

February
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THE CHILDREN'S HOSPITAL

AT SAINT PETER'S UNIVERSITY HOSPITAL
A MEMBER OF SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Caring for Our Community's Children for More Than a Century

The Children's Hospital at Saint Peter's University Hospital is a state-designated acute care children's hospital offering a full-range of pediatric specialized healthcare services for newborns and children through young adulthood.

Recognized as a leader in pediatric care in New Jersey, Saint Peter's has been providing pediatric services and programs to help meet the needs of the community's children since 1907. The hospital's official state designation as an acute care children's hospital came in 1992, recognizing The Children's Hospital at Saint Peter's University Hospital as one of the most advanced hospitals of its kind in the nation.



"At Saint Peter's, we emphasize that children are not little adults; they have different physiology and they need physicians who are specially trained to provide the most comprehensive care," said Bipin Patel, MD, FAAP, chairman, Department of Pediatrics, and physician-in-chief, The Children's Hospital at Saint Peter's. "The Children's Hospital at Saint Peter's has a wide array of children's services and pediatric specialists, along with physicians who are at the cutting edge of research."

The Children's Hospital at Saint Peter's has over 250 pediatricians who serve the community, over two dozen pediatric specialty services, a pediatric intensive care unit and a dedicated pediatric emergency department.

"The Children's Hospital at Saint Peter's is a national leader in pediatric care.

Families can receive specialized treatments and top-notch services close to home, without having to travel outside of the state," said David Jaipersaud, executive director of The Children's Hospital at Saint Peter's.



Well-Care Visits and Immunizations

The healthcare professionals at The Children's Hospital prioritize keeping the community healthy through routine well-care visits where pediatricians can monitor the child's growth and development, track milestones, and vaccinate against potentially fatal diseases. Pediatricians at Saint Peter's Family Health Center make sure children get their well-care visits and access to pediatric specialty care regardless of the parents' socioeconomic status.

The Craniofacial and Neurosurgical Center

The Craniofacial and Neurosurgical Center at The Children's Hospital at Saint Peter's is one of only a few centers in the country that comprehensively treats craniofacial abnormalities, such as cleft lip and cleft palate. The Center provides specialized surgical expertise, much-needed medical knowledge, technology and compassionate support to families who have children with clefting or other craniofacial differences.

Family-Centered Cancer Care

Saint Peter's Pediatric Hematology and Oncology Program provides diagnosis and treatment for infants, children and adolescents with cancer in a safe and family-centered environment while also helping parents navigate the treatment journey from a medical and emotional perspective.

The Children's Hospital at Saint Peter's is the only children's hospital in central New Jersey selected to partner with the world-renown ProCure Proton Therapy Center, which offers highly precise proton radiation therapy. Proton radiation delivers targeted therapy to the tumor site, decreasing the chance of damage in developing organs.

A Pioneer in Gene Therapy

As a state-designated regional center, the Saint Peter's Department of Medical Genetics and Genomic Medicine provides inpatient and outpatient services to patients of all ages with a suspected rare disease. Last year, The Children's Hospital dosed the first patient in Imagine-1, a global Phase 1/2 clinical trial program for PBGM01, an adeno-associated virus (AAV)-delivery gene therapy being developed by Passage Bio, Inc., a clinical-stage genetic medicines company, that is being studied for the treatment of infantile GM1 gangliosidosis (GM1), a fatal genetic condition. Saint Peter's was chosen as one of 10 international clinical trial sites for the study because of its internationally recognized geneticist with expertise in lysosomal storage diseases, Debra-Lynn Day-Salvatore, MD, PhD, FAAP, FACMG, department chair and principal investigator for the Imagine-1 trial. Saint Peter's is home to one of the largest comprehensive Lysosomal Disease Therapy Centers in the United States.

Regular checkups are especially important now so physicians can recognize any developmental or mental health issues caused by the COVID-19 pandemic.

Pediatric Neurology

Pediatric neurologists treat children from birth into young adulthood and combine the special expertise in diagnosing and treating disorders of the nervous system (brain, spinal cord, muscles, nerves) with an understanding of the special needs of the child and family. The Division of Pediatric Neurology at Saint Peter's Children's Hospital cares for children who have more complex or serious medical issues, such as epilepsy, and provides close follow-up throughout childhood and adolescence.

Keeping Our Children Strong

Saint Peter's pediatric orthopedic surgeons address issues such as limb and spine deformities, gait abnormalities, broken bones, bone or joint infections and tumors, and scoliosis. The Children's Hospital at Saint Peter's is the only hospital in New Jersey offering the low-dose, full-body EOS® Imaging System that simultaneously captures front and back images to evaluate the spine and lower extremities for deformities, which reduces radiation exposure to the organs.

Scoliosis is a curvature of the spine that may result in breathing problems, back problems and a change in appearance if left untreated. A less invasive, muscle-sparing treatment for scoliosis, Anterior Scoliosis Correction (ASC) surgery, is performed at Saint Peter's by spine surgeon C. Darryl Antonacci, MD, who pioneered the procedure, and his associate, spine surgeon Laury A. Cuddihy, MD. The advantages of this procedure attract families from across the globe.

