

# healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | WINTER 2004 | VOLUME 1 | NUMBER 3



## Princeton HealthCare System

Redefining Care.

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# Yes, You Can Get a Good Night's Sleep

Occasionally, everyone has problems sleeping. But if you consistently cannot get a good night's sleep, you should speak with your physician to determine whether you may be suffering from a sleep disorder. Sleep disorders are a common condition affecting about one out of every six people in the United States.

The best way to diagnose a sleep disorder is by having a professional monitor you while you sleep. That is exactly what the experts at University Medical Center at Princeton Sleep Center can do.

The Sleep Center, newly doubled in capacity, is committed to the study, diagnosis and treatment of sleep-related problems. Led by Medical Director Teodoro V. Santiago, MD, one of the country's foremost sleep experts and medical educators, the Sleep Center is staffed with multidisciplinary treatment specialists including technicians registered in clinical polysomnography, registered respiratory therapists and a doctorate-level insomnia specialist.

"Sleep disorders can adversely affect your health as well as work performance and personal relationships," says Dr. Santiago. "We are dedicated to working with our patients and their personal physicians to determine whether the patient has a sleep disorder. If study reveals that they do have a disorder, we then plan a highly individualized course of

treatment designed to help the patient sleep better and regain quality of life."

## State-of-the-art Sleep Monitoring

Patients with sleeping problems may come to the Sleep Center, which is located within the University Medical Center at Princeton, for an overnight evaluation. The patient spends the night in an attractive room equipped with a comfortable bed, a large television, a VCR/DVD player, a refrigerator and a personal shower.

"The rooms are set up to be conducive to sleeping," says Mitchell Rubinstein, Sleep Center Program Director and a registered polysomnographic technologist. "We want people to feel comfortable and secure."

In most cases, a diagnosis can be made and treatment begun during a single night in the Sleep Center. In fact, many people report that the night they spend in the Sleep Center – once treatment is started – is the first good night's sleep they have had in years.

*(Continued on page 7)*

## Signs of a Sleep Disorder

If you are regularly experiencing these signs and symptoms, you could be suffering from a sleep disorder:

- Snoring
- Gasping or choking in your sleep
- Daytime sleepiness or fatigue
- Non-refreshing sleep
- Frequent awakenings during the night
- Restless legs while lying down
- Insomnia
- Poorly controlled hypertension
- Abnormal body movements during sleep
- Sleepiness when driving

# Advanced Maternal-Fetal Medicine Services

Pregnancy is a time of hope and questions. Many women want the assurance of knowing that a specialist will be easily available to them if they experience a high-risk pregnancy or deal with genetic issues. University Medical Center at Princeton is prepared to care for mother and baby with advanced Maternal-Fetal Medicine Services provided by board certified, fellowship trained perinatologists.

University Medical Center is one of a select few New Jersey hospitals offering perinatal care and management of high-risk pregnancies in partnership with the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School. Comprehensive Maternity and Maternal-Fetal Medicine



Services are provided by a skilled medical team that includes high-risk obstetricians, anesthesiologists, neonatologists, pediatricians, ultrasonographers, genetic counselors and perinatal nurses. University Medical Center at Princeton also offers state-of-the-art technologies and the latest diagnostic and therapeutic procedures to ensure mother and baby receive exceptional care. Our services include:

- RealTime 3D-4D Ultrasound System for detailed and careful monitoring of baby's development
- Pregnancy consultations
- Genetic sonography and genetic counseling
- Fetal blood sampling
- First trimester nuchal translucency
- Amniocentesis
- Parent/family education and training programs

For information, call 609.497.4222.

## Pediatric Healthcare Center

The University Medical Center is pleased to announce the establishment of the Pediatric Healthcare Center on the hospital campus. UMDNJ – Robert Wood Johnson Medical School and the board certified physicians in its Departments of Pediatrics and Surgery will now provide specialized pediatric care to the families of the greater Princeton area who want to receive care close to home.

