SAINT PETER'S HEALTHCARE SYSTEM
That's treating you better…for life

NOVEMBER 2026

HealthyLiving
CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY

Advanced Vascular Surgical Care at Saint Peter's

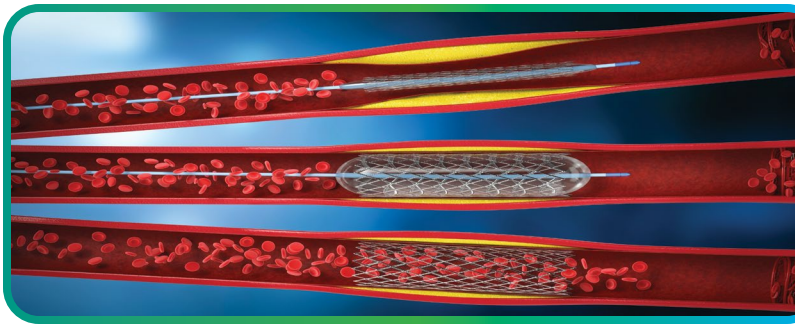
The vascular system is the network of arteries and veins that carries blood throughout the body, delivering oxygen and nutrients to tissues and carrying blood back to the heart. When these blood vessels become narrowed, blocked or weakened, treatment may be needed to restore or maintain healthy blood flow.

Saint Peter's provides vascular surgical care for individuals with a range of conditions, from peripheral artery disease and carotid artery disease to aneurysms, deep vein thrombosis and varicose veins. Treatment options include traditional surgery as well as minimally invasive procedures.

Common Vascular Conditions

Vascular conditions can affect different blood vessels throughout the body. Some of the conditions treated by Saint Peter's vascular surgeons include:

- **Aortic and thoracic aneurysms:** A weakened area of the aorta can develop a bulge known as an aneurysm. The aorta is the body's largest artery and carries blood from the heart to the rest of the body. A thoracic aortic aneurysm occurs in the portion of the aorta that runs through the chest. If an aneurysm ruptures or splits, it can cause life-threatening internal bleeding or interfere with blood flow to vital organs.
- **Carotid artery disease:** Narrowed carotid arteries can reduce blood flow to the brain and increase the risk of stroke. Treatment may include procedures such as carotid endarterectomy or carotid stenting.
- **Deep vein thrombosis (DVT):** A blood clot can form in a deep vein, most commonly in the leg. This condition is known as deep vein thrombosis.
- **Peripheral artery disease (PAD):** Reduced blood flow to the legs is a common effect of peripheral artery disease. Saint Peter's vascular surgeons perform procedures to treat PAD and other occlusive disorders of the leg where arteries or veins become narrowed or blocked.
- **Varicose veins:** Enlarged, twisted veins can develop when blood does not flow properly back toward the heart. They most commonly appear in the legs and may be blue or purple beneath the skin.



Balloon angioplasty procedure with stent placed in the vein

Vascular Treatment Options

Saint Peter's vascular surgeons perform a range of procedures to treat vascular conditions. Depending on the condition, treatment may include:

- **Angioplasty:** A procedure used to open narrowed blood vessels.
- **Atherectomy:** A procedure that removes plaque from inside a blood vessel.
- **Carotid endarterectomy:** A procedure to remove plaque buildup from the carotid artery.
- **Endovascular aneurysm repair:** A minimally invasive approach to repairing certain aortic aneurysms.
- **Endovenous ablation:** A minimally invasive procedure used to treat certain vein conditions.
- **Stenting:** A small device is placed inside a blood vessel to help keep it open.

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Advanced Minimally Invasive Procedures

Saint Peter's also offers advanced minimally invasive procedures for certain vascular conditions. These approaches can provide an alternative to traditional open surgery for some individuals.

Fenestrated branched endovascular aortic repair (F/B-EVAR) is used to treat certain complex aortic aneurysms. The procedure uses a stent with cuffs or branches to redirect blood flow to vital organs. The stent is inserted through the groin and can provide an alternative to open surgery for individuals with certain conditions that make open surgery a higher risk. It also offers the benefit of a faster recovery than open surgery.

