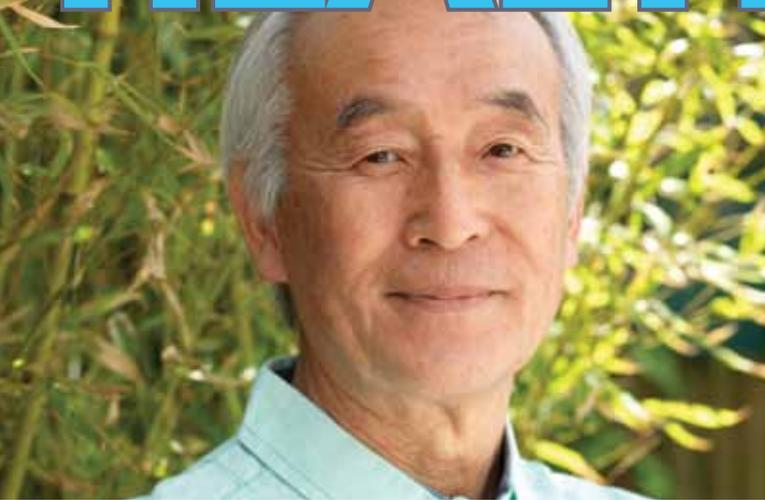
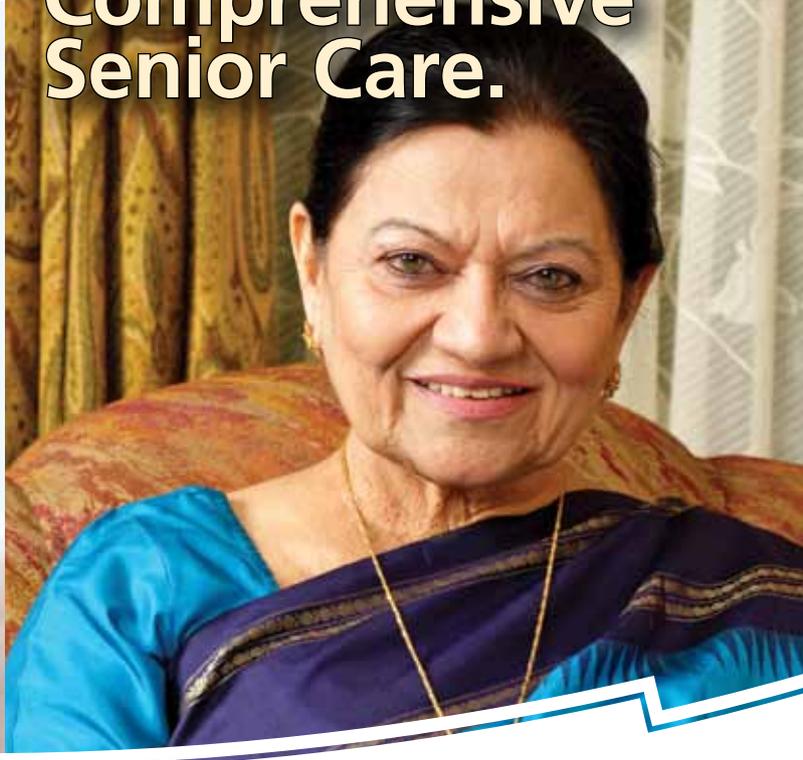
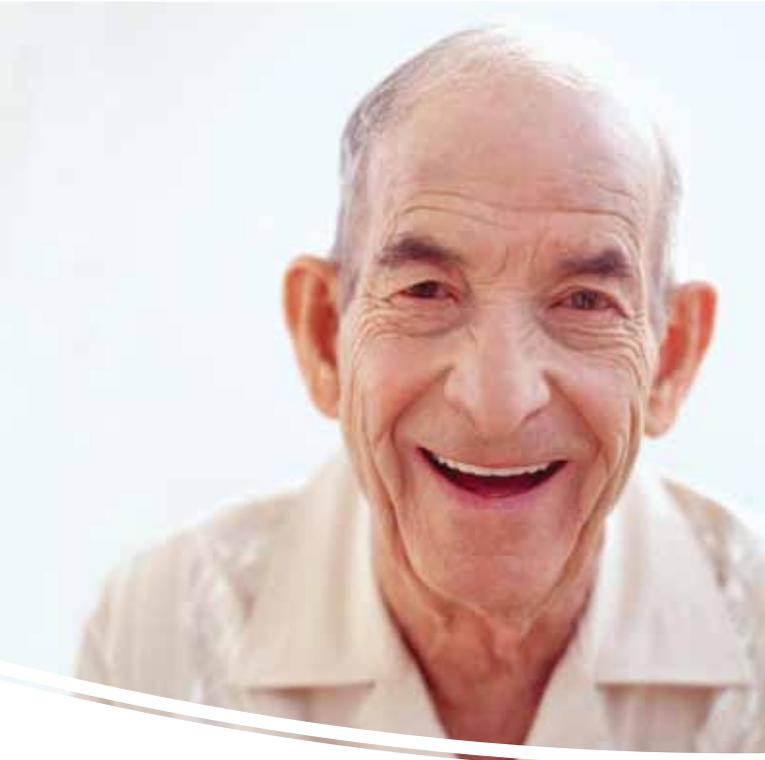


HEALTHFOCUS



The Region's Most
Comprehensive
Senior Care.



ALSO IN THIS ISSUE:

- UMCPP Achieves Highest Recognition for Nursing Care
- Powerful and Precise New Cancer-fighting Technology
- What to Ask When You're Expecting

PLUS:

- **COMMUNITYFOCUS** Event Calendar



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

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

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New Balance Program Helps Patients Find Answers to and Relief from Unexplained Dizziness

For many people, the sense of dizziness, lightheadedness or loss of balance is an all-too-often feeling that affects their daily functioning. Diagnosing the underlying cause—which can be as simple as an ear infection or as complex as cardiac disease—is sometimes the most challenging step in finding relief. The new Princeton Balance Program at University Medical Center of Princeton at Plainsboro provides prompt access to the multidisciplinary services needed to accurately diagnose and treat the symptoms and the cause.



"Dizziness and impaired balance is the most common emergency room complaint, so there are a lot of people who suffer from it, either occasionally or regularly. It can be especially dangerous for the elderly, because a

fall can have devastating consequences," says Rakesh Patel, MD, board certified otolaryngologist (pictured above left). "Finding the cause can be very frustrating because there are so many possibilities. However, our new program streamlines that process so that patients can get the right diagnosis—and the right help—a lot quicker."

One call to the Princeton Balance Program's hotline will connect patients with a specialist who conducts preliminary screening designed to fast-track patients to the appropriate clinical specialists. This initial evaluation will help the specialist—usually a nurse practitioner with particular expertise in balance issues—determine the appropriate

starting point for testing and further evaluation.

The program brings together specialists from audiology, otolaryngology (ENT), cardiology, neurology, emergency medicine, physical therapy, nursing and more, who work together to assess patients and develop a personalized treatment plan that provides them with the best possible opportunity for relief from their symptoms.



"Our multidisciplinary team works together to design a treatment plan that addresses the cause of dizziness and imbalance," says Samir Undavia, MD, board certified otolaryngologist (pictured above right). "Treatment may include the latest medical, non-medical and rehabilitative treatment options like physical therapy,

audiological, cardiac or stroke management, and otologic or neurological management."

The symptoms associated with a balance disorder can be varied: vertigo or a spinning feeling, fainting, nausea, feeling as though falling, ringing in the ear, visual distortions and more.

"Our new program offers patients access to all the related specialties with just one phone call," says Angelica O'Boyle, AuD, audiologist.

To schedule an evaluation with a Princeton Balance Program specialist, call 609.853.6400.



Specialized Emergency Care for Seniors

The new University Medical Center of Princeton at Plainsboro (UMCPP) was designed to meet the complex health needs of older adults, starting in the place where many seniors enter the hospital: the Emergency Department (ED).

The hospital has a dedicated Senior Care ED in its Center for Emergency Care, with six private and quiet rooms set aside from the rest of the department. It is staffed by emergency medicine physicians, nurses and other professionals who have completed specialized training in geriatrics.



"Emergency departments can be loud, fast-paced and geared toward dealing only with a patient's specific medical problem," says Craig Gronczewski, MD, Chairman of the Department of Emergency Medicine at UMCP. "The Senior Care ED helps to maintain a calm atmosphere in which we can address the many issues impacting an older patient's health."

