

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | NOVEMBER/DECEMBER 2006



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton Home Care 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

Fighting Lung Cancer With Everything We've Got

UMCP aligns healthcare services to ensure a skilled and comprehensive approach to each patient's care.

breaking **newground**

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

communityfocus

HEALTH EDUCATION CALENDAR

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Fighting Lung Cancer With Everything We'

UMCP aligns healthcare services to ensure a skilled and comprehensive approach to each patient's care.

Whether you are a smoker, a reformed smoker like *ABC News* anchor Peter Jennings, who lost his battle against the disease, or a non-smoker like the late Dana Reeve, a diagnosis of lung cancer can be devastating.

Lung cancer, the deadliest form of cancer, now claims more lives each year than colon, breast and prostate cancer combined, demonstrating that aggressive treatment is necessary to fight the disease. University Medical Center at Princeton (UMCP) aligns all lung cancer services to provide patients and their families with the skilled, comprehensive treatment and support they need.

Skilled Multidisciplinary Treatment

"We bring every medical component together to combat the disease, like an army fighting the enemy," says Luis D. Berrizbeitia, MD, FACS, FCCP, a board certified cardiothoracic surgeon and member of the Medical & Dental Staff at Princeton HealthCare System. "Our approach ensures that each patient's lung cancer is treated completely with communication between all of the skilled medical professionals who are involved in each patient's care. Because it's a team effort, it provides patients with greater peace of mind. They know the lines of communication are open between everyone who is working to treat them."

Patients diagnosed with the disease are most often treated with a multidisciplinary approach that includes chemotherapy, radiation and surgery, says Dr. Berrizbeitia. At UMCP, surgeons and radiation and chemotherapy specialists work together to develop the best course of treatment for each patient. Throughout each patient's care, related medical support staff members – including physical therapy, nutrition, pulmonary, pain management and gastroenterology specialists – are consulted to develop a treatment plan that addresses the patient's individual needs.

"With lung cancer there can be many related areas that need to be addressed to help the patient through treatment and recovery," says Dr. Berrizbeitia. "Our lung cancer treatment takes every aspect into account. If a patient needs help with nausea, guidance with nutritional needs, and/or physical therapy to regain strength, all of those things are arranged for through our treatment approach. Through a united, multidisciplinary approach, we can take the burden off the patients and let them concentrate on healing."

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 health information provided in Health Focus is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

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• UNIVERSITY MEDICAL CENTER AT PRINCETON •
**Lung Cancer 2006
Issues & Controversies**

A progressive leader in the field of lung cancer, University Medical Center at Princeton will host a Lung Cancer Symposium this December. This event, exclusively designed for medical professionals who treat lung cancer, will bring together leading lung cancer physicians for a comprehensive academic discussion and update about issues related to the diagnosis and treatment of the disease.



As a Clinical Research Affiliate of The Cancer Institute of New Jersey, University Medical Center at Princeton offers cancer patients access to progressive, state-of-the-art care close to home and loved ones. This includes clinical research trials available through UMCP and access to New Jersey Cancer Trial Connect, (www.njctc.org), a statewide web site dedicated to linking patients with cancer trials.

Early Diagnosis Is Key

Early diagnosis of lung cancer greatly increases a patient's chance of beating the disease. The problem is that signs of the condition often do not become evident until the disease is advanced, according to Dr. Berrizbeitia.

Frequently, lung cancer is discovered while a patient is undergoing treatment for another condition. But there are some common signs and symptoms of lung cancer you should keep in mind, including:

- a persistent cough that gets worse over time
- chest pain that may worsen with deep breaths
- hoarseness
- weight and appetite loss
- coughing up blood
- shortness of breath or wheezing
- recurring pneumonia or bronchitis
- fatigue

For more information about UMCP's Cancer Program or for assistance with finding a physician, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.



Are You At Risk?

According to the American Cancer Society, an estimated 80 percent of all lung cancer diagnoses in women and 90 percent in men are the result of smoking. Exposure to secondhand smoke, radon, asbestos or certain types of pollution – like Dana Reeve who was 44 when she died – can also have an impact on lung health.

Smoking is the leading cause of preventable death in the US, so if you're a smoker, take control of your health by quitting. If you would like free help to quit smoking, call the NJ Quitline toll free at 1.866.NJ.STOPS or visit www.njquitnet.com for more information.

You can also learn more at a free educational program co-hosted by UMCP and the *Lung Circle of Hope*. The event, **Lung Cancer Awareness, It's Not Just for Smokers**, will be held Tuesday, Nov. 7. Turn to page 15 for event and registration details.

A Look Back at a Life Saved



Fast care, ED teamwork & surgical precision help Montgomery resident survive aneurysm.

Watching Arthur Constantine walk around his neighborhood or work out in his home gym, it's hard to believe that less than a year ago he was stricken with a vascular disease only a small percentage of victims survive.

Late one night last December, Constantine awoke with terrible pain in his back and stomach. An ambulance rushed him to the Emergency Department at University Medical Center at Princeton, where it was quickly determined he had a ruptured abdominal aortic aneurysm. Within minutes, he was taken into surgery to repair the ruptured artery, which had caused more than half the blood in his body to drain into his abdomen.

Constantine gives credit for his survival and remarkable recovery to the teamwork of emergency medical personnel and nurses and physicians in the Emergency Department. He especially praises the skill of his surgeons: Steven P. Kahn, MD, FACS and Kenneth A. Goldman, MD, FACS.

No Time to Wait

An abdominal aortic aneurysm is a weakening of the wall of the aorta, the largest blood vessel in the body, which makes it prone to rupture. Each year, an estimated 15,000 Americans die as a result of a ruptured aortic aneurysm, according to the Society of Vascular Surgery.

The blood loss caused by the rupture is so severe that 80 to 90 percent of patients do not survive.

"Fortunately, Mr. Constantine came to the hospital shortly after his symptoms began, and the experienced professionals in the Emergency Department immediately made the correct diagnosis," says Dr. Kahn, who is board certified in surgery. "More than half of patients who suffer from this condition don't even make it to the hospital."

The good news is that repairing an aortic aneurysm doesn't have to be emergency surgery, says Dr. Goldman, who is board certified in surgery and vascular surgery. In fact, if an aneurysm is detected before it ruptures, it can be safely, surgically cured in most patients.

A Treatable Condition

Surgery to repair an aortic aneurysm involves sewing a graft of Dacron or GoreTex fiber into the diseased portion of the artery. Tissue then grows around the graft as the aorta resumes normal function.

