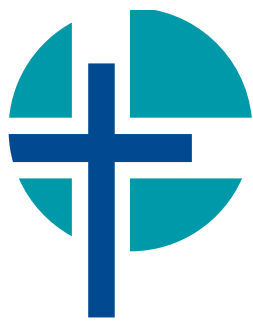


November  
2018



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*

## The Lung Institute Screening for Disease and Cancer

Lung cancer, the second most common cancer in men and women, is the leading cause of cancer death in the United States. The risk of developing lung cancer is highest in smokers – at least 80 percent of lung cancer deaths are caused by smoking – but many people who do not smoke also develop lung cancer.

Men who smoke are 23 times more likely to develop lung cancer. Women are 13 times more likely compared to those who have never smoked. Non-smokers have a 20 to 30 percent greater chance of developing lung cancer if they are exposed to secondhand smoke at home or work.

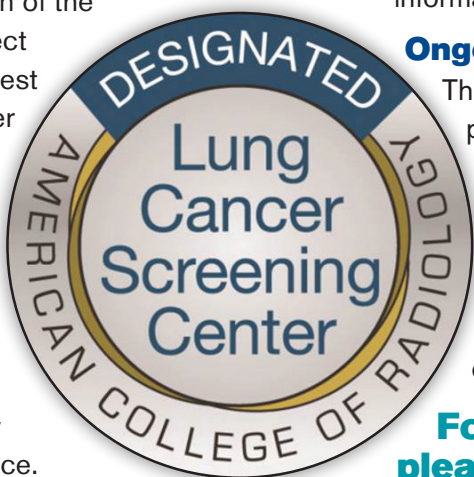
At The Lung Institute at Saint Peter's University Hospital, a multidisciplinary team works together toward faster, more accurate detection, diagnosis, and treatment of lung cancer. The expert team of thoracic surgeons, medical and radiation oncologists, pulmonologists, radiologists, pathologists, and nurses who make up The Lung Institute's team provide patients timely access to high quality and comprehensive lung care.

### Comprehensive Care in One Location

Together, physicians evaluate each patient's case and individually meet with each patient to discuss treatment options, expediting treatment and care by combining office appointments and eliminating wait times. Patients are encouraged to be, and are involved in all decision making. "Though it requires a lot of commitment on the part of our care team, it is highly advantageous for patients and their families to see all our specialists at one time, in one place," says Sameer Desai, MD, a medical oncologist with the Center for Hematology and Oncology in Somerset and a member of the Lung Institute team.

### Lung Cancer Detection

The early detection of lung disease and lung cancer is directly related to better patient outcomes. The Lung Institute offers a low-dose computed tomography (CT) lung screening, a quick and painless scan of the chest designed to detect lung disease at its earliest stages. The lung cancer screening program has been accredited by the American College of Radiology and the Lung Institute has been designated as a lung cancer screening center of excellence by the Lung Cancer Alliance.



### Lung Nodules

Low-dose CT lung screenings and other CT scans of the chest sometimes show changes in the lungs that are not always cancer but instead lung nodules. The size and composition of the nodule can help doctors determine if a nodule is troublesome. Larger nodules that grow over time have a greater risk of turning into cancer, especially if a nodule is more than 8 mm.

The multidisciplinary team of physicians discusses individual risks, nodule size, shape, and potential next steps for those who may have an identified lung nodule. "For patients who are at risk for developing lung cancer, or for those who may be dealing with a lung cancer diagnosis, having an individualized care plan at the right time is critically important," says Edward Fein, MD, a pulmonologist with Saint Peter's Physician Associates who sees patients at The Lung Institute.

### Lung Cancer Treatment

Lung cancer diagnosis has become more refined. New knowledge concerning the biology of lung cancer cells has provided clinicians the opportunity to develop chemotherapy agents, clinical trials, and novel approaches to treating lung tumors. The cancer program at Saint Peter's is accredited by the Commission on Cancer of the American College of Surgeons (COC) and recognized for its expert care and its role as a teaching hospital. In addition to chemotherapy, Saint Peter's uses the latest cutting edge treatment options such as immunotherapy and other individualized targeted therapies to optimize treatment for patients who have lung cancer.

