

healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | SEPTEMBER/OCTOBER 2007



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**Taking Charge:
East Brunswick Mother
Refuses to Let Breast
Cancer Define Her**

communityfocus

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Taking Charge: East Brunswick Mother Refuses to Let Breast Cancer Define Her

Ellen Giordano vividly remembers the Saturday morning in early September 2004 when she felt a lump in her right breast while taking a shower.

"I had an inclination right away that something was seriously wrong," says Giordano, an East Brunswick resident. "I remember telling my mother, 'There's a lump in my breast, and I'm terrified.'"

A mammogram and biopsy less than a week later confirmed her fears: Giordano, then 41 and the mother of two school-aged boys, had breast cancer.

Three years later, and more than two years after her last cancer treatment, Giordano is in good health – overflowing with energy and enthusiasm for life. "This experience has changed me for the better," she says. "I've always put myself on the back burner, being a mother. Having cancer woke me up in a lot of ways. I now take better care of myself, and live my life."

Like all people living with a history of cancer, she is a survivor. She credits her survival to finding the disease at a relatively early stage and seeking immediate, comprehensive treatment. For her care, Giordano turned to a highly skilled team of Princeton HealthCare System specialists, including breast surgeon Rachel P. Dultz, MD, FACS, Medical Director, University Medical Center at Princeton Breast Health Center; medical oncologist Doreen Babott, MD; and radiation oncologist John C. Baumann, MD. All three physicians are board certified in their fields.

Personal Caring

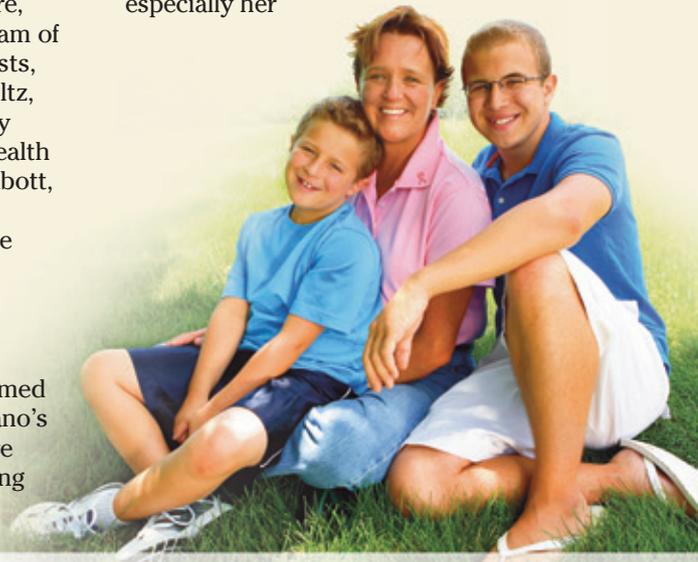
A month after a biopsy confirmed Giordano's diagnosis, Dr. Dultz performed surgery to remove the mass in Giordano's breast and several lymph nodes where the cancer had spread. After recovering from surgery, she began more than

three months of chemotherapy, under the direction of Dr. Babott. In the spring of 2005, Giordano completed seven weeks of radiation treatment.

Giordano says her treatment was challenging at times, with bouts of severe fatigue and numbness in her feet, a side effect of chemotherapy. She says she was heartened every day by the personal caring she received from her healthcare team, including nurses Lori McMullen, RN, and Mary Kiensicki, RN. She was also determined to carry on her usual whirlwind schedule as the mother of Zachary, 16, and Ben, 8, and wife of A.J., an executive chef at a catering company in New York.

"I swore I was never going to let those boys be upset because their mother was sick. I carried on my life as normally as it was beforehand," she says.

Her family was wonderful during her treatment, she says, especially her



On the cover: Ellen Giordano, with her sons, Zachary, 16, and Ben, 8, relaxes at her East Brunswick home.

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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These special hats with hair were designed by Ellen Giordano, originally for herself and then for others facing hair loss due to chemotherapy.

mother and sisters: "I can't imagine anybody doing this without a great support system."

The greatest lesson Giordano says she has learned from the experience is to take charge of her health.

"I committed myself to doing everything possible to make sure the cancer never came back," says Giordano, a devoted biker and runner. "I just kept telling myself, 'You're not sick, you're on the mend.'"

Noting that she tries to exercise at least an hour a day, she adds, "I'm in the best shape of my life."

She also follows a regular schedule of mammograms and office visits, and is looking forward to the spring of 2010, when she will mark five years post-treatment, an important milestone for all cancer survivors.

"I think about having breast cancer on occasion, but I can't worry about it," she says. "You just can't live like that."

Finding Her Passion

Giordano's experience with breast cancer helped her find her passion in life. When confronted with hair loss due to chemotherapy, she designed a special baseball cap with a fake ponytail and hair.

"When my family saw it, their jaws dropped because it looks so realistic," she recalls.

Through word of mouth, she has made some 30 hats for fellow cancer survivors. She thinks the hats are especially important for children, who often feel uncomfortable in wigs. Giordano, who is trying to obtain a patent and a trademark for the hat, which she calls The Wigat, hopes to devote herself full-time to creating hats to help others facing cancer.

Schedule Your Mammogram Today

As we recognize National Breast Cancer Awareness Month in October, remember the American Cancer Society recommends women 40 and older have a yearly mammogram. Women with a family history or other risk factors should start screenings earlier than age 40. While breast cancer therapies continue to improve, early detection remains the best way to increase the chance for survival.

"Breast cancer, like all cancers, is most treatable when we catch it early, before it causes any symptoms," says Rachel P. Dultz, MD, FACS, Medical Director of the University Medical Center at Princeton Breast Health Center. "The good news is that as we've gotten better at detecting breast cancer and treating it, the breast cancer survival rate has improved."

Schedule your mammogram today at University Medical Center at Princeton's Breast Health Center, which offers state-of-the-art digital mammography. Located in East Windsor, the Breast Health Center offers day, evening and weekend appointments. Walk-ins are accepted.

To schedule an appointment, call 609.688.2700.

University Medical Center at Princeton is a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ). UMCP's cancer program is approved by the American College of Surgeons' Commission on Cancer – a distinction earned by just 25 percent of hospitals nationwide.



University Medical Center at Princeton Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2, East Windsor
For more information or directions, call **609.688.2700** or visit **www.princetonhcs.org**.

We Take Patient Safety Seriously

An individual who has a comment, question or concern about patient care and safety that was not resolved to his or her satisfaction at Princeton HealthCare System or any other Joint Commission-accredited institution, can contact The Joint Commission. Please call The Joint Commission Office of Quality Monitoring at **1.800.994.6610** or send an e-mail to **complaint@jointcommission.org**.

HypnoBirthing®: A Relaxing Way to Have Your Baby



A new program being offered at Princeton HealthCare System is designed to help expectant mothers and their partners achieve a deep level of relaxation during childbirth, resulting in a calmer and more positive birthing experience.

Taught by a certified instructor, Princeton HealthCare System's HypnoBirthing® course is based on a process designed to educate expectant couples in the art of self-hypnosis, which then is used during labor to reduce stress.

Developed 18 years ago by New Hampshire hypnotist Marie Mongan, HypnoBirthing® (also known as the Mongan Method) is taught around the world by more than 1,700 doctors, nurses and midwives who are trained and receive certification from Mongan's HypnoBirthing Institute.

The discomfort and pain felt in labor often can be brought on by tension that is caused by the mother's fear of pain.

"A woman who learns how to decrease her anxiety through the process of HypnoBirthing® can also reduce the pain she feels," advises course instructor Lisa Stout, RN, CCE.

And since energy is not being expended while fighting against the pain, the level of fatigue experienced after delivery is reduced as well.

Visualization to Achieve Relaxation

"The process is based on the power of suggestion and visualization," says Stout.

To explain the different techniques that are used in HypnoBirthing®, she points to examples such as playing a personalized tape of verbal affirmations to help with relaxation and visualizing a flower with the petals gently opening to help a woman positively picture what is happening while she is giving birth to her baby.

While the HypnoBirthing® method allows women to reach a deep level of relaxation, it does not produce a trance-like state of deep sleep, Stout says. Women practicing the method remain fully aware and conversant – their experience similar to the relaxed concentration felt when lost in a good book or daydreaming. Some believe the process strengthens the bond between mother and child, since the birth experience is less stressful on them both. Additionally, nearly 60 percent of the women using the HypnoBirthing® method reportedly deliver their babies without the use of pain medications of any kind, according to statistics from the HypnoBirthing Institute.

Focusing on the Positive

"HypnoBirthing® is designed to help expectant couples learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation and understanding how the mom and baby work as one," says Stout. "It frees parents to focus on the positive experience of birth."

For information about Princeton HealthCare System's HypnoBirthing® classes, call the Community Education & Outreach Program at **1.888.897.8979** or visit **www.princetonhcs.org/calendar**.