The surgery was traditionally performed using a large incision through the abdomen. Now, as many as 90 percent of elective surgeries are completed using a minimally invasive technique known as endovascular surgery.

A small incision is made in the groin, and the graft is fed through the incision. Most patients leave the hospital within 48 hours.

For some patients, including Constantine, the large incision surgery is still necessary. Constantine spent two weeks in the hospital and says his recovery took several months. "Now, I feel like I did before the surgery," he says.

Family History Risk Factor

One of the greatest challenges in treating an aortic aneurysm is detecting the condition. Patients rarely have symptoms before a rupture. Men over age 65 are most at risk, particularly if they have high blood pressure. Because the condition is still somewhat rare, there is no routine screening. It is often detected during a physical exam or during an unrelated diagnostic test such as an ultrasound for gallstones.

"Family history is a very important risk factor," Dr. Goldman says. "If anyone in your family has suffered an aortic aneurysm, especially a rupture, you should speak with your doctor."

"If it wasn't for them acting so fast, I would have been gone," says Arthur Constantine, a 75-year-old Montgomery Township resident. "They performed a miracle."

For assistance with finding a surgeon or another physician on staff at Princeton HealthCare System, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**, any time day or night.

Osteoporosis Prevention & Treatment



Osteoporosis is a chronic and progressive disease characterized by low bone mass and decreased bone strength that increases an individual's risk of bone fracture. The most disabling fractures occur in the hip and spine. A collapsed vertebra, called a compression fracture, can cause a loss of height or spinal deformities.

An estimated 1.5 million fractures from osteoporosis occur each year in the U.S., says Leroy H. Hunninghake, MD, FACP, a board certified rheumatologist and member of the Medical & Dental Staff of Princeton HealthCare System.

Fractures caused by osteoporosis can result in pain, surgery, hospitalization, disability, deformity and nursing home placement, observes Patricia Graham, MD, a physiatrist who is board certified in physical medicine and rehabilitation. Dr. Graham is also a member of the Medical & Dental Staff of Princeton HealthCare System.

Who Is at Risk for Osteoporosis?

Osteoporosis occurs most often in women over age 50 and men 65 and older, but 80 percent of individuals with osteoporosis are women. Because women can lose up to 20 percent of their bone mass in the five to seven years following menopause, they are more susceptible to developing osteoporosis.

How Do I Know if I Have It?

Unfortunately, there are no symptoms of bone loss. "Osteoporosis often remains undiagnosed until a fracture occurs," Dr. Hunninghake says.

But quick, painless tests, called bone mineral density tests, can measure your bone density to determine if you have osteoporosis. The gold standard for testing is a DEXA scan (Dual energy x-ray absorptiometry), which measures bone density of the hip, spine and forearm, says Timothy Howard, MD, a board certified radiologist and member of the Medical & Dental Staff of Princeton HealthCare System.

Dr. Graham recommends that all women aged 65 and older, along with younger women with two or more known risk factors, should be tested for osteoporosis. For a list of risk factors associated with the disease, visit the National Osteoporosis Foundation at www.nof.org.

What Can Be Done if I Have Osteoporosis?

Osteoporosis cannot be cured, but it can be treated. Treatment includes getting adequate calcium and vitamin D in your diet.

"The National Institutes of Health recommend that women get 1,000 milligrams of calcium daily until they are menopausal," says Dr. Hunninghake. "Then they should go up to 1,500 milligrams. Men should get 1,000 milligrams until they are 65, then they should go up to 1,500 milligrams."

For proper vitamin D intake, get between 400 and 800 international units daily, but do not exceed 800, unless vitamin D deficiency is diagnosed by your doctor.

Weight-bearing exercise, such as walking or strength training, is also a treatment for osteoporosis. However, before you begin an exercise program, Dr. Graham recommends scheduling a consultation with a physician to reduce your risk for injury.

When osteoporosis is causing complications such as decreased balance or pain, the physical therapists with the UMCP Outpatient Rehabilitation Network can work with patients to develop a course of treatment. Benefits of therapy can include improved mobility; pain relief; improved posture; increased muscle strength; improved balance, coordination and walking ability; and injury prevention.

Your doctor may prescribe medication. Hormone replacement therapy (HRT) can have a beneficial effect on bone, but a major study showed it can increase the risks of heart disease, stroke and breast cancer. The Food & Drug Administration recommends that women first consider other osteoporosis medications.

What Can Be Done for Compression Fractures?

Vertebroplasty, a new, revolutionary treatment for compression fractures caused by osteoporosis, is available at University Medical Center at Princeton. It consists of injecting an orthopedic cement mixture through a needle into the fractured bone.

"Unlike a broken arm, for example, you can't cast a broken backbone from the outside," says David C. Youmans, MD, a board certified vascular/interventional radiologist

continued on page 19

Make Your Feet Happy, Choose Healthy Shoes

Has your closet become a museum of uncomfortable footwear – shoes that looked great when you tried them on, but are painful to wear? Or do you find yourself wearing shoes that make you feel uncomfortable, because you can't find a pair that fits?

Then you are not alone. Statistics indicate that nine out of 10 women are wearing shoes that are not the right size for their feet.

While poor shoe purchases can cause frustration and take a toll on your pocketbook, the impact can be worse for your foot health. According to John F. Stanoch, DPM, FACFAS, a physician with board certification in podiatric orthopedics and a member of the Medical & Dental Staff of Princeton HealthCare System, there are a number of painful conditions that are caused or aggravated by improperly fitted shoes.

While women are more likely to develop a foot problem because of poorly fitted shoes than are men, it's important for everyone to take good care of their feet. Here are a few tips from Dr. Stanoch that can help you safeguard your foot health and ultimately transform your closet from a shoe museum to a treasure trove of comfortable footwear.

Know Your Shoes & Avoid Impulse Purchases

Before you go shoe shopping, figure out what type of shoe you need – whether it's a heel, boot, sandal or sneaker – and buy only that.

Measure Your Feet & Don't Squish Your Toes

Your feet must have adequate room within your shoes for comfort and performance. Make sure you have your feet properly measured by a trained sales professional or doctor for the best fit. Keep in mind that you need enough clearance at the top of your shoe to extend all of your toes and that you should have a firm heel grip.

Keep Having Your Feet Measured

Everything has a tendency to get bigger as we age and that includes our feet. Make sure you continue to have your feet properly measured and buy larger shoes as you need them.

When You Have a Problem, See a Doctor

If you have a foot problem, you should have it checked by a doctor.

