

May
2022



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

A Decade of da Vinci®: Precision Through Robotics

Saint Peter's University Hospital is celebrating 10 years of using the da Vinci® Surgical System, which provides surgeons with an alternative to both traditional open surgery and conventional laparoscopy. The robotic surgery program was initiated jointly by the Department of Surgery and the Department of Obstetrics and Gynecology at Saint Peter's.

The da Vinci Surgical System puts a surgeon's hands at the controls of a state-of-the-art robotic platform, enabling them to perform even the most complex and delicate procedures through very small incisions with unmatched precision.



"This robotic technology allows our surgeons to have better visualization of tissue, and the instruments have greater ease of articulation, like a wrist. As a teaching hospital, we've been training new and experienced surgeons alike on the da Vinci Surgical System and we're finding that they prefer the precision the system has to offer," said David A. Laskow, MD, FACS, chair of the Department of Surgery at Saint Peter's University Hospital.

The da Vinci Surgical System is a sophisticated robotic platform designed to expand the surgeon's capabilities and offer a minimally invasive option for major surgery. The surgeon makes small incisions in the patient to introduce miniaturized instruments with wrist-like movements and a high-definition 3D camera. Seated at the da Vinci console, the surgeon views a magnified, high-resolution 3D image of the surgical site. At the same time, state-of-the-art robotic and computer technologies scale, filter and seamlessly translate the surgeon's hand movements into precise micro-movements of the wristed instruments. The system cannot be programmed, nor can it make decisions on its own. All movements are performed by the surgeon at the console.

The da Vinci Surgical System can be used for gynecologic surgeries, pancreatic conditions, esophageal procedures, gallbladder conditions, oncology procedures, bariatric surgeries, urologic procedures and colorectal procedures.

"For the patient, benefits of robotic-assisted surgery may include significantly less pain due to the smaller incisions, less blood loss and less scarring. Patients may also be able to look forward to a shorter recovery time and a faster return to daily activities," said Maureen Cernadas, MD, FACOG, gynecologic surgeon at Brunswick Hills OB-GYN/Axia Women's Health in East Brunswick.



In 2019, James E. Gervasoni Jr., PhD, MD, MBA, FACS, vice chairman of the Department of Surgery at Saint Peter's, performed the first-



Dr. James E. Gervasoni at the console of the da Vinci® Si Surgical System

ever liver resection with the da Vinci Surgical System. In a procedure called a robotic-assisted left hepatectomy, Dr. Gervasoni removed the left lobe of a patient's liver. The patient required only five small incisions during the two-hour procedure and was only in the hospital for two days.

The patient, who had a history of colorectal cancer, had a lesion on the left lobe of the liver. Initial biopsies of the lesion came back negative for cancer, but the patient's oncologist suggested a surgical consultation at Saint Peter's. Dr. Gervasoni removed one-fourth of the patient's liver, which was then biopsied. Results revealed a recurrence of metastatic colon cancer. Since then, Dr. Gervasoni has performed several liver resections, as well as several pancreatic cancer resections.

"I've been performing robotic surgeries at Saint Peter's for a decade now, and I've seen firsthand how much of an impact this technology has on the patient. Not only is it lifesaving, but it results in better clinical outcomes and a shorter recovery time, allowing our patients to go back to living their lives," said Dr. Gervasoni.

Previously in 2012, Saint Peter's was the first hospital in central New Jersey to perform single-site robotic surgery when Dr. Gervasoni successfully removed a gallbladder through a single incision in the patient's navel. The operating time only took 35 minutes and the patient was able to return home the same day. This operation is now performed routinely at Saint Peter's by surgeons such as Charles Franco, MD, FACS, a general and vascular surgeon who prefers using a single-port approach for gallbladder surgeries.

With two da Vinci Surgical Systems in two dedicated operating rooms, Saint Peter's has been able to average 600 robotic-assisted surgeries per year, with 875 of these surgeries performed last year. The dedicated rooms feature high-tech equipment with integrated monitors and were part of Saint Peter's operating room modernization completed in 2019.

"Saint Peter's surgeons are well-trained in robotic surgery, but our entire operating room staff is key in making sure these minimally invasive surgeries are successful by being so knowledgeable about the technology," said Roseann DiBrienza, MS, RN, NE-BC, director, Perioperative Services at Saint Peter's.

To learn more about robotic surgery at Saint Peter's, visit saintpetershcs.com/Robotic-Surgery.

da Vinci is a registered trademark of Intuitive Surgical or their respective owners.

