

# health focus

THE LATEST IN HEALTH NEWS & INFORMATION | JULY/AUGUST 2006



Princeton HealthCare System

Redefining Care.

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- Princeton Home Care Services
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- Princeton Rehabilitation Services
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## Three Generations Born at University Medical Center at Princeton

breakingnewground

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

communityfocus

HEALTH EDUCATION CALENDAR

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# Three Generations Turn to UMCP for Maternity Care

Everyone has heard the saying “Mother knows best,” but when it comes to little Christian Chase Yetters, born at University Medical Center at Princeton (UMCP) in January, the adage takes on a whole new meaning. Christian’s mother, Jaime, took the wisdom of both her mother and her grandmother to heart when she decided to deliver her first child at UMCP.

“There wasn’t really much doubt about where I would have the baby,” says Jaime Yetters, 23. “My mother was born at Princeton and she had me at Princeton. So I thought, why not continue the tradition?”

As added motivators, Yetters’ grandmother, Leanna Chase, once worked as a nurse for the medical group that delivered Jaime, her mother and Christian. And Jaime’s mother, Barbara Demetrician, now works as a nurse on UMCP’s Labor, Delivery, Recovery and Postpartum floor.

Both Demetrician and Chase were on-hand when Yetters delivered. As a matter of fact, Demetrician was just five minutes shy of the end of her shift when her daughter arrived at UMCP on January 14.

“I came in at 10:55 that night,” recalls Yetters. “Mom’s shift was ending at 11,

so she never left. Because she worked at the hospital, she knew a lot of the doctors and nurses, and that made me feel even more comfortable.”

**University Medical Center at Princeton – Mercer County’s only hospital to receive the 2005 Maternity Excellence Award from HealthGrades – is a national leader in maternity care**

### Nationally Recognized Care for Newborns and Mothers

As a national leader in maternity care, and the only hospital in Mercer County honored with the *Maternity Excellence Award* by the nation’s leading healthcare quality company *HealthGrades*, there was no doubt that both Yetters and her baby would be in good hands at

UMCP. The prestigious award recognizes UMCP’s dedication to outstanding clinical performance and ranking among the top 10 percent of U.S. hospitals in the care of newborns and mothers. Yetters’ maternity care was overseen by Lisa N. Chitour, MD, a senior attending physician at Princeton HealthCare System with board certification in obstetrics and gynecology.

Princeton HealthCare System  
253 Witherspoon Street  
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.

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UMCP's Maternity Program offers a wide range of services to expectant and new mothers, including:

- 24-hour access to board certified obstetricians, anesthesiologists, neonatologists and medical support staff, and diabetes management services
- Labor, delivery and recovery all in the privacy of a single room equipped with accommodations for the baby and guests
- Birthing options including nurse midwife services
- Advanced maternal-fetal care for high-risk pregnancies including 3D-4D ultrasound
- Level II special care nursery services
- Nurses certified in childbirth education and neonatal care
- Web nursery services to post newborn photos on a secure site within 24 hours of delivery to share with new parents' friends and family

While medical care was top rate when Chase and Demetrician were expecting as well, quite a few things have changed in Maternity over the years, according to Demetrician. Today new mothers enjoy single, private rooms, newborns are protected with high-tech security tags and they are rarely tucked away in the nursery to discourage visitors from touching them. Best of all, the women agree, visiting hours aren't limited, affording grandmothers and great-grandmothers like Demetrician and Chase the opportunity to spend as much time as they want cuddling and cooing over the latest addition to the family.

"I have to say, we took full advantage of the visiting hours," admits Demetrician. "It's not like when I had Jaime. Today it's all about the family being together with the mother and baby."

The Maternity Program's private rooms and open visiting hours meant a lot to Yetters, who delivered via C-section, resulting in a longer than usual stay at UMCP. Even today, back to work part-time as a



*On the cover and above: In January 2006, Christian Chase Yetters was born at University Medical Center at Princeton – the same hospital where his mother, Jaime (right) and his grandmother, Barbara Demetrician (left) were born.*

substitute teacher, she occasionally stops in to visit with the staff and "show off the baby to everyone."

**For information on UMCP's Maternity Program or for help with finding a physician on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).**



# Varicose Veins: A New, Revolutionary Treatment for an Old Problem

**“I feel so much better today. I don’t feel that different than I did 20 years ago.”**

– Suzanne Johnston,  
VNUS Closure patient at UMCP

Varicose veins are sometimes viewed as a cosmetic problem because of their blueish, swollen and twisted appearance near the surface of the skin. However, most people who seek treatment aren’t just trying to look better in a bathing suit.

“Varicose veins can have significant health consequences,” says Kenneth A. Goldman, MD, RVT, FACS, a member of the Princeton HealthCare System Medical & Dental Staff who is board certified in surgery and vascular surgery. “Patients may have painful, achy or tired legs. This can severely limit their ability to go about regular activities of work or leisure.”

In the past, some patients were reluctant to seek treatment, a painful surgery known as stripping. Diseased veins were surgically removed, or stripped, from the leg. Recovery time after stripping could be two weeks or more.

