women who are bipolar, for example, are at extreme risk for exacerbation of their illness. The good news, though, is that depression is one of the most treatable mental illnesses,” Dr. Gray explains, noting that although some severe cases of PPD require intensive inpatient services, most women recover well with medicine and outpatient therapy.

She cautions, however, that it’s sometimes difficult to diagnose PPD because women often hide their feelings out of embarrassment or shame. University Medical Center at Princeton administers a state-mandated postpartum assessment to all new mothers to try and pinpoint those who have elevated risk factors and require further evaluation.

“Although many women have no documented risk factors, the assessment opens the door to conversations about PPD so that all mothers are familiar with the symptoms and have resources for help should they need them,” says Dr. Gray.

Woman-to-Woman Support

Discussion and support can help women who are having mild to moderate adjustment issues.

“Our Postpartum Adjustment Support Group has a patient-driven format where moms can bring their infants and talk about issues that are important to them at this time, like childcare, self-esteem or returning to work,” says Bree Powell, LCSW, a community educator with PHCS’ Community Education & Outreach Program. “For women who are having a difficult postpartum period, coming to this group is the first step toward re-establishing social connections and feeling good about themselves.”

For more information about Princeton House Behavioral Health or the Postpartum Adjustment Support Group, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

See page 12 for details on upcoming support group meetings.

Weight Loss Surgery Can Reduce Cancer Deaths

There are a myriad of common obesity-related health problems – diabetes, heart disease, asthma, arthritis and cancer, among them. A recently published study, however, has clearly shown that weight loss surgery can significantly reduce a person’s risk of dying from certain cancers.

A healthy weight is just that: healthy. It’s no secret that carrying extra weight can dramatically affect a person’s overall health, self-esteem and ability to perform daily and routine tasks. And the heavier a person is and the longer it persists, the more at risk they become for serious diseases and complications.

Obesity is associated with more than 30 other serious diseases and conditions including type 2 diabetes, heart disease, sleep apnea, hypertension, asthma, joint problems, infertility and cancer. Losing weight can eliminate or greatly reduce the risk of developing certain diseases, while at the same time, improve or resolve related conditions. Several recent clinical studies pinpointed the link between increased cancer risk and obesity.

“These studies looked at the cancer mortality rate in people who had weight loss surgery and found that the risk reduction can be two- to four-fold for cancers such as uterine, colon, breast and prostate,” explains Robert E. Brolin, MD, Director of Bariatric Surgery at University Medical Center at Princeton (UMCP). “We’ve always known that thin women rarely get uterine cancer, so the benefit of bariatric surgery for obese women could be tremendous.”

One study tracked obese individuals who had bariatric surgery with obese individuals who didn’t. After five years, the results showed that those who had the surgery and lost weight, reduced their risk of certain cancers by 80 percent*, compared to those who didn’t have the surgery. This research complements several previously published investigations that demonstrated that bariatric surgery improves overall health and quality of life by reducing the risk of other obesity-related problems.

As the first hospital in Mercer County to offer bariatric surgery for weight control, UMCP is also a Clinical Research Affiliate of The Cancer Institute of New Jersey and an approved program of the American College of Surgeons’ Commission on Cancer.



Is Weight Loss Surgery Right for You?

Dr. Brolin says that the benefits of weight loss surgery can be far-reaching, but individuals must meet some standard criteria before being considered a candidate.

“Basically, a person must be about 100 pounds over their ideal weight and have failed to achieve weight loss using traditional methods,” Dr. Brolin notes. “At UMCP, we offer two different surgical options – the Roux en Y Gastric Bypass and Laparoscopic Adjustable Banding. Both can be successful, with some different risks and results.”

On average, research indicates most patients lose approximately 10 pounds per month and reach a stable weight 18 to 24 months after surgery. Often, the greatest rate of weight loss occurs in the very beginning, while patients are still on a liquid diet.**

Dr. Brolin and his team perform a thorough exam and risk assessment before recommending weight loss surgery as an option. The Bariatric Surgery Program at UMCP is a designated Center of Excellence by the American Society for Metabolic and Bariatric Surgery. It offers a full range of safe and effective weight loss surgery treatment options, experienced surgeons and a multi-disciplinary support staff to achieve the best results for a healthier life.

* Source: Research by Nicolas Christou, MD, Director of Bariatric Surgery at McGill University Health Center, presented at a meeting of the American Society for Metabolic & Bariatric Surgery.

** Source: MedLine Plus.

Dr. Brolin and his team perform a thorough exam and risk assessment before recommending weight loss surgery as an option.



**Bariatric Surgery
Center of Excellence**

University Medical Center at Princeton

For more information about UMCP’s Bariatric Surgery Center of Excellence, or for assistance finding a bariatric surgeon on staff at Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

PHCS Breaks Ground for New Hospital

Hundreds of people turned out on Friday, October 3, to help celebrate the official groundbreaking for University Medical Center of Princeton at Plainsboro (UMCPP), which will replace the hospital's existing Princeton facility.

"Today we begin construction of what will be one of the finest regional medical centers in the United States, a state-of-the-art facility that will take excellent care of this community for generations to come," said Barry S. Rabner, President and CEO of Princeton HealthCare System.

Slated to open in 2011, the new hospital will be located on Route One in Plainsboro between Scudders Mill Road and Plainsboro Road. It will occupy 50 acres of land and serve as the hub of a 160-acre health campus that will also include a medical office building, a health education center, a senior residential community, a skilled nursing facility, pediatric services and a 32-acre public park along the Millstone River.

The new hospital will consist of approximately 636,000 square feet of interior space, with 238 private patient rooms, state-of-the-art emergency services, operating suites and a comprehensive array of ambulatory services and laboratories.

"The new facility is designed for healing in every way," said Edward E. Matthews, Chairman of the Princeton HealthCare System Board of Trustees. "In every detail, this building will feature the latest innovations in healthcare and medical technology, making UMCPP one of the nation's top hospitals for clinical outcomes, patient safety, patient satisfaction, operational efficiency and environmental sustainability."

For more information about this exciting project, visit www.newhospitalproject.org.



→ *Barry S. Rabner, President and CEO of Princeton HealthCare System, operates the backhoe during the official groundbreaking ceremony for the new University Medical Center of Princeton at Plainsboro. Pictured in the background (left to right) are: Sean J. Hopkins, Senior Vice President, Health Economics, New Jersey Hospital Association; Jennifer Godoski, Deputy Commissioner, N.J. Department of Environmental Protection; Heather Howard, Commissioner, N.J. Department of Health and Senior Services; Mayor Peter Cantu of Plainsboro; John Verdoni, MD, President of the Medical Staff of Princeton HealthCare System; Elliott Sigal, MD, PhD, Executive Vice President, Chief Scientific Officer and President of Research and Development for Bristol-Myers Squibb; and Edward E. Matthews, Chairman, PHCS Board of Trustees.*

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



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