

healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | MAY/JUNE 2005 | NUMBER 3



This will be a special Mother's Day for Sally O'Kelly of Princeton Junction who delivered healthy and happy baby Danielle at University Medical Center at Princeton.



Princeton HealthCare System

Redefining Care.

- [!\[\]\(49aa2e1da5fe39294864e9598c593810_img.jpg\) University Medical Center at Princeton](#)
- [!\[\]\(7d0a8d8b1031f74abe67b09fcf4a2322_img.jpg\) Princeton House Behavioral Health](#)
- [!\[\]\(6557fa7496e6a507d2326ea0bef061ee_img.jpg\) Merwick Rehab Hospital & Nursing Care](#)
- [!\[\]\(1fe0339452ba17bd8ae951d8509f80d6_img.jpg\) Princeton HomeCare Services](#)
- [!\[\]\(3f7dbef097b87c46047901c2927193e7_img.jpg\) Princeton Surgical Center](#)
- [!\[\]\(f421354329041d30b231dbd0377dc4a4_img.jpg\) Princeton Fitness & Wellness Center](#)
- [!\[\]\(4557a7673fde5aee3dcfc3acbc13f50f_img.jpg\) Princeton HealthCare System Foundation](#)

Maternal-Fetal Medicine

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Exceptional Baby Care Begins Well Before Birth

For most women, pregnancy is a happy time, filled with family, friends and the exciting expectation of welcoming a new life into the world. With motherhood just around the corner, the days are occupied with decorating the baby's room, picking out adorable outfits and tossing out countless names before arriving at just the right one.

But in six to eight percent of all pregnancies, high-risk complications can occur, placing the mother, the baby and sometimes both at risk. In those instances, families turn to University Medical Center at Princeton's Maternal-Fetal Medicine Services for advanced medical and prenatal care.



When it comes to high-risk pregnancies, you want the finest care there is.

“Deep down in my heart I felt that everything was OK with the baby,” recalls O’Kelly, who is a registered nurse. “Since I didn’t have a family history of problems, and was only 31, I felt pretty confident, but this was certainly not the time to take chances. Everyone took my situation very seriously and gave me excellent care. They were as concerned about me and my baby as I was, and explained things to us every step of

the way, using language that was easily understandable.”

One Mother's Story

This will be a very special Mother's Day for Sally O'Kelly of Princeton Junction. She and her husband, Ross, welcomed their first child to their family. Their daughter, Danielle, was born healthy and happy on February 21 at University Medical Center at Princeton.

“I was four-and-a-half months pregnant when I went to the Medical Center's Maternal-Fetal Medicine program for treatment,” says O'Kelly. “Up until then my pregnancy had been normal. But at four-and-a-half months, I started having bleeding problems and contractions. Princeton was well-equipped to treat me and keep an eye on my baby.”

Regular consultations and observation using University Medical Center's state-of-the-art 3D/4D ultrasound revealed a shadow on the baby's heart, which can be a sign of Down syndrome. Fortunately for the O'Kellys, at 38 weeks little Danielle was born perfectly healthy, weighing in at 7 lbs, 10 oz. She was delivered by Jeffrey K. Gross, MD, a board certified obstetrician/gynecologist and member of the Medical & Dental Staff at Princeton HealthCare System.

Visualizing the Baby Before Birth

In addition to the sophisticated 3D/4D ultrasound used to visualize the baby moving in real-time, the nationally recognized perinatologists (high-risk obstetricians), skilled sonographers and genetic counselors at University Medical Center at Princeton monitored O'Kelly's condition using state-of-the-art sonographic assessments such as genetic sonography. Available at only a few facilities nationwide, genetic sonography in certain at-risk patients provides the latest technology for detecting chromosomal and genetic abnormalities.

“In our many years of performing genetic sonography, we have had patients from all over the tri-state area come to be evaluated,” explains Lami Yeo, MD, FACOG, who is board certified in obstetrics, gynecology and maternal-fetal medicine. “Additionally, our ability to provide highly specialized services such as fetal echocardiography, first-trimester nuchal translucency (which also helps evaluate

Mother, Sally O'Kelly, and grandmother, Anne O'Donoghue, with the newest member of their family.



possible chromosomal anomalies and fetal defects), and 3D/4D ultrasound puts us in the forefront when it comes to maternal-fetal medicine. The services available at University Medical Center are quite superior.”

Confident & Comforting Care

UMCP’s board certified, fellowship trained maternal-fetal medicine physicians traditionally treat women who are high-risk. This includes women who are over the age of 35 and are pregnant or considering pregnancy; women who are expecting multiple births; women who have diabetes, high blood pressure or other chronic medical conditions; or women who have a personal history of pregnancy loss or previous complications. University Medical Center at Princeton offers comprehensive Maternal-Fetal Medicine Services in partnership with one of the country’s leading medical schools, the University of Medicine and Dentistry of New Jersey—Robert Wood Johnson Medical School.

“When it comes to high-risk pregnancies, you want the finest care there is, and you want to continue to make advances in treatment and diagnosis,” says Dr. Yeo, who is a member of the Medical & Dental Staff at Princeton HealthCare System.

In addition to state-of-the-art diagnostic and treatment services, UMCP takes pride in providing mothers, their babies and loved ones with personalized care in the comfort of a single-room maternity unit. Babies born prematurely or with serious medical complications receive the extra medical attention they need in the special care nursery. Lactation consultations and a variety of counseling programs provide new mothers with added support when they need it most.

“My entire experience with University Medical Center was great, all the way through the delivery,” says O’Kelly.

University Medical Center at Princeton offers a full range of Maternal-Fetal Medicine Services for mothers and babies on the way:

- Genetic counseling
- Labor and delivery consultations
- Management of chronic health conditions such as diabetes, hypertension and lupus
- Management of pre-term labor and multiple gestations
- Pregnancy loss and evaluation
- Prenatal and pregnancy consultations
- Pre-term birth evaluation and prevention services

Our sophisticated ultrasonographic screening and diagnostic services include:

- Amniocentesis, chorionic villus sampling
- Antepartum fetal surveillance
- Doppler velocimetry
- Fetal blood sampling
- Fetal echocardiography
- First trimester aneuploidy screening (ultrasound and blood test)
- Genetic sonography (in second trimester)
- High-level fetal ultrasound, including 3D/4D ultrasound (when applicable)

“Everyone was genuinely excited that I was pregnant, and every time I was there I felt that excitement. Considering how many pregnant women they see, it says a lot that they still treat each person with such a warm, personal touch.”