Today, vascular surgeons are using a more effective, less painful alternative that is making varicose vein treatment a much better option for patients.

The procedure, called VNUS Closure, uses heat energy to seal shut diseased veins without removing them. It is done through a tiny incision, leaving minimal scarring. Patients leave the hospital a couple of hours after surgery, and most are virtually pain free within days.

## Amazing Results

In 1999, Suzanne Johnston underwent a stripping procedure for severe varicose veins in her left leg.

A varicose vein develops when a vein’s valves fail to properly move blood up the leg toward the heart. In Mrs. Johnston’s case, this pooled blood occasionally caused her to develop painful skin ulcers.

The stripping procedure resolved her pain, swelling and recurrent ulcers for several years. However, last September, the pain and swelling returned and she developed an ulcer that would not heal. The condition of her leg kept her from participating in the yoga and aerobics classes she enjoys.

In December, she underwent VNUS Closure surgery. The results were dramatic, she says, especially compared with her earlier stripping procedure.

“A few days after surgery, my daughter looked at me surprised and said, “You’re walking?”” says Mrs. Johnston, a Princeton resident who is in her 70s. “Who would have expected me to walk so quickly after leg surgery?”

“I feel so much better today. I don’t feel that different than I did 20 years ago before I had this increasingly aggravating condition.”

## How It Works

During VNUS Closure, the surgeon inserts a thin catheter in the saphenous vein, a vein near the surface of the skin that is often responsible for varicosity. Using an ultrasound probe, the surgeon guides the catheter to the uppermost segment of the diseased vein. Radiofrequency energy is passed through the tip of the catheter, heating the vein and causing it to collapse. Nearby healthy veins then take over the task of returning blood from the leg to the heart.

After surgery, patients wear a compression stocking to reduce swelling and speed collapse of the varicose veins. Within a week, they return for a post-operative ultrasound to check for blood clots, a rare but potential complication, Dr. Goldman says.

“VNUS Closure patients are among the most appreciative patients out there,” Dr. Goldman says. “If my wife or family member needed this procedure, I would recommend it.”

**To find a Princeton HealthCare System vascular surgeon who performs VNUS Closure, call 1.888.PHCS4YOU (1.888.742-7496) any time, day or night.**

# Living More Comfortably With Chest Pain

University Medical Center at Princeton has launched a new, state-of-the-art treatment program, External Counterpulsation (ECP), that can help individuals who are suffering from angina or chest pain live more comfortably.

“ECP is recognized as a viable noninvasive treatment for patients limited by angina,” says Rogelio Pine, MD, Medical Director, Cardiac Rehabilitation and External Counterpulsation Program.

ECP is a safe and effective outpatient procedure that requires no surgery and no anesthesia. During the ECP sessions, patients lie on a special table with what look like blood pressure cuffs wrapped around their calves, lower thighs, upper thighs and buttocks. An air compressor systematically inflates and deflates the cuffs starting with the lower calves, gently but firmly constricting the blood vessels.

## Patients See Improvement

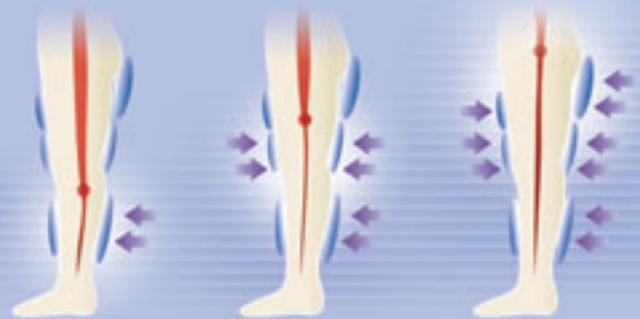
The ECP therapy program usually involves 35 one- to two-hour sessions over the course of several weeks. Successfully completing the program reduces chest pain, improves blood flow and reduces dependency on medications. And because the heart is pumping stronger, many patients can increase their level of exercise, which, according to Dr. Pine, helps improve their overall health and quality of life. Most patients see some improvement in their condition after about a dozen sessions.

A study, published by the *Journal of the American College of Cardiology*, showed that two-thirds of the patients who completed ECP treatment benefited from the sessions, experiencing significantly less angina, being able to exercise longer without chest pain and relying less on nitroglycerin.

*Pictured above: John Shea, a patient in UMCP's new External Counterpulsation Program, discusses his treatment with Sally Stout, RN, BC.*



ECP is a safe and effective outpatient procedure that requires no surgery and no anesthesia.



“The process of inflating and deflating is timed to the heartbeat, so blood from the lower limbs is pushed toward the heart when it is resting and the pressure is released when the heart is pumping,” explains Dr. Pine. “This delivers more blood to the heart so that it can pump more blood to your body, while at the same time reducing the amount of work the heart has to do.”

Most patients can undergo ECP with no major discomfort, complications or side effects. The most common side effects are temporary, and include mild headache, mild dizziness, muscle aches and fatigue.

“Since angina is the result of the muscle cells of the heart not getting enough blood to properly do their job, ECP can be a very successful treatment for patients who can’t or don’t want to undergo bypass surgery or angioplasty, and for whom medication is not enough in managing the symptoms of angina,” says Dr. Pine.

