

October
2017



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



Doctors Darryl Antonacci (seated) Randal R. Betz and Laury A. Cuddihy pioneered anterior scoliosis correction surgery which they perform at Saint Peter's.

Performing Life-Changing Spine Surgery on Kids Who Come from All over the World

Two years ago, Julia Carlile, now 15, discovered a dream treatment for her painful back. Miles away from her home in Merseyside, England, an orthopedic surgeon in the United States offered a cure for her scoliosis, the severe, and growing curve in her spine she'd been diagnosed as having at age six. Scoliosis was increasingly making even normal activities difficult, especially dance, one of her passions.

"I always had pain when I danced or did anything active," she says. "It was getting worse, and I knew that the only treatment available meant I had to give up dancing."

That treatment was spinal fusion surgery with metal rods. It's a common treatment for scoliosis as severe as hers. However, metal-rod fusion stiffens the spine significantly, making twists and turns of the back – basic dance movements – impossible.

"I'd tried all types of treatments, but they didn't work. They wouldn't hold my spine straight," she says. "Here in the U.K. (United Kingdom), fusion was the only option for me if I wanted to be free of the pain." There was an alternative, innovative new treatment at The Children's Hospital at Saint Peter's University Hospital pioneered by Saint Peter's orthopedic surgeon Darryl Antonacci, MD, and his colleagues of the Institute for Spine & Scoliosis; one that would both cure her scoliosis and keep her spine flexible enough to dance. But considering the costs of travel, testing, surgery and recovery, it was an expensive treatment option. So Julia set her sights on another dream, one she could only reach before undergoing spine fusing surgery. In an exciting step this past spring, she and her dance team vied for a spot in one of her country's biggest talent competitions, "Britain's Got Talent."

"We tried out, and we got in!" she says of the group of five teens called Mersey Girls. The rigors of competitive dance were challenging for Julia. "Rehearsals were long and tiring. I was in pain most of the time." But she and her close-knit team pushed through all their challenges and made it to the finals.

By then Dr. Antonacci was working behind the scenes with his colleagues, Randal R. Betz, MD, and Laury A. Cuddihy, MD, to present Julia with a life-changing gift. Reality TV judge and producer Simon Cowell – who also judges "America's Got Talent" – had arranged to pay all hospital expenses for her surgery at Saint Peter's. Dr. Antonacci stepped forward to donate his services, too.

Doctors Antonacci, Betz and Cuddihy are among only a handful of spine surgeons in the world who perform this new corrective surgery called anterior scoliosis correction, or ASC. Dozens of children from around the world have come to Saint Peter's to be cared for by the team. "This pioneering technique allows us to achieve dramatic corrections to the curve even when the spine is very stiff and the curves are extreme," Dr. Antonacci says. "So even for people like Julia who have a severe curve to the spine, they will have much more flexibility and range of motion compared to other treatments." It is very different from current surgeries for scoliosis, and offers dramatic benefits, Dr. Antonacci explains. "Unlike other spine surgeries, we reach the spine from the side of the body, instead of from the back," he says. "So the back muscles are unaffected."

That helps reduce recovery time to several weeks versus several months and avoids the long-term scarring of the spine. ASC also provides other important benefits over traditional surgery. For example, instead of a stiff rod, Dr. Antonacci uses a flexible cord to straighten the spine. This results in patients having greater movement of the back. Further, ASC repair reduces the risk of infection and reduces blood loss (which can occur with any type of surgery). "Perhaps most important, patients can return to full activity levels," he says.

For Julia, the curves in her back were so significant that she needed two procedures at Saint Peter's. Both were major surgeries, performed 10 days apart, and lasting six hours each. Julia spent another six weeks of recovery in New Jersey.

"It was very hard, but every day, the pain got better and better," Julia says. She's still on the mend, her mother, Kate, says. "But our expectation is that when she's fully recovered, she'll be pain free and back to dancing."

Now at home and having begun a new school year, Julia's grateful for the gift of a healthy back and will soon resume dancing. "We didn't win in the finals in "Britain's Got Talent,"" Julia reports. "But with everyone who made this happen for me – including Simon and the great doctors and everyone at Saint Peter's – I feel like I did win!"

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, October 26 7:00 PM

BODY MODIFICATIONS

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

National Sisters Together - Move More, Eat Better Program

Thursday, October 5
6:00 PM - 7:00 PM

Sister Marie de Pazzi Conference Center

Blood pressure screening provided
by the Community Health Services staff.

The Wellness Project presents YOUR BEST YOU

Wednesday, October 11,
Begins at 5:30

Food catered by Elijah's
Promise Culinary School.