The Pediatric Healthcare Center, located in Suite B of the Medical Arts Building on the hospital's campus, includes pediatric specialists in:

- Endocrinology
- Gastroenterology
- Rheumatology
- Neurology
- Pulmonology and cystic fibrosis

An additional office location in West Windsor offers specialized care in pediatric surgery and pediatric urology.

For information or to make an appointment, call 732.235.2088.



## Countdown to The Rocket Fete!

In 2004, expect the same great community festival you love, but at an exciting new location!

**The Rocket Fete!, Saturday, June 5, 2004, Princeton University Stadium**

Visit [www.princetonhcs.org](http://www.princetonhcs.org) or call 609.497.4069 for the latest information on the June Fete, sponsored by The Auxiliary of University Medical Center at Princeton.



# community

## Health Education Calendar

Programs are free and registration is required unless otherwise noted.  
Please register online at [www.princetonhcs.org/calendar.html](http://www.princetonhcs.org/calendar.html) or call 609.497.4480.

### CURRENT PROGRAMS

#### Heart Smart Shopping Series

**TUES. February 24 (7-8 p.m.)**

McCaffrey's – Princeton

**THURS. February 26 (2-3 p.m.)**

McCaffrey's – West Windsor

No registration required. Call 609.497.4480 for further details.

A registered dietician from University Medical Center at Princeton will discuss heart healthy products and how to read a food label. Heart healthy snacks will be available.

#### Meet the Chef! February

**WED. February 25 (7-8:30 p.m.)**

Princeton Fitness & Wellness Center

William Mooney (Chef/Owner of The Brothers Moon, Hopewell) will demonstrate one of his delicious recipes. A registered dietician from University Medical Center at Princeton will provide nutrition information.

#### Expressive Therapy Workshop Series

(For Cancer Patients, Their Families and Caregivers)

**March 1, March 22, April 12, May 3, June 7 and July 12 (7-9:30 p.m.)**

Princeton Fitness & Wellness Center

Call Friends' Health Connection at 732.249.9894 to register for this program.

Princeton HealthCare System Community Education & Outreach Program and Friends' Health Connection are pleased to offer a series of workshops on six expressive therapies (art, music, dance/movement, drama, poetry/writing and play). The purpose of this workshop series is to ensure that individuals with cancer, their families and caregivers have access to expressive therapies so they can integrate these valuable modalities within their treatment, coping and healing regimens. Funding provided by the Lance Armstrong Foundation.

#### Looking Your Best: What You Need to Know about Cosmetic Surgery and Skin Care

**TUES. March 2 (7-9 p.m.)**

Princeton Fitness & Wellness Center

Roderick T. Kaufmann, MD, dermatologist and board certified in internal medicine and Philip D. Wey, MD, board certified in plastic surgery, will discuss what's new, what's old, what works and what doesn't when you want to look your best. Dr. Wey was named one of the region's "Top Doctors" by New York Magazine, New Jersey Life, Redbook Magazine and Castle Connolly Medical Limited Guide.

#### Parenting Series

**WED. March 3 (7-8:30 p.m.)**

Finding a Healthy Activities Balance for Your Child

**WED. March 24 (7-8:30 p.m.)**

Internet Safety

Princeton Fitness & Wellness Center

Is your child in a different activity every day or maybe in none at all? On March 3, Gerald M. Raymond, MD, board certified pediatrics, will discuss with parents how they can help their child find a healthy balance of activities. On March 24, Scott D. Walter, Sergeant, Princeton Township Police Department, trained as a computer forensic investigator, will provide parents with information about chat rooms, e-mail and newsgroups and explain how parents can look for evidence of inappropriate Internet activity by their children.

#### Lifesteps Weight Management Program

**MON. March 1 – May 3 (7-8 p.m.)**

University Medical Center at Princeton

\$249 per person

Call 609.497.4251 to register for this program.

If you have tried other diets and regained the weight you lost, you owe it to yourself to check out Lifesteps. Angela Santoro, Registered Dietician, will lead this 10-week program that combines proven behavior change techniques with eating and exercise plans that you design yourself.

