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Jersey

2012

Front Page

The Jersey City Reporter • August 12, 2012 • 2

JCMC offers classes on prenatal child-birth, breastfeeding

Jersey City Medical Center will continue to hold prenatal child birth education and breastfeeding classes through the end of the year. The hospital will also begin tours of the maternity unit on the first Saturday of every month at 4 p.m. and each Saturday

during the rest of month at 12 p.m. A breastfeeding support group is held monthly at 11 a.m.

Prenatal childbirth classes will be held from 6 - 8 p.m. in the hospital's 4 East conference room every Wednesday in August and September.

The classes will feature a combination lecture and movie presentation with topics that include: Third Trimester Changes, Signs and Symptoms of Labor; Labor and Delivery "What to Expect;" Pain Management, Post Birth Healing, Infant Care and Breast Feeding Tips; and a tour of Labor and Delivery/Postpartum. Refreshments will be served, but it is recommended that attendees eat before coming to class. The fee for the course is \$125 per couple. Registration forms and payments must be received

two weeks prior to the first class date.

Prenatal breastfeeding classes will also be held from 6 to 8 p.m. in the hospital's 4 East conference room with a lecture and movie presentation. Summer classes are Aug. 22 and Sept. 20. Topics include How Breastfeeding Works; Latching On and Positioning; When To Feed Your Baby; How Much Is Enough; and Breast Care. The cost for this class is \$25 per couple. Registration forms must be filled out prior to the class date.

To register for either class, please contact coordinator April Major at (201) 521-5900.

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BRIEFS from page 2

Hospital offers CPR training

Jersey City Medical Center is offering classes in Cardiopulmonary resuscitation (CPR).

For those who prefer to learn CPR in a dynamic, hands-on group environment, JCMC has designed a two-hour course that uses the research-proven Practice-While-Watching method. Those who do not need a course completion card are encouraged to participate. The American Heart Association course will include instruction on both adult and child CPR and choking and will be taught by members of the hospital's Emergency Medical Service (EMS).

The course will be offered Wednesday, Aug. 29 from 10 a.m.

to noon at the hospital's EMS classroom at 415 Montgomery St., Jersey City. The cost is \$5 per person. Space is limited to 16 people. To register for the one-day course visit <http://www.libertyhealth.org/jcmc/EventDetailView.aspx?EventId=116&EventDateTimeID=1104>. For more information call (201) 547-6126 or email training@JCMCEMS.org.

THE JERSEY CITY REPORTER

NINE WEEKLY NEWSPAPERS SERVING HUDSON COUNTY • STORIES UPDATED CONTINUOUSLY AT WWW.HUDSONREPORTER.COM • A PUBLICATION OF THE HUDSON REPORTER

VOLUME 29, NUMBER 40 • SUNDAY, SEPTEMBER 9, 2012

Next 'Dinner With the Doctor' is on vascular disease

The latest in the diagnosis and treatments of General Vascular Diseases, including Peripheral Artery Disease, Deep Vein Thrombosis and Pulmonary Embolism, will be the focus of Jersey City Medical Center's next "Dinner with the Doctor" presentation.

The event is scheduled for Wednesday, Sept. 19, from 6 - 7:30 pm at Chandelier, 1081 Broadway in Bayonne. There is no cost to attend.

Presenting will be Dr. Michael Curi, a board certified general and vascular surgeon, and Director of Vascular Surgery at Jersey City Medical Center.

Vascular Disease is a serious disease of the arteries and veins that blocks circulation anywhere in the body. It can lead to disability, amputation, organ damage and even death.

Peripheral Artery Disease (PAD) is a narrowing of the peripheral arteries, most commonly in the arteries of the pelvis and legs. Like coronary artery disease and carotid artery disease, it is caused by narrowed and blocked arteries in various critical regions of the body.

"Dinner with the Doctor," held monthly at sites throughout New Jersey, gives local residents the chance to enjoy a light dinner and listen to leading physicians discuss their specialty and answer questions.

To register, call (201) 915-2080.

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VOLUME 29, NUMBER 41 • SUNDAY, SEPTEMBER 16, 2012

Sickle Cell Disease support group at Jersey City Medical Center

The Central-Northern New Jersey Sickle Cell Network will host a support group designed for young adults and adults with Sickle Cell Disease.

