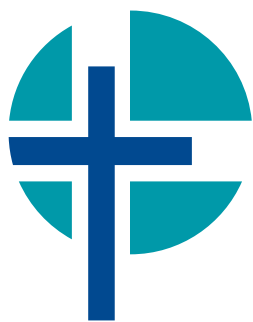


May
2023



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Saint Peter's Health and Wellness Center Physical Rehabilitation and Ear, Nose and Throat Care in One Location

Saint Peter's Healthcare System has opened Saint Peter's Health and Wellness Center after an extensive construction project at the site formerly known as Saint Peter's Sports Medicine Institute located at 562 Easton Avenue in Somerset. Saint Peter's Health and Wellness Center offers physical therapy, occupational therapy, speech and language therapy, and audiology services for children and adults. The Center is also now home to Saint Peter's otolaryngologists, commonly known as Ear, Nose and Throat (ENT) physicians.



The Most Rev. James F. Checchio, Bishop of Metuchen (I), blesses Saint Peter's Health and Wellness Center.



"We are excited about the new Saint Peter's Health and Wellness Center that offers expanded outpatient physical rehabilitation and occupational therapy services, as well as ENT, speech and language, and audiology services for both adults and children in one convenient, centralized location. The newly modernized facility is a warm and welcoming environment that allows us to provide our patients with the best experience possible," said Leslie D. Hirsch, president and CEO of Saint Peter's Healthcare System.

Physical Rehabilitation Services

Adult and pediatric physical rehabilitation services offered at Saint Peter's Health and Wellness Center include:

- Physical Therapy
- Occupational Therapy
- Speech and Language Therapy
- Audiology

"These therapies aim to improve the quality of life for each patient—whether it's helping someone restore mobility after an injury, achieve independence with everyday tasks or improve their communication skills," said Bonnie Saunders, PT, MPA, DPT, manager of Physical Rehabilitation Services at Saint Peter's Health and Wellness Center.



Physical Therapy

Physical therapists are movement experts. Saint Peter's licensed physical therapists are skilled at reducing pain, preventing injury, and bringing back maximum function. They are dedicated to maintaining, restoring, and improving movement and health, enabling children and adults to enjoy optimal function and a better quality of life. Saint Peter's physical therapists work with children of all ages, including newborns, infants, toddlers, adolescents, and teenagers.

Feeling dizzy?

Saint Peter's offers vestibular and balance rehabilitation therapy by trained physical therapists who are dedicated to preventing falls and improving functional mobility. Patients may benefit from treatment if they are experiencing:

- Falls
- Dizziness and vertigo
- Unsteadiness and poor balance
- Headaches with neck pain or stiffness

Ear, Nose and Throat Services

Kianoush Sheykholsami, MD, PhD, FACS, otolaryngology surgeon and chief of ENT and Head and Neck Surgery at Saint Peter's, and Diana Traquina, MD, pediatric otolaryngologist, have relocated their practice from the hospital campus to Saint Peter's Health and Wellness Center. Otolaryngology, also known as Ear, Nose and Throat (ENT), is a medical specialty that addresses conditions and disorders related to the ear, nose and throat in both children and adults. Saint Peter's ENT physicians diagnose and treat a wide range of conditions such as ear and sinus infections, ringing in the ear, tonsillitis, sleep disorders, hearing problems, voice disorders, cranial nerve disorders, and more.



Saint Peter's adult and pediatric ENT services also include facial and plastic reconstructive surgery and head and neck surgery.

Occupational Therapy

Saint Peter's licensed occupational therapists are dedicated to helping children and adults achieve independence and perform activities following injury, disease, or disability. Occupational therapists assist patients in recovering, developing, and maintaining daily living and work skills.

Speech and Language Therapy

Saint Peter's speech language pathologists provide speech, swallowing and language therapy to children and adults who need treatment, along with tools to maximize their communication potential and improve their quality of life.

Audiology

Saint Peter's audiologists identify and manage disorders related to hearing and balance for both children and adults. Services provided by Saint Peter's Audiology Department include hearing evaluation, along with hearing aid fitting, programming, and dispensing. Children may be referred for a hearing evaluation if they are experiencing a delay with speech or not responding to his or her name; have frequent ear infections; are performing poorly in school; have failed prior hearing screenings; or have a family history of hearing loss.

Did you know Saint Peter's offers pelvic floor rehabilitation therapy?

Saint Peter's licensed pelvic floor therapists are specially trained to provide treatment options for patients with pelvic pain and urinary incontinence. Patients may benefit from treatment if they are experiencing:

- Incontinence
- Painful intercourse
- Separated pubic symphysis
- Increased urinary frequency
- Vulvar pain syndrome
- Post-operative pain following pelvic surgery

The expert staff of Saint Peter's Physical Rehabilitation Services is committed to providing adult and pediatric patients with a prompt diagnosis, comprehensive treatment, and thorough rehabilitation.

For more information about Saint Peter's outpatient physical rehabilitation services, call 732.745.8570. A physician's prescription or a physician referral may be required.

To see a list of ENT surgical procedures, please visit saintpetershcs.com/ENT.

To make an appointment with Saint Peter's otolaryngologists, visit saintpetershcs.com/ENTdocs



Stock Photos. Posed by models.

Comprehensive maternity services with ONE focus

Having delivered 5,432 babies last year, Saint Peter's University Hospital is a premier hospital for expectant parents seeking safe, quality maternity services combined with the compassion for which Saint Peter's is known. The hospital has specialized programs and a knowledgeable staff of doctors, nurses, certified nurse-midwives, and others who have one focus – providing women with a comfortable and safe experience before, during, and after pregnancy.

The Joint Commission's Maternal Levels of Care (MLC) Verification program, offered in collaboration with the American College of Obstetricians and Gynecologists (ACOG), has named Saint Peter's University Hospital as a Level IV maternal care verified facility. Saint Peter's is the first in New Jersey to receive this new designation from The Joint Commission, the highest level attainable and a

recognition requiring an arduous review process. The hospital has also been named among the Best Maternity Hospitals in the country by *Newsweek* magazine. Saint Peter's provides an extra measure of comfort and security for expectant parents because of its renowned Regional Perinatal Center with an experienced maternal-fetal medicine team and Level IV Neonatal Intensive Care Unit (NICU) that has been ranked among the top 50 in the nation by the *U.S. News & World Report*.

Saint Peter's Mary V. O'Shea Birth Center is the state's first birth center to be located on the grounds of a hospital and the first hospital-based, midwifery-led birth center in the state to be accredited by the Commission for the Accreditation of Birth Centers.

To learn more about Saint Peter's comprehensive maternity services, please visit saintpetershcs.com/maternity or scan the QR code.



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

COVID-19 Pfizer **COVID-19 Vaccines**

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

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**

COMMUNITY GOLF OUTING

JUNE 22, 2023 | FORSGATE COUNTRY CLUB

BENEFITING THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL

For registration and sponsorship information, contact Saint Peter's Foundation at 732.745.7932 or spfoundation@saintpetersuh.com.

Support Groups

Bariatric Nutrition Support Group
2nd Thursday of each month
Next meeting: May 11 • 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: May 14 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

SHARE
3rd Thursday of each month
Next meeting: May 18 • 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

Robert Wood Johnson University Hospital | **RWJ Barnabas Health**

Blood and Platelet Drive

Wednesday, May 10 • 12:30 – 6:30 p.m.

IBEW Local 456
1295 Livingston Ave. • North Brunswick, NJ

Schedule an appointment at rwjuhdonorclub.org

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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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