#### Healthy Bones

**Beginning THURS. March 4 (1:45-3:45 p.m.)**

Princeton Fitness & Wellness Center

\$5 for the entire program and includes a set of light weights.

Call Richard Peery at 609.882.1182 to register for this program.

Join us for a six-month program of education and exercise to maintain healthy bones and prevent, or slow, the progression of osteoporosis. Sponsored by New Jersey Department of Health and Senior Services. Registration is limited and required.

#### Healthy Heart Day

**SAT. March 6 (9 a.m.-2 p.m.)**

University Medical Center at Princeton

A fun and informative day designed to help you and your heart through free screenings, cooking demonstrations, tours, a children's essay award ceremony and more. John D. Passalaris, MD, board certified in cardiovascular diseases and internal medicine, will lecture on "Chest Pain, Indigestion or Heart Attack?" Connie Pfeiffer, PharmD, BCPS, BCOP, licensed pharmacist, board certified in pharmacotherapy and oncology, will discuss "Cholesterol Medication Update – What Should My Numbers Be and How Can Medications Help?" Physicians who will be available to answer questions include James R. Beattie, MD, board certified in cardiovascular diseases and internal medicine; Manuel Amendo, MD, board certified in cardiovascular diseases and internal medicine; Andrew Costin, MD, board certified in cardiovascular diseases and internal medicine; Rogelio M. Pine, MD, cardiologist; and Andrew J. Shanahan, MD, board certified cardiovascular diseases and internal medicine.

Free screenings include blood pressure, body fat, cardiac risk assessment and nutrition assessment. Cholesterol and diabetes screenings require fasting. Guided tours will showcase University Medical Center at Princeton's state-of-the-art cardiac services including the digital cardiac catheterization lab, diagnostic testing areas, stress testing and echocardiogram area. Virtual tours of the Emergency Department, Coronary Care Unit and Telemetry.

#### Meet the Chef! - March

**TUES. March 9 (7-8:30 p.m.)**

Princeton Fitness & Wellness Center

Gabriele Girgolon (Chef of Mediterra in Princeton) will demonstrate Spring Vegetable Risotto. Angela Santoro, Registered Dietician, will provide nutrition information.

#### Healthy Hearts – Cardiac Support Group

**March Topic: Cholesterol Update**

**TUES. March 16 (7-8:30 p.m.)**

Princeton Fitness & Wellness Center

Connie Pfeiffer, PharmD, BCPS, BCOP, will review the latest cholesterol recommendations and medications available for treating high cholesterol.

### CHILDBIRTH & FAMILY

#### Bright Beginnings

WED. March 3 – 31 (10:30-11:30 a.m.)

Princeton Fitness & Wellness Center

\$5 per group session and payable at the door

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

#### Childbirth Preparation

WED. March 3 – 24 (7-9 p.m.)

MON. March 15 – April 5 (7-9 p.m.)

University Medical Center at Princeton

\$115 per couple; meets once weekly

#### Living With Your Infant – Part 1

WED. February 25 (7-9 p.m.)

WED. March 31 (7-8:30 p.m.)

University Medical Center at Princeton

\$20 per person

Living with Your Infant – Part 1 (birth to 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.

#### Maternity Tours

SAT. February 21 (1-2 p.m.)

SAT. March 6 (1-2 p.m.)

SAT. March 20 (1-2 p.m.)

University Medical Center at Princeton

#### Sibling Class

SAT. February 21

SAT. March 6

SAT. March 20

Ages 2 and under (9:30-10:15 a.m.)

Ages 3 and 4 years (10:30-11:30 a.m.)

Ages 5 years and older (11:45 a.m.-12:30 p.m.)

University Medical Center at Princeton

\$25 per person; \$10 for each additional sibling

Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery.

#### The Personal Touch: Having Your Baby with a Certified Nurse Midwife

THURS. February 26 (6:30-8:30 p.m.)

University Medical Center at Princeton

Please join us for an informative evening on the midwife model of care. Ursula Miguel, MS, CNM, Sandra Friedman, MSN, CNM and Martha Boudakian, MSN, CNM, will discuss comfort measures for labor and guide a tour of the Maternity Department. Light refreshments will be served.

