

# healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | SEPTEMBER/OCTOBER 2005 | NUMBER 5

**Pediatric Rehabilitation Coordinator  
Amy Parker, MSPT, and Liam Holland, 4,  
of Hopewell Township**



**Princeton HealthCare System**

**Redefining Care.**

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

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## **Pediatric Rehabilitation**

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# Highly Skilled Care When You Need It Most The New Intensivists Program at UMCP

We all go through life hoping never to experience the need for intensive care for our loved ones or for ourselves. While life's critical moments cannot always be predicted or prevented, you can rest assured that you will have access to highly specialized care if and when it's needed most through the newly introduced Intensivists Program, now available at University Medical Center at Princeton.

Intensivists are physicians with advanced critical care board certification who specialize in treating the most seriously ill or injured patients, says Kenneth H. Goldblatt, MD, Chairman, Department of Medicine, Princeton HealthCare System.

According to Anthony Scardella, MD, an intensivist on staff at UMCP, studies have shown that patients whose care is managed by a specially trained intensivist in the ICU recover more quickly and achieve greater clinical outcomes overall.\*

"We created this program at University Medical Center at Princeton to ensure that members of our community



**Studies have shown that patients whose care is managed by a specially trained intensivist in the ICU recover more quickly and achieve greater clinical outcomes overall.**

— Dr. Anthony Scardella

always have access to the highly skilled medical care of an intensivist," says Dr. Goldblatt. The program is provided in collaboration with the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School, one of the country's leading medical schools. University Medical Center at Princeton is an acute care teaching hospital and University Hospital Affiliate of the medical school.

## Extensive, Round-the-Clock Care

The ICU is a specialized unit in the hospital where patients with critical illness or injury receive extensive, round-the-clock care and monitoring. Through the new program, the care of each patient in the ICU is carefully and closely managed by a compassionate team of intensivists. This model of care is known as a "closed" ICU because the care of all patients is coordinated by staff intensivists.

UMCP's Intensivists Program is led by Dr. Scardella, Joel L. Deitz, MD, Jory J. Goldberg, MD and Michael Nollo, MD, all of whom are fellowship trained and multi-board certified in pulmonary disease, critical care medicine and internal medicine. They provide leading-edge ICU care in collaboration with specially trained nurses and physicians in residency and fellowship training at the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School. Drs. Scardella, Deitz and Nollo are professors at the medical school.

Intensivists are designated as the primary caregivers in University Medical Center at Princeton's ICU, working with family physicians and internists to coordinate each patient's care. Recognizing the need for open communication during this critical time, each of the intensivists at University Medical Center at Princeton is deeply committed to keeping patients, their loved ones and every member of the clinical team, including personal physicians, involved and informed.



Pictured are UMCP's intensivists Anthony T. Scardella, MD (center), and from the left, Joel L. Deitz, MD; Michael S. Nollo, MD; and Jory J. Goldberg, MD

For some ICU patients, who often are recovering from acute neurological, cardiac and/or respiratory conditions, continued care is necessary following discharge from the hospital. Princeton HealthCare System offers a full continuum of exceptional healthcare services that can help individuals and families throughout recovery. These include:

- Comprehensive inpatient and outpatient rehabilitation services
- Skilled nursing care
- Specialized programs for cardiac and pulmonary rehab, pain, diabetes and nutrition management
- Home care services, including in-home nursing and rehabilitation, personal assistance and a push-button, personal emergency response system
- Medical equipment, including respiratory and mobility products
- Medically supervised fitness and wellness center
- Support groups and education

Information about our health services is available anytime day or night by calling 1.888.PHCS4YOU (1.888.742.7496) or visiting [www.princetonhcs.org](http://www.princetonhcs.org).

\*Studies published in the Journal of the American Medical Association have shown that patients whose ICU care is managed by an intensivist achieve more successful clinical outcomes and recover more quickly.

**The intensivists at University Medical Center at Princeton are all fellowship trained and multi-board certified in critical care medicine, pulmonary disease and internal medicine.**

# Communication Is Key to Your Child's Back-to-school Success

Close your eyes and imagine spending 12 wonderful weeks on vacation, floating in the pool with a good book, taking an occasional trip to a favorite locale and enjoying the company of friends and family. The days pass effortlessly until around Labor Day, when you are suddenly summoned back to work, your sea of tranquility transformed into an ocean of stress.

In many ways, that is exactly what happens to our children when they transition from summer vacation back to school each September. And while the shift may be relatively easy for some, back-to-school stress is experienced by most children at some point in their school careers.

“Children who are switching schools due to a move; students transitioning from a lower school, such as an elementary school, to a higher level school, such as a middle school; students facing puberty; those who experienced a divorce or death during the summer; and those who earned poor grades or suffered a negative experience in the previous year are prime candidates for back-to-school stress and depression,” says David Samuels, MS, Site Director, Princeton House Behavioral Health–Hamilton. “Identifying symptoms of stress and helping alleviate it involves observing and communicating with children as they enter and progress through the new school year.”



## Understand Your Child's Life, Talk & Ask Questions

Children who make excuses in an effort to avoid going to school are likely candidates for back-to-school issues. But parents should also be aware of whether their children are

making friends, how their studies are progressing, what social activities they are involved in and if there are certain activities during the school day that their children enjoy or dislike.

“The best way to determine what is going on with a child is to talk to him or her,” says Samuels. “This may sound obvious, but asking the right questions at the right time is not always easy.”

For example, children are more inclined to open up about their feelings and experiences around the dinner table, on the drive to and from school and just before bed. Gently question your child about



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his or her day. It can be insightful to ask how he or she spends unstructured times, such as recess and lunch, which can be particularly hard on children, as well as activities that focus on an individual's abilities, such as physical education. It's important to leave your child with the understanding that you are available to talk about concerns at any time.

Understanding children's feelings about going to school and their teachers and classmates, what they like and dislike about the school day, who their friends are and what happens on the way to and from school will help you resolve problems as soon as they arise.

Once a problem is discovered or if your child is beginning the school year following a stressful time, such as a divorce, take the time to talk privately to his or her principal or teacher about the situation. Armed with some insight, the school can then work behind the scenes to help smooth your child's transition back to school.

