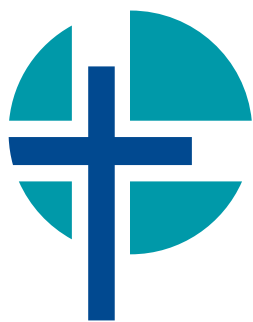


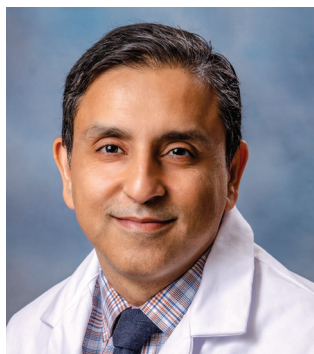
April
2021



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

COMMON COLORECTAL CONCERNS THAT SHOULDN'T BE IGNORED



Imran Saeed, MD, colorectal surgeon at Saint Peter's University Hospital, works closely with community physicians to treat conditions such as chronic constipation, diarrhea, rectoceles, hemorrhoids, fissures and fistulae, in addition to anal and colorectal malignancies. Having noticed that patients are sometimes embarrassed to seek help for their colorectal issues, Dr. Saeed wants to educate the community about three common concerns that his patients have: colorectal cancer, hemorrhoids, and fecal incontinence.

Colorectal Cancer

Colorectal cancer is cancer that occurs in the colon or rectum. According to the Centers for Disease Control and Prevention (CDC), colorectal cancer is the third leading cause of cancer-related deaths in the United States. About 90 percent of new cases of colorectal cancer occur in people who are 50 or older.

To reduce the risk of colon cancer, Dr. Saeed recommends scheduling a routine colorectal cancer screening. The American Cancer Society recommends screening beginning at age 45, but Dr. Saeed says people at higher risk for colorectal cancer may need to start screening before age 45. They may also need to be screened more often or get specific tests.

Colorectal cancer typically develops from precancerous polyps, or abnormal growths, in the colon or rectum. Through a colorectal cancer screening test, doctors can find precancerous polyps and remove them before they turn into cancer. The screening test can also discover colorectal cancer when it's in its early stages; this is when treatment is most effective.

Colorectal polyps and colorectal cancer don't always cause symptoms, which is why getting screened regularly for colorectal cancer is so important. Symptoms of colorectal cancer can be vague and include a change in bowel habits; blood in your stool; diarrhea, constipation, or feeling that the bowel does not empty all the way; abdominal pain, aches, or cramps that don't go away; and unexplained weight loss.

"Rectal bleeding should not be taken lightly," said Dr. Saeed. "A lot of people think that bleeding from the rectum indicates hemorrhoids, but it could be a more serious concern like colorectal cancer. It is important to see your doctor if you have rectal bleeding."

For patients who have colorectal cancer, Saint Peter's takes a multi-disciplinary approach to treatment. Dr. Saeed works with physicians experienced in various specialties from medical and radiation oncology to gastroenterology, pathology, and genetics, who meet on a weekly basis to develop a treatment plan that works best for each individual patient. Dr. Saeed prefers to perform robotic surgery, a minimally invasive approach for his patients. Robotic surgery is a more advanced laparoscopic surgery that allows the surgeon to make tiny incisions in the patient. The smaller incisions result in fewer infections and a better recovery.

"Cancer by itself is a scary diagnosis. Hearing people say that they trust you with their lives, and then being able to help these patients is a rewarding feeling," said Dr. Saeed. "That's the stuff that keeps you going here, helping patients."

Hemorrhoids

Hemorrhoids are formed when the veins in and around the lower rectum become swollen and irritated; this typically occurs when there is extra pressure on the veins, like during pregnancy and childbirth. The pressure of carrying a baby in the uterus puts extra stress on the blood vessels in a woman's pelvic area. Straining during birth also puts extra pressure on these blood vessels.

Although pregnancy is a cause of hemorrhoids, they are very common in both men and women; about half of all people will have hemorrhoid symptoms by age 50. Symptoms of hemorrhoids include rectal bleeding, pain and irritation around the anus, swelling around the anus and itching. Hemorrhoids can be either internal or external.



Imran Saeed, MD, (left) reviews documents with Si'ara Alston, CCMA, certified clinical assistant for the Department of Surgery (right).

