

healthfocus

THE LATEST IN HEALTH NEWS & INFORMATION | NOVEMBER/DECEMBER 2005 | NUMBER 6

Linda Metcalfe's CPR Training
Saved Her Son's Life



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Lifesaving Training to the Test

- New Treatment for Prostate Enlargement 3
- 2005 Annual Appeal: Excellence Now..... 3
- Diabetes Can Strike at Any Age..... 4
- Happy Holidays?..... 6
- New Program Will Help Children Mourn..... 7
- Honoring Our Heroes 8

Mother Puts Lifesaving Training to the Test

When Linda Metcalfe signed up for a CPR class sponsored by Princeton HealthCare System last September, she viewed the program as an obligation she needed to fulfill to ensure the safety of the children she works with as a teacher. Today, she's hailing the training course as a personal blessing.

"While I thought it was a worthwhile program, I didn't believe I would need to use what they were teaching us. I took the course because, as a teacher, the school I was working at required that I complete the training," says Metcalfe of Basking Ridge.

Close to a year after completing the CPR training class, the mother of four used the lessons she learned at UMCP to save the life of her four-year-old son, Christopher.

"We were at a hotel pool in the spring, and Christopher was near the steps," she explains. "He could swim a little, but I was watching him closely until a woman walked between us, blocking my view for just a few seconds. In that instant, Christopher disappeared into the water."



Both Metcalfe and the pool's lifeguard raced to the child's rescue. When he was pulled from the water, Christopher's eyes were dilated, and he was already turning blue.

"I had him in my arms, and, I couldn't believe it but this calm feeling came over me," Metcalfe recalls. "All my training came back in a flash. Somehow I knew that if I just applied my CPR training everything would be fine. I gave him CPR until the ambulance arrived, and after 28 hours in intensive care and another few hours in a regular room, they sent us home."

CPR Training Saves Lives

Today, Christopher, who just turned five, is healthy and happy, and Metcalfe is a strong and vocal proponent of CPR training for everyone. "I can tell you from experience that you never know when the training you receive can save a life," she says. "It's knowledge everyone should have in case they ever need it."

Princeton HealthCare System, an accredited American Heart Association Basic Life Support Training Center, is deeply committed to providing community CPR training. Courses are held throughout the year. For more information or to register for an upcoming CPR course, call Community Education & Outreach at 609.497.4480. Course information is also available online at www.princetonhcs.org.

UMCP Offers New, Safer Treatment for Prostate Enlargement

University Medical Center at Princeton is offering a new, minimally invasive laser procedure to treat benign prostatic hyperplasia (BPH), or enlargement of the prostate, that is considered as effective as conventional surgery with a shorter recovery time and fewer side effects.

Photoselective vaporization of the prostate (PVP) uses a high-powered laser to vaporize and remove enlarged tissue in the prostate. Most patients leave the hospital within hours and can return to normal activities within days.

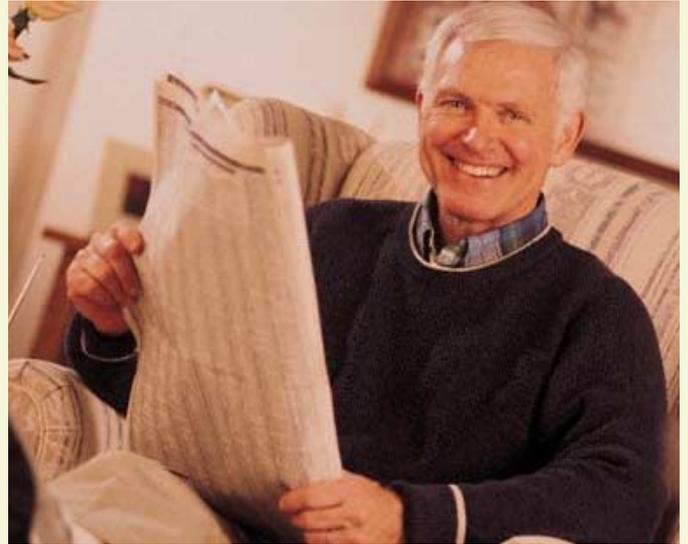
Enlargement of the prostate occurs in almost all men as they age. The urethra runs through the center of the prostate, and prostate enlargement can cause symptoms including difficulty urinating, a need to get up many times during night to urinate or incomplete emptying of the bladder. It is estimated that half of men over age 60 experience some symptoms.