Dr. Gronczewski offers the example of a patient with a sprained wrist. A 20-year-old may only need an X-ray and a wrist brace. A 70-year-old living alone and using a walker may also need help with home care, physical therapy and avoiding medication interactions. The Senior Care ED makes sure those issues are addressed, he says.

Serving an Aging Population

By the year 2030, one in five Americans will be over the age of 65, according to the U.S. Census Bureau.

In addition to its Senior Care ED, UMCP is a member of the Nurses Improving Care for HealthSystem Elders (NICHE), a national initiative to improve nursing care for older patients. The hospital also has an Acute Care of the Elderly (ACE) Unit, a 24-bed unit that features an interdisciplinary team specially trained in providing care for older adults.

"We want to provide specialized care for seniors from the moment they enter our doors," says Daphne Berei, BSN, RN-C, Interim Nurse Manager in the Center for Emergency Care, who also served as the nurse manager of the hospital's ACE Unit. "We see more and more older patients every day, and we are committed to making sure we meet their needs."

For more information about the new Center for Emergency Care at University Medical Center of Princeton at Plainsboro, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org. **If you are experiencing a medical emergency, please call 9-1-1.**



An ED Unlike Others

The Senior Care ED at University Medical Center of Princeton at Plainsboro, which is open 11 a.m. to 11 p.m. daily, includes features not found in many hospitals.

Specialized rooms. All six rooms have windows that look onto a garden. Natural light helps patients feel more comfortable during their stay. Rooms also have non-slip floors, TVs, private toilet facilities and pressure-relieving hospital beds. Family members can stay with patients at all times.

Specialized staff. The unit is staffed by emergency medicine physicians, nurses and other professionals who have completed specialized training in geriatrics. A clinical pharmacist with fellowship training in emergency medicine is available to review possible adverse medication interactions. A nurse case manager can help patients arrange for home care and other outpatient services.

Acute Rehab: Paving the Road to Recovery

Recovering from a serious injury or illness, such as a stroke, takes dedication and determination. It also requires a committed team of healthcare professionals to help each individual smoothly navigate the road to recovery.

That process begins with UMCP's Patient Navigator Program, where patients are personally evaluated to determine if they would benefit from acute rehabilitation and guided through the admissions process. Later, when they are ready to leave the inpatient unit, their navigator also works with the patient, family and outside service providers to make sure any needed equipment and homecare services are in place.



"We work as a team with the patient and his or her loved ones to help them build the strength, mobility and dexterity they need to get back to living their lives again as quickly and smoothly as possible," says Azad Bhatt, MD, FAAPM&R, WCC, Medical Director of the Acute Rehabilitation Unit for University Medical Center of Princeton at Plainsboro

and board certified in physical medicine and rehabilitation (pictured above). "Because each person's condition is different, and their needs and goals are unique, we conduct personal evaluations and then develop a comprehensive individualized treatment plan for each patient."

The Acute Rehabilitation team includes physical, occupational and speech therapists, rehabilitation nurses, registered dietitians and licensed clinical social workers. They work closely with the physiatrists, as well as the patients' admitting specialists, such as neurologists, orthopedists and cardiologists.

Treatment focuses on improving balance, mobility, understanding, speech and memory. In addition to work in the on-site gym, patients work on life skills in a range of environments. The state-of-the-art unit gives patients around-the-clock access to essential clinical services if needed as well, including respiratory therapy, a rapid medical response team specially trained to treat acute conditions, and an on-site physician 24/7.

For more information about UMCP's Acute Rehabilitation Unit, call 609.853.7800 or visit www.princetonhcs.org.

The unit includes an apartment-style suite (pictured above) where patients and their loved ones can stay and practice daily activities in preparation for the patient's return home. The suite provides the opportunity for patients to practice getting in and out of bed, preparing meals and doing laundry – and for their loved ones to practice assisting them if needed. This suite, which has received high praise from patients and families, is unique among acute rehab units in this region.

Cardiac Rehab: Get Back Into the Rhythm of Life

Whether you've had cardiac surgery, a heart attack or been diagnosed with other cardiovascular-related ailments, cardiac rehabilitation—a medically supervised exercise and education program—can help you achieve and maintain a healthy lifestyle.

"We focus on the physical and emotional health of the patient," says Mary P. Ricci, MSN, RN, BC, Manager of Cardiac Services/Diabetes Management Program at University Medical Center of Princeton at Plainsboro (UMCPP). "That begins with designing a program that takes into account the individual's medical, physical and emotional needs and expectations. The goals are improved heart efficiency, lower blood pressure and heart rate, increased strength and stamina, weight control and an overall improvement of physical and mental well-being."

UMCPP's program, which is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, includes:

- An exercise program that begins with EKG-monitored cardio and weight-training workouts for up to 12 weeks in the George & Estelle Sands Center for Cardiac & Pulmonary Care, progresses to at-home routines and later offers long-term maintenance options;
- A series of weight management, medication, stress management and nutrition classes;
- One-on-one support; and
- Medical monitoring of underlying health conditions.

For more information about UMCP's Cardiac Rehabilitation Program, call 609.853.7880 or visit www.princetonhcs.org.

Pictured: (Photo at top, left to right) Celia Jacobowitz lifts weights in the Cardiac Rehab facilities, while Dr. Arnold Gordon exercises in the background. Both are Princeton residents. (Photo at right, l-r) Conrado Caunan of East Windsor, Sue Klepack of Monroe and Dr. Arnold Gordon of Princeton in the new George & Estelle Sands Center for Cardiac & Pulmonary Care.



Don't Miss a Beat: Get Heart Healthy

February is Heart Month, and there's no better time to start working toward a heart-healthy lifestyle.



"We can all benefit from a heart-healthy lifestyle, which includes a healthy diet, exercise, reducing stress, not smoking and proper treatment and monitoring of medical conditions like high blood pressure, high cholesterol and diabetes," says Sherryl Croitor, MD,

a member of the Medical Staff at University Medical Center of Princeton at Plainsboro who specializes in cardiovascular disease.

Building a lifestyle that promotes a healthy heart is a process, and can make a dramatic difference in your life, even if you've had a heart attack or been diagnosed with heart disease.

"Don't look at your condition and think you have to stop living," says Dr. Croitor, who is board certified in cardiology. "By making lifestyle changes and working with your doctor, you may not only return to

your normal lifestyle, you may find that you're living a better life because of improved health."

Overcoming Obstacles to Health

Key stumbling blocks to successful lifestyle changes include trying to change too much at one time, which can lead to frustration; not following directions for prescribed medications to control conditions like high blood pressure; and trying to go it alone, without medical supervision to monitor progress and overall health.

It is also important to know the warning signs of a heart attack, which can include:

- Chest discomfort
- Pain that spreads from the chest to shoulders, arms, back, neck or mouth
- Shortness of breath
- Anxiety
- Lightheadedness
- Sweating
- Nausea or vomiting

Keep in mind that symptoms of a heart attack vary from person to person and between men and women, and may come and go. Seeking prompt medical attention is essential if you suspect you are having a heart attack.

For assistance finding a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

If you are experiencing a medical emergency, please call 9-1-1.





UMCPP OFFERS OUTPATIENT IMAGING SERVICES IN THREE LOCATIONS WITHIN THE NEW PRINCETON HEALTH CAMPUS*

To schedule an appointment for an outpatient radiology procedure, call **609.497.4040**.
For more information, call **609.853.6700**.

	CENTER FOR TESTING & TREATMENT in the main hospital building 1 Plainsboro Road Plainsboro, NJ 08536 (Enter East or West entrances)	OUTPATIENT IMAGING CENTER in the Medical Arts Pavilion adjacent to the hospital First Floor, Suite 140 (Enter MAP or North entrance)	WOMEN'S IMAGING in the Medical Arts Pavilion adjacent to the hospital First Floor, Suite 180 (Enter MAP or North entrance)
1.5 Wide Bore MRI-New	■		
128-slice CT	■		
16-slice CT	■		
3.0T MRI, including breast biopsies		■	
64-slice CT		■	
Breast ultrasound, including ultrasound-guided breast biopsies and aspirations			■
DEXA (bone densitometry)			■
Fluoroscopy	■		
General radiology, including X-rays	■	■	
Mammography, including screening, diagnostic mammograms and needle localizations			■
Minor image-guided procedures, such as CT-guided lung biopsy and ultrasound-guided thyroid biopsy	■		
Musculoskeletal ultrasound (MSK)	■		
Nuclear cardiac stress tests	■		
Nuclear medicine	■	■ including PET-CT, SPECT-CT and Thyroid Therapy Treatment Program	
OB/GYN ultrasound exams, such as pelvic ultrasounds			■
Ultrasound	■	■	

* Breast Imaging Services are also offered at UMCPP Breast Health Center in East Windsor (300B Princeton-Hightstown Road, East Windsor Medical Commons 2, East Windsor, NJ 08520). For more information, call 609.688.2700. To schedule an appointment, call 609.497.4040.

