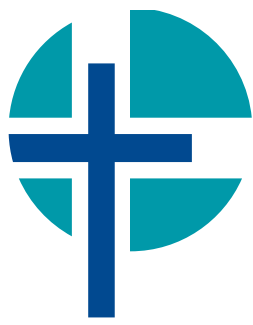


July
2019



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

U.S. News Ranks Neonatology at The Children's Hospital 34th in the Nation Tops in New Jersey

U.S. News & World Report, the global authority in hospital rankings and consumer advice, has ranked **The Children's Hospital at Saint Peter's University Hospital** 34th in the nation for Neonatology in its new 2019-20 Best Children's Hospitals rankings. Saint Peter's is the only New Jersey hospital to be recognized in the Top 50 for this category.

"We are truly honored to be among the best healthcare facilities nationwide for neonatology," says Bipin Patel, MD, FAAP, chairman of Pediatrics and physician-in-chief at The Children's Hospital at Saint Peter's University Hospital. "While no parent wants to think about having a child in the neonatal intensive care unit, we are often the destination for such specialty cases in the region. Our Level III Neonatal Intensive Care Unit (NICU) provides advanced technologies and treatment programs that translate to the best possible outcomes, but it is our team of specially-trained physicians, nurses and support staff that truly makes the difference in patient satisfaction."

More than 5,400 babies are born every year at Saint Peter's, a percentage of them low-birth-weight babies who are treated in the nationally recognized NICU at The Children's Hospital. A two-time winner of the Beacon Award for Excellence given by The American Association of Critical-Care Nurses, the NICU was the first in New Jersey to achieve this honor, receiving its second award in 2017. Licensed for 54 bassinets, the unit provides the most comprehensive neonatal care in the state for newborns and infants with medical or surgical problems.

The NICU at Saint Peter's is part of New Jersey's first state-designated Regional Perinatal Center. The center, established in 1981, is renowned throughout the state for the exceptional level of high-risk maternity and neonatal care provided. Board-certified physicians and specialized staff care for women experiencing high-risk pregnancies and infants born premature, or with serious medical issues.

"We are so proud of the work we do here at Saint Peter's," says Mark Hiatt, MD, director of The Neonatal Intensive Care Unit and chief of the Division of Neonatal Medicine at The Children's Hospital. "As a level three unit, the most advanced of its kind, we can take care of babies with any kind of medical or surgical problem. Not only do we have the most sophisticated and modern technology, we have expert staff that provides the extraordinary and compassionate care for which we are renowned."

In addition to state-of-the-art medical expertise, the babies in the NICU receive care that is family-centered, ensuring that the best care is provided in the most caring, individualized, and personal way possible. Parents and grandparents visit the unit and are actively involved in care that includes giving the children the skin-to-skin time needed for a baby's well-being and for psychological bonding between caregiver and child. Most recently, the unit introduced FaceTime Rounding, the first initiative of its kind in the state to deliver a live audio and visual feed to parents whose children need specialized long-term care.

The NICU is staffed round-the-clock by a board-certified neonatologist, nurse practitioners, a physician assistant, registered nurses, respiratory therapists, and a neonatal-trained pharmacist, a board-certified specialist in pediatric nutrition and a social worker. Also available on call 24-hours-a-day are multiple pediatric specialists, including pediatric surgeons. Primary care nurses are assigned full-time to children whether they are admitted for a few days or months.

Thanks to a generous donation from the Provident Bank Foundation, Saint Peter's is the first hospital in New Jersey to provide parents and loved ones with the ability to see their babies in real-time 24-hours-a-day via a secure online portal on their smartphones, computers and other mobile devices.

