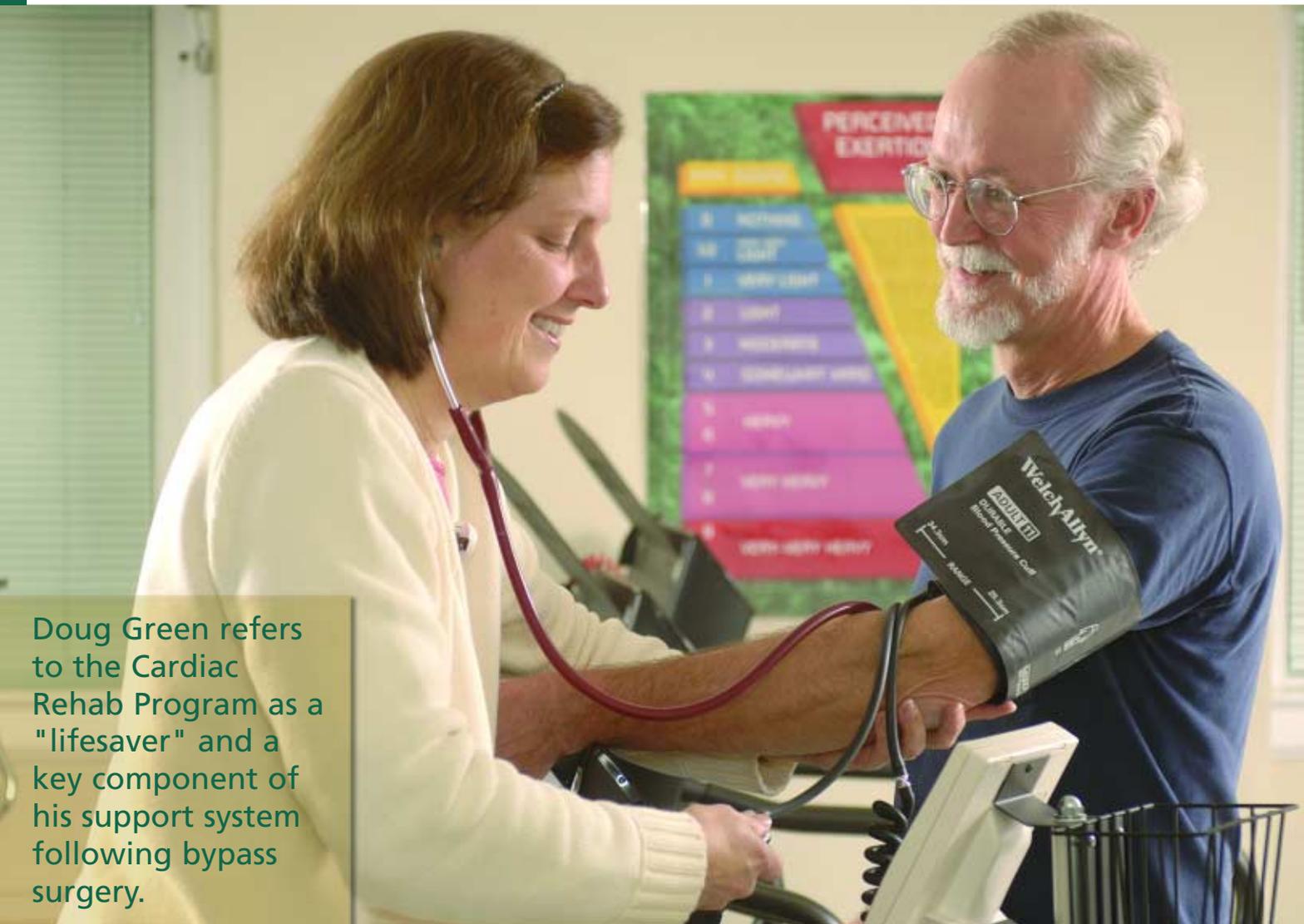


# healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | JANUARY/FEBRUARY 2006 | NUMBER 7



Doug Green refers to the Cardiac Rehab Program as a "lifesaver" and a key component of his support system following bypass surgery.



Princeton HealthCare System

Redefining Care.

- [University Medical Center at Princeton](#)
- [Princeton House Behavioral Health](#)
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- [Princeton Home Care Services](#)
- [University Medical Center at Princeton Surgical Center](#)
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## Cardiac Rehab: Building Healthy Hearts

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# Cardiac Rehab: Building Healthy Hearts

In 1999, at the age of 50, Lawrenceville resident Doug Green pedaled his bicycle from Trenton to Seattle. It didn't surprise anyone that the avid sports enthusiast enjoyed every minute of the trip — it was common knowledge, Doug Green was the picture of health.

Beyond the passage of three more birthdays, little had outwardly changed in Green's life when he began feeling some minor tightness in his chest in 2002. A visit to the University Medical Center at Princeton's Emergency Department revealed the unimaginable — four blockages requiring a quadruple bypass.

"I'll never forget those numbers," recalls Green, a 30-year vegetarian. "The blockages were 100, 99, 60 and 40 percent. My healthcare providers said that being in good shape and doing the right things saved my life with blockages like that."

## Resuming Life After Bypass Surgery

Following surgery, Green entered UMCP's Cardiac Rehabilitation

Program, a supervised exercise and education program for people with cardiovascular disease. Patients generally participate in the program three times a week for up to 12 weeks, under the direction of a cardiologist, specialized cardiac nurses, exercise physiologists and registered dietitians. Patients interested in staying on with the program after the 12-week mark can enroll in a maintenance program.

"Our program is designed to help patients who have had angioplasty, open heart surgery, a heart attack or suffer from stable angina and other heart-related conditions change their lifestyle and achieve optimal cardiovascular function," says Rogelio M. Pine, MD, FACC, Director, Cardiac Rehabilitation Program. "Through the program, they improve their heart efficiency, reduce their blood pressure and heart rate, increase their strength and



Doug Green (pictured with Sally Stout, RN, BC) refers to the Cardiac Rehabilitation Program as a "lifesaver" and a key component of his support system following bypass surgery.

stamina, and control their weight. It's a program committed to improving our patients' physical and mental well-being."

