

October
2019



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



Building on Expert Care with Clinical Research Studies

Nationwide clinical trials at Saint Peter's University Hospital continue to work toward enhancing patient care at Saint Peter's Breast Center by contributing to a body of research that creates innovations in breast cancer treatment.

Ongoing clinical trials at Saint Peter's include the third phase of a trial that is evaluating the role of weight loss intervention and health education in the treatment of early breast cancer. Another is a pilot study examining the effectiveness of using the CyberKnife® Radiosurgery System for postmenopausal women who are being treated for Stage I breast cancer characterized by smaller, non-lymph node positive breast cancers.

"The pilot study is trying to determine whether using a robotic radiation delivery tool known as CyberKnife is a better option than the existing balloon technique often used for localized radiation," says Susan McManus, MD, surgeon and director, Saint Peter's Breast Center. "The latter requires twice daily treatment for five days, rather than one treatment for five days with CyberKnife."

Dr. McManus also serves as chief of Saint Peter's Breast Surgery Division and is president of Saint Peter's Physician Associates, a network of primary and specialty care physicians. A fellow of the American College of Surgeons, Dr. McManus is a member of the American Society of Breast Surgeons, the American Society of Breast Diseases, the Society of Surgical Oncology, and the American College of Surgeons.

Dr. McManus leads an interdisciplinary team that includes Lisa Hopkins, MD, breast surgeon, and Kim Dixon, MD, internist specializing in breast health, that carries out the hallmark of care at the Saint Peter's Breast Center – diagnosing breast disease – benign and cancerous – and designing individualized treatment for patients. Participating in clinical trials provides the research and knowledge that is needed to advance care.

A clinical study known as the Tomosynthesis Mammographic Imaging Screening Trial (TMIST) is comparing the use of traditional 2-D mammography with the newest tomosynthesis or 3-D mammography in the screening of breast cancer disease. "This randomized trial not only looks at which method is better, but is also trying to discover if 3D mammography can recognize more deadly cancers," says Dr. McManus.

The multidisciplinary approach is unique to Saint Peter's. Weekly conferences with representatives from all disciplines on the healthcare team provide a comprehensive review of new cases. The team includes all physicians and clinical staff specialists involved in the unique care of patients with breast disease. Evaluation, according to the National Comprehensive Cancer Network guidelines, ensures that each case is given a thorough assessment resulting in a patient-appropriate treatment plan.

Saint Peter's Cancer Program, which includes the work of the Breast Center, is accredited by the Commission on Cancer as an Academic Comprehensive Cancer Program.

**The Saint Peter's Breast Center can be reached at 732-846-3300.
Please call 732-745-8600, x5676 for appointments and further
information about mammograms.**



2019
WOMEN'S CHOICE AWARD®

Saint Peter's University Hospital
has been named as one of
America's Best Breast Centers
by the Women's Choice Award®,
America's trusted referral source
for the best in health care.

The Best Breast Centers Award
means that Saint Peter's carries
the Breast Imaging Center of
Excellence (BICOE) seal from the
American College of Radiology,
and that it is among breast
centers that have met the highest
standards of care in the nation as
set by the National Accreditation
Program for Breast Centers
(NAPBC).

Special Events

EMS Education Series Thursday, October 24 6:00 PM

Cardiovascular

Register at lessstress.com and select "EMS Training" or call 908.238.3254
FREE Parking, **FREE** CEUs,
FREE Light Dinner.

Breast Cancer Awareness Month

Creative Expression through the Arts CALL FOR SUBMISSIONS

Help decorate for our upcoming BRA celebration! We invite you to dress a torso. Stop in at the Saint Peter's Breast Center in CARES to pick up a torso form and see our model that is on display.



The Saint Peter's Breast Center team invites all who have been touched by breast cancer – patients, doctors, nurses, caregivers – to submit their original artistic work in any medium to be shared at our annual event. **All works must be submitted for review by Tuesday, October 8.**



Wednesday, October 16, 2019 • 3:00 – 5:00 PM
Sister Marie de Pazzi Conference Center



The North Brunswick pink police car dedicated in memory of Joan Foerster Slovinsky will again make an appearance at the observance of Breast Reconstruction Awareness (BRA) Day.



Breast Health Information and Education

**October 6
1:30 PM – 3:00 PM**

Saint Bartholomew's Parish,
Columbiettes Pink Luncheon,
East Brunswick

**October 29
1:00 PM – 2:00 PM**

Sterling Pointe Senior Community
Residents only

Milltown Day Saturday, October 5 9:00 AM – Noon

Bradford Park, Milltown

Community Health Services staff will provide education and screenings.

