

healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | JANUARY/FEBRUARY 2007



Princeton HealthCare System

Redefining Care.

University Medical Center at Princeton
Princeton House Behavioral Health
Princeton Rehabilitation Services
Merwick Care Center

Princeton HomeCare Services
University Medical Center at Princeton Surgical Center
Princeton Fitness & Wellness Center
Princeton HealthCare System Foundation

Breast Health Center Now Open

New Breast Health Center Offers Expert Care & Advanced Technologies

breakingnewground

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

communityfocus

HEALTH EDUCATION CALENDAR

■ Innovative, Gender-smart Knee Replacement Options for Women	5
■ Fighting Back radKIDS: Teaching Safety and Empowerment	6
■ Super Foods for Your Heart	7
■ Top Preventive Health Measures	8
■ Outpatient Clinic Offers Enhanced Care to Patients With Diabetes	10
■ Community Focus	11
■ Breaking New Ground	20

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

Health Focus, published six times each year by Princeton HealthCare System, is dedicated to providing you with the latest health-related news and information.

The health information provided in Health Focus is for general education purposes and is not intended to constitute medical advice. The information should not be used for diagnosis or treatment, nor should it be used to replace the advice of licensed healthcare professionals. Health concerns should be discussed with a physician. If you have any concerns about your health, please contact your healthcare provider.

Health Focus is prepared by the Marketing & Public Affairs Department. For questions or information, please call 609.497.4191.

Entire publication ©2007 Princeton HealthCare System. All Rights Reserved.

Health Focus is published under contract by The Nautilus Publishing Company
www.nautiluspublishing.com
T: 662.513.0159

Breast Health Center Opens

New Breast Health Center Offers Expert Care & Advanced Technologies

When it comes to successfully fighting breast cancer – the second leading cause of cancer death in women – early detection and prompt treatment are essential. University Medical Center at Princeton's new state-of-the-art Breast Health Center is designed to provide women with a uniquely proactive approach to breast care in a comfortable, spa-like setting.

"In launching a highly sophisticated Breast Health Center, our goal was to ease the anxiety that many women feel when it comes to mammograms, breast biopsies and related diagnostic testing," says Joanne Ritter-Teitel, PhD, RN, CNAA, Chief Nursing Officer and Senior Vice President, Patient Services, University Medical Center at Princeton. "Our Breast Health Center provides a warm, comfortable setting where women receive highly personalized attention from a team of experts."



Located in the East Windsor Medical Commons 2, 300B Princeton-Hightstown Road in East Windsor, the 8,000-square-foot Breast Health Center was designed with a focus on rich tones, luxurious fabrics and soothing water features to provide a peaceful environment of care.

Under the medical direction of Rachel Dultz, MD, FACS, a board certified surgeon with fellowship training in breast surgical oncology, the Breast Health Center offers women a range of services within a single facility. These include:

- State-of-the-art digital screening and diagnostic mammography, providing fast, high-quality images;
- Same-day results for mammograms completed before 3 p.m.;
- Results before a patient leaves the Center for all diagnostic mammography;
- Ultrasound-guided and stereotactic biopsies to promptly evaluate masses and other abnormalities;
- Certified Breast Health Navigators (specially trained nurses) who provide one-on-one support and, for women who have been diagnosed with breast cancer, skilled guidance from diagnosis through treatment;
- MRI available on the same campus, with results read by a board certified radiologist;
- Coordination of follow-up consultations for surgery, radiation, chemotherapy, plastic surgery or other specialized breast-related care;
- Genetic counseling; and
- Related support and breast health education programs.



"Our Breast Health Center provides a warm, comfortable setting where women receive highly personalized attention."

~ Joanne Ritter-Teitel, PhD, RN, CNNA, Chief Nursing Officer and Senior Vice President, Patient Services



"Women will benefit from the coordination of care and services at the Breast Health Center," says Dr. Dultz. "For women with breast cancer, the wait time between being seen, diagnosed and treated will be reduced due to a more streamlined process. Instead of waiting anxiously for a report, women undergoing diagnostic mammograms will learn the results that same day."

To further ease anxieties, additional diagnostic testing, when needed, usually can be performed then and there.

Digital Technology

Digital mammography, the latest technology for detecting breast cancer, is available at the new Breast Health Center, giving women access to this breakthrough technology conveniently close to home. In a digital format, mammograms can be enhanced for clearer images and promptly shared electronically with specialists if further evaluation is necessary.

"In addition to digital mammography being easier to work with, it is also more successful at detecting abnormalities in women under the age of 50 and those with dense breast tissue," explains Dr. Dultz.

A Community Commitment

The UMCP Breast Health Center was established with funding from The Auxiliary of University Medical Center at Princeton, as well as private donations.

continued on page 4

On the cover: Our team of specialists at the new Breast Health Center includes, from left to right, Beth Krefski, RN, BSN, Administrative Director; Susan Straszynski, RN, Certified Breast Health Navigator; and Medical Director Rachel P. Dultz, MD, FACS.

Reduce Your Risks

The American Cancer Society recommends you follow these general screening guidelines for early detection of breast cancer, unless family history or personal health conditions suggest earlier screenings:

- In your 20s, begin monthly breast self-exams and promptly report any changes to your healthcare professional.
- In your 20s and 30s, have a clinical breast exam by a healthcare professional on a regular basis, preferably every three years.
- In your 40s, schedule a clinical breast exam every year.
- In your 40s, begin scheduling annual screening mammograms.

Friend
Aunt
Mother
Co-worker
Sister
Daughter
Neighbor
Co-worker
Aunt
Daughter
Friend
Sister
Mother
Niece
Neighbor

mammoremindHER

As a woman ages, her chances of developing breast cancer increase dramatically. Regular mammograms and breast self-exams are key to early detection to ensure prompt treatment and survival.

To help you and the women you care about reduce personal risk, University Medical Center at Princeton has launched MammoRemindHER, a new, life-saving service.

Through **MammoRemindHER** you can sign up to receive:

- An annual e-mail reminder to schedule your mammogram
- Monthly e-mail reminders to perform monthly breast self-exam

The American Cancer Society recommends that women begin monthly breast self-breast exams in their 20s and that women in their 40s have annual mammograms – unless family history or personal health conditions necessitate more frequent screenings.

Visit www.mammoremindHER.com today to sign up to receive your reminders.

With Breast Cancer, Your Age Impacts Your Odds

If your current age is:

Your odds of developing breast cancer in the next 10 years are 1 in:

20	1,985
30	229
40	68
50	37
60	26
70	24

Source: American Cancer Society, Surveillance Research, 2005

Breast Health Center Now Open (continued from page 3)

Committed to enhancing the availability and quality of breast care services within the community, the Auxiliary raised a total of \$1.6 million to help establish the Breast Health Center.

“Funding a breast health center was something we, and obviously the community, strongly believed in,” says

Auxiliary President Debbie Nosko. “The Auxiliary’s goal over three years was to raise \$1 million for the Breast Health Center, and we are very happy to say that we exceeded that goal.” In addition, private contributions and a golf and tennis tournament provided \$400,000 in philanthropic support for the Breast Health Center.



