

healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | MARCH/APRIL 2005 | NUMBER 2



Colorectal cancer – the third most common cancer in both men and women – is preventable, treatable and beatable through regular screenings and a healthy lifestyle.



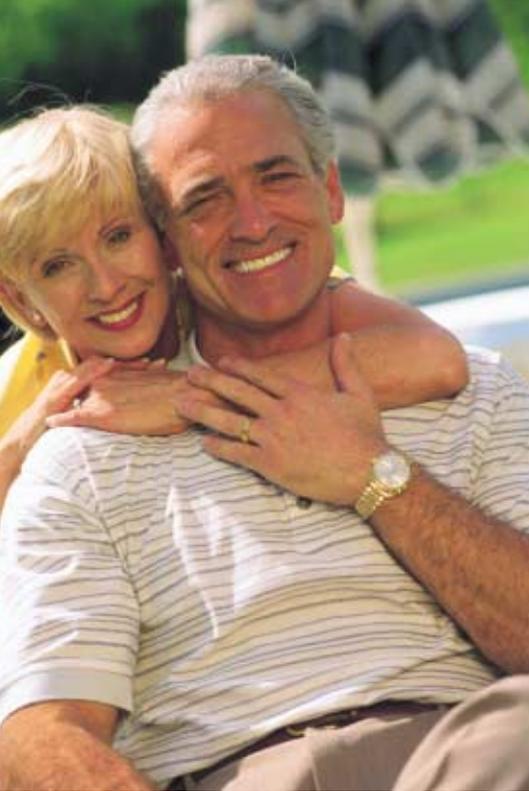
Princeton HealthCare System

Redefining Care.

- [University Medical Center at Princeton](#)
- [Princeton House Behavioral Health](#)
- [Merwick Rehab Hospital & Nursing Care](#)
- [Princeton HomeCare Services](#)
- [Princeton Surgical Center](#)
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Cancer Prevention

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Regular Screenings Help Prevent Colorectal Cancer

An ounce of prevention is worth a pound of cure. It may be a cliché, but in the case of colorectal cancer – the third most common cancer in both men and women – prevention and early detection through regular screenings and a healthy lifestyle are key to beating this disease.

According to the Cancer Research and Prevention Foundation (CRPF), about 75 percent of all new cases of colorectal cancer occur in people with no known risk factors for the disease other than age. While men and women over the age of 50 are at risk for developing colorectal cancer, it can be prevented through regular screening exams to detect pre-cancerous lesions.

Know Your Level of Risk

In addition to age, factors such as a personal or family history of either benign polyps or colorectal cancer indicate a greater risk of developing colon cancer. Those with a history of inflammatory bowel disease, colitis or Crohn's disease, and those who drink too much, smoke or are obese and sedentary are also at a higher risk.

The link between a person's genetics and his or her risk for colorectal cancer may be the most important factor. One way to determine your genetic risk is by creating a family medical history chart and sharing that information with your physician.

Screening for Cancer

Symptoms of colorectal cancer are often vague or even unnoticeable. Therefore, early detection through regular screenings is vital. The Cancer Research and Prevention Foundation advises men and women at average risk to begin regular screening at age 50. Those who are at a greater risk may need to begin regular colorectal cancer screening at an earlier age.

The Cancer Research and Prevention Foundation advises men and women at average risk to begin regular screening at age 50.

If you are at a greater risk, you should discuss when to start regular screenings with your personal physician. Research shows that regular colorectal cancer screening reduces death from colorectal cancer.

According to William N. Segal, MD, Chief of Gastroenterology at University Medical Center at Princeton, colonoscopy is a common and effective screening procedure that allows gastroenterologists to closely examine the internal lining of the colon. Colonoscopy is highly regarded and recommended by physicians for promoting early detection and treatment of bowel diseases and polyps.

Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month, a collaborative effort to increase awareness that colorectal cancer is largely preventable, treatable and beatable through regular screenings, a healthy lifestyle and expert clinical care.



Free Colorectal Cancer Education Session & Screening

Tuesday, March 22
6:30 to 8:30 p.m.

University Medical Center
at Princeton
Ground Floor Conference Room A
Registration required

For information or to register, call
609.497.4480 or visit
www.princetonhcs.org/calendar.html

During colonoscopy, a colonoscope (a thin, flexible tube-like instrument that includes a camera and light) is passed through the colon. It projects a magnified view of the inner lining of the colon on television monitors helping physicians see and biopsy abnormalities such as inflammation and polyps. If polyps are detected, they can usually be removed during the colonoscopy. Removal of polyps helps to prevent the possible development of colon cancer.

Colonoscopy usually requires taking at least one day off from work since the procedure involves a bowel preparation and recovery period. During the procedure, patients are either sedated or awake, but medications are given so that they experience no pain or discomfort short of a slight bloated feeling.

“This outpatient procedure generally only lasts from 30 to 60 minutes, and can detect and remove tumors or early cancers,” says Dr. Segal, who is board certified in gastroenterology and internal medicine. “Colonoscopy is very safe and effective. Because it greatly aids in early detection, it is one of our most powerful weapons in the fight against colon cancer.”

In addition to regular screenings for those who are over 50 or at risk, Dr. Segal recommends regular exercise, maintaining a healthy weight, healthy dietary habits and no smoking.

For more information about colonoscopy and other endoscopic procedures performed at University Medical Center at Princeton, call 609.497.4454. For assistance with finding a personal physician or gastroenterologist, call 609.497.4197 or visit Princeton HealthCare System’s online Physician Directory at www.princetonhcs.org.

THE JUNE FETE!

