

December
2021



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.



Are the shorter days making it harder for you to sleep? Try these tips:



Keep a consistent sleep schedule, even on weekends.



Put away electronic devices at least 30 minutes before bedtime.



Take time to relax and unwind before going to bed.

Saint Peter's Offers Innovative Alternative for Lasting Relief from Obstructive Sleep Apnea

Saint Peter's University Hospital has introduced Inspire sleep therapy for patients suffering from obstructive sleep apnea – an innovative alternative to the traditional CPAP (continuous positive airway pressure) therapy. Inspire is an FDA-approved implantable upper airway stimulation device that stabilizes a patient's airway while they are sleeping to prevent obstruction. The device continuously monitors the patient's breathing patterns and delivers mild stimulation to the airway muscles to keep the airway open during sleep.

More than 50 percent of patients who use CPAP stop using the device because of discomfort. Inspire sleep therapy can help to reduce or, in some cases, cure sleep apnea while allowing individuals to sleep more peacefully.

The Inspire sleep therapy procedure is performed by Kianoush Sheykhosslami, MD, PhD, FACS, chief of Ear, Nose and Throat (ENT) and Head and Neck Surgery at Saint Peter's (left), while patients are under general anesthesia. The implant is placed under the skin of the neck and chest through two small incisions. This is an outpatient surgical procedure with the possibility of a one-night stay in the hospital. Patients are typically able to resume their daily routines one week after the procedure.

"I always say that sleep apnea is like water under the foundation of a house. If left untreated, sleep apnea can cause several health problems including diabetes, high blood pressure and heart problems," said Dr. Shey. "I've performed the procedure on a patient with severe sleep apnea and since we implanted the device, the patient has experienced significant clinical improvements, including less snoring and weight loss."

Richie, a 77-year-old patient, chose to get Inspire sleep therapy to treat his obstructive sleep apnea, which caused him to feel tired during the day. The surgery lasted three hours and he was able to go home the next night. After being fitted with the implant in July 2021, Richie feels more alert and can spend time with his five active grandchildren.

"With my grandkids, I'll ride with them on the quad (four-wheel vehicle), play with them and read to them—and then we'll fall asleep together on the recliner!" said Richie. "I had extreme confidence in Dr. Shey as a surgeon because he's so knowledgeable and he cares about all of his patients. He explained to me exactly what the implant is, what it does and how it works. I'm very pleased with the results. If you're a candidate for Inspire sleep therapy, I say go for it."

To be eligible for Inspire sleep therapy, patients must have moderate to severe obstructive sleep apnea, be unable to benefit from CPAP and must not be significantly obese. If someone meets these criteria, they can undergo testing, which includes a sleep endoscopy, at Saint Peter's Center for Sleep and Breathing Disorders to determine final eligibility.

To make an appointment with Saint Peter's Center for Sleep and Breathing Disorders, please call 732.937.6055.



Kianoush Sheykhosslami, MD



Saint Peter's Nationally Recognized with Fall 2021 Leapfrog 'A' Hospital Safety Grade

Saint Peter's University Hospital received an "A" grade in the Fall 2021 Leapfrog Hospital Safety Grade, a national distinction recognizing Saint Peter's achievements protecting patients from errors, injuries, accidents, and infections. This is the third consecutive "A" grade Saint Peter's has received, a testament to the hospital's commitment to patient safety and quality medical care even amid a pandemic.



The Leapfrog Group is an independent national watchdog organization committed to healthcare quality and safety. Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses over 30 national performance measures to assign grades to acute-care hospitals across the country twice a year.

To see Saint Peter's full grade details and access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org.

Now's a Good Time to Get Your Flu Vaccine

Flu season can start as early as October, peaking anywhere from late December to early April. For some people, flu symptoms are like those of the common cold, with the addition of fevers, aches, and fatigue. For others, the flu can have a more severe impact. The Centers for Disease Control and Prevention (CDC) estimates that the flu has resulted in 140,000 to 710,000 hospitalizations and 12,000 to 52,000 deaths annually between 2010 and 2020. Luckily, people can prevent catching the flu by getting the flu vaccine.

