

University Medical Center at Princeton
One of 26 U.S. Hospitals Recognized
as a Top Hospital for
Patient Safety



health focus

THE LATEST IN HEALTH NEWS & INFORMATION | MAY/JUNE 2009



Princeton HealthCare System

Redefining Care.

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

Now Available Locally:
UMCP Offers Endoscopic
Ultrasound to Help Detect
GI and Lung Disease

communityfocus

HEALTH EDUCATION CALENDAR

- Tips to Help Ensure a Good Night's Sleep..... 3
- Joint Replacement Preparation & Education Reduces Anxiety and Improves Success..... 4
- Don't Let Myths about Women and Pain Prevent You from Seeking Help..... 5
- The Auxiliary at UMCP Sponsors 10K Race and Kid's Marathon..... 5
- UMCP's Industrial Rehab Program Helps Workers Get Back on the Job..... 6
- When the 'Honeymoon' Is Over: Finding Help in Unhealthy Relationships..... 7
- A Fit Pregnancy: Weight Management and Good Pregnancy Guidelines Can Deliver a Healthy Baby and So Much More..... 8
- Community Focus..... 9
- \$250,000 Donation Honors Loyal PHCS and Community Philanthropist..... 19
- UMCP to Open New Wound Center in Spring 2009..... 19
- UMCP Joins Forces with CancerCare to Expand Support Offerings..... 20

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

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

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

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

Entire publication
©2009 Princeton HealthCare System.
All Rights Reserved.

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

Now Available Locally: UMCP Offers Endoscopic Ultrasound to Help Detect GI and Lung Disease

University Medical Center at Princeton recently became one of the select hospitals in the state offering endoscopic ultrasound, an advanced ultrasound procedure that aids in diagnosing gastrointestinal and lung disease, including cancer. With endoscopic ultrasound now available in the greater Princeton region, individuals can now have it done close to home.

The endoscopic ultrasound procedure involves passing a thin, flexible tube (endoscope) through a patient's mouth or rectum and into the upper or lower gastrointestinal tract. The tip of the scope is equipped with an ultrasound transducer that creates viewable images of surrounding tissue and organs.

"By doing an ultrasound from inside of the body, we are able to produce extremely high-resolution images of the digestive tract and nearby organs," says Vasudha Dhar, MD, who is board certified in gastroenterology. Adds Eric H. Shen, MD, who is also board certified in gastroenterology, "We can find lesions that may not be picked up on other technologies."

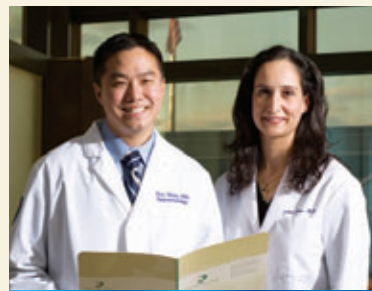
In some cases, the minimally invasive procedure can even help patients avoid exploratory surgery.

Dr. Shen and Dr. Dhar, who have special training in endoscopic ultrasound, began offering the complex procedure last fall at UMCP's Endoscopy Suite.

Assisting with Cancer Staging

The detailed images produced by endoscopic ultrasound are critical in the treatment of patients with lung cancer, as well as gastrointestinal cancers such as esophageal, stomach, rectal and pancreatic cancers.

Endoscopic ultrasound can determine the depth of a tumor, as well as whether it has spread to nearby lymph nodes or other organs,



"Endoscopic ultrasound gives patients an alternative to exploratory surgery."

~ Eric H. Shen, MD, board certified in gastroenterology, pictured above (left) and on the cover reviewing EUS images with Vasudha Dhar, MD, board certified in gastroenterology (right).

Dr. Shen says. By passing a hollow needle through the ultrasound instrument, a technique known as fine-needle aspiration, doctors can sample tissue from the pancreas, stomach and esophagus. Lymph nodes surrounding these organs and tumors can also easily be sampled.

"Endoscopic ultrasound gives patients an alternative to exploratory surgery for collecting tissue samples in the chest or digestive tract," Dr. Shen says. "These samples can help us determine whether a cancer has spread or whether a suspicious mass is, in fact, cancerous."

By gathering all of this information, a process known as cancer "staging," doctors can better determine a cancer patient's prognosis and the most appropriate treatment plan. For example, accurate staging can help a doctor determine in advance whether a patient would benefit from having invasive surgery to remove a tumor. It can also help doctors better decide whether a patient would benefit from chemotherapy, radiation therapy or hormone therapy prior to surgery, Dr. Dhar says.

Endoscopic ultrasound has been proven to be highly accurate at staging common tumors. "The more accurate the staging, the more likely it is that a patient will receive the best possible treatment protocol," Dr. Dhar notes.

Uses Beyond Cancer

Because endoscopic ultrasound is effective and minimally invasive – it usually takes less than an hour and most patients return home the same day – the procedure is

increasingly being used for a variety of conditions, according to Dr. Dhar and Dr. Shen. Among them:

- Detecting gallstones that have moved into the bile ducts leading from the gallbladder to the intestines.
- Injecting pain medication directly into specific nerves. This can provide relief for pancreatic cancer patients suffering from chronic abdominal pain that is not responding to other treatments.
- Assessing Barrett's esophagus with dysplasia, a precancerous condition of the esophagus caused by repeated exposure to stomach acid.
- Evaluating pancreatitis and other disorders of the pancreas, such as pancreatic cysts.
- Collecting fluid from cystic lesions in the pancreas for analysis.

- Studying the muscles of the lower rectum and anal canal to determine reasons for fecal incontinence.

The addition of endoscopic ultrasound services complements the comprehensive services offered through UMCP's Cancer Program, which is a Clinical Research Affiliate of The Cancer Institute of New Jersey and an approved program of the American College of Surgeons' Commission on Cancer – a designation achieved by only one in four hospitals nationwide.

For more information about endoscopic ultrasound services at UMCP or for referral to a Princeton HealthCare System physician who performs endoscopic ultrasound, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org.

Tips to Help Ensure a Good Night's Sleep

Nearly seven out of every 10 Americans frequently experience difficulty sleeping, ranging from chronic conditions to intermittent sleep-related problems, according to a National Sleep Foundation study. While most have not pursued a diagnosis for their condition, they all likely pay the price for a poor night's sleep.

"A good night's sleep is important in restoring both body and mind," says Michael S. Nolleto, MD, Medical Director of University Medical Center at Princeton's Sleep Center. "During sleep, muscles and joints are rested and the mind consolidates experiences and memories."

Creating a sleep-friendly environment is the key to a restful night's sleep, and can often be accomplished by taking a few simple steps. First, establish a regular sleep schedule and banish activities that are not related to sleeping or intimacy from the bedroom, including watching TV, computer use and dealing with personal or business paperwork. Then, be sure your bed and pillows are in good condition and provide support, comfort and enough room for easy movement during the night. Additionally, pets should be kept off the bed, since they often interfere with comfortable sleep.

Creating the Ideal Sleep Environment

Before slipping between the sheets, turn down the thermostat, since a cool room with temperatures between 54 and 75 degrees, depending on the person and the season, is best for sleeping. Keep the bedroom as dark as possible, using light-blocking shades or curtains and, if necessary, a low-illumination night light. If noise is a problem, use earplugs or run a fan to create a comforting white noise to block unwanted sounds.

Also keep these points in mind:

- Stop eating and drinking, especially caffeine and alcohol, at least two hours before bedtime.
- Exercise regularly, but not within a few hours of retiring to bed.
- Consider soaking in a hot tub before bed, to help ease your body into a restful state.

"If you are sleeping poorly, you should bring this to your doctor's attention," says Dr. Nolleto, who is board certified in sleep, critical care, pulmonary and internal medicine. "Improved sleep leads not only to better daytime performance, but also to long-term improvements in your health."



Online Resource for Sleep Issues Expands

Whether you're looking for more tips on getting a good night's sleep, or are preparing for a sleep study, UMCP's Sleep Center has

several online resources to help. Visit

www.princetonhcs.org/sleepcenter to access the following helpful information:

- Additional tips for restful sleep
- A simple quiz to help determine if your sleep problems should be discussed with your doctor
- A description of common sleep disorders and available treatment options
- Informative UMCP Sleep Center FAQs (frequently asked questions)
- Details on how to prepare for and what to expect during a sleep study

For more information about UMCP's Sleep Center, call **1.888.PHCS4YOU (1.888.742.7496)** or visit www.princetonhcs.org/sleepcenter.



