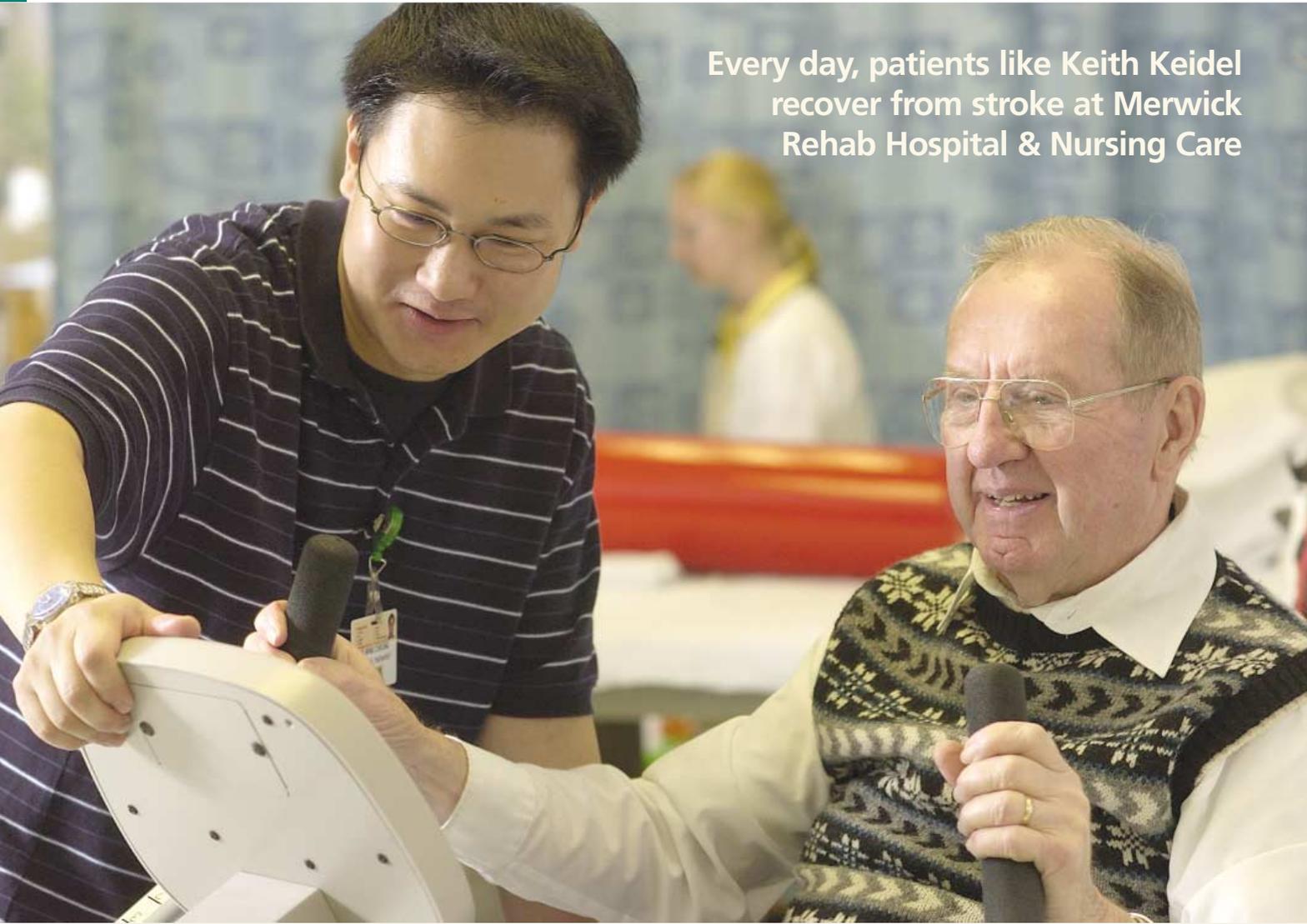


healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | JAN/FEB 2005 | NUMBER 1



Every day, patients like Keith Keidel recover from stroke at Merwick Rehab Hospital & Nursing Care



Princeton HealthCare System

Redefining Care.

- [University Medical Center at Princeton](#)
- [Princeton House Behavioral Health](#)
- [Merwick Rehab Hospital & Nursing Care](#)
- [Princeton HomeCare Services](#)
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A Healthy New Year Begins

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When It Comes to Stroke Rehabilitation, Timing Is Everything

An estimated 600,000 Americans will suffer a stroke this year, and 160,000 of them will die, according to the American Stroke Association. But while only a few years ago little could be done to prevent stroke-related death or serious disability, prompt medical attention can now do wonders.

“The most important thing to remember when it comes to a stroke is that if you experience any sudden symptoms you should immediately call 911 or go to the emergency room,” says Claire Smith, RN, Rehabilitation Team Coordinator, Merwick Rehab Hospital & Nursing Care. “Getting treatment within the first three hours is critical. Just waiting for the condition to go away can lead to serious negative consequences.”

Prompt medical attention and quality rehabilitation through Merwick’s Stroke Rehabilitation Program recently helped 83-year-old Keith Keidel make a remarkable recovery.

Suffering from immobility of his left side following a stroke, he spent three weeks in Merwick’s inpatient program undergoing intensive, individualized physical, occupational and speech therapy. Although he still walks with the help of a cane, today he once again has use of his left side.



“I went in with the positive attitude that I was going to get through rehab and get back on score,” says Keidel. “While I was in the program, they were assertive in

their treatment, and I appreciated that. I thought they had a very good staff, and they kept after me to do more and

more. They pushed me to get there and we did it. I’m not completely 100 percent, but I’m doing much better.”

Keidel came to Merwick Rehab Hospital from University Medical Center at Princeton. He was admitted to the hospital through the Emergency Department and spent two days as an inpatient before being transferred to Merwick to begin rehabilitation.

