

HEALTH SECTION

THE
HUDSON REPORTER NEWSPAPERS

The Bayonne Medical Center School of Nursing has been educating nurses for over 100 years. Graduates of the program receive a diploma from the school and a Associate in Science degree from Hudson County Community College. The school is also accredited by the New Jersey Board of Nursing.

The Bayonne Medical Center School of Nursing offers a two-year program in cooperation with Hudson County Community College. Students who complete this program earn a diploma in Nursing and an associate degree in science. Graduates are eligible for licensure as registered nurses in the state of New Jersey. The curriculum includes 37 general education credits and 33 nursing credits.

"The School of Nursing provides a curriculum which challenges students in both the classroom and clinical settings," said

Director Nancy Bonner MSN, RN- BC, CNE. "Fostering confidence and competence is of utmost importance, and is addressed in the program from the first day of class. Students are afforded the opportunity to combine clinical practice and academic instruction, which serves as entry into the profession of nursing."

Application packets, school catalog and directions are available on line at www.bayonnemedicalcenter.com under the School of Nursing. Interested applicants must have a high school diploma or equivalency diploma, and must achieve the required scores on the TCS2, a test of cognitive skills. This exam is offered at the school on various dates throughout the year. Eligibility to take the test includes submission of an application to the School of Nursing, and the subsequent registration for the TCS2.

The Bayonne Medical Center School of Nursing admits students of any race, color, gender, sexual orientation, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to the students at the school. The school does not discriminate on the basis of race, color, gender, sexual orientation, national and ethnic origin in administration of school policies, admissions policies, scholarships and loan programs or other school administered programs. Faculty members will be available to provide an overview of the curriculum and answer questions during the open house hours. Call (201) 339-9656 for more information. — HR

JCMC's 'Dinner With the Doctor' focuses on leg circulation

Problems with circulation to the legs, which can lead to heart attack or stroke if not properly diagnosed and treated, will be discussed at the next "Dinner with the Doctor" at Jersey City Medical Center, on Wednesday, April 21, beginning at 6:30 p.m.

The speaker will be Dr. Tarek Alshafie, a vascular surgeon at Jersey City Medical Center, and medical director of the new Vascular Diagnostic Center, the hospital's latest Center of Excellence. The center will offer patients extensive screening, diagnostic and treatment options for Peripheral Artery Disease (PAD) and other vascular disorders.

Facts about circulation disorders of the legs

The body needs the right amount of blood flow to keep the heart pumping, the legs moving and the brain functioning. Blood circulation is clearly crucial to one's existence, and poor leg circulation can cause many problems.

A common cause of poor blood flow to the legs is peripheral vascular disease (PVD). This refers to disorders involving blood vessels outside, or on the periphery, of the heart. This condition can involve peripheral arteries (that carry blood away from the heart) or peripheral veins (that carry blood toward the heart).

When PVD involves the arteries, it is known as peripheral artery disease, or PAD. A fatty substance called plaque builds up and hardens on the walls of the peripheral arteries, making it difficult for blood to properly flow through. The plaque takes years to build up, which is why older adults are more at risk.

Most people with PAD experience no symptoms. By the time they actually feel pain or heaviness in their legs due to poor leg circulation, the buildup of plaque may have narrowed the arteries by more than 60 percent. This plaque can rupture, which can lead to the formation of clots, the leading cause of heart attack and stroke.

By age 65, about 12 to 20 percent of the population has PAD. Diagnosis is critical, as people with PAD have four to five times greater risk of a heart attack or stroke.

Dr. Alshafie is board certified in vascular surgery and surgery. Educated and trained at Columbia University and in Egypt, he is an Assistant Clinical Professor at Columbia University, College of Physicians and Surgeons.

"Dinner with the Doctor," held monthly at Jersey City Medical Center and at other community locations, gives area residents the chance to enjoy a light dinner and listen to leading physicians

discuss their specialty and answer questions. There is no cost for the hour-long program.

"Our mission is 'enhancing life' and, with our 'Dinner with the Doctor' series, we do it through fostering education and awareness," said Joseph F. Scott, President and CEO of LibertyHealth, which operates and manages Jersey City Medical Center, recently named by Castle Connolly and Inside New Jersey as the state's best hospital (among those with fewer than 350 beds). "We strongly encourage those people who live and work in the communities we serve to meet some of the area's best doctors and get answers to questions they many have on various health and medical topics."

"Dinner with the Doctor" is held in the first-floor cafeteria at Jersey City Medical Center (355 Grand St., corner of Grand and Jersey). To register, call 915-2000 ext. 4305. The session is limited to 125 people. — HR

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