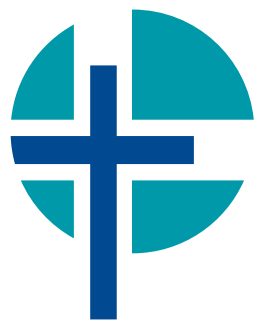


June  
2021



# SAINT PETER'S HEALTHCARE SYSTEM

*Safely treating you better...for life.*

MEN'S HEALTH MONTH:

## Advanced Laser Therapy for Enlarged Prostate Treatment

A 2021 issue of *Harvard Men's Health Watch* reported that by age 60, half of all men will have an enlarged prostate. By age 85, this number jumps to 90 percent. An enlarged prostate is a condition known as benign prostatic hyperplasia, or BPH.

In observance of Men's Health Month, Marc Feder, MD, of New Jersey Urology, a urologist on Saint Peter's University Hospital's Medical and Dental Staff, wants to educate the community on BPH and its symptoms, and GreenLight™ Laser Therapy, an advanced outpatient surgical treatment option available at Saint Peter's.



### What is Benign Prostatic Hyperplasia (BPH)?

BPH means the prostate gland has grown larger than normal – it is not prostate cancer, nor does it cause prostate cancer. However, the symptoms related to BPH and risk of developing prostate cancer both increase as men age. The enlarged prostate can apply pressure to the urethra, resulting in:

- Frequent urination during the day and/or night
- The sudden urge to urinate
- Burning, painful urination
- Slow or weak urine flow
- Difficulty in starting or stopping urine flow
- The inability to urinate or to completely empty the bladder
- A sensation that the bladder is not empty even after urination

"BPH can impact the quality of men's lives. The more often someone wakes up at night, the more tired they are in the day, increasing fatigue. Men with BPH may have to strain to go to the bathroom or they have the sensation of incomplete emptying and they have to go back to the bathroom again," said Dr. Feder. "The most important thing to consider is quality of life. Are they getting a full night's sleep? Do they have to push or strain when urinating? Can they make their hour-long commute to work?"

BPH may co-exist with prostate cancer so it is important to be screened for prostate cancer. The American Cancer Society recommends screenings beginning at age 50 for men who are at average risk, and as early as 40 for men who are at the highest risk. A prostate cancer screening is different from a BPH assessment, but urologists will perform both.

"When someone comes in for a prostate cancer screening, we also do a BPH assessment. Vice versa, if someone is coming in for a BPH assessment, we do a prostate cancer screening," said Dr. Feder. "BPH is very common, affecting most men as they age. A lot of men attribute their symptoms to normal aging and think they just have to live with the symptoms. There are treatment options that exist to improve quality of life and most importantly, maintain normal urinary function," said Dr. Feder.

To treat BPH, patients can undergo a same-day procedure known as GreenLight™ Laser Therapy.

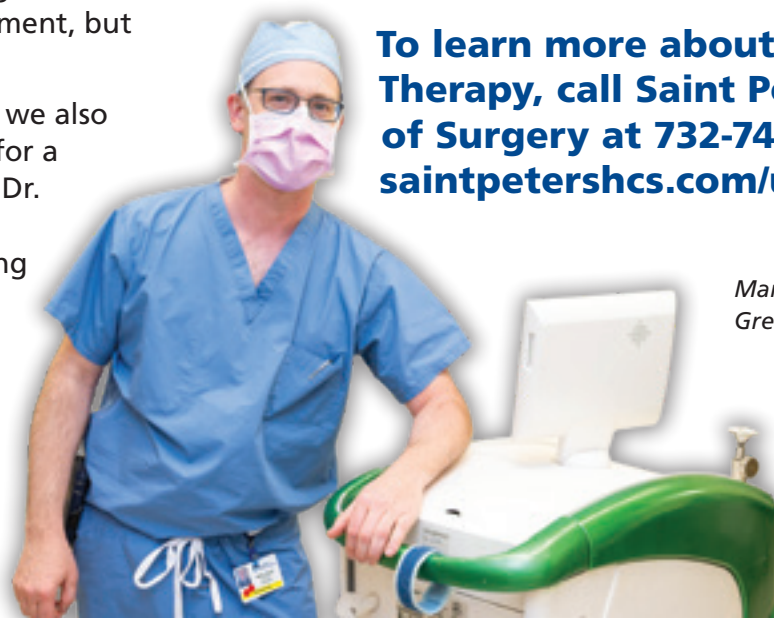
### What is GreenLight Laser Therapy?