For more information about Maternal-Fetal Medicine Services, call 1.888.PHCS4YOU or visit our website at www.princetonhcs.org.

Giving Aging Bones New Life

Back pain can make you miserable, but patients are finding relief for debilitating back pain caused by osteoporosis through a breakthrough procedure called vertebroplasty.



The Facts About Osteoporosis

Osteoporosis is defined as low bone mass and deterioration of bone tissue, which leads to fragile bones and increased susceptibility to fractures, especially the hips, spine and wrists, although any bone can be affected. A simple bone density test can detect osteoporosis and determine your rate of bone loss in order to predict the chance of future fractures.

According to David C. Youmans, MD, an interventional radiologist and member of the Medical & Dental Staff of Princeton HealthCare System, vertebroplasty is successful in reducing or eliminating debilitating back pain caused by spinal fractures that are the result of progressive weakening of the vertebra (the bones in the spine). Up to 90 percent of patients having the procedure experience relief. Typically, this occurs within 72 hours, although many patients say they feel significantly better immediately after having vertebroplasty.

A Safe Alternative

Vertebroplasty is a safe, non-surgical procedure used to strengthen vertebra that have become fractured or compressed because of osteoporosis by injecting them with sterile acrylic bone cement, explains Donald F. Denny, MD, Chairman, Department of Radiology, Princeton HealthCare System. The procedure stabilizes affected vertebra, improving pain and mobility while preventing further complications such as spine curvature and height loss.

According to Dr. Denny, vertebroplasty is an interventional radiology treatment. A rapidly growing field of medicine, interventional radiology involves minimally invasive, targeted treatments that are performed using state-of-the-art, digital image-guided

technology. Because interventional radiology treatments are minimally invasive, there is generally less risk involved and patients feel less discomfort and recuperate more quickly.

Bed rest, immobilization, surgery and strong pain medications once were virtually the only treatment options available to patients with fractured vertebra, says Dr. Youmans, who is board certified in interventional radiology, radiology and vascular radiology. These treatments have met with limited success and carry risks that range from medication side effects to further weakening of the bones due to inactivity. Vertebroplasty has proven to be a far more effective option, especially for patients who do not respond well to traditional therapies.

“Since normal surgery is not usually a viable option because of the delicate nature of the bones in the spine, vertebroplasty is a highly successful, non-intrusive way to stabilize fractured vertebra,” says Dr. Denny, who is board certified in radiology as well as vascular and interventional radiology.

Vertebroplasty can only be used to treat osteoporosis-related vertebra fractures. It is not a treatment for fractures resulting from trauma, such as accidents or falls unrelated to osteoporosis, which often involve other parts of the bone that are not treatable with vertebroplasty.



As many as 8 million women and 2 million men are presently suffering from osteoporosis, or porous bone disease, according to the National Osteoporosis Foundation.

Great Rewards

At University Medical Center at Princeton, vertebroplasty is performed by board certified, Ivy League-trained interventional radiologists in a state-of-the-art, interventional radiology facility. A mild sedative is used, recuperation time is minimal, and the rewards can be great. The procedure provides patients with the opportunity to enjoy life without suffering persistent back pain.

“Of course, this is not a treatment for the underlying problem of osteoporosis, which will require

continued medical attention and treatment, regardless of the therapy chosen,” Youmans says. “But it is a highly successful procedure when it comes to treating related fractures.”

If you are experiencing persistent spinal pain, it is important to speak with a medical professional about your options. To find an interventional radiologist on staff at Princeton HealthCare System, call 1.888.PHCS4YOU.

Your Best Defense Against Bone Loss

Women can lose up to 20 percent of their bone mass in the early years following menopause, making them particularly prone to osteoporosis, but as we age everyone loses bone mass. Following these basic tips can help reduce bone mass loss and protect you against fractures:

- Maintain a diet rich in calcium and vitamin D.
- Include weight-bearing exercise in your workout routine.
- Eliminate smoking and consume little alcohol.
- Talk to your doctor about osteoporosis and scheduling a bone density test, and be sure to take appropriate medications if your doctor recommends them.



ONE CALL – Hundreds of Options

It only takes one call to a Princeton HealthCare System call advisor, available 24 hours a day, to provide you with access to the information you need – and appointment you want – with an exceptional board certified physician.

To find the right physician for you or to get valuable information about Princeton HealthCare System, simply dial 1.888.PHCS4YOU (1.888.742.7496) to speak with our specially trained call advisors 24 hours a day, seven days a week. Spanish-speaking operators are available.

Call center representatives will provide information about physicians based on a caller’s preferences such as the doctor’s medical or surgical specialty and office location. During normal business hours, a caller can choose to be connected directly to a doctor’s office to schedule an appointment.

Callers will also be given contact information for the physicians discussed during the phone call and sent additional information by mail. Callers interested in a specific health-related topic can also learn about upcoming lectures, screenings and seminars that are often provided at no charge by the PHCS Community Education & Outreach Program.

All doctors recommended through the service are members of the Medical & Dental Staff of Princeton HealthCare System. More than 99 percent of PHCS physicians have achieved board certification – the hallmark of professional excellence.



Herbal & Vitamin Supplements: Facts & Fictions

Taking herbal and vitamin supplements, along with proper nutrition and regular exercise, can help you maintain a healthy body and mind by strengthening your immune system and correcting nutritional deficiencies. Today, between 30 and 50 percent of the U.S. population regularly takes some form of supplement.

“Supplements are popular because they focus on disease prevention rather than treatment, and they utilize your own body and immune system to do it,” says Constance Pfeiffer, PharmD, BCPS, BCOP, Clinical Pharmacist, Internal Medicine/Oncology at University Medical Center at Princeton (UMCP) and Clinical Associate Professor, Ernest Mario School of Pharmacy. “Of course they should never be used as a replacement for medical treatment.”

For Your Health

Although studies are continuing, several supplements have been found to aid with certain medical conditions, according to Dr. Pfeiffer.

