

health focus

THE LATEST IN HEALTH NEWS & INFORMATION | SEPTEMBER/OCTOBER 2006



Princeton HealthCare System

Redefining Care.

- University Medical Center at Princeton
- Princeton Home Care Services
- Princeton House Behavioral Health
- University Medical Center at Princeton Surgical Center
- Princeton Rehabilitation Services
- Princeton Fitness & Wellness Center
- Merwick Care Center
- Princeton HealthCare System Foundation

Stroke. Life-Saving Treatment, Life-Renewing Rehabilitation

breaking **newground**

THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON

community **focus**

HEALTH EDUCATION CALENDAR

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Stroke.

Life-Saving Treatment, Life-



From acute care in the Emergency Department through rehabilitation and recovery, University Medical Center at Princeton is developing a sophisticated protocol to fully address the specialized care needs of individuals who have a stroke.

Because stroke cuts off blood supply to part of the brain and brain cells begin to die, the condition is extremely challenging to treat. According to Paul K. Kaiser, MD, Medical Director of the Stroke Program at University Medical Center at Princeton, UMCP's stroke protocol is being carefully designed by a multidisciplinary team of healthcare professionals. The protocol aligns emergency response and treatment plans, technology, therapy, individual support and community awareness to enhance individual outcomes and help each patient resume life after stroke as quickly as possible.

"We are developing one of the region's most comprehensive treatment protocols for stroke — one that takes into consideration the many complex needs of

stroke patients," says Dr. Kaiser. "We are looking at the most effective emergency and acute care models to help people survive a stroke. Our protocol also follows stroke patients throughout their recovery by ensuring they have access to rehabilitative treatment to help restore their physical capabilities, as well as proper support to ease their return home."

"Our protocol also emphasizes the importance of public education by promoting healthy lifestyle choices and building awareness of the risk factors and symptoms of stroke," says Dr. Kaiser.

Three-hour Window

While stroke is considered among the most serious medical emergencies, prompt and aggressive emergency treatments can save lives and minimize

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1.888.PHCS4YOU (1.888.742.7496)

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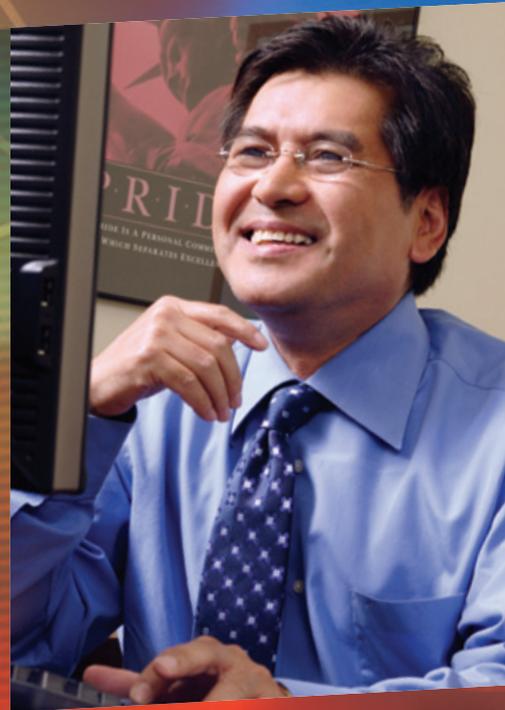
The articles in this publication should not be considered as specific medical advice as each individual circumstance is different. Should you feel the need for medical assistance, please seek advice from your physician.

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Renewing Rehabilitation



Left: From left to right: Paul K. Kaiser, MD, (front left) Medical Director UMCP Stroke Program, meets with members of local emergency squads to discuss the stroke treatment and rehab protocol at Princeton HealthCare System. Pictured from left to right are Eric Sze, Montgomery EMS; Dan Doggett, Chief, Twin "W" First Aid Squad; Barbara Vaning,

Montgomery EMS (back left); and Andrew Braverman, Captain,

Plainsboro Rescue Squad. **Left center:** Joey Morelos had a stroke in January 2006 and completed rehabilitative treatment at UMCP's Acute Rehabilitation Unit. Pictured with Joey is Gary Sowers, OT. **Right center and right:** After three months of inpatient and outpatient therapy and an exceptional recovery, Joey has returned to work as Director of Environmental Services at UMCP. Pictured with Joey is James Carey, Environmental Services Supervisor.

brain injury. It is critical to call 9-1-1 and quickly get a person experiencing stroke symptoms to the hospital. One of the most important treatments for stroke, a drug called t-PA (tissue plasminogen activator), can only be injected within three hours of the onset of symptoms. The drug can prevent lingering disabilities in patients with a certain type of stroke.

Because immediate care is critical to a stroke patient's survival and recovery, UMCP is committed to having a stroke team, including specially trained physicians and nurses, available within 15 minutes following the diagnosis of a potential acute stroke, Dr. Kaiser says. Physicians in the Emergency Department are board certified emergentologists, and board certified neurologists and neurosurgeons are on-call at all times. A team of nurses at UMCP is specially trained in stroke care. In addition, state-of-the-art computerized tomography (or CT) brain scans and laboratory services are available 24 hours a day.

Overcoming Challenges

"Once we are able to stabilize a stroke victim, we want to make sure the patient has access to the services necessary for the best recovery possible," says Dr. Kaiser.

The University Medical Center at Princeton Acute Rehabilitation Unit located on the Merwick campus at 79 Bayard Lane in Princeton, is specially qualified to help recovering stroke patients. It provides physical, occupational, speech, psychological and other therapies geared toward each patient's specific needs.

The unit holds the highest accreditation available for acute rehabilitation programs by the Commission on Accreditation of Rehabilitation Facilities, an international organization dedicated to promoting quality, value and optimal outcomes through an accreditation process that centers on enhancing the lives of persons served. The UMCP Acute Rehab Unit is led by a physician with board certification in physical medicine and rehabilitation and is staffed by experienced rehabilitation nurses who understand the complexities of stroke patients.

(continues on page 19)

PHCS Honored for Improving Community Access to Care

Heart disease is the leading cause of death among Latinos. African Americans are 30 percent more likely to die from heart disease and 40 percent more likely to die from strokes than whites. The prevalence of diabetes among Hispanics is nearly double that of whites, and among the African American population, 70 percent more people have diabetes than Caucasians.

Princeton HealthCare System acknowledges these health concerns and has been actively addressing disparities and barriers to healthcare through its multidimensional Community Education & Outreach Program.

