

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | MAY/JUNE 2006



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton HomeCare Services
- Princeton House Behavioral Health
- University Medical Center at Princeton Surgical Center
- Princeton Rehabilitation Services
- Princeton Fitness & Wellness Center
- Merwick Care Center
- Princeton HealthCare System Foundation

What's Really Going on Inside You?

UMCP Introduces Our New 64-slice Brilliance CT Scanners for Prompt, Accurate Diagnosis.

breakingnewground

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

communityfocus

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What's Really Going on Inside You?

UMCP Introduces Our Latest Technology for Prompt, Accurate Diagnosis.

University Medical Center at Princeton's two new highly sophisticated Brilliance CT scanners capture incredibly clear and detailed images of the human body with unprecedented speed, helping physicians to see far more anatomical detail, detect disease earlier and treat it more effectively.

"The quality and speed of these scanners is remarkable. They can deliver detailed images of an organ and 3-D images of blood vessels in an instant," says Donald Denny, MD, Chief of Radiology, University Medical Center at Princeton. "They say a picture is worth a thousand words, and one look at the images produced by these scanners proves that point. We can now conduct an extremely detailed analysis of complex anatomy quickly and easily, and with far more detail than ever imagined."

3-D Views Inside the Human Body

UMCP's new Brilliance CT scanners are a revolutionary advancement in diagnostic medicine, enabling physicians to more effectively detect and treat a number of illnesses, including heart disease, cancer, stroke and lung disease. When patients are diagnosed with these diseases earlier,

they may have a wider array of treatment options as well as greater opportunities for healthy recoveries and improved quality of life.

"This new technology has changed the way we look at organs," explains Dr. Denny, who is dual board certified in radiology and vascular and interventional radiology. "We can now

generate very detailed 3-D images that can be used not only for diagnosis, but can also quickly be shared with other physicians for pre-surgical planning, treatment evaluations and follow-ups. Because of its speed and amazing detail, we can also assess emergency

department patients quicker, allowing physicians to make life-saving decisions without delay."

Advanced Cardiac Imaging

UMCP's 64-slice CT scanner opens new doors in cardiac imaging. Through CT angiography, a non-invasive look at the heart, physicians can assess an individual's risk of having a heart attack. CT angiography joins cardiac catheterization and exercise stress testing as effective procedures for detecting plaque build up in the coronary arteries. An alternative for low-risk patients, CT angiograms are considered a patient-

Patients diagnosed with these diseases earlier will have greater opportunities for healthy recoveries.

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

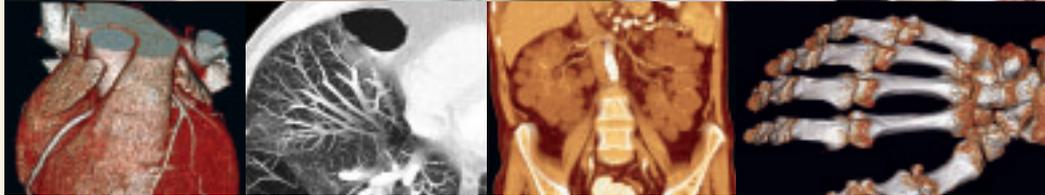
Health Focus, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information.

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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What Is CT?

CT stands for computed tomography, sometimes referred to as a CAT scan.

It is a fast, painless diagnostic test that doctors can use to see inside the human body.

A CT scanner combines X-rays with advanced computer processing technology to create accurate, detailed images.

During a CT scan, an x-ray beam spins around the body and calculates the density of each area it passes through, recording each thin slice as a separate image.

The individual images are then combined to create a 3-D picture of the body. UMCP's radiologists can then manipulate the images to focus on specific areas of interest.

The thinner the slicing capability of the scanner, the better the resolution. UMCP's new scanners provide 64-slice technology, compared to the average 16-slice capabilities of most CT scanners.

friendly procedure because they provide a whole heart examination in seconds, reduce the need for drugs to regulate the heart and do not require a hospital stay.

With the new CT scanner, UMCP now offers calcium scoring. This is an important test to detect the build up of calcium on the walls of the coronary arteries to check for early heart disease and, if present, determine how severe it is.

Greater Detail & Greater Comfort

Patients will find the new scanning process more convenient and comfortable than previous CT testing procedures. The Brilliance scanner's operating speed greatly reduces the period of time patients need to remain immobile on the testing table. For example, the new CT scanners are capable of completing a total chest scan in about half the time of standard

scanners. Each individual scan taken during testing only requires the patient to hold one brief breath, an important breakthrough for patients with breathing conditions. The equipment is also more comfortable for larger patients.

"Another very positive aspect of these scanners is that while they provide extremely high-quality images, they also expose the patient to a far lower X-ray dosage because they perform so quickly," says Peggy DeFalco, BS, RT (R)(CT)(MR), Radiology Director, University Medical Center at Princeton. "The scanners also have built-in pediatric protocols that minimize the dose to children even further."

For information on radiology services available at University Medical Center at Princeton, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

On the cover: Matthew C. Difazio, MD, board certified and fellowship trained radiologist, and Darrell Zimmerman, Manager, CT/Special Procedures, review 3D images of the human body captured by one of UMCP's new state-of-the-art, 64-slice CT scanners. Pictured above from the left: Heart and coronary arteries; high-resolution lung scan; soft tissue scan; fractured wrist.



Princeton HomeCare Services Celebrates 40 Years

Princeton HomeCare Services this year celebrates its 40th anniversary of providing exceptional home-based care to residents of central New Jersey. As its nurses, therapists and health aides visit hundreds of homes each day, they uphold a profession that has prided itself on compassionate caring for more than a century.

A Look Back

Home care originated in the late 1800s when towns throughout the U.S. began hiring public health nurses to provide basic care for the poor and homebound. The role of these visiting nurses expanded in the early 20th century as insurance companies offered their services to policyholders during times of illness.

Princeton Hospital launched its Department of Community Health Service in 1966, a year after President Lyndon Johnson signed legislation that created Medicare, a national health insurance program for seniors. Medicare covered the cost of hospitalization, and helped seniors with the expense of other healthcare services, including home care. Currently, Medicare covers 100 percent of home care services. Princeton HomeCare Services is contracted with all major insurance programs, which also cover home care.

Specialized & Personalized Service

Forty years after its founding, Princeton HomeCare Services has grown into a comprehensive provider of in-home nursing and rehabilitation, hospice and support services. Each year, its highly skilled nurses, allied health professionals and homemakers make nearly 90,000 visits.

“We take care of newborns, people who are over 100 years old and everyone in between,” says Donna Gustafson, RN, BSN, MSA, Director of Nursing, Princeton HomeCare Services. “We’re the first stop when a patient comes home from the hospital or a rehab facility and needs continuing care. Physicians’ offices also refer their patients to home care for services that require skilled care.”

Like many aspects of healthcare, home care over the decades has become highly specialized. Princeton HomeCare Services has licensed physical, occupational and speech therapists. Its registered

nurses hold special certifications in fields such as wound care, post-operative care and oncology.

Infusion therapy nurse Julie Kim, RN, BSN, CRNI, travels an average of 60 miles a day throughout Mercer, Somerset, Middlesex and Hunterdon counties.

“We’re managing the care of patients almost like they’re family members or close friends,” Kim says. “It’s rewarding to see patients gradually improve in their home environment, where they are most comfortable.”