- Calcium helps prevent osteoporosis and decrease the risk of colon cancer and hypertension. Most effective when taken with vitamin D and magnesium, daily calcium supplements should be divided into two or three doses of no more than 500 mg per dose, since the body can only absorb a limited amount of the mineral at a time.
- B vitamins, including folic acid, thiamine, riboflavin and niacin, can help prevent birth defects, decrease the risk of heart disease and aid in the function of the nervous and immune systems.
- Fish oils (Omega-3 fatty acids) and flax seed help improve cardiovascular health and may decrease joint pain and inflammation. Diabetics and anyone on anticoagulants or with a history of bleeding should be aware of possible side effects, including lowering blood sugar and an increased risk of bleeding.
- Zinc, available in lozenges and sprays, has been found to provide relief from colds if taken every few hours.
- Vitamin C, when 1,000-2,000 mg is taken daily by cold sufferers, has been found to decrease the severity and reduce the length of cold symptoms by several days.
- Soy helps with menopausal symptoms such as hot flashes, helps prevent osteoporosis and improves cardiovascular health.
- Ginkgo biloba has been found to help mental alertness and other conditions in individuals suffering from dementia. At

this time there is no indication it helps in the prevention of the disease or improves memory in healthy individuals.

- Echinacea has been found to enhance the immune system short term, but studies show that long-term use may actually suppress the immune system.
- Glucosamine and chondroitin together appear to reduce the pain of arthritis and improve movement.

“Of course you should be careful about whatever you are taking,” Dr. Pfeiffer cautions. “Even when you are taking a vitamin or herbal supplement that is potentially beneficial to your health, you should always make sure your doctor is monitoring you for possible problems with drug interactions or misuse of the supplement.”

Special Precautions

When it comes to herbal supplements, none are considered safe for children, according to Pfeiffer. They should also be avoided by anyone who is pregnant or lactating; scheduled for surgery or a procedure requiring sedation or associated with potential bleeding within 14 days; undergoing radiation or chemotherapy; or taking prescription drugs, unless a doctor or pharmacist has determined the supplement/drug combination is safe.

Vitamin supplements also should be carefully monitored. Certain vitamins and minerals, such as vitamin A, vitamin D, selenium, beta carotene, iron, zinc, magnesium and niacin, can be dangerous if taken in amounts greatly exceeding the recommended daily allowances.

Since the Food and Drug Administration does not regulate supplements, be sure to purchase reputable brands to guarantee purity and potency, and that the supplement is in a form that can actually be absorbed in the stomach. And, as with any type of health treatment plan, remember that what you don't know *can* hurt you, so never exceed the recommended dosage on the supplement's label unless directed to do so by a doctor or pharmacist.

For more information on the benefits and risks of herbal and vitamin supplements, please contact the Pharmacy Department at 609.497.4242.

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

communityfocus

Health Education Calendar

May - June '05

Locations:

University Medical Center at Princeton
253 Witherspoon Street
Princeton, NJ 08540

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

Directions are available at
www.princetonhcs.org



Susan L. Taylor
Editorial Director, *Essence Magazine*



Michael Eric Dyson, PhD
Best-selling Author & Scholar

Soul to Soul: Taking Care of Each Other

SAT. June 25

Registration: 4:30 p.m.

Event: 5:30 – 9:30 p.m.

Hyatt Regency – Princeton

102 Carnegie Center Blvd., Princeton

Please call 1.888.PHCS4YOU (1.888.742.7496) to register
\$30 per person

Princeton HealthCare System's successful and enlightening *Sisters* program has been expanded, by overwhelming popular request, to include men and emphasize the importance of mutual support and caring to ensure good health. Susan L. Taylor, Editorial Director of *Essence* magazine, guest speaker at last year's sold-out *Taking Care of Sisters Across the Lifespan* program, returns to challenge and engage us in a talk about the importance of maintaining good health. She will be joined by Michael Eric Dyson, PhD, best-selling author and scholar, who will share his experiences and insights about health and illness. The evening will also include a panel discussion with physicians and healthcare professionals from Princeton HealthCare System. A dynamic celebration, *Soul to Soul* is designed to provide participants an enjoyable evening of fellowship, personal enrichment and delicious food. While this conference is targeted to the health needs of African Americans, all are invited to attend.

Ms. Taylor's appearance has been sponsored by Johnson & Johnson Consumer Product Companies, Inc.

CURRENT PROGRAMS

Give the Gift of Life: Give Blood!

Giving blood is one of the most precious gifts one person can give to another. By taking less than an hour of your time to donate blood, YOU can make a difference. If you are interested in donating, please contact the Blood Donor Program at University Medical Center at Princeton at 609.497.4366 to schedule an appointment.

Overcoming Obesity: Today's Surgical Options for Weight Loss

SUN. May 1 (1 – 3 p.m.)
East Brunswick Hilton
3 Tower Center Blvd., East Brunswick

Discover how bariatric surgery can help you overcome severe obesity and the damaging health effects of being overweight such as diabetes, high blood pressure, sleep apnea and infertility. Robert Brolin, MD, FACS, one of the world's most accomplished bariatric surgeons and former President of the American Society for Bariatric Surgery, and a team of health professionals from Princeton HealthCare System will answer your questions about the surgery and discuss the latest laparoscopic banding procedure.

March of Dimes WalkAmerica 2005

SUN. May 1
Registration: 8 a.m.
Walk: 9 a.m.
Mercer County Park

Join Princeton HealthCare System and the March of Dimes to fight premature births at this annual fundraiser. If you are interested in joining our team, please contact Debbie Millar at 609.497.4435.

Meet the Chef

MON. May 2 (7 – 8:30 p.m.)
TUES. June 7 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Join us in May as Chef Larry Robinson, Mediterra, Princeton, prepares a delicious sampling of recipes using fresh peas, including pea risotto with Parmigiano, pea salad and chilled pea soup. In June, Chris Carey, Executive Chef, University Medical Center at Princeton's Nutrition Program, will demonstrate simple and healthy summer pasta dishes. A registered dietitian will be on hand at both events with nutritional information about the recipes.

2005 LIBRARY LECTURE SERIES

PRINCETON PUBLIC LIBRARY

Poison Prevention: Keeping Our Children Safe

MON. May 2 (10 - 11 a.m.)
Princeton Public Library
Story Room, 3rd Floor
65 Witherspoon Street, Princeton

Learn how to protect your children from the most common sources of poison exposure, including household products, medicines, plants, food poisoning, carbon monoxide, lead and poisonous or toxic bites. Appropriate emergency action for poisoning will also be covered.