For more information about the Maternal-Child Health Program at University Medical Center at Princeton, please call **1.888.PHCS4YOU (1.888.742.7496)**, or visit **www.princetonhcs.org**.

University Medical Center at Princeton Ranks Among Nation's Elite for Maternity Care



The results are in, and once again University Medical Center at Princeton has received stellar marks for its maternity care, ranked by HealthGrades among the **top 5 percent of hospitals in the nation** for maternity care services for the second year in a row.

Features of UMCP's exceptional maternity care include:

- 24/7 anesthesia availability
- 24/7 in-house neonatologists
- Level II Special Care Nursery
- Advanced services for high-risk pregnancies
- Private rooms with guest accommodations
- Comprehensive education and support

Hospital, Community Team up to Help Man with Brain Aneurysm

Time & Resources Donated to Help Patient from Ecuador

Faced with a serious medical condition and a lack of available resources to treat him in his own country, 26-year-old Ecuadorian national William Fernando Morocho Japa had lost hope. That is, until local family members, community activists and University Medical Center at Princeton doctors and staff stepped in to help.

After a tragic car accident, Japa was diagnosed with an intracranial aneurysm – a bulging, weakened wall of an artery that supplies blood to the brain. As an intracranial aneurysm gets bigger, it places pressure on the nerves around the eye muscles, causing eye movement abnormalities, double-vision, headaches and facial numbness – all of which Japa was experiencing. If it ruptures, it can cause vision loss or stroke, leading to severe disability.

“The doctors [in Ecuador] told me there was nothing they could do,” Japa said through an interpreter. “I was going to be sent home to wait and see what would happen. I became very depressed; I felt hopeless.”

Word Begins to Spread

Japa’s relatives in New Jersey began a dedicated effort to bring him to the United States for treatment – starting with fellow parishioners at Saint Anthony of Padua Catholic Church, Hightstown. Associate Pastor Father Miguel Valle contacted parishioner and member of the Latino community, David Abalos, PhD, who called Robbi Alexander, RN, Program Coordinator of Princeton HealthCare System’s Community Education & Outreach Program. She contacted Barry S. Rabner, PHCS President and CEO, who took an immediate interest in Japa’s case.

Together, they found a team of PHCS physicians willing to donate their time to treat Japa, including Mark R. McLaughlin, MD, board certified neurosurgeon and attending physician; Donald F. Denny, MD, Chief of Radiology; and Victor D. Iturbides, MD, board certified in internal medicine.



William Fernando Morocho Japa, recovering the morning after his successful procedure, with (left to right): his father-in-law, Jose Sergio Naulaguari; Michael Horowitz, MD, Chief of Neurosurgery, University of Pittsburgh Medical Center; Donald F. Denny, MD, Chief of Radiology, PHCS; Mark R. McLaughlin, MD, board certified neurosurgeon and attending physician, PHCS; Robbi Alexander, RN, Program Coordinator of PHCS’s Community Education & Outreach Program; David Abalos, PhD; and Barry S. Rabner, President & CEO of PHCS. Also involved in Japa’s care, but not pictured, was Beth Krefski, RN, MSN, Administrative Director of UMCP’s Breast Health Center.

Due to the complicated nature of the procedure, Dr. McLaughlin enlisted the help of longtime friend, mentor and colleague, Michael Horowitz, MD, Chief of Neurosurgery, neurointerventional radiologist, and a specialist in the treatment of intracranial aneurysm from University of Pittsburgh Medical Center. Dr. Horowitz donated his time and led the procedure.

A persistent, collaborative effort succeeded in obtaining a medical visa for Japa to travel to UMCP for treatment in June. By the time he arrived, his aneurysm had doubled in size.

Correcting the Problem

The complex corrective procedure, called endovascular

embolization, is a minimally invasive, catheter-based procedure designed to essentially patch the aneurysm, blocking it off from regular blood flow so it is no longer a problem, explains Dr. McLaughlin. The procedure involves use of a soft, platinum coil device.

“The coil resembles a miniature slinky that, when deployed, is designed to curl around inside of the aneurysm, filling and stabilizing it. The end result restores normal circulatory patterns, alleviating symptoms and risk,” he says.

The catheters were guided with real-time X-ray technology, called fluoroscopic imaging, which enabled physicians to navigate Japa’s vascular system and treat the aneurysm from inside the actual blood vessel.

“The procedure was a complete success,” Dr. McLaughlin says. “By treating William’s aneurysm in this manner we have eliminated all risk of disability that he faced had this not been treated.”

(continued on page 6)

PHCS Focuses on Indo-American Health



As part of a partnership with the Indo-American Community, Princeton HealthCare System will participate in two events this fall, focusing on the health needs of Indo-Americans.

The first major event, which reportedly attracted more than 50,000 people last year, is the Indo-American Fair in Mercer County Park, scheduled for September 1-2 and cosponsored by Princeton HealthCare System. Organizers said as many as 75,000 people are expected to attend this year's celebration of the art, culture and heritage of India.

Then, on October 6, PHCS will cosponsor the Health and Safety Fair at West Windsor/Plainsboro High School North, Grover Mills Road, Plainsboro, with the Indian American Civic Forum and the Plainsboro Police Department.

Rao H. Andavolu, MD, fellowship trained and board certified in immunohematology, and a member of the Medical & Dental Staff of Princeton HealthCare System, is helping coordinate PHCS physician involvement in the event. Dr. Andavolu will be joined in supporting these activities by a number of PHCS physicians, who, at press time, included Dvinder Kaur, MD; Inderjit Singh Kainth, MD; and Sarawathi Thirugnanam, MD, all of whom are board certified in internal medicine; and Rajaram Kandasamy, MD, board certified in internal medicine and nephrology.

Both events are free to the public.

Through these community events, PHCS will disseminate critical information about specific health issues that are particularly relevant to the Indo-American community.

Cardiovascular disease, diabetes, breast cancer and osteoporosis are all common health concerns among this population, according to Banu Mahalingam, MD, FACC, RCS, a member of the Medical & Dental Staff of Princeton HealthCare System who is multi-board certified in cardiovascular diseases, echocardiography, internal medicine, nuclear cardiology and cardiac sonography. Dr. Mahalingam has taken an active role in community education and outreach efforts, particularly for at-risk populations.

One in eight Asian-Indian women are diagnosed with breast cancer – the highest incidence in the world – and they are three times more likely to develop coronary artery disease than women as a whole nationwide. Asian-Indian men in the United States, meanwhile, are at high risk of coronary heart disease and diabetes. Coronary heart disease is the leading cause of death in the United States.

“Fortunately, all of these diseases, if detected early, can be successfully treated, so regular screenings and medical care are extremely important,” stresses Dr. Mahalingam.

For more information about the upcoming health fairs, please call the Princeton HealthCare System Community Education & Outreach Program at **1.888.897.8979** or visit **www.princetonhcs.org/calendar**.

Hospital, Community Team up to Help Man with Brain Aneurysm *(continued from page 5)*

A Real Team Effort

“It was a pleasure helping my colleagues in treating William,” says Dr. Horowitz. “What they’ve managed to do in getting this young man here for treatment is nothing short of extraordinary. It’s a privilege to have been a part of it.”

“We had outstanding technical support from our staff and such a positive outcome would not have been possible without their invaluable assistance,” adds Dr. Denny.

PHCS donated hospital time and resources for Japa’s treatment. In addition, several medical device companies donated equipment and technology totaling about

\$25,000, including Boston Scientific®, ev3®, Cook®, Cordis®, and Terumo®.

Japa says he feels “completely overwhelmed” and indebted to everyone involved: “The doctors and nurses treated me wonderfully. I felt extremely comfortable... I felt at peace.”

While Japa’s health is no longer at risk, his right eye remains crossed. If this condition does not correct itself, PHCS will explore the possibility of bringing Japa back for corrective eye surgery.

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

HEALTH EDUCATION CALENDAR

community focus

SEPTEMBER - OCTOBER 2007

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).



4th Annual Premier Mother & Baby Shower

**SUN. October 21
(1 – 4 p.m.)**

Hyatt Regency – Princeton
102 Carnegie Center
Princeton

No registration required.
For more information,
call 1.888.897.8979.

The 4th Annual Premier Mother & Baby Shower, cosponsored by Princeton HealthCare System and the Central New Jersey Maternal and Child Health Consortium, is an exceptional family event for those who are expecting, thinking about pregnancy and/or 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.), sponsored by New Jersey Safe Kids
- Enjoy crafts for the kids and free gifts



CENTRAL NEW JERSEY
MATERNAL AND CHILD
HEALTH CONSORTIUM



 **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

CURRENT PROGRAMS

Health Screenings at West Windsor's Community Farmer's Market

Saturdays through October (9 a.m. – 1 p.m.)
Princeton Junction Train Station, Vaughn Drive Parking Lot
Alexander Road and Vaughn Drive, Princeton Junction

No registration required.

