

# healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | JULY/AUGUST 2005 | NUMBER 4

## William Strecker of Cranbury Performs Again Without Pain



### Princeton HealthCare System

**Redefining Care.**

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## Pain Management

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# Pain Management

Chronic pain can be debilitating, but you don't have to suffer anymore. The Pain Management Program at University Medical Center at Princeton is committed to helping patients alleviate their pain and maximize quality of life.

"We want to control chronic pain to help our patients be as functional and comfortable as possible," says Chu-Kuang Chen, MD, PhD, Medical Director of the Pain Management Program at University Medical Center at Princeton. "In almost every instance, we can improve quality of life."

The Pain Management Program offers compassionate care, treatment and therapies to help patients who are suffering from acute or chronic pain caused by a wide range of conditions, such as back and neck pain, arthritis, cancer and post-surgical pain.

To ensure the greatest outcome and success for each patient in the Pain Management Program, care is highly individualized.

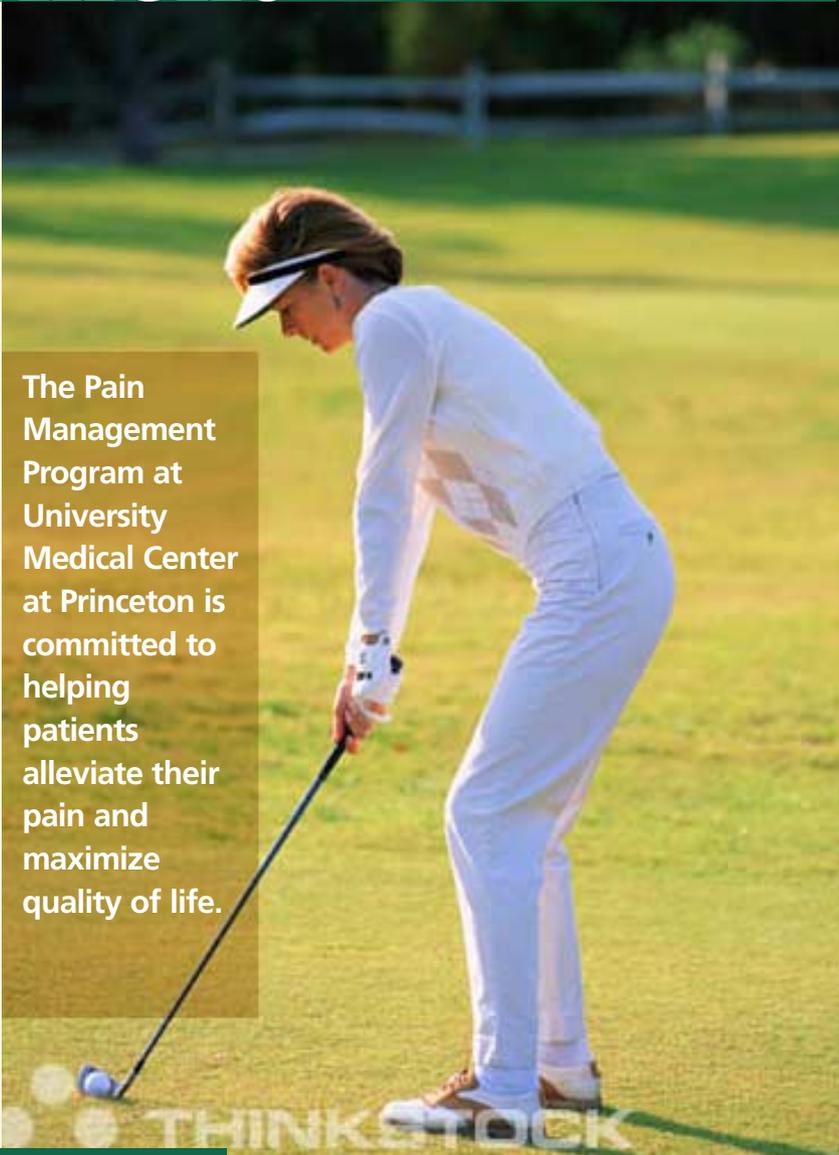
"The entire staff, from physicians to technicians, goes to great lengths to understand each patient," says Dr. Chen, who is board certified and fellowship trained in pain management. "Our staff spends time communicating — listening and conversing — with each and every patient. The result is an accurate evaluation, a compassionate environment and unparalleled clinical care."

## Exceptional Care Close to Home

For individuals afflicted by chronic pain, getting effective care close to home is vital to their recovery, comfort and happiness.

"Travel is, for many patients, extremely uncomfortable," confirms Robert H. Jackson, PhD, of Princeton, who is currently receiving care for pain management at University Medical Center at Princeton. "Everything I could ask for in a pain management center is just minutes away. I feel very fortunate to have such a remarkable group so close by."

The program's individualized approach to pain management, which actively engages



The Pain Management Program at University Medical Center at Princeton is committed to helping patients alleviate their pain and maximize quality of life.

