

May  
2017



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*



## About the superDimension™ Navigation System used to Perform Electromagnetic Navigation Bronchoscopy™

The superDimension™ navigation system is approved by the U.S. Federal Drug Administration (FDA), and its clinically proven technology aids with the diagnosis of peripheral lung lesions in 80 to 94 percent of cases.

**For more information on the superDimension™ navigation system visit [saintpetershcs.com/branch](http://saintpetershcs.com/branch) or call 732.745.8600, ext. 8361.**



## Seeing the Lungs as Never Before

Electromagnetic Navigation Bronchoscopy™ is the latest high-tech procedure available at Saint Peter's University Hospital as part of the comprehensive lung health diagnosis and treatment program that includes low-dose CAT scans and the CyberKnife® Robotic Radiosurgery System. The new minimally invasive procedure uses technology that provides doctors with a new tool for the early diagnosis of lung lesions which can sometimes prove to be signs of early cancer. The technology makes it possible to treat patients who have cancer sooner and enables patients with benign non-cancerous conditions to potentially avoid surgery.

The Electromagnetic Navigation Bronchoscopy™ procedure, also known as ENB™, is performed using the superDimension™ navigation system with LungGPS™ technology. This system allows the physician to navigate and access difficult-to-reach areas of the lung from the inside. Pulmonologists Edward Fein, MD, Douglas Frenia, MD, and Andrew Freedman, MD, are highly experienced in performing the procedure at Saint Peter's.

Until now, diagnostic tools used to assess lung health have included traditional bronchoscopy, and needle biopsies, which can result in a collapsed lung. With the Medtronic superDimension™ system, the CAT scan images are used to create a guide of the thousands of tiny pathways inside the lungs. The LungGPS™ technology then provides a roadmap that allows physicians to guide tiny tools through the lung pathways so they can take tissue samples of the lesion and place markers. This technology prevents patients from undergoing multiple procedures.

The superDimension™ navigation system, with GPS-like technology, is a significant advancement for aiding in the diagnosis of lung cancer and overcomes limitations of traditional diagnostic approaches including bronchoscopy, needle biopsy and surgery. Because the new technology makes it possible to see through the complicated web of pathways inside the lungs, doctors are able to access and sample target tissue throughout the entire lung without surgery or a needle biopsy. This technology can aid with earlier diagnosis which may allow for less invasive treatments for patients with lung cancer.

Lung cancer is the leading cancer killer in both men and women in the United States. In 1987, it surpassed breast cancer to become the leading cause of cancer deaths in women, according to the Centers for Disease Control. Lung cancer causes more deaths than the next three most common cancers combined (colon, breast and pancreatic). The American Cancer Society reported that more than 158,000 people died from lung cancer in 2016, accounting for 26.5 percent of all cancer deaths.

"The Electromagnetic Navigation Bronchoscopy™ can be used to assess certain abnormalities found on chest X-ray or CAT scans and will complement other technologies already available to enhance care and assess lung health at Saint Peter's University Hospital," says Amar Bukhari, MD, chief, Division of Pulmonary/Critical Care/Sleep Medicine, and associate chair, Department of Medicine at Saint Peter's.

# Special Events

## EMS Education Series Thursday, May 25 • 7:00 PM

**TOPIC: EPI PEN • FREE**

Call 732.745.8600, x6671 to register.  
Free parking and free light dinner.

## Stroke Awareness Month Screenings • FREE

**Thursday, May 11  
10:00 AM – 1:00 PM**

Sister Marie de Pazzi  
Conference Center

**Tuesday, May 16  
11:00 AM – 1:00 PM**

Saint Peter's University Hospital  
Family Health Center

123 How Lane, New Brunswick  
Community Health Services staff will  
provide free screenings and education.

## 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.

## Osteoporosis Screening FREE

**Friday, May 19  
2:30 PM - 4:30 PM**

Sister Marie de Pazzi  
Conference Center

## Type 1 Diabetes Support Group for Children and Their Families • FREE

**Sunday, May 21  
3:00 PM – 5:00 PM**

Call 732-745-8600, ext. 8610  
for more information.

## National Don't Fry Day FREE

Sun Damage Screening using the  
DermaScan Machine

**Friday, May 26  
11:00 AM – 1:00 PM**

Sister Marie de Pazzi  
Conference Center

## Family Health Day Annual Community Fair Saturday, June 10

**Noon to  
4:00 PM**

Bucleuch Park,  
New Brunswick



## Diabetes Support Group FREE

**Wednesday, June 14**

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

Call 732.339.7630 for more information.

