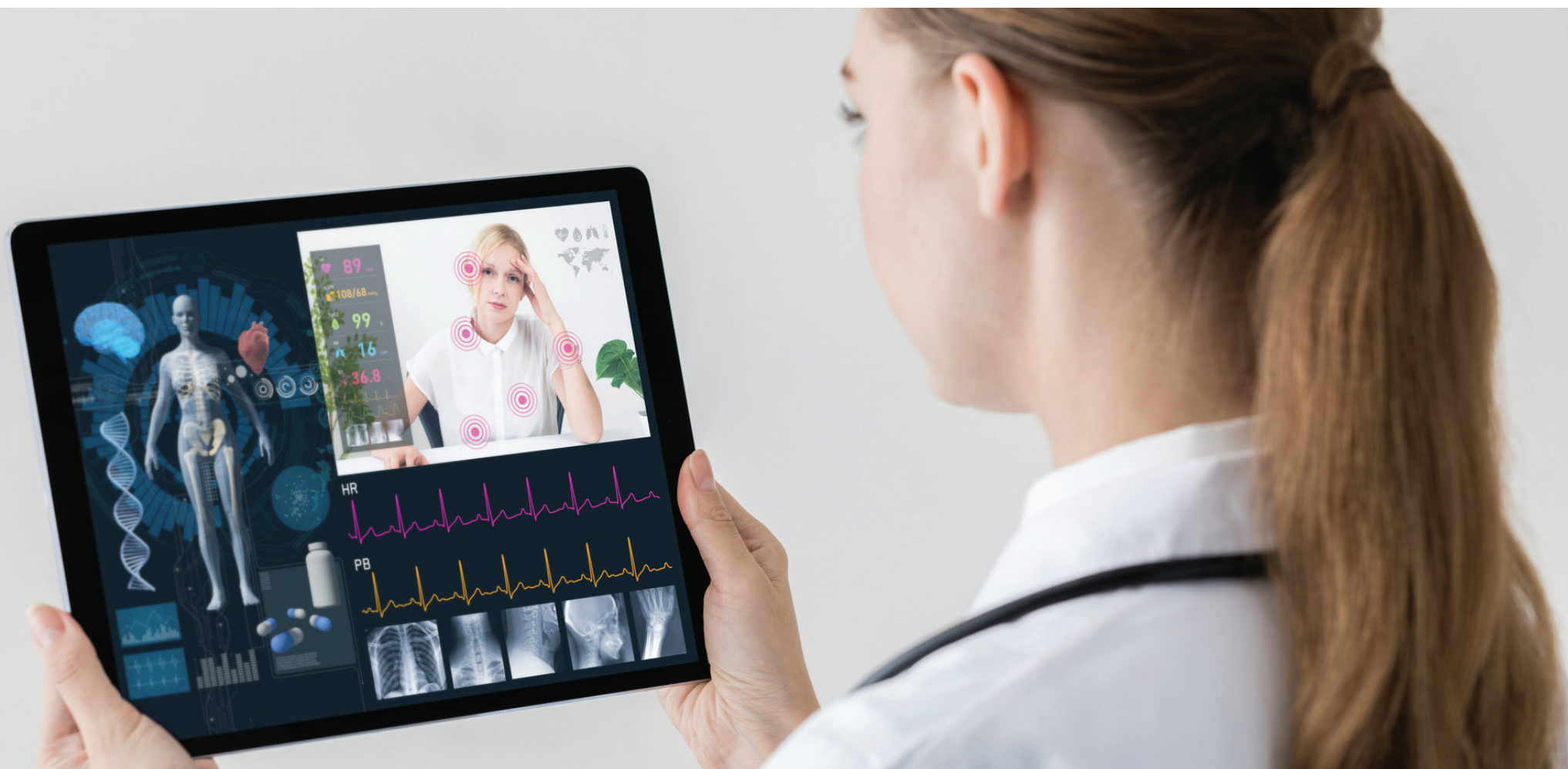


July  
2018



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*



## How It Works

Telemedicine uses electronic information and telecommunications technologies to enhance patient access to medical care.

Telemedicine can also facilitate interactions among different specialty providers to improve patient care coordination, provide needed services in a variety of settings, and reduce patient wait times for appointments.

Patients can access the Saint Peter's Telemedicine application on any mobile device through its free downloadable application which can be found on the Google Play Store or the Apple App Store. The technology works with either Firefox or Google Chrome on any laptop or mobile device that has Wi-Fi connection, a working camera, microphone and speaker.

Patients are required to complete a few electronic forms online at least 48 hours prior to their virtual appointment.

## Interactive, Real-time, Two-way Communication

### Telemedicine Services Available for Medical Genetics and Genomic Medicine Patients

Geneticist Debra Day-Salvatore, MD, PhD, FAAP, FACMG and genetic counselor supervisor Michele Horner, MS, LGC, met with a longtime patient about her individualized care plan except that this time the patient was not on-site, but was still face-to-face with her providers in a virtual consultation.