### MONROE TOWNSHIP EVENTS FOR SENIORS

The Princeton HealthCare System Community Education & Outreach Program is pleased to offer educational seminars and screenings to seniors residing in Monroe Township. All programs are held at the Monroe Township Office on Aging – Senior Center. For more information call 732.521.6111.

#### Women & Incontinence

TUES. March 16 (1:30-2:30 p.m.)

Call 732.521.6111 to register for this program.

Abdul-Mbacke, MD, OB/GYN and a member of the Medical & Dental Staff of Princeton HealthCare System, will present Women & Incontinence. Discussion will review the prevalence, types, etiology and treatment of urinary incontinence for women.

#### Path to Wellness – How to Have Healthy Bones, Joints & Muscles

MON. March 22 (9:30-11:30 a.m.)

Call 732.521.6111 to register for this program.

Patricia A. Graham, MD, board certified in physical medicine and rehabilitation and a member of the Medical & Dental Staff of Princeton HealthCare System, is pleased to present Path to Wellness: How to Have Healthy Bones, Joints & Muscles. Dr. Graham, who serves on the National Osteoporosis Foundation Advisory Board and the New Jersey Interagency Council for Osteoporosis, will discuss lower back pain, arthritis and osteoporosis.

### EAST WINDSOR TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer the seniors residing in East Windsor Township educational seminars and screenings. All programs are held at the East Windsor Senior Center. For more information, call 609.371.7192.

#### Fun and Effective Exercise

THURS. March 11 (10:30-11:30 a.m.)

East Windsor Senior Center

Call 609.371.7192 to register for this program.

Laura Guidici, MSPT, Senior Physical Therapist, will lead the group in fun and effective exercises that can be repeated in the home.

### SUPPORT GROUPS

Call 609.497.4480 for information about our groups for:

→ Bereavement → Better Breathers → Diabetes → Perinatal Loss Bereavement



# Enhancing End-of-Life Care

A unique partnership between University Medical Center at Princeton and Princeton HomeCare Services is enhancing end-of-life care by providing new options for individuals with a limited life expectancy.

If uncontrolled symptoms make remaining at home difficult, the Inpatient Hospice Program, which is based at UMCP, is designed to offer skilled and compassionate medical care in a comfortable, home-like setting. A holistic approach to the care of patients

with a life limiting illness who no longer desire or benefit from curative treatments, hospice care emphasizes providing compassionate support to the patient as well as their caregivers and family members. Over the past few years, members of the community with a strong interest in expanding the range of hospice services available worked with Princeton HomeCare Services and University Medical Center at Princeton to develop the program.

## Personal Care by Dedicated Professionals

Each person admitted to inpatient hospice receives individualized care from a team of dedicated health professionals that includes board certified physicians, nurses, chaplains, nutritionists, therapists, volunteers and social workers. The team helps patients and their families make the most of each day with aggressive symptom management, psychosocial intervention and personal care.

## Give the Gift of Life

A blood donor has the opportunity to give the most precious gift of all — the gift of life.

University Medical Center at Princeton is one of only a few hospitals in the state that operates its own community blood donor program. The success of our program is attributable to the hundreds of dedicated donors and employees who generously give blood throughout the year.

“Our blood donors are very important to us as well as to the many individuals and families they help each year,” says Rao H. Andavolu, MD, Director, Blood Donor Program, University Medical Center at Princeton and board certified in pathology and blood banking. “We always encourage people who can donate to visit the hospital to give blood.”

Blood donations help save the lives of those who have lost blood in an accident or emergency or who need blood for surgical and nonsurgical treatments. Blood donors are critical because the act of blood donation by healthy individuals is the only way to obtain blood for the patients who need it.

“Many people don’t realize that blood cannot be manufactured,” says Dr. Andavolu. “The only way you can get blood is from another human being. We as human beings have the responsibility to

inpatient hospice care is designed to provide short-term support during a difficult time. The services provided through the Inpatient Hospice Program are covered by Medicare’s hospice benefit, and most private insurance plans also provide complete coverage.

