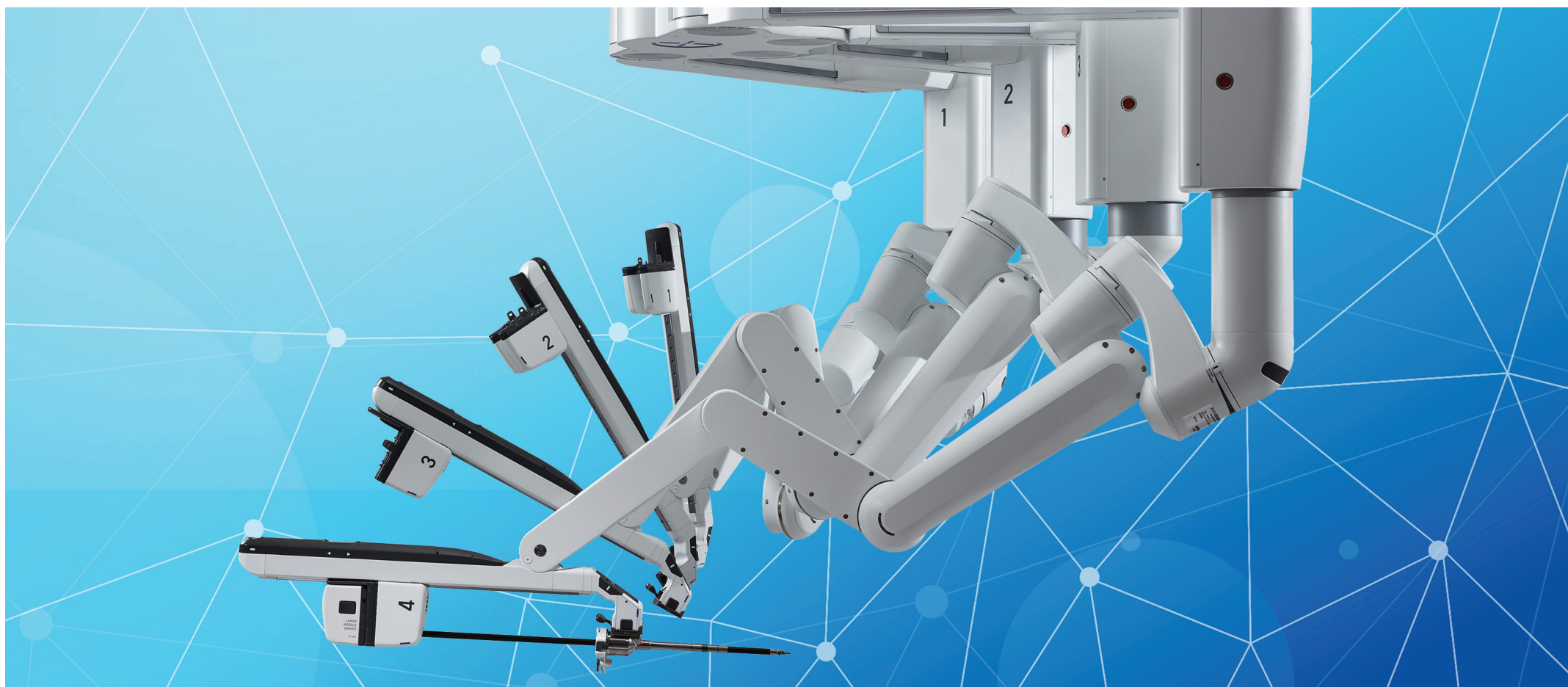


June
2017



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



What is the da Vinci Xi[®] Surgical System being used to treat?

Surgeons at Saint Peter's University Hospital use the da Vinci Xi[®] Surgical System for a variety of procedures to treat:

Bladder Cancer

Colorectal Cancer

Gallbladder Disease

Endometriosis

Gynecological Cancer

Heavy Uterine Bleeding

Kidney Disorders

Kidney Cancer

Prostate Cancer

Throat Cancer

Uterine Fibroids

Uterine Prolapse

To learn more about the da Vinci Xi[®] Surgical System, please call the Department of Surgery at 732-745-8571 or visit saintpetershcs.com/robotic-surgery.

Latest Generation of Innovative Surgical Tools now at Saint Peter's

The da Vinci Xi[®] Surgical System

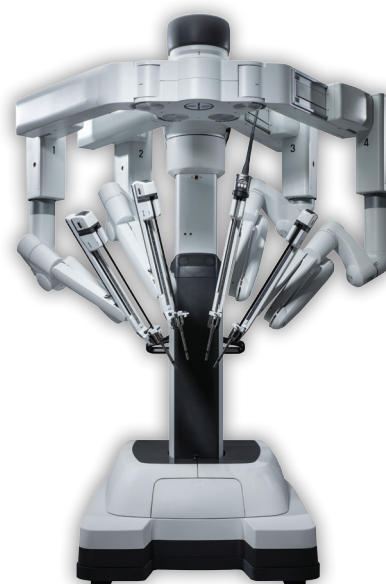
At Saint Peter's University Hospital the da Vinci Xi[®] Surgical System counts among the latest generation of innovative, cutting-edge surgical tools available for patient care.

