



# Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

*Every Meeting is a Learning Experience*

## Diagnosis and Treatment of OCD

*By Rachel Strohl, Psy.M.*

On Monday, September 13, 2004, the NJ Obsessive Compulsive Foundation met for their quarterly meeting to hear a lecture by William Hayes, MD, FAACAP. Dr. Hayes is a licensed physician practicing at Alexander Road Associates in Princeton, and presently a NJ Delegate to the American Academy of Child and Adolescent Psychiatry. He spoke about obsessive compulsive disorder (OCD) medication issues and focused on medication for children and adolescents with OCD.

Dr. Hayes began by defining the characteristics of an obsessive compulsive diagnosis. The obsessions and compulsions must be recurrent, intrusive, distressing, and interfere with daily functioning, routines, and relationships. Except with children, individuals with OCD view the symptoms as excessive and unreasonable. He explained that 2/3 of preschoolers develop obsessive concerns (e.g., sameness, cleanliness) but there must be distress and interference for the diagnosis. In addition, OCD's onset generally occurs in adolescent or early adulthood with onset earlier for males, and the disorder is chronic with waxing and waning.

Next, Dr. Hayes outlined the treatment and research for OCD. An effective and durable psychotherapy for OCD is cognitive-behavioral therapy (CBT) and an effective pharmacology is selective serotonin reuptake inhibitor (SSRIs) medications. The National Institute of Mental Health (NIMH) conducted the Treatment of Adolescent Depression Study (TADS) to investigate the different treatment modalities. Four hundred and thirty-nine adolescents were randomly assigned to different groups. After 12 weeks, results of phase one found that individuals receiving both CBT and Prozac had the best treatment response (71%), followed by Prozac alone (60.6%), CBT alone (43%), and placebo (34.8%).

Dr. Hayes then reviewed and updated the audience on a current "hot topic" in the field. In June 2003 the Food and Drug Administration (FDA) issued safety warnings concerning the SSRI Paxil and an association with suicidality. Dr. Hayes presented several explanations for this association: some people taking Paxil experience withdrawal symptoms since Paxil leaves the body quicker than other SSRIs (after 24 hours), as opposed to contributing suicidality to the direct effects of the medication. Also, many people are prescribed Paxil for depression and this factor increases their risk for suicidality.

The American College of Neuropsychopharmacology (ACNP) formed a task force and conducted research trials on over 2000 children and adolescents on SSRIs. They concluded SSRIs do not increase suicidal thoughts or behavior in youth. Individuals on SSRIs should be "observed closely for clinical worsening and suicidality" by their physician, especially at the beginning of treatment and times of dosage increase.

Dr. Hayes's lively and energetic lecture concluded with comments on the following augmenting medications with SSRIs: tricyclics (e.g., Anafranil) and atypical antipsychotics. It is common for those with OCD to augment their SSRI treatment with the atypical antipsychotic Risperdal, but Dr. Hayes recommends considering the medications Geodon and Abilify because of the low risk of weight gain and occurrence of diabetes. Tapes of this informative lecture are available through NJOCF. Please visit the website at <http://www.njocf.org>.

*Rachel Strohl, Psy.M., is a Doctoral Student at the Graduate School of Applied and Professional Psychology (GSAPP), Rutgers University. She is currently completing her clinical internship at UMDNJ-Robert Wood Johnson Medical School.*

## Steven Dyckman, MD to Speak at Next Quarterly Meeting

Our next quarterly meeting will be held from 7- 9 pm on Monday, December 13th. The venue, as always, is Robert Wood Johnson Hospital in New Brunswick, NJ. Direction details are reviewed elsewhere in this newsletter. Dr. Steven Dyckman will review medication issues for children, adolescents, and adults who have OCD. His presentation is entitled "Why am I or my child on this medication for my OCD?" It will be a review of the decision-making trees followed by psychiatrists in determining which of the many individual or classes of medications, or which medication combinations, should be used with particular patients.

Dr. Dyckman graduated from Yeshiva University with a B.A and then went to George Washington University Medical School. He did both his residency in Adult Psychiatry and fellowship in child psychiatry at Albert Einstein College in the Bronx. He was trained in both psychotherapy and psychopharmacology by several experts in the field.