Childhood Immunizations

MON. May 9 (7:30 - 8:30 p.m.)
Princeton Public Library
Story Room, 3rd Floor
65 Witherspoon Street, Princeton

Louis J. Tesoro, MD, FAAP, board certified in pediatrics, will explain childhood immunizations, including their safety and effectiveness, and share the latest vaccination information.

Summer Safety

MON. June 13 (7:30 - 8:30 p.m.)
Princeton Public Library
Story Room, 3rd Floor
65 Witherspoon Street, Princeton

Mark B. Levin, MD, board certified in pediatrics, will discuss coping with summer emergencies such as sun exposure, insect bites, falls, water safety and travel tips.

How to Protect Your Child from Sports Injuries

MON. June 20 (7:30 - 8:30 p.m.)
Princeton Public Library
Story Room, 3rd Floor
65 Witherspoon Street, Princeton

Jeffrey S. Abrams, MD, board certified in orthopedic surgery, will discuss prevention and treatment of common sports injuries in children.

MERCER COUNTY LIBRARY SYSTEM – WASHINGTON BRANCH

Internet Safety

THURS. May 5 (7 – 8:30 p.m.)
Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road, Robbinsville

Sergeant Scott Walter, Computer Forensics Investigator & Director of Information Technology, Princeton Township Police Department, will discuss ways to keep your family safe when using the Internet.

Sports Injuries of the Hand, Wrist & Elbow: Prevention & Treatment

THURS. May 19 (7 – 8:30 p.m.)
Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road, Robbinsville

Marc J. Lamb, MD, board certified orthopedic surgeon and member of the Medical & Dental Staff of Princeton HealthCare System, will review prevention and treatment of common injuries of the hand, wrist and elbow.

Everything You Need to Know About Vitamins & Supplements

THURS. June 9 (7 – 8:30 p.m.)
Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road, Robbinsville

Learn more about the practical use of vitamins and herbals from pharmacist and educator Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacology and oncology. Dr. Pfeiffer will offer tips for using supplements to improve your health or as an alternative therapy.

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

CURRENT PROGRAMS (CONTINUED)

Common Joint Problems: Recognition, Treatment & Prevention

TUES. May 3 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Join us as Richard Levandowski, MD, board certified in sports medicine and family practice, and a member of the Medical & Dental Staff of Princeton HealthCare System, discusses common joint problems. How to prevent and recognize joint problems as well as the latest treatment techniques will be reviewed. A question-and-answer session will follow.

Acupuncture for Facial Rejuvenation

WED. May 4 (6:30 – 8 p.m.)
Princeton Fitness & Wellness Center

Acupuncture is becoming more popular as a non-surgical method to reduce the signs of aging. Karen Flicker, OTR, MS, nationally licensed and New Jersey certified acupuncturist and occupational therapist, University Medical Center at Princeton's Outpatient Rehabilitation Services, will offer a demonstration and discuss how acupuncture can help your face and body by targeting underlying factors that contribute to the aging process.

Community Health Fair

SAT. May 7 (9 a.m. - 1 p.m.)
Princeton Fitness & Wellness Center

Princeton HealthCare System is pleased to partner with Princeton Fitness & Wellness Center to offer a day of free health information and screenings to area residents. Physicians and health professionals from Princeton HealthCare System will be on hand with valuable information for your family's health, and to perform a variety of health screenings, including cholesterol and blood pressure. Membership at Princeton Fitness & Wellness Center is not required to attend this event.

Stroke Awareness & Prevention

SAT. May 7 (10 – 11:30 a.m.)
Mt. Olivet Baptist Church
21 Rev. William Powell Drive,
Hightstown

Learn what you can do to lower your risk for stroke from Claire Smith, CRRN, Rehab Coordinator, Merwick Rehab Hospital & Nursing Care. Early warning signs of a stroke, when to seek care if symptoms appear and other important considerations will be discussed.

Non-Surgical Facial Rejuvenation

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

Chemical and micro peels can rejuvenate your skin by minimizing the appearance of wrinkles and restoring sun damaged and blemished skin. Thomas A. Leach, MD, board certified plastic surgeon and member of the Medical & Dental Staff of Princeton HealthCare System, will lead this discussion.

A Call to Caring: One Physician's Journey

SUN. May 15 (3 - 4 p.m.)
Princeton Fitness & Wellness Center

From India to Nepal to Uganda, Charles G. Clark, MD, recipient of Princeton HealthCare System's Distinguished Physician Humanitarian Award, has donated his services as a teacher and physician. Dr. Clark, Medical Director of Continuing Medical Education at Princeton HealthCare System, and a retired internist and gastroenterologist, will share his volunteer experiences, with emphasis on his recent work with refugees in northern Uganda. He will also answer questions during this inspirational and insightful look at medical care in developing countries. Light refreshments will be provided.

Varicose Veins: Now You See Them, Now You Don't Lecture & Screening

TUES. May 17
Lecture: 7 p.m.
Screenings (by appointment): 7:45 - 9 p.m.
Princeton Fitness & Wellness Center

Venous closure, a new minimally invasive surgical procedure, offers an effective alternative treatment for overcoming the pain, swelling and unsightly appearance of varicose veins. Chronic venous disease of the legs is a common condition affecting people of all races, especially women and older adults. Kenneth A. Goldman, MD, FACS, board certified in surgery and vascular surgery, will explain the causes behind varicose veins and discuss the benefits of the new venous closure surgery. A free screening will be provided after the lecture.* When registering, please specify if you are interested in the free screening. Screenings are limited.

*In order to facilitate the screening process, please wear shorts or bring shorts to change into.

Stroke Alert!: Stroke Risk Assessment & Screening

WED. May 18 (12 – 4 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A&B

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

WEDNESDAYS FOR WOMEN'S WELLNESS

RAD Program

TUES. May 10, THURS. May 12,
TUES. May 17, THURS. May 19
(6:30 – 9:30 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Jct.

RAD (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 years and over. Dress in comfortable clothing that would be suitable for exercising and sneakers. No prior experience is necessary. Registration is limited.