What to Ask When You're Expecting

Whether you're pregnant for the first time or the fifth time, you can help ensure a healthy and safe pregnancy by being prepared and planning ahead.

Patricia Convery, MD, and Nicole Siems, DO, OB/GYNs on staff at University Medical Center of Princeton at Plainsboro (UMCPP), suggest asking the following questions during prenatal visits with your doctor:



■ Which foods or medicines should I avoid? Always tell your doctor before taking any vitamins, supplements or medications. Certain foods, such as large, oily fish and unpasteurized milk and cheese, should be avoided. "Pregnancy is a time to eat healthy, and you only need an additional 100 to 300 calories a day," Dr. Siems (pictured above) says. "It's OK to indulge in occasional cravings, but it is not a time to be eating ice cream every day."

your doctor about the need for vaccines before you become pregnant. "Pre-conception blood tests can help ensure your body has the proper immunities for a healthy pregnancy," Dr. Convery says. "At that time, we also make sure you're taking a prenatal vitamin to help prevent birth defects."

■ Who will be taking care of me? Many OB/GYN practices have multiple doctors who share "on call" responsibilities during deliveries. Meeting each doctor can help you feel more comfortable. While it sounds simple, make sure you know and visit the hospital where your doctor attends deliveries.



■ Should I pursue prenatal genetic screenings? Each couple must decide which, if any, tests they want to explore. Be sure to talk to your doctor about any family history of Down syndrome or other inherited genetic conditions such as cystic fibrosis or Tay-Sachs disease. "Some parents want to know whether their baby is at risk for genetic abnormalities, while others do not," Dr. Convery (pictured right) says. "Either way, it's important to talk about these issues early in pregnancy."

UMCPP's Center for Maternal & Newborn Care features an exceptional team of physicians and maternal and family health experts, including a Neonatal Intermediate Care Unit staffed by board certified neonatologists from The Children's Hospital of Philadelphia (CHOP) and specially trained nurses. Each spacious suite features a private bath and hotel-like amenities.

■ When should I contact a doctor? Women experience pregnancy in different ways, but anything that seems unusual should be reported. For example, some women experience light bleeding early in their pregnancy. "It doesn't necessarily mean there's a problem," Dr. Siems says. "But bleeding at any point during your pregnancy should be brought to your doctor's attention."

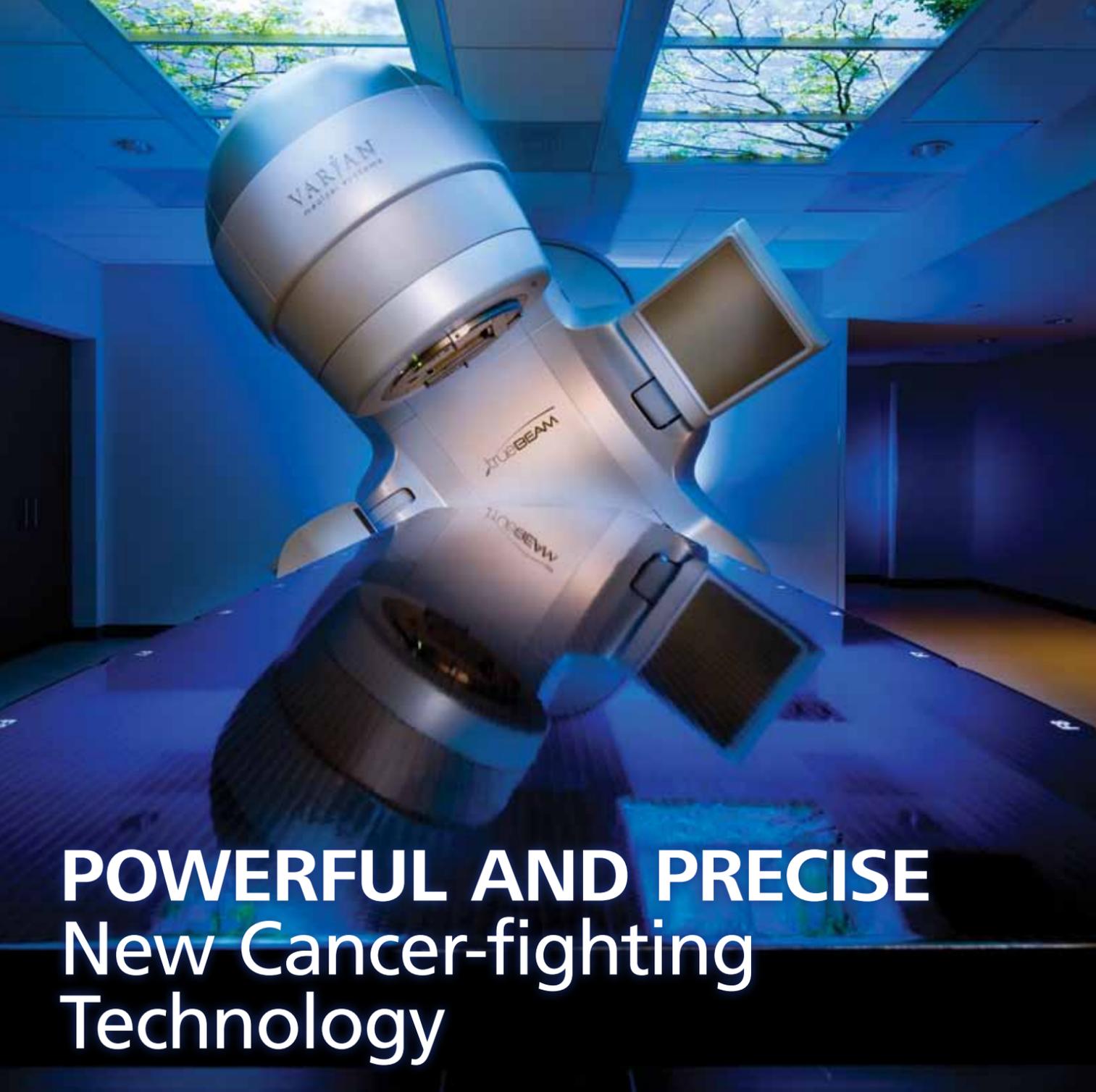
For more information about the Center for Maternal & Newborn Care at UMCPP or to find an OB/GYN affiliated with Princeton HealthCare System, please call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

■ Are vaccines OK? A flu shot is recommended for all pregnant women. While a few other vaccines are considered safe, it's best to talk to

Top Questions to Ask Your OB/GYN

1. Which foods or medicines should I avoid?
2. Should I pursue prenatal genetic screenings?
3. When should I contact a doctor?
4. Are vaccines OK?
5. Who will be taking care of me?





POWERFUL AND PRECISE New Cancer-fighting Technology

With pinpoint accuracy, the all-digital TrueBeam™ linear accelerator delivers cancer-killing radiation to tumors of varying size and shape, sparing surrounding healthy tissue. An important addition to the cancer-fighting arsenal at the new Edward & Marie Matthews Center for Cancer Care, this state-of-the-art equipment dramatically increases the Center's range of radiation therapy options.

"The versatility of the TrueBeam™ system is unsurpassed and gives us the option of selecting from a variety of radiation beams, which lets us administer individualized treatment plans," says John C. Baumann, MD, Director of Radiation Oncology at University Medical Center of

Princeton at Plainsboro's (UMCPP) Edward & Marie Matthews Center for Cancer Care (*pictured right*). "With it, we can design sophisticated treatments that deliver high doses of radiation to eradicate tumors, while minimizing the dose to the adjacent normal tissues to avoid complications."

