

EXTENSIVE PRIMARY CARE NETWORK *Continues to Grow*

Whether you're scheduling a wellness check-up or not feeling well, advanced medicine starts with your primary care doctor.

Now there are THREE NEW PHYSICIANS available to keep you on the path to wellness — Dr. Katherina Canales at our Primary Care – Mountain View office and Drs. John and Michael Stabile at our Primary Care – Hamilton location (suite 110). We're also pleased to share that Dr. Jane Abdalla is now seeing patients full time at our Primary Care – Lower Makefield office.

Capital Health Medical Group's network of primary care offices includes locations throughout the greater Mercer, Bucks and Burlington county region. To find one that's convenient to you, visit capitalmedicalgroup.org.



KATHERINA CANALES, MD
Internal Medicine — *Board Certified*
Fellowship trained in Geriatric Medicine



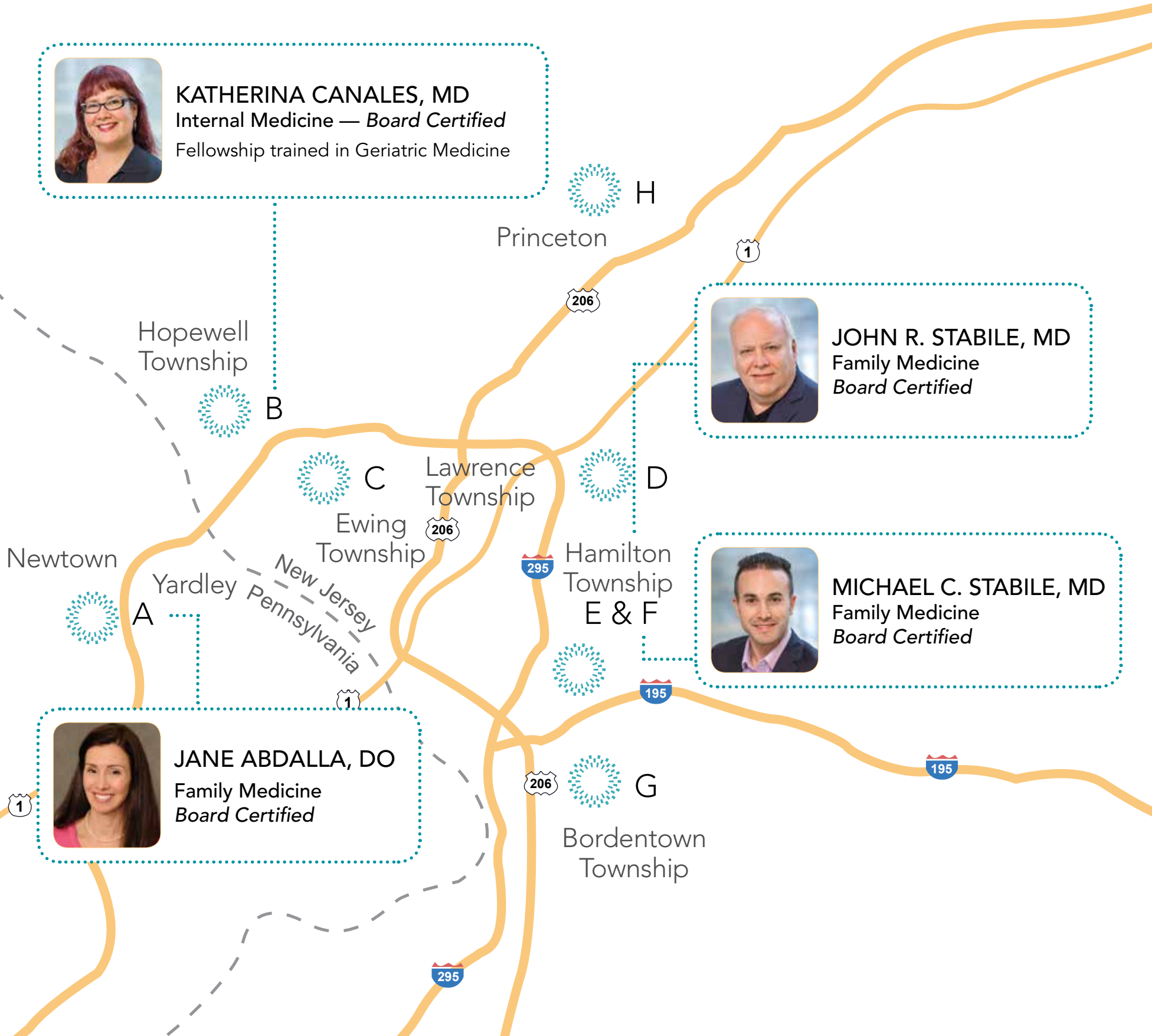
JOHN R. STABILE, MD
Family Medicine
Board Certified