Princeton HomeCare Services’ multidisciplinary team also provides care that may have previously required a hospital stay or visits to a medical office. In surveys, more than 97 percent of patients say they are completely satisfied with the quality of care.

Irene Guillemín of West Windsor credits Princeton HomeCare Services for allowing her to keep up most of her normal activities during her cancer treatment early this year.

Princeton HomeCare Services’ pharmacy delivered her chemotherapy medicines. A pharmacist was available by phone to answer her questions. An infusion therapy nurse saw her twice a week to insert and remove the intravenous lines that continuously delivered medicine from a pump carried on a belt she wore around her waist.

“The nurses were always encouraging and understanding,” says Guillemín. “They made me feel confident because they had so much confidence in what they were doing.”

As a unit of Princeton HealthCare System, Princeton HomeCare Services is accredited by the *Joint Commission on Accreditation of Healthcare Organizations*.

For more information, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Cancer: A Greater Risk Among Minorities

While cancer is a disease that knows no bounds, touching people from all walks of life, statistics show that some forms of the disease are far more common and deadly for certain minorities.

For example, while African American women are less likely to develop breast cancer than white women, the disease is twice as likely to be fatal. In fact, according to the American Cancer Society, African Americans have the highest cancer death rate for all cancers combined, and most major cancers individually.

Forms of the disease that are particularly common and fatal among African American men are prostate, lung and colon/rectal cancers, while African American women tend to suffer most frequently from breast, colon/rectal and lung cancers. Hispanics experience high rates of stomach, cervical and liver cancer, which are usually diagnosed at later, frequently fatal, stages.

“Research is continuing, but at this point we still don’t know for sure if these higher cancer death rates in African Americans, and differences in cancer rates and mortality rates in other ethnicities, are due to a lack of screening, genetics or environmental factors, or caused by a combination of factors,” says Doreen Babott, MD, who is triple board certified in medical oncology, hematology and internal medicine.

Recent studies released by the American Cancer Society indicate a combination of factors may be at play, at least when it comes to women of Asian American and Pacific Islander descent. Studies have



shown that while these women have low rates of breast and cervical cancer in their homelands, within a decade of immigrating their cancer rates begin to mirror the U.S. national average. While environmental and dietary factors may be the reason for this change, lack of screening also seems to play a part. Asian and Pacific Islander women report a low rate of breast screenings, leading to the cancer being diagnosed at more advanced stages.

In general, cancer is on the rise among Asian Americans and Pacific Islanders, explains Dr. Babott. According to the American Cancer Society, the disease is the leading cause of death in these populations and is increasing at an alarming rate — by 200 percent in the past 10 years, compared to an increase of 30 percent among other ethnic groups.

(continues on page 6)

Maintaining a healthy lifestyle can greatly reduce your chances of developing certain types of cancer.

- Quit smoking, or never smoke at all.
- Maintain a healthy diet and weight.
- Exercise regularly and use proper protection from the sun.

For more information about the Cancer Program at University Medical Center at Princeton, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org. For a listing of upcoming cancer-related programs hosted by Princeton HealthCare System, please review the community education calendar that begins on page 11.

Beach Fete Offers Shore Family Fun on June 9 & 10



The 53rd annual June Fete, *Beach Fete 2006*, promises to transform Princeton University Stadium into a Jersey Shore resort town on June 9 & 10.

Beach Fete visitors can expect to dine on salt-water taffy and fried Oreos, listen to popular Jersey Shore bands, gain wisdom from a fortune teller, take pictures in a photo booth or shop for a new summer dress.

“We’re trying to recreate the boardwalk and beach feel,” says Fete Co-chair Kim Schwing of Pennington. Co-chair Pam Garbini of Plainsboro adds, “The Fete is a family event, and going to the Shore with your family is almost a rite of passage if you grow up in New Jersey.”

Much to See & Do

The Fete, Princeton’s largest community fair and fundraiser sponsored by The Auxiliary of University Medical Center at Princeton, begins 5 to 8 p.m. Friday, June 9, with a silent auction and a preview of the flea market. Many of the popular Fete attractions will be open, including the Art Tent, Lane of Shops, children’s games and food vendors. Some of the more than two dozen musicians and entertainers scheduled for the weekend will perform that evening.

At 8 p.m. Friday, the annual dinner dance will be held. Guests will be encouraged to wear their finest flip-flops and Bermuda shorts. If you would like an invitation, please call 609.497.4069.

A 2006 Blue MINI Cooper convertible, generously sponsored by Princeton BMW, will be raffled. Sales are limited to 1,700 tickets, which cost \$50 each. For information, please call 609.497.4069.

The Beach Fete resumes 9 a.m. to 5 p.m. Saturday, June 10, with children’s games, a 10K race, a flea market, a live auction, a 50/50 raffle, games for all ages, entertainment and the Strawberry Patch, a delight for those who believe strawberries and whipped cream are made for each other. The Fete’s first-ever stadium scavenger hunt will help encourage families to see everything the Fete offers, Garbini says.

A ‘New Jersey Centric’ Approach

Food, beer and wine selections will try to mimic what’s available “down the shore,” Schwing says, and organizers are recruiting bands popular in towns such as Long Beach Island. “We’re trying to keep it very ‘New Jersey centric’ and really focus on what this area has to offer,” she says.

Admission to the Fete is free. A selection of T-shirts and caps with the 2006 Fete logo will be available for purchase. Proceeds will help support emergency cardiac care and heart-related community education and screening programs at University Medical Center at Princeton.

For information, please call the Auxiliary office at 609.497.4069, or visit www.princetonhcs.org/auxiliary.

Cancer: A Greater Risk Among Minorities (continued from page 5)

Live Healthy to Help Prevent Cancer

“While we may not have all of the answers regarding why certain groups tend to develop certain cancers, what we do know is that there are ways to help lower those numbers,” says Dr. Babott.

“It’s vitally important to maintain a healthy lifestyle and to communicate with your physician regularly to understand your risk and develop a regular screening schedule that makes the most sense for you

depending on your sex, age, level of personal risk and national screening guidelines,” says Dr. Babott. “Actually, the secret to combating cancer is really not a secret at all. A combination of prevention, early detection and prompt treatment is key.”

For more information about the Cancer Program at University Medical Center at Princeton, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

breaking new ground

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON



Together we will shape the
future delivery of healthcare.

Project Mission

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.

Breaking New Ground is our community outreach effort to engage you in building the new University Medical Center at Princeton. Through this effort, we will explore the many aspects of building a new hospital – from design through construction right up to our grand opening. We will do this through personal meetings, regular updates in this publication and a new web site www.princetonhcs.org/breakingnewground.

Care That Is Exceptional

University Medical Center at Princeton is committed to bringing new services and technologies to central New Jersey. Over the past several years, we have opened a medically based fitness center and expanded the range of care we can provide by launching new clinical programs. These include an emergency angioplasty program for treating patients who are experiencing heart attacks, advanced maternal-fetal medicine services for women with high-risk pregnancies, an emergency neurosurgery program and a bariatric surgery program for individuals who want to overcome severe obesity.

By breaking new ground with the building of our hospital, we will be firmly positioned to continue this innovation and serve your changing healthcare needs for the long term.

Care That Is Centered on You

Because you deserve to be completely happy and pleased with the care you receive, the new University Medical Center at Princeton will be carefully and thoughtfully designed with you in mind. We want to offer a supportive and friendly atmosphere for patients, family, physicians and staff. By breaking new ground and building a culture of clinical excellence, we will ensure that we help you achieve optimum health and wellbeing.