The da Vinci Surgical System is used by 15 physicians at Saint Peter's:

General Surgery

Andrew Camerota, MD
Charles Franco, MD, FACS
Jeffrey Zavotsky, MD

General Surgery - Surgical Oncology

James E. Gervasoni Jr., PhD,
MD, MBA, FACS

Bariatric Surgery

Carlos Aitor Macias, MD, MPH

Colorectal Surgery

Imran Saeed, MD, FACS,
FASCRS

Gynecologic Surgery

Maureen Cernadas, MD,
FACOG
Dusan Perisic, MD, FACOG
Jean Pineda, DO
Ayanna Woltz, MD

Gynecologic Oncologic Surgery

Alexandre Buckley de
Meritens, MD
Eugenia Girda, MD

Urogynecologic Surgery

Manish Gopal, MD, MSCE

Urologic Surgery

Akwasi Boateng, MD
Marc Feder, MD

**To find a Saint Peter's surgeon,
visit saintpetershcs.com/Find-a-Doctor.**

The HPV Vaccine for Adolescents

Human Papillomavirus (HPV) is a group of more than 150 related viruses that infect men and women. These common viruses infect about 13 million people, including teens, every year. HPV is spread through intimate skin-to-skin contact. Some HPV infections can lead to certain types of cancer. While there is screening for cervical cancer, there are no routine screening tests for these other types of HPV cancers, so they often aren't detected until they cause health problems.

The HPV vaccine...

- Protects against infections that can lead to certain cancers.
- Protects against abnormal cells that can lead to cancer (precancers) and the lasting effects of testing and treatment for these precancers.
- Protects adolescents long before they are ever exposed to cancer-causing infections.



Is the HPV vaccine safe?

With over 135 million doses distributed in the U.S., the HPV vaccine has a reassuring safety record that's backed by over 15 years of monitoring and research. Each HPV vaccine went through strict safety testing before the U.S. Food and Drug Administration (FDA) licensed them.

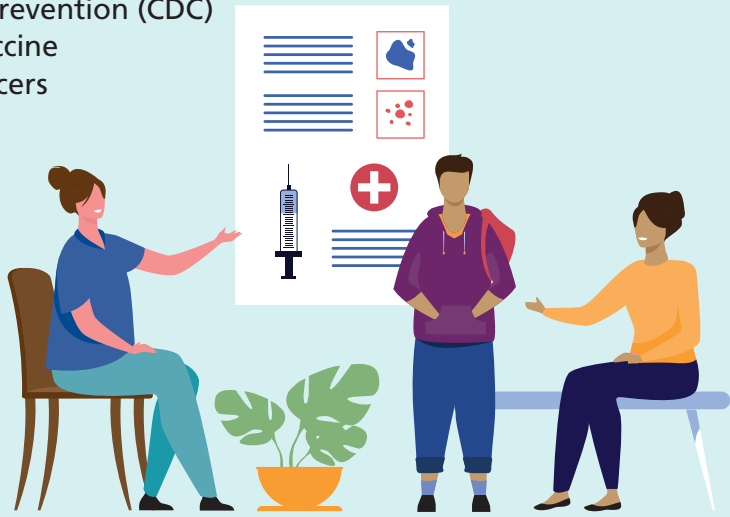
"The HPV vaccine does not cause fertility problems," said Daniela Correa, MD, pediatrician with The Children's Hospital at Saint Peter's University Hospital who practices at Saint Peter's Family Health Center in New Brunswick. "Girls and boys who do not get the HPV vaccine at the recommended age can risk developing HPV cancers and precancers. Individuals who develop a cancer caused by HPV will need treatment such as chemotherapy or radiation, which could impact fertility."

When should a child get the HPV vaccine?

The Centers for Disease Control and Prevention (CDC) recommends children get the HPV vaccine at age 11 or 12 to protect against cancers caused by HPV infection.

At 11 or 12 years old, two doses of the HPV shot are needed, 6-12 months apart. If the shots are given less than 5 months apart, a third dose is needed.

If the shot series begins after a child's 15th birthday, three doses of the HPV vaccine should be given over the course of 6 months.



What are the side effects?

The most common side effects of the HPV vaccine are mild and include:

- Pain, redness, or swelling in the arm where the shot was given
- Fever
- Dizziness or fainting
- Nausea
- Headache or feeling tired
- Muscle or joint pain



Parents should talk with their child's healthcare provider about getting the HPV vaccine. To find a physician associated with The Children's Hospital at Saint Peter's University Hospital near you, visit saintpetershcs.com/Find-a-Doctor.

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

The Division of Pulmonology at The Children's Hospital at Saint Peter's University Hospital diagnoses and manages respiratory diseases, such as asthma, in children of all ages.

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

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

Cancer Survivorship: A Virtual Education Series

Wednesdays from 12 to 1 PM via Zoom
June 1, 8, 15, and 22

Visit saintpetershcs.com/events to register.

COMMUNITY GOLF OUTING
BENEFITING THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL

June 27, 2022
Forsgate Country Club | Banks & Palmer Courses
For registration and sponsorship information, contact 732.745.8542 or sfoundation@saintpetersuh.com.

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

Support Groups

Bariatric Nutrition Support Group
2nd Thursday of each month
Next meeting: May 12 • 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: May 8 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: May 19 • 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, x8653

Weight Loss Seminars
4th Tuesday of each month
Next meetings: May 24
English 4 to 5 pm • Spanish 5 to 6 pm
For information call 732.745.8555



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

254 Easton Avenue, New Brunswick, NJ 08901
732.745.8600 | 800.269.7508 | saintpetershcs.com

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