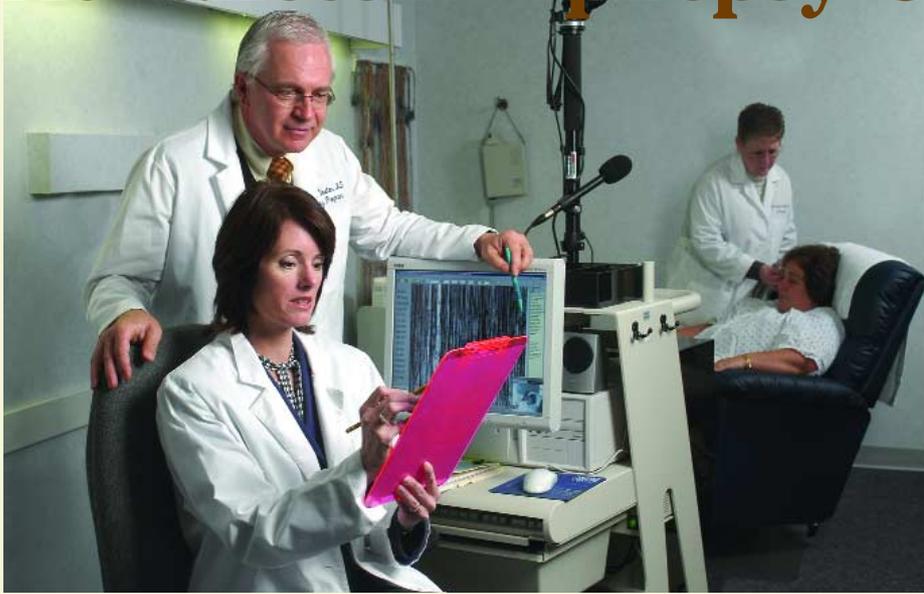
Fete Dinner/Dance, Friday, June 10, 2005

June Fete - The Groovy Fete!, Saturday, June 11, 2005

Princeton University Stadium

Visit www.princetonhcs.org or call 609.497.4069 for the latest information on the June Fete, a festival of fun with great food, activities and shopping. Sponsored by The Auxiliary of University Medical Center at Princeton.

Advances in Epilepsy Care



More than 2.5 million Americans have epilepsy, and as many as 125,000 new cases are diagnosed each year.

University Medical Center at Princeton offers state-of-the-art care and treatment for epilepsy. Pictured in the foreground, are Melissa A. Carran, MD, Medical Director, Epilepsy Program, and John W. Vestor, MD, Chief, Section of Neurology.

As serious as these statistics may sound, the good news is that up to 70 percent of individuals who are newly diagnosed with epilepsy can be successfully treated using medications and, if necessary, surgical procedures.

The Epilepsy Program at University Medical Center at Princeton provides state-of-the-art diagnostic and treatment services for adults and children over the age of eight. It is the first and only epilepsy program in Mercer County headed by a highly specialized, fellowship trained neurologist called an epileptologist, and one of the few programs in the state offering long-term monitoring (LTM) for epilepsy.

Understanding Epilepsy

Epilepsy is a chronic neurological condition where the normal pattern of electrical charges in the brain is occasionally interrupted by intense

bursts of electrical energy. These seizures result in violent muscle spasms.

“Anyone can have a seizure under the right circumstances,” says Melissa A. Carran, MD, Medical Director, Epilepsy Program. “People with epilepsy may have suffered some sort of brain damage. While this could be caused by an unnoticed trauma at birth, it could also be caused at any time in life by an injury, infection or structural abnormality. In many cases, the cause remains unknown.”

Diagnostic testing by the Epilepsy Program’s board certified electroencephalographers includes state-of-the-art digital and video EEGs and LTM (long-term monitoring), an

innovative testing method that records both the patient’s EEG and his or her behavior over an extended period of time. An EEG is a diagnostic test that measures the electrical activity of the brain using highly sensitive recording equipment. By viewing the test results simultaneously, the program’s experienced medical staff can accurately analyze the relationship between what is taking place in the brain and its immediate effect on the body.

“Once a diagnosis has been made, the epilepsy team conducts testing to determine the cause of the condition, which helps us determine the proper treatment,” says Dr. Carran, who is board certified in neurology and completed fellowship training in epilepsy at Thomas Jefferson University Hospital.

A Range of Treatments

Following a diagnosis of epilepsy, the medical team develops an individualized treatment plan designed to improve the patient’s



quality of life. Treatment ranges from medication to surgery.

“The most common treatment is medication, with a goal of controlling seizures without side effects,” explains Dr. Carran. “If anti-epileptic drugs fail, we consider other options, such as vagal nerve stimulation or epilepsy brain surgery, which often results in freedom from seizures.”

The latest surgical procedure available to treat epilepsy, vagal nerve stimulation, is highly successful at eliminating seizures. The procedure is conducted by a UMCP surgeon, who inserts a wire into the vagal nerve in the neck. The wire sends electrical signals that stimulate the brain. When performed by an experienced surgeon, vagal nerve stimulation is a safe procedure with just a few temporary side effects immediately following surgery. These may include hoarseness and some throat discomfort.

“Exactly what treatment is best for a patient depends on the cause of the condition and its severity,” says Dr. Carran. “Proper diagnosis, by a trained team of experts, is key to successfully treating epilepsy.”

University Medical Center at Princeton’s Epilepsy Program is open Monday through Friday from 7 a.m. to 3:30 p.m. For more information, call 609.497.4290.

Women Face Special Challenges With Epilepsy

For more than a million young girls and women in the United States today, living with epilepsy poses several unique challenges that should be addressed in treatment.

“Because of the differences in makeup between men and women, epilepsy can affect the sexes differently,” says Melissa A. Carran, MD, Medical Director, Epilepsy Program, University Medical Center at Princeton. “The key difference is the fact that monthly menstrual cycles can often trigger seizures in women. Women with epilepsy can also face reproductive difficulties, including increased rates of sexual dysfunction and infertility, although successful pregnancies are possible.”

Depression also poses a greater risk for epileptic women than men, with one in three women suffering from at least periodic depression. Women diagnosed with epilepsy, as well as their family and friends, should remain alert to signs of depression and seek treatment when necessary.

Women should also be aware of the fact that long-term use of some anti-epileptic medications can negatively impact bone health. Discuss possible drug side effects with your physician, and request bone density monitoring if necessary.

“Because of the special challenges women may face, we pay very close attention to how their epilepsy is impacted by their menstrual cycle, and we make special adjustments to their medications accordingly,” explains Dr. Carran. “And who knows what the future could bring? Presently there are some hormone research trials under way looking at this very issue.”



APRIL IS ALCOHOL AWARENESS MONTH

When Is Drinking a Problem?