We are committed to being a good neighbor, and we are relying on you to tell us how you feel about us. Come talk to us, or we can come talk to you.



Pictured: Barry S. Rabner, President & CEO (right), and Milind Khare, Director of Planning & Business Development, present preliminary plans for the new University Medical Center at Princeton.

Care That Is in Tune With You

We realize that being a patient in a hospital can be very stressful. The environment that surrounds you — everything from the sights, sounds, colors, textures and scents — greatly affects your experience as a patient and has a tremendous impact on your recovery.

The new University Medical Center at Princeton will utilize the latest evidence-based design concepts to make you comfortable by promoting relaxation and maximizing your privacy. Our new hospital will promote comfort by managing noise, bringing in natural light and creating private spaces for patients and families to talk. The new hospital will be surrounded by open space and bordered by a lake and a river, so our patients will receive care in an environment that is beautiful and naturally conducive to healing.

Care That Is Responsible

In designing the new hospital, we will break new ground in environmental responsibility and safety. We will attain energy efficiency through the design and positioning of the building and the choice of the best windows, heating and air conditioning systems. To ensure patient safety and comfort, we will incorporate the finest materials, lighting and air handling systems. We are sincerely committed to following the very best practices in environmentally responsible healthcare design.

A Personal Message From Barry S. Rabner *President & CEO of Princeton HealthCare System*

This is an exciting time that represents so much more than the building of a new hospital. It is a once-in-a-lifetime opportunity for each of us to be personally involved in shaping the future delivery of healthcare in our region through the building of the new University Medical Center at Princeton.

As your neighbor and healthcare provider, we want to work closely with you on this ambitious project. After all, you know more about your healthcare needs and expectations than anyone else.

We need to know what you want from your new hospital. We want to work alongside you – supported by the best and brightest minds in healthcare planning, architecture and design – to break new ground in clinical excellence, healthcare technology, patient privacy, safety and comfort.

Together, we can create a new hospital that is unsurpassed in its quality, truly unique in its character, and unmatched in its dedication to serving you well.



Care That Is Accessible

It is part of our mission to provide outstanding care to all patients, regardless of their ability to pay, and we are proud to fulfill that mission. We are looking forward to being in our new site, where we will be able to do this even more effectively. Even though the new site is closer to most of the patients we serve, we will certainly address patients' access needs. We will work to provide convenient access to our services through transportation solutions.

The new University Medical Center at Princeton will be more centrally located at our new home on Route 1 in Plainsboro. This location is closer to 70 percent of the patients we have traditionally served — the areas that have the fastest growing populations in the region. We are also working closely with transportation officials, municipal leaders and other groups to make it even easier to get to our new site. We are optimistic that changes will be made. The new site will also offer plentiful parking.

Care That Is Committed

We plan to serve 1 million cases over the next five years as we build a new hospital, so it certainly is a priority to continue to do a superb job serving you at our current facility. To do so, we will invest approximately \$40 million in capital improvements

in our current site over the next four years. This includes a \$10 million investment in a state-of-the-art clinical information system with the latest electronic medical records technology. This ground-breaking system will be the foundation for a truly complete lifetime medical record – to better serve you and our physicians.

Get Involved

We are committed to being a good neighbor, and we are relying on you to tell us how you feel about us. We will host forums where you can openly share your expectations of us as a neighbor, employer and healthcare provider.

The identification of a potential site for the hospital in Plainsboro is the beginning of a process of working and communicating with Plainsboro government officials and the residents in the community so we can accommodate the community's priorities. It has been gratifying to hear area residents' enthusiastic response to our plans, and we would like to build on this enthusiasm through careful planning and sensitivity to the needs of the people who may be our new neighbors.

Merwick Relocation

As we prepare to build a new hospital, PHCS is also preparing to enhance our long-term care and acute rehabilitation services. PHCS plans to relocate Merwick Care Center, currently located on Bayard Lane in Princeton, to the new hospital campus. University Medical Center at Princeton's Acute Rehabilitation Unit, currently on the Merwick campus, also will be relocated to the new hospital. The Merwick Care Center and UMCP Acute Rehabilitation Unit will continue to provide excellent, uninterrupted care and service to patients and residents at their current sites and after their respective relocations.

Princeton HealthCare System Foundation

We are rebuilding University Medical Center at Princeton for everyone in our area, and we would like everyone to find ways they can support this once-in-a-lifetime effort. Please consider the importance of this project to you and your family as you make your charitable gift and financial plans, and think of us when you decide about volunteering for a great cause. Please call **Ed Gwazda, Executive Director, Princeton HealthCare System Foundation, at 609.497.4190** to learn more about the ways you can support us.

Come talk to us, or we can come talk to you.

If you would like us to come out to talk to you and a group of your friends or to your community group or another group about the new hospital, please just let us know. Please contact Carol Norris, Vice President, Marketing & Public Affairs, at 609.497.4194 if you would like to set up a meeting.

You are also welcome to leave us a message by calling 609.430.7155 or send us an e-mail at comments@princetonhcs.org.

Pictured above right: Carol Norris, Vice President of Marketing & Public Affairs (left), and Christina Lin, graphic designer, discuss elements of PHCS' ongoing communication and outreach related to the relocation.

PHCS will continue to communicate regularly through a variety of channels including in-person meetings, publications and our web site.



breaking new ground

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON
www.princetonhcs.org/breakingnewground



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

May Is National High Blood Pressure Education Month

There is no reason to live with high blood pressure. Princeton HealthCare System is committed to improving the health of those in our community through education and free health screenings. Have your blood pressure checked by a healthcare professional and receive information about maintaining a normal blood pressure and staying healthy. All members of the community are welcome to attend these events.

MYTH:

You can feel it when your blood pressure is too high.

FACTS:

- Most people with high blood pressure have no symptoms.
- Controlling your blood pressure greatly reduces your risk of developing heart attacks, kidney disease, eye damage and strokes.
- African Americans develop high blood pressure earlier in life, are 3 times as likely to die from its complications, and may require more aggressive treatment to maintain a normal blood pressure.



Blood Pressure Screenings

THU. May 4 (11 a.m. – 2 p.m.)
Princeton Market Fair, Food Court
U.S. 1 at Meadow Road, Princeton

THU. May 11 (10 a.m. – 1 p.m.)
ShopRite of East Windsor
319 U.S. Hwy 130, East Windsor

SUN. May 21 (9:30 a.m. – 12 p.m.)
Witherspoon Presbyterian Church
124 Witherspoon Street, Princeton

MON. May 22 (10 a.m. – 1 p.m.)
ShopRite of Lawrenceville at
Mercer Mall, U.S. 1 at Quakerbridge Road
FREE. No registration required.

Blood Pressure Sunday: Know What Your BP Is & How to Manage It

SUN. April 30 (9 a.m. - 1:30 p.m.)
Mt. Olivet Baptist Church
21 Rev. William Powell Drive, Hightstown

SUN. May 7 (10 a.m. - 1:45 p.m.)
Mt. Pisgah AME Church
170 Witherspoon Street, Princeton

Healthcare professionals from Princeton HealthCare System will provide blood pressure checks. After the worship service, Dr. Grace B. Bialy, MD, FACP, board certified in internal medicine and nephrology (Mt. Pisgah) and Dr. Seema Basi, MD, MSCI, board certified in internal medicine and nephrology (Mt. Olivet) will discuss the importance of managing your blood pressure and how to avoid other illnesses associated with high blood pressure. Drs. Bialy and Basi are members of the Medical & Dental Staff of Princeton HealthCare System. All members of the community are encouraged to attend these events.