The Breast Health Center offers convenient office hours, with appointments beginning at 7:30 a.m. weekdays. Evening hours extend to 7 p.m. on Wednesdays, and Saturday appointments are available.

To schedule a mammogram or for more information, please call **609.688.2700**.

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

Innovative, Gender-smart Knee Replacement Options for Women

A woman's knee is shaped differently than a man's. Yet, until recently, knee replacement implants were used universally for both sexes.

"Since a woman's anatomy is unique, at University Medical Center at Princeton we offer women having knee replacement the option of receiving an innovative gender-smart implant that has been specially designed to fit a woman's body. Our approach gives women greater opportunity to enjoy a more comfortable, pain-free life after knee replacement," says board certified orthopedic surgeon Harvey E. Smires, MD.

New advances in prosthetic devices take into account the fact that women's knees are shaped differently and also smaller than men's, explains Dr. Smires. "In general, knee implants are sized by measuring the lower end of the femur (thighbone) from front to back (anterior-posterior) and from side to side (medio-lateral)," says Dr. Smires. "For the most part, women's knees are shaped like a trapezoid (four-sided object with only two sides parallel). They are slightly larger from front to back and narrower from side to side than men's knees, which are more rectangular in shape."

Gender-smart knee prosthetics, which are now being used by UMCP's orthopedic surgeons, are designed to fit the specific form of a woman's knee by offering a thinner shape, a natural tracking angle and custom contouring to prevent the implant from overhanging the bone.

Today, more than 365,000 Americans receive knee replacements each year. That number is expected to increase as people enjoy longer, active lifestyles. Women suffer from arthritis at three times the rate of men, and therefore, are twice as likely to need a total joint replacement.

Is Knee Replacement Right for Me?

The decision to undergo knee replacement is a personal choice that should be made by you and your healthcare provider. Knee replacement is usually a last resort after all other treatment options have been exhausted for reducing serious, debilitating knee pain caused by degenerative joint disease. Common causes of degenerative joint disease include:

- Osteoarthritis
- Trauma (fracture, ligament tear or tissue damage)
- Rheumatoid arthritis

Non-surgical options for treating degenerative joint disease may include the use of knee sleeves to reduce bone-on-bone pressure, an increase in non-impact aerobic activity and/or weight loss. Physical therapy, including development of an exercise plan specifically designed for people with joint problems, may also be beneficial in improving mobility and reducing pain. Specialized aquatic and land-based programs are offered through the University Medical Center at Princeton Outpatient Rehabilitation Network.

continued on page 6



Protect Yourself Against Degenerative Joint Disease

- Maintain a healthy weight.
- Choose non-impact aerobic activities.
- Consult a physical therapist for a personal strengthening and stretching program.
- Maintain good posture to protect your joints.
- Change positions frequently to decrease stiffness in muscles and joints.
- Listen to your body and seek medical advice whenever you experience pain.



Fighting Back

radKIDS: Teaching Safety and Empowerment

Parents often ask themselves the question:
How do I keep my child safe when I am not around?

A child trained in the techniques of the radKIDS Personal Empowerment Safety Education Program might answer that question this way, "Please don't tell me to stay safe. Teach me, or how will I know?"

"radKIDS stands for 'resist aggression defensively,' and our first rule is *No one has the right to hurt me, because I am special*," says Deborah Millar, RN, Program Coordinator, Community Education & Outreach Program, who holds a national certification to teach the course. "We teach children ways to avoid dangerous situations as well as physical resistance options to escape violence."

Research shows the proactive techniques taught in radKIDS such as yelling loudly or making a scene by knocking over books or other objects are most effective in putting off would-be abductors.

The course runs one to two hours a day for five days. Children ages 5 to 12 and their parents or caretakers learn together during fun, highly interactive classes that include lectures, safety drills and simulations.

Pictured on the left: A student in the radKIDS program defends herself from an attacker during a class simulation exercise.

For more information, or to find upcoming radKIDS classes, visit www.princetonhcs.org or call 1.888.897.8979. Special courses can also be arranged for groups such as scout troops or school classes.

Innovative, Gender-smart Knee Replacement Options for Women *(continued from page 5)*

Your healthcare provider also may suggest the use of nutriceuticals, such as glucosamine and chondroitin sulfate, to slow down cartilage deterioration. Cortisone-type steroid injections, which last about six weeks, can give temporary relief of the inflammation caused by arthritis. Lubricant injections also may be given and may result in six to eight months of relief. These injections, however, are not effective in all patients. Medications also may be prescribed to relieve pain.

Research shows that early diagnosis and treatment can result in better outcomes, so do not delay a consultation with an orthopedic specialist. "Don't wait until you've lost too much range of motion or strength," Dr. Smires warns. "There is no reason to live in constant pain and

with a life-altering disability, when we can help people determine the best options for treatment."

Knee joint replacement procedures are among the most successful operations performed today. Ninety percent of those who undergo the procedure report fast pain relief, improved mobility and better quality of life.

For assistance with finding an orthopedic surgeon on staff at Princeton HealthCare System or for more information about the UMCP Outpatient Rehabilitation Network, call 1.888.PHCS4YOU (1.888.742.7496) or visit www.princetonhcs.org.

Super Foods for Your Heart

Your heart will beat about 100,000 times today and more than 35 million times this year. Like any hardworking machine, it needs the right fuel to run properly.

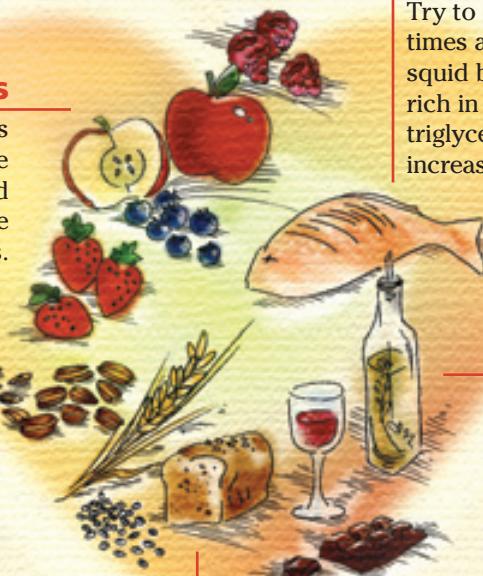
Foods such as nuts, fish, fruits and whole grains have been proven to support heart health by lowering artery-clogging cholesterol and providing the body with valuable antioxidants, which are substances known to reduce cellular damage.

"These are easy foods to incorporate in your diet that may significantly reduce your risks for heart disease," says Sabina Beesley, MS, RD, Outpatient Dietitian, University Medical Center at Princeton.

As the new year begins and we celebrate American Heart Month in February, it's a good time to commit yourself to enjoying some of the following heart-smart foods, Beesley says.

Fruit and vegetables

Strive for two fruits and two cups of vegetables each day. They are an important source of fiber and antioxidants. Berries have the highest content of antioxidants.



Nuts

Aim for 1/2 cup of walnuts, almonds, pecans or cashews each day. They also contain omega-3 fatty acids, with the highest concentrations in almonds and walnuts.