Identifying problems early in the school year can make a big difference in an adolescent's recovery from back-to-school stress. In most cases, with your support, your child will gradually and successfully adjust to the return back to school. If the problem persists, you should speak with appropriate school personnel, such as a teacher or guidance counselor, to help determine if professional help may be needed. Teachers and school counselors can be



## Stress & Depression

Left unchecked, school-related stress can lead to depression, a condition that impacts as many as one in every 33 children, according to the Substance Abuse and Mental Health Services Administration's Center for Mental Health Services.

Signs of childhood and adolescent depression include:

- Persistent sadness
- Withdrawal
- Irritability and/or aggression
- Changes in sleeping and eating patterns
- Frequent physical complaints
- Lack of energy
- Lack of concentration

For more information on childhood and adolescent depression, contact Princeton House Behavioral Health at 1.800.242.2550 and ask to speak with the child/adolescent specialist.

helpful at identifying early signs that your child may require professional help, such as acting out, a drop in grades or repeated absences from class or school. It is important for parents to be aware of their children's behavior and work with the school as a strategic partner in order to achieve early and effective intervention.

### Help for More Serious Problems

For more serious conditions, where a child or adolescent is unable to function in the school setting, Princeton House Behavioral Health, a unit of Princeton HealthCare System, offers a range of behavioral health programs for substance abuse as well as psychiatric and addiction recovery treatment. A child partial hospitalization program is available in Cherry Hill and one will be opening in North Brunswick this fall. These programs represent more intense levels of care than traditional outpatient

therapy. For less serious concerns, your school may be a good resource for referrals to traditional outpatient providers in your area.

Princeton House Behavioral Health has convenient service locations in Princeton, North Brunswick, Hamilton and Cherry Hill. For more information, addresses and phone numbers, please call 1.800.242.2550 to speak with a child/adolescent specialist or visit our Web site [www.princetonhcs.org/princetonhouse](http://www.princetonhcs.org/princetonhouse).



Pediatric Rehabilitation Coordinator Amy Parker, MSPT, and Liam Holland, 4, of Hopewell Township, use the specialized rehabilitation swing as part of Liam's therapy for developing his balance, reaching and grasping abilities.

# Enhancing Young Lives & Abilities Through Pediatric Rehabilitation

Liam Holland was unable to hold his head up or reach his hand out to touch his mother's face when he was diagnosed with cerebral palsy at the age of seven months.

Today, at the age of 4, Liam has enough strength and flexibility to hold his head up for a full minute, has improved his overall balance and can partially open his once-clenched fists. His accomplishments are due, according to his mother, to his weekly visits to the University Medical Center at Princeton's Outpatient Pediatric Rehabilitation Program.

"When we moved to the area, I did my research before deciding Princeton's program was where we should be, and I have not been disappointed," says Lydia Holland, of Hopewell Township. "Since we started at the Outpatient Pediatric Rehab Program three years ago, Liam has made real progress in reaching, head control and sitting up. To someone who doesn't know where we started, the steps he has taken may seem small, but from where we stand they are impressive."

## Motivating Young Patients

Liam spends close to an hour each week working with a certified physical therapist, using a variety of state-of-the-art equipment to improve his flexibility, strength and balance. And while much of his therapy can be physically challenging, the staff works hard to make it as enjoyable as possible, says Amy Parker, MSPT, Coordinator, Pediatric Rehabilitation Program.

"They definitely find ways to motivate Liam," explains Holland. "For example, he's a big baseball fan, so Amy has developed a reward system that really means a lot to him. At the end of the session, she uses T-ball equipment and positions him so that he can 'play baseball' and go around the bases. It's just one example of how they really individualize treatment here."

The Outpatient Pediatric Rehabilitation Program evaluates and treats children from birth to age 21 faced with a broad range of conditions, from mild developmental delays to severe cognitive and/or physical impairments. Comprehensive rehabilitative services are provided, on an outpatient basis, for physical, occupational and speech language therapy.

"Our goal is to improve the quality of life for both the children and their families," says Parker. "We individually evaluate each child and develop a therapy program that combines hard work with personal rewards, so that they feel good about what they are accomplishing every step of the way, even when they have a particularly tough session."

## Developing Life Skills & Abilities

Therapy sessions may include activities such as playing selected board games to enhance fine motor skills, swimming in a therapeutic state-of-the-art pool to improve flexibility and strength, and swinging on specially designed swings to improve balance. Splinting and taping is used when needed to help train and strengthen muscles related to conditions such as cerebral palsy and pediatric lymphedema. UMCP's highly trained team also works with children who have problems with handwriting, sensory processing and self-care skills.

Treatment sessions at UMCP's Pediatric Rehabilitation Program are always one-on-one and personalized to the child's needs. The treatment team also provides physical, occupational and speech therapy to school districts working closely with the child's district to ensure achievement of functional school-related goals.

*(continued on page 17)*

HEALTH EDUCATION CALENDAR

# community focus

SEPTEMBER - OCTOBER '05

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

**Locations:** **University Medical Center at Princeton**  
253 Witherspoon Street  
Princeton, NJ 08540

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

Directions are available at  
[www.princetonhcs.org](http://www.princetonhcs.org)



## 2nd Annual Premier Mother & Baby Shower

SUN. September 25 (1 – 4 p.m.)  
Hyatt Regency – Princeton  
102 Carnegie Center, Princeton  
No registration required.

The 2nd Annual Premier Mother & Baby Shower, cosponsored by Princeton HealthCare System and the Central New Jersey Maternal Child Health Consortium, is an exceptional family event for those who are expecting, thinking about pregnancy and already have children.

- Learn more about services available to you through University Medical Center at Princeton
- Discover local resources and establishments dedicated to serving parents and families
- Get tips and information from the physicians, educators and staff from Princeton HealthCare System
- Participate in interactive demonstrations and a car seat safety check (1:30 – 3:30 p.m.)
- Enjoy crafts for the kids and free gifts



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

Redefining Care.