The TrueBeam™ enables physicians to tailor each radiation beam to the exact shape of the tumor through the movement of more than 100 individual computer-controlled shields built into the machine. The



accelerator can even take X-rays or CT scan images to determine the precise location of the tumor to facilitate last-second adjustments before delivering the treatment.

Advanced Capabilities

One of the many advanced features of the TrueBeam™ is its ability to switch the beam off and on in concert with a patient's respiration, so that tumors in the chest and abdomen do not move out of the beam's path when the patient takes a breath. This machine can even give the same precisely focused treatments known as stereotactic radiosurgery that are delivered by GammaKnife and CyberKnife machines.

The TrueBeam™ treats a wide variety of cancers, including tumors of the breast, brain, colon, lung, pancreas, head and neck, and even skin. The all-digital machine is also the new platform uniquely designed to accept all the innovations currently in development.

"UMCPP is among the select cancer centers in the country to offer this sophisticated treatment modality to its patients," says Dr. Baumann. "And our capability to upgrade our system as technology and disease management evolve will ensure that we always stay on the cutting edge."

UMCPP's TrueBeam™ linear accelerator is one of just 230 installed worldwide. UMCPP's Edward & Marie Matthews Center for Cancer Care unites cutting-edge services in a specially designed space, offering high-quality clinical care and compassionate support in a modern, comfortable setting. UMCPP is a Clinical Research Affiliate of The Cancer Institute of New Jersey and received the Commission on Cancer's Outstanding Achievement Award for oncology services.

For more information about the TrueBeam™ linear accelerator, contact one of the radiation oncologists at UMCPP's Edward & Marie Matthews Center for Cancer Care at 609.853.6777.

Hybrid OR Available at UMCPP

University Medical Center of Princeton at Plainsboro (UMCPP) has opened the region's newest hybrid operating room (OR), which is equipped so that physicians can use the most minimally invasive treatment options, resulting in less pain and shorter recovery times for patients.

At twice the size of UMCPP's standard operating suites, the hybrid OR is a sterile, fully functioning operating room that also is equipped with state-of-the-art, 3D imaging systems that help guide a full range of minimally invasive interventional procedures.

The hybrid OR enhances patient safety because, if there is a need to convert from an interventional procedure to a traditional open surgery, it can be done in the same room. There is no need to transfer a



endovascular—or catheter-based—procedures such as abdominal aortic aneurysm repair; interventional vascular procedures, including embolectomies and arteriograms; and traditional open procedures. Interventional radiology cases will include embolization procedures and biopsies of the lung, liver and kidney.

high-risk patient, helping to avoid the need for an additional procedure.

The hybrid OR, the latest addition to UMCPP's Center for Surgical Care, is one of many examples of UMCPP's commitment to using advanced technology to enhance patient care. It is part of a comprehensive Interventional Platform that includes an interventional radiology suite and a cardiac catheterization lab. In the hybrid OR, surgeons will perform

Vascular surgeons and interventional radiologists working in the hybrid OR are assisted by a team of nurses and technicians who are cross-trained to handle the full spectrum of procedures that might be performed.

For more information about the Center for Surgical Care at UMCPP, visit www.princetonhcs.org. To find a physician, call 1.888.PHCS4YOU (1.888.742.7496).



UMCPP's Concierge Service: How May We Help You?

At University Medical Center of Princeton at Plainsboro, any help you need to make your stay more comfortable is often just a phone call away.

The hospital's Concierge Service is available to assist patients and their visitors with everything from finding local hotels and restaurants to getting hold of health and wellness educational materials.

"In addition to providing excellent clinical care, we want to make sure every patient and every visitor has the best possible experience during their time here," says Geri Karpiscak, MSN, RN, NEA-BC, PHCS' Director of Professional Practice, Education and Customer Service.

Concierge services, which are available daily between 9 a.m. and 8 p.m., include:

- Information about modes of transportation
- Assistance with arranging birthday, anniversary and other celebrations
- Lists of local florists and spa and salon services
- Maps and directions to local destinations and area attractions
- Help obtaining information about health and wellness topics
- Comfort items from the gift shop
- Other services as needed

The Medical Library and Business Center, located on the first floor of the Education Building, also offers services including copying, faxing, printing, notary, mailing, cell phone charging and Internet research. Nooks, Kindles, iPads and laptops can also be borrowed at no charge.

On weekdays between 9 a.m. and 5 p.m., Concierge Service staff members are available at the Medical Library and Business Center. Between 5 p.m. and 8 p.m. on weekdays and during weekends, staff will be available at the Concierge Information Desk in the Main Atrium.

The Concierge Service is managed by Louise Yorke, Medical Librarian and Manager of the Medical Library and Business Center. You can access the services from a hospital phone by calling extension 19682; outside the hospital, call 609.853.9682. For more information, visit www.princetonhcs.org/concierge.



Is It a Cold or the Flu?

You're coughing, sneezing and feel downright lousy, but how do you know if you're suffering from a cold or the flu?

"It can be difficult to tell the difference," says Rameck Hunt, MD, FACP, board certified in internal medicine and a member of the Medical Staff at University Medical Center of Princeton at Plainsboro (pictured below). "You can have a cough, congestion, stuffy nose, sneezing and general fatigue with either a cold or the flu. Although less common with a cold than with the flu, you can even have a fever, aches and chills. The key really is that your symptoms will be more severe if it's the flu."

If you are too exhausted to get out of bed, experience a sudden onset of severe symptoms, have a high fever or symptoms that are not responding to over-the-counter medications, chances are you have the flu, and should see your doctor as soon as possible for treatment.



"With people who have respiratory problems and other conditions, it may be wise to seek medical attention even if what they have is just a bad cold," says Dr. Hunt. "Of course the best advice is prevention, so always remember to wash your hands regularly; don't touch your face, which is a surefire way to pick up cold and flu germs; and cough or sneeze into your elbow and not your hands to avoid passing germs to people around you."

For assistance finding a physician affiliated with Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

COMMUNITY FOCUS



Learn more about your **HEART** this February with the following programs!

Chest Pain: Is It Serious?

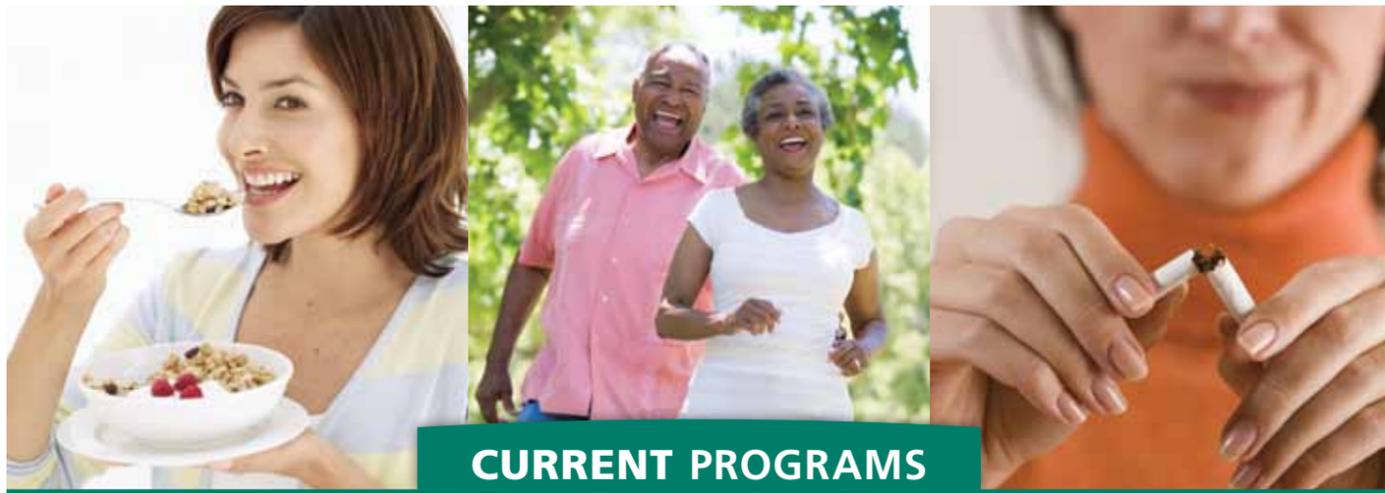
TUE. February 5 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton
Occasional aches and pains are common as we age, so how do you know if the pain in your chest is serious or just another sign of getting older? Join Eileen P. Daly, MD, FACEP, board certified in Emergency Medicine and member of the Medical Staff of Princeton HealthCare System, for this informative session on how to recognize serious symptoms and what to expect from a visit to the Emergency Department.

