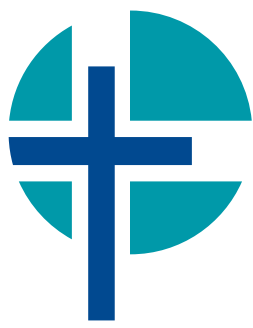


February
2023



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Compassionate Cancer Care at Saint Peter's

February 4th is World Cancer Day, an international day to mobilize the community to make progress in equitable and accessible cancer care. Saint Peter's Healthcare System offers the most advanced technology, medications, and surgical procedures for various types of cancer through its comprehensive, full-service cancer program. Saint Peter's University Hospital recently achieved reaccreditation from the American College of Surgeons' Commission on Cancer as an Academic Comprehensive Cancer Program.

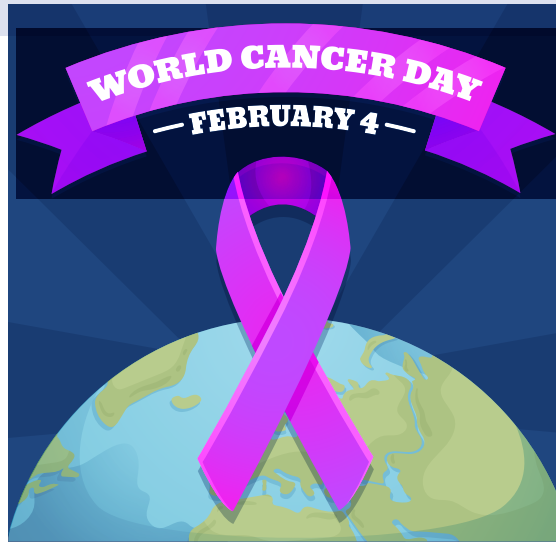
Saint Peter's cancer program strives to meet the needs of the community through education, clinical research trials and advanced technology, always in coordination with a compassionate approach to care. Specially-trained physicians and staff provide the highest quality of care through the following specialized services:

- Breast Cancer Program
- Colorectal Cancer Program
- Head and Neck Oncology Program
- Radiation Oncology
- Urologic Oncology Program
- Brain Cancer Program
- Gynecologic Oncology Program
- Pediatric Hematology/Oncology Program
- Lung Cancer Program
- CyberKnife® Robotic Stereotactic Radiosurgery System

3D Breast Cancer Screenings

Routine screening is important for early diagnosis of breast disease. Saint Peter's Women's Imaging Center offers Hologic®Genius™3D Mammography™ which ensures greater clarity and detail, improving early detection of breast disease and other irregularities. The 3DQuorum™ feature ensures a more timely and accurate diagnosis due to artificial intelligence technology that identifies clinically relevant regions of interest in the breast.

Saint Peter's received the Women's Choice Award for Best Breast Centers, Cancer Care, and Mammogram Imaging Centers. Saint Peter's Breast Center has also earned accredited status from the National Accreditation Program for Breast Centers (NAPBC), a quality program administered by the American College of Surgeons.



Family-Centered Pediatric Care

The Pediatric Hematology/Oncology Program at The Children's Hospital at Saint Peter's University Hospital provides diagnosis and treatment for infants, children, adolescents, and young adults with cancer, blood disorders, and vascular anomalies. Nibal Zaghoul, MD, chief of the Pediatric Hematology/Oncology Division, and his team deliver high-quality care in a safe and family-centered environment. The program offers cutting edge treatment and access to national clinical trials.

"We have a wonderful caring team of physicians, a nurse practitioner, nurses, a social worker, a child life specialist, and a research coordinator," said Dr. Zaghoul. "We have a close relationship with the patients and their families. Patients receive quality compassionate and comprehensive care that is close to home and tailored to every patient's needs."

Colorectal Cancer Treatment Through Robotic Surgery

According to the Centers for Disease Control and Prevention (CDC), colorectal cancer is the third leading cause of cancer-related deaths in the United States. To reduce the risk of colon cancer, Imran Saeed, MD, colorectal surgeon at Saint Peter's, recommends scheduling a routine colorectal cancer screening beginning at age 45. Those at higher risk for colorectal cancer should start screening before age 45.

For colorectal cancer patients who need surgery, Dr. Saeed prefers to take a minimally invasive approach, performing robotic surgery using the da Vinci® Surgical System. Robotic surgery is a more advanced laparoscopic surgery that allows the surgeon to make tiny incisions in the patient. The smaller incisions result in fewer infections, a shorter recovery time, and better outcomes.

Risk Assessment through Genetic Counseling

The Department of Medical Genetics and Genomic Medicine at Saint Peter's University Hospital provides comprehensive cancer risk assessment, counseling, and genetic testing for individuals with a personal and/or family history of cancer.

"Cancer genetic counseling and risk assessment can empower individuals and families by providing them with personalized information and available medical options to manage their cancer risk and make informed choices," said Debra-Lynn Day-Salvatore, MD, PhD, FAAP, FACMG, chair of the Department of Medical Genetics and Genomic Medicine at Saint Peter's.