Patients use a variety of exercise machinery and hand weights, and work with staff members to improve nutrition, reduce stress, and, if needed, make other life changes such as quitting smoking. Patients are EKG-monitored at each session to guarantee their workout is both effective and safe. Since its inception, UMCP's Cardiac Rehabilitation Program has developed individualized programs for participants ranging from a 12-year-old heart transplant patient to cardiac patients in their 90s.

## A Strong Support System Always Helps

Green refers to the program as a "lifesaver," forming a key component of his support system following his bypass



## Princeton HealthCare System Promotes Healthy Hearts

February is American Heart Month. In recognition of this event, Princeton HealthCare System is sponsoring a series of heart-healthy programs that are designed to help you help your heart by learning how to make wise lifestyle choices. For a listing of American Heart Events, please see Community Focus which begins on page 7.

surgery. His connection with the program and staff was so strong that at the end of his 12-week rehabilitation period he decided to continue working with the UMCP team through the maintenance program.

"I faithfully go to the maintenance program three times a week," he says. "I've been doing it for three years now, and even though I am a very active person who enjoys exercise, I feel I need the program as a bit of a security blanket. For one thing, as part of the maintenance program they hook me up to a monitor once a month to evaluate me during my workout. For another, I consider it an appointment I have to keep, like a doctor's appointment. I can't just not go, like you can at the gym, because someone is actually expecting me."

Green is not alone in his view of the Cardiac Rehabilitation Program as a way to ensure a regular workout routine and

maintain good cardiovascular health.

"Actually, I'm really a new kid on the block here," he says. "Some people have been working out here for 10 or 12 years. It goes to show you what a friendly, supportive, well-trained staff means. I'm back to doing everything I used to do, including skiing at high altitudes, but I'll keep coming back because the program really works."

UMCP's Cardiac Rehabilitation Program, which is offered at locations in Princeton and Monroe Township, has been certified for cardiac rehabilitation by the American Association of Cardiovascular and Pulmonary Rehabilitation following rigorous review.

For more information about the Cardiac Rehabilitation Program, call 1.888.PHCS4YOU (1.888.742.7496).

Save This Important Date!

***ArtFirst!* Opens With a Gala Evening  
Saturday, April 8, 2006**

The annual international exhibition and sale of art and fine crafts, featuring artists with disabilities presented by The Auxiliary of University Medical Center at Princeton, will open with a Patrons' Preview Party on Saturday, April 8, 2006, from 6 to 9 p.m. at University Medical Center, 253 Witherspoon Street, Princeton.

With the exception of the Patrons' Preview Party, ***ArtFirst!*** is free and open to the public daily Monday, April 9 through Friday, May 5, 2006.

Call **609.497.4211** for an invitation to the opening.

# 170 Pounds Lost & Counting

## Bariatric Surgery – An Effective Way to Overcome Obesity

For as long as Herb Singer can remember, he has had a weight problem, and last February, at the age of 52, he tipped the scales at 451 pounds, the most he had ever weighed.

“I was a fat kid, a fat teenager and a fat adult,” says Singer of Matawan. “I never let that stop me, but it was something I wanted to change. From when I was a kid, I would try to get my weight down and keep it down, but nothing ever really worked.”

On two occasions — once as a teenager and once as an adult — Singer shed 125 pounds by carefully watching what he ate and working out regularly. The first time he regained the pounds he had lost, plus quite a few extra, over time. After a sudden disability left him unable to workout at the gym, Singer found weight loss impossible.

### Hope When All Else Fails

“If you can’t move, you can’t really keep the weight off,” he says. “When I became disabled in 2001, I tried everything that was out there to lose weight and keep it off. I tried every diet. I even tried hypnosis for a year. I could never get beyond losing the first 50 pounds. Nothing was working for me, and then my mother died and that sent me over the edge.”

The good intentions of friends and family, who sent a seemingly endless selection of foods and sweets into his home following his mother’s death, sent Singer’s weight to an all-time high of 451 pounds. That was when he decided to pursue bariatric surgery at University Medical Center at Princeton.

“I started researching the surgery and looking at different hospitals and

programs,” Singer says. “It wasn’t until I found Dr. Brolin at Princeton that I felt I was on the right track. God sent me an angel when I found him. He has done an amazing number of these surgeries, and he studied with the physician who developed the procedure.”

Established in 2003, UMCP’s Bariatric Surgery Program offers several weight-reduction procedures — adjustable gastric banding (AGB) and Roux-en-y (RNY) gastric bypass. AGB, also known as lap banding, involves placing a silicone band around the upper part of the stomach to reduce the size of the stomach. RNY sections off a small portion of the stomach through a bypass surgical procedure. Both procedures are designed to help limit the amount of food that can be eaten.

According to Robert E. Brolin, MD, FACS, Medical Director, Bariatric Surgery, University Medical Center at Princeton and board certified surgeon, Singer was a perfect candidate for the weight-reducing surgery.

Individuals who benefit most from bariatric surgery include those who:

- are at least 100 pounds overweight
- have failed at serious attempts at weight loss
- have related health problems (in many cases)



**“I never thought I’d be asking a salesman if they had something in a smaller size, but that’s exactly what happened.”**

Singer qualified on all counts, including a pressing need for knee and shoulder replacements due to his weight.

“I could barely walk to answer the door at home because my knees were in such bad shape,” he says. “To make matters worse, I couldn’t pursue the knee replacements if I didn’t take off the weight first.”

Within eight months of the surgery, Singer had lost an astounding 170 pounds, and was within 65 pounds of his goal weight of 200. On a recent shopping expedition, he was shocked to discover his pants size had dropped from a size 52 to a 42 or 44.

# UMCP Designated as a Bariatric Surgery Center of Excellence

University Medical Center at Princeton (UMCP) has been named a Center of Excellence by the American Society for Bariatric Surgery (ASBS).

UMCP earned the designation following an extensive application and site review by Surgical Review Corporation, a Raleigh, NC-based nonprofit group dedicated to promoting safe and effective bariatric surgery throughout the United States. The review found that UMCP's Bariatric Surgery Center meets or exceeds national standards for equipment, staffing, training, safety and patient outcomes.

Bariatric surgery is a successful clinical treatment for morbid obesity and overcoming the damaging health effects of being overweight, such as diabetes, high blood pressure and infertility, according to the National Institutes of Health. The American Society for Bariatric Surgery created the Centers of Excellence program to recognize centers that perform well.