**WEDNESDAYS FOR WOMEN'S WELLNESS**

**Women & Nutrition**

WED. September 7 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

Learn more about the specific nutritional needs of women from Lisa M. Bonwell, MD, board certified in internal medicine and a member of the Medical & Dental Staff of Princeton HealthCare System. The discussion will focus on general guidelines for eating a healthy and balanced diet, as well as the relationship between the foods we eat and medical issues that are common in women such as osteoporosis, diabetes and iron deficiency. Question-and-answer session will follow.

**Stillness in the Storm: Calm Your Body & Clear Your Mind**

WED. October 19 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center

Understand and respond to stress and life's challenges with increased awareness by discovering new ways to calm your body and clear your mind. This fun and comprehensive workshop for women is led by Donna Sherman, MSW, LCSW, Yoga Instructor, Princeton Fitness & Wellness Center, and integrates teachings and techniques from mindfulness-based stress reduction; yoga and yogic practices such as breathing techniques and simple yoga postures; cognitive-behavioral therapy; and mind-body sciences.

**Overcoming Obesity: Today's Surgical Options for Weight Loss**

SAT. September 10 (1 – 3 p.m.)  
Ramada Inn & Suites of Toms River  
2373 Route 9, Toms River

THURS. October 6 (6:30 – 8 p.m.)  
Angeloni's Cedar Gardens  
661 Route 33, Hamilton

Severe obesity is a serious health risk that affects all aspects of your life. Today, there are surgical options for people that have been unsuccessful using traditional weight loss methods. Join Robert E. Brolin, MD, FACS, Medical Director of the Bariatric

Surgery Program at University Medical Center at Princeton and one of the world's most accomplished bariatric surgeons, and a team of health professionals from Princeton HealthCare System at a free lecture where they will answer your questions about the surgery and discuss traditional and minimally invasive options including:

- Bariatric surgery
- 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.

**Healthy Eating: Helping Your Child Make Better Choices**

MON. September 12 (7:30 – 8:30 p.m.)

Princeton Public Library  
Story Room, 3rd Floor  
65 Witherspoon Street, Princeton  
The rise in childhood obesity and Type II diabetes in children has become a great concern for many parents. Join us as Luann K.

Labian, MD, board certified in pediatrics and member of the Medical & Dental Staff of Princeton HealthCare System, discusses strategies to use at home to help your child make healthy choices about nutrition and exercise.



**Understanding Attention Deficit Hyperactivity Disorder (ADHD)**

THURS. September 15 (7 – 8:30 p.m.)

Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville

Unsure what Attention Deficit Hyperactivity Disorder is? Join us as Bert Mandelbaum, MD, board certified in pediatrics, and member of the Medical & Dental Staff of Princeton HealthCare System, discusses childhood ADHD, including symptoms, diagnosis and treatment options.

**Fresh Start Smoking Cessation Program**

THURS. September 15 – October 13 (6:30 – 7:30 p.m.) No class on September 29.

University Medical Center at Princeton  
Lambert House Classrooms 1&2  
\$40 per person

Smoking is a leading cause of lung cancer – which has the highest death rate of any cancer in both men and women. If you're a smoker, it's important to quit so that you can reduce your chances of developing this very deadly disease. University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program can help you quit and provide tips to help you manage stress and avoid weight gain. Enjoy peer support from others who also wish to stop smoking. Loved ones are encouraged to attend with you.

**Cardiovascular Health Screening**

FRI. September 16 (10 a.m. – 12 p.m.)  
Mercer County Library System – Hopewell Branch

245 Pennington-Titusville Road, Pennington

Cosponsored by the Princeton HealthCare System Community Education & Outreach Program and the Hopewell Township Health Department, this program offers free blood pressure, cholesterol and stroke risk assessment screenings to all Hopewell Township residents.

**American Heart Association Heart Walk**

SAT. September 17  
Check-in: 8 a.m.

Walk: 10 a.m.  
Mercer County Park

As the signature fund-raising event for the American Heart Association, the Heart Walk promotes physical activity and heart-healthy living in a fun family environment. The funds raised help to save lives from this country's No. 1 and No. 3 killers – heart disease and stroke. For information or to join University Medical Center at Princeton's team, call 609.497.4435.

**How to Help Your Child Beat the Blues**

MON. September 19 (7:30 – 8:30 p.m.)  
Princeton Public Library

Story Room, 3rd Floor  
65 Witherspoon Street, Princeton  
Everyone feels anxious, worried and sad from time to time. When you are young, life can seem especially demanding and uncertain. School and social pressures can be overwhelming. Join us as Madhurani Khare, MD, board certified in psychiatry and child and adolescent psychiatry, discusses the various pressures your children may struggle with, plus treatments and therapies to help them cope.

## FAMILY HEALTH & FITNESS DAY USA

Princeton HealthCare System and Princeton Fitness & Wellness Center proudly celebrate Family Health & Fitness Day USA with a series of programs that can help you and every member of your family enjoy a healthy lifestyle.

### Chair Exercise

TUES. September 20 (1 – 2:30 p.m.)  
Princeton Fitness & Wellness Center  
Carol Keyes, PT, Coordinator, Outpatient Rehabilitation,  
University Medical Center at Princeton

### Exercise & Weight Management

TUES. September 20 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Staff from Princeton Fitness & Wellness Center

### Vitamins & Supplements: What You Need to Know

WED. September 21 (1 – 2:30 p.m.)  
Princeton Fitness & Wellness Center  
Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in  
pharmacotherapy and oncology, Registered Pharmacist,  
University Medical Center at Princeton

### Healthy Meals for the Whole Family: Cooking Demonstration

WED. September 21 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Sabina Beesley, RD, registered dietitian, University Medical  
Center at Princeton's Nutrition Program

### Arthritis & Exercise

THURS. September 22 (1 – 2:30 p.m.)  
Princeton Fitness & Wellness Center  
Staff from Princeton Fitness & Wellness Center

### Stretching: What, Why & How

THURS. September 22 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Staff from Princeton Fitness & Wellness Center

### Family Health & Fitness Fair

SAT. September 24 (9 a.m. – 1 p.m.)  
Princeton Fitness & Wellness Center  
No registration required.

Join the health and wellness experts from Princeton HealthCare System and Princeton Fitness & Wellness Center to learn strategies that can keep your family healthy and fit. Take advantage of this opportunity to screen for good health with free checks for cholesterol, glucose, blood pressure, body fat, bone density and more. Membership at Princeton Fitness & Wellness Center is not required to attend this event.