"We needed an expedited appointment and, in light of everyone's busy schedule, this worked perfectly," says Dr. Day, chair Department of Medical Genetics and Genomic Medicine.

The Department of Medical Genetics and Genomic Medicine is the first department at Saint Peter's University Hospital providing patient consultations and counseling using technology developed by SnapMD. Plans are to expand the service to other departments in the future.

At the moment, patients can connect online with a geneticist, genetic-metabolic dietitian and a licensed genetic counselor. When an in-office consultation is not necessary, the telemedicine experience can be helpful to patients who need repeated follow-up, eliminating the need for them to travel regularly to Saint Peter's.

"Telemedicine improves access to care particularly when barriers such as geography, transportation, limited patient ambulation, home ventilator support, immunodeficiency, or other chronic medical problems are present," says Dr. Day-Salvatore. "Telegenetics allows us to expand our reach outside of our typical catchment area to provide services to other regions, states, and countries where genetic services may be limited or non-existent. It also enables us to provide continuity of care to patients even after they move out-of-state."

The provider begins the telemedicine appointment with the patient who is in the virtual waiting room. During the appointment, both patient and provider can share clinical documents such as lab reports, images and articles pertaining to their individualized care. The patient leaves the telegenetics appointment with recommendations, management plans, a follow up appointment, if it is necessary, and an electronic summary report of the entire virtual appointment.

According to the American Telemedicine Association (ATA), there are currently about 200 telemedicine networks, with 3,500 service sites in the United States. More than half of all the hospitals in the country now use some form of telemedicine, reports the ATA.

"Our telemedicine technology is simple to use for both the medical provider and the patient," says Jordan Tannenbaum, MD, MBA, vice president and chief information officer, Saint Peter's Healthcare System. "This technology allows Saint Peter's to extend the services of our renowned genetics service directly to the patient, removing barriers to care and improving the efficiency of the interaction."

**For more information contact  
the Department of Medical Genetics and Genomic Medicine  
at 732-745-6659 or visit [Saintpetershcs.com/telemedicine](http://Saintpetershcs.com/telemedicine)**



Special  
Events

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.

**EMS Education Series**  
**Thursday, July 26 • 7:00 PM**  
**Sepsis for EMS**  
Call **732.745.8600, x6671** to register.  
**FREE** Parking, **FREE** CEUs,  
**FREE** Light Dinner.

**SAVE THE DATE**  
**Franklin**  
**Week of the People**  
**Annual Back to School Event**  
**Saturday, August 25**  
**2:00 PM – 7:00 PM**  
**Naaman Williams Park,**  
**Somerset**


**Diabetes Support Group**  
**@ Saint Peter's University Hospital**  
**September 12**  
**10:30 AM - NOON**  
**Center for Ambulatory Resources (CARES)**  
**Call 732-339-7630**

**Saint Peter's Golf Classic**  
**Tuesday, September 4**  
**The Ridge at Back Brook,**  
**Ringoes, NJ**



For more information, call the Saint Peter's Foundation at 732.745.8542.

**Saint Peter's Opioid Task Force**  
A repeat of the spring education programs in response to community demand.  
**What You Need to Know about the Opioid Crisis**  
**Wednesday, October 10**



**Road to Recovery**  
**Wednesday, November 7**  
Sister Marie de Pazzi Conference Center  
**RSVP to Marcia Linico at [mmlinico@saintpetersuh.com](mailto:mmlinico@saintpetersuh.com) or call 888.682.8636**

Cancer Support

**Bone Marrow Transplant Support Group**  
For patients who have had an allogeneic transplant.  
**In person: July 19 • 2:00 PM – 3:30 PM**  
Rutgers Cancer Institute of New Jersey  
**By phone: July 3 • 6:30 PM – 8:00 PM**  
**Call 732.235.8522 to register. • FREE**

**Breast Cancer Support Group**  
**July 2 and July 16 • 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**  
**July 10 • 7:00 PM – 8:30 PM**  
Rutgers Cancer Institute of New Jersey  
**732.235.6792 • FREE**

**Latinos with Cancer Support Group**  
**July 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. • **FREE**

**Life after Cancer Support Group**  
**July 12 • 6:00 PM – 7:30 PM**  
Rutgers Cancer Institute of New Jersey  
**Call 732.235.6792 to register • FREE**

**Living with Cancer Support Group**  
**July 11 and 25 • 7:00 PM – 8:30 PM**  
Rutgers Cancer Institute of New Jersey  
Barbara Hale, LCSW • **732.235.7557 • FREE**

Support Groups

**Craniofacial Teen Girls**  
For ages 11 to 17 • Meets Sundays, monthly.  
**Call 732.745.8600, x 8113 for information.**