UMCP's New Joint Replacement Preparation Class Reduces Anxiety and Improves Success

Once a patient agrees to move ahead with joint replacement surgery, there is often a mixture of excitement about feeling better and anxiety about their decision. Most look for answers to the countless questions they have regarding pre-surgery preparation, post-surgery recovery, pain, medication, time commitment and insurance coverage, but whom do they ask?

As part of University Medical Center at Princeton's (UMCP) top-rated joint replacement program, patients receive information through an organized and comprehensive educational class. The new Joint Replacement Education Class teaches patients what to expect every step of the way so they'll be familiar with the terminology, the process and the team of individuals managing their care.

"When patients know what to expect, they find the whole process less intimidating," says W. Thomas Gutowski, MD, FAAOS, board certified orthopedic surgeon and UMCP's Chief of Orthopedic Surgery. "It's important that they receive the information from us and that it's properly conveyed and received. That way, they feel confident about their decision to have a joint replacement, because they understand why it's important. The outcomes are tremendously better when the patient's and surgeon's expectations are in sync."

Getting Informed

The class, which is conducted by an orthopedic-certified nurse, physical therapist and social worker, teaches patients about specific areas of importance such as pre-admission testing; surgery and anesthesia; post-operative care and recovery, including inpatient, outpatient and home rehabilitation; insurance coverage; and pain management.

Patients also have a forum for discussion, to share concerns with the presenters as well as other individuals who are preparing for joint replacements.

"When patients are prepared and know what to expect pre- and post-surgery, they can usually better tolerate the situation and participate more fully in their own recovery," says Jayanti Ingle, Rehabilitation Manager for University Medical Center at Princeton.

"We've already seen a difference in our patients since the class has been offered," notes Dr. Gutowski. "Generally, they seem to have a positive feeling about the surgery. In addition, the camaraderie they develop with others preparing for the same procedure helps allay fears."

Isabel C. See of Hillsboro, who took the class in January prior to her knee-replacement surgery, agrees.

"We've already seen a difference in our patients since the class has been offered."

~ W. Thomas Gutowski, MD, FAAOS, UMCP's Chief of Orthopedic Surgery



"The nurses and physical therapist at the class were very supportive and helpful. I'm definitely glad I took the class," See says. "The staff knew what each surgeon likes the patient to do pre-op, so we were all instructed individually according to the orthopedic surgeon we had. The class helped settle the anxiety that several patients were feeling."

A Team Effort

UMCP's joint replacement program emphasizes a continuum of care – where patient care is managed from beginning

to end in a seamless, integrated manner. From registration through rehab, an interdisciplinary team of professionals efficiently communicates with each other throughout the process, increasing the likelihood of a successful surgery. This "global" information-sharing and cooperative effort enhances the overall patient experience, as well.

UMCP has seen a marked increase in the number of joint replacement procedures performed each year. In fact, there has been a 12 percent jump in patient volume in 2008, which Dr. Gutowski attributes to several factors:

- Growing senior population;
- UMCP's reputation: For the third consecutive year (2007-2009), University Medical Center at Princeton has received a five-star rating (the highest available) by HealthGrades, the nation's leading independent healthcare ratings organization, for overall joint replacement.
- Younger individuals seeking an improved quality of life, rather than waiting until they're older to have the surgery. Studies show that early diagnosis and treatment can result in better outcomes, so delaying the replacement isn't often a wise choice.

"Patients come to us because of our reputation as a leader in the field of orthopedics and their confidence that we can help them regain the quality of life they once enjoyed," explains Dr. Gutowski. "The care we take in preparing them mentally and physically for the procedure ultimately helps them recover more quickly and get on with their active lives."

For more information about UMCP's Orthopedics Program and the new Joint Replacement Education Class, or for assistance finding an orthopedic surgeon affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Don't Let Myths about Women and Pain Prevent You from Seeking Help



For generations, both men and women have been raised to believe that women – faced with the pain of childbirth – have a higher threshold for pain than men. But there is growing evidence that women actually have a lower pain threshold, experience more chronic pain, and generally receive less treatment for their pain.

“In many ways, both sexes have come to believe that women can either handle more pain than men, or that women’s pain somehow is not significant,” explains Diane Foreman, MSN, APN, a board certified nurse practitioner and pain management nurse with University Medical Center at Princeton’s Pain Management Program. “Because of these misconceptions, women may be less likely to seek relief for chronic pain, and in some cases doctors may not acknowledge the level of pain women are experiencing. All of this can result in women experiencing a reduced quality of life.”

According to studies conducted by the International Association for the Study of Pain (IASP), women generally experience more recurrent pain and more severe and longer lasting pain than men. They are also far more likely to experience chronic pain from conditions such as fibromyalgia, chronic pelvic pain, irritable bowel syndrome, temporomandibular joint disorder (TMJ), rheumatoid arthritis, osteoarthritis and migraines. Although the reasons men and women experience pain differently are not entirely understood, differences in hormones, body composition and central nervous systems are believed to be the key factors.

Recognizing Gender Differences

“Women and men do process pain differently, and that is something that is just beginning to be recognized by most people, some professionals included,” says Foreman. “This

difference is something we recognize at the Pain Management Program, and since our treatment plans are individualized for each patient, gender concerns are taken into consideration.”

An innovator in patient care since 1995, the UMCP Pain Management Program’s board certified and fellowship trained physicians and experienced support staff complete a comprehensive evaluation of each patient before reviewing treatment options and developing a personalized course of therapy. Services include medication management, massage therapy, injections, nerve blocks, electrical nerve stimulation, radiofrequency therapy, electrothermal therapy, and implantable devices. Pain management is available for conditions ranging from post-operative and cancer pain to arthritis and chronic back, neck and muscle pain.

“Our goal is to improve quality of life,” says Foreman, “and that begins with understanding pain and how it impacts a person’s life. For women, that process begins by coming to terms with the pain and seeking help. It doesn’t have to be something you suffer with day after day. There is help available.”

For more information on UMCP’s Pain Management Program, or for assistance finding a pain management specialist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.



Sunday, June 7

Get Out Your Running Shoes!

The **Princeton HealthCare 10K Race** (formerly the Princeton Fete Race) and Kid’s Marathon is around the corner. Sponsored by The Auxiliary of University Medical Center at Princeton, the 2009 10K Race and the final mile of Princeton HealthCare Kid’s Marathon will be held on Sunday, June 7.

The 10K course is a USATF-certified, Grand Prix event, worth 500 points. Winding through the tree-lined streets of Princeton in a residential area adjacent to Lake Carnegie, the race finishes on the Princeton University running track adjacent to Palmer Stadium. Monetary prizes will be awarded to the first, second and third overall male and female runners.

The registration fee to participate in the 10K race is \$25. You can register online through May 29 at www.Active.com.

Participants in this year’s **Kid’s Marathon**, the first of its kind in the state, will see their 10-week journey conclude with the final mile at the track, starting at 8 a.m., prior to the 9 a.m. start of the adult 10K race. Interested runners in kindergarten through eighth grade should go to the Kid’s Marathon website at www.princetonkidsmarathon.org to register. The \$25 registration fee includes incentives the children will receive every five miles, medals at the finish line and goodie bags and prizes.

Please contact The Auxiliary for more information, 609.497.4192.



UMCP's Industrial Rehab Program Helps Workers Get Back on the Job

One Monday morning earlier this year, Victor Abad's low back pain was so intense his wife had to help him put on his socks. By the following Monday, Abad was back working full-time at his employer's warehouse in Cranbury, where he often has to lift equipment and manufacturing parts weighing 40 pounds or more.

The 34-year-old East Windsor man credits his speedy recovery to physical therapy sessions at the University Medical Center at Princeton Outpatient Rehabilitation site in Cranbury.

"Without therapy, I'm not sure how long I would have been out of work," says Abad, who initially injured his back lifting a heavy piece of equipment off a chest-high shelf. "To do anything was painful; I could hardly sit or lie down."

Stories like Abad's are not unusual because of the rehabilitation program's focus on active rather than passive therapy, which helps patients get back to work as soon as safely possible, says Rehabilitation Manager Jim McCracken, PT. In addition to administering ultrasound and heat treatments, UMCP's therapists emphasize stretching, cardiovascular and lifting exercises (as pictured at right) to keep injured muscles from becoming tight or weak, he says.