### Meet the Chef

MON. September 19 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Chef Lee of Mrs. Chow's, Princeton, will prepare a Schezuan and house special. A registered dietitian from University Medical Center at Princeton will be on hand with nutritional information.

### radKIDS

WED. September 21 – October 19 (4:30 – 6:30 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction  
Registration required and limited.  
Princeton HealthCare System and the West Windsor Police Department are pleased to present radKIDS, a national safety program designed to provide children ages 8 to 12 with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. radKIDS is a five-week fun, activity-based program that includes lecture, safety drills, muscle memory exercises and physical defense techniques. Topics include:

- Home, school and vehicle safety
- Out-and-about safety
- Realistic defense against abduction
- Good-bad-uncomfortable touch
- Stranger tricks
- Self-realization of personal power

### Stress & Heart Disease

SAT. September 24 (10 – 11:30 a.m.)  
Mt. Olivet Baptist Church  
21 Rev. William Powell Drive, Hightstown  
No registration required.  
Geri Karpiscak RNC, BSN, Nurse Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will review cardiac risk factors, stress and its effect on the heart. Learn effective relaxation techniques to help you manage stress and keep your heart healthy.

### How to Keep Your Child Safe

MON. September 26 (7:30 – 8:30 p.m.)  
Princeton Public Library  
Story Room, 3rd Floor  
65 Witherspoon Street, Princeton  
Patrolman Geoff Maurer, Princeton Township Police Department, will teach parents techniques that you can use to protect your children and communicate with them about safety.

### What to Do When It Hurts: Options for Pain Management

THURS. September 29 (7 – 8:30 p.m.)  
Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville  
Carol Burns, RN, MSN, Advanced Practice Nurse, University Medical Center at Princeton's Pain Management Program, will give an overview of pain and a variety of options available to treat it.

## World Heart Day 2005

### Healthy Weight, Healthy Shape

SAT. October 1 (8 a.m. – noon)  
University Medical Center at Princeton  
No registration required.

University Medical Center at Princeton's celebration of this worldwide event will include health lectures given by Princeton HealthCare System physicians, ethnic cooking demonstrations and nutrition information, and free health screenings, including:

Blood pressure • Body mass index  
Cholesterol • Glucose

Princeton HealthCare System's Community Education & Outreach Program will also present a reduced-rate CPR class in honor of World Heart Day.

### Adult CPR for Family & Friends

SAT. October 1 (1 – 3 p.m.)  
University Medical Center at Princeton  
\$20 per person

This course is designed for the general public. Topics include prevention of the most common serious injuries, CPR, choking and rescue breathing for adults ages 8 and up. This is a non-certifying course.

*The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.*

### White Elephant 2005: Art, Antiques & Rummage Sale

SAT. October 1 (9 a.m. – 4 p.m.)  
SUN. October 2 (10 a.m. – 3 p.m.)  
Princeton Airport

41 Airport Road (off Route 206), Princeton  
This annual event is sponsored by The Auxiliary of University Medical Center at Princeton. Funds raised benefit the hospital. To volunteer or for more information, call 609.497.4069. Donation drop-off begins Tuesday, August 23 and ends Saturday, September 24. The drop-off schedule is as follows: Tuesdays: 9 a.m. - 12 p.m. and 5:30 - 7:30 p.m. Saturdays: 9 a.m. - 12 p.m. All drop-offs are to be made at Princeton House Behavioral Health, 900 Herrontown Road, Princeton.

### Pediatric Rehabilitation & Its Role in Child Development

TUES. October 4 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
Trisha DeVito, OTR, Registered Occupational Therapist, Amy Parker, PT, Physical Therapist, and Maan Sukte, SLP, Speech-Language Pathologist, University Medical Center at Princeton's Outpatient Rehabilitation Services, will discuss some common developmental problems, such as difficulties with processing, fine and gross motor and speech delays that require and respond well to pediatric rehabilitative services. Other topics include an overview of the variety of service offered by University Medical Center at Princeton Outpatient Rehabilitation Services and the types of equipment used in treatment. Question-and-answer session will follow.

### Everyone Aches: Treatment & Prevention of Arthritis

WED. October 5 (7 – 8:30 p.m.)  
Princeton Fitness & Wellness Center  
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.

### America's Walk for Diabetes

SUN. October 16  
Check-in: 8 a.m.  
Walk: 10 a.m.  
Princeton University Observatory, Princeton  
Diabetes affects over 18 million people in the United States and over a half million in New Jersey alone. University Medical Center at Princeton is a proud supporter of the American Diabetes Association and the Princeton ADA Walk, which is chaired by UMCP Senior Vice President Joanne Ritter-Teitel. Join us in the fight to raise needed funds to help find a cure for this devastating disease. For information or to join UMCP's team, call 609.497.4372.



## GIVE BLOOD & GET FREE ICE CREAM IN RETURN

University Medical Center at Princeton's Blood Donor Program is pleased to present the "A Pint for A Pint" program, sponsored by Thomas Sweet Ice Cream, Princeton. Each donor who gives one pint of blood will receive a coupon for a free pint of ice cream from Thomas Sweet. Giving blood is one of the most precious gifts one human being can give to another. By taking less than an hour of your time to donate blood, YOU can make a difference. If you are interested in donating, please contact the Blood Donor Program at University Medical Center at Princeton at 609.497.4366 to schedule an appointment.

**2nd Annual Women's Wellness Day 2005**

SAT. October 22 (8:30 a.m. – 4 p.m.)

Conant hall, ETS Campus

660 Rosedale Road, Princeton

\$45 per person, \$35 for seniors age 60

and over and Heart to Heart members

Registration required. Please call 609.689.3131 to register, or send an e-mail to [info@hearttohearts.org](mailto:info@hearttohearts.org).