MICHAEL C. STABILE, MD
Family Medicine
Board Certified



JANE ABDALLA, DO
Family Medicine
Board Certified



A. Capital Health Primary Care – Lower Makefield
215.504.1761 | capitalhealth.org/lowermakefield

B. Capital Health Primary Care – Mountain View
609.656.8844 | capitalhealth.org/mountainview

C. Capital Health Primary Care – Ewing
609.883.5454 | capitalhealth.org/ewing

D. Capital Health Primary Care – Quakerbridge
609.528.9150 | capitalhealth.org/quakerbridge

E. Capital Health Primary Care – Hamilton
Ste 103 — Jerrold Gertzman, MD; Mark E. Arcaro, MD;
Christine Castillo, DO; Rama Dahal, MD;
Siddiq A. Faisal, MD; and Smriti Sharma, MD

Ste 110 — John Stabile, MD & Michael Stabile, MD
Ste 218 — Steven Levenberg, MD
609.587.6661 | capitalhealth.org/hamilton

F. Capital Health Center for Women's Health
609.588.5059 | capitalhealthwomen.com

G. Capital Health Primary Care – Bordentown
609.298.2005 | capitalhealth.org/bordentown

H. Capital Health Primary Care – Princeton
609.303.4600 | capitalhealth.org/princeton



CREDENTIALS



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



NAPBC[®]
NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER



MORE SUPPORT *for Managing Your Diabetes*

*New Endocrinologist
Joins Capital Health,
Opens Princeton Office*

*Diabetes Education Program
Earns National Recertification*



Meet Dr. Sunil Thomas

Dr. Sunil Thomas joined Capital Health from Henry Ford Health System in Detroit, MI, where he completed his fellowship training in adult endocrinology.

Dr. Thomas completed his internal medicine residency at Metrohealth Medical Center in Cleveland, OH. He is board certified in internal medicine and endocrinology by the American Board of Internal Medicine.

Call **609.896.5970** or visit **capitalendocrinology.com** to make an appointment with Dr. Thomas in Hamilton or Princeton.

Capital Health – Endocrinology Specialists has partnered with patients and referring primary care providers for more than a decade and continues to grow to help those with diabetes find the help they need.

Capital Health recently introduced Dr. Sunil Thomas to the team of board certified endocrinologists at its Hamilton-based Endocrinology Specialists office.

Joining Drs. Sheri Gillis-Funderburk, Albert Empedrad and Yan Wu at Endocrinology Specialists' main office in Hamilton, Dr. Thomas has also opened an office in Princeton (Montgomery Commons, 811 Executive Drive, Building 8, Princeton, NJ, just off Route 206).

"Diabetes is a disease that is becoming much more common. But with the help of specialists like Dr. Thomas and by becoming better educated about diabetes, people can lead a healthy life and manage their diabetes before it becomes harder to control," said Al Maghazehe, president and CEO of Capital Health.

Capital Health's diabetes self-management education program has also been awarded continued recognition from the American Diabetes Association.

"This recognition means that our team teaches nationally recognized best practices for participants to lead healthier lives by covering topics such as nutrition, exercise, medications, and preventing, detecting, and treating diabetic complications, just to name a few," said **DR. SHERI GILLIS-FUNDERBURK**, director of the Capital Health Diabetes Education Program.



ABOUT OUR DIABETES EDUCATION PROGRAM

We offer two programs for those living with diabetes to develop their self-care skills. Call **609.537.7081** or visit **capitalhealth.org/events** for more information or to register.

DIABETES EDUCATION* PROGRAM

This comprehensive physician referral-based program has been recognized by the American Diabetes Association since 2005.

Upcoming sessions

February 1 & 8 – Hamilton Campus (Day)

March 1, 8, 15 & 22 – Hamilton Campus (Evening)

March 14 & 21 – Hopewell Campus (Day)



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

Scan this QR Code™
(download a free QR
code reader mobile app
on your smartphone)
to learn more about
the Diabetes Education
Program and other
Capital Health events.