“Since its inception three years ago with the strong support of our President & CEO Barry Rabner, Princeton physicians, leadership and staff, the program has sought to provide traditionally underserved groups with access to free and culturally sensitive education and screening programs in their home community,” says Alan Axelrod, Manager, PCHS Community Education & Outreach Program. “With the involvement of local community leaders, clergy, public health nurses, community service organizations and community advocates, we have been able to generate greater awareness about health risks. As a result, we have enabled many individuals to be screened and referred for treatment, when needed, for hypertension, diabetes and other serious health problems.”

PHCS Honored With HRET Award

The program was recently honored with the New Jersey Hospital Association’s prestigious Health Research & Education Trust Community Outreach Award for its ongoing efforts to improve access and quality of care among minority groups, the uninsured and underinsured in Hightstown. To understand and effectively reach out to at-risk individuals in Hightstown, PHCS investigated the underlying problems that create barriers to preventative healthcare and formed critical partnerships with several community agencies, including the Mt. Olivet



Baptist Church, St. Anthony of Padua Roman Catholic Church and the Hispanic American Medical Association (HAMA).

“We worked to build a sense of trust in Princeton HealthCare System by asking trusted clergy and community leaders to be our gateway to the underserved,” says Robbi Alexander, RN, Program Coordinator at PHCS. “We also added a certified translator to our staff and hosted our health events in environments that were familiar, comforting and safe, such as area schools, churches, libraries and senior centers. Finally, we welcomed

everyone to participate, including entire families, men, women, children and seniors.”

In 2005, PHCS outreach in Hightstown served more than 650 adult participants through 12 events. PHCS provided 325 screenings and referred 109 patients for follow-up treatment.

Serving Diverse Needs

The Hightstown outreach effort is just one component of PHCS’ extensive Minority Outreach Program, which is working to serve diverse healthcare needs throughout the greater central New Jersey region. The program includes the Latin American Health Fair/Feria de la Salud, Indian American and Asian American outreach, the African American health conference *Soul to Soul* and upcoming World Heart Day events. (See page 9 for details.)

These and other programs are made possible through the generous and ongoing support of the Mary Owen Borden Memorial Foundation, the Princeton Area Community Foundation, the Susan G. Komen Foundation and The University Medical Center at Princeton Auxiliary.

For more information about PCHS Community Education & Outreach events, call 1.888.897.8979 or visit www.princetonhcs.org/calendar.

Planning the Patient Room of 2010

The new University Medical Center at Princeton will encompass the latest evidence-based design concepts to enhance patient safety, comfort and outcomes. The design of the new UMCP will keep every aspect of patient care in mind with the goal of forever changing the delivery of healthcare in our region. This includes designing patient rooms that are completely patient-centric.

In the new University Medical Center at Princeton, the physical environment will take on a proactive role in helping the patient to heal. The patient room will no longer be just a place to receive treatment. It will be a very special place that has its own role in the healing process. For better outcomes, patient rooms will be designed around patient safety.

The patient will retain control over his or her room environment. You will be able to adjust the room temperature, the lighting, the personal electronic equipment (telephone, television, radio, personal computer.) The creature comforts will fortify your mental and emotional health, so crucial in the recovery process.

Every room will be a private room (important for infection control, as well as for mental health) with a sleeper sofa that pulls out so that visitors can spend the night. Gourmet meals will be made to order, with dietary needs accurately recorded on the patient's computerized profile;



The patient room will no longer be just a place to receive treatment. It will be a very special place that has its own role in the healing process.

(continues on page 6)

Building a New Hospital & Building Charitable Support

As our architects and planners work toward the day when we will be breaking new ground for the hospital, Princeton HealthCare System Foundation also is working to develop the plans and the tools for successful fundraising. *Capital Campaign* Chairman Stephen Distler has recruited leadership for the capital fundraising effort from the Boards of Princeton HealthCare System and the Foundation and community and business leaders. The profile here of Lisa Skeete Tatum is the first of a regular series that will appear in this newsletter.

Even as the campaign planning effort builds, the Foundation sustains its attention on advancing the services and care we provide for the community right now. *The Annual Appeal* is at the heart of this effort. Each year we ask the community for its charitable support to help purchase clinical equipment, to initiate important new services, to provide care for those most in need and to support our mission as a teaching hospital.

For more information about making a charitable gift, call the Foundation at 609.497.4190 or visit www.princetonhcs.org/foundation.

Volunteer Profile:



Lisa Skeete Tatum is among the newest members of Princeton HealthCare System Foundation's Board of Directors and is already actively

assisting the Campaign Committee. Lisa is a general partner with Cardinal Partners, an early stage healthcare venture capital firm in Princeton. She is working with Campaign Chairman Stephen Distler to interest other venture capitalists in our area in the advanced data systems and medical technology that will transform the way care is delivered in our new hospital. Lisa, her husband, Mark, and their two children are residents of Plainsboro. Lisa is helping the Foundation to build new professional and neighborhood relationships.

Acting Legend Sissy Spacek to Speak at Women's Conference



Sissy Spacek, Academy-award winning actress, wife and mother, will speak at Princeton HealthCare System's Fourth Annual Conference for Women, **Your Life, Your Choices: Being True to You.**

The legendary Spacek is known for an illustrious career in acting that includes a personal flair for both comedy and drama. She appeared in roles as "child-women" in the 1970s and 80s before maturing into earth mothers and caregivers.

Spacek's most famous portrayals include an emotionally troubled young woman with supernatural powers in *Carrie* and the country music legend Loretta Lynn in *Coal Miner's Daughter*. Both roles earned her Academy Award nominations for best actress, and Spacek received the Oscar for her work as Lynn. Spacek has appeared in a number of films alongside many of the best actors and actresses of our time. Her credits include *Raggedy Man*, which was directed by her husband, Jack Fisk, as well as *Missing*, *Crimes of the Heart*, *JFK*, *If These Walls Could Talk* and *Affliction*.

In addition to Spacek's keynote address, the conference will feature breakout sessions spotlighting topics of interest to women and relevant to good health. These include nutrition, exercise and stress

reduction, career management, relationships, make up and skin care, personal dress, agility, heart health, varicose veins and diabetes. Sessions will be led by the physicians and health experts of Princeton HealthCare System.

The Fourth Annual Conference for Women will be held Saturday, December 2, 2006, at the Hyatt Regency-Princeton. Check in is at 7:30 a.m., with conference events being held from 8:30 a.m. to 2:30 p.m.

Early bird tickets, available through October 23, 2006, are \$40 each. Tickets purchased after October 23 will be \$50 each. No tickets will be sold after November 24, 2006. Space is limited and available on a first-come, first-served basis. Continental breakfast, an exquisite luncheon and free child care are all included.

For more information or to register, call **1.888.897.8979** or visit www.princetonhcs.org.

Planning the Patient Room of 2010 (continued from page 5)

meals will be delivered piping hot whenever the patient or visitors want to eat. The rooms with large picture windows will overlook the pastoral open spaces that hug the Millstone River. The air in the room and in the entire hospital will be 100 percent fresh air, thus dramatically reducing the spread of infectious disease.

