

April
2020



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

Saint Peter's Children's Hospital A Leader in Pediatric Epilepsy Treatment



 **The Children's Hospital**
AT SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Pediatric neurology services are among the outpatient services The Children's Hospital at Saint Peter's University Hospital provides at its **Saint Peter's Physician Associates office in Hoboken, New Jersey.**

Other physicians and specialties include:

Elizabeth Korn, MD
Pediatric Endocrinology

Rupinder Gill, MD
Pediatric Gastroenterology

Lara Pappas, MD
Pediatric Hematology/Oncology

Peter Wenger, MD
Pediatric Infectious Diseases

Anup Singh, MD
Pediatric Nephrology

Sara Haim, MD
Pediatric Neurology

Alexandra Kondratyeva, DO
Amie Kawashima, DO
Pediatric Orthopedics

Archana Singh, MD
Pediatric Pulmonology

John Gallucci, MD
Pediatric Surgery

The Division of Pediatric Neurology at The Children's Hospital at Saint Peter's University Hospital cares for children and families affected by disorders of the nervous system. With six physicians now treating patients either at Saint Peter's, or at the Saint Peter's Physician Associates' Pediatric Multispecialty practice in Hoboken, and a dedicated 24-hour epilepsy unit, the division remains a hub for treating patients in the area.

Minal Doshi, MD, recently joined Carlos Lastra, MD, the chief of the division of Pediatric Neurology and specialists: Chandrabhaga Miskin, MD; Sara Haim, MD; Victoria Sorgan, MD; and Anu Venkat, MD. Adrienne Valdez, MSN, RN-CCRN, NP-C, serves as nurse practitioner.

They are among the hundreds of hospital and community physicians who provide services in 20 other specialty areas at The Children's Hospital.

"With the expansion of our Pediatric Neurology program, with more specialized physicians and providers, The Children's Hospital of Saint Peter's is the leading hospital in the state for diagnosis and treatment of pediatric epilepsy. Our Pediatric Epilepsy Program is a hub of service throughout southern, central and northern New Jersey with offices in New Brunswick and Hoboken," says David Jaipersaud, executive director of the Department of Pediatrics at The Children's Hospital at Saint Peter's University Hospital.

Epilepsy is one of the Neurology Division's key clinical areas. In addition to epilepsy, the division provides comprehensive evaluation and management for children with headaches; Tourette Syndrome; cerebral palsy; meningitis; Bell's palsy; Dravet Syndrome; encephalitis; Guillain-Barre Syndrome; nerve damage; neurocutaneous disorder; traumatic brain injury; tics; migraines; brain tumors; autism; intracranial injury; aneurysm; Down syndrome; developmental delays; encephalopathy; sleep apnea/ sleep disorders; neuropathy; and learning disabilities. Experts use sophisticated diagnostic techniques, including video encephalography electroencephalogram (EEG) monitoring, to help evaluate children with seizure disorders,

and epileptic and non-epileptic seizures. In all cases, therapy is tailored to the individual pediatric patient, and options may include the full range of anti-epileptic medications, the ketogenic diet and vagus nerve stimulation. The division is a referral program for area neurologists for the treatment of intractable seizures.

Other pediatric neurological services offered include:

- Neuroimaging procedures
- Autism evaluations
- Electromyogram and nerve conduction studies
- Speech and feeding evaluations
- Sleep study evaluation

What is epilepsy?

Epilepsy is a neurological disorder marked by sudden, recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain. Children with epilepsy can experience seizures – a sudden surge of electrical activity in the brain that usually affects how a person feels or acts. Epileptic seizures are not a disease. Instead, they are a symptom of many different disorders that can affect the brain. Some seizures can hardly be noticed, while others are totally disabling.

What causes epilepsy?

There is a fine balance in the brain between factors that begin electrical activity and factors that restrict it, and there are also systems that limit the spread of electrical activity. During a seizure, these limits break down, and abnormal electrical discharges can occur and spread to whole groups of neighboring cells at once. This linkage of electrical discharges creates a "storm" of electrical activity in the brain, explains Dr. Lastra.

"Not all seizures are caused by epilepsy. With an EEG, we can monitor brain waves to pinpoint the exact source of the seizure," says Dr. Lastra. "This technology helps to change lives."



Call 732.339.7870 for more information about the services provided by the Division of Pediatric Neurology.

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.

Please note that our calendar of events and meetings are subject to change due to restrictions on the gathering of people during the COVID-19 public health crisis. Some groups may be meeting virtually. Please telephone the department if you are interested in a group.

Cancer Support

Please visit cinj.org for information about the scheduling of virtual meetings.