"It's important to keep people moving, especially after a back injury, so they can get back to their normal, everyday routine as soon as possible," says McCracken. "The longer somebody is out of work, the greater the chance that ongoing pain or the fear of another injury will prevent them from ever returning to that job."

The Cranbury Continuum of Care

Physical therapy is just one of the programs offered by UMCP Outpatient Rehabilitation Network's industrial rehabilitation unit. In conjunction with Princeton HealthCare System's Occupational Medicine Services, the program offers comprehensive employee healthcare, from pre-employment physicals to lessons on ergonomics and injury prevention. Drug and alcohol testing services are also available at the same convenient location, in the Constitution Bank building

Preventing Low Back Injuries

Low back pain is the most common cause of job-related disability and a leading cause of missed work, according to the National Institutes of Health. To help prevent low back injuries, Jim McCracken, PT, a UMCP outpatient rehabilitation manager, says workers should:

Maintain flexibility. Stretching exercises, especially stretching the hamstring muscles, can help protect the back.

Avoid sitting for long periods.

Getting up and walking around at least once an hour can help relieve pressure on the back.

Maintain a healthy weight.

Extra weight puts extra stress on back muscles and discs in the spine.

Get plenty of rest. The body heals during sleep and being reclined takes pressure off the spine.



- **Job-placement assessments.** Newly hired employees are tested to determine whether they are physically capable of doing a job.
- **Ergonomic evaluations.** A certified ergonomics specialist from UMCP can evaluate individual workstations or identify a company's specific risk factors and develop reasonable plans for intervention.
- **Employee education.** A UMCP therapist will come to a work site to discuss such issues as anatomy, posture, body mechanics, lifting techniques, wellness and prevention.

Staying Healthy

Abad, a father of four, says he still uses the lessons he learned during his six sessions with UMCP's therapists. His rehabilitation included tips on better lifting techniques, as well as ways to stretch before and after work to help keep muscles loose and less prone to injury.

on the corner of Dey Road and Route 130 North in Cranbury.

Abad was able to see a physician who specializes in occupational medicine and receive physical therapy, all at the Cranbury site. Less than 10 minutes away, X-ray and other radiology services are available in cooperation with Princeton Radiology Associates.

"We believe our services can not only reduce lost staff time and increase productivity, but help lower workers' compensation expenses," says Rich Aspenleider, Manager of UMCP's Outpatient Rehabilitation Network. "It can also be a boost to employee morale knowing that they will be taken care of in the event of an on-the-job injury."

Other services offered by the industrial rehabilitation program include:

continued on page 7

When the ‘Honeymoon’ Is Over: Finding Help in Unhealthy Relationships

When it comes to a relationship, you don’t have to get married to have a honeymoon. In fact, virtually all relationships begin with a honeymoon phase.

“There is a natural progression to relationships, which begins with the honeymoon phase, when everyone is on their best behavior,” says Nathalie Edmond, PsyD, Director of the Women’s Program at Princeton House Behavioral Health. “Then you move into a phase where there is more intimacy and trust developing, and then you enter into the long-term phase where problems can most often arise.”

If those problems have degenerated into abuse, seeking professional counseling can be critical.

Characterized by the presence of a level of fear, abusive relationships involve one person exhibiting power over the other, and can include physical, sexual, and emotional abuse, as well as destructive behavior, Edmond explains. The abuser may threaten, lie, isolate the other person from family and friends, and control their access to money and other freedoms.

Breaking the Cycle of Abuse

“Usually, there is a cycle to the abusive relationship, once it begins,” says Edmond. “It begins with a sense of calm, and then tension starts to build, followed by the abuse. Then there is an apology of some sort, and the whole cycle begins again. Over time, this cycle can become shorter and shorter, to the point where there is no longer a period of calm at all.”

The Women’s Trauma Program at Princeton House helps women who have experienced abuse or trauma understand the relationship between their traumatic experiences and their symptoms and behaviors. The innovative program teaches basic coping and relationship-building skills; develops healthy ways to manage emotion; builds self-esteem and self-confidence through counseling, and art, music and yoga therapy; and aids in establishing and maintaining a safe environment. Princeton House also provides women’s programs focusing on trauma and addiction and wellness.



Even Healthy Relationships Take Work

In the early stages of a relationship, a couple’s attention is focused on each other. But in time, work, children and other day-to-day responsibilities or interests

start to take center stage, and a relationship can begin to lose its passion. Without even realizing it, the couple can find themselves neglecting each other, says Nathalie Edmond, PsyD, Director of the Women’s Program at Princeton House Behavioral Health.

Add stressors like today’s tough economic climate, and maintaining a healthy relationship can be difficult.

“A healthy relationship is one where there is trust and support, as well as physical and emotional intimacy,” notes Edmond. “Each person should be able to be honest and speak their mind, knowing that their feelings will be respected, that they are functioning in a non-threatening environment.

“The key really is to keep the lines of communication open, remember why you chose to be with each other in the first place, and make the time to work at your relationship,” she adds. “Instead of giving up when a relationship has its ups and downs, it is important to work at riding the wave and building on your original commitment.”

This summer, the Trauma Program is set to relocate and expand services to reach a broader population. The program will be moving from Princeton to new locations in Hamilton and North Brunswick, and will continue providing services in Cherry Hill as well.

For more information about the Women’s Program at Princeton House Behavioral Health, please call **609.688.3707** or visit **www.princetonhouse.org**.

UMCP’s Industrial Rehab Program Helps Workers Get Back on the Job *(continued from page 6)*

“Whenever I feel any pain whatsoever, I stretch, and it helps a lot,” he says. “I’m hoping that all the stretching and exercises will help prevent another injury.”

UMCP’s industrial rehabilitation unit accepts most major workers’ compensation insurances. The program also recently opened a site at the Hamilton YMCA, 1315 Whitehorse-Mercerville Road, Suite 100, Hamilton.

For more information about University Medical Center at Princeton’s industrial rehabilitation services, call UMCP Outpatient Rehabilitation at Cranbury, **609.655.4586**.

Additional details are available online at **www.princetonhcs.org**.



A Fit Pregnancy: Weight Management and Good Pregnancy Guidelines Can Deliver a Healthy Baby and So Much More

Since a healthy woman has a greater chance of having an uncomplicated pregnancy and a healthy baby, the best time to start taking steps toward better overall fitness is **BEFORE** conception.

“In our practice, I like to talk to women about their health before they get pregnant,” says Vrunda Patel, MD, FACOG, board certified in obstetrics and gynecology, and a member of the Medical Staff of Princeton HealthCare System. “Preparing your body for pregnancy is one of the best things a woman can do to protect her health and the health of her baby.”

Dr. Patel says it’s important that overweight women lose some weight prior to conceiving because it’s never a good idea to lose during pregnancy. In fact, even overweight women need to gain weight during pregnancy, although not as much as women who are already within a healthy weight range, she says. It’s recommended that women of “normal” weight gain approximately 25 to 30 pounds, while obese women gain 15 to 20 pounds.

Overweight women are at much higher risk of developing gestational diabetes – which can lead to large babies and complicated deliveries – and high blood pressure, which can be dangerous for both mom and baby.

Another critical component of pre-conception care is the consumption of adequate folic acid to reduce the risk of neural tube defects, like spina bifida, in newborns. Prenatal vitamins containing the recommended 1mg. of folic acid should be taken prior to conception, or as soon as the pregnancy is confirmed, Dr. Patel notes.

“Another important consideration of pregnancy is that expectant mothers need more calcium – 1,200 to 1,500 mg. per day,” explains Dr. Patel. “Sufficient calcium intake can easily be achieved through a combination of diet – like dairy products – and supplements, if needed.”

A Team Approach to Overall Fitness

Dr. Patel cautions women to help keep their weight gain in check with a healthy diet and appropriate physical activity.

Sabina Beesley, RD, a registered dietitian with University Medical Center at Princeton’s Nutrition Program and one of PHCS’ prenatal nutrition instructors, recommends a diet of lean protein, fruits, vegetables, healthy fats – like nuts – and whole grains. Empty carbohydrates, such as white bread, should be avoided, as well as unhealthy habits such as smoking.

