

January
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SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



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A New Beginning with **BARIATRIC SURGERY**

In the pursuit of a healthier life, some people turn to bariatric surgery as a powerful tool to make positive changes. Bariatric surgery is recommended for patients with a body mass index (BMI) of 35 or higher if they have been unable to lose weight on their own as obesity can gravely impact preexisting medical conditions and accelerate other underlying health issues. Patients with a BMI between 30 and 35 can also be considered for bariatric surgery.

Saint Peter's University Hospital's Weight Loss and Bariatric Center specializes in robotic gastric sleeve and gastric bypass surgery. In gastric sleeve surgery, the surgeon narrows the stomach into a thin vertical sleeve, about the size and shape of a banana. The remainder of the stomach is removed, leaving a smaller stomach so the patient feels full on less food, resulting in less hunger. In gastric bypass surgery, the surgeon divides the stomach and creates a pouch the size of a plum. Then a part of the small intestine is connected to the newly-created gastric pouch, bypassing the rest of the stomach and a segment of the small intestine. After surgery, patients are unable to eat as much as they used to because the stomach is now smaller and absorbing fewer calories.

Preoperative Preparations

The journey to bariatric surgery begins with a thorough evaluation, bringing together a team of professionals who help each patient adopt a specialized diet, get active, and address any psychological concerns. Prior to surgery, Saint Peter's patients must successfully complete a program that consists of nutritional counseling with a registered dietitian-nutritionist, behavioral coaching with a psychologist, and an exercise regimen with individually tailored lifestyle goals developed by a physical therapist. A patient navigator helps guide each patient through the journey.

"Success isn't only about the surgery itself; it starts with a patient's commitment to lifestyle changes beforehand. Our team is here to help every step of the way during this lifelong journey," said John Perrone, DO, bariatric surgeon at Saint Peter's University Hospital.

The Surgical Process

All bariatric surgeries at Saint Peter's are performed robotically. Dr. Perrone performs surgeries via the da Vinci® Surgical System, a sophisticated

robotic platform. First, he creates small incisions in the patient's abdomen to introduce miniaturized instruments. Seated at the da Vinci console, Dr. Perrone views a magnified, high-resolution 3D image of the surgical site. The console then translates his hand movements into precise micro-movements of the miniature instruments. The system cannot be programmed, nor can it make movements on its own. All movements are performed by the experienced surgeon at the console.

Follow-up and Support

"The journey doesn't end with surgery; it's an ongoing process that relies on the relationship between me, my team and my patients. Regular checkups track progress, address concerns, and help patients stick to lifestyle changes. Nutritional guidance plays a big role, assisting patients in maintaining a balanced diet, while counseling and support groups offer emotional support and a sense of community years after surgery," said Dr. Perrone.

Quality of Life Improvements

Beyond the numbers on the scale, bariatric surgery can have a profound impact on overall well-being. Health conditions like diabetes and hypertension often see significant improvements. Many patients are even able to come off of their diabetes or blood pressure medications altogether. Patients report increased energy, better mobility, and a positive shift in mental health, paving the way for a more active and fulfilling life.

Bariatric surgery is a transformative journey toward better health. From getting ready for the surgery to the ongoing support afterward, the process involves a team effort and active patient participation. As individuals experience not only physical changes but also improvements in their overall well-being, bariatric surgery remains a beacon of hope for those seeking a healthier life.



Meet Dr. John Perrone

Dr. John Perrone is a bariatric and robotic surgeon at Saint Peter's University Hospital. He completed his fellowship in bariatric and robotic surgery at St. Luke's Healthcare Network in Allentown, PA.

Dr. Perrone received his medical degree from Rowan University School of Osteopathic Medicine in New Jersey. He is board certified by the American College of Surgeons and a member of the American Society for Metabolic and Bariatric Surgery.

Dr. Perrone was born at Saint Peter's and has a strong affinity for the hospital and the patients it serves.

"My holistic approach to bariatric surgery aligns with Saint Peter's mission of ministering to the whole patient—body, mind and spirit. I've been able to help patients not only feel healthier physically after surgery but feel more comfortable and confident in their bodies. It's wonderful to see the whole transformation," said Dr. Perrone.

To learn more about bariatric surgery at Saint Peter's or to make an appointment, visit saintpetershcs.com/bariatrics



Snooze Control: A Teen's Guide to Restorative Sleep

Adolescence is marked by important physical, emotional, and social changes. During this transformative period, prioritizing overall well-being is paramount. Establishing good sleep hygiene habits during adolescence can have a significant impact on mental and physical health, and academic performance.

Most parents can attest to the fact that one of the biggest hurdles blocking teens from a good night's rest is the cell phone. The light from a cell phone or electronic device can trick the body into feeling more awake at night.

"While light is a problem, I believe the bigger issue is about the content that teenagers view. Videos on social media are highly stimulating and addictive, leading to hours of scrolling. Sometimes when teenagers awaken in the middle of the night, they go back to scrolling on their devices. Keeping the phone off and outside the bedroom solves many sleep issues in teenagers," said Samuel J. Knee, MD, chief of Pediatric Sleep Medicine at The Children's Hospital at Saint Peter's University Hospital, and medical director of the Center for Sleep and Breathing Disorders at Saint Peter's University Hospital.

According to Dr. Knee, basic sleep hygiene can solve many common sleep problems if your teen is waking up feeling tired or groggy. Oftentimes inappropriate napping or inconsistent sleep schedules can trigger long-term insomnia. It's important for teens to have a bedtime routine, even on weekends when they may be tempted to stay up late. Engaging in quiet and relaxing activities at night can help teens naturally transition to bedtime. Additionally, turning off all devices an hour before bedtime is not only important for sleep hygiene but can also be beneficial for overall mental health.

"It seems intuitive that if you don't sleep enough or have poor quality sleep, your mood can be impacted. In teenagers, depression or anxiety may be a manifestation of poor sleep quality. School performance and psychomotor abilities, including driving, can also be negatively impacted. If your teen has a driver's license, it's important for them to get enough rest before they get behind the wheel," said Dr. Knee.



Additionally, sleep problems can cause learning difficulties, poor growth, and impairment of a physiological regulatory mechanism such as one's metabolism, immune response, or organ function.

To schedule an appointment with Dr. Knee at The Children's Hospital at Saint Peter's University Hospital, call 732.339.7910.

To learn more about the Center for Sleep and Breathing Disorders, visit saintpetershcs.com/sleep.

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 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. 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 or call 732.745.8579.

Breastfeeding Support Group
1st Tuesday of each month
Next meeting: January 2 • 1 pm

New Moms Support Group "Life Will Never Be The Same"
1st Tuesday of each month
Next meeting: January 2 • 12 pm

Support Groups

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

SHARE
3rd Thursday of each month
Next meeting: January 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

Blood Drive
11:30 am – 5:30 pm
Tuesday, January 9, 2024
Saint Peter's University Hospital
254 Easton Ave., New Brunswick, NJ
Sister Marie de Pazzi Conference Center
Schedule an appointment on rwjuhdonorclub.org.

SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Robert Wood Johnson University Hospital | RWJ Barnabas HEALTH

MyIBD Learning: Inflammatory Bowel Disease (IBD), Crohn's Disease and Ulcerative Colitis
Wednesday, February 21
5:30 pm - 8:30 pm
Saint Peter's University Hospital
254 Easton Ave. • New Brunswick, NJ
Sister Marie de Pazzi Conference Center

Register: saintpetershcs.com/IBD

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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