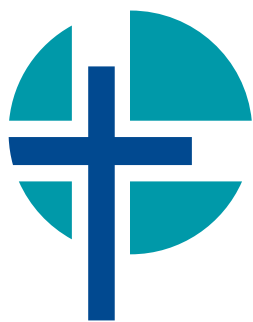


October
2020



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Saint Peter's Welcomes Esteemed Physician Specializing in Complex Conditions of the Head and Neck

Enhances breadth of surgical services for children and adults

When you aren't feeling well or are in pain, you want and need the most highly skilled physician to diagnose and treat your condition. At Saint Peter's Healthcare System, we are committed to providing every member of our community with access to the best and brightest medical professionals.

It is with this in mind that we welcome Kianoush Shekholeslami, MD, PhD, FACS, as Saint Peter's new chief of ENT (Ear, Nose and Throat) and Head and Neck Surgery. Known as Dr. Shey, he is *triple board certified* in otolaryngology – head and neck surgery, facial plastics and reconstruction surgery, and sleep medicine, providing care for children and adults.

"We are privileged to welcome Dr. Shey to Saint Peter's," said David Laskow, MD, chair of the Department of Surgery at Saint Peter's University Hospital. "Dr. Shey is an extraordinary surgeon with an international reputation who handles complex aspects of care, which is what truly differentiates him from other ENTs. He will enhance our ability to treat head and neck cancers while also introducing new treatments and technologies in a host of other related areas. Our patients will benefit significantly from the depth and breadth of his multidisciplinary experience."

Dr. Shey, pictured here, is also board eligible in otology and neurotology. He treats illnesses and pathologies in children and adults involving the:

- Ears, nose and throat, including tonsils and adenoids
- Head and neck tumors and cancer
- Hearing loss, dizziness and chronic ear diseases
- Obstructive sleep disorders
- Cosmetic and reconstructive facial deformities
- Thyroid and parathyroid
- Chronic sinus diseases and nasal polyps

Dr. Shey is a specialist in skull-based tumors, both malignant and non-malignant, and is certified as a console surgeon for transoral robotic procedures using the da Vinci® surgical system, a less invasive means of surgical tumor extraction which allows faster recovery times for patients. He



also specializes in cosmetic and reconstructive facial deformities, including functional rhinoplasty, facial re-animation and the removal of facial tumors and cysts, in collaboration with clinicians at The Craniofacial and Neurosurgical Center at The Children's Hospital at Saint Peter's University Hospital.

Further, Dr. Shey is one of the very few doctors in the tri-state area who is a dual board-certified sleep surgeon with the capability to offer state-of-the-art minimally invasive surgeries for the treatment of those with obstructive sleep apnea, in cases where the patient has not responded to traditional treatment.

An international medical doctor from Iran, Dr. Shey served as chief of Emergency Medicine in Iran in 1993. He earned his doctorate in neuroscience from Tokyo University in Japan, introducing new techniques in auditory and vestibular neurophysiology. He has extensively

published in peer-reviewed national and international journals in the field of ENT and is actively involved in national and international clinical medicine, surgery and basic and clinical research. Dr. Shey, who is a member of various American academies' educational committees, has served in academic positions at the University of Illinois, SUNY Upstate Medical University in New York, and at the Cancer Institute of New Jersey and Robert Wood Johnson University Hospital, both in New Brunswick.

In addition to the specialty surgical care provided by Dr. Shey, Saint Peter's Department of Surgery offers a broad array of surgical procedures for children and adults. Most surgeries are done through minimally invasive laparoscopic and robotic methods, in the hospital's brand new, state-of-the-art surgical suites. Saint Peter's welcomes patients in its bariatric, colorectal, general, gynecologic oncology, gynecological, oncological, orthopedic, pediatric, plastic and reconstructive, urological and vascular and endovascular surgical specialties.



**To make an appointment with Dr. Shey or to learn more about ENT services, call the Department of Surgery at 732.745.8571 or visit saintpetershcs.com/ENT.
To find a surgeon affiliated with Saint Peter's, please visit saintpetershcs.com/findaphysician or visit sppanj.com.**

Go Pink! October is Breast Cancer Awareness Month

The Saint Peter's Breast Center is proud to be on the front line in the battle against breast cancer. Testing and early diagnosis is critically important because when breast cancer is detected early, there are more treatment options and a better chance for survival.

In fact, when diagnosed at the early stages, the five-year relative survival rate for a breast cancer patient is 99 percent, according to the National Breast Cancer Foundation.

Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

- A breast exam is performed by a healthcare professional who knows how to detect warning signs and breast abnormalities.
- A mammogram is an X-ray that examines the breast tissue for any suspicious areas. It is completely safe.

Remember, many symptoms of breast cancer are invisible and not noticeable without a professional screening.

We invite you to learn more about breast health and get your annual mammogram screening at the Saint Peter's Breast Center, the first breast center in central New Jersey to earn a full three-year accreditation by the National Accreditation Program for Breast Centers (NAPBC), a program of the American College of Surgeons. In 2018, the Center was reaccredited for the third straight time following the first accreditation in 2009.

