



Community Programs

Annual Breast Cancer Symposium: Empowerment Through Knowledge

Wednesday, October 13, 2010

Registration: 5:45 p.m.

Program and light dinner: 6:15 - 9:00 p.m.

Islami Auditorium, Main Lobby
Saint Barnabas Medical Center, 94 Old Short Hills Road, Livingston

PROGRAM:

Moderator: Elissa J. Santoro, MD, FACS Breast Surgeon, Saint Barnabas Center for Breast Health and Disease Management

Lifestyle Changes to Reduce Risk

M. Michele Blackwood, MD, FACS Director of Breast Health and Disease Management, SBMC

Understanding Targeted Therapies

Richard Michaelson, MD
Chief Medical Oncologist, SBMC

Reflections on My Journey as Patient and Breast Surgeon

Dana Holwitt, MD
Breast Surgeon, Montclair Breast Center

Defining Yourself after Cancer Treatment

Patti Conlin, LSW
Oncology Social Worker, Psychosocial Support Services,
Saint Barnabas Cancer Program

Panel Format - Question and Answer

Raquel Wagman, MD
Radiation Oncologist,
Saint Barnabas Medical Center

Reservations are requested as seating is limited.

Please call Angela McCabe at 973.322.2668 by October 8, 2010.

Back Pain? We Can Help ...

Wednesday, October 13, 2010
7:30 p.m.

Maplewood Memorial Library
51 Baker Street, Maplewood

Let our team of specialists at the Saint Barnabas Institute for Pain Management guide you through our interdisciplinary approach to back pain relief.

Learn about four different approaches to your back pain:

- Pain Rehabilitation
- Pharmacological Management
- Interventional Pain Procedures
- Integrative Medicine Modalities

The Saint Barnabas Institute for Pain Management offers many approaches to treat your back pain. Whether you need just one or a combination, Saint Barnabas Institute for Pain Management has every option to help. We've got your back!

Please RSVP for this program by calling 1.888.SBHS.123 (1.888.724.7123) press prompt #4 or email TeamLINK@sbhcs.com and mention ACC Back Pain Program

An Evening on Aesthetic Innovations in Cosmetic Plastic Surgery with Mokhtar Asaadi, M.D., F.A.C.S.

Tuesday, October 19, 2010 - 6:30 p.m.

Conference Rooms A/B

Join Dr. Asaadi for a seminar on Cosmetic Plastic Surgery Discussing the Latest Trends in Body Contouring and Facial Rejuvenation.

Refreshments will be served and complimentary gift bags will be given to all attendees. There will also be a raffle prize valued over \$500.

RSVP: 973.731.7000. Seating is Limited.

Regain Control! Strategies to Cope with Urinary Incontinence

Monday, October 25, 2010 -5:30 p.m.
Registration; 6 p.m. Program
Conference Room A/B

Presenters:

Rhonda Walsh, MD, Urologist

Yelena Shapiro, PT, Comprehensive Outpatient Rehabilitation Center

Many women experience urinary incontinence and other pelvic floor conditions that affect quality of life. Discover how to help prevent and treat these conditions through exercise, bladder re training, biofeedback, surgery and medication. Our presenters will educate participants about these approaches. Registration is required by calling 1.888.SBHS.123 (1.888.724.7123), press prompt #4.

Body Contouring: Non-Invasive & Minimally Invasive Procedures with Joseph S. Cervone, MD

Wednesday, October 27, 2010
6 p.m.

Conference Room A/B

Concierge Skin Care is excited to present Non-Invasive Body Contouring. This advanced ultrasound technique dissolves fat cells and manages cellulite safely and effectively with lasting results; without any need for anesthesia or downtime.

Dr. Cervone will also talk about SmartLipo™ and VASER® Lipo; minimally invasive procedures for body contouring that achieve maximum results with less downtime and side effects than traditional liposuction. In this seminar you'll also learn about RADIESSE® wrinkle filler for long-lasting facial rejuvenation

Light refreshments will be served. No purchase necessary for a chance to win one ADIESSE treatment or a non-invasive body contouring session.

Please register for this free program by calling: 1.866.837.8133



Osteoporosis Programs

To register or for information, please call 973.322.7830



Project Healthy Bones

October 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29

Project Healthy Bones is an exercise and education program for older men and women at risk for, or who have osteoporosis.

How Strong Are Your Bones?

October 7, 11 a.m.

Conference Room C

Do you know what your bone density results mean? What is low bone density and what can you do about it? Get answers to these questions and more at our monthly educational program.

Osteoporosis Support Group Meeting

Thursday, October 14, 2010
11:30 - 12:30 p.m.

Conference Room A

Topic: Myths and Realities of Osteoporosis

Let's examine all that information (and misinformation) out there about osteoporosis, bone loss and treatments. What does the evidence show?

Please bring any questions that you may have. This group strives to bring people together who share concerns about the physical and emotional effects of osteoporosis. They provide participants with an opportunity to share feelings, ideas and information in a supportive and caring environment. Call 973.322.7830 to register.



Bariatric Surgery Programs

For more information or to register, please call 973.322.2458, or e-mail your name, address, phone number and desired Group to: weightmanagement@sbhcs.com.

Bariatric Support Group I

October 6, 6 p.m.-7:30 p.m.

Specifically for patients who have had bariatric surgery within the last 12 months.

Each support group addresses a broad spectrum of issues that help patients meet the challenges of long term lifestyle changes. Led by a professional experienced with the challenges of obesity, discussions feature topics such as healthy cooking, stress management, exercise guidelines, coping skills, behavior modification, improving quality of diet, supplements, eating out and body image changes.

