

# healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | FALL 2003 | VOLUME 1 | NUMBER 2



Princeton HealthCare System

Redefining Care.

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## Hip Replacement That Can Last a Lifetime

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# New Options for Hip Replacement

PHCS Physician First to Perform Revolutionary Ceramic Hip Procedure in Central New Jersey

The orthopedic surgeons at University Medical Center at Princeton, which was again recently ranked as one of the best statewide providers for joint replacement surgery, have long been pioneers in using innovative materials in surgery.

Continuing that tradition in 2003, UMCP attending and board certified orthopedic surgeon Harvey E. Smires, MD, was the first surgeon in the Central New Jersey area to use a new ceramic implant in a total hip replacement procedure.

“The new prosthesis will hopefully last the patient’s entire lifetime whereas traditional implants last an average of 15 to 20 years. In the past, younger patients faced the prospect of having another hip replacement,” says Dr. Smires, who recently performed surgery using the groundbreaking implant on a 21-year-old patient.

## Exceptional Outcomes

According to the American Association of Orthopedic Surgeons, about 168,000 hip replacement surgeries are performed each year in this country to treat extreme cases of hip pain, such as

after a period of healing and rehabilitation, the patients can comfortably resume their daily activities.

In recognition of our excellent clinical outcomes, University Medical Center at Princeton was again ranked among the top 10 hospitals in New Jersey for overall orthopedics and joint replacement surgery by HealthGrades\*, a healthcare quality ratings, information and advisory services company.

University Medical Center at Princeton’s healthcare continuum emphasizes providing orthopedic patients with a complete system of caring that includes comprehensive acute inpatient and outpatient rehabilitation as well as a full array of fitness and wellness services.

For more information about the Orthopedic Program or to locate an orthopedic surgeon, call 609.497.4197.

\*HealthGrades 2004 Study of Orthopedic Programs

**UNIVERSITY MEDICAL CENTER  
AT PRINCETON HAS BEEN  
RANKED AMONG THE TOP 10  
HOSPITALS IN NEW JERSEY FOR  
JOINT REPLACEMENT SURGERY.**

The revolutionary implant, which was approved by the Food and Drug Administration earlier this year, offers several advantages over the more traditional implants that are made of plastic and metal. These implants leave plastic particles in the body that can loosen the implant over-time. The ceramic material, however, “won’t wear out and it is totally inert,” says Dr. Smires.

## Lifetime Durability

Typically, hip replacements have been restricted to people aged 60 and older since the traditional implants can wear and eventually require revision. Because ceramic implants are extremely durable, they hold great promise for younger patients who would benefit from hip replacement surgery.

those caused by rheumatoid arthritis, osteoarthritis or injuries. Post-surgery,



# Updated Guidelines on Mammography & Breast Exams

Many women have read the American Cancer Society's (ACS) newly released guidelines for breast cancer screening and may have questions about whether they should change the frequency of their mammograms. The guidelines also discuss self breast exam and clinical breast exam (breast exams done by a medical professional).

The new guidelines are the first to address the specific needs of older women, women with serious health problems, and women at increased risk for breast cancer because of family history or a positive genetic test.

## Early Detection Saves Lives

For the greatest chance of early detection, the American Cancer Society guidelines suggest:

- Women should begin having yearly mammograms at age 40, and continue for as long as they are in good health.
- Women in their 20s and 30s should have a clinical breast exam done by a medical professional as part of their regular health examination, preferably at least every three years. After age 40 women should have yearly clinical breast exams.
- Self breast exam is an option for women starting in their 20s. Women should talk to their healthcare providers about the benefits and limitations of self breast exam, and always report any breast change promptly.

- Women considered at increased risk of developing breast cancer (those who have a personal or family history of the disease, or who have had a positive genetic test) should talk with their doctors about the wisdom of increased screening. These women may benefit from beginning mammography before age 30, having additional tests, and/or having more frequent exams.