Retraining the Body After Stroke

The goal of Merwick’s Stroke Rehabilitation Program is to help patients return to the community. The newly remodeled 17-bed unit allows the specially trained interdisciplinary rehab team, under the direction of board certified physiatrists, to individualize the plan of care and goals for each patient.

“We’re committed to looking at each case individually because the way stroke effects each person is unique,” says Smith. “We work very closely with the patient’s family to develop a plan of care, and to regularly evaluate progress. We treat the condition aggressively as soon as we can, so that we can retrain the body before it’s too late to reverse the stroke’s effects.”

Keith Keidel’s wife Gladys, a retired nurse, found comfort in knowing Merwick’s skilled staff was committed to individualized care.

“The first three days are the most crucial after a stroke, when the patient doesn’t realize what happened,” she says. “He kept trying to get out of bed thinking he could

“Getting treatment within the first three hours is critical.”

—Claire Smith, RN, Rehabilitation Team Coordinator, Merwick Rehab Hospital & Nursing Care



Keith Keidel (right) works with physical therapist Yue-Wing Cheung to improve his leg and arm strength, range of motion and coordination as part of his rehabilitation program to recover from a stroke.

walk. So to keep a close eye on him ... they had him sleep in a room right by the nurses' station. Because of that I didn't have to worry."

Reducing Your Chances of Having a Stroke

Like many people affected by stroke, Keidel had a history of transient ischemic attacks (TIAs, or mini-strokes that occur and vanish rapidly with no permanent effects) before suffering his recent stroke. But stroke — the result of a blood vessel in the brain bursting or getting clogged — can occur without prior warning, and at any age. Although often thought of an "old persons' disease," statistics show that 28 percent of all strokes occur in people under the age of 65.

The chance of having a stroke can be greatly reduced by:

- Checking and treating high blood pressure
- Not smoking
- Recognizing and treating diabetes
- Completing at least 30 minutes of moderate physical activity most days
- Following a healthy diet
- Keeping alcohol consumption at a minimum
- Having regular medical checkups

"People also need to learn to recognize the warning signs of stroke," says Smith. "Recognizing what's happening and taking quick action can mean the difference between serious disability and successful rehabilitation."

Stroke Warning Signs

- Sudden numbness or weakness in the face, arm, leg, or one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing with both or one eye
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache for an unknown reason

For more information about Merwick Rehab Hospital & Nursing Care, call 609.497.3000.

Getting Physically Fit in the New Year Is Easier Than You Think

When it comes to New Year's resolutions, probably the second most common pronouncement — right behind eating better — is the promise to exercise more.

"The New Year is a great time to start getting physically fit, but the key is to actually take that initial step," says Andy Gojdcyz, General Manager, Princeton Fitness & Wellness Center. "One reason people hesitate is because they think they'll have to dedicate a lot of time and energy to working out. They talk themselves out of it before they even take that first step."

Start Slowly

Anyone starting a fitness program should begin slowly, building on his or her workout routine over time. Just completing 15 to 20 minutes on the treadmill in the beginning of a new routine can make a difference in physical fitness, and no workout should take longer than an hour or so, according to Gojdcyz.

At Princeton Fitness & Wellness Center, new members receive a free one-hour session with a personal trainer to help develop a workout program to meet individual needs. Once a fitness routine is in place, and the results start to show, members come to look forward to their regular workouts.

"If you set attainable goals for yourself from the start, each time you reach one you'll be motivated to keep going, to push a little harder," says Gojdcyz. "And as time goes on, you'll discover that a good workout promotes both physical and emotional fitness."

Exercise Is for All Ages

At the age of 67, Florence Nathan of Princeton joined the center several months ago, and now works out four to five times a week. In addition to the time spent on various cardio machines, she also participates in a water exercise class and a yoga class. The combined activities have already left her feeling stronger, less fatigued and happier.

"Intellectually I knew I should be following some sort of exercise regimen, but I've always disliked exercise," Nathan says. Actually, before I joined the center I hadn't done any formal exercise for 30 years. In mid-September I decided to change my sedentary lifestyle in an effort to decrease certain health risks and achieve an overall feeling of wellbeing. I have to say, I've surprised myself with what I've been able to accomplish."

Princeton Fitness & Wellness Center's members range in age from 14 to 90, and the 50,000-square-foot facility offers the latest fitness equipment, exercise classes in everything from body step to yoga, pools, spa services and on-site childcare. The center boasts convenient operating hours.

For more information on the center and fitness-related programs, call 609.683.7888.



Why Work With a Personal Trainer?

Florence Nathan of Princeton joined Princeton Fitness & Wellness Center several months ago and now works out four to five times a week. Exercise physiologists and personal trainers like Steve Bossio (pictured) offer members tips for exercising more effectively.

A certified personal trainer can help guide you through an exercise program that focuses on your individual fitness needs.

According to the exercise physiologists at Princeton Fitness & Wellness Center, there are many benefits to working with a personal trainer including greater motivation and better understanding of exercise and proper form.

While anyone can benefit from a personal training program, individuals transitioning from a rehabilitation program, those interested in sports-specific training and women seeking to improve their prenatal and post-natal condition are encouraged to consider the rewards of working one-on-one with a personal trainer.

- Improved cardiovascular health
- Increased strength
- Better flexibility
- Improved sleep
- Reduction in stress
- More desirable cholesterol levels
- Blood pressure control
- Decreased body fat/increased lean mass percentages
- Enhanced self esteem
- Improved muscle endurance
- Weight loss/gain
- Increased energy
- Control of blood sugar levels
- Possible reduction of medication

Princeton Fitness & Wellness Center offers single-session and multi-session personal training programs. For information, call 609.683.7888.

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.html or call **609.497.4480** (unless another number is indicated).

communityfocus

Health Education Calendar

Jan. ~ Feb. '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



American Heart Month

February is American Heart Month. Cardiovascular disease is America's number one killer, claiming the lives of nearly 39 percent of all Americans who die each year. Over 64 million Americans have some form of cardiovascular disease, which includes diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital cardiovascular defects, hardening of the arteries and other diseases of the circulatory system. Princeton HealthCare System Community Education & Outreach and University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program are pleased to offer a variety of informative programs, designed to increase awareness and offer support to those affected by cardiovascular disease. These programs were made possible by a generous grant from the Princeton HealthCare System Foundation.

