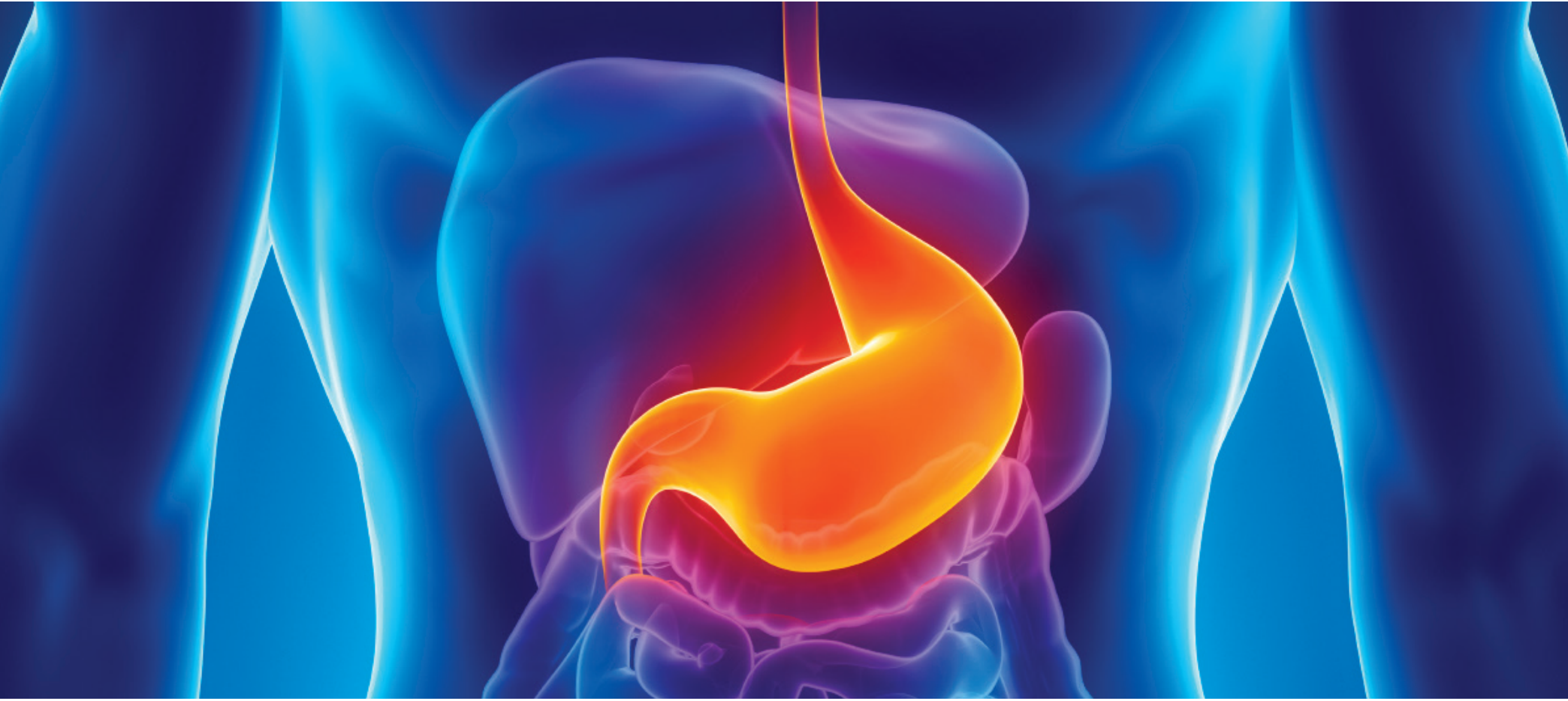


December
2017



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



New Technology to Diagnose and Treat GERD and Swallowing Disorders

Using state-of-the-art technology, nurses and doctors at Saint Peter's University Hospital are testing and diagnosing complex heartburn and swallowing disorders. Evaluation and diagnosis of patients who are suspected to have a disorder is important to prescribing individualized treatment, says Arkady Broder, MD, associate chief of the Saint Peter's Division of Gastroenterology and Hepatology.

The new **Gastrointestinal (GI) Motility and GERD Therapy Laboratory at Saint Peter's** is equipped with the high-resolution esophageal manometry Bravo Ph and the new 360 radiofrequency ablation BARRX systems, among the latest diagnostic and treatment tools.

The new lab makes it possible to provide new treatment options for patients who suffer from conditions such as GERD or gastroesophageal reflux disease. A common treatable disease that affects up to 40 percent of the U.S. population, if left untreated, chronic GERD can damage the esophagus and even contribute to the development of a precancerous condition called Barrett's esophagus. This condition in turn can progress to esophageal cancer.

Patients can find the following services at the new GI Motility and GERD Therapy Lab:

BARRX Radio Frequency Ablation Therapy

A new treatment option for Barrett's Esophagus, a condition that can often result from having chronic heartburn or GERD. A physician provides treatment as part of an upper endoscopy procedure. BARRX can minimize the risk of developing esophageal cancer in patients suffering from Barrett's Esophagus by destroying the potentially precancerous tissue.

