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SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.



Stock photo. Posed by models.

Saint Peter's University Hospital Welcomes Distinguished Physician to Its Women's and Maternal Health Leadership Team

Michael Vardy, MD, has joined Saint Peter's University Hospital as the chair of the Department of Obstetrics and Gynecology (OB/GYN) and director of Urogynecology and Reconstructive Pelvic Surgery.

Dr. Vardy is a well-known and widely respected educator, author and researcher who comes to Saint Peter's from Englewood Hospital where he served as director of Urogynecology for 21 years and for the past six as chief of Obstetrics and Gynecology. In 2005, Dr. Vardy founded the fellowship program in Female Pelvic Medicine and Reconstructive Surgery at Mount Sinai's Icahn School of Medicine in New York City where he served as division and fellowship director and was promoted to associate professor.

Dr. Vardy graduated from the Sackler School of Medicine in Tel Aviv and completed his residency training in Obstetrics and Gynecology at Albert Einstein College of Medicine at Montefiore Medical Center in Bronx, NY. After three years as a practicing general obstetrician/gynecologist at Columbia College of Physicians and Surgeons, he returned to Montefiore to complete a fellowship in Female Pelvic Medicine and Reconstructive Pelvic Surgery/Urogynecology. He was awarded the June Alyson Award for his research on the effect of estrogen on the biomechanical properties of pelvic ligaments.

At Saint Peter's, he will also serve as the director of Urogynecology and Reconstructive Pelvic Surgery. Urogynecology is a subspecialty focused on diagnosing and treating pelvic floor disorders in women, such as urinary incontinence, pelvic organ prolapse, and pelvic pain. Pelvic reconstructive surgery is a major component, involving procedures to correct anatomical defects and restore normal pelvic anatomy and function.

"I am honored to join Saint Peter's University Hospital, a renowned leader in maternal care, and look forward to contributing to the organization's legacy of excellence. My goal is to enhance the continuum of women's health care by providing top-tier maternal care as well as specialized urogynecologic and pelvic reconstructive services. Together, our team will continue to

ensure that every woman receives the highest standard of care throughout all stages of her life," said Dr. Vardy.

"As a destination in the region for maternal and women's health services, we are excited to welcome an accomplished and highly skilled physician to lead the department of Obstetrics and Gynecology and to offer his expert care in the area of urogynecology," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "One of the distinguishing factors about Saint Peter's is that we are one of the busiest maternity centers in the region delivering over 5,600 babies annually – from low-risk pregnancies to the most complex high-risk pregnancies – with the highest level of skill and compassion. From our state-of-the-art, midwifery-led Mary V. O'Shea Birth Center located on the Saint Peter's campus to our award-winning Level IV neonatal intensive care unit (NICU), our focus is on ensuring that expectant mothers can be confident in the excellent care they and their babies will receive."

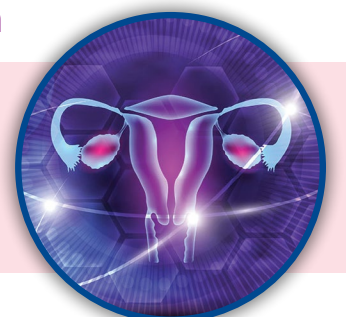
In addition to the Mary V. O'Shea Birth Center, Saint Peter's is home to the state's first designated Regional Perinatal Center, renowned for the exceptional level of high-risk maternity and neonatal care for infants born prematurely or with serious medical issues.

Saint Peter's also offers minimally invasive gynecologic surgery as an effective treatment for a range of gynecologic conditions. These include, but are not limited to, cervical and uterine cancer, uterine fibroids and polyps, endometriosis, uterine prolapse and menorrhagia or excessive bleeding. Women's health services, from routine gynecologic to obstetrical care is also offered at the Women's Health Center at Saint Peter's Family Health Center, located at How Lane in New Brunswick. Saint Peter's is a major clinical affiliate of Rutgers Biomedical and Health Sciences and sponsors a residency program in Obstetrics and Gynecology.



For additional information, visit saintpetershcs.com/urogyn

Urogynecology is a subspecialty of urology and gynecology that focuses on disorders of the female pelvic floor. Urogynecologists complete four years of training in obstetrics and gynecology, and an additional three years of training for their fellowship in urogynecology. Urologists train for five years with two additional years of fellowship to become urogynecologists.



Saint Peter's Among Top 10% in Nation for Patient Safety

Saint Peter's University Hospital has been recognized as a 2024 Patient Safety Excellence Award™ recipient by Healthgrades, the leading resource consumers use to find a hospital or doctor. This achievement, along with Saint Peter's consistent recognition for quality, safety and nursing excellence, reflects the hospital's commitment to delivering safe, high-quality care.

"The safety of our patients is our number one priority," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "We are proud to continually offer the highest quality medical care while exceeding safety standards across all departments—that includes not only our operating rooms and emergency departments, but all patient care areas. This commitment is reflected in our day-to-day processes and ongoing investments in state-of-the-art room sanitization practices and advanced technologies that ensure patient safety."

Healthgrades evaluated risk-adjusted complication and mortality rates for approximately 4,500 hospitals nationwide to determine this year's top-performing hospitals for patient safety. During the 2020-2022 study period, nearly 170,000 potentially preventable safety events occurred among Medicare patients in U.S. hospitals, with four patient safety indicators accounting for close to 75% of these incidents.* Healthgrades' analysis revealed that patients treated in hospitals receiving the 2024 Patient Safety Excellence Award have a significantly lower chance of experiencing one of the four leading safety indicators than patients treated at non-recipient hospitals:



- ★ In-hospital fall resulting in fracture (approximately 52% less likely)
- ★ Collapsed lung due to a procedure or surgery in or around the chest (approximately 56% less likely)
- ★ Pressure sores or bed sores acquired in the hospital (approximately 67% less likely)
- ★ Catheter-related bloodstream infections acquired in the hospital (approximately 71% less likely)

"Saint Peter's University Hospital has cultivated an outstanding safety culture that prioritizes the well-being of both patients and staff, setting a high standard for patient safety nationwide," said Brad Bowman, MD, chief medical officer and head of data science at Healthgrades. "We're proud to recognize Saint Peter's for providing top-quality care while preventing serious injuries to patients during their hospital stay."

To learn more about Saint Peter's recognitions, visit saintpetershcs.com/award.



*Statistics are calculated from Healthgrades Patient Safety Ratings and Excellence Award methodology which is based primarily on AHRQ technical specifications (Version 2023.0.1) to MedPAR data from approximately 4,500 hospitals for years 2020 through 2022 and represent three-year estimates for Medicare patients only.

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**
- Marvelous Multiples 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: July 2 • 1 pm
- New Moms Support Group "Life Will Never Be The Same"**
1st Tuesday of each month
Next meeting: July 2 • 12 pm

Support Groups

- Bariatric Behavioral Health Support**
Every Wednesday
Call 732.339.7450 for Zoom meeting information
- Bariatric Nutrition Support**
2nd Thursday of each month
Next meeting: July 11 • 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: July 14 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information
- SHARE**
3rd Thursday of each month
Next meeting: July 18 • 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

2024 Saint Peter's President's Golf Classic

Presented by Samson Electric

SEPTEMBER 9, 2024
THE RIDGE AT BACK BROOK



For more information or to register, please scan this QR code.

COVID-19 Vaccines

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

Saint Peter's Virtual Urgent Care

Monday – Friday
5 to 10 p.m.
Saturday & Sunday
9 a.m. to 4 p.m.
saintpetershcs.com/virtualurgentcare

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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