

September
2017



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



From left, doctors Anthony Georges, John Gallucci and Steven Palder, pediatric surgeons at The Children's Hospital at Saint Peter's University Hospital.

Pediatric Surgery Program Expands to Meet the Needs of the Region's Children

The smallest patients sometimes pose the biggest challenges and no one knows that better than the pediatric surgeons who work at The Children's Hospital at Saint Peter's University Hospital. There are very few medical facilities in the area that offer as many neonatal and pediatric surgical services as the hospital's Pediatric Surgery Program. Its three specially trained surgeons – John Gallucci, MD, Steven Palder, MD, and Anthony Georges, MD – provide comprehensive general and specialized surgical care to treat congenital and acquired conditions affecting children from birth through young adulthood.

The doctors perform everything from lifesaving microsurgery on premature infants weighing no more than a pound to treatment for common pediatric conditions such as appendicitis and hernias – and everything in between. The Children's Hospital is a state-designated acute care children's hospital, which means it offers a full range of pediatric specialized healthcare services for newborns and children. It boasts one of the largest, most advanced neonatal intensive care units (NICU) in the country, and its Regional Perinatal Center and pediatric ICUs are among the best in New Jersey. Board certified experts in pediatric anesthesiology, pediatric radiology, neonatology, nursing and other pediatric specialties work with the surgeons to provide round-the-clock care.

"Working as a team allows all of us to do things we couldn't have imagined doing in the past," Dr. Palder says.

Surgically speaking, Dr. Palder and Dr. Gallucci began working together around 2003 to grow the program. "The best thing has been my association with Dr. Gallucci," he says. "It was just us working hard to make the program a success. When we started, the hospital was doing about 100 surgical cases a year. We took it to a high of 900 cases." Numbers are expected to grow with the addition of Dr. Georges.

The most amazing work the surgeons perform is on premature babies weighing as little as 500 grams – or 1.1 pounds. "That's about as small as you will get," Dr. Gallucci says. He has done surgery on these babies' tiny, underdeveloped airways and bowels to literally save their lives. "Taking babies that are likely going to die, and three to four months later they're discharged home with their parents, that's memorable," he says. "Pediatric surgery by description is memorable and special. That's why we didn't go into other areas of surgery. This was not a career I picked. It was my destiny. It picked me."

"Pediatric surgery is a highly specialized field," says Scott Matin, administrative director of the Department of Surgery. "At last count there were only 12 or 13 pediatric surgeons in the entire state of New Jersey and very few others throughout the country," Matin adds. "For Saint Peter's to have three of them demonstrates the commitment the hospital has to its mission as a women's and children's hospital."

A version of this story appeared in *Central Jersey Health & Life*, the Good Living Magazine from Saint Peter's Healthcare System.

"It is well documented that there is a growing number of children with health problems, and thus a growing need for pediatric specialists. We are very lucky to have three pediatric surgeons. It represents an opportunity to be the regional center for pediatric surgery and one of the busiest programs in the state."

–David Jaipersaud,
Administrative Director,
Department of Pediatrics

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, September 28 7:00 PM

TOPIC: STROKE

Call 732.745.8600, x6671 to register.
FREE parking and FREE light dinner.

Saint Peter's Golf Classic

Monday, September 11

Ridge at Back Brook, Ringoes

Call 732.745.8542 for more information



Franklin Day Festival Saturday, September 23 Noon - 3:00 PM

Colonial Park, Franklin
Community Health Services team and Saint Peter's staff will provide education and screenings.

Breast Reconstruction Day Lecture

Wednesday, October 18
Breast Cancer's Effect on Families

More details next month

Diabetes Support New Innovative Thyroid and Diabetes Center Program

Lifestyle management for people with Type 2 diabetes and a family member at risk for developing the disease. Both must attend all 12 sessions starting in September.

Registration required.
Call 732.339.7089.

TYPE 1 DIABETES SUPPORT GROUP FOR CHILDREN AND THEIR FAMILIES

Center for Ambulatory Services (CARES) located at 240 Easton Avenue, New Brunswick across from The Children's Hospital at Saint Peter's University Hospital in the Third Floor Conference Room.