Dr Dyckman has been working as a psychiatrist at Monmouth Medical Center in Long Branch, NJ for the past 2 years. He has also been on the academic faculty at Monmouth Medical center, teaching residents and medical students how to interview and treat psychiatric patients. He is currently a school psychiatrist for the East Brunswick, Spotswood, North Brunswick, Red Bank, Little Silver and Point Pleasant school systems, has a private practice in Long Branch and in East Brunswick. Married and the father of 3 small children, he lives locally.

## PRESIDENT'S MESSAGE



Were you there? If not, you missed a very informative and humorous presentation by Dr. Jonathan Grayson on Sunday, October 10, at our NJOAOCF 5th Annual

Conference in our "new" surroundings at the Doubletree Hotel in Somerset. My sincere thanks once again to all who contributed to making this day a truly wonderful one. Especially to Nikki (Nicole Torella) who couldn't join us, but worked just as hard for us even from her hospital bed to add to the success of this day. Nikki is now back to her normally hectic life, I am happy to report, still dutifully carrying the ball for our Affiliate and doing a splendid job.

I hope you all will be attending our forthcoming meeting in December, which is noted herein.

Ina Spero  
*President*

## **Do you have Obsessive-Compulsive Disorder?**

*Do you still have symptoms?*

We are conducting a research study of an investigational supplemental agent for individuals age 18-55, who have been treated for obsessive-compulsive disorder but still have symptoms.

*All study-related procedures and evaluations are provided at no expense.*

Reimbursement for participation and transportation available.

For more information and to find out if you are eligible for this study, please call:



The Nathan Kline Institute  
Outpatient Research Program  
at (845) 398-5525

## NATIONAL OCD FOUNDATION CONTACTS

OCF  
PO Box 9573  
New Haven, CT 06535

Phone: (203) 315-2190  
Fax: (203) 315-2196

E-mail: [info@ocfoundation.org](mailto:info@ocfoundation.org)  
Internet: [www.ocfoundation.org](http://www.ocfoundation.org)

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### **YOU CAN HELP..**

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

### **Any Comments?????**

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, NJ OCF, 60 MacAfee Road, Somerset, NJ 08873.

### **Disclaimer**

The information in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of the New Jersey Affiliate of the Obsessive Compulsion Foundation, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here. Again, nothing takes the place of proper medical/mental health professional services.

### **NJAOCF MISSION**

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- 1) To educate the public and professional communities about the disorder.
- 2) To support individuals afflicted and their significant others.
- 3) To support research into the causes and treatments of this disorder.

### **NJAOCF OFFICERS**

Ina Spero - President  
Dr. Allen Weg - Vice President, Newsletter Editor  
Judy Cohen - Secretary  
Rachel Strohl - Recording Secretary  
Julian Spero - Treasurer  
Nicole Torella - Newsletter Editor  
Dr. Rita Roslyn Newman - Advisory Board member

# Uncertainty, Cognitive Therapy & Scripts in the Treatment of OCD

by Rachel Strohl, Psy.M.

Jonathan Grayson, Ph.D. served as a lively, energetic keynote speaker at the 5th NJOCF annual conference at the Doubletree Somerset Executive Meeting Center on October 10, 2004. Dr. Grayson, a nationally known expert on OCD, is the director of the Agoraphobia and Anxiety Treatment Center in the Philadelphia area, and is an assistant professor of psychiatry at Temple University Medical School.

Dr. Grayson's talk focused on adding cognitive therapy to exposure and response prevention (ERP), the first line behavioral treatment of Obsessive Compulsive Disorder. He stated that good treatment for OCD requires the identification of the feared consequences. For instance, people with a fear of contamination could fear getting sick, having their family getting sick, or just fear that they will keep obsessing about the contamination. He explained that designing a good ERP program is not the difficult part, but instead assisting sufferers of OCD to comply with the treatment goals and stay motivated.

The main treatment goal is accepting that uncertainty is the core of most, if not all, OCD concerns. Dr. Grayson explained that "absolute certainty is a feeling," and for treatment to proceed successful, OCD patients must be will-

ing to learn to live with uncertainty. Cognitive therapy techniques can help with this goal, but the cognitive work must be used in the context of OCD. "Logic won't change the feelings," and it is important to prevent the cognitive techniques from interfering with the ERP program. For example, the experimental method technique relies on hypothesis testing to check out the thoughts; however, this will not work for OCD because it neutralizes the obsession and leads sufferers into an endless cycle of ritualizing.

