

May  
2024



# SAINT PETER'S HEALTHCARE SYSTEM

Treating you better...for life.

## The Rise of Colorectal Cancer in Younger Adults

Colorectal cancer, a disease usually associated with older individuals, is becoming more common among young adults. Colorectal cancer starts in the colon or rectum and usually grows from precancerous polyps. These polyps can turn into cancer if they are not found and treated early.

Several factors may be contributing to the rise of colon cancer in young adults. According to the Centers for Disease Control and Prevention (CDC), lifestyle factors that may contribute to an increased risk of colorectal cancer include:

- A lack of regular physical activity
- A low-fiber and high-fat diet, or a diet high in processed meats
- A diet low in fruit and vegetables
- Alcohol consumption
- Obesity
- Tobacco use

Additional risk factors include inflammatory bowel disease such as Crohn's disease or ulcerative colitis, and a personal or family history of colorectal cancer or colorectal polyps. Some families may have a higher risk due to certain genetic conditions.

Warning signs include changes in bowel habits; ongoing stomach discomfort such as aches or cramps; weight loss without a clear reason; diarrhea, constipation, or feeling that the bowel does not empty all the way; and blood in the stool. However, these symptoms can also be caused by other conditions, making it harder to diagnose colon cancer in its early stages.



To reduce the risk of colon cancer, Imran Saeed, MD, FACS, FASCRS, colorectal surgeon at Saint Peter's University Hospital, recommends scheduling a routine colorectal cancer screening. The American Cancer Society recommends screening beginning at age 45, but Dr. Saeed says people at higher risk for colorectal cancer may need to start screening at an earlier age. They may also need to be screened more often or get specific tests.

"The rise of colorectal cancer in young adults is alarming. However, screening for it and catching it at an early stage is paramount because that is when treatment works the best. I encourage you to speak with your physician about scheduling a colorectal cancer screening if you are experiencing any symptoms or if you believe that you are at a higher risk," said Dr. Saeed.

### Treatment Options for Colorectal Cancer

For patients who have colorectal cancer, Saint Peter's takes a multidisciplinary approach to treatment. Dr. Saeed works with physicians experienced in various specialties from medical and radiation oncology to gastroenterology, pathology, and genetics, who meet on a weekly basis to develop a treatment plan that works best for each individual patient.

For patients who need surgery, Dr. Saeed performs robotic surgery through the da Vinci® Surgical System, which 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. Robotic surgery is minimally invasive, leading to reduced scarring and quicker recovery times compared to traditional open surgery.

Choosing a skilled and experienced robotic surgeon for colorectal cancer surgery can significantly impact the outcomes and overall success of the procedure. Dr. Saeed has performed over 350 robotic colorectal procedures.

Dr. Saeed works closely with community physicians to treat conditions such as chronic constipation, diarrhea, rectoceles, hemorrhoids, fissures, and fistulae, in addition to anal and colorectal malignancies such as colorectal cancer.

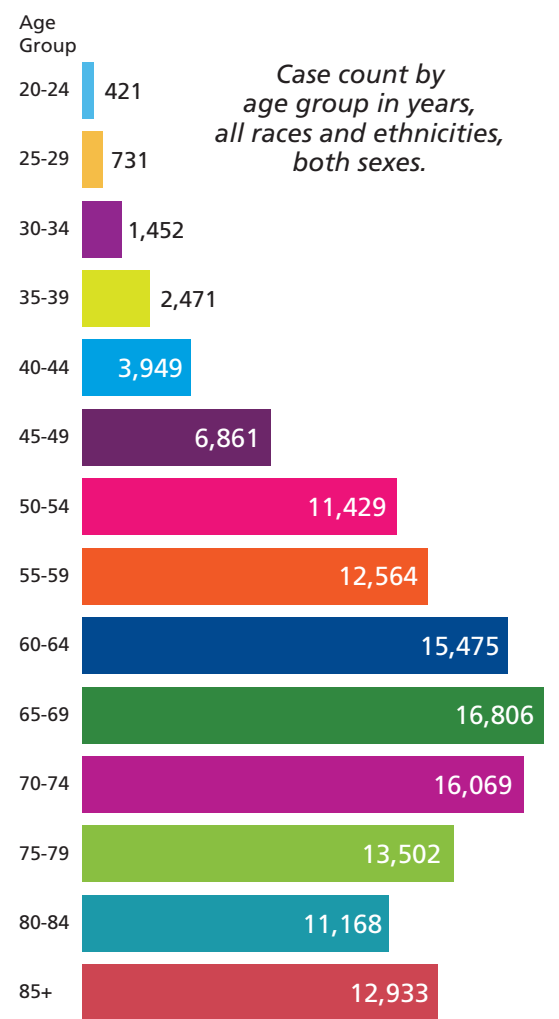
To make an appointment with Dr. Saeed, visit [saintpetershcs.com/colorectal](https://saintpetershcs.com/colorectal).



Stock photo. Posed by models.

**While cancer affects people of all ages, races, ethnicities, and sexes, it does not always affect them equally. Differences in genetics, hormones, environmental exposures, and other factors can lead to differences in risk among different groups of people. For most cancers, though, increasing age is the most important risk factor.**

### Rate of New Colon and Rectum Cancers



Case count by age group in years, all races and ethnicities, both sexes.

U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2022 submission data (1999-2020): U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz>, released in November 2023.

