

August  
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# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*



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Posed by models.*

## *A Natural Approach to Managing Fertility at* **Saint Peter's Gianna Center**

**Monika B. Potocki, MD, has joined Saint Peter's Gianna Center, a service of Saint Peter's University Hospital that is dedicated to providing a more natural alternative to assisted reproductive technologies, in accordance with the Ethical and Religious Directives for Catholic Health Care Services (ERDs).**

**Dr. Potocki, a skilled obstetrician/gynecologist (OB/Gyn), brings a wealth of knowledge and expertise to the center. She specializes in surgical NaProTechnology, making her the only physician in New Jersey with this specialization.**

### **What is NaProTechnology?**

At the Gianna Center, women can access NaProTechnology, which stands for Natural Procreative Technology. It is a science focused on monitoring and maintaining a woman's reproductive and gynecological health. Using the Creighton Model FertilityCare System™ biomarkers, NaProTechnology tracks various hormonal events during the menstrual cycle. By identifying signs of fertility, couples can better understand their fertile periods and achieve their reproductive goals naturally.

Unlike other fertility treatments such as in vitro fertilization (IVF) and intrauterine insemination (IUI), which often bypass or over-stimulate a woman's natural fertility cycle, NaProTechnology aims to find and correct the underlying causes of infertility. This allows couples to conceive through natural intercourse.

### **A Comprehensive Methodology**

Many fertility centers suggest invasive procedures like IVF or IUI with only a limited evaluation of a woman's fertility cycle. In contrast, Saint Peter's Gianna Center focuses on thoroughly evaluating and treating the woman's cycle. This approach includes labs, hormone studies, ultrasounds, ovulation technology, and a semen test for men. Diagnostic procedures like hysteroscopy, hysterosalpingogram, and laparoscopy can also help determine underlying conditions contributing to infertility.

According to a study of 1,800 couples reported in the Journal of Reproductive Medicine, the FertilityCare System is 99.5 percent effective at avoiding pregnancy. When couples are ready to conceive, they can use their most fertile days for intercourse. With this method, 98 percent of couples with normal fertility will conceive within six months, and 75 percent within the first month of trying.

Dr. Potocki offers both medical and surgical treatments for couples who do not achieve pregnancy with the initial approach of NaProTechnology, have abnormal findings through the FertilityCare™ System, or suffer recurrent miscarriages.

### **Solutions for Various Health Conditions**

NaProTechnology also offers alternatives for several other health conditions, including:

- Polycystic ovarian syndrome (PCOS)
- Irregular cycles
- Abnormal vaginal bleeding
- Chronic pelvic pain and painful periods
- Menopausal symptoms
- Ovarian cysts
- Premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD)
- Postpartum depression
- Natural family planning

### **Meet Dr. Monika B. Potocki**

Dr. Potocki is deeply committed to patient-centered care and respects the dignity and sanctity of human life. She graduated from Georgetown University School of Medicine and completed her residency at Newark Beth Israel Medical Center. Additionally, she is a graduate of the St. John Paul the Great Fellowship in Medical and Surgical NaProTechnology.

"NaProTechnology gave me a whole new perspective on obstetrics and gynecology. I am honored to be able to offer this approach to women suffering with gynecologic issues and couples seeking to build their families in a life-affirming way," said Dr. Potocki.

**For more information about Saint Peter's Gianna Center, please call 732.565.5490 or visit [saintpetershcs.com/giannacenter](http://saintpetershcs.com/giannacenter).**



# Heat Stroke vs. Heat Exhaustion

Heat stroke and heat exhaustion are two serious heat-related illnesses that can occur when the body overheats, but they differ in severity and symptoms. Understanding these differences is important for proper treatment.

## Heat Exhaustion

Heat exhaustion typically occurs when the body loses excessive water and salt through sweating.

**Symptoms of heat exhaustion include:**

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting

If you suspect heat exhaustion, it's important to move to a cool place, loosen clothing, sip water, and use cool cloths or take a cool bath to lower your body temperature. If symptoms worsen or last longer than an hour, seek medical attention.