Humor and Your Heart!

FRI. February 25 (6:30 - 9 p.m.)
Hyatt Regency - Princeton, 102 Carnegie Center Blvd.
\$15 per person

Stuart Robertshaw, EdD, JD, also known as Dr. Humor® and a nationally renowned speaker and humorist, will share what he has learned through his studies of humor. Woven in with the laughter are messages about the need for caring, optimism, empathy and generosity. The first 200 registrants will receive a free copy of *Dear Dr. Humor: A Collection of Humorous Stories for All Occasions*. Light dinner will be included. Book signing to follow.

AMERICAN HEART MONTH EVENTS continue on next page

 **Princeton HealthCare System**
Community Education & Outreach

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- [University Medical Center at Princeton](#)
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AMERICAN HEART MONTH EVENTS

Yoga for Relaxation & Stress Reduction

TUES. February 1 (12 - 2 p.m.)
Ground Floor Conference Room
University Medical Center at Princeton

Join us for this interactive program as Jennifer Cridge, RYT, CYT, MBA, teaches participants simple relaxation techniques and yoga positions to help reduce stress. Participants should wear comfortable clothing for audience participation and bring a beach towel. Light lunch will be included.

Meet the Chef: Heart Healthy Cooking

TUES. February 1 (1:30 - 3 p.m.)
East Windsor Senior Center
40 Lanning Blvd., East Windsor
Please call 609.371.7192 to register.

Join us as we welcome Chris Carey, CEC, Executive Chef, University Medical Center at Princeton's Nutrition Program. Heart healthy cooking will be the focus of the demonstration, with recipes and dishes that are delicious, nutritious and easy to prepare.

Coronary Artery Disease & Cholesterol: How Are They Linked & What's Your Risk?

TUES. February 1 (6 - 8 p.m.)
Ground Floor Conference Room B
University Medical Center at Princeton

Andrew J. Shanahan, MD, FACC, board certified in cardiovascular diseases, internal medicine, interventional cardiology and nuclear cardiology, will discuss the links between cholesterol and coronary artery disease. Light dinner will be included.

Women & Heart Disease Lunch & Learn

WED. February 2 (12 - 2 p.m.)
Princeton Fitness & Wellness Center

Cardiovascular disease claims the lives of more than half a million women each year; that's nearly one death each minute. Banu Mahalingam, MD, RCS, board certified in cardiovascular

diseases, echocardiography, nuclear cardiology, internal medicine and registered cardiac sonography, will review known risk factors of heart disease in women and current recommendations for decreasing your risk. Heart healthy lunch will be included.

Wear Red Day



FRI. February 4

Join the American Heart Association and Princeton HealthCare System and help increase awareness of heart disease in women by wearing red to work.

Be Your Own Valentine

MON. February 14 (6 - 8 a.m. and 11 a.m. - 2 p.m.)
Ground Floor Conference Room
University Medical Center at Princeton

Love yourself and take care of yourself for those you love! Take part in free blood pressure, body fat, and body mass index screenings provided by health professionals from Princeton HealthCare System. A red carnation will be given to all those who attend.

Cardiovascular Health Screening

FRI. February 18 (10 a.m. - 12 p.m.)
Mercer County Library - Hopewell Branch
245 Pennington-Titusville Road, Pennington

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

Keys to a Healthy Heart for You & Your Family

FRI. February 25 (12 - 2 p.m.)
Mercer County Library - Washington Branch
42 Allentown-Robbinsville Road, Robbinsville

Geri Karpiscak, RN C, Nurse Manager, Cardiac & Pulmonary Rehabilitation, will review 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.

CURRENT PROGRAMS

Meet the Chef

MON. January 10 (7 - 8:30 p.m.)
TUES. January 18 (7 - 8:30 p.m.)
MON. February 7 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

On January 10, Jesus Donis, Chef of Santa Fe Grille, Rocky Hill, will prepare dishes with a southwestern flare. Taste Mexican potato soup and chicken almendrado (almond chicken). Also on January 18, Brian Dougherty, Chef of Blue Point Grill, Princeton, will prepare snapper en papillote. In February, Bobby Trigg, Chef and Owner of The Ferry House, Princeton, will prepare portobello mushroom salad, oven-roasted filet of salmon with sweet pea broth, and crème brulee. Learn how to create these delicious recipes in your own home.



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

TUES. January 11
(Lecture: 6 p.m., Screening: 6:30 - 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 senior 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.* Screenings limited; registration required.

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

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.html or call **609.497.4480** (unless another number is indicated).

New Year, New You: The Must-Know on Cosmetic Surgery

WED. January 12 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Join us as Thomas A. Leach, MD, board certified in plastic surgery, discusses new options and the latest developments available in plastic surgery to rejuvenate your face and body. This program is cosponsored by The Auxiliary of University Medical Center at Princeton.

Overcoming Obesity: Today's Surgical Options for Weight Loss

THURS. January 13 (6 - 8 p.m.)
Hyatt Regency - Princeton
102 Carnegie Center Blvd., Princeton

SAT. January 22 (1 - 3 p.m.)
Ballroom 1
Ramada Inn and Suites of Toms River
2373 Route 9, Toms River

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 Brodin, 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.



DOROT, UNIVERSITY WITHOUT WALLS

Princeton HealthCare System is pleased to offer the following courses through DOROT, University Without Walls.

DOROT offers low-cost educational programs via the telephone for those who are disabled or homebound.

Single-session classes are offered FREE of charge; multi-session classes carry a charge of \$15. A one-time fee of \$10 per semester also applies. Call 212.769.2850 or visit www.dorotusa.org.

Your GI Tract & You: Happy Together

TUES. January 18 (10 a.m.)