This event, sponsored by Heart to Hearts, Inc., a women's wellness organization committed to empowering women through education, will focus on all areas of women's health. Banu Mahalingam, MD, RCS, FACC, a member of the Medical & Dental Staff of Princeton HealthCare System and one of the featured speakers at this year's event, will discuss women's heart health. Dr. Mahalingam is fellowship trained and multi-board certified in cardiovascular diseases, echocardiography, nuclear cardiology, registered cardiac sonography and internal medicine. Other community speakers will also be highlighted. The daylong event will include classes on stress management, fitness and nutritional counseling, chair massages and health lectures and screenings by physicians and health professionals from Princeton HealthCare System. Health lectures include:

**Allergies** – Kristen M. Sikorski, MD, board certified in allergy & immunology and pediatrics, member of the Medical & Dental Staff of Princeton HealthCare System.



**Varicose Veins** – Kenneth A. Goldman, MD, FACS, board certified in surgery and vascular surgery, member of the Medical & Dental Staff of Princeton HealthCare System.

Screenings include:

- Cholesterol • Glucose • Blood pressure • Bone density
- Body fat analysis • Foot • Glaucoma • Balance
- Carotid bruits (stroke risk assessment)

Breakfast and lunch included.

**Blood Pressure Sunday**

SUN. October 30 (9 a.m. – 1:30 p.m.)

Mt. Olivet Baptist Church

21 Rev. William Powell Drive, Hightstown

No registration required.

Have your blood pressure checked by the healthcare professionals from Princeton HealthCare System. At the conclusion of the morning worship service, a board certified physician will discuss the importance of managing blood pressure and teach you how to avoid serious medical illness related to abnormal blood pressure. Members of the community are welcome to attend this event.



CHILDBIRTH & FAMILY

Call 609.497.4119 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

**Bright Beginnings**

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. Infants and children under 4 years of age are welcome to attend with the parent or caregiver.

**Breastfeeding Support Group**

THURS. September 1 (11 a.m. – 12 p.m.)

THURS. September 8 (11 a.m. – 12 p.m.)

THURS. September 15 (11 a.m. – 12 p.m.)

THURS. September 22 (11 a.m. – 12 p.m.)

THURS. September 29 (7 – 8 p.m.)

THURS. October 6 (11 a.m. – 12 p.m.)

THURS. October 20 (11 a.m. – 12 p.m.)

THURS. October 27 (7 – 8 p.m.)

University Medical Center at Princeton

All morning classes meet in Lambert House Classroom 4. All evening classes meet in Lambert House Classrooms 1&2. No registration required.

Are you pregnant and thinking about breastfeeding? Are you currently nursing your infant or toddler? Our support group can answer your questions and allow you to share your experiences with other nursing mothers. This group is facilitated by a certified lactation consultant.



**Childbirth Preparation**

THURS. September 8 - 29 (7 – 9 p.m.)

WED. September 14 – October 5 (7 – 9 p.m.)

FRI. October 7 - 28 (7 – 9 p.m.)

TUES. October 11 – November 1 (7 – 9 p.m.)

THURS. October 20 – November 10 (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 Preparation Review**

FRI. September 9 (6:30 – 9 p.m.)

University Medical Center at Princeton

Lambert House Classroom 3

\$50 per couple

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

**Prenatal Breastfeeding Class**

MON. September 19 (7 – 9:30 p.m.)

MON. October 10 (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.

**Maternity Tour**

SAT. September 10 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. September 24 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. October 8 (1 – 2 p.m. or 2:30 – 3:30 p.m.)  
SAT. October 22 (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. September 10  
SAT. September 24  
SAT. October 8  
SAT. October 22  
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 Partner Yoga Workshop**

SAT. September 17 (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, both 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, a yoga tie or a regular tie for stretching.

**Accelerated Childbirth Preparation**

SUN. September 18 (9 a.m. – 5 p.m.)  
SAT. October 15 (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.



**2nd Annual Premier Mother & Baby Shower**

SUN. September 25 (1 – 4 p.m.)  
Hyatt Regency – Princeton  
102 Carnegie Center, Princeton  
No registration required.  
See the cover of this issue of Community Focus for details about this exceptional family event!

**Baby Care**

TUES. September 27 (7 – 9:30 p.m.)  
WED. October 19 (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.



**Early Pregnancy**

TUES. September 27 (7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House Classrooms 1 & 2  
\$15 per couple

Designed for expectant parents in the first five months of pregnancy, this program gives an overview of prenatal nutrition and exercise as well as the growth and development of the baby. Parents will also learn about the physical and emotional changes that occur during pregnancy.

**Living With Your Infant: Part 1 (birth – 4 months)**

WED. October 26 (7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 4  
\$20 per family

Living With Your Infant - Part 1 (birth - 4 months) is an interactive class between parents and children facilitated by a pediatric nurse practitioner. This class is designed to help parents understand the psychosocial and physical development of your child.

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

WED. September 28 (7 – 9 p.m.)  
University Medical Center at Princeton  
Lambert House Classroom 4  
\$20 per family

Living With Your Infant - Part 3 (9 - 12 months) is an interactive class between parents and children facilitated by a pediatric nurse practitioner. This class is designed to help parents understand the psychosocial and physical development of your child.

**Car Seat Checks**

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Make an appointment to have a certified child passenger safety technician check your child's car seat! Call 609.497.4119.

Call 609.497.4119 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes.

**Pediatric CPR for Family & Friends**

SAT. September 10 (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.

**Pediatric First Aid**

SAT. September 10 (1 – 4 p.m.)

University Medical Center at Princeton

\$35 per person

This program is designed for parents and caregivers. You will learn valuable information on safety issues, bleeding and wound care, and gain first aid skills necessary to assist in emergency situations.

**BLS for Healthcare Providers - Full Course**

MON. September 12 (9 a.m. – 4 p.m.)

University Medical Center at Princeton

TUES. October 11 & 18 (6 – 10 p.m.)

Princeton Fitness & Wellness Center

\$60 per person

A comprehensive course intended for healthcare professionals who practice in a medical setting.

**BLS for Healthcare Providers - Recertification**

MON. September 26 (6 – 10 p.m.)

MON. October 24 (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.

**Pet CPR & First Aid**

TUES. September 27 (7 – 9:30 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 reviewed. While this program focuses on first aid for dogs and cats, first aid applications for most pets are similar.



**Heartsaver Adult First Aid**

MON. October 10 (6 – 10 p.m.)

University Medical Center at Princeton

\$40 per person

This course teaches effective recognition and treatment of individual (ages 8 and up) emergencies in 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. October 17 (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.