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

CURRENT PROGRAMS

Laparoscopic Surgery: What's New?

TUE. May 2
6 p.m.: Dinner
7 – 8 p.m.: Lecture
Princeton Fitness & Wellness Center

THU. June 1 (7 – 8 p.m.)
Community Education & Outreach at Alexander Road
Join us for an informative presentation and discussion with Nisha S. Dhir, MD, board certified surgeon, to learn more about laparoscopic surgery, a minimally invasive surgical technique that reduces pain, scarring and recovery time. Discussion will explore the advantages of this technique when performed for common surgeries such as gall bladder removal, hernia repair and other abdominal procedures. Dr. Dhir is a member of the Medical & Dental Staff of Princeton HealthCare System.

Asthma & Your Family

THU. May 4 (7 – 8:30 p.m.)
Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road, Robbinsville
Nancy Elson, MA, RRT, Clinical Instructor and Registered Respiratory Therapist, University Medical Center at Princeton, will present the most up-to-date information on asthma medications and how to use them effectively, triggers of an attack and other available treatments.

3rd Annual Community Health Fair

SAT. May 6 (9 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center
In celebration of the third anniversary of Princeton Fitness & Wellness Center, Princeton HealthCare System, in partnership with PF&WC, is pleased to offer a day of free health information and screenings to area residents. Physicians and health professionals from PHCS will provide valuable information for your family's health and perform a variety of health screenings, including:

- Cholesterol
- Blood pressure
- Glucose
- Pulse oximetry
- Body fat
- And more!

Membership at Princeton Fitness & Wellness Center is not required to attend this event.

Hearing Screening

MON. May 8 (9:30 a.m. – 12 p.m.)
Community Education & Outreach at Alexander Road
Jane Brady, AuD, will conduct free hearing screenings. All are welcome to attend. Screenings are limited and registration is required.



Sleep as We Age

TUE. May 9 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Join us as Michael S. Nolloedo, MD, Medical Director, University Medical Center at Princeton Sleep Center, discusses sleep disorders in aging adults. Dr. Nolloedo will review symptoms and treatment options for common sleep disorders, including sleep apnea, snoring and insomnia. A question-and-answer session will follow. Dr. Nolloedo, a member of the Medical & Dental Staff of Princeton HealthCare System, is multi-board certified in sleep medicine, critical care medicine, internal medicine and pulmonary medicine.



Meet the Chef: Healthy Cooking Series

WED. May 10 (7 – 8:30 p.m.), TUE. June 13 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
In May, Will Mooney, Chef & Owner of *Brother's Moon*, Hopewell, will prepare a healthy meal that will help you control your blood pressure. Sue McNutly, RD, Registered Dietitian, Princeton House Behavioral Health, will discuss the nutritional value of the recipes. In June, David Ercolano, Executive Chef, *Chambers Walk Café*, Lawrenceville, will prepare an optimal meal for optimal fitness. Joanne Gordon, RD, Registered Dietitian, Princeton Fitness & Wellness Center, will discuss the nutritional components of the meal.

Princeton Dog Walk: Unleashing Party

FRI. May 12
Sponsored by the Auxiliary of University Medical Center at Princeton, The Princeton Dog Walk will be a fun, summer-long event, offering many opportunities to increase awareness and raise funds for our community hospital. Join us for the unveiling of 50 ceramic dogs, each decorated by a local artist or school, which will be on display in participating Princeton shops and establishments from Memorial Day through Labor Day. The dogs will be auctioned off this fall. For more information, please call 609.497.4069.

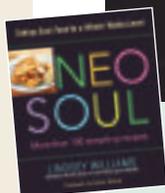


Everyone Aches: Treatment & Prevention of Arthritis

MON. May 15 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
According to the Centers for Disease Control, arthritis is the nation's number one cause of disability. Michael J. Froncek, MD, board certified in internal medicine and rheumatology, member of the Medical & Dental Staff of Princeton HealthCare System, will discuss the treatment and control of arthritis, as well as steps you can take to prevent the onset of arthritis. Question-and-answer session will follow.

Neo Soul Cooking

FRI. May 12 (7 p.m.)
Princeton Fitness & Wellness Center
\$15 per person
Call 1.800.483.7436 or visit www.friendshealthconnection.org to register.



Princeton HealthCare System and Friends' Health Connection are pleased to welcome Lindsey Williams, grandson of Harlem's queen of soul, Sylvia Woods, for an evening of healthy soul food cooking. Mr. Williams grew up in the kitchen of his grandmother's legendary restaurant, *Sylvia's Restaurant of Harlem*, where he learned the art of authentic soul food cooking. But after tipping the scales at more than 400 pounds, he knew he had to make some drastic changes. So he completely changed his lifestyle and diet, lost more than half of his weight, and created his own brand of healthy soul food cooking, which he serves today through his event planning and catering business. For those who love soul food but are hesitant to eat it because of the fat and calories, or those who just enjoy cooking tasty, healthy foods, this is an evening you don't want to miss. Indulge your soul food appetite with healthy dishes that taste just like they came from grandma's kitchen.

Healthy Living Panel: Skin Care**TUE. May 16 (7 – 8:30 p.m.)**

Princeton Fitness & Wellness Center

Proper care of your skin is important, and not just during the summer months. Taking care of your skin keeps it looking healthy and radiant, and helps prevent skin problems. Panelists will discuss daily protection of your skin, prevention of common skin problems and their treatment, including eczema, psoriasis and acne. Learn about non-surgical options for skin care, including laser treatments and injections, and the latest in cosmetic surgery. Participating PHCS physicians, all of whom are members of the Medical Advisory Board of Princeton Fitness & Wellness Center, include:

- Roderick T. Kaufmann, MD, board certified dermatologist
- Robyn B. Notterman, MD, FAAD, board certified dermatologist
- John E. Vine, MD, board certified dermatologist
- Philip D. Wey, MD, FACS, board certified plastic surgeon

**Sit Up!: Ergonomics & Posture****TUE. May 23 (7 – 8:30 p.m.)**

Princeton Fitness & Wellness Center

Poor work station setup, posture and work habits can contribute to cumulative trauma and repetitive stress injuries (RSI). Learn what you can do to proactively minimize your risk of these sometimes debilitating and painful injuries from Jim McCracken, PT, CEES, a physical therapist and Outpatient Rehabilitation Coordinator with the University Medical Center at Princeton Outpatient Rehabilitation Network. He will discuss the concept, anatomy and common sites of cumulative trauma and RSI.

WOMEN'S WELLNESS

Osteoporosis Information Session**WED. May 17 (7 – 8:30 p.m.)**

Princeton Fitness & Wellness Center

Osteoporosis affects over 8 million American women, and is responsible for 1.5 million fractures and \$18 billion in healthcare costs each year. Learn what you can do to prevent osteoporosis and bone loss. Gina C. Del Giudice, MD, FACR, FACP, board certified in rheumatology and internal medicine, will discuss the prevention, symptoms and treatment of osteoporosis in women. Dr. Del Giudice is a member of the Medical & Dental Staff of Princeton HealthCare System.