Instead, Dr. Grayson supports the use of scripts as a combination of exposure and cognitive therapy information (e.g., correct underlying distortions). Scripts should be listened to as continually as possible, and help examine what has been lost to the OCD. The latter point reminds patients why they are doing this difficult treatment and can be identified by conducting a cost-benefit analysis. Sufferers are encouraged to confront the fear, "to do the painful treatment, instead of doing the painful OCD," and accept living in the presence to cope with life.

Dr. Grayson also led the audience members, consisting of sufferers, family members, and practitioners, in exercises

to highlight the importance of accepting uncertainty. He surprised the audience by throwing a piece of bread on the floor and then eating it. Dr. Grayson explained that people without OCD are inconsistent: they may insist on washing their hands before meals, but take the garbage out and eat a donut afterwards. Audience members were provided with thorough handouts of the presentation that included sample scripts, OCD "cheat sheets," and outlines of cognitive techniques.

The talk was followed by a panel presentation, "Asking the Experts," consisting of psychologists Dr. Grayson, Dr. Joseph Springer, and Dr. Allen Weg. A wide variety of questions were asked about OCD, and the panel members enthusiastically discussed and debated the topics. Overall, it was a terrific day filled with great food and the sharing of practical and enlightening information. Stay tuned for announcements on the sixth annual conference!

*Rachel Strohl, Psy.M., is a Doctoral Student at the Graduate School of Applied and Professional Psychology (GSAPP), Rutgers University. She is currently completing her clinical internship at UMDNJ-Robert Wood Johnson Medical School.*

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## Introducing Rachel Strohl, our new Recording Secretary and Board Member

If you have been to any of our conferences or quarterly meetings over the last two years, you have probably seen her. She can usually be seen taking photos or furiously taking notes on the presentation being given. Rachel Strohl is a 5th year doctoral candidate at the GSAPP program (Graduate School of Applied and Professional Psychology) at Rutgers University. She is presently a clinical intern through the University of Medicine and Dentistry at Robert Wood Johnson Medical School, University Behavioral



Health Care. She has a strong interest in the cognitive behavioral treatment of anxiety disorders and depression, and works with adults, adolescents, and children. She has experience working with clients individually, in families, and in groups. We consider her to be a great asset to our growing organization, and feel very fortunate to have her share with us her clinical skills and insight, as well as her cheerful disposition!

**SNAPSHOTS FROM THE NJOCF 5TH ANNUAL CONFERENCE  
ON OCTOBER 10, 2004 AT DOUBLETREE HOTEL IN SOMERSET**



*Drs. Grayson and Weg*



*Dr. Grayson gives his presentation.*



*Dr. Grayson teaches and entertains!*



*Dr. Grayson, with Dr. Springer, answers a question to the panel.*



*Dr. Springer answers a question posed to the panel.*



*Exiting NJOCF Secretary Jeanne Yarrow, with Bob Yarrow, our volunteer "sound man".*



*Ina Spero, NJOCF President, welcomes everyone to the conference.*



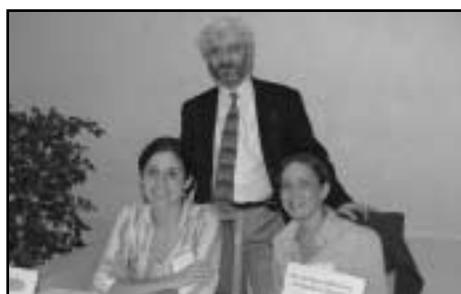
*NJOCF Board Members: Rachel Strohl, Allen Weg, Judy Cohen, Ina and Julian Spero.*



*Harriet Thayer, LCSW, and Judith Cohen, cover preregistration desk.*



*Ina and Julian Spero with Dr. Jonathan Grayson.*



*William Greensberg, MD, and his assistants from the Nathan Kline Institute, providing literature on their research efforts.*



*Barbara Nichols, LCSW, manning the book sales display.*

**Introducing Judy Cohen, our new Secretary and Board Member**

Who is Judy Cohen, you may ask? She is the new secretary of the NJ Affiliate of the OCF. Judy is married to Ed Cohen, an attorney. She has twin sons who are both married, two grandchildren whom she adores, and one more on the way. She retired three years ago; she was a full-time speech therapist at ECLC of NJ, a school for learning-disabled children in Chatham. When the boys were in junior high school, Judy went back to school and completed her M.S. in speech therapy. She was devoted to her job, but it was time to move in other directions.