Public health officials and healthcare experts agree that alcohol should be avoided completely during pregnancy, as it can result in a wide range of physical, mental and neurobehavioral birth defects and disabilities, including fetal alcohol syndrome.

Making Smart Dietary Choices During Pregnancy

“I believe women should eat when they’re hungry, but they need to make healthy choices,” Beesley says. “Only 300 additional calories a day are needed for an average-weight woman, so the ‘eating for two’ philosophy can easily lead to an unhealthy weight gain.”

- Additional diet recommendations during pregnancy include:
- Drinking six to eight, eight-ounce glasses of non-caffeinated beverages, which is important for keeping hydrated and warding off pre-term labor.
 - Avoiding lunchmeats (unless they have been reheated until they are steaming hot), soft cheeses and undercooked meats, all of which can be contaminated with Listeria, a dangerous bacteria that can cause serious pregnancy complications, miscarriages and even infant death.
 - Eating seafood such as shellfish, tilapia, salmon and light chunk tuna, two to three times per week, but no more than 10 to 12 ounces in total. These small fish are rich in Omega-3, which helps baby’s brain development, and have very low mercury levels, unlike large fish like yellow fin tuna, mahi-mahi and solid white tuna.

Benefits of Moderate Exercise

With your physician’s approval, taking advantage of Princeton HealthCare System’s Community Education and Outreach prenatal exercise classes – offered once a week for a six-week period on an ongoing basis – also can be a popular choice for expectant moms concerned with staying fit and achieving a healthy pregnancy.

“There are so many benefits to moderate exercise during pregnancy,” says Lisa Stout, RN, a health educator with PHCS. “It can help women maintain or increase their cardiovascular fitness, muscular strength, balance and flexibility. In addition to curbing excessive weight gain, regular exercise can also reduce or relieve some common prenatal discomforts such as leg cramps, fatigue, lower back pain and mood swings.”

University Medical Center at Princeton, which has been ranked among the top 5 percent of hospitals in the nation for maternity care by HealthGrades for the third year in a row, features a variety of programs related to prenatal health issues. For details on upcoming programs, see pages 11-13.

For more information about UMCP’s Maternal-Child Health Program or for assistance finding an obstetrician/gynecologist on staff with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.

Programs are free and registration is required unless otherwise noted. Please register online at www.princetonhcs.org/calendar or call **1.888.897.8979** (unless another number is indicated).

CURRENT PROGRAMS

Princeton HealthCare System Community Education & Outreach offers a variety of programming dedicated to promoting healthy living at every stage of life and to enhancing quality of life by addressing the unique needs of women, men, seniors, children, adolescents and diverse populations. Programs are developed and facilitated by the outstanding physicians, nurses and health professionals of Princeton HealthCare System.



Stroke Alert! Stroke Risk Assessment & Screening

In honor of American Stroke Month (May), Princeton HealthCare System is pleased to present these programs focused on creating awareness of the symptoms and risk factors for stroke, and how to reduce your risk.

SUN. May 3
(11:30 a.m. – 1:30 p.m.)
Witherspoon
Presbyterian Church
112 Witherspoon Street
Princeton

SUN. May 17
(1 – 3 p.m.)
Mt. Olivet Baptist Church
21 Reverend William
Powell Drive
Hightstown

SUN. May 31
(9 – 11 a.m.)
Mt. Pisgah AME Church
170 Witherspoon Street
Princeton

May is National Stroke Awareness Month! University Medical Center at Princeton is a state-designated Primary Stroke Center and is committed to lowering the stroke risk for all members of the community. A stroke can happen at any time and any age; however, African-Americans are at a greater risk, especially if they have poorly controlled blood pressure, cholesterol and diabetes. Health professionals from Princeton HealthCare System will help you determine your risk for stroke by:

- Conducting a medical history
- Taking your pulse and blood pressure
- Checking your glucose and cholesterol levels
- Performing a carotid bruit screening*

Participants will have the opportunity to review their results and develop an action plan to reduce their risk. These programs are registered with the American Stroke Association.

* Carotid bruit screenings involve listening to blood flow in your neck using a stethoscope.

Overcoming Obesity: Q & A with the Cosmetic Surgeon

MON. May 4 (6:30 – 8 p.m.)

University Medical Center at Princeton
Conference Rooms A & B

Robert E. Brodin, MD, FACS, board certified bariatric surgeon and former president of the American Society for Bariatric Surgery, has invited Dr. Philip Wey, MD, FACS, a board certified plastic surgeon, to lead a discussion for the Bariatric Support Group and interested members of the community. Dr. Wey will answer your questions about cosmetic surgery options and post-weight-loss outcomes. University Medical Center at Princeton is a Bariatric Surgery Center of Excellence.

Living Well with Lung Disease: Strength Training & Exercise

TUE. May 5 (10 – 11:30 a.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

WED. May 27 (1 – 2:30 p.m.)

UMCP's Pulmonary Rehabilitation Program –
Monroe Unit

11 Centre Drive, Suite C, Monroe Township
Lung disease and exercise; it's a challenge! Learn how you can build strength, exercise safely and improve your daily quality of life during this informative discussion with Tony Yacono, a Clinical Exercise Physiologist with UMCP's Cardiopulmonary Rehabilitation Program.

LOCATIONS:

- ➔ **University Medical Center at Princeton**
253 Witherspoon St., Princeton, NJ 08540
- ➔ **Community Education & Outreach Program**
731 Alexander Rd., Suite 103, Princeton, NJ 08540
- ➔ **Hamilton Area YMCA John K. Rafferty Branch**
1315 Whitehorse-Mercerville Rd., Hamilton, NJ 08619

Directions are available at www.princetonhcs.org



Princeton HealthCare System
Community Education & Outreach

Redefining Care.

CURRENT PROGRAMS

**Everyday Self-defense for Women:
Empower Yourself with a New Sense of
Awareness & Confidence!**

WED. May 6 – 27 (6 – 9 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B**\$25 per person. Registration is limited.**

FBI projections suggest that one out of every three women in the United States will be assaulted in her lifetime. Learn how to become more aware of potential danger and protect yourself in everyday situations. R.A.D. Women™ is a national self-defense course for women that combines realistic classroom learning with unique physical defense tactics and risk-reduction strategies including:

- Awareness, recognition & avoidance
- Physical defense techniques
- Positive visualization techniques

Techniques are simple, practical and effective – designed for every woman regardless of physical fitness. This four-evening course is open to women of all ages. Dress in sneakers and comfortable clothing. *No prior experience is necessary.

NEW**Diabetes & Weight
Management Program**

FRI. May 8 – June 26 (11 a.m. – 12 p.m.)

*No class on May 22.*University Medical Center at Princeton
Medical Arts Building, Suite B
253 Witherspoon Street, Princeton**\$160 per person. Please call 609.497.4372
to register. Registration is limited.**

This eight-week program is designed to help you improve your glucose control and achieve a healthy weight-loss. This program includes:

- One individual session for a nutritional evaluation and personalized plan
- Seven group sessions, which include lifestyle and behavioral approach methods
- Guest speakers on stress management and exercise
- Healthy eating for diabetes; recipes; and carbohydrate- and calorie-counting books
- Raffles

This program will be facilitated by Sandra Byer-Lubin, RD, CDE, a registered dietitian and certified diabetes educator with UMCP's Diabetes Management Program.

**Osteoporosis:
How to Stay One Step Ahead**

TUE. May 12 (7 – 8:30 p.m.)

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

As little as 20 years ago, osteoporosis was a disease of little concern. Today, this "silent crippler" is a household name. In the United States today, out of the 10 million people who suffer from osteoporosis, 8 million are women,

and one out of every six women will suffer a hip fracture during her lifetime. Michael J. Froncek, MD, will discuss some of the most current information on the nature, causes, and best prevention and treatment options of osteoporosis. Dr. Froncek is University Medical Center at Princeton's Chief of Rheumatology. This program is part of the *Meredith Maher Peterson Memorial Lecture Series*.

**FORE! How to Get
Your Golf Game
in Shape This Season!**

TUE. May 12 (6:30 – 8 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch

Suite 100, Conference Rooms A & B

Did you know your mind and body are the most important golf tools you have? If they are not working correctly, your swing will be off, your game will be inconsistent and your frustration level high. Christopher Blessing, MPT, OCS, CSCS and MS in exercise physiology with UMCP's Outpatient Rehabilitation Network, will discuss and demonstrate how you can maximize your game. Topics include:

- The components and phases of the golf swing
- Strength, conditioning, warm-up and flexibility exercises for the golfer
- Research regarding effectiveness of golf-specific exercise programs
- Mental imagery and its effect on performance

This will be an active class. Please wear sneakers and dress in comfortable clothing suitable for exercising.