The wireless technology of the digital, paperless UMCP will be evident in each room and will allow for such treatment improvements as touch-screen computer monitors at each bed that enable the medical staff to consult electronic health records from anywhere within the hospital (including the bedside) or remotely from office or home. The wireless hookups will enable some non-medical, but emotionally significant procedures, such as sharing photographs of a newborn

baby with the other members of the family. Since moving patients from one room to another causes stress on the patient, the new hospital will feature only "variable acuity adjusted" patient rooms, meaning that the equipment – and not the patient – moves as health status changes.

We Welcome Your Questions & Comments.

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

breaking new ground
THE NEW UNIVERSITY MEDICAL CENTER AT PRINCETON
www.princetonhcs.org/breakingnewground

HEALTH EDUCATION CALENDAR

community focus

SEPTEMBER - OCTOBER 2006

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).



3rd Annual Premier Mother and Baby Shower

SAT. September 16

(9 a.m. – 12 p.m.)

Hyatt Regency – Princeton

102 Carnegie Center, Princeton

No registration required. For

information, please call 1.888.897.8979.

The 3rd Annual Premier Mother and Baby Shower, cosponsored by Princeton HealthCare System and the Central New Jersey Maternal and Child Health Consortium, is an exceptional family event for those who are expecting, thinking about pregnancy or already have children.

- Learn more about services available to you through University Medical Center at Princeton
- Discover local resources and establishments dedicated to serving parents and families
- Get tips and information from the physicians, educators and staff of Princeton HealthCare System
- Participate in interactive demonstrations and a car seat safety check (9:30 – 11:30 a.m.)
- Enjoy crafts for the kids and free gifts

CENTRAL NEW JERSEY
MATERNAL AND CHILD
HEALTH CONSORTIUM



 **Princeton HealthCare System**
Community Education & Outreach

Redefining Care.

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

CURRENT PROGRAMS

**Everyone Aches:
Treatment & Prevention of Arthritis**

WED. September 6 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

According to the Centers for Disease Control, arthritis is the nation's number one cause of disability. Michael J. Froncek, MD, board certified in rheumatology and internal medicine, member of the Medical & Dental Staff of Princeton HealthCare System, will discuss the treatment and control of arthritis, as well as steps you can take to prevent the onset of arthritis. Question-and-answer session will follow.

**Lithotripsy:
Treatment of Kidney Stones & Gallstones**

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

Kidney stones are one of the most common urologic disorders. Gallstones affect 10% of all Americans. Learn about how to treat painful, troublesome stones using lithotripsy, a medical technique that sends shockwaves to break up the stones, from Sidney Goldfarb, MD, board certified urologist. A question-and-answer session will follow. Dr. Goldfarb is a member of the Medical & Dental Staff of Princeton HealthCare System and serves on the Medical Advisory Board of Princeton Fitness & Wellness Center.

Stroke Alert!

THU. October 5
Lecture: 10 – 11 a.m.
Screenings: 11 a.m. – 1 p.m.

Community Education & Outreach at Alexander Road Paul K. Kaiser, MD, board certified in clinical neurophysiology and neurology, Medical Director, University Medical Center at Princeton's Stroke Program, will discuss stroke risk factors and the importance of screenings to prevent stroke.

Health professionals from Princeton HealthCare System will provide these free screenings to help assess your risk for stroke:

- Carotid bruit screenings*
- Blood pressure
- Glucose
- Cholesterol

*Carotid bruit screenings involve listening to blood flow in the carotid artery with a stethoscope

**The Biggest Obstacle to Weight Loss:
Your Mind**

TUE. September 13 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Statistics show that more than half of the people who begin a workout regime drop out within three to six months. Anthony Yacono, MA, BS, RCEP, Senior Exercise Physiologist, University Medical Center at Princeton's Cardiac & Pulmonary Rehabilitation Program, will help you approach exercise with a positive outlook while learning how to add movement and physical activity to your daily routine.

**Identity Theft:
How to Protect Yourself From Fraud**

THU. September 14 (7 – 8:30 p.m.)
Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road, Robbinsville

The impact of identity theft can be devastating. Learn how to protect yourself and those you love by becoming savvy about the variety of ways that thieves can access your personal information and how they use it. Officer Sam Dyson, West Windsor Police Department, will discuss effective steps you can take to protect yourself from identity theft and what to do if you suspect that you may be a victim of this fast-growing crime.

American Heart Association Heart Walk

SAT. September 16
Registration: 8 a.m.
Walk begins: 10 a.m.

Mercer County Park, West Windsor

As the signature fundraising event for the American Heart Association, the Heart Walk promotes physical activity and heart-healthy living in a fun family environment. The funds raised help to save lives from our country's number one killer – cardiovascular disease. For information, or to join University Medical Center at Princeton's team, call 609.497.4285.

**Princeton Dog Walk:
Auction**

SAT. September 16
D&R Greenway Land Trust
One Preservation Place, Princeton

\$50 per person

Please call 609.497.4069 for more information and to purchase tickets.

Sponsored by The Auxiliary of University Medical Center at Princeton, the Princeton Dog Walk features more than 50 ceramic dogs, each decorated by a local artist or school, that were displayed throughout Princeton during the summer months. At the fall auction, all of these decorated dogs will be sold to the highest bidders. Proceeds will benefit cardiac and pulmonary care at University Medical Center at Princeton.



Ellie Wyeth Fox



Donna Le Blanc

**Caregivers With
Compassion...
Healers With Heart**

TUE. September 19 (12 – 1:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A & B

Princeton HealthCare System is pleased to welcome Beverly Kirkhart, breast cancer survivor and co-author of *Chicken Soup for the Surviving Soul*. Drawing on her own experience with professional and personal setbacks and her ability to create opportunity from adversity, Ms. Kirkhart delivers a powerful message with a personal touch. The focus of this inspiring talk will be loving and compassionate ways to combine medical science with supportive therapies. Lunch will be provided. This program is sponsored by Roche Pharmaceuticals.

