

HealthyLiving

CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY

Aquablation® Therapy: A Minimally Invasive Option for Enlarged Prostate

Benign prostatic hyperplasia (BPH), or enlarged prostate, is a non-cancerous condition that affects some men as they age. The prostate gland surrounds the urethra, and when it enlarges, it can press against the urinary tract and interfere with normal urination. For some men, BPH causes mild symptoms that can be managed with lifestyle changes or medication. Others experience symptoms that require surgery.

"Aquablation® is a minimally-invasive surgical option that uses real-time imaging and an artificial intelligence robotic system called HYDROS™. It uses heat-free waterjet technology to remove the excess prostate tissue that is causing the blockage," said Akwasi Boateng, MD, urologist at Saint Peter's University Hospital. "The HYDROS Robotic System allows the surgeon to tailor treatment to each patient's anatomy while minimizing total surgery time and the risk of complications."

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Common Symptoms of BPH

Men with BPH may experience one or more of the following symptoms:

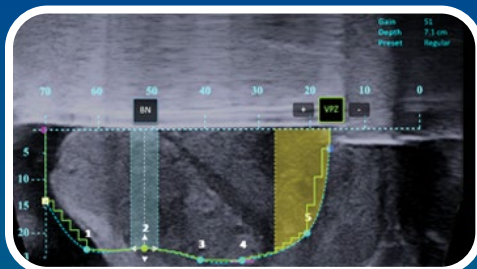
- A feeling of incomplete bladder emptying
- Difficulty starting urination
- Dribbling at the end of urination
- Frequent urination, especially at night
- Urinary urgency or the sudden need to urinate
- Weak or slow urinary stream

These symptoms tend to worsen over time and can affect a man's quality of life if left untreated.



How Does Aquablation Therapy Work?

"Aquablation therapy is a resective procedure, meaning it removes the excess prostate tissue that causes symptoms," said Ramon Rodriguez, MD, urologist at Saint Peter's University Hospital. "The procedure is performed in a hospital setting under anesthesia and typically lasts about one hour. Most patients remain overnight for monitoring."



Step 1:

Planning with Imaging

Aquablation therapy uses real-time ultrasound imaging and digital cystoscopy (to view the lining of the bladder and urethra) to provide a complete view of the prostate. This allows the surgeon to create a detailed map that identifies which tissues to remove and which areas to avoid. Preserving certain parts of the prostate can help reduce the risk of complications related to sexual function and urinary control.



Step 2:

Robotic-Assisted Tissue Removal

"A robotic high-velocity waterjet removes targeted tissue without heat, reducing the risk of damage to surrounding areas," said Marc Feder, MD, a urologist at Saint Peter's University Hospital.

Recovery After the Procedure

After the procedure, most patients wake up with a temporary catheter to allow urine to drain while the area heals. Many can go home without the catheter. It is normal to experience some burning with urination, urgency, or blood in the urine for several weeks following the procedure. These symptoms typically improve over time and can be managed with medication if needed.

Patients should follow their discharge instructions and wait for their surgeon's approval before resuming normal activities.

Aquablation therapy may be considered for men who struggle with BPH symptoms and are looking for a treatment option with a lower risk of long-term side effects, according to Richard Ioffreda, MD, urologist at Saint Peter's University Hospital.

"We understand that BPH can deeply affect a person's daily life by interfering with sleep, work, and personal comfort," said Dr. Ioffreda. "Many patients delay treatment because they are worried about the potential impact on their sexual or urinary function. Aquablation therapy gives us a way to treat BPH with precision and care, while helping to preserve the quality of life that matters most to our patients."

To schedule an aquablation consultation with one of the urologists offering this procedure at Saint Peter's, visit saintpetershcs.com/aquablation.



Pediatric Emergency Department at The Children's Hospital at Saint Peter's University Hospital Recognized for Excellence, Again

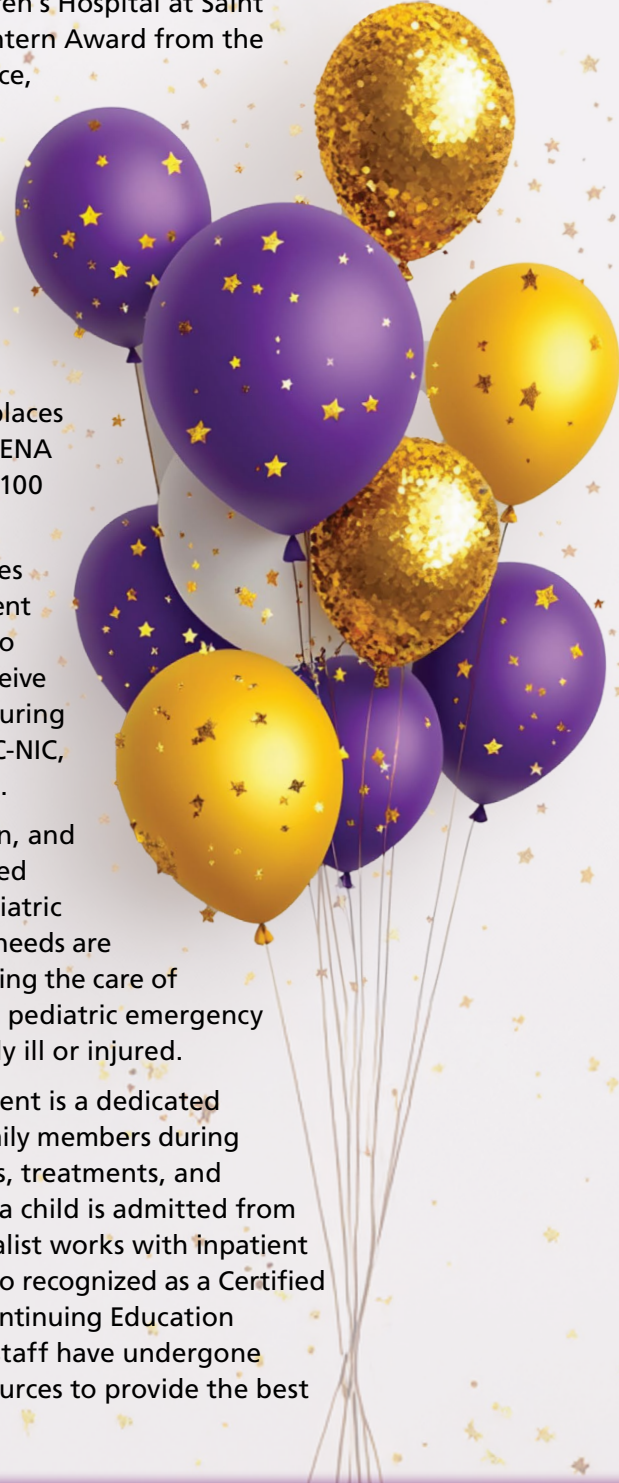
The Dorothy B. Hersh Pediatric Emergency Department (ED) at The Children's Hospital at Saint Peter's University Hospital is once again a recipient of the prestigious Lantern Award from the Emergency Nurses Association (ENA), which recognizes leadership, practice, education, and advocacy that resulted in improved patient care and staff well-being. This is the second consecutive award (2022-2025 and 2025-2028) for the Dorothy B. Hersh Pediatric Emergency Department at The Children's Hospital, which became the only pediatric ED in New Jersey to earn this award in 2022. Saint Peter's pediatric ED is one of the largest pediatric emergency departments in New Jersey with 14 beds, plus a minor-care treatment area.