According to Kathy L. Ales, MD, Medical Director, Inpatient Hospice Program and board certified in internal medicine, the new service has been warmly received by the community.

“The program has been a tremendous relief and comfort for hospice patients and their families,” Dr. Ales says. “With our symptom management team, hospice staff and physicians optimize the quality of each day for the patient and family members.”

For information, call 609.497.4900.

**“The program has been a tremendous relief and comfort for hospice patients and their families”**

support each other. Recent studies suggest that regular blood donation offers certain health benefits for the donor so the act of donating blood is good for them as well as recipients.”

To meet the day-to-day need for blood, University Medical Center must collect at least 300 pints of blood every month. To ensure the ongoing demand for blood is met, donors are encouraged to make repeated donations throughout the year, up to five times, at a minimal interval of eight weeks between donations.

If you would like to help, an appointment to donate blood can be scheduled at your convenience. The Blood Donor Program can also assist with setting up an employee blood drive if you work at a business that employs more than 25 individuals. For information, please call the Blood Donor Program at 609.497.4366.

### Hours of Operation

TUESDAY	7:30 a.m. to 3:00 p.m.
WEDNESDAY	1:00 p.m. to 3:00 p.m.
THURSDAY	7:30 a.m. to 7:00 p.m.
FRIDAY	7:30 a.m. to 3:00 p.m.
3RD SATURDAY of Every Month	9:00 a.m. to 12:30 p.m.

Appointments are available but not required. Donors without an appointment are encouraged to call before visiting.

### Community Blood Drive

**SATURDAY, February 21, 2004**  
9:00 a.m. to noon  
Princeton Fitness & Wellness Center  
Princeton North Shopping Center  
1225 State Road, Princeton

# COTH Membership Recognizes Teaching Excellence



University Medical Center at Princeton, a University Hospital Affiliate of the University of Medicine and Dentistry of New Jersey – Robert Wood Johnson

Medical School, was recently accepted as a member into the Association of American Medical Colleges' prestigious Council of Teaching Hospitals and Health Systems (COTH).

Of the more than 1,100 hospitals across the country that are involved in graduate medical education, fewer than half are admitted into COTH. The 400 COTH member institutions train about 75% of the physician residents in the United States. Membership in COTH requires a documented affiliation with an accredited medical school and participation in at least four approved, active residency programs.

The Association of American Medical Colleges formally established the Council of Teaching Hospitals and Health Systems in 1965 to represent the special needs, concerns and opportunities facing major teaching hospitals.

For more information about COTH, visit [www.aamc.org](http://www.aamc.org), click on Councils & Groups and then select COTH.

*(Continued from page 2)*

Technicians will apply several sensors to the patient, then monitor his or her sleep with a new, state-of-the-art digital sleep recording system. The system simultaneously records muscle movement, eye movement, breathing and air flow, and heart rate among other factors. Results, compiled in over 800 pages of data, help staff make a computer-assisted diagnosis of any physical problems that may be contributing to sleep difficulties.

The most common sleep disorder identified in the laboratory is obstructive sleep apnea. Other less common sleep disorders include:

- periodic leg movements
- narcolepsy
- sleep walking and sleep talking
- REM Behavior Disorder (acting out dreams)

If sleep apnea is recognized during the first half of the night, technicians can provide the person with a continuous positive air pressure device, called a CPAP, which often immediately helps the patient sleep better during the second half of the night. Patients who achieve better sleep with CPAP are often thrilled with the effective results.

The University Medical Center at Princeton Sleep Center accepts physician- and self-referred patients. For more information, call 609.497.4469 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

Some information in this article came from the American Academy of Sleep Medicine ([www.aasmnet.org](http://www.aasmnet.org)) and the National Sleep Foundation ([www.sleepfoundation.org](http://www.sleepfoundation.org)).