**Healthy Living Panel: What's New in
Cancer Prevention & Treatment**

TUE. September 19 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

This interactive panel discussion will focus on the latest cancer statistics, screening recommendations, prevention and early detection of breast and prostate cancers. Advances in medical and radiation oncology, as well as the differences between the two, and which cancers respond best to which treatments, will also be covered. Participating PHCS physicians, all of whom are members of the Medical Advisory Board of Princeton Fitness & Wellness Center, include:

- John C. Baumann, MD, board certified in radiation oncology
- Rachel P. Dultz, MD, FACS, board certified in surgery
- Richard T. Lee, MD, board certified in medical oncology, hematology and internal medicine
- Alexander P. Vukasin, MD, board certified in urology

Women's Wellness: Prevention & Early Detection of Gynecological Cancers

WED. September 20 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

In recognition of Gynecologic Cancer Awareness Month (September), Eugene S. Gamburg, MD, OB/GYN, will discuss the six forms of gynecological cancers: cervical cancer, ovarian cancer, uterine cancer, vaginal cancer, vulvar cancer and cancer of the fallopian tubes. Prevention, warning signs and early detection of these cancers will be the focus of discussion. A question-and-answer session will follow. Dr. Gamburg is a member of the Medical & Dental Staff of Princeton HealthCare System.

3rd Annual Women's Wellness Day 2006

SAT. September 23
(8:30 a.m. – 4 p.m.)
Conant Hall, ETS Campus
660 Rosedale Road, Princeton

\$45 per person (\$60 at the door), \$35 for seniors age 60 and over and Heart to Hearts members

Registration required. Please call Terry or Sue at 609.689.3131 to register, or send an e-mail to info@hearttohearts.org.

This event, sponsored by Heart to Hearts, Inc., a women's wellness organization committed to empowering women through education, will focus on all areas of women's health. Banu Mahalingam, MD, RCS, FACC, a member of the Medical & Dental Staff of Princeton HealthCare System and the keynote speaker at this year's event, will discuss women's heart health. Dr. Mahalingam is fellowship trained and multi-board certified in cardiovascular diseases, echocardiography, nuclear cardiology, registered cardiac sonography and internal medicine. Other community speakers will also be highlighted. The daylong event will include exhibits, massages, holistic presentations and health lectures and screenings by physicians and health professionals from Princeton HealthCare System. Screenings include:

- Cholesterol
- Glucose
- Blood pressure
- Bone density
- Foot
- Balance & posture

Continental breakfast and lunch included.



Osteoporosis Update: What's New?

TUE. September 26 (7 – 8:30 p.m.)

Community Education & Outreach at Alexander Road
Join us as Leroy H. Hunninghake, MD, FACP, board certified rheumatologist, discusses the latest advances in the diagnosis and treatment of osteoporosis. Dr. Hunninghake is a member of the Medical & Dental Staff of Princeton HealthCare System.

New Advances in Cosmetic & Plastic Surgery

TUE. September 26 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Join Thomas A. Leach, MD, board certified in plastic surgery, for this interactive session. Learn about common cosmetic procedures, including liposuction, abdominoplasty, breast augmentation and breast reduction for body contouring. Ways to achieve facial rejuvenation, both surgically and nonsurgically, will also be discussed. Participants will have the opportunity to view before and after photos, learn what qualifications to look for in a plastic surgeon, and have their questions answered. Dr. Leach is a member of the Medical & Dental Staff of Princeton HealthCare System.

Arthritis Update: What's New?

TUE. October 3 (7 – 8:30 p.m.)

Community Education & Outreach at Alexander Road
Join us as Leroy H. Hunninghake, MD, FACP, board certified rheumatologist, discusses the latest advances in the diagnosis and treatment of arthritis. Dr. Hunninghake is a member of the Medical & Dental Staff of Princeton HealthCare System.

What You Should Know, What You Can Do: A Workshop for Those With Memory Loss & Their Families

SAT. October 7 (8:30 a.m. – 12:30 p.m.)

Community Education & Outreach at Alexander Road

This half-day workshop, sponsored by Princeton HealthCare System and the Alzheimer's Association's Greater New Jersey Chapter, will provide information and support for individuals experiencing memory loss and early stage dementia, as well as recommendations and resources for practical and creative ways to manage day-to-day living with memory loss. Family and caregivers are encouraged to attend. Light refreshments will be provided.

WORLD HEART DAY 2006: HOW YOUNG IS YOUR HEART?

SUN. September 24

Mt. Pisgah AME Church
(10 a.m. – 2 p.m.)
170 Witherspoon Street,
Princeton

Mt. Olivet Baptist Church
(1 – 3 p.m.)
21 Rev. William Powell Drive,
Hightstown

First Baptist Church
(12:30 – 2:30 p.m.)
John Street & Paul
Robeson Place, Princeton

No registration required.

All members of the community are strongly encouraged to participate in Princeton HealthCare System's World Heart Day event, held as part of a worldwide effort to promote greater awareness of heart disease, the leading killer of American adults, regardless of race or gender.

Every 34 seconds, heart disease claims an American life. African Americans, Hispanic Americans and Asian Indian Americans are at an even greater risk for heart attack and stroke. Join PHCS health professionals to learn more about lowering your risk for cardiovascular disease and take advantage of these free health screenings:

- Blood pressure
- Cholesterol
- Glucose
- Carotid artery stroke risk assessment



CURRENT PROGRAMS

**White Elephant 2006:
Art, Antiques & Rummage Sale**

SAT. & SUN. October 7 (9 a.m. – 4 p.m.) &
October 8 (10 a.m. – 3 p.m.)
University Medical Center at Princeton
Parking Garage

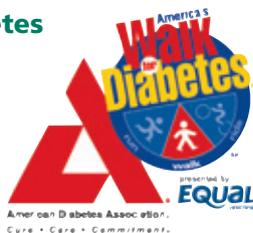
No registration required. For more information, call
609.497.4069.

This annual event is sponsored by The Auxiliary of University
Medical Center at Princeton. Funds raised benefit the hospital. To
volunteer, or for more information, call 609.497.4069. Donation
drop-off begins Saturday, August 19, and ends Saturday,
September 30. The drop-off schedule is as follows: Saturdays, 9
a.m. – 12 p.m.; Tuesdays, 9 a.m. – 12 p.m. and 5 – 7 p.m. All
drop-offs are to be made at 905 Herrontown Road, Princeton.

America's Walk for Diabetes

SUN. October 8
Check-in: 9 a.m.
Walk: 10 a.m.
Princeton University Observatory,
Princeton

Diabetes affects over 18 million
people in the United States and
over a half million people in New
Jersey alone. University Medical Center at Princeton is a proud
supporter of the American Diabetes Association and the
Princeton ADA Walk, which is chaired by UMCP Senior Vice
President & CNO Joanne Ritter-Teitel. Join us in the fight to raise
needed funds to help find a cure for this devastating disease. For
information or to join UMCP's team, call 609.497.4372.



