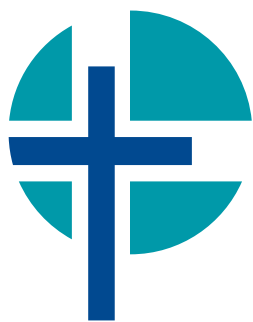


August  
2021



# SAINT PETER'S HEALTHCARE SYSTEM

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

## FOCUS ON WOMEN'S HEALTH

# Revolutionizing Women's Health Through Robotic Surgery

Saint Peter's University Hospital has long been recognized as a leader in women's health from its nationally recognized breast center to its comprehensive obstetrical and gynecological care, including the diagnosis and treatment of uterine fibroids and endometriosis.

Dusan Perisic, MD, FACOG, is the director of Minimally Invasive Gynecologic Surgery at Saint Peter's and the associate program director of the hospital's Obstetrics and Gynecology Residency Program.

"Uterine fibroids and endometriosis are two common health issues that can cause discomfort and even fertility issues," said Dr. Perisic. "Women should not have to live with the pain caused by either of these. Diagnosis is key to addressing these concerns, and once we know what we're dealing with, there are minimally invasive treatment options available."

### What are uterine fibroids?

Uterine fibroids are benign tumors in middle layer of the uterine wall. Uterine fibroids are not associated with an increased risk of uterine cancer, but they can distort and enlarge the uterus. The prevalence of uterine fibroids is not easily determined but can reach up to 80 percent of women who are of reproductive age, based on most representative studies. Not all women are diagnosed because they do not have symptoms. However, some women with uterine fibroids do experience symptoms. There are various symptoms of uterine fibroids, depending on the fibroid's location and size, says Dr. Perisic. Symptoms include pelvic pain, abnormal uterine bleeding, acute or chronic anemia, pressure on the bladder or bowel, lower back pain and constipation.

### What are the treatment options for uterine fibroids?

According to Dr. Perisic, the treatment options for uterine fibroids vary depending on the patient's age and fertility status. Uterine fibroids can be managed medically or with surgery. Through robotic surgery, patients can undergo a fertility-sparing procedure such as a robotic myomectomy. They can also opt for a robotic hysterectomy, a form of definitive surgical management that is a permanent solution for uterine fibroids through the removal of the uterus.

### What is endometriosis?

Endometriosis is a disease in which endometrial tissue grows outside of the uterus. Endometrial tissue can grow on the surface of the uterus, ovaries, bowel, and tissues lining the pelvis. Like the lining of the uterus, endometrial tissue outside the uterus will grow, thicken and break down. However, the broken-down tissue will become trapped in the woman's pelvis since it cannot be expelled. Even though endometriosis is a benign disease, it can be very debilitating and cause pain, along with scar formation.

### What are the treatment options for endometriosis?

One treatment option for endometriosis is robotic surgery where endometriotic lesions are excised, endometriotic cysts are removed from the ovaries and scar tissue in the pelvis is broken and removed. With this type of conservative surgery, women can gain relief while also retaining their fertility. Endometriosis can also be treated with a hysterectomy, where the uterus is removed. Robotic surgery can also be used to remove the fallopian tubes and ovaries, entirely eliminating the disease.

### Who is a good candidate for robotic surgery?

"A good candidate, in my practice, is almost everybody," said Dr. Perisic. "There are certain conditions like extremely dense adhesions or a pelvic abscess that can preclude someone from robotic surgery and require traditional open surgery, but almost everybody is a candidate for robotic surgery regardless of uterine size or shape, or the amount of scar tissue from previous surgeries or body mass index (BMI). Patients who've had multiple surgeries can be a candidate as well. Women experiencing this type of minimally invasive surgery can expect to go home the same day."

**To learn more about gynecologic surgery at Saint Peter's, visit [saintpetershcs.com/gynsurgery](http://saintpetershcs.com/gynsurgery).**

**To schedule an appointment with Dr. Perisic, call 732.339.7762.**

Dusan Perisic, MD, FACOG



## Saint Peter's Breast Center: See What Sets Us Apart

The Breast Center at Saint Peter's University Hospital is a leader in the detection and treatment of breast disease and cancer, focusing on a multidisciplinary approach that is essential in establishing a care plan that will result in the best outcome for patients.

"We've harnessed a team of experts across multiple disciplines, including medical oncologists, radiation oncologists, breast radiologists, breast surgeons, reconstructive surgeons, geneticists, physical therapists and nutritionists, along with researchers and a stellar nursing team," said Susan A. McManus, MD, FACS, of Astera Cancer Care, director of Saint Peter's Breast Center. "Meeting weekly, our team determines and monitors personalized treatment plans to establish best practices resulting from recent clinical trials, all in an effort to offer them the best possible outcomes."