For assistance with finding a podiatrist or another physician on staff at Princeton HealthCare System, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



Conditions Caused or Aggravated by Poorly Fitted Footwear:

- Achilles tendonitis, a painful inflammation caused when a shoe rubs against the back of the ankle
- Bunions, painful and unattractive bulges or bumps that develop on the inner side of the foot by the base of the big toe
- Haglund's deformity or pump bump, a bony enlargement on the back of the heel that protrudes over the edge of your pump
- Morton's Neuroma, nerve inflammation caused by bones that have been pinched together
- Hammertoes, an abnormal and painful bending of one or both joints of the second, third, fourth or fifth toes
- Ingrown toenails
- Corns, relatively small, pinpointed sources of irritation
- Calluses, broad areas of hard, irritated skin that aren't as deep as corns

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).

Your Life, Your Choices: Being True to You

Princeton HealthCare System's 4th Annual Conference for Women, *Your Life, Your Choices: Being True to You*, is sure to be an exceptional event, featuring keynote speaker **Sissy Spacek**, Academy Award-winning actress, wife and mother. In addition to Spacek's keynote address, the conference will feature the following breakout sessions, spotlighting topics of interest to women and relevant to good health:

What Suits You? Dressing for Your Body Type

Paula Molino, Owner, Fashion Fix

Making the Connection: Exercise & Stress Reduction

Val Brunetti, Certified AFAA Fitness Trainer & Group Fitness Instructor, Princeton Fitness & Wellness Center, and Sheryl Hurwitz, CTRS, Certified Therapeutic Recreation Specialist, Allied Clinical Therapies, Princeton House Behavioral Health

Maintaining Flexibility & Agility

Richard Levandowski, MD, board certified in sports medicine and family practice

Varicose Veins: Now You See Them,

Now You Don't Kenneth A. Goldman, MD, RVT, FACS, board certified in surgery and vascular surgery

Overcome Career Fears: Realize Your Potential

Ginny Devine, Priority Coaching & Consulting

Bringing Out Your Best: Makeup & Skin Care

Megan Griscom, Manager, Origins, and Katy Deutsch, Origins

Heart Health: Facts for Every Woman

John D. Passalaris, MD, FACC, board certified in cardiovascular disease, nuclear cardiology and internal medicine

Standing Strong: Your Fight Against Arthritis & Osteoporosis

Gina C. Del Giudice, MD, FACP, board certified in rheumatology and internal medicine

Nutrition Now: Eating Right for a Healthy Life

Sabina Beesley, MS, RD, registered dietitian

The Diabetes Dilemma: Separating Fact From Fiction

Paulina Duker, MPH, APRN-BC, CDE, Director, Education & Recognition Programs, American Diabetes Association

A Mindful Approach to More Meaningful Relationships

Judith Margolin, PsyD, Director, Women's Programs, Princeton House Behavioral Health, and Robin Boudette, PhD, licensed psychologist and certified yoga instructor



SAT. December 2

Continental Breakfast & Check-in: 7:30 a.m.

Conference: 8:30 a.m. – 2:30 p.m.

Hyatt Regency – Princeton

102 Carnegie Center

Early Bird Tickets (through October 23): \$40

Tickets (after October 23): \$50

Registration required by November 24, 2006
Please call **1.888.897.8979**.

The conference also includes continental breakfast, a luncheon and free childcare. Registrants must indicate their three breakout selections upon registration. Registration is limited and available on a first-come, first-served basis.



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

Registration Form

• Your Life, Your Choices: Being True to You •

This registration form is for **Princeton HealthCare System's 4th Annual Conference for Women** only.
Registration for other events may be completed online or by calling 1.888.897.8979 for assistance.

To register:

- 1) You may call 1.888.897.8979;
- 2) You may register online at www.princetonhcs.org; or
- 3) You may complete and return this registration form to Princeton HealthCare System Community Education & Outreach Program, Princeton Fitness & Wellness Center, Princeton North Shopping Center, 1225 State Road, Princeton, NJ 08540; or
- 4) You may complete this registration form and fax it to 609.924.7621

Please note: Payment is required at the time of registration. All major credit cards are accepted. Personal checks are accepted through mail registration only and must be accompanied by a completed registration form. Checks should be made payable to University Medical Center at Princeton.

Registration Deadline: Friday, November 24, 2006

Early registration is suggested; seating is limited. Registrations will not be accepted on the day of the conference.

Date: Saturday, December 2, 2006

Time: Continental Breakfast and Check-in: 7:30 a.m.
Conference: 8:30 a.m. – 2:30 p.m.

Location: Hyatt Regency-Princeton, 102 Carnegie Center, Princeton, NJ

Fee: **Early Bird Tickets (through October 23)** \$40 per person
Tickets (after October 23) \$50 per person
Payable by credit card or check; includes all sessions, breakfast and lunch and childcare.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____ Phone Number: _____

Payment: Credit Card Check Credit Card Type: _____

Credit Card Number: _____ Credit Card Expiration: _____

Signature: _____

Breakout Sessions: Please select one breakout for each session.**Session 1 (choose one):**

- What Suits You?
Dressing for Your Body Type
- Making the Connection:
Exercise & Stress Reduction
- Maintaining Flexibility & Agility
- Varicose Veins:
Now You See Them, Now You Don't
- Overcome Career Fears:
Realize Your Potential

Session 2 (choose one):

- Bringing Out Your Best:
Makeup & Skin Care
- Making the Connection:
Exercise & Stress Reduction
- Heart Health: Facts for Every Woman
- Standing Strong: Your Fight Against
Arthritis & Osteoporosis
- Nutrition Now:
Eating Right for a Healthy Life

Session 3 (choose one):

- Bringing Out Your Best:
Makeup & Skin Care
- What Suits You?
Dressing for Your Body Type
- Heart Health: Facts for Every
Woman
- The Diabetes Dilemma:
Separating Fact From Fiction
- A Mindful Approach to More
Meaningful Relationships

Luncheon choices (includes salad and dessert): Please choose one:

- Oven-roasted chicken, served with gnocchi and vodka sauce Teriyaki grilled salmon, served on oriental vegetables
- Penne pasta with sun-dried tomatoes and marinated vegetables

Complimentary childcare provided by Princeton HealthCare System Small Wonders Child Care Center staff. A snack will be provided in the morning and afternoon. Please bring a bag lunch for your child, and anything else they may need for the day (diapers, change of clothes, etc.).

I will need childcare: Yes No Child's name: _____ Age: _____

Allergies: _____

Thank you for registering for Your Life, Your Choices: Being True to You.