**Arthroscopy: New Advances in the
Diagnosis & Treatment of Joint Problems**

TUE. October 10 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

If you suffer from joint problems and are considering a surgical
remedy, attend this lecture before making any decisions!
Arthroscopy is a minimally invasive surgical procedure which
involves viewing the internal structure of a joint using a tube-like
viewing instrument called an arthroscope. Often times, surgical
techniques to treat joint problems can be performed
arthroscopically as well, causing less tissue trauma, less pain and
a quicker recovery than traditional surgical techniques. Harvey E.
Smires, MD, board certified in orthopedics and surgery, will
discuss arthroscopy, and the most common joint problems that
can be treated using this advanced method. Dr. Smires is a
member of the Medical & Dental Staff of Princeton HealthCare
System and serves on the Medical Advisory Board of Princeton
Fitness & Wellness Center.

**Healthy Living Panel:
Popular Over-the-Counter Supplements**

WED. October 11 (6:30 – 8:30 p.m.)
Princeton Fitness & Wellness Center

This interactive panel discussion will cover the most popular
over-the-counter supplements used in sports and fitness,
nutrition, and controlling blood pressure, cholesterol and heart
disease. Participating panelists, all of whom are on staff at
University Medical Center at Princeton, include:

- Perry M. Herman, MD, FAAPMR, board certified in physical
medicine and rehabilitation, member of the Medical Advisory
Board of Princeton Fitness & Wellness Center
- John D. Passalaris, MD, FACC, board certified in cardiovascular
disease, nuclear cardiology and internal medicine, member of
the Medical Advisory Board of Princeton Fitness & Wellness
Center
- Connie Pfeiffer, PharmD, BCPS, BCOP, board certified in
pharmacotherapy and oncology, Registered Pharmacist

**Ask the Pharmacist:
Brown-bag Sunday**

SUN. October 15 (1:15 – 3 p.m.)
Mt. Olivet Baptist Church
21 Rev. William Powell Drive,
Hightstown

No registration required.

In recognition of National American
Pharmacy Month (October), pharmacists
from University Medical Center at
Princeton will be on hand to review your
prescriptions and over-the-counter medications and supplements.
They also will answer your questions about their proper use and
administration, dosage and potential interactions. Please bring a
list of all prescription medications, over-the-counter medications,
herbal products or natural products you are taking, and the
dosage for each.



Street Defense: Protect Yourself!

MON. October 16 & 23 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

This two-part course, led by 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.

**Women's Wellness:
Diagnosis & Treatment of Fibroids**

WED. October 18 (7 – 8:30 p.m.)
Princeton Fitness & Wellness Center

Jeffrey Hofman, MD, FACOG, board certified OB/GYN, and David
C. Youmans, MD, board certified radiologist, will discuss the
latest advances in the diagnosis and treatment of fibroids. Topics
include:

- What is a fibroid?
- Symptoms and treatment
- Use of interventional radiology in diagnosing, monitoring and
treating fibroids

Drs. Hofman and Youmans are members of the Medical &
Dental Staff of Princeton HealthCare System and serve on the
Medical Advisory Board of Princeton Fitness & Wellness Center.

**FERIA DE LA SALUD:
A LATIN AMERICAN HEALTH FAIR**

SAT. October 28 (9 a.m. – 12:30 p.m.) *Sábado, 20 de Octubre (9 a.m. – 12:30 p.m.)*
John Witherspoon Middle School, 217 Walnut Lane, Princeton

No registration required.

Feria de la Salud is cosponsored by Princeton HealthCare System, the Latin American Task Force and the Hispanic American Medical Association. Princeton HealthCare System physicians and health professionals, along with health and social service agencies serving the greater Princeton area, will participate in this day of health information and screenings targeting the health needs of the Latin American community.



Registro no es necesario.

La Feria de la Salud es co-patrocinada por Princeton HealthCare System, Latin American Task Force y Hispanic American Medical Association. Los médicos y profesionales de la salud de Princeton HealthCare System junto con las agencias de salud y servicio social que sirvan a la mayor parte de Princeton, participaran este día con información y pruebas de la salud con la mete de proveer las necesidades de la comunidad Latino Americana.

**Living Well With COPD
(Chronic Obstructive Pulmonary Disease)**

MON. October 30 (7 – 8:30 p.m.)

Princeton Fitness & Wellness Center

Kenneth H. Goldblatt, MD, FCCP, board certified in pulmonary disease, critical care medicine and internal medicine, and Geri Karpiscak, RN, BC, FAACVPR, Nurse Manager, Cardiac & Pulmonary Rehabilitation and Diabetes Management Programs, will lead this discussion about day-to-day living with COPD.

Topics include:

- What is COPD?
- Respiratory medications
- Breathing techniques to ease shortness of breath
- Nutritional guidance
- Energy conservation
- Communicating with loved ones

A pulmonary function screening will be available to participants after the lecture. Screenings will be performed by Kenneth Smith, CPFT, CRTT, Certified Respiratory Therapist, Cardiopulmonary Department, University Medical Center at Princeton.

West Windsor Community Farmer's Market



**Saturdays through October
(9 a.m. – 1 p.m.)**

**Princeton Junction Train Station
Vaughn Drive Parking Lot
Princeton Junction**

No registration required.

Princeton HealthCare System is a proud sponsor of this community market. In addition to local produce and goods, health professionals from Princeton HealthCare System will be on hand with valuable health information and free screenings. For more information, visit www.westwindsorfarmersmarket.org or call 609.577.5113.

CHILDBIRTH & FAMILY

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

Prenatal Breastfeeding Class

TUE. September 5 (7 – 9:30 p.m.)

MON. September 25 (7 – 9:30 p.m.)

THU. October 19 (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.

Childbirth Preparation

THU. September 7 – 28 (7 – 9 p.m.)

TUE. September 12 – October 3 (7 – 9 p.m.)

WED. September 27 – October 18 (7 – 9 p.m.)

FRI. October 6 – 27 (7 – 9 p.m.)

MON. October 16 – November 6 (7 – 9 p.m.)

THU. October 26 – November 16 (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.

CHILDBIRTH & FAMILY

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

Breastfeeding Support Group

THU. September 7
(11 a.m. – 12:15 p.m.)
THU. September 14
(11 a.m. – 12:15 p.m.)
THU. September 21
(11 a.m. – 12:15 p.m.)
THU. September 28
(7 – 8:15 p.m.)
THU. October 5
(11 a.m. – 12:15 p.m.)
THU. October 19
(11 a.m. – 12:15 p.m.)
THU. October 26
(7 – 8:15 p.m.)

University Medical Center at Princeton
Morning sessions are held in Lambert House Classroom 4
Evening sessions are held in Lambert House Classrooms 1 & 2

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. September 9
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. September 30
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. October 14
(1 – 2 p.m. or 2:30 – 3:30 p.m.)
SAT. October 28
(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 suites. A tour is included in all Childbirth Preparation classes.

Sibling Class

SAT. September 9
SAT. September 30
SAT. October 14
SAT. October 28
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.