Our breast care team of experts in multiple specialties designs a customized treatment program for each patient. Utilizing the most advanced oncology treatment options available today, we offer a full range of state-of-the-art services, including women's imaging, screening and diagnostic mammography services, bone density testing, breast surgery and radiation oncology. Additionally, we offer supportive programs including therapeutic exercise for patients in treatment, genetic counseling, nutrition, lymphedema prevention and rehabilitation, social services and survivorship services.

There's no question about it, mammograms save lives, according to Susan A. McManus, MD, FACS, director, Saint Peter's Breast Center. In fact, even during the COVID-19 pandemic, the Center is happy to report many survivors.

"We treated a woman in her forties who presented with suspicious masses in both breasts and went on to have biopsies in the Mammography Department at Saint Peter's Women's Imaging Center," Dr. McManus said. "After our multidisciplinary team discussed the best course of treatment for her at our weekly breast conference via Zoom, she went on to have surgery, chemotherapy and radiation. Today, as the pandemic continues, she is doing well. Now that is a survivor!"



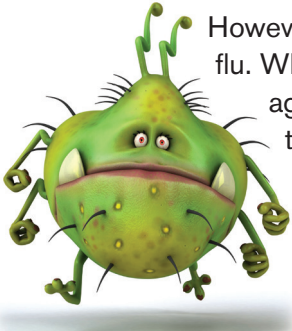
Call 732.846.3300 or visit sppanj.com/breastcenter to make an appointment at the Saint Peter's Breast Center or for more information about breast health.

REMINDER: Get Your Flu Shot ASAP!

While it's important to remain vigilant in our efforts to stay safe from COVID-19, physicians at Saint Peter's University Hospital are reminding patients that it's flu season. This means, in addition to hand washing, social distancing and wearing masks to guard against the pandemic, it's vital to get a flu shot as soon as possible.

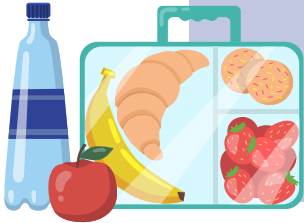
Flu vaccines are offered in many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. In fact, flu shots are covered by most insurance plans.

The flu (influenza) affects millions of people each year and can be a very serious disease. In fact, according to the Centers for Disease Control (CDC), "hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes every year."



However, getting your flu vaccine each year is the best way to help protect against the flu. When you get your flu shot, antibodies are formed in the body and they protect you against infection. Getting your vaccine doesn't guarantee you won't get the flu this year, but it certainly reduces your risk.

While there are many options for vaccines, doctors say every person age six months and older should get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other healthcare professional.



"Lunch 'N Learn" Program Series

The East Brunswick Public Library and Saint Peter's are teaming up for a three-part virtual "Lunch 'N Learn" program series.

"Gastroesophageal Reflux Disease"
Friday, October 23 at 12 p.m.

"Basics of Inflammatory Bowel Disease"
Friday, November 6 at 12 p.m.

"Colon Polyp Screening... NOT the Same as Colon Cancer Screening"
Friday, December 18 at 12 p.m.

Registration is requested for these free events. For more information or to register, go online to www.ebpl.org/calendar.

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**
For patients who have had an allogeneic transplant
Call for information: 732.235.8522
- Breast Cancer**
Call for information: 732.235.7011
- Gynecologic Cancer**
In partnership with the Cancer Support Community Central New Jersey
Call for information: 732.235.6792
- Living with Cancer**
Call for information: 732.235.7557

Diabetes Education*

- For more information about the following classes, please call the phone numbers listed below.
- Diabetes Self-Management Education**
Call for information: 732.339.7630
- Gestational Diabetes Self-Management Education**
Call for information: 732.339.7630
- Type I Diabetes Support Group for Children and Their Families**
Call for information: 732.745.8600, x8610

Parent Education

- Parenting classes are currently being held online. Register at saintpetershcs.com/Services/Parent-Education. Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579
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| Baby Care | Grandparents Class | New Mom Support Group |
| Birth Center Class
(for moms under midwifery care) | Hypnobirthing | Prenatal Yoga & Exercise Class |
| Breastfeeding Class | Marvelous Multiples | Prepared Childbirth/Lamaze Classes |
| Breastfeeding Support Group | New Daddy Class | Sibling Class |

Support Groups

- Bereavement**
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**
Call for information: 732.745.8600, x8113
- Spouse/Partner Caregiver**
Call for information: 732.745.8600, x8662

SHARE 3 rd Thursday of each month. Next meeting: October 15 7 to 9 pm Irina Mariano-Brown, MSW, LCSW Email for Zoom link: imariano@saintpetersuh.com Call 732.745.8522 FREE	Weight Loss Seminar 3 rd Tuesday of each month. Next meeting: October 20 12 to 1:30 pm For information call 732.745.8571	MyGoal Autism Family 2 nd Sunday of each month. Next meeting: October 11 3 pm <i>In-person (socially distanced seating)</i> Call 877.886.9462 or email info@mygoalautism.org for location details
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Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).
Online scheduling is also available 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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