Making the distinction between social drinking and problem drinking is crucial to avoiding a future problem and is often not as simple as counting the number of drinks one has, according to Jose S. Vazquez, MD, of Princeton HealthCare System. Dr. Vazquez, Acting Chair of Psychiatry, diagnoses alcohol abuse if there is clearly recurrent impaired social and occupational functioning due to alcohol use over a one-year period.

“Problem drinking is a continuum that can progress from abuse to dependence,” says Dr. Vazquez. “Drinking patterns can vary from continuous consumption for a period of time to periodic drinking. A problem drinker does not have the ability to abstain completely from drinking or to stop drinking once started.”

The National Council on Alcoholism and Drug Dependence estimates that about 18 million Americans have alcohol problems. The results of this problem often can be violent, unhealthy and deadly. One-quarter of all emergency room admissions, one-third of all suicides, nearly half of all traffic fatalities and more than half of all homicides and incidents of domestic violence are alcohol related. In addition, heavy drinking has been found to contribute to illnesses in each of the top-three causes of death, including heart disease, cancer and stroke.

Recognize the Signs

Alcoholism is defined as a disease that creates a physical dependence on alcohol, a craving for alcohol and continued use of alcohol despite physical and social problems associated with it. Not everyone who has a problem with alcohol is an alcoholic. In fact, alcohol abusers, as distinguished from those who are alcohol dependent, can often stop or modify their drinking patterns without formal treatment. Alcoholism is only one type of alcohol problem. Alcohol abuse can be just as harmful, however.

Early warning signs of a drinking problem include:

- Drinking alone
- Lying about the number of drinks you consume
- Finding excuses to drink
- Drinking before work or appointments to bolster your courage
- Drinking regularly to forget about problems

- Doing things you would never do if you were sober
- Forgetting events or conversations that occurred while you were drinking

There Is Hope

There is hope and a chance for recovery for those with drinking problems. According to the psychiatrists at Princeton House Behavioral Health, like many other illnesses and diseases, alcoholism and drinking problems can be overcome with proper treatment, prevention and more research.

Along with diagnosis of alcohol abuse or alcohol dependence, some individuals also experience an emotional or psychiatric illness. The term “dual diagnosis” denotes co-occurring disorders of chemical abuse and emotional trauma. These separate but interrelated diagnoses are made when substance abuse goes along with psychiatric or emotional illness.

One of the difficulties for individuals with co-occurring disorders is the recovery and treatment of one illness and lack of acknowledgement of the other, Dr. Vazquez says.

“Early recognition and diagnosis of alcohol abuse and the mental illness that may or may not co-occur is important for successful treatment,” says Dr. Vazquez.

Princeton House Behavioral Health, a unit of Princeton HealthCare System, offers a full range of inpatient, partial hospital and intensive outpatient treatment programs to help adults and adolescents recover from alcoholism and drinking problems. For more information, call 800.242.2550 or visit www.princetonhcs.org.

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

communityfocus

Health Education Calendar

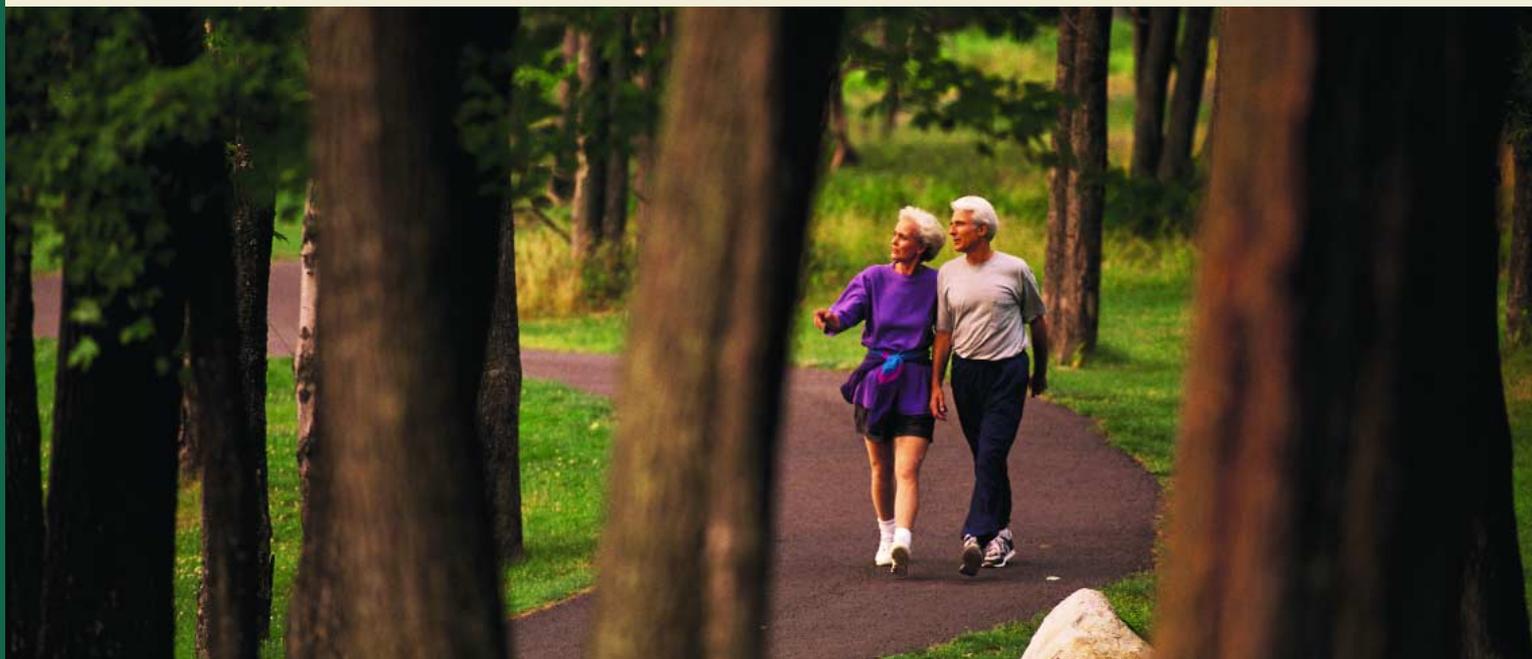
March ~ April '05

Locations:

University Medical Center at Princeton
253 Witherspoon Street
Princeton, NJ 08540

Princeton Fitness & Wellness Center
Princeton North Shopping Center
1225 State Road
Princeton, NJ 08540

Directions are available at
www.princetonhcs.org



Put the Spring Back Into Your Step

TUES. April 26 (2 - 3:30 p.m. and 7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Decreased walking speed is a normal part of aging, but it can lead to an increase in the risk of falls and decreased function. Join us as Jim McCracken, PT, CEES, Coordinator, University Medical Center at Princeton's Outpatient Rehabilitation Services, discusses current methods for reversing decline in walking speed and putting a spring back into your step!