GreenLight Laser Therapy is an outpatient surgical procedure that uses a laser to vaporize away the prostate tissue. To perform this procedure, Dr. Feder places a cystoscope, a thin tube with a camera, into the patient's urethra. Once the cystoscope is up to the level of the prostate, Dr. Feder then guides a laser fiber through the scope and vaporizes excess prostate tissue. By vaporizing the enlarged tissue, the laser creates an open channel for urine to pass through the urethra. This procedure is performed under general or spinal anesthesia. Since GreenLight Laser Therapy is a same-day procedure, most patients return home the same day or stay one night. Patients are discharged home without a catheter.

Dr. Feder has been recognized as a Greenlight™ Center of Excellence and is the first in New Jersey to receive this designation. This designation showcases Dr. Feder's high degree of experience with GreenLight Laser Therapy and his dedication to helping patients suffering from benign prostatic hyperplasia with effective treatment.

"Being designated as a GreenLight Center of Excellence is a meaningful recognition, as we strive to provide the best possible treatment of urological conditions for Saint Peter's patients," said Dr. Feder. "For years, the primary options for treating BPH were through behavior modifications, medications or invasive surgery. However, medications may not work for everyone and may have undesirable side effects. With GreenLight Therapy, we're able to help provide immediate relief of BPH for men who do not want to take medication or want to avoid invasive surgery."

**To learn more about GreenLight Laser Therapy, call Saint Peter's Department of Surgery at 732-745-8571 or visit [saintpetershcs.com/urology](http://saintpetershcs.com/urology).**



Marc Feder, MD, with the GreenLight Laser Therapy System.

# The Children's Hospital at Saint Peter's University Hospital Participates in

## Global Phase I Gene Therapy Trial for Fatal Genetic Condition

The Children's Hospital at Saint Peter's University Hospital has announced that it has dosed the first patient in Imagine-1, a global Phase 1/2 clinical trial program for PBGM01, an adeno-associated virus (AAV)-delivery gene therapy being developed by Passage Bio, Inc. (Nasdaq: PASG), a clinical-stage genetic medicines company, that is being studied for the treatment of infantile GM1 gangliosidosis (GM1), a fatal genetic condition.

Saint Peter's was chosen as one of 10 international clinical trial sites for the global Imagine-1 study for PBGM01 by Passage Bio because of its internationally recognized geneticist with expertise in lysosomal storage diseases, Debra-Lynn Day-Salvatore, MD, PhD, FAAP, FACMG, chair of the Department of Medical Genetics and Genomic Medicine, and principal investigator for the Imagine-1 trial. Saint Peter's is home to one of the largest comprehensive Lysosomal Disease Therapy Centers in the United States. Lysosomal storage diseases are inherited metabolic diseases that are characterized by an abnormal build-up of various toxic materials in the body's cells as a result of enzyme deficiencies. Nearly 50 of these disorders have been described to date with new lysosomal storage disorders continuing to be identified. Life expectancy for infants with GM1 ranges from 2-10 years of age.

Dr. Day-Salvatore has attracted a multidisciplinary team of physicians and medical experts that works collaboratively to offer world-class medical care that delivers hope to parents when they have nowhere else to turn. The genetics research team at Saint Peter's is anchored by Daniela Silva, MSN, RN, CCRN, CCRP, clinical research nurse coordinator, and, apart from other members of the Genetics Department, includes representatives from the following disciplines: Pediatric Neurology, Interventional Radiology, Neurodevelopmental

Pediatrics/ Child Psychology, Pediatric Ophthalmology, Pediatric Audiology, Pediatric Anesthesiology, Pediatric Cardiology, Pharmacy, Radiology, Laboratory Medicine, Pediatric Intensive Care, Nursing staff across all disciplines, Respiratory Therapy, Child Life, Pastoral Care, and Multimedia. Sudipta Roychowdhury, MD, sub-investigator on the Imagine-1 trial, is a diagnostic and interventional neuroradiologist, who successfully performed the delicate injection procedure. Carlos Lastra, MD, director of the Division of Pediatric Neurology and lead neurologist on the Imagine-1 study, is also a sub-investigator.