How to Navigate Your Way Through Holiday Meals

WED. November 1 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Sabina Beesley, MS, RD, registered dietitian, University Medical Center at Princeton's Nutrition Program, will lead this interactive and informative discussion covering topics such as:

- Portion control
- Foods to avoid
- Healthy alternatives and substitutes

RAD Program

FRI. & SUN. November 3, 5, 10, 12
Fridays (6:30 – 9:30 p.m.)
Sundays (9 a.m. – 1 p.m.)
West Windsor Senior Center
271 Clarksville Road
Princeton Junction

RAD (Rape Aggression Defense) is a national self-defense course for women that combines classroom learning with physical self-defense tactics. The four-session course is open to any woman age 16 and over and will be taught by the West Windsor Police Department. Dress in comfortable clothing that would be suitable for exercising and sneakers. No prior experience is necessary. Registration is limited.

Healthy Heart Holiday Cook-Off

MON. November 6
(6 – 8:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room

Registration required and limited.
Join us as we get a healthy start to the holidays! Manuel Amendo, MD, FACC, board certified cardiologist, will discuss the importance of managing your cholesterol year round in order to maintain heart health. Following Dr. Amendo's discussion, local chefs, including University Medical Center at Princeton's Executive Chef, Chris Carey, will provide a cooking demonstration featuring heart-healthy holiday dishes. Participants will have an opportunity to sample a variety of heart-healthy options and one lucky participant will win a gift certificate to dine at a local restaurant. Dr. Amendo is a member of the Medical & Dental Staff of Princeton HealthCare System. *This program has been funded by a generous grant from the Princeton HealthCare System Foundation.*

Diabetes: What Is My Risk?

THU. November 9 (7 – 8:30 p.m.)
Mercer County Library System –
Washington Branch
42 Allentown-Robbinsville Road,
Robbinsville
With the growing epidemic of new-onset diabetes among all ages, it is important to know what you can do to reduce your risk of developing diabetes. Nancy L. Rhodes, RN, MA, CDE, University Medical Center at Princeton's Diabetes Management Program, will discuss risk factors for diabetes and how to prevent it, as well as the associated complications for those with known diabetes.

SAT. November 4 (6 – 11 p.m.)
Brearley House
100 Meadow Road
(Off of Princeton Pike)
Lawrenceville

FREE Glucose Screening

FRI. November 10 (8 a.m. – 12 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B
In recognition of Diabetes Awareness Month (November), health professionals from Princeton HealthCare System will provide free glucose screenings. Participants will have the opportunity to discuss screening results with a certified diabetes educator who will teach you how to manage your risk for diabetes. A screening appointment is required. Please call 1.888.897.8979 for more information

Communication: The Key to Understanding Behaviors in Individuals With Memory Loss

MON. November 13 (7 – 8:30 p.m.)
Community Education & Outreach
Program at Alexander Road
Princeton HealthCare System is pleased to welcome Eileen E. Doremus, Coordinator of Support Group Services, Alzheimer's Association's Greater New Jersey Chapter, to help caregivers gain insight into misunderstood behaviors of individuals with memory loss, and teach ways to develop communication techniques to respond to common behaviors, including:

- Repetitive actions
- Aggression
- Recognition difficulties
- Anxiety and agitation

Women's Wellness: Understanding Postpartum Depression

WED. November 15 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Mothers, you are not alone. Up to 80 percent of moms experience some form of the baby blues, and one in eight will experience postpartum depression, a more serious condition that won't go away on its own. By raising awareness of postpartum depression among new and expectant parents, their family members and healthcare providers, we are increasing the likelihood that a woman will receive the support and treatment needed to overcome postpartum depression. Robyn D'Oria, RNC, MA, Executive Director, Central New Jersey Maternal and Child Health Consortium, will lead this informative discussion that will focus on the causes, symptoms and treatment options for those suffering from postpartum depression.



A November Night is an annual black-tie gala featuring fine dining, live music, dancing and a silent auction that is sure to delight even the most discriminating party goers.

*For more information on this year's event, call 609.497.4069
or visit www.princetonhcs.org/auxiliary.*

CURRENT PROGRAMS

The Diabetes Epidemic

WED. November 15 (12 – 1 p.m.)
South Brunswick Municipal Building
Utilities Meeting Room #1
540 Ridge Road, Monmouth Junction

Please call Nancy at 732.329.4000, ext. 7258 to register. Princeton HealthCare System and the South Brunswick Health Department are pleased to welcome Henry Howard Goldstein, MD, FACE, Medical Director, University Medical Center at Princeton's Diabetes Management Program, to discuss the growing epidemic of diabetes in America. Dr. Goldstein will discuss prevention and risk reduction for diabetes, in addition to reviewing the most up-to-date ways to manage diabetes and reduce the risk of complications. Lunch will be provided. *This program has been funded by a generous grant from the Princeton HealthCare System Foundation.*



Free Vision Screening

MON. November 20 (10 a.m. - 1 p.m.)
Community Education & Outreach at
Alexander Road

Appointment required. Please call Patti at 609.897.8985. Half of all blindness is preventable through regular vision screenings and education, so have your eyes checked today. Princeton HealthCare System and the New Jersey Commission for the Blind: *Project Prevention Unit* are pleased to offer these free screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian. *Se habla español.*

**Healthy Living Panel:
All You Need to Know About Stroke**

TUE. November 21 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

This comprehensive panel discussion will feature experts in stroke care at Princeton HealthCare System. Topics include signs and symptoms of a stroke, risk factors, post-stroke Botox treatments, physical therapy and the Saebo Flex Treatment for recovering stroke patients. A question-and-answer session will follow. Participating panelists include:

- Esperanza Guillermety, MD, board certified in physical medicine and rehabilitation, member of the Medical & Dental Staff of Princeton HealthCare System
- Paul K. Kaiser, MD, board certified in clinical neurophysiology and neurology, Medical Director, University Medical Center at Princeton's Stroke Program
- Morad Fairoz, PT, DPT, physical therapist, University Medical Center at Princeton's Outpatient Rehabilitation Network

**Eating Disorders:
Warning Signs & Symptoms**

TUE. November 28 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Eating disorders like anorexia and bulimia typically start in the teen years, and can affect both males and females. Learn about the early signs and symptoms to look for in your teen, and what you can do to prevent the onset of an eating disorder from Russell D. Marx, MD, Medical Director of University Medical Center at Princeton's Eating Disorders Program, and board certified psychiatrist. Dr. Marx is a member of the Medical & Dental Staff of Princeton HealthCare System and serves on the Medical Advisory Board of Princeton Fitness & Wellness Center.