WEDNESDAYS FOR WOMEN'S WELLNESS

Protect Yourself: Women's Safety

WED. March 16 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Join us as Art Villaruz, Detective Corporal, Princeton Township Police Department, and Patrol Officers Kim Hodges and Chris King discuss effective strategies for prevention of assault. Officers will provide a hands-on demonstration of defense tactics.

New Options in Skin Care & Facial Rejuvenation

WED. April 6 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Eugenie Brunner, MD, board certified in facial plastic surgery and otolaryngology, will address a variety of options available to help you feel and look your best at any age. Learn how today's products and procedures can help protect and improve your skin's appearance.

Healthy Hearts: Women's Well Days®

Princeton HealthCare System Community Education & Outreach Program and the Women's Heart Foundation are pleased to present this series of lectures designed to promote awareness of women's health issues. All sessions are facilitated by a registered nurse.

The Effect of Media on Women's Self-Image & Aging Successfully

THURS. March 10 (1 - 3 p.m.)
Princeton Fitness & Wellness Center

Learn how advertising is used to sell products through negative messages. This program is based on the video *Killing Us Softly 2* by Jean Kilbourne.

Medication & Supplement Safety – Cleaning Out Your Medicine Cabinet

THURS. March 17 (1 - 3 p.m.)
Princeton Fitness & Wellness Center

Each year, \$76.6 billion is spent for the treatment of medication-related illnesses that are preventable. As a healthcare consumer, you should be aware of the steps you can take to prevent these illnesses by following safety precautions. Learn how to complete your own personal medical file, provided free by the Women's Heart Foundation.

CURRENT PROGRAMS

Ouch! It Hurts: Interventional Pain Management

MON. March 14 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Discover how interventional procedures, such as medications and nerve block injections, can be utilized to control your pain and enhance quality of life. Lawrence E. Kanter, MD, board certified in anesthesiology and pain management, will discuss what pain is and how to treat it.

Throw Away Your Glasses: Vision Correction to Suit an Active Lifestyle

TUES. March 15 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Are you considering Lasik, or just want to learn more about it? Then join us as Joseph P. Shovlin, MD, board certified in ophthalmology, discusses the various types of vision treatments available to treat myopia, commonly known as nearsightedness.

Korean Festival 2005

THURS. March 17
Health Fair: 4 – 7 p.m.
Dinner: 6 – 7 p.m.
Show: 7 – 8:30 p.m.

West Windsor - Plainsboro High School
346 Clarksville Road, Princeton Jct.

Dinner & Show: \$10 for adults, \$7 for students with valid ID, children under 5 are free

The Korean Club of West Windsor – Plainsboro High School South welcomes Princeton HealthCare System to its annual Korean Festival. Princeton HealthCare System will provide FREE health information and screenings, including:

Cholesterol • Blood Pressure • Pulmonary Function • Body Fat Analysis • Bone Density Screening • Pulse Oximetry • Glaucoma • Hearing Test

For information, e-mail Koreanfestival@hotmail.com or contact Mrs. Heekyong Janice Chai at West Windsor – Plainsboro High School South at 609.716.5050.

Many Challenges, Many Worlds: A Discussion Series Addressing the Life Balance Concerns Facing Women of Color

TUES. March 29, April 5 and April 12 (6:30 – 8:30 p.m.)
Witherspoon Street Presbyterian Church
112 Witherspoon Street, Princeton

Princeton HealthCare System and Witherspoon Street Presbyterian Church invite you to this series of informal discussions designed to help women of color examine the complex cultural, emotional and social issues impacting their lives. Nathalie Edmond, PsyD, Primary Therapist, Princeton House Behavioral Health Women's Program, will help identify potential solutions to common questions such as, "How do I balance multiple roles?" "How do I learn to feel better about myself?" and "How do I develop more satisfying relationships or get more of my own needs met?" Participants will have the opportunity to explore concerns, give and receive support, and learn new skills.

The Latest in Protection Products: Annuities, Life & Long-term Care Insurance

WED. March 30 (6:30 - 8 p.m.)
Princeton Fitness & Wellness Center

Princeton HealthCare System Community Education & Outreach Program and the Alzheimer's Association are pleased to cosponsor this lecture. Join us as representatives from John Hancock Financial Network discuss available options for you to consider as part of your financial planning strategy. Careful planning can help ensure a secure financial future even if there are detours along the way due to personal or health-related reasons.

Meet the Chef

TUES. April 5
(7 - 8:30 p.m.)

Princeton Fitness & Wellness Center

Expand your culinary skills while sampling new dishes that are nutritious and delicious, prepared by the area's leading chefs. In April, Peter Nowakoski, Executive Chef of Rats, Hamilton, will prepare risotto with fresh peas, mint and lily broth.



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

CURRENT PROGRAMS (CONTINUED)

Weight Control & Diabetes

WED. April 6 - May 25
(1 - 2 p.m. or 6 - 7 p.m.)

University Medical Center at Princeton

Diabetes Management Program

\$160 per person

Please call 609.497.4372



Terry Unger, RD, will facilitate this eight-week program designed to help individuals with diabetes develop healthy eating habits and make positive lifestyle changes. Special guest speakers will be featured.

Aarogya Hita: Information to Benefit Your Health

SAT. April 9 (9 a.m. - 2 p.m.)

