



HEALTH HEADLINES

FEBRUARY 2016

capitalhealth.org



MONTHLY NEWS FROM CAPITAL HEALTH

nearly 25 YEARS CARING for the REGION'S most fragile deliveries

For nearly a quarter of a century, **CAPITAL HEALTH** has been the greater Mercer County area's Regional Perinatal Center (RPC), caring for newborns who need extra special medical care that can only be provided by a regional center with a Level III Neonatal Intensive Care Unit (NICU).

We also help women experiencing **HIGH RISK PREGNANCIES**, so they have all the support they need in place throughout their pregnancy, during delivery, and after. That means a dedicated team around the clock, including **24/7 IN-HOUSE OBSTETRICAL, NEONATAL, ANESTHESIOLOGY** and **MIDWIFERY COVERAGE**.

When it comes to **EXPERIENCE**, our Level III NICU cared for more than 420 babies in the last year alone and more than 70 percent of the Magnet-recognized NICU nurses at Capital Health have spent more than 10 years as part of the Capital Health program.



HERE WHEN YOU NEED US

Capital Health's Level III Neonatal Intensive Care Unit (NICU) provides care for the most at-risk and medically fragile newborns in the region.

"Babies who are born prematurely, especially those 28 weeks or earlier, are at great risk while their organs are immature and still developing to the level needed for survival. Our decades of experience using protocols and cutting edge, evidenced-based medicine means families and their newborns can count on our team when they need us," said Dr. Randi Axelrod, a board certified neonatologist and medical director of the NICU at Capital Health.

Mercer County's only Level III NICU is part of the region's only state designated Regional Perinatal Center (RPC) at Capital Health Medical Center – Hopewell. The RPC includes:

- ... 24/7 in-house obstetrical, anesthesiology and midwifery coverage
- ... 6 board-certified neonatologists in-house 24/7
- ... 12 Level III NICU bassinets
- ... 15 Level II NICU bassinets

"While we are focused on caring for your newborn, our entire medical team is also dedicated to supporting you — the family. Because of this, we were chosen as New Jersey's first March of Dimes NICU Family Support Program, which provides information and emotional support to families of critically ill newborns being cared for in our NICU," said Chris Saltzman, nurse manager of the NICU and Maternal Fetal Medicine at Capital Health.

To learn more about us or to take a virtual tour, visit capitalhealth.org/maternity.

Having Your BABY at CAPITAL HEALTH?

If you want to have your baby at the Josephine Plumeri Birthing Center at **Capital Health Medical Center – Hopewell**, you can make your prenatal appointments at the following offices:



Affiliates in Women's Care
1450 Parkside Avenue
Suite 20, Trenton, NJ 08638
(609) 530-1818

Center for Women's Health
540 North Woodbourne Road
Langhorne, PA 19047
(215) 750-6611

Two Capital Way, Suite 238
Pennington, NJ 08534
(215) 750-6611
ctrforwomenshealth.com

Lawrence OB/GYN Associates
123 Franklin Corner Road
Suite 214, Lawrenceville, NJ 08648
(609) 896-1400

1401 Whitehorse-Mercerville Road
Suite 218, Hamilton, NJ 08619
(609) 890-2412

909 Floral Vale Boulevard
Yardley, PA 19067
(215) 504-9090
lawrenceobgyn.com

Ronald E. Burbella, MD
2500 Brunswick Pike
Suite 202, Lawrenceville, NJ 08648
(609) 530-9100

Fred Williams, MD
1450 Parkside Avenue
Suite 10, Trenton, NJ 08638
(609) 406-1250

Women's Health Choice
2420 Nottingham Way
Trenton, NJ 08619
(609) 586-4474



**American Heart Association
American Stroke Association
CERTIFICATION**
Meets standards for
Comprehensive Stroke Center



NAPBC®
NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER



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Sign up today for our new **DIGITAL NEWSLETTERS** and receive the latest updates, breaking news, and announcements about upcoming events at Capital Health. Visit capitalhealth.org/medicalminute **TO SIGN UP TODAY!**



When a COUGH is More Than a COLD

Though it has not recently appeared in our community as of this publication (February 2016), cases of whooping cough (also known as pertussis) have been reported in nearby Cherry Hill, Jackson, and Millstone, NJ over the past few months.