DIABETES EDUCATION SERIES

AT THE NOVO NORDISK FAMILY RESOURCE ROOM

FREE informal classes are offered on a regular basis free of charge in the Novo Nordisk Family Resource Room at Capital Health Medical Center – Hopewell.

Here are some upcoming classes:

February 1 | 1:30 p.m. – Preventing Diabetes Complications

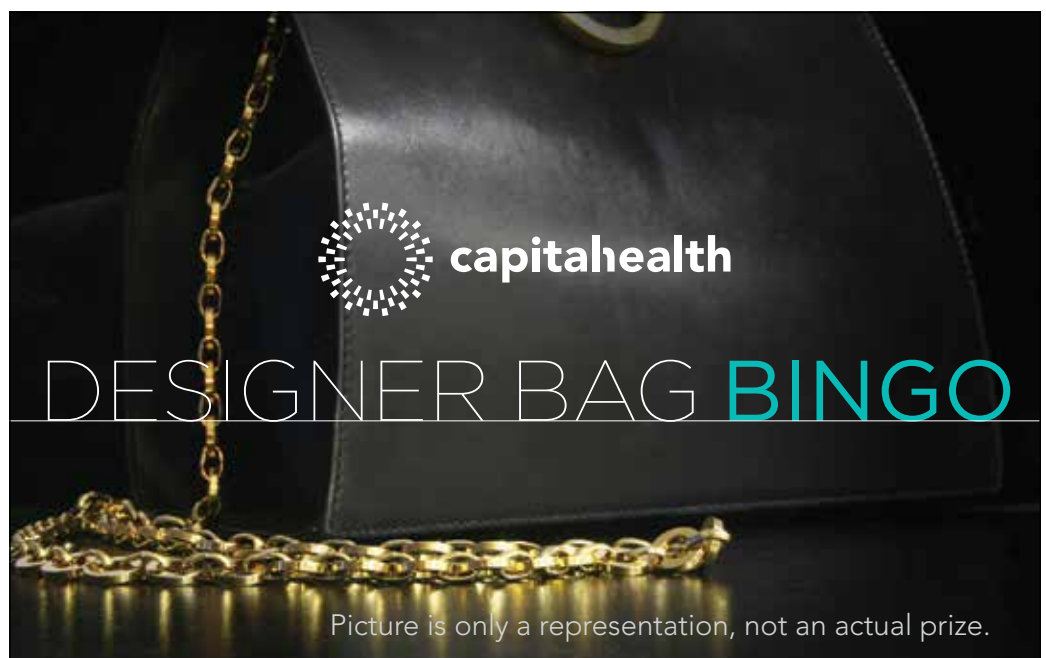
February 11 | 3 p.m. – Speak to the Dietitian

March 10 | 3 p.m. – Speak to the Dietitian



IN-NETWORK with UNITED HEALTHCARE MEDICARE PLANS starting FEBRUARY 15

Capital Health is pleased to announce that, starting February 15, 2016, we are an in-network provider for all United Healthcare Medicare Advantage Plans. We will also continue to participate as an in-network provider for all United Healthcare commercial plans. United Healthcare beneficiaries with these plans can choose Capital Health for their medical services and see favorable in-network co-pays and deductibles.



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DESIGNER BAG BINGO

Picture is only a representation, not an actual prize.

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.



AMERICAN COLLEGE OF SURGEONS
Verified Trauma Center



Have Your Heard About...WEIGHT LOSS SURGERY



In upcoming issues of *Health Headlines*, we'll attempt to clear up medical myths you may have found online or heard through the grapevine. This month, we went to **DR. JOOYEUN CHUNG**, medical director of the Metabolic & Weight Loss Center at Capital Health Medical Center –

Hopewell. A fellowship-trained bariatric surgeon who has performed hundreds of weight loss surgeries, Dr. Chung breaks down some of the most frequently asked questions about weight loss surgery.

» *Is having weight loss surgery a faster, easier way for people to lose weight?* It certainly is faster but definitely not the easier way for people to lose weight. It requires a huge commitment from our patients leading up to it, and a long-term commitment afterwards for continued success at losing and keeping the weight off. At the Capital Health Metabolic and Weight Loss Center, our work with our patients is much broader and much more far-reaching than the surgery, because the surgery cannot exist alone for long-term success. It has to co-exist with lifestyle changes. Our team is a part of that entire process and we are with our patients every step of the way.