To learn more about ECP at University Medical Center at Princeton, please call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

# Summer Sports Injuries: Don't Do Too Much, Too Soon

It's summer. The days are longer, and you may be more physically active than at any other time during the year.

Increased exercise is almost always a good idea, but without proper preparation, you can also increase your risk of becoming one of the 10 million Americans who are treated each year for sports-related injuries.

"The biggest reason people suffer from injuries is that they try to do too much, too soon, before their body is ready," says Richard Levandowski, MD, DABFP, CAQ, a member of Princeton HealthCare System's Medical & Dental Staff who is board certified in family practice and sports medicine.

"It's much easier to prevent an injury than it is to treat one," he says.

Sports injuries generally fall under two categories, traumatic and overuse. A traumatic injury happens suddenly. You may feel a pop or sharp pain. Bumps, bruises, strains and sprains fall under this category.

## Overuse Injuries

Overuse injuries occur when the body wears down. Pain may be mild at first, but increase over time. Some overuse injuries are so linked to certain activities, they share their name. Runner's Knee is pain created when repeated bending and straightening of the knee irritates the inside of the kneecap. Tennis or Golfer's Elbow occurs when tendons in the elbow become inflamed from overuse of the muscles that raise and straighten the hand.

Swimmer's Ear is an infection of the external ear. Water creates a hospitable environment for bacterial growth. After swimming, dry your ear as much as possible. Eardrops that help prevent Swimmer's Ear are sold over the counter. Alternatively, use a homemade solution of 50 percent white vinegar, 50 percent alcohol, Dr. Levandowski says.



## 10 Percent Rule

Stretching and training are the best ways to prevent injuries, especially before starting competitive sports. "It's more difficult to injure a muscle that is stretched and strong than a muscle that is weak and tight," Dr. Levandowski says.

As a rule, runners in training should only increase distance by 10 percent each workout. If you run a mile today, don't try for 10 miles tomorrow. It's equally important to allow time between workouts for the body to rest.

"The body does best if you stress it and give it time to rest," Dr. Levandowski says. "If you never stress it, you're never going to get stronger or faster. If you don't rest, you're going to get hurt."

## Remember RICE

First aid for sports injuries of the muscles and joints can be

remembered with the acronym RICE – Rest, Ice, Compression, Elevation.

- Rest the injured area.
- Apply crushed ice or ice packs every hour or two to help decrease the pain and swelling.
- Wrap new injuries with a damp elastic bandage.
- Keep the area elevated, as much as possible, to help prevent swelling.

You should call a health professional immediately if the injury causes severe pain, swelling or numbness, or if you cannot tolerate bearing any weight on the area. If an injury is not resolving within a few days, check with your doctor.

**To find a Princeton HealthCare System physician who specializes in sports medicine or rehabilitation, call 1.888.PHCS4YOU (1.888.742.7496) any time, day or night.**

HEALTH EDUCATION CALENDAR

# community focus

JULY - AUGUST 2006

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 **1.888.897.8979** (unless another number is indicated).



## Summer Safety Fest

**SAT. August 5 (9:30 a.m. - 12:30 p.m.)**  
**Community Education & Outreach**  
**at Alexander Road**  
**Rain or shine.**  
**No registration required.**

This fun and interactive family event is designed to increase awareness and knowledge of children's safety. Bring the whole family for a morning of crafts, prizes and valuable information from health professionals and safety experts from Princeton HealthCare System and the community.

### Activities include:

- Free car seat safety checks, provided by certified child passenger safety technicians
- The opportunity to meet with health professionals from University Medical Center at Princeton's Pediatric Rehabilitation, Pediatrics and Nutrition departments
- An ambulance tour with an EMT
- Child fingerprinting and identification cards, introductions to the K-9 unit, and bicycle safety checks by local police departments
- Face painting, storytelling and raffles for the kids
- *And more!*



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

Redefining Care.

### LOCATIONS:

- ➔ **University Medical Center at Princeton**  
253 Witherspoon St., Princeton, NJ 08540
  - ➔ **Princeton Fitness & Wellness Center**  
Princeton North Shopping Center  
1225 State Rd., Princeton, NJ 08540
  - ➔ **Community Education & Outreach Program**  
731 Alexander Rd., Suite 103, Princeton, NJ 08540
- Directions are available at [www.princetonhcs.org](http://www.princetonhcs.org)

CURRENT PROGRAMS

**Stroke Information Session & Screenings**

MON. July 10  
Screenings: 10 a.m. – 12 p.m.  
Lunch: 12 – 1 p.m.  
Information Session: 1 – 2 p.m.



Monmouth Junction Volunteer Fire Department  
573 Ridge Road (corner of Rt. 522 and Ridge Road),  
Monmouth Junction

Health professionals from Princeton HealthCare System will provide free blood pressure and cholesterol screenings to help determine your risk for stroke. Carotid bruits will also be performed, courtesy of Hillary Klein Beberman, DO, board certified in family practice and osteopathic manipulative treatment. Paul K. Kaiser, MD, board certified in clinical neurophysiology and neurology, Medical Director, University Medical Center at Princeton's Stroke Program, will discuss stroke risk factors and how to reduce your risks. Drs. Beberman and Kaiser are members of the Medical & Dental Staff of Princeton HealthCare System.