Interested in scheduling a colorectal cancer screening? Visit [saintpetershcs.com/colonscreening](https://saintpetershcs.com/colonscreening)

Surgeons use the da Vinci® Surgical System for these surgical specialties at Saint Peter's:

#### Bariatric Surgery

- John Perrone, DO

#### Colorectal Surgery

- Imran Saeed, MD, FACS, FASCRS

#### General Surgery

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

#### General Surgery-Surgical Oncology

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

#### Gynecologic Surgery

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

#### Thoracic Surgery

- M. Jawad Latif, MD, FACS

#### Urogynecologic Surgery

- Manish Gopal, MD, MSCE
- Michael D. Vardy, MD, FACOG

#### Urologic Surgery

- Akwasi Boateng, MD
- Marc Feder, MD

# WHEN TO SEE A PULMONOLOGIST FOR ALLERGY-RELATED BREATHING ISSUES

As spring continues to bloom, many find themselves grappling with seasonal allergies and respiratory issues. For tailored treatment plans during allergy season, people with pre-existing lung conditions like asthma should prioritize consulting a pulmonologist, a physician who specializes in diagnosing and treating conditions affecting the lungs and respiratory system.

Schedule an appointment if you experience:

- **Long-lasting Breathing Issues:** If you're dealing with persistent respiratory troubles like sneezing, coughing, wheezing, or feeling short of breath, especially during allergy season, check in with a pulmonologist. They can determine the seriousness of your symptoms and suggest treatments to ease any discomfort.
- **Worsening Existing Conditions:** If you already have a respiratory condition like asthma or chronic obstructive pulmonary disease (COPD), you might notice increased symptoms during allergy season. If you experience a harder time breathing, more coughing, or tightness in your chest, getting advice from a pulmonologist can help you manage these symptoms.
- **Sinus Issues:** Allergies can cause sinus problems like sinusitis or a stuffy nose. These issues can make breathing difficult and lead to symptoms like a cough. If you're experiencing continuing sinus problems even after trying over-the-counter medications, speak with a pulmonologist.
- **Allergy-triggered Asthma:** Allergies can set off asthma attacks, bringing on symptoms like wheezing, feeling like your chest is tight, or having trouble catching your breath. If you have asthma symptoms that get worse during allergy season or when you're around certain triggers, getting advice from a pulmonologist can help you better manage your asthma.



"Pulmonologists specialize in diagnosing and treating conditions such as asthma, COPD, pneumonia, bronchitis, and more. We can adjust medications, provide inhaler techniques, and offer lifestyle recommendations to minimize respiratory symptoms," said Amar Bukhari, MD, chief of the Division of Pulmonary, Critical Care and Sleep Medicine at Saint Peter's University Hospital.

**To learn more, visit [saintpetershcs.com/pulmonary](http://saintpetershcs.com/pulmonary)**

Not sure if you have an allergy? A primary care provider at Saint Peter's Virtual Urgent Care may be able to identify if you have an allergy or other respiratory concern and connect you with the right specialist.

**To make an appointment with Saint Peter's Virtual Urgent Care, visit [saintpetershcs.com/virtualurgentcare](http://saintpetershcs.com/virtualurgentcare).**

## Community Calendar

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/events](http://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 NJ  
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

### Parent Education

Some parenting classes are being held online. Register at [saintpetershcs.com/ParentEducation](http://saintpetershcs.com/ParentEducation). 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**
- Grandparents Class**
- Hypnobirthing**
- Marvelous Multiples New Daddy Class**
- Prenatal Yoga/ Exercise Class**
- Prepared Childbirth/ Lamaze Classes**
- Sibling Class**
- Spinning Babies**

### Parent Support

- Registration is required. Visit [saintpetershcs.com/ParentEducation](http://saintpetershcs.com/ParentEducation) or call 732.745.8579.
- Breastfeeding Support Group**  
1st Tuesday of each month  
Next meeting: May 7 • 1 pm
- New Moms Support Group "Life Will Never Be The Same"**  
1st Tuesday of each month  
Next meeting: May 7 • 12 pm

### Support Groups

- NEW! Bariatric Behavioral Health Support**  
Every Wednesday  
Call 732.339.7450 for Zoom meeting information
- Bariatric Nutrition Support**  
2nd Thursday of each month  
Next meeting: May 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: May 12 • 3 pm  
Call 877.886.9462 or email [imariano@mygoalautism.org](mailto:imariano@mygoalautism.org) for virtual meeting information
- SHARE**  
3rd Thursday of each month  
Next meeting: May 16 • 7 – 9 pm  
Call 732.745.8522 or email [imariano@saintpetersuh.com](mailto:imariano@saintpetersuh.com) for Zoom link
- Spouse/Partner Caregiver Support**  
Call for information: 732.745.8600, x8653

**Community GOLF Outing**  
June 17, 2024  
**Forsgate Country Club**  
For more information, contact Saint Peter's Foundation at 732.745.7932 or [spfoundation@saintpetersuh.com](mailto:spfoundation@saintpetersuh.com)

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

**COVID-19 Vaccines**  
For age eligibility and clinic locations and dates, visit [saintpetershcs.com/covidvaccine](http://saintpetershcs.com/covidvaccine)

**Saint Peter's Virtual Urgent Care**  
Monday – Friday  
5 to 10 p.m.  
Saturday & Sunday  
9 a.m. to 4 p.m.  
[saintpetershcs.com/virtualurgentcare](http://saintpetershcs.com/virtualurgentcare)

Need a doctor? To find a Saint Peter's physician, visit [saintpetershcs.com/findaphysician](http://saintpetershcs.com/findaphysician).

Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at [BookMySPDoc.com](http://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.



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