3:00 PM - 5:00 PM
No pre-registration required.
2017 DATES:
May 21 • June 11 • July 16 • August 20
September 17 • October 15 • November 19 • December 17

This new group is designed to support families and children who face the challenges of type 1 diabetes.

FOR MORE INFORMATION CONTACT:
Sapna Bhambhani, PharmD, BCPPS,
at 732.745.8600, ext. 8610
or email sbhambhani@saintpetersuh.com

Do you have Prediabetes?

Join Prevent T2 – A lifestyle change program recognized to prevent or delay Type 2 Diabetes.

Learn to eat healthier, be more physically active, manage stress and lose weight

Year long program—meets every other week for first six months—monthly for the second six months at Saint Peter's University Hospital's Family Health Center

For more information or to register for this **FREE** programming call: 732.339.7772

Space is limited. Classes offered in English and Spanish.

Cancer Support

Bone Marrow Transplant Support Group

For patients who have had an allogeneic transplant.

In person

September 21 • 2:00 PM – 3:30 PM

By phone

September 5 • 6:30 PM – 8:00 PM

Call 732.235.8522 to register. • **FREE**

Breast Cancer Support Group

September 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

September 12 • 7:00 PM – 8:30 PM

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

Latinos with Cancer Support Group

September 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

September 14 • 6:00 PM – 7:30 PM

Call 732.235.6792 to register • **FREE**

Living with Cancer Support Group

September 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

September 10 • 3:00 PM – 5:00 PM

877.886.9462 • **FREE**

Alzheimer's/Dementia Caregivers Support Group

September 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)

September 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)

September 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

September 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

September 8 • 9:30 AM - 10:30 AM

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

September 25 • 5:30 PM – 7:30 PM

Sadie Pope Dowdell Library, South Amboy
FREE

Community Walks/ Health Fairs

September 13 • 10:00 AM – 1:00 PM

Middlesex County Senior Health and Fitness Walk, Roosevelt Park, Edison • **FREE**

September 16

Community Day • Linwood Middle School, North Brunswick • Staff only.

September 17

Annual Fair • Rabbi Pesach Raymon Yeshiva, Edison • Staff only.

September 20, Piscataway

September 21, Raritan
Environment, Health, Safety & Sustainability Health Fair • Johnson & Johnson Health Care Systems • Employees only.

Community Talks

September 26 • 12:15 PM – 1:15 PM

Topic: Preventing Falls
East Brunswick Senior Center
Members only.

Flu Shots

September 8 • 11:00 AM – Noon

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

September 11*

Renaissance at Raritan Valley, East Millstone. • Residents only.

September 14*

Canal Walk Adult Community, Franklin
Residents only.

September 15*

Hall's Corner, East Brunswick • Residents only.

September 18*

Saint Thomas the Apostle School, Old Bridge. • Staff only.

September 19

NEC Laboratories, Princeton • Employees only.

September 20, Somerset

September 27, Newark
Rust-Oleum Corporation • Employees only.

September 22

Alliance Center for Independence, Edison
Staff only.

September 25

Somerset Run Adult Community, Franklin
Residents only.

September 27

Alpha Consultants, East Brunswick
Staff only.

September 28

New Jersey Bar Association, New Brunswick
Employees only.

*Must have insurance or be covered by Medicare Part B.

Hearing Screening

September 6 • 2:30 PM – 3:30 PM

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

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 Group

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

September 12 • Noon – 1:00 PM

Spanish

September 5 • Noon – 1:00 PM

Diabetes Support Group

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

English

September 13 • 10:30 AM – NOON

Parent Education

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

Baby Care

September 4 and 11 • 7:00 PM – 9:30 PM

September 24 • 9:00 AM – 1:00 PM

Breastfeeding Class

September 9 • 9:00 AM – 11:30 AM

Breastfeeding Support Group

September 1 • 1:00 PM – 2:30 PM

New Mom Support Group

September 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

September 9 • 12:30 PM – 1:30 PM

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.

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