At Saint Peter's, Dr. Saeed can treat 85 to 90 percent of patients with hemorrhoids through simple procedures performed in the physician's office. One of the treatment options, rubber band ligation, is a minimally invasive technique where the base of the hemorrhoid is tied with a rubber band to stop blood flow. Dr. Saeed also uses infrared photocoagulation, another procedure that can be performed in the physician's office, to alleviate the symptoms of internal hemorrhoids.

Fecal Incontinence

Another colorectal issue that Dr. Saeed treats is fecal incontinence, which is a condition that often embarrasses patients, and results in them avoiding social situations. Saint Peter's can help 90 percent of patients with simple dietary changes and conservative management.

"There are a lot of people who suffer from fecal incontinence. It's commonly considered to be a part of aging and people think they have to live with it, but I want people to understand that there are ways to fix it," said Dr. Saeed. "It's one of these embarrassing situations to talk about, but we have a lot more treatment options now so we can completely cure the problem for a lot of our patients."

For patients who don't respond to dietary changes and conservative management treatments, there is the InterStim™ procedure. InterStim technology delivers gentle stimulation to the sacral nerves in the pelvic area, restoring brain and bowel communication, and ultimately reducing symptoms. This technology, approved by the Federal Drug Administration (FDA), is an adjustable, approved treatment for fecal incontinence that can produce long-lasting results, up to an 80 percent success rate, allowing patients to resume their daily activities without the fear of embarrassment.

"It's rewarding taking care of patients and bringing them back to how they were beforehand—before they had an illness and when they were going about their daily social activities without concern—that's an amazing feeling," said Dr. Saeed.

To make an appointment with Dr. Saeed, call 732.745.8571 or visit saintpetershcs.com/colorectal.

To hear more about these common colorectal concerns from Dr. Saeed, visit the Saint Peter's Healthcare System YouTube channel at youtube.com/saintpetershcs.

Recognizing the Differences Between COVID-19 and Seasonal Allergies

With the arrival of spring, the days are getting warmer, flowers are peeking out of the ground, and people are reaching for eye drops. Allergy season is upon us in New Jersey.

“The allergy season will start typically in April but will depend on the weather. If the temperatures increase earlier, people can have their symptoms start earlier,” said Amar Bukhari, MD, chief of the Division of Pulmonary, Critical Care and Sleep Medicine at Saint Peter’s University Hospital.

Distinguishing allergy symptoms from COVID-19 symptoms can be a challenge since many of the symptoms overlap. According to the Centers for Disease Control and Prevention (CDC), overlapping symptoms of COVID-19 and allergies include cough, shortness of breath or difficulty breathing, fatigue, headache, sore throat, and congestion or runny nose.

For seasonal allergies, symptoms include sneezing and itchy or watery eyes. These symptoms may subside after using allergy medication.

Common symptoms of COVID-19 include fever and chills, muscle and body aches, new loss of taste or smell, nausea or vomiting and diarrhea. These symptoms are not present in people suffering from seasonal allergies. Allergy medications will not alleviate these symptoms.

Figuring out the differences between COVID-19 and allergy symptoms can be simple enough for adults, but more difficult in young children.

“COVID-19 symptoms are highly variable and can be very mild in children,” said Harumi Jyonouchi, MD, a pediatrician board certified in Allergy and Immunology at The Children’s Hospital at Saint Peter’s University Hospital. “Having a good knowledge of your family’s history is important.”

Dr. Jyonouchi says respiratory allergies can have an autosomal dominant inheritance pattern. This means that the allergy can be present in either the maternal or paternal side—or both.

“Allergy symptoms develop with age. An aeroallergen allergy is highly unlikely in children under 3 years of age. Presence of other symptoms like an unusual headache, gastrointestinal symptoms, and sudden loss of taste or smell are very unlikely in allergy patients,” said Dr. Jyonouchi.

Unlike COVID-19, seasonal allergies aren’t caused by a virus; instead, they are the immune system’s response to foreign substances such as pollen. Nevertheless, wearing a mask this spring can help people suffering from allergies while also protecting them from COVID-19.



“Wearing a mask should help lessen seasonal allergy symptoms because less pollen will be inhaled,” says Dr. Bukhari. “Continue to be vigilant in wearing a mask, washing your hands and distancing from others and crowds as we are not done with COVID-19.”

If you are experiencing symptoms of COVID-19, please contact your physician for medical advice.