The Pain Management Program treats chronic pain related to many conditions including:

- ➔ Arthritis
- ➔ Back and neck pain
- ➔ Cancer pain
- ➔ Headaches
- ➔ Shingles
- ➔ Post-surgical pain
- ➔ Neuropathic pain
- ➔ Complex Regional Pain Syndrome (also known as RSD or Reflex Sympathetic Dystrophy)
- ➔ Muscle pain
- ➔ Sciatica

patients in their care, helps patients gain control over their pain and resume a more productive and enjoyable lifestyle.

Each patient in the program receives a comprehensive physical examination and an individualized course of therapy. University Medical Center at Princeton offers a full range of state-of-the-art treatments for managing pain. These include medication management, injections, nerve blocks and nerve and spinal stimulators. Effective complementary therapies, such as massage and acupuncture, are also available.

All care is provided by a highly skilled and dedicated team of board certified and fellowship trained physicians, registered nurses, massage therapists and technicians.

“The nurses and staff do a phenomenal job,” Jackson says. “Their response time to my requests is instantaneous. The team is so upbeat — so positive — that it makes me grateful.”

For more information about the Pain Management Program at University Medical Center at Princeton, call 1.888.PHCS4YOU, any time day or night.

Please visit [www.princetonhcs.org](http://www.princetonhcs.org) for more extensive information about the quality care, skilled physicians and staff, and advanced treatments available through the Pain Management Program.

## Performing Again Without Pain

An automobile accident forever changed the life of Cranbury, New Jersey, resident William Strecker. Driving home late one October evening, Strecker lost control of his vehicle and crashed into a tree.

The devastating crash left Strecker in a coma for 28 days, teetering on the edge of life and death. He had suffered broken bones, a severely damaged lung and other internal injuries. Fortunately, Strecker recovered, but the pain from his injuries lingered, limiting his mobility, activities and enjoyment of life. He turned to the Pain Management Program at University Medical Center at Princeton for help, first arriving in a wheelchair.

“I was in such bad shape,” Strecker says. “The staff at the Pain Management Program did everything in their power to make my life better.”

Strecker especially praises the efforts of Medical Director Chu-Kuang Chen, MD, PhD, and advanced practice nurse Carol Burns, MSN, RN, CNS.

“Dr. Chen and Carol localized the pain — they found where it was and why it was — and then began treating it. Together, we found out what worked,” Strecker says.

Seven months after arriving at the Pain Management Program in a wheelchair, Strecker was able to return to work full-time in his family-owned architecture landscape firm. This miraculous recovery also led Strecker back to his earliest passion — music.

Strecker contacted old friends and band members from the 1970s (several of whom worked with the likes of Steely Dan, Boz Scaggs, Paul Simon and Billy Joel) to get a group together. Since the accident, the band has recorded two full-length music CDs and has performed in venues throughout the Northeast. The most recent recording, *All This Dreaming*, has been greeted with critical acclaim. Strecker credits much of this amazing comeback to Dr. Chen and Burns.

“I got my life back because of the staff at UMCP’s Pain Management Program,” Strecker says. “They helped me so much mentally and physically — and they were always kind and understanding.”

As his success in landscape architecture and music continues to grow, Strecker remains grateful and grounded. “I have a better attitude toward life now,” he says. “And I can only hope that others who find themselves in a situation similar to mine are fortunate enough to encounter people like I have at UMCP’s Pain Management Program.”

Strecker and his band, the William Hart Strecker Band, are currently planning a European tour.



**“I can only hope that others who find themselves in a situation similar to mine are fortunate enough to encounter people like I have at UMCP’s Pain Management Program.”**

**– Pain Management patient  
William Strecker of Cranbury**

# Conquering Prostate Cancer

Regular monitoring for prostate cancer, according to Eastampton resident George Paneque, is what saved his life last year.

Since he had a family history of prostate cancer, Paneque, 69, followed the orders of his physician, Alexander P. Vukasin, MD, Chief of Urology at Princeton HealthCare System, and underwent annual testing. So when his PSA count indicated he had the disease last summer, he felt relatively confident that he could conquer it.

“When he discovered my numbers were elevated, Dr. Vukasin ordered a biopsy, and out of 12 samplings one tested positive,” recalls Paneque. “It turned out we had caught it early, and I had a very good chance of being cured. I went through surgery in October, and Dr. Vukasin did a wonderful job. I’ve made a complete recovery thanks to him.”

One in every six American men will face prostate cancer in their lifetime, making it the most common major cancer in the nation.

This year alone, an estimated 232,000 men will be diagnosed with the disease, which is the second leading cause of cancer death among men, according to the American Cancer Society. Mortality rates among African American men are nearly 2.5 times higher than other races.

The good news is that the number of prostate cancer-related deaths can be dramatically reduced through early detection and appropriate treatment.

“Men should be tested annually once they reach 50, unless they have a family history of prostate cancer, in which case they should begin testing at 40,” says Dr. Vukasin, who is a board certified urologist. “Testing includes a DRE (digital rectal exam) and a simple PSA (prostate-specific antigen) blood test. Monitoring the PSA results each year can catch prostate cancer early, and early treatment is extremely important. Once you begin showing clear signs of prostate cancer, it’s often too late to cure.”