Fiber

Aim for 25 to 35 grams of fiber a day from sources such as whole grains. Whole grains should be first on the product's ingredient list, and they may be listed as whole wheat, whole oat, whole grain or whole bran.

Fish and seafood

Try to eat 4 ounces of seafood and fish two to three times a week. However, avoid shrimp, lobster and squid because they are high in cholesterol. Fish are rich in omega-3 fatty acids, which can help lower triglycerides, a type of fat found in the blood that increases the risk of heart disease or stroke.

Olive oil or canola oil

Strive for 2 tablespoons a day. These oils are rich in monounsaturated fat, which can help thin the blood and keep arteries free flowing. They can replace some of the fats and vegetable oils used in cooking.

Red wine and dark chocolate

These favorites, in moderation, have been shown to provide antioxidants and reduce bad cholesterol. Those who drink should have no more than 5 ounces of red wine a day. When you eat chocolate, be sure to minimize sugar intake the rest of the day as chocolate is also high in sugar.

If you would like to arrange a consultation with a registered dietitian on staff at University Medical Center at Princeton, call **609.497.4251**.

Top Preventive Health Measures

Just like you regularly check the tires and oil in your car to prevent it from breaking down, you need to establish a personal preventive health routine to keep your body tuned up.

However, a recent study found that half of all Americans who need preventive health services go without them. About 95 percent of the healthcare dollars in this country are spent on treating diseases instead of preventing them.

Preventing disease always should be a top personal priority, says Kathryn J. Robison, MD, a member of the Medical & Dental Staff of Princeton HealthCare System.

"Preventive care visits, also known as yearly physicals, have become more important as the number of vaccines and preventive screening tests have blossomed in the past 20 years," Dr. Robison says. "There is now a great deal we can do to prevent diseases if we start before they develop. If you wait for symptoms, it is too late."

For example, monitoring blood pressure is vital because high blood pressure is a leading cause of heart attacks and strokes. "Once a stroke develops there is little that can be done to reverse it, so prevention is the key," Dr. Robison says. Another important screening is for colorectal cancer which, if caught early, is very curable, but is deadly when it's not detected.

"In women, cervical cancer is preventable and curable if detected early," says Elizabeth Scheff, MD, an ob-gyn with Princeton HealthCare System. "The pap smear allows the physician to detect cervical cancer in earlier premalignant stages and has decreased the incidence of cervical cancer enormously in the past few decades," Dr. Scheff says. "With the addition of the test for high-risk types of human papillomavirus (HPV) in pap smear specimens, this screening tool has become a more accurate guide against the progression of premalignant cells to cervical cancer. Treatment of abnormal pap smears is effective in reducing the chance of progression to cancer," adds Dr. Scheff. "It is important that a woman discuss the screening schedule of her pap smears with her physician. Furthermore, younger women may be eligible for the vaccine that reduces the risk of genital warts and cervical cancer," says Dr. Scheff.

Schedule That Check up Today

"Preventive services promote good health habits, education, and most importantly, can prevent disease progression," says Dr. Scheff. "Establish a good health routine for yourself and your loved ones. Start immediately, and schedule your check up today. Each day counts."

For assistance with finding a physician, call the Physician Referral Service at **1.888.PHCS4YOU (1.888.742.7496)** or visit the **online Physician Directory** at www.princetonhcs.org.



Free Seminar Health Through Prevention

Tuesday
January 23, 2007
(6:30 to 8:30 p.m.)
Princeton Fitness &
Wellness Center, 1225
Route 206
Princeton, NJ

Meet Drs. Robison and
Scheff and a panel of
Princeton HealthCare
System physicians for an
important discussion
about preventive health.

For more information,
please see page 12 of
this issue.

To register, visit
www.princetonhcs.org/calendar
or call 1.888.897.8979.



A recent study conducted by the Partnership for Prevention named the top life-saving preventive health services.

Get Screened

- high blood pressure
- colorectal cancer in adults over 50
- vision for all adults 65 and older and children under 5
- cervical cancer among sexually active women
- cholesterol among men over 35 and women over 45 and get treatment if needed
- breast cancer among women over 40
- obesity
- depression
- hearing
- osteoporosis
- diabetes
- chlamydia for women

"There is now a great deal we can do to prevent diseases if we start before they develop. If you wait for symptoms, it is too late."

~ Kathryn J. Robison, MD

Get Immunized

- children
- all adults 50 and older for influenza
- all adults 65 and older for pneumonia
- a tetanus-diphtheria booster

Get Counseling

- Seek physician counseling about:
- tobacco use and smoking cessation
 - alcohol use
 - diet
 - folic acid and calcium supplements for women
 - daily aspirin use for men over 40, women over 50, and others at risk for heart disease
 - injury prevention

*Each individual circumstance is different, and personal health needs and screening schedules can vary. It's important to see a physician regularly and establish a screening schedule that makes sense for you.

GET HEALTHY, GET ORGANIZED

FREE HEALTHCARE ORGANIZER

At Princeton HealthCare System, we are committed to helping you improve and maintain your health.

PHCS is offering a complimentary health organizer to assist you with managing and filing your important healthcare paperwork.

If you would like to receive a free healthcare organizer, you must order it online.

Visit www.princetonhcs.org and click on the Free Health Organizer link in the top right corner.

Quantities are limited and available on a first come, first served basis. Only residents of New Jersey, New York and Pennsylvania are eligible for this offer. Only orders placed online via www.princetonhcs.org will be accepted. No telephone or mail-in orders. You will be asked to complete a survey as part of the ordering process.



Outpatient Clinic Offers Enhanced Care to Patients With Diabetes

Bristol-Myers Squibb Grant Supports Initiatives

The University Medical Center at Princeton's Outpatient Clinic continues its tradition of improving the welfare of the community by enhancing follow-up care and case management for individuals with diabetes.

Outpatient Clinic Director Karen Riland Buda, MBA, explains that many socioeconomic and cultural issues can impact the medical care and self-management of Clinic patients with diabetes.

These may include:

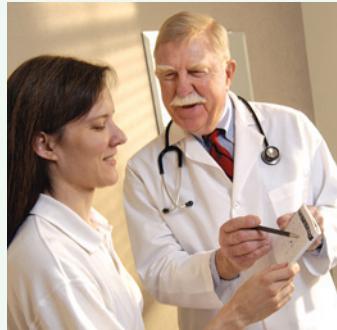
- Complications with transportation
- Language and/or literacy barriers
- Difficulties missing work to keep appointments
- Inability to afford diabetes medications

Issues are also encountered when:

- Dietary recommendations do not take into account ethnic foods of choice
- Patients do not fully understand their plan of care
- Patients lack access to home glucose testing materials

A generous grant by Bristol-Myers Squibb to the Princeton Healthcare System Foundation is supporting this enhanced follow-up care and case management for patients with diabetes at the Outpatient Clinic.

Buda says the gift touched the lives of more than 200 adult patients with diabetes – all of whom are uninsured or underinsured.



"We are extremely grateful for this donation," Buda says. "It has allowed us to add staffing support and to improve our methods of tracking patients at highest risk for diabetes-related complications. By helping these patients better manage their diabetes, we hope to reduce the number and severity of complications that can develop with this disease."

