SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

COMMUNITY CALENDAR DECEMBER 2013

Bloodless Medicine and Surgery

To meet the religious, medical and personal beliefs of patients who opt not to have transfusions, Saint Peter's University Hospital has launched a bloodless medicine program. Patient blood management is a hospital-wide effort. A healthcare team of physicians, nurses, pathologists, pharmacists, dietitians and support staff works to assess and address each patient's blood management needs. Howard Lakritz, MD, chairman of Anesthesiology at Saint Peter's and a member of Anesthesia Consultants of New Jersey in Somerset, heads the program.

"It is clear that many, if not most transfusions are avoidable, resulting in better care of our patients. It is simply better medicine," says Dr. Lakritz, who directs Bloodless Medicine and Surgery at Saint Peter's.

Patients decline to receive blood or blood products during medical treatment, especially surgery, for various reasons. Some, such as Jehovah's Witnesses, object due to religious beliefs, while others do so as a result of healthcare concerns, knowledge of potential complications, or other personal convictions. As part of the blood management program, a patient preparing for surgery will have his/her blood tests evaluated by doctors at Saint Peter's. Depending on the results of the tests, they may recommend a regimen of medications and dietary supplements to ensure optimal levels of hemoglobin – the oxygen-carrying protein in red blood cells prior to elective surgery. When surgery is the recommended course of treatment, doctors then may use a variety of state-of-the-art technologies and techniques appropriate for the patient and the procedure to minimize blood loss, such as intraoperative cell salvage which calls for cleaning blood that remains in constant circulation.

Following surgery blood loss is minimized and blood production enhanced through medication and nutrition therapy as well as technology. Blood also can be collected postoperatively from the patient and processed without leaving the patient's body. Patients who opt to have bloodless treatment meet with Marcie Colon, LCSW, coordinator of Saint Peter's Bloodless Medicine and Surgery Program.

Marcie Colon, LCSW

"My first responsibility is to learn and understand what our patients want and to follow through to make sure we respect their wants and wishes, so I meet with patients, and often also with their families," says Colon. "I then work with the medical team and all support services to ensure that we do fulfill our patients' requests and wishes."

Should a patient need to be transferred from Saint Peter's, Colon works to find a facility that will carry out treatment without the use of blood products.

While religious conviction can be the driving force behind the desire for bloodless medicine, other patients choose the option because they are uncomfortable or concerned about the use of blood products. While transfusions today are believed to be safer than ever, there are always risks. A bloodless program reduces exposure to a variety of risk factors and minimizes blood loss with improved medical and surgical techniques and interventions. There is evidence that patients who avoid transfusions have:

- fewer complications
- faster recoveries and shorter hospital stays
- Lower rates of the most serious post-operative complications, including heart attack, stroke, and infections
- Decreased risk of immunological complications and allergic reactions
- Less exposure to blood-borne viruses and infections
- No risk of receiving the wrong blood type

Future Bloodless Medicine

The rationale for giving blood transfusions has always been to maintain a certain level of hemoglobin in your blood. Hemoglobin is a component of red blood cells, and it is responsible for carrying oxygen throughout your body. Low hemoglobin levels translate to less oxygen being delivered to the body's tissues and organs. This has been thought to increase the risk of infection, slowing the body's ability to heal, causing tissue and organ damage.

Current medical research is focused on reexamining the threshold level of hemoglobin necessary for good health and healing as some studies suggest that patients can do well when experiencing lower hemoglobin levels than previously believed safe.

"While bloodless surgery and medicine will serve the needs of those who refuse blood transfusions, transforming the approach to transfusions will benefit the entire hospital community," Dr. Lakritz says. "While this clearly started first with Jehovah's Witnesses, the long term goal is to make rational blood management the standard practice of medicine."

Howard Lakritz, MD

Visit saintpetershcs.com/Bloodless Medicine to learn more about the technology and the medical and nutritional therapy that support bloodless medicine at Saint Peter's. Call Marcie Colon at 732-339-7869 if you have any questions about the Bloodless Medicine and Surgery Program at Saint Peter's.

A LISTING OF PROGRAMS OFFERED THIS MONTH CAN BE FOUND ON THE REVERSE SIDE.

NEED A DOCTOR? TO FIND A SAINT PETER'S PHYSICIAN, CALL 1-855-SP-MY-DOC (1-855-776-9362).