*The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the association.*

**EVENTS FOR CANCER PATIENTS,  
SURVIVORS & LOVED ONES**

The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ), is pleased to offer support groups, informational lectures and screenings. For additional information about the Cancer Program, call 609.497.4475. To register for these programs, please call 609.497.4480 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

**Improving the  
Chemotherapy Experience**

WED. September 7 (10 a.m. – 12 p.m.)

WED. October 5 (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.

**Candlelight Vigil: An  
Evening of Hope &  
Remembrance**

THURS. September 8 (7:30 – 8:30 p.m.)

Palmer Square Green, Princeton

No registration required.

Please join us for a candlelight service for people whose lives have been touched by cancer. The evening will include:

- Remarks from a cancer survivor
- Comments from an individual who has lost a loved one to cancer
- Observations by a cancer specialist
- Remarks from local elected officials
- Musical performances
- Inspirational words from members of the clergy

This event is cosponsored by University Medical Center at Princeton, The Breast Cancer Resource Center of the YWCA Princeton and the Mercer County Unit of the American Cancer Society.

**EVENTS FOR CANCER PATIENTS,  
SURVIVORS & LOVED ONES**

**American Cancer Society's  
Look Good, Feel Better**

MON. September 12 (6 – 8 p.m.)  
University Medical Center at Princeton  
Ground Floor Conference Room B  
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.



**Prostate Cancer Screening & Education  
Session**

TUES. September 20 (6 – 7:30 p.m.)  
University Medical Center at Princeton  
Screening: Medical Arts Building, Suite B  
Education Session: Medical Library

University Medical Center at Princeton is pleased to offer FREE prostate cancer screenings and prostate health education sessions to eligible participants. The screening process includes a Digital Rectal Exam (DRE) and a Prostate-Specific Antigen

(PSA) test. Participants will have the opportunity to learn about general prostate health, including information on Benign Prostatic Hypertrophy (BPH). Alexander P. Vukasin, MD, board certified urologist and Chief, Section of Urology, Princeton HealthCare System, will lead the education session.

**Prostate Cancer Support Group**

WED. September 28 (12 – 1:30 p.m.)  
Princeton Fitness & Wellness Center

Topic: Complimentary Therapies  
Alexander P. Vukasin, MD, board certified urologist, Chief, Section of Urology, Princeton Healthcare System.

WED. October 26 (7:30 – 9:30 p.m.)

University Medical Center at Princeton  
Ground Floor Conference Room A

Topic: Laparoscopic Prostatectomy  
Jonathan J. Hwang, MD, Associate Professor of Urology, Robert Wood Johnson Medical School

Those with prostate cancer, their loved ones and family members are invited to attend.

**BREAST CANCER AWARENESS MONTH**

*In honor of Breast Cancer Awareness Month (October), University Medical Center at Princeton's Cancer Program proudly offers the following programs.*

**Breast Cancer Awareness Information**

Wednesdays in October  
University Medical Center at Princeton  
Main Lobby

Certified oncology nurses from the Cancer Program will be on hand every Wednesday in October with information to raise awareness of breast cancer. Stop by the main lobby to pick up some valuable information about this beatable disease.

**Breast Cancer Screening & Education  
Session**

WED. October 26 (5 – 7 p.m.)  
University Medical Center at Princeton  
Mammography Suite  
\$40 per person

University Medical Center at Princeton is pleased to offer low-cost mammograms and breast examinations to eligible participants. Rachel P. Dultz, MD, FACS, board certified surgeon, and Lawrence J. Jordan, MD, FACS, board certified surgeon, will perform the exams. Participants will also be educated about self-breast examination by certified oncology nurses. Drs. Dultz and Jordan are members of the Medical & Dental Staff of Princeton HealthCare System.

**Susan G. Komen Breast  
Cancer Foundation Race for  
the Cure**

SUN. October 16  
Registration begins at 7 a.m.  
Bristol-Myers Squibb  
Route 206, Lawrenceville

This annual event, hosted locally by the Breast Cancer Resource Center of the YWCA Princeton, raises significant funds

and awareness for the fight against breast cancer, celebrates breast cancer survivorship, and honors the memory of those who have lost their battle with the disease. For more information, or to join the PHCS team, call 609.497.4458 or 609.497.4078.



**Breast Cancer: Risk Factors & Prevention**

THURS. October 20 (7 – 8:30 p.m.)  
Mercer County Library System – Washington Branch  
42 Allentown-Robbinsville Road, Robbinsville

In observance of Breast Cancer Awareness Month, University Medical Center at Princeton's Cancer Program is pleased to offer a free educational session on the risk factors associated with breast cancer, as well as tips for prevention of the disease.

**Better Breathers Club**

TUES. September 6 (9:30 – 10:45 a.m.)  
TUES. October 4 (9:30 – 10:45 a.m.)  
Princeton Fitness & Wellness Center

THURS. September 22 (2:30 – 4 p.m.)  
THURS. October 27 (2:30 – 4 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. September 12 (7 – 9 p.m.)  
MON. October 3 (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.

**Healthy Hearts Cardiac Support Group**

TUES. September 13 (7 – 8:30 p.m.)  
TUES. October 11 (7 – 8:30 p.m.)

University Medical Center at Princeton  
This support group provides education and support for those with cardiac problems and their families. Each session features an expert guest speaking on heart issues, a question-and-answer period and social time to exchange ideas and support. This group is appropriate for those who have angina, have had a heart attack or open heart surgery, or are at high risk for heart disease.



**Bereavement Support Meetings: A Time of Reflection**

MON. September 19 (1 – 2:30 p.m.)  
Suzanne Patterson Building at Princeton Senior Resource Center  
45 Stockton Street, Princeton  
Registration required. Please call 609.497.4900.

Do you find yourself going over and over the events surrounding the death of your loved one? Do you wonder how you can carry on? Do you ask yourself "Who am I now?" Join us as we use reflection to help heal and move forward, even in a time of mourning.