Transcarotid artery revascularization (TCAR) is used to treat narrowed carotid arteries. The procedure accesses the artery through a small incision in the neck, just above the clavicle, rather than through the groin. During the procedure, blood flow is temporarily reversed before a stent is placed in the affected artery. A filter is used during the procedure to reduce the risk of stroke.

Thoracic endovascular aortic repair (TEVAR) is used to repair certain conditions affecting the aorta in the chest. During the procedure, a stent graft is inserted through a blood vessel and guided to the affected area of the aorta, where it helps reinforce the weakened section and maintain blood flow. Compared with open surgery, TEVAR can offer a faster recovery for certain individuals.

For more information about Saint Peter's vascular surgery services, visit saintpetershcs.com/vascularsurgery.

Saint Peter's vascular surgery team provides care in New Brunswick, Monroe, North Brunswick and Somerset.

New Brunswick

Saint Peter's University Hospital
254 Easton Avenue
New Brunswick, NJ 08901
Office: 732.745.8571
Appointments: 732.249.0360

- Steven Curtiss, MD
- Charles Franco, MD, FACS
- Nakul Rao, MD, RPVI
- Niranjan Rao, MD, FACS
- Scott Rosen, MD

Monroe

Saint Peter's Physician Associates
298 Applegarth Road, Suite F
Monroe Township, NJ 08831
609.409.4500

- Steven Curtiss, MD
- Charles Franco, MD, FACS
- Scott Rosen, MD

North Brunswick

Saint Peter's Physician Associates
215B North Center Drive
North Brunswick, NJ 08902
732.846.9500

- Steven Curtiss, MD
- Scott Rosen, MD

Somerset

Saint Peter's Physician Associates
75 Veronica Avenue, Suite 207
Somerset, NJ 08873
732.249.0360

- Nakul Rao, MD, RPVI
- Niranjan Rao, MD, FACS

In New Brunswick, the physicians provide hospital-based care, including surgery, wound care and vascular lab services. Dr. Nakul Rao provides outpatient care in the hospital as well.



Photo courtesy of GE HealthCare

Hybrid Vascular Operating Room

Saint Peter's recently constructed a hybrid vascular operating room (OR), which combines the capabilities of a traditional operating room with advanced imaging technology. Vascular surgeons can perform open and minimally invasive procedures while using real-time imaging to guide treatment.

The hybrid OR is equipped with a GE HealthCare Allia IGS 7 system, which provides 3D cone-beam CT imaging and real-time image guidance. A robotic arm allows the imaging system to be positioned around the patient during a procedure.

"Having advanced imaging available in the operating room can help surgeons visualize blood vessels with greater precision and guide instruments and devices during complex vascular procedures," said Niranjan Rao, MD, FACS, chief of Vascular Surgery at Saint Peter's University Hospital and chief medical officer for Saint Peter's Healthcare System.



"The hybrid OR also provides flexibility for procedures that may require a combination of surgical and minimally invasive techniques. By integrating advanced imaging and surgical capabilities into a single operating room, we can potentially reduce radiation exposure, minimize procedure times, and improve overall efficiency. This allows us to tailor the surgical approach to each patient's individual condition and treatment needs, while minimizing unnecessary delays and enhancing patient safety."

When Labor Does Not Go as Planned:

The Role of a Certified Nurse-Midwife

Many women create a birth plan to share their preferences for labor and delivery, but birth does not always go according to plan. Labor may take an unexpected turn, or a medical situation may require a change in plans. In these moments, a certified nurse-midwife (CNM) can help an expectant mother understand what is happening, consider her options, and remain an active part of her care.

Women who meet the criteria for a low-risk birth can receive midwifery care at the Mary V. O'Shea Birth Center at Saint Peter's University Hospital. CNMs also practice in the hospital's Labor and Delivery Unit, allowing women to receive midwifery care even if they do not meet the criteria for delivery in the Birth Center. If a woman's needs change during labor and she needs to move from the Birth Center to Labor and Delivery, the Birth Center's location within the hospital makes the transition seamless, allowing her midwife to continue providing care and support.

