

Talk to Your Teens About DROWSY DRIVING



Medical experts at the Capital Health Center for Sleep Medicine urge parents to talk with their teen drivers about the importance of sleep and safe driving.



“Drowsiness is similar to alcohol in how it compromises your ability to drive and make decisions, yet many parents of teen drivers seem to focus more on the danger of drunk driving than drowsy driving,” said **DR. MARCELLA FRANK**, sleep medicine specialist and medical director of the Capital Health Center for Sleep Medicine.

“When discussing drunk driving with your teen, parents should also talk about the importance of getting nine hours of sleep every night and to pull over or avoid driving if they haven’t gotten enough sleep,” said **DR. SWETHA VODDI**, sleep medicine specialist at the Capital Health Center for Sleep Medicine.



Experts at Capital Health suggest a number of different strategies to help your teen get into a healthy sleep rhythm, including:

- Select a bedtime ritual, such as a warm bath, listening to calm music or reading a book, and follow the same routine, at the same time, each night.
- Create a relaxing bedroom by removing school materials, computers and televisions and keeping it quiet, dark and cool.
- Set restrictions on screen time (TV, video games, computer, etc.) before bedtime.
- Reduce or eliminate caffeine intake.
- Exercise regularly but not close to bedtime.

If your teen continues to have sleep-related problems, call our Center for Sleep Medicine at **609.584.5150** or visit sleepatcapitalhealth.com

READ THE SIGNS

In January 2013, the American Academy of Sleep Medicine and the Centers for Disease Control and Prevention (CDC) released articles on the dangers of **DROWSY DRIVERS**. The CDC study, which was the largest survey ever to examine the topic of drowsy driving, showed **RISK FACTORS** include:



MEN more likely than **WOMEN** to experience drowsy driving



Sleeping for **6 HOURS** or **LESS** per night



SNORING (also a symptom of obstructive sleep apnea)

THE DANGER OF DROWSY DRIVING

The AAA Foundation for Traffic Safety estimates:



1 in 5

FATAL ACCIDENTS in the US involve a fatigued driver



DRIVERS AGES 16 – 24 YEARS are most likely to be involved in a drowsy driving-related motor vehicle accident

SIGN UP for THIS EVENT

DO YOU SNORE?

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

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

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** from our 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.

Register online at capitalhealth.org/events or call 609.394.4153.



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



ABOUT PEG REITER

Peg has more than 20 years of progressive nursing leadership experience with a successful track record of quality and safety improvements, financial stewardship and staff engagement. Prior to joining Capital Health, Peg served as vice president and chief nursing officer at St. Luke's Health System – The Woodlands Hospital in the Houston, TX area. Her previous positions in St. Luke's System included education specialist and director of Patient Safety, Quality, and Accreditation. Under her leadership, The Woodlands was recognized for best practice in nursing engagement by The Advisory Board and achieved ANCC Pathway to Excellence re-designation.

Peg holds a Doctor of Philosophy in Nursing degree from Texas Woman's University in Houston, a Masters of Science in Nursing degree from Rush University in Chicago, IL and a Bachelor of Science in Nursing degree from The Catholic University of America in Washington, DC.

Meet Capital Health's NEW Chief Nursing Officer

Capital Health recently announced that **PEG REITER** joined the healthcare system as chief nursing officer (CNO). Reiter joins Capital Health after most recently serving as vice president and chief nursing officer at St. Luke's Health System – The Woodlands Hospital in the Houston, TX area.

"We are pleased to have someone with Peg's extensive background join us to lead Capital Health's award-winning nurses into an era of innovative care that will benefit patients and providers. As an experienced healthcare leader, Peg brings an impressive track record of success in driving staff engagement and developing nursing leadership," said Capital Health President & CEO Al Maghazehe.

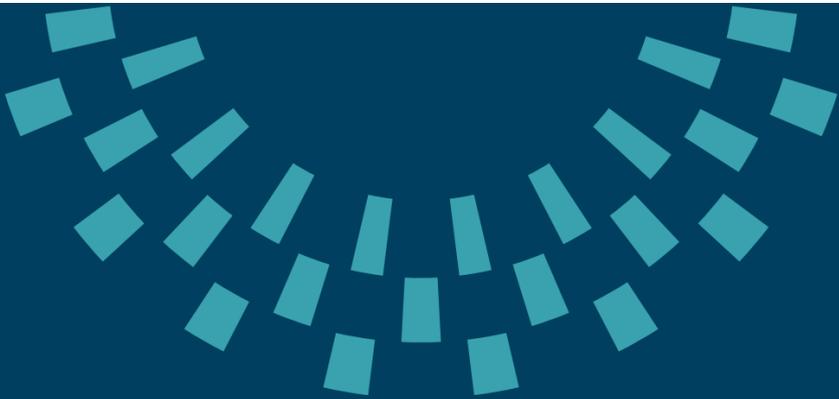
As chief nursing officer, Reiter is responsible for patient care services, including adult and pediatric nursing (both inpatient and outpatient), Maternal Child Health Services, Adult and Pediatric Clinics, ICU/CCU, Emergency Departments (adult and pediatric), Perioperative Services, Observation Units, Respiratory Therapy, Mental Health, Dialysis, and Clinical Education departments at Capital Health. Peg assumes the role of CNO from Eileen Horton who was promoted to senior vice president of Hospital Administration at Capital Health.

