

February  
2020



# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*

## Diagnosing Pancreatic Cancer



This year pancreatic cancer may possibly become the second leading cause of cancer-related death in the United States with more than 57,000 people expected to be diagnosed. The most important aspect of the treatment of pancreatic cancer is early diagnosis. Most patients, unfortunately, are diagnosed at a later stage, and so are not good candidates for surgery.

At Saint Peter's University Hospital, state-of-the-art technology is being used to diagnose small pancreatic tumors, improving the likelihood of life-saving treatment. One such piece of technology is the endoscopic ultrasound (EUS), the best diagnostic tool for diagnosing small tumors in the pancreas. During an endoscopic ultrasound, a thin tube, called an endoscope, is inserted into the body through the mouth into the digestive tract – the stomach and small intestine. Sound waves create images of the pancreas and surrounding tissues. EUS can diagnose tumors as small as two to three centimeters in size, about the size of a peanut and grape, respectively.

"Patients usually undergo an abdominal sonogram or a CAT scan which are the two most commonly used tests to diagnose pancreatic cancer, but EUS is really the best," says Andrew Korman, MD, a gastroenterologist and pancreatic disease specialist at Saint Peter's University Hospital. "It helps us to diagnose earlier, and nothing is more important than catching pancreatic cancer at its earliest stage."

Treatment options for patients with pancreatic cancer range from surgery to targeted immunotherapy, the latter which enables your immune system to attack cancer cells. Surgical resection which involves removal of portions of the pancreas and possibly other parts of other organs, is the best chance for a cure, but only 10 to 20 percent of patients are good candidates. Other treatments include chemotherapy before and/or after surgery.

### What is the pancreas?

The pancreas is a gland located behind the stomach. It has two important functions: it makes substances for food digestion and hormones to help control the amount of sugar (glucose) in the blood. One in 63 men and one in 65 women will develop pancreatic cancer in their lifetime. In contrast, breast cancer affects about 1 in 8 women, and 1 in 9 men will develop prostate cancer. Though it is less common, pancreatic cancer ranks high on the list of cancer killers. Only 8.5 percent of patients survive five years after a diagnosis that is often made late in the progression of the disease. Largely, doctors say, this is because pancreatic cancer has no early symptoms. Cancer cells grow in the pancreas before they cause symptoms. When symptoms such as yellowing of the skin and eyes; pain in the upper and middle belly or back; nausea and vomiting; weight loss; and loss of appetite appear, it is often during the later stages of the disease. This makes treatment such as chemotherapy or surgery more challenging, says Dr. Korman.



### Who is at risk?

The exact cause of pancreatic cancer is not known yet, adds Dr. Korman, but certain conditions or behaviors can put people at risk, as can gender:

- Chronic inflammation of the pancreas known as pancreatitis
- Men are more likely to develop pancreatic cancer
- Obesity
- Smoking
- Diabetes

Family history also can put someone at risk for developing pancreatic cancer, although not everyone who develops pancreatic cancer has a family member who has coped with the disease. There are six known genetic risks associated with pancreatic cancer, and according to the American Cancer Society, inherited gene mutations may cause as many as 10 percent of pancreatic cancers. Patients identified at high risk at Saint Peter's are referred to the Medical Genetics and Genomic Medicine Department to see a genetic counselor who specializes in cancer.

"Though screening the general population for pancreatic cancer is not recommended, it is for high-risk individuals," says Dr. Korman. "Such patients are referred to one of our geneticists to screen for certain genetic mutations. Endoscopic ultrasound has also been used for this purpose – as a method of screening patients at high risk."

### Managing pain

Like other cancers, pain accompanies pancreatic cancer. Many patients can manage without opioids. With an eye toward eliminating the need for the use of opioids when possible, Saint Peter's offers patients the option of treating pain without narcotics.

"Fortunately, other treatments are available. Pancreatic enzymes, anti-depressants and steroids can be used to manage pain associated with pancreatic cancer," explains Dr. Korman. "At Saint Peter's, we also perform something called a celiac plexus block for patients with persistent abdominal pain. During this procedure, a bundle of nerves called the celiac plexus is injected with an anesthetic and steroid solution to prevent it from signaling pain to the brain."

**To learn more about the management of pancreatic cancer, call Melissa Manies, BSN, RN-BC, oncology nurse navigator, 732.565.5471.**



### Saint Peter's Patient Stories

Nasir Saeed was diagnosed with pancreatic cancer thanks to state-of-the-art technology. Describing the nurses and doctors at Saint Peter's as not only the "best" but also "angelic," he shares his story on YouTube: [youtu.be/DXjvxbnuIVA](https://youtu.be/DXjvxbnuIVA)



## 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.

## American Heart Month National Sisters Together

Move More,  
Eat Better Program

### HEART HEALTH

February 6  
7:00 PM - 8:00 PM

Sister Marie de Pazzi  
Conference Center

## National Wear Red Day®

Follow Your Heart to Saint Peter's  
for Our Annual  
**GO RED FOR WOMEN'S HEALTH**  
Event

Join us for tea and cookies.  
Take part in free health screenings.  
Relax and enjoy chair yoga and massage.

**FRIDAY**  
**2/7/2020**  
**11 AM - 2 PM**

Event will take place in the hospital  
main lobby and the Sister Marie  
de Pazzi Conference Center.