Cancer genetic counseling is performed by licensed, certified genetic counselors under the supervision of a clinical geneticist, a physician with specialized training in genetics, who is also available for consultations as needed.

Comprehensive Lung Cancer Care

The Lung Health Program at Saint Peter's University Hospital is a comprehensive initiative focused on screening for lung cancer, monitoring lung nodules and managing patients with lung cancer. Saint Peter's team of expert pulmonology specialists are on a mission to tackle lung cancer through prevention, early diagnosis, and timely treatment.

"The physicians and healthcare providers at Saint Peter's take a collaborative approach to treating patients. Complicated cancer diagnoses are discussed with a team composed of pulmonologists, oncologists, radiologists, pathologists and surgeons to establish the best plan for each patient," said Amar Bukhari, MD, chief of the Division of Pulmonary, Critical Care and Sleep Medicine, and associate chair for the Department of Medicine at Saint Peter's University Hospital.

Saint Peter's University Hospital has been recognized as a High Performing Hospital for 2022-23 by *U.S. News & World Report* for COPD (Chronic Obstructive Pulmonary Disease) and Lung Cancer Surgery.

CyberKnife®

One of the most innovative developments in cancer care is the use of CyberKnife® technology, which delivers a specialized form of radiation therapy called stereotactic radiosurgery, or stereotactic body radiation therapy. It is a painless and non-invasive treatment for cancerous and non-cancerous tumors. CyberKnife is the only device that verifies the exact position of the tumor, despite tumor movement, then adjusts the robot to precisely target the tumor. CyberKnife delivers a high dose of radiation directly to the tumor with sub-millimeter precision, minimizing exposure to surrounding healthy tissue. Most treatment sessions last about 30-60 minutes and patients are treated in five or fewer sessions depending on the size, shape and location of the tumor.

CyberKnife may be a good option for patients who have a medically inoperable or surgically complex tumor, patients who are seeking an alternative to surgery or other forms of radiation therapy treatments and/or patients with recurring tumors who were previously treated with radiation therapy.

For additional information about Saint Peter's cancer programs, visit saintpetershcs.com/cancercare

When to Visit the Pediatric Emergency Department

The Dorothy B. Hersh Pediatric Emergency Department at The Children's Hospital at Saint Peter's University Hospital provides pediatric emergency care to 22,000 infants, children and adolescents annually.

"It can be hard to know when to take your child to the pediatric emergency department, especially if your child is too young to tell you what's bothering them," said Todd Mastrovitch, MD, pediatric emergency medicine physician at the Dorothy B. Hersh Pediatric Emergency Department at The Children's Hospital at Saint Peter's. "However, parents should know the common warning signs and symptoms indicating that their child needs medical attention."

Dehydration:

- Very dry lips and mouth
- No tears or minimal tears when crying
- Pale skin color
- Sunken eyes
- The inability to tolerate even small sips of water
- Being very irritable or very sleepy
- Repeated vomiting
- No wet diapers or urine
- If you have an infant, look for a soft spot on their head that appears sunken



Respiratory Issues:

- Gasping for air or struggling to breathe
- Heavy or fast breathing without a fever
- Flared nostrils while breathing
- The "sucking in" of skin between the ribs or in the throat/collarbone area
- Lip or mouth color changes
- If they're out of breath after speaking just one or two words (when they usually speak in full sentences)



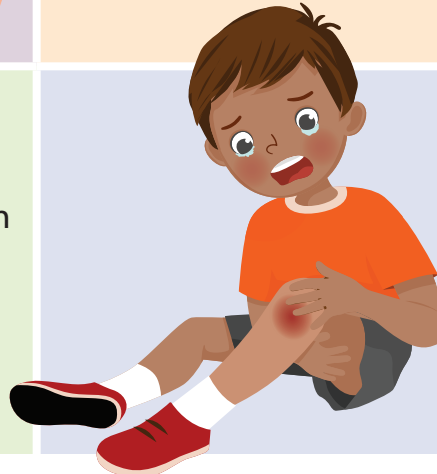
Abdominal Pain:

- Severe pain
- The abdominal area is tender to the touch
- Radiation of pain to the child's back
- Pain is accompanied by fever, bloody diarrhea, abdominal distention, repeated vomiting or firm or distended abdomen



Injury:

- Injury to the arm or leg that looks crooked
- Injury with protruding bone
- Severe pain
- The inability to use the injured limb or bear weight on it



Always err on the side of caution and bring your infant or child to the pediatric emergency department if you have a concern. If your child needs immediate medical attention, call 911.

To learn more about the Dorothy B. Hersh Pediatric Emergency Department, visit saintpetershcs.com/pedsED

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

NEW! Prevent T2 Program (Starting Feb. 8)
Call for information and registration: 732.339.7772

The pediatric orthopedic surgeons at The Children's Hospital at Saint Peter's diagnose, treat and manage children's musculoskeletal issues.

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: February 9 • 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: February 12 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: February 16 • 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



At the forefront of cancer care for almost 4 decades!

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

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