Princeton HealthCare System is a proud sponsor of the West Windsor Community Farmer's Market. Each week, health professionals from Princeton HealthCare System will be on hand to offer free blood pressure screenings and information to area residents. For more information, visit www.westwindsorfarmersmarket.org.

**Indo-American Fair**

SAT. & SUN. September 1 & 2 (11 a.m. – 7 p.m.)
Mercer County Park
West Windsor

No registration required.

Princeton HealthCare System is a proud sponsor of this annual fair. In addition to the event's family-oriented activities, PHCS physicians and health professionals will be on hand to provide health information and free blood pressure screenings.

GERD (Gastroesophageal Reflux Disease): What You Need to Know

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

William N. Segal, MD, board certified gastroenterologist, will discuss GERD, including what GERD is, the signs and symptoms, and diagnosis and treatment of the disease. Dr. Segal will also discuss a related condition, Barrett's esophagus, which is a precursor to esophageal cancer. Dr. Segal is a member of the Medical & Dental Staff of Princeton HealthCare System.

20th Annual Community Unity Day

SAT. September 8 (12 – 5 p.m.)
Woodlot Park, New Road
Kendall Park

No registration required.

Princeton HealthCare System is pleased to participate in the 20th Annual Community Unity Day, sponsored by the South Brunswick Municipal Alliance on Substance Abuse. The emphasis of this event is to disseminate data relative to the abuse of alcohol, tobacco, and drugs. Participants include schools, churches, local media, community service groups and municipal leaders. The day will feature entertainment, carnival games, arts and crafts, and food.

Nutrition for Busy Women: How to Eat Healthy on the Run

MON. September 10 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

If you are like most women today, there simply aren't enough hours in the day to take good care of yourself. With little time to spare, too often this results in unhealthy eating habits. Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss easy-to-prepare meals, plus simple and healthy snack ideas to keep in your car or purse. All meals follow the program of 40% carbohydrates, 30% protein and 30% fat, known as the Zone Diet.

**Free Health Screenings**

MON. September 10 (10 a.m. – 12 p.m.)
Mercer County Library System – Hopewell Branch
245 Pennington-Titusville Road
Pennington

WED. September 26 (9:30 a.m. – 12:30 p.m.)
Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road
Robbinsville

No registration required.

Health professionals from Princeton HealthCare System will be on hand to provide free blood pressure, cholesterol and glucose screenings. Results will be given on the spot. Screenings are limited and will be given on a first-come, first-served basis.

Trigeminal Neuralgia

TUE. September 11 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Trigeminal neuralgia is a facial pain syndrome that causes severe, piercing, electric shock-like pains in the facial region. Although it is a relatively rare disorder that occurs in only 1 in 7,000 people, the pain can be debilitating, and someone you know or love may be affected by this disease sometime in his or her life. Mark R. McLaughlin, MD, FACS, board certified neurosurgeon, an expert in the diagnosis and treatment of trigeminal neuralgia, will discuss the history of the disease, as well as the state-of-the-art treatments now available. Dr. McLaughlin is a member of the Medical & Dental Staff of Princeton HealthCare System.

Chair Exercise

WED. September 12 (2 – 3:30 p.m.)
Princeton Fitness & Wellness Center

In recognition of Healthy Aging Month, Carol Keyes, PT, Coordinator, Outpatient Rehabilitation, University Medical Center at Princeton's Outpatient Rehabilitation Network, will lead you in a variety of exercises that can be done while seated. Exercises include the use of resistance bands and household weights to get your heart pumping and keep you fit. Bands and weights will be provided.

American Heart Association Heart Walk

SUN. September 16
Mercer County Park, West Windsor

Please call 609.497.4285 for walk information and to register.

As the signature fundraising 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 our country's No. 1 killer – cardiovascular disease.

Fall Family Safety Fest

SUN. September 16 (1 – 4 p.m.)
Community Education & Outreach at 731 Alexander Road

No registration required.

Princeton HealthCare System is pleased to present this fun-filled and informative family safety day. Health professionals from PHCS will be on hand to provide free health information and screenings. Local experts will provide valuable information about family safety. Activities will also include face painting, arts and crafts, and prizes for the kids. Certified child passenger safety technicians will be available to conduct free car seat safety checks (1:30 – 3:30 p.m.). Bring the whole family!

Yikes! What Is Happening to My Body?



A Puberty Talk for Girls

TUE. September 18 (7 – 8:30 p.m.)

A Puberty Talk for Boys

TUE. September 25 (7 – 8:30 p.m.)

Mercer County Library System –
Hopewell Branch
245 Pennington-Titusville Road
Pennington

This program will discuss the physical, intellectual and emotional changes your child will experience during his or

her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The program is designed for children 9 to 12 years old. Children should be accompanied by a parent or guardian. The girls' session will be led by Lisa Stout, RN, health educator. The boys' session will be led by Lori Hartley, RN, health educator.

Suicide Assessment, Prevention & Intervention

TUE. September 18 (7 – 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road

The first step in preventing suicide is understanding the risks and warning signs. Join us as Jacqueline C. Oshiver, LCSW, MEd, Site Director of Outpatient Services with Princeton House Behavioral Health, discusses everything you should know about suicide, but probably don't. Topics include:

- Common myths about suicide
- Assessment and evaluation
- Risk factors
- Treatment interventions

This program may be especially helpful for those who have loved ones who are experiencing depression and/or emotional illness or who may have experienced a major loss through circumstances like death or divorce.

Healthy Living Panel: Aging Gracefully

TUE. September 18 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Join us for this interactive panel discussion on aging gracefully. Topics will include exercise, living a healthy lifestyle, and proper nutrition for aging adults. Panelists include:

- Perry Herman, MD, FAAP, board certified in physical medicine and rehabilitation, member of the Medical & Dental Staff of Princeton HealthCare System
- Leslie O'Malley, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program
- Sarah Werbel, MD, board certified in internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System

Women's Wellness: Issues in Infertility

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

A diagnosis of infertility is not necessarily a diagnosis of sterility. Join us as Seth G. Derman, MD, FACOG, board certified OB/GYN and reproductive endocrinologist, discusses the different types and causes of infertility, tests that may help to diagnose the underlying cause, and options for treatment. Dr. Derman is a member of the Medical & Dental Staff of Princeton HealthCare System.

FREE Vision Screenings

THU. September 20
THU. October 18
Community Education & Outreach at 731 Alexander Road

By appointment only. Space is limited.
Please call 1.888.897.8979.

Half of all blindness is preventable through regular 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 vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian. *Se habla español.*

A Special Message for Women: How Hypertension Can Affect Your Life & What You Can Do About It

THU. September 20
(7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical
Commons 2
300B Princeton-
Hightstown Road
East Windsor

High blood pressure is one of the most common risk factors for heart disease. About 75 million people suffer from high blood pressure and nearly half are women, so chances are you or a woman you love will be affected. According to the American Heart Association, high blood pressure has no symptoms, but as a woman, you should be aware of the risk factors and how you can reduce and control your blood pressure. Geri Karpiscak, RN C, BSN, FAACVPR, Nurse Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation and Diabetes Management Programs, will lead this discussion.



CURRENT PROGRAMS

WEBINARS

Webinars are online seminars, provided to participants in the comfort of their own homes via the Internet.

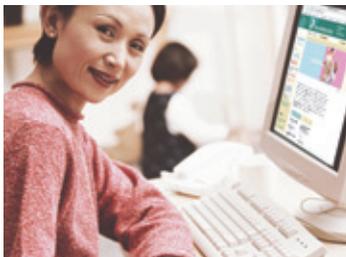
All About Gender-Smart Knee Replacement

MON. September 24 (7 – 8:30 p.m.)

Registration required. Please visit us online at

www.princetonhcs.org/calendar.

Men's and women's knees are different, and for the first time, women considering knee replacement have the option of receiving an innovative, gender-smart implant made just for them. Join us as Harvey E. Smires, MD, board certified orthopedic surgeon, discusses this new technology, which is now available to women and offered at University Medical Center at Princeton. Dr. Smires is a member of the Medical & Dental Staff of Princeton HealthCare System.



Sleep & Your Health

MON. October 22 (7 – 8:30 p.m.)

Registration required. Please visit us online at

www.princetonhcs.org/calendar.

Join us for this eye-opening discussion of sleep disorders, including snoring, sleep-disordered breathing and insomnia. Long- and short-term health consequences and treatment options will also be discussed. Michael Nolloedo, MD, Medical Director of University Medical Center at Princeton's Sleep Center, and board certified in sleep medicine, pulmonary medicine, critical care medicine and internal medicine, will lead this discussion.

Creating Healthy, Packable Lunches for You & Your Kids

TUE. September 25 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Packing a lunch for school or work may take time, but it will save you a lot of calories and some money too. Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss how to include healthy food choices in lunches for you and your family.