**Tyranny of the Shoulds: Freedom from Common Myths About Bereavement**

MON. October 17 (1 – 2:30 p.m.)  
Suzanne Patterson Building at Princeton Senior Resource Center

45 Stockton Street, Princeton  
Registration required. Please call 609.497.4900.

Do you find your grief complicated by the expectations you and others have about how you should be experiencing grief? Join us as we dispel some commonly held myths about grief and bereavement, and open the door to acceptance of your own unique personal journey through grief.

**Bereavement Support Group**

TUES. September 20, 27, October 11, 18, 25, November 8, 22, December 6 (1 – 2:30 p.m. or 6:30 – 8 p.m.)

Princeton HomeCare Services  
208 Bunn Drive, Princeton  
Registration required.

Please call 609.497.4900.



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

**Weight Control & Diabetes Support Group**

TUES. September 20 (6:15 – 7:15 p.m.)  
TUES. October 18 (6:15 – 7:15 p.m.)

University Medical Center at Princeton, Diabetes Management Program  
Medical Arts Building, Suite B  
No registration required.

All graduates of University Medical Center at Princeton's Weight Control & Diabetes Program are invited to participate in this new support group designed to help individuals build on their progress by continuing to successfully manage their diabetes and weight. Terry Unger, RD, CDE, UMCP's Diabetes Management Program, facilitates meetings. Call 609.497.4372 for more information.

**Diabetes Support Group**

WED. September 21 (2:30 – 4 p.m.)  
WED. October 19 (2:30 – 4 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

MON. September 26 (6:30 – 8 p.m.)  
MON. October 24 (6:30 – 8 p.m.)

University Medical Center at Princeton, Diabetes Management Program  
Medical Arts Building, Suite B  
No registration required.

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 or visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### How Did You Sleep Last Night?: An Overview of Sleep Disorders

THURS. September 29 (1:30 – 3 p.m.)  
Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Please call 732.521.6111 to register.

Insomnia, restless leg syndrome, sleep apnea and narcolepsy are just a few examples of the common sleep disorders that are frequently associated with other medical problems, including heart disease. Sri-Sujanthy Rajaram, MD, board certified in sleep medicine, critical care medicine and internal medicine, will discuss the process of diagnosis and the variety of treatments currently available.



## 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.



### Bone Density Screening

FRI. October 7 (1 – 2:30 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction  
Please call 609.799.9068 to register.

Princeton HealthCare System and Princeton Fitness & Wellness Center are pleased to partner with West Windsor Senior Center to bring free bone density screenings to area seniors. Screenings are limited and offered by appointment only.

## K. HOVNANIAN'S EVENTS FOR SENIORS

Princeton HealthCare System and K. Hovnanian Homes have joined together to bring timely health information to the residents of K. Hovnanian's Four Seasons at Historic Cranbury and its neighbors. For more information, or to register, call 609.497.4480 or visit us online at [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar).

### Purposeful Eating: Nutrition Concerns for the Older Adult

WED. September 22 (1:30 – 3 p.m.)  
K. Hovnanian's Four Seasons at Historic Cranbury, Clubhouse  
1 Labaw Drive, Cranbury

Sabina Beesley, RD, registered dietitian, University Medical Center at Princeton's Nutrition Program, will discuss how making simple changes in your diet can improve your overall health and lower your risk for cardiovascular disease.

## SAVE THESE DATES

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

- November 12 Feria de la Salud: Latin American Health Fair
- December 3 3rd Annual Women's Conference, featuring keynote speaker **Carolyn Kepcher**, Executive Vice President of the Trump Organization and star of NBC's *The Apprentice*. Experts from Princeton HealthCare System will speak about important health topics. For more information or to register, call 1.888.PHCS4YOU (742.7496).
- December 8 Women's Wellness Health Fair

# The Apprentice's Carolyn Kepcher Will Speak at Women's Conference

Carolyn Kepcher, Donald Trump's trusted advisor on *The Apprentice*, will be the keynote speaker at Princeton HealthCare System's third annual Women's Conference. Titled *Embracing Change, Moving in New Directions*, the event will be held on Saturday, December 3, 2005.

Kepcher is the author of the bestselling book *Carolyn 101: Business Lessons From the Apprentice's Straight Shooter*. An Executive Vice President of the Trump Organization, she will share her thoughts on coping with life changes, both professionally and personally, and explore how every challenge contains a hidden opportunity.

The annual Women's Conference is Princeton HealthCare System's signature health event for women. Breakout sessions will cover a spectrum of timely issues, including nutrition and exercise, alternative therapies, heart health, varicose veins, parenting, identity theft, vitamins and herbs, skin care and cosmetic surgery.

Leading experts on women's health and wellness, including physicians and health professionals on staff at Princeton HealthCare System, are scheduled to speak



during the conference. Continental breakfast and a luncheon are included.

"The conference is a great opportunity for women to hear the latest information about topics that are important to them, and to ask questions directly to the experts themselves," says Carol Norris, Vice President, Marketing & Public Affairs, Princeton HealthCare System. "Carolyn Kepcher is sure to offer valuable, useful insights on how to make successful personal and professional transitions in life."

The event will begin at 7:30 a.m. at the Hyatt Regency-Princeton. Pre-registration is required. Tickets are \$45 each and are available by calling 1.888.PHCS4YOU (1.888.742.7496). Free childcare will be provided.

## Pediatric Rehabilitation

(continued from page 6)

"We are here to do everything we can to help these children succeed," says Parker. "Because of that goal, we stay on the cutting edge of pediatric therapy and take real pride in the accomplishments of our children. If we need to adapt a technique to meet a child's needs, that's what we do. If a child is making progress using a certain toy, we may send them home with it for the week so they can continue to progress."

UMCP provides Outpatient Pediatric Rehabilitation services at two convenient locations in safe, child-friendly environments that focus on the individual needs of both the child and the family. Services are available at the Merwick campus in Princeton and at Princeton Fitness & Wellness Center in Montgomery.

For more information on UMCP's Outpatient Pediatric Rehabilitation Program, call 1.888.PHCS4YOU (1.888.742.7496) or visit [www.princetonhcs.org](http://www.princetonhcs.org).

## UPDATE University Medical Center at Princeton Relocation

Princeton HealthCare System is moving forward with plans to rebuild University Medical Center at Princeton (UMCP) within six miles of its current campus. The senior management team is thoroughly analyzing appropriate sites and hopes to announce a decision regarding the new location in September.