New Advances in Contraceptives**WED. June 21 (7 – 8:30 p.m.)**

Princeton Fitness & Wellness Center

Mary Beth Kazanski, MD, FACOG, board certified OB/GYN, member of the Medical & Dental Staff of Princeton HealthCare System, will discuss new advances in birth control options. Topics to be covered include advantages and disadvantages of each option, and ongoing concerns that affect women's lives. Question-and-answer session will follow.

Overcoming Obesity: Today's Surgical Options for Weight Loss**THU. May 18 (6:30 – 8 p.m.)**

University Medical Center at Princeton

Ground Floor Conference Rooms A & B

WED. May 23 (6:30 – 8 p.m.)

East Brunswick Hilton

3 Tower Center Blvd., East Brunswick

Severe obesity is a serious health risk that can affect all aspects of your life. Today, there are surgical options for people who have been unsuccessful using traditional weight loss methods. Join Robert E. Brolin, MD, FACS, Medical Director of the Bariatric Surgery Center of Excellence at University Medical Center at Princeton, and Wai-Yip Chau, MD, board certified surgeon specializing in bariatric surgery, at this free lecture. Get your questions answered and learn more about traditional and minimally invasive surgical options including:

- Laparoscopic gastric bypass surgery
- Laparoscopic stomach banding

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

**Stroke Alert!: Stroke Risk Assessment & Screening****WED. May 24 (9 a.m. – 1 p.m.)**University Medical Center at Princeton
Ground Floor Conference Rooms A & B

Receive a FREE personal risk assessment for stroke. A healthcare professional from Princeton HealthCare System will conduct a medical history, take your pulse and blood pressure and cholesterol, and use a stethoscope to listen to blood flow in your neck to help determine your risk for stroke. Participants will have the opportunity to review their results and develop an action plan to reduce their risk. A healthy snack will be served. Registration is limited.

Senior Health & Fitness Day: Chair Exercise**WED. May 31 (2 – 3:30 p.m.)**

Princeton Fitness & Wellness Center

In recognition of Senior Health & Fitness Day, Carol Keyes, PT, Coordinator, Outpatient Rehabilitation, University Medical Center at Princeton, will lead you in a variety of effective exercises that can be done while seated. Exercises include the use of resistance bands and household weights to get your heart pumping and keep you fit.

New Advances in Headache Management**TUE. June 6 (7 – 8:30 p.m.)**

Princeton Fitness & Wellness Center

John W. Vester, MD, board certified in neurology and electrodiagnostic medicine, will discuss the biological and lifestyle factors that can trigger headaches, plus ways to prevent and treat headaches. Dr. Vester is a member of the Medical & Dental Staff of Princeton HealthCare System.

CURRENT PROGRAMS

Beach Fete 2006

FRI. June 9
(5 – 8 p.m.)
SAT. June 10
(9 a.m. – 5 p.m.)
Princeton University
Football Stadium



The annual June Fete is an exciting weekend offering something for everyone.

Attractions include:

- Delicious food
- Entertainment
- Children's games
- 10K race
- Car raffle
- Dinner-dance
- Live auction
- Hand-crafted and boutique items
- Original artwork
- FREE blood pressure screenings & health information.

The Fete is sponsored by The Auxiliary of University Medical Center at Princeton. Proceeds benefit University Medical Center at Princeton and will be used to support emergency cardiac care and heart-related community education and screening programs. For more details, visit www.princetonhcs.org/auxiliary or call **609.497.4069**.

Blood Pressure Screenings for Men's Health

TUE. June 13 (11:30 a.m. – 1:30 p.m.)
Pennington Golf Center, Route 31, Pennington

TUE. June 20 (11:30 a.m. – 1:30 p.m.)
Windsor Greens Golf Center
398 Princeton Hightstown Road, West Windsor

FREE. No registration required.

In recognition of Men's Health Month (June), Princeton HealthCare System is pleased to offer free blood pressure screenings. Blood pressure is a contributing factor to many deadly diseases, including heart disease, diabetes and stroke. Join us to get your blood pressure checked, and learn how to control your blood pressure to maintain your health. All screening events are open to the public.

Healthy Living Panel: Men's Health

TUE. June 20 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

All men and their loved ones are invited to attend this panel discussion on the latest topics in men's health, including prostate health, erectile dysfunction, reproductive health and colorectal cancer. Participating physicians, all of whom are members of the Medical Advisory Board of Princeton Fitness & Wellness Center include:

- Sidney Goldfarb, MD, board certified urologist
- Barry R. Rossman, MD, board certified urologist
- William N. Segal, MD, board certified gastroenterologist

A question-and-answer session will follow.



Infectious Diseases & the Media: Separating Hype From Reality

WED. June 28
6:30 – 8 p.m.: Lecture
6 p.m.: Dinner

Princeton Fitness & Wellness Center
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. Light supper will be provided. Dr. Nahass is a member of the Medical & Dental Staff of Princeton HealthCare System.

CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Baby Care

MON. May 1 (7 - 9:30 p.m.)
WED. May 24 (7 – 9:30 p.m.)
TUE. June 20 (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.



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

TUE. May 2 (6:30 – 8 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. Certified nurse midwives Ursula Miguel, MS, CNM; Peggy Bruno, RN, CNM; Grace Fimbel, CNM; and Brynne Ortquist, CNM, will discuss comfort measures for labor and conduct a tour of University Medical Center at Princeton's Maternity Department.



Introduction to Postpartum Yoga
WED. May 3 (10:30 – 11:30 a.m.)
Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
\$5 per person

This introductory class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their babies. Please bring a yoga mat or towel, two pillows or cushions, and a yoga tie or regular tie for stretching.

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Breastfeeding Support Group

THU. May 4 (11 a.m. – 12:15 p.m.)
THU. May 11 (11 a.m. – 12:15 p.m.)
THU. May 18 (11 a.m. – 12:15 p.m.)
THU. May 25 (7 – 8:15 p.m.)
THU. June 1 (11 a.m. – 12:15 p.m.)
THU. June 8 (11 a.m. – 12:15 p.m.)
THU. June 15 (11 a.m. – 12:15 p.m.)
THU. June 22 (11 a.m. – 12:15 p.m.)
THU. June 29 (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.

Childbirth Preparation

FRI. May 5 – 26 (7 – 9 p.m.)
TUE. May 16 – June 6 (7 – 9 p.m.)
WED. May 31 – June 21 (7 – 9 p.m.)
MON. June 5 – 26 (7 – 9 p.m.)
THU. June 22 – July 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.

Maternity Tour

SAT. May 6
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. May 20
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. June 3
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. June 17
(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 with all Childbirth Preparation classes.

Sibling Class

SAT. May 6
SAT. May 20
SAT. June 3
SAT. June 17
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. May 6 (9 a.m. – 5 p.m.)
University Medical Center at Princeton
Lambert House Classrooms 1 & 2
SAT. May 20 (9 a.m. – 5 p.m.)
SAT. June 10 (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. May 8 (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

TUE. May 9 (7 – 9:30 p.m.)
THU. May 25 (7 – 9:30 p.m.)
THU. June 15 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3
WED. June 21 (7 – 9:30 p.m.)
Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
\$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.

Prenatal Exercise

TUE. May 9 – June 20 (7 – 8:15 p.m.)
No class on May 30
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 individual comfort levels. Medical clearance from a physician is required.