"It is gratifying to have an independent, outside organization confirm that we are providing the most advanced bariatric care," says Robert E. Brolin, MD, Medical Director of the Bariatric Surgery Program at University Medical Center at Princeton. "Bariatric surgery is a complex procedure, and we are committed to providing safe and effective treatments."

Bariatric surgery comprises a variety of techniques used to close off a large portion of the stomach, leaving only a small pouch for food. This allows a person to feel full after eating much smaller portions of food, causing rapid weight loss.

University Medical Center at Princeton was the first hospital in Mercer County to offer bariatric surgery for weight control.

For more information on the UMCP Bariatric Surgery Program, please call 1.888.PHCS4YOU (1.888.742.7496).



## From a Size 52 to a Size 42/44

Within eight months of the surgery, Herb Singer has lost an astounding 170 pounds and dropped in pants size from a 52 to a 42 or 44.

## A New Life at a Smaller Size

"I never thought I'd be asking a salesman if they had something in a smaller size, but that's exactly what happened," says Singer, who originally was taking in his pants himself with a used sewing machine he picked up at a yard sale – that is until he had removed so much material that his pants' pockets were nearly touching each other.

The dramatic weight loss has resulted in a decision to postpone knee surgery indefinitely, and Singer expects to be returning to the gym to exercise in the pool shortly.

"Because the pool was low impact, even after I became disabled, my wife would suggest I workout in the pool," says

*(continued on next page)*

## 170 Pounds Lost & Counting

(continued from previous page)

Singer. "What she didn't realize was that I couldn't fit into the changing area at the gym, so I couldn't get changed to go into the pool. That's all changed for me now."

### An Effective Way to Achieve Lasting Weight Loss

Both Dr. Brolin and Singer note that bariatric surgery is not a quick fix for obesity. Instead it is a tool to be used to help chronically overweight patients control their eating, and therefore their weight. Patients who undergo the surgery embark on a lifetime change that includes restricting their diets to certain foods, limiting the amount of food that is consumed, chewing food slowly and carefully, and drinking water with meals. Attending a regular support group, such as the one sponsored by UMCP, is also recommended to help patients remain on track.

"If you think you can't gain the weight back, you're mistaken," says Singer. "You have to diet your whole life if you want this to work. But if you're committed, bariatric surgery is a wonderful tool that can save your life. As a



## Weight-loss Surgery: Is It Right for Me?

Join us for a free, live webinar  
(online seminar) about bariatric surgery.

Presented by: Princeton HealthCare System  
Community Education & Outreach Program

**Monday, Jan. 9, 2006**  
**7 to 9 p.m.**

For registration information: call 609.497.4480

It's easy to participate in this important two-hour webinar from the comfort and convenience of your home. All you need is a PC with an Internet connection and speakers.

matter of fact, I see people all the time who I just want to go up to and say 'Do you know about this surgery? Do you know that there's help out there?' It's not that I'm being critical. It's that I want them to know that they can turn their lives around, just like I did."

For more information on UMCP's Bariatric Surgery Program, call 1.888.PHCS4YOU (1.888.742.7496).

## The 2005 Annual Appeal: Excellence Now

[princetonhcs.org/foundation](http://princetonhcs.org/foundation)  
Click to Give

As we celebrate the holiday season, let us join together to support the 2005 Annual Appeal for Princeton HealthCare System. Charitable gifts help us to ensure that we are ready for you and your family with the finest facilities and equipment whenever the need arises. If you make a cash gift before December 31, 2005, you are entitled to take a tax deduction equal to 100% of your adjusted gross income under the Katrina Emergency Tax Relief Act of 2005. The Act was written to prevent the rest of the nation's charities from seeing a downturn in giving as they did after September 11. You can give by using Princeton HealthCare System Foundation's secure web site or call the Foundation office to use a credit card to make your gift and benefit from cardholder incentives.

For more details call the Foundation office or visit the web site: 609.497.4190, [www.princetonhcs.org/foundation](http://www.princetonhcs.org/foundation)

HEALTH EDUCATION CALENDAR

# community focus

JANUARY - FEBRUARY '06

Programs are free and registration is required unless otherwise noted. Membership at Princeton Fitness & Wellness Center is not required to attend these programs. Please register online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call **609.497.4480** (unless another number is indicated).

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

Directions are available at [www.princetonhcs.org](http://www.princetonhcs.org)

**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

## American Heart Month

February is American Heart Month. Cardiovascular disease is America's single leading cause of death, claiming the lives of nearly 39 percent of all Americans who die each year. Over 64 million Americans have some form of cardiovascular disease, which includes diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital cardiovascular defects, hardening of the arteries and other diseases of the circulatory system.

Princeton HealthCare System's Community Education & Outreach Program and University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program are pleased to offer a variety of informative programs in recognition of American Heart Month. These events are designed to increase awareness of steps you can take to prevent cardiovascular disease and, for those who have the condition, offer support that can help maximize the quality of their health and their lives.

Please see the following page for a listing of programs.

*These programs were made possible by a generous grant from the Princeton HealthCare System Foundation.*



**Princeton HealthCare System**  
**Community Education & Outreach**

Redefining Care.

## AMERICAN HEART MONTH

### American Cancer Society's Fresh Start Program

MON. January 30, February 6, 13, 20 (6:30 – 7:30 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room B  
\$40 per person

Cigarette smoking is the most important preventable cause of premature death in the United States. Most of those deaths are from heart disease, not cancer. University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program can help you successfully quit smoking, reducing your chances of developing this deadly disease. Participants will receive information and tips for quitting, managing stress and avoiding weight gain, and encouragement from others who are also trying to quit.

### Go Red for Women

FRI. February 3  
Heart disease is the number one killer of women in the US. Go Red for Women is the American Heart Association's movement to give women the lifesaving power of awareness to prevent this disease and have long, healthy futures. Show your support by wearing red today!

### Exercise for Heart Health

TUES. February 7 (12 – 2 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Rooms A & B  
Tony Yacono, Exercise Physiologist, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will discuss how exercise affects your heart and simple activities you can do to reduce your risk of heart disease and improve your overall health. Lunch will be served.

