

University Hospital — Helping Newark Thrive



University Hospital Chief Administrative Officer Annette Hastings, front right, and UH Administrative Assistant Ingrid Roman, front left, at the event.



More than 200 University Hospital employees and family members participated in the Making Strides of Newark Breast Cancer Walk.



The University Hospital corporate team gets ready to walk in Making Strides of Newark.



The streets of Newark were filled with participants of Making Strides of Newark, which raised money for breast cancer research.



University Hospital Interim Director of Marketing and Communications Brooke Tippens, left, and Johnny Young at the Making Strides of Newark event.

At University Hospital, your heart health is important. Our Healthy Heart Program provides heart failure patients with hands-on healthcare guidance to help you live a full, independent, and comfortable life. A multidisciplinary team of experts, including cardiologists, advance practice nurses, dietitians and pharmacists, work hand-in-hand to create a holistic and personalized plan for your continued care.

The Healthy Heart Program aims to give heart patients the knowledge and support to manage symptoms at home. A social worker helps ensure that you have the necessary financial and social support to take full advantage of the program, and a care coordinator helps patients plan out a personal at-home care strategy.

You'll get valuable advice on nutrition from a registered dietician, and even learn how to prepare heart-healthy meals so that your symptoms can be managed from the inside out. At the same time, our pharmacists will design a medication regimen to help your heart work as efficiently as possible.

There are free group education workshops on Thursdays from 10 am - 11 am. For more information, contact us at (973) 972-1182 or healthyheartprogram@uhnj.org.

University Hospital also knows that cancer patients need more than treatment — you also need peer and family support and opportunities to educate yourself on cancer-related issues. Rutgers Cancer Institute of New Jersey at University Hospital, the only National Cancer Institute-designated Comprehensive Cancer Center in the state, provides free groups and programs for sharing questions, feelings and concerns in a supportive atmosphere. Groups are led by a licensed clinician social worker. Patients, families and friends can also learn about valuable

resources and community services that can help you take the reins on recovery and stress management. Groups are held on Wednesdays.

University Hospital hosts health events that are free and open to the community. In October, University Hospital provided free breast and cervical cancer screenings to under- and uninsured women through its See, Test and Treat program. This event, funded by the CAP Foundation (the philanthropic arm of the College of American Pathologists), resulted in more than 70 women getting screened by a physician and receiving their results the same day. Follow-up appointments were also scheduled as needed. Another 100 people participated in workshops, interactive activities and demonstrations. In October, 56 uninsured women received free mammograms along with a hot breakfast and breast cancer education workshops.

Lung cancer screenings are also available on an ongoing basis for adults aged 55 to 77 who currently smoke or have quit smoking in the last 15 years and have an extensive tobacco-smoking history. Our CT chest screenings are fast, pain-free and covered by most Medicare and health insurance plans. Appointments required. For more information, call 973-972-9694.

University Hospital also offers free smoking cessation classes for individuals and groups led by certified tobacco treatment specialists. For more information about the Smoking Treatment Program, contact us at 973-468-5252 or at smokefree@uhnj.org.

These efforts are all part of University Hospital's greater commitment to helping Newark residents thrive.