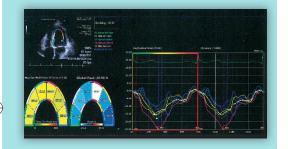




# SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.





# About Strain Imaging

**Strain imaging** assesses each segment of the heart separately. By color-coding each segment, physicians are given a more specific picture of cardiac dysfunction. **Occasionally patients** receiving treatment for aggressive forms of cancer have to stop therapy due to heart issues. The sensitivity of strain imaging allows early detection, so oncologists can modify their treatments early before cardiac

problems arise.

# New Cardiology Program for Oncology Patients

The new **Cardiology-Oncology** Program at Saint Peter's University Hospital is designed to **protect the cardiovascular health of patients** undergoing treatment for cancer.

This program is a response to the fact that some chemotherapy agents put cancer patients at risk for developing heart disease. "We believe that with advanced technology, early detection and patient education we can lower this risk and help protect many hearts," says Nidhi Kumar, MD, a cardiologist and medical director of Women's Health at Saint Peter's University Hospital.

Patients undergoing therapy at the Saint Peter's Breast Center will have advanced echocardiograms using a new software called strain imaging. This program is scheduled to be piloted at the Saint Peter's Breast Center, a practice of the Saint Peter's Physician Associates network. The echocardiograms will be offered at the Women's Imaging Center, conveniently located in the same suite as the Breast Center at the Center for Ambulatory Resources (CARES), next to the hospital.

"If you have been diagnosed with cancer, it is important to know that heart problems can arise as a result of anticancer treatment," says David Jacob, MD, chief of Cardiology, Saint Peter's University Hospital. "This imaging enables cardiologists to detect signs of cardiac dysfunction at its earliest stages using sensitive software that can pick up changes months earlier than a conventional echocardiogram would show."

Dr. Kumar says that the hallmark of this program centers on wellness. "Our goal is the treatment of the whole patient, not just the cancer. With more information given to the patient and their healthcare providers, we can keep hearts healthy and prevent disease," says Dr. Kumar. "With many forms of cancer, the risk of death from a cardiovascular cause exceeds that of tumor recurrence, so paying close attention to the heart is paramount. Our goal is not to stop cancer treatment, but to help identify issues early and protect the heart," adds Dr. Kumar.

"This new technology provides for further collaboration among doctors who treat breast cancer patients," says Susan A. McManus, MD, medical director of the Saint Peter's Breast Center. "Oncologists and cardiologists will work together to prevent, monitor and manage the effect of cancer treatments to the heart while providing expert advice and guidance to patients undergoing treatment."

Call 732-745-8576 for more information about the new Cardiology-Oncology Program.

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/Events.

#### Sisters Together: Move More Eat Better Program

Blood pressure, blood sugar and cholesterol screenings provided by the Community Mobile Health Services staff.

**Thursday, February 2** 6:00 PM - 7:00 PM

Sister Marie de Pazzi Conference Center



American Heart Association Learn and Live

Thursday, February 3
1:00 PM - 4:00 PM
Sister Marie de Pazzi
Conference Center

Thursday, February 23
Noon - 2:00 PM
Saint Peter's University
Hospital's Family Health Center
123 How Lane, New Brunswick

Community Mobile Health Services staff will provide screenings and health education including blood pressure and blood sugar checks.

#### Zika, Your Family and You What You Need to Know for 2017

In Collaboration with the Somerset County Department of Health

#### **Thursday, February 9**

Doors open 6:30 PM; Program 7:00 PM - 8:00 PM

Sister Marie de Pazzi Conference Center



Annual fun-filled family event sponsored by Magic 98.3 FM radio and The Children's Hospital at Saint Peter's University Hospital.

Saturday, March 18 11:00 AM - 3:00 PM College Avenue Gym Rutgers University, New Brunswick

Visit magic983.com for more information.

# Look Good Feel Better

Free Registration required. Monday, March 20 4:00 PM - 6:30 PM

Call 732-951-6303

### **Cancer Support**



# Breast Cancer Support Group February 6 and 20 • 7:00 PM - 8:30 PM

Registration required.
Cancer Institute of New Jersey
Deborah Leif, MSW, LCSW
732.235.7011

# Gynecologic Cancer Support Group

February 14 • 7:00 PM – 8:30 PM Cancer Institute of New Jersey 732.235.6792

### Latinos with Cancer Support Group

February 11 • 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**

February 8 and 22 • 7:00 PM – 8:30 PM Cancer Institute of New Jersey Barbara Hale, LCSW • 732,235,7557

# **Support Groups**



#### MyGoal Autism Family Support Group

February 12 • 3:00 PM - 5:00 PM 877.886.9462

## Alzheimer's/Dementia Caregivers Support Group

Saint Peter's Adult Day Center 200 Overlook Drive, Monroe Township Rachel Kallish, MPA, CSW, CALA