Michael Z. Lupovici, MD, board certified in gastroenterology, internal medicine and geriatric medicine, will discuss a variety of ailments affecting the GI tract including GERD, Irritable Bowel Syndrome, diverticulitis and peptic ulcers. You will also learn ways to maintain good digestive health.

Pain Management: Integrating the Best of Western & Eastern Medicine

MON. February 7 (4 p.m.)



Patricia A. Graham, MD, board certified in physical medicine and rehabilitation, will discuss how to utilize the most effective medical and holistic techniques to optimize pain management, self-awareness, daily function and quality of life. Lower back pain and arthritis treatments will be the focus.

WEDNESDAYS FOR WOMEN'S WELLNESS

Hysterectomy: New Options & Benefits

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

Join us as Jeffrey Hofman, MD, FACOG, board certified in obstetrics & gynecology, discusses the latest technology available for a hysterectomy. The minimally invasive hysterectomy uses advanced technology to minimize the discomfort and scarring caused by a traditional hysterectomy while easing recovery.

Dr. Hofman will discuss the procedure, as well as the benefits and risks associated with the surgery. Question-and-answer session will follow.

Women & Heart Disease Lunch & Learn

WED. February 2 (12 - 2 p.m.)
Princeton Fitness & Wellness Center

For more information, see American Heart Events on previous page.

Tips for Lowering Your Cholesterol & Enjoying a Healthier New Year

MON. January 24 (6:30 - 8 p.m.)
Princeton Fitness & Wellness Center

Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, will discuss a variety of options and therapies to help lower your cholesterol.



Crystalens™: The Implant That Makes Glasses Obsolete

TUES. January 25 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

TUES. February 22 (7 - 8:30 p.m.)
Ground Floor Conference Room A
University Medical Center at Princeton

Wayne M. Grabowski, MD, board certified in ophthalmology, will discuss the new Crystalens™ procedure. Crystalens™, unlike Lasik surgery, allows the patient's eyes to focus naturally, completely eliminating the need for glasses or contacts. Princeton Surgical Center is the only facility in Central Jersey to offer this advanced vision correction method. Attend this free lecture to learn about the procedure and eligibility.

From Atkins to Weight Watchers: The Dieter's Dilemma

WED. January 26 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Gabriela Bowers, MD, board certified in internal medicine, will discuss trends in dieting. Dr. Bowers will cover the Atkins, Weight Watchers, South Beach, T Factor, and Sugar Busters diets. She will also give a historical overview of dieting, including misleading images portrayed by the current media, and tips for losing weight.



American Cancer Society's Fresh Start Program

THURS. January 27 - February 17 (7 - 8 p.m.)

Ground Floor Conference Room
University Medical Center at Princeton
\$40 per person

Lung cancer has the highest death rate of any cancer in both men and women. University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program can help you successfully quit smoking, reducing your chances of developing this deadly disease. Receive information and tips on quitting, managing stress and avoiding weight gain. Enjoy support and encouragement from others who are also trying to quit.

As I Get Older, I Get Wider

MON. January 31 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

Joanne B. Kalish, DO, board certified in internal medicine, Founder and Director of the Health for Life Weight Management Program, will discuss why we tend to gain weight as we age. Dr. Kalish will also provide sensible strategies to effectively manage your weight and improve your health for life.

Start the New Year Off Right: Get Fit!

Princeton Fitness & Wellness Center

Feldenkrais

TUES. February 1 (10 - 11:30 a.m.)

Pilates & Chair Yoga

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

P.A.C.E. (People With Arthritis Can Exercise) & Tai Chi for Arthritis

TUES. February 15 (10 - 11:30 a.m.)

Gentle Yoga & Gentle Tone

THURS. February 24 (10 - 11:30 a.m.)

Yoga, Pilates, Tai Chi and Feldenkrais. There are so many different approaches to physical fitness, it can be difficult to decide which one is the best for you. To help you make an informed choice, the instructors at Princeton Fitness & Wellness Center will reveal the principles and benefits behind each form of exercise while answering any questions you may have. Demonstrations will be provided. Like all community education programs offered at the Fitness Center, this highly interactive series is open to both members and nonmembers of Princeton Fitness & Wellness Center. A guided tour of the center will follow for interested participants.

Everything You Should Know About Cancer Clinical Trials

WED. February 2 (6 - 9 p.m.)
Ground Floor Conference Room
University Medical Center at Princeton

This program, cosponsored by University Medical Center at Princeton's Cancer Program, the National Cancer Institute (NCI) and the Leukemia & Lymphoma Society, is designed to introduce attendees to the clinical trial process, which uses volunteers to test new methods of screening, prevention, diagnosis or treatment of a disease. Topics to be covered include idea development, funding and drug approval by the Food and Drug Administration (FDA). Speakers include:

- Shari Short, MA, Partnership Program Coordinator, National Cancer Institute's Cancer Information Service
- Suzann Stocker, RN, Oncology Research Nurse, University Medical Center at Princeton's Cancer Program

Sleep as We Age

THURS. February 10 (7 - 8:30 p.m.)
Lambert House Classroom 3
University Medical Center at Princeton

Join us as Jagadeeshan Sunderram, MD, board certified in sleep medicine, critical care medicine, internal medicine and pulmonary medicine, discusses sleep disorders in aging adults. Dr. Sunderram will cover symptoms and treatment options of common sleep disorders. A tour of University Medical Center at Princeton's Sleep Center will follow the lecture.



Camp & Kids Expo 2005

SUN. February 13 (11 a.m. - 3 p.m.)
The Westin Princeton at Forrestal Village
201 Village Blvd., Princeton

Shop for your child's summer camp and enjoy family games, arts and crafts and more! Physicians and health professionals from Princeton HealthCare System will be on hand to answer health-related questions. Princeton Fitness & Wellness Center will hold mini-introductory youth fitness classes.