## Treatments for Prostate Cancer

As a Clinical Research Affiliate of The Cancer Institute of New Jersey, University Medical Center at Princeton offers state-of-the-art care, diagnostic protocols

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and treatments for cancer, including clinical research trials. Prostate cancer treatments vary depending on the patient’s health and age, and the severity of the disease. Treatment can range from monitoring the condition, if the cancer is relatively small, to radiation treatments or surgery.

Once prostate cancer is detected, physicians at University Medical Center at Princeton conduct a series of tests to determine the severity of the condition and whether it has spread to other areas of the body. Tests include ultrasound-guided biopsies, bone scans, CAT scans and occasionally transrectal MRIs.

“Once we have a clear picture of the person’s condition, we can decide what’s best for his situation,” says Dr. Vukasin. “In some cases we treat the cancer with what is called intensity modulated radiation therapy (IMRT), which is the latest in prostate cancer treatment. With IMRT, we can sculpt the radiation beam so we are not destroying healthy tissue.”

Another radiation technique available at UMCP is brachytherapy, also known as seed therapy. Brachytherapy uses radioactive “seeds” that



To help prostate cancer patients address their concerns and learn about the latest efforts to combat the disease, UMCP sponsors a monthly Prostate Cancer Support Group on the fourth Wednesday of each month at Princeton Fitness & Wellness Center.

are carefully placed inside of the cancerous tissue to attack the cancer.

When surgical removal of the prostate is required, University Medical Center at Princeton has a team of physicians on staff who focus on providing exceptional surgical care and helping to minimize side effects.

### Concerns About Intimacy

“In cases where radical surgery is required, patients may experience erectile dysfunction and incontinence, which are usually temporary,” explains Dr. Vukasin. “Less than five percent of patients experience any long-term incontinence, and erectile dysfunction can often be resolved with medication.”

Concerns with incontinence and sexual dysfunction often lead prostate cancer patients to keep their conditions private out of embarrassment. But talking about it is an important component to combating the disease.

“People worry about what other people will think,” says Paneque. “They don’t want to admit that they are having sexual



difficulties, so they just keep quiet. That’s unfortunate, because talking about it helps people understand that it can be treated and cured, and you can have a great life. Now that I’ve recovered from my surgery, I’m living an absolutely normal life again.”

To help prostate cancer patients address their concerns and learn about the latest efforts to combat the disease, UMCP sponsors a monthly Prostate Cancer Support Group on the fourth Wednesday of each month at Princeton Fitness & Wellness Center. Free to the

public, the support group’s schedule fluctuates between evening and daytime sessions, and includes both open discussions monitored by a licensed social worker and scheduled speakers. Registration is not required.

For information about cancer and support services available at University Medical Center at Princeton, please call 609.497.4475.

# Welcome to www.princetonhcs.org

Princeton HealthCare System welcomes you to visit our newly designed website [www.princetonhcs.org](http://www.princetonhcs.org)

In addition to an exciting and attractive new look, the website features:

- ➔ Easy navigation so you can find the information you need quickly
- ➔ A convenient online registration process, making it fast and easy to sign up for our Community Education classes
- ➔ An enhanced online Physician Directory to help you easily locate a physician, surgeon or dentist on staff at Princeton HealthCare System

Visit [www.princetonhcs.org](http://www.princetonhcs.org) today for convenient online access to information about Princeton HealthCare System's continuum of health and wellness services.

## Overcoming an Eating Disorder

*continued from back page*

comprehensive treatment of medical complications and expert help with the psychological issues underlying the eating disorder.

“We dedicate a unit exclusively to our program, which means the staff is focused entirely on treating our patients’ special needs,” explains Melinda Parisi, PhD, Eating Disorders Program Director. “Through our program, we work to help patients understand and deal with the issues that surround their condition, develop healthy coping techniques and strategies to prevent relapse, and develop healthy eating habits. Also, we are fully equipped to treat the varied medical conditions that can accompany eating disorders.”

### Individualized Treatment Is Essential

The Eating Disorders Program emphasizes individualized care for the whole patient. The initial focus is on medical stabilization and nutritional rehabilitation, but through therapy

patients also begin to identify underlying issues contributing to eating disorders and distorted body image. Every patient’s condition and needs are evaluated individually, and a treatment plan based on this evaluation is designed to facilitate full recovery.

“The treatment plan for each patient has to be individualized to be successful,” says Dr. Parisi. “Eating disorders can be caused by a multitude of factors, from social pressures that emphasize thinness to family dynamics to biological issues. You have to understand each patient’s individual needs to properly treat his or her condition.”

Treatment options include an intensive inpatient program and a partial hospital program. Patients admitted to the 14-bed inpatient unit receive 24-hour care with specific attention to medical and physical problems. Medical, nutritional and psychological treatment is provided to facilitate stabilization and transition to the partial hospital program. A weekend program is encouraged for families who want to participate in the patient’s recovery process.