Lower Risk of Side Effects

Traditionally, electrosurgery to remove prostate tissue was considered the best option for men with the most severe symptoms – such as the inability to urinate or frequent blood in the urine. PVP is regarded by experts as an equally effective treatment with a much lower risk of side effects.

During conventional surgery for an enlarged prostate, a urologist inserts an electrified instrument in the urethra to cut away excess tissue. Known as transurethral resection of the prostate, or TURP, the surgery requires a one- to four-day hospital stay with the risk of complications such as blood loss, painful urination and the need for a catheter for several days. Total recovery time can be a month or longer.

During PVP, a thin fiber is inserted into the urethra that delivers laser energy directly to the enlarged prostate tissue, vaporizing



it. This creates an open channel to restore the natural flow of urine. The procedure is performed in the hospital with the patient under anesthesia and going home the same day. Recovery time is usually less than a week.

Similar to TURP, PVP is recommended for more severe cases of BPH, where treatments such as drug therapy or heat therapy are often ineffective.

For help with finding a urologist, please call 1.888.PHCS4YOU, anytime day or night, or visit www.princetonhcs.org and click on the Find a Physician button.

The 2005 Annual Appeal: Excellence Now



Even as we eagerly look forward to the creation of a new state-of-the-art hospital, our most important priority is to provide excellent medical care every day. A new hospital may be five years away, and until then, literally thousands of patients will depend on Princeton HealthCare System for their medical care.

The Annual Appeal is the largest single source of charitable support to sustain excellence. Charitable gifts help us to ensure that we are ready for you and your family with the finest facilities and equipment whenever the need arises. This year, the Foundation will provide \$2.4 million in support for new clinical equipment, graduate medical education, community service and outreach programs and the provision of care for those most in need.

Without your generous support, we simply could not sustain the high standards of excellence that you deserve and have come to expect. Please support Princeton HealthCare System now by making a generous gift to the Annual Appeal. You can send a gift check to the Foundation at 253 Witherspoon Street, Princeton NJ 08540, call the office (609.497.4190) or visit our secure web site (www.princetonhcs.org/foundation) to make your gift confidentially with your credit card.

For more information about making a gift to Princeton HealthCare System Foundation, please call 609.497.4190 or visit www.princetonhcs.org and select the "Click to Give" button.

Diabetes Can Strike at Any Age

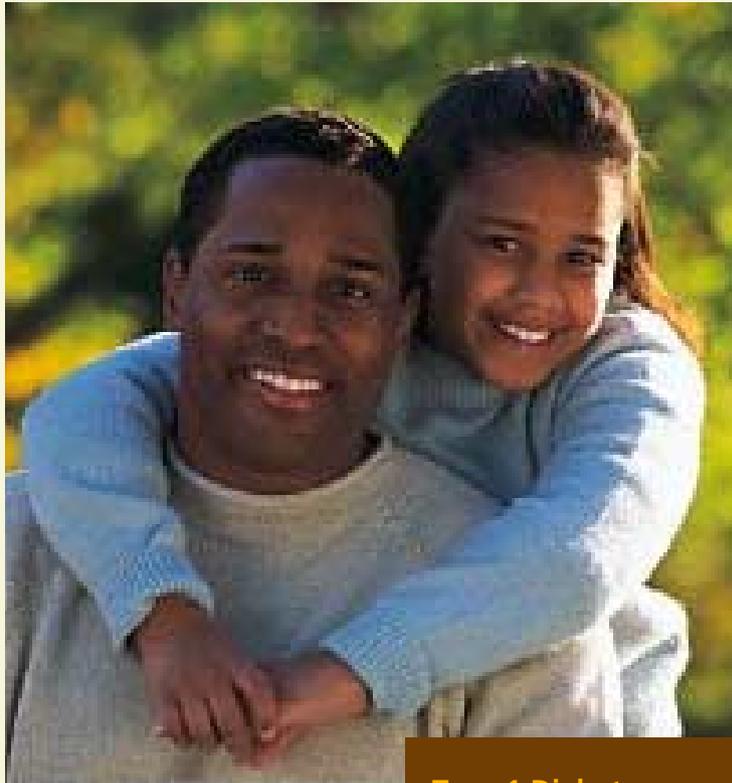
There was a time when Type 2 diabetes was considered an adult disease, often associated with a decrease in activity and an increase in weight as we age. But in recent years, more and more teenagers are being diagnosed with the potentially deadly disease.

