

June
2023



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

The Wound Care Center® and Hyperbaric Services at Saint Peter's, with locations in New Brunswick and Monroe Township, has recently received reaccreditation from the Undersea and Hyperbaric Medical Society (UHMS). UHMS accreditation means Saint Peter's Wound Care Center® has met the highest standards of care and patient safety through a rigorous evaluation to ensure that the utmost quality is maintained within the specialty of undersea and hyperbaric medicine.



New Jersey Resident Returns to the Life He Loves Thanks to Hyperbaric Oxygen Therapy

Seventy-year-old Jerry Auriemma was suffering from radiation cystitis with hematuria, a complication involving blood in the urine that was a result of his radiation treatment for prostate cancer three years prior. While Auriemma's radiation treatment was necessary to cure his prostate cancer, the procedure had damaged the blood vessels in his bladder. "My condition caused me a lot of anxiety. When you see blood, you panic," said Auriemma.

Auriemma's situation caused him to return to his doctor who recommended hyperbaric oxygen therapy to help new blood vessel formation in his bladder. Hyperbaric oxygen therapy, offered at The Wound Care Center® and Hyperbaric Services at Saint Peter's University Hospital, involves the use of medical oxygen administered in a pressurized chamber at levels higher than typical atmospheric pressure. The pressure in the chamber helps oxygen dissolve more rapidly into the blood, advancing its absorption into damaged tissues and promoting healing. The therapy can be used for a variety of conditions—from radiation injuries like Auriemma's—to wounds such as foot ulcers, certain serious infections, and other illnesses.

"When I called Saint Peter's to make an appointment, they got me in for an evaluation within 48 hours," Auriemma said. "Their responsiveness in getting me evaluated and working backwards to get my medical records was fantastic. It decreased my anxiety."

For five days a week, Auriemma attended 60 hyperbaric therapy sessions that were two-and-a-half hours long. Each session was painless and involved lying in a pressurized glass chamber. The clear chamber is slowly pressurized to greater than sea-level pressure. The therapy quickly and effectively delivers high concentrations of oxygen to the bloodstream through the patient's breathing, which helps increase the body's own natural healing abilities.

Auriemma spent his sessions streaming his favorite shows on the TV in the hyperbaric therapy room. Hyperbaric Safety Director Tracey Juba, CHT, NREMT, NJ-EMT, made sure Auriemma was comfortable during his sessions.

"The level of care provided by Tracey was phenomenal," said Auriemma. "From the front desk staff to the physicians, they take the time to get to know the person they're caring for. They feel like friends to me now."

"Our hyperbaric therapy patients are spending a significant amount of time with us every day of the week, sometimes for months, so it helps to know what makes them feel the most comfortable during their sessions. I miss my patients once their sessions are over, but it's so rewarding to see them return to a better quality of life after treatment, especially after we've spent so much time talking about their families and hobbies," said Juba.

"Hyperbaric therapy is considered the gold standard of treatment for my condition, radiation cystitis. I would absolutely recommend Saint Peter's to anyone seeking hyperbaric treatment. There are not many hospitals in the area that have the UHMS accreditation that Saint Peter's has, along with a capable and personable staff," said Auriemma. "Now after my hyperbaric therapy sessions, my quality of life is back to where it was originally. I'm back to enjoying my time with my wife Pat and our four grandchildren who keep me active."

Mena Abdou, MHA, director of Saint Peter's Wound Care Center® and Hyperbaric Services, said, "We offer a multidisciplinary approach to complex medical issues, harnessing the expertise of our team of board-certified physicians that includes general surgeons, vascular surgeons, plastic surgeons, internists, geriatricians, infectious disease specialists, and physiatrists, along with nurse practitioners, all working together to create an individualized plan for each patient."



The Wound Care Center® and Hyperbaric Services at Saint Peter's University Hospital treats a variety of conditions beyond complications from radiation treatment including diabetic foot ulcers and wounds; venous and arterial ulcers; osteomyelitis (bone infection); pressure ulcers; reopened surgical wounds and compromised skin grafts; and muscle flaps. To learn more about The Wound Care Center® and Hyperbaric Services at Saint Peter's, visit saintpetershcs.com/woundcare.