**Hearing Screening**

WED. July 13 (9:30 a.m. - 12 p.m.)  
Community Education & Outreach at Alexander Road  
Appointment required. Please call 1.888.897.8979.  
Jane Brady, AuD, will conduct free hearing screenings. All are welcome to attend. Screenings are limited and an appointment is required.

**AARP Driver Safety Program**

MON. July 17 & 24 (9 a.m. – 1 p.m.)  
Princeton Fitness & Wellness Center  
\$10 per person. Checks should be made payable to AARP.  
Upon completion of this two-part course, students will receive certificates of completion to send to their insurance companies. The certificate entitles students to a 5% discount on the major portion of their auto premiums for three consecutive years, and two points will be deducted from their motor vehicle records, if applicable. There is no age requirement, and you do not need to be a member of AARP.

**Infectious Diseases in the Media: Separating Hype from Reality**

WED. July 19 (7 – 8:30 p.m.)  
Hopewell Township Municipal Building  
Route 546 and Scotch Road, Hopewell  
Please call 609.737.0120, ext. 684, to register.  
Join us to learn what the true risks and concerns are regarding the numerous infectious diseases we read and hear about in the media, from one of the area's leading experts in the field of infectious disease. Ronald G. Nahass, MD, FACP, FIDSA, board certified in infectious diseases and internal medicine, will discuss health concerns related to insect, food and blood-borne illnesses. These include Bird Flu, Lyme Disease, West Nile virus, hepatitis, e-coli and even household mold. Dr. Nahass is a member of the Medical & Dental Staff of Princeton HealthCare System. This program is cosponsored by Princeton HealthCare System and the Hopewell Township Health Department.

**Free Health Screenings**

SAT. July 22 (9 a.m. – 12 p.m.)  
Mt. Pisgah AME Church  
170 Witherspoon Street, Princeton  
No registration required.  
Health professionals from Princeton HealthCare System will be available to answer your questions about maintaining optimal health and to perform a variety of free health screenings, including:

- Blood pressure
- Cholesterol
- Glucose
- HIV

HIV testing is free and confidential, and is provided on a first come, first served basis by the Henry J. Austin Health Center.

KIDS CAN COOK...

6 – 8:30 p.m.  
Princeton Fitness & Wellness Center  
\$5 per person.  
Kids Can Cook is an interactive cooking series that will teach children and their parents how to prepare healthy, simple recipes together. Each session will focus on a different meal and feature a hands-on demonstration from an area chef and a registered dietitian from University Medical Center at Princeton's Nutrition Program. Children must be accompanied by a parent or guardian. Registration is limited.



**Kids Can Cook... Breakfast**

TUE. July 25  
Chef: Mark Ellis, Chef, *McCaffrey's Catering*, Yardley, Pa.  
Dietitian: Sabina Beesley, RD, Registered Dietitian

**Kids Can Cook... Lunch**

TUE. August 1  
Chef: Christine Toto, Chef & Owner, *Around the Table Children's Culinary & Kitchen Shop*, Pennington  
Dietitian: Vandita Parikh, RD, Registered Dietitian

**Kids Can Cook... Dinner**

TUE. August 8  
Chef: A chef from *Teresa's Café*, Princeton  
Dietitian: Sabina Beesley, RD, Registered Dietitian

**Kids Can Cook... Desserts & Snacks**

TUE. August 15  
Chefs: Mary Ann Romano & Teresa Kelly, Chefs and Owners, *Simple Creations School of Cooking, LLC*  
Dietitian: Sabina Beesley, RD, Registered Dietitian

Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Childbirth Preparation

WED. July 5 - 26 (7 - 9 p.m.)  
TUE. July 11 - August 1 (7 - 9 p.m.)  
MON. July 24 - August 14 (7 - 9 p.m.)  
THU. August 3 - 24 (7 - 9 p.m.)  
TUE. August 8 - 29 (7 - 9 p.m.)  
WED. August 23 - September 13 (7 - 9 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3  
\$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.

### Breastfeeding Support Group

THU. July 6 (11 a.m. - 12:15 p.m.)  
THU. July 13 (11 a.m. - 12:15 p.m.)  
THU. July 20 (11 a.m. - 12:15 p.m.)  
THU. July 27 (7 - 8:15 p.m.)  
THU. August 3 (11 a.m. - 12:15 p.m.)  
THU. August 10 (11 a.m. - 12:15 p.m.)  
THU. August 17 (11 a.m. - 12:15 p.m.)  
THU. August 24 (11 a.m. - 12:15 p.m.)  
THU. August 31 (7 - 8:15 p.m.)

University Medical Center at Princeton  
Morning sessions are held in Lambert House Classroom 4

Evening sessions are held in Lambert House Classrooms 1 & 2

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.