According to the Centers for Disease Control and Prevention (CDC), early symptoms mimic the common cold — runny nose, low-grade fever, occasional coughing and, in babies, pauses in breathing (known as apnea). After 1 – 2 weeks, the symptoms turn to rapid coughing fits (sometimes followed by a high-pitched “whoop” sound), which are so violent they lead to vomiting and exhaustion.

“Early symptoms of pertussis are vague, which makes it hard to diagnose before it becomes more intense. This is particularly dangerous for babies younger than six months because many times they don’t cough. Instead they may stop breathing and turn blue due to lack of oxygen,” said Dr. Rajeev Shah, director of the Capital Health Pediatric Hospitalist Program.

To prevent this, the CDC recommends that children are up-to-date with pertussis vaccines through regular visits with their

pediatrician. This helps reduce the risk for serious infections and makes the symptoms milder if they get whooping cough.

“If your child is in respiratory distress, bring him or her to our Pediatric ER or call 9-1-1 immediately. When you arrive, please tell us if you suspect whooping cough, especially if your child has not been vaccinated, is behind on immunizations or has been exposed to another person suspected of whooping cough,” said Heather Keller, nurse manager of Pediatric Services.



Our specialized **PEDIATRIC EMERGENCY DEPARTMENT** at Capital Health Medical Center – Hopewell is always ready to treat children in an emergency.

Completely separate from our adult area

Designed with children in mind

Staffed 24/7 by experienced pediatricians and award-winning nurses certified in pediatric emergency medicine.

Learn more by visiting capitalpeds.org or call 609.303.4466.

Want to Learn More About Zika?

Visit the Highlights section on our home page at capitalhealth.org to find updated information about this trending virus. If you have recently traveled or are planning to travel, be sure to tell your healthcare provider when and where.



PARENT WORKSHOP

Staying Safe in the Car/Infant CPR

Tuesday, April 5, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center
One Capital Way, Pennington, NJ 08534

Staying Safe in the Car

This program offers tips on how to keep infants, toddlers, school-age, and older children safe in and around motor vehicles. It includes tips on preventing injuries, trunk entrapment, and hypo/hyperthermia. This program is also geared toward adults to enhance their awareness of car seat safety.

Instructor: Nancy Distelcamp, RN, CEN, Injury Prevention Coordinator, Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center

Infant CPR

Participants will be taught how to perform infant CPR and safe techniques in case your baby is choking.

Call 609.394.4153 or visit capitalhealth.org/events to register.



PEDIATRIC ASTHMA

Wednesday May 11, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center
One Capital Way, Pennington, NJ 08534

Pediatric (or childhood) asthma is one of the most common chronic diseases in infants and children and often difficult to diagnose. Join DR. RAJEEV SHAH, director of the Pediatric Hospitalist Program at Capital Health, to learn about the signs and risk factors, as well as how to find the right treatment plan to control symptoms.

Call 609.394.4153 or visit capitalhealth.org/events to register.



A Different Approach to HIP REPLACEMENT

At Capital Health, highly trained orthopedic surgeons offer patients cutting edge procedures for knee and hip replacements that result in less pain after surgery and a shorter healing process.

DR. HARI BEZWADA, an orthopedic surgeon and medical director of the Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center – Hopewell, provides three key items to remember about the **ANTERIOR APPROACH TO HIP REPLACEMENT**.



1 What does "ANTERIOR" mean?

"This describes where we enter the hip, from the front of the leg. It used to be standard to make the incision along the side or back of the leg. By going through the front, I avoid detaching healthy muscles from the bone. Leaving these muscles undisturbed, the body needs less time to heal and strengthen the new joint to prevent future dislocations."

"Patients commonly experience less pain with this approach, because it is muscle-sparing and allows patients faster recovery. Patients are more commonly discharged home and use less assistive devices."

2 Does it require general anesthesia?

"Most patients receive regional anesthesia (spinal anesthesia) and sedation. This allows them to mobilize sooner and reduces the risk of complications."

