

January
2020



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

The leadership of the SKN South Asian Diabetes Center: Naveen Mehrotra, MD, MPH; Nayan Kothari, MD, MACP, FRCP (Edin), FACR; Meena Murthy, MD, FACE; Sunil Parikh, MBBS, CPM; Renee DiMarzio, Department of Medicine; and Annah Kuriakose, MD, MAEd.



The SKN South Asian Diabetes Center

Providing Prevention and Care to Meet the Cultural Needs of the Central Jersey South Asian Community

With the goal of providing advanced care for those affected by diabetes – a disease that disproportionately impacts the South Asian community – Saint Peter's University Hospital and the Shri Krishna Nidhi (SKN) Foundation joined together to establish the SKN South Asian Diabetes Center at Saint Peter's University Hospital in 2017. Most recently, the Center has expanded its outreach to include early detection and care through community outreach programs, individualized screenings with navigation to care, education and support services.

Saint Peter's Healthcare System's President and Chief Executive Officer Leslie D. Hirsch described the establishment of the SKN South Asian Diabetes Center as significant in the fulfillment of Saint Peter's mission. The Center builds on the award-winning and nationally recognized diabetes care experts provide at the Saint Peter's Thyroid and Diabetes Center and the Diabetes and Hypertension Center under the leadership of Meena Murthy, MD, FACE, chief, Division of Endocrinology, Nutrition and Metabolism.

"Our South Asian population health initiative is in direct response to the regional concentration of South Asians in Middlesex County and the surrounding regions," says Hirsch. "Serving the community for 113 years, we're proud of our ability to live our mission of respect for the patient's cultural background, spiritual needs and healthcare values through this Center."

The SKN South Asian Diabetes Center has grown under the direction of Dr. Murthy and SKN Foundation founder, leader and pediatrician, Naveen Mehrotra, MD, MPH, to include a full-time program director, outreach director, volunteer health providers and students.

In addition to Drs. Murthy and Mehrotra who serve as co-directors, Center leadership includes Sunil Parikh, MBBS, CPM, project coordinator, and Annah Kuriakose, MD, MAEd, program director.

"The goal is to prevent the onset or at least identify diabetes at an early stage," says Dr. Murthy. "Diabetes is a silent killer that causes premature disability and death. If undetected, it presents with significant costly complications already at the chronic stage."

The Center, located in the Center for Ambulatory Resources (CARES) at Saint Peter's, features diabetes experts, educators and staff of South Asian origin to assure culturally appropriate care. The Center offers early screening with a focus on prevention and access to comprehensive consultation and management; specialized care for women; diabetes self-management education*; nutritional guidance specific to the South Asian diet; and support groups.

DIABETES IN THE SOUTH ASIAN COMMUNITY

Nationwide, as many as **1 in 4 people** who have diabetes don't know they have it.



For Asian Americans, that number is much higher – **1 in 2, the highest of all ethnic/racial groups.**

South Asians

are at high risk for diabetes at lower weight and body mass index than the general population.



More than
30 Million
Americans
have
diabetes.



Since 1996, the American Diabetes Association (ADA) has consistently awarded recognition to the Diabetes Self-Management Education services at Saint Peter's. This summer the ADA once again awarded a four-year Certificate of Recognition to the services. This recognition is a reflection of the quality education that meets and exceeds the national standards for diabetes self-management education and support.

"Immigrants from South Asia are now experiencing a galloping epidemic of metabolic syndrome, obesity, diabetes, heart disease and stroke. Provisions for community awareness, education, and access to health care to all – irrespective of medical insurance status – are essential to reduce risks and reverse complications," said Nayan Kothari, MD, MACP, FRCP (Edin), FACR, chief

academic officer, and chair of the Department of Internal Medicine at Saint Peter's. "The partnership between the SKN Foundation and Saint Peter's University Hospital offers early detection of diabetes and provides the most needed services to the South Asian community."

For more information about the South Asian Institute's SKN South Asian Diabetes Center at Saint Peter's University Hospital, call 732.339.7219 • southasianinstitute@saintpetersuh.com

National Sisters Together
Move More, Eat Better Program
NUTRITION EDUCATION

Thursday, January 2
6:00 PM – 7:00 PM
Sister Marie de Pazzi Conference Center

Diabetes Support 2020 Quarterly Wednesday Morning Meetings
10:30 AM – 11:30 AM
March 11
June 10
September 9
December 9
FREE

NEW

Monday Meetups
Free Community Event for South Asians Affected by Diabetes
First Monday of Every Month
6:00 PM - 8:00 PM
Beginning January 6

EMS EDUCATION SERIES 2020

FREE CEUs!