Heart Attack and Heart Disease: What Men AND Women Need to Know

TUE. February 5 (6 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B
While heart disease targets both men and women in the United States, there are important gender differences when it comes to recognizing symptoms of heart-related conditions. In this informative session, Lisa S. Motavalli, MD, board certified in cardiovascular disease and a member of the Medical Staff of Princeton HealthCare System, will discuss the differences between men and women regarding heart attacks and heart disease, prevention, risk factors and available treatment options. Free blood pressure screenings will be available from 6 - 7 p.m.

Heart Health in Your 30s and Beyond

THU. February 7 (7 – 8 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton
Join John D. Passalaris, MD, FACC, board certified in cardiovascular disease and internal medicine, for this invaluable discussion on preventing and managing cardiovascular disease in your 30s, 40s, 50s and beyond by being proactive through exercise and knowing when to seek treatment for certain symptoms. Dr. Passalaris is a member of the Medical Staff of Princeton HealthCare System.



CURRENT PROGRAMS

Princeton HealthCare System Community Education & Outreach offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System. Registration is required, unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979 (unless another number is indicated).

Eat Healthy This Winter

MON. January 28 (6 – 7 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$10 for participants who are not registered for *Experience the Benefits of Weight Loss: Series*

Whether it's winter, spring, summer or fall, it's important to eat seven to nine servings of fruits and vegetables every day. Join Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program, and discover a number of ways to work vegetables into your daily menu, from hearty vegetable-based salads to soups and stews. This program features a hands-on demonstration.

AARP Driver Safety Program

MON. & TUE. January 14 & 15 (12:30 – 3:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$12 for AARP members
\$14 for non-members
Checks are payable at the door and should be made payable to AARP.

The valuable techniques learned in this two-part course could result in a reduction in car insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record.

Participants will learn:
defensive driving techniques;
new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations, such as left turns, right-of-way, interstate highway traffic, truck traffic and blind spots; and how to safely use anti-lock brakes and safety belts.

You must be 18 years of age or older and have a valid NJ or PA driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.



Understanding Thyroid Cancer

TUE. January 22 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B
In its early stages, thyroid cancer may not cause noticeable symptoms, but as the disease progresses symptoms can include:

- Difficulty swallowing
- Hoarseness
- Enlarged lymph nodes in the neck
- Breathing problems
- Pain in the throat and/or neck

Jason M. Hollander, MD, board certified in endocrinology, diabetes and metabolism, and internal medicine, will present this informative program designed to provide a clearer understanding of the symptoms and treatment of this disease. Dr. Hollander is a member of the Medical Staff of Princeton HealthCare System.

Cosmetic Surgery After Weight Loss

TUE. January 29 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B
If you've recently lost a substantial amount of weight and find that exercise just isn't producing the firmer, trimmer shape you desire, then come to this presentation by Philip Wey, MD, FACS, a board certified plastic surgeon and member of the Medical Staff of Princeton HealthCare System, who will explain cosmetic surgery options after weight loss designed to tighten the skin and further improve the appearance of your body. *University Medical Center of Princeton at Plainsboro is a Bariatric Surgery Center of Excellence.*

Stroke: Prevention & Treatment

TUE. February 5 (11 a.m. – 12 p.m.)
Monroe Township Library
4 Municipal Plaza, Monroe Township

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

After age 55, the risk of having a stroke more than doubles with each decade, a sobering fact considering stroke is the third leading cause of death in the United States. Join Elliot B. Sambol, MD, FACS, double board certified in general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System, for a discussion on prevention and treatment options for stroke.



Experience the Benefits of Exercise and Weight Loss

Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Get on the path to lifelong weight-loss success with this dynamic fitness program designed to educate and motivate individuals who want to lose a minimum of 50 pounds.

Introduction

TUE. January 8 (7 – 8:30 p.m.)
This panel discussion kicks off an eight-week fitness and wellness weight-loss program. T.J. Marvel, Certified Personal Trainer, and Sharon Casper, CSCS, HFS, Fitness Manager, Princeton Fitness & Wellness Center, will review the *Benefits of Exercise: Improving Strength, Endurance, Flexibility and Confidence*. Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery, will discuss surgical weight-loss options. Donna De Mild, ELI-MP, Certified Professional Life Coach, will discuss how to get motivated.

Series

MON. & THU. January 10 – March 5 (7 – 8 p.m.)

\$159 per person. Please call Sharon Casper at 609.683.7888 to register.

This program will create a strong foundation for fitness, and build upon it by focusing on postural alignment, muscle balance and joint stability. Work on your cardiovascular fitness, strength and flexibility in a safe, supportive environment. The program includes fitness assessments, yoga, Pilates, cardio options, strength training and circuit training.

Diagnosing and Treating Acid Reflux/Heartburn

THU. February 7 (6:30 – 8 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Room E

Join Anish A. Sheth, MD, board certified in gastroenterology, for this informative session providing an overview of gastrointestinal health, as well as a discussion of the symptoms, diagnosis and treatment options for a number of GI problems, including acid reflux; gastroesophageal reflux (GERD); and Barrett's esophagus, a complication of chronic acid reflux that can lead to esophageal cancer. Dr. Sheth is a member of the Medical Staff of Princeton HealthCare System.

Is My Child's Cough Cause for Concern?

TUE. February 12 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

When it comes to kids, coughs and colds are inevitable. But while some conditions can be easily treated at home, others may require medical attention. How do you determine if your child's condition warrants a trip to the doctor? Alicia Brennan, MD, Medical Director of CHOP Pediatric Care at University Medical Center of Princeton at Plainsboro, will provide you with helpful guidelines for determining if a cold or cough requires a visit to the doctor. Dr. Brennan is a member of the Medical Staff of Princeton HealthCare System.

What's New in Long-Term Contraception

TUE. February 12 (6:30 – 8 p.m.)
UMCPP Breast Health Center
300B Princeton-Hightstown Road

East Windsor Medical Commons 2, East Windsor
Women today have a number of new options when it comes to long-term contraception, especially if they are done having children but haven't reached menopause. Join us for an enlightening discussion with Patricia Convery, MD, board certified OB/GYN, regarding the pros and cons of the latest choices, and which would work best for you. Dr. Convery is a member of the Medical Staff of Princeton HealthCare System.

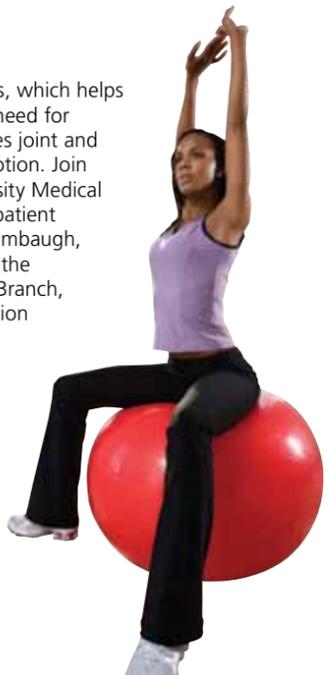
Knee Pain: Treatment Options

TUE. February 19 (6:30 – 8 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B
If you are over 45, there's nearly a one in three chance you experience some type of knee pain. Whether your discomfort is mild or severe, the result of an injury or a medical condition, this informative program will provide you with the tools you need to get back on your feet. Topics will include:

- Anatomy of the knee
 - Differences between the knees of men and women
 - Causes of knee pain
 - Proper diagnosis
 - Surgical and non-surgical treatment options
- Brian M. Vannozi, MD, an orthopedic surgeon and a member of the Medical Staff of Princeton HealthCare System, will present this program.

Posture and Pilates: The Perfect Pair

TUE. February 19 (7 – 8:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B
Pilates exercises core abdominal muscles, which helps maintain the strong, flexible spine you need for good posture, and good posture reduces joint and muscle stress and increases range of motion. Join Anupama Anand, PT, OCS, with University Medical Center of Princeton at Plainsboro's Outpatient Rehabilitation Network, and Katrine Stumbaugh, physical trainer and Pilates instructor at the Hamilton Area YMCA John K. Rafferty Branch, for an active discussion and demonstration on proper posture and how Pilates can help you relieve pain, improve circulation and muscle function, and make you feel younger. This program will be an active class—dress comfortably.