## Community Golf Outing and Networking Luncheon

**Tuesday, June 20**

Forsgate Country Club,  
Monroe Township • 732.745.8542

# Community Calendar

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

## Cancer Support

### Breast Cancer Support Group

**May 1 and 15 • 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

**May 9 • 7:00 PM – 8:30 PM**

Rutgers Cancer Institute of New Jersey

732.235.6792 • **FREE**

### Latinos with Cancer Support Group

**May 13 • 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

**May 10 and 24 • 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

**May 9 • 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**

### Caregivers Support Group

**May 11 • 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)

**May 18 • 7:00 PM – 9:00 PM**

Irina Mariano-Brown, MSW, LCSW  
732.745.8522 • **FREE**

## Like us on Facebook!

 [facebook.com/  
SaintPetersUniversityHospital](https://facebook.com/SaintPetersUniversityHospital)

## 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://facebook.com/saintpetersuniversityhospital)



## Community 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

**May 12 • 11:00 AM – Noon**

Elijah's Promise, New Brunswick • **FREE**

**May 21 • 12:30 PM – 3:00 PM**

United Methodist Church, New Brunswick  
**FREE**

### Blood Pressure/ Blood Sugar/Cholesterol Screenings/Body Mass Index Measurement

**May 2 • 5:00 PM – 8:00 PM**

Highland Park Middle School, Highland Park  
**FREE**

**May 13 • 9:30 AM – 11:00 AM**

Grace Christian Fellowship Church,  
Middlesex • **FREE**

### Blood Sugar/ Cholesterol Screenings

**May 4 • 2:00 PM – 3:00 PM**

DeForest B. Soaries, Jr.  
Residences at Somerset, Franklin • **FREE**

**May 12 • 9:30 AM – 10:30 AM**

New Brunswick Senior Center,  
New Brunswick • **FREE**

### Bone Density Screenings

**May 2, 1:00 PM – 3:00 PM**

Johnson & Johnson, New Brunswick  
Employees only.

**May 10 • 9:00 AM – Noon**

Ethicon, Bridgewater  
Employees only.

### Health Fairs

**May 7 • 11:00 AM – 2:00 PM**

Sacred Heart Church, Holy Family Parish,  
New Brunswick • **FREE**

**May 19 • 2:00 PM – 5:00 PM**

Somerset County, Senior Wellness Center  
Health Expo, Bridgewater • **FREE**

### Skin Cancer Screenings

**May 15 • 10:00 AM – 1:00 PM**

Woodbridge Township Health Department,  
Woodbridge • **FREE**

**May 18 • 11:30 AM – 4:00 PM**

Affinity Federal Credit Union, Basking Ridge  
Employees only.

### Sun Damage Screenings Using DermaScan

**May 4 • 5:00 PM – 6:30 PM**

East Brunswick Public Library,  
East Brunswick • **FREE**

**May 8 • 10:00 AM – 11:30 AM**

Senior Wellness Center, Basking Ridge  
**FREE**

Saint Peter's Healthcare System will  
once again host its annual spring  
health fairs for residents of adult  
communities in Monroe Township:  
**Thursday, May 11 at Concordia**  
**Wednesday, May 17 at Stonebridge**  
**Thursday, May 18 at Encore**  
**Monday, May 22 at Clearbrook**  
**Wednesday, May 31 at Rossmoor**  
**Monday, June 5 at Whittingham**  
**Monday, June 20 at The Ponds**

## Diabetes Support/ Education\*

### Diabetes Self-Management Education

**Mondays or Tuesdays**

Registration and doctor's prescription  
required. • 732.339.7630 • **FREE**

### Gestational Diabetes Self-Management Education

**Wednesdays or Thursdays**

Registration and a doctor's prescription  
required. 732.339.7630 • **FREE**

### 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

**May 9 • Noon – 1:00 PM**

### Spanish

**May 2 • Noon – 1:00 PM**

## Parent Education

For information, fees and registration, call  
Parent Education at 732.745.8579.

### Baby Care

**May 1 and 9 • 7:00 PM – 9:30 PM**

**May 21 • 9:00 AM – 1:00 PM**

### Breastfeeding Class

**May 13 • 9:00 AM – 11:30 AM**

### Breastfeeding Support Group

**May 5 • 1:00 PM – 2:30 PM**

### Marvelous Multiples

**May 8, 15, and 22 • 7:00 PM – 9:30 PM**

### New Mom Support Group

**May 5 • 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

**May 13 • 12:30 PM – 1:30 PM**

## Maternity Tours FREE

View our interactive maternity tour,  
which includes pictures of our private  
labor and delivery suites and our  
modern mother/baby units, at  
[saintpetershcs.com/MaternityTour](http://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.

**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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Catholic hospital sponsored by the Diocese of Metuchen

State-designated children's hospital and regional perinatal center