Scoliosis? We've Got Your Back!

Scoliosis is a sideways curvature of the spine. It can affect people of all ages, but it's often diagnosed in childhood or early adolescence.

Symptoms include:

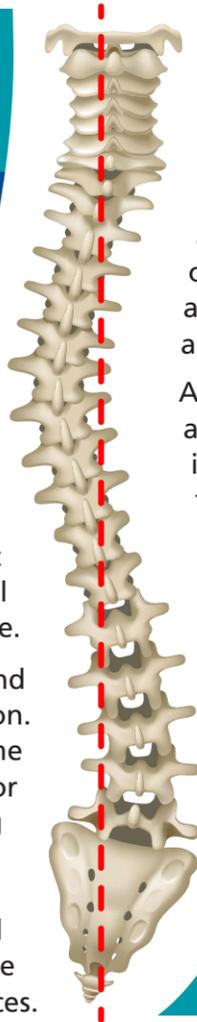
Uneven shoulder and hip levels • Uneven rib cages
Visible curvature of the spine • Back pain

Treatment for scoliosis is determined by the:

Condition's severity • Location of the curve
Spine's maturity

"For cases that need surgical intervention, anterior scoliosis correction (ASC) surgery is a next generation surgery and a less invasive option. ASC surgery helps patients preserve spinal mobility while preventing further complications of scoliosis," said M. Darryl Antonacci, MD, FACS, orthopedic scoliosis surgeon, who along with his partners Dr. Randal R. Betz and Dr. Laury A. Cuddihy, pioneered the procedure.

In scoliosis, the spine is tethered by contracted ligaments and discs; therefore, de-tethering is required for optimal correction. The key to ASC is a 3-dimensional spine correction at the time of surgery—loosening the contractures, unwinding the 'C' or 'S' curve by de-rotating the rotated vertebrae, and restoring the spine's typical curves. Once the contractures are released, the spine is corrected towards more normal positions, allowing the vertebrae and disks to heal in the corrected position. Ultimately this maintains the correction. It's like what happens when teeth are loosened and moved with braces.



Unlike metal rod fusion surgery, ASC surgery is muscle sparing. No back muscles are cut, and spine flexibility is maintained near normal, which makes this the ideal option for scoliosis patients who are athletes. Small, large, and even stiff curves in growing or mature patients are treatable. Incisions for this surgery are hidden under the patient's arms.



M. Darryl Antonacci, MD, FACS

ASC surgery can be successfully performed on children, adolescents, and adults. Recovery of patients after ASC surgery is relatively quick and involves physical therapy. Patients return to unrestricted activity in six to eight weeks in most cases. Patients can often go back to sports and physical activities following ASC surgery.

"Scoliosis is not just a cosmetic problem. Untreated scoliosis can cause issues with lung function and impact quality of life," said Dr. Antonacci.

ASC surgery is performed at Saint Peter's University Hospital by Dr. Antonacci and Dr. Cuddihy.

To learn more, visit saintpetershcs.com/scoliosis.

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

SAINT PETER'S UNIVERSITY HOSPITAL'S
FAMILY HEALTH CENTER
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

We're expanding to provide more healthcare services!

saintpetershcs.com/familyhealthcenter

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

Spinning Babies

SAINT PETER'S HEALTHCARE SYSTEM
COMMUNITY GOLF OUTING

JUNE 22, 2023 | FORSGATE COUNTRY CLUB

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

For registration and sponsorship information, contact Saint Peter's Foundation at 732.745.7932 or spfoundation@saintpetersuh.com.

Support Groups

Bariatric Nutrition Support Group

2nd Thursday of each month
Next meeting: June 8 • 6 – 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: June 11 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE

3rd Thursday of each month
Next meeting: June 15 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support Group

Call for information: 732.745.8600, x8653

COVID-19
Pfizer COVID-19 Vaccines

For age eligibility and clinic locations and dates, visit saintpetershcs.com/covidvaccine

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.

SAINT PETER'S HEALTHCARE SYSTEM

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