3 What other factors should I consider when looking for the right hospital to have my surgery?

"Experience, not just the surgeon's but the entire hospital team. Capital Health was the first hospital in Mercer County to offer total joint replacements, and since that time, the Capital Health total joint replacement program has become the region's leader in anterior approach hip replacement."

"You also want the highest quality and safety. Capital Health has earned The Joint Commission's Gold Seal of Approval® for Total Joint Hip Replacement, which speaks to the significant resources our team puts into the quality of care we provide."

TO LEARN MORE, visit capitalhealth.org/ortho.

MEET DR. HARI BEZWADA

Dr. Hari Bezwada is an orthopedic surgeon who specializes in adult hip and knee replacement. He attended Albany Medical College and completed residencies at Columbia University Medical Center, Drexel University College of Medicine and Allegheny University Hospital. He also completed fellowship training in knee replacement at Pennsylvania Hospital in Philadelphia and joint reconstruction at Sinai Hospital of Baltimore in Maryland. He is board certified by the American Board of Orthopaedic Surgery.



Is your HIP OR KNEE PAIN something more?

Register for one of the following events by calling 609.394.4153 or visit capitalhealth.org/events



HIP & KNEE SCREENINGS

Saturday, March 19, 2016 | 9 – 11 a.m.
Capital Health Medical Center – Hopewell
Center for Oncology, One Capital Way,
Pennington, NJ 08534

Wondering if you are a candidate for joint replacement? Meet one-on-one with an orthopedic surgeon — DR. MICHAEL AST, DR. HARI BEZWADA, or DR. ARJUN SAXENA — who will conduct a free screening and recommend next steps. Please wear shorts or loose clothing.

ARTHRITIS IN WOMEN: Gender Differences in Hip and Knee Replacement

Monday, May 2, 2016 | 6 p.m.
Capital Health Medical Center – Hopewell
NJ PURE Conference Center,
One Capital Way, Pennington, NJ 08534

Arthritis is the leading cause of joint replacements, and because women have higher rates of arthritis than men, more women are in need of joint replacement surgery. Join DR. ARJUN SAXENA, a board certified orthopedic surgeon, to learn more and have your questions answered. A physical therapist from Capital Health Rehabilitation Services will also be available to discuss what to expect after surgery.

HIP & KNEE REPLACEMENT: Talk to the Team

Tuesday, May 17, 2016 | 6 p.m.
Capital Health Medical Center – Hopewell
NJ PURE Conference Center,
One Capital Way, Pennington, NJ 08534

DR. HARI BEZWADA, medical director of the Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center – Hopewell, will be joined by representatives from departments involved in hip and knee replacement surgery to provide a complete picture of your joint replacement surgery and answer your questions.

UPCOMING HEALTH PROGRAMS

Unless otherwise noted, call 609.394.4153 or visit capitalhealth.org/events to sign up for the following programs.



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Minds Advancing Medicine

HEADACHES: When Over-the-Counter Medicines Aren't Enough

Tuesday, March 8, 2016 | 5:30 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center
One Capital Way, Pennington, NJ 08534

We all get headaches. But sometimes, over-the-counter pain relievers are not enough. Learn more from neurologist and board certified headache medicine specialist, DR. MITRA ASSADI, director of Capital Health's Headache Center, part of the Capital Institute for Neurosciences. Dr. Assadi will discuss various types of headaches, what can cause them and the different treatment options for controlling them and relieving the pain.

WEIGHT LOSS SURGERY INFORMATION SESSIONS

Wednesday, March 9 & 23 or April 13 & 27, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ

Led by DR. JOOYEUN CHUNG, medical director of the Capital Health Metabolic & Weight Loss Center, this program is designed for patients considering weight loss surgery at Capital Health. Please arrive 10 minutes early to register.

Register online at capitalhealth.org/weightloss or call 609.537.6777.

THE AGING EYE

Tuesday, March 15, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center
One Capital Way, Pennington, NJ 08534

JOAN MICCUCI, COMT presents a comprehensive overview of the many conditions that can affect a person throughout the natural aging process, specifically those which affect vision (*cataracts, glaucoma, and age-related macular degeneration*). Joan will discuss prevention and treatment of these conditions with a brief overview of each.