### Nursery Know-How Workshop

SAT. July 8 (12 - 4 p.m.)  
*Babies R Us* - West Windsor  
Nassau Park Boulevard, Princeton  
Princeton HealthCare System is proud to take part in this Baby Fest event sponsored by *Babies R Us* - West Windsor. New and expectant parents will receive valuable information about baby's nursery.

### Maternity Tour

SAT. July 8 (1 - 2 p.m. or 2:30 - 3:30 p.m.)  
SAT. July 22 (1 - 2 p.m. or 2:30 - 3:30 p.m.)  
SAT. August 5 (1 - 2 p.m. or 2:30 - 3:30 p.m.)  
SAT. August 19 (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. July 8  
SAT. July 22  
SAT. August 5  
SAT. August 19  
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.

### Accelerated Childbirth Preparation

SAT. July 8 (9 a.m. - 5 p.m.)  
SAT. July 29 (9 a.m. - 5 p.m.)  
SAT. August 19 (9 a.m. - 5 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3  
\$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.

### Baby Sign

MON. July 10 (6 - 9 p.m.)  
Community Education & Outreach at Alexander Road  
\$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.

### Prenatal Breastfeeding Class

MON. July 10 (7 - 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3  
THU. August 3 (7 - 9:30 p.m.)  
THU. August 24 (7 - 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classrooms 1 & 2  
\$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.

### Early Pregnancy

WED. July 12 (7 - 9 p.m.)  
*Babies R Us* - West Windsor  
Nassau Park Boulevard, Princeton  
\$5 per couple  
Designed for expectant parents in the first five months of pregnancy, this program gives an overview of prenatal nutrition and exercise as well as the growth and development of the baby. Parents will also learn about the physical and emotional changes that occur during pregnancy.

### Baby Care

THU. July 13 (7 - 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classrooms 1 & 2  
WED. August 2 (7 - 9:30 p.m.)  
MON. August 21 (7 - 9:30 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3  
\$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 & FAMILY

Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Childbirth Preparation Review

FRI. July 14 (6:30 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 3  
**\$50 per couple**

This program is designed for second- or third-time parents to help you refresh and practice coping skills for labor and delivery.

### Prenatal Partner Yoga Workshop

SAT. July 22 (10 a.m. – 12 p.m.)  
Princeton Fitness & Wellness Center  
**\$35 per couple**

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

### Prenatal Exercise

TUE. July 18 – August 22  
(7 – 8:15 p.m.)  
Community Education & Outreach at  
Alexander Road  
**\$90 per person**

This class helps 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.



### Sibling & New Baby

WED. July 19 (10 – 11 a.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton  
Becoming a big sister or 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 ages 2 – 5 years old are welcome to attend.

### Postpartum Exercise

THU. July 20 – August 24  
(10:30 – 11:30 a.m.)  
Community Education & Outreach at  
Alexander Road  
**\$60 per person**

This class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm up, a cardiovascular workout, strength training and a cool down. The exercise program is designed for all fitness levels, and allows new moms to perform the exercises with their baby (6 weeks to crawling). Medical clearance from a physician is required.

### Prenatal Yoga

THU. July 20 –  
September 7  
(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 feeling 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. This class is taught by a certified prenatal yoga instructor.

### Post Partum Yoga

FRI. July 21 – September 8  
(10 – 11:15 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 towel, two pillows or cushions, and a yoga tie or regular tie for stretching. This class is taught by a yoga instructor who is certified in mom/baby yoga for two and the *Barnes Method*.

### Car Seat Safety Checks

WED. July 26 (11:30 a.m. – 1:30 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton  
No registration required.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Attend the car seat safety check at *Babies R Us* – West Windsor, or make an appointment to have a certified child passenger safety technician check your child's car seat at one of our other locations! Call 609.497.4119 for an appointment. If you are expecting, please schedule your appointment at least one month prior to your due date.

### Living With Your Infant:

#### Part 1 (birth – 4 months)

WED. July 26 (2 – 3 p.m.)

#### Part 2 (5 – 8 months)

WED. August 30 (7 – 9 p.m.)

University Medical Center at Princeton  
Lambert House Classroom 4  
**\$5 per family**

Living With Your Infant is an interactive class between parents and children facilitated by a pediatric nurse practitioner. This three-part series of classes is designed to help parents understand the psychosocial and physical development of their child.

### Women's Health & Breastfeeding Fair

SAT. August 12 (12 – 4 p.m.)  
*Babies R Us* – West Windsor  
Nassau Park Boulevard, Princeton  
Princeton HealthCare System is proud to take part in this Baby Fest event sponsored by *Babies R Us* – West Windsor. New and expectant parents will receive valuable information about women's health and breastfeeding.

### Bright Beginnings

Tuesdays (10:30 – 11:30 a.m.)  
Community Education & Outreach at  
Alexander Road

Wednesdays (10:30 – 11:30 a.m.)  
Princeton Fitness & Wellness Center

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

This informative relaxed group is for parents and caregivers of infants from birth to 6 months. Each week, a special guest speaker focuses on a different topic of interest to 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.

CPR & FIRST AID

Call 1.888.897.8979 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes.



