

March
2022



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Saint Peter's Expands Cardiac Diagnostic and Treatment Services

NOW PERFORMING ELECTIVE ANGIOPLASTY

Saint Peter's University Hospital recently received approval from the New Jersey Department of Health to perform elective angioplasty/elective percutaneous coronary intervention (PCI), thereby expanding its diagnostic and treatment capabilities for those with cardiac disease.



Angioplasty is a decades-proven procedure that increases life-sustaining blood flow to the heart when coronary artery disease has blocked the vessels that feed it. Guided by sophisticated imaging, cardiologists thread a thin, flexible tube through the bloodstream to deliver powerful intervention, right at the site of the blockage.



Saint Peter's has been successfully performing diagnostic cardiac catheterization and emergency angioplasty for those patients in need and can now add elective angioplasty to its complement of cardiac care services.

"Saint Peter's has demonstrated the ability to safely perform diagnostic cardiac catheterizations and emergency angioplasties that could save lives, and now that we can perform elective angioplasty, we have expanded the scope of diagnostic and treatment capabilities for those patients with cardiac disease," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "With the long-standing support of the cardiologists who practice at Saint Peter's and because of our collaborative efforts, our patients will be better served by not having to go elsewhere for elective angioplasty. Our physicians and skilled clinical staff are highly capable, dedicated, and ready to provide quality, accessible care without delay. For us, it's about affording our patients with more immediate access to care at their hospital of choice."



Saint Peter's offers a breadth of cardiology services, including peripheral vascular angiograms and pacemaker implantation performed by cardiologists in Saint Peter's two cardiac catheterization labs. Saint Peter's offers treatment of congestive heart failure, cardiomyopathy, coronary artery disease and cardiac arrhythmias, among others. Critical services include echocardiography, both transthoracic and transesophageal, for evaluation of cardiac function, as well as pharmacologic nuclear stress testing and exercise stress testing to evaluate blood flow to the patient's heart.

"Saint Peter's is known in the community for its award-winning cardiac care," said Dinesh K. Singal, MD, FACC, FACP, FSCAI, cardiologist and medical director of the Cardiac Catheterization Laboratory at Saint Peter's. "Through the addition of elective angioplasty to our services, we can continue to provide high quality care to our cardiac patients."



Saint Peter's, a certified Primary Stroke Center, is recognized as a 'High Performing Hospital' for its treatment of heart failure by *U.S. News & World Report* and received the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Gold Quality Plus Award.

Well Woman Visits with Certified Nurse-Midwives

"The certified nurse-midwives at the Mary V. O'Shea Birth Center at Saint Peter's University Hospital are known for the outstanding care we provide to pregnant women, but we also care for women throughout the lifespan," said Joanne Cunha, CNM, MS, certified nurse-midwife at the Mary V. O'Shea Birth Center at Saint Peter's. "We can provide care from adolescence through menopause and beyond."

Certified nurse-midwives are licensed independent practitioners who:

- Have obtained a master's degree in a midwifery education program accredited by the Accreditation Commission for Midwifery Education
- Are board certified by the American Midwifery Certification Board
- Have been licensed by the state as registered nurses, as well as certified nurse-midwives

The certified nurse-midwives at Saint Peter's perform annual well woman exams, which usually include a breast exam, a pelvic exam, and a Pap test, if indicated. They can treat issues like menstrual cramps, urinary tract infections, and menopausal symptoms.

COVID-19 vaccines are recommended for women who are pregnant or breastfeeding or planning to become pregnant. Get your vaccine today!



What is the procedure for a pelvic exam and for a Pap test?

Pelvic Exam	Pap Test
<p>Women should get pelvic exams starting at age 21, or earlier if they experience any symptoms.</p>	<p>Women should start cervical cancer screening with Pap tests at age 21.</p>
<p>Women can get pelvic exams annually.</p>	<p>A Pap test is performed every three to five years if normal, or more frequently if abnormal.</p>
<p>During a pelvic exam, the certified nurse-midwife will inspect the reproductive organs (vulva, vagina, cervix, uterus and ovaries) for infections, masses, and other abnormalities.</p>	<p>During a Pap test, the certified nurse-midwife will lightly brush the cervix to test for abnormal cells that could be precancerous or cancerous.</p>

Women should speak with a certified nurse-midwife or their healthcare provider about any issue they are experiencing so that appropriate care can be given. In addition to a physical exam, this may include blood or urine tests or diagnostic testing such as a mammogram or pelvic ultrasound.

To schedule a well woman visit with one of Saint Peter's certified nurse-midwives, call 732.339.7879.

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: March 8 • 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: March 13 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details
- SHARE**
3rd Thursday of each month
Next meeting: March 17 • 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, x8653
- Weight Loss Seminars**
4th Tuesday of each month
Next meetings: March 22
English 4 to 5 pm • Spanish 5 to 6 pm
For information call 732.745.8555

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 |

The Dorothy B. Hersh Pediatric Emergency Department at The Children's Hospital at Saint Peter's has specially trained pediatric emergency medicine physicians and nurses, including a pediatric triage nurse, on duty 24 hours a day.



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

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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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