To find a specialist at Saint Peter’s, visit saintpetershcs.com/Find-a-Doctor.

To schedule an appointment with the Division of Allergy and Immunology at The Children’s Hospital at Saint Peter’s University Hospital, please call 732.339.7780.

Community Calendar

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/Events. Most programs are **FREE** unless noted; please call for information.

Cancer Support

- Bone Marrow Transplant**
For patients who have had an allogeneic transplant
Call for information: 732.235.8522
- Breast Cancer**
Call for information: 732.235.7011
- Gynecologic Cancer**
In partnership with the Cancer Support Community Central New Jersey
Call for information: 732.235.6792
- Living with Cancer**
Call for information: 732.235.7557

Diabetes Education*

- For more information about the following classes, please call the phone numbers listed below.
- Diabetes Self-Management Education**
Call for information: 732.339.7630
- Gestational Diabetes Self-Management Education**
Call for information: 732.339.7630
- Prevent T2 Program**
Call for information and registration: 732-339-7772
- Type I Diabetes Support Group for Children and Their Families**
Call for information: 732.745.8600, x8610

Support Groups

- Bereavement**
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**
Call for information: 732.745.8600, x8113
- Spouse/Partner Caregiver**
Call for information: 732.745.8600, x8662

SHARE 3 rd Thursday of each month Next meeting: April 15 7 to 9 pm Irina Mariano-Brown, MSW, LCSW Email for Zoom link: imariano@saintpetersuh.com Call 732.745.8522 FREE	Weight Loss Seminars 3 rd Tuesday of each month Next meetings: April 20 English 12 to 1 pm Spanish 1 to 2 pm For information call 732.745.8571	MyGoal Autism Family 2 nd Sunday of each month Next meeting: April 11 3 pm Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details
--	---	---

Parent Education

Parenting classes are currently being held online. Register at saintpetershcs.com/Services/Parent-Education. Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579

Baby Care	Grandparents Class	New Mom Support Group
Birth Center Class (for moms under midwifery care)	Hypnobirthing	Prenatal Yoga & Exercise Class
Breastfeeding Class	Marvelous Multiples	Prepared Childbirth/Lamaze Classes
Breastfeeding Support Group	New Daddy Class	Sibling Class

VIRTUAL LECTURE SERIES ON ADOLESCENT & FAMILY HEALTH ISSUES

Recovery Coaches
Presented by the Woodbridge Opioid Overdose Recovery Program (WOORP)
April 7 at 6:30 PM

Successful Recovery from Addiction
Presented by The Recovery Village Cherry Hill at Cooper
April 21 at 6:30 PM

Visit saintpetershcs.com/Events to register.

April 16: National Healthcare Decisions Day

We can’t plan ahead for everything, but we can share how we want to live at the end of our lives. Planning ahead gives comfort in knowing that our wishes will be shared with our medical team, thereby maintaining our involvement in decision making even if we cannot communicate.

Advance directives and healthcare proxy forms are available to patients and family members at Saint Peter’s.

And finally, share your thoughts with your healthcare provider, who can help provide important support and guidance.

SAINT PETER’S HEALTHCARE SYSTEM

SAINT PETER’S HEALTHCARE SYSTEM

GALA

THURSDAY, MAY 6, 2021 | VIRTUAL

PRESENTED BY SILLS CUMMIS & GROSS, P.C.

2021 Bishop’s Award Honoree
Affinity Federal Credit Union

2021 Physician Appreciation Award Honorees
William R. Bernstein, MD • Robert P. Fein, MD

Special Recognition
Saint Peter’s Healthcare System Nursing Staff

For more information, contact Saint Peter’s Foundation at 732.745.8542 or spfoundation@saintpetersuh.com.

SAVE THE DATE

COMMUNITY GOLF OUTING | 6.28.2021

BENEFITING THE CHILDREN’S HOSPITAL AT SAINT PETER’S UNIVERSITY HOSPITAL

Forsgate Country Club in Monroe Township, NJ • For more information, contact Saint Peter’s Foundation at 732.745.8542 or spfoundation@saintpetersuh.com.

Need a doctor? To find a Saint Peter’s physician, call 1.855.SP.MY.DOC (1.855.776.9362). Online scheduling is also available with select Saint Peter’s Healthcare System physicians via Zocdoc at BookMySPDoc.com

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.