Patients admitted to the partial hospital program participate in full-day treatment two to five days a week. Therapeutic programming is aimed at maintaining treatment gains and normalizing eating and behavior patterns outside the hospital setting. An evening program is offered for families.

“Our program is strictly voluntary, and the level of care and length of stay is based on a patient’s individual needs,” says Dr. Marx, a board certified psychiatrist.

The Eating Disorders Program treats adults as well as children as young as eight years of age, with tutoring provided on an individual basis for all school-aged children and adolescents. Specialized groups focusing on everything from body image to coping skills are also provided.

To learn more about the Eating Disorders Program, call 1.888.PHCS4YOU, anytime day or night. To schedule an appointment for an evaluation with a physician, or to arrange for a speaker to visit your school or organization, call 609.497.4490.

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

# communityfocus

## Health Education Calendar

### July - August '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](http://www.princetonhcs.org)



## Emergency Department Exploration for Children

SAT. August 6 (10 a.m. – 12 p.m.)  
Ground Floor Conference Rooms A & B  
University Medical Center at Princeton

Children ages 5 to 8 are welcome to participate in this fun and interactive program, designed to increase comfort and familiarity with the Emergency Department and hospital setting. Children will:

- Tour University Medical Center at Princeton's Emergency Department
- Get bandaged (or have their dolls or stuffed animals bandaged)
- Tour an ambulance
- Make their own first aid kits
- Meet an ED doctor



**Princeton HealthCare System**  
**Community Education & Outreach**

Redefining Care.

## CURRENT PROGRAMS

### Prostate Enlargement: Symptom Relief

WED. July 13 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Benign prostatic hyperplasia (BPH) is a non-cancerous enlargement of the prostate that occurs in almost all men as they age. In many men, BPH is responsible for bothersome symptoms, including difficulty urinating, a need to get up many times during the night to urinate, a frequent urge to urinate, or a sense that the bladder is not completely empty after urination. BPH can also cause urinary incontinence. Alexander P. Vukasin, MD, board certified in urology and member of the Medical & Dental Staff of Princeton HealthCare System, will discuss the symptoms of BPH and how new laser technology has revolutionized the treatment of this condition, allowing patients to receive care in the comfort and privacy of their doctors' offices.

### Meet the Chef

MON. July 18 (7 – 8:30 p.m.)

MON. August 1 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join us in July as Will Mooney, Chef and Owner, The Brothers Moon, Hopewell, prepares light summer fare using local organic ingredients. In August, Mark Longo, Certified Executive Chef, Amarone's Windsor Inn, Hightstown, will prepare a variety of delicious desserts. A registered dietitian will be on hand with nutritional information about the recipes.

### AARP Driver Safety Program

MON. July 18 & 25 (9 a.m. – 1 p.m.)

Princeton Fitness & Wellness Center

\$10 per person

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 to participate.

### The Sandwich Generation: How to Balance the Needs of Children, Jobs & Aging Parents

TUES. July 19 (6:30 – 8 p.m.)

Princeton Fitness & Wellness Center

Susan W. Hoskins, LCSW, Executive Director of the Princeton Senior Resource Center and facilitator of its Children of Aging Parents Support Group, will help you explore your options and teach you about available resources that will enable you to care for yourself while meeting the needs of your loved ones.



### Eyelid Surgery: Not Just a Cosmetic Procedure

TUES. July 26 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

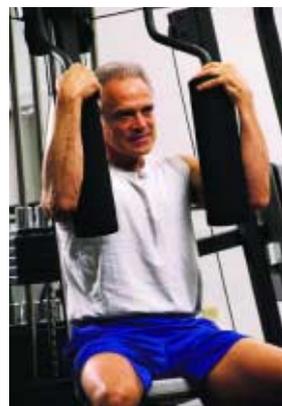
Eyelid surgery is frequently performed as a medically necessary procedure to help those who have problems with their vision related to drooping lids. Joseph P. Shovlin, MD, board certified in ophthalmology, member of the Medical & Dental Staff of Princeton HealthCare System, will discuss eyelid surgery, as well as some non-surgical cosmetic options to improve drooping eyelids, including Botox and Restylane.

### Inspiration for the Older Athlete

WED. August 3 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join us for an encouraging and inspirational discussion with Martin Weinapple, MD, board certified in psychiatry and member of the Medical & Dental Staff of Princeton HealthCare System. Dr. Weinapple, a triathlete who specializes in endurance events, will discuss factors that influence physical performance, such as motivation, desire, lifestyle and mental state.



### Free Health Screenings

SUN. August 7 (4 – 6 p.m.)