There is no fast or easy answer to losing weight for the rest of your life, but as my patients will tell you, the hard work does pay off.

» *Can anyone who wants to lose weight have surgery?* No, there are specific criteria that a person has to meet before they can be approved for surgery from their insurance company. A person's body mass index (BMI) has to be 40 or above. If their BMI is between 35-40, they must also have an obesity-related health condition, such as diabetes, high blood pressure, asthma, sleep apnea or coronary artery disease. They must attend nutrition classes, which are held at Hopewell, as a requirement before surgery. Topics that are covered include skills for success, meal planning and portion control, dining out and still staying healthy, and more. Candidates must also undergo psychological evaluation which looks at his or her behavioral history and current state, weight and dieting history, and current eating behaviors.

It's really important that we make sure patients are in the best situation possible for successful, long-term weight loss before

surgery. To make this happen, we also conduct a thorough pre-surgical medical screening to review each patient's medical history and see if they are healthy enough to undergo bariatric surgery.

» *Once I recover from surgery, do I ever get to see you or your team again?* Absolutely. In fact, we are hard to get rid of! Surgery is only one step in your weight loss journey. We're here for EVERY step for as long as you need us.

After surgery, we continue to meet regularly to monitor your post-surgery diet and exercise regime. There is a specific schedule you must follow to see me and Caroline, our bariatric dietitian, during the first two years after surgery. Then it's once a year for the rest of your life. We also have monthly support groups for patients who have had surgery, and an online group, The Capital D.R.E.A.M. Team, to give support outside of our scheduled group meetings.

Our office has products such as vitamins, protein bars, and shakes available for purchase exclusively to our patients. And as you progress, you'll need new clothes and a place to donate your old ones so our patients swap clothes through our Capital Closet before the monthly support groups.

If you're interested in learning more...

SIGN UP FOR OUR WEIGHT LOSS SURGERY INFORMATION SESSIONS

Wednesdays, February 3 & 17, March 9 & 23, 2016 | 6 p.m.
Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ

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

HAS CANCER AFFECTED YOUR FAMILY?

Sign Up for This Event

Tuesday, April 19, 2016 | 6 p.m.
Capital Health Medical Center – Hopewell
One Capital Way, Pennington, NJ

Join DR. ERICA LINDEN and genetic counselors from the Capital Health 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. Register online at capitalhealth.org/events or call 609.394.4153.

example of how we offer quality, advanced cancer testing and treatments complemented by patient-centered navigators, counselors and support groups," said Rona Remstein, director of Oncology Services and a member of the genetic counseling team.

Capital Health recently earned the Outstanding Achievement Award from the American College of Surgeons' Commission on Cancer, in addition to its recent Accreditation with Gold Commendation. The award recognizes cancer programs that achieve excellence in providing highest quality care to patients.

To learn more about the Cancer Genetics Risk Assessment Program, visit capitalhealth.org/oncology or call 609.537.7043.

NEW STUDY Sheds Light on Genetic Risk for CANCER

Recent data from Massachusetts General Hospital shows that cancer gene panel testing, which looks at multiple genes (sometimes upwards of 20) at the same time, can lead to important cancer management and treatment changes.

"Recent studies continue to tell us about the genetic risk factors for developing common cancers, like breast or GI cancer. Using cancer gene panel testing at Capital Health, we can counsel patients and families regarding newly identified genetic mutations," said Dr. Erica Linden, a fellowship trained hematologist and oncologist who is part of Capital Health Center for Oncology at Capital Health Medical Center – Hopewell.

The Cancer Genetics Risk Assessment Program at Capital Health helps individuals and families understand cancer genetics. The program provides a team of highly trained medical experts, including certified genetic counselors that review family history and assess the likelihood of detecting an inherited predisposition, which may lead to cancer.

"Patients want to know they can receive quality care in a compassionate setting. Our genetic counseling program is one



Upcoming Cancer Support Groups

Join us for free monthly support groups for adults living with a cancer diagnosis and their loved ones.