Accelerated Childbirth Preparation

SAT. September 9 (9 a.m. – 5 p.m.)
SAT. September 30 (9 a.m. – 5 p.m.)
SAT. October 21 (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.

Baby Safety Day

SAT. September 9 (12 – 4 p.m.)
Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
Princeton HealthCare System is proud to take part in this Baby Fest event sponsored by *Babies R Us – West Windsor*. New and expectant parents will receive valuable information about infant safety.

Baby Care

FRI. September 15
(7 – 9:30 p.m.)
THU. October 5
(7 – 9:30 p.m.)
WED. October 25
(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.



3rd Annual Premier Mother & Baby Shower

SAT. September 16 (9 a.m. – 12 p.m.)
Hyatt Regency – Princeton
102 Carnegie Center, Princeton
No registration required.

See the cover of this issue of Community Focus for details about this exceptional family event!

Childbirth Preparation Review

FRI. September 29 (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.

Prenatal Partner Yoga Workshop

SAT. September 30 (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.

Prenatal Exercise

MON. September 11 – October 23
(7 – 8:15 p.m.)
No class October 16. Class will be held on Tuesday, October 17, instead.
Community Education & Outreach at Alexander Road

\$90 per person

This class helps expectant moms 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. Medical clearance from a physician is required.

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

Postpartum Exercise

THU. September 14 – October 26
(10:30 – 11:30 a.m.)

No class on September 21.
Community Education & Outreach Program

\$60 per person

This 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.

Prenatal Yoga

THU. October 5 – November 30
(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.

Healthy Baby Fair

SAT. October 14 (12 – 4 p.m.)
Babies R Us – West Windsor
Nassau Park Boulevard, Princeton
Princeton HealthCare System is proud to take part in this Baby Fest event sponsored by *Babies R Us* – West Windsor. New and expectant parents will receive valuable information about baby's health.

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. September 5 & 19,
October 3 & 17
Community Education & Outreach at
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. September 12 & 26,
October 10 & 24
Community Education & Outreach at
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.



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.

Itsy Bitsy Yoga® for Tots (crawling to 24 months, with a parent or caregiver)

FRI. October 6 – November 10 (9 – 9:45 a.m.)
Princeton Fitness & Wellness Center

\$85 per person

This class will provide active and supportive yoga practice, combined with proven techniques to playfully teach tots yoga postures while they are sitting up, standing, walking and jumping. Practicing yoga together helps strengthen the bond between parent and child. Tots feel happier and more confident while honoring their explorative and physical nature.

No previous yoga experience is necessary. Please bring a favorite small plush toy to help involve your child in some of the activities. These classes are taught by a yoga instructor who is certified in Itsy Bitsy Yoga® and the Barnes Method®.

Itsy Bitsy Yoga® for Tykes (2 – 4 years of age, with a parent or caregiver)

FRI. October 6 – November 10 (10 – 10:45 a.m.)
Princeton Fitness & Wellness Center

\$85 per person

This class will offer yoga poses, songs, stories and games to discover and enhance physical and social development of your tyke. Practicing yoga together helps strengthen the bond between parent and child, and is helpful in building a foundation for a healthy and fit lifestyle.



Nancy Amirzafari and son,
Thomas, 1-1/2, of Hillsborough.

CPR & FIRST AID

Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for CPR and first aid classes.

Heartsaver CPR

WED. September 13 (6 - 10 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A & B
\$50 per person

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

Family & Friends Infant CPR

SAT. September 16 (9 a.m. - 12 p.m.)
SAT. October 21 (9 a.m. - 12 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B
\$25 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. This is a non-certifying course.

Heartsaver Pediatric First Aid

SAT. September 16 (1 - 4 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B
\$50 per person

This course teaches effective recognition and treatment of emergencies in infants and children up to age 8 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.

Pet CPR & First Aid

MON. September 18 (6:30 - 9 p.m.)
Princeton Fitness & Wellness Center
\$35 per person

Pet first aid is the immediate care given 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.

BLS for Healthcare Providers - Full Course

TUE. September 19
(9 a.m. - 1:30 p.m.)
TUE. October 17 (6 - 10:30 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B
\$60 per person

A comprehensive course intended for healthcare professionals who practice in a medical setting. Participants in the one-day class will receive a break for lunch.

BLS for Healthcare Providers - Recertification

WED. September 20 (6 - 10 p.m.)
MON. October 16 (6 - 10 p.m.)
THU. October 26 (9 a.m. - 1 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A & B
MON. September 25 (9 a.m. - 1 p.m.)
Princeton Fitness & Wellness Center
\$45 per person

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

Family & Friends Child & Adult CPR

SAT. October 7 (9 - 11 a.m.)
Community Education & Outreach at
Alexander Road
\$35 per person

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

Heartsaver AED

FRI. October 20 (6 - 10 p.m.)
University Medical Center at Princeton
Ground Floor Conference Rooms A & B
\$60 per person

This course teaches the basic techniques of CPR and how to use an AED (Automatic External Defibrillator). Participants will learn about using barrier devices in CPR and giving first aid to choking infants, children and adults. They also will learn how to recognize the signs of four major medical emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction. Certificates will be issued.

Heartsaver First Aid

MON. October 23 (6 - 9 p.m.)
University Medical Center at Princeton
Ground Floor Conference Room B
\$50 per person

This course teaches effective recognition and treatment of emergencies in individuals 8 years and older 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.

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.

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.

Prostate Cancer Screening & Information Session

THU. September 14 (6 - 7:30 p.m.)
University Medical Center at Princeton
Medical Arts Building, Suite B

University Medical Center at Princeton is pleased to offer FREE prostate cancer screenings and prostate health information sessions to eligible participants. The screening process includes a Digital Rectal Exam (DRE) and a Prostate-Specific Antigen (PSA) test. Participants will have the opportunity to learn about general prostate health, including information on Benign Prostatic Hypertrophy (BPH). Sidney Goldfarb, MD, board certified urologist, will lead the information session. Dr. Goldfarb is a member of the Medical & Dental Staff of Princeton HealthCare System.

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. September 18 (6:30 – 8 p.m.)
MON. October 16 (6:30 – 8 p.m.)
Community Education & Outreach at 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, and Mary C. Rooney, RN, BSN, OCN, Oncology Outreach Coordinator, University Medical Center at Princeton's Cancer Program, will co-facilitate.

Prostate Cancer Support Group

WED. September 27 (12 – 1:30 p.m.)
Princeton Fitness & Wellness Center
WED. October 25 (7:30 – 9 p.m.)
University Medical Center at Princeton Ground Floor Conference Rooms A & B
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, and will feature a guest speaker.

Improving the Chemotherapy Experience

WED. October 4 (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.