**MyGOAL Autism Family Support Group**  
**July 8 • 3:00 PM – 5:00 PM**  
**877.886.9462 • FREE**

**SHARE Support Group**  
(for those who have suffered miscarriage, stillbirth or neonatal death)  
**July 19 • 7:00 PM – 9:00 PM**  
First-floor employee cafeteria conference room. Irina Mariano-Brown, MSW, LCSW  
**732.745.8522 • FREE**

**Spouse/Partner Caregiver Support Group**  
**July 12 • 1:30 PM – 3:00 PM**  
Parker Adult Day Center, Monroe  
200 Overlook Drive, Monroe Township  
Stephanie Fitzsimmons, EdD, MSN, RN, APRN-BC • **732.745.8600, x8662 • FREE**

**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.

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**  
**July 13 • 11:30 AM – 12:30 PM**  
Elijah's Promise Kitchen, New Brunswick  
**July 25 • 12:30 PM – 1:30 PM**  
Ship's 1 Soup Kitchen, Somerville

**Blood Pressure/Blood Sugar/ Cholesterol Screenings**  
**July 7 • 11:00 AM – 1:00 PM**  
New Creation Apostolic Faith Church, Somerset

**Bone Density Screening**  
**July 18 • 10:00 AM – 11:30 AM**  
Piscataway Senior Center, Piscataway

**Community Walks/ Health Fairs**

**Falls Prevention Presentations**  
**July 9 • 1:00 PM – 2:00 PM**  
Rossmoor Adult Community, Monroe

**July 10 • 11:00 AM – NOON**  
Halls Corner, East Brunswick

**Handwashing Presentations**  
**July 16 • 11:00 AM – 12:30 PM**  
Raritan Valley YMCA, East Brunswick

**July 26 • 10:00 AM – 10:30 AM**  
North Brunswick Library, North Brunswick

**Hearing Screening**  
**July 30 • 11:00 AM – 2:00 PM**  
Amarin Pharma Inc., Bedminster Township

**Sun Damage Screening Using DermaScan Machine**  
**July 2 • 11:00 AM – 12:30 PM**  
North Brunswick Library, North Brunswick

**July 11 • 2:30 PM – 3:30 PM**  
DeForest B. Soaries, Jr. Residence  
Somerset

**July 13 • 9:30 AM – 10:30 AM**  
New Brunswick Senior Center  
New Brunswick

**July 18 • 1:00 PM – 2:00 PM**  
Raritan Valley YMCA, East Brunswick

**July 19 • 11:30 AM – 2:00 PM**  
Johnson & Johnson's Environmental Health and Safety Fair, Raritan

**July 23 • 11:30 AM – 12:30 PM**  
Milltown Library, Milltown

**July 27 • 12:30 PM – 1:30 PM**  
East Brunswick Senior Center,  
East Brunswick

**Skin Cancer Screening**  
**July 20 • 2:00 PM – 4:00 PM**  
Mercer County Library, Princeton Junction

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 Groups for Adults**  
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: July 10 • NOON – 1:00 PM**  
**Spanish: July 3 • NOON – 1:00 PM**

Parent Education

For information, fees and registration, visit [saintpetershcs.com/parented](http://saintpetershcs.com/parented) or call Parent Education at **732.745.8579**.

**Baby Care**  
**July 2 and 9 • 7:00 PM – 9:30 PM**

**July 29 • 9:00 AM – 1:00 PM**  
**Breastfeeding Class**  
**July 14 • 9:00 AM – 11:30 AM**

**Breastfeeding Support Group**  
**July 6 • 1:00 PM – 2:30 PM**

**New Mom Support Group**  
**July 6 • 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** (*Includes maternity services tour*)  
**Thursday evening series** (*4 consecutive*)  
**7:00 PM – 9:30 PM**  
**Saturday and Sunday** (single day)  
**9:00 AM – 5:00 PM**

**Sibling Class**  
**July 14 • 12:30 PM – 1:30 PM**



**FREE Maternity Tours**  
Visit our online interactive maternity tour 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**.

**Do you have Prediabetes?**

**Join Prevent T2 – A lifestyle change program recognized to prevent or delay Type 2 Diabetes.**

- Learn to eat healthier, be more physically active, manage stress and lose weight
- A year long program that meets every other week for the first six months and then monthly meetings for the second six months at Saint Peter's University Hospital's Family Health Center, 123 How Lane, New Brunswick, NJ 08901
- Group support
- Lots of prizes!

For more information or to register for this **FREE** program Please call: 732-339-7772  
**Space is limited. Classes are offered in English and Spanish.**



Courtesy of the nutritionist as part of the diabetes initiative program funded by J&J Family of Companies

**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](http://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.



254 Easton Avenue, New Brunswick, NJ 08901  
732.745.8600 | 800.269.7508 | [saintpetershcs.com](http://saintpetershcs.com)

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