FEBRUARY

- 11** 10 – 11:30 a.m.
Cancer Support Group (Hopewell)
- 16** 3 – 4:30 p.m.
Prostate Cancer Support Group (Hopewell)
6 – 7:30 p.m.
Breast Cancer Support Group (Hamilton)

CONTACT INFORMATION

Cancer Support Group, 609.303.4503
Prostate Cancer Support Group, 609.303.4255
Breast Cancer Support Group, 609.537.7485

CAPITAL HEALTH MEDICAL CENTER – HOPEWELL
Radiation Oncology Conference Room
One Capital Way, Pennington, NJ
CAPITAL HEALTH – HAMILTON
1445 Whitehorse-Mercerville Road, Hamilton, NJ

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



ARE YOU SLEEPING WELL?

Learn How to Improve Sleep Opportunities

Wednesday, February 3, 2016 | 5:30 – 7:30 p.m.

Mrs. G TV, Appliances and Sleep Center
2720 US Highway 1, Lawrence Township, NJ 08648

Join us for a discussion by DR. SUBOOHA ZAFAR about how to get a good night's sleep and habits that make it hard to fall asleep or stay asleep (insomnia). She will also speak about various sleep disorders such as snoring, sleep apnea and restless legs. Light snacks will be served.

RSVP by February 1.

NEW SUPPORT GROUP FOR PARENTS OF CHILDREN WITH AUTISM

First Thursday of Every Month

Next Meeting: Thursday, February 4, 2016

Capital Health Medical Center – Hopewell

One Capital Way, Pennington, NJ 08534

4th Floor Mercer Tower Conference Room

Our Capital Institute for Neurosciences is hosting a support group for parents or guardians of children with autism. Our first group meeting on February 4 will feature guest speaker Dr. Olga Goldfarb, medical director of Capital Health's Autism Program, who will lead a short talk about the basics of autism followed by group discussion.

Space is limited so please RSVP by February 3 by calling 609.537.7157.

FREE CARDIOVASCULAR SCREENINGS

Tuesday, February 16, 2016 | 5 – 7 p.m.

Capital Health Medical Center – Hopewell

One Capital Way, Pennington, NJ 08534

Hosted by the Capital Health Heart & Vascular Institute, join us for the following free screenings:

- Carotid Artery Duplex
- Varicose Vein Inspection
- Abdominal Aortic Ultrasound
- Blood Pressure and Cholesterol Testing
- Lower Extremity Pulse Examination

Space is limited. Register by Friday, February 12.

THE CHOLESTEROL CONNECTION — Control Your Levels & Your Risk for Heart Attack & Stroke

Tuesday, February 23, 2016 | 6 p.m.

Capital Health Medical Center – Hopewell

NJ PURE Conference Center

One Capital Way, Pennington, NJ 08534

High cholesterol is one of the major controllable risk factors for heart disease, heart attack and stroke.

Join cardiologist DR. KRISTOPHER YOUNG, and neurologist DR. CHIRAG SHUKLA, to learn more about the most recent cholesterol guidelines, what affects your cholesterol, why it's a risk factor for these serious conditions, and what you can do to control it.

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.

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

The Aging Eye as presented by JOAN MICCUCI, COMT, is 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.

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

Have you been experiencing hip or knee pain? Wondering if you are a candidate for joint replacement? Meet one-on-one with an orthopedic surgeon who will conduct a free screening and recommend next steps. Please wear shorts or loose clothing.

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.

YOGA at HAMILTON (Spring Series)

Mondays, March 21 – May 9, 2016

Capital Health – Hamilton

1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

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

Eight sessions for \$80

Beginners | 6 – 7 p.m.

If you want to learn basic yoga but have never taken a class, this is the program for you.

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.

YOGA at the OASIS SPA at HOPEWELL

Capital Health Medical Center – Hopewell

One Capital Way, Pennington, NJ 08534

Spring Series

Wednesdays, March 2 – April 20, 2016 | 4:30 – 5:30 p.m.

4th Floor Mercer Tower Conference Room

Summer Series

Tuesdays, June 14 – August 2, 2016 | 4:30 – 5:30 p.m.

NJ PURE Conference Center – Rooms A & B

Eight sessions for \$80 or drop-in fee of \$15/class

(spa discounts do not apply)

Whether you are new to yoga or further along in your practice, this deep-stretching, muscle-engaging class will be appropriately paced for your unique needs. **To register, call the Oasis Spa at Hopewell at 609.537.6544.**