### Blood Pressure Screenings

MON. February 13  
(7 – 11:30 a.m. & 3 – 6 p.m.)  
Curves  
564 Lawrence Square Blvd., Lawrenceville

MON. February 27  
(7 – 11:30 a.m. & 3:30 – 6 p.m.)  
Curves  
111 Lawrenceville Road, Lawrenceville

No registration required.

High blood pressure is one of the most common risk factors for heart disease. Monitoring and treating blood pressure is an important step you can take to help lower your risk for heart disease. Health professionals from Princeton HealthCare System will provide free blood pressure screenings. A Curves membership is not required to receive a free screening.

### Cardiac & Pulmonary Rehabilitation Program: Annual Potluck Reunion Dinner

WED. February 15 (6 – 8 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Rooms A & B  
Please call 609.497.4285 for more information or to register.  
All current and former participants in University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program and their loved ones are invited to attend this annual dinner.



### Healthy Heart Fair for Older Adults

SUN. February 19 (10 a.m. – 1 p.m.)  
St. Anthony of Padua Church  
251 Franklin Street, Hightstown  
No registration required.

In recognition of American Heart Month, health professionals from Princeton HealthCare System will provide free screenings and information for heart health. Information about area resources for older adults will also be provided. Screenings include:  
Blood pressure • Cholesterol • Glucose  
Carotid artery assessment

Refreshments will be served.

*This program is cosponsored by Princeton HealthCare System's Community Education & Outreach Program and St. Anthony of Padua Church.*

### Stress & Heart Disease

WED. February 22 (12 – 2 p.m.)  
Princeton Fitness & Wellness Center  
Geri Karpiscak, RN C, BSN, FAACVPR, Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will discuss ways to manage stress including exercise and relaxation techniques. Lunch will be served.



### Meet the Chef: Healthy Cooking Series

TUES. January 10 (7 – 8:30 p.m.)  
THURS. February 16 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
In January, Chef Erin Carey, Whole Foods Market, Princeton, will teach you how to prepare healthy, hearty soups to keep you warm in the cold winter months. Susan Coffey, RD, registered dietitian, University Medical Center at Princeton's Outpatient Clinic, will discuss the nutritional value of the recipes. In February, Chris Carey, CEC, Executive Chef of University Medical Center at Princeton's Nutrition Program, will prepare heart-healthy recipes. Sabina Beesley, RD, registered dietitian, University Medical Center at Princeton's Nutrition Program, will be on hand with nutritional information about the recipes.

### New Year, New You: Cosmetic & Plastic Surgery

SAT. January 21 (9 – 11 a.m.)  
Community Education & Outreach Program  
at Alexander Road  
Join Thomas A. Leach, MD, board certified in plastic surgery, for this interactive session. Learn about common cosmetic procedures, including liposuction, abdominoplasty, breast augmentation and breast reduction for body contouring. Ways to achieve facial rejuvenation, both surgically and non-surgically, will also be discussed. Participants will have the opportunity to view before and after photos, learn what qualifications to look for in a plastic surgeon, and have their questions answered. Dr. Leach is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Healthy Living Panel: Weight Management**

MON. January 23 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Maintaining a healthy weight is an important part of preventing many diseases and health problems. January's panel will focus on the many facets of weight management, including nutrition, metabolism, exercise and mind-set.

Participating PHCS physicians include:

- Anthony J. Cannon, MD, board certified in internal medicine, member of the Medical Advisory Board of Princeton Fitness & Wellness Center
- Joanne B. Kalish, DO, board certified in internal medicine, member of the Medical Advisory Board of Princeton Fitness & Wellness Center
- Richard Levandowski, MD, board certified in sports medicine and family practice, member of the Medical Advisory Board of Princeton Fitness & Wellness Center
- Russell D. Marx, MD, board certified in psychiatry, member of the Medical Advisory Board of Princeton Fitness & Wellness Center

**Healthy Living Panel: Heart Health**

TUES. February 21 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Heart disease is the leading cause of death among men and women in the US. February's panel will focus on what you can do to prevent heart disease, as well as symptoms to look out for and how the disease differs between men and women.

Participating PHCS physicians include:

- Daniel K. Jass, MD, board certified in family practice, member of the Medical Advisory Board of Princeton Fitness & Wellness Center
- John D. Passalaris, MD, FACC, board certified in cardiovascular disease, echocardiography and internal medicine, member of the Medical Advisory Board of Princeton Fitness & Wellness Center
- Kathryn J. Robison, MD, board certified in internal medicine, member of the Medical Advisory Board of Princeton Fitness & Wellness Center
- Andrew J. Shanahan, MD, FACC, board certified in cardiovascular disease, interventional cardiology, nuclear cardiology and internal medicine, member of the Medical Advisory Board of Princeton Fitness & Wellness Center

**WOMEN'S WELLNESS**

**New Year, New You: Cosmetic & Plastic Surgery**

WED. January 18 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join Thomas A. Leach, MD, board certified in plastic surgery, for this interactive session. Learn about common cosmetic procedures, including liposuction, abdominoplasty, breast augmentation and breast reduction for body contouring. Ways to achieve facial rejuvenation, both surgically and non-surgically, will also be discussed. Participants will also have the opportunity to view before and after photos, learn what qualifications to look for in a plastic surgeon, and have their questions answered. Dr. Leach is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Child Passenger Safety: What All Parents Need to Know**

WED. February 8 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Car crashes are the number one cause of death and injury for children from 4 to 14 years of age. More than half of children who die in car crashes are completely unrestrained. In recognition of National Child Passenger Safety Week, join us for an informative discussion with a Certified Child Passenger Safety Technician who will teach ways to restrain your child properly on every car ride and proper car seat installation.

**Advanced Planning for Your Healthcare Needs**

WED. January 25 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Advanced directives, durable power of attorney, living will, DNR (do not resuscitate) – these are all terms that have been used in the public press recently, but what do they mean for you? Erinn E. Beagin, MD, board certified in internal medicine and fellowship trained in geriatric medicine, member of the Medical & Dental Staff of Princeton HealthCare System, will discuss what these terms mean, how they apply to you and what you can do to ensure that you will be taken care of the way you wish.