The Raven Resort

State Highway 179, New Hope, PA

No registration required

Princeton HealthCare System and The Raven Resort are pleased to offer FREE health screenings and education to area residents. Physicians and healthcare professionals from Princeton HealthCare System will provide important information about your health. Screenings include:

Blood pressure • Cholesterol  
Body fat analysis

### Give the Gift of Life: Give Blood!

University Medical Center at Princeton's Blood Donor Program is pleased to present the "A Pint for a Pint" program, sponsored by Thomas Sweet Ice Cream, Princeton. Each donor who gives one pint of blood will receive a coupon for a free pint of ice cream from Thomas Sweet. Giving blood is one of the most precious gifts one human being can give to another. By taking less than an hour of your time to donate blood, YOU can make a difference. If you are interested in donating, please contact the Blood Donor Program at University Medical Center at Princeton at 609.497.4366 to schedule an appointment.

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

## CHILDBIRTH & FAMILY

Call **609.497.4119** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Babies "R" Us Grand Opening

FRI. July 8 – SUN. July 10

Princeton HealthCare System's Community Education & Outreach Program is pleased to announce its exclusive partnership with the newest Babies "R" Us location on Nassau Park Boulevard in West Windsor. We proudly offer FREE baby care classes, car seat checks and other important information for new parents – all conveniently available to you at the West Windsor store. Grand opening events include:

- **Baby Care Classes**  
FRI. July 8 (3 p.m.)  
SAT. July 9 (3 p.m.)  
SUN. July 10 (3 p.m.)
- Children's crafts & activities
- Health education for parents
- Giveaways
  
- **Car Seat Safety Check**  
FRI. July 15 (11:30 a.m. – 2:30 p.m.)  
Parking Lot



### Prenatal Partner Yoga Workshop

SAT. July 16 (10 a.m. – 12 p.m.)

Princeton Fitness & Wellness Center  
\$35 per couple

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

### Prenatal Yoga

THURS. August 18 – October 6  
(7 – 8:15 p.m.)

FRI. August 19 – October 7  
(9:30 – 10:45 a.m.)

Princeton Fitness & Wellness Center  
\$160 per person

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

### Post Partum Yoga

FRI. August 19 – October 7  
(11 a.m. – 12:15 p.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, a yoga tie or a regular tie for stretching.

### Bright Beginnings

Wednesdays (10:30 – 11:30 a.m.)

Princeton Fitness & Wellness Center  
\$5 per session, payable at door  
No registration required.

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. July 7 (11 a.m. – 12 p.m.)

THURS. July 14 (11 a.m. – 12 p.m.)

THURS. July 21 (11 a.m. – 12 p.m.)

THURS. July 28 (7 – 8 p.m.)

THURS. August 4 (11 a.m. – 12 p.m.)

THURS. August 11 (11 a.m. – 12 p.m.)

THURS. August 18 (11 a.m. – 12 p.m.)

THURS. August 25 (7 – 8 p.m.)

University Medical Center at Princeton  
All morning classes meet in Lambert House classroom 4. All evening classes meet in Lambert House classrooms 1 & 2.  
No registration required.

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

### Prenatal Breastfeeding Class

THURS. July 14 (7 – 9:30 p.m.)

WED. August 3 (7 – 9:30 p.m.)

MON. August 29 (7 – 9:30 p.m.)

University Medical Center at Princeton  
\$35 per couple

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



### Maternity Tour

SAT. July 9

(1 – 2 p.m. or 2:30 – 3:30 p.m.)

SAT. July 23

(1 – 2 p.m. or 2:30 – 3:30 p.m.)

SAT. August 6

(1 – 2 p.m. or 2:30 – 3:30 p.m.)

SAT. August 20

(1 – 2 p.m. or 2:30 – 3:30 p.m.)

University Medical Center at Princeton

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 suites. A tour is included in all childbirth preparation classes.

### Sibling Class

SAT. July 9

SAT. July 23

SAT. August 6

SAT. August 20

University Medical Center at Princeton  
\$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.).

## CHILDBIRTH & FAMILY (CONTINUED)

Call 609.497.4119 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for childbirth and family classes.

### Baby Care

THURS. July 19 (7 – 9:30 p.m.)  
MON. August 22 (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 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.



### Car Seat Checks

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

### Childbirth Preparation

WED. July 6 – 27 (7 – 9 p.m.)  
MON. July 18 – August 8 (7 – 9 p.m.)  
TUES. July 26 – August 16 (7 – 9 p.m.)  
THURS. August 4 – 25 (7 – 9 p.m.)  
WED. August 17 – September 7 (7 – 9 p.m.)  
TUES. August 30 – September 20 (7 – 9 p.m.)  
University Medical Center at Princeton  
\$115 per couple

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

### Accelerated Childbirth Preparation

SUN. July 17 (9 a.m. – 5 p.m.)  
SAT. August 13 (9 a.m. – 5 p.m.)  
University Medical Center at Princeton  
\$150 per couple

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

### Childbirth Preparation Review

THURS. July 21 (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 – 4 months)

WED. July 27 (7 – 9 p.m.)  
University Medical Center at Princeton  
\$20 per family

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

## CPR & FIRST AID

Call 609.497.4119 or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes.