Hysterectomy: New Options & Benefits

WED. June 15 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Minimally invasive hysterectomy uses advanced technology to minimize the discomfort and scarring caused by a traditional hysterectomy and ease recovery. Learn more about your options for having a hysterectomy from Jeffrey Hofman, MD, FACO, board certified in obstetrics & gynecology and a member of the Medical & Dental Staff of Princeton HealthCare System.

CURRENT PROGRAMS (CONTINUED)

Healthy Heart Fair

SAT. May 21 (9 a.m. – 12 p.m.)
Blawenburg Fire House
523 Route 518, Skillman
No registration required.

This event, cosponsored by Princeton HealthCare System and the Montgomery Township Department of Health, is designed to provide residents with free heart health information. Healthcare professionals from Princeton HealthCare System, the Montgomery Township Department of Health and Montgomery Rescue Squad will perform FREE health screenings, including:

- Blood pressure • Cholesterol
- Glucose • Body fat analysis

A heart-healthy breakfast will be provided.

Everyone Aches: Treatment & Prevention of Arthritis

TUES. May 24 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

May is Arthritis Month. Gina C. Delgiudice, MD, board certified in rheumatology and internal medicine, and Michael J. Froncek, MD, board certified in rheumatology and internal medicine, will discuss the treatment and control of arthritis as well as steps you can take to prevent the onset of arthritis. Drs. Delgiudice and Froncek are both members of the Medical & Dental Staff of Princeton HealthCare System.



Eat Smart: Meal Planning for an Active Lifestyle

THURS. June 9
(7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Sabina Beesley, MS, RD, University Medical Center at Princeton's Nutrition Program,

will provide eating tips for those who maintain an active lifestyle. Learn what types of food will give you the most energy for your workout without weighing you down and which foods to avoid before exercising. A question-and-answer session will follow.

The Groovy Fete!

SAT. June 11 (9 a.m. – 5 p.m.)
Princeton University Stadium
Washington Road near Ivy Lane,
Princeton
No registration required.

The Princeton HealthCare System Community Education & Outreach Program is pleased to participate in this annual festival sponsored by The Auxiliary of University Medical Center at Princeton. Healthcare professionals will provide free screenings and health information to attendees. This fun family event also includes a 10k race, children's activities, games, a flea market, delicious food, entertainment and more! For information, visit www.princetonhcs.org or call 609.497.4069.

Women & Epilepsy

THURS. June 16 (2 – 3 p.m.)

Princeton Fitness & Wellness Center



For more than one million young girls and women in the United States today, living with epilepsy poses several unique challenges. These include seizures triggered by menstrual cycles, reproductive difficulties such as increased rates of sexual

dysfunction and infertility, greater risk for depression and the possibility for deficient bone health caused by long-term use of anti-seizure drugs. Melissa A. Carran, MD, Medical Director, University Medical Center at Princeton Epilepsy Program, will discuss the complex issues facing women with epilepsy and how they can be successfully managed through individualized treatment plans. Dr. Carran is a board certified neurologist and fellowship trained epileptologist.

Keys to a Healthy Heart

SAT. June 18 (10 – 11:30 a.m.)
Mt. Olivet Baptist Church
21 Rev. William Powell Drive,
Hightstown

Geri Karpiscak, RN C, Nurse Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will review the most up-to-date information on heart disease. Discussion will focus on guidelines for modifying your lifestyle to prevent and treat risk factors for cardiac and pulmonary diseases.

Body Contouring: When All Else Fails

MON. June 20 (12 – 1 p.m.)
Princeton Fitness & Wellness Center

You have been working out for months and eating healthy, but you still have areas of excess fat that just will not go away. Consider the benefits of body contouring. Thomas A. Leach, board certified plastic surgeon and member of the Medical & Dental Staff of Princeton HealthCare System, will discuss how liposuction and other cosmetic procedures can help fine-tune your appearance and make you feel great about how you look. A light lunch will be provided.

CHILDBIRTH & FAMILY

Call 609.497.4119 or visit www.princetonhcs.org/calendar.html to register for childbirth and family classes.

Babies "R" Us Grand Opening

Princeton HealthCare System's Community Education & Outreach Program is pleased to announce its exclusive partnership with the newest Babies "R" Us location on Nassau Park Boulevard in West Windsor. We will proudly offer baby care classes, car seat checks and other important information for new parents – all conveniently available to you at the West Windsor store. Look for the Grand Opening of the West Windsor location in mid-June! For information, call 609.497.4119.



Prenatal Partner Yoga Workshop

SAT. May 14 (10 a.m. - 12 p.m.)
Princeton Fitness & Wellness Center
\$35 per couple

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

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

CHILDBIRTH & FAMILY (CONTINUED)

Call **609.497.4119** or visit www.princetonhcs.org/calendar.html to register for childbirth and family classes.

Safe Sitter

THURS. and FRI. June 23 – 24
(9 a.m. - 3 p.m.)
Princeton Fitness & Wellness Center
\$55 per person

This two-day class teaches adolescent babysitters, ages 11-13, safe and nurturing childcare techniques, rescue skills and basic first aid. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. Sitters should bring their own lunch.

Bright Beginnings

Wednesdays (10:30 - 11:30 a.m.)
Princeton Fitness & Wellness Center
\$5 per session, payable at door
No registration required.

This four-week informative relaxed group is for parents and caregivers of infants from birth to 6 months. Infants and children under 4 years of age are welcome to attend with the parent or caregiver.

Breastfeeding Support Group

THURS. May 5 (11 a.m. - 12 p.m.)
THURS. May 12 (11 a.m. - 12 p.m.)
THURS. May 19 (11 a.m. - 12 p.m.)
THURS. May 26 (7 - 8 p.m.)
THURS. June 2 (11 a.m. - 12 p.m.)
THURS. June 9 (11 a.m. - 12 p.m.)
THURS. June 16 (11 a.m. - 12 p.m.)
THURS. June 23 (11 a.m. - 12 p.m.)
THURS. June 30 (7 - 8 p.m.)
University Medical Center at Princeton
No registration required.

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

Prenatal Breastfeeding Class

TUES. May 3 (7 - 9:30 p.m.)
TUES. June 14 (7 - 9:30 p.m.)
University Medical Center at Princeton
\$35 per couple

Expectant parents will learn about the benefits of breastfeeding, getting started, positioning, nutrition, pumping and avoiding common problems. This class is taught by a certified lactation consultant.

