SAINT PETER'S HEALTHCARE SYSTEM Treating you better...for life.

Saint Peter's Only Hospital in State to Offer New Low-Dose, Full-Body X-ray Imaging in Upright Position for Patients

Saint Peter's University Hospital is the only hospital in the state to offer low-dose, full-body imaging for pediatric patients. Developed by the pioneer of 2D and 3D orthopedic medical imaging, the EOS[®] System technology makes it possible to capture detailed multidimensional front and side view images of the body at the same time. Using the two, full-body images, 3D models of the skeleton are created. The orthopedic imaging scanner is presently the only one of its kind in New Jersey and is part of the continued expansion of comprehensive services provided at The Children's Hospital at Saint Peter's University Hospital.

"The standing images of the whole body are best for viewing the spine and the body's balance while the body is in a normal, weight-bearing position," says Darryl Antonacci, MD, chief spine surgeon at the Institute for Spine & Scoliosis who has pioneered anterior scoliosis corrections at Saint Peter's. "This clear, one full spine image is best for evaluating scoliosis."

Patients who receive surgical treatment for scoliosis need multiple X-rays taken each year for many years. Scoliosis is a deformity of the spine, the body's backbone. A normal spine appears straight when looked at from behind. But a child with scoliosis has a spine with an S



or C shape. The condition is most often seen in children between the ages of 10 and 18, and it affects girls more than boys.

What's Different about the EOS® System?

Most X-ray images are taken lying down on a table. With the EOS system images can be captured in a standing position. The advantage of capturing

images of orthopedic joints such as the knee and the spine while standing is that you get an accurate picture of a joint in a natural weight-bearing state.

"Because we are able to capture images in an upright position while sitting or standing, we are able to evaluate posture and better understand how the spine and lower limbs are working together," says Dr. Antonacci.

How Low is Low-Dose?

According to the manufacturer, the EOS system delivers 50 percent to 85 percent less radiation than digital radiography (X-rays) and 95 percent less than computed tomography (CT). Reducing radiation dose is particularly beneficial for children with spinal deformities such as scoliosis who need to be imaged frequently.

The Saint Peter's University Hospital Radiology Department can be reached at 732.745.8600, ext. 6517

Advantages of the EOS® System

- High-quality images with reduced radiation exposure
- Full-body, weight-bearing images and a global view of the skeleton for an easy and precise diagnosis
- Stress-free and fast exams that take 20 seconds or less in a spacious and comfortable cabin



Special Events

EMS Education Series Thursday, February 22 7:00 PM

BURN REVIEW

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



Wear Red! Friday, February 2

Sister Marie de Pazzi **Conference Center** 11:00 AM - 2:00 PM Free heart health screenings, chair massage, chair yoga demonstration

Family Health Center New Brunswick Noon - 2:00 PM **Free health screenings**

National Sisters Together Move More, Eat Better Heart Month Program

Blood Pressure and Cholesterol Screenings Thursday, February 1 Sister Marie de Pazzi **Conference Center**

Diabetes Support Group

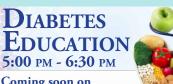
Saint Peter's University Hospital's Center for Ambulatory Resources (CARES) FREE

Wednesday, March 14



Fashion Runway 2018 Annual fashion show sponsored by the Saint Peter's Auxiliary benefiting the Saint Peter's **Breast Center.**

Saturday, March 24 10:00 AM - 3:30 PM The Pines, Edison



Coming soon on alternate Mondays Jewish Renaissance on

Call 732.745.8600, ext. 858 for more information.

Community Calendar

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.

Cancer Support **Bone Marrow Transplant Support Group**

For patients who have had an allogeneic transplant. In person February 22 • 2:00 PM - 3:30 PM By phone February 6 • 6:30 PM - 8:00 PM

Call 732.235.8522 to register. • FREE

Breast Cancer Support Group

February 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

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

Latinos with Cancer **Support Group**

February 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 February 8 • 6:00 PM - 7:30 PM

Call 732.235.6792 to register • FREE

Living with Cancer Support Group

February 14 and 24 • 7:00 PM - 8:30 PM Rutgers Cancer Institute of New Jersev Barbara Hale, LCSW • 732.235.7557 • FREE

Support Groups **Alzheimer's/Dementia**

Caregiver Support Group February 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

