SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



Readying Parents for College, too

A variety of emotions can arise when kids go off to college.

"In my experience, parents have been so focused on their child getting into the right college, or how they are going to pay for it, that they haven't always thought through the emotional changes that come with sending a child away for possibly long periods of time."

A research study done at the University of Kansas shows that being able to communicate through texting and other channels can help a parent feel more connected and have a more satisfying relationship with grown kids.

Gone are the days when parents had to wait by the phone for a call from a college student. Today parents and guardians can send and receive text messages and emails anytime. And video chats provide "face-to-face" conversation.

What's more, the more mediums you use, the better. According to the Kansas survey, which sampled a few hundred families with children age 18 to 29, students with the most satisfying parent relationships use at least three different methods of communication.

These methods include:
Cell phone • Texting
Email • Video calls
Social media such as Facebook,
Twitter, Instagram and Snapchat
betterhealth.saintpetershcs.com

Back to SchoolWith a Little Help from Your Doctor

Each August, area high school graduates pack up their belongings and head off to college. Whether they are traveling two miles or 2,000, they're moving from dependent teen to independent young adult. Students should be prepared emotionally and medically for the experience, says Susan Brill, MD, chief of Adolescent Medicine at The Children's Hospital at Saint Peter's University Hospital.

Most incoming college students need their physicians to fill out medical history forms, conduct a preregistration physical exam and confirm that all required immunizations are up to date. This is a good time for a physician to go over anything the young adult may need to know about managing chronic health conditions such as asthma or diabetes, says Dr. Brill.

"If they are on medications, we talk about how they will obtain them at college and what to do if they have an acute health issue," she says. "Saint Peter's has an online portal with access to their electronic medical records, so I make sure the teens know how to use that if they need medical care at college. I also make sure they are able to reach me at any time, if necessary."

While most 18-year-olds don't have serious ongoing physical health concerns, almost all have some anxiety about leaving home. Even students who will live at home and commute to class will face new challenges and new freedoms.

"Some can't wait to leave; others feel more uncertain," says Dr. Brill. "Some have never been away before. Most are a bit ambivalent, feeling excited about taking the next step and at the same time a little scared. And that's healthy."

It's important for the young adult's doctor to take the time to discuss several "big topics" regarding college life. The first is alcohol and drug use. "The data around first-semester freshman alcohol use is astonishing." she says. "Many kids are completely unprepared to handle the amount of drinking that is routinely encountered at college." Dr. Brill gives her patients a brochure detailing facts about drinking and the dangers of alcohol poisoning and sexual vulnerability that come with it.

"Sexuality is also an important topic," she says. "Many young people are surprised at how open hook-ups are in college. There is more pressure to be sexually active. I counsel them that college can be a time for sexual exploration, but that it should be done safely and without compromising one's values." With openly lesbian, gay, bisexual or transgender patients, Dr. Brill discusses making sure there is a like-minded community on campus where they can feel comfortable.

She also talks about basic health issues such as getting enough sleep, eating well, exercising, stocking a first-aid kit and personal hygiene. "Kids often get so caught up in college life that they forget these things," she says.

Dr. Brill finds that most of her college-age patients are well prepared, but she sometimes refers more anxious patients—and parents—for counseling. "Parents may need help with their feelings and expectations too, especially for the first child they're sending off to college—or the last," she says.

"Most of the time all is fine, and I tell my patients, 'I think you're ready.' But sometimes they need a little extra help to prevent a crash landing."

For more information about adolescent medicine services at Saint Peter's, call 732.565.5487, or visit saintpetershcs.com/adolescent-medicine.

Visit sppanj.com/Brill to make an appointment with Dr. Brill.

Special Events

EMS Education Series Thursday, August 30 • 7:00 PM

Neonatal Resuscitation

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

Franklin Week of the People

Annual Back to School Event

Saturday, August 25 2:00 PM - 7:00 PM

Naaman Williams Park, Somerset

SAVE THE DATE

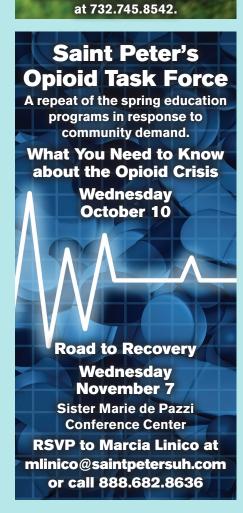
Diabetes Support Group Saint Peter's

University Hospital September 12

10:30 AM - NOON Center for Ambulatory

Resources (CARES) Call 732-339-7630

Saint Peter's Golf Classic Tuesday, September 4 The Ridge at Back Brook, Ringoes, NJ For more information, call the Saint Peter's Foundation



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 Support Group

For patients who have had an allogeneic

In person: August 16 • 2:00 PM - 3:30 PM Rutgers Cancer Institute of New Jersey

By phone: August 7 • 6:30 PM - 8:00 PM Call 732.235.8522 to register. • FREE

Breast Cancer Support Group

August 6 and 20 • 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

August 14 • 7:00 PM - 8:30 PM Rutgers Cancer Institute of New Jersey 732.235.6792 • FREE

Latinos with Cancer Support Group

August 11 • 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

August 9 • 6:00 PM - 7:30 PM Rutgers Cancer Institute of New Jersev Call 732.235.6792 to register • FREE

Living with Cancer Support Group

August 8 and 22 • 7:00 PM - 8:30 PM Rutgers Cancer Institute of New Jersey Barbara Hale, LCSW • 732.235.7557 • FREE

Support Groups

Craniofacial Teen Girls

For ages 11 to 17 • Meets Sundays, monthly. Call 732.745.8600, x 8113 for information.