Call for information 609.655.6853

### **Bereavement Support Group**

Call for information 732.745.8565

#### **SHARE Support Group**

(for those who have suffered miscarriage, stillbirth or neonatal death)

February 16 • 7:00 PM - 9:00 PM Irina Mariano-Brown, MSW, LCSW 732.745.8522





# Save the Date

# Spring Auxiliary Fashion Show

Benefits the Saint Peter's Breast Center

Saturday, March 25
The Pines • Edison, NJ
11:00 PM - 3:30 PM

Call 732-745-8542

# 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**

February 1 • 9:30 AM - 11:00 AM
Piscataway Senior Center, Piscataway

February 1 • 2:00 PM – 3:30 PM DeForest B. Soaries Residences at Somerset, Franklin

February 7 • 11:00 AM - Noon Hall's Corner at East Brunswick

February 9 • 11:00 AM - Noon Senior Citizen Meeting Manville VFW 2290, Manville

February 10 • 11:00 AM - Noon Elijah's Promise, New Brunswick

February 15 • 1:00 – 2:00 PM
Milltown Senior Center, Milltown

February 16 • 1:00 PM - 2:00 PM Spotswood Senior Center, Spotswood

February 22 • Noon - 1:30 PM SHIPS at Saint John's, Somerville

February 28 • Noon - 1:30 PM Senior Wellness Center, Basking Ridge

# Blood Pressure/ Blood Sugar/ Cholesterol Screenings February 8 • 2:30 PM - 3:30 PM

Parker at River Road, Piscataway

February 14 • 2:00 PM - 3:30 PM Parker at Stonegate, Highland Park

#### February 16

6:15 AM - 7:15 AM & 1:45 PM - 2:45 PM Rustoleum Corp., Somerset Employees only.

February 22 • 2:30 PM – 3:30 PM Parker at Landing Lane, New Brunswick

#### Blood Pressure/Blood Sugar Screenings/ Heart Health Lecture

February 15 • 11:15 AM - 12:30 PM Metuchen YMCA, Metuchen

**February 21 • 10:00 AM – Noon** Sayreville Senior Center, Sayreville Members only.

# Blood Pressure/Body Mass Index Measurement/ Nutrition Education

February 17 • 12:30 PM - 1:30 PM Oticon, Inc., Somerset Employees only.

#### Bone Density Screening February 10 • 9:00 AM - 10:00 AM

February 10 • 9:00 AM - 10:00 AM New Brunswick Senior Center, New Brunswick

Saint Peter's Delivers!

Facebook.com/SaintPetersUniversityHospital

Joseph P

# Free Lectures

#### **Heart Health**

February 15 • 2:30 PM – 3:30 PM Chelsea at East Brunswick Presenter: Marge Drozd, MSN, RN, APRN-BC, Director, Community Health Services

#### **Heart Health/Nutrition**

February 16 • 10:30 AM – 11:30 AM Somerset County Senior Wellness Center at Bridgewater

Presenter: Laura Vetter, RDN, CDE, CSO, CSP, Nutritionist

# Diabetes Support/ Education\*



#### **Diabetes Support Group**

The Diabetes and Hypertension Center at Saint Peter's University Hospital's Family Health Center • 123 How Lane, New Brunswick Call 732.339.7672 for more information.

#### **English**

February 14 • Noon - 1:00 PM

#### **Spanish**

February 7 • Noon – 1:00 PM

# Parent Education

For information, fees and registration, call Parent Education at **732.745.8579**, unless otherwise indicated.

#### **Baby Care**

February 6 and 13 • 7:00 PM - 9:30 PM February 25 • 9:00 AM - 1:00 PM

Breastfeeding Class
February 11 • 9:00 AM - 11:30 AM

### **Breastfeeding Support**

February 3 • 1:00 PM - 2:30 PM

#### **Infant Massage**

February 1 • 6:00 PM - 7:30 PM

### Grandparent Class February 16 • 4:00 PM - 6:00 PM

New Daddy Class February 23 • 7:00 PM - 9:00 PM

#### Refreshments are served.

New Mom Support Group February 3 • Noon – 1:00 PM

## Refreshments are served. Prenatal Yoga and

Exercise Class (four-week sessions)
Wednesdays and Fridays
7:00 PM - 8:30 PM

Registration required.

#### Prepared Childbirth/ Lamaze Classes

Monday and Thursday Evenings (Series)
Saturday and Sunday (Single Day)
Registration required.

#### **Sibling Class**

February 11 • 12:30 PM - 1:30 PM

Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).

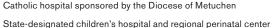
MAGNET RECOGNIZED

Also available, online scheduling 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



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FALL 2016 GRADE