**Heartsaver Adult & Pediatric CPR**

FRI. July 28 (6 - 10 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Rooms A & B  
\$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.

**BLS for Healthcare Providers - Recertification**

WED. July 12 (9 a.m. - 1 p.m.)  
MON. July 17 (6 - 10 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room A  
MON. August 21 (6 - 10 p.m.)  
FRI. August 25 (9 a.m. - 1 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Rooms A & B  
\$40 per person  
A comprehensive course intended for healthcare professionals who practice in a medical setting and need to be recertified.

**BLS for Healthcare Providers - Full Course**

WED. July 19 (9 a.m. - 4 p.m.)  
THU. August 3 & 10 (6 - 10 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room B  
\$60 per person  
A comprehensive course intended for healthcare professionals who practice in a medical setting. Participants in the one-day class will receive a break for lunch.

**Pet CPR & First Aid**

WED. July 19 (6:30 - 9 p.m.)  
Princeton Fitness & Wellness Center  
\$35 per person  
Pet first aid is the immediate care given to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs and cats; however, first aid applications for most pets are similar.

**Pediatric CPR for Family & Friends**

SAT. July 29 (9 a.m. - 12 p.m.)  
SAT. August 26 (9 a.m. - 12 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room B  
\$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.

**Heartsaver First Aid**

SAT. July 29 (1 - 4 p.m.)  
WED. August 16 (6 - 10 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room B  
\$40 per person  
This course teaches effective recognition and treatment of emergencies in individuals 8 years and older during 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.

**Heartsaver Adult & Pediatric CPR With AED**

WED. August 30 (6 - 10 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Rooms A & B  
\$45 per person  
This course teaches the basic techniques of adult CPR and how to use an AED (Automatic External Defibrillator). Participants will learn about using barrier devices in CPR and giving first aid for choking. They also will learn how to recognize the signs of four major medical emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction. Certificates will be issued.

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, lectures and screenings. For additional information about the Cancer Program, call 609.497.4475. To register for these programs, please call 1.888.897.8979, unless another number is indicated, or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

**Improving the Chemotherapy Experience**

WED. August 2 (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. August 7 (1 - 3 p.m.)  
University Medical Center at Princeton  
Lambert House Classrooms 1 & 2  
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.



## SUPPORT GROUPS

### Better Breathers Club

TUE. August 1 (9:30 - 10:45 a.m.)  
Princeton Fitness & Wellness Center

THU. July 27 (2:45 - 4:15 p.m.)  
THU. August 24 (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. July 10 (7 - 9 p.m.)

MON. August 7 (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.

### Diabetes Support Group

WED. July 19 (2:30 - 4 p.m.)

WED. August 16 (2:30 - 4 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

MON. July 24 (6:30 - 8 p.m.)

MON. August 28 (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**.

### Hearing Screening

THU. July 13 (1 - 3:30 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Please call to register.

Jane Brady, AuD, Audiologist, will conduct free hearing screenings for Monroe Township seniors. Registration is limited and required.

### Hypertension & Kidney Health

WED. July 26 (1:30 - 3 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Please call to register.

Seema Basi, MD, MSCI, board certified in nephrology and internal medicine, will discuss hypertension, or high blood pressure, and common kidney problems in older adults. Dr. Basi is a member of the Medical & Dental Staff of Princeton HealthCare System.

## WEST WINDSOR TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer FREE health screenings to the seniors residing in West Windsor Township. To register, call **609.799.9068**, unless otherwise indicated.

### Bone Density Screening

FRI. July 7 (1 - 3 p.m.)

West Windsor Senior Center, 271 Clarksville Road, Princeton Junction

Please call to register.

Michael J. Froncek, MD, MS, FACR, board certified in rheumatology and internal medicine, will provide free bone density screenings to seniors residing in the West Windsor area. Registration is limited and required. Dr. Froncek is a member of the Medical & Dental Staff of Princeton HealthCare System.

## SAVE THESE DATES

Look for these exciting programs in the next issue of Community Focus.

➔ **3rd Annual Premier Mother & Baby Shower (September 16)**

➔ **Feria de la Salud: Latin American Health Fair (October 28)**

➔ **Breast Cancer Awareness Month Events (October)**

# Caution: Calories Ahead in Everyday Beverages



Your plan to lose or maintain your weight may be under enemy attack by a surprising source – the calories in the beverages you drink. You may not notice them, but your bathroom scales will.

“Most people don’t realize that they ingest hundreds of calories daily from beverages,” says Sabina Beesley, MS, RD, Registered Dietitian with University Medical Center at Princeton. “In a day, many people, without knowing it, can drink 500 to 600 calories.”

In fact, Americans take in about 21 percent of their calories from beverages, estimate experts at the Beverage Guidance Panel. Many of those calories come from sugar. For example, 20 ounces of cola has about 13 teaspoons of sugar, and eight ounces of chocolate milk has about seven teaspoons, Beesley says.