**Road Rage:
Do You Have It?**

TUE. December 5
(7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Intermittent explosive disorder, thought to be the cause of road rage and other anger issues, will be discussed. Treatment and other symptoms of the disorder will also be covered. Martin Weinapple, MD, board certified psychiatrist, will lead this discussion. Dr. Weinapple is a member of the Medical & Dental Staff of Princeton HealthCare System and serves on the Medical Advisory Board for Princeton Fitness & Wellness Center.



Carbs & Fats: Good or Bad?

WED. December 6 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

With all the contradictory fad diets weighing in on the subject of carbohydrates and fats lately, it's no wonder there is confusion about good and bad carbs and fats. Sabina Beesley, MS, RD, registered dietitian, University Medical Center at Princeton's Nutrition Program, will discuss the good and bad of carbs and fats, including foods to avoid and foods that contain healthy amounts of carbs or fats and should be included in any diet. A cooking demonstration and taste-testing will also be included.

**Healthy Heart Awareness Program:
Are You at Risk?**

WED. December 6 (8 a.m. – 12 p.m.)

University Medical Center at Princeton
Cardiac & Pulmonary Rehabilitation Program
Lambert House, Ground Floor

A screening appointment is required.

Please call 1.888.897.8979.

Health professionals from Princeton HealthCare System will be on hand to provide free screenings to assess your risk of heart disease, and to discuss ways to manage and reduce your risk. Screenings include:

- Blood pressure
- Cholesterol
- Body mass index

**Women's Wellness: Hormone Replacement
Therapy: What's All the Fuss About?**

WED. December 13 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Hormone Replacement Therapy, or HRT, has been debated by aging women and medical professionals as a successful treatment for the symptoms of menopause. Susan McCoy, MD, board certified gynecologist, will discuss what HRT is, current recommendations for its use, supporting research and alternatives for relief of menopausal symptoms. A question-and-answer session will follow. Dr. McCoy is a member of the Medical & Dental Staff of Princeton HealthCare System.

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

Breastfeeding Support Group

THU. November 2
(11 a.m. – 12:15 p.m.)
THU. November 9
(11 a.m. - 12:15 p.m.)
THU. November 16
(11 a.m. - 12:15 p.m.)
THU. November 30
(7 - 8:15 p.m.)
THU. December 7
(11 a.m. - 12:15 p.m.)
THU. December 14
(11 a.m. - 12:15 p.m.)
THU. December 21
(11 a.m. - 12:15 p.m.)
THU. December 28
(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.



Postpartum Exercise

WED. November 1 – December 13
(6:30 – 7:30 p.m.)
No class November 22.
THU. November 2 – December 14
(10:30 – 11:30 a.m.)
November 16 class will be held on Monday, November 13 instead.
No class November 23.
Community Education & Outreach Program

\$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, which is designed for all fitness levels, allows new moms to perform the exercises with their babies (6 weeks to crawling). Medical clearance from a physician is required. Please bring a large towel or mat for floor exercises and water for hydration.

Childbirth Preparation Review

FRI. November 3 (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.

Maternity Tour

SAT. November 4
(1 - 2 p.m. or 2:30 – 3:30 p.m.)
SAT. November 18
(1 - 2 p.m. or 2:30 – 3:30 p.m.)
SAT. December 9
(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. November 4
SAT. November 18
SAT. December 9
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.



Prenatal Nutrition

MON. November 6
(7 – 9 p.m.)
Community Education & Outreach at Alexander Road

\$20 per couple
Sabina Beesley, MS, RD, registered dietitian, University Medical Center at Princeton's Nutrition Program, and mother of two, will teach expectant couples proper nutrition for the pregnant mom, through all stages of pregnancy. Topics include minimizing weight gain during pregnancy, foods to avoid when pregnant, plus postpartum nutrition and special nutritional concerns for breastfeeding.

Prenatal Exercise

TUE. November 7 – December 12
(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. Please bring a large towel or mat for floor exercises and water for hydration.

Childbirth Preparation

TUE. November 7 – 28
(7 – 9 p.m.)
MON. November 20 – December 11
(7 – 9 p.m.)
WED. November 29 – December 20
(7 – 9 p.m.)
TUE. December 5 – 26
(7 – 9 p.m.)
THU. December 14 – January 4
(7 – 9 p.m.)
WED. December 27 – January 17
(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.

CHILDBIRTH & FAMILY

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

Bright Beginnings 1 (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
No class November 22 and December 27
Princeton Fitness & Wellness Center

Bright Beginnings 2 (6 to 12 months)

TUE. November 7 (10:30 – 11:30 a.m.)
TUE. November 21 (10:30 – 11:30 a.m.)
TUE. December 5 (10:30 – 11:30 a.m.)
TUE. December 19 (10:30 – 11:30 a.m.)
Community Education & Outreach at
Alexander Road

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

This informative relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new moms, and guest speakers are occasionally featured. 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.

Prenatal Breastfeeding Class

WED. November 8 (7 – 9:30 p.m.)
MON. December 18 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

MON. November 27 (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.

Safe Sitter

THU. November 9 & FRI. November 10
(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
- Basic first aid

Sitters should bring their own lunch.

Baby Sign

FRI. November 10 (6:30 – 8 p.m.)
Princeton Fitness & Wellness Center
Communicating with your baby can be challenging. This class will give you the tools you need to communicate with your child 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. The entire family is encouraged to attend. You can begin baby sign at any age, but a good time to start is when your child is between 6 and 7 months old.



Accelerated Childbirth Preparation

SAT. November 11 (9 a.m. - 5 p.m.)
SAT. December 9 (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's First Holiday

SAT. November 11 (11 a.m. – 3 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 information about how to make baby's first holiday a special one.



Terrific Toddlers (1 to 3 years)

TUE. November 14
(10:30 – 11:30 a.m.)
TUE. November 28
(10:30 – 11:30 a.m.)
TUE. December 12
(10:30 – 11:30 a.m.)
Community Education & Outreach at
Alexander Road

\$5 per session, payable at door

No registration required.

This informative relaxed group is for parents and caregivers of toddlers, ages 1 to 3 years. Each week focuses on a different topic of interest to those caring for a toddler, and guest speakers are occasionally featured. 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.