BREAST CANCER AWARENESS MONTH

In honor of Breast Cancer Awareness Month (October), University Medical Center at Princeton's Cancer Program proudly offers the following programs:

Breast Health & You: The Facts

THU. October 26 (7 – 8:30 p.m.)
Mercer County Library System – Washington Branch
42 Allentown-Robbinsville Road, Robbinsville

In observance of Breast Cancer Awareness Month, Lynn Lutwin, MA, RN, University Medical Center at Princeton's Cancer Program, will discuss the risk factors associated with breast cancer, as well as the importance of early detection, signs and symptoms and tips for prevention of the disease.

Susan G. Komen Breast Cancer Foundation Race for the Cure®

SUN. October 29
Registration begins at 7 a.m.
Bristol-Myers Squibb
Route 206, Lawrenceville

This annual event raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors the memory of those who have lost their battle with the disease. For more information, or to join the PHCS team, call 609.497.4458. Please visit www.komenenj.org for more information.



Breast Cancer Awareness Information

Wednesdays in October
University Medical Center at Princeton, Main Lobby
Certified oncology nurses and other health professionals from the Cancer Program will be on hand every Wednesday in October with information to raise awareness of breast cancer. Stop by the main lobby to pick up some valuable information about this beatable disease.

Free Mammograms

By appointment

University Medical Center at Princeton Mammography Suite
Please call Mary at 609.497.4458 for eligibility information or to make an appointment.

Do you know someone who cannot afford a mammogram? Princeton HealthCare System is pleased to offer FREE screening mammograms to uninsured New Jersey women through the Outpatient Clinic at University Medical Center at Princeton. Breast cancer is the most common form of cancer in women in the United States. Early detection is the key to winning the battle with breast cancer. Help save someone you care about! This program is made possible by generous grants and contributions from The Susan G. Komen Breast Cancer Foundation, Central and South Jersey Affiliate, Princeton Radiology Associates, PA, and The Auxiliary of University Medical Center at Princeton.

SUPPORT GROUPS



Better Breathers Club

TUE. September 12 (10 – 11 a.m.)

TUE. October 10 (10 – 11 a.m.)

University Medical Center at Princeton
Lambert House Classrooms 1 & 2

THU. September 28 (3 – 4 p.m.)

THU. October 26 (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. September 11 (7 – 9 p.m.)

MON. October 9 (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. September 18 (1 – 2:30 p.m.)

MON. October 16 (1 – 2:30 p.m.)

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. Meet and speak with hospice
staff who are experienced in helping
people move through the bereavement
process, and experience the comfort
of being with others who also have lost
a loved one. Information regarding
additional bereavement resources will
be provided.

Diabetes Support Group

WED. September 20 (2:30 – 4 p.m.)

WED. October 18 (2:30 – 4 p.m.)

Monroe Township Senior Center
One Municipal Plaza
Monroe Township

MON. September 25 (6:30 – 8 p.m.)

MON. October 23 (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.

Weight Control & Diabetes Support Group

WED. September 20 –

November 8 (6 – 7 p.m.)

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

\$160 per person

Registration required by September
15. Please call 609.497.4372.

Terry Unger, RD, CDE, UMCP Diabetes
Management Program, will facilitate this
eight-week program designed to help
individuals with diabetes develop healthy
eating habits and make positive lifestyle
changes. Special guest speakers will be
featured.

MONTGOMERY TOWNSHIP EVENTS FOR SENIORS

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

Health Fair

TUE. September 19 (9 a.m. – 12 p.m.)

Montgomery Senior Center, 356 Skillman Road, Skillman

No registration required.

Please join us for an opportunity to meet health professionals from Princeton HealthCare System, who will answer your personal health questions and provide free health screenings. Screenings include:

- Blood pressure
- Cholesterol
- Glucose

PRINCETON EVENTS FOR SENIORS

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

Glucose Screenings

TUE. September 12 (9:30 – 10:30 a.m.)

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

WED. September 13 (9:30 – 10:30 a.m.)

Spruce Circle, Community Room
Spruce Circle & North Harrison Street

No registration required.

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

**PRINCETON
EVENTS FOR SENIORS**

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

Stroke Prevention

FRI. September 15 (12 – 1:30 p.m.)
Princeton Senior Resource Center
45 Stockton Street, Princeton

Please call 609.924.7108 to register.
Claire Smith, Certified Rehabilitation Nurse and UMCP Acute Rehabilitation Unit Manager, will discuss warning signs for stroke as well as the rehabilitation revolution and advances in recovery that are helping people live life more fully after stroke. This lecture is open to all Princeton area seniors.

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

FRI. October 20 (12 – 1:30 p.m.)
Princeton Senior Resource Center
45 Stockton Street, Princeton

Please call 609.924.7108 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.

**SOUTH BRUNSWICK TOWNSHIP
EVENTS FOR SENIORS**

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



Screening & Prevention Health Fair

SAT. October 21 (8:30 a.m. – 12 p.m.)
South Brunswick Senior Center
540 Ridge Road, Monmouth Junction

No registration required.

Princeton HealthCare System is pleased to participate in this annual event. Health professionals from Princeton HealthCare System will provide free blood pressure screenings and information on proper diet and nutrition. Hilary Klein Beberman, DO, board certified in family practice and osteopathic manipulative treatment, and Tara E. Rivera, DO, board certified in family practice and osteopathic manipulative treatment, will be on hand to answer your personal health questions. Drs. Beberman and Rivera are members of the Medical & Dental Staff of Princeton HealthCare System.

SAVE THIS DATE

Look for even more details about this exciting program in the next issue of Community Focus.

➔ **December 2**
4th Annual Conference for Women, featuring keynote speaker **Sissy Spacek**, Academy Award-Winning actress. Experts from Princeton HealthCare System will speak about health topics that are important to women. For more information, or to register, please visit www.princetonhcs.org/calendar or call 1.888.897.8979.



**4th Annual Conference
for Women**

Itsy Bitsy Yoga®

A Bonding Experience

In October, Princeton Health Care System will become one of the first hospitals in the country to offer Itsy Bitsy Yoga®, a very special yoga class for parents and their young children that has been featured by *CNN*, *MSNBC*, *USA Today*, and *Parents* and *People* magazines.

“The class is a fun-loving, compassionate, supportive and active yoga practice filled with proven techniques to playfully teach tots yoga postures,” says certified instructor Jennifer Meszaros Cridge, CYT, RYT, MBA. “In traditional yoga classes, there is a quiet, more meditative atmosphere in the room, whereas with Itsy Bitsy Yoga®, there is singing, laughing and movement throughout the room.”

Cridge, who currently teaches the pre-natal and post-partum mom/baby yoga classes at PHCS,

became interested in teaching Itsy Bitsy Yoga® after taking several classes with her own daughter, Jamie. Already a certified yoga instructor, Cridge completed additional intensive training with the founder of Itsy Bitsy Yoga®, Helen Garabedian.