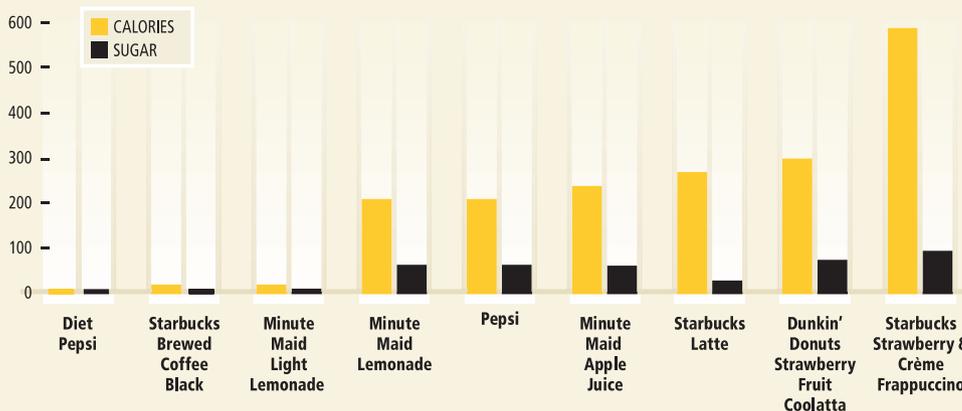
Drinks such as alcohol, milk, flavored milk and milk drinks, fruit juices and smoothies, alcoholic mixed drinks, punches, sports drinks and coffee drinks can be loaded with calories, Beesley cautions. Research points to “liquid sugar” as causing weight gain, so limit your intake of sweetened beverages to eight ounces a day.

## What Can You Drink?

“Most beverages have calorie-free alternatives such as diet soda, flavored waters, diet iced tea and diet lemonades,” Beesley says. She also recommends drinking more water and tea. As an added benefit, studies have linked drinking green and black tea with reducing cancer and heart disease risks.

Finally, even while watching calories, be sure to drink enough liquids. Your body needs to be hydrated to function. “Most people need about six cups of non-caffeinated beverages a day,” Beesley says. “Drinking enough fluids helps keep your electrolytes in balance and helps flush out toxins.”

WHAT ARE YOU DRINKING?



ALL AMOUNTS ARE FOR 16 OZ. (AT STARBUCKS, THAT IS A GRANDE SIZE)

For more information about nutritional counseling services available through UMCP’s Nutrition Program, call 609.497.4251 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## Beverage Guidelines

Beverage Guidance Panel guidelines divide beverages into six levels. Each level offers guidance on daily beverage consumption amounts. A serving is eight ounces.

### Level 1: Water

Women should drink at least four servings and men should drink at least six.

### Level 2: Unsweetened tea and coffee

Drink up to eight servings of teas and up to four servings of coffee.\*

### Level 3: Low-fat milk

Drink up to two servings of nonfat or skim milk or soy beverages.

### Level 4: Diet beverages with sugar substitutes

Drink up to four servings.

### Level 5: Fruit or vegetable juices, sports drinks, whole milk

Up to one serving is recommended.

### Level 6: Sweetened soft drinks and fruit drinks without nutrients

Up to one serving is recommended.

\* Be sure to limit caffeine intake from tea, coffee or soft drinks to 400 mg. a day.

# Stomach Pain

## When Should You Be Concerned?

When it comes to stomach and abdominal pain, it can be difficult to tell whether a trip to the emergency department is called for or not. In some cases home treatment with antacids, Tylenol, laxatives or a change in diet, depending on the symptoms, may be all that is required. In other cases, one or more diagnostic tests may need to be performed to determine the cause of your pain.

So how do you decide if that rising discomfort in your stomach or abdomen is being caused by something you ate, gas, constipation or a more serious medical condition?

If your stomach pain is localized to a certain area, the location can offer some insight into what might be causing it.

“Actually, there is one basic rule to follow when it comes to this type of pain – if the pain is severe and persistent, you should seek emergency medical attention right away,” says Michael Lupovici, MD, board certified in gastroenterology, geriatric medicine and internal medicine and a member of the Medical & Dental Staff at Princeton HealthCare System. “Additionally, changes in vital signs – rapid pulse, drop or rise in blood pressure, rapid respiration and temperature elevation – are all signs that prompt medical attention is necessary. In these cases, don’t delay. Get to the emergency room.”

### Common Causes of Stomach Pain

Cramping or pain in the stomach is associated with a number of conditions – from food intolerance to colon cancer. It’s important to discuss any pain you are experiencing with your personal physician to determine what is causing your pain. You should also follow up with your physician if you experience a change in bowel habits (such as diarrhea, constipation or narrowing of the stool) that lasts longer than a few days. Depending on your symptoms and their duration, your physician may want to order tests or refer you to a specialist.