"Capital Health has a proud history of nursing excellence and expanding

its clinical services to provide very specialized and sophisticated care. I look forward to working with our nursing leadership team, and our entire nursing team, to continue its tradition of providing high quality, effective, and efficient patient care while we continue to expand our organization and consider new opportunities to meet the needs of our community," said Reiter.

A three-time Magnet-designated health system for nursing excellence, Capital Health serves as a Level II regional trauma center, comprehensive stroke center, regional perinatal center (including a Level III NICU), and emergency mental health screening center. Capital Health offers the region's first and most experienced Pediatric Emergency Department and most recently, New Jersey's first Autism-Friendly Pediatric Emergency Department. Capital Health also provides innovative programs such as our Capital Institute for Neurosciences; nationally accredited Center for Comprehensive Breast Care; Center for Digestive Health; Marjorie G. Ernest Joint Replacement Center of Excellence; award-winning Center for Oncology; and our Heart & Vascular Institute, which includes the region's first accredited Chest Pain Center.

Visit us online at capitalhealth.org, "like" us on Facebook or follow us on Twitter [@caphealthnj](https://twitter.com/caphealthnj).



March is
**NATIONAL
COLORECTAL
CANCER
Awareness Month**

- #1 Over 50?
- #2 Family History?

GET SCREENED!

To make an appointment
CALL 609.537.5000



capitahealth
CENTER FOR
DIGESTIVE HEALTH
capitalhealthGI.org

Endoscopy Unit NATIONALLY RECOGNIZED for QUALITY, EXPERIENCE

Physicians and staff at the Capital Health Center for Digestive Health continue to raise the bar as a nationally recognized endoscopy program for non-surgical treatment of digestive disorders and cancers.

The Endoscopy Unit at Capital Health Medical Center – Hopewell has been recognized by the American Society for Gastrointestinal Endoscopy (ASGE) for having demonstrated a commitment to patient safety and quality in endoscopy as evidenced by meeting the program's rigorous criteria.

ASGE is the leader in standards of excellence in endoscopy with a focus on advancing patient care through innovation, education, training, and practice.



"Recognition by a national organization such as the ASGE for our specialized medical programs, and the physicians who

lead them, further shows the high level of care and advanced medicine that patients and their physicians can expect to receive at Capital Health," said Al Maghazehe, president and CEO, Capital Health.

Collaborating with physicians throughout New Jersey and the Philadelphia suburbs, the Capital Health Center for Digestive Health offers patients and their referring physicians a full range of digestive health services — including advanced diagnostics, endoscopic therapies, and advanced minimally invasive surgical procedures — all in one location at Capital Health Medical Center – Hopewell.

To learn more, call 609.537.5000 or visit capitalhealthgi.org.



AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



ARTHRITIS *and* JOINT REPLACEMENT

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

DR. ARJUN SAXENA, a fellowship trained orthopedic surgeon at the Marjorie G. Ernest Joint Replacement Center of Excellence at Capital Health Medical Center – Hopewell, answers three frequently asked questions about arthritis and joint replacement.

1 What is arthritis?

Arthritis is a breakdown of cartilage, a material that lines the ends of our bones in our joints. Cartilage allows for pain-free range of motion in our joints and protects our bones from rubbing together. When cartilage breaks down, bone rubs against bone, which leads to inflammation, swelling, and pain. This can happen in any of the joints of the body but commonly occurs in the hip and knee because these are weight-bearing joints. Arthritis is a condition that usually gets worse with time without treatment. It is most often diagnosed by an x-ray and physical exam by your orthopedic doctor.

2 If I have arthritis, what are my treatment options?

Arthritis can be managed without surgery. Oral anti-inflammatories such as Tylenol or Motrin can help significantly with arthritic pain. Steroid injections can decrease inflammation and pain. Synthetic joint fluid injections can lubricate the knee and also decrease inflammation. Physical therapy and exercise can strengthen the muscles around the joint and also decrease pain. The most effective treatment for hip and knee arthritis is weight loss, which can decrease the force on the hip and knee joints which can significantly alleviate pain.