Bone Marrow Transplant

For patients who have had an allogeneic transplant. • **732.235.7011**

Breast Cancer

Rutgers Cancer Institute of New Jersey
Deborah Leif, MSW, LCSW
Registration required. • **732.235.7011** • **FREE**

Gynecologic Cancer

In partnership with the Cancer Support Community Central NJ
Rutgers Cancer Institute of New Jersey
732.235.6792 • **FREE**

Living with Cancer

Rutgers Cancer Institute of New Jersey
Barbara Hale, LCSW • **732.235.7557** • **FREE**

Events below are postponed.
Please visit saintpetershcs.com/foundationevents for updates about rescheduled dates.

GALA

The Palace at Somerset Park
BISHOP'S AWARD HONOREE
Affinity Credit Union
PHYSICIAN APPRECIATION AWARD HONOREE
William Bernstein, MD
The Children's Hospital at Saint Peter's University Hospital
Robert Fein, MD
Regional Cancer Care Associates

KICKSTART2020
BENEFITING
NURSING EDUCATION

SAINT PETER'S FOUNDATION
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Support Groups

Bariatric

Call Daniela Velastegui, MS, RDN, CSG
at 732.339.7450 for information. • **FREE**

Bereavement

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

877.886.9462 • **FREE**

SHARE

(for those who have suffered miscarriage, stillbirth or neonatal death)
Sister Marie de Pazzi Conference Center,
Room 5. Irina Mariano-Brown, MSW, LCSW
732.745.8522 • **FREE**

Spouse/Partner Caregiver

Saint Peter's Physician Associates
298 Applegarth Road, Suite D, Monroe
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 **corporate flu shot program**, please call **732.339.7675**.

The CHS team will continue to visit the community to provide health screenings and education programs such as blood pressure and blood sugar screenings at a later time to be determined.

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

Community event for South Asians affected by diabetes • **732.339.7219**
Center for Ambulatory Resources (CARES),
Third floor conference room
240 Easton Avenue, New Brunswick • **FREE**

Type I Diabetes Support Group for Children and Their Families

Call **732.745.8600, x8610** for more information.

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

SUPPORT GROUP

Sister Marie de Pazzi Conference Center, Room 2

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

Questions/Additional Information:
Care Coordination Department
732.745.8522 or
jdanyus@saintpetersuh.com

Parent Education

For information, fees and registration, visit saintpetershcs.com/parented. **Please call Parent Education at 732.745.8579 for information about April classes.**

Baby Care

Birth Center Class

Fulfills requirement for patients of the Mary V. O'Shea Birth Center.
Registration required.

Breastfeeding Class

Breastfeeding Support Group

Hypnobirthing

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

New Mom Support Group

Refreshments are served.

Prenatal Yoga and Exercise Class

(four-week sessions)
Prepared Childbirth/Lamaze Classes (Includes maternity services tour)

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

Meet the Midwife

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

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19

At Saint Peter's, the safety and well-being of our patients, visitors, employees and physicians is a priority, especially during the COVID-19 public health crisis. Please be aware of the following newly revised guidelines.

The following temporary visiting restrictions are in place and may be subject to change.

There will be no visitations at Saint Peter's except in certain situations, including (one identified support person at a time):

- Maternity/Labor and Delivery
- Emergency Department
- Neonatal Intensive Care Unit (NICU)
- Ambulatory Care/ Same-day surgery
- Pediatrics
- Hospice

Valet Services are suspended until further notice

Drivers can drop off patients/guests at the emergency department, main hospital or Women and Children's Pavilion entrances and then self-park in any of our parking garages

Thank you for your understanding and cooperation.

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.

SAINT PETER'S HEALTHCARE SYSTEM

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

Age-Friendly Health Systems

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

2019 GOLD MEDAL
GET WITH THE GUIDELINES
STROKE

2019 AACH BEACON AWARD FOR EXCELLENCE

Commission on Cancer
ACCREDITED PROGRAM

NATIONAL QUALITY AWARD

NATIONALLY RECOGNIZED LEAPFROG HOSPITAL SAFETY GRADE A FALL 2019

MAGNET RECOGNIZED
AMERICAN NURSES CREDENTIALING CENTER

BEST CHILDREN'S HOSPITALS
USNews
NEONATOLOGY 2019-20

USNews
GASTROENTEROLOGY & GASTROHEPATOLOGY
OBSTETRICS & GYNECOLOGY
PEDIATRICS
NEUROLOGY & NEUROSURGERY
OPHTHALMOLOGY

WOMEN'S CHOICE AWARD
AMERICA'S 100 BEST HOSPITALS FOR PATIENT EXPERIENCE