Baby Care

WED. November 15 (7 – 9:30 p.m.)
THU. December 7 (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

THU. November 16 (6:30 – 8:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B
Please join us for an informative evening about the midwife model of care. The evening will focus on a discussion of comfort measures for labor and include a tour of University Medical Center at Princeton's Maternity Department. Participating certified nurse midwives include:

- Ursula Miguel, MS, CNM
- Grace Fimbel, CNM

CHILDBIRTH & FAMILY

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



Itsy Bitsy Yoga® for Tots (crawling to 24 months, with a parent or caregiver)

FRI. December 1 – 22 (9 – 9:45 a.m.)
Princeton Fitness & Wellness Center

\$60 per person

This class will provide active and supportive yoga practice, combined with proven techniques to playfully teach tots yoga postures while they are sitting up, standing, walking and jumping. Practicing yoga together helps strengthen the bond between parent and child. Tots feel happier and more confident, while honoring their explorative and physical nature. No previous yoga experience is necessary. Please bring a favorite small plush toy to help involve your child in some of the activities. This class is taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

Itsy Bitsy Yoga® for Tykes (2 – 4 years of age, with a parent or caregiver)

FRI. December 1 – 22 (10 – 10:45 a.m.)
Princeton Fitness & Wellness Center

\$60 per person

This class offers yoga poses, songs, stories and games to discover and enhance physical and social development of your tyke. Practicing yoga together helps strengthen the bond between parent and child, and is helpful in building a foundation for a healthy and fit lifestyle. No previous yoga experience is necessary. Please bring a favorite small plush toy to help involve your child in some of the activities. This class is taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

Prenatal Partner Yoga Workshop

SAT. December 2 (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; however, medical clearance from a physician is required. Please bring a yoga mat or large towel, two pillows or cushions. This class is taught by a certified prenatal yoga instructor.

Holiday Open House

SAT. December 9 (11 a.m. – 3 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 are invited to attend.

Car Seat Safety Checks

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat. Call 1.888.897.8979 for an appointment.

If you are expecting, please schedule your appointment at least one month prior to your due date.

CPR & FIRST AID

Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

BLS for Healthcare Providers

MON. November 6 (9 a.m. – 1:30 p.m.)

THU. December 7 (6 – 10:30 p.m.)

FRI. December 8 (9 a.m. – 1:30 p.m.)

Community Education & Outreach at Alexander Road

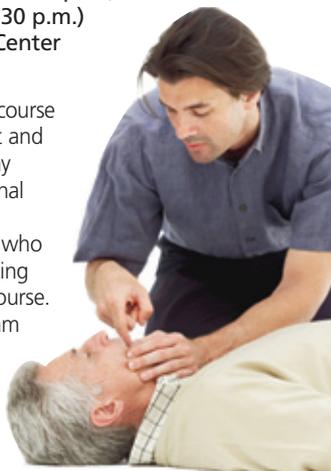
MON. November 13 (10 a.m. – 2:30 p.m.)

SAT. November 18 (9 a.m. – 1:30 p.m.)

Princeton Fitness & Wellness Center

\$60 per person

The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.



Pet First Aid

WED. November 8 (6:30 – 9 p.m.)

Princeton Fitness & Wellness Center

\$35 per person

The Pet First Aid course, designed by the American Safety & Health Institute (ASHI), teaches participants how to give immediate care 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.

Please do not bring your pet to class.

Family & Friends CPR – Infant

SAT. November 11 (9 a.m. – 12 p.m.)

SAT. December 9 (9 a.m. – 12 p.m.)

University Medical Center at Princeton
Ground Floor Conference Room B

\$35 per person

The Family & Friends CPR program teaches how to perform CPR on infants, and how to help an infant who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

CPR & FIRST AID

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for CPR and first aid classes. Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

Heartsaver First Aid – Pediatric

SAT. November 11 (1 – 4 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B

\$50 per person

The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test.

Heartsaver CPR

FRI. November 17 (6 – 10 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A & B

\$50 per person

The Heartsaver CPR course teaches CPR and relief of choking in adults and children, and infant CPR and relief of choking, and use of barrier devices for all ages. Heartsaver CPR is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a written exam and skills test. Participants will receive a course completion card.

Heartsaver AED

MON. December 11 (6 – 10 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B

\$55 per person

The Heartsaver AED course teaches CPR, AED use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. Heartsaver AED is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a written exam and skills test. Participants will receive a course completion card.

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.

Frankly Speaking About Lymphoma

MON. December 4 (5:30 – 8 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room A

To register, please call Karen at The Wellness Community of Central New Jersey: 908.658.5400.

University Medical Center at Princeton's Cancer Program and The Wellness Community of Central New Jersey are pleased to partner to offer an empowering discussion on non-Hodgkin's Lymphoma. Featured speakers include Doreen Babbott, MD, board certified in hematology, medical oncology and internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System, and Beth Becket, BSN, RN, OCN, Assistant Nurse Manager, Outpatient Infusion, University Medical Center at Princeton. Topics covered will include understanding lymphoma, receiving a proper diagnosis, treatment options and managing symptoms and side effects. A light dinner will be served.

Supporting Your Healing Journey

MON. November 20 (6:30 – 8 p.m.)

MON. December 18 (6:30 – 8 p.m.)

Community Education & Outreach at Alexander Road

University Medical Center at Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and Mary C. Rooney, RN, BSN, OCN, Oncology Outreach Coordinator, University Medical Center at Princeton's Cancer Program, will co-facilitate.



Improving the Chemotherapy Experience

WED. December 6 (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.

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.

Lung Cancer Awareness: It's Not Just for Smokers

Dispelling Myths, Dispensing Facts

TUE. November 7 (5:30 – 8 p.m.)

Princeton Fitness & Wellness Center

University Medical Center at Princeton's Cancer Program and the Lung Cancer Circle of Hope are pleased to partner to promote lung cancer awareness. A panel of experts in the care of cancer patients, as well as cancer survivors, will dispell the myths surrounding lung cancer and provide important facts about this often misunderstood disease.

Panelists include:

- William W. Barton, MD, board certified in pulmonary disease, critical care medicine and internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System
- John C. Baumann, board certified radiation oncologist, member of the Medical & Dental Staff of Princeton HealthCare System

- Luis D. Berrizbeitia, MD, board certified cardiothoracic surgeon, member of the Medical & Dental Staff of Princeton HealthCare System

- David B. Sokol, MD, board certified in medical oncology, hematology and internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System

- Bonnie Hoegl, MSW, LCSW, Oncology Social Worker, University Medical Center at Princeton

- Susan Levin, President, Lung Cancer Circle of Hope

- Mary C. Rooney, RN, BSN, OCN, Oncology Outreach Coordinator, University Medical Center at Princeton

- Plus a panel of lung cancer survivors

Light dinner will be provided.