Postpartum Exercise

TUE. May 9 – June 13
(9:30 – 10:30 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 babies (6 weeks to crawling). Medical clearance from a physician is required.

Prenatal Yoga

THU. May 11 – June 29
(7 – 8:15 p.m.)
Princeton Fitness & Wellness Center
\$160 per person
Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a physician is required. Please bring a yoga mat or towel, two pillows or cushions, and a yoga tie or regular tie for stretching.

CHILDBIRTH & FAMILY

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.



Post Partum Yoga

FRI. May 12 – June 30
(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.

Childbirth Preparation Review

FRI. May 12 (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.

Sibling & New Baby

WED. May 17 (7 – 8 p.m.)

Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
\$5 per child

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.

Car Seat Safety Checks

WED. May 24

(11:30 a.m. – 1:30 p.m.)

WED. June 28

(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 one of our car seat safety checks 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 1.888.897.8979 for an appointment. If you are expecting, please schedule your appointment at least one month prior to your due date.

Prenatal Partner Yoga Workshop

SAT. May 27 (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.



Baby's First Moments

WED. May 31 (7 – 8 p.m.)

Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
\$5 per couple

This class will focus on the first moments of your baby's life, including newborn characteristics, state-required health screenings, the Apgar score, bonding and the first feeding.

HEALTHY PREGNANCY SERIES

Thinking About Becoming Pregnant: What You Need to Know

WED. May 10 (7 – 9 p.m.)

Community Education & Outreach
at Alexander Road

Topics include things to think about and do in order to prepare for pregnancy, such as healthy lifestyles for pregnancy, vaccines, things that may have a negative affect on pregnancy, infertility, genetic testing, and advanced maternal age. Participating health professionals and physicians from Princeton HealthCare System include:

- Seth G. Derman, MD, FACOG, board certified OB/GYN and reproductive endocrinologist
- Grace Fimbel, CNM, certified nurse midwife
- Ursula Miguel, MS, CNM, certified nurse midwife
- Plus a board certified OB/GYN specializing in maternal-fetal medicine

You're Pregnant: Everything You Need to Know NOW

WED. June 7 (7 – 9 p.m.)

Community Education & Outreach at Alexander Road

Good prenatal care is essential to protect the health of you and your baby and help ensure a safe delivery. Learn about:

- tests done during pregnancy
- emotional and physical changes
- common pre-existing medical conditions such as diabetes and asthma
- medications and their use during pregnancy
- possible complications, including preterm labor and pregnancy-induced high blood pressure

Participating health professionals and physicians from Princeton HealthCare System include:

- Asha K. Proctor, MD, MPH, OB/GYN
- Grace Fimbel, CNM, certified nurse midwife
- Ursula Miguel, MS, CNM, certified nurse midwife



Helping Baby Get a Healthy Start

WED. June 21 (7 – 9 p.m.)

Community Education & Outreach at Alexander Road

Get the answers to your questions about the steps physicians take to monitor the

growth and development of your baby and establish his or her well being.

Learn about state-of-the-art maternal-fetal testing available through University Medical Center at Princeton, hear about preterm delivery affects on newborns and get a glimpse at the first 24 to 48 hours of life for newborns, including preterm babies.

Participating health physicians from Princeton HealthCare System include:

- Anthony J. Marino, MD, board certified in neonatal-perinatal medicine and pediatrics
- Plus a board certified OB/GYN specializing in maternal-fetal medicine

CHILD BIRTH & FAMILY

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.**Living With Your Infant:
Part 2 (5 – 8 months)****WED. May 31 (7 – 9 p.m.)**
University Medical Center at Princeton
Lambert House Classroom 4**Part 3 (9 – 12 months)****WED. June 14 (2 – 3 p.m.)**
Babies R Us – West Windsor
Nassau Park Blvd., Princeton**WED. June 28 (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.

Safe Sitter**WED. June 28 & THU. June 29**
(9 a.m. – 3 p.m.)Community Education & Outreach at
Alexander Road
\$55 per person

This two-day class teaches adolescent babysitters, ages 11-13, how to handle crises, keep children secure, and nurture and guide a young child. Safe Sitter babysitters help children stay safe and sound while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. Their instructors thrive on making a difference in the lives of adolescents who babysit and the children in their care.

Instruction includes:

- Safe and nurturing childcare techniques
- Rescue skills
- Basic first aid

Sitters should bring their own lunch.

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 or call 1.888.897.8979.

CPR & FIRST AID

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR and first aid classes.**Pediatric CPR for
Family & Friends****SAT. May 13 (9 a.m. – 12 p.m.)****SAT. June 24 (9 a.m. – 12 p.m.)**University Medical Center at Princeton
\$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. May 13 (1 – 4 p.m.)****THU. June 29 (6 – 10 p.m.)**University Medical Center at Princeton
\$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****MON. May 15 (6 - 10 p.m.)**University Medical Center at Princeton
\$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****TUE. May 16 (6 - 10 p.m.)**Community Education & Outreach at
Alexander Road**FRI. May 19 (9 a.m. – 1 p.m.)****MON. June 12 (6 – 10 p.m.)****FRI. June 30 (9 a.m. – 1 p.m.)**University Medical Center at
Princeton**\$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****THU. May 18 (9 a.m. - 4 p.m.)****WED. June 7 & 14 (6 – 10 p.m.)**Princeton Fitness & Wellness Center
\$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. May 24 (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.

**Heartsaver Adult &
Pediatric CPR With AED****MON. June 5 (6 – 10 p.m.)**University Medical Center at Princeton
\$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.

Prostate Cancer Support Group

WED. May 24 (12 – 1:30 p.m.)
Princeton Fitness & Wellness Center

WED. June 28 (7:30 – 9:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A & B

This support group, which has been in existence for over 13 years, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month.



Improving the Chemotherapy Experience

WED. June 7 (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. June 12 (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.

Cancer Prevention Facts for Latinas

SAT. June 17 (9:30 – 10:30 a.m.)

Mt. Pisgah AME Church
170 Witherspoon Street, Princeton

Latina women have the highest incidence of cervical cancer of any ethnic group, and the second highest cervical cancer death rate. Latina women are also more likely to die from breast cancer, although they have a lower incidence of the disease, because they are often not screened regularly and the cancer is usually detected in a later, less-treatable stage. Join us as Sarah I. Sordo, MD, board certified in internal medicine and member of the Medical & Dental Staff of Princeton HealthCare System, discusses ways for Latina women to improve their health and prevent cancer. Free mammograms will be offered to eligible attendees after the lecture.



American Cancer Society's Run for Dad

SUN. June 18 (7:30 a.m.)

Mercer County Park
West Windsor

For information, or to register, call 1.800.ACS.2345.

Princeton HealthCare System is a proud sponsor of this annual event which raises money to provide funds for prostate cancer research, treatment and awareness.

MAY IS MELANOMA/SKIN CANCER DETECTION & PREVENTION MONTH

Skin Cancer Screening & Information Session

WED. May 10
Screenings: 6 – 8 p.m.
University Medical Center at Princeton
Medical Arts Building, Suite B
Information Session: 6 p.m. & 7 p.m.
University Medical Center at Princeton
Ground Floor Conference Rooms A & B

In recognition of Melanoma/Skin Cancer Detection and Prevention Month (May), David A. Wrone, MD, board certified in dermatology and a member of the Medical & Dental Staff of Princeton HealthCare System, will provide an interactive education session, answering your questions about skin cancer. The free screening will include a head-to-toe assessment by a board certified dermatologist from the Medical & Dental Staff of Princeton HealthCare System and recommendations for skin care based on screening results. This program is registered with the American Academy of Dermatology. Screenings are limited. Registration required.