Personal Safety

WED. September 26 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Officer Sam Dyson, West Windsor Police Department, will illustrate criminal situations and offer tips for preventing them. This program focuses on crime prevention with basic instruction about keeping safe in public, in a car and at home.

Health Screenings

THU. September 27 (5 – 7 p.m.)

Eggert's Crossing Village

175 Johnson Avenue

Lawrenceville

No registration required.

Princeton HealthCare System and the Lawrence Township Department of Health are pleased to offer free health screenings and information to area residents. Health professionals from PHCS will be on hand to provide free blood pressure, cholesterol and glucose screenings. Results will be given on the spot. Screenings will be given on a first-come, first-served basis.

Menopause: Managing the Changes of Life

THU. September 27 (7 – 8:30 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road

East Windsor



While menopause was once a stage of life dreaded by many women, today an abundance of medical knowledge, options and resources are available that can

help ease your transition as you experience this life change. Katherine E. Erbe, RN, BSN, CNM, certified nurse midwife, will discuss symptoms, hormone replacement options and other tips for how you can stay youthful and active throughout your life.

WORLD HEART DAY 2007: HEALTHY FAMILIES, HEALTHY COMMUNITIES

SUN. September 30 (9 a.m. – 1 p.m.)

Witherspoon Street Presbyterian Church

112 Witherspoon Street, Princeton

SUN. September 30 (10 a.m. – 2 p.m.)

Mt. Pisgah AME Church

170 Witherspoon Street, Princeton

SUN. September 30 (12:30 – 2 p.m.)

First Baptist Church

Paul Robeson Place and John Street, Princeton

SUN. October 21 (1 – 3 p.m.)

Mt. Olivet Baptist Church

21 Rev. William Powell Drive, Hightstown



No registration required.

All members of the community are strongly urged to participate in Princeton HealthCare System's World Heart Day events, held as part of a worldwide effort to promote greater awareness of heart disease, the leading killer of American adults, regardless of race or gender. Every 34 seconds, heart disease claims an American life. African-Americans, Hispanic-Americans and Asian-Indian-Americans are at an even greater risk

for heart attack and stroke. Join PHCS health professionals to learn more about lowering your risk for cardiovascular disease, and the connection between blood sugar and heart disease, and receive free health screenings, including:

- Blood pressure
- Cholesterol
- Glucose
- Stroke risk assessment

Community Health & Safety Fair

SAT. October 6 (9 a.m. – 12 p.m.)
West Windsor-Plainsboro High School North
90 Grovers Mill Road, Plainsboro

No registration required.

Princeton HealthCare System, the Indian American Civic Forum and the Plainsboro Police Department are pleased to cosponsor this fair, open to the entire community. PHCS physicians and health professionals will provide health information and free screenings. Car seat checks will be conducted by the Plainsboro Police Department. Bring your family to this fun and informative fair.

Is Your Child's Backpack Weighing Him or Her Down?: Posture Information Session & Backpack Checks

TUE. October 9 (6:30 – 8 p.m.)
Princeton Fitness & Wellness Center

Did you know the average student carries a backpack weighing almost 25% of his or her body weight? Carrying too much weight in a backpack or wearing it incorrectly can lead to pain and strain in the back, neck and shoulders. Parents and their children, ages 7 to 13 years, are invited to bring their backpacks and books for a weigh-in to determine the healthy weight to be carried in his or her backpack and also to learn tips for your child's health and success in school. A physical therapist from UMCP's Outpatient Rehabilitation Network will lead this discussion.



Everyone Aches: Treatment & Prevention of Arthritis

WED. October 10 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

According to the Centers for Disease Control and Prevention, arthritis is the nation's No. 1 cause of disability. Michael J. Froncek, MD, board certified in rheumatology and internal medicine, and a member of the Medical & Dental Staff of Princeton HealthCare System, will discuss:

- Steps you can take to prevent the onset of arthritis
- Ways to treat and control arthritis

A question-and-answer session will follow.

Supplements: What Every Woman Should Know About Vitamins & Herbs



THU. October 11 (7 – 8:30 p.m.)
UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor
Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in

pharmacotherapy and oncology, registered pharmacist, University Medical Center at Princeton, will discuss the most current information regarding the use of vitamins and herbs for general wellness, cardiovascular health, osteoporosis prevention and menopause. Product selection, dosing, cautions, drug interactions and current data supporting (or not supporting) the use of various supplements will be reviewed. A special emphasis will be placed on the use of supplements by women.

Diabetes: What Is My Risk?

THU. October 11 (7 – 8:30 p.m.)
Princeton Public Library
65 Witherspoon Street, Princeton

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. Risk factors and complications of diabetes will be discussed. Nancy Rhodes, RN, MA, CDE, University Medical Center at Princeton's Diabetes Management Program, will lead this discussion.

Ask the Physical Therapist

FRI. October 12 (1 – 4 p.m.)
UMCP Outpatient Rehabilitation at Cranbury
2650 Route 130 North, Suite C, Cranbury

FRI. October 19 (9 – 11:30 a.m.)
UMCP Outpatient Rehabilitation at Princeton Fitness & Wellness Center
1225 State Road, Princeton

No registration required.

October is National Physical Therapy Month. If you feel like you're slowing down or are wondering if there are other options for treating your arthritis or pain, come meet the physical therapists and physical therapist assistants of UMCP's Outpatient Rehabilitation Network. Receive free posture, balance and flexibility screenings, and find out if physical therapy could benefit you.

White Elephant 2007: Art, Antiques & Rummage Sale

SAT. & SUN. October 13
(9 a.m. – 4 p.m.) and
October 14 (10 a.m. – 3 p.m.)
University Medical Center at Princeton
Parking Garage, 1st Level



No registration required.

For more information, or to volunteer, call 609.497.4069. This annual event is sponsored by The Auxiliary of University Medical Center at Princeton. Funds raised benefit the hospital's Maternal-Child Health Program.

America's Walk for Diabetes

SUN. October 14
Princeton Forrestal Village
US Route 1 and College Road, Princeton

Please call 609.497.4372 for walk information and to register.

Diabetes affects more than 18 million people in the United States and more than a half million people in New Jersey alone. University Medical Center at Princeton is a proud supporter of the American Diabetes Association and the Princeton ADA Walk. Join us in the fight to raise needed funds to help find a cure for this devastating disease.

Vegetarian Meals

TUE. October 16 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Whether you have been following a vegetarian diet for years, or are just thinking about getting started, join us for this informative discussion with Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program. Topics include the different levels of a vegetarian diet, how to ensure proper nutritional balance, and avoiding hidden fats.

CURRENT PROGRAMS

**Women's Wellness:
Osteoporosis Information Session**

WED. October 17 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Osteoporosis affects more than 8 million American women and is responsible for 1.5 million fractures and \$18 billion in healthcare costs each year. Learn what you can do to prevent osteoporosis and bone loss. Leroy Hunninghake, MD, FACP, board certified rheumatologist, will discuss the latest advances in the diagnosis and treatment of osteoporosis. Dr. Hunninghake is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Yikes! What Is Happening to My Body?
A Puberty Talk for Girls**

THU. October 18 (7 - 8:30 p.m.)

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

This program will discuss the physical, intellectual and emotional changes your child will experience during her transition to teenager. Bring your child and join us for an informative and relaxed look at growing up. The program is designed for children 9 to 12 years old. Children should be accompanied by a parent or guardian. The session will be led by Lisa Stout, RN, health educator.

4th Annual Women's Wellness Day 2007

SAT. October 20 (8 a.m. – 3 p.m.)

Conant Hall, ETS Campus
660 Rosedale Road, Princeton

\$45 per person (\$60 at the door),
\$35 for seniors age 60 and over
and Heart to Hearts members

Registration required.

Please call Terry or Sue at
609.689.3131.

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. Roderick T. Kaufmann, MD, board eligible dermatologist, will discuss the latest in skin care for women of all ages. Other community speakers will be highlighted. Health professionals from the UMCP Breast Health Center will discuss self breast exam. The daylong event will include exhibits, massages, holistic presentations, and health lectures and screenings by physicians and health professionals from Princeton HealthCare System.

Screenings include:

- Balance & posture
- Bone density
- Glucose
- Blood pressure
- Cholesterol
- Foot

Continental breakfast and lunch included.

Monroe Township Octoberfest

SUN. October 21 (12 – 4 p.m.)

Monroe Township Community Center
120 Monmouth Road, Monroe Township

No registration required.

Princeton HealthCare System is proud to take part in this event, sponsored by the Monroe Township Recreation Department. PHCS will provide valuable health information and free blood pressure screenings, plus crafts for the kids. Other local organizations and services will also be featured.

**Raising a Healthy Teenage Girl:
Hot Topics in Adolescent Health**

MON. October 22 (7 – 8:30 p.m.)

UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

Worried, delighted, proud, confused, amused, rejected and amazed... YES, you are the parent of a teenage girl! Join us for an evening of valuable information, presented by Barbara K. Snyder, MD, board certified in adolescent medicine.