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

WED. February 23 (7 - 8:30 p.m.)
Princeton Fitness & Wellness Center

This comprehensive, fun and effective workshop, led by Donna Sherman, MSW, LCSW, Yoga Instructor, Princeton Fitness & Wellness Center, integrates teachings and techniques from mindfulness-based stress reduction, yoga and yogic practices such as breathing techniques and simple yoga postures, cognitive-behavioral therapy, mind-body sciences and more. Learn about your personal stress reaction style, what triggers your stress and effective techniques to help you respond to life's challenges with increased mindfulness.

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.html or call **609.497.4480** (unless another number is indicated).

CHILDBIRTH & FAMILY

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

Prenatal Partner Yoga Workshop

SAT. January 15 (10 a.m. - 12 p.m.)
Princeton Fitness & Wellness Center
\$35 per couple

This workshop is designed to help pregnant couples learn supportive positions which 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 necessary. Please bring a towel or yoga mat and two pillows.

Prenatal Yoga

THURS. January 6 - February 24
(7 - 8:15 p.m.)

FRI. January 7 - February 25
(9:30 - 10:45 a.m.)

Princeton Fitness & Wellness Center
\$160 per person for 8 sessions

Expectant mothers will learn how to use gentle postures, stretching, breathing, toning, relaxation and meditation that will 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 yoga mat or large towel, two pillows or cushions, yoga tie or regular tie for stretching.

Post Partum Yoga

FRI. January 7 - February 25 (11 a.m. - 12:15 p.m.)
Princeton Fitness & Wellness Center
\$160 per person for 8 sessions

This class will focus on strengthening and toning the body after birth and will allow moms to practice yoga with their baby (ages 6 weeks to crawling). Breathing, relaxation and meditation techniques will be integrated. No previous yoga experience is necessary; however, medical clearance from a physician is required. Please bring yoga mat or large towel, two pillows or cushions, yoga tie or regular tie for stretching.

Bright Beginnings

Wednesdays (10:30 - 11:30 a.m.)
Princeton Fitness & Wellness Center
\$5 per session, payable at 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.



Breastfeeding Support Group

THURS. January 6 (11 a.m. - 12 p.m.)
THURS. January 13 (11 a.m. - 12 p.m.)
THURS. January 20 (11 a.m. - 12 p.m.)
THURS. January 27 (7 - 8 p.m.)
THURS. February 3 (11 a.m. - 12 p.m.)
THURS. February 10 (11 a.m. - 12 p.m.)
THURS. February 17 (11 a.m. - 12 p.m.)
THURS. February 24 (7 - 8 p.m.)
University Medical Center at Princeton

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. There is no fee and no registration.

Maternity Unit Tour

SAT. January 8 (1 - 2 p.m.)
SAT. January 22 (1 - 2 p.m.)
SAT. February 5 (1 - 2 p.m.)
SAT. February 19 (1 - 2 p.m.)
University Medical Center at Princeton

Sibling Class

SAT. January 8
SAT. January 22
SAT. February 5
SAT. February 19
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 (9:30 - 10:15 a.m.), 3 to 4 (10:30 - 11:30 a.m.) and 5 and older (11:45 a.m. - 12:30 p.m.).



CHILDBIRTH & FAMILY (CONTINUED)

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

Baby Care

MON. January 10 (7 - 9:30 p.m.)
 THURS. February 3 (7 - 9:30 p.m.)
 University Medical Center at Princeton
 \$35 per couple

How will we care for our baby? What does it mean when they cry? How do we bathe our baby? This two-hour program is designed to help create confidence in your parenting skills. Topics include infant care, feeding choices, choosing a pediatrician and more.

Childbirth Preparation

WED. January 12 - February 2 (7 - 9 p.m.)
 TUES. January 18 - February 8 (7 - 9 p.m.)
 MON. January 24 - February 14 (7 - 9 p.m.)
 THURS. February 17 - March 10 (7 - 9 p.m.)
 WED. February 23 - March 16 (7 - 9 p.m.)
 MON. February 28 - March 21 (7 - 9 p.m.)
 University Medical Center at Princeton
 \$115 per couple

A four-week, comprehensive program for expectant parents to receive information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, as well as comfort measures to gain a positive and fulfilling birth experience.



Accelerated Childbirth Preparation

SAT. January 15 (9 a.m. - 5 p.m.)
 SAT. February 26 (9 a.m. - 5 p.m.)
 University Medical Center at Princeton
 \$150 per couple

A one-day, comprehensive program for expectant parents to receive information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, as well as comfort measures to gain a positive and fulfilling birth experience.

Childbirth Preparation Review

FRI. January 14 (6:30 - 9 p.m.)
 University Medical Center at Princeton
 \$50 per couple

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

Living With Your Infant: Part 1 (Birth to 4 Months)

WED. January 26 (7 - 9 p.m.)
 University Medical Center at Princeton
 \$20 per family

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.

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

WED. February 23 (7 - 9 p.m.)
 University Medical Center at Princeton
 \$20 per family

Living With Your Infant - Part 2 (5 - 8 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.

Prenatal Breastfeeding Class

THURS. January 27 (7 - 9:30 p.m.)
 WED. February 16 (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.

Car Seat Safety Checks

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

CPR & FIRST AID

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

BLS for Healthcare Providers - Full Course

THURS. January 13 (9 a.m. - 4 p.m.)
 TUES. February 15 & February 22 (6 - 10 p.m.)
 Princeton Fitness & Wellness Center
 \$60 per person

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

BLS for Healthcare Providers - Recertification

THURS. January 27 (6 - 10 p.m.)
 FRI. February 18 (9 a.m. - 1 p.m.)
 University Medical Center at Princeton
 \$40 per person

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

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.html or call **609.497.4480** (unless another number is indicated).

CPR & FIRST AID (CONTINUED)

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

Heartsaver Adult & Pediatric CPR

WED. February 16 (9 a.m. - 1 p.m.)
University Medical Center at Princeton
\$40 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

FRI. January 28 (6 - 10 p.m.)
University Medical Center at Princeton
\$40 per person

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



Pediatric CPR for Family & Friends

SAT. January 29 (9 a.m. - 12 p.m.)
SAT. February 19 (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.

