

October
2023



SAINT PETER'S HEALTHCARE SYSTEM

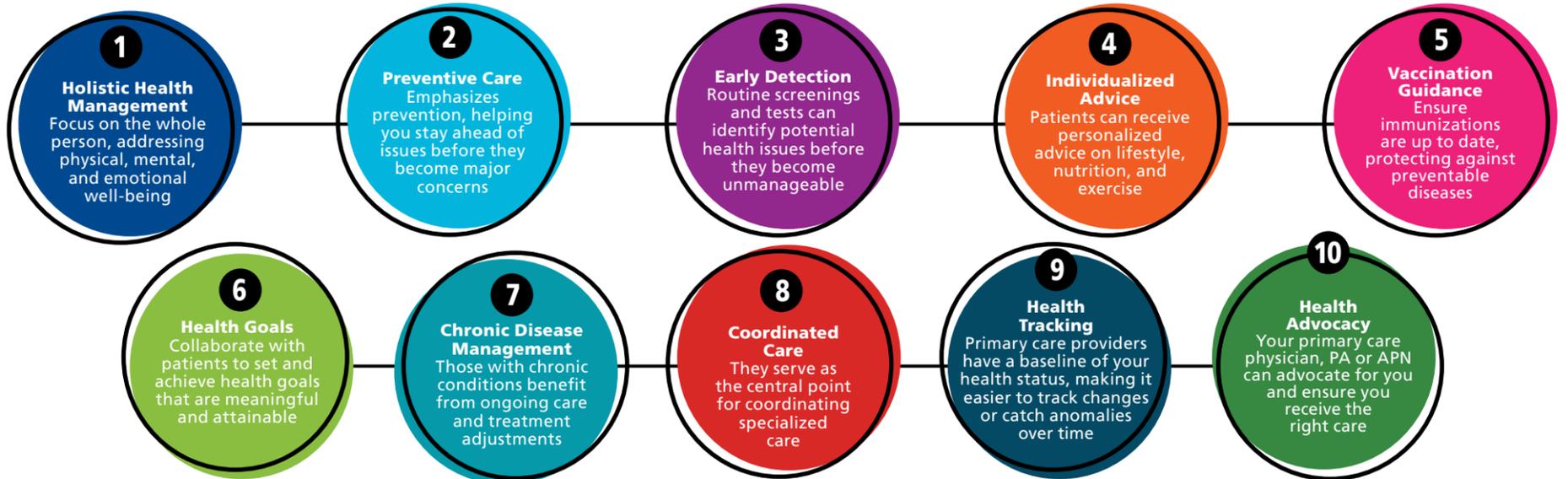
Treating you better...for life.

YOUR HEALTH, YOUR FUTURE

The Value of Primary Care

National Primary Care Week, observed from October 4 – 8, is an annual event that highlights the critical role of primary care in keeping both individuals and communities healthy. Primary care can be provided by physicians, physician assistants (PAs), and advanced practice nurses (APNs). Primary care providers are not just there for you when you're feeling unwell; they play an essential role in preventive care and overall well-being.

10 Reasons to Have a Primary Care Provider



Annual Wellness Appointments

Annual wellness appointments are proactive checkpoints for early detection of health issues, ensuring timely interventions.

Routine Tests at Annual Wellness Appointments:

- **Blood Pressure Screenings:** Monitoring blood pressure is crucial for cardiovascular health.
- **Blood Sugar Screenings:** Testing for diabetes and prediabetes helps in timely intervention.
- **Body Mass Index (BMI) Calculations:** Calculating BMI helps assess weight and overall health. Obesity can lead to chronic conditions such as diabetes or heart disease.
- **Bone Density Scans:** These scans are crucial for assessing the strength of your bones, playing a vital role in diagnosing osteoporosis and evaluating the risk of fractures.
- **Cancer Screenings:** Depending on age, sex and risk factors, screenings for cancer may include mammograms, colonoscopies, and Pap smears.
- **Cholesterol Levels:** High cholesterol can lead to heart disease or stroke; regular checks can catch issues early.
- **Skin Examinations:** These examinations can detect skin abnormalities and possible skin cancer at early, treatable stages.
- **Vaccination Status:** Up-to-date immunizations ensure more protection against preventable diseases.
- **Managing Social Determinants of Health:** These are nonmedical factors that influence health outcomes. Social determinants of health have a major impact on people's health, well-being, and quality of life.

The Role of Primary Care in Managing Social Determinants of Health:

Primary care practitioners recognize how your health is influenced by a wide range of social, economic, and environmental factors known as social determinants of health. Key social determinants of health include:

- **Economic Stability:** Income, employment and access to affordable housing and transportation
- **Education Access and Quality**
- **Healthcare Access and Quality**
- **Neighborhood and Built Environment:** Access to safe housing, clean air and water, and recreational facilities
- **Social and Community Context:** Community support; positive relationships at home, at work, and in school; and neighborhoods free from violent crime

By recognizing and managing social determinants of health, primary care providers can help patients overcome barriers to health, direct them to community resources, and improve overall quality of life.