COMMUNITY CALENDAR

DECEMBER 2013

All programs are designed for community members and are held at Saint Peter's University Hospital, unless otherwise noted.
For more information or to register for a program, call the contact number listed or visit **saintpetershcs.com/newsandevents.**

SUPPORT GROUPS

Autism Family Support Group
DECEMBER 8, 3:00 PM – 5:00 PM
877-886-9462

Alzheimer's Support Group/Monroe
DECEMBER 10, 10:00 AM – 11:30 AM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Rachel Kallish, CSW
Lisa Sparaco, MSW, LSW
609-655-6853

Bariatric Surgery Support Group
DECEMBER 12, 6:00 PM – 7:00 PM
Lisa Lapinski, RD
732-745-8600, x8159

Bereavement Support Group
DECEMBER 5 & 19, 7:00 PM – 8:30 PM
732-745-8565

Bereavement Support Group
DECEMBER 3 & 17, 2:00 PM – 3:00 PM
For spouses and significant others 55 and older.
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Sean O'Brien, MSW, LSW
Lisa Sparaco, MSW, LSW
609-409-1363, option 5

Caregivers Support Group/Monroe
DECEMBER 12, 1:30 PM – 3:00 PM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Stephanie Fitzsimmons-Sexton, RN, NP
609-655-2220

SHARE Support Group
(for those who have suffered miscarriage, stillbirth or neonatal death)
DECEMBER 12, 7:00 PM – 9:00 PM
Irina Mariano-Brown, MSW, LCSW
732-745-8522

CANCER SERVICES

The **American Cancer Society** offers daily information and support to cancer patients and their families. Call **1-800-227-2345** to talk to a cancer information specialist 24-hours-a-day, seven-days-a-week or visit us online at www.cancer.org.

Breast Cancer Support Group
DECEMBER 2 & 16, 7:00 PM – 8:30 PM
Guest speaker and open discussion.
Registration required.
Cancer Institute of New Jersey
Deborah Leif, MSW, LCSW
732-235-7011

Gynecologic Cancer Support Group
DECEMBER 10, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey
732-235-6792

Latina Women with Cancer Support Group
DECEMBER 14, 10:00 AM – 1:00 PM
Sister Marie de Pazzi Conference Center
Light lunch will be served. Free, but registration requested. Sessions conducted in Spanish. Call 908-658-5400 for more information.

Living with Cancer Support Group
DECEMBER 4 & 18, 7:00 PM – 8:30 PM
Cancer Institute of New Jersey
Barbara Hale, LCSW
732-235-7557

COMMUNITY MOBILE HEALTH SERVICES

For more information about screenings and educational programs, or the CMHS **corporate flu shot** program, please call 732-745-8600, x8903.

Blood Pressure/Blood Sugar Screenings
DECEMBER 3, 10:00 AM – 11:30 AM
Housing Authority, Perth Amboy

Blood Pressure/Blood Sugar Screenings
DECEMBER 13, 4:30 PM – 10:30 PM
New Brunswick Senior

Body Mass Index Screening and Nutrition Counseling
DECEMBER 2, 11:00 AM – NOON
Raritan Senior Center, Raritan

Body Mass Index Screening and Nutrition Counseling
DECEMBER 16, 11:00 AM – NOON
Montgomery Senior Center, Montgomery

Breast Health Information NCADD Annual Young Women's Conference
DECEMBER 4, 8:00 AM – 2:00 PM
St. John Neumann Diocesan Center, Piscataway

Stroke Awareness Lecture
DECEMBER 5, 6:00 PM – 7:00 PM
Sterling Pointe Community
Residents only.

FREE COMMUNITY LECTURES

Dizziness: Causes and Care
DECEMBER 4, 3:00 PM
Presenter: Seema Dixit, DO
Regency Adult Community, Monroe Township.
Residents only.

Neuropathy - What Is It?
DECEMBER 9, 3:00 PM
Presenter: Joshua Hersh, MD
The Ponds Adult Community, Monroe Township.
Residents only.

Identifying Healthy Foods
DECEMBER 10, 1:30 PM
Presenter: Therese Wyman, RD, CDE
Concordia Adult Community, Monroe Township.
Resident only.

DIABETES EDUCATION

Children's Insulin Pump Group
DECEMBER 10, 6:30 PM – 8:30 PM
Donna Dziedzic, RN, MSN, CDE
732-745-8600, x8751. Call for more information.

Diabetes Education and Support Group
DECEMBER 4, 10:30 AM – 11:30 AM
Center for Ambulatory Resources (CARES), fourth floor conference room. Free but registration is required. Call 732-339-7630. Meets few times a year.