Laparoscopic Gastric Band Support Group

October 13, 6 p.m.-7:30 p.m.

A free support group for laparoscopic gastric band surgery patients. Each support group addresses a broad spectrum of issues that help patients meet the challenges of long term lifestyle changes. Led by a professional experienced with the challenges of obesity, discussions feature topics such as healthy cooking, stress management, exercise guidelines, coping skills, behavior modification, improving quality of diet, supplements, eating out and body image changes.

Bariatric Support Group II

October 20, 6 p.m.-7:30 p.m.

A free support group for bariatric surgery patients who have had surgery more than a year ago. Each support group addresses a broad spectrum of issues that help patients meet the challenges of long term lifestyle changes. Led by a professional experienced with the challenges of obesity, discussions feature topics such as healthy cooking, stress management, exercise guidelines, coping skills, behavior modification, improving quality of diet, supplements, eating out and body image changes.

Yoga Classes

For more information or to register, please call 973.322.7007

Yoga Class

October 7, 14, 21, 28
9:30 a.m.-10:45 a.m. or 11 a.m.-12:15 p.m.
East Wing Conference Room

Yoga is a comprehensive system of techniques that include mind-body therapies, breathwork and exercise with the purpose of enhancing flexibility, strength and concentration. It involves a series of poses designed to improve flexibility, strength and posture. In addition, Yoga is a great way to relieve stress and master relaxation and breathing techniques. All participants must pre-register and pre-pay.

Cancer Wellness Yoga

October 7, 14, 21, 28
6 p.m.-7 p.m.
East Wing Conference Room

Yoga is a comprehensive system of techniques that include mind-body therapies, breathwork and exercise with the purpose of enhancing flexibility, strength and concentration. It involves a series of poses designed to improve flexibility, strength and posture. In addition, Yoga is a great way to relieve stress and master relaxation and breathing techniques. This specific class is tailored to Cancer Survivors. All participants must pre-register and pre-pay.

Yoga Class

October 7, 14, 21, 28
6 p.m.-7 p.m.
Conference Room A/B

Yoga is a comprehensive system of techniques that include mind-body therapies, breathwork and exercise with the purpose of enhancing flexibility, strength and concentration. It involves a series of poses designed to improve flexibility, strength and posture. In addition, Yoga is a great way to relieve stress and master relaxation and breathing techniques. All participants must pre-register and pre-pay.

Diabetes Programs

For more information, please call 1.888.SBHS.123 (1.888.724.7123).

Diabetes Support Group

October 13, 2010, 6:30-7:30 p.m.
Topic: Glycemic Index

If you are an expert on identifying carbohydrates and understand portion control but want to take your blood sugars to the next level, then learning the glycemic index may help you achieve better blood sugar control. At this support group we will discuss the glycemic index and how to incorporate this strategy into your meal plan.

Adult Diabetes Self Management Classes – Class 1

October 27, 9:30 a.m.-11:30 a.m.
Recognized by the American Diabetes Association, this four-class with follow-up program provides guidance on various topics. Class 1 details the pathology of the disease; types of diabetes; adjusting to self management with family and social support; identification of nutrients on blood glucose and building a meal plan for breakfast.
Please arrive a half hour prior to class at 9 a.m. This program is fee for service and Medicare reimbursement is also accepted.

Adult Diabetes Self Management Classes – Class 2

November 3, 9:30 a.m.-11:30 a.m.
Recognized by the American Diabetes Association, this four-class with follow-up program provides guidance on various topics. Class 2 details the medications for the treatment of Diabetes; tracking blood sugars; Hypoglycemia-low blood sugars; Hyperglycemia-high blood sugars; building a meal plan for lunch. This program is fee for service and Medicare reimbursement is also accepted.

Adult Diabetes Self Management Classes – Class 3

November 10, 9:30 a.m.-11:30 a.m.
Recognized by the American Diabetes Association, this four-class with follow-up program provides guidance on various topics. Class 3 details sick day guidelines; tracking blood sugars; making healthy food choices; prevention and treatment of chronic complications; foot care; coping with long term illness and building a meal plan for dinner. This program is fee for service and Medicare reimbursement is also accepted.

Adult Diabetes Self Management Classes – Class 4

November 17, 9:30 a.m.-11:30 a.m.
Recognized by the American Diabetes Association, this four-class with follow-up program provides guidance on various topics. Class 4 details tracking blood sugars/hemoglobin A1c; dining out; benefits of exercise and the effects on blood sugars; overall health plan and building a meal plan for snacks. This program is fee for service and Medicare reimbursement is also accepted.



Celiac Events

Kogan Celiac Center Support Group
Tuesday, October 12, 2010, 6:30 - 8:30 p.m.
East Wing Conference Room

For more information, please call the Center
at 973.322.7272 or email
koganceliacenter@sbhcs.com.



Multiple Sclerosis Programs

For more information, please call 973.322.7484.



Multiple Sclerosis Support Group
Wednesday, October 13 - 10:30 a.m.
East Wing Conference Room

The MS Support Group helps patients cope with the physical symptoms, emotional challenges and stresses of life with MS.

MS Arts and Crafts Group
Wednesday, October 13 at 1:00 p.m.
Wednesday, October 27 at 1:00 p.m.
East Wing Conference Room

Saint Barnabas Ambulatory Care Center
200 South Orange Avenue
Livingston, NJ 07039

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