The da Vinci Xi[®] Surgical System, like its predecessor system, the da Vinci Si[®], provides benefits for patients and surgeons. For patients there are the benefits of minimally invasive surgery as compared with open surgery, including:

- Less incision pain
- A shorter hospital stay
- Reduced risk of infection
- Reduced blood loss
- Reduced scarring and faster recover time

For surgeons, the major benefits over traditional approaches include greater surgical precision, increased range of motion, improved dexterity, enhanced visualization and improved access to the surgical site. Optics mounted on the new system's scope tip allow the surgeon to see anatomical structures with crystal clear definition and natural color.

"The da Vinci robotic system allows the surgeon to perform complex surgical procedures through small punctures in the abdominal wall," says Marc Feder, MD, a urologist in practice in East Brunswick who chairs the Robotics Committee at Saint Peter's University Hospital. "Patients experience shorter hospital stays and much faster recovery."



da Vinci Xi[®] robot



console

When it was introduced in 2000, da Vinci technology changed the way minimally invasive surgery is practiced and patients are surgically treated. It made it possible to perform surgeries robotically without lengthy incisions while a surgeon at a console controlled instruments inserted into the patient. Up until then, minimally invasive surgery – surgery that does not require large incisions – was performed while the surgeon held rigid instruments attached to the patient while viewing the surgical area on a monitor via the endoscopic camera inside the patient.

The da Vinci[®] systems have two separate but connected sections – a tower, that is positioned above the patient and contains the robot's four arms – three that are surgical instruments and the fourth which is a 3-D camera. These instruments can bend and rotate far greater than both traditional laparoscopy instruments and the human wrist. The console is where the surgeon sits and operates the robot's controls while looking into a monitor that provides a magnified, high definition 3-D view of the surgical site. The surgeon handles the robot's four arms by maneuvering two master controls that provide fingertip precision of movement.

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.

EMS Education Series

Thursday, June 29 • 7:00 PM
TOPIC: STREET DRUGS

Call **732.745.8600, x6671** to register. FREE parking and FREE light dinner.

Bereavement Support Group FOR MEN ONLY • FREE

NEW - For men who have experienced the miscarriage or stillbirth of a child.
Registration required.

Call Irina Mariano-Brown, MSW, LCSW, at **732.745.8522** for information.

10th Annual Bike Ride for Amy

Sunday, June 4

Annual fundraiser for The Amy Feiman Behar Foundation in support of Central Jersey women who don't have the financial means to have mammograms at hospital's, including Saint Peter's. Visit amyfoundation.org/the-bike-ride-for-amy to donate or register. Rides begin at 7:30 AM, 9:00 AM & 10:00 AM.

Annual Spring Health Fairs

Saint Peter's Healthcare System will once again host its annual spring health fairs for residents of adult communities in Monroe Township:

- Monday, June 5 at Whittingham
- Monday, June 20 at The Ponds

Family Health Day Annual Community Fair

Saturday, June 10
Noon to 4:00 PM
Buccleuch Park, New Brunswick
FREE



Saint Peter's Community Golf Outing and Networking Luncheon

Tuesday, June 20
Forsgate Country Club, Monroe Township • **732.745.8542**

Ciclovia

Annual spring event where New Brunswick city streets close down for pedestrian and sport activities.

Saturday, June 24
11:00 AM - 4:00 PM
newbrunswickciclovia.com

Saint Peter's Auxiliary 3rd Annual Designer Pocketbook Bingo

Friday, November 3
(Rescheduled from October 20)
Our Lady of Peace Auditorium
Doors open at 5:30 PM
Call **732-247-8289**

Cancer Support

Breast Cancer Support Group

June 5 and 19 • 7:00 PM – 8:30 PM
Registration required.
Rutgers Cancer Institute of New Jersey
Deborah Leif, MSW, LCSW
732.235.7011 • FREE

Gynecologic Cancer Support Group

June 13 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
732.235.6792 • FREE

Latinos with Cancer Support Group

June 10 • 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. • **FREE**

Living with Cancer Support Group

June 14 and 28 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
Barbara Hale, LCSW • **732.235.7557 • FREE**

Support Groups

Alzheimer's/Dementia Caregivers Support Group

June 13 • 10:00 AM – 11:30 AM
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township
Rachel Kallish, MPA, CSW, CALA
609.655.6853 • FREE

Spouse/Partner Caregiver Support Group

June 8 • 1:30 PM – 3:00 PM
Saint Peter's Adult Day Center
Stephanie Fitzsimmons, EdN, MSN, RN, APRN-BC
732.745.8600, x8662 • FREE

SHARE Support Group

(for those who have suffered miscarriage, stillbirth or neonatal death)
June 15 • 7:00 PM – 9:00 PM
Irina Mariano-Brown, MSW, LCSW
732.745.8522 • FREE

Community Lecture

Understanding and Managing Chronic Pain

June 15 • 1:00 PM
Presenter: Daniel Rothstein, MD, Family Practice, Rossmoor Adult Community, Monroe Township, Residents only. • **FREE**

Share Your Baby's Photo on Our Billboard!