Pediatric First Aid

SAT. February 19 (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.

SUPPORT GROUPS

UNITE - Perinatal Loss Bereavement Group

MON. January 3 (7 - 9 p.m.)
MON. February 7 (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.

Better Breathers Club

TUES. January 4 (10 - 11:15 a.m.)
TUES. February 1 (10 - 11:15 a.m.)
Princeton Fitness & Wellness Center

THURS. January 27 (2:30 - 4 p.m.)
THURS. February 24 (2:30 - 4 p.m.)
University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program: Monroe Unit 11 Centre Drive, Suite C

Princeton HealthCare System and the American Lung Association of New Jersey present the Better Breathers Support Group for individuals with chronic lung disease. Learn about managing lung disease. Discuss your questions and concerns with others who understand.

Nancy Elson, MA, RRT, Respiratory Care Practitioner and Clinical Instructor, facilitates this monthly group.

Healthy Hearts Cardiac Support Group

TUES. January 11 (7 - 8:30 p.m.)
TUES. February 8 (7 - 8:30 p.m.)
Ground Floor Conference Room B
University Medical Center at Princeton

This support group provides education and support for those with cardiac problems and their families. Each session includes 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.



Diabetes Support Group

WED. January 19 (2:30 - 4 p.m.)
WED. February 16 (2:30 - 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. January 24 (6:30 - 8 p.m.)
MON. February 28 (6:30 - 8 p.m.)
Medical Arts Building, Suite B
University Medical Center at Princeton, Diabetes Management Program

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.

Cardiac & Pulmonary Rehabilitation Program: Annual Potluck Reunion Dinner

WED. February 16 (6 - 8 p.m.)
Ground Floor Conference Rooms A & B
University Medical Center at Princeton

All current and former participants in University Medical Center at Princeton's Cardiac and Pulmonary Rehabilitation Program are invited to attend this annual dinner. Call 609.497.4285 for details.

MONROE TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System 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.**

HIPAA Privacy in the Real World & Communication With Your Medical Team

TUES. January 18 (1:30 - 3:30 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Join us as Lisa Hartman, Corporate Compliance and Privacy Officer, Princeton HealthCare System, discusses the Health Insurance Portability and Accountability Act (HIPAA) as it pertains to privacy, release of medical information and your rights. In addition, Jane Berger, Manager of Patient Relations, Princeton HealthCare System, will discuss ways to improve communication between patients, their families and healthcare providers. Question-and-answer session will follow.

Pain Management: Complimentary Alternatives

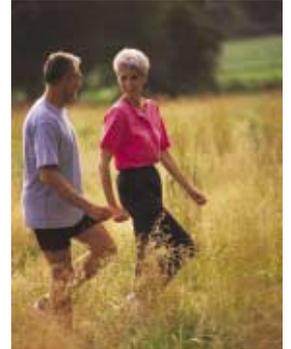
MON. January 24 (1:30 - 3:30 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Anne Marie Williams, RN, Manager, Pain Management Program, University Medical Center at Princeton, will discuss alternatives to drugs in pain management, including massage, relaxation, aroma therapy, acupuncture, therapeutic touch and Reiki. She will also discuss ways that pain affects your body, mind and lifestyle.

Life Begins at 60

WED. February 23 (1:30 - 3:30 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Join us for this interactive discussion about aging, led by Barbara Zonitch, MSW, LSW, Primary Therapist, Princeton House Behavioral Health. Topics include myths of aging and an examination of opportunities for growth and change after 60.



Nutrition Update: Cooking Demonstration

THURS. February 24 (1:30 - 3:30 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Join us as Suzanne McNulty, RD, MS, Nutrition Manager, Princeton House Behavioral Health, presents a nutritious and scrumptious cooking demonstration. Ms. McNulty will also discuss the nutritional value of food found in the supermarket, vitamin and mineral content of food, and antioxidants and phytochemicals. Join us to taste the delicious recipes and learn how to make healthy food choices.

WEST WINDSOR TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer FREE health screenings to the seniors residing in West Windsor Township. **For more information, call 609.799.9068.**



First Friday Health Screenings

Glucose and Cholesterol Screening
FRI. February 4 (1 - 2:30 p.m.)
West Windsor Senior Center
271 Clarksville Road, Princeton Jct.

Health professionals from Princeton HealthCare System will be on hand to provide free glucose and cholesterol screenings to West Windsor Township residents.

K. HOVNANIAN'S® FOUR SEASONS AT HISTORIC CRANBURY EVENTS FOR SENIORS

Princeton HealthCare System and K. Hovnanian Homes have joined together to bring timely health information to the residents of K. Hovnanian's® Four Seasons at Historic Cranbury and its neighbors. All programs take place in the clubhouse in the community. **For more information, call 609.497.4480.**

Vitamins & Herbs: Off to a Healthy Start

TUES. February 15 (1:30 - 3 p.m.)
K. Hovnanian's Four Seasons at Historic Cranbury,
Clubhouse
1 Labaw Drive, Cranbury

Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in pharmacotherapy and oncology, will discuss issues related to herbal, alternative and vitamin therapies, including use, adverse affects, supporting data, drug interactions and precautions.

Achieving Lifelong Weight Loss

Losing weight is among many people's priorities but is difficult to achieve when we live in an environment that isn't always conducive to regular exercise and includes tempting high-calorie foods at every corner.

With the multitude of diet programs available today, individuals can become overwhelmed with determining which diet program will be the most beneficial and effective choice for them. Following the latest diet trends may sound appealing, but the best approach to losing weight and improving health is to develop healthy eating habits that will last a lifetime, says Nancy Baumann, MS, RD, Director of Nutrition, University Medical Center at Princeton.

"Diet trends can give you a jump start toward beginning to achieve weight loss, but all too often they will not stand the test of time. The minute you go off of them the weight starts coming back, often with a few extra pounds added," Baumann says.