**HOLD THE DATE
FRIDAY, OCTOBER 25, 2019**
SAINT PETER'S UNIVERSITY HOSPITAL AUXILIARY
**FIFTH ANNUAL
DESIGNER POCKETBOOK BINGO**



AND GIFT BASKET FUNDRAISER

OUR LADY OF PEACE AUDITORIUM
1740 ROUTE 130, NORTH BRUNSWICK, NJ 08902
DOORS OPEN AT 5:30 PM

FOR MORE INFORMATION, PLEASE CALL
CATHY MOONEY AT 732.846.6675.



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:
October 17 • 2:00 PM – 3:30 PM
Rutgers Cancer Institute of New Jersey
FREE

By phone:
October 1 • 6:30 PM – 8:00 PM
732.235.8522 • FREE

Breast Cancer Support Group

October 21 • 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**
October 8 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
732.235.6792 • FREE

Living with Cancer Support Group

October 9 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
October 10 • 6:00 PM – 7:00 PM
Call Daniela Velastegui, MS, RDN, CSG
at 732.339.7450 for information. • **FREE**

**Bereavement
Support Group**
October 3 and 17 • 7:00 PM – 8:30 PM
Call Pastoral Care at 732.745.8565 for
more information. • **FREE**

Craniofacial Teen Girls
For ages 11 to 17 • Meets Sundays, monthly.
FREE
Call 732.745.8600, x8113 for information.

**Epilepsy Education
Support Group** **NEW**
FREE
Call 732.339.7870 for more information.

**MyGOAL Autism Family
Support Group**
October 13 • 3:00 PM – 5:00 PM
877.886.9462 • FREE

SHARE Support Group **NEW Location**
(for those who have suffered
miscarriage, stillbirth or neonatal death)
October 17 • 7:00 PM – 9:00 PM
Sister Marie de Pazzi Conference Center,
Room 5. Irina Mariano-Brown, MSW, LCSW
732.745.8522 • FREE

**Spouse/Partner Caregiver
Support Group**
October 10 • 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
732.339.7675



Community Health Services' mobile health van

Welcomes patients
10:00 AM – 2:30 PM

Monday, October 7

Friday, October 18

Saturday, October 26

In the parking lot of
**Sacred Heart Church/
Holy Family Parish**
56 Throop Avenue, New Brunswick
**To schedule an appointment, call
732.339.7666; walk-ins welcome**

Blood Pressure/ Blood Sugar Screenings

October 11 • 9:30 AM – 10:30 AM
New Brunswick Senior Center • **FREE**

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

October 31 • 2:30 PM – 3:30 PM
DeForest B. Soaries, Jr. Residences
Residents only

Bone Density Screening

October 30 • 11:00AM – 12:30 PM
Monroe Senior Center
Residents only • **FREE**

Community Talks Sleep

October 10 • 11:00 AM – Noon
Presenter: Rhonda McLemore
Raritan Valley YMCA

Health Fairs

October 3 • 10:00 AM – 2:00 PM
Affinity Federal Credit Union, Basking Ridge
Employees only.

October 24 • 9:00 AM – 3:00 PM
Evonik • Parsippany. Employees only

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

SUPPORT GROUP

**Thursday, October 17
7:00 PM – 8:30 PM**

**Saint Peter's Sports Medicine
Institute Conference Room**
**562 Easton Avenue
Somerset, NJ 08873**

**Private setting. No fee.
Free on-site parking.**

Questions/Additional Information:
Care Coordination Department
732.745.8522 or
jdanyus@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 doctor's prescription required.
732.339.7630

Type I Diabetes Support Group for Children and Their Families

October 20 • 3:00 PM – 5:00 PM • 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

October 7 and 14 • 7:00 PM – 9:30 PM
October 12 • 9:00 AM – 1:00 PM

Birth Center Class

October 13 • 9:00 AM – 1:00 PM
Advanced Registration Required

Breastfeeding Class

October 5 • 9:00 AM – 11:30 AM

Breastfeeding Support Group

October 4 • 1:00 PM – 2:30 PM

Hypnobirthing

NEW

October 2, 9, 16, and 23 • 6:30 PM – 9:00 PM
Course fulfills the requirement for first-time
families wishing to give birth in the Mary V.
O'Shea Birth Center. Call for fee.



Life's little miracles...
our midwives call it
a labor of love.

Meet the Midwife Monday, October 7 6:00 PM – 7:30 PM

Antenatal Testing Unit
Waiting Room
First floor Women and
Children's Pavilion

New Daddy Class

October 24 • 7:00 PM – 9:00 PM

New Mom Support Group

October 4 • 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

October 5 • 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

Sponsored by the Roman Catholic Diocese of Metuchen



State-designated children's hospital and regional perinatal center