Are You Ready to Kick the Habit?

TUE. February 19 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

If the timing is right, with the proper support and guidance you can kick the smoking habit, no matter how many times you've tried before. To help you decide if you're ready to quit, join us for this introduction to smoking cessation led by Annmarie Cristino, CTTs, CEAP, SAP, a licensed social worker with Princeton HealthCare System's Employee Assistance Program.

Design for Healing: University Medical Center of Princeton at Plainsboro

TUE. February 19 (7:30 – 8:30 p.m.)
Cranbury Crossing
48 Vineyard Court, Monroe Township

Learn about University Medical Center of Princeton at Plainsboro (UMCPP) and other health services available on the 171-acre site in Plainsboro, bounded by Millstone River, Scudders Mill Road and Route One, just 2.5 miles from the center of Princeton. UMCPP is the state-of-the-art hospital that replaced University Medical Center at Princeton, formerly located on Witherspoon Street in Princeton. Pam Hersh, Vice President, Government & Community Affairs for Princeton HealthCare System, and Brian Rubin, Leadership Gifts Officer for Princeton HealthCare System Foundation, will present this session.

Getting a Grip on Carpal Tunnel Syndrome

THU. February 28 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Do you experience tingling, numbness, weakness or pain in your fingers? Is the pain or discomfort impacting your daytime activities and waking you up at night? Join us for this informative session presented by Dorota M. Gribbin, MD, board certified in physical medicine and rehabilitation and member of the Medical Staff of Princeton HealthCare System, to learn more about the diagnosis and treatment of carpal tunnel syndrome. A limited number of registrants will have the opportunity to have a nerve conduction study performed following the program, so please register early.

General Hospital Tours

TUE. January 8 at 11 a.m. and 12:30 p.m.
SAT. January 12 at 10 a.m. and 11:30 a.m.
THU. January 17 at 11 a.m. and 12:30 p.m.
WED. January 23 at 6 p.m. and 7:30 p.m.
SAT. February 2 at 10 a.m. and 11:30 a.m.
TUE. February 12 at 11 a.m. and 12:30 p.m.
WED. February 20 at 6 p.m. and 7:30 p.m.
THU. February 28 at 11 a.m. and 12:30 p.m.

For more information or to register, please visit www.princetonhcs.org/calendar or call 1.888.897.8979

Join Princeton HealthCare System's Community Education & Outreach tour leaders as they guide you to featured areas of the new University Medical Center of Princeton at Plainsboro (UMCPP).

New Year, New You

Monroe Township Library
4 Municipal Plaza, Monroe Township

Registration will be accepted in person at the library or through Princeton HealthCare System's Community Education & Outreach Program.

(Part 1) Losing a Little Weight Can Have Big Gains

TUE. January 15 (11 a.m. – 12 p.m.)
If healthier habits and weight loss are among your New Year's resolutions, join Anshu Bhalla, MD, board certified in family and geriatric medicine and a member of the Medical Staff of Princeton HealthCare System, and discover how even a little weight loss can add up to big health benefits.

(Part 2) Easy Nutritional Changes to Help You Reach Your Weight-Loss Goal

TUE. January 22 (11 a.m. – 12 p.m.)
Now that you have made the commitment to a healthier diet, let Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program, show you simple ways to make dietary changes that encourage optimal weight loss.



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center of Princeton at Plainsboro is pleased to offer a variety of programs related to childbirth and family health. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register.

OPTIONS FOR BIRTHING

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

HypnoBirthing®

SAT. January 26 – February 16
(9:30 a.m. – 12:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$195 per couple

This multi-session 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. January 26 (9 a.m. – 5 p.m.)
SAT. February 23 (9 a.m. – 5 p.m.)
University Medical Center of Princeton
at Plainsboro
Education Center, First Floor
Conference Rooms A & B

\$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.

Birthing Basics

MON. January 7 - 28 (7 – 9 p.m.)
THU. January 24 - February 14 (7 – 9 p.m.)
TUE. February 5 - 26 (7 – 9 p.m.)
WED. February 13 - March 6 (7 – 9 p.m.)
University Medical Center of Princeton
at Plainsboro
Education Center, First Floor
Conference Rooms C & D

\$125 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. The third session of each series will include a tour of our Center for Maternal & Newborn Care.

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

Sibling Class

SAT. January 19 (10 – 11:30 a.m.)
University Medical Center of Princeton at Plainsboro – Main Lobby

\$30 per child

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

Maternity Tour

WED. January 16 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
SAT. January 19 (12 – 1 p.m. or 1:30 – 2:30 p.m.)
SAT. February 9 (10 - 11 a.m. or 11:30 – 12:30 p.m. or 1 – 2 p.m.)
MON. February 25 (6 – 7 p.m. or 7:30 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro – Main Lobby

University Medical Center of Princeton at Plainsboro is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCPP or considering delivering here to take a tour of our state-of-the-art Center for Maternal & Newborn Care, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.



Please Give Blood

You can help save a life by giving blood at the Blood Donor Program of University Medical Center of Princeton at Plainsboro. For hours, or to schedule your appointment, call 609.853.6870.

You can also join us at a special event on February 4 from 12 to 3 p.m., at the Princeton Fitness & Wellness Center, 1225 State Rd., Princeton. Please eat a substantial meal and drink plenty of fluids if you are planning to donate that day. A photo ID is required.

Daddy Boot Camp™

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

\$25 per person

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

Prenatal Breastfeeding Class

TUE. January 29 (7 - 9 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Conference Rooms A & B

\$50 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

MON. February 11 (7 - 9:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor
Conference Rooms A & B

\$50 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.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations.

Approximately 90 percent of car seats are installed incorrectly or misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! If you are expecting, please schedule your appointment at least one month prior to your due date. Please bring your car manual and car seat instructions.



CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center of Princeton at Plainsboro is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 - 11:30 a.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

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

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

Breastfeeding Support Group

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

No registration required.

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

Postpartum Adjustment Support Group

THU. January 10 (11 a.m. - 12 p.m.)
THU. January 24 (11 a.m. - 12 p.m.)
THU. February 7 (11 a.m. - 12 p.m.)
THU. February 21 (11 a.m. - 12 p.m.)
Community Education & Outreach
at 731 Alexander Road

No registration required.

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

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 need to reschedule for another CPR course held by Princeton HealthCare System.

ACLS Full Certification Course

SAT. & SUN. January 19 & 20 (9 a.m. - 3:30 p.m.)
MON. & TUE. February 18 & 19 (9 a.m. - 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

ACLS Recertification Course

FRI. January 4 (9 a.m. - 2:30 p.m.)
MON. February 4 (9 a.m. - 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full Certification: \$250 per person

Recertification: \$175 per person

The Advanced Cardiovascular Life Support (ACLS) course emphasizes the importance of basic life support (BLS), integration of effective BLS with ACLS interventions, and effective team interaction and communication during resuscitation. The course is for professionals who respond to cardiovascular emergencies and require an initial or renewal ACLS Provider Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

PALS Certification Course

TUE. & WED. January 8 & 9 (9 a.m. - 3:30 p.m.)
Community Education & Outreach at 731 Alexander Road

PALS Recertification Course

MON. January 14 (9 a.m. - 2:30 p.m.)
THU. February 14 (9 a.m. - 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

Full: \$250 per person

Recertification: \$175 per person

The Pediatric Advanced Life Support (PALS) course uses a scenario-based, team approach to teach pediatric emergency respiratory management for cardiac arrest. The PALS course is for healthcare providers who initiate and direct advanced life support in pediatric emergencies, and for first-time or renewal training to obtain a PALS Course Completion Card. This course includes a written exam and skills test. Participants will receive a course completion card.

BLS for Healthcare Providers

THU. January 3 (6 - 10:30 p.m.)
FRI. January 25 (9 a.m. - 1:30 p.m.)
WED. February 6 (9 a.m. - 1:30 p.m.)
TUE. February 26 (6 - 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road

WED. January 9 (9 a.m. - 1:30 p.m.)
MON. February 11 (6 - 10:30 p.m.)
Community Education & Outreach at the Hamilton Area YMCA
John K. Rafferty Branch, Suite 100, Conference Rooms A & B

TUE. January 15 (6 - 10:30 p.m.)
THU. February 21 (9 a.m. - 1:30 p.m.)
Princeton Fitness & Wellness Center, 1225 State Rd., 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.