Make Healthy Choices & Count Calories

Carrying excess body fat increases the risk of developing high blood pressure, high cholesterol, heart disease, stroke, diabetes, certain forms of cancer, arthritis and other significant health problems, so it's important to maintain a healthy body weight. Those most at risk are men with a waist size of 40 inches or greater and women with waist sizes of 35 inches or greater. The good news is that losing only five to 10 percent of your total body weight



can significantly reduce your risk of developing these debilitating conditions. For a woman weighing 200 pounds, a significant weight loss of 20 pounds can help her reduce her risk for diabetes and heart disease.

While weight loss research has changed over the years, the bottom line remains – weight loss occurs when caloric intake is less than calories burned by the body. A fast-paced environment and the easy availability of quick, high-fat foods has made it difficult to eat the right foods and exercise sufficiently. But you can change all that. Simple daily lifestyle and food changes can help you lose weight and keep it off.

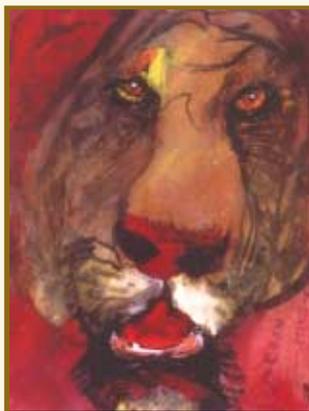
"Something else to remember when starting a healthy eating regime is to start slow, changing one thing at a time," Baumann cautions. If you simply stop using sugar in your coffee, over the course of the year you could lose three to five pounds. If you drink a regular soda each day and switch to diet instead, you could lose an additional 10 pounds in that year. If you take a 30-minute walk daily during your lunch break that same year, you could lose another 20 to 25 pounds over a year. Just making those small changes can have a significant impact and help you lose a total

of 40 pounds in one year. Dieting does not mean giving up all the foods you love. That's too difficult and something you won't be able to do over a lifetime. Effective dieting focuses more on balance by making healthy food choices and controlling portions. Since everyone is different, individual weight loss goals vary greatly. Meeting with a registered dietitian can help you implement effective eating approaches that will open the door to a future of successful lifestyle changes.

Expect Reasonable Results

While everyone hopes for fast results, don't expect the pounds to drop off too quickly. According to the U.S. Department of Health and Human Services, healthy weight loss should result in shedding anywhere from a half pound to two pounds a week.

The registered dietitians at the University Medical Center at Princeton can help you achieve your weight loss goals by offering you a weight loss program tailored specifically for your needs. They are trained in developing personalized weight loss programs, which keep their patients satisfied and achieve healthy weight loss. For more information, call the Nutrition Program at 609.497.4251.



The Lion No. 3
by artist Raymond Hu,
who has Down Syndrome

Art First!

An international, juried exhibition and sale of original art and fine crafts by artists with disabilities

March 7 to April 15, 2005

Patrons' Preview Party — Sunday, March 6
Presented throughout the main floor corridors of
University Medical Center at Princeton

More than 250 pieces, including watercolors, oils, photographs, sculpture, jewelry and more
Sponsored by **The Auxiliary of University Medical Center at Princeton**
For information, call 609.497.4211

Breathe Easier With Our Nationally Recognized Treatment Program

Today, more than 11.2 million Americans over the age of 18* are living with chronic lung disease such as asthma, emphysema and chronic bronchitis. It is encouraging that shortness of breath, chronic coughing, chest pain and a lack of energy don't have to be a permanent part of life for people coping with these disorders.

With the help of the Pulmonary Rehabilitation Program at the University Medical Center at Princeton, these symptoms can be reduced and controlled, greatly improving a patient's quality of life.

"People living with pulmonary conditions find themselves doing less and less because they want to avoid the terrible feeling of being out of breath," says Kenneth H. Goldblatt, MD, Chairman, Department of Medicine, Princeton HealthCare System.

"What we do through the Pulmonary Rehab Program is help them improve their breathing capacity through exercise and education, making life more enjoyable," says Dr. Goldblatt, who is board certified in critical care medicine, pulmonary disease and internal medicine.

First to Achieve National Recognition

University Medical Center at Princeton's Pulmonary Rehabilitation Program has achieved great success with helping individuals who are dealing with a variety of lung disorders, including asthma, chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema and those who have undergone lung reduction or transplant. Recently, the program became the first in Central New Jersey to achieve national certification by the American Association of Cardiovascular and Pulmonary Rehabilitation, according to GERALYN KARPISCAK, BSN, RN C, Nurse Manager, Cardiac/Pulmonary Rehab.

Program participants learn to manage their conditions and live more comfortably through an individualized course of treatment that includes:

- supervised, moderate exercise therapy
- instruction in proper breathing techniques
- energy conservation
- emergency planning, panic control and stress management
- specialized nutritional counseling
- a maintenance program
- support groups



Comfortable Atmosphere

Carole Rhodes of Hamilton says she chose UMCP for her continued exercise maintenance because of the quality supervision, comfortable atmosphere and friendly staff. Rhodes suffers from COPD. Since completing the monitored exercise and education component of the rehab

program, she can now climb stairs without experiencing shortness of breath. On days when she doesn't visit UMCP, she joins her coworkers on afternoon walks, something her condition prevented in the past.

"I found being in a group of people who were in the same boat, so to speak, was really great because we were able to support one another and compare notes regarding our disease. While we all didn't have the same degree of damage or possibly even the same cause, we did all have a common thread, and a common goal, which was to increase our stamina," says Rhodes of her experience as a patient in the Pulmonary Rehabilitation Program.

Experienced Care

Care is provided by an experienced, multidisciplinary team of health professionals, including registered respiratory therapists; registered nurses with certification in advanced cardiac life support; registered dietitians and exercise physiologists. The team works under the direction of a physician who is board certified in pulmonary disease, and critical care and internal medicine.

