



Saint Peter's is Committed to Reducing the Impact of Strokes and Heart Disease

Recognizing Symptoms and Seeking Help Quickly are Critical to Successful Outcomes



Saint Peter's University Hospital is at the forefront of combating two major threats to cardiovascular health: stroke and heart disease. The hospital has once again received the American Heart Association's Get With The Guidelines®-Stroke Gold Plus quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Additionally, Saint Peter's offers comprehensive cardiac services, including emergency and elective angioplasty to restore blood flow in blocked heart vessels. This dual focus on stroke treatment and cardiac care highlights Saint Peter's dedication to improving patient outcomes and reducing the impact of these life-threatening conditions.

Stroke is the fifth leading cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, minimizing disability, and accelerating recovery times.







"Saint Peter's University Hospital is committed to improving patient care by adhering to the latest treatment guidelines," said Roger Behar, MD, neurologist and medical director of the Stroke Program at Saint Peter's University Hospital. "Get With The Guidelines makes it easier for our teams to put proven knowledge and guidelines to work in the critical moments immediately after stroke symptoms appear, which studies show can help patients recover better while minimizing the potential for long-term disabilities that can result due to delay in treatment. The end goal is for us is to help people in the communities we serve experience longer, healthier lives."

Roger Behar, MD, neurologist and medical director of the Stroke Program at Saint Peter's University Hospital, assesses a patient for neurological conditions.



The acronym **'BE FAST'** can help people remember what the initial signs of stroke may look like, says Maria Bartman, BSN, RN, CEN, SCRNP, Saint Peter's stroke coordinator:

WHEN IT COMES TO STROKE SYMPTOMS, YOU MUST

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
					
Does the person have a sudden loss of balance?	Are they experiencing blurred or double vision in one or both eyes?	Ask them to smile – does one side of their face droop?	Ask them to raise both arms – does one arm drift downward?	Ask them to repeat a simple phrase – is the speech slurred or strange?	If you see ANY of these signs, call 9-1-1.

Saint Peter's University Hospital is designated as a primary stroke center by the New Jersey State Department of Health and Senior Services and is certified as an advanced primary stroke center by The Joint Commission. An advanced primary stroke center is the first line of defense in diagnosing and treating stroke and preventing or minimizing permanent brain damage to the patient.

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Elective and Emergency Angioplasty

In addition to its excellence in stroke care, Saint Peter's offers comprehensive cardiac services such as emergency and elective angioplasty—essential interventions that restore blood flow when coronary artery disease blocks heart vessels. Guided by sophisticated imaging, interventional cardiologists thread a thin, flexible tube through the bloodstream to deliver powerful intervention, right at the site of the blockage.



"Every second counts once a heart attack has begun," said David E. Jacob, MD, FACC, FASNC, chair of the Department of Medicine and chief of the Division of Cardiology at Saint Peter's University Hospital. "Recognizing symptoms of a heart attack is critical to getting the immediate help that's needed to minimize damage to the heart. An individual experiencing a heart attack should call 911 and get to the nearest emergency room as quickly as possible to ensure the best possible outcome. Emergency angioplasty can be a life-saving procedure for an individual experiencing a heart attack because it restores blood flow to the heart."

Elective angioplasty, also known as elective percutaneous coronary intervention (PCI), allows physicians to provide a wider range of diagnostic and treatment options for patients with cardiac disease.

"By offering elective angioplasty, we're empowering patients to take control of their heart health before they experience any severe symptoms, such as a heart attack. Patients can receive innovative and personalized treatment to unblock clogged arteries without the stress of an emergency," said Dinesh K. Singal, MD, FACC, FACP, FSCAI, cardiologist and medical director of the Cardiac Catheterization Laboratory at Saint Peter's University Hospital.