"Extra staff time allows us to consider potential complications and compliance barriers in greater depth, and to expand problem-solving for each individual case," Buda explains. "It also makes possible more intensive case management and education for our highest risk patients by involving UMCP Diabetes Management Program's specialized staff."

Funding from Bristol-Myers Squibb has enabled the Clinic to expand its database and closely monitor patients' diabetes-related clinical indicators, helping staff to more specifically pinpoint patients for intensive follow up when needed. With enhanced methods of monitoring and managing patients with diabetes now in place, the Clinic is positioned to improve patient outcomes and to further reduce risk factors for diabetes-related complications.

For more information about supporting this or similar projects, please call Joseph E. Stampe, Vice President, Princeton HealthCare System Foundation, at **609.497.4190**.

Green Development Guides Planning *(continued from page 20)*

The amount of open space accessible to the public on the property will nearly double. Meanwhile, these new uses of the building will dramatically reduce traffic and on-street parking.

Princeton HealthCare System's plans for the adaptive re-use of the University Medical Center at Princeton Witherspoon Street campus were recently recognized by the Delaware Valley Smart Growth Alliance (DVSGA).

According to the DVSGA, projects that receive recognition are "those that will foster regional growth and redevelopment in a manner that achieves important economic, environmental and quality of life objectives." The DVSGA promotes smart growth projects by recognizing proposed projects prior

to development approval. Projects are reviewed by an independent, regionally diverse jury.

The exact plans for both sites will be finalized following open, public planning meetings in the host communities during the coming months. Throughout this process, PHCS will remain committed to the highest principles of sustainability, environmental responsibility and smart growth.

We Welcome Your Questions

If you have a question or comment about the relocation, please leave us a message by calling **609.430.7155** or send an e-mail to comments@princetonhcs.org. Visit www.princetonhcs.org/breakingnewground for information about the relocation.

HEALTH EDUCATION CALENDAR

community focus

JANUARY - FEBRUARY 2007

Programs are free and registration is required unless otherwise noted. Membership at Princeton Fitness & Wellness Center is not required to attend these programs. Please register online at www.princetonhcs.org/calendar or call 1.888.897.8979 (unless another number is indicated).

An Evening With Oz: Diet Tips From Dr. Mehmet Oz and His Daughter, Daphne

WED. February 7

Registration & Dinner: 6 p.m.
Program: 7 – 9 p.m.

Hyatt Regency – Princeton
102 Carnegie Center

Early Bird Tickets (until December 31, 2006): \$25

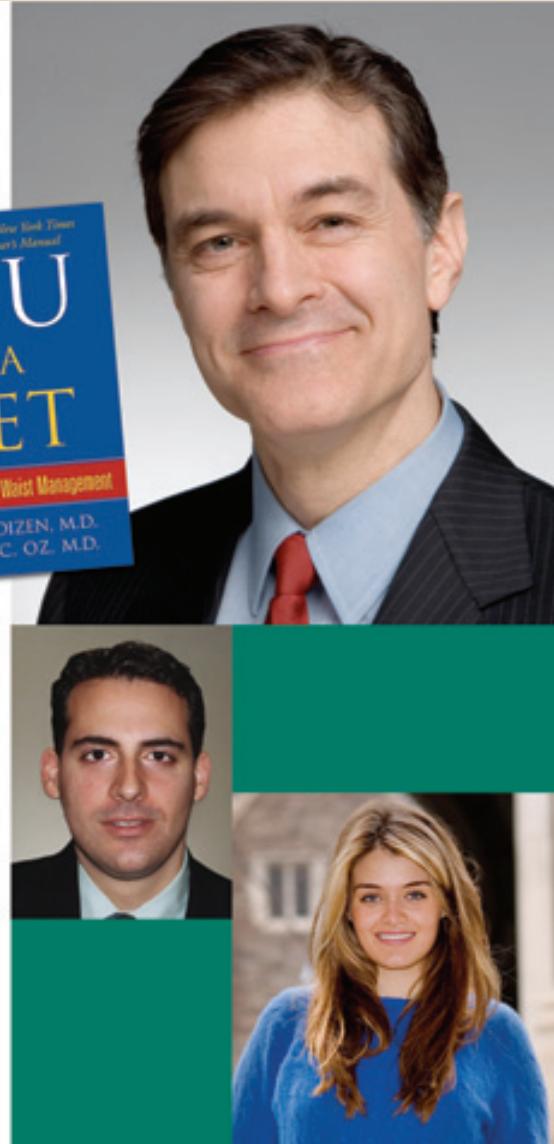
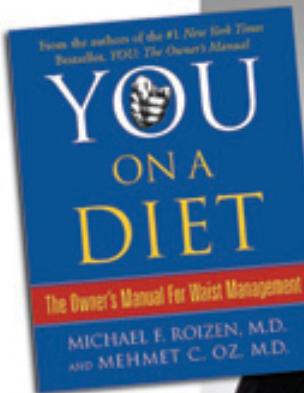
Tickets (after December 31, 2006): \$35

Light dinner and dessert will be provided.

Princeton HealthCare System and Friends' Health Connection are pleased to present the esteemed Dr. Mehmet Oz, and his daughter, Daphne, in this informative and entertaining evening.

- PHCS' own **Dr. John D. Passalaris**, multi-board certified cardiologist, will open the evening with a discussion of heart health and the latest tips for preventing heart disease.
- **Dr. Mehmet Oz** is a professor and vice chairman of surgery at Columbia University. He has authored over 400 original publications, including the *New York Times* best-seller, *YOU: The Owner's Manual*. He is a frequent guest on *Oprah*, and senior medical advisor for the Discovery Channel. In his latest work, *YOU: On a Diet: The Owner's Manual to Waist Management*, Dr. Oz presents new ways to think about diet, fat, and ultimately the size of our waistlines. He will share his diet tips and the science behind them with you.
- **Daphne Oz**, a student at Princeton University, developed her own healthy lifestyle plan, the national best-seller, *The Dorm Room Diet*, with consultation from her famous father, and her grandparents – a cardiac surgeon and a nutritional advisor. Daphne's diet plan is an 8-step program for lifestyle changes that lead to weight loss. She will share her own struggle with weight and tips for losing weight through healthy lifestyle modification.

*This program is made possible by the generous support
of The Auxiliary of University Medical Center at Princeton.*



LOCATIONS:

- **University Medical Center at Princeton**
253 Witherspoon St., Princeton, NJ 08540
- **Princeton Fitness & Wellness Center**
Princeton North Shopping Center
1225 State Rd., Princeton, NJ 08540
- **Community Education & Outreach Program**
731 Alexander Rd., Suite 103, Princeton, NJ 08540

Directions are available at www.princetonhcs.org



**Princeton HealthCare System
Community Education & Outreach**

Redefining Care.

CURRENT PROGRAMS**Women's Wellness: Nutrition for Women**

WED. January 10 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

This interactive discussion will focus on general guidelines for eating a healthy and balanced diet, as well as the relationship between the foods we eat and medical issues that are common in women, such as heart disease, diabetes and hypertension. Lisa M. Bonwell, MD, board certified in internal medicine, and Leslie O'Malley, MA, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition Program, will lead the discussion. Dr. Bonwell is a member of the Medical & Dental Staff of Princeton HealthCare System.