“What we are finding is that the overall number of people suffering from diabetes is on the rise, with a considerable increase in adolescent cases,” says H. Howard Goldstein, MD, FACE, Medical Director, Diabetes Program, University Medical Center at Princeton.

“Generally, the increase is due to two factors. First, as our population continues to age we are seeing more obesity. Second, our children are living a very sedentary lifestyle, coupled with a poor diet — a combination that often leads to excess weight, and, as a result, diabetes.”

According to the American Diabetes Association, a total of 18.2 million Americans are living with diabetes, and nearly one million new cases are diagnosed each year. While the disease is increasing among children and adolescents of all races, diabetes cases are more rapidly rising among Native American, African American and Hispanic children.

“The growing risk of diabetes among our children is something that needs to be addressed early on,” says Dr. Goldstein, who is board certified in internal medicine and fellowship trained in diabetes. “Our children need to be physically active and maintain a healthy diet. Any child who is spending most of his or her time sitting in the house — in front of the TV or computer — and has poor eating habits — including junk food and overeating — is a prime candidate for diabetes. And once you’re diabetic, you’re always diabetic.”



Understanding Diabetes

Diabetes is a chronic disease where a person’s blood sugar (or glucose) levels are too high, a condition that can damage blood vessels, leading to kidney and heart disease, stroke, blindness and lower limb amputations if left untreated. Individuals with a family history of diabetes, and those who are overweight, are at risk for developing the disease.

A series of simple blood tests designed to calculate blood sugar levels can help determine if you have diabetes, or if you are at high risk for the disease. If you or a loved one is diagnosed with diabetes, a healthy diet, a regular exercise routine, proper glucose monitoring and medication, if needed, can help ensure proper glucose levels are maintained while also helping to prevent related complications. It is also important to receive regular care from a physician.

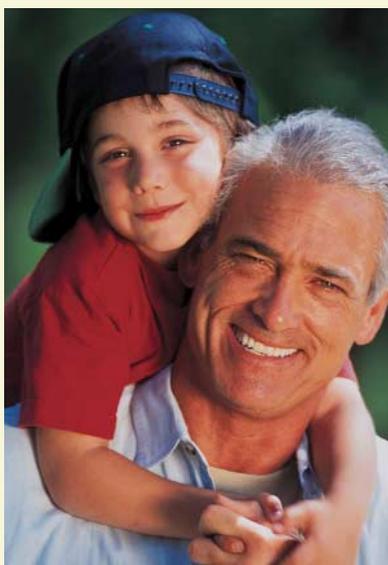
Type 1 Diabetes

A condition in which the body makes little or no insulin, the hormone that allows the body's cells to use glucose properly. It is less common, involved with 5% to 10% of diabetes cases.

Type 2 Diabetes

The more common type of diabetes which results from insulin resistance. With insulin resistance, the body makes insulin, but the insulin doesn't work the way it should.

“Diabetes requires constant attention from patients and their physicians,” says Dr. Goldstein, “And, we are regularly finding better ways to manage the disease. For example, at one time the acceptable glucose level was 140. The American Diabetes Association has now lowered the level to 125 for diagnosis, which is something diabetics should keep in mind when testing. Anything above that level puts them at risk for any number of health conditions related to diabetes, such as high blood pressure, cholesterol and heart disease.”