Heartsaver AED

THU. January 3 (9 a.m. - 12:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

THU. January 17 (6 - 9:30 p.m.)
FRI. February 22 (9 a.m. - 12:30 p.m.)
Community Education & Outreach at
731 Alexander Road

TUE. February 5 (6 - 9:30 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

\$60 per person

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

Family & Friends CPR

\$20 per person, per session

The Family & Friends CPR programs teach you how to perform CPR and how to help someone who is choking. These courses are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Session Times:

Infant CPR* (10 - 10:45 a.m.)

Child CPR (11 - 11:45 a.m.)

Adult CPR (12 - 12:45 p.m.)

*An infant is defined as a child 1 year of age or younger.

Session Dates:

SAT. January 12
Community Education & Outreach
at the Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SAT. February 9
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Pet First Aid and CPR

WED. February 27 (6 - 9 p.m.)
Community Education & Outreach at 731 Alexander Road

\$40 per person

Designed by the American Safety & Health Institute (ASHI), the Pet First Aid course 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; however, first aid applications for most pets are similar. Participants will receive a course completion certificate.



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.

Stroke Is an Emergency — Act F.A.S.T.

TUE. January 29 (6 – 9 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Registration required. CEUs pending.

EMTs are invited to learn about stroke care at a workshop hosted by the Center for Emergency Care at University Medical Center of Princeton at Plainsboro and Princeton HealthCare System Community Education & Outreach Program. Join us to learn about:

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

The workshop will be led by Paul K. Kaiser, MD, board certified in clinical neurophysiology and neurology and Medical Director of University Medical Center of Princeton at Plainsboro's Stroke Program, and Nicole A. Kuczinski, RN, Stroke Coordinator. UMCP is a state-designated Primary Stroke Center.



CANCER LECTURES, SCREENINGS & SUPPORT GROUPS

Princeton HealthCare System is proud to offer a full continuum of cancer-related programming, from preventive care lectures and screenings to support groups for those living with the disease. To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit www.princetonhcs.org/calendar. University Medical Center of Princeton at Plainsboro is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ), an accredited program of the American College of Surgeons' Commission on Cancer and a recipient of CoC's Outstanding Achievement Award. For further information about UMCP's Edward & Marie Matthews Center for Cancer Care, please call 609.853.6780.

American Cancer Society's Look Good, Feel Better

MON. January 28 (1 – 3 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Please call 1.800.227.2345 to register. Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. This program teaches patients with cancer a variety of beauty techniques to help combat the appearance-related side effects of cancer treatment. It's a make-over for the spirit.

Prostate Cancer Support Group

WED. January 9 (12 – 1:30 p.m.)
WED. February 13 (12 – 1:30 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome. This support group welcomes those with prostate cancer, their loved ones and family members to attend. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Cancer Support Group

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

No registration required. Walk-ins welcome. University Medical Center of Princeton at Plainsboro is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Topics discussed include coping with the emotional impact of cancer; communicating effectively with your healthcare team; adjusting to changes during and after treatment; maintaining healthy personal and professional relationships; and managing concerns about recurrence. This program will be facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and a healthcare professional from Princeton HealthCare System.

Breast Cancer Support Group

TUE. January 15 (6 – 7:30 p.m.)
TUE. February 19 (6 – 7:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

No registration required. Walk-ins welcome.

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

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

WED. January 16 (12 – 1 p.m.)
WED. February 20 (12 – 1 p.m.)
University Medical Center of Princeton at Plainsboro
Edward & Marie Matthews Center for Cancer Care
Education Conference Room

Registration preferred. Walk-ins welcome.

Princeton HealthCare System's Head and Neck Cancer Support Group of Central Jersey meets the third Wednesday of the month and provides encouragement for fellow members; a safe setting for sharing concerns and problems related to life after cancer; education; and a social outlet for cancer patients, their families and loved ones. This support group is facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist at Princeton HealthCare System.



SUPPORT GROUPS

Bariatric Surgery Support Group

MON. January 7 (7 – 8:30 p.m.)
MON. February 4 (7 – 8:30 p.m.)
University Medical Center of Princeton at Plainsboro
Education Center, First Floor, Classroom 1

This supportive community welcomes individuals who have had either the LAP-BAND® or gastric bypass procedure, and those who are considering weight-loss surgery options. Group facilitators may include, but are not limited to: Robert E. Brolin, MD, FACS, Medical Director of the Center for Bariatric Surgery at University Medical Center of Princeton at Plainsboro, board certified surgeon and former president of the American Society for Bariatric Surgery; Wai Yip Chau, MD, board certified surgeon specializing in bariatric surgery; Donna DeMild, ELI-MP, CPC; and Princeton HealthCare System staff. Sponsored by Center for Bariatric Surgery at UMCP, a Center of Excellence, and New Jersey Bariatrics.

ICD Support Group: Support Group for People with Implanted Cardiac Defibrillators (ICD)

TUE. January 15 (6:30 – 8 p.m.)
Community Education & Outreach at 731 Alexander Road

Registration requested. Please call 1.888.897.8979 for more information and to register.

People with implanted cardiac defibrillators (ICDs) and other interested individuals are welcome to attend this support group, facilitated by Eran Zacks, MD, FACC, Electrophysiologist Specialist, and the staff of University Medical Center of Princeton at Plainsboro's George & Estelle Sands Center for Cardiac & Pulmonary Care. Learn more about what individuals with ICDs and those with congestive heart failure (CHF) can do to improve their quality of life, health and well-being.

Diabetes Support Group

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

MON. January 28 (6:30 – 8 p.m.)
University Medical Center of Princeton at Plainsboro
First Floor, Diabetes Management Department

No registration required. Walk-ins welcome. Please call 609.853.7890 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 of Princeton at Plainsboro's Diabetes Management Program, facilitates meetings. For more information on UMCP's Diabetes Management Program and its full range of educational services, including monthly day and evening classes, glucose monitoring and one-to-one counseling with a nurse and dietitian, who are certified diabetes educators, please call 609.853.7890 or visit www.princetonhcs.org.

UNITE: Perinatal Loss Bereavement Support Group

MON. January 7 (7 – 9 p.m.)
MON. February 4 (7 – 9 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required. Walk-ins welcome.

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

EVENT FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in central New Jersey. Registration is required unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979 (unless another number is indicated).

Establishing Patient Goals in Geriatric Medicine: The POLST Form

WED. January 23 (10:30 – 11:30 a.m.)
Hopewell Valley Senior Center
395 Reading Street, Pennington

TUE. February 26 (12 – 1 p.m.)
Princeton Fitness & Wellness Center
1225 State Rd., Princeton

Registration preferred.

The Physician Orders for Life-Sustaining Treatment (POLST) Paradigm Program benefits those who are seriously ill and improves their quality of care at the end of life. Patients' treatment wishes are properly communicated to their healthcare team, who promises to honor their wishes. This program will be presented by David R. Barile, MD, who is board certified in internal medicine, geriatric medicine, hospice and palliative medicine, and a member of the Medical Staff of Princeton HealthCare System.

ONLINE SEMINARS

www.ustream.tv/channel/princetonhealth

PHCS is hosting monthly live web chats, and you're invited. To participate, all you need to do is go to our UStream Channel at www.ustream.tv/channel/princetonhealth on the day of the seminar. Pre-register either by calling 1.888.897.8979 or by going to www.princetonhcs.org/calendar. All you need is a PC or Mac with Adobe Flash Player installed and a broadband Internet connection.



When Eating Concerns Become Eating Disorders

January 17 at 7 p.m.

with Melinda Parisi, PhD, Program Director, University Medical Center of Princeton at Plainsboro's Center for Eating Disorders Care



Hypertension & Heart Disease

February 4 at 12 p.m.

with Michael C. Ruddy, MD, FACP, board certified nephrologist



Winter Emergencies

January 7 at 12 p.m.

Emergency Management of Allergic Reactions

February 21 at 7 p.m.

with Craig A. Gronczewski, MD, board certified in emergency medicine and Chairman of the Department of Emergency Medicine at University Medical Center of Princeton at Plainsboro

For a full, up-to-date calendar, visit www.princetonhcs.org/calendar.