# Art First!

## An Extraordinary Art Show!

**International, juried exhibition and sale of original art and fine crafts by artists with physical and mental disabilities**

**300 pieces of art by 75 artists**

**April 19 through May 15, 2004**

**11 a.m. – 8 p.m. every day**

**In the main corridors of University Medical Center at Princeton  
Free and open to the public**

Presented by The Auxiliary  
of University Medical Center at Princeton

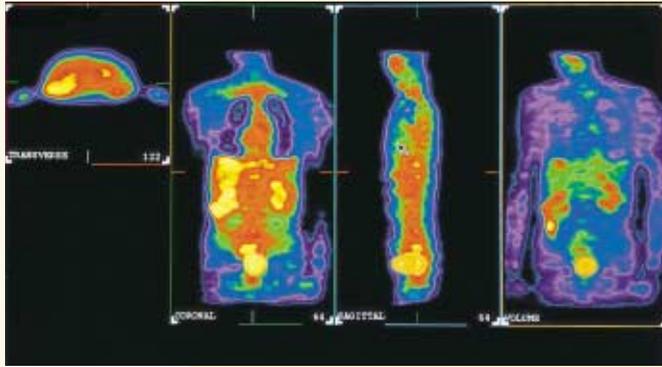
Call 609.473.4211 for information

# PET Scans — The Window to the Human Body

A partnership between Princeton HealthCare System and Princeton Radiology, a diagnostic radiology practice with over 50 years of experience, ensures today's most powerful body imaging tool — the Positron Emission Tomography Scan or PET Scan — is readily available to patients.

“Up until five or six years ago, PET Scans were only available in the United States at research institutions,” observes John Ghazi, MD, board certified in radiology and nuclear radiology and Secretary of the Medical & Dental Staff at Princeton HealthCare System. “We are pleased that we have made this groundbreaking technology much more accessible to the communities we serve.”

Highly sophisticated and precise, PET Scans have emerged as a window to the human body capturing an extraordinary level of detail with speed and accuracy. PET scans reveal the chemical function of organs and tissues, while other imaging techniques show only the organs' structures. As a result, this remarkable technology is enhancing the diagnosis and treatment of many diseases. PET Scans have become a key tool in the fight against cancer. Physicians are also using



PET Scans for cardiac imaging as well as the detection of real-time brain function, brain diseases and pathological conditions associated with seizures and Alzheimer's disease.

## Using PET to Pinpoint Cancer

PET Scan uses computerized tomography to pinpoint regions of the body that may harbor tumors. This has far-reaching applications and benefits for cancer patients. Not only have PET Scans greatly enhanced the initial diagnosis of cancer, but they have also become critical for performing follow-up evaluations of patients who have undergone treatment and detecting recurrence of tumors in patients who are in remission.

“We inject a small amount of radioactive glucose (F18-Fluorodeoxyglucose) and take whole-body three-dimensional pictures to look for areas of abnormally increased glucose metabolism, because tumors use more glucose than healthy

tissues,” Dr. Ghazi explains. “Because the PET Scan can actually show if tumors are metabolically alive, they are far more useful in making treatment decisions for all kinds of tumors.”

## Decades of Progress

The non-invasive imaging technology owes its origin to the invention of radiography in 1896 by the German physicist Wilhelm Roentgen. Of course, medical technology has made significant progress, especially over the last 30 years.

“The 80s were the decade of the CAT Scan, the 90s were all about the MRI and the early millennium years will be dedicated to the development and increased accessibility of the PET Scan,” Dr. Ghazi notes. “As we look to the future, we know that new PET radiopharmaceuticals such as C11-Acetate for the detection of prostate cancer are being developed, as are more cost-effective combination CT/PET Scanners which can more rapidly localize the site of abnormal PET activity.”

For more information, call 609.409.4573 or 609.497.4319. Visit [www.princetonradiology.com](http://www.princetonradiology.com) to take a virtual PET tour.

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*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 ©2004 Princeton HealthCare System. All Rights Reserved.

*Health Focus* is published under contract by The Nautilus Publishing Company ([www.nautiluspublishing.com](http://www.nautiluspublishing.com)); Telephone: 662.513.0159



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