MyGOAL Autism Family Support Group

August 12 • 3:00 PM - 5:00 PM 877.886.9462 • FREE

SHARE Support Group (for those who have suffered miscarriage,

stillbirth or neonatal death) August 16 • 7:00 PM - 9:00 PM

732.745.8522 • FREE

First-floor employee cafeteria conference room. Irina Mariano-Brown, MSW, LCSW

Spouse/Partner Caregiver Support Group

August 9 • 1:30 PM - 3:00 PM Parker Adult Day Center, Monroe 200 Overlook Drive, Monroe Township Stephanie Fitzsimmons, EdD, MSN, RN, APRN-BC • 732.745.8600, x8662 • FREE

Do you have Prediabetes? Join Prevent T2 – A lifestyle change

to prevent or delay Type 2 Diabetes.

Learn to eat healthier, be more physically active, manage stress and lose weight 4. year long program that meets every other week for the first six months and

For more information or to register for this FREE program
Please call: 732-339-7772
Space is limited. Classes are offered in English and Spanish. FAMILY HEALTH CENTER PREVENT T2

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 Screenings

August 7 • 6:00 PM - 9:00 PM National Night Out @ South Brunswick, Rowland Park, South Brunswick

Blood Pressure/ Blood Sugar Screenings August 7 • 5:00 PM - 9:00 PM

National Night Out @ South River, South River High School, South River

August 7 • 6:00 PM - 9:00 PM National Night Out @ Spotswood, Municipal Building, Spotswood

August 7 • 3:30 PM - 7:30 PM National Night Out @ New Brunswick, War Memorial Park, New Brunswick

August 9 • NOON - 1:30 PM Piscataway Library, Piscataway

August 10 • 9:30 AM - 10:30 AM New Brunswick Senior Center, New Brunswick

August 10 • 11:30 AM - 12:30 PM Elijah's Promise Soup Kitchen, New Brunswick

August 15 • 10:00 AM - 11:30 AM South River Food Bank, South River NJ

Bone Density Screening

August 2 • 2:30 PM - 3:30 PM DeForest B. Soaries, Jr. Residences at Somerset, Franklin

August 8 • 5:00 PM - 6:00 PM Sacred Heart Church/Holy Family Parish New Brunswick

August 29 • NOON - 1:30 PM East Brunswick Senior Center, East Brunswick

Community Talks

Falls Prevention

August 7 • 1:30 PM - 2:30 PM Concordia Adult Community, Monroe

August 13 • 10:30 AM - 11:00 AM Basking Ridge Senior Center, Basking Ridge

Skin Cancer Screenings

August 4 • NOON - 4:00 PM

Perth Amboy Family Day, Perth Amboy Waterfront, Sadowski Parkway, Perth Amboy

August 15 • 10:00 AM - 1:00 PM Spotswood Senior Center, Spotswood

August 17 • 9:00 AM - 1:00 PM

Crescent Park, Spotswood Sun Damage **Screening Using the**

DermaScan Machine August 6 • 12:30 PM - 1:30 PM

Spotswood Library, Spotswood August 6 • 2:30 PM - 3:30 PM

East Brunswick Library, East Brunswick August 16 • 9:30 AM - 11:00 AM

Old Bridge Senior Center, Old Bridge August 22 • 2:00 PM - 3:30 PM Includes Sun Safety Presentation Highland Park Library, Highland Park



Diabetes 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: August 14 • NOON - 1:00 PM Spanish: August 7 • NOON - 1:00 PM



Parent Education

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

Baby Care

August 6 and 13 • 7:00 PM - 9:30 PM August 26 • 9:00 AM - 1:00 PM

Breastfeeding Class August 11 • 9:00 AM - 11:30 AM

Breastfeeding Support Group

August 3 • 1:00 PM - 2:30 PM

Meet the Midwife

Certified nurse-midwife Jennifer Santos, MS, CNM, will lead the first of the monthly new Parent Education classes featuring a Saint Peter's midwife.

Monday, August 6 • 6:00 PM - 7:30 PM Perinatal Center, Women and Children's Pavilion, Saint Peter's University Hospital

New Daddy Class August 23 • 7:00 PM - 9:00 PM

New Mom Support Group

August 3 • 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) Thursday evening series (4 consecutive)

7:00 PM - 9:30 PM Saturday and Sunday (single day)

9:00 AM - 5:00 PM Sibling Class

August 11 • 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.



732.745.8600 800.269.7508 saintpetershcs.com

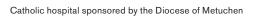












254 Easton Avenue, New Brunswick, NJ 08901