The Lung Institute offers physician expertise, cutting-edge technology, and new techniques in the areas of:

- **CyberKnife® Radiosurgery** – robotic treatment system that utilizes external beam radiation to pinpoint tumors with millimeter accuracy. CyberKnife® is an excellent treatment option for patients with early stage lung cancer, recurrent or metastatic lung disease.
- **Video-Assisted Thoracic Surgery (VATS)** – minimally invasive surgical procedure used to access the lungs through the chest cavity to treat lung cancer. VATS has many benefits over traditional surgery including shorter recovery time, less pain and better quality of life post-surgery.
- **Research** – Saint Peter's partners with local and national organizations to bring patients the latest information in lung cancer research as well as access to current clinical trials.

### Ongoing Support

The Lung Institute provides ongoing support for patients. A patient navigator assists and guides patients through every step of the care process including scheduling convenient, coordinated appointments, as well as any follow-up recommendations that the physician team may have.

Supportive care services are also available to help those that may need additional resources such as nutrition counseling, patient education, and support groups. "We believe that the multidisciplinary Lung Institute facilitates the highest level of care for patients at all stages of the prevention, detection, diagnosis, and treatment of lung cancer. It is truly a patient-centered approach," says Dr. Desai.

**For more information about the Saint Peter's Lung Institute, please call 732.745.6693.**

# 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, November 29**  
7:00 PM

### Acute Stroke

Call 732.745.8600, x6671 to register.  
**FREE** Parking, **FREE** CEUs,  
**FREE** Light Dinner.

## National Sisters Together Move More, Eat Better Program

### DIABETES SCREENING FOLLOWED BY LECTURE

**Thursday, November 1**  
6:00 PM – 7:00 PM

Sister Marie de Pazzi  
Conference Center

## Bariatric Support and Seminar

**November 8**  
Sister Marie de Pazzi  
Conference Center

Call Melissa Laffey, RDN  
to register: 732.745.8600 x8159

## Great American Smokeout

**November 15**  
11:00 AM – 1:00 PM

Saint Peter's University  
Hospital lobby

Representatives from Saint Peter's,  
Wellspring Center for Prevention,  
American Cancer Society and  
Family Health Initiatives  
(NJ Quit Line) will provide smoking  
cessation program and health  
education information.

## National Diabetes Awareness Month

**November 28**  
Blood Sugar Screenings

9:30 AM – 11:30 AM

Saint Peter's Family Health Center  
How Lane, New Brunswick

12:30 PM – 2:30 PM

Sister Marie de Pazzi  
Conference Center

Call 732.745.8600, x8903  
for more information.

Magic 98.3 and  
The Children's Hospital at  
Saint Peter's University Hospital  
Present

## Kids who Make Magic

Final days to nominate a child.  
If you know a child ages 8 to 16  
who deserves recognition,  
visit [magic983.com](http://magic983.com).

# #GIVING TUESDAY

**November 27**

Please join the thousands  
who support the Saint  
Peter's Foundation by  
making a donation today.  
[saintpetershcs.com/  
Donate/Giving-Tuesday](http://saintpetershcs.com/Donate/Giving-Tuesday)

## Cancer Support

### Bone Marrow Transplant Support Group

For patients who have had an allogeneic  
transplant.

**In person: November 15 • 2:00 PM – 3:30 PM**  
Rutgers Cancer Institute of New Jersey

**By phone: November 6 • 6:30 PM – 8:00 PM**  
Call 732.235.8522 to register. • **FREE**

### Breast Cancer Support Group

**November 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

**November 13 • 7:00 PM – 8:30 PM**  
Rutgers Cancer Institute of New Jersey

732.235.6792 • **FREE**

### Latinos with Cancer Support Group

**November 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**

### Life after Cancer Support Group

**November 8 • 6:00 PM – 7:30 PM**  
Rutgers Cancer Institute of New Jersey

Call 732.235.6792 to register • **FREE**

### Living with Cancer Support Group

**November 14 and 28 • 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

**November 11 • 3:00 PM – 5:00 PM**  
877.886.9462 • **FREE**

### SHARE Support Group

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

**November 15 • 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

**November 1 • 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**

We invite those who have lost a  
loved one to a substance abuse  
addiction to a new

## SUPPORT GROUP

Every third Thursday of the month  
7:00 PM – 8:30 PM

Saint Peter's Sports Medicine  
Institute Conference Room  
562 Easton Avenue • Somerset, NJ  
No fee. On-site parking.