## Heat Stroke

Heat stroke is a more severe and potentially life-threatening condition. It occurs when the body's temperature regulation system fails, and core temperature rises to dangerous levels.

**Symptoms of heat stroke include:**

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness

Heat stroke is a medical emergency that requires immediate action. If you suspect someone is having heat stroke, do not give the person anything to drink. Call 911 right away, move the person to a cooler place, and use cool cloths or place them in a cool bath to lower their body temperature.

### Key Differences

The main differences between **heat exhaustion** and **heat stroke** are:

- Skin appearance:** In heat exhaustion, the skin is cool and moist, while in heat stroke, it's hot and dry or damp.
- Body temperature:** Heat stroke involves a higher body temperature (103°F or higher).
- Mental state:** Confusion and altered mental state are more common in heat stroke.
- Sweating:** Heat exhaustion often involves heavy sweating, while heat stroke may cause sweating to stop.
- Severity:** Heat stroke is a medical emergency, while heat exhaustion can often be treated without medical intervention if caught early.

### Prevention and Awareness

To prevent both heat exhaustion and heat stroke:

- Stay hydrated
- Wear loose, lightweight clothing
- Avoid strenuous activities in hot weather
- Take frequent breaks in cool areas

"Heat-related illnesses can escalate quickly. Recognizing the early signs of heat exhaustion and taking prompt action can prevent the potentially life-threatening progression to heat stroke," said Deep Desai, DO, chair of Emergency Medicine at Saint Peter's University Hospital.

**To learn more about Saint Peter's Emergency Department, visit [saintpetershcs.com/emergency](http://saintpetershcs.com/emergency).**

## 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 NJ  
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

### Parent Education

Some parenting classes are being held online. Register at [saintpetershcs.com/ParentEducation](http://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**
- Grandparents Class**
- Hypnobirthing**
- Marvelous Multiples New Daddy Class**
- Prenatal Yoga/ Exercise Class**
- Prepared Childbirth/ Lamaze Classes**
- Sibling Class**
- Spinning Babies**

### Parent Support

- Registration is required. Visit [saintpetershcs.com/ParentEducation](http://saintpetershcs.com/ParentEducation) or call 732.745.8579.
- Breastfeeding Support Group**  
1st Tuesday of each month  
Next meeting: August 6 • 1 pm
- New Moms Support Group "Life Will Never Be The Same"**  
1st Tuesday of each month  
Next meeting: August 6 • 12 pm

### Support Groups

- Bariatric Behavioral Health Support**  
Every Wednesday • 5 – 7 pm  
Call 732.745.8600, x6634 for Zoom meeting information • Meetings conducted in English and Spanish
- Bariatric Nutrition Support**  
2nd Thursday of each month  
Next meeting: August 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: August 11 • 3 pm  
Call 877.886.9462 or email [info@mygoalautism.org](mailto:info@mygoalautism.org) for virtual meeting information
- SHARE**  
3rd Thursday of each month  
Next meeting: August 15 • 7 – 9 pm  
Call 732.745.8522 or email [imariano@saintpetersuh.com](mailto:imariano@saintpetersuh.com) for Zoom link
- Spouse/Partner Caregiver Support**  
Call for information: 732.745.8600, x8653

### 2024 Saint Peter's President's Golf Classic

Presented by Samson Electric

SEPTEMBER 9, 2024  
THE RIDGE AT BACK BROOK



For more information or to register, please scan this QR code.

### COVID-19 Vaccines

For age eligibility and clinic locations and dates, visit [saintpetershcs.com/covidvaccine](http://saintpetershcs.com/covidvaccine)

### Saint Peter's Virtual Urgent Care

Monday – Friday  
5 to 10 p.m.  
Saturday & Sunday  
9 a.m. to 4 p.m.

[saintpetershcs.com/virtualurgentcare](http://saintpetershcs.com/virtualurgentcare)

Need a doctor? To find a Saint Peter's physician, visit [saintpetershcs.com/findaphysician](http://saintpetershcs.com/findaphysician).

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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