SUPPORT GROUPS

Better Breathers Club

TUE. May 2 (9:30 - 10:45 a.m.)
TUE. June 6 (9:30 - 10:45 a.m.)
 Princeton Fitness & Wellness Center

THU. May 25 (2:45 - 4:15 p.m.)
THU. June 22 (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. May 8 (7 - 9 p.m.)
MON. June 5 (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. May 17 (2:30 - 4 p.m.)
WED. June 21 (2:30 - 4 p.m.)
 Monroe Township Senior Center
 One Municipal Plaza, Monroe Township

MON. May 22 (6:30 - 8 p.m.)
MON. June 26 (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.

Skin Cancer Screening & Information Session

MON. May 15 (1:30 - 3:30 p.m.)
 Monroe Township Senior Center
 One Municipal Plaza, Monroe Township
 Please call 732.521.6111 to register.

In recognition of Melanoma/Skin Cancer Detection and Prevention Month (May), Jerry Bagel, MD, board certified in dermatology and a member of the Medical & Dental Staff of Princeton HealthCare System, will provide an interactive education session, answering your questions about skin cancer, followed by a free skin cancer screening. The screening will include a head-to-toe assessment and recommendations for skin care based on screening results. This program is registered with the American Academy of Dermatology. Screenings are limited. Registration required.

14th Annual Monroe Township Health Fair

THU. June 29 (10 a.m. - 2 p.m.)
 Monroe Township Senior Center
 One Municipal Plaza, Monroe Township
 No registration required.

Princeton HealthCare System will proudly participate in the 14th Annual Monroe Township Health Fair. PHCS representatives will provide health information and free screenings for Monroe Township seniors. Screenings include:

- Glucose
- Cholesterol
- Foot (screenings by Josh B. Ottenheimer, DPM, podiatrist)

PLAINSBORO TOWNSHIP
EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Plainsboro Township.

Calling 9-1-1: What Happens Next?

FRI. May 12 (1 - 2 p.m.)
 Plainsboro Recreation Department, Senior Drop In, 641 Plainsboro Road, Plainsboro
 No registration required.

Do you know when to call 9-1-1? Nancy Panarella, RN, BSN, MBA, Clinical Instructor, University Medical Center at Princeton, and a representative from the Plainsboro Rescue Squad will discuss when it is appropriate to call 9-1-1 and what happens after you call, from the moment you hang up the phone through your visit to the Emergency Department. Plus, learn what health information is helpful to have on hand in emergency situations. Question-and-answer session will follow.



**PRINCETON
EVENTS FOR SENIORS**

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Princeton Township and Borough.



Aging With Style: Healthy Eating

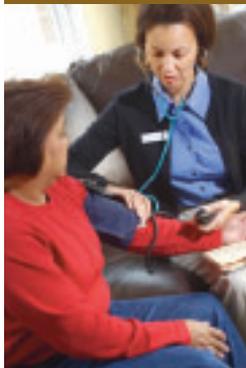
FRI. May 19 (12:30 – 2 p.m.)

Princeton Windrows, Windrow Drive, Princeton

Please call 609.520.3700 to register.

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

**SOUTH BRUNSWICK TOWNSHIP
EVENTS FOR SENIORS**



Princeton HealthCare System is pleased to offer education seminars and screenings to seniors residing in South Brunswick Township.

Health Fair

SAT. June 24 (10 a.m. – 12 p.m.)

K. Hovnanian's Four Seasons at South Brunswick, One Evergreen Circle, South Brunswick

No registration required.

Please join us for an opportunity to meet health professionals from Princeton HealthCare System, who will answer your personal health questions and provide free health screenings.

Screenings include:

- Blood pressure
- Cholesterol
- Glucose
- Body mass index

Residents of Four Seasons at South Brunswick, their families and friends, and neighbors from the surrounding communities are invited to attend this free event.

**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, unless otherwise indicated.

Hearing Screening

FRI. May 5 (1 – 3:30 p.m.)

West Windsor Senior Center

271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register.

Jane Brady, AuD, Audiologist, will conduct free hearing screenings for seniors residing in the West Windsor area. Registration is limited and required.

Balance Screening

FRI. June 2 (1 – 2:30 p.m.)

West Windsor Senior Center

271 Clarksville Road, Princeton Junction

Please call 609.799.9068 to register.

Carol Keyes, PT, Coordinator, Outpatient Rehabilitation, University Medical Center at Princeton, will provide area seniors with free balance checks and information on how to maintain good balance.

SAVE THESE DATES

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

- ➔ **Community Health Screening (July)**
- ➔ **Kids Can Cook, parent-child cooking series (July - August)**
- ➔ **Prenatal and Postpartum Exercise (July - August)**
- ➔ **Emergency Department Exploration for Children (August)**



Fitness Tips for Every Body

Steve Bossio, an exercise physiologist at Princeton Fitness & Wellness Center, offers these tips for building a healthy body:

- On average, try to get a minimum of 20 minutes of exercise daily.
- **Begin every workout by warming up, and end your session with a stretching routine.**
- Complete your strength training first, and then move on to your cardiovascular routine. Strength training before cardio helps you burn fat sooner, which should enhance your results.
- When it comes to strength training, never work the same muscles two days in a row. Muscles need time to rest and recover from a workout, so if you focus on the lower body one day, work the upper body the next.
- **Change your workout every eight to 12 weeks to help avoid boredom and promote continued success.** Over time, the mind and the body become bored with the same routine, which means you will no longer receive the same physical benefit from your workout. You may also lose interest and give up exercising altogether as a result of boredom.
- Keep your entire workout — from warm-up to stretching — to 90 minutes or less. For the average person, anything over 90 minutes will result in over-training. Signs of over-training include fatigue, boredom and loss of lean muscle mass and strength.
- **Remember, when it comes to good health, exercise and proper eating habits go hand-in-hand.** Weight reduction and overall physical health are best achieved through healthy exercise and healthy eating.
- Never exercise immediately after eating. Blood flow is directed to digestion after eating, while during exercise it rushes to the muscles. Exercising too soon after a meal can cause nausea, hinder digestion and reduce the benefits of your exercise routine. The general rule is to hold off exercise for at least two hours after eating a meal and one hour following a snack.
- Following your workout, try to eat a healthy meal as soon as possible, in order to replenish vital nutrients that were expended during exercise.
- **During any exercise routine, be sure to stay hydrated by drinking plenty of water.**
- If you're beginning an exercise routine, it is recommended to work with a trainer who can help you develop an exercise program based on your goals and health.

Princeton Fitness & Wellness Center is a medically based, state-of-the-art fitness facility designed to promote total health and wellness, and further support Princeton HealthCare System's full continuum of health services. **For more information, call the center at 609.683.7888.**

A Good Night's Sleep Makes All the Difference

Tired didn't even begin to describe the feeling Marion Meeks had experienced nearly every day of his adult life. No matter how early he climbed into bed, no matter what relaxation technique he tried, Meeks always greeted the morning with a sense of frustration and total exhaustion. To the 63-year-old pharmaceutical researcher, the nights seemed endless, and yet at the same time morning somehow always seemed to come too soon.