**Summer Health & Safety Day**

SAT. May 16 (10 a.m. – 12:30 p.m.)

Prudential Fox & Roach Real Estate
253 Nassau Street, Princeton**No registration required.**

Princeton HealthCare System is pleased to partner with Prudential Fox & Roach Real Estate to present this fun-filled and informative health education and safety day. PHCS health professionals will provide health information and screenings, including:

- Blood pressure checks
- Ask the MD and the RD
- Information on UMCP's outpatient services, including: Cardiac & Pulmonary Rehabilitation, Diabetes Management and Outpatient Rehabilitation Network
- Plus, kids' crafts & raffles!

Meet members of The Auxiliary of University Medical Center at Princeton and learn more about PHCS' commitment to remain a leader in providing exceptional clinical care through a variety of volunteer and community outreach programs.

**Overcoming Obesity:
Bariatric & Cosmetic Surgery**

SAT. May 16 (11 a.m. – 1 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

Discover how bariatric surgery can help you overcome severe obesity and the damaging health effects of being overweight, such as: diabetes, high blood pressure, sleep apnea, and infertility. Robert E. Brolin, MD, FACS, board certified bariatric surgeon and former president of the American Society for Bariatric Surgery, and Wai-Yip Chau, MD, board certified bariatric surgeon, will answer your questions about the surgery and also will discuss the laparoscopic banding procedure. University Medical Center at Princeton is a Bariatric Surgery Center of Excellence.

Please Give Blood

You can help to save a life by giving blood at the Blood Donor Program of University Medical Center at Princeton. As a sign of appreciation, Princeton-based Thomas Sweet Ice Cream is offering "A Pint for A Pint," and everyone who donates will receive a certificate for a free pint of Thomas Sweet ice cream. **For hours, or to schedule your appointment, call 609.497.4366.**

CURRENT PROGRAMS

Diabetes: What Is My Risk?

TUE. May 26 (6:30 – 8:30 p.m.)

Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

With nearly 21 million Americans estimated to have diabetes – and nearly one-third unaware they have the disease – it is important to know what you can do to reduce your risk of developing diabetes. Join us for an informative session with Nancy L. Rhodes, RN, MA, CDE, a certified diabetes educator with University Medical Center at Princeton's Diabetes Management Program, who will discuss:

- Risk factors for developing diabetes
- How to significantly reduce your risk
- How to reduce associated complications for those with known diabetes

"Bone" Appétit: Nutrition & Your Bone Health

THU. May 28 (7 – 8:30 p.m.)

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

How we eat can make or break the health of our bones. We hear a lot about getting enough calcium and vitamin D in our diet, but research suggests that many other nutrients are beneficial for bone health

– while some nutrients and other components of our food have potentially adverse effects on our bone health. Pamela Bove, RD, a registered dietitian with University Medical Center at Princeton's Nutrition Program, will discuss how these nutrients and other food components in our diets impact our bone health, as well as the recommended daily amounts and dietary sources of these nutrients.

**Safe Sitter**

THU. & FRI. June 25 & 26

(9 a.m. – 3 p.m.)

Community Education & Outreach
at 731 Alexander Road**\$65 per child**

This two-day class teaches adolescents, ages 11-13, how to be safe babysitters. It aims to provide the skills needed to ensure that Safe Sitter babysitters can keep the children in their care out of harm's way while their parents are away. By completing this training, sitters emerge as more confident, responsible and compassionate teens and adults. The Safe Sitter instruction focuses on a variety of knowledge essential to being a babysitter, including:

- Safe and nurturing childcare techniques
- Rescue skills
- Basic first aid

Sitters should bring their own lunch.

radKIDS®

MON. – FRI. June 29 – July 3

5 – 7 year olds: 9:30 – 11:30 a.m.

8 – 12 year olds: 12:30 – 2:30 p.m.

Community Education & Outreach at the Hamilton Area YMCA John K. Rafferty Branch Suite 100, Conference Rooms A & B

\$25 per child

Princeton HealthCare System is pleased to present radKIDS®, a national program designed to provide children with hope, options and practical skills to recognize, avoid and, if necessary, escape violence and abuse. radKIDS® is a five-session, activity-based program that includes lectures, safety drills, muscle-memory exercises and physical defense techniques. Topics include:

- Home, school and vehicle safety
- Out-and-about safety
- Realistic defense against abduction
- Good/bad/uncomfortable touch
- Stranger tricks
- Self-realization of personal power



CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

University Medical Center at Princeton, which has ranked by HealthGrades among the top 5 percent of hospitals in the nation for maternity services for three years in a row, is pleased to offer a variety of programs related to childbirth and family issues. Call **1.888.897.8979** or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Maternity Tour

SAT. May 2 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

SAT. May 16 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)

SAT. May 30 (10 – 11 a.m. or 11:30 a.m. – 12:30 p.m.)

SAT. June 13 (12 – 1 p.m. or 1:30 – 2:30 p.m.)

SAT. June 27 (10 – 11 a.m. or 11:30 a.m. – 12:30 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 Maternal-Child Health Program, which includes a look at the nursery and maternity rooms. A tour is included in all Childbirth Preparation classes.

Sibling Class

SAT. May 2 (10 – 11:30 a.m.)

SAT. June 13 (10 – 11:30 a.m.)

University Medical Center at Princeton
Main Lobby**\$30 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 3 to 8 years. Parents are expected to attend the course with their child and are not charged an additional fee.



CHILD BIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

OPTIONS FOR BIRTHING

Princeton HealthCare System offers a variety of childbirth preparation classes to help prepare expectant parents for labor and delivery. Choose the series that is right for you.

Accelerated Birthing Basics

SAT. May 2 (9 a.m. – 5 p.m.)
SAT. May 30 (9 a.m. – 5 p.m.)
SAT. June 20 (9 a.m. – 5 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$155 per couple

This 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, medical interventions and comfort measures to promote a positive birth experience.

HypnoBirthing®

WED. May 6 – June 3 (6:30 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$195 per couple

This five-week class is designed for expectant couples who have a desire to learn deeper methods of relaxation for birthing to help eliminate the fear that causes tension and pain. Parents will learn how to prepare the mind and body for birth through self-hypnosis, comfort measures, breathing techniques and relaxation, plus how the body and baby work as one. Please bring an exercise mat and two pillows.

Birthing Basics

WED. May 6 – 27 (7 – 9 p.m.)
MON. June 8 – 29 (7 – 9 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

TUE. May 19 – June 9 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

THU. June 25 – July 16 (7 – 9 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$120 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.

Lamaze Class

THU. May 7 – 28 (7 – 9 p.m.)
Community Education & Outreach at
731 Alexander Road

\$120 per couple

This four-week class teaches expectant parents about the Lamaze philosophy of childbirth – that women can trust their body to birth their baby naturally and without intervention. Couples will learn a variety of Lamaze techniques that support the natural birthing process. This class will be taught by a certified Lamaze childbirth educator.

Review of Birthing Basics

FRI. May 8 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$60 per couple

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

Private childbirth and family classes are available upon request for those with special medical considerations.

Fees for private classes vary. Please call Debbie Millar at 609.897.8982 for additional information or to schedule your private class.

**Prenatal Exercise**

MON. May 4 – June 15 (7 – 8 p.m.)
No class on May 25.
Community Education & Outreach at
731 Alexander Road

\$95 per person

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

**Prenatal Breastfeeding Class**

MON. May 4 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

TUE. June 2 (7 – 9:30 p.m.)
Community Education & Outreach at
731 Alexander Road

\$45 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.

Daddy Boot Camp™

SAT. May 9 (9 a.m. – 12 p.m.)
Community Education & Outreach at
731 Alexander Road

SAT. June 6 (9 a.m. – 12 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$25 per person

This "men only" course is designed for fathers-to-be to gain knowledge in parenting skills such as diapering, swaddling and feeding, and to develop hands-on skills for caring for their newborns. Taught by a certified male instructor, Daddy Boot Camp™ offers a fun environment for fathers-to-be and new dads to develop parenting skills. Feel comfortable, ask questions and express your concerns and joys about fatherhood.