“I enjoyed taking the class with my daughter and saw it as an opportunity for me to continue to practice, share my passion for yoga with her and bond with her,” Cridge says. “I like that Helen’s program is fun while at the same time developmentally suited to the needs of children this age.”

The program offers two separate classes for “Tots,” who are 10 months to 2 years old, and “Tykes,” who are 2 to 4 years old.

Learn to Relax & Have Fun, Together

Each Itsy Bitsy Yoga® class offers 75 age-appropriate poses, group activities, songs, breathing exercises and relaxation techniques. Class begins with a short centering followed by warm up stretches, then individual and partner poses. Other activities include singing, rhyming and story time.

For children, the benefits of the class include body awareness, self-confidence, improved sleep and digestion, a stronger immune system and relief from fussiness, Cridge says. Children deepen their bond with their parents and have the opportunity to interact with other children their age.





Children also learn “Magic Poses” that were developed by Garabedian to help calm an upset child.

For parents or caregivers, benefits include a chance to interact closely with their children and deepen their bond in a way that encourages healthy habits and well being at an early age.

They also relax, stretch and socialize with other parents, learn techniques to calm their children and build confidence in their parenting skills. Participants do not need any experience with yoga to participate in the classes. The classes will meet on Fridays from October 6 through November 10. The Tots class will be from 9 to 9:45 a.m., followed by the Tykes class from 10 to 10:45 a.m.



The six-class session costs \$85. If a parent or caregiver wants to bring two children, the fee for the second

child is half-price. Classes are limited to eight children. All classes will meet in Conference Room B at Princeton Fitness & Wellness Center, 1225 State Road, Princeton.

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

For more information about Itsy Bitsy Yoga®, visit www.itsybitsyyoga.com.

For more information on instructor Jennifer Cridge, visit www.theyoganexus.com.

*Top: Tina Overman and son Chase, 1, of Lawrenceville
Left: Stephanie Patterson and daughter, Madelyn, 10 months, of Hopewell
Center: Instructor Jennifer Meszaros Cridge and daughter, Jamie, 9 months, of Hillsborough with Stephanie and Madelyn Patterson*

Stroke. (continued from page 3)

Depending on the extent of their injuries, patients may need to relearn tasks ranging from simple activities of daily living to higher-level tasks such as balancing a checkbook.

“We work as a team to determine what we need to do to help patients overcome their impairments,” says Claire Smith, Certified Rehabilitation Registered Nurse and Acute Rehabilitation Unit Manager. “Our ultimate goal is to help a patient return home as soon as possible.”

Going home

Stroke care does not end in the hospital. UMCP’s comprehensive approach to treatment includes outpatient rehabilitation, homecare, medical equipment and a medically based fitness center.

Know the Signs of Stroke & Seek Immediate Medical Care

Symptoms of a stroke are usually sudden and may include:

- Numbness, weakness or paralysis in the face, arm or leg
- Trouble seeing in one or both eyes
- Confusion and/or difficulty speaking
- Dizziness and/or a loss of balance or coordination
- Vomiting
- A sudden, severe headache

Princeton HealthCare System is fully networked to ensure that care providers throughout the system have quick access to each patient’s entire medical history, promoting safety and more informed care as patients move through different levels of treatment.

Live Healthy

An estimated 700,000 Americans suffer a stroke each year, and it is the third leading cause of death in the U.S.* The best treatment for a stroke is prevention. Screening for conditions such as high blood pressure, high cholesterol and diabetes can help a person determine his or her risk for stroke and seek treatment.

Dr. Kaiser will conduct a stroke screening on October 5, 2006 at the Community Education & Outreach Program at Alexander Road. See page 8 for more information or visit www.princetonhcs.org/calendar.

**U.S. Centers for Disease Control and Prevention*

For more information about the Stroke Program at University Medical Center at Princeton, please call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Bow WOW!

Bid on the beautifully decorated dogs of UMCP’s newest fundraiser, The Princeton Dog Walk. See page 8 or visit www.princetonhcs.org/auxiliary for more details.

Art dog by Michael Graves



Caring Practice Honored

Cindy Asta, MA, RN, NCC, LPC, OCN, Clinical Coordinator, Radiation Oncology, University Medical Center at Princeton (UMCP), was named the 2006 recipient of the *Ann Rabner Nightingale Award for Caring Practice in Nursing*, an annual award presented by Princeton HealthCare System (PHCS).

The award was created in honor of Mrs. Ann Rabner for her more than 50 years of dedicated service to the nursing profession. The award is given to a PHCS registered nurse or licensed practical nurse who has been recognized for having mastered the art of caring practice. The award was initiated by a private donor, and a special fund has been established by the Princeton HealthCare System Foundation for continued support of the award.

Ms. Asta is the radiation oncology advanced practice nurse at UMCP. She was nominated by Peggy DeFalco, Director of the UMCP Radiology Department, and Edward Soffen, MD, board certified in radiation oncology and an attending physician on the PHCS Medical & Dental Staff.

The Radiation Oncology Department regularly receives complimentary letters from patients about Ms. Asta, remarking on the

dignity, warmth and respect she shows others during a difficult period in their lives. As the recipient of the award, she received a one-year membership to the American Nurses Association; a Lladro porcelain nurse figurine; a \$500 tuition stipend toward a national conference; and a selection of books on caring in nursing practice.

Other nominees for this year's award included:

- **Frankie Baertschi**, LPN, Merwick Care Center
- **Debra Brian-Taft**, RN, CPAN, Post Anesthesia Care Unit, University Medical Center at Princeton
- **Maureen Jarzyk**, BSN, RN, CHPN, Hospice, Princeton HomeCare Services
- **Karen Kraehenbuehl**, BSN, RNC, Princeton HomeCare Services
- **Joseph Liberti**, RN, Merwick Care Center
- **Tracy Lugar**, RN, Oncology Unit, University Medical Center at Princeton
- **Ann Marie Maldarelli**, RNC, Outpatient Clinics, University Medical Center at Princeton
- **Tina Senoo**, RN, Oncology Unit, University Medical Center at Princeton
- **Theresa Tucker**, RN, Princeton HealthCare System, Family Medicine at Lawrenceville
- **Karla Weekes**, RN, J7 Medical Unit, University Medical Center at Princeton
- **Lee Welser**, RN, OCN, Oncology Unit, University Medical Center at Princeton



Pictured, L to R: Congressman Rush Holt; Princeton Township Mayor Phyllis Marchand; Cindy Asta; Ann Rabner; PHCS President & CEO Barry Rabner; and PHCS Board of Trustees Chairman Jack Chamberlin



Princeton HealthCare System

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