**Navigating the Supermarket With Your Kids**

WED. January 17

(7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

The supermarket is full of unhealthy foods that are packaged and marketed specifically for kids. Sabina Beesley, MS, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition

Program, will teach parents how to avoid these unhealthy foods, and what healthy alternatives are available for kids, without compromising taste. A taste-testing will be included.

A Healthy You for the New Year

THU. January 18 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road
Geri Karpiscak, RN C, Nurse Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation and Diabetes Management Programs, together with a registered dietitian from University Medical Center at Princeton's Nutrition Program, will discuss the importance of leading an active lifestyle and eating healthy for overall wellbeing. Topics include:

- Reducing your risk for cardiovascular disease
- Enjoying food as part of a balanced diet
- Maintaining a healthy weight
- Suggestions for healthy food options

FREE Vision Screenings

THU. January 18

THU. February 15

Community Education & Outreach at 731 Alexander Road

By appointment only. Space is limited.

Please call 1.888.897.8979.

Half of all blindness is preventable through regular screenings and education, so have your eyes checked today! Princeton HealthCare System and the New Jersey Commission for the Blind: Project Prevention Unit are pleased to offer these free vision screenings to uninsured or underinsured adults and children. All children must be accompanied by a legal guardian. Se habla español.

Health Through Prevention

TUE. January 23 (6:30 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Partnership for Prevention™, a national organization that advocates optimal prevention policies to improve the health of all Americans, recently identified 25 recommended beneficial and effective actions to prevent disease and stay healthy. Join us as a panel of Princeton HealthCare System physicians discuss the recommended preventive services and offer tips for disease prevention, including immunizations, counseling, regular screenings and more. Panelists include:

- Xingjia Hua, MD, board certified in geriatric medicine and internal medicine
- Kathryn J. Robison, MD, board certified in internal medicine
- Elizabeth Scheff, MD, OB/GYN
- Andrew J. Shanahan, board certified in cardiology, cardiovascular disease, interventional cardiology and internal medicine
- Andrew H. Sokel, MD, board certified in family practice

AARP Driver Safety

TUE. January 23 & 30 (9 a.m. – 1 p.m.)

Princeton Fitness & Wellness Center

\$10, payable at door

(checks should be made payable to AARP)

Upon completion of this two-part course, students will receive certificates of completion to send to their insurance companies. The certificate entitles students to a 5% discount on the major portion of their auto premiums for three consecutive years, and two points will be deducted from their motor vehicle records, if applicable. There is no age requirement, and you do not need to be a member of AARP.

Body Contouring: When All Else Fails

WED. January 24 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Have you been working out for months and watching what you eat, but still have areas of excess fat that just won't go away? Then consider the benefits of body contouring. Thomas A. Leach, MD, board certified in plastic surgery 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.

**The Dieter's Dilemma**

TUE. January 30 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Are you confused about all the different diets out there? Learn from Gabriela Bowers, MD, board certified in internal medicine, facts about these diets, and which principles are important to follow for weight loss. Diets covered include the Supermarket, Blood Type, Glycemic Index and French Diets. Dr. Bowers will also discuss the history of dieting and the role the media has played, plus tips for losing weight. A question-and-answer session will follow. Dr. Bowers is a member of the Medical & Dental Staff of Princeton HealthCare System.

AMERICAN HEART MONTH

Princeton HealthCare System's Community Education & Outreach Program and University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program are pleased to offer these informative programs in recognition of American Heart Month (February). These events are designed to increase awareness of steps you can take to prevent cardiovascular disease and, for those who have the condition, offer support that can help maximize the quality of their health and their lives. Programs are made possible by a generous grant from the Princeton HealthCare System Foundation.

Go Red for Women

FRI. February 2

Heart disease is the number one killer of women in the US. Go Red for Women is the American Heart Association's movement to give women the lifesaving power of awareness to prevent heart disease and have long, healthy futures. Show your support by wearing red!

Breaking Through the Barriers: Maintaining Heart-healthy Behaviors

TUE. February 6 (12 – 1 p.m.)

South Brunswick Municipal Complex
Utilities Building, Meeting Room 1
540 Ridge Road, Monmouth Junction

Please call Nancy to register at 732.329.4000, ext. 7258.

Please join us as Anthony Yacono, MS, clinical exercise physiologist, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, discusses common barriers to beginning and maintaining heart-healthy behaviors, and how to overcome them. A heart-healthy lunch will be provided.

Celebrate Heart Health & Cardiovascular Professionals Week

WED. February 14 (9 a.m. – 2 p.m.)

University Medical Center at Princeton, Main Lobby

No registration required.

Join us in celebrating Valentine's Day by having your blood pressure checked and recognizing the cardiovascular professionals at University Medical Center at Princeton.

- Free blood pressure screenings
- Facts about how to reduce your risk for heart disease
- Information on cardiac services available at UMCP
- Door prizes

**Women's Wellness: Heart Health for Women**

MON. February 26

(7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Cardiovascular disease claims the lives of more than half a million women each year. Banu Mahalingam, MD, RCS, FACC, multi-board certified in

cardiovascular diseases, echocardiography, nuclear cardiology, registered cardiac sonography and internal medicine, will review known risk factors of heart disease in women and current recommendations for decreasing your risk. A heart-healthy dinner will be included. Dr. Mahalingam is a member of the Medical & Dental Staff of Princeton HealthCare System.

The ABCs of Diabetes & Heart Disease

WED. February 21 (12 – 1 p.m.)

University Medical Center at Princeton
Ground Floor Conference Rooms A & B

Join us as health professionals from University Medical Center at Princeton's Diabetes Management and Cardiac & Pulmonary Rehabilitation Programs discuss the connections between diabetes and heart disease. Learn how to manage your blood pressure, cholesterol and other tips for a healthier you. A heart-healthy lunch will be provided.

Camps, Kids & Sports Expo

SAT. February 3 (10 a.m. – 3 p.m.)

The Westin Princeton at Forrestal Village, 201 Village Blvd., Princeton

No registration required.

Princeton HealthCare System is proud to be the title sponsor of this annual expo, which has been expanded to include sports camps.

- Shop for your child's summer camp.
- Visit with vendors who specialize in products and services for kids of all ages.
- Enjoy family games, arts and crafts.



Physicians and health professionals from Princeton HealthCare System will answer your health-related questions.

**Eliminate Your Need for Eyeglasses: Lasik & More**

WED. January 31 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center
Stephen M. Felton, MD, PhD, board certified ophthalmologist, will discuss the latest advances in vision correction surgery, including laser eye surgeries and state-of-the-art refractive eye surgery. Dr. Felton is a member of the Medical & Dental Staff of Princeton HealthCare System.

CURRENT PROGRAMS**Understanding Memory Loss**

TUE. February 6 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Princeton HealthCare System is pleased to welcome guest speaker Eileen E. Doremus, BA, CSW, Coordinator of Support Group Services, Alzheimer's Association's Greater New Jersey Chapter. She will explore the differences between normal age-related memory changes and abnormal changes that are associated with progressive memory loss or dementia. Participants will learn and share their own tips to keep minds sharp!