Routine screening is important for early diagnosis. Saint Peter's Women's Imaging Center is the only Middlesex County location to offer Hologic®Genius™3D Mammography™. This new mammography technology ensures greater clarity and



**Susan A. McManus,  
MD, FACS**

Continued

# Saint Peter’s Breast Center *Continued*

detail, improving early detection of breast disease and other irregularities. It is clinically proven to detect 20 percent to 65 percent more invasive breast cancers compared to traditional 2D mammography.

The only mammogram approved by the Food and Drug Administration (FDA) as superior for patients with dense breasts, 3D mammography offers enhanced detail with the capability of displaying 1-millimeter layers of tissues. The 3DQuorum™ feature ensures a more timely and accurate diagnosis due to artificial intelligence technology that identifies clinically relevant regions of interest in the breast and preserves important features during the creation of high-resolution “SmartSlices.”

### World-Class Genetics Experts

Under the direction of Debra-Lynn Day-Salvatore, MD, PhD, FAAP, FACMG, chair

of the Department of Medical Genetics and Genomic Medicine, genetic testing for hereditary breast cancer susceptibility is available at Saint Peter’s. While inherited alterations in genes such as BRCA1 or BRCA2 can increase the risk of developing different types of cancer, knowing this information can provide guidance to adjust a patient’s medical management appropriately.

An assessment involving education and collaboration with a licensed genetic counselor can help patients make an informed decision about their health and cancer screening/management. According to Dr. Day-Salvatore, “The family tree is a powerful screening tool that may be refined by appropriately selected genetic testing.”

### Surgical Options and CyberKnife® Treatment

Should surgery become necessary, the approach depends on several factors including the type of tumor, the extent of the disease, age and medical history. In many cases, radiation therapy is required after surgery. One of the most recent developments in cancer care is the use of CyberKnife® technology – advanced technology that delivers a specialized form of radiation therapy called stereotactic radiosurgery. The only system to continuously stay on target despite patient and tumor

motion, it enables tumors to be treated anywhere in the body with confidence and without compromise. Virtually painless, this noninvasive approach uses a robot to deliver high-energy radiation directly to the tumor with sub-millimeter precision. CyberKnife reduces treatment times with patients receiving five treatments over the course of five days instead of the usual 35-37 treatments over six to seven weeks.

### Recognitions

Saint Peter’s Breast Center is accredited by the National Accreditation Program for Breast Centers, placing the hospital among the nation’s elite for its level of comprehensive, multidisciplinary care and treatment available to breast cancer patients, and the Women’s Imaging Center is accredited by the American College of Radiology as a Breast Imaging Center of Excellence. Saint Peter’s is the recipient of the Women’s Choice Award for Best Breast Centers and Mammogram Imaging Centers, the only award recognizing excellence in patient services based on robust criteria that consider patient satisfaction and clinical excellence.

**For more information or to schedule an appointment, contact the Women’s Imaging Center at Saint Peter’s University Hospital at 732.745.8600, ext. 5676, or visit [saintpetershcs.com/womensimaging](http://saintpetershcs.com/womensimaging).**

**To learn more about Saint Peter’s Breast Center and its services, visit [saintpetershcs.com/breastcenter](http://saintpetershcs.com/breastcenter) or call 732.339.7704.**



Deanna Chin, MD, chief of Women’s Imaging at Saint Peter’s University Hospital, says the Hologic®Genius™3D Mammography™ is truly a breakthrough for early breast cancer detection.

## 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 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**  
2<sup>nd</sup> Tuesday of each month  
Next meeting: August 10 • 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**  
2<sup>nd</sup> Sunday of each month  
Next meeting: August 8 • 3 pm  
Call 877.886.9462 or email [info@mygoalautism.org](mailto:info@mygoalautism.org) for virtual meeting details
- SHARE**  
3<sup>rd</sup> Thursday of each month  
Next meeting: August 19 • 7 to 9 pm  
Call 732.745.8522 or email [imariano@saintpetersuh.com](mailto:imariano@saintpetersuh.com) for Zoom link
- Spouse/Partner Caregiver**  
Call for information: 732.745.8600, x8662
- Weight Loss Seminars**  
3<sup>rd</sup> Tuesday of each month  
Next meetings: August 17  
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](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

<b>Baby Care</b>	<b>Grandparents Class</b>	<b>New Mom Support Group</b>
<b>Birth Center Class</b> (for moms under midwifery care)	<b>Hypnobirthing</b>	<b>Prenatal Yoga &amp; Exercise Class</b>
<b>Breastfeeding Class</b>	<b>Marvelous Multiples</b>	<b>Prepared Childbirth/Lamaze Classes</b>
<b>Breastfeeding Support Group</b>	<b>New Daddy Class</b>	<b>Sibling Class</b>

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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](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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