Evening about wellness to benefit
the Ronald McDonald House
\$35 tickets can be purchased
at rmh-cnj.org

Saint Peter's staff will provide free screenings and education at the following events:

Health Fair

Sunday, October 1 • 12:30 PM - 3:30 PM
Saints Peter and Paul Byzantine Church,
Somerset

Sunday, October 8 • 11:00 AM - 4:00 PM
Ciclovía, Downtown New Brunswick area

Saturday, October 14 • Noon - 4:00 PM
American Indian Chamber of Commerce
New Jersey Convention and Expo
Center, Edison

Friday, October 27 • 6:00 PM - 8:00 PM
Healthy Saints, Sacred Heart Church/
Holy Family Parish, New Brunswick

Cancer Support

Bone Marrow Transplant Support Group

For patients who have had an
allogeneic transplant.

In person

October 19 • 2:00 PM - 3:30 PM

By phone

October 3 • 6:30 PM - 8:00 PM

Call 732.235.8522 to register. • **FREE**

Breast Cancer Support Group

October 2 and 16 • 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

October 10 • 7:00 PM - 8:30 PM

Rutgers Cancer Institute of New Jersey
732.235.6792 • **FREE**

Latinos with Cancer Support Group

October 14 • 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

October 12 • 6:00 PM - 7:30 PM

Call 732.235.6792 to register. • **FREE**

Living with Cancer Support Group

October 11 and 25

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

October 15 • 3:00 PM - 5:00 PM

877.886.9462 • **FREE**

Alzheimer's/Dementia Caregivers Support Group

October 10 • 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)

October 19 • 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)

October 19 • 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

October 12 • 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

Body Mass Index Measurement and Nutrition Information

October 6 • 9:30 AM - 10:30 AM

New Brunswick Senior Center,
New Brunswick • **FREE**

Blood Pressure/ Blood Sugar Screenings

October 6 • 11:00 - Noon

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

Bone Density Screenings

October 30 • 10:30 AM - 1:30 PM

Monroe Township Senior Center, Monroe

Cholesterol/Blood Pressure/Blood Sugar Screenings

October 3

American Standard, Piscataway
Employees only.

October 7 • 10:30 AM - Noon

Dunellen First Presbyterian Church, Dunellen
FREE

Community Walks/ Health Fairs

October 4 • 5:30 PM - 7:30 PM

Mobile Family Success Center of Middlesex
County/Catholic Charities/Diocese of
Metuchen, Parsons Elementary School,
North Brunswick

October 11

Evonik, Parsippany • Employees only.

October 12

Annual Wellness Fair
Affinity Federal Credit Union, Basking Ridge
Employees only.

October 12 • 10:00 AM - 2:00 PM

Health and Safety Fair
Middlesex County College, Edison

October 21 • 9:00 AM - Noon

Mayor's Health Expo
Woodbridge Public Health Center,
Woodbridge

October 26

Ortho Clinical Diagnostics Health Fair
Employees only.

Flu Shots

October 4

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

October 5

American Standard Brands, Piscataway
Employees only

October 9

AEPG Wealth Strategies, Warren
Employees only.

October 10

Berry Street Commons • Residents only.

October 18

Sterling Pointe Adult Community, Franklin

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.

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

October 10 • Noon - 1:00 PM

Spanish

October 3 • Noon - 1:00 PM

For Children and their Families

October 15 • 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

October 2 and 10 • 7:00 PM - 9:30 PM

October 22 • 9:00 AM - 1:00 PM

Breastfeeding Class

October 14 • 9:00 AM - 11:30 AM

Breastfeeding Support Group

October 6 • 1:00 PM - 2:30 PM

Marvelous Multiples

October 16, 23 and 30 • 7:00 PM - 9:30 PM

New Daddy Class

October 26 • 7:00 PM - 9:00 PM

New Mom Support Group

October 6 • 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

October 14 • 12:30 PM - 1:30 PM

**SAINT PETER'S
ADULT DAY CENTER**
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

What Every Woman Needs to Know about
the Link between Breast and Ovarian Cancer

Presented by
Lisa Hopkins, MD - Breast Surgeon
Kim Dixon, MD - Breast Care Specialist
Joyce Varughese, MD - Gynecologic Oncologist

Thursday, October 26, 2017 • 3:45 PM

Registration required. Call 609.655.6853.
Co-sponsored with the Gardens at Monroe
Light supper will be served
Saint Peter's Adult Day Center
200 Overlook Drive, Monroe Township, NJ 08831

SAINT PETER'S UNIVERSITY HOSPITAL AUXILIARY

**THIRD ANNUAL
DESIGNER POCKETBOOK
BINGO FUNDRAISER**

Designer Pocketbooks
50/50 Raffle • Gift Basket Raffles

FRIDAY, NOVEMBER 3, 2017

Our Lady of Peace Auditorium
1740 Route 130, North Brunswick

Doors Open 5:30 PM • Game Starts 7:00 PM
\$35 per person includes 20 Bingo sheets

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