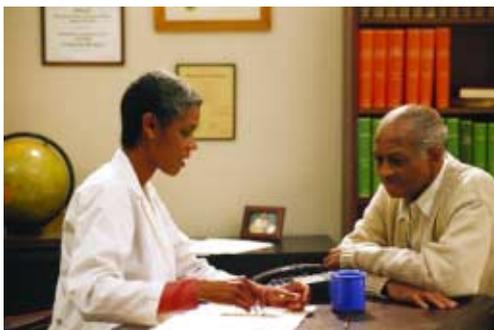
**Pediatric Rehabilitation & Its Role in Child Development**

WED. February 1 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Where do you turn when your child is diagnosed with a developmental problem? The caring and professional staff of University Medical Center at Princeton's Outpatient Rehabilitation Network is specially trained to provide a supportive environment for the rehabilitation of children with a wide realm of developmental problems using the latest techniques and equipment. If you or someone you care about is in need of quality pediatric rehabilitation services, look no further than UMCP. To learn more, join us for an informative seminar covering all aspects of pediatric rehabilitation, including physical and occupational therapy, speech therapy and more. Speakers from University Medical Center at Princeton's Outpatient Rehabilitation Services include:

- Trisha DeVito, OTR, registered occupational therapist
- Amy Parker, PT, physical therapist
- Maan Sakte, SLP, speech-language pathologist



**CURRENT PROGRAMS**

**Overcoming Obesity: Today's Surgical Options for Weight Loss**

SAT. February 4 (1 – 3 p.m.)

Forsgate Country Club

Edinburg Room

375 Forsgate Drive, Monroe Township

Severe obesity is a serious health risk that can affect all aspects of your life. Today, there are surgical options for people who have been unsuccessful using traditional weight loss methods. Join Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Program at University Medical Center at Princeton and one of the nation's most accomplished bariatric surgeons, and a team of health professionals from Princeton HealthCare System at this free lecture. Get your questions answered and learn more about traditional and minimally invasive surgical options including:

- Bariatric surgery
- Laparoscopic gastric bypass surgery
- Laparoscopic stomach banding

The decision to undergo weight-loss surgery is an important one. Make sure you know your options so you can make the choice that's right for you.



**New Online Webinar Available**

Princeton HealthCare System is pleased to announce that we are now providing webinar (or online seminar) programming through the Community Education & Outreach Program so that individuals can learn more about important health issues from the convenience of their homes. Our first webinar will focus on the timely topic of bariatric surgery, also known as weight-loss surgery. If you or a loved one are interested in participating, please visit

<https://princetonhcs.webex.com> for more information or to register.

**Varicose Veins: Now You See Them, Now You Don't**

WED. February 15

Lecture: 6:30 p.m.

Screenings to follow.

Princeton Fitness & Wellness Center

Venous closure, a new minimally invasive surgical procedure, offers an effective alternative treatment for overcoming the pain, swelling and unsightly appearance of varicose veins. Chronic venous disease of the legs is a common condition affecting people of all races, especially women and older adults. Kenneth A. Goldman, MD, FACS, board certified in surgery and vascular surgery, will explain the causes behind varicose veins and discuss the benefits of the new venous closure surgery. Dr. Goldman is a member of the Medical & Dental Staff of Princeton HealthCare System. **Screenings are limited and by appointment only. When registering for this program, be sure to indicate if you would like a free screening. You will not automatically be registered for a screening upon registering for the lecture.**

**GIVE BLOOD & GET FREE ICE CREAM IN RETURN**

University Medical Center at Princeton's Blood Donor Program is pleased to present the "A Pint for a Pint" program, sponsored by Thomas Sweet Ice Cream, Princeton. Each donor who gives one pint of blood will receive a coupon for a free pint of delicious ice cream from Thomas Sweet, as a token of appreciation for your kindness and generosity. Giving blood is one of the most precious gifts one human being can give to another. By taking less than an hour of your time to donate blood, YOU can make a difference. If you are interested in donating, please contact the Blood Donor Program at University Medical Center at Princeton.

**CHILDBIRTH & FAMILY**

Call 609.497.4119 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

**Baby Sign**

FRI. January 13 (6 – 9 p.m.)

Location to be announced. Please call 609.497.4119.

\$20 per family

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

**Camps, Kids & Baby Expo**

SAT. February 4 (10 a.m. – 3:30 p.m.)

The Westin Princeton at Forrestal Village

201 Village Blvd., Princeton

No registration required.

Princeton HealthCare System is proud to be the title sponsor of this annual expo, which has been expanded to include all things baby. Shop for your child's summer camp, visit with vendors who specialize in products and services for kids of all ages, from tots to teens, and enjoy family games, arts and crafts and more! Physicians and health professionals from Princeton HealthCare System will be on hand to answer health-related questions.

**Prenatal Yoga**

THURS. February 23 – April 13

(7 – 8:15 p.m.)

Princeton Fitness & Wellness Center

\$160 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 physician is required. Please bring a yoga mat or towel, two pillows or cushions, and a yoga tie or regular tie for stretching.

**Post Partum Yoga**

FRI. February 24 – April 14

(9:30 – 10:45 a.m.)

Princeton Fitness & Wellness Center

\$160 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, and a yoga tie or a regular tie for stretching.

Call 609.497.4119 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Prenatal Exercise

TUES. January 10 – February 28  
(7 – 8:15 p.m.)

Community Education & Outreach  
Program at Alexander Road  
\$120 per person

This class will help expectant moms 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. Medical clearance from a physician is required.

### Bright Beginnings

Tuesdays (10 – 11 a.m.)  
Community Education & Outreach  
Program at Alexander Road

Wednesdays (10:30 - 11:30 a.m.)  
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 from birth to 6 months. Each week features a guest speaker and focuses on a different topic to help new moms. Infants and children under 4 years of age are welcome to attend with the parent or caregiver. For a list of topics, visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) or call 609.497.4480.

### Breastfeeding Support Group

THURS. January 5 (11 a.m. - 12 p.m.)  
THURS. January 12 (11 a.m. - 12 p.m.)  
THURS. January 19 (11 a.m. - 12 p.m.)  
THURS. January 26 (7 - 8 p.m.)  
THURS. February 2 (11 a.m. - 12 p.m.)  
THURS. February 9 (11 a.m. - 12 p.m.)  
THURS. February 16 (11 a.m. - 12 p.m.)  
THURS. February 23 (7 - 8 p.m.)  
Location to be announced. Please call 609.497.4119.