"This clinical study requires exquisite coordination," said Dr. Day-Salvatore. "Everyone plays a pivotal role, and I am extremely proud of the teamwork, precision, and seamless work flow that resulted in the successful dosing of the first patient in the clinical trial program for PBGM01. I am also grateful to the patient's family for entrusting us with the care of their precious child. We are pleased to celebrate this milestone with the patients, families, and researchers that helped to bring this effort to fruition and share their hope, dreams, and resolve for the future."

## 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.

### 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

**Prevent T2 Program**  
Call for information and registration: 732-339-7772

**Type I Diabetes Support Group for Children and Their Families**  
Call for information: 732.745.8574

### 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<sup>rd</sup> Thursday of each month  
Next meeting:  
**June 17 • 7 to 9 pm**  
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

**Weight Loss Seminars**  
3<sup>rd</sup> Tuesday of each month  
Next meetings:  
**June 15**  
**English • 12 to 1 pm**  
**Spanish • 1 to 2 pm**  
For information call 732.745.8571

**MyGoal Autism Family**  
2<sup>nd</sup> Sunday of each month  
Next meeting:  
**June 13 • 3 pm**  
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

**Substance Abuse and Addiction Loss Support Group**  
2<sup>nd</sup> Thursday of each month  
Next meeting:  
**June 10 • 7 to 8:30 pm**  
Call 732.745.8522 or email jdanyus@saintpetersuh.com for virtual meeting details

### Parent Education

Parenting classes are currently being held online. Register at [saintpetershcs.com/Services/Parent-Education](http://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

**Baby Care**  
**Birth Center Class** (for moms under midwifery care)  
**Breastfeeding Class**  
**Breastfeeding Support Group**

**Grandparents Class**  
**Hypnobirthing**  
**Marvelous Multiples**  
**New Daddy Class**

**New Mom Support Group**  
**Prenatal Yoga & Exercise Class**  
**Prepared Childbirth/Lamaze Classes**  
**Sibling Class**

VIRTUAL LECTURE SERIES ON ADOLESCENT & FAMILY HEALTH ISSUES

### The HPV Vaccine's Role in Cancer Prevention for Your Adolescent

Presented by Daniela Correa, MD, pediatrician, The Children's Hospital at Saint Peter's University Hospital, and Paulina Rojas, MD, pediatrician, Saint Peter's University Hospital's Family Health Center

**June 2 at 6:30 pm**

Visit [saintpetershcs.com/events](http://saintpetershcs.com/events) to register.



**PRESIDENT'S GOLF CLASSIC**  
BENEFITTING SAINT PETER'S UNIVERSITY HOSPITAL  
**SEPT 13 2021**  
THE RIDGE AT BACK BROOK • RINGOES, NJ

### Recognizing Alzheimer's Disease and Ways to Improve Cognition

East Brunswick Public Library and Saint Peter's virtual session.  
**Friday, June 4 • 12 pm**  
Registration is requested for this free event. To register, visit [ebpl.org/calendar](http://ebpl.org/calendar) or call 732-390-6767.

### Effective May 1, 2021

Saint Peter's University Hospital is now a **TIER 1** facility in the Horizon Blue Cross Blue Shield of New Jersey OMNIA Health Plans.

**SAVE THE DATE** **COMMUNITY GOLF OUTING | 6.28.2021**  
BENEFITTING THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL  
Forsgate Country Club in Monroe Township, NJ • For more information, contact Saint Peter's Foundation at 732.745.8542 or [spfoundation@saintpetersuh.com](mailto:spfoundation@saintpetersuh.com).

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](http://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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Sponsored by the Roman Catholic Diocese of Metuchen State-designated children's hospital and regional perinatal center

