

October
2024



SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

Advancing Breast Cancer Care at Saint Peter's

Breast cancer is a major health concern, but advancements in early detection and treatment give hope for better outcomes. The Breast Center at Saint Peter's University Hospital offers comprehensive breast cancer care that combines the latest technology with a skilled multidisciplinary team, and a deep commitment to the physical and emotional health of patients.

Comprehensive Women's Imaging and Mammography Services

The Women's Imaging Center at Saint Peter's University Hospital is certified as a Breast Imaging Center of Excellence by the American College of Radiology. The Center provides a full range of imaging services designed for early detection and precise diagnosis. Among the services offered are screening and diagnostic 3D mammography, bone density testing, and breast ultrasound, all using the most advanced technology available.

One of the key technologies in use is the Hologic® Genius™ 3D Mammography™ system. Proven to detect 20 to 65 percent more invasive breast cancers than traditional 2D mammography, this system is especially beneficial for women with dense breast tissue. Additionally, the Center employs the Hologic® SmartCurve™ system, a curved compression paddle that enhances comfort during mammograms.

The Women's Imaging Center also offers diagnostic breast ultrasound, which is used to evaluate symptoms such as breast lumps or pain and to further investigate areas of concern found during mammography. Ultrasound-guided core needle biopsy, cyst aspiration, and fine needle aspiration are among the diagnostic procedures available, with Saint Peter's expert imaging and pathology teams working closely together to ensure accurate diagnoses.

An interventional breast radiologist at the Women's Imaging Center staff also performs stereotactic-guided breast biopsy procedures. The procedure uses digital imaging to pinpoint the exact location of the breast lesion from two different angles.

"We perform stereotactic-guided breast biopsy procedures with both precision and delicacy in mind," said Deanna Chin, MD, a radiologist with University Radiology who sees patients at Saint Peter's Women's Imaging Center. "This way we can ensure a diagnosis with maximal comfort."

For more information or to schedule an appointment, visit saintpetershcs.com/womensimaging.

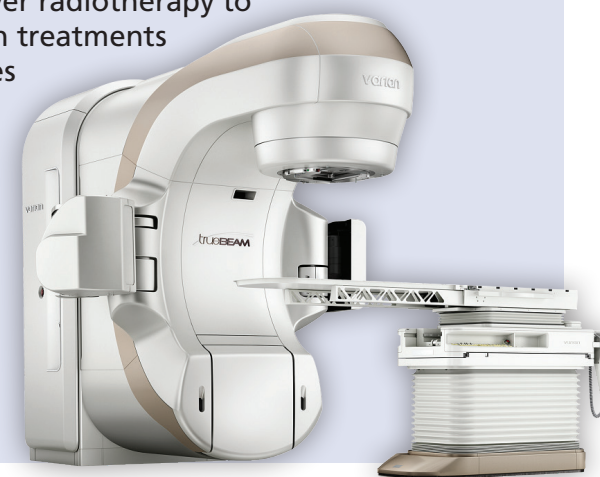


Looking Ahead: Magseed® and the Varian TrueBeam® System

Saint Peter's University Hospital is committed to staying at the forefront of breast cancer treatment, and two exciting innovations are on the horizon. The Saint Peter's Breast Center is preparing to introduce Magseed® technology, a tiny magnetic marker that can be placed in breast tissue to help surgeons precisely locate tumors during surgery. This technology promises to enhance patient comfort and provide greater flexibility in surgical planning. The Magseed can pinpoint the exact spot of the tumor within millimeters. In addition, because the Magseed provides additional patient comfort, it can be implanted any time after the initial biopsy, decreasing the wait time on the day of surgery.

"The Magseed has been proven beneficial for advanced breast cancer patients, too. Advanced breast cancer often necessitates the removal of one or more lymph nodes, a procedure that leads to lymphedema. Particularly in advanced cancer, surgeons using the Magseed marker can now mark only the cancerous lymph nodes, preserving others and reducing the potential for lymphedema by offering less axillary surgery," said Sundus Abbasi, DO, a breast surgeon with Astera Cancer Care who sees patients at Saint Peter's Breast Center.

Another innovation coming this fall is the TrueBeam® linear accelerator, which delivers state-of-the-art radiation therapy. With TrueBeam, patients have a non-invasive, personalized treatment option for their cancer care. TrueBeam is a versatile technology that can deliver radiotherapy to any part of the body with treatments only lasting a few minutes a day. It offers high accuracy to maximize destroying tumors while minimizing exposure to surrounding healthy tissue and organs to reduce side effects. Patients can often return to their normal activities after treatment.



A Collaborative Approach to Care

The Saint Peter's Breast Center provides a holistic and collaborative approach to breast cancer care through a multidisciplinary team that includes oncologists, breast surgeons, radiation oncologists, radiologists, pathologists, genetic counselors, and physical therapists. Together, they create individualized treatment plans for each patient.