This approach is a part of TeamBirth, a care model used at Saint Peter's that encourages patients to be active participants in decisions about their care. The expectant mother, her support person and her care team work together to discuss what is happening, review options and create a birth plan.



"Midwifery care is about building a relationship over time. When we know our patients and understand what is important to them, we can better support them if circumstances change," said Danielle Melican, MSN, CNM, RNC-OB, C-EFM, CBC, midwifery clinical director at the Mary V. O'Shea Birth Center. "Our role is to explain the clinical situation, discuss the options, and make sure the patient remains involved in decisions about her care. We can advocate for what matters to her while making sure safety remains the priority."

CNMs provide care for women throughout their lives, including routine gynecologic care, menopause care, pregnancy, and labor and delivery. During pregnancy and labor, they monitor the health of both the woman and baby and recognize when additional medical care may be needed. If an unexpected situation arises, the CNM can explain the recommended course of care, discuss available options, and help the expectant mother make informed decisions.

Saint Peter's certified nurse-midwives offer care in these locations:

New Brunswick	Monroe	Lakewood
The Mary V. O'Shea Birth Center Saint Peter's University Hospital 254 Easton Avenue New Brunswick, NJ 08901	**Saint Peter's Physician Associates** 298 Applegarth Road Suite F Monroe Township, NJ 08831	**Saint Peter's Specialty Physicians** 500 River Avenue Lakewood, NJ 08701

Happy 7th Birthday!

Since opening in November 2019, the Mary V. O'Shea Birth Center has welcomed 425 babies.



Schedule an appointment with a certified nurse-midwife at Saint Peter's by visiting saintpetershcs.com/midwifery

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.

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: 732.339.7772

Parent Education

Some classes online. Access information will be provided after registration. **Register at saintpetershcs.com/ParentEd. For more information, call 732.745.8579.**

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

Parent Support

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

New Moms Support Group "Life Will Never Be The Same"
1st Tuesday of each month
Next meeting: November 3 • 12 pm

Breastfeeding Support Group
1st Tuesday of each month
Next meeting: November 3 • 1 pm

Support Groups

Bariatric Nutrition Support
2nd Thursday of each month
Next meeting: November 12 • 6 – 7 pm
Call 732.339.7450 for Zoom meeting information

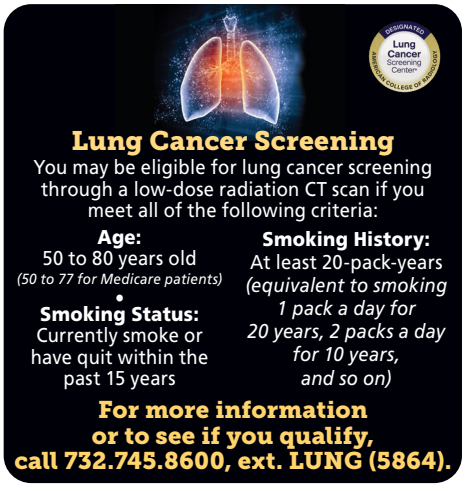
Bereavement
Call Pastoral Care for information: 732.745.8565

MyGoal Autism Family
2nd Sunday of each month
Next meeting: November 8 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information

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

Stroke Survivors
First Wednesday of each month
Next meeting: November 4 • 10 am
To register, call 732.565.5455 or email cknospe@saintpetersuh.com





NOVEMBER IS
AMERICAN DIABETES MONTH



American Diabetes Association.

Saint Peter's Diabetes Self-Management Education program is proud to celebrate 30 years of recognition by the American Diabetes Association.
FOR MORE INFORMATION, CALL 732.339.7630.

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 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.

SAINT PETER'S HEALTHCARE SYSTEM
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Sponsored by the Roman Catholic Diocese of Metuchen
State-designated children's hospital and regional perinatal center