Each year, more than 6,000 patients aged 18 and above, visit the Adult Multispecialty Health Center at Saint Peter's Family Health Center in New Brunswick for their primary healthcare needs. Primary care is also provided by Saint Peter's Physician Associates with locations throughout central New Jersey. Along with primary care, patients have access to the wide variety of medical services offered at Saint Peter's University Hospital, including specialty care such as cardiology, hematology, infectious diseases, pulmonary and sleep medicine, rheumatology, surgical services, travel medicine, urology, wound care, and more.

Preventive measures can lead to a longer, healthier, and happier life.

To find a primary care physician near you, visit SPPANJ.com or saintpetershcs.com/adulthealthcenter

Not Feeling Well? After-Hours Virtual Urgent Care Now Available

Adults experiencing non-emergency symptoms, such as a cold, rash or sore throat, can be seen by a Saint Peter's primary care provider through a safe, secure online service offered in the evenings and on weekends.

Saint Peter's Virtual Urgent Care offers virtual visits with an advanced practice nurse for adults experiencing any of these symptoms:

- Cold or flu
- Sinus problems
- Rash/skin conditions
- Pink eye
- Sore throat
- Urinary issues

Anyone who needs to be seen by a physician for further diagnosis and treatment after a virtual visit with an advanced practice nurse can be referred to any one of Saint Peter's primary care physicians with offices at Saint Peter's University Hospital or one of the Saint Peter's Physician Associates locations.



Saint Peter's Virtual Urgent Care is available Monday through Friday from 5 to 10 p.m. and weekends from 9 a.m. to 4 p.m.

Visit us online at saintpetershcs.com/virtualurgentcare

Physical Therapy for Pelvic Floor Dysfunction

The pelvic floor is a group of muscles and tissues at the bottom of the pelvis. For women, the pelvic floor provides support to the bladder, uterus, vagina, and rectum, keeping everything in place and helping to prevent leaks and organ prolapse. During pregnancy, these muscles are crucial for supporting the baby. Being aware of how to relax these muscles during delivery can help the birthing process. Men rely on their pelvic floor muscles to control bathroom functions and support the prostate gland.



Stock photo. Posed by model.



"A healthy pelvic floor plays a fundamental role in our everyday lives, even if we don't think about it too often. In addition to controlling bathroom functions and supporting our organs, the pelvic floor contributes to overall core stability, helping to maintain proper posture, balance, and stability," said Meredith Rassam, PT, MSPT, MS, pelvic floor physical therapist and assistant manager, Physical Rehabilitation Services at Saint Peter's Health and Wellness Center.

Pelvic floor dysfunction refers to a condition in which the muscles, ligaments, and connective tissues of the pelvic floor do not function properly. When the pelvic floor muscles are weakened, too tight, or imbalanced, it can lead to a range of symptoms and issues. Common symptoms of pelvic floor dysfunction include urinary incontinence or urgency, fecal incontinence or constipation, pelvic pain or discomfort, and sexual dysfunction.

"Pelvic floor dysfunction can be caused by a variety of factors including pregnancy and childbirth, trauma or injury to the pelvic area, heavy lifting or high-impact exercise, hormonal changes, and certain medical conditions. It can also be a result of surgery to the pelvic area. Age-related weakness of the pelvic floor can also be a cause of pelvic floor dysfunction," said Ann Hays, PT, pelvic floor physical therapist, Physical Rehabilitation Services at Saint Peter's Health and Wellness Center.



Saint Peter's pelvic floor physical therapists help patients strengthen and restore proper function to the pelvic floor muscles through pelvic floor exercises, manual therapy techniques, biofeedback, and education on proper posture and breathing techniques. They may also provide guidance on lifestyle modifications to help improve or restore an individual's quality of life.

Conditions treated by Saint Peter's pelvic floor physical therapists include:

- Urinary and fecal incontinence
- Increased urinary frequency/overactive bladder
- Dyspareunia (painful intercourse)
- Vulvar pain syndromes
- Separated pubic symphysis (a joint between the pelvic bones)
- Some forms of constipation
- Post-surgical pain or restrictions – including prostatectomy, pelvic organ surgery, perineal lacerations/scarring, abdominal surgery, and C-section pain/scarring
- Pregnancy-related pain or instability/weakness

To learn more, visit saintpetershcs.com/healthandwellnesscenter

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

Is the COVID-19 vaccine safe if I am pregnant, breastfeeding or planning to become pregnant?

Yes. The vaccine does not pose a specific risk to pregnant women. Talk to your physician about any concerns.

saintpetershcs.com/covidvaccine

Parent Education

Some parenting classes are being held online. Register at saintpetershcs.com/ParentEducation. 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

SAVE OUR SUPERHEROES
OCTOBER 11, 2023
11:30 A.M. – 5:30 P.M.

BLOOD DRIVE

SISTER MARIE DE PAZZI CONFERENCE CENTER
SAINT PETER'S UNIVERSITY HOSPITAL
254 EASTON AVENUE • NEW BRUNSWICK, NJ 08901

REGISTER AT RWJUHDonorClub.org
OR BY CALLING 732.235.8100, EXT. 221

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

Support Groups

Bariatric Nutrition Support Group
2nd Thursday of each month
Next meeting: October 12 • 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: October 8 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: October 19 • 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 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.



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