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

 Princeton HealthCare System
Community Education & Outreach

 Community Education & Outreach Program
731 Alexander Rd., Suite 103, Princeton

 Princeton Fitness & Wellness Center
Princeton North Shopping Center
1225 State Rd., Princeton

 University Medical Center of Princeton at Plainsboro
One Plainsboro Rd., Plainsboro

 Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Rd., Hamilton

Promoting a Healthy Body Image in the Age of 'Thinspiration'



The rise of social media sites that glorify extreme thinness can impact how teens view their own bodies, with potentially dangerous consequences, says Melinda Parisi, PhD, Director of the Center for Eating Disorders Care at University Medical Center of Princeton at Plainsboro (pictured left).

As part of a growing trend called "thinspiration," pages that feature images of extremely thin people, often celebrities, are popping up on popular social media sites such as Facebook and Pinterest. In some cases, individuals' comments even endorse eating disorders as a way to achieve the goal of thinness.

"The sites create a community in which kids encourage each other to engage in unhealthy and often dangerous practices to lose weight," Dr. Parisi says. "This 'thinspiration' culture is particularly problematic for teens, because they are more easily influenced by peers."

Dieting, extreme exercise and other behaviors aimed at becoming thin can be a risk factor for anorexia, bulimia and other eating disorders, Parisi says.

Healthy, Not Thin

Parents can combat negative influences in the media by helping kids develop a more positive body image, Parisi says. She suggests that parents:

- **Focus on activity over appearance.** Teach children to engage in physical activity because it's healthy and enjoyable, not because it will help them lose weight. Encourage children to value themselves for who they are and what their bodies can do—not how they look.

- **Be a role model.** Be positive about your own body. Avoid criticizing your own shape or weight, such as, "Oh, I shouldn't have eaten that," or "I'm getting fat," which can undermine your lessons about healthy body image.

- **Challenge media messages.** Encourage critical thinking about the media and teach children to question what they see and hear. For example, make a point to discuss with children that many of the images they see online or on TV are edited and not real. Most people cannot achieve an extremely thin look without unhealthy behavior.

The Center for Eating Disorders Care at UMCP provides effective and compassionate treatment for adults, adolescents and children as young as 8 years old. For questions or to schedule an evaluation, please call our Admissions team, which can be reached at 609.853.7575 or 1.877.932.8935.

Eating disorders are more commonly diagnosed in younger women, but can affect anyone at any age. Dieting is a risk factor for eating disorders, especially for people with emotional disorders, such as depression or anxiety, and those with a family history of eating disorders.

Common warning signs include:

- Significant weight loss
- Excessive or compulsive exercise
- Excessive bathroom visits after meals or other evidence of purging behaviors
- Preoccupation with food, weight and shape



New UMCPP Spurs Commitments to *DESIGN FOR HEALING* CAMPAIGN



The Campaign for the new University Medical Center of Princeton at Plainsboro

2012 has been a truly remarkable year for Princeton HealthCare System (PHCS) with the opening of University Medical Center of Princeton at Plainsboro (UMCPP) in May. Volunteerism at the hospital, fundraising and community awareness have increased tremendously. More than 9,000 gifts of all sizes have been raised year-to-date, bringing the campaign total to \$149 million as of October 2012. Recent capital and annual fund gifts to the *Design for Healing* campaign have touched every aspect of the new UMCPP.

“The year speaks to the tremendous support PHCS enjoys from the community—patients, staff, physicians, local businesses, community leaders,” says *Design for Healing* Campaign Co-Chair Bob Doll. “We’re gratified by the amount we’ve raised, but the impact is more important than the number itself. Our donors care deeply about what we do here—about the patients we treat, about the lives we improve.”

Launched in 2008 to help build the new UMCPP and to secure a promising and productive future, the *Design for Healing* campaign will conclude in March 2013. It has been a well-orchestrated effort wonderfully performed by all. Due to the resounding success of the campaign, we have deepened our long-held commitment to healthcare excellence, expanded our reach to patients and families in the broader Central New Jersey region, embarked on innovative treatments, and enhanced the overall quality of patient care.

By the end of the campaign, PHCS Foundation will have raised funds to facilitate new clinical and operational efficiencies, and enhance PHCS’ capabilities in cardiac care, trauma services, maternity and neonatal care, and surgical interventions, among the initiatives.

The cumulative campaign total from PHCS physicians is an impressive \$2.9 million as of October 2012.

One of these donors, Rachel P. Dultz, MD, FACS, breast surgical specialist and board certified surgeon, has supported this campaign in part because “the new surgical facilities are outstanding, equipped with technologies that provide patients with more surgical options in an operating environment for physicians and staff that allows for greater safety and efficiency. One of the most positive aspects of the new hospital is that we have the same operating room staff and physicians that we had before we moved to the new hospital, which has enabled seamless continuity of care for our patients. We have a high-quality medical staff—people in our community can rest assured they can get quality care close to home.”

For more information about the *Design for Healing* campaign, contact the Foundation at 609.252.8710 or visit www.princetonhcs.org/designforhealing.

New Park Dedicated on UMCPP Campus in Plainsboro



Above from the left: Plainsboro Mayor Peter Cantu, Commissioner of the NJ Department of Environmental Protection Bob Martin and Princeton HealthCare System President and CEO Barry S. Rabner officially dedicated the 32-acre Millstone River Park at a ceremony on Monday.

Right: Millstone River Park provides a beautiful passive recreation facility to be enjoyed by area residents. The park, which features indigenous landscaping, was recently planted with 1,700 trees and shrubs. It is a favorite spot for those visiting and working at University Medical Center of Princeton at Plainsboro.

UMCPP’s Nursing Excellence Earns Prestigious Magnet® Recognition

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“Achieving Magnet status was a very challenging and worthwhile journey,” says UMCPP’s Chief Nursing Officer Susan Lorenz, RN, DrNP, NEA-BC, EDAC. “Magnet is a well-known, well-respected designation that connotes quality care, patient satisfaction and better job satisfaction and retention among the nurses themselves. It’s an expert, objective opinion that the nursing staff here is as good as it gets.”

The ANCC’s Commission on Magnet unanimously approved UMCPP’s designation, which was announced during a November conference call. More than 100 nurses, physicians and administrators listened live to the announcement from a conference room in the UMCPP Education Center.

As part of the Magnet status, UMCPP also earned recognition for five Exemplary Professional Practices:

- Work in biomedical ethics, including the POLST—Practitioner Orders for Life-Sustaining Treatment—Pilot Program. POLST, which is being used as a



model for the entire state, is a new approach in which healthcare professionals work with patients, particularly older adults, to define their goals of care and use those goals to guide treatment decisions.

- Orientation for newly graduated nurses
- Leadership Succession Planning initiatives
- Information Technology
- Special initiatives including Partnerships for PIECE, a grant-funded program to improve older adults’ transition from the hospital to the community, and a bereavement program for families dealing with the death of a child.

For more information about University Medical Center of Princeton at Plainsboro, visit www.princetonhcs.org/umcpp.



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UMCPP's Nursing Excellence Earns Prestigious Magnet[®] Recognition



University Medical
Center of Princeton
at Plainsboro
Princeton HealthCare System

University Medical Center of Princeton at Plainsboro (UMCPP) has achieved Magnet[®] status, the highest institutional recognition available for nursing excellence.

The American Nurses Credentialing Center (ANCC), a subsidiary of the American Nurses Association, developed the Magnet Recognition Program[®] to acknowledge superior patient care, nursing excellence and innovations in professional nursing practice. UMCPP is one of 395 Magnet-recognized organizations, representing less than 5 percent of hospitals nationwide.

“Magnet recognition is the gold standard for nursing excellence,” says Donald J. Hofmann, Chairman of the Board of Trustees for Princeton HealthCare System. “This status places our hospital in select company both regionally and nationally.”

Nurses and staff at UMCPP worked toward achieving Magnet status for four years—a process that culminated in a rigorous review to demonstrate the hospital's commitment to sustaining nursing excellence, improving professional practice, and transforming the culture of our work environment. Hospitals must reapply for Magnet every four years.

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Pictured, left to right, are: Karyn Book, RN, MSN, CMSRN, CLSSGB, Director, Professional Practice, Education and Magnet Program; Barry S. Rabner, President and CEO of Princeton HealthCare System (PHCS); Susan Lorenz, RN, DrNP, NEA-BC, EDAC, Vice President, Patient Care Services, and Chief Nursing Officer; Linda F. Sieglan, MD, MMM, Senior Vice President of Medical Affairs, PHCS; and Mark Jones, President, UMCPP.