Maternity Tour

SAT. May 7 (1 - 2 p.m. or 2:30 - 3:30 p.m.)
SAT. May 21 (1 - 2 p.m. or 2:30 - 3:30 p.m.)
SAT. June 4 (1 - 2 p.m. or 2:30 - 3:30 p.m.)
SAT. June 18 (1 - 2 p.m. or 2:30 - 3:30 p.m.)
University Medical Center at Princeton

The maternity tour is designed for expectant families who are delivering, or are considering delivering, at University Medical Center at Princeton. The maternity tour will familiarize participants with the Maternity Department and will include a look at the nursery and maternity suites. A tour is included in all childbirth preparation classes.

Sibling Class

SAT. May 7
SAT. May 21
SAT. June 4
SAT. June 18

University Medical Center at Princeton
\$25 for first child, \$10 each additional 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.).

Baby Care

WED. May 18 (7 - 9:30 p.m.)
THURS. June 9 (7 - 9:30 p.m.)
WED. June 29 (7 - 9:30 p.m.)
University Medical Center at Princeton
\$35 per couple

This program is designed to help create confidence in your parenting skills and answer all your questions about becoming a new parent. Topics include infant care, feeding choices, choosing a pediatrician and more.

Childbirth Preparation

MON. May 2 - 23 (7 - 9 p.m.)
TUES. May 17 - June 7 (7 - 9 p.m.)
WED. June 1 - 22 (7 - 9 p.m.)
MON. June 6 - 27 (7 - 9 p.m.)
TUES. June 21 - July 12 (7 - 9 p.m.)
University Medical Center at Princeton
\$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.

Accelerated Childbirth Preparation

SUN. May 22 (9 a.m. - 5 p.m.)
SAT. June 4 (9 a.m. - 5 p.m.)
University Medical Center at Princeton
\$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 Preparation Review

FRI. May 13 (6:30 - 9 p.m.)
University Medical Center at Princeton

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

Living With Your Infant: Part 2 (5 - 8 months)

WED. May 25 (7 - 9 p.m.)
University Medical Center at Princeton
\$20 per family

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

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

WED. June 29 (7 - 9 p.m.)
University Medical Center at Princeton
\$20 per family

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

Car Seat Checks

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

CPR & FIRST AID

Call 609.497.4119 or visit www.princetonhcs.org/calendar.html to register for CPR and first aid classes.

Pet CPR & First Aid

MON. May 9 (7 – 9:30 p.m.)
Princeton Fitness & Wellness Center
\$35 per person

Pet first aid is the immediate care given to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs and cats; however, first aid applications for most pets are similar.

BLS for Healthcare Providers - Full Course

THURS. May 26 (9 a.m. - 4 p.m.)
THURS. June 16 & 23 (6 – 10 p.m.)
University Medical Center at Princeton
\$60 per person

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

BLS for Healthcare Providers - Recertification

TUES. May 10 (6 - 10 p.m.)
University Medical Center at Princeton
THURS. June 2 (9 a.m. - 1 p.m.)
Princeton Fitness & Wellness Center
\$40 per person

A comprehensive course intended for healthcare professionals who practice in a medical setting and need to be recertified.

Heartsaver Adult & Pediatric CPR

FRI. May 20 (6 – 10 p.m.)
TUES. June 7 (6 – 10 p.m.)
University Medical Center at Princeton
\$45 per person

Topics include warning signs of a heart attack, stroke and cardiac arrest, as well as CPR, choking and rescue breathing. Certificates will be issued.

Heartsaver Adult First Aid

TUES. June 14 (6 – 10 p.m.)
Princeton Fitness & Wellness Center
\$40 per person

This course teaches effective recognition and treatment of adult (ages 8 and up) emergencies in the critical first minutes until emergency medical services personnel arrive. The course provides complete health and safety training for first aid. Certificates will be issued.

Pediatric CPR for Family & Friends

SAT. May 14 (9 a.m. – 12 p.m.)
SAT. June 25 (9 a.m. – 12 p.m.)
University Medical Center at Princeton
\$35 per person

This course is designed for parents, caregivers and the general public. Topics include prevention of the most common serious injuries, CPR, choking and rescue breathing for infants and children to age 8. This is a non-certifying course.

Pediatric First Aid

SAT. May 14 (1 – 4 p.m.)
University Medical Center at Princeton
\$35 per person

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

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

EVENTS FOR CANCER PATIENTS, SURVIVORS & LOVED ONES

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

Improving the Chemotherapy Experience

THURS. May 5 (10 a.m. - 12 p.m.)
WED. June 1 (10 a.m. - 12 p.m.)
University Medical Center at Princeton
Lambert House Classroom 4

Local oncology experts from UMCP's Cancer Program will offer timely information, motivation and encouragement that can make a significant difference in how you approach chemotherapy. Improving the Chemotherapy Experience™ is an educational program, created by Amgen in partnership with the Leukemia and Lymphoma Society and CancerCare, that is designed to help you understand, prepare for and learn to manage the side effects and emotional impact of chemotherapy.

Free Skin Cancer Screening & Lecture

THURS. May 12
Screening: 6 – 8 p.m.
University Medical Center at Princeton
Medical Arts Building, Clinic
Lecture: 6 p.m. & 7 p.m.
University Medical Center at Princeton
Ground Floor Conference Room A

John E. Vine, MD, board certified in dermatology and honored as a Top Cosmetic Doctor by *New Jersey Life*, July 2004, and Castle Connolly, will present **Skin Cancer: The Undeclared Epidemic**. The free screening will include a head-to-toe skin assessment by a board certified dermatologist from the Medical & Dental Staff of Princeton HealthCare System and recommendations for skin care based on screening results.

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

EVENTS FOR CANCER PATIENTS, SURVIVORS & LOVED ONES

In honor of National Cancer Survivors Day June 5

Princeton HealthCare System proudly salutes cancer survivors and those currently undergoing treatment for cancer.



American Cancer Society's Look Good, Feel Better

MON. May 16 (6:30 – 8:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room A
Please call 1.800.ACS.2345 to register for this program.

A certified cosmetologist from the American Cancer Society will provide free one-time makeovers to women who are currently undergoing cancer treatment. Beauty techniques will be demonstrated.

Strength for Caring

THURS. May 19 & 26 (6:30 – 9 p.m.)
Ground Floor Conference Room B
University Medical Center at Princeton

This program, cosponsored by the Cancer Program at University Medical Center at Princeton and Ortho-Biotech, is designed to provide support and information to caregivers and family members of individuals undergoing cancer treatment. Light dinner will be provided.