Low Back Pain: Prevention, Diagnosis & Treatment Options

THU. February 8 (7 – 8:30 p.m.)

Community Education & Outreach at 731 Alexander Road Join us as Haim D. Blecher, MD, board certified and fellowship trained spine surgeon, discusses the incidence and common causes of low back pain. This informative session will shed light on ways to prevent and treat low back pain. New state-of-the-art treatment options, both invasive and non-invasive, will be discussed. Dr. Blecher is a member of the Medical & Dental Staff of Princeton HealthCare System.

Street Defense: Protect Yourself

TUE. February 13 – 27 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Officer Dave Pavan, Bridgewater Police Department, will teach participants defensive and offensive moves to help protect themselves from a potential attacker. The class will include an intense cardio workout and hands-on learning, combining moves from kickboxing, jiu-jitsu, boxing and judo. Participants should dress comfortably. If you have boxing gloves or focus mitts, please bring them to class.

Brain Foods for Kids

WED. February 28 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Sabina Beesley, MS, RD, Registered Dietitian, University Medical Center at Princeton's Nutrition Program, will teach parents what foods provide kids with the necessary nutrients to function optimally throughout the day. These super foods boost brain function, enhance memory and improve concentration. A cooking demonstration and tasting will be included.

CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

**Breastfeeding Support Group**

WED. January 3 (11 a.m. – 12 p.m.)

FRI. January 12 (11 a.m. – 12 p.m.)

WED. January 17 (11 a.m. – 12 p.m.)

FRI. January 26 (7 – 8 p.m.)

WED. January 31 (11 a.m. – 12 p.m.)

WED. February 7 (11 a.m. – 12 p.m.)

WED. February 14 (11 a.m. – 12 p.m.)

FRI. February 23 (7 – 8 p.m.)

WED. February 28 (11 a.m. – 12 p.m.)

Community Education & Outreach at 731 Alexander Road

No registration required.

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

Maternity Tour

SAT. January 6 (1 - 2 p.m. or 2:30 – 3:30 p.m.)

SAT. January 20 (1 - 2 p.m. or 2:30 – 3:30 p.m.)

SAT. February 10 (1 - 2 p.m. or 2:30 – 3:30 p.m.)

SAT. February 24 (1 - 2 p.m. or 2:30 – 3:30 p.m.)

University Medical Center at Princeton

Main Lobby

University Medical Center at Princeton is committed to providing a unique, family-centered birth experience. We invite expectant parents who are delivering at UMCP or considering delivering here to take a tour of our state-of-the-art Maternity Department, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Sibling Class

SAT. January 6

SAT. January 20

SAT. February 10

SAT. February 24

University Medical Center at Princeton

Main Lobby

\$25 per child

Becoming a big sister or a big brother is a special event in a child's life. This fun, educational program is designed to help your child welcome the new baby. Children will design a welcome card, practice diapering and holding a doll, tour a maternity room and look into our nursery. Classes are designed for children ages 2 and under (9 – 10 a.m.), 3 to 4 (10:15 – 11:15 a.m.) and 5 and older (11:30 a.m. – 12:30 p.m.). Parents are expected to attend the course with their child and are not charged an additional fee.

CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Accelerated Childbirth Preparation

SAT. January 6 (9 a.m. - 5 p.m.)

SAT. January 27 (9 a.m. - 5 p.m.)

SAT. February 17 (9 a.m. - 5 p.m.)

University Medical Center at Princeton

Lambert House Classroom 3

\$150 per couple

This single-day program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience.

**Childbirth Preparation**

MON. January 8 – 29 (7 – 9 p.m.)

TUE. January 23 – February 13 (7 – 9 p.m.)

THU. February 1 – 22 (7 – 9 p.m.)

MON. February 12 – March 5 (7 – 9 p.m.)

WED. February 21 – March 14 (7 – 9 p.m.)

University Medical Center at Princeton

Lambert House Classroom 3

\$115 per couple

This four-week, comprehensive program for expectant parents provides information and answers to questions concerning labor and delivery. Parents will learn the signs of labor, relaxation and breathing techniques, and comfort measures to promote a positive birth experience.

Postpartum Exercise

MON. & THU. January 8 – February 16 (10:30 – 11:30 a.m.)

No class February 15. Class will be held Friday, February 16, instead.

Community Education & Outreach at 731 Alexander Road

\$120 per person

This 12-session class helps postpartum moms restore strength and improve muscle tone to the muscles that are affected by pregnancy and childbirth. Each session includes a warm up, a cardiovascular workout, strength training and a cool down. The exercise program, which is designed for all fitness levels, allows new moms to perform the exercises with their baby (6 weeks to crawling). Medical clearance from a physician is required. Please bring a large towel or mat for floor exercises and water for hydration.

Prenatal Exercise

MON. & WED. January 8 – February 21 (7 – 8 p.m.)

No class the week of January 22.

Community Education & Outreach at 731 Alexander Road

\$160 per person

This class is designed for expectant moms who are interested in learning about exercise during pregnancy. It helps to improve muscle tone, circulation and energy level while easing everyday tension and stress. The exercise program is designed for all fitness levels and allows moms-to-be to perform the exercises at their own individual comfort level, while providing social interaction, support and encouragement from other expectant mothers. Medical clearance from a physician is required. Please bring a large towel or mat for floor exercises and water for hydration.

Prenatal Breastfeeding Class

TUE. January 9 (7 – 9:30 p.m.)

WED. January 31 (7 – 9:30 p.m.)

TUE. February 20 (7 – 9:30 p.m.)

University Medical Center at Princeton

Lambert House Classroom 3

\$35 per couple

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

Prenatal Yoga

THU. January 11 – March 1 (7 – 8:15 p.m.)

Princeton Fitness & Wellness Center

\$160 per person

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

Postpartum Yoga

FRI. January 12 – March 2 (10 – 11:15 a.m.)

Princeton Fitness & Wellness Center

\$160 per person

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

Prenatal Infant Massage

SAT. January 13 (10 – 11:30 a.m.)

Community Education & Outreach at 731 Alexander Road

\$25 per couple

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

**Baby Care**

TUE. January 16 (7 – 9:30 p.m.)

MON. February 5 (7 – 9:30 p.m.)

TUE. February 27 (7 – 9:30 p.m.)

University Medical Center at Princeton

Lambert House Classroom 3

\$35 per couple

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

CHILDBIRTH & FAMILY

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Baby Sign

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

Communicating with your baby can be challenging. This class will give you the tools you need to communicate with your child months before he or she learns to speak. Find out when your baby is hungry, thirsty or just not feeling well, using simple sign language terms. The entire family is encouraged to attend. You can begin baby sign at any age, but a good time to start is when your child is between 6 and 7 months old.

**Prenatal Nutrition**

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

\$20 per couple

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

Childbirth Preparation Review

FRI. January 26 (6:30 – 9 p.m.)
University Medical Center at Princeton
Lambert House Classroom 3

\$50 per couple

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

Bright Beginnings 1 (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
Princeton Fitness & Wellness Center

Bright Beginnings 2 (6 to 12 months)

TUE. January 2 (10:30 - 11:30 a.m.)
TUE. January 16 (10:30 – 11:30 a.m.)
TUE. February 6 (10:30 – 11:30 a.m.)
TUE. February 20 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$5 per session, payable at door

No registration required.