## Yearly Screenings Offer Benefits

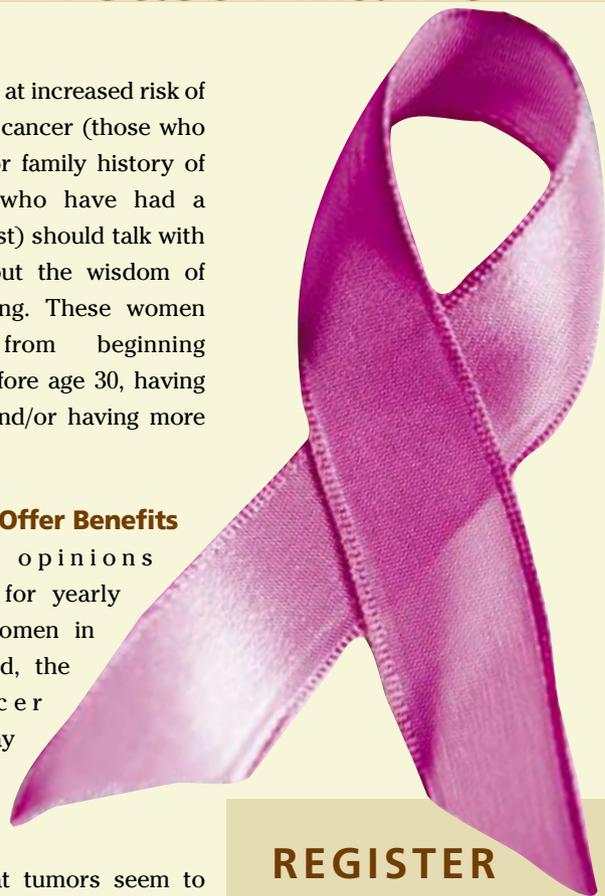
While medical opinions regarding the need for yearly mammograms for women in their 40s have varied, the American Cancer Society guidelines say yearly screenings are important at this age.

"Research shows that tumors seem to grow faster in younger people, so I think annual mammograms are advisable," says Arthur L. Fein, MD, a board certified radiologist and senior attending physician at University Medical Center at Princeton. "When you find a tumor in a younger woman, you could be saving many years of life."

## Always Get Personal Advice

While the new American Cancer Society guidelines provide excellent general advice, all women – not just those who know they are at increased risk of developing breast cancer – should discuss mammography and breast exams with their health professionals.

"Everyone should have her care individualized," recommends Dr. Fein. "Women should talk to their primary healthcare providers to get advice as to what is best and makes the most sense for them."



## REGISTER FOR YOUR SCREENING

In honor of Breast Cancer Awareness Month (October), University Medical Center at Princeton is offering low-cost mammograms as well as clinical breast exams by board certified surgeons Rachel P. Dultz, MD, FACS, and Lawrence J. Jordan, MD, FACS. The event will be held Wednesday, October 22, from 5 to 8 p.m. in UMCP's Mammography Suite. The fee for these services is \$40. Registration is required by calling 609.497.4480 or visiting — [www.princetonhcs.org/calendar.html](http://www.princetonhcs.org/calendar.html)



# community

## Health Education Calendar

Programs are free and registration is required unless otherwise noted.  
Please register online at [www.princetonhcs.org/calendar.html](http://www.princetonhcs.org/calendar.html) or call 609.497.4480.

### CURRENT EVENTS

#### **J. Seward Johnson Sr. Cancer Seminar Series Prostate Cancer: What You Need to Know Now**

**MON. October 20 (7-9:30 p.m.)  
Merrill Lynch Conference Center Auditorium  
Call 609.497.4190 for directions and to register for this program**

Underwritten by a grant from the J. Seward Johnson Sr. Charitable Trust, this seminar offers current diagnosis and treatment information as well as nutritional guidance and lifestyle management to prevent cancer. Princeton HealthCare System participating professionals include John C. Baumann, MD, board certified radiation oncology; Alexander P. Vukasin, MD, board certified urology; Robert M. Cardinale, MD, board certified radiation oncology; and Hedy Badolato, RD, CNSD. Coordinated by Princeton HealthCare System Foundation.