### BLS for Healthcare Providers – Full Course

MON. July 11 (9 a.m. – 4 p.m.)  
University Medical Center at Princeton

TUES. August 16 & 23 (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. July 7 (6 – 10 p.m.)  
FRI. August 5 (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.

### Heartsaver Adult & Pediatric CPR

FRI. August 12 (9 a.m. – 1 p.m.)  
University Medical Center at Princeton  
\$45 per person

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

### Heartsaver Adult First Aid

FRI. August 19 (9 a.m. – 1 p.m.)  
University Medical Center at Princeton  
\$40 per person

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

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

## CPR & FIRST AID (CONTINUED)

Call **609.497.4119** or visit [www.princetonhcs.org/calendar](http://www.princetonhcs.org/calendar) to register for CPR and first aid classes.

### Pediatric CPR for Family & Friends

SAT. July 30 (9 a.m. – 12 p.m.)  
SAT. August 27 (9 a.m. – 12 p.m.)  
University Medical Center at Princeton  
\$35 per person

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

### Pediatric First Aid

SAT. July 30 (1 – 4 p.m.)  
University Medical Center at Princeton  
\$35 per person

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

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

## EVENTS FOR CANCER PATIENTS, SURVIVORS & LOVED ONES

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

### Improving the Chemotherapy Experience

WED. July 6 (10 a.m. – 12 p.m.)  
WED. August 3 (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 manage the side effects of chemotherapy in a supportive environment.

### American Cancer Society's Look Good, Feel Better

TUES. July 12 (1 – 3 p.m.)  
Princeton Fitness & Wellness Center  
Please call 1.800.ACS.2345 to register for this program

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



## SUPPORT GROUPS

### Better Breathers Club

TUES. July 6 (9:30 – 10:45 a.m.)  
TUES. August 3 (9:30 – 10:45 a.m.)  
Princeton Fitness & Wellness Center

THURS. July 29 (2:30 – 4 p.m.)  
THURS. August 26 (2:30 – 4 p.m.)  
University Medical Center at Princeton's  
Cardiac & Pulmonary Rehabilitation Program: Monroe Unit  
11 Centre Drive, Suite C, Monroe Township

Princeton HealthCare System and the American Lung Association of New Jersey present the Better Breathers 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. July 11 (7 – 9 p.m.)  
MON. August 1 (7 – 9 p.m.)  
Princeton Fitness & Wellness Center

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

### Healthy Hearts Cardiac Support Group

TUES. July 12 (7 – 8:30 p.m.)  
TUES. August 9 (7 – 8:30 p.m.)  
University Medical Center at Princeton

This 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. This group is appropriate for those who have angina, have had a heart attack or open heart surgery, or are at high risk for heart disease.

## SUPPORT GROUPS (CONTINUED)

### Weight Control & Diabetes Support Group

TUES. July 19 (6:15 p.m.)

TUES. August 16 (6:15 p.m.)

University Medical Center at Princeton, Diabetes Management Program  
Medical Arts Building, Suite B

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

### Diabetes Support Group

WED. July 20 (2:30 – 4 p.m.)

WED. August 17 (2:30 – 4 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township

MON. July 25 (6:30 – 8 p.m.)

MON. August 22 (6:30 – 8 p.m.)

University Medical Center at Princeton, Diabetes Management Program  
Medical Arts Building, Suite B

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

## MONROE TOWNSHIP EVENTS FOR SENIORS

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

### HIPAA Privacy & Communication With Your Medical Team

WED. July 27 (1:30 – 3:30 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Please call 732.521.6111 to register

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. A sample HIPAA privacy notice and opt-out forms will be provided. In addition, Jane Berger, Manager of Patient Relations, Princeton HealthCare System, will discuss ways to improve communication between patients, their families and healthcare providers. Forms for advance directives and designation of healthcare representatives will be provided. Question-and-answer session will follow.

### Alzheimer's Disease & Forms of Dementia: Diagnosis, Prevention & Treatment Options

TUES. August 2 (2:30 – 4 p.m.)

Monroe Township Senior Center  
One Municipal Plaza, Monroe Township  
Please call 732.521.6111 to register

Roger Behar, MD, board certified in neurology, electrodiagnostic medicine and internal medicine and member of the Medical & Dental Staff of Princeton HealthCare System, will discuss the differences between Alzheimer's and other forms of dementia, including warning signs, diagnosis, prevention and risk factors. How to care for a loved one suffering from Alzheimer's or dementia and treatment options will also be discussed. Question-and-answer session will follow. Light refreshments provided courtesy of Eisai Inc., the leading developer of Alzheimer's and dementia medication.

## PRINCETON EVENTS FOR SENIORS

Princeton HealthCare System is pleased to offer educational seminars and screenings to seniors residing in Princeton Township and Borough. To register, contact the Princeton Senior Resource Center at 609.252.2362.

### Blood Glucose & Cholesterol Screening

TUES. July 19 (9 – 10 a.m.)

Redding Circle, Community Room  
Mt. Lucas Road & Ewing Street, Princeton

TUES. July 19 (1 – 2 p.m.)