Breast Cancer Screening

WED. May 25 (5:30 – 7:30 p.m.)
University Medical Center at Princeton
Mammography Suite
\$40 per person

University Medical Center at Princeton is pleased to offer low-cost mammograms and breast examinations to eligible participants. Rachel P. Dultz, MD, FACS, board certified surgeon,

and Lawrence J. Jordan, MD, FACS, board certified surgeon, will perform the exams. Participants will also be educated about self-breast examination. Drs. Dultz and Jordan are members of the Medical & Dental Staff of Princeton HealthCare System.

Prostate Cancer Support Group

Topic: Prostate Cancer & Nutrition: Is There a Connection?
Speaker: Sabina Beesley, MS, RD
WED. May 25 (12 – 1:30 p.m.)
Princeton Fitness & Wellness Center

Topic: Erectile Dysfunction
Speaker: Sidney Goldfarb, MD, board certified in adult & pediatric urology
WED. June 22 (7:30 – 9:30 p.m.)
University Medical Center at Princeton
No registration required.

American Cancer Society's Run for Dad

SUN. June 19
Mercer County Park

Princeton HealthCare System's Community Education & Outreach Program is a proud sponsor of this annual event which raises money to provide funds for prostate cancer research, treatment and awareness. For information, contact the Cancer Program at University Medical Center at Princeton at 609.497.4475.



SUPPORT GROUPS

Better Breathers Club

TUES. May 3 (9:30 - 10:45 a.m.)
TUES. June 7 (9:30 - 10:45 a.m.)
Princeton Fitness & Wellness Center

THURS. May 26 (2:30 - 4 p.m.)
THURS. June 23 (2:30 - 4 p.m.)
University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program: Monroe Unit
11 Centre Drive, Suite C, Monroe Township

Princeton HealthCare System and the American Lung Association of New Jersey present the Better Breathers Support Club for individuals with chronic lung disease. Nancy Elson, MA, RRT, Respiratory Care Practitioner and Clinical Instructor, facilitates meetings.

- Learn about managing lung disease
- Discuss your questions and concerns with others who understand

UNITE - Perinatal Loss Bereavement Group

MON. May 2 (7 - 9 p.m.)
MON. June 6 (7 - 9 p.m.)
Princeton Fitness & Wellness Center

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

Healthy Hearts Cardiac Support Group

TUES. May 10 (7 - 8:30 p.m.)
TUES. June 14 (7 - 8:30 p.m.)
University Medical Center at Princeton

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

SUPPORT GROUPS (CONTINUED)

Weight Control & Diabetes Support Group

TUES. May 17 (6:15 p.m.)

TUES. June 21 (6:15 p.m.)

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

All graduates of University Medical Center at Princeton's Weight Control & Diabetes Program are invited to participate in this new support group designed to help individuals build on their progress by continuing to successfully manage their diabetes and weight. Terry Unger, RD, CDE, UMCP's Diabetes Management Program, facilitates meetings. No registration required. Call 609.497.4372 for more information.

Diabetes Support Group

WED. May 18 (2:30 - 4 p.m.)

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

Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. May 23 (6:30 - 8 p.m.)

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

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

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

MONROE TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Monroe Township. To register, please contact the Monroe Township Office on Aging – Senior Center at 732.521.6111 or visit us online at www.princetonhcs.org/calendar.html.

Stroke Prevention

TUES. May 31 (1:30 – 3:30 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Claire Smith, RN, Rehab Team Coordinator, Merwick Rehab Hospital & Nursing Care, will discuss warning signs for stroke as well as the rehabilitation revolution and advances in recovery that are helping people live life more fully after stroke.

13th Annual Monroe Township Health Fair

THURS. June 16 (10 a.m. – 1 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

No registration required.

Princeton HealthCare System will proudly participate in the 13th Annual Monroe Township Health Fair. PHCS representatives will provide health information, demonstrations and free screenings and analyses for pulmonary function, pulse oximetry, behavioral health, balance, body fat, cardiac risk factor, glucose, cholesterol and stroke. Enjoy free massages and more!

Princeton HealthCare System participants include:

- Community Education & Outreach
- Princeton HomeCare Services
- Medical & Dental Staff
- Medical Equipment
- Princeton House Behavioral Health

University Medical Center at Princeton participants include:

- Cancer Program
- Cardiac & Pulmonary Rehabilitation Program
- Cardiopulmonary Program
- Diabetes Management Program
- Outpatient Rehabilitation Services
- Pain Management Program

Stress & Heart Disease

FRI. June 24 (1:30 – 3:30 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Mary Ricci, RN, C, BSN, Assistant Nurse Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will review cardiac risk factors, stress and its effect on the heart. Learn effective relaxation techniques, including progressive relaxation and guided imagery, to help you manage stress and keep your heart healthy. The program will include a video demonstration of how behavior modification can be used to lower stress.

The Benefits of Massage Therapy

WED. June 29 (1:30 – 3:30 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Discover the benefits of massage therapy and learn how it can be used effectively to help control pain from Julie Schulze, CMT, Certified Massage Therapist, University Medical Center at Princeton's Pain Management Program. Audience participation will be encouraged to demonstrate the various forms of massage.

EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer FREE health screenings, demonstrations and educational programs to area seniors. For a calendar of May – June 2005 events, please visit www.princetonhcs.org/calendar.html or call 609.497.4480.

