

September
2023



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



DIABETES



HIP FRACTURE



KIDNEY FAILURE



LEUKEMIA, LYMPHOMA &
MYELOMA

U.S. News & World Report Names Saint Peter's University Hospital Among Best Hospitals 2023-2024

Saint Peter's has been named by *U.S. News & World Report* to its 2023-2024 Best Hospitals list as a High Performing Hospital for **Diabetes, Hip Fracture, Kidney Failure** and **Leukemia, Lymphoma and Myeloma**. This is the highest distinction a hospital can earn for *U.S. News'* Best Hospitals Procedures & Conditions ratings.

"Recognition in these distinct practice areas by such a prestigious national publication with stringent criteria for selection offers an additional level of confidence to patients seeking destinations for superior care," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "This recognition is also a testament to our clinicians and their expertise to be recognized among some of the best providers of specialty care in the nation."

Diabetes

Saint Peter's offers comprehensive diabetes diagnosis, treatment and education for children and adults. At Saint Peter's Thyroid and Diabetes Center, endocrinologists provide customized treatment for adults with diabetes in collaboration with certified diabetes educators. The Thyroid and Diabetes Center is equipped to manage highly complex diabetes with provisions for current technology education, diagnostics, and treatments, including pump therapy. The hospital also has a metabolic inpatient unit where adults with acute complications related to diabetes receive care.

Saint Peter's Diabetes Self-Management Education* Program has been recognized by the American Diabetes Association since 1996. The Center for Diabetes Self-Management Education is certified to provide quality self-management education and support meeting highest national standards for adults through Saint Peter's Thyroid and Diabetes Center, Saint Peter's Family Health Center and Saint Peter's Physician Associates in Monroe and Somerset. Specially certified programs provide diabetes education to patients in the Saint Peter's Pediatric Outpatient Endocrinology practice and in the Perinatal Center's women's high-risk clinic.

Saint Peter's diabetes services include risk assessments and early screening with a focus on prevention; comprehensive consultation and management for adults; specialized care for women and children; diabetes self-management education*; nutritional guidance; and support groups for patients and families.

As a result of its proximity to the South Asian community in Middlesex County and that population's high incidence of diabetes, Saint Peter's has partnered with the SKN Foundation to develop the SKN South Asian Diabetes Center at Saint Peter's University Hospital. The Center is a comprehensive prevention program providing education, screening, referrals, and support.

"Diabetes is a silent killer that needs to be identified at an early stage," said Meena Murthy, MD, FACE, chief of the Division of Endocrinology, Nutrition and Metabolism, director of Saint Peter's Thyroid and Diabetes Center, and director of the SKN South Asian Diabetes Center at Saint Peter's University Hospital. "Providing knowledge and access to care is paramount, especially in under-resourced communities. At Saint Peter's, we have system-wide expert diabetes care available to all regardless of their ability to pay, with appropriate support services, resources and provisions for vulnerable underinsured and uninsured patients."

*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

Hip Fractures

Orthopedic surgeries to fix hip fractures are performed by highly trained orthopedic surgeons at Saint Peter's University Hospital and in the CARES Surgicenter, part of Saint Peter's Healthcare System. With seven operating rooms and two procedure rooms, the CARES Surgicenter provides high-quality surgical services for patients in a state-of-the-art environment. The surgicenter is ranked among the top 15 ambulatory surgery centers in the nation by *Newsweek*.

For physical rehabilitation needs post-surgery, Saint Peter's Health and Wellness Center, located in Somerset, offers physical and occupational therapy.

"A hip fracture can significantly impact mobility, but our physical and occupational therapists strive to create a supportive environment that empowers patients to regain their mobility and independence after surgery," said Bonnie Saunders, PT, MPA, DPT, manager of Physical Rehabilitation Services at Saint Peter's Health and Wellness Center.

Kidney Failure

Kidney failure is a condition in which the kidneys suddenly lose the ability to filter waste products from the blood. Acute kidney failure develops rapidly, requires intensive treatment, and can be fatal.

U.S. News evaluated Saint Peter's on how well the hospital performed using data such as patient survival, number of patients treated, and more. Saint Peter's earned a high performing rating in treating kidney failure, indicating the hospital is significantly better than the national average.

Leukemia, Lymphoma, and Myeloma

Leukemia, lymphoma, and myeloma are cancers of the blood, bone marrow or lymphatic system, which is part of the body's immune system. Saint Peter's offers the most advanced technology, medications, and surgical procedures for a variety of cancers via its comprehensive, full-service cancer program. Saint Peter's was recently reaccredited by the American College of Surgeons' Commission on Cancer as an Academic Comprehensive Cancer Program.