No registration required.

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

### Prenatal Breastfeeding Class

WED. January 18 (7 - 9:30 p.m.)  
THURS. February 9 (7 - 9:30 p.m.)  
Location to be announced. Please call 609.497.4119.

\$35 per couple

Expectant parents will learn about the benefits of breastfeeding, getting started,

positioning, nutrition, pumping and avoiding common problems. This class is taught by a certified lactation consultant.

### Maternity Tour

SAT. January 7  
(1 - 2 p.m. or 2:30 – 3:30 p.m.)

SAT. January 21  
(1 - 2 p.m. or 2:30 – 3:30 p.m.)

SAT. February 4  
(1 - 2 p.m. or 2:30 – 3:30 p.m.)

SAT. February 18  
(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 Maternity Department, which includes a look at the nursery and maternity suites. A tour is included in all Childbirth Preparation classes.

### Sibling Class

SAT. January 7

SAT. January 21

SAT. February 4

SAT. February 18

University Medical Center at Princeton  
Main Lobby

\$25 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 2 and under (9 – 10 a.m.), 3 to 4 (10:15 – 11:15 a.m.) and 5 and older (11:30 a.m. – 12:30 p.m.). Parents are expected to attend the course with their child and are not charged an additional fee.

### Baby Care

THURS. January 19 (7 - 9:30 p.m.)

MON. February 6 (7 - 9:30 p.m.)

TUES. February 28 (7 – 9:30 p.m.)

Location to be announced.

Please call 609.497.4119.

\$35 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.

### Childbirth Preparation

WED. January 4 - 25 (7 – 9 p.m.)

MON. January 9 - 30 (7 – 9 p.m.)

FRI. January 20 – February 10 (7 - 9 p.m.)

THURS. February 2 - 23 (7 – 9 p.m.)

MON. February 13 – March 6 (7 – 9 p.m.)

TUES. February 21 – March 14 (7 – 9 p.m.)

Location to be announced.

Please call 609.497.4119.

\$115 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.

### Accelerated Childbirth Preparation

SAT. January 14 (9 a.m. - 5 p.m.)

SAT. February 4 (9 a.m. - 5 p.m.)

SAT. February 25 (9 a.m. – 5 p.m.)

Location to be announced.

Please call 609.497.4119.

\$150 per couple

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

### Living With Your Infant: Part 1 (birth - 4 months)

WED. January 25 (7 - 9 p.m.)

WED. February 22 (7 – 9 p.m.)

Location to be announced.

Please call 609.497.4119.

\$20 per family

Living With Your Infant - Part 1 (birth – 4 months) is an interactive class between parents and children facilitated by a pediatric nurse practitioner. This class is designed to help parents understand the psychosocial and physical development of your child.

### Car Seat Checks

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! Call 609.497.4119.

## CPR & FIRST AID

Call 609.497.4119 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes.

### BLS for Healthcare Providers - Full Course

WED. January 25 (9 a.m. - 4 p.m.)  
THURS. February 9 & 16 (6 - 10 p.m.)  
Locations to be announced. Please call 609.497.4119.

**\$60 per person**

A comprehensive course intended for healthcare professionals who practice in a medical setting.

### BLS for Healthcare Providers - Recertification

THURS. January 12 (6 - 10 p.m.)  
WED. February 22 (9 a.m. - 1 p.m.)  
Location to be announced. Please call 609.497.4119.

**\$40 per person**

A comprehensive course intended for healthcare professionals who practice in a medical setting and need to be recertified.



### Heartsaver Adult & Pediatric CPR

TUES. January 17 (6 - 10 p.m.)  
Location to be announced.  
Please call 609.497.4119.

**\$45 per person**

Topics include warning signs of a heart attack, stroke and cardiac arrest, as well as CPR, choking and rescue breathing. Certificates will be issued.

### Heartsaver Adult CPR With AED

THURS. January 26 (6 - 10 p.m.)  
Location to be announced.  
Please call 609.497.4119.

**\$45 per person**

This course teaches the basic techniques of adult CPR and how to use an AED. Participants will also learn about using barrier devices in CPR and giving first aid for choking. The course teaches how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction. Certificates will be issued.

### Heartsaver First Aid

SAT. January 28 (1 - 4 p.m.)  
TUES. February 7 (6 - 10 p.m.)  
Location to be announced. Please call 609.497.4119.

**\$40 per person**

This course teaches effective recognition and treatment of individual (ages 8 and up) emergencies in the critical first minutes until emergency medical services personnel arrive. The course provides complete health and safety training for first aid. Certificates will be issued.

### Pediatric CPR for Family & Friends

SAT. January 28 (9 a.m. - 12 p.m.)  
SAT. February 25 (9 a.m. - 12 p.m.)  
Location to be announced. Please call 609.497.4119.

**\$35 per person**

This course is designed for parents, caregivers and the general public. Topics include prevention of the most common serious injuries, CPR, choking and rescue breathing for infants and children to age 8. This is a non-certifying course.

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

## CANCER PROGRAMS & SCREENINGS

The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ), is pleased to offer support groups, informational lectures and screenings. For additional information about the Cancer Program, call 609.497.4475. To register for these programs, please call 609.497.4480 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### Improving the Chemotherapy Experience

WED. February 1 (10 a.m. - 12 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 4

Local oncology experts from UMCP's Cancer Program will offer timely information, motivation and encouragement that can make a significant difference in how you approach chemotherapy. Improving the Chemotherapy Experience™ is an educational program created by Amgen, in partnership with the Leukemia and Lymphoma Society and CancerCare that is designed to help you understand, prepare for and learn to manage the side effects and emotional impact of chemotherapy in a supportive environment.

### American Cancer Society's Look Good, Feel Better

MON. February 13 (1 - 3 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room A  
Please call 1.800.ACS.2345 to register for this program.

A certified cosmetologist from the American Cancer Society will provide free one-time makeovers to women who are currently undergoing cancer treatment. Beauty techniques will be demonstrated.

### Colorectal Cancer Prevention

THURS. February 9  
Open house: 6 - 7 p.m.  
Lecture: 7 - 8:30 p.m.