*This program has been funded by a generous donation from **Ortho Biotech**.*

SUPPORT GROUPS

Better Breathers Club

TUE. November 14 (10 – 11 a.m.)

TUE. December 12 (10 – 11 a.m.)

University Medical Center at Princeton

Lambert House Classrooms 1 & 2

THU. December 28 (3 – 4 p.m.)

University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program: Monroe Unit 11 Centre Drive, Suite C

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. November 6 (7 – 9 p.m.)

MON. December 4 (7 – 9 p.m.)

Princeton Fitness & Wellness Center

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

Bereavement Support Group

MON. November 20 (1 – 2:30 p.m.)

MON. December 18 (1 – 2:30 p.m.)

Princeton Senior Resource Center

45 Stockton Street, Princeton

Please call Jo Ann or Cheryl at 609.497.4900 to register.

This monthly support group provides participants the opportunity to receive information about what to expect during the grieving process, meet and speak with hospice staff who are experienced in helping people move through the bereavement process, the comfort of being with others who are experiencing the loss of a loved one, and the opportunity to receive information regarding additional bereavement resources.

Diabetes Support Group

WED. November 15 (2:30 - 4 p.m.)

WED. December 20 (2:30 - 4 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe

Township

MON. November 27 (6:30 - 8 p.m.)

University Medical Center at

Princeton,

Diabetes Management Program

Medical Arts Building, Suite B

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



MONROE TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Monroe Township. To register, please contact the Monroe Township Office on Aging – Senior Center at 732.521.6111.

What Every Patient Should Know: Optimizing Your Medication Use

FRI. November 3 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza
Monroe Township

Please call to register.

Connie Pfeiffer, PharmD, BCPS, BCOP, Clinical Pharmacist at University Medical Center at Princeton, will discuss important drug interactions, guidelines for when and how to take medications, and possible reactions with over-the-counter medications and natural supplements.

PRINCETON TOWNSHIP EVENTS FOR SENIORS

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

Healthy Aging Fair & Flu Shot Program

WED. November 1 & 8 (1 – 4:30 p.m.)
Princeton Senior Resource Center
Suzanne Patterson Center
45 Stockton Street (behind Borough Hall), Princeton

No registration required. Those requesting pneumonia shots should contact Princeton Senior Resource Center at 609.924.7108.

Princeton HealthCare System is proud to take part in this annual program for Princeton residents age 65 and over. Health professionals from Princeton HealthCare System will provide a variety of free health screenings.

Princeton Senior Resource Center and the Princeton Regional Health Department will offer free flu shots* for Princeton Township and Borough residents (proof of residency required for flu shots only). *Flu shots are free with a Medicare card; \$10 per person without a Medicare card. All other health screenings are free of charge.

WEST WINDSOR TOWNSHIP EVENTS FOR SENIORS

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

Stroke Prevention

THU. November 16 (1 – 2 p.m.)
The Gables at West Windsor
996 Alexander Road, Princeton Junction

To register, please call 609.275.5473.

Claire Smith, RN, CRRN, Acute Rehabilitation Unit Manager, will discuss stroke prevention, warning signs for stroke, and the rehabilitation revolution and advances in recovery that are helping people live life more fully after stroke. Blood pressure screenings will be available to participants after the lecture.

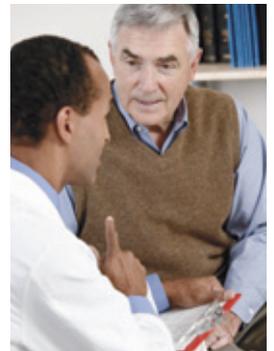
Balance Screening

WED. December 6
(9:30 – 10:30 a.m.)
Spruce Circle, Community Room
Spruce Circle & North Harrison Street

TUE. December 12
(9:30 – 10:30 a.m.)
Redding Circle, Community Room
Mt. Lucas Road & Ewing Street

Appointment required. Please call Evelyn at 609.252.2362.

Princeton HealthCare System and Princeton Senior Resource Center are pleased to provide FREE balance screenings to all area seniors. Carol Keyes, PT, Coordinator, University Medical Center at Princeton's Outpatient Rehabilitation Network, will conduct the screenings.



SAVE THESE DATES

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

- ➔ Health Through Prevention: 25 Preventive Health Strategies (January 23, 2007)
- ➔ Infant Massage (new class, coming in January 2007)
- ➔ Camps, Kids & Sports (February 3, 2007)
- ➔ Heart Month (February 2007)
- ➔ Free Vision Screenings (offered the 3rd Thursday of the month)

Make a Tax-Free Gift From Your IRA

Many of today's retirees are interested in giving through funds they have saved in an individual retirement account (IRA), but the need to pay income tax on withdrawals reduced the value of the donation. Now, through a recent change in federal law, IRA funds donated to charity are no longer subject to income tax, enabling you and the charity to make the most of your gift.

The Pension Protection Act of 2006, which was signed into law in August, makes it possible for the first time, for donors to transfer assets from IRAs directly to charities during their lifetimes. The contribution is not counted first as income from the IRA, and the donor is not required to pay income tax on the amount withdrawn. An estimated \$3.6 trillion is currently invested in IRAs.

As 2006 draws to a close, it is the ideal time to consider making a gift to the Princeton HealthCare System Foundation to enhance our community healthcare services and help support the building of the new University Medical Center at Princeton.

To learn more about your options for giving, please contact Shawn Ellsworth, Director for Major Gifts and Planned Giving, at **609.430.7104**, e-mail sellsworth@princetonhcs.org, or visit www.princetonhcs.org/foundation.

As always, we encourage you to seek professional advice when making financial decisions.



Under the Pension Protection Act:

- You may transfer up to \$100,000 per year directly from your IRA to charitable organizations.
- The charitable distribution counts toward minimum required distributions.
- The transfer generates neither federal taxable income nor a federal tax deduction, so even those who do not itemize their tax returns receive the benefit.
- You may take advantage of this opportunity from now until **December 31, 2007**.

This may be of great benefit if you:

- Are age 70-1/2 or older *and*;
- Are required to take a distribution from your IRA *or*
- Do not itemize deductions on your taxes *or*
- Charitable gifts already equal 50 percent of your adjusted gross income *or*
- Are subject to the 2 percent rule that reduces your itemized deductions.

The Operating Room of 2010 *(continued from page 20)*

Over the longer term, the space and computer infrastructure in the new operating rooms will open the possibility of robotics, the next generation of surgery. The surgeon, standing a few feet away from the patient, remotely manipulates instruments without actually touching them. A robotic machine mimics the surgeon's movements, guiding the scalpel and other surgical tools with an incredible level of precision unmatched by the human hand.