"Surgical patients at the Breast Center take a pre-operative class led by a patient navigator who explains what to expect before and immediately after surgery, as well as later in the recovery process. A physical therapist works with patients on exercises to help reduce tightness in the arm and maintain range of motion. Approximately 85 percent of patients are back home in the evening on the same day of their surgeries, including some patients who undergo a mastectomy with reconstruction," said Dr. Abbasi.

Beyond medical treatment, Saint Peter's offers a wide range of support services, including survivorship programs, therapeutic exercise, nutrition counseling, and lymphedema prevention and rehabilitation. Wellness and counseling services are also available to support patients through the emotional and psychological challenges of a breast cancer diagnosis.

In addition, genetic testing through the Department of Medical Genetics and Genomic Medicine at Saint Peter's University Hospital enables treatments to be targeted specifically to individuals who are genetically predisposed to breast cancer, leading to better outcomes.

NAPBC
NATIONAL ACCREDITATION PROGRAM
FOR BREAST CENTERS

Saint Peter's Breast Center was the first in central New Jersey to earn a full three-year accreditation from the National Accreditation Program for Breast Centers (NAPBC), a program of the American College of Surgeons, and continues to be accredited by the NAPBC. This accreditation reflects Saint Peter's ongoing commitment to providing high-quality, compassionate care to every patient.

For more information about breast cancer services at Saint Peter's University Hospital or to schedule an appointment, visit saintpetershcs.com/breastcenter.

U.S. News & World Report Recognizes Saint Peter's University Hospital as High Performing Among Best Hospitals 2024-2025

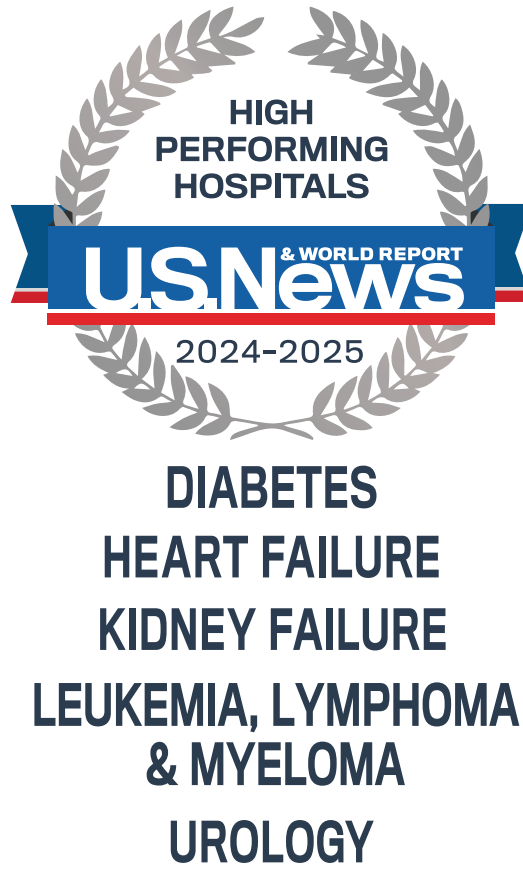
Saint Peter's University Hospital has been named by *U.S. News & World Report* to its 2024-2025 Best Hospitals as a High Performing hospital for Diabetes; Heart Failure; Kidney Failure; Leukemia, Lymphoma and Myeloma; and Urology. This is the highest distinction a hospital can earn for U.S. News' Best Hospitals Procedures & Conditions ratings.

U.S. News evaluated nearly 5,000 hospitals across 15 specialties and 20 procedures and conditions. Hospitals awarded a "Best" designation excelled at factors such as clinical outcomes, level of nursing care and patient experience.



"This recognition reflects Saint Peter's commitment to providing exceptional care to our patients. Our dedicated healthcare professionals work tirelessly to ensure that every patient receives the highest standard of care," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System.

"For 35 years, U.S. News has been a leading resource for patients navigating their health care decisions," said Ben Harder, chief of health analysis and managing editor at U.S. News. "The 'High



Performing' designation acknowledges hospitals that consistently deliver high-quality care for specific medical procedures and conditions. This recognition highlights their expertise and commitment to patient well-being."

To calculate the Best Hospitals rankings, U.S. News evaluated each hospital's performance on objective measures such as risk-adjusted mortality rates, preventable complications, and level of nursing care. The Best Hospitals Specialty rankings methodology and Procedures & Conditions ratings methodology measure patient outcomes using data from millions of records provided by the Centers for Medicare & Medicaid Services. This year, among other methodology refinements, U.S. News incorporated new data on care provided to patients with Medicare Advantage insurance and the care provided to outpatients, nearly doubling the number of patients included in its annual data analysis. The Procedures & Conditions ratings are based entirely on objective quality measures.

For more information on Saint Peter's services, visit saintpetershcs.com/services.

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: October 1 • 1 pm
- New Moms Support Group "Life Will Never Be The Same"**
1st Tuesday of each month
Next meeting: October 1 • 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: October 10 • 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: October 13 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting information
- SHARE**
3rd Thursday of each month
Next meeting: October 17 • 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: NOV. 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 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.



Sponsored by the Roman Catholic Diocese of Metuchen
State-designated children's hospital and regional perinatal center