Princeton Fitness & Wellness Center

Princeton HealthCare System Community Education & Outreach Program and Chinmaya Mission, Cranbury, are pleased to present this program that is designed to address the special health needs of the Indian American community. Seminar topics include:

- **How Did You Sleep Last Night?: An Overview of Sleep Disorders** (9:30 - 10:30 a.m.), Sri-Sujanthy Rajaram, MD, board certified in sleep medicine, critical care medicine and internal medicine
- **How to Manage Hypertension** (11 a.m. - 12 p.m.), Rajaram Kandasamy, MD, board certified in internal medicine and nephrology
- **Depression: A Treatable Disorder Affecting Adults & Children** (1 - 2 p.m.), Madhurani Khare, MD, board certified in child and adolescent psychiatry and psychiatry
- **Preventing Heart Disease** (2 - 3 p.m.), Banu Mahalingam, MD, board certified in cardiovascular disease, echocardiography, internal medicine, nuclear cardiology and registered cardiac sonography

Free refreshments will be provided.

Mind-Body Connection: Maintaining Strength, Managing Stress

WED. April 13 (1:30 - 4 p.m.)
Acorn Glen Assisted Living
775 Mt. Lucas Road, Princeton

All are welcome to attend this interactive workshop. Fun and effective exercise will be the focus, as health professionals from University Medical Center at Princeton's Outpatient Rehabilitation Services teach participants how to stay fit safely, without spending a lot of money. Later, Jennifer Cridge, certified yoga therapist, will demonstrate how chair yoga can be used as a relaxation tool. Learn how to quiet your mind and rejuvenate your body.



Healthy Aging Series: Cholesterol Lowering Tips

THURS. April 14 (1 - 2:30 p.m.)

Princeton Public Library

65 Witherspoon Street, Princeton

Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, will discuss a variety of options and therapies to help lower your cholesterol.



CHILDBIRTH & FAMILY

Call 609.497.4119 or visit www.princetonhcs.org/calendar.html to register for childbirth and family classes.

The Personal Touch: Having Your Baby With a Certified Nurse Midwife

THURS. March 31 (6:30 - 8:30 p.m.)

University Medical Center at Princeton
Ground Floor Conference Rooms A & B

Please join us for an informative evening about the midwife model of care. Ursula Miguel, MS, CNM, Peggy Bruno, RN, CNM, and Martha Boudakian, MSN, CNM, will discuss comfort measures for labor and conduct a tour of University Medical Center at Princeton's Maternity Department.

Safe Sitter

THURS. - FRI. June 23 - 24 (9 a.m. - 3 p.m.)

Princeton Fitness & Wellness Center
\$55 per person

This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. Instruction focuses on handling crises, safe and nurturing childcare techniques, rescue skills and basic first aid. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. Sitters should bring their own lunch.

CHILDBIRTH & FAMILY (CONTINUED)

Call 609.497.4119 or visit www.princetonhcs.org/calendar.html to register for childbirth and family classes.

What to Expect When the Unexpected Happens: The Doctors at Your Delivery

WED. April 13 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Join us as Princeton HealthCare System physicians discuss labor and delivery, pain management options, high-risk births and the care of your newborn. Alan L. Friedman, MD, board certified in obstetrics & gynecology, Anthony J. Marino, MD, board certified in neonatal-perinatal medicine and pediatrics, and Linda F. Sieglen, MD, board certified in anesthesiology, will lead the discussion. A question-and-answer session will follow.

Prenatal Partner Yoga Workshop

SAT. March 12 (10 a.m. - 12 p.m.)
Princeton Fitness & Wellness Center
\$35 per couple

This workshop is designed to help pregnant couples learn supportive positions which can help the mother-to-be stretch and feel better, both during pregnancy and labor. Couples will practice postures, breathing techniques and massage. No previous yoga experience necessary. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching.

Prenatal Yoga

THURS. March 31 - May 19
(7 - 8:15 p.m.)
FRI. April 1 - May 27 (9:30 - 10:45 a.m.)
No class April 22
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 large towel, two pillows or cushions, a yoga tie or a regular tie for stretching.

Post Partum Yoga

FRI. April 1 - May 27 (11 a.m. - 12:15 p.m.) No class April 22
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, a yoga tie or a regular tie for stretching.

Bright Beginnings

Wednesdays (10:30 - 11:30 a.m.)
No class April 20
Princeton Fitness & Wellness Center
\$5 per session, payable at door
No registration required.

This four-week informative, relaxed group is for parents and caregivers of infants from birth to 6 months. Infants and children under 4 years of age are welcome to attend with the parent or caregiver.

Breastfeeding Support Group

THURS. March 17 (11 a.m. - 12 p.m.)
THURS. March 24 (11 a.m. - 12 p.m.)
THURS. March 31 (7 - 8 p.m.)
THURS. April 7 (11 a.m. - 12 p.m.)
THURS. April 14 (11 a.m. - 12 p.m.)
THURS. April 21 (11 a.m. - 12 p.m.)
THURS. April 28 (7 - 8 p.m.)
University Medical Center at Princeton
Mornings - Lambert Classroom 4
Evenings - Lambert Classrooms 1 & 2
No registration required.

Are you pregnant and thinking about breastfeeding? 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. March 23 (7 - 9:30 p.m.)
THURS. April 21 (7 - 9:30 p.m.)
University Medical Center at Princeton
\$35 per couple

Maternity Tour

SAT. March 19 (1 - 2 p.m.)
SAT. April 2 (1 - 2 p.m.)
SAT. April 30 (1 - 2 p.m.)
University Medical Center at Princeton

Sibling Class

SAT. March 19
SAT. April 2
SAT. April 30

University Medical Center at Princeton
\$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.).

Baby Care

MON. March 21 (7 - 9:30 p.m.)
THURS. April 28 (7 - 9 p.m.)
University Medical Center at Princeton
\$35 per couple

Childbirth Preparation

THURS. March 17 - April 7 (7 - 9 p.m.)
WED. March 30 - April 20 (7 - 9 p.m.)
MON. April 4 - 25 (7 - 9 p.m.)
TUES. April 19 - May 10 (7 - 9 p.m.)
University Medical Center at Princeton
\$115 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, as well as comfort measures to promote a positive and fulfilling birth experience.

Accelerated Childbirth Preparation

SAT. April 23 (9 a.m. - 5 p.m.)
University Medical Center at Princeton
\$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, as well as comfort measures to gain a positive and fulfilling birth experience.