"These recipients demonstrate excellence in practice, interdisciplinary collaboration, and innovation that make their departments exceptional places for patients receiving care as well as for the staff working in them," said ENA President Ryan Oglesby, PhD, MHA, RN, CEN, CFRN, NEA-BC. Fewer than 100 emergency departments were selected this year.

"We are honored to receive the Lantern Award from the Emergency Nurses Association because it is a testament to the skill, compassion, and commitment our pediatric emergency department brings to every child and family who walks through our doors. We are proud to create a place where children receive not only expert medical attention but also comfort and understanding during some of their most vulnerable moments," said Pam Harmon, DNP, MSN, RNC-NIC, director, Women and Children's Division, Saint Peter's University Hospital.

Saint Peter's provides pediatric emergency care to 22,000 infants, children, and young adults annually. Approximately 1,800 of those children are admitted as inpatients for additional care, which necessitates the need for the pediatric emergency department's fast track area, where patients with non-critical needs are seen by a doctor and treated and released within 90 minutes. By streamlining the care of those patients who are not dealing with a life-threatening condition, the pediatric emergency department staff can better accommodate those children who are gravely ill or injured.

Among the special services available in the pediatric emergency department is a dedicated Child Life specialist who attends to the emotional needs of a child and family members during a visit. The Child Life specialist helps the child and family cope with illness, treatments, and procedures by using therapeutic play, and offering coping techniques. If a child is admitted from the pediatric emergency department to the hospital, the Child Life specialist works with inpatient staff to smooth the transition. The Children's Hospital at Saint Peter's is also recognized as a Certified Autism Center™ (CAC) by The International Board of Credentialing and Continuing Education Standards (IBCCES). This designation is awarded to organizations whose staff have undergone autism-specific training to equip them with the supportive skills and resources to provide the best experience possible to every child that visits the hospital.



For additional information about pediatric services at The Children's Hospital at Saint Peter's University Hospital, visit saintpetershcs.com/childrenshospital or call 732.565.KIDS (5437).

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

Cancer Care
800.813.HOPE (4673)
supportgroup@cancercare.org

Cancer Hope Network
877.467.3638

Crossroads4Hope
908.658.5400

Sister 2 Sister
For Breast Cancer Survivors
732.246.8300

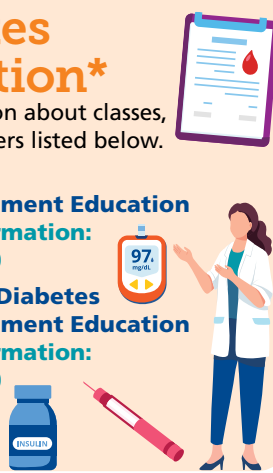


Diabetes Education*

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



Know the warning signs of stroke



SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM
That's treating you better...for life.

Parent Education

Some parenting classes are being held online. Once registered for a class, access information will be provided to you.

Register at saintpetershcs.com/ParentEducation. For information about the following classes, please call Parent Education at 732.745.8579.

Baby Care	Hypnobirthing
Birth Center Class (for moms under midwifery care)	New Daddy Class
Breastfeeding Class	Prenatal Yoga/Exercise Class
Grandparents Class	Prepared Childbirth/Lamaze Classes
	Sibling Class

Support Groups

Bariatric Nutrition Support

2nd Thursday of each month
Next meeting:
September 11 • 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 14 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information

SHARE

3rd Thursday of each month
Next meeting:
September 18 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support

Call for information:
732.745.8600, x8653

Parent Support

Registration is required. Visit saintpetershcs.com/ParentEducation or call 732.745.8579.

Breastfeeding Support Group

1st Tuesday of each month
Next meeting: September 2 • 1 pm

New Moms Support Group "Life Will Never Be The Same"

1st Tuesday of each month
Next meeting: September 2 • 12 pm

Saint Peter's Virtual Urgent Care

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

For adults experiencing:

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

saintpetershcs.com/virtualurgentcare

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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State-designated children's hospital and regional perinatal center