Designing the operating room to meet the needs of 2010 and beyond is a critical and ongoing part of the planning of the new University Medical Center at Princeton.



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. Visit www.princetonhcs.org/breakingnewground for the latest updates on the relocation.

Planning for an Unexpected C-section

An expectant mother plays out the joyous arrival of her baby a thousand times over in her mind – the ride to the hospital, hurriedly settling into a cozy maternity room, the excited arrival of family and friends and the anxious anticipation in the eyes of your spouse or partner as you prepare for that final push. But while the actual birth of your baby may, in fact, fulfill all of those wonderful expectations, there is a chance that once labor begins you will need to undergo a cesarean section (C-section).

Exploring this possibility, as unlikely as it may seem, should be a part of every expectant mother's pre-delivery preparation, according to University Medical Center at Princeton's maternity health professionals.

"Our primary goal is to help the expectant mother experience the vaginal delivery she has been planning for," says Christina DiVenti, MD, an obstetrician/gynecologist and member of the Medical & Dental Staff of Princeton HealthCare System. "But expectant mothers and their spouses or partners do need to be prepared for the possibility that circumstances may arise which require we deliver their baby by C-section for the safety of the mother and the infant."

A cesarean or C-section, where an abdominal incision is used to surgically deliver the baby from the mother, is most frequently anticipated in advance if the expectant mother has certain health problems or the fetus has been diagnosed with serious developmental or health conditions. It is also a common form of delivery in cases of multiple births. But even when both mother and baby appear to be in perfect health, a C-section may become necessary during labor.

"It can be hard to predict when a C-section will be required outside of anticipated high-risk situations," explains Dr. DiVenti. "In some cases a mother very well may come into the hospital anticipating a vaginal delivery and once labor begins we find that the baby isn't tolerating the birth process very well, or the mother or baby may suddenly be at risk. What we want in the end is a healthy baby and a healthy mother, and sometimes the only way to accomplish this is with a C-section."



What to Expect With a C-section

"There very definitely are some misconceptions about C-sections," says Dr. DiVenti. "By educating expectant mothers about these procedures ahead of time, we can make the delivery process much less stressful. If they do end up needing a C-section, they will be well-prepared rather than caught off guard at an already emotional time in their lives."

The most common misconception about C-sections is that the mother is asleep during the delivery. In fact, most C-section procedures are performed under a spinal anesthesia, so the mother is awake and alert during the delivery.

"There are occasionally emergency situations where the mother has to be more heavily sedated and will be asleep during the birth," adds Dr. DiVenti, "but that is very uncommon."

Another misconception is that once a mother undergoes a C-section all future deliveries must be performed the same way. In fact, a C-section does not necessarily mean vaginal births will be prohibited in the future.

"Since there will be a scar on the uterus following a C-section, patients are offered the option of a repeat C-section versus a VBAC (vaginal birth after cesarean)," explains Dr. DiVenti. "Patients should discuss their options with their doctor, since each case is different."

"In general, expectant mothers should remember to keep an open mind when they envision the birth of their baby," says Dr. DiVenti, "and be prepared in case of a C-section. The most important thing to remember is that the focus needs to be on going home with a healthy, happy newborn."



For more information on UMCP’s Maternity Program or Maternal-Fetal Medicine Services for high-risk pregnancies or for help with finding a physician, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Unanticipated C-section may be necessary if:

- an abnormal fetal heart rate is detected
- during labor the baby is in an abnormal position in relation to the pelvis, such as buttocks-first (breech) or crosswise (transverse)
- labor continues for a prolonged period of time or stops
- placenta or umbilical cord complications are detected
- the baby itself is very large or the baby’s head is too large to pass through the pelvis

5-Star Maternity Care

University Medical Center at Princeton has been recognized with a 5-Star rating for clinical excellence in maternity care for the fourth time in the past five years from



HealthGrades, the nation’s leading source for independent healthcare quality information. In addition, University Medical Center at Princeton ranked in the top 5 percent of hospitals in the nation for maternity care, and has been recognized with the *HealthGrades Maternity Care Excellence Award™* for the second consecutive year.

Osteoporosis Prevention & Treatment *(continued from page 5)*

and member of the Medical & Dental Staff of Princeton HealthCare System. “Vertebroplasty essentially casts it from the inside, stabilizing the fracture.”

Vertebroplasty can offer relief from the debilitating back pain caused by osteoporosis while also improving your mobility.

How Can I Prevent Osteoporosis and Fracture?

Because you reach peak bone mass in your 20s, it’s important to start a prevention plan early. Eat a balanced diet rich in calcium and vitamin D and/or take supplements if needed, do weight-bearing and resistance-training exercises, and avoid smoking or excessive alcohol intake.

Preventing falls is also critical to preventing fracture. Consult your physician about your level of risk and a prevention plan that makes sense for you.

Sources: National Osteoporosis Foundation (www.nof.org); International Osteoporosis Foundation (www.osteofound.org); National Institutes of Health (nih.gov); Radiological Society of America (www.radiologyinfo.org)

For assistance with finding a physician on staff at Princeton HealthCare System or for information about the UMCP Outpatient Rehabilitation Network, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.



The Operating Room of 2010

During the past few decades, new technologies such as microwave ovens, wireless phones and personal computers have completely changed the way we live and communicate. In the same ways, new technologies have led to dramatic advancements in the field of surgery.

Some surgical procedures that are widely used today in areas such as orthopedics, vascular surgery and urology were not even available just a decade ago. A needle passed through a small incision can be used to treat a broken vertebrae; lasers and radiofrequency waves can cure conditions in the urinary tract, veins and arteries; and minimally invasive techniques that use tiny incisions can be used to treat problems ranging from gallstones to hip replacements.

To keep ahead of this rapid progress, physicians and medical planning experts are designing the operating rooms in the new University Medical Center at Princeton to accommodate today's most sophisticated technologies as well as what may be ahead. With much more space and state-of-the-art computer technology, the operating rooms in the new University Medical Center will help our surgeons continue to improve outcomes, increase patient safety and shorten recovery times.

For example, patient information during an operation today may be held in paper charts, on films and on multiple computer screens. In the operating room of the future, the surgeon and anesthesiologist will have access to a single digital display that provides everything they need to know – from a patient's temperature to allergies and medical history. X-rays, MRIs and other imaging studies, even those that were taken at a remote location, will be digitally available within an instant. Similarly, the surgeon will be able to adjust the operating table and instruments using simple voice or touch-screen commands.

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