Early diagnosis is the key to using non-surgical treatment measures effectively. If you have joint pain, it is important to meet with your orthopedic doctor sooner rather than later to start treatment.

When non-surgical treatments fail to provide relief, surgery is the next option. Hip and knee replacement are very common procedures and can effectively alleviate pain and improve function.



3 If I do need surgery, why is Capital Health right for me?

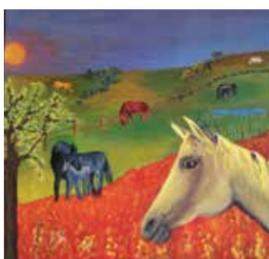
Capital Health has a joint replacement program that takes care of patients from start to finish. It starts with a visit with your orthopedic surgeon and a decision for surgery. Next, a joint replacement class taught by one of Capital Health's Magnet-designated nurses prepares you for surgery and helps you plan for what you will go through before, during, and after surgery. Upon arriving at the hospital on the day of the surgery, you will meet our anesthesia team, which is well-versed in the most advanced methods to keep patients safe during surgery and for pain control during and after surgery. We offer board certified, fellowship trained orthopedic surgeons who can perform the most advanced techniques, such as direct anterior hip replacement and minimally invasive knee replacement, which allow for a faster recovery with less pain. After surgery, you are brought to the orthopedic floor and meet your orthopedic-trained nurse and physical therapist. Medications and protocols specific for joint replacement patients are followed to control pain and nausea. This helps you WALK THE DAY OF SURGERY and allows you a faster recovery and return home within one to two days. Our team is dedicated to making your surgery and recovery a success!

MEET DR. ARJUN SAXENA

Dr. Arjun Saxena is an orthopedic surgeon who specializes in adult hip and knee replacement. He attended Jefferson Medical College of Thomas Jefferson University and completed his orthopedic surgery residency at Rothman Institute in Philadelphia, PA. He also completed fellowship training in adult hip and knee reconstruction at Anderson Orthopaedic Clinic in Alexandria, VA. He is board certified by the American Board of Orthopaedic Surgery.



To Find a CAPITAL HEALTH ORTHOPEDIC SURGEON, visit capitalhealth.org/ortho.



CAPITAL HEALTH & THE HOPEWELL VALLEY ARTS COUNCIL
are pleased to present



beyond the stampede

APRIL 14 TO JUNE 30 · 2016

Opening Reception
Thursday, April 14, 2016 · 6 to 8 PM

*Featuring the innovative fusion music
of cellist and local resident Dan Kassel*

INVESTORS BANK ART & HEALING GALLERY
at Capital Health Medical Center – Hopewell

left, Untitled · Chad Goerner · Charcoal
top middle, Seven Horses · Sylvie Mayer · Acrylic
top right, Zen XVII · Sandy Rosen · Limited Edition Print
bottom right, Beached · Nancy Stark · Oil

UPCOMING HEALTH PROGRAMS

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



capitahealth

Minds Advancing Medicine

YOGA at HAMILTON (Spring Series)

Mondays, March 21 – May 9, 2016

Capital Health – Hamilton

(April 4, May 2 & 9 sessions will take place in 1401 building)

Eight sessions for \$80

Mixed Levels | 7:15 – 8:15 p.m.

If you already know basic yoga and you want to continue to the next level, this is the program for you.

Please remember to bring your own mat. Cost includes eight classes taking place at Capital Health – Hamilton.

To register, call 609.588.5059 or visit capitalhealth.org/events.

OSTEOPOROSIS 101

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

Capital Health Medical Center – Hopewell

NJ PURE Conference Center

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

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.

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

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.

Capital Health Medical Center – Hopewell

One Capital Way, Pennington, NJ 08534

Capital Health – Hamilton

1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

HEALTHY LIVING with CROHN'S and COLITIS

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

Capital Health – Hamilton

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.

MANAGING YOUR LIFE WITH AN OSTOMY

Wednesday, April 20, 2016 | 5 p.m.

Capital Health – Hamilton

If you or your loved has an ostomy pouch or colostomy bag, you may have a lot of questions regarding how to manage your daily life. Our panel discussion, led by Certified Wound Ostomy Continence Nurse SUSAN BELL and Gastrointestinal Cancer Nurse Navigator MARGO CREEVY, will answer your questions and cover frequently asked topics such as ostomy care, preventing complications, diet, skin issues, patient resources, as well as insurance coverage information. Also, a representative will show the latest ostomy products. Light refreshments will be served. Register by calling 609.815.7722.

PUT A STOP TO PRE-DIABETES

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

Capital Health – Hamilton

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.

PEDIATRIC ASTHMA

Wednesday, May 11, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell

NJ PURE Conference Center

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.

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.



capitahealth

DESIGNER BAG BINGO

Picture is only a representation, not an actual prize.