**“Everyone over the age of 50 should have a screening colonoscopy as a preventive measure, and people with a family history of colon cancer should start screenings even sooner,” explains Dr. Michael Lupovici.**

- Pain presenting in the lower left abdominal area is often caused by diverticulitis, an infection or inflammation of the pouches (diverticula) that line the colon
- Pain in the upper right is often related to the gallbladder or liver
- Pain in the upper left is frequently associated with irritable bowel syndrome, a disorder characterized most commonly by cramping, abdominal pain, bloating, constipation and diarrhea
- Pain in the lower right abdominal area may be related to the appendix (a small, tube-like structure attached to the colon)

“Appendicitis (an inflammation of the appendix) can be particularly hard to pinpoint, since the pain can actually show up just about anywhere in the abdomen,” Dr. Lupovici cautions. “Many cases of suspected appendicitis end up being gas. However, because there is no effective medical therapy for appendicitis, it is considered a medical emergency. It’s better to be safe than sorry when it comes to seeking emergency medical care.”

In addition to abdominal pain, symptoms of appendicitis may include: loss of appetite, nausea, vomiting, constipation or diarrhea, inability to pass gas, low fever that begins after symptoms, and/or abdominal bloating.\*

\* Source: National Institute of Diabetes and Digestive and Kidney Diseases



## Finding the Source of Your Pain

Physicians routinely order diagnostic tests to help determine the cause of abdominal and stomach pain.

- **Endoscopy:** This test involves a partially sedated patient swallowing a small flexible instrument that is used to examine the esophagus, stomach and upper intestine (also known as the duodenum). The procedure is performed when a patient is experiencing persistent nausea and vomiting; upper abdominal pain, heartburn or acid reflux; gastrointestinal bleedings; or difficulty swallowing.
- **Colonoscopy:** This test explores the large intestine and is performed to diagnose lower abdominal pain, intestinal bleeding, changes in bowel movements and other symptoms.

Physicians also utilize capsule endoscopy to pinpoint the cause of a patient's abdominal pain or bleeding after all other tests have been performed, observes Dr. Lupovici. Patients having this procedure swallow a small capsule that contains a miniature camera. The camera takes pictures of the intestinal track and allows physicians to see the small intestine – an area that is not visualized during regular endoscopy or colonoscopy.

## Screening for Cancer

Colonoscopy is not only an important diagnostic tool for abdominal pain, but it is also critical in preventive screenings for colon cancer. “Everyone over the age of 50 should have a screening colonoscopy as a preventive measure, and people with a family history of colon cancer or other known risk factors should start screenings even sooner,” explains Dr. Lupovici. “Colonoscopy is an amazingly valuable test. It is the only medical test available that can actually prevent cancer.

**For more information about endoscopic services available at UMCP or for help with finding a gastroenterologist or another physician on staff at Princeton HealthCare System, call 1.888.PHCS4YOU (1.888.742.7496).**

## Summertime Planning

As you enjoy the good summertime weather and vacation time, we are busy planning the new University Medical Center at Princeton and the fundraising efforts that will support the project to relocate the hospital.

And while we are planning, it may be a good time to consider your charitable and financial planning, as well. In today's world, financial planning is essential to successful retirement, building your nest egg and passing your wealth to your heirs without excessive tax impacts. And today, as well, charitable gift planning can work hand-in-hand with financial planning to help you achieve both your financial and charitable objectives.

Do you know that making a gift to Princeton HealthCare System Foundation to support the new hospital also can help you gain retirement income or ensure that you can preserve your wealth for your heirs? You can do all this and also leave a lasting legacy of caring at our new hospital.

**For more information on Gift Planning, please contact Shawn Ellsworth, Director of Major Gifts and Planned Giving, at 609.430.7104.**

# Update on the Relocation of University Medical Center at Princeton

A Message From Barry S. Rabner,  
President & CEO, Princeton HealthCare System

We are planning to hold the groundbreaking for the new hospital in spring 2007, but we are in the process of preparing the soil, so to speak.

Princeton HealthCare System (PHCS) administrators and planning consultants are working with Princeton Borough and Township officials to obtain the zoning approvals needed for the sale of the Princeton sites, while simultaneously developing master plan strategies in collaboration with Plainsboro officials to facilitate the development of the new site in Plainsboro. There are ongoing discussions among the physicians on the Medical Staff, nurses and other employees, members of the senior management team and the expert architects, designers and planners we have engaged to help us design the new site. One important consideration being explored is designing and constructing the new hospital so it can serve as an emergency management center that would respond to natural disasters, acts of terrorism and pandemics. On June 2, PHCS held an Emergency Preparedness Design



Workshop at the New Jersey Hospital Association with emergency management officials throughout central New Jersey and asked for their input on how best to build a new hospital with the flexibility to deal with a variety of disaster scenarios.

## What Is Princeton HealthCare System's Relocation Mission Statement?

Princeton HealthCare System will bring together compassion, clinical expertise and technology to provide outstanding care and value to the community we serve. By creating a culture of excellence among those who serve our patients, we will ensure that each patient has the best possible experience. We will create and maintain a safe, state-of-the-art teaching and healing environment that is visually pleasing, sophisticated and ecologically responsible.

### We Welcome Your Questions & Comments.

If you have a question or comment about the relocation, you are welcome to leave us a message by calling 609.430.7155 or send an e-mail to [comments@princetonhcs.org](mailto:comments@princetonhcs.org).

Visit [www.princetonhcs.org/breakingnewground](http://www.princetonhcs.org/breakingnewground) for the latest updates on the relocation.



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