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

CHILDBIRTH & FAMILY (CONTINUED)

Call **609.497.4119** or visit www.princetonhcs.org/calendar.html to register for childbirth and family classes.

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

WED. April 27 (7 - 9 p.m.)
University Medical Center at Princeton
\$20 per family

Facilitated by a pediatric nurse practitioner, this class is designed to help parents understand the psychosocial and physical development of their child.

Living With Your Infant: Part 3 (9 - 12 months)

WED. March 30 (7 - 9 p.m.)
University Medical Center at Princeton
\$20 per family

Facilitated by a pediatric nurse practitioner, this class is designed to help parents understand the psychosocial and physical development of their 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.html to register for CPR and first aid classes.

Learn how to save lives through CPR at the FREE Fifth Annual American Heart Association CPR Week April 8 - 16. Registration required. These are non-certifying courses.

Citizen CPR – Adult CPR

FRI. April 8 (2 – 4 p.m.)
Mercer County Library –
Hickory Corner Branch
138 Hickory Corner Road, East Windsor

SAT. April 9 (1 - 3 p.m.)
University Medical Center at Princeton
253 Witherspoon Street, Princeton

SAT. April 9 (1:30 - 3:30 p.m.)
Mercer County Library -
Washington Branch
42 Allentown-Robbinsville Road,
Robbinsville

SUN. April 10 (9 - 11:30 a.m.)
University Medical Center at Princeton
253 Witherspoon Street, Princeton

SUN. April 10 (1 – 3 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

MON. April 11 (7 - 8:30 p.m.)
Mercer County Library -
Hopewell Branch
245 Pennington-Titusville Road
Pennington

MON. April 11 (7 - 9 p.m.)
Mercer County Library - Ewing Branch
61 Scotch Road, Ewing

TUES. April 12 (10 a.m. - 12 p.m.)
Princeton Public Library
65 Witherspoon Street, Princeton

WED. April 13 (7 - 9 p.m.)
Mercer County Library -
Washington Branch
42 Allentown-Robbinsville Road,
Robbinsville

THURS. April 14 (7 - 9 p.m.)
Mercer County Library -
Lawrence Headquarters Branch
2751 Brunswick Pike, Lawrenceville

THURS. April 14 (7 - 9 p.m.)
St. John the Evangelist
Roman Catholic Church
44 Bridge Street, Lambertville

SAT. April 16 (9 - 11:30 a.m.)
Christian Nurturing Center
715 Amwell Road, Hillsborough

SAT. April 16 (1 - 3 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

Citizen CPR - Pediatric CPR

SAT. April 9 (9 a.m. - 12 p.m.)
University Medical Center at Princeton
253 Witherspoon Street, Princeton

SAT. April 9 (10 a.m. - 12:30 p.m.)
Mercer County Library -
Washington Branch
42 Allentown-Robbinsville Road,
Robbinsville

SUN. April 10 (9 a.m. - 12 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SUN. April 10 (12:30 - 3:30 p.m.)
University Medical Center at Princeton
253 Witherspoon Street, Princeton

TUES. April 12 (7 - 9 p.m.)
Mercer County Library -
Washington Branch
42 Allentown-Robbinsville Road,
Robbinsville

WED. April 13 (11 a.m. - 1 p.m.)
Mercer County Library - Ewing Branch
61 Scotch Road, Ewing

WED. April 13 (6:30 - 8:30 p.m.)
Mercer County Library -
Hopewell Branch
245 Pennington-Titusville Road,
Pennington

THURS. April 14 (7 - 9 p.m.)
Princeton Public Library
65 Witherspoon Street, Princeton

FRI. April 15 (10 a.m. – 12 p.m.)
Mercer County Library –
Hickory Corner Branch
138 Hickory Corner Road, East Windsor

FRI. April 15 (7 - 9 p.m.)
St. John the Evangelist
Roman Catholic Church
44 Bridge Street, Lambertville

SAT. April 16 (9 a.m. - 12 p.m.)
Princeton Fitness & Wellness Center
1225 State Road, Princeton

SAT. April 16 (12:30 - 3:30 p.m.)
Christian Nurturing Center
715 Amwell Road, Hillsborough

CPR & FIRST AID (CONTINUED)

Call 609.497.4119 or visit www.princetonhcs.org/calendar.html to register for CPR and first aid classes.

BLS for Healthcare Providers - Full Course

WED. March 23 (9 a.m. - 4 p.m.)
WED. April 20 & 27 (6 - 10 p.m.)
University Medical Center at Princeton

BLS for Healthcare Providers - Recertification

MON. March 14 (6 - 10 p.m.)
TUES. April 5 (9 a.m. - 1 p.m.)
University Medical Center at Princeton

Heartsaver Adult First Aid

FRI. April 29 (9 a.m. - 1 p.m.)
University Medical Center at Princeton
\$40 per person

The course provides health and safety training for first aid. Certificates will be issued.

Pediatric CPR for Family & Friends

SAT. May 14 (9 a.m. - 12 p.m.)
University Medical Center at Princeton
\$35 per person

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.

EVENTS FOR CANCER PATIENTS, SURVIVORS & LOVED ONES

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.html.

Improving the Chemotherapy Experience

WED. April 6 (10 a.m. - 12 p.m.)
University Medical Center at Princeton

Local oncology experts from the University Medical Center at Princeton Cancer Program will offer information, motivation and encouragement, which might make all the 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.

American Cancer Society's Look Good, Feel Better

MON. March 14 (1 - 3 p.m.)
University Medical Center at Princeton

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 Education Session & Screening

TUES. March 22 (6:30 - 8:30 p.m.)
Ground Floor Conference Room A
University Medical Center at Princeton

University Medical Center at Princeton's Cancer Program will offer a free colon cancer screening and education session. Craig Margulies, MD, board certified in gastroenterology and internal medicine, will present the most recent treatment techniques for colorectal cancer. Components of colon cancer screening, including the home test recommended by the American Cancer Society, will be discussed.

Prostate Cancer Support Group

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

WED. April 27 (7:30 - 9:30 p.m.)
University Medical Center at Princeton
No registration required.