MAINTAINING A HEALTHY WEIGHT

Wednesday, March 23, 2016 | 6 p.m.

Capital Health Primary Care – Quakerbridge
4056 Quakerbridge Road, Suite 101
Lawrenceville, NJ 08648

Join DR. RADHIKA VEMISHETTI for a discussion on finding a healthy weight goal, maintaining it, and how weight impacts your overall health (*cardiovascular disease, joint pain, and stroke risk are just a few*). MINDY KOMOSINSKY, a registered dietitian and certified diabetes educator, will also talk about practical eating strategies.

OSTEOPOROSIS 101

Monday, March 28, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center
One Capital Way, Pennington, NJ 08534

Join DR. DEBORAH SIEGEL-ROBLES from our Capital Health Primary Care – Princeton office, part of Capital Health Medical Group, for a conversation about osteoporosis: its causes, prevention, and treatment. Also, join JANICE PESCO, Director of Rehabilitation Services, and learn exercises you can do to improve bone health.

TREATING GERD (ACID REFLUX) and BARRETT'S ESOPHAGUS

Monday, April 4, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center
One Capital Way, Pennington, NJ 08534

DR. JASON ROGART, director of Interventional Gastroenterology and Therapeutic Endoscopy at Capital Health Center for Digestive Health, will discuss medical, endoscopic (*Stretta*), and surgical treatment options for GERD, as well as radiofrequency ablation (*Halo procedure*) for the eradication of Barrett's Esophagus, a pre-cancerous condition that can result from chronic acid reflux.

HEALTHY LIVING with CROHN'S and COLITIS

Tuesday, April 12, 2016 | 6 p.m.

Capital Health – Hamilton
1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

Join DR. ANIL BALANI, our new inflammatory bowel disease (IBD) specialist at the Capital Health Center for Digestive Health, to learn more about the signs and symptoms of IBD (*including Crohn's disease and ulcerative colitis*), how it is identified and the latest therapies.

CANCER IN FAMILIES: A Look at Genetic Risks

Tuesday, April 19, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell
NJ PURE Conference Center
One Capital Way, Pennington, NJ 08534

Join DR. ERICA LINDEN, a fellowship trained hematologist and oncologist, and genetic counselors from our Center for Oncology as they will discuss the important relationship between cancer and genetics. They will cover what current research is telling us and take you through what genetic counseling and testing is like from the perspective of a participant.

PUT A STOP TO PRE-DIABETES

Thursday, April 28, 2016 | 6 p.m.

Capital Health – Hamilton
1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

Pre-diabetes is a condition that can lead to type 2 diabetes and heart disease. Join DR. SHERI GILLIS FUNDERBURK from Capital Health – Endocrinology Specialists, part of the Capital Health Medical Group, as she discusses ways to prevent or reverse pre-diabetes. MINDY KOMOSINSKY, a registered dietitian and certified diabetes educator, will also provide tips on how to keep track of your carbs.

SNORING IS NOTHING TO SNEEZE AT

Tuesday, May 10, 2016 | 6 p.m.

Capital Health – Hamilton
1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

Sleep apnea is a condition where you repeatedly stop breathing during sleep and is often tied to loud snoring and gasping. If left untreated, you can experience high blood pressure, heart rhythm irregularities, morning headaches, and excessive daytime sleepiness. Join DR. SWETHA VODDI, sleep medicine specialist from our Capital Health Center for Sleep Medicine, to learn more about sleep apnea, how it is diagnosed, and what you can do to treat it and vastly improve your overall health.

FRIDAY, April 29, 2016

Union Fire Company and Rescue Squad
1396 River Road, Titusville, NJ

Benefits the CAPITAL HEALTH AUXILIARY
Doors open at 5:30 p.m. Bingo starts at 7 p.m.
Cost: \$25 (accepting cash or check only)

Dessert and beverages will be served.

FOR TICKETS

Contact Jami Szafranski via e-mail
at jamiszafranski@yahoo.com

No one under 18 years old permitted.



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DESIGNER BAG BINGO

Picture is only a representation, not an actual prize.