Program participants experience:

- Reduced shortness of breath and anxiety
- Increased ability to perform daily activities
- Mastery of breathing techniques
- Improved stamina and strength
- Decreased anxiety and depression
- Improved physical and mental wellbeing

* Statistic from the National Center for Health Statistics (NCHS), a branch of the Centers for Disease Control and Prevention

Free Consultation

A free consultative visit is available to anyone interested in learning more about the program, which is offered at both the main hospital campus located at 253 Witherspoon Street and at our facility at 11 Centre Drive in Monroe Township. For more information, call the Pulmonary Rehabilitation Program at 609.497.4285 or visit www.princetonhcs.org.

Princeton House Offers a Variety of Programs to Help Adolescents Overcome Substance Abuse

Denial is one of the key mistakes parents make when it comes to adolescent drug and alcohol abuse. In many cases, it's easy to ignore the warning signs, but recent statistics point to a continued substance abuse problem among both adolescent and pre-adolescent children.

In 2003, the Center for Substance Abuse Research found that 32 percent of U.S. high school students reported using alcohol before the age of 13, 18 percent reported smoking at least one cigarette and 10 percent admitted they had tried marijuana. In that same survey, close to 23 percent of eighth grade students admitted they had tried some type of illicit drug, and 51 percent of 12th graders acknowledged at least some experimentation with drugs.

"Parents need to remain vigilant and proactive in their children's lives," says Shirin Zarqa, MA, CADC, Princeton House Behavioral Health Adolescent Inpatient Substance Abuse Program Coordinator. "Many times they chalk behaviors up to natural adolescence issues, but that may not be the case."

Watch for the Warning Signs

Parents should watch for possible warning signs of substance abuse, and gain a better sense of what is going on in their children's lives. While some substance abuse warning signs may also simply be signs of adolescent behaviors, being actively involved in a child's life can help parents distinguish between the two.

Possible substance abuse warning signs :

- Fatigue, repeated health complaints, red and glazed eyes, and/or a lasting cough
- Change in personality, sudden mood changes, irritability, irresponsible behavior, low self-esteem, depression, and/or a general lack of interest
- Starting arguments, breaking rules, or withdrawing from the family
- Decreased interest or negative attitude toward school, drop in grades, truancy, and/or discipline problems.
- New friends who show a disinterest toward home and/or school

- Problems with the law
- Sudden changes in dress and/or music

If a substance abuse problem is discovered, Princeton House Behavioral Health offers innovative treatment programs to help adolescents struggling with addictions and emotional problems.

Inpatient Program

At the main campus in Princeton, the inpatient program provides intensive short-term treatment for chemically dependent adolescents up to the age of 18. This highly specialized program is designed to meet the needs of those who require 24-hour treatment.

Partial Hospital Programs

Outpatient partial hospital programs are offered for adolescents who do not require inpatient care but do need intensive therapeutic intervention and support, or those leaving the inpatient program who are in need of continued support. Designed to help adolescents achieve emotional stability and safety, these programs run six hours a day, five days a week.

After-School Intensive Outpatient Programs

For adolescents who are able to remain in school but require help with emotional problems or substance abuse issues, after-school intensive outpatient programs offer a three-hour group meeting three times a week. These programs are an excellent alternative to, or step down from, an inpatient or partial hospital program.

All Princeton House adolescent programs:

- Highlight a patient- and family-centered treatment approach
- Focus on relapse prevention planning (when patients are in treatment for substance abuse)
- Include a comprehensive evaluation
- Offer treatment by a board certified psychiatrist available on site
- Employ masters-level therapists and certified alcohol and drug counselors
- Offer individual and group therapy
- Collaborate with schools and other agencies as needed
- Provide daily instruction by certified teachers for adolescents on leave from their schools

For more information, call 609.497.3300 or visit www.princetonhcs.org.



While some substance abuse warning signs may also simply be signs of adolescent behaviors, being actively involved in a child's life can help parents distinguish between the two.



Echo Lab Offers Digital Technology Used by NASA

The echocardiogram may be one of the most common cardiac imaging tests performed in the world today, but patients who visit University Medical Center at Princeton's Echocardiography Lab are benefiting from highly uncommon technology. UMCP's state-of-the-art, fully digital imaging system is the same technology used by NASA to monitor the health of its astronauts in space.

"The University Medical Center's digital imaging system is still considered rare in the medical arena since it is networked throughout the entire healthcare system," says James R. Beattie, MD, Medical Director of Echocardiography. "Our department has received national accreditation from the Intersocietal Commission for Accreditation of Echocardiography Laboratories (ICAEL), and high marks from the medical staff and patients as well."

"Our facility provides superior technology that allows us to make accurate diagnoses of cardiac conditions, and the ability to rapidly transfer that information to our physicians," adds Dr. Beattie, who is board certified in echocardiography, cardiology and internal medicine.

Advanced Diagnostic Services

An echocardiogram, an ultrasound of the heart, is a painless, noninvasive procedure used to diagnose structural defects, coronary artery disease, cardiomyopathies and murmurs. It takes about an hour to complete. Traditional technology uses videotape to record images of valve function, blood flow and cardiac anatomy. University Medical Center's system captures and stores images digitally, in far sharper detail and with

immediate accessibility. The equipment also allows medical staff the option of accessing the images from virtually any location, using computer technology. Doctors are able to compare prior studies with current ones almost immediately.

Once an echocardiogram — or a type of stress test called stress echo — is conducted, the results are immediately transferred to the patient's chart, providing up-to-the-minute information for the medical staff.

Since results are stored digitally, individual images can be frozen on the computer screen for detailed evaluation, and more than one image can be displayed at a time for comparison studies.

"Over the years, this technology will also allow us to easily compare any number of a patient's previous test results with their new echo, so our understanding of their medical history will be extremely broad," says John R. Lloyd, Administrative Director, Cardiopulmonary Services. "Also, we will be able to maintain records of a patient's results in perfect condition since digital images don't deteriorate the way tape does."

For more information about UMCP's digital Echocardiography Laboratory, please call 609.497.4347.

Princeton HealthCare System 253 Witherspoon St. | Princeton, NJ 08540 | 1.866.460.4PRN

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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