Community Education & Outreach Program at Alexander Road

Colorectal cancer is the second leading cause of cancer deaths in the US. Education and screenings are a vital part of the efforts to prevent this disease. Join us to tour the newly opened Princeton

Endoscopy Center, and to hear an important and informative lecture on cancer prevention from Glenn L. Osias, MD, board certified in gastroenterology and internal medicine. Dr. Osias is a member of the Medical & Dental Staff of Princeton HealthCare System. Refreshments will be provided.

### Prostate Cancer Support Group

WED. January 25 (12 - 1:30 p.m.)  
Princeton Fitness & Wellness Center

WED. February 22 (7:30 - 9:30 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Rooms A & B

This support group, which has been in existence for over 13 years, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the 4th Wednesday of the month. Princeton HealthCare System physicians will present medical lectures to the group every other month.

**SUPPORT GROUPS**

**Better Breathers Club**

TUES. January 3 (9:30 - 10:45 a.m.)  
TUES. February 7 (9:30 - 10:45 a.m.)  
Princeton Fitness & Wellness Center

THURS. January 26 (2:45 – 4:15 p.m.)  
THURS. February 23 (2:45 – 4:15 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Princeton HealthCare System and the American Lung Association of New Jersey present the Better Breathers Support Club for individuals with chronic lung disease. Nancy Elson, MA, RRT, Respiratory Care Practitioner and Clinical Instructor, facilitates meetings.

- Learn about managing lung disease
- Discuss your questions and concerns with others who understand

**UNITE - Perinatal Loss Bereavement Group**

MON. January 2 (7 - 9 p.m.)  
MON. February 6 (7 - 9 p.m.)  
Princeton Fitness & Wellness Center

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



**Weight Control & Diabetes Support Group**

TUES. January 24 (6:15 – 7:15 p.m.)  
TUES. February 28 (6:15 – 7:15 p.m.)  
University Medical Center at Princeton, Diabetes Management Program  
Medical Arts Building, Suite B

All graduates of University Medical Center at Princeton's Weight Control & Diabetes Program are invited to participate in this new support group designed to help individuals build on their progress by continuing to successfully manage their diabetes and weight. Terry Unger, RD, CDE, UMCP's Diabetes Management Program, facilitates meetings. No registration required. Call 609.497.4372 for more information.

**Diabetes Support Group**

WED. January 18 (2:30 - 4 p.m.)  
WED. February 15 (2:30 - 4 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

MON. January 23 (6:30 - 8 p.m.)  
MON. February 27 (6:30 – 8 p.m.)  
University Medical Center at Princeton, Diabetes Management Program  
Medical Arts Building, Suite B

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

**MONROE TOWNSHIP  
EVENTS FOR SENIORS**

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Monroe Township. To register, please contact the Monroe Township Office on Aging – Senior Center at 732.521.6111 or visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

**Aging With Style: Healthy Eating**

WED. January 11 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Please call 732.521.6111 to register.

Erinn E. Beagin, MD, board certified in internal medicine and fellowship trained in geriatric medicine, will discuss the principles of healthy eating for older adults, including how much calcium, protein, carbohydrates and sodium you should be consuming, as well as how much water you should be drinking to keep your body hydrated and healthy. Dr. Beagin is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Pulmonary Function Screening**

THURS. January 19 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Please call 732.521.6111 to register.

Karen Baylor, CCT, CPFT, Diagnostic Cardiopulmonary Technician, and Kenny Smith, CRTT, CPFT, Respiratory Therapist, both members of University Medical Center at Princeton's Cardiopulmonary Department, will conduct a pulmonary function screening to test lung volume and flow rates of participants.

**Super Foods**

MON. February 12 (11:30 a.m. – 12:30 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Please call 732.521.6111 to register.

Join us as Sabina Beesley, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition Program, teaches what foods can help your body fight disease and how you can easily incorporate them into your diet. A cooking demonstration and taste-testing of these powerful foods will also be included.

**Keys to a Healthy Heart**

MON. February 27 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Please call 732.521.6111 to register.

Mary P. Ricci, RN, BC, BSN, Assistant Nurse Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will review the most up-to-date information on preventing heart disease. Discussion will focus on guidelines for modifying your lifestyle to prevent and treat risk factors for cardiac disease and maintain optimum health.

**PLAINSBORO  
EVENTS FOR SENIORS**

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Montgomery Township. To register, please contact the Montgomery Senior Center at 609.466.0846.



**Cardiovascular Health Screening**

FRI. February 20 (1 – 2 p.m.)  
Plainsboro Recreation Department  
641 Plainsboro Road, Plainsboro  
No registration required.

Health professionals from Princeton HealthCare System will provide free blood pressure and cholesterol screenings to area residents. Participants will also have the opportunity to learn about risk factors for cardiovascular disease and discuss these risks with a health professional. Refreshments will be provided.

**PRINCETON EVENTS FOR SENIORS**

**Cardiovascular Health Screening**

WED. February 15 (1 – 3 p.m.)  
Elm Court  
300 Elm Court, Princeton  
Please call 609.921.0929 to register.

Health professionals from Princeton HealthCare System will provide free blood pressure and cholesterol screenings to area residents. Participants will also have the opportunity to learn about risk factors for cardiovascular disease and discuss these risks with a health professional. Refreshments will be provided.

**WEST WINDSOR TOWNSHIP  
EVENTS FOR SENIORS**

Princeton HealthCare System is pleased to offer FREE health screenings to the seniors residing in West Windsor Township. For more information, call 609.799.9068.

**Super Foods**

FRI. January 6 (1 – 2:30 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction  
Please call 609.799.9068 to register.

Join us as Sabina Beesley, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition Program, teaches what foods can help your body fight disease and how you can easily incorporate them into your diet. A cooking demonstration and taste-testing of these powerful foods will also be included.

**FREE Cholesterol Screening**

FRI. February 3 (1 – 2:30 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction  
Please call 609.799.9068 to register.

Health professionals from Princeton HealthCare System will provide free cholesterol screenings to West Windsor area seniors.

**SOUTH BRUNSWICK  
EVENTS FOR SENIORS**

**Calling 9-1-1: What Happens Next?**

THURS. January 5 (12:30 – 1:30 p.m.)  
South Brunswick Senior Center  
540 Ridge Road, Monmouth Junction  
Please call 732.329.6171 to register.