CHILDBIRTH & FAMILY

PRENATAL CLASSES & PREPARING FOR BABY'S ARRIVAL

Car Seat Check Events

TUE. May 12 (11:30 a.m. – 1:30 p.m.)
Mercer County Library System – Hopewell Branch
245 Pennington-Titusville Road, Pennington

SAT. May 16 (10 a.m. – 1 p.m.)
Mercer County Library System – Robbinsville Branch
42 Allentown-Robbinsville Road, Robbinsville

No registration required. Please bring your car manual and car seat instructions.

Approximately 90 percent of car seats are not installed correctly or are misused. Is yours one of them? Have a certified child passenger safety technician check your child's car seat!

Baby Care

THU. May 21 (7 – 9:30 p.m.)
THU. June 18 (7 – 9:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3



\$45 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.

Prenatal Nutrition

SAT. June 13 (10 a.m. – 12 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$30 per person

Sabina Beesley MS, RD, a registered dietitian with UMCP's Nutrition Program, and mother of two, will teach expectant couples proper nutrition for the pregnant mom through all gestational stages. Topics include:

- Minimizing weight gain during pregnancy
- Foods to avoid when pregnant
- Postpartum nutrition
- Special nutritional concerns for breastfeeding moms

A cooking demonstration also will be included in this lecture.

Car Seat Safety Checks

Call 1.888.897.8979 for an appointment and locations. 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! If you are expecting, please schedule your appointment at least one month prior to your due date.

CHILDBIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

University Medical Center at Princeton, which has ranked by HealthGrades among the top 5 percent of hospitals in the nation for maternity services for three years in a row, is pleased to offer a variety of programs related to childbirth and family issues. Call 1.888.897.8979 or visit www.princetonhcs.org/calendar to register for childbirth and family classes.

Bright Beginnings (birth to 6 months)

Wednesdays (10:30 – 11:30 a.m.)
No class on June 17.
Community Education & Outreach at
731 Alexander Road

\$5 per session, payable at the 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 parents, 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.



Postpartum Adjustment Support Group

Thursdays (11 a.m. – 12 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2, East Windsor

No registration required.

Having a new baby is a time of great joy, but also one that can bring about uncertainty and confusion. Join healthcare professionals from Princeton HealthCare System as they help you explore the challenges of becoming a new parent in a relaxed, friendly atmosphere. Mothers are welcome to attend with their infants.

Postpartum Exercise

TUE. & THU. May 12 – June 18 (10:30 – 11:30 a.m.)
Community Education & Outreach at 731 Alexander Road

\$140 per person

This six-week 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 babies (6 weeks to crawling). Medical clearance from a healthcare professional is required. Please bring a large towel or mat for floor exercises and water for hydration.

Breastfeeding Support Group

Fridays (11 a.m. – 12 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2, East Windsor

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.

CHILD BIRTH & FAMILY

POSTPARTUM, PARENTING & CHILD-REARING CLASSES

Baby Sign

FRI. May 29 (9:30 – 11:30 a.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$25 per family

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

Doctor Dad Workshop

SAT. June 27
(9 a.m. – 12 p.m.)
Community
Education &
Outreach at 731 Alexander Road

\$35 per person

The Doctor Dad Workshop is designed to enhance a father's parenting skills in caring for the health and well-being of his infant or toddler. Dads learn basic "well child" and "sick child" health knowledge:

- The well child discussion will provide information on temperament, crying, immunizations and nutrition.
- The sick child discussion will provide information on fever, dehydration, the common cold, and how to take a temperature.

This workshop will be led by a health educator from Princeton HealthCare System and a certified Doctor Dad instructor.

**Infant Massage**

TUE. June 9 (9:30 – 11:30 a.m.)
Community Education & Outreach at the
Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$30 per family

The benefits of infant massage are numerous – it stimulates baby's brain, relieves discomfort and colic, enhances neurological development, aids in sleep, tones muscles and promotes growth, strengthens the immune system, increases circulation and more! Learn about the principles of infant massage with your baby. This class involves in-class practice of massage techniques. Please bring sunflower oil, a blanket for baby and an exercise mat or large towel to class. Please test the sunflower oil on your child for allergies before coming to class. Infants who have received immunizations should not attend this class until at least one week after their most recent injection. Medical clearance from a healthcare professional is required.

CPR & FIRST AID

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

BLS for Healthcare Providers

FRI. May 1 (9 a.m. – 1:30 p.m.)
TUE. June 2 (9 a.m. – 1:30 p.m.)
WED. June 17 (6 – 10:30 p.m.)
Community Education & Outreach
at the Hamilton Area YMCA
John K. Rafferty Branch
Suite 100, Conference Rooms A & B

TUE. May 5 (9 a.m. – 1:30 p.m.)
FRI. May 29 (9 a.m. – 1:30 p.m.)
TUE. June 23 (9 a.m. – 1:30 p.m.)
Community Education & Outreach at 731 Alexander Road

FRI. May 15 (6 – 10:30 p.m.)
Princeton House Behavioral Health – Conference Center
905 Herrontown Road, Princeton

WED. June 10 (6 – 10:30 p.m.)
University Medical Center at Princeton
Lambert House, Classroom 3

\$65 per person

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

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

SAT. May 2 (9:30 – 11:30 a.m.)
SAT. June 20 (12:30 – 2:30 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SAT. June 13 (12:30 – 2:30 p.m.)
Community Education & Outreach at 731 Alexander Road

\$30 per person

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

Heartsaver AED

SAT. May 2 (9 a.m. – 12 p.m.)
Community Education & Outreach at 731 Alexander Road

THU. May 14 (6 – 9 p.m.)
Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

\$60 per person

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

Pet First Aid

FRI. May 8 (6 – 9 p.m.)

Community Education & Outreach at 731 Alexander Road

TUE. May 19 (6 – 9 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B**\$40 per person**

The Pet First Aid course, designed by the American Safety & Health Institute (ASHI), teaches participants how to give immediate care to an injured or suddenly ill pet until veterinary care is available. Basic emergency care, CPR, common illnesses and medical emergencies will be covered. This program will focus on first aid for dogs and cats; however, first aid applications for most pets are similar.

Heartsaver First Aid – Pediatric

SAT. May 9 (12:30 – 3 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SAT. May 16 (12:30 – 3 p.m.)

Community Education & Outreach at 731 Alexander Road

\$55 per person

The Heartsaver Pediatric First Aid course teaches how to manage illness and injuries in a child in the first few minutes until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. Heartsaver Pediatric First Aid is designed for those involved in childcare who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

Family & Friends CPR – Infant

SAT. May 9 (9:30 – 11:30 a.m.)

SAT. June 20 (9:30 – 11:30 a.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B

SAT. May 16 (9:30 – 11:30 a.m.)

SAT. June 13 (9:30 – 11:30 a.m.)

Community Education & Outreach at 731 Alexander Road

\$30 per person

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

Heartsaver First Aid

TUE. June 16 (6 – 9:30 p.m.)

Community Education & Outreach at 731 Alexander Road

WED. June 24 (6 – 9:30 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B**\$55 per person**

The Heartsaver First Aid course teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general first aid principles, medical emergencies and injury emergencies in adults. Heartsaver First Aid is designed for those involved in child care who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. This course includes a written test. Participants will receive a course completion card.

BLS for Healthcare Providers – Renewal Challenge

WED. June 17 (10 – 11 a.m.)

Community Education & Outreach at 731 Alexander Road

\$25 per person

The Renewal Challenge is designed for healthcare providers who are currently certified and require renewal. The registrant MUST:

- Present an original, valid and current AHA BLS for Healthcare Providers CPR certification card.
- Arrive on time. Your appointment and deposit will be forfeited if you are more than 15 minutes late.
- Be able to perform ALL skills on the first attempt. No pre-skills demonstration or remediation will be permitted.
- Receive a score of 85 percent or better on the first attempt at the AHA BLS for Healthcare Providers exam. No second attempt is permitted.

If a participant fails the skills and/or exam, he or she will be required to take the full AHA BLS for Healthcare Providers course. Fees may apply. No second attempt at a challenge course will be permitted.

Family & Friends CPR – Adult, Child & Infant

SAT. June 27 (9:30 a.m. – 12:30 p.m.)