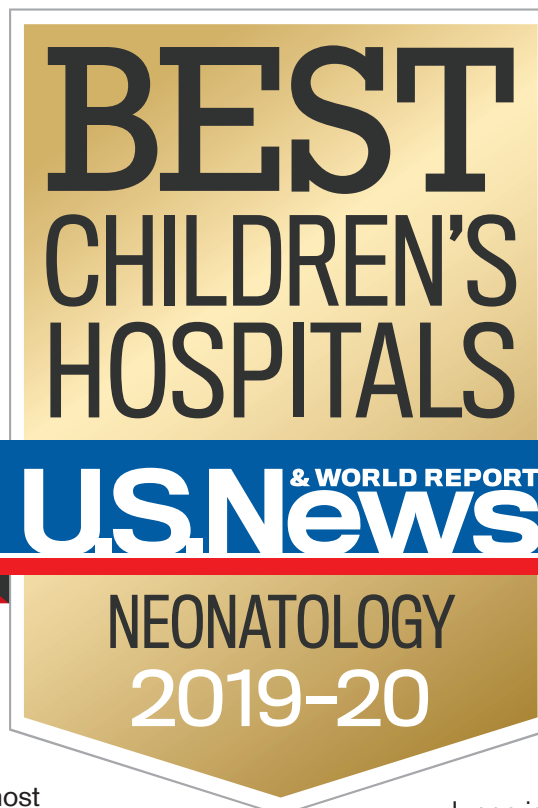
The NICU also utilizes the most advanced therapies using state-of-the-art technologies. The NICU was one of the first hospitals in New Jersey to evaluate the use of surfactant therapy, which is now routinely used to treat breathing problems in premature babies. Other state-of-the-art technologies include:

- High frequency jet ventilation and high frequency oscillators which help babies breathe without stressing the lungs.
- Nitric oxide therapy used for treatment of hypoxic respiratory failure.
- NAVA (Neurally Adjusted Ventilator Assist), a new mode of assisted mechanical ventilation in which the ventilator is triggered by changes in the electrical activity of the diaphragm. With this new technology newborns are able to wean off ventilator support in response to improving respiratory compliance. While on NAVA newborns control the amount of ventilator assistance needed to ventilate effectively. As a result the risk of damage to the lungs is reduced as well as the risk of chronic lung injury from a prolonged mechanical support.

- Brain cooling, a treatment that only until recently became available to stop the damage caused by asphyxia or lack of oxygen to the brain. The NICU became one of the first in the region to offer this procedure in 2011.

Saint Peter's has been a regional leader in maternal health services. With services that include midwifery for low-risk pregnancies and deliveries, to high-risk maternity care, Saint Peter's has set the standard for maternal and newborn care for decades.

saintpetershcs.com/USNews



The 13th annual Best Children's Hospitals rankings recognize the top 50 pediatric facilities across the United States in 10 pediatric specialties: cancer, cardiology and heart surgery, diabetes and endocrinology, gastroenterology and gastrointestinal surgery, neonatology, nephrology, neurology and neurosurgery, orthopedics, pulmonology and lung surgery, and urology.

Program to Prevent or Delay Type 2 Diabetes



Introductory Class

**Tuesday, July 9
6:00 PM – 7:00 PM**

**Next session begins on
Wednesday, July 17**

Program facilitated by registered dietitian nutritionists who are trained lifestyle coaches.

Open to anyone 18 years or older.
Call 732-339-7772 for more information.

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:
July 18 • 2:00 PM – 3:30 PM
Rutgers Cancer Institute of New Jersey
FREE

By phone:
July 2 • 6:30 PM – 8:00 PM
732.235.8522 • **FREE**

Breast Cancer Support Group

July 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

In partnership with the Cancer Support Community Central NJ
July 9 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
732.235.6792 • **FREE**

Living with Cancer Support Group

July 10 and 24 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
Barbara Hale, LCSW • 732.235.7557 • **FREE**

Support Groups

Bariatric Support Group
July 11 • 6:00 PM – 7:00 PM **NEW**
FREE
Call Daniela Velastegui, MS, RDN, CSG at 732.339.7450 for information.

Bereavement Support Group

July 18 • 7:00 PM – 8:30 PM
Call Pastoral Care at 732.745.8600, x8565 for more information. • **FREE**

Craniofacial Teen Girls

For ages 11 to 17 • Meets Sundays, monthly.
Group resumes in September. • **FREE**
Call 732.745.8600, x8113 for information.