Judy is an avid golfer, although she is a hacker. In the fall and spring, she eagerly signs up for classes in continuing education at Drew University and has taken classes in music, art, religion, and history. It's great when you are responsible for showing up and you don't have to write papers and take exams! She is finding more time to read the newspaper, books, travel in and out of the country, enjoy music, and babysit for her grandkids. Judy loves dogs and is hoping that her newest pooch will be ready to visit nursing homes and schools as a therapy dog in the near future.

Several years ago, while searching the web for resources for people with OCD (a family member was struggling with OCD), she came across the NJ Affiliate for OCF. The association has helped to make a dramatic difference in this person's life. Now, it is time to give back!

**SAVE THE DATES  
FOR THE 2005  
MEETINGS!**

The New Jersey Affiliate of the Obsessive Compulsive Foundation will have its quarterly meetings on the following Monday evenings:

- March 14**
- June 13**
- September 12**
- December 12**

Please plan to join us! Our meetings begin at 7:00 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

**NJOCF Newsletter Now Has a Subscription Fee!**

After careful budget review, the NJOCF has come realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

**The Subscription Fee for 2005 is \$5.00.**

In order to continue receiving the newsletter, please either bring payment to the December meeting or return the form below with payment by cash, check, or money order to: CNJAOCF, 60 MacAfee Road, Somerset, NJ 08873-2951

We at the NJOCF appreciate your continued support and interest in OCD.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_

## **2005 ENTERTAINMENT BOOKS ON SALE NOW!**

The NJAOCF is now taking orders for the new 2005 Entertainment Book. You will save with “**Two-for-One**” and 50% off discounts at hundreds of great names you know in your area.

Restaurants	Travel	Shopping	Hotels
Attractions	Golf	Movies	Car Rentals

**UP TO 50% SAVINGS** on all the things you do!

***“Entertainment” - The book that pays for itself!***

2005 Entertainment Books are available for purchase and make excellent holiday gifts! To purchase one or more books, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They’re specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

**#52 - NORTH/BERGEN - \$22**

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

**#26 - NORTH/ESSEX - \$22**

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

**#93 - NORTH/MORRIS - \$22**

Morris, Sussex, Warren, Northern Hunterdon, Northern Somerset Counties and surrounding areas.

**#48 - CENTRAL/MIDDLESEX - \$30**

Middlesex, Somerset, Hunterdon, and Southern Union Counties and surrounding areas.

**#94 - CENTRAL/MONMOUTH - \$30**

Monmouth, Ocean, Mercer, Southern Middlesex Counties and surrounding areas.

**#76 - NJ SOUTH - \$30**

Cape May, Atlantic, Burlington, Camden, Gloucester, Salem, and Cumberland counties.

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951

Questions? Call Ina Spero at 732-828-0099

Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_    Book #: \_\_\_\_\_ Quantity: \_\_\_\_\_

Include \$3.50 per book for shipping fee.

Total Enclosed: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

## **WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? WE CAN HELP!**

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of NJAOCF to help create more of these groups. We at NJAOCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of groups.

If you are interested in having a group in your area, we can help. Here's how:

1) If you want to have a group, you need to find a place to meet. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."

2) Determine the day and time- this will in part be determined by room space availability- no more than twice a month is needed, and once a month is often a good place to start. An hour and 15 minutes or an hour and a half is usually the length.

3) Contact us. Call Ina Spero at 732- 828-0099. We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group only for adults, only for sufferers, or open to everybody- we recommend the latter- friends, family, and children with OCD.

4) Once you have a minimum number of people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. **WE ARE HERE TO HELP!**

5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-390-6694.

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### **SUPPORT GROUP IN ATLANTIC COUNTY AREA**

To all who suffer from Obsessive Compulsive Disorder, you are invited to attend a meeting once per month on the last Thursday night at 7:30 p.m. We will meet at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on the White Horse Pike, which is also Route 30. Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

### **SUPPORT GROUP TO BEGIN IN LIVINGSTON, NJ**

Poonem Dutte is interested in starting a Support Group in the Livingston, NJ area. Anyone interested in attending her group, please call her at (973) 535-0826.

### **NEW OCA SUPPORT GROUP IN MATAWAN**

There is a new OCA support group that meets in Matawan, New Jersey every Sunday of the month from 7:00 to 8:00 p.m. Meetings will be held at the First Presbyterian Church, Room 201, 883 State Highway 34 East and Franklin Street, Matawan, NJ. For information on this support group, please contact Matt C. at (732) 331-6494.