We Can Help You Live With Diabetes

Learning the proper care to take to manage diabetes can be overwhelming for anyone, especially those who are newly diagnosed or having complications as well as parents and spouses of those with diabetes. University Medical Center at Princeton offers a dedicated Diabetes Management Program to help individuals better understand and gain control over diabetes and maximize quality of life.

The program works with both adults and children on an individual basis, helping them learn more about diabetes while also teaching them how to manage medical issues associated with the condition and develop and maintain healthy lifestyle habits. Comprised of a team of certified diabetes educators including registered nurses, registered dietitians, exercise specialists and other healthcare professionals, the program is nationally recognized by the American Diabetes Association as a quality diabetes self-management education program.

Learn More

The month of November, designated American Diabetes Month by the American Diabetes Association, is the perfect time for you to evaluate your risk of developing diabetes or to seek medical attention if you are exhibiting signs of the disease.

To learn more about diabetes detection and treatment, please call the Diabetes Management Program at 609.497.4372.



The American Diabetes Association estimates that as many as 50 percent of individuals with diabetes are unaware that they have the disease. If you are suffering from any of the following symptoms, consult your personal physician promptly. A few simple tests can determine if you have diabetes.

Symptoms of Diabetes

- Extreme thirst
- Frequent urination
- Slow healing of sores or wounds
- Feelings of extreme hunger or exhaustion
- Unexpected weight loss or gain
- Dry, itchy skin
- Loss of feeling or tingling in feet
- Blurred vision



HAPPY HOLIDAYS?

Ah the holidays — a time for family and friends, gift-giving and good cheer. It's a joyous time for children, but for many adults the holiday season can be filled with stress.

"We tend to enter the holiday season with unrealistically high expectations of what they should be like and how we should be feeling," says Jacqueline Oshiver, LCSW, Site Director, Princeton House Behavioral Health's Mount Lucas Road facility. "Lights should be twinkling brightly, people should be singing, we should be happy, and all should be right with the world. The truth is, no matter who we are, no matter what our life is like at the moment, the holidays can never meet the unrealistic expectations we set for them."

Images from television and movies, and romanticized memories of childhood holidays, foster these expectations, along with the impression that those around us are experiencing perfect celebrations while we are not. The feelings of inadequacy that these thoughts trigger can result in serious depression if allowed to continue unchecked.

Don't Set Yourself up for Disappointments

Holiday depression is a direct result of the pressures we place on ourselves, the pressures placed on us by others and our core beliefs about ourselves. Throughout our lives we develop core beliefs as we internalize various experiences, both negative and positive. These beliefs remain in our subconscious and are triggered by stressful events such as holidays.

"For example, you may harbor a core belief that you are not lovable, and if you find yourself without someone in your life around the holidays, the circumstances will trigger those feelings of inadequacy," Oshiver explains. "In effect, through these cognitive distortions, we set ourselves up for disappointment by establishing expectations and then not being able to meet them."

Manage Your Expectations

Recognizing that our expectations are not always realistic is certainly the first step toward overcoming or avoiding holiday depression. It's important to remember that it isn't a matter of not having expectations that makes the difference, it's what we do with those expectations that matters.

The key is to challenge our thinking when it comes to the holidays and make a concerted effort not to fall into the trap we, and society, set for ourselves. The following suggestions will help combat holiday depression:

- ➔ Acknowledge your feelings. Don't deny feelings of sadness, frustration or loneliness and put on a happy face. Constructively address them by talking to a friend, relative or therapist about your feelings.
- ➔ Engage in happy thoughts. Make a conscious effort to focus on the things you do have in your life rather than those you do not.

- ➔ Look past the illusions. Don't assume that everyone else is having a perfect holiday. Perfect holidays are pure fantasy.
- ➔ Keep in mind that holidays come and go.
- ➔ Reward yourself. Include yourself in your special plans for the holidays. Treat yourself to a special gift, take yourself to the movies or settle in with your favorite movie or a good book.
- ➔ Remember your rituals. The holiday season is a time when people frequently forego their regular healthy routines, such as exercising, getting enough sleep and eating properly. Sticking to those rituals, no matter how strapped for time or how stressed you may be, will help keep you emotionally and physically strong.
- ➔ Seek professional help. Don't be afraid to seek professional help if you need it. Remember, holiday depression is a common and treatable condition.