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

Please call 609.252.2362 to register

Princeton HealthCare System and Princeton Senior Resource Center are pleased to provide FREE blood glucose and cholesterol screenings to Princeton residents. Fasting is not required for these screenings.

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

## 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**.

### Summer School Wednesdays

#### Keys to a Healthy Heart

WED. July 6 (10:30 a.m. – 12 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction  
Please call 609.799.9068 to register

Geri Karpiscak, RN C, Nurse Manager, Cardiac & Pulmonary Rehabilitation Program, will review the most up-to-date information on preventing heart disease. Discussion will focus on guidelines for modifying your lifestyle to prevent and treat risk factors for cardiac disease and maintain optimum health.



#### Feel Better With Acupuncture

WED. July 13 (10:30 a.m. – 12 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction  
Please call 609.799.9068 to register

Learn how this alternative treatment for disease and pain can be used effectively to help you feel better physically and mentally. Karen Flicker, MS, LAC, OTR, Certified Acupuncturist and Occupational Therapist, University Medical Center at Princeton, will discuss how acupuncture works, new research proving its effectiveness and treatment for many of the diseases associated with aging, such as arthritis and back and neck pain. A demonstration will be included.

#### Heart Healthy Snacks

WED. July 20 (10:30 a.m. – 12 p.m.)  
West Windsor Senior Center  
271 Clarksville Road, Princeton Junction  
Please call 609.799.9068 to register

Join us as Sabina Beesley, RD (Registered Dietitian), University Medical Center at Princeton's Nutrition Program, discusses heart healthy cooking. This cooking demonstration will include a new, healthy twist on an old breakfast favorite.

#### Purposeful Eating: Nutrition Concerns for the Older Adult

WED. July 27  
(10:30 a.m. – 12 p.m.)

West Windsor Senior Center  
271 Clarksville Road,  
Princeton Junction  
Please call 609.799.9068 to register

Sabina Beesley, RD (Registered Dietitian), University Medical Center at Princeton's Nutrition Program, will discuss how making simple changes in your diet can improve your overall health and lower your risk for cardiovascular disease.



## SAVE THESE DATES

Look for these exciting programs in the next issue of **communityfocus**

- |              |  |
|--------------|--|
| September 24 | Family Health & Fitness Day USA  |
| September 25 | World Heart Day  |
| September 25 | 2nd Annual Premier Mother & Baby Shower  |
| October 16   | Race for the Cure  |
| December 3   | 3rd Annual Women's Conference, featuring keynote speaker <b>Carolyn Kepcher</b> , Executive Vice President of the Trump Organization and star of NBC's <i>The Apprentice</i> |



**Carolyn Kepcher**, Executive Vice President of the Trump Organization and star of NBC's *The Apprentice*



# Seniors & Depression

People over the age of 65 encounter many challenges. They retire. Their children may move away. They may develop health problems. Their spouse may die.

Because of these and other life-altering changes, people aged 65 and older are a high-risk group for problems such as depression.

“We should carefully assess older people for depression and other psychiatric disorders because they are a vulnerable population and the diagnoses of such disorders are easily missed,” says Sanjay Varma, MD, MPH, a board certified geriatric psychiatrist with Princeton House Behavioral Health.

An estimated 20 percent of seniors suffer from depression. Despite these figures, depression is not a normal part of aging. If it does develop, it can be treated successfully.

## A Difficult Diagnosis

One problem with depression in older adults is that it can be hard to diagnose.

“Seniors will often present to their primary care physicians with complaints such as stomach aches, headaches or joint aches, which can mask the underlying depression or other mood disorders,” Dr. Varma says. Depression may also develop when someone is suffering from an illness such as heart disease, diabetes or cancer, so a doctor may assume the fatigue is from the illness, not from depression.

Because depression or other mental illness may not be recognized, up to 63 percent of older adults with a mental disorder do not receive the care they need. These are disturbing figures, especially when depression can often be treated successfully with antidepressant medications, psychotherapy or a combination of the two. One study showed that about 80 percent of older adults with depression recovered with the combination treatment.

The perception that mental illness is shameful also discourages older adults and others with depression from getting the help they need.

“There is still a stigma,” Dr. Varma says. “The geriatric population still has difficulty accepting a diagnosis of depression or another psychiatric disorder.”



**An estimated 20 percent of seniors suffer from depression.**

## There Is Help

“Seniors need a supportive and structured setting to help with loneliness, a factor that is strongly correlated with depression,” Dr. Varma says. “When they are treated in this setting, their moods have a better chance of improving.”

This specialized treatment is available through Princeton House Behavioral Health’s Senior Link program, which provides care for depression, anxiety and other mood disorders. Seniors attend the program four to five days a week from 10 a.m. to 3:30 p.m. During

those hours, they receive group psychotherapy, medication management and group psychoeducational activities. Care is provided by a compassionate team of licensed professionals, including geriatric psychiatrists, counselors and social workers.