Meetings take place the fourth Wednesday of the month. Format alternates between open discussion and medical lectures presented by Princeton HealthCare System physicians. New members are welcome. For information, call the Cancer Program at 609.497.4475.

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

SUPPORT GROUPS

Better Breathers Club

TUES. April 5 (9:30 - 10:45 a.m.)
Princeton Fitness & Wellness Center

THURS. March 24 (2:30 - 4 p.m.)
THURS. April 28 (2:30 - 4 p.m.)
University Medical Center at Princeton's
Cardiac & Pulmonary Rehabilitation Program: Monroe Unit
11 Centre Drive, Suite C, 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. Learn about managing lung disease and discuss your questions and concerns with others who understand. Nancy Elson, MA, RRT, Respiratory Therapist and Clinical Instructor, facilitates meetings.

UNITE - Perinatal Loss Bereavement Group

MON. April 4 (7 - 9 p.m.)
Princeton Fitness & Wellness Center

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Discussions are led by Iris Rubinstein, UNITE Coordinator, Princeton HealthCare System Community Education & Outreach Program.

Healthy Hearts Cardiac Support Group

TUES. April 12 (7 - 8:30 p.m.)
University Medical Center at Princeton

This support group will provide education and support for those with cardiac problems and their families. Each session will include an expert guest speaking on heart issues, a question-and-answer period, and social time.



Weight Control & Diabetes Support Group

TUES. March 15 (6:15 p.m.)
TUES. April 19 (6:15 p.m.)
University Medical Center at Princeton,
Diabetes Management Program

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, University Medical Center at Princeton's Diabetes Management Program, facilitates meetings. No registration required. Call 609.497.4372 for more information.

Diabetes Support Group

WED. March 16 (2:30 - 4 p.m.)
WED. April 20 (2:30 - 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. March 28 (6:30 - 8 p.m.)
MON. April 25 (6:30 - 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program

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.

Bereavement Support Meetings

Finding Meaning & Hope During the Spring Holidays

MON. March 21 (1 - 2:30 p.m.)
Suzanne Patterson Building at Princeton
Senior Resource Center
45 Stockton Street, Princeton
Registration required. Please call 609.497.4900.

Spring: A Time of Renewal

MON. April 18 (1 - 2:30 p.m.)
Suzanne Patterson Building at Princeton
Senior Resource Center
45 Stockton Street, Princeton
Registration required. Please call 609.497.4900.

Bereavement Support Group

TUES. March 29 - June 14 (1 - 2:30 p.m.)
TUES. March 29 - June 14 (6:30 - 8 p.m.)
Princeton HomeCare Services
208 Bunn Drive, Princeton
Registration required. Please call 609.497.4900.

This eight-week session, led by Princeton HomeCare Services' hospice staff, provides support to those who are grieving and the comfort of being with others who have lost a loved one.

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.html.

Living Well With Chronic Obstructive Pulmonary Disease (COPD)

WED. March 30 (1 - 3:30 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Discussion will cover proper use of inhalers, respiratory medications, breathing techniques to ease shortness of breath, nutritional guidance, energy conservation, how to take control of your life with COPD and how to communicate with friends, family and your doctor about COPD. The presentation will be led by Nancy Elson, MA, RRT, Registered Respiratory Therapist and Clinical Instructor.

Monroe Township's Day Out Club: An Afternoon of Song

MON. April 11 (1 - 2 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Erin Epp, Music Therapist, Merwick Rehab Hospital & Nursing Care, and Maureen Tyler, CRTS, are pleased to offer An Afternoon of

Song for Monroe Township's Day Out Club.* If you are interested in becoming a member of Monroe Township's Day Out Club, please contact Bonnie Leibowitz, Monroe Township Outreach Coordinator, at 732.521.6111.

*Monroe Township's Day Out Club is for individuals who are visually impaired, in early stages of Alzheimer's Disease, have restricted mobility or are a recent widow/widower.

Exercise for Heart Health: Lunch & Learn

TUES. April 19 (11 a.m. - 12:30 p.m.)

Monroe Township Senior Center

Please call 732.521.6111

Geri Karpiscak, RN C, BSN, FAACVPR, Nurse Manager, Cardiac & Pulmonary Rehabilitation Program, University Medical Center at Princeton, will review the benefits of exercise, offer simple hints to get yourself started and help you identify what level of exercise is right for you. A boxed lunch will be served.

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.

First Friday Health Screening

Balance Screening

FRI. April 1 (1 - 2:30 p.m.)

West Windsor Senior Center

271 Clarksville Road, Princeton Jct.

Please call 609.799.9068

Jim McCracken, Coordinator, University Medical Center at Princeton's Outpatient Rehabilitation Services, will conduct balance screenings.

K. HOVNANIAN'S® FOUR SEASONS AT HISTORIC CRANBURY EVENTS FOR SENIORS

Princeton HealthCare System and K. Hovnanian Homes have joined together to bring timely health information to the residents of K. Hovnanian's® Four Seasons at Historic Cranbury and its neighbors. All programs take place in the clubhouse in the community. For more information, call 609.497.4480.

Stroke Prevention

TUES. April 12 (1:30 - 3 p.m.)

K. Hovnanian's Four Seasons at Historic Cranbury, Clubhouse

1 Labaw Drive, Cranbury

A healthcare professional from Princeton HealthCare System's Merwick Rehab Hospital & Nursing Care will discuss the cause of a stroke, and steps you can take to lower your risk.

Diagnosing & Treating Kidney Disease

Surprisingly, one in nine American adults has chronic kidney disease, and most don't even know it, according to the National Kidney Foundation. Another 20 million are at increased risk of developing the disease.

With March designated as National Kidney Month, there is no better time to evaluate your kidney health.

Although relatively small in size, kidneys perform a big job — removing wastes and excess fluids from your blood. When they are not functioning properly due to disease or injury, wastes and excess fluid build up in your blood and make you sick. In the United States, there are two main causes of kidney disease — diabetes and high blood pressure. Other causes include infections, kidney stones, inherited conditions and overuse of over-the-counter painkillers.

“The best advice is for people who are at high risk for kidney disease to treat and control their conditions,” says Grace B. Bialy, MD, FACP, Medical Director of Dialysis at University Medical Center at Princeton. “This can often prevent or slow kidney disease.”