If you or someone you care about has the holiday blues, Oshiver suggests contacting the National Alliance on Mental Illness at 609.799.8994 for assistance.

Princeton House Behavioral Health provides services for individuals in acute behavioral health crisis with severe symptoms who require inpatient care, partial hospitalization or intensive outpatient therapy.

New Program Will Help Children Mourn

When it comes to the death of a loved one, children have special needs that are often difficult to recognize. A new program developed by the Hospice Program of Princeton HomeCare Services will help educate parents, children and healthcare providers so that they better understand the mourning process and its impact on children.



The Hospice Program is developing a comprehensive resource library for the community to create greater access to videos, books and a series of informative handouts. Materials will address everything from discussing a pending death with a child to demystifying the funeral, as well as recognizing and working through the grieving process. The resource library will be available to the public in November 2005 at Princeton HomeCare Services located at 208 Bunn Drive, Princeton.

In addition, Hospice Program staff members, who are knowledgeable in the unique grieving process of children, are being further educated as to resources available so they can better assist families in providing the proper support. A support program for mourning children and their families will also be established.

“Through our Child Bereavement Program, we will be able to reach the forgotten mourners, whose grief can easily be overlooked or misunderstood,” says JoAnn Laveman, LCSW, Bereavement Coordinator, Princeton HomeCare Services.

This special project is being funded through a \$1,500 grant from the Princeton HealthCare System Foundation, and matching \$1,500 donations from former Princeton Mayor James Floyd and his wife, Fannie, and PHCS President & CEO Barry S. Rabner and his wife, Amy.

For more information on child bereavement services and hours of operation, contact JoAnn Laveman, LCSW, at 609.497.4900, extension 7909.

Princeton Healthcare System proudly presents
the 3rd Annual Conference for Women

Embracing Change, Moving in New Directions

Featuring:

- Keynote Speaker **Carolyn Kepcher**,
Trump Executive & Star of NBC's *The Apprentice*
- Physicians & Health Experts of Princeton
HealthCare System

Tickets: \$45 per person. Registration required by November 27, 2005.*
For information or to register, call **1.888.PHCS4YOU**
(1.888.742.7496) or visit www.princetonhcs.org.

* Space is limited and available on a first-come, first-served basis.

 Princeton HealthCare System
Community Education & Outreach



Saturday
December 3, 2005

Continental Breakfast: 7:30 a.m.
Conference: 8:30 a.m. – 2:30 p.m.
Hyatt Regency – Princeton
102 Carnegie Center, Princeton

Honoring Our Heroes

2nd Annual Physician Humanitarian Award

Physicians perform miracles for their patients each and every day.

Their call to caring often extends beyond the medical office — leading them to offer help to those in disadvantaged communities, war torn countries, AIDS and pediatric clinics and underprivileged villages across the globe.

Physicians also volunteer their time and services to advance the missions of many local, national and international nonprofit organizations.

These compassionate acts serve to save lives, improve the public health, inspire hope and fulfill a greater good.

To honor these unsung physician heroes, the Board of Trustees of Princeton HealthCare System has proudly established the Physician Humanitarian Award.



Nominate Your Hero

Members of the public are encouraged to help us honor these dedicated men and women. If you know an exceptional physician, who has demonstrated a strong commitment to enhancing the health of the local or global community as a member of the Princeton HealthCare System Medical & Dental Staff, please share your story with us in an essay of 400 words or less.

All entries will be judged according to the number of individuals served; how the service improved the health of others; the degree of personal sacrifice and involvement; and the consistency of service. The award recipient will be honored at a ceremony in early 2006.

To learn more about the Physician Humanitarian Award and to obtain a nomination form, please call 609.497.4191 or visit www.princetonhcs.org. The deadline to submit nominations is **December 9, 2005**.



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

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