Topics include:

- Eating disorders and body image concerns
- Depression
- Gardasil, the HPV vaccine
- Overview of adolescent growth and development

3rd Annual Fall Senior Fest

TUE. October 23 (10 a.m. - 2 p.m.)

Angeloni's Cedar Gardens, Route 33, Hamilton

No registration required.

Princeton HealthCare System is pleased to participate once again in this annual event, sponsored by Saul Funeral Homes, Inc. Health professionals from Princeton HealthCare System will provide free blood pressure, glucose and cholesterol screenings. Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss breakfast nutrition for seniors in order to help you start your day off right. The event also features community agencies and vendors focused on the lifestyle of today's seniors.

Food Allergies

WED. October 24 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

The number of Americans with food allergies has doubled in the past decade, making it more important than ever to be aware of the foods we eat and what goes into them. Helen S. Skolnick, MD, board certified in allergy and immunology, will:

- Define food allergies
- Discuss the eight most common food allergies and their symptoms
- Share substitutions in cooking

Dr. Skolnick is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Breast Cancer Awareness:
Your Mammography Experience**

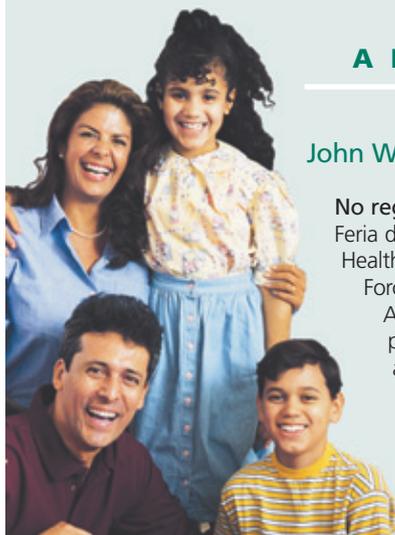
WED. October 24 (7 – 8:30 p.m.)

UMCP Breast Health Center
East Windsor Medical Commons 2
300B Princeton-Hightstown Road
East Windsor

A mammography screening is the best available method to help detect breast cancer at an early stage, so why do so many women avoid it? Don't let fear of the unknown, conflicting information or a busy schedule keep you away from this very important screening. Rachel P. Dultz, MD, FACS, Medical Director, University Medical Center at Princeton's Breast Health Center, and Jeana S. Oh, MD, board certified radiologist who is fellowship trained in breast imaging, will address your questions and concerns regarding the latest technology and facts about your mammography visit. A tour of the Breast Health Center will follow this informative and educational program.



**FERIA DE LA SALUD:
A LATIN AMERICAN HEALTH FAIR**



SAT. October 27 (9 a.m. – 12:30 p.m.)
John Witherspoon Middle School, 217 Walnut Lane, Princeton

No registration required.
Feria de la Salud is cosponsored by Princeton HealthCare System, the Latin American Task Force and the Hispanic American Medical Association. Princeton HealthCare System physicians and health professionals, along with health and social service agencies serving the greater Princeton area, will participate in this day of health information and screenings targeting the needs of the Latin American Community.

Registro no es necesario.
La Feria de la Salud es co-patrocinada por Princeton HealthCare System, Latin American Task Force y Hispanic American Medical Association. Los médicos y profesionales de la salud de Princeton HealthCare System junto con las agencias de salud y servicio social que sirven a la mayor parte de Princeton, participaran este día con información y pruebas de la salud con la meta de proveer las necesidades de la comunidad Latino Americana.

R.A.D. Women™

FRI. October 26 – November 16
(6 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$30 per person
Registration is limited.
R.A.D. (Rape Aggression Defense) is a national self-defense course for women that combines classroom learning with physical self-defense tactics. The four-evening course is open to any woman age 16 and over. Dress in sneakers and comfortable clothing that would be suitable for exercising. No prior experience is necessary.

**Hamilton Area YMCA's 3rd Annual
Spook Tails & Trails 2007**

SUN. October 28
2-Mile Walk: 10 a.m.
5K Run: 10:30 a.m.
Veteran's Park, Hamilton
Ages 13 and up: \$17 (\$22 after October 26)
Ages 6-12: \$10
Children 5 and under: Free



Contact Krissi Zigenfus, Health & Wellness Director, Hamilton Area YMCA, at 609.581.9622, ext. 1112, or kzigenfus@hamiltonymca.org for registration information. Race application also available online at www.hamiltonymca.org. This annual event, cosponsored by Princeton HealthCare System, will feature a 5K run, a 2-mile walk, food, prizes and family fun. Health professionals from Princeton HealthCare System will provide health information and free blood pressure screenings, plus Halloween crafts for the kids.

Vitamins & Herbal Supplements: What You Need to Know

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

Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, and a registered pharmacist at University Medical Center at Princeton, will discuss issues related to herbal alternatives and vitamin therapy, including:

- Use of vitamins and herbs
- Adverse effects
- Supporting data
- Drug interactions & precautions

CHILDBIRTH & FAMILY

University Medical Center at Princeton, which has ranked among the top 5 percent of hospitals in the nation for two years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. 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.)
Princeton Fitness & Wellness Center

Bright Beginnings 2 (6 to 12 months)

TUE. September 4 (10:30 – 11:30 a.m.)
TUE. September 18 (10:30 – 11:30 a.m.)
TUE. October 2 (10:30 – 11:30 a.m.)
TUE. October 15 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 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.

CHILD BIRTH & FAMILY

University Medical Center at Princeton, which has ranked among the top 5 percent of hospitals in the nation for two years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Breastfeeding Support Group

WED. September 5 (11 a.m. – 12 p.m.)
 FRI. September 14 (11 a.m. – 12 p.m.)
 WED. September 19 (11 a.m. – 12 p.m.)
 FRI. September 28 (7 – 8 p.m.)
 WED. October 3 (11 a.m. – 12 p.m.)
 FRI. October 12 (11 a.m. – 12 p.m.)
 WED. October 17 (11 a.m. – 12 p.m.)
 WED. October 26 (7 – 8 p.m.)
 WED. October 31 (11 a.m. – 12 p.m.)
 UMCP Breast Health Center
 300B Princeton-Hightstown Road
 East Windsor Medical Commons 2
 East Windsor

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.

Grandparenting 101

THU. September 6 (10 – 11:30 a.m.)
 Community Education & Outreach at 731 Alexander Road
 This grandparenting class is a fun, interactive session designed to bring new grandparents and grandparents-to-be up to date on the latest information on baby care. Topics range from the changing birth environment to safety considerations, including:

- Car seat laws and recommendations
- SIDS prevention
- Role transitioning
- Newborn characteristics

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

THU. September 6 (6:30 – 8:30 p.m.)
 University Medical Center at Princeton
 Ground Floor Conference Rooms A & B
 Please join us for an informative evening about the midwife model of care. 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

Baby Care

THU. September 6
 (7 – 9:30 p.m.)
 TUE. September 25
 (7 – 9:30 p.m.)
 THU. October 18
 (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.

**Prenatal Yoga**

THU. September 6 – October 25 (7 – 8:15 p.m.)
 Princeton Fitness & Wellness Center

\$160 per person

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation to help them keep fit and feel good during pregnancy. No previous yoga experience is necessary; however, medical clearance from a physician is required. Please bring a yoga mat or large towel, two pillows or cushions, a yoga tie or a regular tie for stretching.

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

FRI. September 7 – October 12
 (9 – 9:45 a.m.)
 Princeton Fitness & Wellness Center

\$85 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. These classes are taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

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

FRI. September 7 – October 12 (10 – 10:45 a.m.)
 Princeton Fitness & Wellness Center

\$85 per person

This class will offer 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. These classes are taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

Maternity Tour

SAT. September 8 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
 SAT. September 29 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
 SAT. October 13 (1 – 2 p.m. or 2:30 – 3:30 p.m.)
 SAT. October 27 (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 rooms. A tour is included in all Childbirth Preparation classes.

University Medical Center at Princeton, which has ranked among the top 5 percent of hospitals in the nation for two years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Sibling Class

SAT. September 8
SAT. September 29
SAT. October 13
SAT. October 27
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 Exercise

MON. & WED. September 10 - October 17 (7 – 8 p.m.)
No class on October 15. Class will be held on Tuesday, October 16, instead.
Community Education & Outreach at 731 Alexander Road

\$160 per person

This class, which is designed for expectant moms who are interested in learning about exercise during pregnancy, helps to 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, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a physician is required. Please bring a large towel or mat for floor exercises and water for hydration.

Childbirth Preparation

MON. September 10 – October 1
(7 – 9 p.m.)
THU. September 20 – October 11
(7 – 9 p.m.)
WED. September 26 – October 17
(7 – 9 p.m.)
TUE. October 9 - 30 (7 – 9 p.m.)
MON. October 22 – November 12
(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.