Craniofacial Teen Girls

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

MyGoal Autism Family Support Group February 11 • 3:00 PM - 5:00 PM 877.886.9462 • FREE

SHARE Support Group

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

February 8 • 1:30 PM - 3:00 PM Saint Peter's Adult Day Center

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

February 2 • 5:00 PM - 7:00 PM Sacred Heart Church, Holy Family Parish, New Brunswick • FREE

February 5 • 9:00 AM - 10:00 AM North Brunswick Senior Center, North Brunswick • Members only • FREE

February 8 • 11:00 AM - 12:30 PM Sayreville Senior Center, Sayreville, Members only. • FREE

February 9 • 11:30 AM - 12:30 PM Elijah's Promise, New Brunswick • FREE February 13 • 2:30 PM - 4:00 PM Saint Augustine Seniors, South Brunswick February 16 • 11:00 AM - 12:30 PM Alliance Center for Independence, Edison Staff only.

February 20 • 9:30 AM - 11:00 AM New Life Food Pantry, Helmetta • FREE February 20 • 5:00 PM - 6:30 PM East Brunswick Public Library • FREE February 21 • 9:30 AM - 11:00 AM Piscataway Senior Center, Piscataway Members only. • FREE

Weight Screening/ **Nutritional Counseling** February 7 • 2:30 PM - 3:30 PM

DeForest B. Soaries, Jr. Residences at Somerset • Residents only. • FREE

Bone Density Screenings

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

Falls Prevention Presentation

February 13 • 10:30 AM - 11:30 AM East Brunswick Civic Center Fire Station February 26 • 11:00 AM - Noon Montgomery Senior Center, Montgomery FREE

Health Fairs/Conferences

February 6 • 9:00 AM - 12:30 PM Sayreville Police Department, Sayreville Employees only.

February 28 • 8:00 AM - 1:00 PM Young Women's Conference The Professional Center at DCF, New Brunswick

Saint Peter's University Hospital now offering a FREE Onsite Community **Outreach Education Program**

The Opioid Epidemic: **A Perspective on Addiction**

Middlesex County had the highest growth rate for heroin-related deaths for 2014, a 420^{96} in 4 years. Learn how the county's law enforcement, hospitals, and others are working together to find solutions to this public health crisis.

Presenters:

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 February 13 • Noon - 1:00 PM Snanish

February 6 • Noon – 1:00 PM

For Children and Families Who Face the Challenges of Type 1 Diabetes

February 11 • 3:00 PM - 5:00 PM Call 732-745-8600, x8610 for more information. FREE

Parent Education

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

Baby Care

February 5 and 12 • 7:00 PM - 9:30 PM February 17 • 9:00 AM - 1:00 PM

Breastfeeding Class February 10 • 9:00 AM - 11:30 AM

Breastfeeding Support Group February 2 • 1:00 PM - 2:30 PM

Grandparent Class February 1 • 4:00 PM - 6:00 PM

Marvelous Multiples February 11 • 9:00 AM - 5:00 PM

New Daddy Class February 22 • 7:00 PM - 9:00 PM

New Mom Support Group February 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

Hobart Street in Perth Amboy Fun • Interactive • Health • Nutrition Physical Activity • Dancing • Learning Dinner will be provided.

For more information, contact Carmen Nieves at 732.376.6637.



200 Overlook Drive, Monroe Township Stephanie Fitzsimmons, EdD, MSN, RN, APRN-BC 732.745.8600, x8662 • FREE

Children's Handwashing Program Children are taught the importance of handwashing during an interactive one-hour program where they learn about germs and what to do when you cough or sneeze.

> Call Community Health Services at 732.745.8600, ext. 8903

Chief John Zebrowski Sayreville Police Department

Marge Drozd, RN, MSN, APRN-BC Community Health Services at Saint Peter's University Hospital

Jean Stevenson Guest Speaker, "Barbara's Story"

Community Health Services 732.745.8600, ext. 8903.

#EndOverdose

Includes maternity services tour

Wednesday and Thursday Evenings (series)

Saturday and Sunday (single day) Registration required.

Sibling Class

February 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 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

Catholic hospital sponsored by the Diocese of Metuchen

State-designated children's hospital and regional perinatal center







WOMEN'S CHOICE AWARD

America's 100 Best Hospitals For Patient Experience









*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.