Questions/Additional Information:  
Care Coordination Department,  
732.745.8522 or  
[jdanyus@saintpetersuh.com](mailto:jdanyus@saintpetersuh.com)

## 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

**November 5 • 10:30 AM – 11:30 AM**  
Montgomery Senior Center, Montgomery  
Members only. • **FREE**

**November 7 • 10:00 AM – 11:30 AM**  
South River Food Bank, South River • **FREE**

**November 9 • 9:30 AM – 10:30 AM**  
New Brunswick Senior Center • Members only.  
**FREE**

**November 9 • 11:30 AM – 12:30 PM**  
Elijah's Promise Soup Kitchen,  
New Brunswick • **FREE**

### Blood Pressure/ Blood Sugar/Cholesterol

**November 27 • 10:15 AM – NOON**  
Quailbrook Senior Center, Franklin  
Members only • **FREE**

### Blood Sugar Screenings

**November 7 • 2:30 PM – 3:30 PM**  
DeForest B. Soaries Residences at  
Somerset, Franklin • Residents only.

### Bone Density Screening

**November 14 • 9:00 AM – NOON**  
Ethicon, Bridgewater. Employees only.

### Community Lectures

#### Healthy Eating for the Holidays

**November 20 • 10:00 AM – 11:00 AM**  
Piscataway Senior Center. Members only.  
**FREE**

#### Heart Health Lecture

**November 13 • 10:30 AM – 12:30 PM**  
AARP Meeting • Civic Center Firehouse East  
Brunswick • Members only. • **FREE**

### Health Fairs

**November 15 • 1:00 PM – 4:00 PM**  
Canal Walk, Somerset • Residents only.

## Saint Peter's Opioid Task Force

A repeat of the spring education  
program in response to  
community demand.

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## Road to Recovery Wednesday, November 7

6:00 PM registration  
and refreshments;  
program begins at 6:30 PM

Sister Marie de Pazzi  
Conference Center

**RSVP to Marcia Linico at  
[mlicino@saintpetersuh.com](mailto:mlicino@saintpetersuh.com)  
or call 888.682.8636**

## Do You Have a Pain in the... Leg?

Do you have diabetes? Are you 50+ years of age and smoke?  
Are you 65+ years of age with hypertension and/or high cholesterol?

**FREE SCREENING for Peripheral Vascular Disease (PVD)**  
**Saturday, November 10, 2018 • 8:30 AM – 2:00 PM**

*Free Parking and Light Refreshments*

Saint Peter's Cardiac Catheterization Lab, 3rd Floor  
Center for Ambulatory Resources Building (CARES)  
240 Easton Avenue, New Brunswick, NJ 08901

Registration is required.  
**Call 732.565.5458 or email [vascularevent@saintpetersuh.com](mailto:vascularevent@saintpetersuh.com)**

## Diabetes 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

### Bilingual 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**

**Every Tuesday in November**  
**NOON – 1:30 PM**

### Type I Diabetes Support Group for Children and their Families

**November 18 • 3:00 PM – 5:00 PM**  
Center for Ambulatory Resources (CARES)  
across from The Children's Hospital  
Call 732.745.8600, x8610 for more information  
**FREE**

## SAVE THE DATE

### Diabetes Support Group

**December 12 • 10:30 AM – 11:30 AM**  
Saint Peter's University Hospital Center  
for Ambulatory Resources (CARES)  
Call 732.339.7630

## 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

**November 5 and 12 • 7:00 PM – 9:30 PM**  
**November 24 • 9:00 AM – 1:00 PM**

### Breastfeeding Class

**November 10 • 9:00 AM – 11:30 AM**

### Breastfeeding Support Group

**November 2 • 1:00 PM – 2:30 PM**

### Grandparent Class

**November 1 • 4:00 PM – 6:00 PM**

### New Mom Support Group

**November 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 (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

**November 10 • 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).**

**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.



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State-designated children's hospital and regional perinatal center