Do you know when to call 9-1-1? Nancy Panarella, BSN, MBA, Director of Emergency Services, University Medical Center at Princeton's Emergency Department, and Tom Cooper, EMT, Kendall Park First Aid Squad, will discuss when it is appropriate to call 9-1-1 and what happens after you call, from the moment you hang up the phone through your visit to the Emergency Department. Plus, learn what health information is helpful to have on hand in emergency situations. Question-and-answer session will follow.



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## Planning for the New University Medical Center at Princeton

retained to design the new complex that will cost \$350 million, including land, construction, medical equipment and technology and all fees.

The future home of UMCP's new state-of-the-art medical campus was selected after thoroughly considering 18 possible locations. The Route 1 and Plainsboro Road site was chosen based on a number of criteria that included: its proximity to the current location (3 miles); ease of access; buildability; and strategic and market considerations.

Princeton HealthCare System plans to build an 800,000 square-foot medical facility (including medical office space) with the goal of expanding to 1.2 million square feet over time. The integrated campus will house both the new 269-bed hospital and medical offices and will provide on-site inpatient, outpatient, physician, medical and surgical services. Once the site is approved for building, it will take approximately three years from groundbreaking to completion of the construction of the new medical campus.

The FMC Corporation Research Center is currently located on the site. FMC is expected to lease space on the property where the company can continue its current research and affiliated activities.

### Community Involvement

The design of the new University Medical Center at Princeton will be developed in partnership with the

community and municipal leaders, PHCS physicians and staff during the next year. The community has been thoroughly engaged in our decision to relocate the hospital and helping us determine the best location. That open dialogue will continue throughout the design of the new hospital.

PHCS will hold a series of public meetings over the next several months to learn about community members' interests in connection to the medical center. We are committed to being your healthcare provider of choice, as well as a sensitive and responsive neighbor.

### Our Commitment to You

You can continue to expect to receive exceptional healthcare services at University Medical Center at Princeton. We will be investing in our current campus and healthcare technology, up until the day we move, to ensure that the care we provide is of the highest caliber. There will be no disruption of our service. That is our commitment to you.

### We Welcome Your Comments

PHCS will form focus groups to discuss ideas for the design of the new hospital. For the latest news and information about the relocation of University Medical Center at Princeton, please visit our web site, [www.princetonhcs.org](http://www.princetonhcs.org). For more information about the focus groups or to share your comments about the new hospital with us, please contact our dedicated relocation voicemail line by calling 609.430.7155 or send an e-mail to [comments@princetonhcs.org](mailto:comments@princetonhcs.org).

## PHCS Announces Plans to Proceed With the Sale of Three Properties

The Chairman of Princeton HealthCare System's Board of Trustees, Jack Chamberlin, announced that the Board has authorized the senior management team to proceed with the sale of three PHCS properties - University Medical Center at Princeton (Witherspoon campus), Merwick Care Center campus and the parking lot on Franklin Avenue.

There is a letter of intent with Lubert-Adler Management Inc. to purchase and redevelop the UMCP campus. The development firm has experience in redeveloping properties around the country, including the conversion of hospitals into apartments and condominiums. The firm has indicated that the UMCP campus is likely to be a multi-use site with residential development as the primary focus with limited community-focused retail, office space (including physicians' offices) and affordable housing.

PHCS is working with Princeton University to finalize the terms of the purchase and sale of the Merwick Care Center campus on Bayard Lane in Princeton and the Franklin Avenue parking lot. The Merwick Care Center will relocate to the new UMCP campus on Plainsboro Road, while the University Medical Center at Princeton Acute Rehabilitation Unit will be incorporated into the new hospital. In the meantime, Merwick Care Center and the UMCP Acute Rehabilitation Unit will continue to provide outstanding care for residents and accept new patients at its current location.

Both Lubert-Adler Management and Princeton University have expressed a commitment to working responsibly and sensitively with the community and the neighbors on the re-use of PHCS properties.

# Planning for the New University Medical Center at Princeton

The Chairman of Princeton HealthCare System's Board of Trustees, Jack Chamberlin, recently announced the selection of the site for a state-of-the-art replacement facility for University Medical Center at Princeton (UMCP). The site is located at U.S. 1 and Plainsboro Road in Plainsboro, New Jersey.



Barry S. Rabner,  
President & CEO

Princeton HealthCare System's commitment to Redefining Care will be considered in every facet of the new hospital, which will be designed to achieve outstanding clinical outcomes, enhance patient satisfaction, provide convenience and privacy and attain cost effectiveness. The new University Medical Center at Princeton will provide opportunities for enhanced interactions between patients, physicians and nurses, incorporate continuing advances in healthcare technology and be a family-friendly environment. All patient rooms will be private and designed to enhance patient safety and comfort.

"The Plainsboro Road site is in the center of our traditional service area and the majority of our patients. It is also an area with the fastest growing population in this region. This site offers us close proximity to hotels and conference centers, as well as the calm beauty of open space and a river," says Barry S. Rabner, President & CEO Princeton HealthCare System. "We are pleased that patients will be able to easily access the hospital from a number of directions and thoroughfares."

University Medical Center at Princeton's new Plainsboro campus will be scenically beautiful while following an environmentally conscious design. The hospital will be designed with LEED concepts in mind. LEED stands for Leadership in Energy and Environmental Design. LEED certification distinguishes buildings that meet the highest performance standards through environmentally conscious design, energy efficiency, resource conservation and dedication to indoor air quality, all designed to benefit patients and employees.

In addition, UMCP will also participate in the prestigious Pebble Project, a joint research effort between The Center for Health Design, a nonprofit research and advocacy organization, and selected healthcare providers, to measure how design can make a difference in the quality of care and the financial performance of an institution. A team of engineers, surveyors, master planning and site planning consultants, and traffic consultants will engage in site review. The internationally recognized architectural firm Hellmuth, Obata & Kassabaum (HOK), in conjunction with Hillier Architecture, has been

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

*Health Focus*, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information. The articles in this publication should not be considered as specific medical advice as each individual circumstance is different. Should you feel the need for medical assistance, please seek advice from your physician. *Health Focus* is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.497.4191. Entire publication ©2006 Princeton HealthCare System. All Rights Reserved.

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



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