

January
2023



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Become a Healthier Version of You:

Living Better Can Reduce the Risk of Stroke



Many people start the New Year with resolutions to eat healthier and exercise more, but you can make simple healthy lifestyle changes at any time to help reduce the risk of stroke – the fifth cause of death and a leading cause of adult disability in the U.S. On average, someone in the U.S. suffers a stroke every 40 seconds, and nearly 795,000 people suffer a new or recurrent stroke each year.

To help you reduce the risk for stroke, the experts at Saint Peter's University Hospital recommend exercising, eating nutritious meals, getting a good night's sleep and quitting smoking.

High Blood Pressure and Heart Disease

High blood pressure, also known as hypertension, is a leading cause of heart disease and the biggest risk factor for stroke because it damages the lining of the arteries, making them more susceptible to plaque buildup. The buildup narrows the arteries leading to the heart and brain. According to the Centers for Disease Control and Prevention (CDC), nearly half of all adults in the U.S. have high blood pressure but only a quarter of these adults have their condition under control.

"Physical activity for 30 minutes a day, five days a week, can help lower your blood pressure and reduce your risk of stroke," said Maria Bartman, BSN, RN, CEN, stroke coordinator at Saint Peter's and chair of Saint Peter's Stroke Committee. "If 30 minutes seems too intimidating of a goal, start by doing what's manageable based on your physical ability or schedule and build your way up."

Proper nutrition can also reduce high blood pressure and the risk of stroke.

"For a healthier lifestyle, consume a diet that includes fish, lean protein, low-fat dairy, and is high in fiber by including fruits, vegetables, beans, nuts and whole grains," said Laura Vetter, RDN, CDCES, outpatient nutritionist at Saint Peter's. "By reading labels and making healthy choices at the grocery store, you will incorporate nutritious foods into your diet."

To schedule a consultation with one of Saint Peter's registered dietitians, call 732.745.7930.

Lack of Sleep

Not getting enough sleep each night can increase the risk of stroke. The CDC reports that hypertension, stroke, coronary heart disease and irregular heartbeats have been found to be more common among those with sleep disorders than those without sleep abnormalities.

Having trouble sleeping? The Center for Sleep and Breathing Disorders at Saint Peter's University Hospital offers testing, diagnosis and treatment for sleep disorders, such as sleep apnea. **Schedule an appointment by calling 732.745.8564.**

Tobacco Use

Smoking tobacco increases the risk of stroke, making quitting one of the most effective ways to improve health and quality of life. Saint Peter's tobacco cessation specialists are here to help people make a life-changing and life-saving decision.

Ready to break the habit? Call Saint Peter's tobacco cessation line at 732.339.7848.

Diabetes

Adults with diabetes are twice as likely to have heart disease or a stroke compared to others.

The Thyroid and Diabetes Center at Saint Peter's is comprised of a multidisciplinary team led by dedicated endocrinologists with expertise in diabetes who offer individualized treatment plans for each patient with diabetes, including diabetes self-management education* and nutrition recommendations from the Center's certified diabetes educators.

To make an appointment at Saint Peter's Thyroid and Diabetes Center, call 732.745.6667.

Award-winning Stroke Care at Saint Peter's

Saint Peter's University Hospital achieved certification as an advanced primary stroke center from The Joint Commission, demonstrating that the hospital has consistently met quality metrics and provided some of the best evidence-based care for its stroke patients. 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.

"Time is of the essence when it comes to stroke. Being certified as an advanced primary stroke center by The Joint Commission shows how committed we are to minimizing the damage that a stroke can cause as quickly and effectively as possible," said Roger Behar, MD, neurologist and medical director of the Stroke Program at Saint Peter's. "Early stroke detection and treatment are key to improving survival, minimizing disability and reducing recovery times."

To read more about Saint Peter's stroke services, please visit saintpetershcs.com/stroke.

WHEN IT COMES TO STROKE SYMPTOMS, YOU MUST

B BALANCE	E EYES	F FACE	A ARMS	S SPEECH	T 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.

At Saint Peter's, stroke care is available 24 hours a day, 7 days a week. If you have any symptoms of a stroke, or notice a loved one experiencing symptoms, call 911.

Saint Peter's Awarded 'A' Hospital Safety Grade for Fall 2022

Saint Peter's University Hospital received an "A" Hospital Safety Grade from The Leapfrog Group for Fall 2022. This national distinction celebrates Saint Peter's achievements in protecting patients in the hospital from preventable harm and errors.

"This distinction belongs to the entire Saint Peter's community," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "It is the collaborative effort of everyone involved from our clinical and ancillary services teams who care for our patients to our support team who keeps our facilities and equipment clean and safe to everyone in between. Working together, they ensure that we achieve the highest safety standards and that these standards are maintained across all areas of the hospital's operations. We're proud to continually deliver quality medical care without compromise and the Leapfrog distinction assures patients that we are unwavering in our standards for quality and safety."



The Leapfrog Group is an independent national watchdog organization with a 10-year history of assigning letter grades to general hospitals throughout the United States, based on a hospital's ability to prevent medical errors and harm to patients. The grading system is peer-reviewed, fully transparent, and free to the public. Hospital Safety Grade results are based on more than 30 national performance measures and are updated each fall and spring.

"I applaud the hospital leadership and workforce for their strong commitment to safety and transparency," said Leah Binder, president and CEO of The Leapfrog Group. "An 'A' Safety Grade is a sign that hospitals are continuously evaluating their performance, so that they can best protect patients. Your hospital team should be extremely proud of their dedication and achievement."

To see Saint Peter's other awards and recognitions, visit saintpetershcs.com/award

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 Children's Hospital at Saint Peter's treats pediatric rheumatic diseases like juvenile arthritis.



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
Spinning Babies

COVID-19 Moderna and Pfizer COVID-19 Vaccines

Available at Saint Peter's University Hospital and Saint Peter's Family Health Center

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

Support Groups

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

SHARE
3rd Thursday of each month
Next meeting: January 19 • 7 – 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Spouse/Partner Caregiver Support Group
Call for information: 732.745.8600, x8653



Emergencies can't wait

SAINT PETER'S ER
A SERVICE OF SAINT PETER'S UNIVERSITY HOSPITAL

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.



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