Tiny Patients, Huge Reputation

The Children's Hospital at Saint Peter's operates one of the largest, most advanced neonatal intensive care units (NICUs) in the country. The level IV NICU has been honored with a gold-level Beacon Award for Excellence by the American Association of Critical-Care Nurses (AACN) and has been recognized among the country's top children's hospitals for neonatology three years in a row by *U.S. News and World Report*.

Other services offered by The Children's Hospital at Saint Peter's include allergy and immunology; cardiology; developmental and behavioral pediatrics, including autism; diabetes; gastroenterology; infectious diseases; nephrology; nutrition; physical rehabilitation, including audiology and occupational, physical and speech-language therapy; and pulmonary and sleep medicine, including asthma.



To learn more, please visit saintpetershcs.com/ChildrensHospital.

THE PFIZER COVID-19 VACCINE: What Parents Need to Know

The U.S. Food and Drug Administration (FDA) has given the Pfizer-BioNTech COVID-19 vaccine emergency authorization to use in children ages 5 to 15 years old and full approval to use in people ages 16 years and older. Children ages 12 and older receive the full adult dose. Children ages 5 through 11 years receive a 10-microgram dose of the vaccine, which is one-third of the adult dose. The vaccine is administered as a two-dose series, 21 days apart.

"Many parents come to me with questions about the COVID-19 vaccine," said Kristina Feja, MD, MPH, chief, Division of Pediatric Infectious Diseases at The Children's Hospital at Saint Peter's University Hospital. "I want them to know that this vaccine is a safe and effective way to protect their child from the serious and long-term impacts of a virus that is spreading at unprecedented rates among both children and adults."

Is the COVID-19 vaccine booster shot approved for children?

Children 12 years and older are eligible for a single booster dose five months after completion of the primary vaccination series of the Pfizer-BioNTech COVID-19 vaccine.



Why is it important to vaccinate my child?

The Centers for Disease Control and Prevention (CDC) is reporting that more children are being hospitalized due to COVID-19. Vaccination can help keep children from getting seriously sick even if they do get COVID-19.

Even if contracting COVID does not lead to hospitalization, children can have both short- and long-term health complications from the disease and spread it to others. Vaccinated children can help protect family members, including siblings who are not eligible for vaccination and family members who may be at an increased risk of getting very sick if they are infected.



What are the side effects of the COVID-19 vaccine?

The top three reported side effects of the vaccine are pain at the injection site, fatigue and headaches. Seek medical attention immediately if your child experiences severe side effects or an allergic reaction. Common food allergies are not a concern with the Pfizer-BioNTech COVID-19 vaccine, but your child will be monitored for any adverse reactions.

How do I prepare my child to get the COVID-19 vaccine?

Talk to your child before vaccination about what to expect. Getting the COVID-19 vaccine is just the same as getting any other vaccine like a flu shot.

The only difference is that after vaccination, your child will be observed for 15 to 30 minutes for any adverse reactions that require immediate treatment.

When and where can my child get the COVID-19 vaccine?

Talk to your child's pediatrician about the Pfizer-BioNTech COVID-19 vaccine and where you can get your child vaccinated or visit [covid19.nj.gov](https://www.covid19.nj.gov). Make sure your child does not have symptoms when they get the vaccine.

Saint Peter's will be holding a Pfizer vaccine clinic: **Tuesday, February 15 • 5 to 7 pm**
Visit saintpetershcs.com/COVIDvaccine for details.

Is the COVID-19 vaccine safe if I am pregnant, breastfeeding or planning to become pregnant?

Yes. The vaccine does not pose a specific risk to pregnant women. Talk to your physician about any concerns.

Schedule your vaccine today.
saintpetershcs.com/COVIDVaccine



To stay informed of the latest news regarding COVID-19, visit [cdc.gov](https://www.cdc.gov).

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 New Jersey
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

Type 1 Diabetes Support Group for Children and Their Families
Call for information: 732.745.8574

Support Groups

Bariatric Nutrition Support Group
2nd Tuesday of each month
Next meeting: February 8 • 6 to 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: February 13 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: February 17 • 7 to 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver
Call for information: 732.745.8600, x8662

Weight Loss Seminars
4th Tuesday of each month
Next meetings: February 22
English 4 to 5 pm • Spanish 5 to 6 pm
For information call 732.745.8571



Parent Education

Parenting classes are currently being held online. Register at saintpetershcs.com/Services/Parent-Education. 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

Breastfeeding Support Group

Grandparents Class

Hypnobirthing

Marvelous Multiples

New Daddy Class

New Mom Support Group

Prenatal Yoga & Exercise Class

Prepared Childbirth/Lamaze Classes

Sibling Class

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.

SAINT PETER'S HEALTHCARE SYSTEM
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State-designated children's hospital and regional perinatal center