Herbal Supplements to Avoid

While the benefits of some supplements are being uncovered, others have been found to harm, rather than help, your health. Some of the most common herbs that should be avoided, and their side effects, are:

- ➔ Androstenedione, increases cancer risk and reduces HDL (good) cholesterol.
- ➔ Aristolochic acid (Aristolochia, birthwort, snakeroot) is known to cause kidney damage and death.
- ➔ Bitter orange (Citrus aurantium, neroli oil, zhi oiao, zhi xhi) is known to cause high blood pressure, arrhythmias (abnormal heart rhythms), heart attack and stroke.
- ➔ Chaparral (Larrea divaricata, creosote bush) is known to cause liver damage and death.
- ➔ Comfrey (Symphytum officinale, blackwort, slippery root, wallwort) is known to cause liver damage and death.
- ➔ Germander (Teucrium chamaedrys) is known to cause liver damage and death.
- ➔ Kava Kava (Piper methysticum, kew) is known to cause liver damage and sedation/coma when interacting with certain drugs.
- ➔ Lobelia (Lobelia inflata, asthma weed) is known to cause low blood pressure, breathing problems, tremors and arrhythmias.
- ➔ Organ/glandular extracts (may be in some menopause formulas) may cause mad cow disease and other infections.
- ➔ Pennyroyal (Hedeoma pulegioides, squaw balm, stinking balm) is known to cause liver damage, kidney damage, convulsions and death.
- ➔ Skullcap (Scutellaria lateriflora, hoodwort, quaker bonnet) is known to cause liver damage.
- ➔ Yohimbe/Yohimbine (Pausinystalia yohimbe) is known to cause arrhythmias, increased blood pressure, heart attack and death.

Distinguished Physician Humanitarian Award

Bringing urgent medical care to developing nations and fighting domestic violence in Mercer County . . .

These are just two of the selfless traits of the recipients of Princeton HealthCare System's first annual Physician Humanitarian Award.

Susan N. McCoy, MD, a Princeton gynecologist and infertility specialist, and Charles G. Clark, MD, a retired gastroenterologist, were honored recently at a ceremony hosted by PHCS.

"Our community is fortunate to be served by physicians whose commitment to fulfilling a greater good doesn't stop at the end of the work day," says John S. Chamberlin, Chairman, Board of Trustees, Princeton HealthCare System. "These awards are meant to recognize those unsung physician heroes and spread the word about their extraordinary contributions."

The awards recognize physicians whose call to caring extends beyond the medical office to touch the lives of those in need with selfless, compassionate acts.

Susan N. McCoy, MD



Gynecologist and Infertility Specialist

Dr. McCoy is a community leader actively involved for over 10 years in supporting and promoting

Womanspace, a nonprofit agency dedicated to combating domestic and sexual abuse. She routinely screens patients to help identify and assist victims of abuse. She has served as Chair, Board of Trustees for the Martin House Community Justice Foundation. She has also been honored with the YWCA Princeton Tribute to Women Award.

Charles G. Clark, MD

Retired Gastroenterologist



Over the course of 16 years and nine expeditions, Dr. Clark has donated medical care and provided education to impoverished areas including northern India, Uganda and Nepal. Dr. Clark donates his medical services, despite the risk and challenge, to treat AIDS, Malaria and Hepatitis B in underprivileged regions. He also conducted a year-long study for a Ugandan student focused on treating Hepatitis B.

Honorable Mentions were awarded to Mark B. Levin, MD, a pediatrician who donates his time as an advocate for abused and neglected children, and Michael Y. Wong, MD, an ophthalmologist who performs eye care surgeries under perilous conditions in Namibia and Peru.

Other outstanding nominees for the Physician Humanitarian Award included:

- ➔ Rao Andavolu, MD
- ➔ Henry Davison, Jr., MD, FACS
- ➔ Rachel P. Dultz, MD, FACS
- ➔ Alan Feldman, MD
- ➔ Victor D. Iturbides, MD
- ➔ Joanne B. Kalish, MD
- ➔ Scott Kay, MD
- ➔ Russell D. Marx, MD
- ➔ Mark R. McLaughlin, MD
- ➔ Robert L. Pickens, MD
- ➔ Nasir Shaikh, MD
- ➔ Edward M. Soffen, MD
- ➔ Jose S. Vazquez, MD
- ➔ John E. Vine, MD
- ➔ Benjamin M. Wright, MD

THE GROOVY FETE

Groovy is back again.

This June, all the groovy people will gather together — at The Groovy Fete.

The lighthearted 2005 Fete — to be held June 11 at Princeton University's Football Stadium — is co-chaired by Christine Calandra and Brooke Rossi, both of Princeton Junction.

"We are dedicating this Fete to the young . . . and the young at heart," Calandra says. Rossi adds, "The Groovy theme has already put a lot of smiles on the faces of people thinking back to their experiences in the 60s and 70s. Calandra and Rossi hope The Groovy Fete will appeal to experienced Fete goers as well as younger participants.

Laid back and casual, the 2005 Fete upholds the tradition of an annual community celebration and festival that offers family fun in the form of games, crafts, entertainment and delicious foods.

A Festive Occasion

With more live music than ever before, street performances and vaudevillian acts running all day on three stages throughout the stadium, The Groovy Fete will be the place for fun. And what groovy event would be complete without a tie-dye booth where patrons can turn those square garments into hip duds?

On Friday night, June 10, the grounds of The Groovy Fete will be open to the public from 6 p.m. to 8 p.m. There will be food, entertainment, children's games, sports alley and lane of shops. According to Calandra, the traditional auction and flea market preview will be open as well. The Groovy Fete Dinner Dance will be held at Jadwin Gymnasium, Princeton University Campus at 8 p.m. (For invitations call 609.497.4060.)

Saturday activities, which begin at 9 a.m., include a 10K race and fun run, lane of shops, flea market, entertainment, strawberry patch, logo to go, the ever-popular children's area



and the Volvo Car Raffle. (This year's winner can select from a luxury sedan, cross-country wagon or sports utility vehicle.)

The flea market will make its debut inside the stadium and the art tent has been dubbed the Groovenheim!

A Great Cause

Proceeds from The Groovy Fete will go to support the establishment of University Medical Center at Princeton's Breast Health Center, due to open in spring of 2006. Representatives from the Breast Health Center will be available to talk to Fete goers about the importance of maintaining good breast health, and the services offered at UMCP and the Breast Health Center.

Generations of Fun, Service

Calandra and Rossi have a special affection for the Fete children's area. Calandra remembers, "My mom, Bettie Greber (Fete co-chair 2003), started me out as a little kid volunteering as a fish scooper for Polly Moles in Goldfish. I was eventually promoted to the face painting booth," she says. "Naturally, the children's area is near and dear to my heart."

Rossi and Calandra both have worked the children's area of the Fete. "Christine and I started out together volunteering in the children's area," Rossi adds. "We love to watch it expand and grow each year."

The Auxiliary of University Medical Center at Princeton has sponsored the June Fete every year since 1953.

For more information on The Groovy Fete, visit www.princetonhcs.org/fete or call 609.497.4069.

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

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

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