Terrific Toddlers (1 to 3 years)

TUE. September 11 (10:30 – 11:30 a.m.)
TUE. September 25 (10:30 – 11:30 a.m.)
TUE. October 9 (10:30 – 11:30 a.m.)
TUE. October 23 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 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.

Home Safety & Childproofing

WED. September 12 (7 – 8 p.m.)
Babies "R" Us – West Windsor
Nassau Park Boulevard, Princeton
Lori Hartley, RN, BSN, will teach new parents and parents-to-be about the preventive measures of childproofing that correspond to the various developmental stages of your child.

HypnoBirthing®

THU. September 13 – October 11
(7 – 9:30 p.m.)
Community Education & Outreach
at 731 Alexander Road

\$175 per couple

This five-week class is designed for expectant couples who have a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. See related article on page 4.



Car Seat Safety Checks

THU. September 13 (11:30 a.m. - 1:30 p.m.)
WED. October 24 (11:30 a.m. - 1:30 p.m.)
Babies "R" Us - West Windsor
Nassau Park Boulevard, Princeton

No registration required.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Join us at Babies "R" Us to have a certified child passenger safety technician check your child's car seat.

Accelerated Childbirth Preparation

SAT. September 15 (9 a.m. – 5 p.m.)
SAT. October 6 (9 a.m. – 5 p.m.)
SAT. October 27 (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.

CHILDBIRTH & FAMILY

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Postpartum Exercise

MON. September 17 - October 29
(10:30 – 11:30 a.m.)
No class on October 8.
Community Education &
Outreach at 731 Alexander Road

\$60 per person

This six-session 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.

Intro to Baby Sign

WED. September 19 (7 – 8 p.m.)
Babies "R" Us – West Windsor
Nassau Park Boulevard, Princeton

Communicating with your baby can be challenging, but teaching your child to sign will allow him or her to communicate with you long before he or she can speak. This class will teach you the basics of baby sign and is taught by Debbie Brown-Kuhn, RN.

Prenatal Breastfeeding Class

WED. September 19 (7 – 9:30 p.m.)
MON. October 8 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$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.



Childbirth Preparation Review

FRI. September 28 (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.

HEALTHY PREGNANCY SERIES

Baby Maybe

TUE. October 9 (7 – 9 p.m.)
Community Education & Outreach
at 731 Alexander Road

This informative session will provide you with important information related to pregnancy, including:

- Fertility and infertility
- Healthy lifestyles for pregnancy
- Genetics
- Advanced maternal age

The session will be led by Seth Derman, MD, FACOG, board certified OB/GYN and reproductive endocrinologist; a board certified maternal-fetal medicine specialist; Ursula Miguel, MS, CNM, certified nurse midwife; and Katherine Erbe, CNM, certified nurse midwife. Dr. Derman is a member of the Medical & Dental Staff of Princeton HealthCare System.



Early Pregnancy & the Development of Baby

TUE. October 23 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

Good prenatal care is essential to protect the health of you and your baby. Join us as a board certified maternal-fetal medicine specialist; Ursula Miguel, MS, CNM, certified nurse midwife; and Katherine Erbe, CNM, certified nurse midwife, teach expectant couples:

- Emotional and physical changes
- Medication usage
- Preparing for childbirth
- Preterm labor and pregnancy-induced high blood pressure
- Testing done during pregnancy
- Fetal developmental milestones

A Labor of Love: Baby's First Moments

TUE. October 30 (7 – 9 p.m.)
Community Education & Outreach
at 731 Alexander Road

Join us for this informative discussion of the management of the labor process. Eugene S. Gamburg, MD, board certified OB/GYN; and Timothy Patrick-Miller, MD, board certified pediatrician, will lead this session. Topics to be discussed include:

- When to call your physician
- Admission to the Maternity Unit
- Monitoring of contractions and fetal wellbeing
- Medical interventions
- Apgar score, which summarizes a newborn's health based on skin color, heart rate, reflexes, muscle tone and respiration
- Jaundice
- Vaccines
- Infant testing

Drs. Gamburg and Patrick-Miller are members of the Medical & Dental Staff of Princeton HealthCare System.

CHILDBIRTH & FAMILY

University Medical Center at Princeton, which has ranked among the top 5 percent of hospitals in the nation for two years in a row for maternity care services, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Better Sleep for You & Baby

WED. October 10 (7 – 8 p.m.)
Babies “R” Us – West Windsor
Nassau Park Boulevard,
Princeton



As the parent of a newborn, there are probably many days – and nights – when you wonder how you will ever manage to put your baby down to sleep without a fuss, and if you are ever going to have a full night’s sleep again. Fear not! While bedtime can be a challenge for you and your little one, there are ways to help smooth the transition to sleep for your baby – and yourself. Join us as a health professional from Princeton HealthCare System discusses strategies to help you meet this nightly challenge.

Back to Sleep SIDS Awareness

WED. October 17 (7 – 8 p.m.)
Babies “R” Us – West Windsor
Nassau Park Boulevard, Princeton

Sudden Infant Death Syndrome (SIDS) accounts for almost 8% of all infant deaths in the United States. As a parent or infant caregiver, it is important for you to know the ways in which you can reduce the risk of SIDS in infants. Join us as a health professional from Princeton HealthCare System discusses simple steps you can take to prevent SIDS in your child.

Prenatal Nutrition

MON. October 22 (7 – 9 p.m.)
Community Education & Outreach at 731
Alexander Road



\$20 per couple

Sabina Beesley, MS, RD, a registered dietitian with University Medical Center at Princeton’s Nutrition Program, and mother of two, will teach expectant couples proper nutrition for the pregnant mom, through all gestational ages. Topics include minimizing weight gain during pregnancy, foods to avoid when pregnant, postpartum nutrition and special nutritional concerns for breastfeeding moms.

Prenatal Infant Massage

THU. October 25 (7 - 8:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$25 per couple

This class is the perfect time to learn the principles of infant massage before the arrival of your baby. The benefits of infant massage are numerous. It stimulates baby’s brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles, promotes growth, strengthens the immune system and increases circulation. Massage techniques are practiced on a doll. The class is designed for expectant couples. Please bring an exercise mat or large towel to class.



Prenatal Partner Yoga Workshop

SAT. October 27 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center

\$35 per couple

This workshop is designed to help pregnant couples learn supportive positions that can help the mother-to-be stretch and feel better during pregnancy and labor. Couples will practice postures, breathing techniques and massage. No previous yoga experience is necessary; however, medical clearance from a physician is required. Please bring a yoga mat or large towel and a pillow. This class is taught by a certified prenatal yoga instructor.

Car Seat Safety Checks

Call **1.888.897.8979** for an appointment and locations
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! 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

THU. September 6 (6 – 10:30 p.m.)
MON. September 10 (9 a.m. – 1:30 p.m.)
MON. October 15 (6 – 10:30 p.m.)
Community Education & Outreach at 731 Alexander Road
MON. September 17 (6 – 10:30 p.m.)
THU. October 25 (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.



Family & Friends CPR – Adult & Child

FRI. September 7 (10 a.m. – 12 p.m.)
Princeton Fitness & Wellness Center
FRI. October 19 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$25 per person

The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child 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.

Pet First Aid

FRI. September 14 (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.

Family & Friends CPR – Infant

TUE. September 18 (10 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center

FRI. October 5 (7 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

\$25 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.

Heartsaver First Aid – Pediatric

SAT. September 29 (10 a.m. – 1 p.m.)
Community Education & Outreach at 731 Alexander Road

\$50 per person

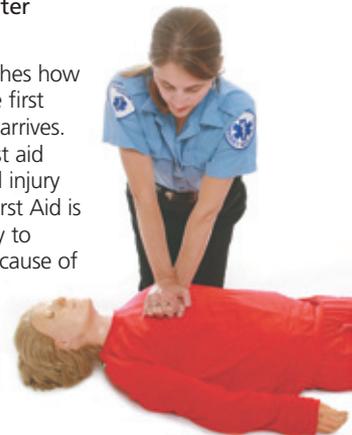
The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed 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. Participants will receive a course completion card.

Heartsaver First Aid

SAT. October 13 (10 a.m. – 1 p.m.)
Princeton Fitness & Wellness Center

\$50 per person

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

**Heartsaver CPR**

WED. October 24 (6 – 10 p.m.)
Community Education & Outreach at 731 Alexander Road

\$50 per person

The Heartsaver CPR course teaches CPR and relief of choking in adults and children; 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.

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) and an approved program of the American College of Surgeons' Commission on Cancer, 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.

**Skin Cancer Screening & Information Session**

WED. September 5 (6 – 8 p.m.)
University Medical Center at Princeton's Clinic
Medical Arts Building, Suite B
253 Witherspoon Street, Princeton

Appointment required for the screening. Registration requested for the information session. Please call **1.888.897.8979**.