Advantages:

1. Minimally invasive
2. Catheter-based test
3. It does not require any incisions or surgery
4. It is a same-day procedure with short recovery time

The ManoScan™ ESO High-Resolution Manometry System

For the diagnosis of esophageal disorders such as difficulty swallowing liquids and solids, heartburn or regurgitation. The procedure is done in 10 minutes or less in the laboratory.

Advantages:

1. High-resolution imaging
2. Improved diagnostic accuracy
3. Reduced procedure times

Digitrapper™ Reflux Testing System

For the evaluation of patients who continue to have symptoms of reflux despite taking medicine to alleviate them.

Advantages:

1. Minimally invasive
2. Catheter-based test
3. Collects data over the length of the esophagus
4. Monitors episodes of reflux – acid and non-acid
5. Identifies the root cause of symptoms, including hoarseness, throat clearing and cough

Bravo™ Reflux Testing System

For the study and understanding of symptoms of acid reflux or GERD in patients for whom medication has not provided relief. Using a capsule, the technology collects data while the individual goes about normal activities with no disruption to his/her regular diet or activities.

Advantages:

1. Minimally invasive
2. Extended monitoring period
3. Provides physicians with more diagnostic information
4. No disruption in the patient's daily life

Visit saintpetershcs.com/GERDlab to learn more about the new Saint Peter's laboratory.



Gastroesophageal reflux disease or GERD is very common, affecting an estimated 80 million people a year in North America alone. Unchecked, it may lead to a precancerous condition called Barrett's esophagus and ultimately esophageal carcinoma.

Gastroenterologist Arkady Broder, MD, recommends having your symptoms evaluated if you fall under any of these categories:

Have had GERD for more than 10 years



Younger than 55



Obese



Male



Caucasian

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.**

Special Events

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.

EMS Education Series Thursday, December 21 7:00 PM

PSYCHIATRIC EMERGENCIES

Call 732.745.8600, x6671 to register.
FREE Parking, FREE CEUs,
FREE Dinner.

Saint Peter's Annual Public Meeting

Monday, December 11
7:00 PM

Sister Marie de Pazzi
Conference Center

National Sisters Together - Move More, Eat Better Program

Thursday, December 7
6:00 PM - 7:00 PM

Sister Marie de Pazzi
Conference Center

Blood pressure screening provided by the Community Health Services staff.

Leapfrog Hospital Safety Grade

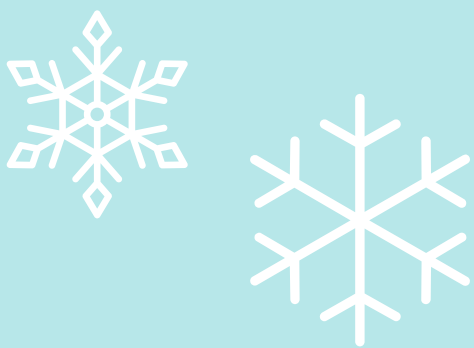
Saint Peter's University Hospital is the only institution in Middlesex County to earn an "A" in the Fall 2017 Leapfrog Hospital Safety Grade. Leapfrog rates how well hospitals protect patients from accidents, errors, injuries and infections.

NATIONALLY RECOGNIZED

A

LEAPFROG HOSPITAL SAFETY GRADE

FALL 2017



Are you at risk for diabetes and hypertension?

If you do not have insurance or sufficient coverage to manage chronic illnesses such as diabetes and hypertension, call Saint Peter's Diabetes and Hypertension Center at Saint Peter's Family Health Center, 123 How Lane, New Brunswick, at 732.339.7672.

Cancer Support

Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

In person

December 21 • 2:00 PM - 3:30 PM

By phone

December 5 • 6:30 PM - 8:00 PM

Call 732.235.8522 to register. • **FREE**

Breast Cancer Support Group

December 4 and 18 • 7:00 PM - 8:30 PM

Registration required.

Rutgers Cancer Institute of New Jersey
Deborah Leif, MSW, LCSW

732.235.7011 • **FREE**

Gynecologic Cancer Support Group

December 14 • 7:00 PM - 8:30 PM

Rutgers Cancer Institute of New Jersey

732.235.6792 • **FREE**

Latinos with Cancer Support Group

December 9 • 10:00 AM - 1:00 PM

Sister Marie de Pazzi Conference Center

Light lunch will be served. Free, but registration requested. Sessions conducted in Spanish. Call 908.658.5400 for more information. • **FREE**

Life after Cancer Support Group

December 14 • 6:00 PM - 7:30 PM

Call 732.235.6792 to register. • **FREE**

Living with Cancer Support Group

December 13 and 27 • 7:00 PM - 8:30 PM

Rutgers Cancer Institute of New Jersey

Barbara Hale, LCSW • 732.235.7557 • **FREE**

Support Groups

MyGoal Autism Family Support Group

December 17 • 3:00 PM - 5:00 PM

877.886.9462 • **FREE**

Alzheimer's/Dementia Caregivers Support Group

December 12 • 10:00 AM - 11:30 AM

Saint Peter's Adult Day Center

200 Overlook Drive, Monroe Township

Rachel Kallish, MPA, CSW, CALA

609.655.6853 • **FREE**

Bereavement Support Group For Men Only

(for men who have experienced the miscarriage or stillbirth of a child)

December 21 • 6:00 PM - 7:00 PM

First-floor employee cafeteria conference room.