This informative relaxed group is for parents and caregivers of infants. Each week focuses on a different topic of interest to new moms, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with the parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Terrific Toddlers (1 to 3 years)

TUE. January 9 (10:30 – 11:30 a.m.)

TUE. January 23 (10:30 – 11:30 a.m.)

TUE. February 13 (10:30 – 11:30 a.m.)

TUE. February 27 (10:30 – 11:30 a.m.)

Community Education & Outreach at 731 Alexander Road

\$5 per session, payable at door

No registration required.

This informative relaxed group is for parents and caregivers of toddlers, ages 1 to 3 years. Each week focuses on a different topic of interest to those caring for a toddler, and guest speakers are occasionally featured. Infants and children under 4 years of age are welcome to attend with the parent or caregiver. For a list of topics, visit us online at www.princetonhcs.org/calendar or call 1.888.897.8979.

Prenatal Partner Yoga Workshop

SAT. February 10 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

\$35 per couple



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

Postpartum Infant Massage

THU. February 15 (10 – 11:30 a.m.)

Princeton Fitness & Wellness Center

\$25 per couple

The benefits of infant massage are numerous. It stimulates baby's brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles, promotes growth, strengthens the immune system and increases circulation. Learn about the principles of infant massage with your baby. This class is designed for moms and babies, and involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. To test, place a small amount of the oil on your baby's wrist or ankle and leave it on for 20-30 minutes. Check that there is no sensitivity to the oil, as indicated by a rash or redness. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a physician is required.

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 your child's car seat! Call 1.888.897.8979 for an appointment.

If you are expecting, please schedule your appointment at least one month prior to your due date.

CPR & FIRST AID

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for CPR and first aid classes.
 Participants who are more than 15 minutes late will be denied entry into CPR courses held by PHCS.

BLS for Healthcare Providers

FRI. January 5 (9 a.m. – 1:30 p.m.)

TUE. January 16 (6 – 10:30 p.m.)

MON. January 29 (9 a.m. – 1:30 p.m.)

TUE. February 13 (9 a.m. – 1:30 p.m.)

Princeton Fitness & Wellness Center

WED. January 10 (9 a.m. – 1:30 p.m.)

WED. January 24 (6 – 10:30 p.m.)

TUE. February 20 (6 – 10:30 p.m.)

Community Education & Outreach at 731 Alexander Road

\$60 per person

The BLS for Healthcare Providers course covers core material such as adult and pediatric CPR, foreign-body airway obstruction and automated external defibrillation (AED). The course is designed for health professionals who must have a credential documenting successful completion of a CPR course. This course includes a written exam and skills test. Participants will receive a course completion card.

Pet First Aid

THU. January 11

(6:30 – 9 p.m.)

Princeton Fitness & Wellness Center

\$35 per person

The Pet First Aid course, designed by the American Safety & Health Institute

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

**Family & Friends CPR - Infant**

SAT. January 13 (9 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center

SAT. February 24 (9 a.m. – 12 p.m.)

Community Education & Outreach at 731 Alexander Road

\$25 per person

The Family & Friends CPR program teaches how to perform CPR in infants and how to help an infant who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Heartsaver First Aid – Pediatric

SAT. January 20

(10 a.m. – 1 p.m.)

Community Education & Outreach at 731 Alexander Road

\$50 per person

The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes

until professional help arrives.

Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

**Family & Friends CPR – Adult & Child**

THU. January 25 (7 – 9 p.m.)

SAT. February 24 (12:30 – 2:30 p.m.)

Princeton Fitness & Wellness Center

\$25 per person

The Family & Friends CPR program teaches how to perform CPR in adults and children and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

Heartsaver First Aid

FRI. February 2 (6 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

\$50 per person

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults.

Heartsaver First Aid is designed for those who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

Heartsaver CPR

FRI. February 23 (9 a.m. – 1 p.m.)

Princeton Fitness & Wellness Center

\$50 per person

The Heartsaver CPR course teaches CPR and relief of choking in adults and children; infant CPR and relief of choking; and use of barrier devices for all ages. Heartsaver CPR is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This course includes a written exam and skills test. Participants will receive a course completion card.

CANCER PROGRAMS & SCREENINGS

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, lectures and screenings. For additional information about the Cancer Program, call 609.497.4475. To register for these programs, please call **1.888.897.8979**, unless another number is indicated, or visit www.princetonhcs.org/calendar.

Supporting Your Healing Journey

MON. January 22 (6:30 – 8 p.m.)
 MON. February 26 (6:30 – 8 p.m.)
 Community Education & Outreach at 731 Alexander Road

University Medical Center at Princeton is pleased to partner with CancerCare of New Jersey to bring individuals with cancer the support, education and empowerment they need to move along the path to recovery. Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, will facilitate.

Prostate Cancer Support Group

WED. January 24 (12 – 1 p.m.)
 WED. February 28 (12 – 1 p.m.)
 Princeton Fitness & Wellness Center

No registration required.

This support group, which has been in existence for over 13 years, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. The format for January and February will be open discussion.

Improving the Chemotherapy Experience

WED. February 7 (10 a.m. – 12 p.m.)
 University Medical Center at Princeton Lambert House Classroom 4
 Local oncology experts from UMCP's Cancer Program will offer timely information, motivation and encouragement that can make a significant difference in how you approach chemotherapy. Improving the Chemotherapy Experience™ is an educational program created by Amgen, in partnership with the Leukemia and Lymphoma Society and CancerCare that is designed to help you understand, prepare for and learn to manage the side effects and emotional impact of chemotherapy in a supportive environment.

SUPPORT GROUPS

Better Breathers Club

TUE. January 9 (10 – 11 a.m.)
 TUE. February 13 (10 – 11 a.m.)
 University Medical Center at Princeton
 Lambert House Classrooms 1 & 2
 THU. January 25 (3 – 4 p.m.)
 THU. February 22 (3 – 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 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. January 8 (7 - 9 p.m.)
 MON. February 5 (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.



Bereavement Support Group

MON. January 22 (1 – 2:30 p.m.)
 Topic: In the Face of Grief – Coping With the Expected & Unexpected
 MON. February 26 (1 – 2:30 p.m.)
 Topic: People Say the Darndest Things – Coping With the Things People Say to Comfort the Bereaved
 Princeton Senior Resource Center
 45 Stockton Street, Princeton
 Please call Jo Ann or Cheryl at 609.497.4900 to register. This monthly support group provides participants the opportunity to receive information about what to expect when grieving and to speak with hospice staff who are experienced in helping people move through the bereavement process. Experience the comfort of being with others who are also going through the loss of a loved one and receive information regarding additional bereavement resources.

Diabetes Support Group

WED. January 17 (2:30 - 4 p.m.)
 Monroe Township Senior Center
 One Municipal Plaza, Monroe Township
 MON. January 22 (6:30 - 8 p.m.)
 MON. February 26 (6:30 - 8 p.m.)
 University Medical Center at Princeton, Diabetes Management Program
 Medical Arts Building, Suite B
 This group provides resources and support for those living with diabetes and their loved ones. Nancy Rhodes, RN, BS, MA, CDE, University Medical Center at Princeton's Diabetes Management Program, facilitates meetings.