"Sleeping was never my strong suit," says Meeks. "I was always a terrible sleeper. I repeatedly woke up throughout the night and never remember feeling rested in the morning. It was terrible. I would go to work exhausted and come home the same way. It seemed like it never ended."

It was his decision to seek help at the University Medical Center at Princeton Sleep Center that finally turned his life around, Meeks observes.

"I went in for an overnight sleep study at the Sleep Center and that same night they diagnosed me and set me up with what I needed to get a good night's sleep from then on," he says. "I occasionally have a night when I don't get a perfect night's sleep, just like anyone else, but now I don't worry about it because usually I'm sleeping well and waking up feeling rested and alert. It was amazing how easy it was for them (the Sleep Center) to resolve something I had lived with for so long."

A Common Condition

Meeks was diagnosed with sleep apnea, one of the two most common sleep disorders diagnosed and treated by the multidisciplinary team at University

Medical Center at Princeton's Sleep Center. A highly treatable sleep disorder, sleep apnea is a condition where a person is unable to breathe properly while sleeping, usually due to upper airway blockage. The condition can increase the risk of heart attack, heart failure, stroke and high blood pressure. During waking hours, people who suffer from sleep apnea are prone to experience concentration problems and may be irritable and/or depressed.

Sleep apnea is the result of muscles in the throat relaxing during sleep, partially or totally shutting off the airway. Regular breathing usually resumes with a snore, gasp or snort. The condition is most frequently seen in overweight men and older individuals, although sleep apnea and other sleep disorders can affect anyone, including children.

"Once we have a diagnosis, it can often be relatively simple to resolve a patient's sleep disorder

and give him or her the opportunity to have a restful night's sleep. That, in turn, promotes an improved quality of life," says Michael S. Nollo, MD, Medical Director of the Sleep Center at University Medical Center at Princeton.

**Untreated obstructive
sleep apnea may
result in daytime
sleepiness, impaired
memory and work
performance, decreased
quality of life, and
increased risk for
heart disease.**

– Michael S. Nollo, MD



Recognize the Symptoms of Sleep Disorders

- Snoring, gasping or choking while sleeping
- Daytime fatigue
- Not feeling refreshed after sleep
- Waking frequently at night
- Unusual movements during sleep or rest, including limb movements and sleep walking or talking
- Insomnia
- Sleepiness when driving
- Memory or concentration problems
- Hyperactivity in children

A Night Away From Home

Sleep apnea, insomnia and a host of other sleep disorders are usually diagnosed at the Sleep Center through an overnight sleep assessment, where the patient spends the night in a private room equipped with a comfortable bed, a television with a VCR/DVD player, a refrigerator and a personal shower. A variety of special sensors are applied to the patient's head, chest and legs to measure brain waves, respiration, heart rate, blood oxygen levels and other significant body functions. The treatment team, which includes board certified physicians, insomnia specialists and technologists, evaluate more than 800 digital pages of data to identify the cause of the sleep disorder.

"Generally, sleep assessments involve a one-night stay beginning an hour or so before bedtime and concluding at 6 a.m. the next morning," says Dr. Nollo, who is multi-board certified in internal medicine, critical care medicine, pulmonary medicine and sleep medicine. "That single night can reveal quite a bit about what's going on when you're asleep, and in some cases we can begin treatment that same night."

Prompt treatment at the Sleep Center was exactly what took place in Meeks' case.

"Early on in the sleep study, they determined that it was sleep apnea," Meeks recalls. "The number of arousals keeping me from getting into a deep sleep was really high, so they told me right then and there

that they wanted me to try a CPAP machine to see if it would help. I didn't think I'd be able to sleep with the machine, but it instantly changed my sleeping pattern, and I've been happily using it ever since."

The CPAP (a continuous positive airway pressure) machine improves the breathing of many sleep apnea sufferers, according to Dr. Nollo. In this effective therapy, a small mask is worn over the nose while sleeping. Gentle pressure from an air compressor promotes air flow through the nose and into the throat, allowing for normal sleep and breathing. The Sleep Center works closely with each patient's primary care doctor to develop and monitor the most appropriate treatment for that patient.

"I'm sure a lot of people know they have a sleeping problem and just try to live with it, figuring there's nothing much they can do," says Meeks. "But my Sleep Center experience proves that there can be a dramatic change in your life if you just find the right place for evaluation and treatment. Today I can honestly say that I can't remember the last time I woke up tired."

Both adults and children can suffer from sleep disorders, and the University Medical Center at Princeton Sleep Center provides treatment for both. **For more information, please call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.**

PHCS Honors Physician Humanitarian



Michael Y. Wong, MD a board certified ophthalmologist on staff at Princeton HealthCare System (PHCS) has received the 2006 Distinguished Physician Humanitarian Award from PHCS.

Dr. Wong travels to Africa and South America to provide free eye care to remote, impoverished areas. In the summer of 2001, he organized and funded an “eye camp” in Oshakati, Namibia, where he performed 125 cataract surgeries in a hospital surrounded by armed guards and barbed wire. Two years later, Dr. Wong traveled to Juliaca, a Peruvian mountain village 14,000 feet above sea level to perform 75 cataract surgeries and 25 surgeries to correct other eye problems. He is one of the original members of *EyeCare America*, a group of ophthalmologists that provides free care to indigent patients in the U.S. Locally, Dr. Wong also serves on the advisory board of the Princeton First Aid & Rescue Squad and donates his time in a tennis/character building program for inner city youths in Trenton.

Arthur H. Ackerman, MD, a board certified anesthesiologist, was announced as the 2006 Honorable Mention Award recipient. Dr. Ackerman was recognized for his work in co-founding the American Society of Anesthesiologists Overseas Teaching Program (ASA OTP). He is a dedicated advocate of anesthesia education in Africa and numerous other countries.

PHCS also honored the following physicians who were nominated for the award: **Dr. Robert Berger, Dr. Alan Feldman, Dr. Victor Iturbides, Dr. Norman Katz, Dr. Mark Levin, Dr. Banu Mahalingam, Dr. Russell Marx, Dr. T. John Mercuro, Dr. Neal Schofield, Dr. Nasir Shaikh, Dr. Harvey Smires, Dr. Deborah Soffen and Dr. Maruthi Vadapalli.**

In 2004, the Board of Trustees of Princeton HealthCare System established the Distinguished Physician Humanitarian Award to honor PHCS’ physician humanitarians.



Princeton HealthCare System

253 Witherspoon Street | Princeton, NJ 08540

The Princeton Dog Walk

A new event for The Auxiliary of University Medical Center at Princeton.

The Auxiliary of University Medical Center at Princeton is excited to announce a new event – The Princeton Dog Walk 2006. This spring, the Auxiliary is scheduled to unleash 50, 30-inch high, ceramic dogs. Each dog will be decorated by an established or emerging local artist.



The town of Princeton will be transformed into an enormous art gallery, showcasing “art dogs” in shop windows throughout Princeton. The dogs will be on display throughout the summer, bringing tourists to Princeton and increasing the awareness of The Auxiliary and University Medical Center at Princeton. The dogs will be auctioned off on ebay in the fall of 2006. All proceeds from the event will benefit the Auxiliary and University Medical Center at Princeton.

For more information,
call 609.497.4069 or visit
www.princetonhcs.org/auxiliary.

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