Parents of babies born at Saint Peter's University Hospital can post photos of their newborn, or in the case of multiple births, their newborns, on our digital billboard on Route 1.

For more details visit [facebook.com/saintpetersuniversityhospital](https://www.facebook.com/saintpetersuniversityhospital)



Community Health Services

For more information about screenings and educational programs, or the CHS corporate flu shot program, please call **732.745.8600, x8903**

Blood Pressure/Blood Sugar Screenings

June 7 • 2:00 PM - 3:00 PM
DeForest B. Soaries, Jr. Residences at Somerset, Franklin • **FREE**

June 9 • 11:00 AM - Noon
Elijah's Promise, New Brunswick • **FREE**

June 9 • 9:30 AM - 10:30 AM
New Brunswick Senior Center, New Brunswick. Members only. • **FREE**

June 25 • 4:30 PM - 6:00 PM
The Refuge Church Assembly, First Presbyterian Church, New Brunswick • **FREE**

Blood Pressure/Blood Sugar/Body Mass Index Measurement

June 8 • 9:00 AM - 11:00 AM
Puerto Rican Action Board, New Brunswick
FREE

Blood Pressure/Blood Sugar/Sun Damage Screening with DermaScan

June 12 • 10:30 AM - 2:30 PM
Monroe Senior Center, Monroe Township

Community Walks/Health Fairs

June 3 • 8:30 AM - Noon
2017 Green Living and Wellness Fair
Hillsborough Municipal Building • **FREE**

June 3 • 10:00 AM - 2:00 PM
Gateway Pine Street Park Health Fair
Pine Street Park, New Brunswick • **FREE**

June 5 • 10:00 AM - 1:00 PM
Whittingham Adult Community, Monroe Township • Residents only. • **FREE**

June 10 • 8:00 AM - 11:00 AM
Eighth Annual Pancreatic Cancer Walk
Roosevelt Park, Edison • **FREE**

June 11 • NOON - 4:00 PM
Edison Family Day, New Jersey Convention & Exposition Center, Edison • **FREE**

June 20 • 10:00 AM - 1:00 PM
The Ponds Adult Community, Monroe Township, Residents only. • **FREE**

June 22 • 1:00 PM - 4:00 PM
Somerset Run Adult Community
Franklin Township, Residents only. • **FREE**

June 25 • 11:00 AM - 2:00 PM
Dominican American Communitarian Association XVI Annual Health Fair
Perth Amboy • **FREE**

Sun Damage Screenings with DermaScan

June 7 • 11:30 AM - 1:30 PM
Bristol-Myers Squibb, New Brunswick
Employees only.

Sun Safety Lecture with DermaScan

June 8 • 10:30 AM - Noon
Somerset County Senior Wellness Center, Bridgewater • **FREE**

FREE Maternity Tours

Visit our online interactive maternity tour at saintpetershcs.com/MaternityTour to get an idea of what you can expect when you deliver at Saint Peter's. To schedule a tour, call Parent Education at **732.745.8579**.

Diabetes Support/Education*

Diabetes Self-Management Education

Mondays or Tuesdays
Registration and doctor's prescription required. • **732.339.7630**

Gestational Diabetes Self-Management Education

Wednesdays or Thursdays
Registration and a doctor's prescription required. **732.339.7630**

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. • **FREE**

English

June 13 • Noon – 1:00 PM

Spanish

June 6 • Noon – 1:00 PM

Diabetes Support Group

Saint Peter's University Hospital's Center for Ambulatory Resources (CARES)

English

June 14 • 10:30 AM – 11:30 AM

Parent Education

For information, fees and registration, visit saintpetershcs.com/parented or call Parent Education at **732.745.8579**.

Baby Care

June 5 and June 12 • 7:00 PM – 9:30 PM
June 25 • 9:00 AM - 1:00 PM

Breastfeeding Class

June 10 • 9:00 AM – 11:30 AM

Breastfeeding Support Group

June 2 • 1:00 PM – 2:30 PM

Marvelous Multiples

June 12, 19, 26 • 7:00 PM - 9:30 PM

New Mom Support Group

June 2 • 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

Wednesday and Thursday Evenings (Series)
Saturday and Sunday (single day)
Registration required.

Sibling Class

June 10 • Noon - 1:00 PM

Are you at risk for diabetes and hypertension?

If you do not have insurance or sufficient coverage to manage chronic illnesses such as diabetes and hypertension, call Saint Peter's Diabetes and Hypertension Center at Saint Peter's Family Health Center, 123 How Lane, New Brunswick, at **732-339-7672**.

Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362). 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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732.745.8600 | 800.269.7508 | saintpetershcs.com

Catholic hospital sponsored by the Diocese of Metuchen
State-designated children's hospital and regional perinatal center