The event is scheduled for Thursday, Sept. 20 from 3 to 4 p.m. at Jersey City Medical Center, 355 Grand St. in Jersey City (in conference room number 5, just off the cafeteria).

Sickle cell anemia is an inherited form of anemia, a condition in which there aren't enough healthy red blood cells to carry adequate oxygen throughout the body. There is no cure for the disease. However, treatments can relieve pain and help prevent further problems associated with the disease. It is estimated to that as many as 100,000 Americans, or about 1 out of every 500 African Americans, are living with sickle cell anemia.

Registration is required. To register, please call (973) 926-5490.

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VOLUME 29, NUMBER 41 • SUNDAY, SEPTEMBER 16, 2012

Free child car seat inspection

Parents are making five critical, but fixable, mistakes when using car seats for their children, according to new data from Safe Kids Worldwide and the General Motors Foundation. With so many safety features now available in both cars and car seats, parents are urged to make sure their kids are getting every advantage by taking the time to do a 15-minute at-home annual checkup.

Seventy-three percent of car seats are not being used correctly. To find out why, Safe Kids analyzed data from more than 100,000 car seat inspections done by certified technicians conducted through its Buckle Up Program, a national initiative established in 1997 by Safe Kids and supported by General Motors and the General Motors Foundation. Some progress has been made since 1997. For example, 98 percent of children

arrived at the car seat inspections in the back seat and 98 percent of the children were using some type of restraint.

But the data also revealed that parents and caregivers still have some work to do to ensure their children are restrained properly. Five safety steps every parent should take include keeping their children in rear-facing car seats for as long as possible, ideally until age two, selecting the correct seat for the weight, height, or age of the child, tightening the harness, and knowing the right time to let kids ride in the front seat.

For parents who want additional assistance, Safe Kids Hudson County and Jersey City Medical Center will be hold a car seat check up event on Saturday, Sept. 22 from 10 a.m. to 2 p.m. in the Target parking lot. Target is located at 100 14th St.

Inspections will take about 15 minutes and will provide important tips that will help parents ensure their car seat is used and installed properly.



Free Epilepsy Seminar

Saturday, September 22, 2012

8:30am - 12:30pm

**Jersey City Medical Center
Rooms 5, 6, 7**

Approximately 2.5 million Americans have epilepsy. Epilepsy describes a group of disorders characterized by a tendency for recurrent seizures, a short disruption in the brain's electrical activity. Epilepsy is the most prevalent neurological condition in the United States, affecting two to three percent of the population at some point in their life. Medications are effective in controlling most seizures, but surgery and specialized diets also have benefits.

If you or a family member have epilepsy, please join the experts at the Jersey City Medical Center's Epilepsy Center of Excellence to get a better understanding of epilepsy and its treatments.

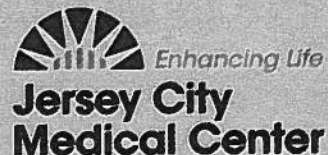
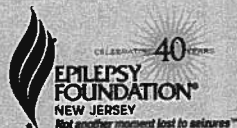
The event is free; however space is limited. Breakfast will be served during registration. To register and for additional information:

**914-428-9213 (option 6) or
events@epilepsygroup.com | www.epilepsylifelinks.com**

For directions to Jersey City Medical Center visit us at: **libertyhealth.org**



**NORTHEAST REGIONAL
EPILEPSY GROUP**



Speakers and topics for this program include:

**Treatment for Epilepsy:
What's on the Horizon?**

Evan Fertig, M.D.

Advances in Epilepsy Surgery

Mostafa El Khashab, MD, PhD

**Accommodations for Children
with Disabilities in Public
Schools**

Alex Fertig, Psy.D.

**Memory Treatment Program
for Persons with Epilepsy**

Robert Trobliger, Ph.D.

SUDEP: Facts and Fiction

Evan Fertig, M.D.

**Services for Children and
Adults Living with Epilepsy in
the Garden State**

Epilepsy Foundation of New Jersey



Enhancing Life Through Nationally Recognized Care