LAWRENCE TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Lawrence Township.

Keys to a Healthy Heart

WED. February 7 (11 - 11:45 a.m.)

Lawrence Senior Center, 30 Darrah Lane, Lawrenceville

No registration required.

Mary Ricci, RN, MSN, BC, Assistant 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.



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**.

What Every Patient Should Know: Optimizing Your Medication Use

FRI. January 12 (1:30 – 3 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Please call to register.

Connie Pfeiffer, PharmD, BCPS, BCOP, Clinical Pharmacist at University Medical Center at Princeton, will discuss important drug interactions, guidelines for when and how to take medications, and possible interactions with over-the-counter medications and natural supplements.

Keys to a Healthy Heart

FRI. November 3 (1:30 – 3 p.m.)

Monroe Township Senior Center

One Municipal Plaza, Monroe Township

Please call to register.

Geri Karpiscak, RN C, Nurse Manager, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program and Diabetes Management 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.

PRINCETON TOWNSHIP EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Princeton Township and Borough.

Foot Screening

WED. February 7 (9:30 – 10:30 a.m.)

Spruce Circle, Community Room, Spruce Circle & North Harrison Street

WED. February 21 (9:30 – 10:30 a.m.)

Reading Circle, Community Room, Mt. Lucas Road & Ewing Street

Appointment required. Please call Evelyn at 609.252.2362.

Princeton HealthCare System and Princeton Senior Resource Center are pleased to provide FREE foot screenings to all area seniors. Josh B. Ottenheimer, DPM, board certified podiatrist, will conduct the screenings. Dr. Ottenheimer is a member of the Medical & Dental Staff of Princeton HealthCare System.

SAVE THESE DATES

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

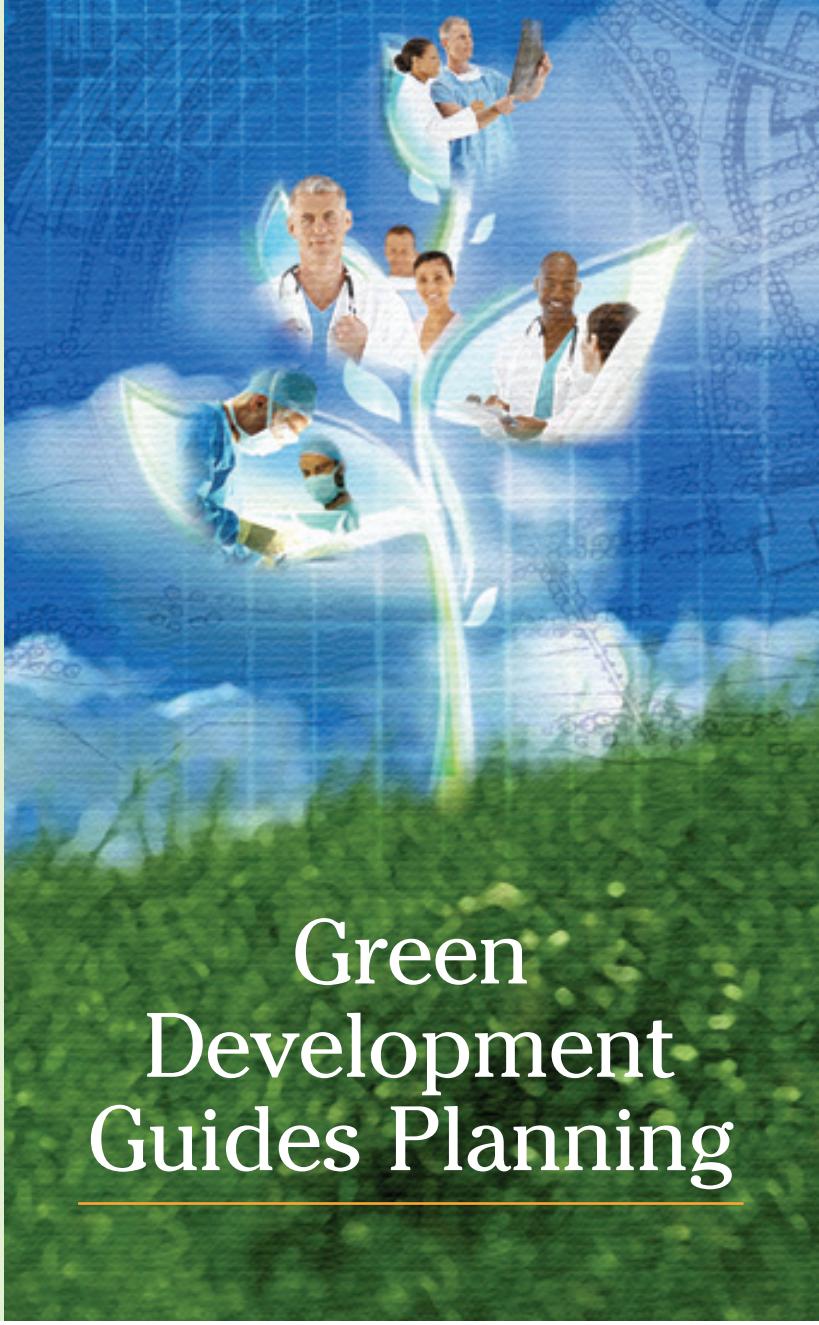
→ PHCS' Free Community CPR Week (April 15 – 21)

→ Is It Eating Breakfast or What You Eat for Breakfast That Counts? (TUE. March 13)

→ If the Shoe Fits (TUE. April 17)

→ Healthy Living Panel: Autism Now (TUE. April 24)

breaking new ground



Green Development Guides Planning



Princeton HealthCare System

253 Witherspoon Street | Princeton, NJ 08540

When staff members, trustees and community leaders gathered nearly two years ago to envision a new University Medical Center at Princeton, the groups agreed that the project should be built in an environmentally responsible manner. The group believed that "green" development standards should be applied not only to the new hospital in Plainsboro but also to the redevelopment of the existing Witherspoon Street campus in Princeton.

The hospital itself will be built using the latest in green construction techniques. This will not only make the buildings more energy efficient but, according to clinical research, will enhance the quality of a patient's experience and speed the healing process. One method being discussed is the use of 100 percent outside air for heating and air conditioning. This technique significantly increases patient protection and disease control from potential threats such as an airborne epidemic.

Hospital planners are looking at ways to reuse significant portions of existing buildings, roads, parking lots and underground utilities on the new hospital site on Route One between Scudders Mill Road and Plainsboro Road. To protect natural areas, planners are exploring ways to remove buildings in the flood plain, add water features and create a buffer of vegetation between the hospital and Millstone River that can be used as a community park.

The Witherspoon Street campus also promises to be a model of smart growth in New Jersey, the nation's most densely developed state. Existing hospital buildings will be converted into as many as 280 residential units and retail space.

continued on page 10

NONPROFIT
U.S. POSTAGE
PAID
UMCP