### **New Support Group In Princeton Area Looks For Participants**

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should contact me at [griffith@princeton.edu](mailto:griffith@princeton.edu).

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### **SUPPORT GROUP IN BOONTON**

The support group that meets in Boonton, New Jersey will now be meeting on the second and fourth Wednesday of each month at 7:30 p.m. For information on this support group, the phone number has changed to (973) 827-6818.

## NJAOCF VIDEOTAPES

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into NJAOCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00_____
"Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00_____
"Flying Towards the Darkness", NJAOCF First Annual Conference: Parts 1 & 2 (combined discount price)	\$25.00_____
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference	\$15.00_____
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference	\$15.00_____
"Generalized Anxiety Disorder and OCD", David Raush, PhD	\$15.00_____
"OCD Spectrum Disorders", Nancy Soleymani, PhD	\$15.00_____
"Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJAOCF 2nd Annual Conference	\$15.00_____
"The OCD Kids Panel" Part II- NJAOCF 2nd Annual Conference	\$15.00_____
NJAOCF- 2nd Annual Conference, Parts I and II	\$25.00_____
"Panic and OCD", Allen H. Weg, EdD	\$15.00_____
"Medications and OCD", Dr. Rita Newman	\$15.00_____
"OCD", Dr. William Gordon	\$15.00_____
"You, Me, and OCD: Improving Couple Relationships", Harriet Raynes-Thaler, MSW, ACSW	\$15.00_____
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJOCF 3rd Annual Conference	\$15.00_____
"The Parents Panel of Kids with OCD" Part II - NJOCF 3rd Annual Conference	\$15.00_____
NJOCF - 3rd Annual Conference, Parts I and II	\$25.00_____
"Neurobiology of OCD," Dr. Jessice Page	\$15.00_____
"Getting Past Go", Dr. Allen H. Weg, EdD	\$15.00_____
"Hoarding", Dr. Dena Rabinowitz	\$15.00_____
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D	\$15.00_____
"Using Scripts to Counter the Voice of OCD", Jonathan Grayson, Ph.D Part I - NJOCF 5th Annual Conference	\$15.00_____
"Panel of Drs. Grayson, Springer, & Weg" Part II - NJOCF 5th Annual Conference	\$15.00_____
NJOCF - 5th Annual Conference, Parts I and II	\$25.00_____

Add \$3.95 each for S & H: \_\_\_\_\_@ \$3.95 ea \_\_\_\_\_ Your Total cost: \_\_\_\_\_

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951  
Questions? Call Ina Spero at 732-828-0099

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

# DIRECTIONS TO OUR NEW MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, December 13, at 7:00 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

## **From the New Jersey Turnpike:**

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

## **From Southern New Jersey:**

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

## **From Route 1 (North or South):**

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

## **From Route 287:**

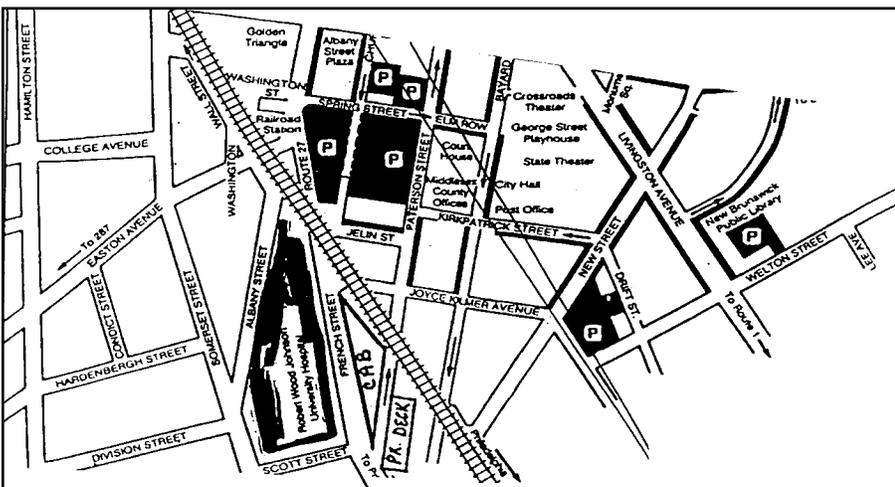
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

## **From the Garden State Parkway:**

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

## **Medical Education Building (MEB):**

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



## **Parking is also available by the Clinical Academic Building (CAB)!**

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