Outdoor activities increase our exposure to the sun and our risk of skin cancer. In recognizing the importance of early detection and prevention of skin cancer, University Medical Center at Princeton is pleased to offer a free skin cancer screening and

information session. Board certified dermatologists on staff at Princeton HealthCare System will provide head-to-toe skin assessments, along with personalized recommendations for skin care. Educational information and a question-and-answer session will follow.

CANCER PROGRAMS & SCREENINGS

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Skin Cancer Screening

TUE. September 18 (6 – 9 p.m.)
Hopewell Township Municipal Complex
Health Department, Lower Level
201 Washington Crossing – Pennington Road, Titusville

Registration required. Please call 609.737.0120, ext. 684. Wanda M. Patterson, MD, board certified dermatologist, will provide free skin cancer screenings and skin-care recommendations. Dr. Patterson is a member of the Medical & Dental Staff of Princeton HealthCare System.

Prostate Cancer Screening

WED. September 26 (6 – 8 p.m.)
University Medical Center at Princeton's Clinic
Medical Arts Building, Suite B
253 Witherspoon Street, Princeton

Appointment required. Please call 1.888.897.8979 for eligibility information and appointment. Prostate cancer is the most frequently diagnosed cancer in men and the most deadly cancer in men, accounting for more than 27,000 deaths per year. University Medical Center at Princeton is pleased to offer FREE prostate cancer screenings to eligible participants. The screening process includes a digital rectal exam (DRE) performed by a board certified urologist and a prostate-specific antigen (PSA) test.

Prostate Cancer Support Group

WED. September 26 & October 24 (12 - 1:30 p.m.)
Princeton Fitness & Wellness Center
This support group, which has been in existence for more than 13 years, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between open discussion and guest speaker. Lunch is provided.

Frankly Speaking About Lymphoma, Leukemia & Myeloma

TUE. October 2 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Doreen Babott, MD, board certified in hematology, medical oncology and internal medicine, will discuss the differences between these cancers, plus:

- Receiving a proper diagnosis
- Treatment options
- Managing symptoms and side effects

Dr. Babott is a member of the Medical & Dental Staff of Princeton HealthCare System.



American Cancer Society's Look Good, Feel Better

MON. October 8 (1 - 3 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Registration required. Please call Karen at 609.497.4475. Cancer can lower your energy, your appetite and your strength, but it doesn't have to lower your self-confidence. A certified cosmetologist from the American Cancer Society will provide free one-time makeovers to women who are currently undergoing cancer treatment. Beauty techniques will be demonstrated.

SUPPORT GROUPS



UNITE – Perinatal Loss Bereavement Group

MON. September 10 (7 – 9 p.m.)
MON. October 1 (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.

Postpartum Adjustment Support Group

WED. September 12 (7 – 8 p.m.)
THU. September 13 (11 a.m. – 12 p.m.)
THU. September 20 (11 a.m. – 12 p.m.)
WED. September 26 (7 - 8 p.m.)
THU. September 27 (11 a.m. – 12 p.m.)
THU. October 4 (11 a.m. – 12 p.m.)
WED. October 10 (7 – 8 p.m.)
THU. October 11 (11 a.m. – 12 p.m.)
THU. October 18 (11 a.m. – 12 p.m.)
THU. October 25 (11 a.m. – 12 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

No registration required. Having a new baby is a very joyous occasion, but it can also bring about feelings of sadness and uncertainty. This group provides support and opportunities to explore the challenges of becoming a new parent in a relaxed and friendly atmosphere. The group is facilitated by healthcare professionals from Princeton HealthCare System.

SUPPORT GROUPS

Diabetes Support Group

WED. September 19 (2:30 – 4 p.m.)
WED. October 17 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. September 24 (6:30 – 8 p.m.)
MON. October 22 (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, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, facilitates meetings.

**MONROE TOWNSHIP
EVENT 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**.

All About Gender-Smart Knee Replacement

WED. October 17 (1 – 2:30 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Please call to register.

Men's and women's knees are different, and for the first time, women considering knee replacement have the option of receiving an innovative, gender-smart implant made just for them. Join us as Harvey E. Smires, MD, board certified orthopedic surgeon, discusses this new technology that is now available to women and offered at University Medical Center at Princeton. Dr. Smires is a member of the Medical & Dental Staff of Princeton HealthCare System.



SAVE THIS DATE!

Look for more details on this exciting program in the next issue of Community Focus.

➔ **Saturday, December 1**
5th Annual Conference for Women,
featuring keynote speaker **Jamie Lee Curtis.**

Experts from Princeton HealthCare System will speak about health topics that are important to women.

For more information, or to register, call **1.888.897.8979**.

See related article on page 24.



Early Pregnancy Screening: Not Just for High-risk Pregnancies



Nuchal translucency is a non-invasive, painless and accurate screening test that involves a special high-resolution ultrasound to measure the clear (translucent) space in the back of a baby's neck.

Pregnancy screening was once considered a detection tool reserved for mothers at high risk for having a child with abnormalities. But now, mothers considered at risk as well as those at low-risk are taking advantage of advances in genetic screening. These tests make it possible for them to learn more about their baby's chances for conditions, like Down syndrome, early in pregnancy. They use non-invasive methods that reduce the risks more invasive tests would pose to an unborn child.

Advanced genetic screening is available at University Medical Center at Princeton through a partnership with the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School. Non-invasive first-trimester genetic screening for fetal abnormalities involves ultrasound (nuchal translucency measurement) and a blood serum test.

“We offer this first-trimester genetic screening to all of our patients, because even women traditionally considered at low risk for birth defects can still develop abnormalities,” says John C. Smulian, MD, MPH, board certified in maternal-fetal medicine and Medical Director of Maternal-Fetal Medicine at University Medical Center at Princeton. “Fortunately, the majority of the time these tests simply reassure parents that everything is going well.”

Nuchal translucency measurement involves a special high-resolution ultrasound to measure the clear (translucent) space in the back of a baby's neck. Excessive clear space in the neck caused by fluid build-up during the first trimester can identify babies with an increased chance of having a variety of genetic problems. The serum screen is an easy finger-stick blood test for proteins that can point to the development of Down syndrome, as well as several other genetic conditions.

Identifying Problems Earlier

In the past, screening was mostly aimed at older mothers and others at high risk, such as women with a family history of fetal abnormalities. With the increased availability of painless, accurate tests such as nuchal translucency, the American College of Obstetricians and Gynecologists (ACOG) began recommending earlier this year that all pregnant couples be advised screening is available, whether or not they choose to do it.

“We're finding that first-trimester screening is as good, if not better than other types of screening tests performed in the second trimester,” Dr. Smulian says. “It may identify a problem that otherwise would have been missed until much later in the pregnancy, if it was found at all.”

Avoiding Invasive Procedures

If a couple is unsure which screening tests to choose or if the results of first-trimester screening suggest a potential problem, patients meet with a certified genetic counselor to determine their options, Dr. Smulian says. Those options may include further tests such as chorionic villus sampling (CVS), which is a test of cells collected from the placenta, or amniocentesis, which tests cells from the fluid surrounding the fetus.

Both tests can help more definitively determine the presence of such chromosomal defects as Down syndrome, but they are much more invasive and carry risk of fetal injury or miscarriage. In addition to these tests, more detailed follow-up ultrasound examinations can be used to detect other conditions that might affect a baby's development.

“Using the information from the first-trimester screening, we can better target which types of testing are needed,” Dr. Smulian says. “Parents benefit because the early screening can help them make an informed decision about whether to pursue more invasive, more high-risk testing later in their pregnancy.”

Most insurance carriers cover first-trimester nuchal translucency and serum screening. For more information about UMCP's Maternal-Fetal Medicine Services, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.





Learning to ‘Listen’: Identifying the Subtle Symptoms of Ovarian Cancer

Who’s at Risk?

Overall, a woman’s risk of getting ovarian cancer during her lifetime is one in 67; one in 95 has a chance of dying from the disease, according to the American Cancer Society. Risk factors include:

- genetic predisposition
- personal or family history of breast, ovarian or colon cancer
- increasing age (about two-thirds of women who develop ovarian cancer are 55 or older)
- infertility

“But it’s not really silent, because there are a number of vague, ill-defined symptoms that appear that people don’t necessarily think of as relating to ovarian cancer,” continues Dr. Gamburg, citing such symptoms as lower abdominal pain or discomfort, pressure, bloating, increased abdominal size, constipation, lack of appetite, irregular menstrual bleeding, lower back pain, urinary frequency, and painful intercourse. “These early signs can be caused by gastrointestinal problems, but they also can be signs of ovarian cancer.”

This year alone, more than 22,000 women will be diagnosed with ovarian cancer and more than 15,000 will die from it, according to the American Cancer Society. Ovarian cancer causes more deaths nationwide than any other gynecologic cancer, Dr. Gamburg notes.