Diabetes Self-Management Education
HELD MONDAYS AND TUESDAYS
Registration and doctor's prescription required.
732-745-6667

Gestational Diabetes Self-Management Class
HELD WEDNESDAYS AND THURSDAYS
Registration and a doctor's prescription required.
732-745-6667

PARENT EDUCATION

For information, fees and registration, call Parent Education at 732-745-8579, unless otherwise indicated.

Baby Care
DECEMBER 2 & 9, 7:00 PM – 9:30 PM

DECEMBER 14, 12:30 PM – 4:30 PM

Breastfeeding Class
DECEMBER 14, 9:00 AM – 11:30 AM

Breastfeeding Support Group
DECEMBER 6, 1:00 PM – 2:30 PM
732-745-8600, x8820

Infant Massage
DECEMBER 6, 6:00 PM – 7:30 PM

Marvelous Multiples
DECEMBER 2, 9 & 16, 7:00 PM – 9:30 PM

New Daddy Class
DECEMBER 26, 7:00 PM – 9:00 PM

New Mom Support Group
DECEMBER 6, NOON – 1:00 PM
Light lunch will be served at noon.
Registration required.

Postnatal Yoga and Exercise Class
(four-week sessions)
HELD FRIDAYS, 6:00 PM – 7:15 PM
Registration required.

Prenatal Nutrition Class and Tour
DECEMBER 10, 7:00 PM – 8:00 PM
Registration required.
Linda Hudak, MS, RD
732-745-7930

Prenatal Yoga and Exercise Class
(four-week sessions)
HELD WEDNESDAYS AND FRIDAYS
7:00 PM – 8:30 PM
Registration required.

Prepared Childbirth Classes
MONDAYS, THURSDAYS, OR ALL-DAY SESSIONS SECOND AND FOURTH WEEKENDS
Registration required.

Sibling Class
DECEMBER 14, 12:30 PM – 1:30 PM

In partnership with Rutgers, The State University of New Jersey, Saint Peter's is participating in the New Brunswick Family Solutions Program, which offers free, confidential counseling to the families of lesbian, gay, bisexual and transgender youth.

Call **732-910-9901** for more information.

SPECIAL EVENTS

BARIATRIC WEIGHT LOSS SEMINAR
THURSDAY, DECEMBER 12
7:15 PM - 9:30 PM
For more information, and to register, call Lisa Lapinski at **732-745-8600, x8159.**

EMS EDUCATION SERIES
THURSDAY, DECEMBER 19
7:00 PM
TOPIC: WINTER EMERGENCIES
Free; refreshments served. CEU credits.
Call **908-238-3254** to register.

ANNUAL PUBLIC MEETING
THURSDAY, DECEMBER 5
3:00 PM
You are invited to the Saint Peter's University Hospital Annual Public Meeting. Hospital executives will provide information about our services, community benefit contributions, facility renovations, general quality and safety, and other information. Members of the public will have the opportunity to ask questions, share experiences, and provide feedback.

SAVE THE DATE

MARTIN LUTHER KING ANNUAL INTERFAITH CELEBRATION
WEDNESDAY, JANUARY 22
1:00 PM
Sister Marie de Pazzi Conference Center. Call **732-745-8551** for more information.

JOINT WORSHIP CELEBRATING OUR PARTNERSHIP SAINT PETER'S HEALTHCARE SYSTEM AND FIRST BAPTIST CHURCH OF LINCOLN GARDENS
SUNDAY, JANUARY 12
11:00 AM
771 Somerset Street, Franklin. Call **732-745-8551** for more information.

ANNOUNCING

Individuals who receive flu shots at Walgreens' pharmacies will also receive free health education provided by the Saint Peter's Community Mobile Health Services staff.

Central Jersey *Health and Life*, published quaterly, features stories about Saint Peter's Healthcare System. To subscribe, call 201-573-5541.

Opt-in to receive the Saint Peter's Community Calendar and other eNewsletters via email every month by visiting www.saintpetershcs.com/eNewsletter

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.

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254 Easton Avenue, New Brunswick, NJ 08901 | 732-745-8600 | 800-269-7508 | www.saintpetershcs.com

Catholic hospital sponsored by the Diocese of Metuchen | State-designated children's hospital and regional perinatal center
Regional medical campus of Drexel University College of Medicine | Affiliate of The Children's Hospital of Philadelphia