The experts at Saint Peter's Radiation Oncology Center provide advanced cancer therapy and compassionate patient care in close collaboration with pathologists, oncologists, surgeons, and other cancer specialists. Saint Peter's strives to meet the needs of the community through education, clinical research trials, and advanced technology, always in coordination with a compassionate approach to care.

Stock photo. Posed by models.

To learn more about Saint Peter's services, visit saintpetershcs.com.

Back to School with Routine Vaccines

“Vaccines help to keep children healthy by protecting them from harmful diseases. In New Jersey, children are required to have certain vaccines to attend school to keep the whole class healthy,” said Michael Lucas, MD, FAAP, a pediatrician with The Children’s Hospital at Saint Peter’s University Hospital and medical director of the Pediatric Health Center at Saint Peter’s Family Health Center.

The vaccines required for school attendance in New Jersey are:

Diphtheria, Tetanus, and Pertussis (DTaP or Tdap)

- Diphtheria is a respiratory illness that can make it difficult to breathe and swallow. It can also cause heart problems and muscle paralysis.
- Tetanus is a disease that causes muscle stiffness and spasms. It can be caused by a cut or wound that becomes infected with the tetanus bacteria. Tetanus can be fatal if it is not treated.
- Pertussis, also known as whooping cough, is a respiratory illness that causes severe coughing. It can also cause pneumonia and seizures.

What’s the Difference?

- DTaP is the vaccine given to children under 7 years old.
- Tdap is the vaccine given to children over 7 years old, adolescents, and adults. Children entering sixth grade are required to have this vaccine.



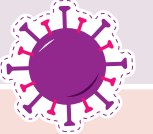
Measles, Mumps, Rubella (MMR)

These vaccines protect against measles, mumps, and rubella, all highly contagious diseases that can cause serious complications.

- Measles is a respiratory illness that is characterized by a fever, cough, runny nose, red eyes, and a red, blotchy rash. It can cause pneumonia and encephalitis.
- Mumps can cause complications such as meningitis (inflammation of the lining of the brain and spinal cord), and deafness.
- Rubella is an illness that is characterized by a rash, fever, joint pains, and swollen lymph nodes.

Varicella (Chickenpox)

This vaccine protects against chickenpox, a common childhood illness. Chickenpox can be a serious illness, especially for young children and adults.



Polio

This vaccine protects against polio, a disease that can cause paralysis.



Hepatitis B

- This vaccine protects against hepatitis B, a serious liver disease that can be transmitted through blood and other bodily fluids.

In addition to these vaccines, children who are entering sixth grade are also required to have a **meningococcal vaccine** to protect them from infections of the lining of the brain and spinal cord, as well as bloodstream infections.

Parents who have questions about these vaccines should contact their child’s physician.

The Pediatric Health Center at Saint Peter’s Family Health Center offers routine immunizations for children, along with pediatric care.

To learn more or schedule an appointment, visit saintpetershcs.com/PediatricHealthCenter

The Flu Shot

A yearly flu vaccine is the best way to protect your child from flu and its potentially serious complications.

The Centers for Disease Control and Prevention (CDC) recommends a flu vaccine for everyone 6 months of age and older.

“The best time to get a flu vaccine is in the fall, before the flu starts spreading in schools and in the community. However, getting vaccinated in December or January will still reduce the risk of illness or severe complications,” said Dr. Lucas.



The COVID-19 Vaccine

The COVID-19 vaccine is safe and effective for children, helping to protect them from getting sick and experiencing serious complications. Saint Peter’s offers the bivalent COVID-19 vaccine at its free vaccine clinics.

To see dates, times, locations, and eligibility, visit saintpetershcs.com/covidvaccine

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 offers pediatric specialty care at Hoboken University Medical Center through the new **Dr. Bipin Patel Pediatric Multispecialty Center at CarePoint Health-Hoboken.**



THE CHILDREN’S HOSPITAL
AT SAINT PETER’S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER’S HEALTHCARE SYSTEM

Parent Education

Some parenting classes are 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

PRESIDENT'S GOLF CLASSIC

September 11, 2023 | The Ridge At Back Brook

Benefiting Saint Peter’s Healthcare System

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: September 14 • 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: September 10 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE

3rd Thursday of each month
Next meeting: September 21 • 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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State-designated children’s hospital and regional perinatal center