Spotting the Symptoms

Recognizing the importance of early identification in saving lives, the Gynecologic Cancer Foundation, the American Cancer Society and the Society of Gynecologic Oncologists recently released a consensus statement identifying the most frequent symptoms of ovarian cancer:

- bloating
- pelvic or abdominal pain
- difficulty eating or feeling full quickly
- urinary symptoms (urgency or frequency)

Sometimes early signs are easy to miss; therefore, Dr. Gamburg stresses the importance of annual gynecological visits. “We may be able to detect

Though known for years as the “silent killer” of women, ovarian cancer is not the symptom-less disease many women once thought. In fact, you can spot it in its earliest stages if you learn to listen closely enough.

“Silent was in some ways accurate because by the time people are diagnosed, they often are in later Stage III of the disease,” explains Eugene S. Gamburg, MD, board certified obstetrician/gynecologist and member of the Medical & Dental Staff of Princeton HealthCare System.

something during the physical exam, but more importantly we try to ‘hear’ between the lines when women tell us what has been going on,” he explains.

But, if a woman has noticed these symptoms lasting almost daily for several weeks, she should not wait for the annual exam, but bring it to her OB/GYN’s attention right away, Gamburg emphasizes.

Early Identification a Critical Factor

Early identification is crucial in improving women’s chances of survival. If found in Stage I, when the disease is limited to the ovaries, the five-year survival rate is more than 90 percent. Unfortunately, only 19 percent of all cases are found at this early stage. In comparison, if ovarian cancer is diagnosed in Stage III, when most women present with the disease, that prognosis drops to as low as 31.5 percent, Dr. Gamburg says.

Learning to spot early symptoms also is important because, unlike cervical cancer, there is no screening method for ovarian cancer in the general population, explains Dr. Gamburg.

Some methods are available for women who are at high risk – for example, women with a hereditary or genetic pre-disposition for the disease, particularly on the maternal side, he notes. These tests include screening for mutations in the BRCA1 or BRCA2 genes, transvaginal sonograms and testing for the CA-125 chemical/tumor marker, he says.

“But ovarian cancer can occur in people who have no genetic disposition. Hopefully one day we will have screenings for the general population similar to those for cervical cancer. But until we do, it is important to be vigilant about your annual exams and noticing any symptoms,” Dr. Gamburg says.

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

Cuts and Coumadin®: Use Caution When Taking Blood Thinners



When is a “simple” cut anything but simple? When you are taking blood thinners like aspirin or Coumadin®, which could actually increase your risk of bleeding.

Blood thinners (anticoagulant medications) often are prescribed to individuals who have had heart surgery or who are at a high risk of suffering a heart attack, heart disease, stroke or clotting in their veins and arteries. These drugs are critical in managing these types of health issues, though their ability to prevent unwanted blood clots requires extra vigilance for situations when you need your body to do just that.

“Normally, when you cut yourself, you stop bleeding because you clot. But if you get a cut when you’re on Coumadin® or any blood thinner, you need to be cautious because these medicines are going to delay the clotting mechanism,” explains Banu Mahalingam, MD, a multi-board certified cardiologist and member of the Medical & Dental Staff of Princeton HealthCare System.

As a result, individuals who are taking blood thinners need to be careful during such activities as shaving, brushing their teeth or participating in sporting or exercise activities, to avoid getting a cut, she says.

Prevention, Diligence Are Important

To help avoid excessive bleeding in the event an injury does occur, individuals taking blood thinners are advised to follow proper dosage requirements. Do not take a double dose to make up for a missed dose.

In addition, individuals taking Coumadin® should have their blood tested every four weeks – or more frequently, as advised by their physicians. Through regular testing, physicians can monitor their patients, determine how quickly a patient’s blood is clotting and adjust the dosage of the medication if needed.

“If you don’t get your blood tested diligently, the medication could start accumulating in your system. Then, if you cut yourself, you’re obviously going to bleed a lot more,” Dr. Mahalingam says.

What to Do if You Get Cut

Even when precautions have been taken, injuries can occur. If you do get cut, first apply a lot of pressure and then cover the wound with sanitary dressing, like gauze, says Dr. Mahalingam.

If bleeding is excessive or does not subside, patients are encouraged to seek medical attention at an emergency department. In cases of excessive bleeding, physicians have the ability to reverse the effects of blood-thinning agents like Coumadin® with Vitamin K. In typical cases, it will take one to two days following treatment to help the liver regenerate clotting factors.

“When bleeding is life-threatening and the reversal of Coumadin® is imperative, an infusion of fresh frozen plasma (FFP) will reverse the effects of the blood thinner immediately,” Dr. Mahalingam adds.

Older adults or individuals who are ill or disabled and take a combination of more than one blood thinner are at a higher risk for bleeding. Individuals who suffer from liver disease, kidney disease, gastric ulcers, significant intracranial bleeding, bleeding due to a platelet abnormality, or other illnesses are advised to inform their physician before a blood thinner is prescribed.

Does Your Medication Put You at Risk?

Commonly prescribed blood-thinner medications include:

- Aspirin
- Plavix®
- Aggrenox®
- Coumadin® (also known as Warfarin)

In addition, other blood thinners may be given by injection or an intravenous infusion in a hospital setting:

- Heparin
- Lovenox®
- Fragmin®

“Normally, when you cut yourself, you stop bleeding because you clot. But if you get a cut when you’re on Coumadin® or any blood thinner, you need to be cautious because these medicines are going to delay the clotting mechanism.”

~ Banu Mahalingam, MD

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

Jamie Lee Curtis to Keynote PHCS Women's Conference

5th Annual
Conference
for
Women

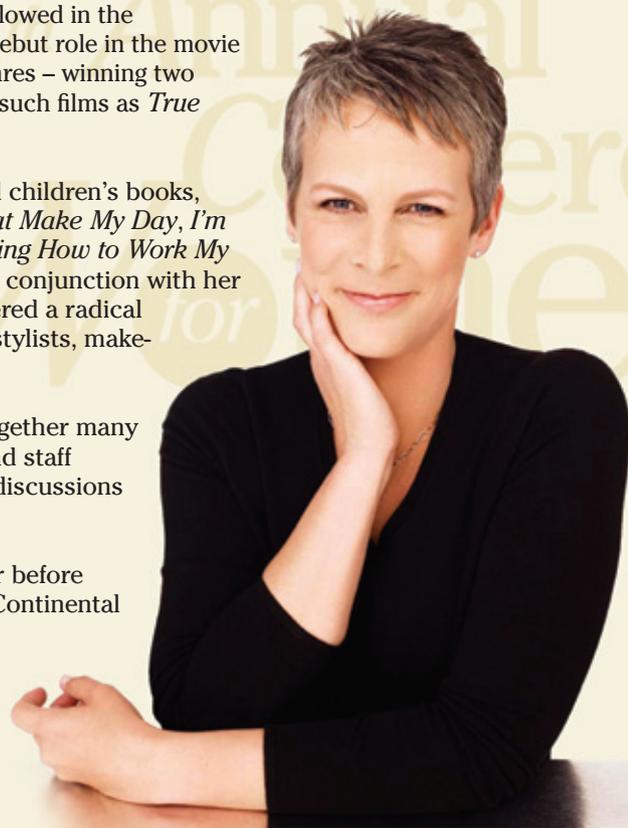
On December 1, Princeton HealthCare System will welcome **Jamie Lee Curtis** as the special keynote speaker for PHCS' 5th Annual Conference for Women at the Hyatt Regency in Princeton.

Curtis, an award-winning actress and *New York Times* best-selling author, followed in the professional footsteps of her parents, Janet Leigh and Tony Curtis, with her debut role in the movie *Halloween*. She since has gained recognition and fame in a variety of film genres – winning two Golden Globes and a host of other awards and nominations – for her roles in such films as *True Lies*, *Trading Places*, *A Fish Called Wanda*, and *Freaky Friday*.

The mother of two, Curtis also has written a number of critically acclaimed children's books, including *New York Times* bestseller *Today I Feel Silly & Other Moods That Make My Day*, *I'm Gonna Like Me: Letting Off a Little Self-Esteem*, *It's Hard to Be Five: Learning How to Work My Control Panel* and, most recently, *Is There Really a Human Race?* It was in conjunction with her book on self-esteem that Curtis gained rave reviews for what many considered a radical decision to be photographed in a "real-life" pose for *MORE* magazine – no stylists, make-up artists or "camera magic" involved.

In addition to Curtis, PHCS' 5th Annual Conference for Women will bring together many of the area's leading experts in women's health and wellness. Physicians and staff members from Princeton HealthCare System will host seminars and panel discussions on timely and relevant topics that span the interests of women of all ages.

Tickets are limited and available on a first-come, first-served basis. Register before October 19 at our special early-bird rate of \$50; regular ticket price is \$60. Continental breakfast and lunch are included.



For more information or to register, please call **1.888.897.8979**.

Visit us at www.princetonhcs.org



Princeton HealthCare System

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