Community Education & Outreach at the
Hamilton Area YMCA John K. Rafferty Branch
Suite 100, Conference Rooms A & B**\$30 per person**

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

RCP para Familiares y Amigos – Adultos, Niños y en Lactantes

SÁBADO, 27 de Junio

(9:30 a.m. – 12:30 p.m.)

Hamilton YMCA John K. Rafferty Branch

\$30 por persona

¡Clases disponibles en español! En el programa RCP para Familiares y Amigos (Family & Friends CPR) aprenderá cómo dar la resucitación cardiopulmonar a adultos y niños y cómo ayudar a un adulto o niño que se esté asfixiando. Este curso está diseñado para familias, amigos y personas en general que viven en la comunidad que desean aprender cómo dar la resucitación cardiopulmonar, pero no necesitan tener certificado.



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

EVENTS FOR EMERGENCY MEDICAL TECHNICIANS

Princeton HealthCare System is proud to offer training and continuing education designed exclusively for area EMTs. Online registration is not available for this event. Please call **1.888.897.8979** to register.

EMT Core 13

THU. – SUN. June 25 – 28

Participants must attend all four sessions.

June 25 & 26 (7 – 11 p.m.)

June 27 & 28 (9 a.m. – 5 p.m.)

Montgomery EMS

8 Harlingen Road, Belle Mead

Registration required. \$100 per person. FREE for EMTs with a training fund certificate. Checks should be made payable to First Response Training.

Core 13 class is a refresher training program that follows the National Standard Curriculum guidelines. Core lessons include:

- Preparation
- Patient assessment
- Trauma
- Airway management
- Medical/behavioral emergencies
- Obstetrics, infants and children

This class will be led by instructors from First Response Training and has been approved for 24 CORE CEUs.

CANCER PROGRAMS, SCREENINGS & SUPPORT GROUPS

The Cancer Program at University Medical Center at Princeton, a Clinical Research Affiliate of The Cancer Institute of New Jersey (CINJ) and an approved program of the American College of Surgeons' Commission on Cancer, is pleased to offer support groups, lectures and screenings. For further information, please contact the UMCP Cancer Program at **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.

Skin Cancer Screening

THU. May 7 (5:45 – 7:45 p.m.)

University Medical Center at Princeton

Medical Arts Building, Suite B

253 Witherspoon Street, Princeton

Free skin cancer screenings are being offered in observance of Melanoma/Skin Cancer Detection and Prevention Month (May)!

This event is part of a public service program offered nationally that has screened nearly 1.7 million people and detected more than 170,000 suspicious lesions, including more than 20,000 suspected melanomas. Registration is required for this event. Please call 1.888.897.8979 to make an appointment.

Cancer Support Group

TUE. May 19 (1:30 – 3 p.m.)

TUE. June 16 (1:30 – 3 p.m.)

Monroe Township

Senior Center

One Municipal Plaza

Monroe Township

WED. May 27 (6 – 7:30 p.m.)

WED. June 24 (6 – 7:30 p.m.)

University Medical Center at Princeton

Main Lobby

No registration required. Walk-ins welcome.

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. Topics discussed include:

- Coping with the emotional impact of cancer
- Communicating effectively with your healthcare team
- Adjusting to changes during and after treatment
- Maintaining healthy relationships both personally and professionally
- Managing concerns about recurrence

This program is facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.



Breast Cancer Support Group

TUE. May 19 (6 – 7:30 p.m.)

TUE. June 16 (6 – 7:30 p.m.)

UMCP Breast Health Center

East Windsor Medical Commons 2

300B Princeton-Hightstown Road

East Windsor

No registration required.

This newly formed Breast Cancer Support Group will meet the third Tuesday of the month. We welcome breast cancer patients in all phases of their journey to attend, along with their family members and/or caregivers. Share experiences and triumphs, solutions for coping with treatment side effects, effective communication with your healthcare team, and concerns about recurrence in a supportive and problem-solving environment. This support group is co-facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey, and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

Head & Neck Cancer Support Group: A Support Group for Head & Neck Cancer Patients and/or Their Loved Ones

WED. May 20 (11 a.m. – 12 p.m.)

WED. June 17 (11 a.m. – 12 p.m.)

Medical Society of New Jersey

2 Princess Road, Lawrenceville

Registration preferred.

Please call the American Cancer Society at 732.951.6303.

Princeton HealthCare System is pleased to partner with the American Cancer Society to provide the newly formed Head & Neck Cancer Support Group of Central Jersey. This support group will meet the third Wednesday of the month and will provide:

- Encouragement for fellow members
- A safe setting for sharing concerns and problems related to life after laryngeal cancer
- Education on laryngectomy issues
- A social outlet for laryngectomy patients, their families and loved ones

This support group is co-facilitated by Amy Heffern, MS, CCC, SLP, Speech Pathologist; Karen Sherman, Director of Patient Family Services, American Cancer Society; and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

**CANCER PROGRAMS, SCREENINGS
& SUPPORT GROUPS**

Prostate Cancer Support Group

Community Education & Outreach at 731 Alexander Road

No registration required.

This support group, which has been in existence since 1991, welcomes those with prostate cancer, their loved ones and family members to attend. Meetings take place the fourth Wednesday of the month. Meeting format alternates each month between lectures by Princeton HealthCare System physicians and health professionals and open discussion. Programs are facilitated by Lois Glasser, LCSW, Oncology Social Worker, CancerCare of New Jersey.

WED. May 27 (12 – 1:30 p.m.)

Join us for *The Role of Hormonal Therapy in the Treatment of Prostate Cancer*, presented by Robert M. Cardinale, MD, board certified radiation oncologist and a member of the Medical Staff of Princeton HealthCare System. Dr. Cardinale will discuss the role of androgen suppression in the up-front treatment of prostate cancer and the combination of hormonal therapy with radiation treatment. There will be a discussion of the various options for androgen suppression, followed by a question-and-answer session.

WED. June 24 (12 – 1:30 p.m.)

Join us for an open discussion co-facilitated by Lois Glasser and Karen Rust, RN, BSN, OCN, UMCP Cancer Outreach Coordinator.

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

MON. June 29 (6:30 – 8:30 p.m.)
UMCP Breast Health Center
300B Princeton-Hightstown Road
East Windsor Medical Commons 2
East Windsor

Free. Registration required.

Please call 1.800.227.2345.

Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence.

This program teaches patients with cancer a variety of beauty techniques that help combat the appearance-related side effects of cancer treatment. It's a make-over for the spirit! Beauty techniques will be demonstrated.



SUPPORT GROUPS



**UNITE: Perinatal Loss
Bereavement Support Group**

MON. May 4 (7 – 9 p.m.)
MON. June 1 (7 – 9 p.m.)
Princeton House Behavioral Health –
Conference Center
905 Herrontown Road, Princeton

No registration required.

Walk-ins welcome.

This group provides peer-to-peer support for people who have experienced miscarriage, stillbirth and early infant death. Meetings are held the first Monday of every month.

Diabetes Support Group

WED. May 20 (2:30 – 4 p.m.)
WED. June 17 (2:30 – 4 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

MON. May 25 (6:30 – 8 p.m.)
MON. June 22 (6:30 – 8 p.m.)
University Medical Center at Princeton
Diabetes Management Program
Medical Arts Building, Suite B

No registration required. Please call 609.497.4372 for information.

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

**HOPEWELL TOWNSHIP
EVENT FOR SENIORS**

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

Nutrition Concerns for Older Adults: Choose Foods that Work for You!

TUE. May 12 (10 – 11 a.m.)
Hopewell Township Municipal Building – Auditorium
201 Washington Crossing-Pennington Road, Titusville

Registration required. Please call 1.888.897.8979.

Sabina Beesley, MS, RD, a registered dietitian with UMCP's Nutrition Program, will discuss how making simple changes in your diet can improve your overall health and lower your risk for cardiovascular disease.



**MONROE TOWNSHIP
EVENTS FOR SENIORS**

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

Women's Health: Current Treatment Options for Pelvic Floor Disorders

WED. May 20 (2 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Registration will begin after April 20.
Please call 732.521.6111 to register.

Uterine prolapse, bladder control problems and other urinary and gynecologic disorders are frequently troublesome to women, causing disruption in their lives. Heather van Raalte, MD, fellowship trained in urogynecology and a member of the Medical Staff of Princeton HealthCare System, will address these common problems, discuss treatment options and answer your questions.