#### **Meet the Chef!**

**WED. October 22 (7-8:30 p.m.)  
Princeton Fitness & Wellness Center**  
William Mooney, Chef/Owner of The Brothers Moon in Hopewell, will demonstrate one of his favorite recipes. Learn some cooking tips and be ready to taste!

#### **If the Shoe Fits, Wear It!**

**TUES. October 28 (6:30-8 p.m.)  
Princeton Fitness & Wellness Center**  
John F. Stanoch, DPM, board certified podiatric surgery and podiatric orthopedics, will provide information on foot and shoe anatomy and will be available to evaluate your shoes. Bring several pairs!

#### **Diabetes Health Fair**

**SAT. November 1 (9 a.m.-1 p.m.)  
University Medical Center at Princeton  
Call 609.497.4372 to register for this program.**

Blood sugar, blood pressure, vision and foot screenings (registration required). Educational seminars, diabetes exhibits, door prizes, refreshments and giveaways.

#### **Look Good – Feel Better American Cancer Society Program**

**MON. November 1 (1-2:30 p.m.)  
University Medical Center at Princeton  
Call 609.895.0867 to register for this program.**

A certified cosmetologist from the American Cancer Society will host a program for women undergoing cancer treatment. Discover new ways to overcome skin changes that can occur while undergoing cancer treatment and give support to one another.

#### **Dorot, University Without Walls Programs**

**WED. November 5 (11 a.m.-12 p.m.):  
Diabetes - What is My Risk?  
WED. November 12 (11 a.m.-12 p.m.):  
Living with Diabetes  
THURS. November 20 (2-3 p.m.): Chronic Obstructive Pulmonary Disease (COPD)  
Call toll free 877.819.9147 or visit [www.dorotusa.org](http://www.dorotusa.org) for more information.**  
Princeton HealthCare System is pleased to offer these and other low cost educational programs via the telephone through Dorot, University Without Walls.

#### **Relax and Enjoy the Holidays!**

**WED. November 5 – December 3  
(10-11:30 a.m. or 6:30-8 p.m.)  
Princeton Fitness & Wellness Center**

#### **WED. November 5: Creating Holiday Food Traditions**

Chris Carey, Executive Chef, University Medical Center at Princeton

#### **WED. November 12: One Stop Shopping – Internet Gift Ideas**

Barbara Walls, Princeton HealthCare System Community Education & Outreach Program

#### **WED. November 19: Lower the Holiday Stress**

10 a.m. - Geri Karpisak, RN C, Coordinator, Cardiac & Pulmonary Rehabilitation  
6:30 p.m. - Daniel K. Jass, MD (board certified family practice)

#### **WED. December 3: Holiday Desserts**

Stacey Stimac, Pastry Chef, Bon Appetit, Princeton

#### **Community Health Fair**

**SAT. November 15 (9 a.m.-12:30 p.m.)  
Community Park School (372 Witherspoon St., Princeton)  
No registration required. Call Fredy Estrada for more information 609.497.4275.**  
Blood pressure, lung capacity, diabetes, cholesterol, prostate and vision screenings will be available. Flu shots will also be given (limited supply). Food, prizes and children's activities.

### CPR & FIRST AID

#### **Adult CPR**

**SAT. November 22 (9 a.m.-1 p.m.)  
University Medical Center at Princeton  
\$35 per person**

#### **Heartsaver Adult and Pediatric CPR**

**THURS. October 23 (6-10 p.m.)  
University Medical Center at Princeton  
\$35 per person**

#### **Pediatric CPR for Family and Friends**

**SAT. November 15 (9 a.m.-12 p.m.)  
University Medical Center at Princeton  
\$35 per person**

#### **Pediatric First Aid**

**SAT. November 15 (1-4:30 p.m.)  
University Medical Center at Princeton  
\$35 per person**  
Learn proper treatments for shock, burns, poisoning, bites, stings and sudden illnesses.

### CHILDBIRTH & FAMILY

#### Baby Care

WED. November 5 (7-9 p.m.)

MON. November 24 (7-9 p.m.)

University Medical Center at Princeton

\$35 per couple

#### Breastfeeding Class – Prenatal

WED. October 22 (7-9:30 p.m.)

THURS. November 6 (7-9:30 p.m.)