Registration required.

732.745.8522 • **FREE**

SHARE Support Group

(for those who have suffered miscarriage, stillbirth or neonatal death)

December 21 • 7:00 PM - 9:00 PM

First-floor employee cafeteria conference room.

Irina Mariano-Brown, MSW, LCSW

732.745.8522 • **FREE**

Spouse/Partner Caregiver Support Group

December 14 • 1:30 PM - 3:00 PM

Saint Peter's Adult Day Center

Stephanie Fitzsimmons, EdD, MSN, RN,

APRN-BC

732.745.8600, x8662 • **FREE**

Community Health Services



For more information about screenings and educational programs, or the CHS corporate flu shot program, please call 732.745.8600, x8903

Blood Pressure/ Blood Sugar Screenings

December 6 • 2:30 PM - 3:30 PM

DeForest B. Soaries, Jr. Residences at Somerset • Residents only.

December 8 • 9:30 AM - 10:30 AM

New Brunswick Senior Center,

New Brunswick • **FREE**

December 8 • 11:00 - Noon

Elijah's Promise, New Brunswick • **FREE**

December 15 • 10:00 AM - 11:30 AM

Maier Manor, Old Bridge

Residents only.

December 27 • 12:30 PM - 1:30 PM

SHIPS at St. John's Church, Somerville

Body Mass Index Measurements and Nutrition Information

December 13 • 10:00 AM - 11:00 AM

South River Food Bank, South River

Bone Density Screenings

December 12 • 9:30 AM - 11:00 AM

Edison YMCA, Edison • Members only.

Saint Peter's University Hospital now offering a

FREE

Onsite Community Outreach Education Program

The Opioid Epidemic: A Perspective on Addiction

Middlesex County had the highest growth rate for heroin-related deaths for 2014, a 420% in 4 years. Learn how the county's law enforcement, hospitals, and others are working together to find solutions to this public health crisis.

Presenters:

Chief John Zebrowski

Sayreville Police Department

Marge Drozd,

RN, MSN, APRN-BC

Community Health Services at Saint Peter's University Hospital

Jean Stevenson

Guest Speaker, "Barbara's Story"

To schedule a **FREE** onsite presentation, call **Community Health Services, Saint Peter's University Hospital, at 732.745.8600, ext. 8903.**

#EndOverdose

Diabetes Support/Education*

Diabetes Self-Management Education

Mondays or Tuesdays

Registration and doctor's prescription required. • 732.339.7630

Gestational Diabetes Self-Management Education

Wednesdays or Thursdays

Registration and a doctor's prescription required. 732.339.7630

Diabetes Support Groups For Adults

The Diabetes and Hypertension Center at Saint Peter's University Hospital's Family Health Center • 123 How Lane, New Brunswick
Call 732.339.7672 for more information. • **FREE**

English

December 12 • Noon - 1:00 PM

Spanish

December 5 • Noon - 1:00 PM

Diabetes Support Group

Saint Peter's University Hospital's Center for Ambulatory Resources (CARES) • **FREE**

English

December 13 • 10:30 AM - NOON

For Children and Families

December 17 • 3:00 PM - 5:00 PM

Call 732-745-8600, x8610 for more information.

FREE

Parent Education

For information, fees and registration, visit saintpetershcs.com/parented or call Parent Education at 732.745.8579.

Baby Care

December 4 and 11 • 7:00 PM - 9:30 PM

December 17 • 9:00 AM - 1:00 PM

Breastfeeding Class

December 16 • 9:00 AM - 11:30 AM

Breastfeeding Support Group

December 1 • 1:00 PM - 2:30 PM

Marvelous Multiples

December 4, 11 & 18 • 9:00 AM - 5:00 PM

New Daddy Class

December 28 • 7:00 PM - 9:00 PM

New Mom Support Group

December 1 • Noon - 1:00 PM

Refreshments are served.

Prenatal Yoga and Exercise Class (four-week sessions)

Wednesdays and Fridays

7:00 PM - 8:30 PM

Registration required.

Prepared Childbirth/Lamaze Classes

Includes maternity services tour

Wednesday and Thursday Evenings (series)

Saturday and Sunday (single day)

Registration required.

Sibling Class

December 16 • 12:30 PM - 1:30 PM

Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).

Also available, online scheduling 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.



254 Easton Avenue, New Brunswick, NJ 08901
732.745.8600 | 800.269.7508 | saintpetershcs.com

Catholic hospital sponsored by the Diocese of Metuchen



State-designated children's hospital and regional perinatal center