Epilepsy Education Support Group

Group resumes in September. • **FREE**
Call 732.339.7870 for more information.

MyGOAL Autism Family Support Group

July 14 • 3:00 PM – 5:00 PM
877.886.9462 • **FREE**

SHARE Support Group

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

July 18 • 7:00 PM – 9:00 PM **NEW Location**
Sister Marie de Pazzi Conference Room 5.
Irina Mariano-Brown, MSW, LCSW
732.745.8522 • **FREE**

Spouse/Partner Caregiver Support Group

July 11 • 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**

Community Health Services

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

Community Health Services mobile health van



Welcomes patients 9:30 AM – 4:00 PM
Monday, July 1 • Friday, July 19
Sunday, July 21

In the parking lot of
Sacred Heart Church/Holy Family Parish
56 Throop Street, New Brunswick

Blood Pressure/Blood Sugar Screenings

July 3 • 10:00 AM – 11:30 AM
South River Food Bank • **FREE**

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

July 20 • 10:00 AM – 11:30 AM
Bethel United African Church
Franklin • **FREE**

July 20 • 12:30 PM – 2:00 PM
Triumphant Community Church
Franklin • **FREE**

July 27 • 11:00 AM – 1:00 PM
Bayard Street Presbyterian Church
New Brunswick • **FREE**

July 31 • 12:30 PM – 1:30 PM
SHIPS at St. John Episcopal Church
Somerville • **FREE**

Blood Pressure/Blood Sugar/Body Mass Index Measurement/Nutrition Education

July 11 • 10:00 AM – Noon
Reformed Church of Highland Park • **FREE**

Health Fairs

Family Fun Day
July 13 • 11:00 AM – 1:00 PM
Edison Housing Authority • **FREE**

July 14 • 2:30 PM – 4:30 PM
Women's Health Fair
Muslim Center of Middlesex County
Piscataway • **FREE**

Sleep Assessment

July 25 • 9:30 AM – Noon
Monroe Senior Center • **FREE**

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.

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 doctor's prescription required.
732.339.7630

Type I Diabetes Support Group for Children and their Families
Group resumes in September. • **FREE**
Call 732.745.8600, x8610 for more information.

Parent Education

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

Baby Care

July 1 and 8 • 7:00 PM – 9:30 PM
July 13 • 9:00 AM – 1:00 PM

Breastfeeding Class
July 13 • 9:00 AM – 11:30 AM

Breastfeeding Support Group
July 5 • 1:00 PM – 2:30 PM

Meet the Midwife
Call Parent Education at 732.745.8579 for more information about this ongoing series.

New Mom Support Group
July 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 (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 13 • 12:30 PM – 1:30 PM

Be **SUN SAFE** This Summer!

Sun Damage Screening Using DermaScan Machine

July 12 • 9:30 AM – 10:30 AM
New Brunswick Senior Center

July 23 • 10:00 AM – 11:30 AM
North Brunswick Public Library

July 23 • 3:30 PM – 5:00 PM
East Brunswick Public Library

July 25 • 11:30 AM – 2:00 PM
Johnson & Johnson Health and Safety Fair • Raritan

July 30 • 10:30 AM – Noon
Edison Public Library

SAVE THE DATE

EMS Education Series
Thursday, August 29 • 7:00 PM
Domestic Abuse Awareness
Call 732.745.8600, x6671 to register.
FREE Parking • **FREE** CEUs
FREE Light Dinner

Diabetes Support Group
Wednesday, September 11
10:30 AM – 11:30 AM
FREE

Saint Peter's University Hospital
Center for Ambulatory Resources
(CARES) Call 732.339.7630

33rd ANNUAL GOLF CLASSIC
THE RIDGE AT BACK BROOK
MONDAY | SEPTEMBER 9 | 2019



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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State-designated children's hospital and regional perinatal center