University Medical Center at Princeton

\$35 per couple

#### Bright Beginnings – November Series

WED. November 5 - 19 (10:30-11:30 a.m.)

Princeton Fitness & Wellness Center

\$5 per week (payable at the door)

This three-week informative but relaxed group is for parents and caregivers of infants from birth to 6 months.

#### Childbirth Preparation

TUES. October 28 – November 25 (7-9 p.m.)

WED. November 12 – December 17

(7-9 p.m.) or

MON. November 17 – December 15

(7-9 p.m.) or

TUES. November 25 – December 23

(7-9 p.m.)

University Medical Center at Princeton

\$115 per couple

#### Childbirth Preparation – Accelerated

SAT. November 1 (9 a.m.-5 p.m.)

University Medical Center at Princeton

\$150 per couple

#### Maternity Tours

SAT. October 25 (1-2 p.m.)

SAT. November 8 or 22 (1-2 p.m.)

University Medical Center at Princeton

#### Safe Sitter

THURS. and FRI. November 6 and 7

(8:30 a.m.-4 p.m.)

Princeton Fitness & Wellness Center

\$55 per person

This Safe Sitter, Inc. program teaches adolescents, ages 11 to 13, how to become safer babysitters. Instruction includes safe and nurturing childcare techniques, rescue skills and basic first aid.

#### Sibling Class

SAT. November 8 or 22

Ages 3 and under (9:30-10:15 a.m.)

Ages 3 to 6 years (10:30-11:30 a.m.)

Ages 6 years and older (11:45 a.m.-12:30 p.m.)

University Medical Center at Princeton

\$25 per person; \$10 for each additional sibling  
Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery.

### MONROE TOWNSHIP EVENTS FOR SENIORS

#### Advance Directives

WED. November 5 (10:30-11:30 a.m.)

Call 732.521.6111 to register for this program.

Jane Owad, Patient Representative at University Medical Center at Princeton, will present an overview of advanced directives. Light refreshments will be served. Maximum number of participants: 35

#### Keys to a Healthy Heart – Lunch & Learn

FRI. November 7 (11:30 a.m.-2 p.m.)

Call 732.521.6111 to register for this program.

Presented by University Medical Center at Princeton Cardiac & Pulmonary Rehabilitation Program. Geri Karpiscak, RN C, Coordinator, Cardiac & Pulmonary Rehabilitation Program, will review the most up-to-date risk factors of heart disease. Discussion will focus on guidelines for modifying your lifestyle to prevent and treat risk factors for cardiac and pulmonary diseases. A box lunch will be served. Maximum number of participants: 56

#### Lymphedema Management - Options

THURS. November 13 (1:30-2:30 p.m.)

Call 732.521.6111 to register for this program.

Presented by Princeton HealthCare System Rehabilitation Program. Denise Quinn, PT CLT, and Rebecca Golden, PT CLT, will discuss effective options for lymphedema management. Lymphedema is generally characterized as swelling of an extremity usually caused by cancer treatments, surgery or genetic disposition. Topics will include causes, treatments and precautions. Maximum number of participants: 30

#### Oxygen – What's Available for People with COPD

MON. November 17 (1:30-3:30 p.m.)

Call 732.521.6111 to register for this program.

Presented by Princeton HealthCare System Medical Equipment. Learn more about types of oxygen systems, how they work and what system best suits your lifestyle. Following the seminar there will be other durable medical equipment available to view and try out. Light refreshments will be served. Maximum number of participants: 25

### SUPPORT GROUPS

Call 609.497.4480 for information about our groups for:

➔ Bereavement ➔ Coping with Loss ➔ Better Breathers ➔ Diabetes ➔ Breastfeeding ➔ Perinatal Loss Bereavement ➔ Healthy Hearts

# Mercer County's First Bariatric Surgery Program

Morbidly obese individuals who have been unsuccessful with non-surgical treatment options including diet/behavior modification and regular exercise can now opt for a program that offers a full continuum of care, from screening and prep work, to surgery, to long-term follow-up.