To avoid or control most kidney problems, Dr. Bialy, who is board certified in nephrology and internal medicine, advises individuals to lose excess weight, avoid smoking and limit alcohol, and reduce salt in their diets. Individuals diagnosed with diabetes or high blood pressure should monitor their health closely, take all prescribed medications and follow the diet and exercise plans appropriate to their individual conditions. In certain instances, those with diabetes may also benefit from special medications known as angiotensin converting enzyme (ACE) inhibitors, and angiotensin receptor blockers (ARB), which help protect the kidneys.

Detecting a Problem

Kidney function can be evaluated in a variety of ways, including urine and blood work, ultrasound studies, doppler testing of the kidneys and arteries, and nuclear medicine scans. UMCP also conducts more advanced testing, using state-of-the-art technology to look directly at the kidneys and arteries through MRIs and arteriograms.

Treating Kidney Stones

For individuals diagnosed with the common ailment of kidney stones, UMCP can often treat their condition successfully with lithotripsy, a non-invasive process that uses shockwaves to pulverize kidney stones. Lithotripsy is usually used to treat large stones that are located in the upper portion of the urinary tract.

Controlling Kidney Disease

For those suffering from chronic kidney disease, medications are available to help control the condition, according to Dr. Bialy. Additionally, UMCP's Dialysis Unit provides state-of-the-art inpatient and outpatient dialysis treatment.



Keep in mind that although they may not surface until the condition is chronic, the symptoms of kidney disease include:

- Feeling tired and lethargic
- Difficulty thinking clearly
- Poor appetite
- Difficulty sleeping
- Dry, itchy skin
- Muscle cramping at night
- Swollen feet and ankles
- Puffy eyes, especially in the morning
- Need to urinate often, especially at night

“Dialysis can be done in two ways, and we are well equipped and trained to do both,” says Paulina Duker, MPH, APRN-BC, CDE, Diabetes Management Program and Dialysis Services Manager. “Using hemodialysis, wastes and excess fluids are cleaned from the blood several times a week. This is the most commonly available form of dialysis, but we also provide our patients with peritoneal dialysis, which is not readily available at many facilities.”

Peritoneal dialysis allows the blood to be cleaned inside the body with a solution that is administered and removed using special equipment. UMCP uses the process for patients in need of dialysis while in the hospital undergoing unrelated treatment.

“We are committed to providing our patients with the latest and most beneficial treatment for kidney disease,” says Dr. Bialy.

For more information about UMCP's services for kidney health, please call 609.497.4071.



ArtFirst!

AN EXTRAORDINARY ART EXHIBITION!

ArtFirst! returns to University Medical Center at Princeton on March 7 for its third annual show. This international, juried exhibition and sale of original art and fine crafts by 78 artists with disabilities will feature more than 275 exquisite works displayed throughout the public corridors of the hospital's main floor.

ArtFirst! co-chair Cynthia Shull reports, "We have some exciting new artists and mediums this year. In addition to paintings, jewelry, and photographs, there will be beautiful scrimshaw, pencil sketches and handcrafted baskets."

Shull, a resident of Princeton, along with co-chair Cindy Torruellas, of Ewing, has planned an elegant Patrons' Preview Party on Sunday, March 6 from 2 to 5 p.m. to kick off this year's event. It will be an afternoon of exceptional professional art, sumptuous food, a fashion boutique featuring knitwear by textile artist Sandy D'Andrade, and the opportunity for patrons to meet many of the **ArtFirst!** exhibitors.

ArtFirst! has been widely and warmly embraced by the Princeton community since its debut in 2003, and this year's exhibit promises to be even more enticing. "**ArtFirst!** touches something in me," says co-chair Torruellas. "When people see such a remarkable body of work and then read the artists' biographies, they are both stunned and humbled."

Many of the participants were artists before becoming disabled; others took up art as an outlet to refocus their talents and interests, and all infuse their work with emotional intensity and superb technical virtuosity. A perfect example is Beth Livingston, a Princeton native now residing in Bozeman, Montana, who creates amazing "sculpture assemblages" from found objects.

Livingston, whose parents Margaret and Ace Barclay still reside in Princeton, became paraplegic three months after graduating from Parsons School of Design in 1989. Neither the trauma of her automobile accident

nor the daily challenges of her altered lifestyle could prevent this remarkable woman from living life to its fullest. She is a mother, an award-winning paralympic cross-country skier, a Home Depot Olympic Job Opportunities Program representative, a product designer and field tester for outdoor clothing manufacturer Patagonia, and she is an artist of great passion. Her philosophy of life is represented by her creation "Fairest of Them All" which she describes as "a bejeweled mirror invites you to look at your image and be inspired by yourself to take on the world."

The show is presented by The Auxiliary of University Medical Center at Princeton. Artists receive 80 percent of the sale price for their art with the remaining proceeds donated to support the establishment of University Medical Center's Breast Health Center. Additional gifts will augment the hospital's permanent art collection.

Edward Matthews, Vice Chairman of Princeton HealthCare System's Board of Trustees, and his wife Marie, an accomplished photographer, are the honorary **ArtFirst!** chairs this year. The couple, who are long-time Princeton residents and patrons of the arts, anticipate a successful exhibition. They are proud to be associated with **ArtFirst!** and appreciate the show's support of artists with disabilities and its promotion of healthcare for the community.

The exhibition will run from March 7 through April 15. With the exception of the Patrons' Preview Party, the exhibition is free and open to the public daily from 11 a.m. to 8 p.m. For additional details, including requests for Patrons' Preview Party invitations, or to make arrangements for gallery tours, call 609.497.4211.

Featured on this year's ArtFirst! invitation is the dramatic work of Raymond Hu. Hu has Down's syndrome. Despite the difficulties caused by his impaired vision and fine motor skills, he captures the soulful expression in the eyes of animals using bold colors and sweeping brush strokes.



(Above)
Rose - bronze sculpture by Ashby Saunders, Solebury (Bucks County), Pennsylvania

Princeton HealthCare System 253 Witherspoon St. | Princeton, NJ 08540 | 1.866.460.4PRN

Health Focus, a quarterly publication of 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 ©2005 Princeton HealthCare System. All Rights Reserved.

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