## Heart Health Presentations

February 12  
10:00 AM - 11:00 AM  
Sterling Pointe at Franklin  
Adult Community,  
Somerset • **FREE**

February 13  
Noon - 1:00 PM  
Manville Senior Center,  
Manville • **FREE**

## WEIGHT LOSS PROGRAM SEMINARS

2020

Every 3rd Tuesday of Every Month  
12:00 PM - 1:30 PM

### MEET THE TEAM

Carlos A. Macias, MD  
Bariatric Surgeon

Philip Wey, MD  
Plastic Surgeon

Ghislene Meance, PsyD  
Licensed Clinical Psychologist

Daniela Velastegui, MS, RD, CSG  
Dietitian

Meredith Rassam, PT, MSPT  
Physical Therapist

RSVP  
Kelly Del Rosario, BSN, RN,  
Nurse Navigator, Bariatric Surgery  
732.745.8555  
[kdelrosario@saintpetersuh.com](mailto:kdelrosario@saintpetersuh.com)

## EMS Education Series

February 27 • 6:00 PM – 8:00 PM  
**Stroke Education**

Call 732.745.8600, x6671 to register.

**FREE** CEUs - 2 • **FREE** parking  
**FREE** light dinner • Certified Instructors

## Cancer Support Bone Marrow Transplant Support Group

For patients who have had an allogeneic  
transplant.

In person:

February 20 • 2:00 PM – 3:30 PM  
Rutgers Cancer Institute of New Jersey  
**FREE**

By phone:

February 4 • 6:30 PM – 8:00 PM  
732.235.8522 • **FREE**

## Breast Cancer Support Group

February 3 and 17 • 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

February 11 • 7:00 PM – 8:30 PM  
Rutgers Cancer Institute of New Jersey  
732.235.6792 • **FREE**

## Living with Cancer Support Group

February 12 and 26 • 7:00 PM – 8:30 PM  
Rutgers Cancer Institute of New Jersey

Barbara Hale, LCSW • 732.235.7557 • **FREE**

## Support Groups

### Bariatric Support Group

February 13 • 6:00 PM – 7:00 PM  
Call Daniela Velastegui, MS, RDN, CSG  
at 732.339.7450 for information. • **FREE**

### Bereavement Support Group

February 6 and 20 • 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.  
Call 732.745.8600, x8113 for information.  
**FREE**

### MyGOAL Autism Family Support Group

February 9 • 3:00 PM – 5:00 PM  
877.886.9462 • **FREE**

### SHARE Support Group

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

February 20 • 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

February 13 • 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**

## 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 the Diabetes  
and Hypertension Center:

**Family Health Center at Saint  
Peter's University Hospital**  
123 How Lane, New Brunswick,  
at 732.339.7672.

## Community Health Services



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

### Blood Pressure/ Blood Sugar Screenings

February 3 • 10:00 AM – 11:30 AM  
Montgomery Senior Center, Montgomery  
**FREE**

February 5 • 11:00 AM – Noon  
Raritan Valley YMCA, East Brunswick

**FREE**

February 5 • 2:00 PM – 3:30 PM  
North Edison Public Library, Edison • **FREE**

February 5 • 5:00 PM – 6:30 PM  
North Brunswick Crescent • Residents only.  
**FREE**

February 6  
9:30 AM – 11:30 AM • 12:15 PM – 1:45 PM  
Old Bridge Senior Center, Old Bridge • **FREE**

February 14 • 9:15 AM – 10:15 AM  
New Brunswick Senior Center, New Brunswick  
**FREE**

February 14 • 11:15 AM – 12:15 PM  
Elijah's Promise Soup Kitchen,  
New Brunswick • **FREE**

February 24 • 6:30 PM – 7:30 PM  
Women's Craft Group at Sacred Heart  
Church/Holy Family Parish • New Brunswick  
**FREE**

February 25 • 10:30 AM – Noon  
Sayreville Public Library, Sayreville **FREE**

February 26 • 2:30 PM – 3:30 PM  
South Plainfield Public Library,  
South Plainfield • **FREE**

### Cholesterol Screenings

February 3 • 2:30 PM – 4:00 PM  
Cedar Village at East Brunswick,  
East Brunswick • Residents only. • **FREE**

February 4 • 8:30 AM – 10:00 AM  
Franklin Township Senior Center, Somerset  
**FREE**

February 21 • 10:00 AM – 11:30 AM  
Alliance Center for Independence, Edison  
Residents only. • **FREE**

February 27 • 2:30 PM – 3:30 PM  
DeForest B. Soaries Residence at Somerset  
Residents only. • **FREE**

### Community Presentations

#### Healthy Eating

February 19 • 10:30 AM – 11:30 AM  
Quailbrook Senior Center, Somerset • **FREE**

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

## SUPPORT GROUP

Thursday, February 20  
7:00 PM – 8:30 PM

Sister Marie de Pazzi Conference  
Center, Room 2

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

**NEW  
Location**

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

### Monday Meetups

February 3 • 6:00 PM – 8:00 PM **NEW**  
Free Community Event for South Asians  
Affected by Diabetes

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

February 9 • 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](http://saintpetershcs.com/parented)  
or call Parent Education at 732.745.8579.

### Baby Care

February 3 and 10 • 7:00 PM – 9:30 PM  
February 9 • 9:00 AM – 1:00 PM

### Birth Center Class

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

### Breastfeeding Class

February 2 • 9:00 AM – 11:30 AM

### Breastfeeding Support Group

February 7 • 1:00 PM – 2:30 PM

### Grandparent Class

February 6 • 4:00 PM – 6:00 PM

### Hypnobirthing **NEW**

Five-week session begins February 19  
Call 732.745.8579 for information.



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

### Meet the Midwife

Monday, February 3 • 6:00 PM – 7:30 PM  
Antenatal Testing Unit Waiting Room  
First floor • Women and Children's Pavilion

### New Daddy Class

February 27 • 4:00 PM – 6:00 PM

### New Mom Support Group

February 7 • 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

February 2 • 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.



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