Princeton House Behavioral Health offers the Senior Link program at its main campus in Princeton as well as its North Brunswick and Cherry Hill outpatient sites. For more information, call 1.800.242.2550 or visit [www.princetonhcs.org](http://www.princetonhcs.org).

Sources used in this article were the National Institute of Mental Health (NIMH), National Alliance for the Mentally Ill (NAMI) and American Psychological Association (APA) websites.

# Summer Skin Safety

## Don't Hibernate, Moderate

Now that summer's here, you want to spend more time outdoors – tending your garden, playing with the kids in the pool or just settling into a comfortable chair to soak up some fresh air.

While sunny days are wonderful, it's important to play it safe and take precautions to protect yourself and your loved ones from the harmful effects of the sun's ultraviolet (UV) rays.

"The social norm is that it's OK to sunbathe and engage in outdoor activities during the peak hours between 10 a.m. and 3 p.m., and that doesn't seem to be about to change anytime soon. We certainly can't expect people to stay in all day and hide from the sun," says John E. Vine, MD, a board certified dermatologist, who was recently named a Top Cosmetic Doctor by *New Jersey Life* magazine and Castle Connolly.

The solution, Dr. Vine says, is not to hibernate, but to moderate.

### Sunburn Is Acute Sun Damage

It is important to remember that the start of a sunburn is not the first sign of skin damage. In fact, sunburn is actually a sign of acute sun damage. Sun block simply allows you to stay out in the sun longer before your skin begins to burn.

"The truth is that, protected or unprotected, sun exposure can damage your skin and result in wrinkles, brown spots, general aging of the skin and ultimately cancerous or precancerous lesions," cautions Dr. Vine, who is a member of the Medical & Dental Staff of Princeton HealthCare System. "And while many people think otherwise, tanning salons using artificial light are nearly as damaging to the skin as actual sunlight."

For those looking for tanned skin, Dr. Vine suggests tanning creams. Whenever using a tanning cream for the first time,



When spending time in the sun, follow these basic rules:

- Limit peak-hour activities in the sun as much as possible
- Wear a sun block rated SPF 30, preferably containing titanium dioxide or micronized zinc oxide, which provide better protection than other chemical formulas
- Wear a hat when in direct sunlight, if possible one with a wide brim
- Wear sunglasses while outdoors
- Use an umbrella, when possible, to filter the sun's rays

test the product on a small area of your skin to ensure that you are not allergic to the chemical compound.

"And remember," Dr. Vine says, "tanning creams are not sun blocks. So it is important to continue using a good sun block and follow basic sun safety tips even if you are using a tanning cream. Common sense and moderation are the keys to summer skin safety."



# Overcoming an Eating Disorder

“Anorexia took a toll on every aspect of my life,” says Cheryl\* who has been struggling to overcome her illness for 13 years. “I lost my job, I lost my independence when I had to move in with my mother because I couldn’t take care of myself, and I nearly lost my life. When I came to Princeton, I truly had only a few days left to live.”

Cheryl’s story is not unusual, according to Russell D. Marx,

Princeton’s Eating Disorders Program for help combating anorexia.

**“This program has saved my life,” Cheryl says. “Sure, I’ve done the hard work, but the staff has worked right alongside me, every step of the way. Once I was willing to let them help me, once I realized they really wanted to help me, I began to succeed.”**

MD, Medical Director, Eating Disorders Program, University Medical Center at Princeton. “Eating disorders can have serious, and sometimes tragic, results,” he explains. “As a matter of fact, anorexia has the highest death rate of any psychological condition. Recovery takes a considerable amount of hard work and dedication from both the patient and the medical staff treating them. By treating the whole patient, as we do in our program, the chance of success is greatly increased.”

Success in the UMCP program definitely is a matter of commitment on the part of the patient and the professional staff, she says.

Eating disorders seriously affect the physical and mental health of approximately 7 million females and 1 million males in the United States today. When it comes to eating disorders such as anorexia and bulimia, treatment can be complex and challenging, but the rewards are immeasurable when treatment is successful.

## An Atmosphere of Acceptance & Support

The goal of the Eating Disorders Program at University Medical Center at Princeton is to promote physical and emotional recovery in an atmosphere of acceptance and support. Because the program is located in the acute care setting of UMCP — one of only two eating disorder treatment programs in the state offering in-hospital care — patients simultaneously receive

*continued on page 6*

Such was the case with 31-year-old Cheryl, who turned to University Medical Center at

## Signs & Symptoms

Warning signs that someone in your life may have an eating disorder include:

- Substantial weight loss
- Compulsive exercising
- Frequent talk of food and weight
- Frequent bathroom visits after meals
- Cessation of menstrual cycle

If you suspect a friend or loved one may have an eating disorder, encourage them to seek help immediately. If left untreated, eating disorders can lead to death, often due to heart or kidney failure, or a range of complications such as heart damage, kidney damage and kidney stones, muscle deterioration, osteoporosis, tooth loss or decay and digestive problems.

\*Patient’s name was changed to protect her privacy.

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

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

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



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