Breaking the Pain Cycle: But How Can I Exercise if I'm in Pain?

TUE. June 16 (1:30 – 3 p.m.)
Monroe Township Senior Center
One Municipal Plaza, Monroe Township

Registration will begin after May 16.
Please call 732.521.6111 to register.

Armed with an understanding of the mechanism and medical management of pain, you will be in a better position to break the pain cycle with exercise. If you are not exercising, let us show you how to get started. For those who have begun an exercise plan, let us help you to capitalize on it! Perry Herman, MD, FAAP, board certified in physical medicine and rehabilitation, and Jim McCracken, PT, CEES, Physical Therapist and Outpatient Rehabilitation Coordinator with UMCP's Outpatient Rehabilitation Network, will discuss the types of exercise that are beneficial for a variety of pain conditions and will answer your questions about improving your quality of life in the face of chronic pain.

**MONTGOMERY TOWNSHIP
EVENT FOR SENIORS**

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



Surprise Game Show & Brown Bag Session: Fun with the Pharmacist

WED. May 27 (10:45 – 11:45 a.m.)
Montgomery Township Senior Center
356 Skillman Road, Skillman

Please call 609.466.0846 to register.

Test your medication "IQ" with Pharmacy Jeopardy – the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Your health professional for the day will be Cynthia De Piano, PharmD, Clinical Pharmacist with University Medical Center at Princeton, and Clinical Assistant Professor at the Ernest Mario School of Pharmacy at Rutgers – The State University of New Jersey. Participants are encouraged to bring their medications or a list of their medications, including any over-the-counter drugs, to review with the pharmacist.

SAVE THIS DATE

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

→ **Respiratory Emergencies for EMTs (July 8)**

**PHCS SALUTES READER'S
SURVEY DRAWING WINNERS**

Congratulations to the winners of the 2009 Health Focus reader's survey contest, each of whom received a \$100 Visa gift card as part of our random drawing.

Princeton HealthCare System thanks all of the respondents who took the time to give us their input on the magazine; your comments and suggestions are greatly appreciated and will help us better meet the health information needs of you and your family.

\$250,000 Donation Honors Loyal PHCS and Community Philanthropist

The Princeton HealthCare System Foundation recently received a gift of \$250,000 from the The Bunbury Company, Inc., a local grant-making foundation, in honor of Charles (Charlie) C. Townsend, Jr.

Mr. Townsend and his wife, Daphne (*pictured*), have been loyal supporters of Princeton HealthCare System for many years. In addition to their generous gifts and patronage at events sponsored by The Auxiliary of University Medical Center at Princeton, they both have served with distinction as volunteers. Mrs. Townsend has given more than 2,800 hours as a volunteer. Mr. Townsend currently serves as the Chairman of the Principal Gifts Committee for the *Design for Healing* Capital Campaign and has served on the Boards of both PHCS and the PHCS Foundation. Over the years, he has also devoted countless hours to his work for the Committee on Religious Ministries, which oversees the Chaplaincy Program at PHCS.

Mr. Townsend has set an example of community leadership in giving of his time and resources to many philanthropic endeavors in the Princeton community, including support of The Bunbury Company and

its mission. In recognition of his service, and of the generosity of The Bunbury Company's gift, the Board of Directors of the Princeton HealthCare System Foundation recently resolved to name the Archway/Foyer of the Chapel in the new University Medical Center of Princeton at Plainsboro in Mr. Townsend's honor. The Archway/Foyer will be a dramatic space on the walkway between the clinic and the main entrance of the Chapel and will incorporate historic elements from the current Chapel.

For information about the *Design for Healing* campaign, call **609.497.4190**, or visit **www.princetonhcs.org/designforhealing**.

For more details about the new University Medical Center of Princeton at Plainsboro, visit **www.newhospitalproject.org**.



The Campaign for the University Medical Center of Princeton

Design for healing

UMCP to Open New Wound Center in Spring 2009

Every year, chronic wounds caused by diabetes, poor circulation and related conditions keep as many as 5 million Americans from enjoying life. To help individuals suffering from these and other non-healing wounds, University Medical Center at Princeton will open The Center for Wound Healing in Spring 2009.

Located at 281 Witherspoon Street on the hospital campus, The Center for Wound Healing at UMCP will offer a comprehensive approach to wound healing, using proven wound care practices and advanced clinical approaches, including hyperbaric oxygen therapy, in a state-of-the-art facility.

The Center's multi-disciplinary healthcare team includes physicians with advanced training in wound management, as well as nurses skilled in chronic wound care treatment. These innovative techniques have been found to achieve some of the best healing rates and fastest healing times in the nation.



For more information about The Center for Wound Healing at University Medical Center at Princeton, call **1.888.PHCS4YOU (1.888.742.7496)**.



Princeton HealthCare System

253 Witherspoon Street | Princeton, NJ 08540

NONPROFIT
U.S. POSTAGE
PAID
UMCP

For help with finding a
physician, call **1.888.PHCS4YOU**
(1.888.742.7496)

UMCP Joins Forces with CancerCare to Expand Support Offerings

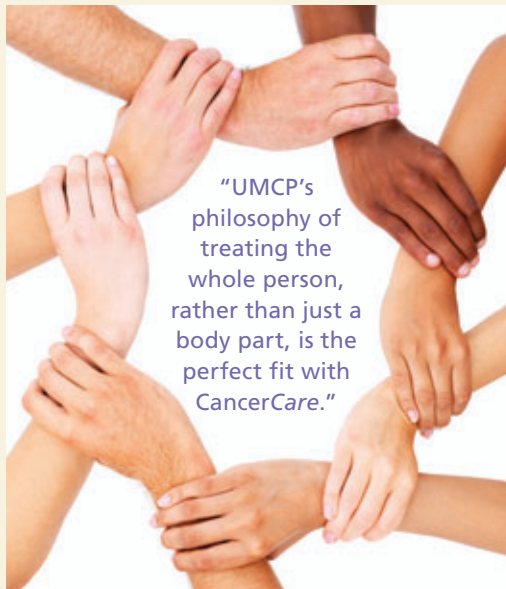
An ongoing collaboration between University Medical Center at Princeton and CancerCare of New Jersey is providing patients with cancer and their loved ones with the support and guidance they need to improve their quality of life.

Two general cancer support groups, as well as a group focusing on breast cancer and one focusing on prostate cancer, meet regularly at convenient locations, combining educational information and emotional support.

“We are committed to helping patients and their families on several levels,” says Lois Glasser, LCSW, an oncology social worker at CancerCare of New Jersey. “We help them cope with the emotional impact of cancer, work with them on effectively communicating with their healthcare team, help them manage their concerns about a possible recurrence, and work with them to maintain healthy relationships in both their personal and their professional lives.”

Peter I. Yi, MD, board certified medical oncologist on staff with Princeton HealthCare System, says he strongly recommends that patients with cancer consider attending a support group for several reasons.

“Many studies show that patients who participate in support groups live longer and feel better than those who do not take advantage of these groups,” Dr. Yi explains. “Patients and their families learn to understand the disease through these groups, and together they provide a team approach to working through the stages of dealing with the disease. Also, these groups offer great opportunities for patients to hear about others’ experiences and realize they are not alone, and that what they are feeling is natural and can be overcome.”



“UMCP’s philosophy of treating the whole person, rather than just a body part, is the perfect fit with CancerCare.”

Any time you can tackle something as a team, it is much easier to handle.”

“Princeton’s overall philosophy of treating the whole person, rather than just a body part, is the perfect fit with CancerCare, since our approach is to address both physical and emotional concerns together,” adds Glasser. “We are proud to be working with the medical center to improve the quality of life for cancer patients and their families.”

UMCP cancer support groups are free and open to all cancer survivors and their loved ones. Upcoming support group dates and locations can be found on pages 16 and 17 in this issue or

online at www.princetonhcs.org/calendar.

University Medical Center at Princeton is an accredited oncology teaching program of the American College of Surgeons’ Commission on Cancer and a Clinical Research Affiliate of The Cancer Institute of New Jersey.

For more information about UMCP’s Cancer Program or for assistance finding an oncologist affiliated with Princeton HealthCare System, call **1.888.PHCS4YOU (1.888.742.7496)** or visit **www.princetonhcs.org**.