Princeton HealthCare System is pleased to announce the opening of a Bariatric Surgery Program at University Medical Center at Princeton. The first of its kind in Mercer County, the Bariatric Surgery Program is under the medical direction of a nationally-renowned bariatric surgeon, researcher and professor, Robert E. Brolin, MD, FACS and his associate, David S. Tichansky, MD.

Weight-loss surgery, known as bariatric surgery, is today's most advanced clinical treatment for curing morbid obesity and overcoming the most damaging health effects of being overweight. The Bariatric Surgery team at UMCP consists of highly skilled surgeons, nurse practitioners who handle health care assessments and follow-up, registered dieticians who assist with adjustment to new eating challenges, exercise physiologists, who can help plan a personal wellness program, and psychologists who offer counseling services.

Introducing Mercer County's Bariatric Surgery Team (from left): Robert E. Brolin, MD, FACS; Rob Gregory, MEd, General Manager of Princeton Fitness & Wellness Center; Bih-Ju Tsai Brody, RN, BSN, CNOR; Mary Beth Reynolds, MD, David S. Tichansky, MD; Lisa B. LaMarca, MS, RD; and Gloria Regis-Andrews, RN, MS, APN-C.

"University Medical Center at Princeton is pleased to provide this important service to our patients, and we are proud to welcome Dr. Brolin and his team to our staff," says Barry S. Rabner, President & CEO. "We know that, together, we can make a difference in the quality of life for many people in the communities we serve."

For more information about bariatric surgery, call University Medical Center at Princeton at 609.430.7761. To register for a free educational seminar, call the Community Education & Outreach Program at 609.497.4480.

## Get Fit, Stay Fit!

Princeton HealthCare System proudly welcomes Princeton Fitness & Wellness Center, a state-of-the-art facility designed to provide each and every member with a highly personal approach to maintaining good health.

The center's comprehensive amenities include:

- the latest training equipment and pools
- a wide range of classes taught by certified fitness instructors
- first-class rehabilitation and cardiac care programs
- individual fitness assessments and personal training
- onsite nursing service
- nutritional counseling
- spa services
- onsite childcare



In addition, the center offers a full spectrum of health awareness programming coordinated by the Princeton HealthCare System Community Education & Outreach Program. A multi-disciplinary Medical Advisory Board staffed by board certified physicians from Princeton HealthCare System helps guide all activities. For information, call 609.683.7888 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Exceptional Emergency Care— Without the Wait!

Emergency Department enhancements and a new bedside registration process at University Medical Center at Princeton are significantly reducing waiting time while still providing patients with cutting-edge emergency care and quality, personal attention.

The new registration process helps minimize any wait time that can be caused by processing paperwork and insurance information. Patients are quickly assigned a bed and information needed for registration is entered into a bedside computer as the patient first sees a triage nurse and then a physician. According to Nancy Panarella, BSN, MBA, Director of Emergency Services, now in many cases, the registration process is actually completed after emergency care has been administered.

“Our goal is to have a patient see a triage nurse within fifteen minutes and see a doctor within 30 minutes of being admitted to a bed,” says Chris A. Belardi, MD, board certified in emergency medicine and Chairman of Emergency Medicine, University Medical Center at Princeton. “We have already reduced the average time a patient spends in the department by 40 minutes, and we are working to reduce that time by an additional 40 minutes so that each patient spends no more than a total of two hours in our Emergency Department before being released, admitted or transferred.

## Highly Efficient and Effective Emergency Care

To provide the most efficient and effective care, the Emergency Department at University Medical Center at Princeton is divided into two separate