The state-of-the-art replacement hospital will continue to serve the communities UMCP has traditionally served. "By building the new hospital, we can continue to provide outstanding clinical care and convenient access to care over the long term," says Barry S. Rabner, President & CEO of Princeton HealthCare System.

There has been a series of public meetings to discuss the re-use of the current hospital campus. "The community's input has been very important to us throughout our planning process," says Rabner. "We value community members' opinions and insights, and will continue to work closely with our new neighbors when we relocate."

Please send questions or comments regarding the relocation to [comments@princetonhcs.org](mailto:comments@princetonhcs.org) or call 609.430.7155.

# Treating Uterine Fibroids Without Hysterectomy

An estimated 600,000 women in the United States undergo hysterectomies each year, as many as a third of them as a result of uterine fibroids, according to the Society of Interventional Radiology. At University Medical Center at Princeton, these sometimes painful, usually benign growths, which can develop within or attached to the uterine wall, can be treated through a minimally invasive procedure called uterine fibroid embolization (UFE).

Performed by UMCP's board-certified, Ivy League-trained interventional radiologists in our state-of-the-art interventional radiology facility, UFE greatly reduces a woman's surgical risks, hospital stay and recovery period. UFE also preserves the patient's uterus and ovaries to avoid the potential health risks associated with the early onset of menopause, says Donald F. Denny, MD, Chairman, Princeton HealthCare System Department of Radiology, who is board certified in radiology and vascular and interventional radiology.

Like other interventional procedures, UFE is performed under conscious sedation. During the procedure, small particles are injected into the uterine artery through an image-guided catheter. These tiny particles cut off the blood supply to the fibroids, causing them to shrink and die. The entire procedure takes between 60 and 90 minutes, and requires only an overnight stay after the procedure.

Ranging in size from a grapefruit seed to a cantaloupe, fibroids are detected through a standard gynecological examination followed by an ultrasound or MRI. Fibroids often dramatically increase in size during pregnancy, and usually shrink or disappear following menopause, since their growth is linked in part to the level of estrogen in a woman's body.

**While an estimated 20 to 40 percent of women age 35 and older have uterine fibroids, only 10 to 20 percent actually experience symptoms that require medical treatment due to the size, location or number of fibroids.**

## Know Your Risk

While an estimated 20 to 40 percent of women age 35 and older have uterine fibroids, only 10 to 20 percent actually experience symptoms that require medical treatment due to the size, location or number of fibroids. African American women tend to be at a higher risk of developing these tumors, with as many as 50 percent of the 35 and older population diagnosed with fibroids of significant size.





## **UFE is a very effective alternative to hysterectomy for many women.**

UFE is not recommended for women without fibroid symptoms, women who plan to become pregnant, in cases that may involve cancer or where inflammation or infection in the pelvis exists. Women who are extremely allergic to contrast material or who suffer from kidney conditions are also not candidates for UFE.

If you have fibroids and your physician determines that UFE is an appropriate treatment, it is usually highly effective and successful, says David C. Youmans, MD, a member of the Medical & Dental Staff at Princeton HealthCare System, who is board certified in diagnostic, vascular and interventional radiology.

“In 85 to 90 percent of the cases, there is a marked improvement, and the patient is fully recuperated in about a week,” says Dr. Youmans. “UFE is a very effective alternative to hysterectomy for many women.”

For help with finding a physician on staff at Princeton HealthCare System, please call 1.888.PHCS4YOU (1.888.742.7496), anytime day or night. To conduct a physician search online, visit [www.princetonhcs.org](http://www.princetonhcs.org) and click on the “Find a Physician” button.

## **Common Symptoms of Uterine Fibroids**

- **Heavy, prolonged menstrual periods**
- **Unusual monthly bleeding, possibly with heavy clotting**
- **Pelvic pain or pressure**
- **Pain during sexual intercourse**
- **Bladder pressure resulting in a constant urge to urinate**
- **Bowel pressure resulting in constipation and bloating**
- **Back or leg pain**
- **Enlarged abdomen**

# UMCP Leads the Way in Maternity Care With Nationally Recognized Program

University Medical Center at Princeton has been honored with HealthGrades 2005 Maternity Excellence Award for ranking among the top 10 percent of hospitals in the United States in the care of newborns and their mothers.

"It is an honor to have an independent, respected firm such as HealthGrades acknowledge the quality of our maternity care," says Anthony J. Marino, MD, President of the Medical & Dental Staff of Princeton HealthCare System, who is also a neonatologist board certified in pediatrics and neonatal-perinatal medicine. "Our obstetricians, nurses, technicians and staff are committed to providing mothers and their babies with the most advanced care and this award validates all of their hard work."



"HealthGrades assesses hospital quality and publishes hospital ratings annually," explains Sarah Loughran, HealthGrades Executive Vice President. "Public reporting is an effective tool that can be used to improve the quality of healthcare in America. Additionally, women can use this information to make informed decisions regarding where to receive healthcare."

"It is very important for women and their families in central New Jersey to be aware of this information, and of the outstanding clinical quality ratings earned by University Medical Center at Princeton for maternity care," Loughran adds.



HealthGrades, the nation's leading healthcare ratings organization, independently analyzed the quality of maternity care for more than 1,500 hospitals across 17 states that make this information publicly available. It assessed their clinical performance and quality over the three-year period ending in 2003. UMCP was the only hospital in Mercer County that ranked in the top 10 percent nationally and received the Excellence Award.

The complete maternity care ratings are published, free of charge, on the HealthGrades Web site, [www.healthgrades.com](http://www.healthgrades.com).

For more information about University Medical Center at Princeton's award-winning Maternity Program or help with finding an obstetrician, gynecologist or another physician, visit [www.princetonhcs.org](http://www.princetonhcs.org) or call 1.888.PHCS4YOU (1.888.742.7496).

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

*Health Focus*, a quarterly publication of Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information. The articles in this publication should not be considered as specific medical advice as each individual circumstance is different. Should you feel the need for medical assistance, please seek advice from your physician. *Health Focus* is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.497.4191. Entire publication ©2005 Princeton HealthCare System. All Rights Reserved.

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