Comprehensive Cardiac Services

Saint Peter's offers a full spectrum of cardiology services in its two advanced cardiac catheterization labs, including:

- Peripheral vascular angiograms
- Pacemaker implantation
- Treatment for congestive heart failure, cardiomyopathy, coronary artery disease, and cardiac arrhythmias
- Echocardiography transthoracic and transesophageal
- Pharmacologic nuclear stress testing
- Exercise stress testing

"Medical procedures can cause anxiety, which is why we strive to create a relaxing environment for our patients and their families. It is important for us to give each patient individualized attention to address their concerns or questions. We want them to feel comfortable in our facility and confident they are receiving the highest level of care," said Jolanta Kulvicas, BSN, RN, CCRN, nurse manager of the Cardiac Catheterization Laboratory at Saint Peter's University Hospital.



Saint Peter's was the first hospital in New Jersey to be recognized as an **Age-Friendly Health System**, implementing evidence-based interventions specifically designed to improve care for older adults across emergency departments, intensive care units, medical-surgical units, and primary and specialty care settings.



Saint Peter's is a **NICHE (Nurses Improving Care for Healthsystem Elders)** designated hospital. NICHE is the leading nurse-driven program designed to help hospitals and healthcare organizations improve the care of older adults.

Saint Peter's continues its mission to enhance community health through excellence in both stroke care and comprehensive cardiac services. For more information, visit saintpetershcs.com/stroke and saintpetershcs.com/cardiology.

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**
For patients who have had an allogeneic transplant
Call for information: 732.235.8522
- Breast Cancer**
Call for information: 732.235.7011
- Gynecologic Cancer**
In partnership with the Cancer Support Community Central NJ
Call for information: 732.235.6792
- Living with Cancer**
Call for information: 732.235.7557

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 and registration: 732.339.7772

Parent Education

- Some parenting classes are being held online. Register at saintpetershcs.com/ParentEducation. Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579.
- Baby Care Birth Center Class** (for moms under midwifery care)
- Breastfeeding Class**
- Grandparents Class**
- Hypnobirthing**
- New Daddy Class**
- Prenatal Yoga/Exercise Class**
- Prepared Childbirth/Lamaze Classes**
- Sibling Class**
- Spinning Babies**

Parent Support

- Registration is required. Visit saintpetershcs.com/ParentEducation or call 732.745.8579.
- Breastfeeding Support Group**
1st Tuesday of each month
Next meeting: November 5 • 1 pm
- New Moms Support Group "Life Will Never Be The Same"**
1st Tuesday of each month
Next meeting: November 5 • 12 pm

Support Groups

- Bariatric Behavioral Health Support**
Every Wednesday • 5 – 7 pm
Call 732.745.8600, x6634 for Zoom meeting information • Meetings conducted in English and Spanish
- Bariatric Nutrition Support**
2nd Thursday of each month
Next meeting: November 14 • 6 – 7 pm
Call 732.339.7450 for Zoom meeting information
- Bereavement**
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**
Call for information: 732.745.8600, x8113
- MyGoal Autism Family**
2nd Sunday of each month
Next meeting: November 10 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information
- SHARE**
3rd Thursday of each month
Next meeting: November 21 • 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

Fall into Cash Raffle

Benefitting Nursing Education at Saint Peter's Healthcare System
TICKETS: \$25 EACH
DRAWING: NOVEMBER 13, 2024 AT 3:00 PM
Three chances to win and support our nurses!
To order your raffle ticket(s), scan this QR code:
Questions? Contact Saint Peter's Foundation: 732.745.7932
RL# RA-24-0012 ID# 338-4-28572



COVID-19 COVID-19 Vaccines

For age eligibility and clinic locations and dates, visit saintpetershcs.com/covidvaccine

Free Injury Screening with Saint Peter's Physical Therapists

November 12 • 9:30 – 10:30 am
November 18 • 5:30 – 6:30 pm
Registration required. To register, please call 732.565.5455 or email sbrennan@saintpetersuh.com
Saint Peter's Health and Wellness Center
562 Easton Avenue • Somerset, NJ



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 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.



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