- February 27 Stroke Education
- April 30 Head and Spine Trauma
- June 25 Summer Emergencies
- August 20 Emergency Incident Rehab
- October 22 Documentation Review
- December 17 Sepsis for EMS

(All classes listed 2 CEUs)

All classes start at 6:00 PM


- FREE CEUs
- FREE Parking
- FREE light dinner
- 2 CEU courses end at 8 P.M.
- Certified instructors

732.745.8600, x6671



VAPING: What You Need to Know

FREE COMMUNITY EDUCATION PROGRAM



Thursday, January 23, 2020
Sister Marie de Pazzi Conference Center, Rooms 1 and 2
Registration begins at 6:00 PM
Call 732-339-7675 for more information.

SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM
254 Easton Avenue, New Brunswick, NJ 08901

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:
January 16 • 2:00 PM – 3:30 PM
Rutgers Cancer Institute of New Jersey
FREE

By phone:
January 7 • 6:30 PM – 8:00 PM
732.235.8522 • FREE

Breast Cancer Support Group

January 6 and 20 • 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
January 14 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
732.235.6792 • FREE

Living with Cancer Support Group

January 8 and 22 • 7:00 PM – 8:30 PM
Rutgers Cancer Institute of New Jersey
Barbara Hale, LCSW • **732.235.7557 • FREE**

Support Groups

Bariatric Support Group
January 9 • 6:00 PM – 7:00 PM
Call Daniela Velastegui, MS, RDN, CSG at **732.339.7450** for information. • **FREE**

Bereavement Support Group
Twice a month • 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.

MyGOAL Autism Family Support Group
January 12 • 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)
January 16 • 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 **NEW Location**
January 16 • 1:30 PM – 3:00 PM
Saint Peter's Physician Associates
298 Applegarth Road, Suite D, Monroe
Stephanie Fitzsimmons, EdD, MSN, RN, APRN-BC • **732.745.8600, x8662 • FREE**

Follow Your Heart to Saint Peter's for Go Red for Women's Health

February 7
11:00 AM - 2:00 PM
Free information, screenings, relaxation activities and refreshments.
Sister Marie de Pazzi Conference Center



Community Health Services



For more information about screenings and educational programs, or the CHS corporate flu shot program, please call **732.339.7675**

Blood Pressure/ Blood Sugar Screenings

January 6 • 11:00 AM – 12:30 PM
Spotswood Senior Center
Members only. • **FREE**

January 8 • 10:00 AM – 11:30 AM
Hillsborough Senior Center, Hillsborough
Members only. • **FREE**

January 8 • 10:00 – 11:30 AM
South River Food Bank, South River • **FREE**

January 9 • 10:30 AM – Noon
Sayreville Senior Center, Sayreville
Members only. • **FREE**

January 9 • 2:00 PM – 3:30 PM
Franklin Township Public Library • **FREE**

January 10 • 9:15 AM – 10:15 AM
New Brunswick Senior Center, New Brunswick • Members only. • **FREE**

January 10 • 11:15 AM – 12:15 PM
Elijah's Promise, New Brunswick • **FREE**

January 13 • 10:00 AM – 11:30 AM
Piscataway Senior Center, Piscataway • **FREE**

January 13 • 1:30 PM – 2:30 PM
Edison Public Library, Edison • **FREE**

January 23 • 10:30 AM – Noon
Metuchen Senior Center, Metuchen
Members only. • **FREE**

January 27 • 10:00 AM – 11:30 AM
Somerset County Senior Wellness Center
Visiting Nurse Association Campus, Basking Ridge • **FREE**

January 28 • 12:30 PM – 1:30 PM
United Reform Church, Somerville • **FREE**

Blood Pressure/Blood Sugar/Cholesterol Screenings

January 24 • 10:00 AM – 11:30 AM
ShopRite, Spotswood

Community Presentations


Falls Prevention
January 15 • 11:00 AM – Noon
South Plainfield Senior Center
Members only. • **FREE**

January 16 • 10:30 AM – 11:30 AM
Charleston Place, Kendall Park
Residents only.

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

SUPPORT GROUP

Thursday, January 16
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
January 5 • 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
January 6 and 13 • 7:00 PM – 9:30 PM
January 25 • 9:00 AM – 1:00 PM

Birth Center Class
January 4 • 9:00 AM – 1:00 PM
Fulfills requirement for patients of the Mary V. O'Shea Birth Center.
Registration required.

Breastfeeding Class
January 18 • 9:00 AM – 11:30 AM

Breastfeeding Support Group
January 3 • 1:00 PM – 2:30 PM

Hypnobirthing **NEW**
Five-week session.
Call **732.745.8579** for information.

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



Meet the Midwife
Call for information
732-745-8579

New Mom Support Group
January 3 • 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
January 18 • 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
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State-designated children's hospital and regional perinatal center