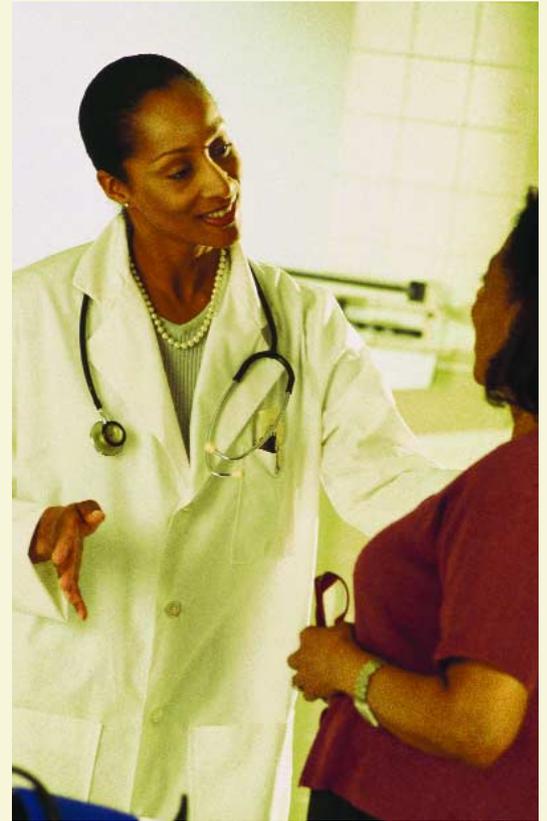
areas. The Fast Track Suite is a five-bed, self-contained, fully equipped clinic for treating minor emergencies. The 16-bed Acute Emergency Care Suite provides care for patients with more serious illnesses and injuries. Both suites are staffed by physicians who are board certified in emergency medicine and nurses who are highly skilled in trauma, emergency care and disaster preparedness.

The Emergency Department, which has more than 36,000 visits each year, continues to reduce patient wait time despite an increase in patient volume during the summer months.

“We have gone from seeing 650 patients a week to about 720,” Panarella says. “And we anticipate a continued growth of about 5 percent a year.”

In addition to the physicians, nurses and staff in the Emergency Department, many other University Medical Center departments and personnel have joined in the effort to enhance emergency care.

While no one is ever happy to go to the emergency room, Panarella says that patients,



family members and friends do greatly appreciate short wait times, and patient satisfaction is definitely on the rise.

For information about emergency care services available through University Medical Center at Princeton, please call our Emergency Department at 609.497.4431.

**IN MANY CASES, THE  
REGISTRATION PROCESS IS  
ACTUALLY COMPLETED  
AFTER EMERGENCY CARE  
HAS BEEN ADMINISTERED.**

# State-of-the-Art Cancer-Fighting Technology

A recent \$3.1 million renovation to the J. Seward Johnson Sr. Radiation Oncology Center at the University Medical Center at Princeton has brought the most advanced cancer-fighting treatment technology to the Greater Central New Jersey region.

The new advanced equipment “will be unsurpassed in its capacity to treat a wide variety of malignancies,” says Dr. John C. Baumann, MD, a board certified radiation oncologist and Director of the J. Seward Johnson Sr. Radiation Oncology Center. “It will truly make a difference in the lives of many patients and their families by bringing comprehensive, state-of-the-art cancer care close to the comfort and convenience of home.”

## Precise Treatment

The new equipment includes a linear accelerator that delivers a revolutionary radiation treatment called Intensity Modulated Radiation Therapy (IMRT). IMRT enables radiation oncologists to target cancers precisely while reducing radiation exposure to surrounding healthy tissues.

Complementing the linear accelerator is a new CT simulator, the most sophisticated

simulator on the market, which helps oncologists precisely plan complex radiation treatment. Both the accelerator and simulator are supported by a state-of-the-art computer system enabling physicians, physicists and dosimetrists to calculate the exact dose of radiation for each patient's case.

## Outstanding Care

University Medical Center at Princeton, a University Hospital Affiliate of UMDNJ –Robert Wood Johnson Medical School and a clinical research affiliate of The Cancer Institute of New Jersey (CINJ), is pleased to offer world-class cancer care through our Cancer Program. This includes providing patients with access



Jennifer McColgan, RTT, prepares University Medical Center at Princeton's new CT simulator.

to major drug trials and treatment protocols in addition to the latest methods of prevention and diagnosis.

All care is provided by a highly skilled team of board certified medical and radiation oncologists, surgeons, radiologists, pharmacists, technicians and a staff of nationally recognized oncology nurses. University Medical Center at Princeton has received certification as a teaching hospital cancer program by the American College of Surgeons' Commission on Cancer.



For more information, call 609.497.4475.

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