I Don't Believe in Rumors Doc (I Want it Straight from You)



In honor of National Influenza Vaccination Week (Dec. 6 – 12), Henry Redel, MD, chief of Infectious Disease at Saint Peter's University Hospital, is dispelling myths about the flu vaccine.

"There are rumors that the flu shot will give people a mild case of the flu, but this is impossible. The flu vaccine when injected does not contain a live form of the flu virus; instead, it is an inactivated or 'killed' form of the virus," said Dr. Redel. "After getting the vaccine, some people have mild flu-like symptoms as a side effect. These side effects are just that—side effects—not the actual flu. The side effects will subside shortly, whereas the actual flu will last longer."

The flu shot is approved for most people older than 6 months of age. For some people who are averse to needles, a nasal spray made of a weakened flu virus is an option. Another option for most adults is a needle-free "jet injector" that administers the flu vaccine via a high-pressure, narrow stream of fluid through the skin.

The Flu and COVID-19

The continuation of the COVID-19 pandemic has made it especially important for people to get the flu vaccine. Health experts say those who contract COVID-19 and the flu at the same time may be more likely to have severe complications or die from either illness.

"It's safe to get the COVID-19 and flu vaccines at the same time. At this point, I would advise getting the COVID-19 vaccine first for people uncomfortable getting both together," said Dr. Redel.

Should I Get a Flu Shot?

The CDC recommends everyone 6 months and older get vaccinated, including pregnant women. A flu vaccine is especially important for people who are more likely to have complications if they catch the flu, including:

- Children younger than 5 years, and especially younger than 2 years
- People 65 years and older
- People with chronic health conditions or a weak immune system
- People who live in a nursing home or care facility
- Pregnant women and women who have recently given birth
- People with a body mass index (BMI) of 40 or more

"People need to be vaccinated every year because the flu virus mutates into new strains. There is a new flu vaccine every year that protects people from the most prevalent strains. Even if you're not part of a high-risk group, it is still in your best interest to get a flu shot to protect yourself and your loved ones," said Dr. Redel.

Talk with your healthcare provider to see if you should get the flu vaccine. Find a Saint Peter's healthcare provider near you by visiting: sppanj.com/our-doctors

Saint Peter's University Hospital is celebrating five years of partnership with Walgreens.

Walgreens Pharmacy at Saint Peter's University Hospital

Conveniently fill prescriptions seven days a week.

To ask about the flu vaccine, call 732.745.8600, ext. 7016.

Monday – Friday • 9:00 AM - 6:00 PM
Saturday – Sunday • 10:00 AM - 2:00 PM



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 information about classes, call the 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 1 Diabetes Support Group for Children and Their Families
Call for information: 732.745.8574

Support Groups

Bariatric Nutrition Support Group
2nd Tuesday of each month
Next meeting: December 14 • 6 to 7 pm
Call 732.339.7450 for Zoom meeting information

Bereavement
Call Pastoral Care for information: 732.745.8565

Craniofacial Teen Girls
Call for information: 732.745.8600, x8113

MyGoal Autism Family
2nd Sunday of each month
Next meeting: December 12 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: December 16 • 7 to 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver
Call for information: 732.745.8600, x8662

Weight Loss Seminars
3rd Tuesday of each month
Next meetings: December 21
English 4 to 5 pm • Spanish 5 to 6 pm
For information call 732.745.8571



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

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



U.S. News & World Report has ranked The Children's Hospital at Saint Peter's among the top 50 hospitals in the nation in neonatology for 2021-22.



The Children's Hospital
VIRTUAL TOY DRIVE

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THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL
SAINT PETER'S FOUNDATION

Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician.

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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